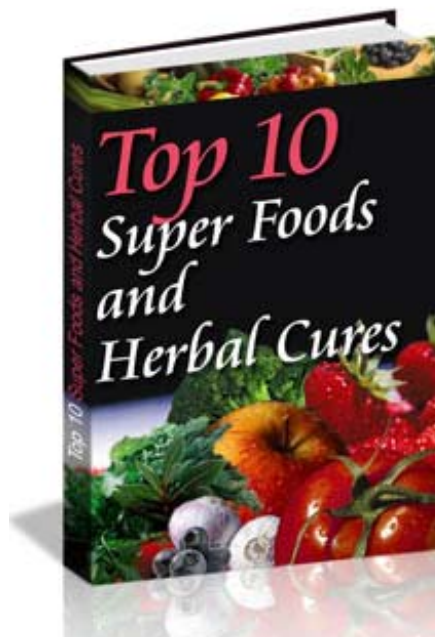


# “Top Ten Super Foods and Herbal Cures”

By Gail Kaufman & Monica Villarreal



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## Introduction

Nature is abundant in healthy foods and natural substances that not only nourish the body but can also help us avoid diseases such as cancer, heart problems and diabetes. Hippocrates, the father of medicine, recognized the power of food and urged mankind to use food as a natural medicine for a reason.

Vibrant health starts with the food you eat; you can take all the best supplements in the world but if those are not accompanied by a healthy diet you will not enjoy the health that you were meant to by design. How you look and feel is a direct reflection of what you eat so... be selective when choosing your food.

In this report you will find a list of Ten Super Foods that are loaded with nutrients that enhance the health of your organs and systems and protect your body from premature aging and disease.

And that's not all. You will also find some tips and ideas on how you can enjoy these flavourful ingredients every day.

Finally, you will be presented with a list of healing foods and herbs that can assist your body in dealing with and recovering from certain health conditions.

Enjoy!

*Gail & Monica*

## Almonds

Almonds can benefit the body in so many ways that it's hard to believe such a small nut can pack this much punch. There are many different reasons why almonds are such a powerful food; probably the best way to explain this is by taking a look at all of the nutrients, healing properties, and of course, the best way to eat them.

The extensive nutrients contained in almonds include, among others, vitamin E, vitamin B2, protein, magnesium and potassium. Additionally, almonds are high in dietary fiber and monounsaturated fat, also known as the “good fat”, which is found in olive oil.

With respect to heart disease, the healing properties of almonds pack a one, two punch. For example, the monounsaturated fats, when ingested, help lower LDL cholesterol, which is a major risk factor for heart disease. Studies have proven that eating almonds over a period of only two weeks can have a positive impact on LDL levels. Vitamin E, an antioxidant, helps lower cholesterol and magnesium reduces stress on veins and arteries by increasing blood flow and oxygen to the brain and throughout the body.

For optimal cellular health vitamin B2 is essential. Your body has a high amount of oxygen-containing molecules that are used to produce energy. Sometimes, these molecules can be reactive and cause damage to the mitochondria; however, this can be prevented with a protein molecule called glutathione, which vitamin B2 allows being recycled within the body. Essentially, without vitamin B2 the glutathione would not be able to recycle itself and defend your mitochondria against danger.

Beyond heart and cellular health almonds possess an array of healing properties that help promote weight loss and colon health as well as protecting you from anemia. Did you know that a quarter of a cup of almonds contains over 4 g of fiber – a whopping 16% of the daily requirement? Or, that eating almonds are a great alternative to red meat for getting your daily dose of protein?

Healthy cooking ideas for almonds are far from traditional. You can of course eat them as is, in fact, many health experts recommend eating the skin of an almond to get the maximum benefit. However, there are more creative ways to get your daily almond fix – for example:

- Add fresh almonds to a salmon salad in addition to lemon juice and capers
- If you don't eat fish, try almonds with some yogurt for a tasty treat

- For a twist on a holiday favorite try adding almonds to cranberry sauce for a wonderful taste
- Almond shavings can also be added to a variety of main dishes including roasted chicken with mango for an island flavor.

Can you think of a better tasting way to stay healthy? Make almonds part of your daily life and your body will reap the rewards!

## Apples

The health benefits of apples go way beyond what most of us are aware of. Often people will pick apples for fun, have a slice of apple pie with some ice cream or make some apple cider in the fall. But apples have much more to offer than just being comfort food or a nice gesture for the teacher. They contain many natural ingredients that can help the body protect itself from heart attacks and promote a longer life.

Apples offer a multitude of benefits and healing properties, and the best part is that all you have to do is pick one up and eat it – it's that easy! Nutrients in apples are abundant...

- one apple contains over 3 grams of fiber, including the peel
- one apple contains 8% of your daily value of vitamin C
- apples are high in potassium content
- apples are the single most potent source of phenols in the world

Healing properties of apples are plentiful because of all the disease fighting ingredients they are loaded with.

The high content of phytochemicals in the skin can help lower your risk of colon cancer. The soluble fiber source, known as pectin, goes into your digestive tract and liver latching onto bad LDL cholesterol, thus lowering your LDL cholesterol by up to 16%. The fiber content found in apples can help control Type II diabetes as well. The high levels of fiber stabilize the absorption of glucose derived from food helping blood sugar levels stay low.

