

# Danae's Favorite 5 Transformational Superfoods

A nutrient-rich food considered to be especially beneficial for health and well-being. Superfoods are chocked full of antioxidants, polyphenols, vitamins, and minerals. Eating them may reduce the risk of chronic disease, increase vitality and prolong life. Read more about some of my favorite superfoods for personal transformation, from cell to soul.

## COCONUT OIL

Coconut Oil is packed full of fatty acids which provide a multitude of benefits. Medium chain fatty acids such as lauric acid and its derivative monolaurin from coconut oil provide great immune support, as it is a good bacteria and virus fighter. Coconut oil can be ingested, and put directly on skin/hair. You can even put a spoonful in your smoothies or coffee!

**Here are some of the added benefits I love:**

- Anti-bacterial, anti-microbial, anti-fungal, anti-viral
- Promote healthy cholesterol levels
- Provides brain and nerve support
- Aides in weight loss

## TURMERIC

Use organic Turmeric powder or buy fresh, organic Turmeric root at your local grocery store. Turmeric is highly anti-inflammatory and provides ample healing benefits. It is yummy to use in your favorite savory dishes, or even make your own fresh golden Turmeric milk, *recipe can be found on my website!*

**Here are some of the added benefits I love:**



- Regenerative to nerve and brain cells
- Anti-inflammatory: Which allows immediate relief, and prevents degenerative and chronic illness
- Natural Pain reliever: Can be used instead of Tylenol, can help treat arthritis, good for aches and pains
- Curcumin, a natural component of Turmeric, in clinical trials has been proven as effective as Prozac in treating depression

## MACA

Maca is a root vegetable grown in the Andes mountain and as it endures growth in varying conditions, its super power benefits are paralleled. Maca root powder can be added to your smoothies or drinks super easily. You can even bake with it or add it to oatmeal. Maca works by enhancing your natural energy instead of supplying you with perceived "energy" like caffeine.

Here are some of the added benefits I love:



- Balances male and female hormones
- Increases libido
- Increases stamina, and energy
- Maca is rich in vitamin C, vitamins B, and E. Chocked of calcium, zinc, iron, magnesium, and phosphorous and amino acids.
- Balances mood
- Helps reduce anxiety

## BONE BROTH

Bone broth is made from bones of chicken or beef that have been boiled down for 24-48 hours (depending on what type of bone you are cooking with.) Bone Broth is highly healing and can be consumed in a mug as a drink, or used as the base for a delicious soup!

Here are some of the added benefits I love:

- Helps Heal your gut lining (aides in treatment of leaky gut)
- Finest form of collagen
- Reduces intestinal inflammation
- Immune support
- Reduces cellulite
- Improves joint health
- Helps with food intolerances and sensitivity

## CHLORELLA

Chlorella contains chlorophyll which is trapped sunlight, how cool is that? Chlorella is one of the highest vibrational foods that you can enjoy. Start adding chlorella to your diet by taking tablets, or using the powder in juices or smoothies.

Here are some of the added benefits I love:



- Contains chlorophyll (trapped sunlight!)
- Helps detox heavy metals
- Boosts immune system
- Rich in B Vitamins
- Energy increaser
- Supports focus and concentration

Resources:

<https://draxe.com/turmeric-benefits/>

<http://blogs.naturalnews.com/organic-maca-root-powder-long-list-health-benefits/>

<https://www.organicfacts.net/health-benefits/oils/health-benefits-of-coconut-oil.html>

<http://articles.mercola.com/sites/articles/archive/2012/02/01/is-this-one-of-natures-most-powerful-detoxification-tools.aspx>

<https://draxe.com/the-healing-power-of-bone-broth-for-digestion-arthritis-and-cellulite/>