Nourish to Flourish - The SuperFoods

By Laura Ford

- **Omega 3**
  - What is it?
    - Omega 3 is one of the Essential Fatty Acids, the one in shortest supply in most diets.
    - ALA Alpha Linolenic Acid, Short chain, comes from plants.
    - EPA Eicosa Pentaenoic Acid & DHA Docosa Hexaenoic Acid, long chain, are found primarily in fish oils.
    - ALA is the raw building block for EPA & DHA; the body turns ALA into EPA & DHA, which are then used by every cell in the body.
  - Why is it important?
    - Every cell in the body needs essential fatty acids for rebuilding and producing new cells.
    - Essential fatty acids are used to produce hormone like substances that act as chemical messengers and regulate various organ systems and bodily processes.
    - Omega 3s are the key building blocks of brain cells and nerve tissue.
    - Essential fatty acids aid in the assimilation of the fat soluble vitamins, D needed for proper absorption of calcium, E, K, and Vitamin A. (Vita A deficiency can cause skin, foot & feather problems, susceptibility to fungal, bacterial, viral infections, basically a compromised immune system, leading in most cases to respiratory issues, which left untreated can cause death. Calcium deficiencies can cause feather picking, seizures, compromised immune system, and egg binding in females, which can cause death.)
    - Lack of Omega 3 Essential fatty Acids, can lead to self mutilation (puckers?) and eventually lead to death.
  - How it helps
    - Supports brain health, affecting mood, memory, concentration, & learning.
    - Helps relive depression, aggression, hostility & anger.
    - Influences the ability to learn & understand language.
    - Reduces the risk of heart disease & stroke.
    - Lowers cholesterol & triglycerides.
    - Reduces platelet "stickiness", therefore reduces the tendency for atherosclerosis (the clogging up of the arteries with plaque).
    - Keeps arteries elastic & flexible, and keeps blood flowing smoothly.
    - Aids in the regulation of blood sugar (reducing diabetes).
    - Reduces effects of inflammatory diseases, such as arthritis.
    - Boosts the immune systems and reduces autoimmune disorders.
    - Reduces allergies & asthma, and other breathing disorders.
    - Inhibits tumor growth and lowers the risk of cancer.
    - Supports kidney health.
    - Supports digestive system.
    - Aids in the absorption of calcium for bone formation.
  - Where to find it
    - EPA & DHA are in Salmon, egg yolk (other cold water fish too, but for parrots, only salmon is recommended)
    - ALA
      - Flax seed oil, hemp seed oil, chia seed oil, sea buckhorn sea oil (should be organic and unrefined/cold pressed)
      - Flax seed raw and ground (golden flax has higher Omega 3 values)
      - Sesame seed raw and ground
      - Hemp seed raw
      - Walnuts
      - Pumpkin seeds raw or soaked
      - Sunflower seeds sprouted, sesame seed sprouted, *chia seed sprouted, *flax seed sprouted (no more than 2% of sprouting mix or crop impaction can occur)
      - Blueberry ,raspberry & kiwi (seeds)
      - Dark leafy greens (purslane & perilla, aka Chinese basil, contain very high amounts)
      - Seaweed (kelp) & algae
      - (Red Palm Oil, although it is a good source of beta carotene & Vita. A, is not a source for Omega 3, nor is it an essential fatty acid)
  - How to add it to your parrot's diet
    - Include lots of dark leafy green in you bird's diet. Finely chop and mix into cooked foods or sprouts. Coarsely chopped in a bowl with other veggies & fruit. Fill stainless steel foraging basket with greens. Hang whole in cage.
    - Mix several drops of Omega rich oil into cooked food.
    - Sprinkle sesame, hemp of flax seeds on to cooked food, veggie & fruit mix, or on top of sprouts.

- Offer soaked or sprouted pumpkin or sunflower seeds as treats.
- Offer walnuts as treats. Add chopped walnuts to other foods.
- Offer blueberries, raspberries & kiwi as part of fresh veggie & fruit mix.
- Add a pinch of dried seaweed (kelp) to cooked food sprouts or sprouts soaking water.

