

Anti-inflammatory Superfoods for Energy and Immunity

By: Jonathan Landsman, Natural News

In 2011, over \$227 billion dollars were spent (at local pharmacies - alone) on prescription drugs within the United States. In fact, inflammation and pain is the driving force behind many of the best selling drugs in the world. Yet, in reality, most of these medications can be avoided by simply eating superfoods, herbs, exercising and developing a positive mindset - on a daily basis.

Did you know that drugs for pain are a leading cause for accidental death and completely avoidable? There are plenty of natural foods that can, and will, reduce inflammation; eliminate physical (and emotional) pain plus prevent disease - without the need for toxic chemicals. Learn more about the value of superfood nutrition, herbs, healthy fats plus much more!

3 adaptogenic herbs to increase your energy and improve your immune system

Ashwagandha is one of the most important herbs in Ayurvedic medicine. Traditionally speaking, this herb is widely used to help people improve their strength and immune system - especially after an illness. Over 200 scientific studies have revealed that ashwagandha can protect the immune system; reduce stress; improve learning and memory; relieve mild depression; help balance blood sugar; reduce excess cholesterol; eliminate inflammatory plus much more - without negative side effects!

If you want increase your overall energy and stamina - there's nothing like maca. This nutrient dense food is typically found growing in the high regions of Peru and has been cultivated for over 2,000 years. When used, on a regular basis, you can expect to see an increase in your strength, energy and endurance - especially for men in the area of "intimacy". One word of caution, don't put this herb in a late night smoothie - you'll be up all night!

Rhodiola, sometimes called golden root, is also considered an adaptogenic herb - meaning your body uses what it needs to up or down-regulate normal biological functions - as needed. Grown in the higher altitudes of arctic areas in Europe and Asia, this root has been traditionally used, by the Russians in particular, to reduce fatigue, problems with concentration and memory loss. This herb has been widely-used by athletes to improve their physical performance. (I love this herb!)