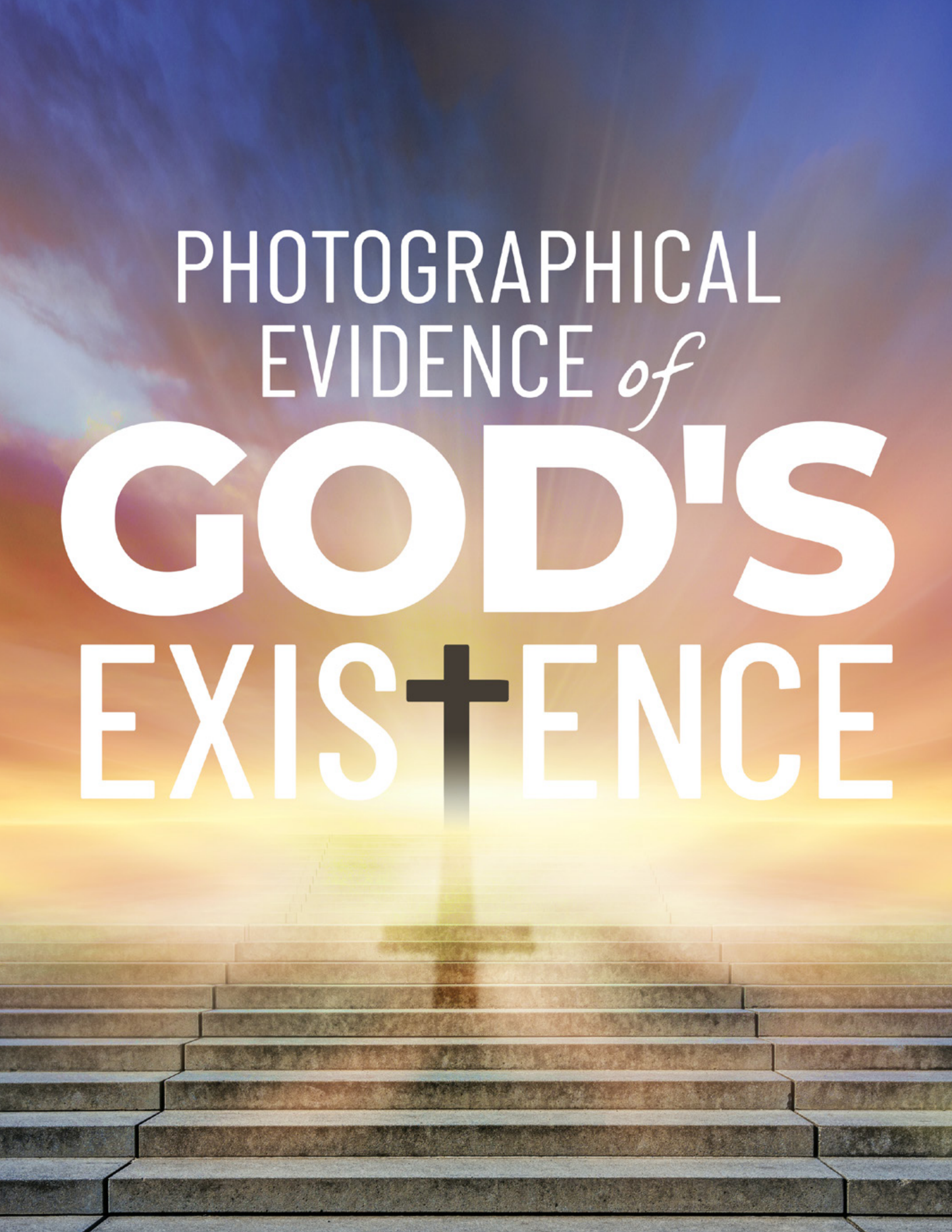
PHOTOGRAPHICAL EVIDENCE *of* GOD'S EXISTENCE



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Joel Marion, CISSN

PHOTOGRAPHICAL EVIDENCE OF GOD'S EXISTENCE

"In the beginning there was the Word. The Word was with God, and the Word was God." (John 1:1)

How is it that one person could possibly use words to speak the world into existence?

How is it that Jesus Christ could rise from the dead after being crucified to death and appear in front of 500 people?

Even as a believer and a Christian it seems logical to have doubts because it's really hard to fathom.

So just once wouldn't you love for someone to show you the evidence of God's existence?

No force-feeding… no arm-twisting… no guilt-trips.

Evidence. Let me show you the evidence.

Before I share the multiple reasons why God is real, just ask yourself this question;

"If God does exist, would I want to know him?"

Christianity… Islam… Judaism… Hinduism… Buddhism… Atheism… Agnosticism.

It doesn't matter what your religion or beliefs are, inside this free report I'm

going to uncover divine facts, along with photographical evidence, which uncovers real-world proof of God's existence.

But first, it all starts with the bible.

The bible has been banned, burned, scoffed, and ridiculed. Scholars have mocked it as foolish. Kings have branded it as illegal. A thousand times over, the grave has been dug. But somehow, the bible never stays in the grave.

Not only has it survived, it has thrived. **It is the single most popular book in all of history.**

It has been the best-selling book in the world for years and years and years.

There is no way on earth to explain it. Which perhaps IS the only explanation.

The REAL answer? The bible's durability is not found on earth. It is found in heaven.

For the millions who have tested its claims and claimed its promises there is but one answer… **the bible is God's book and God's voice.**

The entire purpose of the bible is to proclaim God's plan and passion to save his children, which is YOU by the way. THAT is the reason this book has endured through the centuries.

It is the treasure map that lead us to God's highest reward… eternal life!

In the old testament ***Book of Genesis*** God created the heavens and earth in six days, then he blesses and sanctifies the seventh day, while he rests.

Next, God prophesied the name of Jesus Christ, creates Adam (the first

man), from dust and places him in the Garden of Eden, where he is given dominion over all the animals. The first woman, Eve, was created from Adam to be his companion.

In the ***New Testament,*** God's one and only son, Jesus Christ, came to earth and was crucified for our sins, buried, on the 3rd he rose again and was resurrected to appear in front of 500 people.

Forty days later Jesus ascends into heaven with his disciples in plain sight. Two men in white appear and tell them he will return again someday *"in the same way you have seen him go into heaven".*

This fulfilled the ***Old-Testament*** prophecy.

Many people in today's day and age claim this is nothing but a fairytale. A fable. A far-fetched fictional man-made story.

Well, it's not. God is REAL. And today, I'm going to help you eliminate any doubts you may have.

You might be thinking, "If God DOES exist then…

WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE?

Sometimes it's hard to see why God would allow war, disease, poverty, and evil to exist, but ultimately **God uses pain and suffering to forge our character.**

Our suffering matures us, helps us grow physically, mentally, and spiritually

to build our Christlike character.
Just think about this…

- Without evil, how could we define what is good and righteous?
- Without death, how could we appreciate life?
- Without failures, how could we define success?

You see, ***"God will always give what is right to his people who cry to him night and day, and he will not be slow to answer them."*** (Luke 18:7)

So why does God wait until the money is gone? Why does he wait until the sickness has lingered? Why does he choose to wait until the other side of the grave to answer the prayers we need for healing?

I don't know. I only know his timing is always right. I can only say God will allow our pain and suffering to work out for the best for those who love him.

Every incident is intended to bring us closer to him.

That's what faith is. Trusting what the eyes can't see.

If you're still having doubt and reservations about God's existence, here then, are some compelling facts to ponder...

AMAZING FACTS & DIVINE EVIDENCE OF GOD'S EXISTENCE

#1: Planet Earth

Did you know?

Earth is the only known planet equipped with an atmosphere of the perfect mixture of gases to sustain plant, animal and human life because its size if **precisely perfect.**

The Earth is also perfectly positioned at the precise distance from the sun.

If the Earth were any further away from the sun, we would all freeze. If it were any closer and we would burn up.

Just a fractional difference in the Earth's position to the sun would make life on Earth impossible.

The Earth rotates around the sun at a speed of nearly **67,000 miles per hour.** It's rotating axis allows its entire surface to be properly warmed and cooled every day.

And our moon is the perfect size and distance from the Earth for its gravitational pull.

The moon is responsible for ocean tides, otherwise ocean waters would stagnate and spill over across the continents drowning all of us.

#2: Water

No living creature or thing on planet earth can survive without the colorless, odorless, tasteless water.