❖ **Quinoa**

- What is it?
  - Quinoa has been called the "supergrain", although it is not really a grain at all, but a seed from a member of the goosefoot family (Chenopodium), a distant relative of spinach, beets & swiss chard. Grown for its seeds which vary in color from white or yellow, to red and black. The leaves are also edible, and very nutritious. (notes, try growing you own, sources for seeds)
  - Native to the Andes of South America, and has been in cultivation since at least 3,000 B.C.
  - The ancient Incas called Quinoa the "Mother Grain" and considered it sacred.
- Nutritional benefits
  - Quinoa is the only plant based source of a complete protein, and the highest percentage of protein, 12-18%, of all grains (notes, ½ c. provides daily requirement for a human child)
  - High in calcium and iron
  - Good source of Vita. E and the Bs, B6, Niacin and Thiamin
  - Good source of zinc, copper, manganese, and folate (folic acid)
  - Exceptionally high in lysine, cystine and methionine amino acids, which are typically, low in other grains, which makes it an excellent complement to legumes.
  - Contains albumen, a protein also found in egg whites, blood serum, and muscle tissue
  - Low in sodium
  - Gluten free, so is good for allergy suffers
- Saponin
  - A bitter coating that protects the seeds from being eaten by birds & insects, and shields the seeds from the intense high altitude sunlight
  - The soapy saponin can be used an antiseptic & to promote healing of skin injuries
- Commercially available Quinoa has been prewashed to remove the saponin, but a quick rinsing wouldn't hurt
- How to add it to your parrot's diet
  - Raw seed can be added to your current seed mix
  - Flour, seeds can be ground into flour, and substituted for wheat flour in birdie bread recipes. Flour should be stored in the refrigerator in a glass jar.
  - Popped in a dry skillet and eaten like miniature popcorn.
  - Sprouts soak 2-4 hours (if sprouting alone). Great addition to any soak & serve or sprouting mix.
  - Cooked, 1 part quinoa to 2 parts water, cooks quickly in about 15 minutes. Substitute for rice in any recipe (if soaked 2-4 hrs first, nutritional content increased)
    - Here's a favorite of my birds.
      Wash & Soak ½ cup of Quiona, with ½ cup other grain, such as rice, kamut, wheat, buckwheat, etc (2-12 hrs), Rinse well. Scrub and finely chop a large sweet potato, place in sauce pan with grains and 2 cups of water, add a generous teaspoon each of cinnamon and cayenne pepper, bring mixture to a boil, then turn down to a simmer for approximately 20 minutes, adding additional water if needed. While this mixture is cooking, finely chop a good handful of greens such as kale, collards, mustard, turnip, dandelion, etc; as well as about a cup of other seasonal veggies, broccoli, corn, carrots, zucchini, green beans, etc. Add chopped veggies, and greens to sweet potato & grain mixture, cook for about 5 more minutes. Turn off heat. Add a handful of seasonal (or frozen) berries, or other fruit. Place desired portion into each bird's bowl, squirt in a few drops of an Omega 3 oil. A spoonful of fresh sprouts, soaked grains, or chopped nuts may also be mixed in at this point. Leftover cooked mixture may be divided and refrigerated or frozen for later serving. Pumpkin or winter squash may be substituted for sweet potato.

❖ **Sprouts**

- Why are they important?
  - From the experts
    - "Dried seeds are like little treasure chests, containing all the nutrients for a plant to live & grow. Through soaking, we awaken these dormant treasures. After about 12-15 hours of soaking, most seeds are loaded with vitamins, minerals, enzymes, chlorophyll, amino acids, fatty acids and more – in a form that is easy to utilize for the body." Gudrun Maybaum, <u>What Happened to My Peanuts?</u>
    - "The germinating seed is in the maximum growth phase of the immature plant. It has been described as a chemical vitamin factory in high gear, cranking out antioxidants and chlorophyll, and repackaging minerals and trace elements in a more bio-available form…Protein, carbohydrates and fats are broken down (predigested) to free up amino acids, simple sugars and soluble compounds. Essential minerals such as calcium and magnesium are supplied by sprouts in chelated form for better

assimilation… Food that requires little or no energy for digestion is perfect for parrots with acute or chronic health challenges…Sprouted or germinated seeds have a rejuvenating effect on humans and animals alike because of the RNA, DNA, protein and essential nutrients that are found in living cells." Carolyn Swicegood, www.landofvos.com

