

Spiritfoods.net Reveals the Incredible Health Benefits of Superfoods

A new website, Spiritfoods.net, is helping people discover that not all foods are created equal.

November 6, 2012 (FPRC) -- Superfoods have become something of a phenomenon in recent years, with people eager to understand and experience their incredible health benefits. Spiritfoods.net is a new website designed to help people do exactly that.

Created by the British nutrition researcher and writer Michael Ravensthorpe, Spiritfoods provides comprehensive and in-depth articles on the world's healthiest foods.

'Superfoods are fruits, vegetables, dairy products, legumes, and grains with unusually high nutritional value because of their impressive vitamin, mineral, antioxidant, and essential fatty acid content', he began.

'Consequently, they can provide outstanding protection against cancer and heart disease, as well as lowering cholesterol and improving digestive health.'

Spiritfoods is a long-term project with original research-based articles continuously being added – articles written exclusively for the site. The articles explore the in-depth nutrient profiles of many foods, from well-known fruits such as watermelon and blueberries, to more obscure products such as blackstrap molasses.

'Blackstrap molasses in particular deserves far more attention in health food circles than it currently receives,' admits Ravensthorpe.

'It basically contains all the trace minerals, such as copper, magnesium, iron, and potassium, that were extracted from the sugar cane plant during refinement. Therefore, it is essentially a treacle-like concentration of pure minerals, superior to even the greatest multivitamin tablets. Yet so few people know about it', he continued.

'The goal of Spiritfoods is to help people learn more about these lesser-known superfoods, enabling them to adopt a healthier and more robust diet', he said.

From the world's healthiest fruits to purchasing whole foods, the articles encompass a wide range of topics that are of interest to health enthusiasts, home cooks, and individuals whom are simply looking to lead healthier lives. Additionally, the website contains related educational videos and beautiful images of the foods in question.

In addition to established superfoods, Ravensthorpe also unveils some foods that have only just entered the scene, such as the incomparable mangosteen.

'Mangosteen is an incredibly nutritious tropical fruit and can provide us with remarkable health benefits. In fact, as more evidence of its unique antioxidant properties are unearthed, some researchers are already starting to label it a 'superfood', he said.

The website is user-friendly and easy to navigate, with popular articles appearing on the side panel and an easy search function. Visitors are also invited to subscribe to the Spiritfoods RSS feed so they can keep on top of the latest articles. For more information, please visit <http://spiritfoods.net/>.

About Spiritfoods.net:

Spiritfoods is an article-based website created by nutrition researcher and writer Michael Ravensthorpe. Updated on a regular basis, it provides comprehensive and in-depth articles about Earth's healthiest foods.

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