

Media Release

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When Food is the Problem, Superfoods are the Solution

Tiredness, low energy, indigestion, bloating? These are all symptoms so many of us seem to experience all too often.

In our fast and sometimes highly stressed world, we're probably eating take away more than three times a week, regularly rushing meals or missing them altogether and almost certainly not getting our seven serves of fruit and vegetables every day.

Jason Bennett of New Zealand company Lifestream International believes it's getting harder to gain the nutrition we need for optimum health from our diets alone. "We rush between commitments, grab food as we go and rarely chew properly," he says. "At the same time, the quality of our food is declining, with ever more processed foods being introduced into our diets. The result is poor digestion and poor absorption of vital nutrients. This in turn can lead to long-term health problems."

Bennett, a superfood specialist and health researcher recommends eating wholefoods whenever possible and taking time out to digest meals properly. When that's not possible, he believes superfoods can make a great difference to our overall health and sense of wellbeing.

"Introducing superfoods into our diet is a great way of getting the rich spectrum of nutrients that we need," he says.

"Superfoods like organic spirulina, chlorella and barley grass or nutritious vegetable blend powders contain a vast range of micro nutrients that are often lacking in the foods we eat and are a vital part of our dietary requirements.

"We also need to digest our food fully. Processed foods, overeating, poor chewing habits, eating too fast and drinking too much alcohol can destroy our natural digestive enzymes, making us feel uncomfortable and leading to poor health. We need to replace these to digest meals more efficiently and release nutrients for energy and cell growth and repair."

"Nothing beats eating properly and letting nature do its work," says Bennett.

"However sometimes nature needs our help along the way."

Jason Bennett will be in Melbourne on August 16th and 17th presenting seminars for the health food industry. He is available for media interviews.

About Jason Bennett

Jason is the Sales and Marketing Manager of Lifestream International, manufacturer of high quality, natural and ethical supplements and vitamins. See them at: www.lifestream.co.nz

Before joining Lifestream, he was very sick with asthma, skin problems, digestive issues and fatigue and he would regularly become very ill with cold and flu. Through a friend, he learned about food and its relationship to health and started changing his life. He fasted and changed his diet and over time, he cured his illnesses the natural way.

"Green superfoods were a big part of that process and I live on them still as a major factor in my health," he says.

Jason joined Lifestream International in 1993. He has taken 20 Lifestream Spirulina tablets daily for the last 20 years and fasts regularly for 7-30 days, consuming only Lifestream Ultimate Greens and water during that time.

Media only:

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