So you see, there is no better way to promote good health than eating two pieces of this powerful fruit at least twice a day.

When selecting apples at the grocery store look for ones that are small, ripe and firm and are free of defects, brown spots or bruises. The apple that contains the most nutrients is the Red Delicious.

The many ways in which apples can be eaten are numerous. While some prefer them right off the tree, others prefer them in desserts such as apple pie or apple cobbler. A healthy dessert option is diced cinnamon apple. Simply cut up a few apples and toss a pinch of cinnamon over them and you've got yourself a tasty treat. If you like to mix things up a bit apples make a great addition to any

fruit salad. Also they mix well with wild rice, sesame seeds, chopped fresh tomatoes, fresh chopped parsley, salt and a few drops of lemon.

And don't forget the main course ... apples can also be used in a variety of dishes. Like chicken stir-fry for instance - just toss some diced apple onto the finished product to add a nice sweet flavour.

If the old saying "an apple a day keeps the doctor away" didn't make sense before, it sure does now. We guess that's why the saying has endured for so many years.



## Blueberries

Blueberries are one of the best fruits you can eat. In fact, wild blueberries have more good nutrients in them than almost any other fruit in the world. And if that's not bold enough we would venture to say that blueberries can literally save your life with their abundant nutrients and vast healing powers that can affect your physical and mental health.

Blueberries are rich in antioxidants and contain pterostilbene, a powerful antioxidant compound. In lab studies pterostilbene has been linked to lowering cholesterol levels as well as demonstrating the remarkable ability to slowing down the aging process.

A connection has also been established between blueberries and better vision. More specifically, blueberries have been shown to have a positive effect on night-vision acuity and doctors often recommend eating blueberries instead of carrots to avoid age-related vision deterioration.

It's also been proven that blueberries carry an antioxidant compound called resveratrol, a potent anti-cancer agent.

Recently, blueberries were ranked the number 1 smart food by educational researchers for their long lasting effects on the brain. The antioxidants in blueberries contribute to creating less stress to the brain thus helping with the prevention of age-related problems such as dementia and improving short-term memory.

Blueberries possess an amazing array of health benefits and, the best part is, they taste great too! While you have probably eaten blueberries in your muffins or cereal, there is much more you can do with them. Think about adding fresh blueberries to oatmeal, plain yogurt, fruit salad or cottage cheese ... they're even great all on their own. Whatever you do, just remember to eat blueberries as often as you can to stay healthy.

## Broccoli

Broccoli is the ultimate low-calorie high-nutrient food. Known for its super healthy nutrients and healing powers, broccoli is one of the best foods for your body. It's also a versatile veggie that can be added to everything from soups and salads to pitas.

Did you know that ...

Broccoli has more vitamin C than orange juice! In fact, when compared to orange juice, orange juice may as well be a glass of orange water. One cup of broccoli contains over 200% of your daily value of vitamin C. It also contains large amounts of vitamin A, potassium, iron, magnesium, fiber, and much more.

Broccoli is a rich source of indole-3-carbinol a substance that is converted by stomach acid to diindolylmethane (DIM), which is used to treat cancer. This vegetable is so powerful that it can help prevent and treat many diseases, including cancer.

Broccoli has been said to reduce heart disease, or cardio risk up to 20%.

It can also help to prevent cataracts, it builds stronger bones, boosts your immune system, and even helps reduce the risk of arthritis. The sulforaphane in broccoli has been proven to help sun damaged skin.

With an abundance of healing qualities and nutrients, it is amazing how versatile broccoli can be as a dish. It can be used in everything from a simple vegetable medley to a complex pasta dish and is commonly used in Asian cuisine in stir-fries. Another way to enjoy broccoli is to chill it and serve with a homemade light ranch dip or hummus.

Doctors also recommend that one should eat Broccolini or baby broccoli for maximum nutrition. Another great broccoli dish is mixing chicken, broccoli and rice in a stir-fry wok. Finally you can steam broccoli briefly and match it up with a chicken or fish filet for a healthy dinner.

Broccoli is a power food that is nearly un-matched. With its availability and versatility in dishes there is no reason that it cannot be eaten often.

**Bonus Tip:** When buying broccoli choose the heads with a bluish/purple hue, which is an indication of freshness.

## Garlic

Hold your nose because we've got some garlic on the way. This potent vegetable really packs a flavourful punch and is powerfully healthy for you too.

Garlic has over 100 sulphur compounds, most notably allicin, the potent compound that gives garlic its unforgettable smell. Allicin is only formed when garlic cloves are chopped, cut, or chewed. Garlic is unique in that its allicin levels are very low if it is static; only when garlic is "damaged" or cut, chopped and chewed does it become the lifesaver we know it to be.

Why eat garlic?

- it helps maintain healthy blood pressure by lowering the LDL cholesterol in ones body.
- it helps to reduce the build up of plaque in the artery system (this effect is greater in women than men.)
- it can help prevent diabetes by lowering blood sugar.
- it helps prevent blood clots thus lowering the possibility of stroke.
- it can prevent stomach cancer and reduce the chance of tumor growth.
- it is known as a potent antibiotic that can kill some small strains of bacteria.
- it is known to reduce yeast infections because it contains Candida species.

