

A NUTRITIONAL REMINDER

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The following limited list contains selected foods, which are essential and contain the highest nutritional value. On-and-off, these foods – preferably organically grown – should be made part of your daily diet.

OLIVE OIL (extra virgin, cold-pressed) – It has been used for over 3,000 years and is very rich in antioxidants. Chemists at the Monell Chemical Senses Center (U.S.) discovered olive oil contains anti-inflammatory properties with the same effectiveness as Ibuprophen. The benefits of this ancient food are too long to list.

VEGETABLES – The more colorful the better, slightly cooked or stir fried with the inside raw. During the winter months, mainly root vegetables (yang energy/warming). Did you know that brussel sprouts contain the highest amount of Vitamin C and are ideal during the winter months? Kale is an excellent source of Calcium. Carrots, in moderation, provide the body with healthy carbohydrates, while Red Beets are outstanding as a blood-builder.

TOMATO – also called the Paradise Apple, recently received a lot of media attention due to its ingredient, Lycopene. However, it also contains many more valuable ingredients that help prevent cancer and cardiovascular diseases. *(When you cut a tomato in half, it looks like a heart!)*

BERRIES – such as Cranberry, Blueberry, Blackberry, etc., are the winners for containing the highest levels of antioxidants. Blueberries also have a cholesterol-lowering effect.

SEASONAL FRUIT – in general, and specifically apples, kiwis, pineapple and papayas, are preferable any time over multi vitamin supplements. *Use a UV black light in your kitchen. It will help ripen fruit that was picked too soon.*

GRAINS – Studies have shown that two slices of multi grain bread per day reduces heart insufficiency up to 21 percent.

FATTY FISH – the fatter, the better ... twice weekly. Their valuable Omega 3 Fatty Acids are excellent preventatives for rheumatism, chronic bronchitis, heart/cardiovascular diseases, etc.

NUTS – are the fat bombs. A low-fat diet does not need to be deprived of good fats. Walnuts, hazelnuts, sunflowers, are rich in unsaturated fats. However, three and one-half ounces of nuts contains 700 calories, therefore don't go nuts over nuts!

HARD CHEESES, low in fat –Regarding the controversy of dairy products --- not all cheese should be labeled as bad, because cheeses are pre-digested by good bacteria, making them easier to digest than milk. Hard cheeses, in small amounts, can be very healthy, especially Parmesan, because it contains the highest calcium levels of any food known today. Parmesan is a great addition to the diet for anyone concerned about osteoporosis. *(Don't forget about Horsetail Tea for calcium!)*

DARK CHOCOLATE – contains polyphenols and the flavonol Epicatechin. These substances have a positive effect on our cardiovascular system and brain functions. The University of Cologne (Germany) reported it's effect of mildly lowering blood pressure. This does not mean you should eat an entire chocolate bar every day but a couple of pieces of DARK chocolate (the darker, the better; low in sugar) can be beneficial for your health, as well as putting a smile on your face! (Dopamine)

RED WINE – has recently received a lot of attention due to its active ingredient Resveratrol. This substance activates the enzyme Sirtuine, which protects mitochondria inside the cell and slows various aging processes (still under research). It also appears to have a positive effect on the entire metabolism of the body. Red wine has a mild dehydrating effect and should be consumed with water (of course not mixed together!). European doctors endorse one glass of red wine daily. *In case of a hangover, ask yourself how much did you drink? Did you drink enough water? Some of the red wines naturally contain histamine or too much sulfur.*

RED MEATS – The belief that red meats are unhealthy was widespread during the 1990s. First of all, over-indulgence of any food is harmful. Today's society consumes too much meat in general. Throughout history, any meat was a luxury item, mainly served on Sundays (with left-overs eaten on Monday). During the rest of the week, a large variety of vegetable dishes, served occasionally with fish was enjoyed. Until recently, the majority of the world's population ate this way. Balance and addressing individual dietary needs is the key. For example, patients suffering from adrenal exhaustion can receive tremendous benefit from consuming a small amount of naturally-raised beef, buffalo, or venison.

Responsible health-care professionals must keep an open mind, despite the tempting dietary fads promoted by nutritional gurus. Any extreme approach practiced over the long-term is harmful. Human bodies are very well equipped to live off the large variety of foods provided by the Earth. Extremes either way are never beneficial. *The notion that the ideal diet relates to your genetic heritage has become recognized lately and should not be ignored.*

Recently, many researchers suggest that the Mediterranean Diet (Italy, Greece, Spain, etc.) is most favorable for the Western World. The claim is certainly legitimate based on the fact that people in these areas are significantly healthier than the rest of the world's population.