

The top four superfood products for optimum health and disease prevention / reversal; recommended by Mike Adams

I get a lot of email asking the same question: "Mike, if you had to take just one nutritional supplement or vitamin product, what would it be?"

Here's the answer to that question.

If I were stranded on a desert island and had to choose just one nutritional supplement to have on hand, or if I were suffering from chronic disease (like cancer, heart disease, etc.) and had to choose just one product to consume in an effort to reverse that disease, I would choose the following:

A superfoods / green foods combination supplement

In other words, I'd choose a superfoods supplement containing a number of beneficial superfood ingredients like:

- Chlorella (powerful blood cleanser, liver cleanser, anti-cancer agent and more)
- Spirulina (complete plant-based protein, strong anti-cancer food, outstanding minerals and trace mineral content, great for stabilizing blood sugar, outstanding brain function support, etc.)
- Quinoa (a complete protein in a "grain," good fiber, great source of complex carbs)
- Wheat grass (loaded with phytonutrients, chlorophyll, vitamins and minerals)
- Flax seeds (health omega-3 oils, impressive prevention of heart disease and atherosclerosis)
- Sprouts (broccoli sprouts, clover sprouts, alfalfa sprouts and barley sprouts are all powerful "foods as medicine" containing high-density nutrition and disease fighting phytochemicals)

... and I'd make sure to avoid unhealthful sweeteners like aspartame, fructose, sugar, sucralose or any sweetener other than stevia.

Remember: most Americans are over-fed and under-nourished. We suffer from obesity and malnutrition at the same time because our foods are nutritionally depleted!