



*Superfood*  
*your*  
*Lifestyle*

How to Achieve  
Optimal Health  
with Nutrition



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# INTRODUCTION



## SUPERFOODS AND YOU

Our bodies are starving for nutrients not found in today's food chain. Not only do our soils no longer hold the nutrients they once did, but the nutrients vital for our health and well-being have been processed and cooked out of nearly everything we eat. Even though many of us consume plenty of calories each day, some of us more than others, malnutrition plagues us all.

**Superfoods are the solution.** They provide our bodies with the essential building blocks lacking in today's typical diets. Imagine being able to look better, feel better, and reduce your risk of a myriad of ailments simply by incorporating the right foods into your diet each day. This is what superfoods can do for you.

When you regularly eat natural, nutrient-rich foods, you'll experience more energy, better health, and optimum performance. Rather than attracting illness and disease, your body will become an environment that actually wards it off. Although science and conventional medicine has yet to fully understand this process, superfoods have made it abundantly clear nature provides everything we need to live longer and healthier lives.

*Are you ready to superfood your diet and supercharge your life? Keep reading to learn more about these nutrient-packed foods and all that they can do for you!*



# CHAPTER 1 – NUTRITION DEPLETION

The human body needs an array of vitamins and minerals in order to function optimally at the highest levels of health. Often called micronutrients, these essential vitamins and minerals aren't naturally produced by the body, so they must come from your diet.

If your body doesn't get enough nutrients, or enough of a particular nutrient, nutrition depletion occurs. Nutrition depletion or nutrient deficiency can lead to a buffet of health problems.



# CHAPTER 1 – NUTRITION DEPLETION

## WHAT CAUSES NUTRIENT DEFICIENCY AND NUTRITION DEPLETION?

In many cases, nutrition depletion and nutritional deficiency is caused by a poor diet low in essential nutrients. However, sometimes the body isn't able to properly absorb the nutrients consumed, also resulting in nutrition depletion.

Much of the nutrients once found in our soil have also vanished, making them much less nutrient-rich than they once were. This means we have to eat two, three, even four times as much nutrient-rich foods in order to keep our bodies healthy and working their best.





# CHAPTER 1 – NUTRITION DEPLETION

## TYPES OF NUTRIENT DEFICIENCIES

There are tons of vitamins, minerals, phytochemicals, and other nutrients the body needs daily in order to look, feel, and perform its very best. That being said, some of the most common nutrient deficiencies include:

### IRON DEFICIENCY

Around the world, iron deficiency is by far the most common type of nutritional deficiency. According to stats from the World Health Organization, 30 percent of the global population suffers from this affliction each year. Severe iron deficiency can cause anemia, a disorder resulting in weakness, fatigue, and several other symptoms.

Iron can be found in a variety of foods such as red meat, egg yolks, and dark leafy greens. Eating these foods or taking a [superfood supplement like Kyani](#) will help your body produce red blood cells and increase the efficiency of oxygen delivery to your organs, tissues, and muscles.

### VITAMIN A DEFICIENCY

Vitamin A is essential for eye health, strengthening the immune system, and helping the body fight infections. There are several nutrients in vitamin A, such as beta carotene. In fact, beta carotene can be converted into vitamin A when needed. This powerful antioxidant can be found in a wide-variety of dark green, yellow, orange, and red vegetables.

As for vitamin A, foods high in this vital nutrient include:

- Milk
- Eggs
- Tomatoes, peaches, apricots, and other red and yellow fruits
- Kale, spinach, broccoli, and other green leafy vegetables
- Pumpkin, carrots, yams, and other orange vegetables



# CHAPTER 1 – NUTRITION DEPLETION

## **THIAMINE DEFICIENCY**

Thiamine, commonly called vitamin B-1, is another common nutrient deficiency. It plays an important role in your nervous system and helps your metabolism convert carbs into energy.

While weight loss is a common symptom of thiamine deficiency, it can also cause fatigue, confusion, and memory loss. It can also lead to muscle damage and cardiovascular problems.

Although thiamine is added to many grain products and breakfast cereals, these are loaded with fat-fueling carbs. However, thiamine can also be found in pork, nuts, seeds, legumes, and superfood supplements.

## **NIACIN DEFICIENCY**

Niacin, or vitamin B-3, also helps convert food into fuel. Severe niacin deficiency is known as pellagra. Symptoms of this disorder include skin disorders, dementia, and diarrhea.

Fortunately, since niacin is found in peanuts and most animal proteins, its deficiency is rare in developed countries. If you're a vegan, vitamin B-3 supplements will do the trick.