Humans, animals, and plants are made of about two-thirds water.

Water allows our bodies to stay at a steady temperature of exactly 98.6 degrees.

This is why fevers and low body temperatures cause health problems.

Water is a universal solvent. This property of water means that various chemicals, minerals and nutrients can be carried throughout our bodies and into the smallest blood vessels.

Water enables food, medicines, vitamins and minerals to be absorbed and used by the body.

Water in plants can therefore flow upward against gravity, bringing life-giving water and nutrients to the top of even the tallest trees.

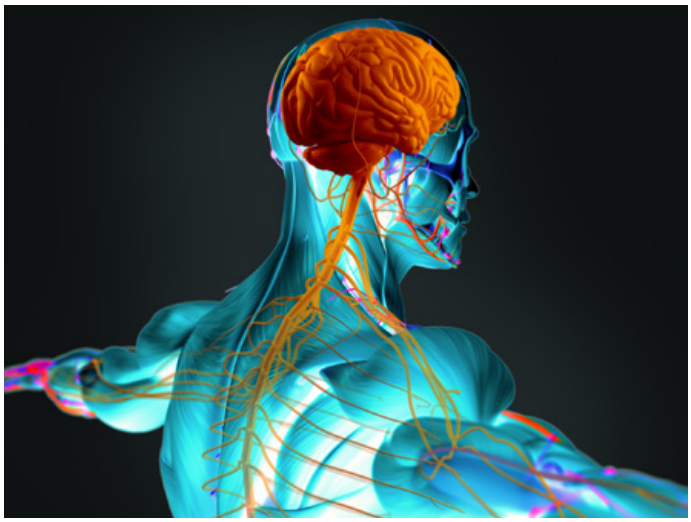
Water freezes from the top down and floats, so fish can live in the winter.

Approximately 97% of the earth's water is in the oceans. Evaporation takes the ocean waters, leaving the salt behind, and forms clouds which are easily moved by the wind to disperse water over the land, for vegetation, animals and people to survive.

Recycled and reused water sustains life on this planet of ours.

Not to mention, there are over 1 MILLION species which live in our oceans.

#3 Your Brain



Do you realize the amazing amount of information the human brain can process?

The human brain processes more than a million messages per second.

Your brain takes in all the colors and objects you see, the temperature around you, the pressure of your feet against the floor, the sounds around you, the dryness of your mouth, even the texture of your keyboard.

Your brain holds and processes all your emotions, thoughts and memories.

At the same time your brain keeps track of the ongoing functions of your body like your breathing pattern, eyelid movement, hunger and movement of the muscles in your hands.

Your brain automatically analyzes the importance of all this data, filtering out the relatively unimportant.

The brain functions differently than all other organs. There is an intelligence to it, the ability to reason, to produce feelings, to dream, to plan, to take action, and relate to other people.

#4: Jesus Christ

If you really want to know God exist, just investigate Jesus Christ.

We're told that ***"God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life."***

And he proved it to us because he did what people can't do. Jesus

performed miracles. He healed people...

… the blind, crippled, deaf, even raised people from the dead.

He had power over objects... created food out of thin air. Enough to feed crowds of several thousand people.

He performed miracles over nature... walked on water, commanded raging storms to stop.

People everywhere followed Jesus, because he constantly met their needs by performing miracles.

Jesus Christ was the evidence that God is gentle, loving, aware of our self-centeredness, shortcomings, and sin… yet still **deeply wants a relationship with us.**

He revealed that although he views us as sinners, worthy of his punishment, his love for us ruled and he came up with a different plan. **God himself took on the form of man and accepted the punishment for our sin on our behalf.**

Sound ludicrous?

Perhaps, but many loving fathers would gladly trade places with their child in a cancer ward if they could.

The Bible says the reason we love God is because he loved us first.

That's exactly what Christ did for us.

He died in our place so we could be forgiven.

God does not force us to believe in him, though he could. Instead, he has provided sufficient proof of his existence for us to willingly respond to him.

The earth's perfect distance from the sun. The unique chemical properties of water. The human brain. Our DNA. Eyes which can distinguish over seven million colors. 100 billion stars in our galaxy. The sacrifice and miracles of Jesus Christ.

Looking at all these facts, one can conclude that a loving God does exist and can be known in an intimate, personal way.

NOW… let me ask you something.

Do you really think some explosion or 'big-bang' theory could create such a delicate, complex earth?

Do you really think 'evolution' is responsible for these miracles?

I would argue after writing this report that it's much easier, and more logical, to believe in God than to be an Atheist.

Now let's look at the photographical evidence…

The **7 Natural Wonders of the World** are probably the greatest picture-proof example of God's existence.

The list of these miraculous locations includes…

- Aurora Borealis
- Harbor of Rio de Janeiro
- Grand Canyon
- Great Barrier Reef
- Mount Everest
- Paricutin
- Victoria Falls

PHOTOGRAPHICAL EVIDENCE #1: AURORA BOREALIS

An **aurora** is sometimes referred to as **polar lights** or **northern lights.**
It's a divine natural light display in the Earth's sky, predominantly seen in the high-latitude regions around the Arctic and Antartica.

Auroras are produced by the earth's magnetic field when the atmosphere is disturbed by the solar wind, resulting in emitting lights of awe-inspiring color and complexity.

There's only one explanation.

God.

PHOTOGRAPHICAL EVIDENCE #2: HARBOR OF RIO DE JANEIRO

The **Harbor of Rio de Janeiro,** also known as Guanabara Bay, is a beautiful oceanic bay located in Southeast Brazil.

It's translated as "the bosom of sea" and is the second largest bay in Brazil (after the All Saints Bay). It's 159 square miles and is one of the world's most famous tourist attractions due to its one-of-a-kind beauty.

Another world-wonder carved by the hands of God.

PHOTOGRAPHICAL EVIDENCE #3: THE GRAND CANYON

The **Grand Canyon** is a steep-sided, 277 mile long, 18 mile wide, 1 mile deep canyon carved by God's hands along the Colorado river in Arizona, United States.

The canyon is contained within Grand Canyon National Park, the Kaibab National Forrest, Grand Canyon-Parashant National Monument, the Hualapai Indian Reservation, and Navajo Nation.

It's famous for its hunting and scenery.

Nearly two billion years of the earth's geological history have been exposed as the Colorado River and its tributaries cut their channels through layer after layer of rock.

Several recent studies support the hypothesis that the Colorado River established its course through the area about 5 to 6 million years ago.

It is considered 'a' holy site 'which was' discovered in the year 1540.

PHOTOGRAPHICAL EVIDENCE #4: THE GREAT BARRIER REEF

The **Great Barrier Reef** is the world's largest coral reef system composed of over 2,900 individual reefs and 900 islands stretching over 1,400 miles in an area of 133,000 square miles.

The reef is located in the Coral Sea off the coast of Queensland, Australia. It's so mammoth it can be seen from outer space and is the world's biggest single structure made by living organisms.

It is composed and built by billions (with a 'B') of tiny organisms, known as coral polyps and is one of the world's largest tourist attractions.

PHOTOGRAPHICAL EVIDENCE #5: MOUNT EVEREST

Mount Everest is the earth's highest mountain above sea level and is located in the Mahalangur Himal sub-range of the Himalayas.

A 1924 expedition by George Mallory and Andrew Irvine sparked a debate as to whether or not they were the first to ever reach the top.

They had been spotted high on the mountain but disappeared in the clouds, never to be seen again, until Mallory's body was found in 1999 at 26,755 feet on the north face. Just a few thousand feet from the top.

The elevation is 29,029 feed high and it is famous for its beauty and wonder.

Yet, another example of God's creation.

PHOTOGRAPHICAL EVIDENCE #6: PARICUTIN VOLCANO

Parícutin is a cinder cone volcano located in the Mexican state of Michoacán, near the city of Uruapan and about 322 kilometers west of Mexico City. The volcano surged suddenly from the cornfield of local farmer Dionisio Pulido in 1943, attracting both popular and scientific attention.

Currently the crater of the volcano is 660 feet across and people can climb the volcano and walk around its entire perimeter.

Parícutin is still hot even though scientist have classified it as extinct.

Rainwater reacts with this heat so the cone still emits steam in various streams as shown in the picture above.

Another God-created natural wonder.

