



**el manguero**™



“

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They are not fond of rules, and they have no respect for the status quo. You can praise them, disagree with them, quote them, disbelieve them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They invent. They imagine. They heal. They explore. They create. They inspire. They push the human race forward. Maybe they have to be crazy. How else can you stare at an empty canvas and see a work of art? Or sit in silence and hear a song that's never been written? Or gaze at a red planet and see a laboratory on wheels? While some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world are the ones who do.”

ASNF

A Son Never Forgets



The primary benefit, in addition to being a really good source of vitamin C, is that (mangos) are a decent source of vitamin A, folate and are pretty high in fiber, which is beneficial for colon cancer prevention, heart disease and weight control.

## TOP 5 HEALTH BENEFITS OF MANGO

Rich in protective antioxidants. Mangos are a good source of protective compounds with antioxidant properties, these plant chemicals include gallotannins and mangiferin.

- **May aid digestion.**
- **May help maintain healthy skin & hair.**
- **May support heart health.**
- **May support eye health.**

### Is mango a Superfood?

Mangos contain over 20 different vitamins and minerals, helping to make them a superfood. 3/4 cup of mango provides 50% of your daily vitamin C, 8% of your daily Vitamin A and 8% of your daily vitamin B6. These nutrients in mango may help support your body's immune system.

### Why do I feel better after eating mango?

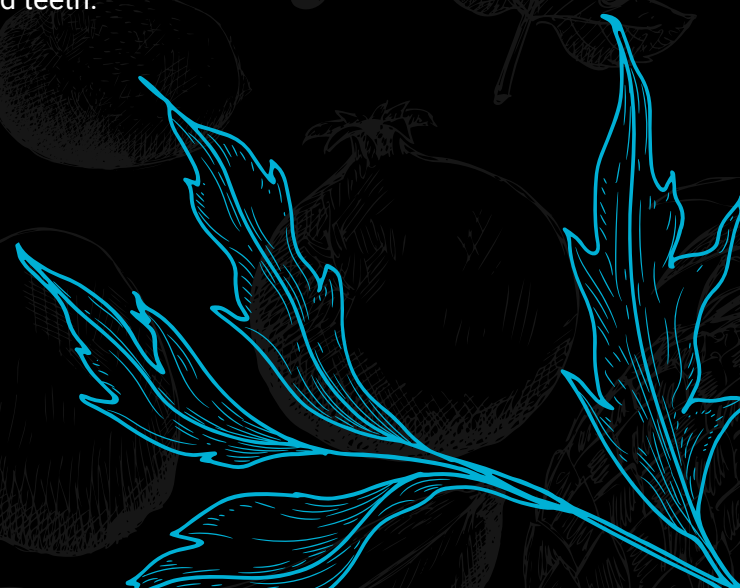
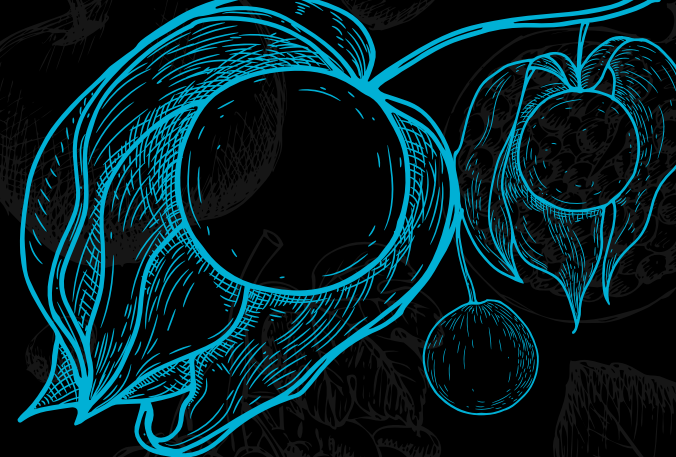
They are a great source of magnesium and potassium, both of which are connected to lower blood pressure and a regular pulse. Furthermore, mangos are the source of a compound known as mangiferin, which early studies suggest may be able to reduce inflammation of the heart. Mangos can help stabilize your digestive system.

