

# Thesis on *Retreiving life.....*

“Healthy, Tasty Nutrition of Medicinal Value”

***“ If we keep on eating wrongly, No doctor can cure us;***

***if we eat rightly, No doctor is needed.”***

**By: Hakeem Fasiur Rahman.....**

Please post your valuable feedback about my thesis at [hfasiurrahman@yahoo.com](mailto:hfasiurrahman@yahoo.com)

SUPER-FOODS THAT KEEPS THE HEALTHY, HEALTHIEST, & THE UNHEALTHY, HEALTHY.

The best way to lead a healthy life as every one know is “eat right and exercise well“ but exercising daily, consistently and regularly is possible by very few people. Hence my thesis shows you the way how to eat right and to be healthy even with no exercise, you cannot find the results immediately but I assure you that continuing on regular basis will not only re-establishes you but also will keep you fully fit with no side effects. The people who do exercise regularly also will be benefited with my thesis because those people can learn how to eat healthy. Being fit with no pre-existing disease keeps you away from regular medicines which are not only too costly but has definite side effects, decreases immunity and finally erupts in a form of one or the other big disease and then again to another chronic disease and so on. But I also recommend you to have a complete body health check-up at-least once every two years especially after the age of 35.

The Thesis which I have penned is accurate to the best of my knowledge by referring across the world's Foods and Drug Association approvals, Lab results as well as proved results scientifically.

Most of the mentioned super-foods in my thesis are not new and are known to each one of us and may be their importance as well but I assure you that after reading my thesis in detail you will start consuming these super-foods with a complete new vision and dimension because these super-foods if taken on regular basis gives you all the nutrients, multi-minerals, multi-vitamins, anti-oxidants, supplements, amino acids, Herbs, Bio-flavonides, Bio-Extracts, trace elements, Dietary-Fibre and are of natural medicinal value. They keep you healthy, energetic; physically and mentally fit (Sharper brain). They promote weight management. They do detoxification (clears) for all organs as well as keeps you safe from all common diseases of today such as Heart Problems, Bad Cholesterol, Blood Pressure, Diabetes, Body Pains, Knee-Joint pains, Kidney, Liver problems, Acidity(gas), Indigestion, Constipation, Heartburn, Hair-fall, Men and Women related problems, all types of Cancer, Pre-Aging, Asthma, T.B, etc.

**“In Precise These Super-foods give Life To Life.”**

### Walnut, Akhroat



lowers cholesterol, combats all types of cancer, boosts memory, lifts mood, protects against heart disease, controls blood pressure, stops weight gain, protects liver & paralyses (Dosage 3 daily).

Nutrients: Omega 3 fatty acids, Manganese, Copper, Tryptophan.

### Figs, Anjeer



promotes weight loss, stops strokes, lowers cholesterol, combats cancer, controls blood pressure, leaves of figs acts as natural insulin, and controls hyper-thyroid, controls Palpitation, cures men and women related problems (Dosage at-least 3 daily can be taken as a dried fruit also). Nutrients : Dietary Fiber, Potassium, Manganese.

### Flax Powder, Alsi



improves digestion, battles diabetes, protects your heart, improves mental health, boosts immune system, cures problems related to women. (Dosage 1-2 tablespoons, or 1-2 teaspoon oil daily). Nutrients : Omega 3 fatty acids, Manganese, Dietary Fiber, Magnesium, Folate, Copper, Phosphorus, Vitamin B6.

### Fish, machli



contains omega 3 fatty acid which protects your heart, boosts memory, combats cancer, supports immune system, kills bad cholesterol, fights obesity, anti-clotting.(as much as you can).

Nutrients : Tryptophan, Vitamin D, Omega 3 Fatty Acids, Selenium, Protein, Vitamin B3 (Niacin), Vitamin B12 (Cobalamin), Phosphorus, Magnesium, Vitamin B6.