And the good news is that garlic is great to eat in so many ways. Ever think of adding it to pizza or a dish of pasta? It also tastes great on a Portobello mushroom sandwich and is spectacular on a chicken sandwich. Not in the mood for a sandwich? No problem, try garlic in French onion soup or a tossed salad.

Raw garlic packs the best nutritional punch, however, if you're cooking with it add it at the very last minute to avoid destroying the properties of allicin. Studies show that a daily dose of garlic (e.g. one raw clove) will help you maintain vibrant health. So next time you're at the store pickup a few cloves of garlic and some breathe mints for later.

## Onions

Tell me you're crying because of the onions, not because you're sad. After you discover the health benefits of onions you can turn those tears into tears of joy.

Onions contain many nutrients like vitamin C, vitamin B6, dietary fiber, folate, potassium, copper, manganese, molybdenum, phosphorus and tryptophan. Onions are potent in sulphur compounds such as allyl propyl disulphide, which can help bring high blood pressure down and deter tumor growth. Onions also contain the flavonoid Quercetin that has a high antioxidant activity.

Onions have many healing benefits. Among the best is their ability to lower blood sugar levels. This is a great benefit to people with diabetes because it can help regulate blood sugar more efficiently.

They also lower the risk of heart attacks by lowering homocysteine levels and may protect against colon cancer. These pungent veggies are also known to promote bone health and act as a natural antibiotic keeping infections and viruses away.

Onions come in a variety of shapes and colors and can be labelled as Spanish, yellow, white and red. There are not any nutritional differences among these types.

Onions can be tasty in so many ways! Try French onion soup, sautéed as a topping on a lean steak, chopped in a tossed salad or sprinkled into a chicken fajita. They're also good to eat on almost any sandwich. While onions may cause you to tear up at first sight, they are certainly a power food loaded with many great nutrients you don't want to miss.

## Salmon

Wild salmon is a favorite amongst bears in Alaska, and those bears are turning out to be some healthy beasts! Wild salmon is a fish loaded with nutrients that help keep the body healthy. And, it should be noted, that Salmon is the only fish on our 12 super food list.

Salmon is loaded with vitamin B6, vitamin B3, vitamin B12, vitamin D, phosphorus, magnesium and omega-3 fatty acids. It also contains a good amount of selenium, tryptophan and is high in protein.

Fatty acids are good for the body. That's right ... not often do you see fatty and good in the same sentence. Fatty acids, specifically the omega-3 fatty acids in salmon, are very beneficial to the body. Wild caught fish, like salmon, are known to have high levels of omega-3s.

These fatty acids help prevent heart attacks, lower blood pressure and cholesterol levels and increase blood flow. Possibly the most beneficial aspect of eating foods with omega-3s is the reduction in the risk of stroke. Studies have shown that people who regularly eat salmon or other foods with large amounts of omega-3s have a 27% less chance of having a stroke.

Other benefits of omega-3 include:

- improvement in insulin sensitivity in people with Type 2 diabetes
- effective in combating dry eye disease
- helps protect the body against cancer
- has been linked to lowering the chances of contracting Alzheimer's or dementia from aging
- known to aid in the prevention of sun damage to the skin
- ease menstrual pain and discomfort

As with any food you should try to get your salmon as fresh as possible. Also, you should look for wild salmon instead of the farmed variety, which contains antibiotics and artificial additives, which gives it its pink color.

Even though salmon is quite popular due to its health benefits wild salmon, can be difficult to get during certain times of the year. Fortunately, we're happy to say, we've found a solution to this problem with a great supplier that offers premium natural salmon from the remote and pristine waters of Alaska.

This salmon has been tested and found free of harmful contaminants like PCB's. This is [our choice of salmon](#) and if you would like to reap its benefits for yourself check it out.

Salmon has a wonderful taste and can be enjoyed many different ways. Here are some of our favourites:

- naturally smoked salmon tastes great with capers, onion rings, lemon and crackers
- try it with low-fat cream cheese and a whole wheat bagel
- add some grilled filets to the top of a tossed salad
- brush with a mix of soy sauce, ginger, garlic and dill and bake in the oven for a few minutes
- try a Napolitana sauce made with canned wild salmon and enjoy it with your favorite whole-wheat pasta.
- if you like avocados try this: mash some avocado with a spoon and mix with onion; put it on slices of naturally smoked salmon and make a roll. Cut it and enjoy as healthy finger food.

Our only fish on the super food list provides an endless amount of nutrition. Be sure to get your fresh salmon before the bears catch them all and eat them up!

## Spinach

Popeye wasn't kidding when he said eating spinach was his trick to being fit and strong. Spinach is one of the most nutrient filled foods in the world and has been in the food spotlight for the last few years thanks to baby spinach salads and creamy spinach dips.

What makes spinach so special is the number of amazing nutrients that it packs into its small leafy frame. Spinach is rich in vitamin K, vitamin B6, vitamin E, vitamin B2, vitamin C, vitamin A, and vitamin B. It also has an abundance of folate, iron, calcium, zinc, protein, copper, magnesium, selenium and fiber.

Spinach is similar to salmon in that it contains the amazing omega-3 fatty acids. Additionally, it has lutein and many flavonoid compounds. With so many nutrients Popeye is starting to look like a smart guy!