PHOTOGRAPHICAL EVIDENCE #7: VICTORIA FALLS

Victoria Falls has a combined width 5,604 feet and a height of 354 feet resulting in the world's largest sheet of falling water.

Absolutely stunning, and yet, another example of God's creation.

The river's course has numerous tree-covered islands, which increase in number as the river approaches the falls.

The falls are formed as the full width of the river plummets in a single vertical drop into a transverse chasm 5,604 feet wide, carved by its waters along a fracture zone in the basalt plateau.

The depth of the gorge is 260 feet.

The spray from the falls can rise to a height of over 1,300 feet and is visible from 30 miles away.

At full moon, a "moonbow" can be seen in the spray instead of the usual daylight rainbow you see in the images above.

The 7 natural wonders of the world is one of the MANY reasons it's actually harder to NOT to believe in God than it is TO believe in him.

But the REAL gift isn't found in a photograph… it's found on the cross.

IF YOU WANT TO BEGIN A RELATIONSHIP WITH GOD RIGHT NOW, YOU CAN...

This is your decision, no coercion here. But if you want to be forgiven by God and come into a relationship with him, you can do so right now by asking him to forgive you and come into your life.

God's laws, the same laws given to humankind thousands of years ago, have life-changing relevance today. I know from personal real-world experience.

You see, I'm a flawed individual. While I've done a lot of good, I've also messed up more times than I can count. There are times I've been selfish. I've lied. I've reacted in anger, and at times, that anger caused me to say or do something that I wasn't proud of. I've "lost control". I've been lazy. I've gossiped. I've been prideful.

God's word says in Romans 3:23, ***"For all have sinned and fall short of the glory of God."*** That's everyone, from the beginning of time, starting with Adam and Eve.

The price for our sin? Romans 6:23 leaves no ambiguity:

"The wages of sin is death..."

But fortunately, the verse doesn't end there. *"The wages of sin is death...* ***but the free gift of God is eternal life through Christ Jesus our Lord."***

Fact is, I'm a sinner. You're a sinner. We are all sinners. And we've all fallen way short. But God loved us so much, that he made a way for us to wipe the slate clean, over and over again, and be viewed as righteous in his sight.

Think about that. It truly is the greatest undeserved gift of all time. God became flesh, living among us as Christ Jesus, to pay the price for your sin and mine...

Although flawless, Jesus was mocked, and beaten, subjected to unthinkable torture, even before coming face to face with those final agonizing hours on the cross.

To start, a crown of jagged thorns was placed on his head and pressed deep into his scalp, leaving blood pouring down his forehead and face as they ridiculed him as “King of the Jews”...

To further the humiliation, Jesus was then stripped of his clothes and bound to a post where he was forced to endure the most degrading and violent form of public torture known to man, the Roman Scourging. Whipped repeatedly with a “cat of nine tails” laced with jagged bone, the Son of Man was beaten profusely to the point of being unrecognizable.

Weak and near death, Jesus was mandated to carry his own cross down the Via Dolorosa (the “Way of Suffering”), a street in Jerusalem more than 6 football fields in length, leading to the hillside of Golgatha where he was brutally crucified.

Nailed with iron spikes through his wrists and feet, Jesus hung in excruciating pain for 6 hours before breathing his last breath, taking on the sin of the world and making the gift of salvation available to all mankind.

But here’s the critically important thing, and I don’t want anyone reading to miss this: while everyone has access to this remarkable, love- and sacrifice-filled gift, not everyone receives it.

Is it because some aren't "good" enough? No. As Ephesians 2:8-9 states, salvation cannot be earned:

"It is by grace you have been saved, through faith—and you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it."

So, if we can't earn salvation on our own, how do we get access to this enormously gracious, life-changing, and incomparable gift?

Simply put, we have to accept it, and believe it. That's it. It's not by works; no man is good enough. Romans 10:9 gives us the roadmap:

"If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

Fact is, there is a real, caring and loving God who wants to have a genuine and authentic relationship with you, despite all your shortcomings.

Yes you. Why?

Because he created you, and because he loves you so much, to the point of sending his son to die for you. If you were the only person on earth, Jesus still would have come to die for you.

Think about how loved and important and valuable you are to God. And today, the ultimate gift of salvation is yours to receive.

Will you receive it?

2 Corinthians 6:2 says, ***"At just the right time, I heard you. On the day of salvation, I helped you. Indeed, the "right time" is now. Today is the day of salvation."***

From experience, I can tell you that accepting Jesus Christ as Lord and Savior of your life will unquestionably and undoubtedly be the absolute best decision you ever make. It's life-changing, in the most incredible and fulfilling way, and I can tell you that first-hand.

Today, God is more evident and active in my life than ever before, but it hasn't always been that way. In times past, I've have periods of trying to do it all myself, times where I thought, or at least acted like, I didn't need God.

And I fell flat on my face.

My career suffered, my relationships suffered, and my life suffered tremendously as a whole.

And maybe that's exactly where you're at right now. Maybe you're hurting. Maybe you're feeling empty inside. Maybe you're going through a real-life nightmare. I'm here to tell you, God is here to take your hurt, and turn it into triumph. All you have to do is turn it over to him.

"But Joel, I'm not like you. You don't know where I've been, and what I've done."

And you're right, I don't. But God does know, and he still welcomes you with open arms, even with all your mess (just like he did for me). You see, there's no sin too big or too small to keep you from God's love. His forgiveness is abundant and endless, without exception. All we have to do is receive it.

Today, I urge you, don't wait another moment to receive God's life-changing free gift of salvation.

Don't waste the pain and sacrifice he went through on the cross, for you. Pray this prayer, and as you read, say it from your heart:

Lord Jesus, I accept your gift of salvation with open arms today. I believe that you paid the price for my sin on the cross, and through your resurrection and grace, I am saved. Lord, I desire a real, authentic relationship with you as my creator. Come into my life; become the Lord of my life. I'm not going to look back. Today, my life is forever changed. I accept it. I receive it. In Jesus's name, Amen.

If you prayed that prayer just now, you just received the greatest gift of all time. What an incredible decision!

Your life will truly never be the same.

God's invitation is clear and nonnegotiable. He gives all and we give him all. Simple. He is clear in what he asks and clear in what he offers.

However, the choice is up to us. **Isn't it incredible that God leaves the choice to US?**

Just think about that!

There are MANY, MANY things we can't choose. We can't choose the weather. We can't choose whether or not we were born with a big nose or blue eyes or a lot of hair.

We can’t choose how people treat us or respond to us.

But we can choose where we spend eternity. The biggest choice God leaves to us.

And it’s the only decision that really matters.

Scientists are convinced that our universe began with one enormous explosion of energy and light, which is referred to as the ‘Big Bang’ theory.

This was supposedly the beginning of everything that exists. The initial start of time itself and the universe itself.

Astrophysicist Robert Jastrow, an agnostic, stated, ***“The seed of everything that has happened in the Universe was planted in that first instant; every star, every planet and every living creature in the Universe came into being as a result of events that were set in motion in the moment of the cosmic explosion...***

The universe flashed into being and there is no way to find out what caused it to happen.”

The universe has not always existed. It had a start... what really caused that?

Scientists have no explanation for the sudden explosion of light and matter.

There is really only ONE universal answer; faith in God. Our creator. Our redeemer. Our stronghold.

I pray that if you haven’t already, you will accept him as your savior today.

In sincere friendship,

Joel

BONUS SECTION

7 GOD-MADE FOODS THAT DEFY AGING & REVERSE DISEASE

Although God has blessed scientists, doctors, and other health professionals with the ability to create innovative medicines which can save lives, his true healing power can be found in many of the all-natural foods he's created.

Here are 7 God-Healing foods that can help you live longer, look younger, and burn more belly fat…

God-Made Age-Defying Food #1: Avocados

Avocados could just be one of the most overlooked and underrated superfoods on the planet.

Even though they are often considered a vegetable or superfood, avocado is actually categorized as a fruit.

This little wrinkly and unappealing food, is loaded with health benefits that you simply can't afford to miss out on.

And the taste?

While you may not prefer a plain avocado, when you catch glimpse of the delicious recipes we have in store for you, you'll definitely want to start adding this amazing fruit to your diet on a weekly basis.

Heck, even a little hot sauce, Himalayan sea salt, and pepper can bring out it's true flavors.

4 Anti-Aging Health Benefits of Eating More Avocados

Just about everyone can benefit from eating avocados. Young or old, male or female, fit or unfit, avocados should be at the top of your weekly grocery list.