- "Sprouts grow in nutritional value right up until the time they are eaten. This is very different from vitamins found in fresh vegetables and other produce where nutrient values steadily decline as soon as they are harvested. In some vegetables some of their vitamin content may be depleted as much as half, only minutes after being cut (harvested) and up to 70% or more by the time you see them at your grocery store." Shauna Roberts, Feeding Feathers Yahoo Group
- "Sprouts are the richest source of enzymes available. Even though all raw foods contain enzymes, the quantities that sprouts contain can be 10 to 100 times higher than in fruits and vegetables." Phyllis Balch, Prescription for Nutritional Healing.
- "…it still amazes me to review the nutritional content of sprouts verses dry seed or even the mature vegetable. Sprouted radish seeds, for instance, may contain a phenomenal 39 times more beta-carotene than the mature vegetable. All seeds show a dramatic increase in the B vitamins when sprouted. Sprouted oats contain nearly 21 times more riboflavin as dry seed, peas over 10 times, and mung beans over 8 times…Wheat sprouts surpass even wheat germ in vitamin E content." Denise Newkirk, The Pet Bird Report , Spring 2001
- "With sprouts providing a wide array of nutrients that are easy to assimilate, rich in life enriching enzymes, and packed with increased vitamins, and antioxidants, it's easy to see how an individual's health can improve. And for our avian companions with improved health comes beautiful feathers radiating a rich color that can only be found in a truly healthy bird. By selecting ingredients that constitute a sprouting mixture representing proper food combining, highly digestible, and easily assimilated complete vegetable protein, can be grown at home right in your kitchen." Leslie Moran, The Complete Guide to Successful Sprouting for Parrots, and Everyone Else in the Family

- Sprouting allows anyone to offer fresh, organic, live food to their parrots everyday, regardless of the season, or how big your yard is, or how green your thumb.
- Sprouting saves space and, an average ¼ cup of unsprouted seeds can grow into 2 cups of sprouts.
- Unsprouted seeds can be frozen and remain viable for years, so large quantities can be purchased and stored for later use, saving money.
- Sprouts are the closest food that we can provide our companion parrots, to the foods that wild parrots eat.

➢ How to sprout

- Choose your container
  - Sprouting cup such as EZ Sprouter
  - Glass Mason jar with strainer lid, or mesh cover
  - Mesh Strainer & bowl
- Measure out a quantity of seeds no greater that ¼ volume of the container you will be using to sprout. The sprouts will swell up in the water and begin to grow. If overcrowded, insufficient air space around sprouts will cause bacterial growth.
- Rinse the seeds.
- Fill container with water (and optional, several drops of GSE (Grapefruit Seed Extract) and/or a pinch of dried kelp, alfalfa or wheat grass) and allow to soak, usually 8-12 hours. Use cool water, but if sprouting broccoli or adzuki use warm water 90-115*.
- Rinse several times in cool water, drain well. When using a Mason jar, place into a Tupperware type container at approximately a 45* angle to allow to drain completely, and then lay jar on its side for maximum air flow around sprouts.
- Repeat the rinse and drain at least twice a day, (3 or 4 if using mesh strainer).
- Keep out of direct sunlight (but darkness is not required) at average room temperature, 70*, optimally. Cooler room temperatures will result in slower sprouting, warmer temperatures, quicker sprouting.
- When small white "tails" appear, feed at this point, or you may continue to grow sprouts until little leaves appear.
- Any remaining sprouts may be refrigerated, rinsing and draining prior to feeding.
- If at any time your sprouts smell sour or unpleasant throw them out and start over.
- Optional, prior to feeding, add some raw organic apple cider vinegar to the final rinse and allow to soak for 15 minutes, rinse well. Or you can sprinkle a few drops onto the sprouts prior to feeding.

➢ Soak & feed (for the reluctant parrot or person)

- The majority of parrots will take to sprouts very quickly, but there are always a few who are reluctant to change. For these parrots, start with an overnight soak of in-shell seeds, grains or nuts.
  - If you are currently feeding a seed mix without dried fruits, veggies or pellets, you can soak the entire mix, soak only enough to feed your parrot for a single day.
  - Or if your seed mix contains other things, you can pick out the larger seeds, like sunflower or pumpkin, soak those, after rinsing well, dry with a paper towel and mix back into the food. Give only enough for a single day.
  - You can purchase or make your own overnight blend, choosing an assortment of seeds, grains & nuts (no legumes!).
- To acclimate parrots to sprouts you can also soak sunflower or pumpkin seeds or raw almonds, to use as nutritionally enhanced treats.