The healing properties of spinach are practically endless. Here are a few:

- flavonoid compounds make it effective in cancer prevention
- carotenoid compounds help maintain good prostate health
- vitamin K helps keep bones healthy and strong
- vitamins C and A help prevent heart attacks by cleaning up the free radicals in your blood stream
- promotes colon health
- protects against dangerous diseases like dementia
- helps brain function after a stroke

With so many healing attributes it's no surprise that spinach has become a popular item at the dinner table. Baby spinach salads are the fad right now but there are many other ways to eat spinach. If you're in a southern cooking mood you can try cooking creamed spinach or wet spinach, which is, similar to collard greens. If you want more of a lunchtime favorite try spinach on top of a chicken breast in a pita or use it to complement a fresh mozzarella and tomato salad.

**Bonus Tip:** spinach is best eaten raw for the maximum nutrient punch. If you cook it avoid doing so for too long as it can lose up to 50% of its mineral content.

## Sweet Potatoes

If you haven't had a sweet potato before you don't know what you're missing! They have a wonderful flavour and are good for you too.

Sweet potatoes, also known as yams, are one of the world's favorite sweet treats. Sweet potatoes are most often associated with the holidays, especially Thanksgiving and Christmas, but have become a staple at many dinner tables. Most recently steak house chains like Outback and Long Horn have started offering sweet potatoes with their steaks as side dishes. If the big box restaurants have caught on then you know there is a story to tell.

The sweet potato has a high concentration of vitamin A, vitamin C and vitamin B6 and contains copper, fiber, iron, potassium and manganese. They're also high in antioxidant content.

The healing properties of the sweet potato are numerous. It is loaded with powerful antioxidants that can help the body in numerous ways, including:

- beneficial to diabetic's because they have been proven to stabilize the blood sugar levels of individuals after eating them.
- vitamin A helps battle diseases such as emphysema, strengthens the immune system, reduces oxidation of LDL cholesterol and helps reduce arterial cholesterol build-up and helps prevent cataracts.
- antioxidants help reduce the risk for heart attack by increasing blood flow.

Eating sweet potatoes is not much of a chore since they taste so sweet and cook very quickly. They are great baked in the oven, sprinkled with a little cinnamon or eaten boiled and mashed - add a teaspoon of butter and dill and a pinch of salt if necessary.



## Tomatoes

Tomatoes are truly one of the best vegetables you can eat. This vegetable is packed with so many nutrients that it's worth eating whenever you have a chance.

Tomatoes are loaded with nutrients including niacin, vitamin B1, vitamin B6, vitamin E, vitamin C, vitamin A, vitamin K and vitamin B5 and contain large amounts of iron, potassium, folate, copper, protein and tryptophan. Lycopene is a carotenoid found in the tomato and also packs a mighty punch against disease.

Healing properties for the tomato are abundant and include the following:

- the antioxidant lycopene helps protect the body against prostate, colorectal and pancreatic cancer.
- niacin has been proven to lower cholesterol and protect against heart attack.
- vitamin K helps maintain healthy bones.
- high riboflavin content is effective in combating migraine headaches.
- tomato juice, it is known to thin out your blood for better circulation.

Tomatoes, when heated or cooked, can lose 10% of the vitamin C content, however, on the positive side they release up to 8 times as much lycopene. Increasing your lycopene intake can benefit your body greatly. If you're undecided eat them both ways for a one-two punch.

Tomatoes are universally appealing and are great as a condiment or a base for sauces. Try adding to soups and salads or simply slice them up and serve with a pinch of salt, your favorite herbs and a drizzle of olive oil.

**Bonus Tip:** fat from the oil will help your body absorb more lycopene.

## Healing Foods & Herbs For Health Conditions

### ADD and ADHD

#### Key Foods

Sixty percent of the brain is made up of fats. To function properly, the brain needs two essential fatty acids - alpha linolenic acid (Omega-3) and linoleic acid (Omega-6). These fats can influence brain development and performance.

Fatty fish from cold water, like [wild salmon](#) and mackerel, have high concentrations of Omega-3, especially DHA, the most important of the Omega-3's. This is the reason why children and adults with ADD/ADHD can greatly benefit from eating such foods.

Docosahexaenoic acid (DHA) is a fatty acid that plays a vital role in the proper development of the nervous system and the good functioning of the brain in adulthood. Studies suggest that a lack of sufficient DHA could be associated with the incidence of ADHD and learning disorders in children

Other foods that have [Omega-3 fatty acid](#) that are thought to improve learning and behaviour are: flax seeds or flax oil, vegetables, and whole grains.

Omega-6 fatty acids, in particular dihomo-gamma linolenic acid (DGLA) and its precursor, gamma linolenic acid (GLA), play a crucial role in brain function. It's been found that hyperactive children are deficient in DGLA. An excellent source of GLA is borage and evening primrose oil.

Other food sources of Omega-6 fatty acids are leafy vegetables, nuts, seeds, grains and vegetable oils like corn, sesame and sunflower. Most diets provide sufficient amounts of Omega-6 but insufficient amounts of Omega-3.