## **FOLATE DEFICIENCY**

Folate, also referred to as vitamin B-9, helps the body produce DNA and red blood cells. It also helps with nervous system and brain function.

Many people in developed countries get enough folate from folate-rich foods, such as:

- Poultry and pork
- Whole grains and fortified grain products
- Beans and lentils
- Leafy green vegetables
- Citrus fruits
- Asparagus
- Shellfish

# CHAPTER 1 – NUTRITION DEPLETION

Despite its wide availability, however, some people are unable to absorb folate or convert into usable form. In these cases, even if plenty of folate is consumed, a supplement may be necessary to avoid depletion or a deficiency.

## VITAMIN D DEFICIENCY

Vitamin D is vital for healthy bones, and a lack of the nutrient can lead to poor bone growth and osteoporosis. Vitamin D deficiency is a common problem that affects over a billion people worldwide, but people with darker skin pigments are at an even higher risk.

Sunlight is the best source of vitamin D. In fact, it only occurs naturally in a handful of foods like fatty fish, egg yolks, mushrooms, and liver. While it doesn't contain vitamin D naturally, milk is also fortified with the nutrient.

## BOTTOM LINE

These are just a handful of the many, many nutrients your body needs each day for optimal health and performance. The right superfoods or superfood supplements will help ensure your daily intake of all of these and more is right on the mark, allowing you to look and feel better than ever before.





# CHAPTER 2 – TOP SUPERFOODS

You can avoid nutrition depletion by simply incorporating superfoods into your daily diet, but which foods are average in their nutrient count and which ones are, well, “super”? Let’s have a look.

## BLUEBERRIES

The blueberry has been consumed for nearly a thousand years. The antioxidant properties of this ancient berry are stronger than those found in cranberries, and raspberries, which many hail as superfoods themselves for the exact same reason. Blueberries have been proven to reduce blood clots, improve vision, rebuild collagen, and help manage blood sugar levels.



### *Kyani Sunrise*

Each daily serving of Kyani Sunrise contains five times more antioxidant protection than any of the other products on the market. This is only possible when it contains Resveratrol, a cardiovascular and collagen-essential antioxidant found in the skin of Wild Alaskan Blueberries.

## KALE



Kale has been all the rage for quite some time and seems to be everyone’s best friend with benefits for several reasons. Kale is one of only a select number of vegetables with all of the amino acids needed by the body to build protein. It’s also high in fiber, low in calories, and has absolutely zero fat, which makes it great for digestion as well.

## GARLIC

The tasty bulb is loaded with nutrients and phytochemicals with a number of important health benefits.



# CHAPTER 2 – TOP SUPERFOODS

## CHIA SEEDS

The ancient Mayans revered chia seeds as a protein-rich source of energy and endurance. The tiny seeds are packed with essential fatty acids and have twice as much protein as any other grain or seed, twice the potassium of bananas, three times more iron than spinach, and five times the calcium found in in milk.



## FISH

Fish has been a long known source of Omega-3, which is an essential fatty acid proven to boost cardiovascular health. In addition to lowering your risk of heart disease, Omega-3 also helps combat arthritis, memory loss, and perhaps even Alzheimer's. Omega-3s can be abundantly found in cold-water fish with plenty of fat, such as herring, mackerel, sardines, and salmon, which are loaded with protein and niacin as well.



### *Kyani Sunset*

Kyani Sunset is an Omega-3 supplement consisting of a combination of tocotrienols, a powerful composition of the compound Vitamin E, natural sources of Omega-3s from Wild Alaskan Sockeye Salmon, Beta Carotene and Vitamin D.

## GOJI BERRIES

Also called “wolfberries,” Goji berries are one of the best super fruits you could possibly consume. These magical berries are packed with carotenoids, vitamin E, B vitamins, and 500 percent more vitamin C than oranges. They also contain 21 minerals and 18 amino acids.



## AVOCADOS

Named the “alligator pear” by the ancient Aztecs, this North and Central American superfood is comprised of healthy fats that reduce cholesterol buildup in the body's arterial walls. They're also rich in potassium, B vitamins, vitamin C, and vitamin E.



# CHAPTER 2 – TOP SUPERFOODS

## TOMATOES



Juicy red tomatoes are an excellent source of lycopene, an important nutrient. When cooked into a soup, sauce, or chutney, tomatoes can have a number of positive health benefits.

## FIBER

A high-fiber diet will help regulate your blood sugar and cholesterol levels, help you maintain proper digestion and gastrointestinal health, and make you feel fuller for longer. These three benefits alone make it a great health and weight management tool.



## GREEN TEA



Both black tea and green tea are rich in antioxidants, but only green tea contains ECGC, a special antioxidant proven to assist in the body's natural healing processes.