Mango and papaya are full of nutrients that help support healthy eyes. Two key nutrients are the antioxidants lutein and zeaxanthin. These act as a natural sunblock, absorbing excess light coming into the retina. They also protect the eye from harmful blue light.



# MANGO

## BENEFITS



**GOLDENBERRY**

Golden berries contain phytosterols, a type of antioxidant that can help lower the amount of cholesterol in your blood, especially so-called “bad” (LDL) cholesterol. Golden berries also contain fatty acids like linoleic acid and oleic acid, which can help you lower your cholesterol overall.

There's a reason people have been eating golden berry for a few millennia: It's really, really good for you in addition to being pretty tasty. It definitely qualifies as a superfood.

Just 100 grams of golden berries provides over half your daily vitamin C needs. They also contain high levels of vitamin A, potassium, and magnesium, supporting eyesight, healthy nerve functions, bones, and teeth.

## **WHAT DOES PINEAPPLE DO FOR YOUR BODY?**

Pineapple contains plenty of nutrients and beneficial compounds, such as vitamin C, manganese, and enzymes to help aid digestion. Eating fresh or roasted ripe pineapple may help boost immunity, lower cancer risk, and improve recovery time after surgery.

## **IS A PINEAPPLE A SUPERFOOD?**

Why is the pineapple called a superfood? Did you know that a cup of fresh pineapple gives you these nutrients? The Vitamin C, fiber, and potassium content in the pineapple promotes heart health. And if your potassium intake is high, you're less likely to be prone to stroke and kidney stones formation.

Bromelain, an enzyme found in pineapple, triggers testosterone production which can elevate a man's sex drive. High levels of vitamin C and thiamine in pineapple provide a surge of energy to the body too, thus increasing sexual stamina.

## **DOES PINEAPPLE BURN BELLY FAT?**

Its weight loss benefits range from anti-inflammatory effects to metabolism-boosting properties. Pineapple contains a proteolytic Bromelain enzyme, vitamin C, and anti-inflammatory ingredients which help reduce belly fat.



**PINEAPPLE**



## **WHAT ARE THE BENEFITS OF EATING BANANAS?**

### **Health benefits of banana**

- ° May improve digestion: Banana is rich in soluble and insoluble fibers that play an essential role in digestive health.
- ° Helps to improve heart health
- ° Helps to build lean muscles
- ° Supports bone health
- ° Helps muscles to recover after exercise
- ° Helps to reduce bloating

## **ARE BANANAS A SUPERFOOD?**

Despite some negative attention, bananas are nutritious and may even carry the title of the first “superfood,” endorsed by the American Medical Association in the early 20th century as a health food for children and a treatment for celiac disease.

## **AT WHAT POINT IS A BANANA THE HEALTHIEST?**

Underripe bananas are a great source of prebiotics for gut health and FODMAP friendly, while overripe ones contain the highest sugar and lowest fiber content but are rich in potassium, Vitamin B6, Vitamin C and Fibre, according to sports dietitian Ryan Pinto.

## **ARE BANANAS A SUPERFOOD?**

Bananas are another low-fructose fruit that are fiber-rich and contain inulin, a substance that stimulates the growth of good bacteria in the gut.

## Health Benefits of Star Fruit

- Anti-inflammatory ability. The high levels of antioxidants in this fruit make it a good anti-inflammatory that can help ease symptoms of psoriasis and dermatitis.
- Weight loss promotion.
- Immunity boosting ability.
- Improved respiratory health.
- Improved heart health.

## IS STAR FRUIT A SUPERFOOD?

Star fruits are stars when it comes to the world of superfoods. They are packed with health benefits which include weight loss and immunity.

## IS STAR FRUIT MEDICINAL?

Star fruits are commonly used in Ayurvedic and Traditional Chinese Medicine (TCM), and some of the clinical conditions they are used for include the following: fever, cough, diarrhea, chronic headache, inflammatory skin disorders (eczema), and fungal skin infections.