Vitamin E is another key nutrient to be considered. Fish oils tend to oxidize quite fast adding to the oxidant stress on the body. As a potent antioxidant, vitamin E protects all cells including neurons, from free radicals and,

therefore, from oxidative damage. Vitamin E is an important addition to EFA oils as it helps avoid oxidation of the same.

### **Valuable Herbs**

[Gingko biloba](#) is a popular and powerful herb that has been shown in clinical studies to improve blood flow to the brain and enhance the functioning of the circulatory and nervous system.

[Gotu Kola](#) or Centella Asiatica is known as “food for the brain” and is used to revitalize the nerve and brain cells. It helps increase concentration and attention span and has a general calming effect. These properties make it beneficial to people suffering with ADD and ADHD; it stimulates the brain enhancing the ability to stay focused while soothing the nervous system at the same time.

[Skullcap](#) is a powerful medicinal herb native to North America that has been used for more than two hundred years for its relaxing and sedative properties. It contains many flavonoids, which help to calm the nervous system and reduce excitability. A wide range of nervous conditions can be treated with Skullcap including insomnia, anxiety, delirium tremens, epilepsy and ADHD.

[German Chamomile](#) is originally from Europe and is an edible and medicinal herb that has been widely used for centuries to promote calm and relaxation. Active ingredients of German Chamomile include flavonoids, volatile oil, tannins, coumarins and polysaccharides.

[Rooibos](#), native to South Africa, is an herb with multiple health-promoting properties. It has antioxidant and anti-allergic effects and contains important nutrients that play a key role in the healthy functioning of the nervous system and the brain including magnesium, zinc and iron. Rooibos contains a natural relaxing sedative, which is used to soothe nervous tension.

## **Anxiety and Depression**

### **Key Foods**

Foods that help reduce the symptoms of blue moods, irritability, brain fog and restlessness include: cauliflower, avocados, mushrooms, asparagus, peanuts, sunflower seeds, yogurt, cheese, barley, oats, salmon, turkey, beef, tuna, crab, bananas, mangoes, chickpeas and sweet potatoes. Why? Because these foods are rich in B vitamins.

B complex vitamins work with enzymes to transform food into energy. They are necessary for the proper functioning of the nervous system and help increase energy or bring relaxation to people dealing with fatigue or stress.

When there is a deficiency in certain B vitamins symptoms such as fatigue, irritability, depression, nervousness, heart palpitations, restlessness, indigestion, loss of appetite and insomnia may appear.

Magnesium rich foods also can be helpful in cases of anxiety. Symptoms of magnesium deficiency include nausea, vomiting, fatigue, abnormal heart rhythms, anxiety, agitation, behavioural instability, restlessness, depression and insomnia.

Beans, lentils, almonds, cashews, Brazil nuts, leafy green vegetables and legumes are excellent sources of magnesium. Magnesium helps with muscle relaxation, neuromuscular transmission and maintenance of the heart and kidney health.

Foods containing the amino acid tryptophan cut the levels of cortisol up to fourteen percent and increase the brain's production of serotonin, the "feel good" hormone. Foods that have this amino acid are dairy products, meats, poultry, seafood, eggs, beans, whole grains, rice, hazelnuts and sesame seeds.

Lastly, foods containing calcium may help as well as calcium is a natural tranquilizer. This mineral aids in the transmission of nerve impulses and the regulation of the heart's rhythm. Dairy products are the best sources of calcium. You can choose from plain yogurt, 2%, non-fat milk, partly-skimmed mozzarella, 2% cottage cheese and partly-skimmed ricotta cheese. Tofu, soybeans and brown rice are also acceptable sources of calcium.

## Valuable Herbs

[Lavender](#) is a popular herb used in natural medicine and aromatherapy to induce relaxation and help alleviate anxiety, insomnia, restlessness and loss of appetite. This herb, that is indigenous to the mountainous zones of the Mediterranean, has grown in popularity due to recent studies that demonstrate its effectiveness in producing soothing and calming effects.

Melissa or [Lemon Balm](#) has different therapeutic properties and helps soothe tension and calm the nervous system. It induces peaceful sleep and helps reduce blood pressure. Lemon balm can be taken as a tea by simply mixing two teaspoons of the herb in a cup of hot water and letting it steep for about fifteen minutes.

[Passionflower](#) is one of the most recognized natural tranquilizers, which has been used as a folk remedy to treat anxiety. It contains three different sedating compounds – maltol, ethyl-maltol and flavonoids. Passionflower or Passiflora Incarnata has powerful calming properties and also promotes sleep and soothes emotional turmoil.

Valerian. Herbalists around the world have used valerian for centuries to treat anxiety and insomnia. This herb soothes stress and promotes restful sleep by calming the mind and body. It's non addictive and can be made into tea.

Chamomile has a long history as a valuable herb that soothes frayed nerves by slowing down the central nervous system. Recent studies have shown that chamomile may be helpful in relieving menstrual cramps and fighting infections associated with colds.

[St. John's Wort](#) is an herb native to Europe and, according to German researchers, is very effective in the treatment of anxiety and depression. It has tranquilizing and muscle relaxing effects and taking it helps to reduce sadness, exhaustion and poor sleep.

