



# Superfoods: The Food and Medicine of the Future

By David Wolfe

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## Superfoods: The Food and Medicine of the Future By David Wolfe

Superfoods are vibrant, nutritionally dense foods that have recently become widely available and which offer tremendous dietary and healing potential. In this lively, illustrated overview, well-known raw-foods guru David Wolfe profiles delicious and incredibly nutritious plant products such as goji berries, hempseed, cacao beans (raw chocolate), maca, spirulina, bee products, and a host of others. As powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants, good fats and oils, essential fatty and amino acids, and other nutrients, they represent a uniquely promising piece of the nutritional puzzle. Each superfood is described in detail, accompanied by easy and delicious recipes. This accessible guide presents persuasive arguments, based on sound science, for the pivotal role of superfoods in promoting nutritional excellence, health and well-being, beauty enhancement, sustainable agriculture, and the transformation of diet, lifestyle, and planet.

*From the Trade Paperback edition.*

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## **Editorial Review**

Amazon.com Review

### **Book Description**

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### **A Q&A with David Wolfe**



**Question:** What are superfoods?

**David Wolfe:** Superfoods are the greatest foods identified by the greatest civilizations in the history of the world. They are foods that have a whole array of tricks under their sleeve. They are extremely easy to use and agree with a lot of different body types and metabolisms.

**Question:** What contributions are you making in the world? What are you here to share with us?

**David Wolfe:** My goal is to make raw foods, superfoods, superherbs, and the best chocolate ever an option for everyone on the planet. I want to make becoming healthy simpler, easier, and more fun than ever before.

**Question:** Tell us about the goji berry. What is in it? How about the cacao bean? What is in cacao? Isn't this the food that we make chocolate out of?

**David Wolfe:** The goji berry is a complete protein source with extraordinary levels of antioxidants, levels of carotenes (according to studies, the more carotenes you eat, the longer you live) which have been shown to be present in primates. The goji berry is easy to eat for people of all ages. It also assists with the digestion of other food. It is considered the number one medicinal herb in Chinese medicine--which has a 5,000 year history of about 8,000 herbs. It improves our ability to secrete HGH naturally and it the only food known to do so.

Cacao has a higher concentration of magnesium, chromium, iron, and antioxidants than any food in the world. Cacao is also exceedingly rich in copper, zinc, and manganese. Cacao contains fat-soluble forms of all of these minerals, which is unusual. Research has proven this food is associated with longevity. The cacao

bean is chocolate, chocolate is cacao--you cannot have chocolate without cacao. Basically, chocolate is a nut butter made out of cacao beans. Chocolate contains PEAs, chemicals associated with falling in love, anandamide, the bliss chemical, and theobromine, which improves our cardiovascular health. Contrary to some opinions, cacao is very low in caffeine.

#### Review

“Is there anyone more passionate, dedicated, or knowledgeable about the tremendous benefits of superfoods to our bodies, minds, and planet? Not likely. Wherever you are in terms of what goes in your mouth, David Wolfe presents a compelling claim to add a little more vitality to your plate.”

—Angela Bassett, actress and author

“A path of visionary nutrition informed by David Wolfe’s book *Superfoods* will lift body and soul to a higher evolutionary vibration. Raw food and David Wolfe’s guidance have had a transformative power in our lives.”

—Alex and Allyson Grey, artists and co-founders of the Chapel of Sacred Mirrors

“David Wolfe has written a brilliant, wisdom-filled, illuminating book that is essential reading for everyone interested in reaching optimal health! Superfoods are indeed the food of the future for a healthier world.”

—Patricia Bragg, N.D., Ph.D., author and health crusader

“David has written the ultimate guidebook to connect us with the superfoods that will transform us into the supernatural beings that we truly all are! ... David has inspired divine superfood creations beyond my wildest dreams—and more!”

—Roxanne Klein, world-renowned chef and founder, Roxanne’s Fine Cuisine

“David Wolfe is a nutritionist’s nutritionist. His knowledge in the fields of raw foods, superfoods, herbs, and chocolate are unsurpassed in the world.”

—John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus*

“David Wolfe has become a dedicated expert in the field of living and superfoods. Anything he writes, I personally read and support. I consider David Wolfe’s works on superfoods a must read.”

—Jay Kordich (“The Father of Juicing”), author and entrepreneur

“Nutrition author, expert, and orator David ‘Avocado’ Wolf...”

#### About the Author

David Wolfe (b. August 6, 1970) is a rising author, lecturer, and personality in the fields of natural health, beauty, and nutrition. Wolfe was among the first to bring superfoods such as raw and organic cacao (chocolate) beans/nibs, butter, and powder, goji berries, maca extract, and cold-pressed coconut oil into general distribution in North America. The author of bestselling North Atlantic titles on raw food and healthy lifestyles, Wolfe has given over 1,500 health lectures and seminars worldwide and hosts at least six health, fitness, and adventure retreats each year at various centers around the world. Wolfe is the son of two medical doctors, and holds degrees in law, mechanical and environmental engineering, and political science, as well as a master's in living-food nutrition. In keeping with his commitment to a sustainable planet and lifestyle, Wolfe is the founder of the non-profit Fruit Tree Planting Foundation, whose goal is to plant 18 billion fruit trees on planet Earth. David is a health coach to Hollywood producers and celebrities as well as some of the world's leading business people and entrepreneurs. In 2004, Wolfe starred as "Avocado" in the reality television show *Mad Mad House*, which aired on the Science Fiction Channel, and since that time he has become an underground celebrity with inspired and informative clips on YouTube.

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