Anti-Aging Benefit #1: Rich In Dietary Fiber

First, avocados are loaded with dietary fiber, making them great for stabilizing blood glucose levels and warding off diabetes. Since fluctuating blood sugar level is the hallmark trait of diabetes, the better you can keep your levels under control, the less risk you'll have of this condition.

They are also a perfect way to help manage your symptoms if you're currently suffering from diabetes already.

In addition to blood sugar benefits, **their high fiber content is also great for helping lower your risk for heart disease.** The fiber found in avocado's will help to reduce levels of bad cholesterol in the body and raise the level of good cholesterol, keeping your ticker working optimally.

One study published in the Journal of the American Heart Association[1] noted that one avocado per day as part of a moderate-fat, cholesterol-lowering diet lowers bad cholesterol levels, particularly small, dense LDL.

Anti-Aging Benefit #2: Healthy Skin, Hair, and Nails

Another added benefit of avocados is that they can actually help you look younger.

In addition to helping you lose unwanted body fat, which we'll get to in a second, avocados are loaded with vitamin E, which is a fat soluble vitamin that is critical for keeping your skin, hair, and nails looking their best.

If you find that your skin and hair looks dull and lackluster you may be lacking this fat soluble vitamin and avocados can help you fill in the missing gap.

You can even use them topically by preparing a hair or face mask as well.

The vitamin E will help to promote better circulation to the scalp, which will then help to increase hair follicle health.

Anti-Aging Benefit #3: Antioxidant Benefits

Vitamin E serves as a powerful antioxidant in the body, combating free radical damage and helping you side-step today's most deadly diseases.

The more free radical damage your body encounters on a day to day basis from stress, poor dietary habits, and environmental factors, the faster your body begins to break down. Oxidation, which is the end result of free radicals is like rust on a car.

It slowly eats away at your cells internally until things start to malfunction.

Research[2] **has suggested that vitamin E may help to reduce the risk of coronary artery disease,** illustrating another one of its key health benefits.

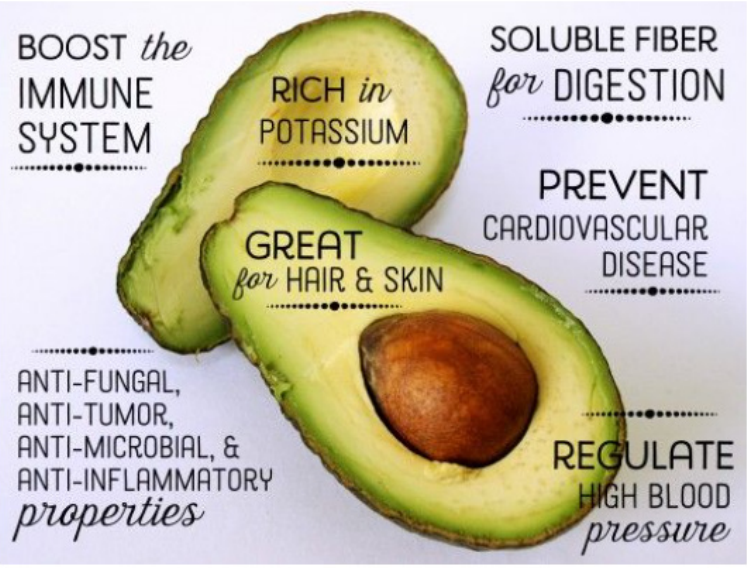
Anti-Aging Benefit #4: Reduced Risk Of High Blood Pressure And Stroke

Finally, avocado's may also help keep your blood pressure in check.

Most people today consume a diet that is loaded with table salt and other unhealthy versions of sodium and not high enough in potassium. Avocados can help you reverse this trend.

This fruit offers a **generous dose of potassium and is very low in sodium, which is the key combination for lowering blood pressure.**

Research published in the BMJ journal[5] noted that those who have the highest intake of unhealthy sodium in their diet plan are at the greatest risk for stroke. So by replacing some of your high sodium diet foods, such as processed cheese for example, with a healthier lower sodium source of fat like avocado, you can reduce your risk.



God-Made Age-Defying Food #2: Berries and Cherries

Berries are one of the best foods you can put into your body for a variety of different reasons. The health benefits of blueberries and other berries, with their dark pigment indicative of their rich polyphenol content, have been demonstrated in various nutrition studies.

Research suggests that these nutritional powerhouses may have cardio protective effects as well as benefits ranging from anti-aging to optimized metabolic health.

Berry Benefit #1: Faster Weight Loss & Recovery Time

Researchers from *Texas Woman's University* recently demonstrated that the polyphenols in blueberries might play a significant role in reducing body

fat. Specifically, the researchers found that **these compounds inhibited the formation of fat cells.**[6]

What's more, researchers from New Zealand found that consumption of blueberries may also accelerate muscle recovery when combined with exercise. Specifically, folks who consumed a blueberry smoothie before and after exercise experienced reduced muscle soreness and accelerated recovery of strength, which translates to more frequent exercise and improved performance.[7]

That also adds up to helping prevent the loss of calorie-burning muscle when dieting. Simply put, muscle loss contributes to decreased metabolism, looking "skinny fat," and rapid rebound weight gain when resuming a "normal" eating routine after a diet—all things you don't want.

Berry Benefit #2: Improved Metabolic Health & Insulin Sensitivity

Anthocyanins, the colorful antioxidant pigments that give blueberries their rich color, are well-known for their wide-ranging health benefits, including optimizing carbohydrate metabolism and insulin sensitivity.

Specifically, cyanidin 3-glucoside (C3G), which is a member of the anthocyanin family, has been shown to **enhance insulin efficiency and improve carbohydrate metabolism, both of which have major implications for optimizing fat loss and weight management.**[8,9]

What's more, anthocyanins have been shown to have a unique effect on fat cells, and this has led researchers to state that they may play an intricate role in improving metabolic health. As a matter of fact, researchers investigating the effects of anthocyanins on fat cells (i.e., adipocytes) concluded the following.

"Anthocyanins have a significant potency of anti-obesity and ameliorate adipocyte function" and they also have "important implications for preventing metabolic syndrome".[41]

The myriad of benefits associated with blueberries may also be extended to other dark-colored berries (e.g., strawberries, blackberries, raspberries, cranberries, etc.), which also contain a wealth of antioxidant phytochemicals and appetite-satisfying fiber.

Berry Benefit #3: Improved Digestive Health

Dietary fiber helps to slow the release of sugar in the bloodstream, decrease the speed of overall digestion, and may help out with weight control[1]. Research published in *the Nutrition Reviews journal* has noted that by including more fiber in your diet calorie consumption tends to go down because it provides a feeling of fullness that other foods don't provide.

Berry Benefit #4: Fights Disease & Reduces Inflammation

Research published in the *Journal of Agricultural and Food Chemistry*[2] has noted that when you consume berries as a regular part of your diet plan, your total body inflammation levels go down.

Since inflammation is at the heart of many different diseases such as cancer[3], heart disease[4], and Alzheimer's disease[10], doing everything you can to help lower your levels is in your best interest.

Getting in a good dose of antioxidants each day can also help to combat the signs of aging, according to research published in the *Proceedings in the National Academy of Science.*[11]

Berry Benefit #5: Low In Calories

Another nice benefit that berries bring to the table is the fact that they are quite low in calories.

Berries themselves will only provide around 50-80 calories per cup, making them an ideal choice to curb your sweet tooth before bed (or any time of day), whereas a health fat (like raw nuts or nut butter) has 80 calories per tablespoon making it VERY easy to overeat—unlike high density-low calorie berries.

When trying to lose weight, it's ideal to choose these types of low energy-high volume dense foods, meaning foods that you can essentially 'overeat' and still get a flat belly.

Berry Benefit #6: Convenience!

Another great thing about berries is that they are versatile.

No prep required. Grab em' on the go. Snack on them with some raw nuts. Throw some in your Greek yogurt or cottage cheese. Put a handful on your salads. Mix them in your smoothies. The options are endless.

This makes berries an ideal diet food for those who have a busy schedule. More and more we hear people complaining about the fact that they aren't

able to prepare healthy foods because they are just too busy. Well, berries eliminate this problem altogether.

