**WHAT ARE SUPERFOODS? BEE PRODUCTS ARE THE BEST EXAMPLE**

Superfoods, by definition, are nutrient-dense foods considered highly beneficial to health and well-being. Superfoods provide many advantages to all ages, from cancer prevention to brain health, and even healthy weight loss. When considering superfoods, think of getting the most “bang for your buck.” What is the least amount and best quality I can provide for myself, to give me the highest amount of nutrients to support my whole body functioning optimally? Honey is my number one go-to, as you can imagine. But there are many others.

Greens, for example, spinach, kale, and broccoli are three very healthy superfoods wrapped in low-calorie and natural packages. These flavonoid-containing foods offer amazing health benefits. Flavonoids’ biggest claim to fame is the ability to fight cancer cells and reduce inflammation throughout the body. Other benefits include increased heart and gut health. (Flavonoids give fruits and vegetables their colors in showing off their antioxidant activity.)

Garlic has long been considered a superfood, used throughout the ages for the prevention and treatment of disease. It was reportedly fed to the pyramid builders thousands of years ago to keep their strength up and their immune systems strong so they would not succumb to illness or collapse. Garlic contains vitamins B6, C, and manganese, all helpful in protecting against illness, disease, and even the common cold.

Blueberries contain gut-health fiber. They are an excellent source of vitamins, including K1, C, B6, copper, and manganese. The natural quercetin it provides is good for reducing blood pressure and the risk of heart disease. (Quercetin is the most abundant dietary flavonoid.)

Black raspberries and other related berries are also considered superfoods. They are high in ellagic acid, which is antibacterial and antiviral. The delicious-sweet varieties of flavors, the low calories, and the beautiful color, offer an attractive snack, meal, or blended drink ingredient.

Blackberries are one of the highest antioxidant foods. “Anti” oxidants inhibit oxidation, which keeps free radicals in check. Too many free radicals in the body have the potential to cause cellular, DNA, and protein damage.

Antioxidants are found helpful in preventing Alzheimer’s disease and dementia. Since oxidative damage from free radicals contributes to and quickens the aging process, anyone can benefit from superfoods. Honey and bee products- pollen, bee bread, and honeycomb, all contribute to providing antioxidants to the body as an exceptional, natural, and pure superfood. What are your favorite “superfoods”? Maybe [**SUPER HONEY**](http://www.beehealthy.biz/apothecary)**,** or a nice cup of lovingly harvested [**HERBAL TEA**](http://www.beehealthy.biz/apothecary)? ([www.BeeHealthy.biz](http://www.BeeHealthy.biz))

A collage of flowers and plants

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