## DARK CHOCOLATE

Dark chocolate is loaded with antioxidants that can lower blood pressure and improve cardiovascular health when consumed in moderation. When choosing chocolate, the darker and higher the cocoa content, the better. While packed with antioxidants, dark chocolate has less fat and sugar. If you have a sweet tooth, chances are it will become your favorite superfood.



## SPIRULINA



Spirulina is literally the oldest food found on Earth. In fact, it can be traced back a whopping 3.5 billion years! With one pound of this blueish green algae equaling the nutritional value of 1/2 a ton of assorted vegetables, it's also the most nutrient-dense food source in the world.

# CHAPTER 3 – THE POWER OF NITRO OXIDE

To some, nitro oxide is the gas dished out at the dentist office. To others, it's the fuel put into race cars. It happens to be neither. Nitro oxide is actually a molecule produced in the body that transmits signals and helps all 50 trillion cells communicate.

The powerful signaling role of nitro oxide was discovered in 1998 by Nobel Prize-winning scientists. In the years since, even more studies have been done on this important molecule uncovering even more of its powerful affects. Today, science has also proven nitro oxide's ability to:

- Promotes increased energy
- Encourages blood flow
- Helps improve circulation
- Helps reduce inflammation
- Encourages heart health
- Supports cognitive function
- Sustains the immune system



### *Kyani Nitro Xtreme*

Is your body getting all of the Nitric Oxide (NO) it needs for optimal mental and physical performance? While you cannot live without NO, it does not remain in your body for long periods of time before you need to replenish it.

Alfred Nobel, the person responsible for the famous Nobel Prize, was prescribed nitroglycerine over a century ago to help improve his heart problems. Knowing its use in dynamite, he was skeptical at first, but it did improve his heart condition.

Nitroglycerine releases nitro oxide, which we now know relaxes narrow and contracted blood vessels to allow for an increased flow of blood and oxygen. While nitro oxide is produced naturally in the body from the interior surface of your arteries, plaque buildup in your arteries can reduce their ability to produce nitro oxide. This is why Alfred Nobel and countless other heart patients have been prescribed nitroglycerine over the years.

## NITRO OXIDE FOR BODYBUILDERS AND ATHLETES

Nitro oxide has become the not-so-secret weapon of today's bodybuilders and athletes. Many now take supplements containing L-citrulline and L-arginine, which boost nitro oxide production and the flow of oxygen and blood to the muscles. These are also used to eliminate lactic acid buildup



## CHAPTER 3 – THE POWER OF NITRO OXIDE

induced from exercise, reduce fatigue, and improve recovery time.

Since exercise can deplete your body's arginine levels, higher lactate levels and lower nitro oxide levels occur. Nitro oxide and arginine supplements can help restore these levels, allowing you to push yourself harder for longer and more often.

In addition to exercise, other factors such as inactivity, aging, fatty diets, high cholesterol, and smoking can also reduce your nitro oxide levels. Increasing them through supplementation can help solve this dilemma and provide you with more energy and better overall health.

### HOW TO INCREASE NITRO OXIDE IN YOUR BODY

Exercise is the optimal way to increase nitro oxide in your body. When you lift weights, run, cycle, swim, or anything else physically exerting, your heart pumps harder and faster to supply blood to your muscles. In doing so, nitro oxide is released from the lining of your arteries to relax the walls of your blood vessels and allow for greater blood flow. As we age, however, our nitro oxide production loses its efficiency due to poor diet, inactivity, and free radical damage, causing our arteries and veins to diminish and lose function, regardless of how much we exercise.

Adapting your diet and incorporating more foods rich in L-arginine can also boost nitro oxide production. Arginine can be found in meats, dairy, fruits, and nuts. When consumed, these foods can trigger the production of nitro oxide and citrulline within the cells. The citrulline is then turned back into arginine, allowing for the production of even more nitro oxide.

Enzymes are also needed to convert arginine to citrulline and vice versa for efficient nitro oxide production. You can protect these enzymes by eating antioxidant-rich foods, like soy, garlic, fruit, and any other foods containing alpha lipoic acid, Co-Q10, vitamin C, and vitamin E.

Nitro oxide has a short shelf life and only lasts for a few seconds, but the more antioxidants you consume, the longer it will last and more stable its production will be. While widely available in the superfoods mentioned above, supplements containing L-arginine and L-citrulline can be a huge help.

# CHAPTER 4 – BALANCING A HEALTHY LIFESTYLE

A healthy lifestyle is all about structuring your life to have the healthiest mind, body, and spirit possible. It's about looking great and feeling even better!

