

Medical Medium Food Blogs

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Alfalfa Sprouts

Alfalfa sprouts are one of the most nutritionally rich foods and are packed with a full range of vitamins including A, D, C, K, and B-Complex as well as minerals such as iron, calcium, magnesium, zinc, silicon, and molybdenum. They also contain blood healing chlorophyll and all 8 essential amino acids which are the building blocks of proteins and can help to increase bone strength and density and help to prevent fractures and osteoporosis.

Alfalfa sprouts are one of the top sources of antioxidants among all vegetables and are excellent at helping to prevent heart disease, irritable bowel syndrome, diverticulitis, menopausal symptoms, colitis, macular degeneration, constipation, ulcers, and high blood pressure. Alfalfa sprouts are also a phenomenal source of saponins which are known for their potent anti-inflammatory and immune boosting properties. They are also a great food helping to lower cholesterol and to prevent leukemia, pancreatic, colon, prostate, and breast cancer. Alfalfa sprouts are an essential “brain food” and are good for helping strengthen memory, focus, and concentration skills.

They also contain natural fluorine which prevents tooth decay and helps to rebuild decayed teeth. Alfalfa sprouts are easy to grow at home. Simply rinse a few tablespoons of alfalfa seeds and place in a loosely covered bowl, jar, or tray.

Keep moist by spritzing with water daily and within a week you will have your own inexpensive power vegetable grown safely in your own home.

Amla Berries

Amla berries, also known as **Indian Gooseberry**, is an amazing fruit that contains a phenomenal amount of vitamin C and antioxidants such as ellagic acid and quercetin. It is also high in vitamins A & B-complex and minerals such as iron, calcium, chromium, and phosphorus. Amla can significantly boost the immune system and protect the body from chronic illness and disease. It is particularly beneficial for urinary tract infections, heart disease, type 2 diabetes, asthma, and blood disorders. It also contains powerful anti-inflammatory properties making it essential for autoimmune disorders such as arthritis, chronic fatigue syndrome, cardiomyopathy, lupus, fibromyalgia, and bursitis. Amla also contains potent anti-mutagenic and anti-proliferative properties which can be vital in the prevention of cancer. It is also very good at alkalinizing the stomach and removing acidosis and is known to enhance food absorption and regulate elimination making it an excellent digestive aid. Amla has been shown to help increase energy and vitality, improve muscle tone, strengthen vision, remove toxins, and enhance fertility. It is also an effective remedy for hot flashes and fever as it has a natural cooling effect on the body and can help to regulate body temperature and fluctuations. Amla has wonderful anti-aging properties and can help to rejuvenate the organs, cells, and tissues and promote good health and longevity. Amla is well known for its abilities to help re-grow hair, nourish the roots, and deepen color and shine. Amla fruit and oil is often found in hair tonics for its healing properties. Amla can be found in powder, tincture, capsule, juice, oil, extract, and cream form at your local health food store.

Aloe Vera

Aloe vera leaf is a miraculous healing food that is one of the oldest healing remedies and natural antibiotics in the world. Taken internally, aloe works wonders for assimilation, circulation, and elimination. It is known to purify the blood, reduce inflammation, ease arthritis pain, prevent kidney stones, lower high cholesterol, prevent Candida, boost physical endurance, benefit cardiovascular health, and protect the body from oxidative stress.

It also soothes ulcers, hemorrhoids, gastritis, diverticulitis, colitis, irritable bowel syndrome, and other digestive disorders. Aloe provides recovery from fatigue and aids in muscle function as well as optimal utilization of several vitamins, minerals, and enzymes. It's alkaline nature, helps to soothe acidosis and alkalize the whole body.

Aloe's clear gel can be applied externally to soothe and relieve pain from sun burn, rashes, bug bites, scratches, and wounds as well as deeply hydrate the skin to prevent wrinkles and aging. It can also be massaged into the hair and scalp to stimulate hair growth and can be used as a toothpaste or mouthwash to keep the mouth healthy, clean, and free from plaque producing bacteria.

For best results, purchase whole Aloe leaves in the produce section of the grocery store. Cut a 2 inch piece off the leaf and scoop out the clear gel inside. This gel can be blended in water, juice, or smoothies to be taken internally or used externally and applied directly to the skin for quick relief and healing.

A glass of aloe vera water a day is anti-viral against EB-V and flushes neurotoxins out of the liver, the bloodstream, and the body. It drives these out of the body.

Apples

Apples are a crunchy, sweet, and satisfying snack that have immune boosting and disease preventing properties. They are a highly alkaline fruit that have the ability to quench both an immediate and cellular-level thirst. Apples are also an amazing detoxifier and contain both malic and tartaric acids that help remove impurities from the liver and gallbladder. They detox heavy metals & radiation from the body.

Eating two apples or more a day can aid in the prevention of colon, liver, breast, prostate, and lung cancer and can also dramatically decrease the risk of a stroke. Apples are especially rich in phytonutrients and antioxidants. They have been shown to be beneficial for neuro-degenerative problems such as Alzheimer's and Parkinson's disease as well as for bronchial problems such as asthma.

Apples have wonderful anti-inflammatory properties and provide significant results for those suffering with autoimmune disorders such as Addison's disease,

Cardiomyopathy, Celiac disease, Lupus, and Multiple Sclerosis. Apples contain pectin which is a gel-like fiber that can prevent the putrefaction of protein in the digestive tract. Pectin works like an intestinal broom to clean and sweep out debris from the colon.

This is particularly beneficial for those who suffer from constipation or impactions. Apple pectin has also been shown to bind with radioactive residues and toxic heavy metals such as lead and mercury and safely remove them from the body. One more benefit of apple pectin is that it has the ability to limit the amount of fat our adipose cells can absorb by building a barrier that naturally controls the buildup of fat in the body which makes it a great choice for any weight loss program.

Try making a super quick and easy nutritious applesauce by blending 2 raw apples with 3 dates and a pinch of cinnamon in the food processor. It is a vibrant, healthy treat that both kids and adults will love.

Apples are amazing for inflammation, because they starve EB-V. Their pectin gets into the digestive system, releases phyto-pectin chemicals, gets into the liver, binds onto EB-V starving it, shrouding it and suffocating it.

Apricots

Apricots are incredibly high in minerals and rich in beta carotene and are one of the most healing fruits you can eat. They are one of the best sources for organic iron, copper, and cobalt making them very beneficial for anemia, digestive disorders, and reproductive health. Apricots are highly beneficial for autoimmune disorders such as chronic fatigue syndrome, rheumatoid arthritis, fibromyalgia, asthma, lupus, colitis, IBS, and PCOS.

They are also wonderful for keeping the heart strong and healthy as well as being a powerful weight-loss agent. Apricot's high concentration of beta carotene makes them an excellent food for disease prevention, especially lung, skin, and stomach illnesses. And they are very helpful in helping to regrow hair and improve the quality of your hair, skin, and nails.

Fresh apricots are always best, but when they are not available, dried apricots are a great alternative. Look for wild and/or organic varieties that do not have any preservatives such as sulfur dioxide. A handful of dried organic apricots each day is a fantastic snack that can help keep you energized and focused throughout the day.

Artichokes

Artichokes are a top antioxidant-rich vegetable that is high in fiber and low in fat making them an ideal weight loss food. Artichokes are also a natural diuretic which means they are able to help flush the body of edema and reduce bloating and overall water retention. They are a good source of folic acid, vitamin C, vitamin K, B-complex, potassium, copper, iron, and antioxidants such as anthocyanins, quercetin, rutin, cynarin, luteolin and silymarin. Silymarin is highly beneficial for the liver and has been shown to regenerate liver tissue making them a great food for those suffering with liver problems or those trying to cleanse and detox the body.

Artichokes also contain a compound called inulin which provides nutrition to the good health promoting bacteria in the intestinal tract. This inulin also has been shown to help balance and stabilize blood glucose levels making them an excellent choice for diabetics. Artichokes are also known to aid digestion and improve gallbladder function which makes them good for those suffering with Irritable Bowel Syndrome (IBS) or other digestive ailments.

Artichoke leaves contain compounds that can reduce cholesterol by inhibiting HMG-CoA reductase, this means they have the ability to raise good cholesterol (HDL) and lower bad cholesterol (LDL). This ability also helps to prevent excessive fatty deposits in the liver and blood which protects the body from arteriosclerosis. Artichoke leaf extract has been shown to kill off cancer cells and protect the liver from oxidative stress. Artichoke leaf extract is readily available in capsule form and can be found online or at your local health food store.

Fresh steamed artichokes have a rich, nutty flavor that make them a delicious, satisfying, and guilt-free food. Try steaming 4-6 artichokes for 45min-1hr. Once cooled, the leaves can be peeled off and the heart can be scooped out. Place each portion in a ziploc bag and store in the fridge. This way you can have a healthy,

nutritious, and low fat snack ready to eat right out of the fridge and on the go for you and your family all week long.

Ashwagandha

Also known as winter cherry, is a powerful medicinal herb that has incredible adaptogenic properties that can significantly reduce stress related conditions such as adrenal fatigue, adrenal exhaustion, and heart and kidney problems.

Ashwagandha is a rich source of minerals including zinc, iron, calcium, magnesium, vanadium, copper, and cobalt.

It is an effective immune boosting herb that has the ability to increase white blood cell count and prepare the body to produce antigens to fight against different infections and allergies. Ashwagandha is also excellent for improving the function of the brain and neurotransmitters which can aid neurological conditions such as brain fog, migraines, tremors, tics & spasms, restless leg syndrome, chronic nerve pain, and shingles .

Ashwagandha is also beneficial for the thyroid as it helps the body produce thyroid hormones which can increase energy, metabolism, and promote a balanced sleep cycle. Ashwagandha has been shown to improve oxygen flow and usage on a cellular level which is very beneficial for those suffering with breathing problems such as COPD and asthma as well as for athletes looking to increase their endurance and strength while training.

It is also highly beneficial for depression, anxiety, insomnia, anemia, candida, type 2 diabetes, and autoimmune disorders such as fibromyalgia, lyme disease, chronic fatigue syndrome, and Guillain-barre syndrome. Historically, ashwagandha has also been used as a natural infertility treatment

Asparagus

Asparagus is a fantastic healing vegetable that is high in essential minerals such as selenium, zinc, and manganese which are vital for a strong and healthy immune system. It is also high in vitamins A, K, and B-complex including folate which is a building block for a healthy cardiovascular system and for woman who are trying to conceive.

Asparagus contains aspartic acid which is an amino acid that neutralizes excess amounts of ammonia in the body that is often the cause of exhaustion, headaches, and poor digestion. Asparagus contains significant amounts of healthy fiber and protein which helps to maintain blood sugar levels, prevent constipation, stabilize digestion, and stop the urge to overeat.

It also contains a compound called asparagine which is a natural diuretic that breaks up oxalic and uric acid crystals stored in muscles and in the kidneys and eliminates them through the urine. This natural diuretic is helpful in reducing water retention, bloating, and swelling in the body. Asparagus is also high in glutathione which is an antioxidant powerhouse and particularly beneficial for those suffering with autoimmune conditions, liver disease, heart disease, cancer, and diabetes.

It is known to help strengthen the liver, kidneys, skin, ligaments, and bones and its chlorophyll content makes it a great blood builder. Asparagus also contains inulin which encourages good bacteria in the gut that boosts nutrient absorption and helps to keep the immune system functioning properly. Asparagus is a nutrient-packed, delicious vegetable that can be eaten raw or steamed and added to soup, salads, stews, rice, and/or veggie dishes.

It is incredible for the thyroid, it inhibits the EB-V reproduction via a phytochemical in its skin. And there is another phytochemical undiscovered by science and research that is in the tip of the asparagus that helps push back EB-V.

Astragalus

Astragalus is an essential herb for your immune system and is well known to help fight viral & bacteria infections, inflammation, and even cancer. It quickly and effectively strengthens the immune system and increases white blood count which makes it highly beneficial for warding off and reducing the effects of colds, flu, respiratory ailments, herpes, shingles, and immune system disorders.

Astragalus is also excellent at promoting circulation and helping to reduce chest pains, lower high blood pressure, and prevent cardiovascular problems such as arrhythmia and heart disease. Astragalus is great for managing diabetes and helping to lower blood sugar. It is highly beneficial for the liver and kidneys and has

been shown to help those suffering from hepatitis, chronic nephritis, jaundice, and renal disease.

It can also help to lower stomach acidity which helps those suffering from ulcers and indigestion. It helps to prevent fats from being absorbed from the intestines which promotes healthy waste elimination. Astragalus has also been found to help boost metabolism and increase energy and endurance levels which ultimately can lead to substantial weight loss.

Astragalus works well with conventional treatments and has even shown to be an effective complement to those undergoing chemotherapy and HIV/AIDS treatments. It has long been used as an anti-aging and longevity tonic that enhances all the systems of the body and promotes overall health and balance. Astragalus is commonly found online or at your local health food store in tincture, extract, capsule, or tea form.

Avocado

Avocado is one of the world's most perfect foods. It is easily digested and contains over 25 essential nutrients including iron, copper, magnesium, and essential fatty acids that help the body to function optimally. Avocados increase the body's ability to assimilate nutrients, so they are a wonderful addition to green leafy salads to ensure proper absorption of all the vitamins and minerals.

They are also an excellent source of glutathione which helps to boost the immune system, strengthen the heart, rebuild the nervous system, and slow the aging process. The monounsaturated fats in avocados reverse insulin resistance which helps to steady blood sugar levels. Due to its nutritional profile, it is one of the closest foods to mother's breast milk, being a complete and easily assimilable food with protein ratios that are equal to breast milk.

Avocados are high in folate which is essential for women in childbearing years and is also known to aid in preventing strokes and reducing the risk of heart disease. Try adding a few avocados to your diet each week and enjoy the benefits of this delicious and health promoting food. They are high in good copper and can be used

to eliminate the bad metallic copper from the body (it attaches to it and moves it out of the body).

They are good for the liver, easy on the pancreas, easy on the digestive tract, and helps propel (push away) EB-V. They have phytochemicals in them that help protect the lining of the intestinal tract from an EB-V co-factor: Streptococcus.

Did you know that the food that closest resembles breast milk in nutritional composition is the deliciously creamy avocado? When you enjoy an avocado, know that you are not only nourishing yourself on a physical level, but you are also providing your spiritual side with the affection and tender care a mother might offer her child. If you're looking for a way to keep your skin looking youthful and fresh, bring avocado into your diet as well. Avocado can help alleviate dryness, reduce under-eye circles, and can contribute to beautifully glowing skin. They also taste amazing in salads!

Bananas

Bananas are one of the most nutritional and healing fruits readily available today. They are 76% water and are packed with vitamins such as vitamins C and B6 and minerals such as potassium, copper, and manganese. This high water/nutrient ratio makes them a great electrolyte food perfect for busy moms, workout enthusiasts, and people on the go. Bananas are also an excellent “brain food” great for heavy thinkers and are known to help build strong muscles as well as strengthen the nervous system.

Bananas contain powerful anti-fungal and antibiotic compounds as well as protease inhibitors which can help stop viruses in their tracts. This makes them highly beneficial for chronic illnesses such as shingles, epstein barr, parkinson’s disease, multiple sclerosis, arthritis, chronic fatigue syndrome, and lupus. Bananas are also particularly good for lowering blood pressure, irritable bowel syndrome, neurological disorders, diarrhea, atherosclerosis, osteoporosis, coronary artery disease, chron’s disease, stroke, and kidney, colon, and lung cancers.

Bananas contain high levels of fructooligosaccharides (FOS) which along with insulin helps to promote nutrient absorption and assimilation. Bananas support the natural acidophilus bacteria in the bowel which helps promote a healthy and

functional digestive tract as well as keep the immune system healthy and strong. Bananas can prevent ulcers by strengthening the surface cells of the stomach lining which helps to create a thicker barrier against digestive acid and pepsin-the two main causes of ulcers. Bananas are also an excellent food for athletes as they can help replenish energy and revitalize the body instantly.

Bananas are rich in the amino acid tryptophan which can help to promote sleep and regulate the sleep-wake cycle. Bananas can be blended with a little water to make a sweet and creamy “milk” that is both dairy-free and hypo-allergenic. Banana “milk” is a great alternative for children and infants who are allergic to dairy and soy proteins. Bananas can also be cut into pieces, frozen and placed into a blender or food processor for amazing dairy-free and fat-free ice creams and “milk”shakes.

Bananas should be ripe when eaten which means the peel should be lightly speckled and the fruit has a sweet, creamy taste. Unripe bananas can cause constipation and other adverse reactions. Bananas are a fantastic healing and nourishing food that is a great addition to a healthy diet. They can be readily found at your local grocery and health food stores.

Although otherwise believed, bananas don't have much sugar in them, and the type of sugar it is, is bounded with many amino acids that help our brains and our neurotransmitters. Neurotransmitters get burned out by toxins from EB-V, so you start losing your memory, your focus and concentration, brain fog, etc. All these mean that neurotransmitters are shorting out from the neurotoxins from EB-V, and your electrical impulses are going in different directions, and you get confused, lose your car keys, feel brain fog, etc. Bananas provide lots of amino acids and the right kind of potassium that help re-build those neurotransmitters, and the sugar involved is part of that. They are also anti-inflammatory.

Barley Grass

Barley grass is one of the most nutrient rich foods in nature and has been used since ancient times for medicinal and healing purposes. Barley grass JUICE powder (not to be confused with barley grass powder) is one of the best ways to consume this food as it concentrates the nutritional properties and is the easiest way for the body to digest, assimilate, and utilize its nutrients.

Barley Grass Juice Powder is rich in vitamins A, C, B and minerals iron, calcium, potassium, magnesium, and phosphorus. It is also very high in absorbable protein and contains 20 amino acids, including 8 of the essential amino acids that body can't produce itself. Barley Grass Juice Powder contains the enzymes fatty acid oxidase, cytochrome oxidase, peroxidase, catalase and transhydrogenase which help the decomposition of fats in the body proceed smoothly, helping to balance body weight. It is also especially high in chlorophyll, which helps to inhibit the growth of disease bacteria, along with balancing the PH of the body to promote excellent health and immunity.

Barley Grass Juice powder has been shown to strengthen the immune system, alkalinize the body, increase energy, aid digestion, relieve constipation, and improve health of skin, hair and nails. It has also been credited as helpful for healing arthritis, migraine headaches, asthma, fatigue, gastrointestinal and skin issues, cancer, and diabetes. Barley Grass Juice Powder is also excellent for assisting circulation of the lymph system by nourishing and oxygenating the vascular system and healing and soothing mucous membranes.

Barley Grass Juice Powder comes from the tender young grass grown from barley seed, harvested when it's at the peak of its chlorophyll, protein and vitamin concentration, before the grass produces any grain. Therefore, Barley Grass Juice Powder is Gluten-Free and is fine for anyone with celiac disease or gluten intolerance. Barley Grass Juice Powder can be mixed in water, juice, or added to a smoothie.

Basil

Basil is an herbal antibiotic, antiseptic, carminative, and appetizer that has a special affinity for the stomach. Basil significantly benefits the stomach during digestion and can provide immediate relief from gas, stomach cramps, and nausea. It also contains powerful anti-inflammatory properties and can provide relief for inflamed bowel conditions such as colitis, IBS, crohn's and celiac disease. It is also highly antibacterial and antiviral making it effective against bacterial infections, intestinal parasites, colds, flu, mono, shingles, and herpes.

Basil is a rich source of magnesium which relaxes muscles and blood vessels and supports cardiovascular health by lowering the risk of irregular heart rhythms and spasms. The essential oil of basil contains eugenol which works similarly to aspirin and ibuprofen in decreasing the swelling in joints and tissues to provide relief from arthritis and fibromyalgia. Basil's fungicidal properties also aid in healing wounds, skin rashes, warts, and insect bites. You can purchase creams and salves or crush fresh leaves in a small amount of coconut oil, apply to the skin, and wrap with a fresh bandage daily.

