

# SuperFoods/Foam Roller: Recommended Brands & Consumption

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## 1. Wheatgrass

[Wheatgrass](#) has over 90 minerals, making it the highest mineral source on the planet! Wheatgrass is high in Chlorophyll, which makes it a powerful detoxifier, liver and blood cleanser. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants. It also stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.

**\*Melt 2 ice cubes in a glass of water. When you are travelling, take Pines Wheatgrass tablets.**

## 2. Spirulina/Chlorella with CGF:

[Spirulina and Chlorella](#) are algae cultivated in fresh water ponds. It has a grass like smell due to the high amounts of chlorophyll, the highest amount of any food on the planet. The main health benefits of Spirulina/Chlorella are it helps build the immune system, extremely detoxifying and excellent for digestion. Spirulina/Chlorella are extremely high in protein making it an excellent source for vegans or protein needs in general. **\*Swallow (don't chew) the tablets with water!**

**\*Start out taking 10 tablets per day for the first month and let your body acclimate to the detoxifying benefits. Taking 2-4 grams per day is recommended as a maintenance dosage for most people. (10-20 tablets) It is best taken 20-30 minutes prior to a meal and ideally, you should spread your dosage throughout the day.**

## 3. Cod Liver Oil

[Carlson's Cod liver oil](#) is extremely high in Omega 3 essential fatty acids (EPA and DHA), which benefit your heart, brain, vitamin D and E, help lower triglycerides and support anti-inflammatory response, improve cellular function, help balance hormones, improve energy and mood, and aid in weight loss!

**\*One tablespoon or 10-12 gel tablets daily! The key is to get a high quality fish oil (Carlson's lemon flavored) and to take enough! This amount will give you 800-1500 mg of EPA/DHA per day.**

## 4. Flaxseed

[Bob's Redmill Flaxseeds](#) are tiny, hard seeds, golden or brown, and high in Omega 3 fatty acids. The seeds themselves are not digestible, so to reap the wonderful health benefits the seeds must be ground into flax meal. Use a coffee grinder and grind up a weeks' worth and store it in the refrigerator. Flaxseeds are inexpensive and are an excellent dietary source of fiber. Flaxseeds also decrease inflammation, help lower cholesterol, and improve cell sensitivity.

**\*1-2 tablespoons of organic flax meal per day. Start with one tablespoon for the first 4-6 weeks and then move up to two tablespoons per day. You can sprinkle on a salad, or mix in with your cereal, yogurt, juice or favorite smoothie recipe.**

## 5. Extra Virgin Organic Coconut Oil/ Organic Shredded Coconut:

[Extra Virgin Organic Coconut Oil](#) is a healthy saturated fat. One of the "good fats", which makes up about 50% of coconut, is lauric acid. Lauric acid is a rare medium-chain fatty acid found in mother's milk. It is shown to have anti-fungal, anti-viral, and anti-bacterial, health-protecting properties. Some researchers predict that lauric acid will one day become as well known in health circles as Omega-3 is today.

**\*1-2 tablespoons per day. You can eat the coconut oil right off the spoon or put it on a cracker.**

## 6. Foam Roller

The [foam roller](#) is great for body alignment, balance, posture, stretching, and more!

**\*I recommend purchasing a 6x36 foam roller**