## DOES STARFRUIT CLEAN YOUR TEETH?

Small starfruit contains carboxylic compounds, specifically oxalic acid, that can be used as a tooth whitening agent. Small star fruit has also been shown to contain peroxide compounds that can restore the white color of teeth.





Apples are an incredibly nutritious fruit that offers multiple health benefits. They're rich in fiber and antioxidants. Eating them is linked to a lower risk of many chronic conditions, including diabetes, heart disease, and cancer. Apples may also promote weight loss and improve gut and brain health.

## **WHAT ARE THE BENEFITS OF EATING AN APPLE A DAY?**

Eating one medium apple a day may help lower blood pressure, cholesterol, and inflammation all of which support a healthy heart. Eat the peel when you can as the fiber and polyphenols found in the peel benefit heart health. Apples can strengthen your lungs.

### **What are the top health benefits of apples?**

- May lower cholesterol. Apples contain pectin, a natural fiber found in plants.
- May protect against diabetes. Apples are low on the glycaemic index (GI) thanks to their fiber content.
- May prevent obesity.
- May protect against heart disease.
- May be beneficial for bone health.

## **WHAT ARE THE REASONS WHY APPLES ARE HEALTHY?**

### **Outstanding Health Benefits of Apples**

- Apples May Lower High Cholesterol and Blood Pressure.
- Eating Foods With Fiber, Including Apples, Can Aid Digestion.
- Apples Can Support a Healthy Immune System.
- Apples Are a Diabetes-Friendly Fruit.
- The Antioxidants in Apples May Play a Role in Cancer Prevention.



It is recommended that individuals eat a serving of 8 strawberries a day. Clinical research has determined that this recommendation can have some hefty benefits, including potentially improved heart and brain health, reduced risk of some cancers, and better management of type 2 diabetes.

## **ARE STRAWBERRIES A SUPERFOOD?**

They're a superfruit.

Not only do strawberries provide fiber, potassium, folate and antioxidants, but they also contain several bioactive compounds (called flavonoids) that are known to help protect against chronic diseases.

## **WHAT ARE THE BENEFITS OF STRAWBERRIES?**

### **So Good, and So Good for You!**

- Low Calorie. Big on taste, low in calories: One whole cup of strawberries contains less than 50 calories.
- Cholesterol Champion.
- Hydration Boost.
- Diabetic Delights.
- Good for the Gut.
- Vitamin C.
- Fewer Wrinkles in Time.

## **DO STRAWBERRIES BURN BELLY FAT?**

Promotes weight loss: Studies suggest that strawberries promote the production of two important hormones - adiponectin and leptin. Both of these hormones help to burn fat and enhance metabolism.

## **ARE STRAWBERRIES GOOD FOR YOUR BRAIN?**

Strawberries

The antioxidants in strawberries, like those in other berry super-fruits, have a unique and important role in brain health. These antioxidants tend to fight off free radicals, which damage cells and can lead to memory loss and other brain difficulties.



Papayas contain high levels of antioxidants vitamin A, vitamin C, and vitamin E. Diets high in antioxidants may reduce the risk of heart disease. The antioxidants prevent the oxidation of cholesterol. When cholesterol oxidizes, it's more likely to create blockages that lead to heart disease.

## **IS IT OK TO EAT PAPAYA EVERYDAY?**

### **It boosts Digestive Health!**

For people with poor digestion, eating papaya on a daily basis is a must. The healing powers of papaya take off the stress on the digestive system and help to metabolize food faster. As papaya contains an enzyme called papain, this helps to break down food faster

## **ARE PAPAYAS A SUPERFOOD?**

Known as the fruit of angels, papaya is a nutrient-dense superfood that's loaded with vitamins and antioxidants and has incredible effects when consumed regularly. The sweet and tropical fruit has a lot of nutritional and medicinal value.

## **IS PAPAYA ONE OF THE HEALTHIEST FRUITS?**

The papaya is an incredibly healthy tropical fruit. It's loaded with antioxidants that can reduce inflammation, fight disease, and help keep you looking young.