Consider making fresh basil a staple in your diet and regularly add to salads, homemade pesto, guacamole, green smoothies, and even fruits like strawberries and bananas, the health properties are not to be missed.

Bell Peppers

Bell peppers contain an impressive amount of vitamin C with up to as much as six times as oranges. Bell peppers are also packed with vitamin A and beta carotene which can help boost the immune system, improve vision, and help protect the eyes against cataracts. They are also an excellent source of potassium, fiber, thiamine, beta carotene, folic acid, zeaxanthin, and lycopene and have been shown to help prevent blood clot formation and reduce the risk of heart attacks and strokes.

They are excellent for helping to lower cholesterol levels and they contain anti-cancer compounds that can help lower the risk of prostate, breast, lung, and colon cancer. Bell peppers are highly beneficial for the brain and can help to strengthen memory and concentration skills as well as reduce brain fog and confusion.

Bell peppers are an ideal weight loss food as their fiber helps to curb the appetite while helping to keep you energized throughout the day. Green bell peppers are technically an "unripe" pepper. Even though green peppers are edible, the red, orange, and yellow bell peppers contain significantly higher levels of vitamins, mineral, and antioxidants.

Bell peppers are so sweet, crunchy, and juicy that they are a perfect snack to munch on and are a fantastic addition to salads, wraps, nori rolls, hummus, and dips. They

are also great juiced, steamed, sauteed, and stuffed. Try making a raw soup by blending red bell peppers and tomatoes together with a clove of garlic, a few leaves of fresh basil, and chopped scallions and avocado on top.

It is a refreshing, light, nutrient packed meal that can nourish your body and keep your immune system functioning strong. Also experiment with the deliciously sweet orange bell pepper which is a favorite among kids and adults alike. Bell peppers can be found at your local grocery and health food store. Choose organic for its health promoting properties whenever possible.

Berries

Berries are a saving grace. Their main power comes from antioxidants, the miracle fighters of free radicals. Antioxidants mean life, while oxidation means death. We need these antioxidants to fight the aging (oxidation) process, and to stay alive in the face of constant threats to our health. Berries broadcast their health value with their deep purples, blues, and blacks, which come from the polyphenols known as anthocyanins (including malvidin) and anthocyanidins. They're also rich in dimethyl resveratrol and dozens of other phytochemicals, amino acids, coenzymes, and co-compounds that have yet to be discovered by science and are more plentiful and bioavailable in berries than in any other food.

For any of the following symptoms, try bringing berries into your life:

High cholesterol; ovarian cysts; thickening uterus; inflamed uterus, ovaries, and/or fallopian tubes; irregular menstruation; hormonal imbalances; hot flashes; heart palpitations; fatigue; tingles; sensations of humming or vibration in the body; numbness; blurry eyes; swallowing issues; headaches; nerve pain; mineral deficiencies; cramping and spasming; chest pain; chest tightness; frozen shoulder; dizziness; panic attacks; phobias; malaise; listlessness; ringing or buzzing in the ears; brain lesions; spinal lesions; eye floaters; ear pain; jaw pain; neck pain; blood sugar imbalances; fatigue; brain fog; sluggish liver; anxiousness; myelin nerve damage; calcifications; scar tissue; Candida overgrowth; brain adhesions; back pain; knee pain; poor circulation; swelling; brain inflammation.

Blackberries

Blackberries are nutritionally packed with vitamins C, E, A, & K, minerals magnesium, potassium, manganese, copper, and antioxidants such as ellagic acid. Blackberries contain powerful anti-carcinogenic agents making them one of the top ORAC fruits available and one of the best fruits to eat to help prevent cancer.

The anthocyanins in blackberries (which give them their dark color) have the ability to significantly reduce inflammation which benefits autoimmune diseases and cardiovascular diseases. The phytoestrogens in blackberries aid in the prevention of breast and cervical cancer and can relieve estrogen related symptoms such as PMS, bloating, food cravings, & hot flashes.

They also contain salicylic acid which can inhibit atherosclerosis and protect against heart disease similarly to the way aspirin does. Blackberries can help improve eyesight and help prevent macular degeneration. The high vitamin c content in blackberries greatly support the immune system, aids in the ability to fight infection, and provides powerful anti-aging benefits.

Blackberries high fiber content promotes healthy digestion and assimilation and aids in maintaining bowel regularity which decreases the risk of colon cancer. Try making a simple breakfast or desert of a bowl of blackberries, drizzled with a little raw honey, and a sprinkle of shredded coconut. This delicious and antioxidant packed treat will both energize and nourish your mind and body.

Borage

Borage also known as bee plant or starflower, functions as a diaphoretic, emollient, and tonic. Borage has a cooling effect on the body and has been used to reduce fevers, soothe skin irritation, expel mucus, and restore vitality. It also has the ability to strengthen the heart and is a mild antidepressant, sedative, and laxative. Borage has been known to help calm the central nervous system making it a great herb for neurological conditions such as Parkinson's disease and Bell's palsy.

Borage seeds are often pressed into an oil that is an excellent source of gamma-linolenic acid (GLA), an essential fatty acid, which aids in regulating hormones for PMS and menopausal symptoms, restoring joint health and flexibility, strengthening the immune system and adrenal function, lowering blood pressure,

and helping to promote healthy skin and hair. Borage oil has significant anti-inflammatory benefits and can help to provide relief for rheumatoid arthritis, gastritis, irritable bowel syndrome, and fibromyalgia. Borage herb is high in vitamin C & A which are powerful immune boosters and contain anti-viral properties as well. Young green borage leaves have a salty cucumber flavor and can be used in salads or even cooked like spinach. Borage oil capsules can be found online or at your local health food store and borage tea is a soothing and delicious way to receive the healing benefits from this herb.

Brazil Nuts

Brazil nuts are an excellent source of complete protein and omega-6 fatty acids as well as vitamins E & B-complex and minerals such as selenium, zinc, copper, and manganese. They are a gluten-free food and are often used as alternative to wheat for those who suffer with celiac disease. Brazil nuts are known to help lower LDL “bad cholesterol” and increase HDL “good” cholesterol in the blood which can help to reduce the risk of strokes and heart disease.

They are also the highest natural source of selenium which makes it an ideal food for strengthening the immune system and helping to reduce the risk of breast, esophageal, liver, stomach, prostate, and colon cancers. Selenium is also vital for thyroid gland function and for helping to prevent blood clotting and coronary artery disease. Brazil nuts are the perfect food for athletes and those looking to increase strength and endurance. They are also good for neurological and cognitive health as they can help to improve memory and nerve function.

Brazil nuts are crunchy and sweet and are a concentrated source of nutrition and energy. In fact, only 2-4 nuts a day are needed to obtain all their complete nutritional and health benefits. Consider chopping them up and sprinkling over a salad with a squeeze of fresh lemon and fresh herbs or adding a few to a smoothie or trail mix.

Brazil nut oil has been used for thousands of years as a therapeutic remedy for skin problems such as dry cracked skin, calluses, rashes, burns, bruises, eczema, and psoriasis. Brazil nut oil is also often used as a carrier or base oil for aromatherapy and massage therapy applications. Brazil nuts can be found online or at your local health food store.

Broccoli

Broccoli is a nutrient rich vegetable that has several proven health benefits. It is very high in vitamins, minerals, and phyto-nutrients such as vitamins A, C, K, & B-complex, calcium, magnesium, selenium, zinc, & iron, and beta carotene. Broccoli is packed with anti-cancer compounds such as sulforaphane and indole-3-carbinol, which are known to help prevent stomach, colon, liver, breast, skin, and prostate cancers. Broccoli is excellent for strengthening and sharpening cognitive abilities such as memory, focus, and concentrations skills. It is also great for helping to prevent Alzheimer's disease and dementia.

Broccoli is highly beneficial for the nervous system and is known to ease migraines, hypertension, anxiety, and nervous tics. It contains natural antihistamine properties and is fantastic for warding off seasonal allergies, watery eyes, sinusitis, sinus infections, colds, flu, and bronchitis. Broccoli is well known for its ability to protect against heart disease and reduce the risk of atherosclerosis, strokes, and heart attacks. It can also help to lower high blood pressure and maintain good cardiovascular health.

Broccoli is also great for building strong muscles and bones as well as for helping to prevent injury or future osteoporosis. Broccoli is high in fiber which makes it helpful for regulating blood sugar, preventing constipation, and curbing overeating. Broccoli is known to be excellent for vision and eye health and can significantly reduce the risk of macular generation and the need for cataracts.

Broccoli is high in protein and contains more protein per cup, than that of rice, while only having half the calories. Broccoli is most nutritious when eaten raw or steamed and can be easily made into a delicious creamy fat-free soup by adding fully steamed broccoli, carrots, and onions to a blender with a pinch of salt and pepper. Blend until smooth for a nutrient rich and satisfying meal. Steamed potatoes can also be added for a heartier, creamier version, if desired. Broccoli can readily be found at your local supermarket, health food store, and/or farmer's markets.

Brussel Sprouts

Brussel sprouts are an incredibly nutritious vegetable that are rich in antioxidants, phytonutrients, vitamins C, A, and E, and alkalizing minerals such as calcium, copper, iron, and manganese. They are also a good source of omega-3 fatty acids and vitamin K which are essential for proper brain and nerve function and are vital for aiding cognitive issues such as brain fog, memory loss, lack of concentration, ADD, ADHD, dementia, and Alzheimer's disease.

Brussel sprouts are also known to help stabilize the DNA within white blood cells which creates a stronger, more resilient immune system. Brussel sprouts also contain powerful anti-cancer compounds which are shown to particularly help fight and prevent colon, breast, prostate, lung, bladder, liver, endometrial, and ovarian cancer.

They can help stimulate the kidneys to release more water, which can reduce bloat and edema and make it easier for dislodged fatty wastes to be flushed out of the body. Brussel sprouts are also good for stimulating sluggish glands and for promoting a cleaning effect on adipose cells and tissues making it an ideal weight loss food.

They contain high amounts of glucosinolates which can significantly reduce inflammation and is excellent for prevention and relief from rheumatoid arthritis, fibromyalgia, lupus, strokes, heart attacks, arteriosclerosis, and bursitis. Brussel sprouts are excellent for helping to lower cholesterol, prevent constipation, stop overeating, and decrease H.pylori in the digestive tract.

To obtain the most health benefits from brussel sprouts, consider eating them raw (they can also be juiced) or steamed until soft. Try making a delicious salad with chopped romaine, arugula, tomato, avocado, onion, steamed brussels sprouts, fresh lemon juice and minced garlic. It is a nutritious and satisfying dish that will nourish your body, mind, and soul.

Burdock Root

Burdock root is a medicinal herb and food that has powerful anti-tumor, anti-fungal, anti-inflammatory, and anti-microbial properties. Burdock root is one of the top recommended herbal remedies for cancer due to the belief that it can

stop cancer cells from metastasizing and it is one of the star ingredients of the famous natural cancer remedy known as Essiac tea.

It is also highly beneficial for colds, flu, sore throats, bronchial congestion, ulcers, gallstones, anemia, kidney stones, chicken pox, gout, measles, strep throat, urinary tract infections, bladder infections, hepatitis, and enlarged prostates. Burdock root is an essential blood purifier and detoxifying herb as it can neutralize and safely eliminate poisons and toxins from the body.

Burdock is one of the most important herbs for treating chronic skin problems such as acne, psoriasis, eczema, and shingles. It can also help to stimulate metabolism, re-grow hair, strengthen nails, and aid in edema and weight loss.

Burdock root is an effective painkiller that can help alleviate symptoms of inflammation that affect auto-immune disorders such as rheumatoid arthritis, fibromyalgia, bursitis, lupus, and diabetes. Fresh burdock can be juiced with celery, kale, and apple or used in recipes similarly to carrots. It is often steamed or added to soups and stews. It has a subtly sweet and earthy flavor that works well with potatoes, mushrooms, and onions.

Dried burdock root is often used as a medicinal tea. Pour 1 cup of boiling water over 1-2 teaspoons of dried burdock root and let steep for at least 10 minutes or more, sweeten with honey if desired. Burdock root can be readily found in a cream, salve, tincture, extract, and capsule form. Its potent healing abilities has made it a vital herb for your natural medicine cabinet.

Calendula

Calendula is a medicinal flower that has several health benefits. Taken internally as a tea, tincture, or extract, calendula is highly beneficial and soothing for ulcers, indigestion, colitis, heartburn, gall-bladder problems, liver problems, menstrual cramps, and chronic inflammation. Calendula's antiviral properties also makes it a great support for the immune system and lymphatic system.

Calendula extracts even have anti-cancer properties and have been known to benefit leukemia, breast, prostate, cervix, lung, pancreas, and colon cancer. Topically, calendula can be applied as a cream, salve, lotion, or oil and works

wonders for skin problems such as eczema, psoriasis, boils, shingles, athlete's foot, sunburn, chickenpox, measles, bee stings, diaper rash, yeast infections, warts, and acne.

It is also a good eye wash for conjunctivitis and dry itchy eyes. A few drops of calendula oil can be applied directly into the ear to help ease the pain of an earache. The carotenoids contained in calendula reduce the signs of aging by decreasing the appearance of wrinkles and provide moisture and tone to the skin.

On a cellular level, calendula also has the ability to help heal the after-effects of radioactive exposure, such as chemotherapy. As an anti-microbial, calendula is effective against ringworm and scabies. Calendula cream is also good to use for broken bones, sprains, bruises, and varicose veins as it will help to decrease swelling in bodily tissues.

Calendula tinctures, capsules, tea & creams can be found online or at your local health food store, but these brightly colored flowers can also be easily grown at home too. Use the fresh petals as a beautiful addition to your salad or dry the flowers and use as a delicious tea that you can enjoy anytime.

California Poppies

California Poppy is a medicinal herb and flower that is rich in vitamins A, C, and E as well as minerals such as calcium and magnesium. California poppy contains sedative properties that make it highly beneficial for relieving anxiety, stress, panic attacks, insomnia, hypertension, colic and bedwetting in children. It is also useful for behavioral disorders such as OCD, Bipolar disorder, Alzheimer's, ADD, and ADHD. California Poppy is good at sharpening cognitive skills such as memory and concentration which makes it a great herb for students and adults alike.

California Poppy is known to be a phenomenal natural pain reliever and is a safe alternative to prescription medication. It contains analgesic and antispasmodic properties which is useful in providing relief from acute nerve and muscle related pain. California Poppy is also known to help reduce high fever, rapid pulse, and spasmodic coughs. California Poppy contains antimicrobial properties which

makes it excellent for applying to cuts, wounds, and skin ailments. California poppy powder can be mixed with coconut oil as a natural treatment for the elimination of head lice.

California Poppy tea is wonderful to drink before bed to help prepare the body for a full and restful night's sleep. Add 2 tsp of dried herb to 1 cup of boiling water and let steep for at least 10 minutes, sweeten with raw honey and/or lemon if desired. California Poppy can be found in tea, tincture, extract, capsule, and cream form online or at your local health food store.

Cantaloupe

Cantaloupe is an amazing fruit that has over 19 vitamins and minerals that help to boost the immune system, detoxify the organs, and deeply hydrate and alkalize the body. Since cantaloupe is a pre-digested food, meaning it does not require any digestion in the stomach and can pass straight through to the intestines for assimilation, it is best eaten on an empty stomach alone for breakfast.

The high vitamin C content in cantaloupes is critical for immune system support and to fight bacterial and viral infections. Cantaloupe is also excellent for helping to relieve nerves and calm anxieties. It is known to keep the heartbeat normal and regulated while under stress as well as keep muscles relaxed and free from cramps and hypertension.

The rich vitamin A and beta carotene content in cantaloupe helps to lower the risk of cataracts and aids in maintaining healthy eyesight. Cantaloupe also aids the body in excreting excess sodium which helps to reduce water retention and bloating. After purchasing a cantaloupe, let it sit on your counter until it emits a light floral scent and yields to gentle pressure. Cantaloupe is a sweet and delicious fruit that is a wonderful way to start your morning and nourish your body and soul.

Cardamom

Cardamom is a wonderful medicinal spice that has similar health properties as those of cinnamon and ginger. It is rich in minerals such as iron, manganese, calcium, and magnesium. It also contains antiseptic, anesthetic, antispasmodic,

antiviral, and antioxidant properties. Cardamom is an excellent spice for the respiratory system and works as a natural expectorant in relieving congestion and phlegm from the lungs and sinus passages.

Cardamom is also great for the digestive system and stimulates the appetite as well as ease gas, nausea, indigestion, and cramping. It also helps to kill off any food borne bacteria in the digestive tract which helps to protect against food poisoning and gastric distress. Cardamom pods contain a compound called limonene which is usually found in citrus peels and is known to dissolve cholesterol containing gallstones, relieve heartburn and gastroesophageal reflux (GERD), and prevent against breast, colon, liver, and stomach cancer.

Cardamom also contains several compounds that helps to prevent blood clots from forming in the blood stream, making it an important medicinal for those concerned with deep vein thrombosis, lupus, strokes, or pregnancy. It is also a highly beneficial spice for cardiomyopathy, fibromyalgia, vertigo, tinnitus, halitosis, asthma, urinary tract infections, and spasms or convulsions.

Cardamom works well as a diuretic and can reduce bloating, water retention, swelling, and edema. Cardamom pods can be chewed on in order to relieve tooth and gum pain and prevent infection. Cardamom is often used in sweet and savory dishes and can be prepared as a delicious, warming tea by placing 4 cardamom pods in 2 cups of water and simmer for 30 minutes, sweeten with raw honey if desired.

Cinnamon, ginger, or cloves can be added to the tea for additional health benefits. Cardamom can be found as whole pods or powdered online or at your local health food or grocery store.

Cashews

Cashews are a crunchy, yet delicately sweet nut that is treasured around the world for its flavor and health benefits. Cashews are high in protein and are a rich source of vitamin B-complex and essential minerals such as iron, selenium, zinc, and copper. They are also packed with anti-cancer compounds called

proanthocyanidins that have the ability to starve tumors and stop cancer cells from dividing.

Cashews are highly beneficial for lowering blood pressure, preventing heart attacks, preventing gallstones, reducing the frequency of migraines, providing energy boosts, strengthening bones, and promoting healthy skin and hair.

They are also excellent for the nervous system and they are known help keep muscles and nerves relaxed and free from tension and constriction. They can also help the body become more flexible and aid in elasticity of the tendons, muscles, and joints. Cashews have the ability to satiate hunger which decreases overeating and aids in weight loss and weight management.

They are also good for overall eye health and they contain a bioflavonoid called zeaxanthin that helps to prevent age-related macular degeneration. For the maximum health benefits try to find raw cashews that are unsalted. Cashews can be eaten as a snack or added to salads, and vegetable or rice dishes.

Cashews can also be ground into a nut butter and used to spread on celery sticks, apples, cucumbers, or mixed with dried coconut, honey and spices for a delicious and healthy dessert. Good quality cashews can be readily found online or at your local health food store.

Cat's Claw

Cat's claw is a tropical woody vine whose bark has been harvested for hundreds of years for medicinal purposes. Some consider cat's claw to be a miracle cure that can help just about any illness or condition.

Cat's claw has been shown to contain powerful anti-inflammatory, anti-cancer, anti-tumor, and anti-viral properties. It is an exceptional immune response stimulator due to its oxindole alkaloid compounds and can help the body to fight off viral and bacterial infections and protect against diseases. Cat's claw is particularly beneficial for those who suffer from gastritis, ulcers, tumors, cancer, prostate problems, HIV, neuralgia, dermatitis, parasites, acne, digestive ailments, Lyme's disease, diverticulitis, PMS, and autoimmune diseases such as Lupus, Gout, Chronic Fatigue Syndrome, Fibromyalgia, Irritable Bowel Syndrome,

Rheumatoid Arthritis, and Crohn's disease. In addition, the glycosides, proanthocyanidins and beta sitosterol found in cat's claw exert a beneficial effect on memory making it an excellent supplement for the prevention of Alzheimer's disease and other cognitive/memory disorders. Taking cat's claw for 8 weeks has even shown improved DNA repair.