But what does living a healthy lifestyle actually mean or entail? First, there are the usual behaviors, such as not smoking, exercising, and eating a healthy diet with plenty of protein, fiber, fruits, and vegetables. Then, there are other factors. Staying active, not drinking too much, getting plenty of quality sleep, managing stress, and basically doing everything in moderation are also key.

When you think about all of the things that go into living a balanced healthy lifestyle, it becomes apparent just how difficult it can be. The good news is these changes don't need to be made all at the same time. Long-term success comes from making small changes and taking more and more steps each and every day.

Drinking an extra glass of water, walking a few extra steps, taking supplements, adding fruit to your cereal, and avoiding that second helping of mac n' cheese can all be done bit by bit to keep you positive, on-track, and living a balanced healthy lifestyle months from now and years down the road.

That being said, there are a few things you can begin doing right now to begin living a healthier, more balanced life.

## **MOVE MORE**

We sit way too much. Whether we're lying on the couch watching TV or sitting behind a desk staring at a computer monitor, our lack of movement is one of the biggest reasons for the rise in obesity rates around the world.

Exercise is movement, plain and simple. Whether it's running a marathon or doing a few squats, the movement involved is exercise, and whenever you boost your physical activity, it counts. Even if you start with trading in your riding mower for a push version, it all makes a difference.

## **EAT WELL AND REMEMBER YOUR TASTE BUDS**

A healthy diet also plays a critical role in living a balanced healthy lifestyle. In addition to helping you manage your weight, it can also boost your health and improve your quality as you age.





# CHAPTER 4 – BALANCING A HEALTHY LIFESTYLE

## EAT WELL AND REMEMBER YOUR TASTE BUDS

Everyone knows they should eat less processed foods and more vegetables, fruits, healthy fats, and nuts. However, once again, making a bunch of changes all at once can actually backfire and have an adverse effect.

When adapting your diet, it's important to make small consistent changes. Here are few ways to do just that:

- **Add more fruit to your diet, especially berries.** Blueberries, blackberries, acai berries, goji berries, and countless other varieties of berries are superfoods well-known to benefit the body. You can add them to your cereal, porridge, dinners, salads, and deserts for an extra healthy kick.
- **Up your veggie intake.** Whether you add a slice of tomato on your sandwich, toss some garlic and bell peppers into your pasta sauce, or simply add peppers to your pizza, try adding more veggies to your diet any way you can.
- **Cut out the carbs.** You've heard it a million times, but carbs are generally a bad thing. Sure, they give you a quick energy boost, but they also produce elevated blood sugar levels and simply sit around your waist like a spare tire. You don't have to give them up completely, but cutting just a little from your diet can have a huge impact on your overall health.
- **Slowly reduce your intake of processed foods.** It's hard to avoid processed foods altogether as your taste buds will surely revolt. However, by slowly weaning yourself off of their chemical-laden glucose drip, you'll begin experiencing more energy, a slimmer waistline, improved health, and the joy of living a balanced healthy lifestyle.

Living a healthy lifestyle doesn't mean you have to cut everything cold turkey overnight. In fact, sudden drastic changes lead to failure 99 percent of the time. It may seem like a slow process, but making changes to your diet and way of life will allow you to stick with it and achieve long-term lifestyle results.

# CHAPTER 5 – HEALTHY EATING AND SUPERFOOD MEAL IDEAS



## AVOCADO, QUINOA, AND KALE SALAD

This tasty and incredibly healthy salad combines three superfoods to provide an extra potent dose of good for you deliciousness!

- Prep and cooking time – 40 minutes
- Servings – 4
- Calories – 342



# CHAPTER 5 – HEALTHY EATING AND SUPERFOOD MEAL IDEAS

## INGREDIENTS:

### Salad

- Half of an avocado pitted, peeled, and diced
- One bunch of kale chopped into pieces
- 2/3 cup of quinoa
- 1/2 cup of chopped cucumber
- 1/2 cup of chopped red or yellow bell pepper
- Two tablespoons of diced red onion
- One tablespoon of crumbled feta cheese
- 1 1/3 cups of water

### Lemon Dijon Vinaigrette

- 1/4 cup of olive oil
- Two tablespoons of Dijon mustard
- Two tablespoons of lemon juice
- 1/2 teaspoon of sea salt
- 1/4 teaspoon of crushed black pepper



## DIRECTIONS:

- **Step One** – Bring the water and quinoa to a boil in a medium saucepan, then reduce the heat, cover, and simmer for 15 to 20 minutes until the water is absorbed and the quinoa is tender. When done, set it aside to cool.
- **Step Two** – Steam the kale in a steamer basket over boiling water for about 45 seconds until it becomes hot to take away its bitterness. Place the kale on a large plate or in a bowl and top with the quinoa and sliced avocado, red onion cucumber, bell pepper, and crumbled feta cheese.
- **Step Three** – Whisk the olive oil, Dijon mustard, lemon juice, black pepper, and sea salt in a small bowl until the oil begins to emulsify. Then, pour over the top of the salad and enjoy!