### Prawn



Protection against Fatal Heart, Control High Blood Pressure, Cancer-Protection, Protection against Alzheimer's and Age-related Cognitive Decline, Improves Mood, Reduces Depression, fights knee and joint pains. (Moderate at-least once a week).

Nutrients : Tryptophan, Vitamin D, Omega 3 Fatty Acids, Selenium, Protein, Vitamin B3 (Niacin), Vitamin B12 (Cobalamin), Phosphorus, Magnesium, Vitamin B6, Iron, Zinc, Copper.

### Olive, Zaitun



oil or fruit protects your heart, promotes weight loss, combats cancer, battles diabetes, skin becomes soft, fights body pain. (Dosage at-least 3 daily or try to have olive oil instead of other oils).

Nutrients : Iron, Vitamin E, Dietary Fiber, Copper.

### Peanut



Peanut or peanut-butter (Chatni) contains monounsaturated fat content, peanuts have been shown to promote heart health. Peanuts are good sources of vitamin e, niacin, foliate, protein and manganese very good for heart reduces bad cholesterol increases good cholesterol. Good fat in peanuts reduce blood pressure and cures heart diseases and also reduces body weight. Boiled are the best. (At-least a handful daily). Nutrients : Manganese, Tryptophan, Vitamin B3, Folate, Copper, Protein.

### Oats, Jai



lower cholesterol levels, unique antioxidants reduce risk of cardiovascular disease, immune booster, stabilize blood sugar. Nourishes spleen and pancreas, controls hyper-thyroid, controls Palpitation also prevents hair falling. (At-least 2 teaspoons with a glass of skimmed milk daily but without sugar). Nutrients : Manganese, Selenium, Tryptophan, Phosphorus, Vitamin B1, Dietary Fiber, Magnesium, Protein.

### Guggul



for weight loss treatment, best for knee & joint pains it decreases bad cholesterol & increases good cholesterol can be obtained from Himalayan product named guggul (on the leaflet of the product). Nutrients : Guggulsterone E and Z - Isomers.

### Psyllium Husk



Isabgol(Hindi) for correcting bowel moments, natural laxative, Helps fight obesity, fights constipation, available as sat isabgol, from Dabur. (Dosage 2 teaspoons mixed with glass of water to be takes can be used regularly and has no side effects on regular use). Nutrients : High Dietary Fiber.

### Apricots, Khubani



controls blood pressure, saves your eyesight, slows aging process. (Dosage at-least 3 daily, can be taken as a dried fruit also). Nutrients : Vitamin A and C, Dietary Fiber, Tryptophan, Potassium.

### Drumstick Leaves



reduces high blood pressure, effectively controls diabetes, cures asthma and TB if boiled leaves are taken as a soup daily (5 - 10 raw leaves daily for B.P and diabetes). Nutrients : 7 Times More Vitamin C Than Oranges, 4 Times More Vitamin A Than Carrots To Protect Against Eye Disease, Skin Disease, And Heart Disease. 4 Times More Calcium Than Milk To Build Strong Bones And Teeth, Three Times More Potassium Than Bananas Essential For The Functioning Of The Brain And Nerves, Nearly 2 Times The Protein In Milk And Almost Equal Amounts Of Proteins As In Eggs.

### Fenugreek, Methi



fight against diabetes, clears digestive track. (A pinch daily). Nutrients : Vitamin A, Calcium, Iron, Selenium, Manganese, Copper, Zinc, Phosphorus, Magnesium.

### Ginger, Adrak



Improves digestive disorders, promotes weight loss by calorie burning, minimise the symptoms of respiratory conditions, colds and allergies and improves blood circulation, fights body pain, knee and joint pains, cures all problems related to men and women. (Half inch crushed daily). Nutrients : Potassium, Magnesium, Copper, Manganese, Vitamin B6.

### Garlic, Lasson



to dilute the blood and hence avoids heart-attack and lowers BP , protects liver, fights body pain (at-least one clove once a week). Nutrients : Manganese, Vitamin B6, Vitamin C, Tryptophan, Selenium, Calcium, Phosphorus, Vitamin B1, Copper, Protein.

