

“He who has health has hope; and he who has hope has everything.”
– Thomas Carlyle

I love this quote because it drives home the point that without health, we have nothing. Unfortunately, many people don't appreciate their health until they don't have it anymore. That's why I'm so passionate about providing information on getting and staying well naturally. You and you alone are responsible for your health and it's not as hard as you think it is. This has really been brought front and center recently with all the people who are dying suddenly. It makes no sense how seemingly healthy people can just drop dead. How the heck does that happen? Do your research. Ask questions. Demand answers. You MUST pay attention to and take charge of your own health. The reality is that no one cares more about you than YOU! Pay attention to the foods you eat and the chemicals you put into your body. I firmly believe that there is probably a natural treatment for almost everything. Sadly, we live in an instant gratification society and when we don't feel good, we want to feel better NOW! Natural treatments take longer than popping a pill, but you won't have to deal with the long-term ramifications of the former. If you have questions, be sure to reach out. I'm happy to help.

Yours in health,
Susan Monaco, Certified Health Coach
Health and Wellness by Design
www.healthnwellnessbydesign.com
susan@healthnwellnessbydesign.com

Foods That Heal



Those of you who follow my work know that I'm pretty distrustful of most doctors, the CDC, definitely the FDA and absolutely the pharmaceutical companies. Unfortunately, the problem with our healthcare system is they want us sick because there's no money in it for anyone if we're well. That's why I often refer to it as a "sick care" system, not a "healthcare" system. More proof of this comes out on almost a daily basis. The most recent example is the blood thinner *Eliquis*, which was bought by guess who...Pfizer. Back in 2017, the company said it would be a "billion dollar drug". Guess what? They made a product that thickens the blood, causing clots, and just like that, they have a drug to thin that thickened blood, which is now in the top 5 of prescribed medications. There's a shot that's causing myocarditis and Moderna is coming up with another mRNA shot to inject directly into your heart to "cure" it. Are you awake yet? These are just two small examples, but this is how it works. That's how it's always worked. It's just more obvious now. That's why I've made it my mission to help people get and stay well naturally. It's harder than ever to do that these days because our food supply has become nutritionally depleted for a plethora of reasons. But I digress.

My point here and my goal this month is to teach you how some simple everyday foods can be the cure for what ails you. This obviously isn't a complete list by any stretch, but it's hopefully enough to whet your appetite to do your own research to learn more. There are plenty of books out there that will provide you with way more info than I can offer you here, but below is a start with some simple foods to get you going.

Celery: This vegetable can taste pretty blah, but it's a nutritional powerhouse. It can help lower both blood pressure and cholesterol and may even help fight off gout and cancer. Celery is a fantastic source of soluble fiber and contains more than a dozen anti-inflammatory compounds. The good news about such a tasteless vegetable is that you can add it to pretty much anything and not change the flavor. The other good news is that unlike many other vegetables that lose nutritional value when cooked, celery maintains its nutrition. In order to make a difference, you really need to eat at least 4 stalks per day. But it's rather high in sodium, so eating too much can have the opposite effect on things like your blood pressure. I didn't realize until I started researching it for this article that you can also eat the leaves, which actually contain more Vitamin C, calcium and potassium than the stalks.

Ginger: I think most of us know ginger is a pretty amazing food. In fact, I wrote an entire newsletter on it back in October 2020 called “*Ginger the Great.*” It’s certainly a favorite of people who feel nausea or motion sickness. Believe it or not, ginger performed much better than the pharmaceutical drug *Dramamine* in clinical trials. One of its lesser known benefits is that it contains anti-inflammatory compounds, which can help lessen pain in addition to playing a role in disease prevention. It’s super easy to add ginger into your diet by adding it to stir fry dishes, soups and even tea. Be sure to grate it before adding it to hot water to fully release its flavor.

Turmeric: This seems to be the new hot spice, but I’ve been using it for years and even wrote a newsletter about it back in August 2016. Its legend as a healer goes back thousands of years. The reason it’s such a great addition to your diet is because it contains a high amount of curcumin, which is a COX-2 inhibitor. For those who don’t know what that is, simply put, it is an anti-inflammatory that seems to work more effectively against conditions such as osteoarthritis than the pharmaceutical atrocity *Celebrex*. Turmeric also shows wonderful promise for preventing colon cancer. Its use has also been thought to help prevent mental decline, as shown by studies on the Indian population, who use this spice widely. Make sure when you use it to include plenty of freshly ground black pepper, which for some reason, dramatically increases its absorption. It’s super easy to incorporate this spice into daily food prep by adding it pretty much anything: chicken, soups, veggies, stir-fries, salad dressing or in my favorite, quinoa.

Walnuts: While not one of my favorite nuts, they’re certainly the most nutritious and have some unique properties that makes them an absolute superstar. Did you ever notice that a walnut half resembles the brain? While I don’t believe in coincidences, walnuts pack a powerhouse for the brain. They’re a fantastic source of serotonin, a chemical/neurotransmitter that carries messages between nerve cells and plays a giant role in sleep, digestion and mood. It can also help curb the appetite because serotonin is what tells the brain you’re full. Walnuts also offer some of the highest levels of Omega-3 fatty acids, which are known to help prevent heart disease, reduce inflammation and combat depression. I chop them and use them in a recipe I have for super yummy (and healthy) muffins. Throw them in a salad or a bowl of oatmeal to give it a little crunch. Remember, they do pack a lot of calories, so be sure to eat them (like anything really) in moderation.

Cinnamon: This one may come as a surprise, but it’s actually one of the strongest antioxidants out there. For some reason, it has the ability to lower blood sugar levels and since it’s natural, is much safer than diabetes medications. However, if you are taking medication, be sure to talk to a trusted doctor before adding cinnamon due to its ability to reduce sugar levels. Some studies have shown that cinnamon can also help lower cholesterol. Keep in mind that large doses can be toxic, so again, use it in moderation.

Caffeine: I’m sure you’re surprised to see this on my list, but contrary to popular belief, caffeine isn’t bad for you. Plenty of people don’t want to call coffee, tea or chocolate healthy, because there’s the risk of overindulgence. But they contain some super helpful compounds, known as polyphenols, which put them on my healing list. The reason is because these polyphenols are really super anti-oxidants, which do an incredible job of fighting the free radicals running rampant through the body. Chocolate has polyphenols that are rather unique in that they increase levels of dopamine, a brain chemical that improves mood and gives you the feeling of being in love. Who wouldn’t want that? But like anything, too much of a good thing isn’t a good thing and too much can have a negative impact. Try to limit cups of coffee or tea to two cups a day and your daily chocolate intake to no more than three ounces. Be sure to choose dark chocolate, not milk or white, which have way too much sugar. One more thing: if you’re thinking about becoming pregnant or are pregnant, it’s probably a good idea to cut out caffeine until your little bundle of joy makes its appearance. Talk to a knowledgeable and trustworthy doctor.

In closing, I’ll reiterate this list is by no means complete. There are many healthy foods that can help heal what ails you. Here are a few more I’d suggest you research: pomegranates, raw honey, mint, (which includes oregano), peppers, pineapple, beans, citrus fruits, onion and garlic.

Have a wonderful month!