
The super food are in your back yard

Posted by hazephase - 2007/08/08 22:40

I just heard for the a raw food guru that super foods are just laying around your back yard and that we should also start to take in more super food and not only raw foods and vegetables . How many of us take raw foods ? do any of us take super foods ? tell us what super food you take , we can all share our info .

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Re:The super food are in your back yard

Posted by ritchele - 2007/08/20 13:30

I am eating citrus fruits, more tomatoes and potatoes for sinusitis relief. I always eat super foods that is rich in Vitamin C. Also nuts, green leafy vegetables and other foods rich in Vit E. Eating this is really helpful in my condition.

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Re:The super food are in your back yard

Posted by James - 2007/09/05 08:24

hazephase wrote:

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Wild plants and edible weeds are the ultimate raw foods. Plants surviving in wild conditions are more life giving than plants cultivated on depleted soil.

Post edited by: James, at: 2007/09/05 00:49

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Re:The super food are in your back yard

Posted by carlovill - 2007/09/07 19:25

I love beans (legumes), berries (especially blueberries), broccoli, green tea, nuts. Here are some benefits that you could get from these superfoods, they help stop and even reverse diseases such as hypertension, diabetes, Alzheimer's, and some forms of cancer.

Super Foods

Post edited by: carlovill, at: 2007/09/07 11:50

Post edited by: carlovill, at: 2007/09/07 11:51

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Re:The super food are in your back yard

Posted by hazephase - 2007/09/21 15:45

I can see that there are lots of people eating raw these days , thats great news but remember that this only means that the price of raw foods will go up so start growing your own food .

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Re:The super food are in your back yard

Posted by Forgive Darkness - 2007/09/25 06:36

James wrote:

hazephase wrote:

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Post edited by: James, at: 2007/09/05 00:49

I understand where you are coming from with this but would it really be safe to just eat those plants? Are they clean and healthy for consumption?

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Re:The super food are in your back yard

Posted by mareika - 2007/10/16 21:47

It would depend on where they were growing. If you took them from your own back yard then they would be no more unsafe than any other produce that you grew for yourself.

This is not for me personally. Although I try and eat healthy, I am a fairly conventional eater.

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Re:The super food are in your back yard

Posted by hazephase - 2007/10/27 21:50

You have to know which are the plants that you can use and not all of them you can eat . I am not saying to eat any plant but nature has kept every thing around you

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Re:The super food are in your back yard

Posted by ladycat - 2007/10/29 03:41

We have a lot of edible wild plants here that I take advantage of when I can:

- Grain amaranth (you can cook the leaves, and pop the grain like popcorn)
- Dandelions (cook the leaves, eat the leaves raw, and dry the roots to make a toinic tea).
- Plums
- Grapes
- Blackberries
- Prickley pears

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Re:The super food are in your back yard

Posted by Johnson486 - 2012/02/02 20:52

Well i have grow many vegetables in my backyard and using daily from it according to this is the best way to get super food healthy and fresh.

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