Cat's claw is also known to help lower blood pressure, increase circulation, and reduce cholesterol. Cat's claw has been proven successful for eczema, liver diseases, and even for relieving knee pain. However, women who are trying to get pregnant should avoid cat's claw as it has been traditionally used as a natural form of birth control in South America. Cat's claw is commonly found online or at your local health food store as a tea, capsule, extract, or tincture

Cauliflower

Cauliflower is a nutrient rich vegetable that is excellent for supporting a strong immune system and optimum health. Cauliflower is incredibly high in vitamin C, K, and B-complex and minerals such as boron, calcium, molybdenum, and tryptophan. It is also a good source of high quality protein that is easily assimilated into the body. Cauliflower contains powerful anti-cancer compounds such as indole-3-carbinol and sulforaphane which are particularly beneficial for helping to prevent breast, cervical, ovarian, colon, stomach, and prostate cancers.

Cauliflower also contains a compound called Di-indolyl-methan (DIM) which has been shown to be effective in the treatment of the Human Papilloma Virus (HPV) and cervical dysplasia. Cauliflower also has excellent anti-inflammatory properties due to its omega-3 and vitamin K content and is an essential food for those trying to prevent chronic inflammation as in fibromyalgia, hepatitis, arthritis, cardiomyopathy, cystic fibrosis, IBS, and Alzheimer's disease.

Cauliflower has also been found to help protect the lining of the stomach which is vital for preventing bacterial overgrowth of H. Pylori in the stomach. Cauliflower is also known to be an effective detoxifier for the liver and spleen and can aid in cleansing toxins from the blood, lymph, tissues, and organs. Raw cauliflower is an excellent alternative to white rice and can be made by placing cauliflower into a food processor and grinding until it reaches a rice-like texture.

This can then be used in nori rolls or as a base to a grain-free tabouli salad with fresh chopped tomato, scallions, cilantro or parsley, and a drizzle of olive oil or avocado. Cauliflower is also wonderful steamed, sauteed, or roasted. Spices such as turmeric, ginger, red pepper flakes, and paprika mix exceedingly well with cauliflower and provide a nutritional and medicinal boost. Cauliflower can be readily found at your local grocery and health food stores.

Cayenne Pepper

Cayenne pepper is a fantastic medicinal and therapeutic spice that can provide pain relief from ailments such as migraines, nausea, sore throats, sinus infections, heartburn, hemorrhoids, stomachaches, toothaches, and nerve, joint and muscle pain.

Cayenne is high in vitamin C & beta carotene making it an excellent remedy for colds, flu, bronchitis, and any viral conditions. It also has the amazing ability to boost circulation and increase cardiovascular ability while at the same time regulating blood pressure making it a great choice for maintaining heart health.

Cayenne also helps the body to create hydrochloric acid in the stomach and when taken with meals, it can actually help to rebuild stomach tissue and stimulate the peristaltic motion of the intestines which is essential for proper digestion and assimilation. Cayenne has the ability to destroy worms and parasites in the gut as well as protect against dysentery making it a vital resource when traveling abroad.

Cayenne is a great metabolic-booster, aiding the body's ability to burn excess amounts of fats and it is a powerful anti-inflammatory to help decrease bloating and swelling. It can also help to alleviate depression and uplift the spirit.

Cayenne cream provides pain relief for neuropathy which is most commonly experienced by those who have had shingles, arthritis, diabetes, fibromyalgia, or surgery. Cayenne cream is also excellent for psoriasis and other itchy skin conditions.

Used as a spice to add zest and flavor to your food, taken in capsule form as a supplement, or applied as a topical cream, Cayenne has a myriad of uses and benefits that make it a top choice for home remedies and prevention.

Celery

Celery is a strongly alkaline food that helps to counteract acidosis, purify the bloodstream, aid in digestion, prevent migraines, relax the nerves, reduce blood pressure, and clear up skin problems. Celery contains compounds called coumarins which are known to enhance the activity of certain white blood cells and support the vascular system.

Celery's rich organic sodium content has the ability to dislodge calcium deposits from the joints and holds them in solution until they can be eliminated safely from the kidneys. Celery is a well known natural diuretic and has ample ability to flush toxins out of the body. Celery also has significant anti-inflammatory properties making it an essential food for those who suffer from auto-immune illnesses.

It also contains significant amounts of calcium and silicon which can aid in the repair of damaged ligaments and bones. Celery is rich in vitamin A, magnesium, and iron which all help to nourish the blood and aid those suffering from rheumatism, high blood pressure, arthritis, and anemia.

Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice a day can transform your health and digestion in as little as one week. It is critical for healing EB-V. It raises the stomach's hydrochloric acid, it cleans up the liver, it makes the liver more responsive, makes it release bile to break down your food, and it has mineral salts that are anti-EB-V. EB-V is repelled by the mineral salts that have not been measured in science.

Celery adds crunch and natural, healthy sodium to a salad. If you struggle with gut health issues, celery is a fantastic food to start incorporating in your daily eats. Celery helps to bring alkalinity to the gut partially due to the abundance of bioactive sodium it contains. Another reason you want to make celery a regular part of your meals and snacks is because of its incredible cofactor micro trace mineral salts that, alongside the regular sodium found in celery, efficiently work together in a supportive way to free the gut and other parts of the body of toxic acids and to increase your pH.

The more alkaline your body is, the less chance you have of being afflicted by disease. This is because disease thrives off things like mucus and acid. This means

it has an extremely high toxin removal rate. It purges the body of acid and poisons, and cleanses the liver and bloodstream like nothing else. Celery can Help Heal: Rheumatism, arthritis, anemia, auto-immune illnesses, acidosis, and high blood pressure. Other Potential Benefits: Purifies the bloodstream, improves digestion, prevents migraines, relaxes the nerves, clears up skin problems, detoxifies the body, and is a natural diuretic. Make sure to choose organic celery when possible. Drink the juice in the morning on an empty stomach. Tasty Tip: If drinking celery alone is difficult for you, try adding one to two apples to the juice for a bit of sweetness.

Celery Juice

Celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice every morning on an empty stomach can transform your health and digestion in as little as one week.

Celery juice also has significant anti-inflammatory properties making it highly beneficial for those who suffer from autoimmune conditions such as Fibromyalgia, Chronic Fatigue Syndrome, Migraines, Vertigo, IBS, Rheumatoid Arthritis, Psoriasis, Eczema, Acne, Lupus, Guillain-Barre, Sarcoidosis, Raynaud's, Meniere's, GERD, Bursitis, Restless Leg Syndrome, and Gout.

Celery juice is also strongly alkaline and helps to prevent and counteract acid reflux, acidosis, high blood pressure, joint pain, ringing in ears, tingles & numbness, hot flashes, blurry eyes, headaches, heart palpitations, edema, heartburn, fatigue, dizziness, muscle cramps, sleep issues, constipation, and bloating. It also helps to purify the bloodstream, aid in digestion, relax the nerves, reduce blood pressure, and clear up skin problems.

Celery contains compounds called coumarins which are known to enhance the activity of certain white blood cells and support the vascular system. Celery juice is rich in organic sodium content and has the ability to dislodge calcium deposits from the joints and hold them in solution until they can be eliminated safely from the kidneys. It is also an effective natural diuretic and has ample ability to flush toxins out of the body which makes it excellent to use on any weight loss program.

Celery Juice Ingredients: 1 bunch celery, organic when possible (makes approx 16oz juice)

Preparation: Wash 1 bunch of celery and run through a juicer, drink immediately for most therapeutic benefits. However, if you prefer, you can also blend the celery in a Vitamix, Nutribullet, or any high speed blender with a little water and either drink as is, or strain as desired. Optional: if you find the taste of straight celery juice too strong, you can add a cucumber &/or an apple to the juice, however this will slightly dilute its effectiveness. Or, if you prefer a more gentle juice you can make straight cucumber juice instead which is also very healing and beneficial.

Chaga

Chaga is an incredibly powerful medicinal mushroom that is highly sought after due to its phenomenal levels of antioxidants and healing properties. Chaga is rich in Vitamins A, C, B, D, and E and minerals such as manganese, iron, calcium, zinc, and selenium. It also contains potent anti-bacterial, anti-viral, anti-inflammatory, anti-microbial, anti-fungal, anti-candida, and anti-parasite properties.

Chaga is one of the best sources of betulinic acid which is known to kill cancer cells on contact. Chaga is therefore often listed as one of the top anti-cancer and anti-tumor foods and is highly valued in a variety of natural cancer treatments and preventative protocols. Research has shown Chaga to be particularly beneficial for colon, stomach, endometrial, lung, breast, and prostate cancer.

Chaga is also rich in beta-glucans which can dramatically strengthen and reinforce the immune system making it an ideal choice for those suffering with autoimmune disorders such as chronic fatigue syndrome, rheumatoid arthritis, lupus, fibromyalgia, irritable bowel syndrome, Crohn's disease, lymphoma, bursitis, shingles, and PCOS.

It is also very beneficial for those with HIV and has been shown to reduce the various symptoms and secondary diseases caused by HIV. Chaga contains the highest level of superoxide dismutase (SOD) in the world which is an enzyme that promotes the breakdown of free radicals and has been shown to be highly effective

in the treatment of Parkinson's disease, Alzheimer's, Lou Gehrig's disease, gout, scleroderma, osteoarthritis, and cataracts.

Its anti-inflammatory properties makes it ideal for those with IBS, arthritis, colitis, cystitis, tendonitis, edema, asthma, celiac disease, and acne. It also helps prevent headaches & nerve pain. The wide range of healing benefits found in Chaga makes its one of the most important and essential medicinal foods to be included in one's natural health regime.

Chaga mushrooms grow in harmony with birch trees and can be found in northern regions of the United States and in the forest of the Appalachian mountains. It can also be found in temperate forests of Europe, Canada, China, Russia, and Korea where it is known as a "gift of God". Chaga tea is an incredibly beneficial since the antioxidants, vitamins, minerals, and healing compounds are easily and quickly assimilated and utilized by the body.

Chaga tea can be made by adding 1 teaspoon of Chaga extract powder to 8oz of hot water. It has a rich, earthy coffee-like flavor that can be sweetened with honey, stevia, or coconut sugar if desired. The highest quality, most effective Chaga Extract Powder can be found online at www.vimergy.com.

Chaga kills off EB-V in the liver and in the thyroid, and starts to drive it out of the thyroid.

Chamomile

Chamomile tea is most commonly known as a sleep aid and its ability to promote a full and restful night's sleep which is especially beneficial for those who suffer with insomnia, sleep disturbances, racing mind, or high anxiety and stress.

However, chamomile tea also has other significant healing properties such as the ability to soothe a disturbed digestive system by easing flatulence, stomach aches, ulcers, and cramping and by assisting in overall digestion and elimination. It is also known to help relieve bronchial and sinus congestion, calm anxiety and panic attacks, decrease menstrual cramping, ease muscle spasms, and reduce migraine pain. Chamomile tea's anti-inflammatory properties makes it beneficial for helping to reduce swelling associated with arthritis, fibromyalgia, and other auto-

immune diseases. Chamomile tea benefits the liver and kidneys by stimulating them to purge out any toxins and cleanse them from the system. It also has anti-bacterial and anti-fungal properties making it especially beneficial in fighting against colds, flus, infections, and even Candida.

Chamomile tea is an excellent remedy for children as it can calm colicky infants and teething babies as well as soothe children that are irritable, cranky, and restless. Its mild flavor is often accepted and enjoyed by children especially when sweetened with a touch of honey. As a topical remedy, cooled chamomile tea can be applied to the skin to help soothe rashes, chickenpox, psoriasis, eczema, and burns including sunburns and even radiation burns. Chamomile tea can also help to relieve eye fatigue and dark circles. Simply apply a cooled tea bag to the eyes for five minutes at night as a gentle and effective compress.

Chamomile and peppermint tea are often used in combination due to their synergistic properties to help the body cleanse, relax, and heal. {Even though the healing qualities of chamomile are loved by many, chamomile should be avoided by pregnant woman as the herb may act as a uterine stimulant and by those that have severe allergic reactions to ragweed pollen.}

Cherries

Cherries are a medicinal powerhouse fruit that are packed with vitamins A, C, E, and minerals such as iron, copper, zinc, potassium, and manganese. The high levels of anthocyanins and antioxidants found in cherries make them an excellent food to help the body fight against neurological diseases, diabetes, and breast, lung, colon, and stomach cancers.

Cherries also contain potent anti-inflammatory properties and are particularly beneficial for those suffering with chronic pain, fibromyalgia, Lyme's disease, frozen shoulder, arthritis, gout, chronic fatigue syndrome, lupus, and sports injuries. Cherries are a well known "brain food" and can help to strengthen cognitive function by helping to improve memory, focus, and concentration and help to reduce brain fog.

They are also a fantastic food for cardiovascular health and can help reduce the risk of heart disease, stroke, and heart attacks. Cherries are an excellent source of melatonin which is known to calm the nervous system, decrease irritability, relieve neurosis, ease headache conditions and promote a solid night's sleep with a balanced sleep-wake cycle.

This soothing effect on the brain neurons makes it an essential food for those who suffer from insomnia or for those who have high anxiety and stress in their lives. Cherries are rich in fiber and are a great natural remedy for constipation. When in season fresh cherries are a quick sweet snack that can easily be eaten while on the go.

Frozen cherries are also a great alternative that can be added to smoothies for a nutritional boost. Frozen bananas and frozen cherries can be blended together in a food processor for a delicious dairy-free & fat-free ice cream that kids and adults both love. Pure cherry juice is also another alternative when fresh is unavailable and can be found online or at your local health food store.

Chia Seeds

Chia seeds are an amazing superfood that contain numerous health and healing benefits. Chia seeds are a rich source of protein, vitamins E & B-complex and minerals such as calcium, magnesium, boron, zinc, strontium, and iron. They are higher in omega-3 fatty acids than any other food and are known to be particularly beneficial for chronic inflammation, heart disease, brain function, cancer, and autoimmune diseases.

Chia seeds are a great “brain food” and they are known to help improve memory, sharpen focus and concentration skills, and reduce brain fog and forgetfulness. Chia seeds are incredibly high in antioxidants and can help to prevent certain health conditions such as heart disease, cancer, and stroke. They also contain powerful anti-inflammatory properties which makes them a good food for those who suffer with rheumatoid arthritis, COPD, fibromyalgia, multiple sclerosis, Alzheimer's disease, cardiomyopathy, chronic fatigue syndrome, and chronic nerve pain.

Chia seeds are a fantastic food for diabetics since they help to stabilize and control blood sugar levels. They are also an excellent weight loss food due to their high

fiber and protein content which can boost the metabolism and promote lean muscle mass. Chia seeds are known to help soothe and cleanse the colon as well as absorb toxins while strengthening peristaltic action. Chia seeds provide a great source of energy and can help you feel energized with sustaining energy all day long.

Consider preparing a chia pudding by stirring together 3 tablespoons of chia seeds and 14 oz coconut milk and allowing to sit overnight in the refrigerator. In the morning, scoop the pudding into a bowl and top with fresh berries. It is a delicious and satisfying meal that will keep you energized and nourished all day long. Chia seeds can be found online or at your local health food store.

Chicory

Chicory is a nutrient rich plant whose flowers, green leaves, and roots have been used for thousands of years to help heal numerous health conditions such as heartburn, jaundice, digestive disorders, liver disease, neurological disorders, and rheumatic conditions such as gout.

Roasted chicory root smells and tastes like coffee but has none of the harmful effects of caffeine and instead has several health promoting benefits such as helping to alkalize the stomach and aid in digestion and assimilation.

Chicory root contains antioxidants and has anti-inflammatory properties which is highly beneficial for both the immune system and the nervous system. It is well known to help aid in purifying the liver and in cleansing the blood as well as help the body resist gall stones, kidney stones, and liver stones. Chicory also provides a soluble fiber known as inulin which can help to control blood sugar levels as well as feed the good digestive flora in the intestines which can help to prevent constipation and even colon cancer.

The inulin in chicory is also known to help lower LDL (bad) cholesterol in the blood. Chicory is excellent for fighting parasites and worms present in the intestines. Chicory also works as a gentle diuretic which can aid in removing excess water retention, swelling, and bloating from the body.

Chicory is known to help the body digest fatty foods better and help to flush toxins out of the digestive tract. Chicory leaves and flowers can be consumed in a

salad and are a good source of potassium, fiber, iron, calcium, niacin, and vitamins C & A. Roasted chicory root can be found as a coffee-substitute online or at your local health food store. Fresh chicory leaves and flowers can often be found in the produce section next to the lettuce and leafy greens in your local health food store.

Chives

Chives contain nutritional compounds that are vital for bone and neurological health and can help to prevent osteoporosis and Alzheimer's disease. They also have an exceptional amount of vitamin A and other antioxidants such as carotenes and lutein which help to protect the body from a variety of cancers.

Chives contain a healing compound called allicin which has anti-bacterial, anti-viral, and anti-fungal properties. Allicin also has the ability to help reduce cholesterol, lower blood pressure, and help to decrease the risk of coronary artery disease, peripheral vascular disease, and stroke.

The sulfur containing oil in chives provides powerful antiseptic abilities without any of the digestion disturbing tendencies that the rest of the onion family can create. Chives are also known to help build the immune system, fight intestinal fermentation, and stimulate both stomach and liver function.

They are especially beneficial for those suffering from inflammation and autoimmune disorders such as fibromyalgia, bursitis, chronic fatigue, adrenal issues, shingles, epstein barr virus and vertigo. Chives are also an excellent source of folic acid which is essential for woman before and during pregnancy. Chives can be easily grown indoors or out and are a simple, flavorful, and healthy addition to any salad, guacamole, potato, rice, soup, or vegetable dish.

Chrysanthemum Tea

Chrysanthemum tea is a remarkable healing drink that is rich in beta carotene, calcium, magnesium, and iron. It contains potent anti-viral and antibacterial properties that make it highly beneficial for healing colds, flu, sore throats, itchy eyes, respiratory and sinus infections, urinary tract infections, and bladder and kidney infections.

Chrysanthemum tea is also very helpful in easing anxiety, tension, irritation, nervousness, and confusion. It is known to rejuvenate the brain as well as calm down the nervous system, leaving you alert and grounded. It is also good for blocked arteries, varicose veins, atherosclerosis, stabilizing blood pressure, and for preventing coronary artery disease.

Chrysanthemum tea has a cooling effect on the body and can help to bring down fevers, heat rash, and heat stroke. Chrysanthemum tea can help to ease headaches, nerve pain, and toothaches. It also aids in digestion of heavy or rich meals and is an effective liver detoxifier. To make this healing and refreshing tea, use 1-2 tsp of dried flower tops to 1 cups of boiling water and let steep for at least 20 minutes, strain and sweeten with raw honey if desired.

The dry flowers can also be soaked in water and used topically as a natural treatment for acne, eczema, psoriasis, or dry, itchy skin. Dried Chrysanthemum flowers can be found online or at your local health food store.

Cilantro

Cilantro is a phenomenal herb that is packed with vitamins A, K, & C, minerals such as iron, calcium, and magnesium, and has more antioxidants than most fruits or vegetables. Cilantro is a remarkable heavy-metal detoxifier and is able to remove mercury and aluminum from where it is stored in the adipose (fat) tissues.

Cilantro is also able to mobilize mercury rapidly from the brain and central nervous system by separating it from the fat tissue and moving into the blood & lymph where when combined with a blue green algae such as spirulina it can be removed safely and effectively from the body. Cilantro & blue green algae used together is a winning combination and a natural miracle that has given tremendous relief to those suffering from mercury poisoning & toxicity.