# CHAPTER 5 – HEALTHY EATING AND SUPERFOOD MEAL IDEAS

## CHILI GARLIC BBQ SALMON

There are hundreds of salmon recipes, but this spicy chili and garlic BBQ salmon elevates the superfood to the next level.

- Prep and cooking time – 45 minutes
- Servings – 6
- Calories – 438

### INGREDIENTS:

- Three cleaned whole salmon filets
- Three chopped green onions
- One juiced lime
- One zested lime
- One chopped clove of garlic
- 1/4 cup of soy sauce
- One tablespoon of chili sauce
- One tablespoon of chopped ginger
- One tablespoon of brown sugar

### DIRECTIONS:

- **Step One** – Make a number of shallow cuts across the skin of each salmon filet and place them on three large sheets of slightly overlapping aluminum foil.
- **Step Two** – Stir the chili sauce, soy sauce, garlic, and ginger together in a large bowl. Then, Mix in the brown sugar, lime juice, and lime zest. When all of the ingredients are mixed together, spoon the sauce over the top of the salmon fillets.
- **Step Three** – Wrap the salmon up in the foil and seal it by crimping the edges.
- **Step Four** – Place the salmon package on the grill. Make sure the gas is off or there are no coals directly underneath it. Then, close the lid and let it cook for about 30 minutes.
- **Step Five** – Remove the salmon from the grill and place on a serving platter. Pour the flavor-filled juices in the foil overtop of the salmon, sprinkle the green onions overtop for garnish, and serve. That's all there is to it.



# CHAPTER 5 – HEALTHY EATING AND SUPERFOOD MEAL IDEAS

## PASTA WITH SCALLOPS AND TOMATOES IN WHITE WINE SAUCE

It may have a lot of ingredients, but this light and delicious pasta and scallop dish is worth every one. In fact, it might become a weekly staple!

- Prep and cooking time – 30 minutes
- Servings – 8
- Calories – 335

### INGREDIENTS:

- One pound of fettuccini pasta
- One pound of bay scallops
- Four chopped Roma or plum tomatoes
- Three cloves of minced garlic
- Two diced zucchinis
- Two tablespoons of grated parmesan cheese
- Two tablespoons of butter
- One cup of chopped basil
- 1/2 cup of white wine
- 1/4 cup of olive oil
- 1/4 cup of chopped onions
- 1/2 teaspoon of crushed red pepper flakes
- 1/2 teaspoon of salt

### DIRECTIONS:

- **Step One** – Boil salted water in a large pot. While the water is coming to a boil, heat a large skillet and add the olive oil. When the olive oil is heated, add the garlic and cook it until it becomes tender.
- **Step Two** – When the water is boiling, add the fettuccini and let it cook until it's al dente. Then, drain and set to the side. Meanwhile, add the white wine, butter, salt, zucchini, basil, and red pepper flakes. Sauté for about 10 minutes, then add the bay scallops, chopped tomatoes, and fresh basil. Let simmer for five minutes, or until the scallops become opaque.
- **Step Three** – Pour the sauce over the cooked fettuccini. Sprinkle grated parmesan over top and dig in!





## CONCLUSION

Superfoods are loaded with nutrients and all kinds of good stuff proven to benefit the body in some form or another. From vitamins and minerals to fiber and L-arginine, superfoods have them in spades.

Why are these important? Well, the vital nutrients in superfoods can serve several life-powering functions. Whether you want to reduce your risk of cardio vascular disease and atherosclerosis or boost your immune system, get fit, and keep your glucose levels in check, superfoods can help.

However, no one superfood can do it all, no matter how super it may be. The occasional bowl of blueberries or kale salad won't do it. You need to take a comprehensive approach and eat a variety of nutrient-rich foods.

Sound like too much work or not sure you can get the superfoods you need each and every day? That's what supplements like Kyani are for! By exercising, making subtle changes to your diet, and supplementing with the right nutrient-rich products, you can achieve optimal health with nutrition and live life on your terms.

What are you waiting for? Superfood your lifestyle today!



*Want to learn more?*

Visit [www.kyaniteamgenesis.com.au](http://www.kyaniteamgenesis.com.au)

Or email [info@kyaniteamgenesis.com.au](mailto:info@kyaniteamgenesis.com.au)