### Cinnamon Ground



Dalchini has the potential to reduce blood sugar by as much as 50 points (half a teaspoon of cinnamon powder twice a day). Nutrients Manganese, Dietary Fiber, Iron, Calcium.

### Radish, Mooli



its a healthy anti obesity diet food, which has the function of clearing heat, detoxification, strengthening stomach, relieving cough, improves digestion, contains more vitamin c than fruits, rich in vitamin a, vitamin b, calcium, and iron. (As much as you can). Nutrients : Vitamin A , Iron Potassium.

### Caraway, Kalonji



a boon for respiratory health, stomach, intestinal health, kidney and liver function, circulatory and immune system support and for general overall well-being. (A Pinch twice daily). Nutrients :Calcium, iron and dietary fiber.

### Coriander Powder



Dhanya powder relieves intestinal gas, lowers blood sugar, lowers bad cholesterol (LDL) and increases good cholesterol (HDL), anti-inflammatory, improves digestion, cures all problems related to women. (1 teaspoon twice daily). Nutrients : Dietary Fiber, Manganese, Iron, Magnesium.

### Cucumber, Kakdi



Improves digestion, best for facial treatment and excellent source of potassium, vitamin c, a and folic acid best only if it is unpeeled(as much as you can). Nutrients : Vitamin C, Molybdenum, Vitamin A, Potassium, Manganese, Folate, Dietary Fiber, Tryptophan, Magnesium.

### Carrot, Gajar



has vitamin a, vitamin b , thiamine b1, riboflavin, niacin, vitamin c, vitamin d, e, g, & k, lowers cholesterol, fight obesity, good for eyes, maintains BP, diabetes, protects liver. (As much as you can).

Nutrients : Vitamin A, Vitamin K, Vitamin C, Dietary Fiber, Potassium, Vitamin B6, Manganese, Molybdenum, Vitamin B1, Vitamin B3, Phosphorus, Magnesium, Folate.

### Soyabean



Stay Lean, Lowers Blood Pressure, best for women related problems, Stabilize Blood Sugar, fight Diabetes Kidney, Heart Disease, Promote Gastrointestinal Health, Protection against Prostate Cancer (as much as you can).

Nutrients : Molybdenum, Tryptophan, Manganese, Protein, Iron, Phosphorus, Dietary Fiber, Vitamin K, Omega 3 Fatty Acids, Magnesium, Copper, Vitamin B2, Potassium.

### Pomegranate



Anaar in Quran is called the fruit of paradise & is one of the best super foods has Vitamin C Vitamin A, E and folic acid in good quantities. An antioxidant, blood thinner, fight all type of cancer, reduces systolic B.P & heart related problems. Best for Erectile Dysfunction, Dental protection, Alzheimer's Disease Prevention, Protects the Arteries (Dosage Daily one glass of juice is best).

Nutrients : Calcium, Phosphorus(70%), Iron, Vitamin C, Vitamin B Complex.

### Basil, pudina



Those who eat five leaves daily remain protected from chronic diseases, enhanced memory power, blood purifier. Enhances beauty naturally. In Ayurveda it is considered as the destroyer of all the three doshas. Basil juice immediately stops vomiting.

Nutrients : Vitamin K, Iron, Calcium, Vitamin A, , Dietary Fiber, Manganese, Magnesium, Vitamin C, Potassium.

### Emblimyrobalan



Fights Dental problems, sinus problem, restlessness, heartbeat, obesity, blood pressure, Cures Warts, weakness of uterus, impotency, urinary disease, strengthens the bones. Amla when mixed with honey acts like tonic for weak liver and jaundice remediation. Dosage : (3-5 Pieces)

Nutrients : Rich Source of Vitamin C.

