



SUPERFOODS

Superfoods are nutrient-dense whole foods. Superfoods help target all of your health needs since they contain the most nutrients and offer the most benefits for overall health and performance.

TEST	RESULTS	DATE	NORMS	GOAL
Cholesterol*			150-250 mg/dl	
HDL Cholesterol			45-90 mg/dl	
LDL Cholesterol			60-130 mg/dl	
Cholesterol/HDL Ratio			<3.5 f / <4.5 m	
Triglycerides			<110 mg/dl	
Glucose			65-99 mg/dl	
Hemoglobin A1C			4% - 5.6%	
Homocysteine			4-13 mcmmol/L	
High Sensitive C-Reactive Protein			Low Risk < 1.0 mg/L Avg. Risk < 1.0 - 3.0 mg/L High Risk > 3.0 mg/L	
Prostate- Specific Antigen Screening (PSA)			0 - 4 ng/ml	
Thyroid Stimulating Hormone (TSH Ultra-Sensitive)			.35 - 5.50 mU/L or mcU/ml	
T3			27% - 47%	
T4			4-12 mcg/dl	
25-Hydroxy Vitamin D Total			25.0 - 80.0 ng/ml	
Total Testosterone			30-95 ng/dl for women 400-1000 ng/dl for men	
Glomerular Filtration Rate (GFR)			60-120	
Blood Pressure			<120/80	
Resting Heart Rate			<65 bpm	
Body Weight				

* Cholesterol is essential for every cell in the body and helps to produce hormones, vitamin D, helps digest fat, and is vital for brain health.



CHOLESTEROL

Best foods for improving cholesterol levels are flaxseeds, cod liver oil, leafy greens, spirulina/chlorella, hemp seeds, pumpkin seeds, walnuts, sprouts, squash, chia seeds and cabbage.

TRIGLYCERIDES

Best foods for improving triglyceride levels are flaxseeds, cod liver oil, hemp seeds, pumpkin seeds, chia seeds, walnuts, and spirulina/chlorella.

BLOOD GLUCOSE

Best foods for improving blood sugar are flaxseeds, cod liver oil, wheatgrass, spirulina/chlorella, oats, beets, black pepper, millet, carrot, asparagus, broccoli, figs, raspberries, strawberries, apples, sweet potato, spinach, avocado, lemon, grapefruit, lime, blueberry, stevia, cinnamon and dandelion root.

HOMOCYSTEINE

A homocysteine test measures oxidation, and high levels of oxidation increase risk of cardiovascular disease, stroke, and cancer. Best foods for improving homocysteine are almonds, asparagus, avocados, wheatgrass, spirulina/chlorella, beans, beets, Brussels sprouts, blackberries, cabbage, cantaloupe, dates, grapes, raisins, leafy greens, oranges, sweet potatoes, walnuts, sunflower seeds, prunes, long grain brown rice and bee pollen.

HIGH SENSITIVE C-REACTIVE PROTEIN (HSC-RP)

A HSC-RP test measures levels of inflammation in the body. Best foods for improving HSC-RP levels are flaxseeds, cod liver oil, wheatgrass, spirulina/chlorella, greens, sea vegetables, alfalfa, green tea, mineral water with lemon, and all alkaline foods and beverages.

BLOOD PRESSURE

Healthy fats (especially extra virgin olive oil and avocado), hydration, sleep, meditation, diaphragmatic (belly) breathing, regular exercise, Epsom salt baths, wheatgrass, spirulina/chlorella, bananas, almonds, and figs can all help to improve blood pressure.

HEALTHY BONES

Almonds, greens, figs, cacao, broccoli, organic yogurt, oats, seaweed, sunflower seeds, beans, apples, grapes, raisings, cabbage, beets, avocados, garlic, millet, bananas, celery, oranges, parsley, peppers, sweet potatoes, strawberries, pineapple, long grain brown rice, yellow dock, alfalfa, dandelion, wheatgrass, spirulina/chlorella, and Epsom salt baths can all improve bone health.

VITAMIN D

The only way the body can produce its own vitamin D is through exposure to the sun, which is why it is important to consume superfoods such as cod liver oil, leafy greens, wheatgrass, spirulina/chlorella, sweet potatoes, sunflower seeds, parsley, mushrooms and alfalfa to increase vitamin D levels.

DIGESTION

Fruits are packed with flavor and are high in vitamins, minerals, fiber, cancer-fighting antioxidants, and are the best way to improve digestion is to eat whole living foods (apple versus apple juice), chew your foods, exercise, and hydrate. Foods that are especially beneficial for digestion are wheatgrass, spirulina/chlorella, coconut oil, greens, healthy fats, organic yogurt, sprouts, raw foods, pineapple, watermelon, broccoli, asparagus, avocados, walnuts, almonds, apple cider vinegar, warm water with lemon or lime, probiotics, slippery elm, aloe Vera juice, coconut water, and comfrey.

HORMONAL BALANCE

Sleep is the number one way to improve your hormonal balance along with stress reduction and strength training. Best foods for improving hormonal balance are cod liver oil, flaxseeds, chia seeds, brazil nuts, pumpkin seeds, and cacao nibs. Aim for 7-8 hours of sleep each night and incorporate an Epsom salt bath 1-2 times per week.