## **WHY DO BODYBUILDERS EAT PAPAYA?**

Papaya: The nutritional highlight of papaya is the proteolytic enzyme papain, which breaks peptide bonds (protein) to allow for greater protein absorption, retention and muscle growth. Papaya is also a rich source of antioxidant nutrients, which help prevent post-workout muscle cramps.

## **WHAT DOES PAPAYA DO TO YOUR BRAIN?**

Carotenoids are a kind of antioxidants found in papaya that help neutralize excess free radicals in the brain. Excess free radicals are one of the prime causes of Alzheimer's disease. Moreover, papaya contains choline and omega3 fatty acids, which aids in a faster reflex action and improves brain health.



**PAPAYA**



Is mora/blackberry a superfood? Blackberry is a low-carbohydrate product. They are considered a "superfood" due to their high nutritional value and robust flavor and pigmentation. Blackberries contain beneficial compounds that may prevent cancer, heart disease, and diabetes.

## **WHAT ARE THE BENEFITS OF BLACKBERRIES?**

The blackberry is carefully formulated to provide tinctures of Yarrow flowers, Capirona bark, and Blackberry leaves, which may offer multiple health benefits, including health inflammatory response support. This highly bioavailable natural arsenal that can be easily incorporated into any daily routine.

## **WHAT DO BLACKBERRIES DO FOR YOUR BODY?**

The antioxidants, vitamins, and minerals found in blackberries deliver a variety of health benefits. Antioxidants such as anthocyanins hold many anti-inflammatory and anti-microbial properties. They may also combat diabetes and certain kinds of cancer.

## **ARE BLACKBERRIES A SUPERFOOD?**

Blackberries are an excellent source of vitamin C and manganese and a good source of fiber and vitamin K. Vitamin C is a known antioxidant which assists in wound healing and the formation of bones, teeth and cartilage. Vitamin C also increases absorption of iron.

## **WHY IS BLACKBERRY A SUPERFOOD?**

Blackberries are a superfood with beneficial vitamins, minerals, fiber, and antioxidants. They're low in calories, carbs, and fat. Blackberries may even fight cancer and help prevent heart disease.

## WHAT ARE THE HEALTHIEST BERRIES?

### Meet the best of the berry crop:

- ° Blueberries. Although they contain more sugar than other berries (15 grams per cup, compared to 5 grams for raspberries), this easy-to-find berry contains many different types of phytonutrients.
- ° Blackberries.
- ° Strawberries.
- ° Other Great Berry Choices.

## WHICH BERRIES ARE BEST FOR THE BRAIN?

Many of the controlled human trials have used blueberries, however other berries, including raspberries, blackberries, and strawberries, also have many of the bioactive compounds that improve brain function.

### Fruits for the brain

From sources across the web

**Blueberries | Avocados | Oranges | Apples | Blackberries | Grapes | Bananas  
Cherries | Raspberries**

## WHICH FRUIT IS BEST FOR THE BRAIN?

Certain fruits such as oranges, bell peppers, guavas, kiwis, tomatoes, and strawberries, contain high amounts of vitamin C. Vitamin C helps prevent brain cells from becoming damaged and supports overall brain health. In fact, a study found that vitamin C can potentially prevent Alzheimer's.