Cilantro also contains an anti-bacterial compound called dodecenal which has the ability to kill salmonella bacteria and prevent salmonella poisoning. Cilantro is highly beneficial for Alzheimer's disease, Parkinson's disease, Arthritis, Diabetes, Viral and Bacterial Infections, Hepatitis, Colitis, Obsessive-Compulsive Disorders, Autism, Tourette Syndrome, Infertility, and Bell's Palsy. Cilantro is also very helpful

with autoimmune disorders such as Fibromyalgia, Addison's Disease, Guillain-Barre syndrome, IBS, Multiple Sclerosis, and Chronic Fatigue Syndrome.

Cilantro is known to support the stomach, spleen, adrenals, thyroid, pancreas, bladder, and lungs. It is also highly beneficial in reducing LDL (bad) cholesterol and raising HDL (good) cholesterol. Cilantro is often juiced with celery and apples for a medicinal and healing drink. Juicing cilantro is one of the most effective ways to get at least one bunch or more of cilantro in you a day.

Cilantro can also be added to smoothies, salsas, salads, guacamole, soups, pesto, tomatoes, beans, and veggie dishes. If the green flavor of cilantro does not appeal to you, yet you still want to receive its health benefits, consider using cilantro tincture or extract which can be found online or at your local health food store.

Cilantro binds onto heavy metals that feed EB-V, and also onto EB-V toxins, the neurotoxins that give you tingles and numbness various pains and inflammation, depression, and anxiety.

Cinnamon

Cinnamon is a highly prized spice that has been used since ancient times for its medicinal and healing properties. It has the highest antioxidant strength of all the food sources and is several hundreds more potent than any fruit or vegetable. Cinnamon is a great source of vitamins A and B-complex and minerals such as chromium, iron, zinc, and calcium.

It is particularly good for helping diarrhea, nausea, vomiting, indigestion, flatulence, and arthritis. Cinnamon is known to help prevent and shorten the duration of the flu as well to eliminate congestion and mucus from the body. It is also very beneficial for lowering cholesterol and to help regulate blood sugar. It is known to help increase circulation and contains anti-clotting compounds which makes it highly beneficial for helping to prevent strokes and coronary artery disease.

It is also very good for reducing inflammation in the body making it helpful for people with autoimmune disorders such as fibromyalgia and chronic fatigue

syndrome. Cinnamon also has the amazing ability to stop yeast infections, candida, and menstrual cramps. Cinnamon has anti-cancer properties and has been known to reduce the growth of leukemia and lymphoma cancer cells within the body. It is commonly used in gum and dental treatments due to its pain relieving and antiseptic properties.

Cinnamon helps to boost memory and cognitive function, just smelling cinnamon spice or its essential oil can help make you more alert and focused. Cinnamon oil is also one of the most antimicrobial essential oils and is a potent disinfectant around the home and office. Cinnamon contains anti-bacterial, anti-fungal, and anti-viral properties that kill microorganisms such as staph, botulism, aflatoxin mold, E. coli, and cold and flu germs. It has the highest antioxidant strength of all the food sources. Consider adding a couple of pinches of cinnamon every morning to morning tea, cereal, smoothie, or juice.

Try making a raw apple sauce recipe with 2 apples, 3 medjool dates, and a pinch of cinnamon. Place in a food processor and blend until smooth for a fresh and nutritious apple sauce. Cinnamon powder, cinnamon sticks, and cinnamon extract supplements can be found online or at your local grocery store.

Cleavers

Cleavers is a medicinal wild herb that grows throughout the United States, Britain, Europe, Siberia, and the Himalayas. It is one of the most effective herbs for cleansing the lymphatic system. It is known to help move and dissolve lymphatic congestion, reduce swollen glands, ease upper respiratory congestion, and eliminate mucous from the body.

Cleavers is also highly beneficial for removing toxic debris out of the blood and can help to tone and strengthen the entire circulatory system. It is also good for alleviating edema, bloating, and water retention. Cleavers is often used to reduce and eliminate lumps in the breast as well as reduce swelling and pain associated with urinary tract infections and cystitis. It is also known to help reduce swelling with enlarged prostates as well.

Cleavers is excellent for the liver and can help to treat and prevent jaundice and/or any liver disorders. It also work as a tonic for the stomach and is a good

remedy for ulcers and hemorrhoids. Cleavers contains anti-tumor compounds and is an effective natural treatment taken both internally and externally to help reduce the effects of cancer.

Topically, cleavers can be used as a poultice, salve or cream to help reduce swollen lymph nodes and breast tissue as well as for skin irritations, abscesses, boils, burns, eczema, and psoriasis. Cleavers makes an excellent tea and is especially good when one is experiencing heavy mucus and congestion from a cold or flu.

Use 2 tsp of dried herb to 1 cup of boiling water and let steep for at least 10 minutes, sweeten with raw honey if desired. Cleavers can also be found in tincture, extract, capsule, and cream form online or at your local health food store. It is most effective when used for only 1-2 week increments at a time.

Cloves

Cloves are a highly prized medicinal spice that have been used for centuries in treating digestive and respiratory ailments. Cloves contain good amounts of vitamins A, C, K, and B-complex as well as minerals such as manganese, iron, selenium, potassium, and magnesium. They also contain powerful antiseptic, antiviral, anti-inflammatory and anesthetic properties making them tremendously useful in helping to heal a wide variety of illnesses and health conditions.

Cloves are particularly beneficial for the digestive tract and are great for indigestion, gas, constipation, bloating, nausea, and countering the effects of heavy, rich food. They are excellent for relieving muscle spasms, headaches, and nerve pain. They are also often used to disinfect gums, teeth, kidneys, liver, skin, and bronchi.

Clove oil contains eugenol which is a powerful anesthetic and natural pain reliever and is commonly used to help relieve toothaches and to numb gums in dentistry. Clove oil is also beneficial for the circulatory system and is a potent platelet inhibitor which prevents blood clots. Clove oil is also excellent for athlete's foot and for healing cuts, bruises, burns, rashes, and psoriasis.

Essential oil of Clove is an effective decongestant and should be used in a vaporizer, humidifier, or aromatherapy machine to help disinfect the air and to help benefit respiratory conditions such as sinusitis, tuberculosis, bronchitis, asthma, colds & coughs.

Cloves are often combined with other herbs to create seasonings such as Curry Powder and Garam Masala in India, Chinese Five Spice in China, and Worcester Sauce in Great Britain. They are also the ideal addition to deserts, fruit salads, smoothies, and savory dishes alike. Clove tea is helpful for strengthening the immune system and detoxifying the body. Steep 2 tsp of whole cloves in two cups of hot water for at least 10 minutes, sweeten with honey if desired. Cloves can be found whole or powdered in your local supermarket or health food store. Capsules, extract, tincture, tea, and topical oils & creams can all be found online or at your local health food store.

Coconut

Secret weapon against EB-V and its co-factor Streptococcus. Don't get it sulfured or sweetened.

Coconut Water

Coconut water that comes from young green coconuts is a highly nutritious, cleansing, and refreshing juice that is lightly sweet and packed with B-complex vitamins and minerals such as calcium, iron, magnesium, potassium, zinc, and manganese. Coconut Water is one of the highest sources of electrolytes known. It's a natural isotonic beverage with the same level of electrolytic balance that we have in our blood. In our body, plasma is what makes up 55% of human blood and coconut water is identical to human plasma, which makes it a universal donor. Some claim that drinking coconut water gives a person an instant blood transfusion.

During the Pacific War of 1941-1945, both sides in the conflict regularly used coconut water-siphoned directly from the nut-to give emergency plasma transfusions to wounded soldiers. Coconut water has also shown significant anti-

cancer, anti-thrombotic, and anti-aging benefits due to its high cytokinin content. Its bioactive enzymes help to significantly support digestion and metabolism.

Coconut water is low in calories and is an excellent weight loss drink. It also has the ability to hydrate the body on a deep, cellular level making it an essential beverage for athletes and those that live a busy, active life. It also has been shown to help balance pH levels, boost the immune system, and support kidneys in filtering toxins and reducing the risk of kidney stones.

Coconut water is highly beneficial for cardiovascular health as it can help to reduce blood pressure and increase healthy circulation. It is also a vitally important drink for those who are suffering with a chronic illness such as migraines, sinusitis, COPD, fibromyalgia, asthma, PCOS, cardiomyopathy, Chron's disease, epilepsy, hypertension, multiple sclerosis, Parkinson's disease, hypothyroidism, arthritis, lupus, and chronic fatigue syndrome.

Coconut water is excellent for skin conditions and can be applied topically to heal, soothe, and hydrate skin. Coconut water is a universally appealing drink and is considered safe in pregnancy, infants, and the convalescent.

Young green coconuts are readily available year-round in tropical regions such as Hawaii, South Florida, Philippines, Bermuda, Jamaica, Brazil, Thailand, and India and more recently coconut water can be found packaged and bottled and available in supermarkets throughout the United States and around the world but Thai coconut is the best tasting. Taste Nirvana, is a highly recommended brand.

Collard Greens

Collard greens are an incredibly nutritious and healing green leafy vegetable that contains anti-viral, anti-biotic, anti-inflammatory and anti-cancer compounds. They are packed with vitamins A, C & B-complex and minerals such as iron, calcium, selenium, and zinc. They are also exceptionally rich in vitamin K and omega-3 fatty acids which are very important for neurological disorders especially those affecting the brain.

Collard greens are also a phenomenal source of folate which is an essential nutrient for woman of child bearing age as well as for overall cardiovascular health. They

are particularly beneficial for hemorrhoids, constipation, high blood pressure, age related macular degeneration, chronic infections, heart disease, diabetes, asthma, and weight loss.

Due to their anti-inflammatory properties, collard greens are also an ideal food for those suffering with autoimmune disorders such as rheumatoid arthritis, cardiomyopathy, lyme disease, irritable bowel syndrome, fibromyalgia, and chronic fatigue syndrome. Collard greens are also known to be very helpful in the prevention of stomach, colon, breast, ovarian, cervical, lung, skin, liver, and prostate cancers and can help to significantly lower cholesterol.

They are an excellent detoxifying food that helps to purify the liver and move it out of stagnancy. Collard greens can be juiced or used raw finely chopped in salads. They are also excellent steamed or added to soups or stews. Collard greens can be used as a wrap with delicious fillings inside and can be eaten raw or lightly steamed. Collard greens are a nutrient rich vegetable that can be found in the produce section of your local supermarket or health food store.

Cranberries

Cranberries are an excellent source of vitamin C, A, and beta carotene. They are packed with antioxidants and rate very high on the ORAC scale making it an ideal anti-aging and memory enhancing food. Cranberries have amazing anti-inflammatory and anti-cancer properties and are a vital food and supplement for anyone struggling with any chronic illness or disease. They are known to significantly boost the immune system and have a natural antibiotic effect in the body.

Cranberries contain one of nature's most potent vasodilators which opens up congested bronchial tubes and pathways making it essential for healing any respiratory condition. Cranberries are very high in tannic acids which gives them their powerful ability to protect and heal urinary tract, bladder, and kidney infections. These tannic acids are made up of compounds called proanthocyanidins which essentially coats the infection forming bacteria, such as E.coli and H.Pylori, with a slick cover and prevents them from sticking to the walls of the urinary tract and digestive tract.

Since the bacteria are unable to attach themselves to anything they are flushed out of the system and unable to cause any infection or harm. This anti-adhesion ability also help to prevent stomach ulcers, gum disease, and cavities. This ability also helps to prevent cardiovascular disease by stopping cholesterol plaque formation in the heart and blood vessels and by lowering LDL (bad) cholesterol and increasing HDL (good) cholesterol levels in the blood.

Cranberry juice has also been shown to increase the desirable “friendly” bacteria in the digestive tract which benefits digestive disorders such as IBS, colitis, gastritis, indigestion, gas, bloating, and constipation. Cranberry juice has also been known to help treat diaper rash by reducing pH levels in the diaper and thereby reducing irritation. Native Americans commonly ate their cranberries simmered in honey or maple syrup or sun-dried and mixed with nuts to last them through the winter months.

Fresh cranberries can be added to salads, smoothies, fresh juices, and fruit and nut salads or cooked down into the classic cranberry sauce. Sun-dried cranberries are an excellent addition to trail mixes, hot or cold breakfast cereals, grain & vegetables dishes, and wholesome baked goods. Sun-dried cranberries can also be made into a medicinal tea by soaking in water overnight. Pure cranberry juice can be taken straight or mixed with spring water, coconut water, or apple or grape juice to receive its healing benefits. Cranberry extracts can also be found in capsule and tincture form online and in your local health food store for year-round use.

Crimini Mushrooms

Crimini mushrooms, also known as baby portobello mushrooms, are a medicinal powerhouse and contain several unique health promoting compounds. They are a good source of vitamins E, B12, and D and minerals such as zinc, selenium, iron, & calcium. Crimini mushrooms contain potent anti-cancer compounds such as conjugated-linoleic acid (CLA) that are specifically beneficial for breast, ovarian, and uterine cancers due to its ability to prevent high levels of estrogen from circulating within the body.

They also have powerful anti-inflammatory properties that can effectively regulate inflammation in the heart, joints, organs, and tissues making them especially good for those who suffer with arthritis, heart disease, asthma, fibromyalgia, chronic fatigue syndrome, cardiovascular disease, Parkinson's disease, and Alzheimer's disease. Crimini mushrooms also contain an antioxidant compound called L-ergothioneine which is known to be incredibly important for cognitive function, eye health, reproductive health, and lung health.

Crimini mushrooms are also excellent for strengthening the immune system and can significantly lower the risk of colds, flu, ear infections, bronchitis, swollen glands, sore throats, and chronic infections. They have even been shown to slow down or prevent the onset of tumors in the body. Crimini mushrooms also contain tryptophan which effects serotonin levels in the body and is essential to stabilize mood swings and create a balanced sleep pattern.

Crimini mushrooms are a delicious and healthy addition to the diet and can be enjoyed raw, steamed, sauteed, or roasted and can be added to salads, soups, and vegetable dishes. The medicinal properties of mushrooms can also be found in capsule, tincture, tea, and extract form online or at your local health food store.

Cucumbers

Cucumbers are a highly alkalinizing and hydrating food that are rich in nutrients such as vitamins A, C, K, magnesium, silicon, and potassium. Cucumbers are also packed with antioxidants and enzymes such as erepsin which helps to digest proteins and destroy parasites and tapeworms. The high chlorophyll and lignan content in the cucumber skin makes it a great anti-cancer food and can be particularly helpful in reducing the risk of estrogen related cancers such as breast, uterus, prostate, and ovarian cancer.

The high fiber content of cucumbers makes it an excellent remedy for constipation by adding bulk and hydration directly to the colon. Cucumbers are also one of the best natural diuretics around, aiding in the excretion of wastes through the kidneys and helping to dissolve uric acid accumulations such as kidney and bladder stones.

They have wonderful anti-inflammatory benefits which can significantly benefit autoimmune and neurological disorders. It can also help to diminish swelling and

puffiness underneath the eyes when applied externally. Cucumbers also benefit teeth and gums as the fiber and nutrients help to massage the gums and remove bad bacteria from the teeth.

Their high silica content promotes strong and healthy hair and nails which has earned them the reputation for centuries as being a “beautifying” food. Fresh cucumber juice has the ability to cleanse and detox the entire body as well as help to alleviate digestive problems such as gastritis, acidity, heartburn, indigestion, and ulcers.

It is also an ideal way to properly hydrate the body since it contains beneficial electrolytes that have the ability to bring nutrients and hydration deep into the cells and tissues making it far more effective than water alone. Fresh cucumber juice is also an excellent remedy for bringing down a fever in children and the convalescent. It also flushes out the liver and balances out the kidneys. A lot of people with EB-V have weak kidneys. And a lot of people with EB-V have adrenal issues because their adrenals are working overtime to fend for everything (everything is so out of whack, including the thyroid). This juice is a real adrenal builder.

Cucumbers are a fantastic addition to any salad. Do you struggle with staying hydrated throughout the day? Bringing cucumbers or cucumber juice into your diet on a daily basis can be a simple way to help fight dehydration. The rich hydration cucumbers provide the body with can help keep you looking and feeling more youthful than you otherwise might. Talafinns, coenzymes in cucumbers that I brought to light that medical research has yet to identify, alongside already recognized enzymes, assist the body in digesting proteins. One reason this is valuable is because it aids your body in deriving the full benefits from the foods you consume.

Cucumber Juice

Cucumber juice is a highly alkalizing and hydrating drink that is rich in nutrients such as vitamins A, C, K, magnesium, silicon, and potassium. It has the ability to cleanse and detox the entire body as well as help to alleviate digestive problems such as gastritis, acidity, heartburn, indigestion, and ulcers. It is also an ideal way to properly hydrate the body since it contains beneficial electrolytes that have

the ability to bring nutrients and hydration deep into the cells and tissues making it far more effective than water alone.

Cucumber juice is also one of the best natural diuretics around, aiding in the excretion of wastes through the kidneys and helping to dissolve uric acid accumulations such as kidney and bladder stones. It has the ability to help reduce edema, bloating and swelling in the body. It also has wonderful anti-inflammatory benefits which can significantly benefit autoimmune and neurological disorders such as Chronic Fatigue Syndrome, Fibromyalgia, Migraines, Anxiety, Depression, Shingles, Eczema, Psoriasis, Rheumatoid Arthritis, Multiple Sclerosis, & Lupus.

Cucumber juice is also an excellent remedy for bringing down a fever in children and the convalescent. 8-16oz of fresh cucumber juice is recommended daily to help hydrate and recover the body. Cucumber Juice Ingredients: 2-4 cucumbers, organic Preparation: Wash the cucumbers and cut as needed. Run the cucumbers through your juicer and drink immediately for best results. If you do not have a juicer, then blend the cucumbers and strain liquid. Drink and Enjoy!

Cumin

Cumin is one of the best spices to therapeutically use for digestive disorders such as indigestion, dyspepsia, stomach cramps, gastritis, bloating, constipation, nausea, and flatulence. Cumin seeds contain good amounts of vitamins E, A and B-complex and is an excellent source of minerals such as zinc, selenium, iron, copper, calcium, and manganese.

Cumin helps the body absorb and assimilate nutrients much more efficiently. It also contains anti-cancer and anti-tumor properties and have been shown to significantly reduce the risk of stomach, colon, and liver tumors. It has also been shown to detoxify the body by boosting liver and kidney function. It is known to help benefit colds, flu, insomnia, asthma, pneumonia, chronic bronchitis, muscle spasms, and arthritis.

Many of the health properties in cumin seeds are found in their essential oils which include cuminaldehyde and thymol. These compounds help to support healthy immune, respiratory, circulatory, reproductive, lymphatic, and digestive systems. For pregnant woman and new mothers, cumin has been known to help relieve morning sickness and to strengthen milk production for breast feeding.

Cumin seeds can be made in a tea by gently boiling two cups of water with 2-3 teaspoons of cumin seeds for 10 minutes or more. Allow to cool and sip throughout the day. Cumin tea is also excellent for weight loss as it can help to boost the metabolism and energize the body. In biblical times, cumin seeds were highly valued for their digestive properties and were used during times of ceremonial fasting to help cleanse and purify the body.

Topically, crushed cumin seeds or cumin powder can be mixed with coconut or olive oil and be applied to boils, scrapes, burns, and insect bites to help disinfect and soothe the skin. Consider finding new ways to add this healing spice into your weekly meals.

Currants

Currants and their juice are highly nutritious and have been used medicinally and therapeutically for hundreds of years. They can help to purify the blood, prevent anemia, counteract kidney problems, and benefit the nervous system. Currants are rich in antioxidants, phytonutrients, essential fatty acids, minerals and vitamins such as vitamin C. In fact, currants have been shown to have four times the vitamin C than oranges and twice the antioxidants than blueberries.

Currants also contain a rare Omega-6 essential fatty acid called Gamma-Linoleic Acid (GLA) that is especially beneficial for brain function, regulation of metabolism, proper immune system functioning, and reproductive health, particularly PMS and fertility.