### Pumpkin seeds



kaddu and kaddu seeds Promote Prostate Health, Anti-Inflammatory Benefits in Arthritis, Lower Cholesterol.

Nutrients : Manganese, Magnesium, Phosphorus, , Tryptophan, Iron, Copper Vitamin K, Zinc, Protein.

### Diabetic Fruits



diabetic person can eat fibre rich fruits like watermelon, papaya, muskmelon (kharbuza), and fresh lime. These fruits help to control blood sugar levels. Due to their low glycaemic index, they promote a gradual increase in the blood sugar level which is highly beneficial to a diabetic. (Moderate any one fruit daily).

Below listed 6 ingredients are very good for health but dangerous to certain diseases:

### Honey, Shehath



3 times sweet than sugar hence Caution for a diabetic patient. Honey is the best food on earth for all. Its a neutraliser hence the fat person loses weight up to normal weight and the thin person regains weight up to normal weight, instant energizer, skin vitilizer, antacid, blood purifier and enhances haemoglobin. It has antiseptic property as well. (1 teaspoon morning as the first intake).

Nutrients : Vitamin B6, Vitamin C, Thiamin, Niacin, Riboflavin, and Pantothenic Acid. Essential Minerals Including Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc and Amino Acids.

### Dates, Khajur



good for a weak heart, energizer, natural laxative, is a complete diet supplement but has a moderate sugar content hence a bit of Caution for a diabetic but a must diet for all. (2-3 pieces). Nutrients :

Dietary Fiber, Protein, Carbohydrates.

### Spinach, Palak



helps you bone up, cardiovascular protection, a smarter brain, better eyesight, energy. Caution for kidney related diseases. controls hyper-thyroid, controls Palpitation, (Daily as cooked veg.). Nutrients : Vitamin K, Vitamin A, Manganese, Folate, Magnesium, Iron, Vitamin C, Vitamin B2, Calcium, Potassium, , Vitamin B6, Tryptophan, Dietary Fiber, Copper, Vitamin B1, Protein, Phosphorus, Zinc, Vitamin E, Omega 3 Fatty Acids, Vitamin B3, Selenium.

### Tomato



fight prostate cancer, reduction in heart disease risk, fight distress, fight diabetes, migraines, Caution for tomato for kidney related diseases..(For others at-least 1 daily). Nutrients : Vitamin C, Vitamin A, Vitamin K, Molybdenum,, Potassium, Manganese, Dietary Fiber, Chromium, Vitamin B1, Vitamin B6, Folate, Copper, Vitamin B3, Vitamin B2, Magnesium, Iron, Vitamin B5, Phosphorus, Vitamin E, Tryptophan, Protein.

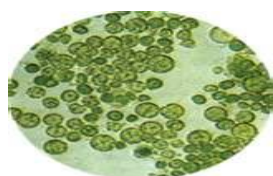
### Papaya



lowers cholesterol levels, improves digestion, prevents the formation of urinary stones, prevents intestinal infection helps proper functioning of the body's immune system. Caution for pregnant women. (For others daily two slice or moderate). Nutrients :

Vitamin C, Folate, Potassium, Dietary Fiber, Vitamin A, Vitamin E, Vitamin K.

Following below are the world's top 5 super-foods which unfortunately are not available in India except spirulina (Spirulina is available in medical shops but consult a physician if you have any existing chronic disease) the remaining 4 super-food if taken on regular basis (consult a physician if you have any existing chronic disease) is a cure for all the diseases. All the five below super-foods strengthens the immune system, supports cardiovascular function and healthy cholesterol, improves gastrointestinal and digestive health, enhances natural cleansing and detoxification, reduces cancer risks with antioxidant protection, completely detoxifies your body, they cleanse all the bad stuff out so your organs so your body can function at peak efficiency, they give your body all of the nutrients needed to get stronger and to fight the appearance of the premature aging. Below are the names of 5 super foods. [Spirulina is best for all kidney problems.](#)



Sun chlorella,

Spirulina,

Quinoa,

Wheat grass,

Blueberries.