**BRAIN**

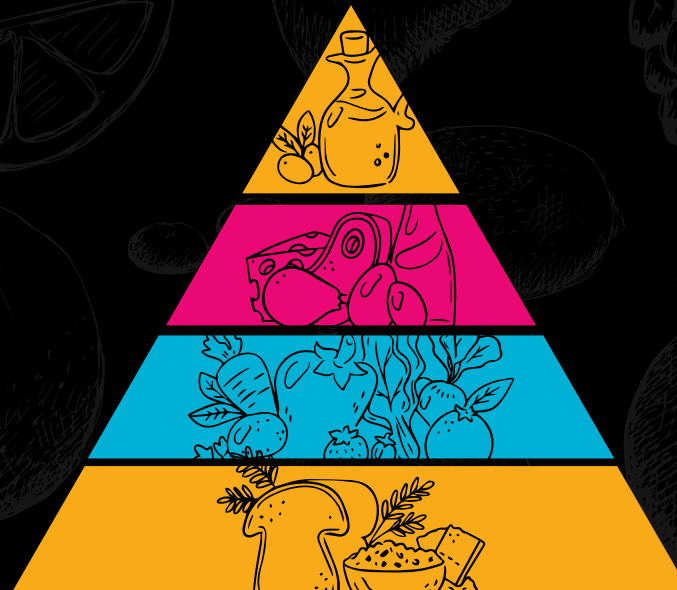


## WHAT FOODS BOOST BRAIN POWER?

- Oily fish. Share on Pinterest Oily fish contains omega-3 that can help boost brain health.
- Dark chocolate. Dark chocolate contains cocoa, also known as cacao.
- Berries.
- Nuts and seeds.
- Whole grains.
- Coffee.
- Avocados.
- Peanut.

## WHAT FOODS ARE GOOD FOR BRAIN REPAIR?

Some studies have shown that a Mediterranean diet rich in fruits, vegetables, whole grains, beans, nuts, olive oil and fish may be beneficial after brain injury. This is based on research suggesting it helps to maintain cognitive function as people age.



## WHAT ARE THE HEALTH BENEFITS OF TURMERIC?

In India, it was traditionally used for disorders of the skin, upper respiratory tract, joints, and digestive system. Today, turmeric is promoted as a dietary supplement for a variety of conditions, including arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, and many others.

## IS IT OK TO TAKE TURMERIC EVERYDAY?

When taken by mouth: Turmeric is likely safe when used short-term. Turmeric products that provide up to 8 grams of curcumin daily seem to be safe when used for up to 2 months. Also, taking up to 3 grams of turmeric daily seems to be safe when used for up to 3 months. Turmeric usually doesn't cause serious side effects.

## WHAT DOES TURMERIC AND BLACK PEPPER DO TO THE BODY?

Turmeric and black pepper each have health benefits, due to the compounds curcumin and piperine. As piperine enhances curcumin absorption in the body by up to 2,000%, combining the spices magnifies their effects. They may reduce inflammation and improve digestion, particularly in supplement form.

## WHAT ARE THE HEALTH BENEFITS OF TURMERIC?

In addition to these conditions, research studies have shown some possible benefits of turmeric for:

- Inflammation.
- Degenerative eye conditions.
- Metabolic syndrome.
- Arthritis.
- Hyperlipidemia (cholesterol in the blood)
- Anxiety.
- Muscle soreness after exercise.
- Kidney health.



**TURMERIC**



## **TURMERIC**

### **WHAT IS THE BEST TIME OF THE DAY TO TAKE TURMERIC?**

What time should I take my turmeric? Turmeric should be taken with meals to help with absorption. It's also a good idea to divide it into two doses taken 8 to 12 hours apart. This will help increase absorption and keep levels steady in the body.

### **WHAT IS THE BEST WAY TO ABSORB TURMERIC?**

Short cooking times (under 15 minutes) do not destroy turmeric, but will in fact increase the bioavailability of curcumin. So heating turmeric in a golden latte or adding it to your cooking, such as in curry or scrambled eggs, will maximize its absorption by the body.

### **WHAT ARE MEDICAL USES FOR TURMERIC?**

Turmeric is used as an herbal medicine for rheumatoid arthritis, chronic anterior uveitis, conjunctivitis, skin cancer, smallpox, chicken pox, wound healing, urinary tract infections, and liver ailments.

### **DOES TURMERIC HELP YOU SLEEP AT NIGHT?**

Turmeric is hailed as a common medicinal spice, part of the ginger family, and can be used to aid the quality of sleep whilst also lowering anxiety levels, improving mood, and promoting relaxation.

### **CAN TURMERIC CAUSE ANXIETY?**

Certain foods and nutrients may help support your body in reducing anxiety and improving how your body handles stress. The spices saffron and turmeric may reduce both depression and anxiety.