The anthocyanins contained in currants are known to significantly reduce inflammation in the body in a similar way that aspirin, ibuprofen, and cortisone work. Black currant juice is often taken by those who suffer from arthritis, chronic allergies, asthma, colitis, and other autoimmune disorders to help reduce swelling and ease any discomfort or pain. Currants also contain cassis polysaccharide (CAPS) which has powerful anti-cancer properties which only increases their benefits.

Fresh currants (found in the produce department or local farmer's market) or cold pressed juice (found in the refrigerated juice section of your health food store) is

ideal, but when they are unavailable then dried currants (found online or in the dried fruit department of your health food store) can be soaked and added to smoothies, snacked on whole like raisins, or steeped in water for cold or hot tea.

Dandelion Greens

Dandelion greens are packed with vitamins and minerals such as Vitamin A, C, E, & K, and calcium, iron, zinc, magnesium & copper. Dandelion greens are also about 14% protein, which is MORE protein per serving than spinach, Popeye's favorite muscle building food.

Dandelion greens are especially beneficial for the liver and aid in flushing out toxins and remineralizing the body. Its high beta carotene and flavonoid content also benefits the immune system and cardiovascular system. Dandelion greens are also one of the richest sources of plant based Vitamin K which is essential for bone and neurological health and Vitamin A which is vital for eye and skin health.

Dandelion greens can be found at most health food stores and farmer's markets, but they also can be found in the spring and early summer months in your own backyard. Just make sure they have not been sprayed with any pesticides and wash in cold water before using. The leaves can also be dried and later used as a medicinal tea. The yellow flower tops and taproot are also edible and nutrient packed and will be discussed further in a separate post. Try adding a few dandelion leaves to your soup, salad, green juice, or smoothie. They can also be steamed with garlic and ginger and drizzled with a little extra virgin olive oil.

Dates

Dates are an ideal food for improved energy and brain function. They are a good source of vitamin A & B-complex and they are rich in minerals such as iron, calcium, manganese, copper, and potassium. Dates are known to help build bone and muscle strength and have been used for thousands of years by athletes to improve physical endurance, agility, and stamina.

Dates contain anti-inflammatory and anti-infective properties which make it an excellent food for those who suffer with chronic infections and auto-immune

disorders. They also help to control heart rate and blood pressure which offers protection against strokes and coronary heart diseases. Dates contain an easily digestible fiber that has been found to help prevent colon, prostate, lung, endometrial, breast, and pancreatic cancers.

They are also known to help lower LDL (bad) cholesterol, relieve constipation, improve anemia, and prevent macular degeneration. There are several varieties of dates including Medjool, Deglet Noor, Zahidi, Honey, Khadrawi, Halawi, and Barhi. Each variety is unique and varies in sweetness, flavor, and texture. For instance, Khadrawi dates are small, very soft, melt-in-your-mouth, and super sweet, while the Deglet Noor dates are firm and chewier with a more rich deep flavor.

Medjool dates are one of the most popular dates for their king size and delicious meaty flavor. Dates can be eaten out of hand as a quick snack and they also combine particularly well with celery sticks and cucumber slices as a balanced, high energy snack. They can be blended with a little water and turned into a caramel dipping sauce for apple slices that kids love!

Dates are also delicious when added to smoothies and/or salads. They can also be chopped with walnuts, coconut, ginger or other spices and pressed into homemade energy bars and deserts. Fresh dates can be found online or in the produce section of your local health food store. They can provide a wonderful energy boost and help revitalize the body any time of the day.

Dill

Dill is an ancient herb that contains medicinal compounds including flavonoids and monoterpenes. These compounds make dill a great antioxidant and chemoprotective herb that is highly beneficial for viral, bacterial, yeast, and fungal infections, parasites, pain relief, sleep disorders, cancer prevention, and respiratory disorders. Dill is also regularly used as a digestive aid and can help reduce bad breath, acid reflux, flatulence, indigestion, and diarrhea.

Dill has also been known to be a remedy for treating insomnia, headaches, and hiccups. Dill is a great source of calcium, magnesium, and iron which makes it good for the bones, blood, and organs. Dill contains an essential oil called Eugenol which has been therapeutically used as a local anesthetic and antiseptic. In

ancient times, dill weed was often crushed and applied to wounds to disinfect and speed up healing time. Eugenol has also been used to reduce blood sugar levels in diabetics.

Dill seeds are also very beneficial and have sedative, anti-spasmodic, and digestive properties. Chewing on a few seeds can freshen the breath and ease digestion after a heavy meal. Dill water/tea can be made by placing fresh dill into boiling water, steep for at least 5 minutes, strain, and sip throughout the day.

Dill is a very healing and aromatic herb that can brighten up a variety of foods including salads, guacamole, potatoes, and soup. Regularly including it in your diet will benefit both your mind and body.

Dong Quai

Dong Quai has been used for thousands of years as a medicinal herb and is prized for its ability to benefit both the female and male reproductive system. Dong Quai is considered to be the “premier hormone regulator” and has the ability to reduce estrogen levels if they are too high or increase estrogen levels if they are too low. It is often used as a natural infertility treatment and can also help improve sperm quality in men due to its ferulic acid.

Dong Quai is high in vitamins and minerals such as vitamin B-12, folic acid, biotin, cobalt, and iron. It is highly beneficial for hypothyroidism, migraines, irritable moods, depression, low energy, heart palpitations, insomnia, hypertension, kidney disease, angina, arthritis, nerve pain, shingles, sciatica, fibromyalgia, and rheumatoid arthritis. Dong Quai is also highly beneficial for the cardiovascular system by helping to reduce blood pressure levels and blood sugar levels.

It is also good for reducing anxiety, alleviating stress damage, calming the nervous system, and promoting overall relaxation in the body. Some people claim that dong quai can help you feel happier and less overwhelmed with the stresses of life. Dong Quai contains anti-spasmodic properties that can ease cramps and other symptoms of PMS.

It is also known to help prevent hot flashes and other menopausal symptoms as well. Dong Quai is an excellent blood builder and can help to replenish and rebuild

the blood after injury or surgery. It contains anti-aging properties and can help increase circulation, improve one's complexion, and aid in detoxification.

Topically, dong quai is helpful for skin problems such as rosacea, hives, eczema, neurodermititis, and vitiligo. Caution should be used with those who have breast, uterine, or prostate cancer or women who are pregnant. Dong Quai can be found online or at your local health food store in capsule, tincture, extract, tea, and cream form.

Echinacea

Echinacea, also known as coneflower, is a medicinal plant that has been used for centuries to help keep the immune system active and healthy. Echinacea contains a compound known as echinacein which protects healthy cells from viruses and bacteria that are trying to invade them.

Echinacea is particularly beneficial in helping the body heal quickly from colds, flu, sore throat, sinus infections, sinusitis, hay fever, bronchitis, canker sores, enlarged lymph glands, ear infections, gingivitis, enlarged prostate, urinary tract infections, and yeast infections. Echinacea is also a blood purifier and has anti-inflammatory properties.

As a topical disinfectant and analgesic, Echinacea can be used as an ointment or salve to help heal reduce the pain and swelling associated with psoriasis, eczema, skin irritations, boils, scrapes, wounds, bug bites, bee stings, sunburn, and hemorrhoids. As an herbal supplement, echinacea can be taken as a capsule, tablet, extract, tincture, or tea. Due to its powerful immune boosting abilities, its best to only take echinacea for a short period of time, usually from a few days to a few weeks, depending on your illness. This short duration will activate your immune system, but also protect it from becoming over-stimulated. If you are fortunate enough to have an echinacea plant growing near where you live, the plant and roots can be dried and used as a medicinal tea.

Elderberries

Elderberries are one of the most effective remedies for viral and bacterial infections such as colds and flu and can substantially shorten the duration of your illness if you get sick. They contain special proteins and bioflavonoids that have the ability to destroy viruses on contact that infect cells in the body.

Elderberries also are known to have the ability to significantly enhance immune function by boosting the production of cytokines in the body. They also are very beneficial for bronchial and respiratory problems and can help loosen and expel congestion in the lungs. Elderberry juice is known to relieve neurological spasms and tics in the face and body as well as alleviate pain of neurological conditions such as sciatica.

Sambucol, a type of elderberry extract, has potent antioxidant abilities and has been shown to increase the production of lymphocytes or immune cells which are needed to fight off infection and are particularly beneficial for shingles, hepatitis, HIV, asthma, rheumatoid arthritis, and heart and cardiovascular conditions.

There are several ways one can take elderberries. Dried elderberries can be steeped in hot water to make a healing and immune boosting tea for daily preventative use. Elderberry syrup is a popular cold and flu remedy typically formulated in a honey or glycerin base making it a sweet remedy that even children enjoy and take willingly. Elderberry tinctures and capsules are another convenient way to use this powerful berry in your health regime. Elderberry products can be found online or at your local health food store.

Elderflower

Elderflower tea is a soothing and healing beverage that contains strong anti-viral, anti-bacterial, and anti-inflammatory properties. Elderflowers are rich in vitamins A, C, and B-complex as well as numerous phytochemicals and antioxidant compounds.

Elderflower tea is a powerful immune booster and is particularly helpful with respiratory ailments such as bronchitis, sinusitis, laryngitis, tonsillitis, asthma, chronic cough, sore throat, cold, flu, and fever. Elderflower is a natural decongestant and helps to clear up mucus and congestion in the lungs, sinus, and

nasal passages. It's also very helpful in treating other viral illnesses such as measles, chicken pox, shingles, and Epstein Barr. Elderflower has the power to purify the blood and cleanse the lymphatic system of toxins and debris.

Elderflower works as a natural diuretic and can help eliminate water retention, bloating, and edema. Elderflower is also known to be particularly useful in benefiting liver disorders, fungal infections, urinary tract infections, toothaches, gout, headaches, arthritis, and hay fever.

Elderflower tea can also be applied topically and used to help heal cuts, wounds, burns as well as fade blemishes and freckles. To make elderflower tea, add 1-2 teaspoons of dried flowers to 1 cup of boiling water and let steep for at least 10 minutes. Add a squeeze of fresh lemon juice and/or a touch of raw honey to increase therapeutic benefits. Consider making several cups at a time and sipping throughout the day. Elderflowers can be found online or at your local health food store in tea, extract, and tincture form.

Eyebright

Eyebright is a tiny herb that grows readily in backyards, fields, and pastures. It contains anti-viral, anti-inflammatory, and anti-allergenic properties. As the name suggests, eyebright is known for being particularly beneficial for eye related problems such as conjunctivitis, cataracts, blurry vision, weakened vision, and swollen, puffy eyes.

Eyebright is also excellent for alleviating symptoms related to sinusitis, colds, seasonal allergies, and respiratory ailments. Eyebright can also enhance memory and improve overall cognitive performance. As a topical cream or poultice, eyebright can significantly improve acne and skin irritations.

Eyebright is commonly found online or at your local health food store as a tea, capsule, tincture, cream, or salve. Eyebright is often combined with bilberry for enhanced benefits. If you find it in tea form, steep for at least five minutes in order to fully extract its healing properties.

Fennel

Fennel is considered both a vegetable and an herb due to its wide ranging nutritional and healing benefits. Fennel is rich in folic acid, vitamin C, magnesium, cobalt, iron, and essential oils that contain powerful anti-bacterial and anti-fungal properties. It is excellent for indigestion and is commonly used as a natural antacid in order to help reduce acidity and inflammation in the digestive tract and to facilitate proper absorption and assimilation of nutrients from food.

Fennel has potent anti-flatulent and carminative properties which means it is able to prevent and stop the formation of gas in the stomach and intestines. It is also known to be highly beneficial for sinus congestion, bronchitis, renal colic, anemia, hypertension, macular degeneration, constipation, bloating, diarrhea, and irritable bowel syndrome. Fennel is used to help protect against both cardiovascular disease and cancer.

It contains an important anti-inflammatory phytonutrient called anethole that blocks both inflammation and carcinogenesis, which is the mutation of regular cells into cancerous cells. Fennel also has the ability to ease and regulate menstruation by regulating hormonal action properly in the body. Fennel is used amongst nursing women to help stimulate consistent milk flow for their babies.

It is also known to help strengthen hair, prevent hair loss, relax the body, and sharpen the memory. Fennel seeds can be chewed after a meal to aid in digestion and to remove bad breath. Fennel seeds can also be made into an effective medicinal tea by steeping the seeds in hot water for 10 minutes or more. Fresh fennel juice can be combined with fresh celery, cucumber, and/or apple juice for a healing and medicinal drink.

Fresh fennel juice can also be used topically to swollen or inflamed eyes to reduce irritation, swelling, and fatigue. Fresh fennel has a crunchy, slightly sweet licorice flavor and is a wonderful addition to fresh salads, smoothies, soups, stir-fry, potatoes, and other vegetable dishes. Fresh fennel and fennel seeds can be generally found at your local supermarket or farmer's market. Fennel tea, capsules, tincture, and extract can all be found online or at your local health food store.

Fenugreek Tea

Fenugreek tea is one of the oldest medicinal tonics and has been used for thousands of years to prevent fevers, soothe stomach disorders, and to treat diabetics. Fenugreek seeds are rich in nutrients such as vitamins A, C, thiamin, folic acid, calcium, copper, iron, magnesium, and selenium.

Fenugreek tea can help to relieve lower back pain and reduce inflammation in the body. It is also highly beneficial for acid reflux, heartburn, respiratory issues, allergies, ulcers, gastritis, indigestion, and constipation. Fenugreek contains powerful compounds that can bind to toxins in the digestive tract and help to remove them from the body as well as protect the colon from cancer. Fenugreek contains an amino acid called 4-hydroxy- isoleucine which helps to facilitate insulin secretion and has been shown to be very helpful for diabetics who are trying to find natural ways to control their blood sugar levels.

Fenugreek tea is also very effective at helping to lower cholesterol and can significantly reduce the risk of a heart attack. Fenugreek tea has been shown to significantly increase milk production in lactating women.

Fenugreek seeds are often used in culinary dishes and are a main ingredient in curry spice and are delicious in vegetable and lentil dishes. The seeds, however, should only be added in small quantities as that have a very strong flavor and taste. Fenugreek seeds can also be sprouted and used as a healthy addition to salads and sandwiches. Fenugreek can also be used topically as an effective treatment for skin problems such as acne, boils, burns, and eczema.

Fenugreek seeds are readily available online and in the spice section of your local grocery store. Fenugreek can also be found in capsule, tincture, powdered, extract, and cream form at your local health food store.

Figs

Figs are a highly prized and nourishing fruit that have been used to treat nearly every known disease since ancient times. They can provide phenomenal amounts of energy and vitality to the body as well as aid in the repair and restoration of the digestive, cardiovascular, lymphatic, reproductive, muscular, immune, and skeletal system.

Figs are one of the most alkaline fruits available and are rich in minerals such as calcium, iron, copper, potassium, selenium, and zinc. In fact, figs are one of the highest sources of readily assimilable calcium in the plant world which makes them a great choice to help prevent osteoporosis and their potassium content can help to prevent hypertension as well.

Figs have the ability to bind to acids in the body that accumulate as fat globules and flush them from the body making them a good addition to any weight loss program. They also work as an excellent laxative and their high mucin content help to eliminate toxic wastes and mucus from the colon. Similarly, they are also very beneficial for people who suffer from asthma as they can help to drain phlegm from the body.

Figs have the ability to kill off bad bacteria while promoting the buildup of good bacteria such as acidophilus in the bowel. Figs contain chlorogenic acid which can help lower blood sugar levels and control blood glucose levels in Type 2 Diabetes.

There are hundreds of varieties of figs, but some of the more common ones found in supermarkets include Black Mission, Kadota, Brown Turkey, and Calimyrna.

Fresh figs are a decadent treat when in season, but when fresh figs are not available, try soaking some dried figs in water for a few hours and blend into a sweet and creamy fig pudding or add to a smoothie for a flavor and nutritional boost. Snack on fresh or dried figs for a powerhouse of nutrition and energy that can help your body function optimally all day long.

They are great for killing off EB-V. What they do is to grab onto toxins in the intestinal tract, including heavy metals, and drive them out of the body so we can heal better from EB-V .

Figs help reduce bloating & digestive disorders

Garlic

Garlic is one of the world's oldest medicines and is an incredibly potent spice that can ward off a variety of illnesses and diseases. It has amazingly high levels of vitamins and minerals including vitamin C and B-6 and minerals such as selenium,

calcium, copper, and iron. Garlic also contains very strong antibiotic, anti-fungal, anti-cancer, and anti-viral properties.

One raw crushed clove of garlic contains the antibiotic equivalent of 100,000 units of penicillin and has been proven to be more effective than both penicillin and tetracycline in suppressing certain types of disease carrying agents. Garlic contains a compound called allicin which has been shown to help significantly lower cholesterol and blood pressure by inhibiting the HMG-CoA reductase enzyme within the liver cells and blocking platelet clot formation in the blood vessels.

Garlic is also very good for the digestive tract and has a strong ability to eliminate toxic matter from the lymphatic system. Garlic's anti-inflammatory properties make it vital for autoimmune disorders such as rheumatoid arthritis, COPD, lupus, fibromyalgia, lyme disease, bursitis, shingles, and chronic fatigue syndrome. It is also particularly beneficial for ear infections, candida, bronchitis, respiratory infections, food poisoning, herpes, coronary artery disease, stroke, colds, flus, urinary tract infections, and weak immune systems.

Garlic can help eliminate lead and other heavy metals from the body. It is also a good remedy for removing parasites and worms from the colon. Garlic can be juiced with vegetables for a powerful immune boosting drink. When feeling under the weather consider eating 1-4 cloves of raw garlic a day by adding it to guacamole, soups, hummus, or crushed on toast with a little olive oil.

If the flavor of garlic does not appeal to you, odor-free garlic capsules can be a great alternative and a way to still get the health benefits of this natural wonder. Garlic supplements can be found online or at your local health food store.

Gentian

Gentian is a medicinal herb that has long been used for its digestive and healing properties. Gentian has the ability to help stimulate gastric juices and ignite the metabolism which has made it a common natural treatment for anorexia, sluggish digestion, dyspepsia, flatulence, toxic bowels, weak appetite, gastritis, acidosis, bloating, and constipation.

It is also a powerful immune booster and has been shown to support the growth of leukocytes and red blood cells within the body which makes it a great herb for

those experiencing colds, flu, sinus infections, or respiratory ailments. Gentian is also an excellent tonic for the liver, pancreas, and gallbladder and is known to be particularly beneficial for hepatitis, jaundice, pancreatitis, and gallstones. It is often recommended to help increase energy and vitality for those who are experiencing mental and physical exhaustion.

Gentian is also known to invigorate the circulatory system and help to build the blood after a chronic or long standing illness. Gentian is also a highly beneficial for sore throats, fevers, thrush, cardiovascular problems, arthritis, and chronic swelling and inflammation. Gentian is an anti-addiction herb and is often found in natural anti-smoking products.

Topically, gentian can be applied to wounds, ulcers, and abrasions for a faster healing response and to help clean and disinfect the wound. Gentian can be taken as a medicinal tea by simmering 2 tsp of dried root in 2 cups of water for twenty minutes. Allow to cool, strain, and sweeten with honey if desired. Sip 30 min-1hr before a meal for best results. Gentian can be found in tincture, extract, capsule, tea, and cream form online or at your local health food store.

Ginger

Ginger is one of the world's oldest and most popular medicinal spices. It is known to greatly aid in digestion and assimilation and is widely regarded to help prevent colds, flu, motion sickness, and vertigo. Ginger can also help to alleviate menstrual cramps, nausea, heart burn, migraines, sore throats, exhaustion, fatigue, and constipation and it is great in providing relief from the stomach flu and food poisoning.

Ginger also contains potent anti-inflammatory compounds called gingerols and is a powerful painkiller which makes it especially beneficial for those who suffer with joint, muscle, and nerve pain. Ginger has incredible immune-boosting and germ fighting abilities and has even been shown to help provide protection and relief from E.coli, Staph infections, and Candida albicans.

