



## Press Release

FOR IMMEDIATE RELEASE

Contact: Matt Alvord

260-488-4497

[info@foodsalive.com](mailto:info@foodsalive.com)



### **Foods Alive Launches Organic Black Sesame Seed**

*A good source of calcium, fiber, protein, phosphorous, iron, magnesium*

Waterloo, Indiana (May 3, 2010) – The leading crafters of life-giving, mineral-rich, organic foods have added yet another certified organic superfood to its lineup. Foods Alive organic **Black Sesame Seeds** are grown and harvested in Bolivia. Black Sesame seeds have a nutty, slightly sweet flavor and aroma that is enhanced by lightly heating. In traditional Chinese medicine, Black Sesame has sweet and neutral properties, and are associated with the kidney and liver meridians, and also helps to tonify yin jing and blood, moisten the intestines and to build the spirit— or shen. Now, **Foods Alive** offers this wonderful superfood for you and your family.

Black sesame seeds are a good source of calcium and also have high amounts of protein, phosphorous, iron and magnesium. In some patients, black sesame seeds are used to help patients recover from serious illnesses and fevers, treat constipation and promote regular bowel movements. Some practitioners recommend using black sesame seeds with polygonum to keep a person's hair looking rich and dark.

Foods Alive suggests that customers add organic black sesame seeds to their favorite granolas, yogurts, energy bars, crackers, soups, sauces, dips, or breads or sprinkle them on salads, pasta and more for a unique nutty flavor.

Foods Alive Black Sesame Seeds are certified organic, raw, gluten free, vegan and kosher and are packaged in a 14-ounce re-sealable stand-up bag with a suggested retail price of \$7.99. Hulled Hemp Seeds are the newest addition to the popular Raw Super Foods line at Foods Alive, which also includes Cacao Powder, Maca Powder, Hulled Hemp Seeds, Goji Berries, Jungle Peanuts and more. Foods Alive products are available at Whole Foods Markets, hundreds of other stores across the United States, and many leading web retailers including Amazon.com and Puritan's Pride.

#### **About Foods Alive - Food to Nourish Your Body, Mind & Soul**

Since 2002, Foods Alive has been providing mineral rich and nutrient dense, organic, raw foods, making it easy for people to gain the essential nutrition needed to not just sustain, but to thrive throughout the day. Everything created at Foods Alive is of the deepest integrity, from our family to yours. For more info, please visit

[www.foodsalive.com](http://www.foodsalive.com)

####