### **SHOULD I TAKE A TURMERIC SUPPLEMENT DAY OR NIGHT?**

Most people find success taking turmeric either in the morning to start their day, or at night before bed to combat inflammation from the day's activities. We also recommend that you take turmeric with a meal since curcumin absorption increases when paired with healthy fats.

## WHAT ARE FIVE HEALTH BENEFITS OF GINGER?

Ginger has many possible health benefits. For instance, it may help reduce nausea, manage weight loss, lower cholesterol levels, protect nerve function, and reduce the risk of cancer.

## WHAT VITAMIN DOES GINGER CONTAIN?

One teaspoon of raw ginger contains 0.1 milligram (mg) of vitamin C. It also contains small amounts of calcium, magnesium, and other minerals.

## WHAT DOES GINGER DO FOR THE BODY?

For example, ginger increases serotonin and dopamine levels. This can reduce inflammation, which may cause depression. Ginger could also provide benefits for anxiety, depression, dementia, Alzheimer's disease and post-traumatic stress disorder. Ease stomach pains: Ginger can treat nausea and motion sickness.

## WHAT ARE THE HEALTH BENEFITS OF GINGER?

### Let's begin!

- Better Digestion. Ginger helps speed up the digestion process and empty your stomach more quickly.
- Improves Immunity.
- Alleviates PMS Symptoms.
- Relieves Nausea and Upset Stomach.
- May Help With Cancer.
- Reduces Pain.
- Healthier Skin.
- Weight Loss Aid.

## WHAT IS THE HEALTHIEST WAY TO CONSUME GINGER?

Many of ginger's vitamins and minerals are heat-sensitive. Accordingly, eating ginger raw is the best way to get the most out of it. Gingerol, the nutritious and spicy compound found in the root, is highly concentrated in its raw form.

## WHY IS GINGER A SUPERFOOD?







**GINGER**

The most significant medicinal property of ginger comes from gingerol, the root's primary bioactive compound. This compound is known throughout the world to have powerful antioxidant and anti-inflammatory powers, allowing it to help the body reduce free radicals and support overall good health when consumed regularly.

### **WHAT DOES DRINKING GINGER EVERY DAY DO?**

Ginger has powerful components that lower blood sugar levels and prevent heart disease. Eating ginger every day can regulate the production of insulin in patients with diabetes. Due to the cholesterol-lowering abilities in ginger, it prevents heart-related diseases and strokes.

### **DOES GINGER MAKE YOU SLEEPY?**

Some people take ginger tea as a remedy for insomnia as it helps them to relax before bedtime. Lemongrass has a relaxing effect on the brain, which helps relieve stress. It is also known for improving sleep patterns.

### **DOES GINGER GIVE YOU ENERGY?**

**REDUCES TIREDNESS:** Ginger is a natural energy booster and can give you the kick you're looking for by helping to improve blood circulation and balance blood sugars. Need a caffeine-free pick me up? Ginger is the new must.

### **IS GINGER GOOD FOR INFLAMMATION?**

Ginger has antioxidant, antitumor, anti-inflammatory, and anti-ulcer effects, and has also been used for many years throughout the world to treat vomiting, diarrhea, and infections.

### **IS GINGER GOOD FOR THE SKIN?**

Ginger contains compounds called gingerols and shogaols, which have anti-inflammatory properties. These compounds can help reduce redness, puffiness and inflammation in the skin, making it an effective treatment for conditions like eczema, acne, psoriasis and other inflammatory skin conditions.

### **WHAT HAPPENS IF I DRINK HOT GINGER WATER EVERYDAY?**

Drinking a glass of ginger water every day is a great way to support your digestive system. Not only does ginger help to prevent indigestion, but it also helps food to digest more easily. Studies have shown ginger to be effective at lowering blood sugar levels in those with type-2 diabetes.

IF YOU WANT  
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ABOUT THE MANY BENEFITS THAT  
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HAS FOR YOU, GOOGLE IT!



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