In ancient times, ginger was highly regarded as a spiritual cleanser and used before and during holy days as a way to awaken and purify the body, mind, and spirit. Fresh ginger is one of the most potent ways to receive its health benefits. Try making a liter of ginger water or tea everyday by adding freshly grated ginger in

water and let steep for 10-20 minutes. Adding some raw honey and fresh squeezed lemon juice will enhance its flavor and add to its protective and healing properties.

Fresh ginger is also excellent juiced with apples and celery for an energizing and immune boosting drink. Using fresh ginger in any of your cooking or preparing of food will also provide healing benefits and should be added whenever possible. If you find fresh ginger too strong for your liking, then try using ginger in powder, capsule, tea, or tincture form that can be found online or in your local health food store.

Ginger is anti-viral to EB-V. A Germ's Worst Nightmare. Ginger is one of the world's oldest and most popular medicinal spices. In ancient times, it was highly regarded as a spiritual cleanser and used during holy times as a way to awaken and purify the body, mind, and spirit.

Ginseng

Ginseng has often been referred to as a general panacea for its ability to promote healing for almost every type of ailment. Ginseng is an adaptogenic herb meaning that it has the unique ability to balance and tone multiple physiological functions at once which can provide more efficient and effective healing.

It is a powerful herb that can help to significantly increase energy and stamina, restore libido, sharpen memory and concentration skills, strengthen the digestive tract, balance the endocrine system, protect the body from toxins and radiation, and prevent cancer.

There are three main types of Ginseng: Siberian Ginseng, Korean ginseng, and American Ginseng. Siberian Ginseng is known to increase immune function, ease lower back pain, reduce stress damage, and reverse the aging process. Siberian Ginseng is also excellent for adrenal fatigue and exhaustion, brain fog, depression, trauma, surgery, insomnia, overwork, and chronic fatigue syndrome.

Siberian ginseng is also well known for its ability to enhance athletic performance and endurance. Korean ginseng is invigorating and stimulating and is known for increasing sexual vitality, strengthening the immune system, improving blood

circulation, and stimulate body heat for those who are living or working in cold climates.

Korean ginseng is also good for those who have been weak or ill for a long period of time and need a boost to help get them going again. American Ginseng is known to help relieve fatigue, enhance reproductive performance, and help cleanse a sluggish or bloated digestive tract. American Ginseng is good for those who suffer from neuralgia, poor digestion, nose bleeds, diabetes, gout, rheumatism, ADD & ADHD, and post-chemo recovery. Siberian, Korean, and American Ginseng can be found in capsule, tincture, extract, tea, and cream form online or at your local health food store.

Goldenseal Root

Goldenseal root is a popular herb from North America that works as a powerful herbal antibiotic and immune system enhancer. Goldenseal is a good source of vitamins A, C, E, & B-complex and minerals such as calcium, iron and manganese. It contains potent anti-bacterial, anti-microbial, anti-fungal, and anti-inflammatory properties as well as alkaloids that are known to be an effective treatment for diarrhea and stomach problems that are caused by influenza or food poisoning.

It is also very helpful for other digestive problems such as peptic ulcers, gastritis, dyspepsia, and colitis. Goldenseal helps to increase digestive enzymes and significantly enhances liver and spleen functions. It is an amazing infection fighter and is known to be particularly useful at treating sinus, respiratory, mouth, throat, bladder, yeast, and urinary tract infections.

It is also an effective remedy for hemorrhoids, athlete's foot, canker sores, and to help stop heavy menstrual bleeding. Goldenseal is an essential herb during cold and flu season as it can help to prevent and relieve the symptoms of colds, flu, fevers, bronchitis, heavy congestion, and even pneumonia. It is also helpful against hay fever, laryngitis, cystitis, hepatitis, and liver disease.

Externally, a wash can be made with goldenseal extract to help treat conjunctivitis and inflamed eyelids. A mouthwash can also be made and used as a gargle for sore throats and gum infections and goldenseal creams/ointments are very effective for treating eczema, ringworm, boils, cuts, and rashes. Goldenseal is

often combined with other herbs including Echinacea which work synergistically and enhance both of their healing properties together.

Goldenseal can be found online or at your local health food store in capsule, tincture, extract, tea, mouthwash, and cream form. It should only be used for a week or two at a time in order to maintain its effectiveness within the body.

Gotu-Kola

Gotu-kola is a medicinal herb that has tremendous healing properties that are known to benefit a wide variety of ailments. Gotu kola is rich in vitamins A, C, & B-complex as well as minerals such as silicon, selenium, calcium, magnesium, and iron. Gotu kola is one of the premier herbs for neurological disorders including dementia, bell's palsy, epilepsy, parkinson's disease, bipolar disorder, tremors, guillain-barre syndrome, tourette syndrome, and narcolepsy. It also functions as a brain tonic and energy booster and has been shown to significantly improve cognitive skills while reducing brain fog and forgetfulness.

Gotu kola is an adaptogenic herb which makes it excellent for strengthening the adrenal glands and preventing stress related illnesses such as headaches, exhaustion, insomnia, and indigestion. Gotu kola functions well as a blood cleanser and is known to help improve the circulatory, digestive, and lymphatic systems. It is also known to relieve high blood pressure and is particularly beneficial for hepatitis, urinary tract infections, heart disease, venereal diseases, multiple sclerosis, and rheumatoid arthritis.

Gotu kola contains triterpenoid compounds that can help to strengthen the walls of blood vessels, veins, and capillaries which significantly improves blood flow and circulation. These abilities make it an effective remedy for varicose veins, leg cramps, ulcers, retinopathy, hemorrhoids, and chronic tingling of the arms & legs. Topically, gotu kola has shown to be effective for skin ailments such as psoriasis, acne, eczema, bed sores, wounds, cellulite, postoperative scars, and even leprosy. Gotu kola can be found in tea, tincture, extract, capsule, and cream form online or at your local health food store.

Gooseberries

Amla berry, also known as Indian Gooseberry, is an amazing fruit that contains a phenomenal amount of vitamin C and antioxidants such as ellagic acid and quercetin. It is also high in vitamins A & B-complex and minerals such as iron, calcium, chromium, and phosphorus. Amla can significantly boost the immune system and protect the body from chronic illness and disease. It is particularly beneficial for urinary tract infections, heart disease, type 2 diabetes, asthma, and blood disorders.

It also contains powerful anti-inflammatory properties making it essential for autoimmune disorders such as arthritis, chronic fatigue syndrome, cardiomyopathy, lupus, fibromyalgia, and bursitis. Amla also contains potent anti-mutagenic and anti-proliferative properties which can be vital in the prevention of cancer. It is also very good at alkalinizing the stomach and removing acidosis and is known to enhance food absorption and regulate elimination making it an excellent digestive aid.

Amla has been shown to help increase energy and vitality, improve muscle tone, strengthen vision, remove toxins, and enhance fertility. It is also an effective remedy for hot flashes and fever as it has a natural cooling effect on the body and can help to regulate body temperature and fluctuations. Amla has wonderful anti-aging properties and can help to rejuvenate the organs, cells, and tissues and promote good health and longevity.

Amla is well known for its abilities to help re-grow hair, nourish the roots, and deepen color and shine. Amla fruit and oil is often found in hair tonics for its healing properties. Amla can be found in powder, tincture, capsule, juice, oil, extract, and cream form at your local health food store.

Grapefruit

Grapefruits are an exceptional fruit that have very strong anti-viral and anti-bacterial properties. They are a great source of vitamin C and bioflavonoids which help to boost the immune system and prevent aging, illness, and disease. Grapefruits are known to help with fevers, fatigue, indigestion, insomnia, diabetes, weight loss, influenza, malaria, urinary tract disorders, constipation, and flatulence.

They are also an anti-cancer powerhouse and are particularly beneficial for prostate, breast, colon, and throat cancers. Even though grapefruit is thought to be an acidic fruit, it actually has the opposite reaction once inside the body and makes the body more alkaline which is vital for preventing most other diseases. They also have the ability to help lower LDL (bad) cholesterol and triglycerides.

Fresh grapefruit contains three special compounds; Salicylic acid, Naringin, and Galacturonic acid. Salicylic acid has proven to be very valuable in helping to remove or dissolve inorganic calcium that may have formed as deposits in the joints such as with arthritis. Naringin is a flavonoid (antioxidant) that has been shown to promote the elimination of old red blood cells from the body and to bring back hematocrit levels to normal.

Galacturonic acid (found only in grapefruit) has the ability to break up and dislodge fatty plaque buildup in the arteries and remove it completely from the body. Externally, fresh grapefruit is a natural antiseptic and can be used to help disinfect and heal wounds and abrasions. Grapefruit seeds also are a powerful natural medicine. Grapefruit seed extract is extremely effective at killing dozens of bacteria, fungi, yeast, and other harmful organisms.

Grapefruit seed extract is also known to quickly and effectively help heal sore throats, food poisoning, diarrhea, candida infections, and acne. Grapefruits are packed with electrolytes and water making them the perfect food to help replenish and hydrate the body after exercise. For the most health benefits, consume fresh grapefruits. An inexpensive citrus juicer can provide you with fresh grapefruit juice daily.

If you find the sweet-tart flavor too intense, water can always be added to dilute the drink and make it a milder juice. Another option is to use a high speed blender such as a Vitamix and blend a whole grapefruit (peel removed) on high for a minute or two. The seeds & white pith (where so many of the health properties are stored) will pulverize into the juice and provide you with an ultimate health drink, perfect for breakfast or anytime of the day.

As healthy and healing as grapefruits may be, caution should be used if you are taking certain prescription drugs. If you are on any medication, make sure to consult with your physician and/or pharmacist before consuming.

Grapes

Grapes have been called the “queen of fruits” due to being one of the most nutritious and medicinal foods available since ancient times. Grapes are a rich source of vitamins A, C, and B-complex, and minerals such as calcium, magnesium, copper, boron, manganese, iron, selenium and potassium. Grapes contain high amounts of powerful antioxidants known as bioflavonoids, resveratrol, and anthocyanins.

These phytochemicals are anti-inflammatory, anti-viral, anti-microbial, anti-aging, and anti-cancerous and provide protection against anemia, degenerative nerve diseases, heart disease, viral and fungal infections, Alzheimer’s, autoimmune disorders, and all forms of cancer. Grapes can also help provide relief from asthma, migraines, constipation, gastritis, chronic acidosis, indigestion, kidney disorders, fatigue, and vision problems.

Grapes have the ability to help prevent blood clots due to their ability to increase nitric oxide levels in the blood and therefore provide excellent protection for the heart and cardiovascular system. Grapes also amazingly enough fight tooth decay and can stop viruses in their tracts. Grapes can benefit blood sugar by providing better insulin regulation and overall blood sugar balance.

The black variety of grapes are by far the most nutritious and if you can find them with seeds, even better! Grape seeds provide phenomenal healing benefits. You can chew the seeds up or place the seeded grapes in a high speed blender or a juicer. It will make a sweet, delicious, and powerful antioxidant drink that is easily digested and assimilated.

In fact, fresh raw grape juice has been called the “nectar of the gods” due to its high concentration of health promoting properties. And since the skins contain most of the antioxidants and nutrition, you will want to choose organic whenever possible.

Green Beans

Green beans are a nutritious vegetable that are rich in vitamins, minerals, and phytonutrients such as vitamins A & C, calcium, iron, manganese, beta-carotene, and protein. Green beans provide significant cardiovascular benefits due to their omega-3 (alpha-linolenic acid) content. They also contain anti-inflammatory compounds which make them highly beneficial for individuals who suffer with auto-immune disorders such as fibromyalgia, arthritis, COPD, chronic fatigue syndrome, irritable bowel syndrome, chronic sinusitis, bursitis, Raynaud's syndrome and lupus.

They are also known to help prevent type 2 diabetes. Green beans are an excellent source of dietary fiber and can aid the digestive tract by promoting regular peristaltic action and aid in the removal of toxic, cancer-causing substances in the digestive tract. They contain a wide variety of carotenoids such as lutein and neoxanthin and flavonoids such as quercetin and procyanidins which make them excellent for eye health and for preventing disease.

Green beans can be snacked on raw, added to salads or soups, or steamed. Consider trying fresh green beans drizzled with olive oil, seasoned with your favorite spices, and roasted in the oven for 30 minutes for a healthy alternative to french fries. This crispy, savory snack is a great way to get kids and adults to love their vegetables.

Fresh green beans are readily available at your local supermarket in the produce section. Also, keep a lookout at your local farmer's markets for heirloom varieties of green beans that contain the ultimate in nutritional and health benefits.

Green Peas

Green peas are one of the most nutritious of the leguminous vegetables and are rich in antioxidants, vitamins A, C, K, and B-complex and minerals such as zinc, iron, calcium, and manganese. They are a great source of protein, fiber, and omega-3 fats in the form of alpha-linolenic acid (ALA). These essential fatty acids makes green peas an ideal food for brain and cardiovascular health and their phytosterols are vital for helping to lower cholesterol levels in the body.

They are also a fantastic weight loss food since they have the ability to ward off hunger and keep you feeling satiated for long periods of time. Green peas contain

a compound called coumestrol which has been shown to help lower the risk of stomach cancer and they also contain anti-inflammatory properties making them a particularly good food for those who suffer with autoimmune disorders such as arthritis, COPD, heart disease, lupus, fibromyalgia, and bursitis. Green peas have also been found to help lower the risk of type 2 diabetes due to their relatively low glycemic index and blood sugar regulating properties.

Fresh green peas are easily grown in patio containers or gardens and can often be found in the produce section of the supermarket year-round. Frozen peas are a good alternative when fresh is unavailable as they retain a large percentage of their color, flavor, and nutrition. Try mashing or blending green peas with a little avocado, garlic, and fresh herbs for a delicious and satisfying dip or spread. Green peas are a versatile and nutritious food that can help to increase good health.

Guavas

Guava is a sub tropical sweet fruit that has several healing properties. It is exceptionally high in vitamins C, A, E, & K and minerals such as potassium, copper, and manganese. In fact, guavas have 5 times the amount of vitamin C than oranges! It is also packed with antioxidants that are known to boost the immune system and help to prevent colon, skin, lung, breast, and prostate cancer.

Guava is a rich source of lycopene and has nearly twice the amount than tomatoes. Lycopene is known to be an essential nutrient in helping to prevent prostate cancer, osteoporosis, macular degeneration, cardiovascular disease, skin damage, and chronic illnesses. Guavas are also known to be particularly beneficial for constipation, diabetes, high blood pressure, gastroenteritis, and weight loss.

Guava is a perfect anti-aging food as they help to keep skin smooth, glowing, and wrinkle-free. They also provide a good source of energy and nourishment to keep the body strong and active. Guavas are ripe when soft and they have a sweet, creamy texture that is excellent when eaten fresh, juiced, or blended into smoothies. Bottled guava juice can be readily found in supermarkets and health food stores and is a good substitute when the fresh fruit is out of season or hard to find.

Guava leaves also provide several medicinal benefits and can be crushed or chewed for gum or tooth infections or pain as well as used for reducing mucus in the lungs and disinfecting the respiratory tract. Guava can be found in fresh, juice,

nectar, dried, and frozen form at your local supermarket and specialty food stores.

Hawthorn Berry

Hawthorn berry has been treasured for centuries for its heart promoting and cardiovascular strengthening abilities. Hawthorn Berry is widely used to help benefit congestive heart disease, angina (chest pains), cardiac arrhythmia, myocarditis, insomnia, diarrhea, blood clots, hepatitis, arteriosclerosis, high cholesterol, and digestion. It is also known to dilate peripheral and coronary blood vessels, lower blood pressure, ease hypertension, and increase the body's metabolism.

Hawthorn Berry has significant antioxidant and anti-inflammatory properties making it an excellent choice for those with chronic illnesses such as autoimmune disorders and circulatory problems. Hawthorne Berry extract also has gastro-protective qualities and can help reduce the frequency of ulcers and ease the pain of ulcerative colitis and other irritable bowel disorders.

Hawthorn Berry is commonly consumed as a tea, capsule, tincture, juice, or extract. Hawthorn Berry tea is delicious and simple to make. Pour 2 cups of boiling water over 2 teaspoons of dried hawthorn berries and let steep for 10 minutes or more, add a touch of raw honey to sweeten, if desired. The softened hawthorne berries can be either eaten or discarded. Hawthorn Berry capsules and tinctures are also a convenient way to include this helpful berry in your daily health routine and can be found online or at your local health food store.

Hibiscus Tea

Hibiscus tea is made from deep red calyxes of the hibiscus flower that is rich in anthocyanins, fruit acids, vitamins, minerals, amino acids, and bioflavonoids. Hibiscus tea is excellent for boosting the immune system and fighting off infections. Traditionally, hibiscus tea was regarded by the egyptian pharaohs to be royalty's most important beverage as it was known to improve health and vitality.

The antioxidants found in hibiscus tea are often compared to those in red wine and have been noted for their positive effects on cardiac health including lowering cholesterol and triglyceride levels. These antioxidants also contain powerful anti-cancer properties which have the ability to protect cells and keep them healthy and free from damage. Hibiscus tea is also known to be beneficial for weight loss, depression, sleep disorders, hypertension, and mood swings.

Hibiscus tea also is known to help lower blood pressure, prevent bladder infections, and relieve constipation. Hibiscus has been used for centuries to support liver function and aid in liver disorders such as fatty liver syndrome and jaundice. Hibiscus tea can be consumed either hot or cold. Try adding some raw honey for a delicious and powerful immune strengthening drink.

Honeydew

Honeydew melon is a hydrating fruit that has wonderful nutritional and healing benefits. Honeydew is high in vitamins C and B-complex and minerals such as copper and silicon. It also contains a highly mineralized distilled water that has the ability to deeply hydrate, rejuvenate, purify, and alkalinize the entire body. Honeydew is an excellent food to help boost the immune system and help to protect against colds and flu during the winter months.

It is also known to help lower blood pressure, strengthen memory and cognitive abilities, aid in weight loss, provide quick repair for muscles and tissues, increase flexibility, reduce risk of heart disease and Alzheimer's disease, and prevent age-related macular eye degeneration. Honeydew is a perfect food for humans in that it requires no digestion in the stomach and passes quickly through the stomach and into the small intestines for digestion and assimilation.

This however can only happen if the melon is eaten on an empty stomach which it is why it is highly recommended that melons are eaten alone for breakfast for the ultimate benefits. Ripe honeydew can be scooped into a blender and blended on high for a minute for a delicious and hydrating drink. This drink can also be placed in popsicle holders and frozen for a kid friendly treat.

Ripe honeydews often emit a sweet floral perfume and yield gently to pressure. The rind of a perfectly ripe honeydew will also start to change in color to a light yellow. This ensures maximum sweetness, flavor, and nutritional benefits.

Honeysuckle

Honeysuckle is a medicinal flower that has been revered for thousands of years for its anti-inflammatory, anti-bacterial, and calming and relaxing properties. It is a potent detoxifier and is known to swiftly remove poisons and heat from the body.

Honeysuckle is also very helpful for respiratory problems such as bronchitis, COPD, asthma, coughs, and colds and acts as an expectorant and emollient to help clear and soothe respiratory passages. Honeysuckle has also been known to help treat diarrhea, chronic gastroenteritis, fever, urinary tract infections, digestive disorders, ulcers, and skin infections.

It is highly beneficial for fighting off the bacteria that causes strep throat, tuberculosis, and salmonella poisoning and for helping to alleviate headaches and nausea. Honeysuckle's anti-inflammatory and diuretic properties make it particularly good for those suffering from auto-immune diseases such as rheumatoid arthritis, Crohn's disease, fibromyalgia, lupus, bursitis, and chronic fatigue syndrome or those who suffer with edema, bloating, and water retention.