- Important- Do NOT use GSE if soaking and serving.

- What to sprout
  - Grasses & Grains
    - Amaranth: Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium, Amino Acids, Protein: 15%. Soak 3-5 hours, harvest 2-3 days.
    - Barley, unhulled "whole" type, (hulled and pearled will not sprout): Vitamins A, B complex, E, calcium, iron, magnesium, and phosphorus. Glucans to help lower cholesterol and build the immune system. Soak 6 hours, harvest 2-3 days
    - Buckwheat: Raw buckwheat is white, green or light brown, toasted buckwheat is medium brown and will not sprout. Helps flush cholesterol from the body. Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium, All Amino Acids
      Protein: 15% soak 6 hours, Harvest 3-4 days
    - Field Corn: soak 12-18 hours, very slow to germinate
    - Popcorn: Vitamins A, B, C and E, Calcium, Iron, Phosphorus, Amino Acids, Protein: 25%. Cleaner than field corn, and very sweet, a favorite of most parrots. Soak 12-18 hours, ready to eat after soaking, slow to sprout.
    - Kamut: Ancient Egyptian wheat. Vitamins B, C and E, Calcium, Iron, Magnesium, Pantothenic Acid, Phosphorus, Amino Acids, Protein: 15%. Soak 6-12 hours, ready in 2-3 days.
    - Millet, unhulled: Vitamin B, E, protein. Soak 8 hours, ready in 2-3 days.
    - Oats, unhulled (oat groats will not sprout): Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium, Amino Acids, Protein: 15%. Good for immune system and skin disorders unless bird is sensitive to gluten. Soak 8 hours, ready in 1-2 days.
    - Quinoa: Vitamins B1, B2, B3, B6, folacin, copper, iron, magnesium, phosphorus, potassium, zinc and protein. Soak 2-4 hours, harvest 1-2 days.
    - Teff: a very tiny, sweet sprout that parrots adore. soak 3-4 hours, harvest 1-2 days
    - Triticale (a cross of wheat & rye): Vitamins B, C and E, Calcium, Iron, Magnesium, Pantothenic Acid, Phosphorus, Amino Acids, Protein: 15%. Soak 6-12 hours, ready in 2-3 days.
    - Wheat: B complex, C, E, folacin, iron, magnesium, manganese, Calcium, Pantothenic Acid, Phosphorus, omega-6, Amino Acids, Protein: 15%. Flavor is sweetest when tail first appears. Soak for 12 hours, harvest in 2-3 days.
  - Legumes ***Must be fully sprouted***
    - Adzuki bean: Vitamin C, iron, protein. Soak 5 hours, harvest 3-5 days
    - Alfalfa: High source of antioxidants. Alfalfa is highly esteemed in folk medicine as a cure for all inflammations including arthritis and rheumatism. It is also thought to be hypocholesterolemic and hypoglycemic. It is most popular as a blood purifier. Not only a good source of vitamin C, E, & B, but also beta carotene (vitamin A). If you decide to sprout alfalfa be sure not to feed dormant seeds as the dormant seed contains canavanine, a natural toxin and carcinogen, but when the seed sprouts, any amount is miniscule. Soak 4-6 hours and they should be ready in 4-6 days.
    - Fenugreek: Good digestive aid, good for the liver, and clearing up mucus. Contains lecithin which helps to dissolve cholesterol and fatty substances. Expels toxic waste through the lymphatic system. Vitamins A, B, C, E, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Phyto-Nutrients , Amino Acids, Trace Elements, Protein: 30%. Soak 6 hours, ready in 2-5 days
    - Garbanzo: Vitamins A and C, Calcium, Iron, Magnesium, Amino Acids, Protein: 20%. Soak for 8-12 hours, ready in 2-3 days.
    - Lentil sprouts: The richest source sprout of high quality protein (but incomplete, needs to be combined with a grain), approximately 24 % protein. Folic acid, C, E, iron, phosphorus, potassium. 4-12 hours of soaking. ready in 3-5 days.
    - Mung bean sprouts: Vitamin A, C, phosphorus, iron. Soak 12 hours and take about 5 days to get those long tails. It may be best to avoid mung beans if a bird has candida or any other yeast type of infection.
    - Peas: Vitamin A, iron, potassium, magnesium, beta carotene. Contain all 8 essential amino acids and 22 percent protein. Soak time: 8 hours, harvest in 2-3 days.
    - Red Clover: Highest dietary source of isoflavones, anti-cancer compounds. Red clover has been used rheumatism, jaundice, inflammatory skin conditions, and bronchitis. It has been used to treat arthritis, jaundice, liver congestion, muscle cramps, and inflammatory skin conditions. Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements, Protein: 35%. Soak 8-12 hours, ready in 4-6 days
  - Seeds & Nuts
    - Almond (whole, unblanched): B complex, E, calcium, magnesium, potassium, selenium, protein and fatty acids. Soak 8-10 hours, ready to eat, may be stored in refrigerator after soaking, but use within two days.
    - Pumpkin seed: B complex, E, phosphorus, iron, zinc, protein. Soak 8 hours, ready after soaking, never really sprouts.
    - Sunflower: Hulled or Unhulled black oil or gray stripe. Rich source of lecithin, B complex, D, E, calcium, iron, phosphorus, potassium, magnesium and unsaturated fatty acids and protein. Sprouting breaks down fatty acids into an easily digestible, water soluble form. Soak 6-8 hours, ready to eat after soaking, sprout in 1-2 days.