**Summary of the list of Super-foods (Priority Wise) as medicine value for common diseases:**

- ✚ **Heart Problems:** Flax powder, Walnut, Figs, Pomegranate, Fish, Prawn, Olive oil, Peanut, Oats, Garlic, Soyabean, Palak.
- ✚ **Blood pressure:** Walnuts, Figs, Prawn, Peanut, apricots, drumstick leaves, Soyabean, Palak, Pomegranate.
- ✚ **High Cholesterol:** Walnut, Figs, Oats, Carrot, Papaya.
- ✚ **Diabetes:** Figs, Flax Powder, Cinnamon, Olive Oil, Oats, Drum stick leaves, Fenugreek, Carrot, Soyabean, watermelon, papaya, muskmelon.
- ✚ **Obesity:** Details in page No.8.
- ✚ **Cancers:** Walnut, Figs, Prawn, Fish, Soyabean, Pomegranate, Tomato.
- ✚ **Paralyses:** Walnut.
- ✚ **Memory booster:** Walnut, Flax, Palak, Fish.
- ✚ **Women problems:** Figs, Flax, Ginger, Coriander, Soyabean, Amla.
- ✚ **Men Problems:** Pomegranate, Figs, Ginger.
- ✚ **Body, knee Pains:** Guggul, Prawn, Olives, Ginger, Pumpkin seeds.
- ✚ **Boosts Immunity:** Flax, Fish, Oats, Kalonji, Papaya, basil leaves.
- ✚ **Acidity, Indigestion:** Isabgol, Flax, Mooli, Ginger, Garlic, Coriander powder, cucumber, Papaya.
- ✚ **Facial Cleansing:** Rub slice of cucumber or papaya on face daily all face related problems.
- ✚ **Palpitation:** Figs, Almonds, Spinach, Oranges, banana, Oats.
- ✚ **Dental Problems:** Amla.
- ✚ **Hyper-thyroid:** Figs, Almonds, Spinach, Oranges, banana, Oats.
- ✚ **Hair Fall:** Eat plenty of oats.
- ✚ **For good Sleep:** One banana & two teaspoon of honey in warm milk 2-3 hrs before sleep.
- ✚ **Stopping vomiting:** Basil juice stops vomiting immediately.

## Weight Loss Therapy with Negative Calorie Foods.

All foods have some calories. No food is actually "negative calorie" food. But the overall effect of certain foods in our body is that of "negative calories". Negative calorie foods are foods, which use more calories to digest than the calories the foods actually contain.

For Example : A piece of dessert consisting of 400 calories may require only 150 calories to be digested by our body, resulting in a net gain of 250 calories which is added to our body fat, hence for example if you eat 100 calories of a food that requires 150 calories to digest, then you've burnt an additional 50 calories simply by eating that food. Thus, the more you eat, the more you lose weight.

There are a large number of foods that combine low calories, delicious taste, and excellent negative calorie properties. For reducing weight and to fight obesity, you should not starve anymore. You can eat a lot of negative calorie foods to lose that extra fat and to become slim naturally. Some of these natural foods are:

Guggul, Walnut, Figs, Soya bean, Olives, Fish, Peanut, Ginger, Radish, Carrot, Cucumber, Garlic, Papaya, Spinach, Amla (I have not mentioned the pictures and translation in Hindi as they are mentioned in detail in the earlier pages) and the additional anti obesity foods are:



Asparagus, satmuli



Apple, seb



Beet, chakundar



Berries



Broccoli, hari gobi



Cabbage



Mango, Aam



Cauliflower, gobi



Celery



Chili, hari mirch



Pineapple



Zucchini, Turai



Lettuce, Kasmisaag



Onion, Pyaaz



Lemon, Limbu



Turnip, Shulgum



Grapefruit, chakotra



Orange, Naarangi.