Honeysuckle is often prepared as a tea with 1 tsp of dried herb to 1 cup of water. Pour boiling water over herb and let steep for 10 minutes or more and sweeten with raw honey if desired. Essential oil of honeysuckle is a popular addition to massage oils, soaps, creams, and vaporizers as it is known to help relax and calm the body, mind, and soul. Honeysuckle cream is also very beneficial for eczema, psoriasis, skin rash, rosacea, as well as for anti-aging and wrinkle prevention. It is also commonly found in hair care products due to its ability to add volume, shine, and elasticity to hair as well to keep the scalp healthy and clear.

Hops

Hops are a medicinal herb that are packed with antioxidants and vitamins E, A, C, and B-complex. They have a calming and sedative effect on the nervous system

and are commonly recommended for anxiety, nervousness, hyperactivity, neuralgia, restlessness, panic attacks, nervous diarrhea, and insomnia. Hops also contain estrogenic properties and can provide relief from PMS, cramping, bloating, and hot flashes.

Hops are also known to be particularly beneficial for headaches, nervous tension, intestinal cramps, stress, earaches, toothaches, colitis, neuritis, shock, poor circulation, and liver ailments. They also have powerful anti-inflammatory properties which makes it a good herb for people who suffer with rheumatoid arthritis, fibromyalgia, chronic fatigue syndrome, guillain-barre, lupus, bursitis, and diabetes. Hops are a natural diuretic and are helpful in removing water retention and excess uric acid.

They are also excellent for helping to prevent the formation of kidney stones. Hops can help stimulate the appetite and improve digestion when taken an hour before a meal. Topically, hops are used as a remedy for boils, painful swellings, ringworm, tumors, and leg ulcers in people who have poor leg circulation and varicose veins. Hops also topically works as a treatment for dandruff and are often found as an active ingredient in natural shampoos & conditioners.

Hops tea can be made by using 2 teaspoons of dried hops to 1 cup of boiling water, allow to steep for at least 20 minutes and sweeten with raw honey if desired. Hops can be found online or at your local health food store in tincture, capsule, extract, tea, or cream form.

Horsetail

Horsetail, also known as shavegrass, is a wonderful medicinal herb that grows wild throughout much of the world. It is packed with vitamin C & B-complex as well as minerals such as silica, calcium, magnesium, iron, and manganese. Horsetail contains powerful antimicrobial, anti-inflammatory, antibacterial, and astringent properties that are known to benefit multiple health concerns.

It is excellent for strengthening brittle bones, teeth, hair, and nails and it can improve bone density, enhance bone flexibility, and heal fractured bones, pulled hamstrings, and dislocated joints. It has also been shown to aid those with type 2 diabetes by significantly lowering their blood glucose levels within 1.5-2 hours.

Horsetail contains natural diuretic properties that can reduce edema, bloat, swelling, water retention, and kidney stones.

It is a great source of silica which has been shown to strengthen the connective tissues of the brain, nerve cells, and spinal cord thereby improving memory and helping to prevent memory loss. Horsetail has also been shown to be effective against incontinence, bladder weakness, and urinary tract infections.

It is also well known for its anti-aging, anti-wrinkle properties due to its ability to help form collagen and repair damaged skin to produce a more youthful glow. Horsetail is commonly used as a mouthwash as a natural remedy for tonsillitis, gingivitis, canker sores, and bleeding gums. It also works incredibly well to help heal foot infections such as athlete's foot and to help treat frostbite, boils, carbuncles, cracked and blistered feet.

Horsetail tea is a delicious medicinal tea that can be made by adding 2 teaspoons of dried herb to 1 cup of boiling water and allowed to steep for at least 15 minutes or more. This tea can also be cooled and then soaked with a cloth and applied to skin for a gentle and effective compress or used as a hair rinse, mouthwash, or foot soak

Kale

Kale is a nutritionally packed leafy vegetable that contains incredible healing and rejuvenating properties. Kale is rich in omega-3 fatty acids, chlorophyll, amino acids, vitamins A, C, E, K, B-complex and minerals such as iron, magnesium, copper, and potassium. Kale is an anti-cancer powerhouse and contains phytochemicals such as glucosinolates that help protect the body from breast, colon, prostate, ovarian, and bladder cancer.

These glucosinolates are also known to detox the body on genetic level and have the ability to literally transform your body and health. Kale also contains an exceptionally high amount of antioxidants such as carotenoids and flavonoids which are essential for protecting the body from degenerative diseases such as heart disease, diabetes, prostatitis, osteoporosis, and neurological disorders.

Kale contains an organic sulfur which has potent antibiotic, antiviral, and anti-inflammatory properties that work to boost to the immune system and provide significant benefits for chronic inflammation and oxidative stress seen in conditions such as fibromyalgia, rheumatoid arthritis, chronic sinusitis, chronic fatigue syndrome, COPD, and irritable bowel disease. Kale also contains isothiocyanates which have been shown to help protect the stomach from H. Pylori bacteria.

Kale is part of the Brassica vegetable family which is known to mildly stimulate the liver and other tissues and organs out of stagnancy. Purple kale is a mild, sweeter variety of kale that is a delicious and beautiful addition to any meal. Purple kale is excellent to add to your green juice, wraps, salad, or steamed vegetables.

Kale is an incredibly powerful leafy green. Not only does kale contain numerous minerals and vitamins including vitamins A, C, E, K, and B-complex, but it also can provide you with chlorophyll, amino acids, and omega-3 fatty acids. If you think you may have a stagnant or sluggish liver, kale and other vegetables that fall within the Brassica family may be able to help! These veggies can offer support to a stagnant liver, or other organ, by providing gentle stimulation. There are a number of kale varieties with various textures and tastes, including common kale and lacinato kale (also referred to as dinosaur kale), so try out the different kinds and see which one you like best!

Try this simple recipe for a Healthy Kale Salad:

- 1 cucumber, cubed
- 3 celery stalks, chopped
- 2 large tomatoes, chopped
- 1/2 bunch scallions, chopped
- 1/2 bunch purple kale, finely chopped
- 1 avocado, cubed

- 1-2 oranges, squeezed over salad

Mix all together in a bowl, eat, and enjoy

Kiwi

Kiwi fruit is exceptionally high in vitamin C, in fact it contains even more vitamin C than an orange. It also contains high amounts of vitamins E, A, & K as well as flavonoids, antioxidants, and minerals such as magnesium, potassium, and iron. Kiwi is particularly beneficial for the respiratory system and has been shown to help shorten the duration of colds as well as to help prevent asthma, wheezing, and coughing. Kiwi fruit contains anti-inflammatory properties which is good for those who suffer with autoimmune disorders such as Lupus, Fibromyalgia, CFS, and Lyme disease.

Kiwi seeds are an excellent source of omega-3 fatty acids which are essential for cognitive function and can help prevent the development of ADHD and autism in children. Kiwi contains enzymes similar to those in papaya and pineapple which makes them useful in aiding in digestion and elimination. Kiwi fruit has also been shown to help protect DNA from mutating which is an incredible form of protection against illnesses and diseases such as atherosclerosis, heart disease, osteoarthritis, asthma, rheumatoid arthritis, and cancer.

Kiwi fruit is also known to help remove excess sodium buildup in the body which can help reduce bloating, swelling, and water retention. Kiwi is good for promoting eye health and for preventing age-related macular degeneration. It is also highly beneficial for those who have weak or sensitive immune systems and are useful at keeping ear, nose, and throat infections at bay. Kiwi is also great for diabetics by helping to keep their blood sugar levels under control and for cardiovascular health as it has been shown to help lower triglycerides or blood fat in the body.

Kiwi contains certain compounds that act as a blood thinner, similar to the way aspirin works which helps prevent blood clot formation inside the blood vessels and can protect the body from stroke and heart attacks. Green kiwi is the most commonly available variety found in supermarkets, however a delicious variety called Gold Kiwi (which has a golden color flesh) is a much sweeter, creamier, and

less acidic variety that should not be missed. Kiwi fruit should be left on the counter to ripen until they yield under gentle pressure, like a ripe mango or avocado.

Lavender

Lavender is a sedative, diuretic, carminative, antiseptic, anti-viral, and anti-inflammatory herb that has been medicinally used for centuries. It is known to help relieve nervous headaches, migraines, anxiety, depression, insomnia, dizziness, bloating, indigestion, flatulence, hypertension, asthma, and reduce symptoms from colds, flu, & fever.

Lavender has wonderful phytochemical and antioxidant properties making it an excellent herb to sprinkle on salads, mix in homemade tea or lemonade, or even add to your baked squash, potato, or rice dishes. Essential oil of lavender has been known to help soothe the skin and relieve pain or discomfort from psoriasis, bee stings, acne, athlete's foot, sun burns, eczema, poison ivy, and candida outbreaks.

It can even help to prevent scars, stretch marks, and wrinkles. Try adding a few drops to your bath, liquid soap, or moisturizing cream. Essential oil of lavender is also wonderful for aromatherapy uses and can significantly reduce lung and sinus infections and all types of headaches and mental tension. For household use, lavender is a great natural disinfectant and insecticide and can be used safely around pets, children, and the elderly.

Leafy Greens

4 'A's: Antiviral, Antibiotic, Anti-inflammatory, and Anticancer. With powerful antiviral, antibiotic, anti-inflammatory and anticancer compounds, leafy greens such as collard greens, Mache, kale, mustard greens, romaine lettuce, and Swiss chard are immensely nutritious. They're packed with vitamins A, E, and B-complex, along with minerals such as iron, calcium, magnesium, selenium, and zinc. They contain all eight of the essential amino acids and have more vitamin C than an orange. They're also exceptionally rich in vitamin K and omega-3 fatty acids, which are easily absorbed by the body because they're plant-based. Omega-3 is vital for neurological disorders and cardiovascular health. Leafy

greens are also a phenomenal source of folate, which is an essential nutrient for women of child bearing age.

Detoxification Teeming with phytochemicals called glucosinolates, leafy greens are an excellent detoxifying food that helps to purify cells, tissues, and organs in the body. **Better Vision** With incredibly high vitamin A content, they're amazing for eye and vision problems including age related macular degeneration, blurry vision, weak nighttime vision, and dry, itchy eyes.

Natural Sedative Leafy greens contain sedative properties that relax the nerves and calm the body. They can help prevent nightmares and provide support for a good night's sleep. **Bone Health** Leafy greens are essential for bone health. They help prevent breakage, fractures, and osteoporosis. With their high silicon content, leafy greens can also help repair joints, bones, arteries, and connective tissues.

Blood Sugar Regulation Leafy greens also contain a compound called syringic acid, which has been shown to help regulate blood sugar levels in the body, making it an ideal food for those with diabetes or blood sugar issues.

Can Help Heal: Type 2 diabetes, cancer, fibromyalgia, rheumatoid arthritis, chronic sinusitis, chronic fatigue syndrome, COPD, hemorrhoids, constipation, high blood pressure, age related macular degeneration, chronic infections, heart disease, asthma, anemia, Alzheimer's disease, lupus, multiple sclerosis, cardiomyopathy, Lyme disease, irritable bowel syndrome, kidney stones, joint pain, and depression.

Other Potential Benefits: Can help prevent, arthritis, anemia, osteoporosis, and asthma, as well as numerous immune related disorders. Reduces inflammation, helps maintain healthy cognitive function, and assists with weight loss. Highly beneficial for eye and skin health. Helps prevent degenerative diseases such as heart disease, diabetes, prostatitis, and neurological disorders. Aids with cognitive disorders such as brain fog and memory loss. Is helpful in the prevention of stomach, colon, breast, ovarian, cervical, lung, skin, liver, and prostate cancers. Can help to significantly lower cholesterol. Helps with sleep problems.

Healing Tip: Choose organic leafy greens whenever possible. To get more calcium than a glass of milk, make a smoothie by blending a head of romaine with two

oranges. You can also make a smoothie with bananas, blueberries, romaine, and a little coconut water for an energy and protein boost. Tasty Tip: Beyond salads, chopped romaine makes an excellent crunchy base for all of your fixings. Try stuffing whole leaves with guacamole, salsa, and sprouts. Eat like a taco.

Lemons

Lemons are a powerful healing fruit that contain phenomenal antibiotic, antiseptic, and anti-cancer properties. Lemons are rich in vitamins C and B-complex and minerals such as iron, calcium, magnesium, silicon, copper, and potassium. They are considered to be a wonderful tonic and can help to cleanse and detoxify the entire body.

Although lemons have an acidic taste they actually have a very strong alkaline reaction on the body and can help to alkalize blood, cells, lymph, organs, and tissues. Lemons are known to help destroy putrefactive bacteria in the mouth and intestines which can help alleviate flatulence, indigestion, and constipation. Lemons contain a compound called limonene which is used to dissolve gallstones and kidney stones and can help to fight oral, lung, skin, breast, stomach, and colon cancer.

Lemons are also rich in bioflavonoids which can significantly boost the immune system and reduce inflammation in the body. Lemon juice is known to be particularly beneficial for colds, coughs, sore throats, hiccups, ear infections, fevers, arthritis, heart disease, COPD, atherosclerosis, diabetes, high cholesterol, autoimmune disorders, stroke, and cancer. Topically, lemon juice is a great remedy for wrinkles, warts, toothaches, corns, sunburns, poison ivy, acne, psoriasis, and as a hair rinse and facial astringent.

A tall glass of lemon water upon waking is an excellent way to hydrate and cleanse the body first thing in the morning. Fresh lemon in tea and green juice and added to salads, wraps, hummus, guacamole, and nori rolls is another great way to add this healing and nutritious fruit into your diet. Fresh lemons can be found at your local grocery and health food store.

Lemon Balm

Lemon balm tea has been called the “Elixir of Life” due to its incredible anti-viral, anti-bacterial, digestive, and sedative properties. Incredibly, it also has high levels of antioxidants which substantially increases its ability to heal and work effectively. Lemon Balm contains a compound called terpene which has the ability to help relieve anxiety, stress, hypertension, depression, high blood pressure, muscle spasms, heart palpitations, tension headaches, circulatory issues, and cognitive disorders such as Attention Deficit Disorder and Alzheimer’s Disease.

Lemon Balm also benefits chronic gastrointestinal disorders including indigestion, IBS, colitis, and acid reflux. Lemon Balm has the ability to promote a healthy, balanced immune system and endocrine system, which is highly beneficial for autoimmune disorders such as Chronic Fatigue Syndrome, Adrenal Fatigue, Multiple Sclerosis, and Vertigo. It is also useful in treating insomnia, sleep disturbances, and jittery nerves, allowing for a more relaxed body and better quality sleep.

The polyphenol tannins contained in Lemon Balm give it its anti-viral properties making it particularly helpful in healing colds, flu, bronchitis and any viral infections. Topically, Lemon Balm can be applied as a cream to help heal and provide relief for cold sores and shingles as well as cuts and wounds. Essentially, Lemon Balm is a heal-all herb and has rightfully earned its reputation as the “Elixir of Life”.

As a delicious and refreshing drink, Lemon Balm tea can be added to your weekly health regime for a wide range of healing benefits. Fresh or dried herb can be steeped in hot water for a minimum of ten minutes and sweetened with raw honey, if desired.

Lemon Verbena

Lemon verbena is a fragrant medicinal herb that has mild antiseptic, anti-inflammatory, and expectorant properties. Lemon verbena is excellent for the digestive tract as it is known to be good for relieving nausea, cramps, bloating, indigestion, heartburn, flatulence, diarrhea, stomach or gastro-intestinal spasms, and colon irritability. It is also often used as a natural slimming aid as it has been shown to burn fat, break down cellulite, and regulate the metabolism.

Lemon verbena is highly beneficial for chron's disease, colitis, celiac disease, sciatica, nervous twitches and ticks, and any stress related disorders. Lemon verbena also works as a natural remedy for Candida due to its powerful anti-fungal properties. Lemon verbena is also particularly good for the nervous system and can help relax the nerves and muscles, calm the mind, alleviate depression, ease anxiety, and provide a general overall feeling of peace.

Lemon verbena is also effective at loosening up and removing mucus from the lungs and sinus passages and can aid in providing relief from the symptoms of colds, coughs, flu, asthma, and sinus and respiratory infections. It is also helpful in reducing fever in the body.

Lemon verbena is often used by women for its ability to help regulate their menstrual cycle and reduce the symptoms of PMS. Lemon verbena has a bright lemony scent and is a great addition to salad dressings, smoothies, fruit salads, baked goods, and rice and vegetable dishes. Lemon verbena tea is a relaxing and medicinal tea that can be prepared by adding two teaspoons of dried or fresh herb to 1 cup of boiling water and allowing to steep for at least 15 minutes or more. Fresh lime and raw honey can be used if desired. Lemon verbena is a relatively easy herb to grow in a pot or in the garden. Dried lemon verbena can be found online or at your local health food store.

Linden Flower Tea

Linden flower tea has been used for centuries to help reduce anxiety, soothe the nerves, and alleviate stress related ailments such as irregular heartbeats, indigestion, hypertension, and headaches. Linden flowers also have calming and sedative properties that can help prevent insomnia and produce a restful night's sleep.

Linden flowers have diaphoretic and fever reducing properties which makes it an excellent remedy for colds, flu, and respiratory infections. It also works very well for chronic bronchial issues such as asthma, emphysema, and COPD. Linden flowers are also effective for digestive issues such as gastritis, dyspepsia, irritable bowel syndrome, colitis, and gall bladder problems.

Linden tea has been shown to help lower blood pressure and works as a natural diuretic which can help with edema, water retention, bloating, and swelling. It is also excellent for detoxifying and purifying the liver as it contains choleric properties.

Linden tea can be made by placing 2 teaspoons of dried herb into 1 cup of hot water and allowing to steep for at least 20 minutes, sweeten with raw honey if desired. Topically, linden flowers are excellent for skin ailments such as eczema, psoriasis, acne, abrasions, rashes, and bruises. They can also be added to bath water for continued healing benefits. Linden flowers can be found in tea, tincture, extract, capsule, and cream form online or at your local health food store.

Lomatium

Lomatium is a powerful herbal antibiotic that is highly effective for the respiratory ailments such as COPD, pneumonia, tuberculosis, bronchitis, chronic cough, and asthma. It can also significantly improve overall immune function and is a fantastic herbal preventative to use during cold and flu season.

Lomatium contains antiviral properties that have been shown to be a potent treatment for viral illnesses such as influenza, hepatitis, mumps, hiv, shingles, measles, chicken pox, mononucleosis and epstein barr. It also has the ability to help relieve chest pain and upset stomach that frequently accompanies the flu.

Lomatium is also particularly beneficial for urinary tract and bladder infections. It's strong anti-inflammatory properties are known to decrease swelling in joints and reduce bloating and edema which makes it a great herb for those who have autoimmune disorders and suffer with chronic pain, fatigue, lower back pain, and inflammation.

Lomatium has the ability to make the blood more alkaline which can help to detoxify the body. Topically, lomatium is excellent for disinfecting cuts, scrapes, rashes, and wounds. Lomatium grows in the wild in the south west and was revered by the Native Americans as one of their top herbal antibiotics.

During the 1917 flu pandemic, lomatium root was successfully used by the Native Americans to help keep them healthy and help ward off illness. Lomatium can be found online or at your local health food store in tincture, extract, capsule, tea, and salve form.

Lychee

Lychee are a superfruit that are revered around the world for their delicious flavor and their numerous health promoting properties. Lychee are a rich source of vitamin C and B-complex which help to boost the immune system, protect against inflammation, and aid the body in metabolizing carbohydrates, proteins, and fats.

Lychee contain a compound called oligonol which has powerful anti-viral properties and are highly beneficial for those suffering with colds, flu, fever, swollen glands, or sore throat. Lychees have the reputation of being able to help the most stubborn of coughs and provide significant respiratory relief from congestion and chronic coughs.

Lychee also contains flavonoids which can help to prevent the growth of cancer cells as well as reduce the size of tumors. Lychees are packed with antioxidants that are known to help reduce weight, improve circulation, and protect the body from aging and disease. Lychee also contain unique compounds that help to eliminate candida.