- Sesame: Vitamins B, C and E, Calcium, Iron, Magnesium, Pantothenic Acid, Phosphorus, Amino Acids Protein: 15%. Soak 2-8 hours, ready in 2-3 days.

- Herbs & Spices
  - Dill: Digestive aid, supports the respiratory system, helps flush toxins from the body, and has a calming effect. Calcium, magnesium, iron, flavonoids, & B complex. soak 8-12 hours
  - Fennel: Aids digestion especially when uric acid is a problem as in gout. Helps normalize the appetite, used to help weight loss. Liver cleanser.soak 8-12 hours
  - Mustard seeds sprouts can add some zesty flavor but when seeds come into contact with water allylisothiocyanate is formed. Mustard seed sprouts are likely safe but some people prefer to avoid them for their birds. Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Carotene, Chlorophyll, Amino Acids, Trace Elements, Antioxidants, Protein: 35% .Soak 4-6 hours and harvest in 4-5 days.
- Vegetables
  - Broccoli: Strong antioxidant, anti-inflammatory reduces high blood pressure, and chances of stroke, decreases inflammation of the heart & kidneys. Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements, Antioxidants, Protein: 35%. Soak in warm water 8 hours, ready in 1-2 days.
  - Radish: Vitamins A,C (more than 29 times the vitamin C and 4 times the vitamin A of milk), calcium and protein. Soak 6 hours, harvest 3-5 days
  - Cabbage: Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll Amino Acids, Trace Elements, Antioxidants, Protein: 35%. Soak 8-12 hours, ready in 4-6 days
  - Kale: Second highest dietary source of antioxidants, Vitamin B, C, E, beta carotene, calcium, potassium, manganese, iron.
- Seeds to avoid
  - Sorghum, aka "super millet" contains cyanide that becomes activated by sprouting to a toxic fatal level.
  - Large Beans such as anasazi, black, fava, kidney, navy, pinto, and soy, remain toxic even after full sprouting, and if to be feed (which I wouldn't recommend), must be soaked for a minimum of 8 hours, rinsed and cooked well for at least 30 minutes.

- How to add them to your bird's diet
  - Add an extra bowl to you bird's cage an offer fresh sprouts every morning.
  - Mix sprouts in with other fresh veggies & fruits already being offered.
  - Mix fresh sprouts to any cooked meal.
  - Soak and cook seeds, grains & legumes as base for a "mash" meal.
  - Used soaked or sprouted seeds or nut as treats

