

“5 Daily Foods for Optimal Health” by Paula Black

“...do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? ²⁰For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” 1 Corinthians 6:19-20.

If God paid for us with a price that means our body belongs to God then we have responsibility to manage our body to the glory of God. Not only should we choose not to do things that harm or abuse our body, we must also proactively care for our body.

Are you are interested in optimum health this year? We’ve also included some easy recipes for these 5 foods. Don’t worry... If you don’t have time to shop and prepare healthy foods regularly, we’ve also recommended **a top daily supplement** for your health (below).

Eating nutritional foods daily is an important part of staying healthy. Here are 5 foods that are extra beneficial:

1. Flax seeds – These seeds are a rich source of healthy fat, antioxidants and fiber. The nutrients in flaxseed may help lower the risk of diabetes, cancer and heart disease.

USES – sprinkle them over salads, fish, yogurt or in a smoothie.

2. Beans – The soluble fibers found in beans soak up cholesterol before it gets to your artery walls and promote heart health. They also help decrease blood sugar levels and increase healthy gut bacteria. In order to cut down on meat, they are easily used as a protein alternative.

USES – Make a yummy batch of chili with kidney beans. Add black beans or chickpeas to a salad, or mash to make a spread for a sandwich.

3. Blueberries – There is no surprise this superfood is a great source of antioxidants—more than any other fruit. They are low in calories but very high in nutrients. Blueberries also reduce DNA damage which may help protect against aging and cancer. They are proven to lower blood pressure, heart disease, improve brain function and help memory.

USES – Easily add to a Greek yogurt, a smoothie, salad or oatmeal. Start every day with a handful of this miracle food.

4. Broccoli – This is one of the healthiest vegetables to eat. It detoxifies cancer causing compounds, contains potent antioxidants that offer health-protective effects against cancer. It promotes heart health and healthy digestion and also reduces inflammation.

Broccoli can be eaten cooked or raw – both of which are perfectly healthy but provide different nutrient profiles. Never boil or microwave. When cooking, steaming maintains the most nutrients and flavor.

5. Spinach – There are many reasons Popeye was crazy about these leafy greens. They are a great source of vitamin A, C and K*, as well as fiber, folic acid, iron and calcium. Spinach contains plenty of antioxidants to help prevent cancer, maintain great eye health, low blood pressure, skin, hair and bone health.

USES – Add to pastas, soups or casseroles. Lightly sauté and include in an omelet. Add spinach to a wrap or sandwich.

Many people don’t like the taste of spinach but there are creative ways you can prepare this food to get all the benefits without the taste. Believe it or not, you can add a couple handfuls to a fruit smoothie, and you won’t know it’s there.

***WARNING** – If you are taking blood-thinners, such as warfarin, it is important to not suddenly begin to change the amount of food you eat containing vitamin K which plays a large role in blood clotting. Consuming too much potassium can be harmful for those whose kidneys are not fully functional. If you have kidney problems, use spinach sparingly or ask your doctor before changing the amount of vitamin K you consume.

You can start today toward optimum health by including the 5 foods listed above in your daily diet.

Through *Winning Over Cancer*, we've also found an **exceptional supplement** that you can take daily to build up your immune system, increase your energy, and improve your body's natural defenses against sickness and disease.

You deserve a healthy body and a happy life. And giving your body the nutrition it needs to thrive is an important act of self-care. But, let's face it, sometimes it's not so easy to eat the way you know you should. Fortunately, it *is* easy to show your body some love and care every day.

Health begins at the cellular level. And your cells need a variety of important micronutrients to support the many functions they perform. USANA offers a wide range of vitamins and supplements you can use to create a daily nutrition routine designed to help support your health and wellness goals.

Give your body quality USANA vitamins and supplements to ensure you get the right nutrition to support your overall health.*

Need help deciding where to start? For a free consultation, email us at the address below to set up an appointment for a conversation that's convenient for you. Healthy living is right around the corner.

After much diligent research *Winning Over Cancer* selected USANA as its vitamin supplement to recommend to those striving for optimum health. To see why Doctor Oz recommends USANA as his top vitamin supplement choice, watch the link: <https://youtu.be/FLr9bVlsWp4>

Contact us at WinningOverCancer.org to set up a personal consultation. After you answer a few questions, you'll get a personalized recommendation for the two most important USANA Nutritionals for your needs.

Discover for yourself why the CellSentials earned a 5-star rating in the [NutriSearch Comparative Guide to Nutritional Supplements](#)—acquiring the guide's *highest rating*.*



Paula Black, Dale Black, and Kara Black

Dale Black Ministries and *Winning Over Cancer Ministry* (an arm of DBM), are pleased to provide you with education for your health.

CAPT. DALE BLACK is a Bible teacher, author and Director of *Dale Black Ministries*. He is a former professional airline pilot and businessman who has consistently given his time, effort and financial resources to spread the gospel of Jesus Christ. He now spends the majority of his time teaching God's Word as well as helping people overcome sickness and disease to recover their health.

Dale and Paula, who met in college and married, now have two grown children. Their daughter Kara works with them in the ministry.

PAULA BLACK is a Bible teacher, author, cancer coach and Director of *Winning Over Cancer Ministries* (WinningOverCancer.org). Twenty-three years ago Paula was diagnosed with terminal cancer and given 3 to 6 months to live. She reversed cancer naturally—without chemo, radiation or drugs. Check out Paula's inspiring story in the book *"Life, Cancer and God"* by Paula Black and Dale Black.

KARA BLACK is a Bible teacher, health coach and Assistant Director of *Winning Over Cancer Ministry*.

Currently Dale, Paula and Kara reside in Southern California where they teach God's Word and principles through *Dale Black Ministries* (a/k/a Eagle International Ministries) and *Winning Over Cancer*. You can connect with them through the ministry Websites, YouTube Channels and Facebook:

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