

SUPERFOOD is the best source of High NUTRIENTS. Every cell in our body needs REAL NUTRIENTS to work properly. Just eating some mashed potato, carrots and peas just doesn't cut it. Worse still, most food we buy is very low in REAL NUTRIENTS and very high in Synthetic Chemicals. One tablespoon of SUPERFOOD probably has more REAL NUTRIENTS than in everything else you might eat in one day.



Adding SUPERFOOD to meals guarantees that you are getting enough REAL NUTRIENTS, so it doesn't matter so much whatever else you eat, as long as it is not too much of anything. (see weight loss PDF).

I got the idea from Astronauts, who originally were given SUPERFOOD in toothpaste type tubes, because of lack of storage space for fresh vegetables. So I set about finding the 3 highest Nutrient vegetables, and were also very Low in Calories, so I could use it for Weight Loss.

I chop up half a cabbage, 4 tablespoons of baby spinach, and grate up half a bunch of celery. I put this in a bowl and keep it in the fridge, ready to use. I add sea salt and pepper and a little vinegar, but no other oils, mayonaise or dressings, because they all contain calories and synthetic chemicals. This SUPERFOOD is Revolutionary - because it helped me lose 18 kg / 40 lbs in 3 weeks when I got rid of my pot belly.

This SUPERFOOD is a vital component for both Losing Weight, and maintaining Normal Weight.