- **Juices**
  - Why juice?
    - Juicing removes the fiber (the indigestible part) of fruits & vegetables, and what remains is a concentrated mix of vitamins, minerals, phytochemicals, flavonoids, chlorophyll, and live enzymes that are easily absorbed with little effort on the part of the digestive system.
      - Phytochemicals are natural substances produced by plants as protection against bacteria, viruses, and fungal infections.
      - Flavonoids, or bioflavonoids, are the water soluble pigments in plants, contained in citrus fruits (peel & white pulp) apples, cranberries, fennel, grapes and others, and are anti-inflammatory, antioxidant, antihistaminic, and antiviral, reduce the risks of cancer, heart attack, asthma & gout.
      - Carotenoids found in carrots, and leafy green & yellow vegetables decrease risk of cancer, eye disease, heart disease & enhance the immune system
      - Indoles are sulphur containing phytochemicals, found in the brassicas, broccoli, kale, cauliflower, & brussel sprouts, which help prevent cancer & protect the arteries.
      - Chlorophyll , which helps flush out carcinogens, stimulates the production of red blood cells, and is a natural deodorant, can be found in most leafy greens, such as bok choy, collards, dandelion, and grasses, like wheat & barley.
      - Live enzymes help the body digest food, reduce allergies, support the immune system, and are antioxidants and anti-inflammatory.
    - This is a good way to quickly boost the nutritional intake of "seed junkies" and birds with less than desirable eating habits.
    - If your bird ever becomes ill or injured, he is more likely to accept something to drink, than something to eat.
    - Juice can serve as the base for adding other nutritional supplements, such as kelp, alfalfa or barley powder.
    - The pleasant taste of fresh juices can help with hiding the unpleasant flavor of medicines.
  - How to add it to your parrot's diet.
    - Teach your bird to drink juice from a spoon or small cup or bowl.
    - Add juice to dry pellets to soften them (slightly warmed as a comfort food)
    - Add juice to cooked grains, such as quinoa, brown rice, kamut, or cooked "mash"(see reference for Shanna's mash)
    - The leftover fibrous pulp can be used to make birdie bread, or added to your compost heap or worm can.

- Some suggestions from Carolyn Spicegood on some juice choices & what conditions they treat
  - ARTHRITIS
    - broccoli and kale--sources of pantothenic acid
    - kale, parsley and spinach--sources of vitamin C
    - spinach and carrot--sources of vitamin E
    - carrot, ginger root, apple--sources of copper
    - cherry and blueberry--sources of bioflavonoids
    - pineapple--the only source of bromelain
  - CALCIUM DEFICIENCY
    - kale, mustard greens, carrots, kohlrabi, watercress, cabbage, turnip and beet tops
  - CANDIDIASIS
    - kale, spinach and turnip greens--sources of vitamin B-6 red Swiss chard, turnip, garlic, and radish--sources of selenium
    - parsley, beet greens, dandelion greens, and broccoli--sources of organic iron
  - CANCER PROTECTION
    - beet juice--contains the sulphur amino acids and the sulphur-sugar complex known as betanin
  - CATARACTS
    - carrot, kale, parsley and spinach--sources of beta-carotene
    - garlic--a juiceable source of vitamin B1
    - spinach, currant, asparagus, broccoli, Brussel sprouts--sources of vitamin B2
    - kale, parsley, green pepper and broccoli--sources of vitamin C
    - spinach asparagus and carrot--sources of vitamin E
    - red Swiss chard, turnip, garlic, and orange--sources of selenium
    - carrot, garlic, and ginger root--sources of copper spinach, turnip greens, beet greens, and carrot--sources of manganese ginger root, parsley, garlic and carrot--sources of zinc
  - FEATHER, SKIN, NAIL HEALTH
    - parsnips--to improve taste, prepare with apple or carrot juice.
  - FUNGAL INFECTIONS
    - garlic--rich in sulfur and potassium, kills fungus, bacteria, and intestinal parasites, and should be used sparingly for parrots. Juice with carrots and ginger for improved flavor.
  - GOUT
    - kale, beet greens, and broccoli--sources of folic acid
    - kale, parsley, sweet pepper, and strawberry--sources of vitamin C
    - pineapple--the only source of bromelain
    - green vegetables--sources of omega-3 fatty acids, cherry and strawberry--help to neutralize uric acid (remove cherry pits before juicing)
  - INFECTIONS
    - blueberry and black currant--contain antibacterial agents
    - grape, apple, and cabbage--contain antiviral and antibacterial compounds garlic--the most potent natural antibiotic
    - pineapple--fresh juice contains enzyme bromelain, anti-inflammatory agent
    - celery, carrot, and Swiss chard--contain high amounts of potassium and sodium
    - ginger, parsley, and carrot--sources of zinc
    - kale, red pepper, and collard greens--low-sugar
    - sources of vitamin C tomato, cabbage, and sweet pepper--low-sugar*sources of bioflavonoids carrot, kale, and spinach--low-sugar
    - sources of beta-carotene (Note: It is important not to use high-sugar foods when parrots have any type of infections.)
  - LIVER TOXICITY
    - dandelion greens--best diluted with carrot juice.
    - tomato--season juice with lemon juice or cayenne pepper, a favorite of parrots.
    - carrot--juice is excellent liver cleanser
  - METAL TOXICITY
    - potato juice--According to Science Magazine, November 8, 1985, potatoes are an excellent source of simple peptides called "phytochelatins", useful in the removal of toxic heavy metals from the system.
    - carrot juice, green peas, cabbage, tomato, cranberries. According to The American Journal of Clinical Nutrition, October 1985, these and other unspecified "fresh fruits" can pull heavy metals from fatty tissues where they reside, bind them and discharge them from the system.
  - MOTION SICKNESS
    - ginger--studies at Brigham Young University found ginger to be more effective than Dramamine.
    - kale and spinach--sources of vitamin B-6
    - sweet pepper, kale strawberry--sources of vitamin C
    - turnip greens, broccoli, and lettuce--sources of vitamin K

