

POWERFUL SUPERFOOD POWDERS

BY DEBBIE DAVIS



DEBBIE DAVIS

Superfood powders are powerful health supplements that contain many different nutrients from high-quality plants, fruits and vegetables that we may not be able to ingest in our daily diets. They are convenient and provide a quick and easy way to meet our many nutritional

goals while keeping the caloric content in check.

These powders are carefully processed and freeze-dried to make sure that the whole food nutrients, including fiber and high-quality protein, are intact. This process also allows the superfood powders to retain their nutritional “punch” longer than fresh produce. Various superfood powders contain many different whole food extracts from all over the world, so you are able to get a well-balanced mix of nutrients from diverse soils and plants.

Superfood powders have numerous health benefits that inhibit oxidative damage and cellular stress in the body. Many of us are living a “time-crunched” life and have a challenge getting all our required fresh fruits and vegetables onto our plates. If a low-carb diet is the goal, superfood powders allow you to ingest essential nutrients without the carbohydrates or calories.

These skin-loving superfood blends include targeted ingredients that may include collagen-boosting herbs and compounds, skin-clearing probiotics, and vitamin-rich antioxidant fruits. Our internal health is reflected in our skin. Superfood powders can shorten the road to looking and feeling our best! Simply mix these powders into your morning coffee, tea, juice, or post-workout smoothie and watch the improvements happen.

Powders cost much less than capsules and are easier to incorporate into the diet. Be sure to look for powders that combine greens with berries, as well as those that are protein-rich. Also, be aware of your known food sensitivities when looking at blends. Organic powders are best, as are ones that include natural and freeze-dried pure-food extracts. Good blends will contain probiotics (healthy gut bacteria), fiber, enzymes, vitamins, antioxidants and detoxifying herbs like milk thistle.


SOME EXAMPLES OF SUPERFOOD POWDERS AND THEIR PROPERTIES:

COCOA POWDER – Produced from raw cocoa beans and loaded with antioxidants, fiber and magnesium (a nutrient many don’t get enough of). It can improve memory, boost immunity and shed fat.

MATCHA GREEN TEA POWDER – Contains a specific antioxidant called EGCG, known for its cancer fighting properties. Terrific for boosting energy, it has the unique effect of relaxing the mind while allowing you to remain alert by promoting the production of alpha waves in the brain. It also boosts memory and concentration, burns calories, fortifies the immune system, and is great for the skin.

BEET POWDER – Helps reduce bad cholesterol and raise levels of the good cholesterol called HDL. It contains the nutrient Betaine, which prevents the buildup of a harmful amino acid called homocysteine, a key contributor to heart disease and stroke. This is great for the complexion, lowering blood pressure, boosting immunity, and improving liver health.

MUSHROOM POWDERS – As a superfood powder, they contain 20 different vitamins, minerals, antioxidants, potent fat-burning ingredients, and immune-enhancing and cancer preventive phytochemicals. Specific mushroom powders aid in building lean muscle, increasing the body’s ability to burn fat, and enhancing the libido as well. The mushroom’s ability to block excess estrogen production also inhibits weight gain.

This article reflects only a partial view into the world of superfood powders! You can try different ones and see how you feel. Stick with the ones that you enjoy, but be sure to rotate your choices for nutritional variety and taste. Enjoy adding these health-and-beauty-promoting powders to your diet! 

Debbie Davis is the owner of Sleekskin Aesthetics in Scottsdale. She is a Licensed Aesthetician and has a certification in Holistic Nutrition. Contact Debbie at 480-315-1364 or sleekskinaz.com. “Remember: How old you are is your business, how old you LOOK is mine!”

For more articles about nutrition visit greenlivinggaz.com/nutrition