Burn calories/ hr			
Type of Exercise	Calories/hr	Type of Exercise	Calories/hr
Sleeping	55	Water Aerobics	400
Eating	85	Skating/blading	420
Sewing	85	Dancing, aerobic	420
Knitting	85	Aerobics	450
Sitting	85	Bicycling, moderate	450
Standing	100	Jogging, 5mph	500
Driving	110	Gardening, digging	500
Office Work	140	Swimming, active	500
Housework, moderate	160	Cross country ski machine	500
Golf, with trolley	180	Hiking	500
Golf, without trolley	240	Step Aerobics	550
Gardening, planting	250	Rowing	550
Dancing, ballroom	260	Power Walking	600
Walking, 3mph	280	Cycling, studio	650
Table Tennis	290	Squash	650
Gardening, hoeing etc.	350	Skipping with rope	700
Tennis	350	Running	700

Fat: 1 gram = 9 calories, Protein & Carbohydrates: 1 gram = 4 calories

### Golden Rule to Maintain Weight :

On an average an adult requires 1500 – 2000 calories per day and on an average an adult who does not exercise burns 1500- 2000 calories per day because even during sleep your calories burn. Hence based on the weight table(Page 10).

- ✚ Upon identifying from the weight table that you are of normal weight you can continue your normal life style by adding the super foods for you future healthy life.
- ✚ Upon identifying from the weight table that you are of under weight you can continue your normal life style by adding the super foods and subtracting the negative calorie foods(mentioned in the Weight Loss Therapy with Negative Calorie Foods page 8) for you future healthy life.
- ✚ Upon identifying from the weight table that you are of more than normal weight you have say no to fatty foods, deep fried foods, oily foods, sweets, baked foods, frozen foods like deserts, ice-creams, excess salt, Red meat etc but never skip a meal and immediately start the Weight Loss Therapy with Negative Calorie (page 8) for you future healthy life.

### Simple steps to burn calories:

- ✚ Eat plenty of vegetables.
- ✚ Drink plenty of water.
- ✚ Eat plenty of protein.
- ✚ Spice any gravy with less oil but more of ginger, onion, garlic, cinnamon, coriander.
- ✚ Breathe heavily.

Height	Women - KG's	Men - KG's
5'2"	53-59	59-63
5'3"	54-61	60-64
5'4"	56-62	61-65
5'5"	57-63	62-67
5'6"	58-65	63-68
5'7"	60-66	64-69
5'8"	61-68	65-71
5'9"	63-69	67-72
5'10"	64-70	68-73
5'11"	65-72	69-75
6'0"	67-73	71-77

AGE	WEIGHT (kg)-boy	HEIGHT (cm)-boy	WEIGHT (kg)-girl	HEIGHT (cm)-girl
Birth	3.3	50.5	3.2	49.9
3 months	6	61.1	5.4	60.2
6 months	7.8	67.8	7.2	66.6
9 months	9.2	72.3	8.6	71.1
1 year	10.2	76.1	9.5	75
2 years	12.3	85.6	11.8	84.5
3 years	14.6	94.9	14.1	93.9
4 years	16.7	102.9	16	101.6
5 years	18.7	109.9	17.7	108.4
6 years	20.7	116.1	19.5	114.6
7 years	22.9	121.7	21.8	120.6
8 years	25.3	127	24.8	126.4
9 years	28.1	132.2	28.5	132.2
10 years	31.4	137.5	32.5	138.3
11 years	32.2	140	33.7	142
12 years	37	147	38.7	148
13 years	40.9	153	44	150
14 years	47	160	48	155
15 years	52.6	166	51.5	161
16 years	58	171	53	162
17 years	62.7	175	54	163
18 years	65	177	54.4	164

% of Fat in Common Oils			
Oils	Saturated(bad Fat)	Mono-unsaturated(good fat)	Poly-unsaturated(good fat)
Canola	7	58	29
Safflower	9	12	74
Sunflower	10	20	66
Corn	13	24	60
Olive	13	72	8
Soybean	16	44	37
Peanut	17	49	32
Palm	50	37	10
Coconut	87	6	2