Furthermore, because they are so low in calories, carbs, and fat, they are applicable on just about every diet out there. Even low carb ketogenic dieters eat berries in small amounts because of their amazing nutrient profile.

Berry Benefit #7: Lower Cholesterol Levels

We already spoke that berries have a high level of dietary fiber, which is great for helping reduce your risk of disease, which is why blueberries are great for reducing your total cholesterol levels.

For instance, in one study published by the *Nutrition Research journal*[12], subjects participated in an 8 week study where they either consumed 4 cups of a beverage prepared with freeze dried strawberries or 4 cups of water daily. After the 8 week time period was over, **the strawberry group noticed an 11% decline in total LDL cholesterol levels.** This is the equivalent to about 3 cups of fresh strawberries to help give you an idea of how much you'd want to be eating each day to see similar results.

This may seem like a lot, but consider that this still only adds up to about 150 calories and suddenly, it doesn't seem so bad. It's a great way to fill yourself up on your diet plan AND reap the cholesterol lowering benefits.

What berries are best?

Here's a comparison chart based on a 1 cup serving of berries:

	Calories	Carbs	Sugars	Fiber
Strawberries	49	11.7	7.1	3
Blueberries	84	21.4	14.7	3.6
Blackberries	62	14.7	7	7.6
Raspberries	64	14.7	5.4	8
Cranberries	46	12.2	4.6	4

As you can see from the above, you really can't go wrong with any of these choices. Each berry type is high in fiber and low in sugar.

Your best bet is to mix it up from time to time, eating a variety of berries over the course of the week. Or, consider mixing the berries together all at once for a berry salad.

What about cherries?

Like berries, cherries are rich in antioxidant phytochemicals and a source of smart carbohydrates. In fact, studies have shown that the antioxidant potential of the anthocyanins—phytonutrients that are responsible for the red skin and flesh color of cherries—are superior to vitamin E.[13]

Cherries can be an ideal fat loss friendly food because slowly and thoroughly chewing your food can have a tremendous impact on portion control and allowing your body and brain to register feelings of fullness and satisfaction.

With pitted cherries, you can't simply devour a significant amount in record time like you can with other snacks—and even some fruits. Instead, the pits force you to eat slowly, allowing your satiety centers to register feelings of fullness and help prevent you from over-eating.

In addition to the potential health and body composition benefits, another late-night benefit of cherries is that they may help promote sleep. A variety of **cherries contain tryptophan, melatonin, and serotonin, all key role players in promoting onset and quality of sleep.**

In a double-blind pilot study published in the *Journal of Medicinal Food,* a group of researchers from the *Sleep & Neurophysiology Research Laboratory at the University of Rochester Medical Center* found that fresh tart cherry juice, consumed twice daily, produced reductions in insomnia in elderly folks, and what's more, they found that the time required for the study participants to fall asleep was reduced by 17 minutes.[14]

The influence of cherries on sleep was also documented in another study conducted by a group of Spanish researchers. In the study, middle-aged and elderly volunteers consumed about 1 cup of cherries (a variety of different types of cherries were consumed across the group) twice daily at lunch and dinner for three days. The researchers found that **cherry consumption increased sleep time significantly and reduced the number of awakenings.**[15]

God-Made Age-Defying Food #3: Potatoes

You probably NEVER thought THIS one would be on the list did ya?

Before we dive into the amazing benefits of this God-Healing food, let's dispel the myth about potatoes and weight-loss with a real-life amazing before and after story.

It all started when the USDA proposed eliminating the potato from federal feeding and nutrition programs, 45-year old Chris Voigt (Executive Director of the Washington State Potato Commission) decided to protest.

So he ate nothing but 20 potatoes per day for 60 days straight.

What happened next will probably shock you.

Even though Chris was not attempting to lose weight, he did. Not only that, he had dramatic improvements in other areas of his health as well.

RESULTS OF THE 60 DAY POTATO *ONLY* DIET	
STARTING WEIGHT: 197	ENDING WEIGHT: 176
STARTING BLOOD GLUCOSE: 104	ENDING BLOOD GLUCOSE: 94
STARTING CHOLESTEROL: 214	ENDING CHOLESTEROL: 147
STARTING TRIGLYCERIDES: 135	ENDING TRIGLYCERIDES: 75
*And his ending blood pressure was an outstanding 112 over 70!	

These numbers indicate that Chris dramatically ***reduced*** his risk for heart disease and diabetes[16].

His health improvements were in fact far greater than what we normally see from drugs and many intensive lifestyle programs—**after eating ONLY high carb potatoes for 60 days.**

While I would never recommend an all potato diet for the long-term for anyone, it does go to show once and for all that in spite of all the bad press, high carb starches like potatoes, do NOT necessarily make you fat!

After all, GOD MADE POTATOES!

As you'll soon discover below, they are in fact, a nutrient dense food that can **help you optimize certain hormones, accelerate calorie burning, and promote a healthier metabolism.**

If you're a meat and potatoes kind of person, chances are you have fond memories of this food. Mashed, baked, loaded, cheesy (Mmmm!), twice baked, or the fan favorite, French-fries. There's no shortage of ways to devour this delicious food.

Maybe you've been misled to believe that potatoes are unhealthy and can make you fatter… or maybe you realize it's not actually the potatoes that are doing the damage… it's all that gravy, cheese, sour cream, bacon, butter, and frying oil that is the real culprit.

No matter which way you slice it (pun intended), as you're about to discover, potatoes are an amazing healthy fat burning food!

You just have to understand how to eat them the right way.

7 Amazing Anti-Aging Health Benefits Of Eating More Of This God-Made Food

Any way you slice it, the potato is a staple in diets all over the world. And since it comes straight from nature, it only stands to reason there must be some health benefits derived from it.

Anti-Aging Benefit #1: Promotes Healthy Blood Pressure Levels

If you're suffering from high blood pressure levels eating more potatoes can help because they're very high in potassium and naturally low in sodium. Low potassium coupled with high intake of refined salt, the two primary factors that really help to bring down your total blood pressure levels, as was noted in the Current Opinion in Lipidology journal[17].

In addition to that, there appears to be **compounds called kukoamines that are found in potatoes that will help to lower blood pressure levels further.**

Anti-Aging Benefit #2: Assists With New Cell Formation

One of the most important nutrients that potatoes provide is vitamin B6, which is a critical B vitamin that's responsible for many of the enzymatic reactions that take place in the body.

This is vitally important for the formation of new tissue cells and the utilization of amino acids in the body.

Vitamin B6 is also responsible for the creation of heme, which is part of the red blood cell that is responsible for carrying oxygen to the various tissues of the body.

Anti-Aging Benefit #3: Reduced Risk Of Depression

The vitamin B6 found in potatoes is also important for the production of serotonin in the brain, which is known as a feel-good neurotransmitter that is linked to lower levels of depression.

When people are short on vitamin B6 intake, it's more likely that they see decreased levels of production of this important neurotransmitter, which may cause them to feel stressed, sad, and lonely more often[18].

Furthermore, it's also **required for the production of melatonin;** the sleep hormone responsible for causing you to fall into a restful slumber every night.

Anti-Aging Benefit #4: Cardiovascular Protection

While avoiding simple sugars is a must to promote heart health, avoiding potatoes is not.

Despite the fact that boiled potatoes do rank high on the GI scale and will break down into sugar fairly quickly in the blood stream, potatoes offer an extra layer of protection when it comes to fending off heart disease.

Vitamin B6 plays a key role in methylation, which **changes the dangerous molecule homocysteine into a benign substance that won't damage the heart and arteries like homocysteine normally would.**

Elevated homocysteine levels are associated with higher progression of atherosclerosis as well as an increased risk of heart attack and stroke.

Anti-Aging Benefit #5: Improved Athletic Performance

Because potatoes contain a hefty dose of starchy carbohydrates they're an ideal food choice for improving exercise performance because they provide the body with a pure source of glucose, the bodies preferred fuel source.

Although most people are under the assumption that glucose is responsible for weight gain, our bodies only store 1 out of every 120 calories from glucose, so it's an ideal source of energy.

Not to mention, the vitamin B6 found in taters plays a **key role in the breakdown of glycogen in the muscle cell.**

It's your glycogen reserves that the muscles draw upon for intense physical activity so the better you are able to tap into this reserve, the better your performance will be.

Glucose based starches can also help replenish depleted muscle glycogen after exercise so consuming potatoes post workout is one of the best choices you can make.