## Candida

### Key Foods

If you're struggling with Candida you will need to reduce your intake of carbohydrates and increase your intake of lean protein (fish and chicken) and fiber. To ensure you get enough fiber mix one or two teaspoons of psyllium husks, flaxseeds or pectin in an 8 oz glass of water and drink it on an empty stomach twice a day. This promotes healthy daily movements, which in turn helps to eliminate the toxins and other substances that the Candida yeast produces.

To strengthen your immune system and enhance digestion eat raw vegetables such as broccoli, kale, cabbage and onions. Chew them slowly and thoroughly.

Antioxidants like vitamin C and selenium can help get rid of toxins from Candida. Get vitamin C from vegetables like broccoli, Brussels sprouts, cauliflower, cabbage, raw green peppers, and asparagus. Crimini mushrooms, seafood, eggs, chicken and turkey breast are very good sources of Selenium.

Yogurt with acidophilus and garlic are also recommended. Garlic boosts the immune system, kills yeast and helps block the growth of Candida.

Drink about 6-8 glasses a day of distilled or purified water to help flush out toxins.

### Valuable Herbs

[Lemon grass](#), also known as cymbopogon citrates, is used to soothe stomach cramps, reduce fever and aid digestion. It has anti-bacterial and anti-fungal properties and the ability to help repair intestinal walls.

[Pau d'arco](#). Scientists from all over the world have documented the health benefits of Pau d'arco, particularly for yeast, fungal and bacterial infection. Pau d'arco is derived from the inner bark of the Tabebuia Impetiginosa tree grown in South America, which belongs to the Bignonia family. Pau d'arco has been recognized to have antioxidant, anti-cancer, analgesic, anti-parasiticidal, anti-inflammatory and decongestant effects.

[Calendula officinalis](#), also known as marigold, has anti-bacterial and anti-inflammatory properties. As an anti-fungal agent it is used to treat candidiasis. It has a high content of flavonoids and polysaccharides that help stimulate the immune system.

Wild Mediterranean oregano is an excellent natural anti-fungal, anti-bacterial, antiparasitic and anti-biotic that is used to treat bacillus cereus, salmonella, toe nail fungus and Candida albicans. Wild oregano is also an antioxidant that boosts the immune system.

## Graves' Disease

### Key Foods

Goitrogenic foods have the ability to suppress an overactive thyroid gland. Because of this they are the type of foods recommended in the management of Graves' Disease. Goitrogenic foods include cauliflower, cabbage, Brussels sprouts, radishes, chinese greens, rutabagas, spinach, turnips, peaches, soybeans, millet, peanuts and pine nuts. Try eating these foods raw whenever possible for maximum effect.

A complete and powerful [multi-vitamin](#) and mineral supplement can also be beneficial in supporting the production of the thyroid hormone and improving the overall health of people suffering with Grave's Disease.

Studies suggest that sufferers of hyperthyroidism are more prone to osteoporosis due to the fact that calcium metabolism is altered. To protect your bones against osteoporosis you should add calcium-rich foods such as bok choy, broccoli, kale, collard greens, spinach, turnip, kale, low-fat milk and 2% yogurt to your diet.

Vitamin B-6 is very important as well as it is necessary for the normal production of the thyroid hormone. Food sources of this vitamin include sweet potatoes, spinach, red bell peppers, cauliflower, garlic, avocados, tuna, salmon, chicken and turkey.

Niacin and riboflavin (also know as vitamin B2) are essential for the body to manufacture the thyroid hormone effectively. You can find niacin in turkey, chicken breast, venison, tuna, halibut, romaine lettuce and raw carrots. Raw crimini mushrooms, spinach, asparagus, chard, broccoli, avocados, clams and eggs are rich in vitamin B2

Vitamin E, zinc and vitamin A all work together to produce the thyroid hormone. Almonds, sunflower seeds and avocados are great sources of vitamin E and crimini mushrooms, spinach, asparagus, barley, crab and shrimp all contain zinc. For a healthy dose of vitamin A try spinach, raw carrots, kale, greens, romaine lettuce, sweet potatoes, raw apricots, broccoli, Brussels sprouts and squash.



[Essential Fatty Acids](#) (EFAs) are important to consider as well as they help regulate glandular function. Flax seed oil, wild salmon, herring and sardines are very good sources of EFAs.

### **Valuable Herbs**

[Bugleweed](#) is a plant from the mint family and is used to decrease the activity of an overactive thyroid. It contains several ingredients that, according to European researchers, can help reduce levels of thyroid-stimulating hormones and thyroxine (thyroid hormone). Bugleweed (*Lycopus virginicus*) prevents the binding of antibodies to the thyroid gland, which is often responsible for Graves' disease, the most common form of hyperthyroidism.

Lion's Ear, also known as [Motherwort](#), is an herb that has been used to treat menopause and other conditions affecting women. Motherwort also relieves heart palpitations and anxiety and may reduce levels of the thyroid hormone in people that have overactive thyroid glands.

[Lemon balm](#) is an herb that grows throughout the world and is effective in relieving heart palpitations, irritability and nervousness. It also has an anti-thyroid effect, which makes it effective for treating overactive thyroids.

## Halitosis

### Key Foods

Chlorophyll is a natural mouthwash that is rich in nutrients. It cleanses the blood, fights bad breath and helps the body get rid of toxins. Alfalfa (in liquid form), wheatgrass and barley juice are all great sources of chlorophyll. Alfalfa is also a source of numerous nutrients such as vitamin A, vitamin C, calcium and enzymes.