Vitamin	Daily Dose	Used for
A (Beta-Carotene)	10,000 IU	An antioxidant used for skin, eyes, teeth and bones.
B Complex		All B vitamins are taken as a group, hence, B complex.
B1 (Thiamine)	50 mg	For nervous system, body growth and body metabolism
B2 (Riboflavin)	50 mg	Improves in the formation of red blood cells and antibodies. And for metabolism.
B3 (Niacin)	100 mg	Improves in maintaining good skin and digestive system.
B5 (Pantothenic Acid)	100 mg	Helps with stress, improves in the release of energy from fats & carbohydrates.
B6 (Pyridoxine)	50 mcg	Helps balance sodium & phosphorus. Improves in formation of antibodies.
B12 (Cyanocobalamin)	200 mcg	Improves in formation of blood cells, helps metabolism and nervous system.
Biotin	200 mcg	Improves in the utilization of other vitamins.
Choline	100 mg	Helps in nerve transmission, liver and gallbladder function.
dietary fiber	20-30gms	<b>Lowering cholesterol, preventing cancer, constipation, helping weight loss.</b>
Folic Acid	400 mcg	Improves the brain function and for normal cell division.
Guggulsterone E and Z		Enhances the rate of excretion of cholesterol, Thyroid stimulation
Inositol	150 mg	Is a necessary component it hair growth.
C ( Ascorbic Acid)	2,000 mg	An antioxidant, heals wounds, tissue, bone repair, helps resist infections.
D	400 IU	Required for the body to absorb calcium & phosphorus. Helps nervous system.
E	500 IU	Prevents cancer and cardiovascular disease. An antioxidant helps blood clotting.
K	100 mcg	Necessary for normal blood clotting.
Bioflavonoids	400 mcg	Helps strengthen capillaries and improves in absorption of vitamin C.
Coenzyme Q10	25 mg	Improves in the effectiveness of the immune system.
Mineral	Daily Dose	Used for
Calcium	1,500 mg	For bones & teeth, nervous system & muscle action.
Chromium	100 mcg	Increases effectiveness of insulin, used in metabolism.
Copper	2 mg	Formation of blood cells, works with Vit. C in healing process.
Iodine	130 mcg	Helps regulate metabolism.
Iron	18 mg	Used in the production of blood, works in the immune system.
Magnesium	400 mg	Acts as a catalyst in utilization of carbohydrates, fat, protein & other minerals.
Manganese	3 mg	For skeletal development & sex hormone production.
Molybdenum	25 mcg	Helps iron transport from liver, promotes normal cell function.
Potassium	200 mg	Necessary for heart muscle function, kidneys & nervous system.
Selenium	200 mcg	Works with E to promote antibodies. Keeps tissue and artery elasticity.
Tryptophan	3 gram	An amino acid that brings feelings of calm, relaxation, confident and sleepiness.
Zinc	25 mg	Improves in healing process, used by prostate gland & immune system.

BLOOD CHOLESTEROL LEVEL CHART			
	Desirable	Borderline (high)	High Risk
Total Cholesterol	< 200	200-240	> 240
Low Density Cholesterol	< 130	130-160	> 240
High Density Cholesterol	> 50	50-35	< 35
Triglycerides	< 150	150-500	> 500

All Dry fruits, Fresh Fruits, Nuts, Sea foods, Vegetables, Whole grains like wheat, Corn etc are good for health but I choose to mention a few above because the selected ones according to my thesis are the best super-foods which more than strength has medicinal value.

**Remember my golden rule : “Health is the best form of an investment “**

Lastly once again please post your valuable feedback about this thesis at [hfasiurrahman@yahoo.com](mailto:hfasiurrahman@yahoo.com)

**I end this thesis by beginning an era towards a happy healthy life.**  
**- Hakeem Fasiur Rahman.**