- PAIN RELIEF
  - chili peppers--Another favorite of parrots, the capsicum of hot peppers is now commercially prepared as a topical pain reliever, available in health food stores as a roll-on preparation and in capsule form. Dilute the juice of hot peppers in carrot juice to aid in pain relief of parrots following injury or surgery.
- SINUS PROBLEMS
  - kohlrabi--(member of the cabbage family) Add pineapple juice for flavor and improved assimilation.
- SKIN DISORDERS
  - celery--source of calcium, phosphorus, potassium, vitamin A and B complex vitamins
  - cucumber--source of calcium, phosphorus, potassium, vitamins A,B,C, magnesium, boron and chlorine
  - beets--good source of sulphurs needed for healthy skin but should be used sparingly for parrots
  - red grapes--seeds may be juiced too
- STRESS
  - broccoli and kale--sources of pantothenic acid
  - red pepper, kale, and collard greens--sources of vitamin C
  - ginger, parsley, and carrot--sources of zinc
  - collard greens and parsley--excellent sources of magnesium
  - parsley, Swiss chard and spinach--sources of potassium
  - carrot, collard greens and parsley--excellent sources of beta-carotene
- THYROID
  - radishes and leafy tops--Raphanin (sulfur component) balances production of thyroxin.
- TONIC
  - wheat grass and barley grass--powerful chlorophyll-rich foods to be given parrots in very small doses
  - cayenne--the most powerful and prolonged natural stimulant known.
- VISION
  - carrot juice--This richest source of vitamin A and carotenoids strengthens eyes and preserves vision.
  - passion fruit--Peel and scoop out seeds before juicing.

❖ **Warnings**

- Increasing you bird's nutritional health will increase your bird's energy levels, which may lead to "feistiness". Start providing additional opportunities for exercise, brush up on the basic skills like step-up, start clicker training (if you're not already) so your bird will have appropriate outlets for his new found energy.
- Increasing your bird's nutritional health may lead to increases in mating behaviors

❖ **Words of Encouragement**

- Set yourself up for success. Pick the one thing in this presentation that appeals to you the most, and work on that until you are comfortable with it, then add another, and another. You don't need to change everything at once.
- Start from where you are. All of us come from different experiences, so don't judge yourself by what someone else is doing. (notes, tell story of Squeaker)

❖ **Resources**

- Books
  - What Happened to My Peanuts? A Holistic approach to Parrot Nutrition , Gudrun Maybaum
  - A Guide to a Naturally Healthy Bird , Alicia Mc Waters, PhD
  - The Complete Guide to Successful Sprouting for Parrots and Everyone Else in the Family, Leslie Moran
- Yahoo Groups
  - FeedingFeathers@yahoogroups.com
  - HolisticBird@yahoogroups.com
  - Bird-Click@yahoogroups.com
  - GoodBirdGroup@yahoogroups.com
  - phoenixlanding@yahoogroups.com
- Websites
  - www.landofvos.com
  - www.juicing-for-health.com
- Sources for sprouting materials
  - www.chinaprairie.com
  - www.moranscritterconnection.com
  - www.organicbirdfood.com
  - www.sproutpeople.com
  - www.sunorganic.com
  - www.avianorganics.com