Fiber. This helps to cleanse the colon by removing toxins that can result in bad breath. Add 1 tbsp of psyllium husks to juice or water twice daily; do not take immediately before or after taking supplements and/or medications.

Vitamin C. 2,000-6,000 mg daily are needed to assist the body in getting rid of excess mucus and toxins. Vitamin C also prevents bleeding gums and heals mouth sores. To get the recommended daily amount vitamin C needs to be taken in supplement form.

### Valuable Herbs

Parsley is an herb rich in Chlorophyll. Chew a spring of parsley after each meal to prevent bad breath.

Anise seeds promote good digestion and can be chewed to sweeten the breath.

Bee propolis assists in the healing of gums and helps control infection. It can be made into tea and used as a mouth rinse.

[Sweet fennel](#) (*foeniculum vulgare*) has anti-inflammatory, antimicrobial, antiseptic and antispasmodic properties and is commonly used to treat halitosis.

[Milk thistle](#) is a tonic for the liver that has been used for more than 2000 years and is also a potent toxic agent removal. Additionally, it aids in bile production and digestion.

## Hypothyroidism and Hashimoto's Disease

### Key Foods

Sufferers of Thyroiditis and Hashimoto's disease can benefit from selenium. Selenium helps boost the body's production of T3, a hormone produced by the thyroid gland that is key to stabilizing moods, energy levels and weight.

Excellent sources of selenium are Brazil nuts, fish and bread; good sources are liver and pork. Other sources of this mineral include chicken, eggs, milk, beef, lamb, lentils, baked beans, red kidney beans, green vegetables, oranges, bananas, peanuts and almonds. The maximum recommended dose of selenium, if taken in supplement form is 200mcg; from a combination of supplements and food the maximum dose is 450mcg.

Vitamin B2, vitamin B3 and vitamin B6 are important for proper cell oxygenation and are needed for the synthesis of thyroxine. [Vitamin B complex](#) may be taken in place of these three but your doctor should be consulted first.

Vitamin C is important for improving the immune system function.

### Valuable Herbs

Nettle is an herb rich in vitamin C and iron that can help normalize an underactive thyroid.

[Coleus forskohlii](#) extract has been used for hundreds of years in Ayurvedic medicine for conditions such as hypothyroidism and heart disease. This plant has a unique substance called forskolin, which enhances thyroid function.

[Fucus vesiculosus](#), also called kelp, is a sea vegetable rich in approximately thirty minerals including iodine. These minerals support and nourish the glands, primarily the pituitary and thyroid. Kelp can be very helpful to people suffering with hypothyroidism and Hashimoto's Disease. However, if you are on thyroid hormone replacement therapy you need to consult your doctor to determine how much kelp is suitable, as your prescription medication may need to be adjusted.

## Lupus

### Key Foods

Since lupus is an inflammatory condition, eating food that has anti-inflammatory properties can be very helpful. Essential fatty acids (EFAs), which are found in flax seed oil, herring, mackerel, sardines and [wild salmon](#) all have anti-inflammatory properties. EFAs are also important in the protection of skin cells.

Bromelain, an enzyme found in pineapple, can help counter inflammation and pain. For more anti-inflammatory foods please refer to the section in this report on Rheumatoid Arthritis (RA).

Foods containing sulphur, such as garlic, eggs, onions and asparagus are a healthy option and help with calcium absorption and the repairing and building of bones, cartilage and connective tissue.

### Valuable Herbs

Licorice root. Studies conducted with animals suggest that licorice root can be helpful to people with lupus. Licorice is called "the great detoxifier" and "the grandfather of herbs" due to its reputation for being an anti-arthritis, anti-inflammatory and anti-allergenic agent.

Yucca plant. This grows in the arid regions of North America and is used to treat joint pain and inflammation. Yucca is part of complementary therapies for osteoarthritis and rheumatoid arthritis.

## Psoriasis

### Key Foods

Omega-3 essential fatty acids are very important for all skin disorders, including psoriasis. [EFAs](#) reduce dryness of the skin, maintain healthy and strong cell membranes and counter inflammation. They also have a therapeutic effect in autoimmune conditions. Foods that contain omega-3s are [wild salmon](#), tuna, sardines and flax seed oil.

[Vitamin B complex](#) is crucial for healthy skin. For example, vitamin B1 (thiamine) is needed for proper circulation and healthy skin; vitamin B12 plays a key role in cell formation and in increasing cellular lifespan and vitamin B6 aids cellular repair, digestion and the immune system.

Yeasts and liver are excellent sources of vitamin B1 while pork, whole-grain cereals and rye flour are good sources. Vitamin B12 is found in meat, eggs, dairy products; yeast and vitamin B6 are found in avocados, potatoes with skin, bananas, brewers yeast, walnuts, liver, eggs, poultry and [wild salmon](#).

### Valuable Herbs

Milk thistle, also known as Wild Artichoke, acts as a detoxifying agent. It can be taken as a tea, tincture or in supplement form.

Galium aparine, commonly known as goosegrass, has a long history of medicinal use and is considered a valuable diuretic. It helps treat skin problems such as eczema, seborrhoea and psoriasis and assists with the detoxification of the body.