Anti-Aging Benefit #6: Hunger Control

Now, you might think that given their high GI value, the potato would not be a wise choice if controlling hunger was your goal. But when you look at the science that's not necessarily the case.

Many people report that potatoes are one of the most satisfying carbohydrates that you can eat. Remember Chris Voight's 60 day potato diet results? It's the perfect example.

Additionally, research published in the Lund University Publications[3] noted that **boiled potatoes induced a higher subjective satiety than French fries** did on an energy equivalent basis and this satiety was most noticeable in the early postprandial phase.

Fat Burning Benefit #7: High Levels of Resistant Starch

If you want to supercharge your potatoes for faster fat loss all you have to do is cool them or chill them and eat them cooled.

Chilled or cooled potatoes are loaded with a unique type of fat burning starch called *resistant starch.* Resistant starches bypass digestion altogether so they don't impact blood glucose levels nearly as much, a key to keeping your body in a fat burning environment.

Many studies are now showing that **resistant starches improve insulin sensitivity, increase more gut bacteria, reduce blood sugar, and decrease your appetite.**

Bottom line: when potatoes are prepared the right way and eaten in moderation they can help us fight against many of today's modern health challenges and can actually INCREASE fat-loss when prepared and eaten properly.

God-Made Age-Defying Food #4: Coconut Meat & Oil

Coconut oil is catching fire all around the world as many people clue in to the *a-m-a-z-i-n-g* health benefits it has to offer.

Just how amazing?

You're about to find out.

But there's one big problem people seem to be misinformed about when it comes to consuming coconut oil. Saturated fat.

After all, if the *American Heart Association* says it's unhealthy it must certainly be true—right? WRONG.

It may come as a surprise to you that eating foods that are high in saturated fat – such as grass-fed meat, milk, free range eggs, butter, avocados, raw nuts, raw cheese, and YES, coconut oil – does NOT cause obesity, high cholesterol and heart disease, as was once thought. In fact, **the opposite is true:** you can and should enjoy these healthy fats as part of a well-rounded, real food diet.

One study that spanned the globe studied the diets of the Maasai tribe of Kenya, the Eskimos in the Arctic, and the tribe of the three atoll islands off the coast of New Zealand, and found that the diets of these tribes consisted of more than 66 percent saturated fat.

And get this: these tribes were found to have **the lowest risk of heart disease.** Some cultures that consume mostly saturated fat from natural sources don't even have a word for heart disease!

Healthy saturated fats, like the ones found in coconut oil, have been found to be of tremendous value to good health.

Amazing Health Benefits Of Coconut Oil

When it comes to your health, the oil in particular is an especially healthy addition to your plan and offers several amazing benefits.

Bacteria Killer

Keeping unwanted bacteria out of your system is an important job. If your body is not able to do this effectively, chances are, you'll fall ill sooner or later. The good news is that coconut oil can help.

About half of the fatty acids that are found in coconut oil come from 12-carbon Lauric Acid, which can kill off harmful bacteria, viruses, and fungi if they happen to be digested, notes research published in the *Antimicrobial Agents and Chemotherapy*[19].

This could help save you from illness at some point in the future.

Heart Health Benefits

Millions of people pass away every year due to heart health related concerns. Eating more coconut in your diet can help ensure you aren't one of them. Coconut oil, despite the fact that it is a form of saturated fat has been proven to help **increase the good HDL cholesterol in the body while lowering the levels of bad LDL cholesterol.**[20]

In addition to that, coconut oil may also help to lower the total triglyceride levels in the body while also helping improve blood coagulation factors.

If you're one of those people who fear saturated fat for concern over heart health the reality is that **it's NOT saturated fat that's the problem.** Today's research[21] is showing that sugar is the real issue when it comes to heart health. Many people are adopting diets that are higher in total fat as well as saturated fat content without showing increased risk for heart health

issues. The ketogenic diet, which recommends over 70% friendly fats, is the perfect example.

Skin Protection

By now you should already know that if you hope to enjoy the summer's warm rays, you should be slathering on the sunscreen lotion. As it turns out, adding some coconut oil to your diet may actually offer similar benefits.

Research is now showing that **coconut oil may be just as effective as sunscreen at blocking out the sun's ultraviolet rays**[22]**.**

This doesn't necessarily mean you should ditch your sunscreen entirely, but consider *both* to really ensure that you are protected.

Lowers Inflammation And Reduces Joint Pain

Inflammation is a silent killer and coconut oil can help you fight against it on a daily basis. Research has suggested that **virgin coconut oil may help to reduce inflammation** and even help those who are battling arthritis manage their pain better[23].

As many arthritic medications do tend to come with unwanted side effects, this can be an excellent benefit to note. Whenever you can opt for natural treatment methods, definitely do so.

Improved Gut Health

Did you know that about 70% of your immune system resides in your gut? This is why sustaining a healthy gut is a must if you want to live a long, healthy life. Many people do not even consider gut health as it relates to their well-being, but your gut is home to millions of bacteria. Some of these bacteria are good (i.e. *probiotics*) while other bacteria are not so good and take a toll on your health.

Coconut oil can help to destroy the bad bacteria, allowing the good probiotics in your belly to flourish. These probiotics can then help do everything from keep your immune system stronger, combat problems like IBS and diarrhea, help you feel more energized during the day, and even help keep your mental health in check. **Probiotics are essential for optimal health and coconut oil can help them thrive.**

Reduced Waist Circumference & Lower Risk Of Diabetes

Another major health concern that everyone should be paying very close attention to is diabetes. Diabetes is running rampant in today's society, largely because of the diet we are consuming that's rich in processed and deep fried foods.

Adding some coconut oil to your day can help you lower your risk. One study published in the journal *Metabolism* noted that when test subjects supplemented their diet for 90 days with medium chain triglycerides, it was seen that this was **associated with not only a decreased level of insulin resistance, which is a key contributing factor to diabetes, but that they also showed a lower body weight and waist circumference as well**[24]**.**

Insulin resistance is a hallmark trait of diabetes amongst other health concerns (such as heart disease and hypertension), so doing all you can to control that is essential.

From a weight-loss perspective, God designed this 'fatty' food to help reduce cravings because the friendly fats fill you up FASTER and LONGER than most other foods.

Also, the MCTs (medium chain triglycerides) also give you a nice, even keeled release increased energy levels. And because it's made from fast acting MCTs, this energy hits you almost immediately after you consume it.

God-Made Age-Defying Food #5: Turmeric

Although it's not technically a 'food', turmeric root has some INCREDBILE divine qualities created by the good Lord above you absolutely MUST pay attention to if you want to live longer and avoid today's most-deadly diseases through several different pathways.

Here they are…

Anti-Aging Benefit #1: Powerful Anti-Inflammatory

Inflammation is known as the root cause of today's modern health challenges.

And no one is immune. Stress, lack of sleep, poor nutrition, toxins in the air we breath and in the water we drink---all of them contribute to chronic inflammation.

This can eventually lead to heart disease, arthritis, diabetes, and possibly even cancer[25].

But it's not all doom and gloom thanks to mother nature's miracle spice.

Studies now demonstrate that turmeric can help you combat inflammation that's currently present as well as prevent it down the road[3]. It works by targeting a variety of different steps in the inflammation pathway, which in turn decreases inflammation.

This, over the long haul, can help protect you from disease.

Furthermore, research is now showing that turmeric may actually be just as powerful in reducing inflammation as many of today's over-the-counter medicines and prescriptions—WITHOUT the harmful side effects[26].

Anti-Aging Benefit #2: Amazing Antioxidant Power

Every day we're exposed to free radicals that cause damage to the cells of our tissues. Antioxidants help neutralize these free radicals preventing them from causing harm inside our bodies.

Turmeric is a very powerful source of antioxidants.

Research published in the *Journal of Applied Toxicology*[5] found that curcumin helps improve the body's antioxidant enzymes, helping boost your immune system.

If you prepare vegetables using turmeric for example, you'll get the absolute best protection as you not only get the antioxidants from turmeric, but also from the vegetables as well. It's a very powerful 1-2 punch that can improve your health.

Anti-Aging Benefit #3: Fights Against Alzheimer's Disease

According to the Alzheimer's Association, **by the year 2050 almost 14 million people will be "losing their mind" from Alzheimer's disease.** Presently, it's the 7th leading cause of death in the U.S.

