



8 foods you should eat everyday!

EAT THESE AND LIVE!

Health tips

Why struggle not to eat when eating the right foods can suppress diet-wrecking cravings for sweets, carbs and fats--

Fill your grocery cart with these 8 foods and you'll see a difference in the way you feel!

Also:

Cutting out coffee in 14 days & 4 Steps for letting go of ANGER!

With so many diet consultants, fitness gurus and know-it-alls, it's hard to know what to eat these days. We've found a pretty simple answer: Just eat these 8 foods, along with a little protein such as salmon, turkey or lean steak--everyday.

Sit back and relax. Let this all-star panel of doctors, scientist, nutritionists, and chefs tell you why and show you how!

Spinach

Benefits: Sexual enhancement, muscle growth, heart healthy, bone builder, enhances eyesight.



It may be green and leafy, but spinach is also the ultimate man food. This noted biceps builder is a rich source of plant-based omega-3s and folate, which help reduce the risk of heart disease, stroke, and osteoporosis.

Bonus: Folate also increases blood flow to the penis. And, spinach is packed with lutein, a compound that fights age-related macular degeneration. Aim for 1 cup fresh spinach or 1/2 cup cooked per day.

Substitutes: Kale, bok choy, romaine

lettuce.

Fit It In: Make your salads with spinach; add spinach to scrambled eggs; drape it over pizza; mix it with marinara sauce and then microwave for an instant dip.

Yogurt

Benefits:

Cancer fighter, bone builder, boosts immunity.



Various cultures claim yogurt as their own creation, but the 2,000-year-old food's health benefits are not disputed.

Fermentation spawns hundreds of millions of probiotic organisms that serve as reinforcements to the battalions of beneficial bacteria in your body, which boost the immune system and provide protection against cancer. Not all yogurts are probiotic though, so make sure the label says "live and active cultures." Aim for 1 cup of the calcium and protein-rich goop per day.

Substitutes: Kefir, soy yogurt.

Fit It In: Yogurt topped with blueberries, walnuts, flaxseed, and honey is the ultimate breakfast - or