[Red clover](#) is used medicinally and contains numerous nutrients such as vitamins A, B complex, C and F as well as iron, magnesium, calcium, sodium, and selenium. It has anti-inflammatory, diuretic and antispasmodic properties and is a well-known cleansing herb used for eczema and psoriasis.

Burdock root. Native American herbalists have used this plant for two centuries. It is considered a blood purifier and is used in the treatment of arthritis, eczema, gout, psoriasis and skin diseases.

## Rheumatoid Arthritis

### Key Foods

People who suffer from Rheumatoid Arthritis (RA) benefit from foods that are rich in [antioxidants](#) and have the ability to reduce inflammation, relieve stiffness, and fight pain.

Vitamins C and E, zinc and flavonoids are potent antioxidants. Vitamin C can be found in red cabbage, strawberries, kiwis, oranges, and tangerines. Vitamin E is found in avocados, broccoli and almonds. Chicken breast, turkey breast, crab, barley and wheat all contain zinc and flavonoids are found in broccoli, onions, blueberries, apples and limes.

Pineapples are also a healthy food recommended for people suffering with RA. Pineapples are rich in bromelain, a potent anti-inflammatory enzyme, that scientific studies have proven digests inflammatory compounds at the source of the inflammation.

Omega-3 fatty acids are also effective in the treatment of RA as they have anti-inflammatory properties that help relieve pain. [Wild salmon](#), sardines, mackerel, herring and flax seed oil are all great sources of Omega-3, which is also an Essential Fatty Acid.

### Valuable Herbs

Turmeric, a culinary Indian spice, contains a substance called curcumin, which has been proven to be helpful to people with RA. Curcumin has both antioxidant and anti-inflammatory effects.

[Boswellia Serrata](#) is an herb that has been shown to have anti-inflammatory effects and, as such, has been used to help people with conditions that involve pain and inflammation such as bursitis, tendonitis, osteoarthritis and rheumatoid arthritis.

[Cat's claw](#), also known as the "Miracle Herb from the Rain Forest of Peru", is an herb that has been studied for more than thirty years in Peru and Europe. It

has been proven that “Una de Gato” (its Spanish name) has adaptogenic, antioxidant, anti-tumor and anti-inflammatory properties.

Ginger has many medicinal effects and helps relieve pain. Research suggests that ginger root inhibits the production of leukotrienes and prostaglandins that are both involved in the pain and inflammation process.

## Urinary Tract Infections

### Key Foods

100% cranberry juice (not cocktail) helps reduce the risk of [urinary tract infections](#). Cranberry juice prevents the growth of bacteria and inhibits the binding of bacteria to the inside layer of the bladder. It is recommended to take 16 ounces of cranberry juice daily.

Celery juice and parsley juice are natural cleansers and diuretics and are recommended in instances of urinary tract infections.

Garlic is a potent antibiotic and immune enhancer and helps destroy intestinal bacterial linked to UTI. You may take garlic in capsule form or swallow a whole clove of garlic once a day.

Drink an 8 oz. glass of water every hour to help flush out harmful substances.

### Valuable Herbs

Dandelion, also called bitterwort, has a long history of medicinal use for treatment of the gall bladder, kidney and liver as well as the treatment of joint problems. Dandelion is a great source of potassium and acts as a natural and safe diuretic. Dandelion tea can be made by pouring boiling water over two teaspoons of dried Dandelion leaves and letting it steep for ten minutes.

[Buchu](#). In traditional herbal medicine buchu leaves have been used by herbalists to treat urinary tract infections. Buchu is a low shrub native to the Cape region of South Africa and its leaves contain volatile oils and flavonoids thought to have antiseptic properties.

[Uva Ursi](#). The main active ingredient of uva ursi is arbutin, which has a derivative compound called Hydroquinone that acts as a powerful anti-bacterial agent.

[Bilberry](#) is a plant that grows in Canada, the United States and northern Europe. The dry berries, which are rich in flavonoids, and the leaves, are used to treat urinary tract infections, diabetes and kidney stones.



## Resources

### **Natural Safe Remedies for Health Conditions from A to Z**

100% safe herbal remedies for the whole family. Formulated professionally to ensure efficacy and target the symptoms and underlying causes of a wide range of diseases.

<http://www.ProvenHerbalRemedies.com/>

### **Anti-aging & Antioxidant Formula with Anti-Cancer Promoters**

Scientific formulated natural formula containing a comprehensive list of nutrients, herbs and clinically tested antioxidants that act as anti-cancer promoters.

<http://www.VibrantHealthFormula.com/>

### **Fresh Wild Salmon**

Free of harmful toxins for the human body this salmon can be eaten whole year around with no restrictions. High quality salmon is food for your brain, heart, skin and joints.

<http://www.PureWildSalmon.com/>

### **Omega-3 Fish Oils**

Those who don't like salmon or find it a bit pricey to indulge in it to get enough Omega-3s may opt for free-of-contaminants fish oil capsules. When buying an Omega-3s supplement look for a pharmaceutical grade product in order to get the purest sources of EPA and DHA, like the following.

<http://www.ContaminantsFreeOmega3.com/>

**Note:** This is a FREE report. **Feel free to pass it to a friend** 😊

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