

Superfood Webinar Reference List

Born to Grow Online Gardening University

1. **Secret 1:** Why 70% of people die from this one secret killer and what you can do about it right now

1. The ONE secret killer

1. <http://www.cdc.gov/chronicdisease/>

2. <http://www.cdc.gov/chronicdisease/overview/#ref2>

2. The Root Cause:

1. http://my.clevelandclinic.org/health/transcripts/1444_lifestyle-choices-root-causes-of-chronic-diseases

3. Poor nutrition the leading cause of poor health:

1. <http://www.huffingtonpost.com/dariush-mozaffarian/the-2016-elections-why-ou b 9912324.html>

4. Dietary risks the leading cause of disease burden:

1. <http://www.healthdata.org/news-release/dietary-risks-are-leading-cause-disease-burden-us-and-contributed-more-health-loss-2010>

5. Eat more fruits and vegetables:

1. <https://www.choosemyplate.gov/>

2. <http://www.health.harvard.edu/healthy-eating-plate>

3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/>

6. How much processed food people eat:

1. <http://time.com/4252515/calories-processed-food/>

7. The Blue Zones:

1. <https://www.bluezones.com/about-blue-zones/>

2. <https://draxe.com/blue-zones/>

2. **Secret 2:** Superfoods! The good. The bad. And the beautiful. Why they're often not all they are made up to be... and how you can change that.

1. The top 41 Superfood List

1. <http://time.com/2827608/41-superfoods-ranked-by-how-healthy-they-are/>

2. Dirt Poor: Veggies are less nutritious:

1. <http://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>

2. http://www.nytimes.com/2013/05/26/opinion/sunday/breeding-the-nutrition-out-of-our-food.html?pagewanted=all&_r=1

3. Veggie Respiration:

1. <http://www.livestrong.com/article/447449-how-do-fruits-and-vegetables-lose-their-nutrients-after-picking/>

4. Produce losing 30-45% of nutrients:

1. http://articles.chicagotribune.com/2013-07-10/features/chicago-most-produce-loses-30-percent-of-nutrients-three-days-after-harvest-20130710_1_harvest-farmers-vitamin-c
2. http://articles.chicagotribune.com/2013-07-10/features/chicago-most-produce-loses-30-percent-of-nutrients-three-days-after-harvest-20130710_1_harvest-farmers-vitamin-c
5. The Center for Health and the Global Environment:
 1. <http://www.livestrong.com/article/447449-how-do-fruits-and-vegetables-lose-their-nutrients-after-picking/>
3. **Secret 3:** The Superfood Garden Blueprint: how to save \$700/year (or more!) growing superfoods in your backyard
 1. Mother Earth News: Edible Landscaping: Grow \$700 of Food in 100 Square Feet
 1. <http://www.motherearthnews.com/organic-gardening/edible-landscaping-zmaz09djzraw>
 2. Veggie Value per Square Foot
 1. <http://www.cheapvegetablegardener.com/most-profitable-plants-in-your/>