In fact, over $148 billion is spent each year treating this disease and pharmaceutical options are currently failing miserably.

Whether you're young, old, or middle-aged—preventing Alzheimer's should be in the front of your mind. Pun intended.

Fortunately, there are some easy diet and lifestyle modifications that can help you dramatically reduce your risk for Alzheimer's. Adding turmeric to your daily regimen is one of those modifications.

Research published in the *Journal of Neuroscience*[27] illustrated that curcumin was able to provide similar benefits as taking NSAIDs for reducing brain inflammation—without the unwanted side effects such as gastrointestinal, liver, and renal toxicity.

The researchers then went on to state that **when patients consumed curcumin, many of the markers that show up when Alzheimer's disease is present were significantly decreased.**

Now that's some food for thought. Literally!

Anti-Aging Benefit #4: Increases Mood & Combats Depression

If you're stressed out or you suffer from bouts of depression turmeric should be a staple in your diet.

According to research published in the *Journal of Affective Disorders*[28], curcumin influences several positive biological mechanisms associated with major depression. In fact, is shows promise as **an effective treatment of symptoms in individuals with a serious depressive disorder.**

Many anti-depressants, which are prescribed far too often by medical professionals, come with a number of unwanted side effects including lowered libido levels and weight gain. Since turmeric is completely natural, you'll side step those side effects and often see even greater *benefits.*

Turmeric may provide promise for those suffering from mild to even severe depression, so make sure you take this into consideration before you start taking potentially dangerous drugs.

Anti-Aging Benefit #5: Helps Prevent Heart Disease

Heart disease is currently one of the fastest growing killers of our time.

Smoking, eating processed foods, lack of exercising regularly… all of these lifestyle factors increase your risk.

According to the Centers for Disease Control and Prevention, there are currently 28.4 million people who have been diagnosed with heart disease in the United States. This makes up around 11.7% of the total population in the country[29].

Turmeric can help offset this by improving the overall function of the endothelium, which lines the blood vessels that lead to the heart. When the endothelium is functioning at a higher level, this in turn helps to better control blood pressure levels and therefore, lowers your risk of heart disease.

An interesting study published in the *American Journal of Cardiology*[30] showed that patients who were already in the hospital scheduled to undergo coronary artery bypass surgery supplemented with turmeric had **a 65% decrease for having a heart attack** compared to those who didn't.

Researchers conducting the study theorized that this was thanks to the antioxidant and anti-inflammatory benefits that turmeric provides, which can assist both those who are already suffering from heart disease as well as those who are looking to take preventative steps.

Anti-Aging Benefit #6: Decreases Cancer Risk

Cancer sucks. We all know that because it has affected almost every person on the planet in some form or fashion.

In one study[31], researchers looked at turmeric's effect on males who were at greater risk of colon cancer from lesions running along their colon. After 30 days of supplementation, they saw a decrease in those lesions by up to 40%, thus lowering their risk of going on to develop full-blown colon cancer.

In addition to this, research published in the *Cancer Research journal*[32] has also stated that consuming turmeric on a regular basis can reduce the growth of cancerous cells, reducing chances of getting this deadly disease.

Anti-Aging Benefit #7: Relieves Arthritis

Arthritis, or Uncle Arthur as my father calls it, affects people of all ages in today's modern world.

Arthritis and joint pain are directly linked to chronic inflammation. Because turmeric acts as a **powerful anti-inflammatory** inside the body it can decrease the amount of pain you are experiencing.

In one study published in the *Phytotherapy Research Journal*[33], researchers noted that **turmeric may prove to be just as effective, if not more effective than some of the anti-inflammatory drugs that are being used to treat those who suffer from rheumatoid arthritis.**

Anti-Aging Benefit #8: Lowers Risk of Diabetes

Research published between 1998 to 2013 indicates the active polyphenol in turmeric (curcumin) may be an ideal intervention for type 2 diabetes by stabilizing elevated blood sugar and improving insulin sensitivity[34].

People with diabetes should talk to their doctors before trying any type

of turmeric supplement. Since it lowers blood sugar levels, taking it with diabetes medications could cause blood sugar levels to drop too low.

God-Made Age-Defying Food #6 Apple-Cider Vinegar

Vinegar has been used for centuries for a wide variety of different purposes. There is evidence of initial vinegar usage starting around 5000BC when the Babylonians created it from the fruit of the date palm. Previously it was used primarily as a food and a preserving or pickling agent.

Vinegar was also used during biblical times as a food flavoring as well as a beverage that was said to help boost energy levels. It was even mentioned in both the old and new testaments for its medicinal properties.

People of China also utilized rice vinegar, with **reports of it first being used dating back 3000 years ago.**

Amazing Health Benefits of Apple Cider Vinegar

As you're about to discover, no matter what your current health condition happens to be, apple cider vinegar can help you improve your current health. Nearly everyone can benefit from including it in their diet – young or old, healthy or unhealthy.

Detoxification

In today's world we are constantly exposing ourselves to toxins from the foods we eat and the environment we live in, so this can build up and clog our systems to run less than optimally. That's why it's an intelligent decision to add ingredients to your diet that can help you with the process of detoxification.

Apple cider vinegar can help. **It clears out toxins to help you rid waste material out of the body by targeting the liver and lymphatic system.** Additionally, it also helps to stimulate bowel movements, helping with the excretion of waste.

Nice bonus side effect!

If you ever notice that you are backed up, experiencing constipation, a few doses of apple cider vinegar may help.

Manage Acid Reflux

Because it tastes highly acidic most people automatically assume apple cider vinegar will make their heart burn or acid reflux worse—but it's actually the exact opposite.

If you suffer from acid reflux, apple cider vinegar can help.

When you suffer from acid reflux it's because you have too much acid in your stomach, so anything you can do to help bring your pH balance back to a healthier state will help you overcome the symptoms that you are experiencing.

While it may seem counterintuitive to add something that is *very acidic* to an environment that is already on the acidic state, what happens it that **when apple cider vinegar enters the body, it actually becomes very alkaline and helps to counteract the stomach acid that is currently present.**

Note that this only works with *apple cider vinegar.* All other vinegars including white vinegar, balsamic vinegar, and red wine vinegar are acid-forming, thus **they will intensify the acid reflux you are experiencing.** This benefit is one that is unique to apple cider vinegar alone.

If you want to use apple cider vinegar to manage acid reflux, mix one

tablespoon of it with a cup of water and drink it before you eat your meals. This should help you avoid this nagging problem altogether.

Candida Cleanse

Candida and yeast infections impact hundreds of thousands of people all around the world and can lead to a number of unpleasant symptoms including bad breath, low energy levels, digestive strain, and even urinary tract infections.

Fortunately, apple cider vinegar can help. **It contains healthy 'good' bacteria, also known as probiotics** (another hot topic) that help to kill off candida, allowing you to put those symptoms to rest.

The majority of the population does NOT maintain a sufficient level of probiotics in their system. We can thank (or should I say blame) sugar and processed foods. Apple cider vinegar is a fast and easy way to add more of these healthy bacteria into your body.

pH Balancer

As mentioned above, **apple cider vinegar becomes alkaline in the body** when consumed. This leads us to another important benefit of using it: *to help balance out your pH levels.*

We live in a world where our diet is heavily focused around the consumption of processed carbs and protein. The lack of consumption of fresh fruits and vegetables often means our pH balance is all jacked up.

This can be associated with a wide array of negative consequences including:

- High levels of fatigue
- Feeling drowsy all the time
- Feeling confused or unable to think clearly
- Experiencing a shortness of breath

- Suffering from ongoing headaches
- Experiencing appetite irregularities
- Showing signs of jaundice, which indicates your liver is not working as it should
- Having an increased heart rate, which could, in some individuals increase your risk factor for a heart attack
- Having bad smelling breath (or breath that smells fruity, which indicates that you are moving into a state called ketosis)

Untreated or unrecognized acidosis can become extremely dangerous.

If you are eating a very high fat diet that's low in carbs, carrying a lot of extra body weight, suffering from dehydration, or are someone who is a diabetic, having a pH balance that's leaning too much on the acidic side of things can become problematic very quickly.

Apple cider vinegar can help you reverse this so you can enjoy the carbs and meat in your diet without being concerned or worried. While this doesn't give you a free pass to overdo things, if you are a processed foodie or big meat eater, apple cider vinegar is an especially good idea for you.

