

## Body power foods

Body power foods contain all of the vital minerals and nutrients our bodies need to stay healthy. For some though, it can be hard to find the time to eat these foods, or in some cases, because of our specific diet are unable to. At Herbal Detox we have compiled the information you need to obtain the supplements taken from these foods that are vital for us to stay active and healthy!

**Apricots:** This fruit is packed with vitamin A, good for maintaining a healthy heart and skin as well as being a powerful antioxidant helping to maintain normal vision. Apricots are a good source of iron and fibre, needed by the body to produce red blood cells and maintain healthy digestion and bowel.

**Almonds:** Full of goodness with a sweet nutty flavour, almonds are rich in vitamin E and a good source of fibre, protein, riboflavin, biotin, magnesium and calcium. Naturally cholesterol free, a handful of almonds daily may help lower LDL, or 'bad' cholesterol. Healthy cholesterol levels are known to play a key part in maintaining a healthy heart. Almonds may also help in weight loss and maintenance.

**Brazil Nuts:** Full of selenium for the immune system, vitamin E and antioxidants, Brazil nuts can help protect cell membranes from damage by free radicals. Selenium is also important for the immune system, thyroid hormone metabolism and reproduction.

**Cashews:** Nutrient rich, about 75% of the unsaturated fatty acid in cashews is oleic acid, which may help reduce cholesterol levels in the blood coupled with a low fat diet. Healthy cholesterol levels are known to play a key part in maintaining a healthy heart. Cashews are rich in magnesium and phosphorus which are both important for normal bone structure.

**Figs:** Fibre rich for healthy digestive systems, figs contain natural sugars to help balance sugar levels in the blood to prevent cravings. They are a good source of calcium and magnesium which helps keep muscles relaxed. Figs are also a good source of iron, vital for producing red blood cells.

**Linseed (flaxseed):** Linseeds are powerfully beneficial to health, rich in fibre, used to help maintain healthy digestion and bowel. Linseeds offer a good source of magnesium and are high in soluble fibre, which research shows may help lower cholesterol. Also rich in lignans used by the body to produce compounds called phytoestrogens which may help regulate certain hormone levels.

**Prunes:** Prunes are rich in fibre. Known for keeping you 'regular', prunes can help maintain a healthy bowel. The insoluble fibre within, provides food for 'friendly' bacteria in the large intestine. These friendly bacteria ferment with the insoluble fibre and produce compounds which are good for overall health.

**Pumpkin Seeds:** Man's best friend for health maintenance, pumpkin seeds are packed with zinc which may help support male health. They offer a high source of phosphorus and rich source of magnesium, vital for bone health, which, together with B vitamins, help turn our food into energy. Pumpkin seeds are also rich in iron, needed to form red blood cells.

**Sunflower seeds:** Sunflower seeds are full of beneficial antioxidants; vitamin E and selenium which help protect cell membranes from damage by free radicals. They also offer a rich source of magnesium, necessary for normal nerve and muscle function. Combined with phosphorus, magnesium is also needed for bone health and, together with B vitamins, essential for energy release in the body.

**Walnuts:** These nuts contain a unique combination of nutrients. They are rich in omega 3 fatty acids which research shows may help reduce cholesterol levels. Healthy cholesterol levels are known to play a vital part in maintaining a healthy heart. Walnuts provide a good source of fibre, protein, folic acid, vitamin B6, magnesium, phosphorus and are a natural source of melatonin, a hormone which regulates sleep-wake cycles.