

# Donna's Top 10 Power Foods

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What you eat makes all the difference in the world. But some foods just stand apart as being what we call "Power Foods". Below is a list of foods that have earned the distinction of being one of our Top Ten Power Foods.

We invite you to take this challenge: Incorporate one of these Power Foods into your nutrition program each week for the next ten weeks and you will be well on your way to great nutrition!

1. **Coconut oil** - virgin, organic, unrefined and cold-pressed oil. Coconut oil is great for cooking all kinds of food as it adds delicious flavor and has a high burn point. Coconut oil is a healthy addition to smoothies, and also can be used on the skin as moisturizer. This oil gives immediate energy, raises body heat, protects the gut and keeps insulin levels from rising.
2. **Butter** - Pastured dairy cows yield butterfat loaded with vitamins A & D, iodine and other essential nutrients. Not only does butter taste delicious, it's a *good* fat for our heart, brain, hormones and cells. Try Kerry Gold brand, or get it fresh from your raw milk farmer.
3. **Raw Milk** - is a living food rich in colloidal minerals, sugars and fats with enzymes necessary for digestion and absorption, beneficial bacteria and lactic acid. Unheated butterfat prevents arthritic stiffness, assists with eczema and allergies. Pasteurized milk is sadly deficient in these nutrients. Not, available in all states. Check in your local area.
4. **Cod Liver Oil** - supplies essential fatty acids, plus vitamins A & D, strengthens the immune system, nervous system and hormonal reactions.
5. **Sea Salt** - unrefined, high quality sea salt yields over 80 minerals crucial for enzymatic reactions requiring trace minerals in the body and supports the adrenal glands. Enhances flavors in food. Try Celtic Sea Salt brand.
6. **Bone Broth** - Excellent nutrition for bone health supplying most of the necessary minerals. Bone broth is very warming for the body in cool weather. Choose pasture-raised chicken bones (necks & feet, too!), beef or veal bones and follow recipes in Nourishing Traditions cookbook, by Sally Fallon.
7. **Raw Honey** - is unpasteurized, meaning that it's full of the natural enzymes, vitamins and nutrients, straight from the extractor of the concentrated nectar flowers. Use raw honey to replace refined sugars in the diet.

8. **Apple Cider Vinegar** - Aids in digestion of proteins, maintains a healthy gut, helps with allergies and asthma as well osteoarthritis and bone spurs. Try Bragg's Apple Cider Vinegar.

9. **Nutritional Yeast** - Replaces B vitamins - except B12. Needed especially if there is a dietary history of eating refined sugar and flour that depletes the body of these vitamins. Try Radiant Life Nutritional Yeast.

10. **Lacto Fermented Foods** - yogurt, kombucha, sauerkraut, kefir- tremendous foods for repairing and maintaining gut health, absorbing nutrients and keeping a healthy immune system. Try Real Pickles brand fermented vegetables or make your own!