Consuming fresh vegetables and fruits can also help you become less acidic as well.

Blood Glucose Stabilization

This is a big one.

One of the most powerful benefits that apple cider brings to the table is its ability to help regulate your blood glucose levels. Diabetes and pre-diabetes are running rampant in today's society because we are in the habit of consuming so many processed foods.

This sends our blood sugar levels soaring, which then causes the pancreas

to work extra hard, trying to pump out enough insulin to control the situation. Over time, your cells can become resistant to this insulin, which leaves you with a condition known as insulin resistance.

Next thing you know, you may find yourself on the fast track to becoming a diabetic. The best way to avoid this is to do everything in your power to get your blood glucose levels under better control.

Reducing the total number of processed carbohydrates you eat and reducing your carbohydrate intake in general is the fastest way to get this under control, but most people still want to eat lots of carbs.

Consuming apple cider vinegar before any carbohydrate dense meals you eat can help you stabilize blood glucose levels.

Research has shown that those who **consume apple cider vinegar prior to their meals tend to improve their insulin sensitivity** and their body shows a better overall insulin response to ANY carbohydrates they do eat [39].

Just **consume one tablespoon of apple cider vinegar about fifteen minutes or half an hour or so before you eat a higher carbohydrate meal** to help you avoid blood sugar spikes, energy crashes, and fat storage.

Most of us get very sleepy after eating a high carb meal from blood sugar fluctuations. Apple cider vinegar can help you avoid this altogether.

By keeping your blood sugar stable and doing what you can to ensure an even release of the carbohydrates into the blood stream over time, you'll sustain better energy levels in the hours that follow.

It can also help prevent insulin from shuttling glucose into fat cells after a high carb meal. Good stuff!

Combat Allergies

Seasonal allergies got you down? Don't feel bad. Many people find that allergies get the best of them, especially during the spring months. And you guessed it! Apple cider vinegar can help with this as well.

The reason why it's so beneficial is because it can help **break up mucous in your body and also increase the overall level of lymphatic drainage that is taking place.** This helps clear out your sinuses, ensuring that you can breathe with ease.

If you have severe allergies that require medical attention you won't want to ditch your prescribed medications for apple cider vinegar, but if it's a mild allergy you're dealing with, it's definitely worth a shot.

Just place two tablespoons in a large glass of water and drink it up to three times per day when you are dealing with your allergy symptoms. It tastes a little harsh, but it's better than dealing with a sinus headache.

Lower Blood Pressure

Another of the great benefits that apple cider vinegar can assist with is lowering your blood pressure levels. High blood pressure is another of the leading health concerns in today's culture thanks to our sedentary lifestyles and overconsumption of processed foods.

The good news is something as simple as apple cider vinegar can really help out. Research published in the Bioscience, Biotechnology, and Biochemistry journal noted that apple **cider vinegar does offer an antihypertensive effect** and this is likely due to the acetic acid that is found in it[40].

If you have moderately high blood pressure levels, using apple cider vinegar in your diet plan may help you overcome this.

Lower Cholesterol Levels

In addition to lowering blood pressure levels, it also appears that **apple cider vinegar can boost heart health by reducing bad cholesterol as well.**

Research published in the British Journal of Nutrition noted that when subjects consumed apple cider vinegar as part of their diet plan that also contained cholesterol, those who consumed the apple cider vinegar showed **lower total serum total cholesterol and triacylglycerols, liver ATP citrate lyase activity, and had lower levels of fatty acid synthase** as well compared to those who did not consume the apple cider vinegar[41].

It appears that apple cider vinegar contains a particular antioxidant called chlorogenic acid, which helps to protect the bad cholesterol in the body (LDL) from being oxidized. This in turn helps to reduce your overall risk of heart disease.

Adding a little more apple cider vinegar into your diet plan certainly won't hurt you in any way and may just help you side step heart disease along the way.

Cancer Protection

Cancer is obviously one of the most life threatening diseases in the world, so it only makes sense you'd want to do everything you can to prevent it. Turns out, apple cider vinegar may help.

Some research suggests that this vinegar can kill cancer cells as well as shrink tumor growth, so if you are currently at risk, it may help to lower that risk[42].

The research is limited at this point, so it's not a cancer prevention cure-all, but do take note. There may be some connection there. It doesn't hurt to try if cancer prevention is on your mind.

Now that you can see all the many health benefits that apple cider vinegar has to offer, how will it help weight loss?

Increased Rate Of Fat Burning

When it comes down to the actual process of burning body fat, the steps can be highly complex. Here's all you need to know: ***apple cider vinegar may help to increase the enzyme AMPK in the body, which increases the rate of fat oxidation rates and decreases the speed in which the liver manufactures fat in the body.***

This means **accelerated fat burning results.** I don't know about you, but that alone was enough to convince me to start using apple cider vinegar.

While this doesn't mean you can cut yourself an extra slice of cake without worry – you still do need to eat right and exercise, it does mean that having apple cider in your diet can give you an extra edge.

God-Made Age-Defying Food #7: Red-Wine

There are more healthy benefits from drinking wine[6] than any other alcohol…

…because red wine contains anti-oxidants:

These include **resveratrol:** (found in grape skins) which fights inflammation and blood clotting and reduces the risk of heart attacks and cancer. Catechin and Proanthocyanidins: (found only in the seeds) reduce oxidative damage in the body.

Resveratrol and Proanthocyanidins are the two main anti-oxidants that protect cardio health.

The point is to *not* drink more than about 150 ml (5 oz per day). Around that amount seems to reduce the risk of heart disease by 32% …any more than

that and the risk goes up dramatically[7]…

Here are some other facts about RED WINE:

Reduced risk of dementia[43]: Drinking 1–3 glasses of wine per day has been linked to a reduced risk of dementia and Alzheimer's disease.

Reduced risk of depression[44]: A study of middle aged and elderly people showed that those who drank 2–7 glasses of wine per week were less likely to become depressed.

Reduced risk of type 2 diabetes in women[45]: Moderate red wine consumption has been linked with a reduced risk of developing type 2 diabetes in women.

Reduced risk of cancer[46,47]: Studies have shown that moderate wine consumption is linked with a decreased risk of several cancers, including colon, basal cell, ovary and prostate cancers.

Wine Facts: At-A-Glance:

One Glass Of Champagne Contains:

- 2 grams of carbohydrates
- **Total Calories:** 85 (includes 77 calories from alcohol)

One Glass Of Dessert Wine (Sweet) Contains:

- 9 milligrams of sodium
- 14.1 grams of carbohydrates
- 0.1 milligrams of calcium
- 0.9 milligrams of potassium
- **Total Calories:** 165 (includes 110 calories from alcohol)

One Glass Of Reduced Alcohol (6%) Wine Contains:

- 10 milligrams of sodium
- 13.3 milligrams of calcium
- 130.2 milligrams of potassium
- 1.7 grams of carbohydrate
- **Total Calories:** 74 (including 66 calories from alcohol)

One Glass Of Red Wine (Claret) Contains:

- 4.4 grams of carbohydrate
- 0.1 grams of protein
- **Total Calories:** 123 (including 105 calories from alcohol)

One Glass Of White Wine (Riesling, Chablis) Contains:

- 5.5 grams of carbohydrate
- 0.1 grams of protein
- **Total Calories:** 120 (including 98 calories from alcohol)

One Glass Of White Sparkling Wine Contains:

- 4 grams of carbohydrates (all of which are sugars)

Wine (175 ml)	Calories	Carbs	Rating
Cabernet Sauvignon (5 fl oz)	115	3.6	BEST
Chardonnay (5 fl oz)	120	3.8	GOOD
Dessert Wine (3.5 fl oz)	165	14	AVOID
Malbec (5 fl oz)	125	3.8	GOOD
Pinot Grigio (5 fl oz)	114	4	BEST
Pinot Noir (5 fl oz)	117	3.1	BEST
Port (5 fl oz)	94	7.2	AVOID
Red Wine (5 fl oz)	119	3.8	BEST
Rose wine (4.05 fl oz)	83	2.9	BEST
Sauvignon Blanc (5 fl oz)	122	2.7	GOOD
Sparkling White wine (3.5 fl oz)	78	1.2	BEST
White wine (medium)	132	3.8	GOOD
White Wine (Sweet)	165	3.8	AVOID
Zinfandel (5 fl oz)	108	8.3	AVOID

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