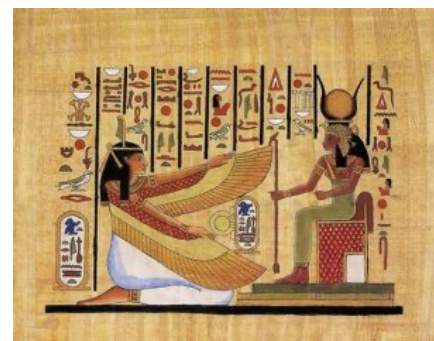


An Ancient Medicine Warrior in Today's Kitchen

The onion (*Allium Cepa L.*) is the most vital home remedy in our house. My family and patients are fully aware of my famous concoction in fighting colds and flus. It begins with a whole onion (white is my favorite) a handful of cilantro, a clove of garlic, then blended with a preferred soup stock. This is either simmered on its own or added to a soup favorite, such as tomato or chicken. They know they'll be sweating within an hour and be on their way to better health, if they catch it in its first phase of onset. Of course, a call to get some TLC (tender loving care) and a reminder recipe seems to be an important ingredient. We think it is magical, powerful and layered in healthy vibrations.

Ancient Egyptians also believed in its mystical ways. According to historians it was a symbol of eternity and was recorded in the Papyrus (1500BC) for the treatment of medicinal ailments. (1) This vegetable was used to ward off colds, treat red rashes, and was fed to slaves who worked on pyramids to enhance stamina. It was also a vital ingredient in mummification. The onion was used for its antiseptic and deodorizing properties during the mummification process: so not just for the living! You can find onions in their



hieroglyphs. Egyptians saw eternal life in the anatomy of the onion within the circle within a circle structure and were used as funeral offerings and depicted in banquets. (2) The mystery of life within the layers.

Peeling and Revealing the Amazing Layers of Nutrients



In other ancient cultures, it has been universally used to remove illness and the “bad eye.” (3) It has been historically specified in remedies to treat gout, bites of dogs, insects and snakes, sun and scalding burns. One treatment for tinnitus was performed by dropping onion in the ears. There are various species including red, white, yellow, green, scallion and leeks. These organosulfur rich vegetables have been known to absorb bacteria and viruses. (4)

Researches have come to the conclusion that it was the earliest cultivated crop due to the fact it was less perishable, easily transportable and easy to grow in various climates. Laboratory and clinical studies have found they have anti-inflammatory, antiviral, antibacterial and blood regulating properties. (2)

These properties are due to:

- The high levels of the flavonoid, *Quercetin*, an antioxidant that has the ability to deactivate molecules that injure the cells in the body. Quercetin has been known to manage high blood pressure, allergies, prostate infection, prevent respiratory infections, decrease cancer tumor initiation, heal stomach ulcers, reduce symptoms associated with manage symptoms of diabetes mellitus.
- *Vitamin C*
- *Iron*
- *Folate*
- *B-6*
- *Potassium*
- *Magnesium*

There are the potential hazards of bad breath, unpleasant body odor and digestive disruption: bloating, gas cramping and diarrhea. Also, the popular tearing of the eyes when cutting an onion. (5)

Ancient Chinese Wisdom “Chives” in

Traditional Chinese Medicine has its own layers of history with onion (yang cong), green onion (Cong Bai). They have cooked and treated ailments with onions and similar vegetables for centuries. (6) The pungent onion was known for its ability to:

- Improve the movement of circulation,
- Harmonize the digestive system, lubricate intestines, soothe stomach
- Clear upper respiratory phlegm
- Help with the common cold (with a patient who requires warmth; onions are not suitable for those with high fever or internal heat)
- Removes toxicity
- Alleviates pain with arthritis due to cold
- Poultices uses for sores and abscesses



The categorizing, of Traditional Chinese Medicine (TCM) herbs and foods, helps the practitioner prescribe an individualized diet or herbal formula. Each herb and food nutrient has a thermal quality and properties that could harm if not used properly. Such as my beloved onion. If one is already hot and or sweating, the onion may increase the ailment. TCM when used appropriately, is highly beneficial in refining nutrition. If you have questions or concerns with your nutrition, supplements or herbs, I would love to work and see if the TCM approach can optimize the nutritional needs for you and your family.



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