Lychee are a good source of copper, iron, zinc, selenium, and potassium which can help to nourish the blood and increase energy levels. Lychee have a rough raspberry colored skin that can be easily peeled off to expose the juicy grape like fruit inside. Inside the juicy flesh is a shiny brown seed that should be discarded. The fruit is sweet and refreshing and is thoroughly enjoyed by children and adults alike.

Fresh lychees are often found in the supermarket between July-October, but the fruit can also be found anytime of the year in the form of juices, jams, jellies, and sorbet. Dried or frozen lychee can also be found in specialty markets while healing lychee fruit extract can be found in capsule, tincture, tea, and liquid form online or at your local health food store.

Macadamia Nuts

Macadamia nuts are a rich source of energy and are packed with essential minerals, vitamins, and heart healthy mono-unsaturated fatty acids such as oleic

acid that are essential for optimum health and wellness. Macadamia nuts are an excellent source of iron, magnesium, zinc, selenium, and B-complex vitamins.

They also contain flavonoids which are compounds that protect the body from free radical damage and diseases such as cancer. Macadamia nuts are known to help the body maintain healthy blood lipid profiles which provides protection from strokes and coronary artery disease. They are also helpful in lowering LDL (bad) cholesterol and increasing HDL (good) cholesterol in the blood. Macadamia nuts are one of the only food sources that contains palmitoleic acid which is known to help speed up fat metabolism and reduce the body's ability to store fat which ultimately means weight loss.

Macadamia nuts are also known to help rejuvenate the liver and discourage the craving for alcohol. Macadamia nuts are gluten-free and are often found in the preparation of gluten-free products as a healthy alternative for those suffering from celiac disease and IBS. Macadamia nut oil is promoted as being healthier than olive oil and is a tasty alternative to use as a salad dressing or to drizzle over steamed vegetables.

Raw macadamia nuts are ideal for ultimate nutritional benefits and overall health. They have a sweet buttery taste making them an easy addition to your diet as a snack or salad topping. Try keeping a small bag of them on hand to munch on during the day to help ward off cravings and maintain solid and consistent energy levels throughout the day.

Mache

Mache is an exceptionally nutritious salad green that is soft, buttery, creamy, and nutty. This delicious flavor profile is due to its high omega-3 content making it one of the most enjoyable and healthy green leafy vegetables available today.

Plant based omega-3's, like those found in mache, are easily assimilated and allow the body to immediately utilize the nutrition and put it to good use by lowering triglycerides, improving HDL, reducing inflammation, maintaining healthy cognitive function, and reducing the risk of heart disease, cancer, and digestive disorders. Mache has 30% more iron than spinach and is also packed with folic acid which helps to alleviate the effects of depression, fatigue, and stress.

Once a rare specialty green, mache is now found in most major supermarkets in the packaged salad section of the produce department. It is a wonderful base for your salads or can be eaten as a tasty snack straight from the bag.

Mamey

Mamey is a sweet, creamy fruit that grows in Florida, Texas, California, Hawaii, Mexico, and South America. It is exceptionally rich in fiber, antioxidants, and beta carotene and is high in vitamins C, A, & B and minerals such as copper, potassium, calcium, magnesium, and iron. Mamey contains antiseptic properties and is often recommended to help calm the nervous system, soothe an upset stomach, and alleviate headaches.

Mamey has been found to reduce the risk of colon cancer, improve immune function, and help to protect against heart disease and osteoporosis. It is also excellent for helping to alleviate hypertension and the symptoms of cardiovascular disease. Mamey is a great food for eye and skin health and can help to prevent age related macular degeneration, cataracts, and skin cancer. It is a wonderful food to help rebuild and nourish the body after a long illness as it is easy to digest and rich with healing properties.

Mamey fruit can range from a softball size to a football size and are ripe when soft all the way around. They have a rough brown exterior but a deep orangey red flesh that is decadently sweet and satisfying. Mamey fruit is completely fat-free, cholesterol-free, and sodium free and makes an excellent addition to smoothies, puddings, pies, fruit salads, and ice creams.

It is often said that mamey tastes just like pumpkin pie in terms of its flavor and texture. When in season, mamey can be found in the tropical fruit section of most supermarkets, as well as in speciality caribbean and mexican food stores. They can also be found online and through mail order or at farmer's markets in southern Florida, Texas, California & Hawaii. Mamey is a fruit treasure with wonderful health properties that should not be missed.

Mango

Mangoes are one of the most popular and nutritionally rich fruits in the world and are often referred to as "The King of the Fruits". Mangos are an amazing source of

vitamins A, C, E, and B-complex as well as health promoting flavonoids such as beta-carotene and alpha-carotene. Mangos are a powerful anti-cancer food and are specifically known to help prevent lung, breast, colon, prostate, blood, and oral cancers.

They are also highly beneficial in the prevention of strokes, heart disease, arthritis, cognitive disorders, respiratory diseases, and kidney disease. Mangos can help to alkalize the whole body by helping to flush out toxic acids and rebuild the alkali reserves in the body. Mangos are packed with enzymes and are a prebiotic food, meaning they contain compounds that stimulate and feed the good bacteria in the intestines which greatly aids in digestion and assimilation.

Mangoes contain a significant amount of pyridoxine (B-6) which is vital for the synthesis of serotonin and dopamine in the brain. Pyridoxine is also essential in maintaining hormonal balance and proper immune function as well as for helping the body break down sugars, fats and proteins. Mangos are thought to help prevent insomnia and provide for a better nights sleep. In some countries mangos are eaten right before bed as a natural sleep aid.

Mangoes are known to help lower LDL (bad) cholesterol due to its significant fiber, pectin, and vitamin C content. Mangos are also excellent for promoting good eyesight and helping to prevent night blindness and dry eyes. They are also wonderful for skin health and can be used both internally and externally to help clear clogged pores, eliminate pimples, and add a natural glow to the skin. Mangos are one of the worlds most versatile fruits and can be used in both sweet and savory recipes.

Consider using mango in your smoothie, salads, salsa, avocado, and vegetable dishes. Spices also pair well with mango and try experimenting with cinnamon, curry, cloves, and chili pepper to boost the flavor and nutrition of your meals. Start or end your day with a simple but delicious mango pudding. Blend 2-4 ripe mangos (peel and pit removed) in a blender or food processor until creamy and smooth.

Pour into a bowl and top with fresh berries. There are several varieties available in supermarkets throughout the year including Tommy Atkins, Kent, Yellow, Ataulfo, Keitt, and Champagne. Some are sweet and creamy while others are juicy and

bright. Experiment with finding new ways to add mangos into your diet. Your body will love you for it.

Mangoes help the spleen and liver with EB-V, it helps to clean up them, plus there is an enormous amount of carotene and phytochemicals that actually purge our lymphatic system from EB-V toxins. It restores our skin, feeds our brain.

Marshmallow Root

Marshmallow root has been traditionally used as an expectorant and cough remedy for thousands of years. It is rich in vitamins A, C, & B-complex as well as minerals such as selenium, zinc, copper, and iron. Marshmallow root contains a compound called mucilate which provides a protective barrier in the digestive and respiratory tract which helps to heal and repair irritation and mucus.

Marshmallow root has been known to be an effective remedy for bronchitis, pertussis, respiratory infections, canker sores, laryngitis, strep throat, and sore throats. It is also highly beneficial for indigestion, gastritis, peptic ulcers, colitis, hiatus hernias, diarrhea, heartburn, irritable bowel syndrome, Crohn's disease, bladder infections, and GERD.

Marshmallow root has also been used to aid weight loss as it is known to curb the appetite and function as a natural diuretic which helps to remove bloating and water retention from the body. Topically marshmallow root has anti-bacterial properties that are helpful in treating cuts, scrapes, pinkeye, boils, shingles, abscesses, psoriasis, and eczema. It also works great as a mouthwash for swollen gums and infections and it can also be very helpful in relieving gum pain in teething infants.

Marshmallow root tea is a wonderful way to receive its health benefits. Simply simmer 4 teaspoons of dried root with 2 cups of water for 30 minutes. Allow to cool, strain, sweeten with raw honey if desired, and sip throughout the day. Marshmallow root can be found in tea, extract, syrups, tincture, capsule, and cream form at your local health food store.

Meadowsweet

Meadowsweet is a wild herb and flower that is rich in vitamin C, antioxidants, and bioflavonoids and works as a natural digestive aid and pain reliever. It has been found to decrease the amount of acid build up in the stomach by soothing the mucous membranes and digestive tract which makes it an excellent remedy for digestive issues such as nausea, ulcers, heartburn, gastritis, indigestion, ibs, and diarrhea.

Meadowsweet contains salicylic acid, which is commonly used as the active ingredient in aspirin and can provide similar pain relief from headaches, fevers, and various aches and pains. Meadowsweet also contains potent anti-inflammatory properties and can help reduce swelling associated with arthritis, rheumatism, fibromyalgia, bursitis, sinusitis, allergies, migraines, and chronic illnesses.

Meadowsweet is a gentle, yet effective herb for urinary tract, bladder, and kidney infections and can safely be used on children and adults alike. Meadowsweet also contains sedative properties that help to relax the nervous system and reduce muscle tension throughout the body. Meadowsweet tea has a smooth, clean, sweet flavor. Use 2 teaspoons of dried herb to 1 cup of boiling water and allow to steep for at least 20 minutes, sweeten with raw honey if desired.

Topically, meadowsweet tea can be used as compress for neuralgia, painful arthritis, rheumatic joints, hemorrhoids, cellulite, acne, and edema. It is also an excellent eyewash for conjunctivitis and other eye related problems. If you find the herb growing locally in the wild the flowers can be added to fruit salads, ice tea, jams, and sorbets for a subtly sweet almond flavor. Meadowsweet can also be found online or at your local health food store in tea, tincture, extract, capsule, and cream form.

Milk Thistle

Milk Thistle is a potent detoxifying herb that can help to aid liver function, manage cholesterol, prevent cancer, and lower blood glucose levels. It has powerful anti-cancer, anti-inflammatory, and anti-viral properties and has been used over the years to help protect the liver from strong medications such as statin drugs, phenytoin, seizure medication, and acetaminophen as well as from the effects of chemotherapy and radiation.

Milk Thistle has been shown to help fight against hepatitis C as well as inhibit cancer cell growth for breast, cervical, and prostate cancers. It has also been shown to benefit gall bladder disorders, cirrhosis, type 2 diabetes, parkinson's disease, jaundice, obsessive-compulsive disorder, headaches, PMS, and rosacea.

Milk Thistle is also highly effective in the treatment of osteoarthritis and other autoimmune conditions such as fibromyalgia, bursitis, chronic fatigue syndrome, and eczema. It is esteemed for its ability to help restore and protect the liver from chemicals, environmental toxins, and alcohol and is excellent for helping to strengthen the digestive tract and aid in the healing of irritable bowel syndrome, colitis, and Crohn's disease.

Milk Thistle is a rich source of zinc, selenium, iron, antioxidants, and flavonoids. Silymarin is the active compound in Milk thistle seeds that contains most of the healing properties. For the best results, look for a brand that states on the label that each dosage contains at least 70%-80% silymarin. Milk thistle can be taken as a tea, capsule, tincture, or extract form and is found online or at your local health food store.

Mint Tea

Mint tea contains several vitamins, minerals and nutrients that are essential to maintaining a healthy body such as Vitamin C, B12, folic acid, iron, zinc, and selenium. Mint has wonderful calming, digestive, and antibacterial qualities.

It is known to relieve symptoms of irritable bowel syndrome by relaxing the digestive muscles and also aids in the digestion of fats, making it a wonderful natural remedy to drink at the end of a rich meal. Mint tea is also excellent in helping to relieve mental fatigue, mood swings, sinusitis, asthma, head colds, headaches, and congestion. And it is well-known for its healing properties on the respiratory system as well as for cleansing the blood. Drinking a cup of mint tea, either hot or cold, is a relaxing and healing way to soothe your body and soul.

Mizuna

Mizuna is a mild, somewhat sweet mustard green that has been grown for centuries in Japan and is now becoming more readily available in the States. Mizuna is packed in phytonutrients and is a nutritional powerhouse.

It has been known to help prevent, arthritis, anemia, osteoporosis, asthma, and colon, breast, and prostate cancer as well as numerous immune related disorders. Mizuna is an excellent source of vitamin C which has tremendous anti-viral and anti-inflammatory (including anti-histamine) abilities.

Mizuna also contains antioxidants called glucosinolates which have powerful anti-cancer properties and the ability to detox cells, tissues, and organs in the body. Mizuna is also a great source of vitamin A which is highly beneficial for eye, skin, and cardiovascular health and folic acid which plays an important role in DNA synthesis during pregnancy.

Mizuna is a flavorful addition to salads and is often found in mesclun mixes at the grocery store. Mizuna by the bunch can also be found in most produce departments and can be juiced, lightly steamed, or added to soups for a healthy, nutritional, and tasty boost to your diet.

Mullein

Mullein flowers and leaves contain powerful anti-bacterial and expectorant properties that have the ability to substantially remove phlegm from the lungs and mucous from the body. This makes it a highly effective remedy for individuals who are suffering from bronchitis, lung congestion, colds, flu, asthma, emphysema, whopping cough, or any other respiratory ailment.

Historically, mullein was used as a treatment for tuberculosis as far back as the 16th century and some believed that if mullein was taken in the early stages of the disease that it could bring about a full recovery. Mullein's strong anti-viral abilities also make it a potent remedy for the flu virus, the shingles virus, the herpes virus, the Epstein Barr virus, and Staph infections.

Mullein contains a compound called verbascoside which is an anti-inflammatory and particularly useful in helping to ease the pain associated with joint or muscle pain. Mullein tea is excellent for aiding a number of digestive problems including diarrhea, constipation, indigestion, hemorrhoids, and intestinal worms. Mullein also contains anti-spasmodic properties which makes its helpful for reducing both

menstrual and stomach cramps. It is also known to be highly beneficial in providing migraine relief.

Mullein has natural sedative properties and has been used to help treat both insomnia and anxiety. Mullein oil (mullein extract in an olive oil base) is a highly effective remedy for ear infections and ear aches and can be safely used with children and adults alike. Mullein oil is also very helpful for skin conditions such as rashes, burns, wounds, blisters, eczema, and psoriasis. Mullein tea, extract, tincture, capsules, oil, and cream can all be found online or at your local health food store.

Mustard Greens

Mustard Greens are one of the most nutritious green leafy vegetables and are packed with health promoting and disease preventing properties. They are exceptionally high in vitamins A, K, & C as well as minerals such as zinc, selenium, calcium, magnesium, and iron. Mustard greens are very beneficial for arthritis, osteoporosis, anemia, asthma, and cardiovascular disease.

They are also essential for aiding cognitive disorders such as brain fog, memory loss, and Alzheimer's disease. Mustard Greens contains compounds called dithiolthiones which have strong anti-cancer properties and are particularly beneficial in the protection against breast, colon, prostate, lung, bladder, and ovarian cancers.

Mustard greens also have powerful anti-inflammatory properties and are an ideal food for helping auto-immune disorders such as Chronic Fatigue Syndrome, Lyme disease, Fibromyalgia, IBS, Endometriosis, Graves disease, and Multiple Sclerosis. Due to their incredibly high vitamin A content, mustard greens are amazing for eye and vision problems including age related macular degeneration, blurry vision, weak nighttime vision, and dry, itchy eyes.

Mustard greens can also help in preventing hair loss and strengthening the roots of your hair. They are also great for keeping your bones and muscles strong. Mustard greens are often used as a detoxifying food and as an overall tonic for the body, specifically the liver. Mustard greens have a spicy, rich flavor and are great juiced

with celery and/or cucumbers or added to salads, wraps, nori rolls, soups, stews, or stir-fry.

They are also wonderful steamed. Mustard greens are available in several red and green varieties and can range from mild to spicy hot. They can be found at your local supermarket, farmer's market, asian market, health food store, and specialty produce stores.

Mustard Seeds

Mustard seeds are a medicinal spice that have been used therapeutically for thousands of years. Mustard seeds are rich in antioxidants, phyto-nutrients, and vitamins and minerals such as vitamin A, C, K, E, B-complex, calcium, iron, selenium, and zinc. They are also high in essential fatty acids such as omega-3, omega-6, and oleic acid.

Mustard seeds spicy and pungent flavor are known to stimulate the appetite and can increase salivation by as much as eight times. They help to promote digestion and neutralize toxins which prevents indigestion and bloating. Mustard seeds are highly beneficial for lowering blood pressure and cholesterol, speeding up metabolism, reducing the frequency of migraines, and preventing atherosclerosis and cancer.

Mustard seeds have anti-fungal and anti-septic properties which makes them good for cleansing the digestive tract and detoxifying the body. They are one of the best treatments for skin diseases as it rids the blood of excess impurities and slows the activities of the sebaceous glands which throw off cellular debris. Mustard seed powder works exceptionally well in the bath as it increases the blood flow to the skin and removes toxins from the body.

Mustard oil creates a "warming" sensation on the skin which helps to relieve muscle pain, arthritic pain, and rheumatism. Mustard oil is also known to stimulate hair growth when applied to the scalp and can be used as a poultice or hot compresses to help reduce the impact of a sprain or strain to the body. Mustard oil can also be massaged into the chest and sinuses to help loosen up congestion in the lungs and sinuses. In ancient times, mustard seeds were believed to be so powerful and

potent that they were strategically placed around the home to help ward off evil spirits.

Mustard seeds can be used whole, ground, or powdered in soups, sandwiches, potato, vegetable, and rice dishes. If you love prepared mustard, consider making it fresh at home by grinding/crushing mustard seeds and mixing with some apple cider vinegar, sea salt, and spices of choice. Raw honey can also be added for additional flavor and health benefits. Mustard seeds, mustard powder, and mustard oil can be found online or at your local health food store.

Nasturtiums

Nasturtiums are an edible and medicinal flower and herb that are high in vitamin C and have potent anti-viral and antibiotic properties. They have the ability to help build strong blood by promoting the formation of blood cells. Nasturtium leaves are known to be an effective remedy for bladder, kidney, and urinary tract infections. They also are highly beneficial for nervous depression, constipation, indigestion, sore throats, sinus infections, and eye and skin health.

Nasturtium also works as an expectorant and can help break up congestion in the respiratory passages during colds, flu, and bronchial infections. Nasturtium is high in sulfur and is especially good at helping to increase energy and prevent brain fog. The flowers and leaves are also known to stimulate the tiny capillaries of the scalp making it a great hair-growth supplement.

Nasturtium leaves have a peppery taste similar to that of arugula. They can be juiced, chopped and added to salads, or steamed like spinach. The brilliant flowers make a beautiful addition to salads, wraps, smoothies, and soups. Nasturtium leaves and flowers also make a delicious medicinal tea. Fresh or dried leaves can be added to hot water and allowed to steep for at least 20 minutes, sweeten with raw honey if desired.

Crushed leaves and flowers can also work as a natural topical antibiotic for cuts, scrapes, blisters, or wounds. Simply crush the flowers and leaves in a little bit of coconut or olive oil and place on skin. Wrap lightly with gauze to secure and change twice a day for best results. Nasturtiums are easy to grow straight from

seed indoors or out and are a simple, but effective way to include this healing flower and herb into your diet.

Nettle Leaves

Nettle leaves are a powerful herbal medicine that grow abundantly in the wild. They are rich in chlorophyll and minerals such as iron, chromium, zinc, copper, magnesium, silicon, cobalt, and calcium. Nettles are also high in vitamins A, E, D, C, & K.

Nettle tea is a strong immune booster and has the ability to neutralize toxic antigens in the body. Nettles also contain a potent anti-inflammatory agent which help to curb the action of cytokines, one of the key components to inflammation in the body. Nettle leaves are also very helpful in preventing chronic headaches, sore throats, sinus infections, and fatigue and are beneficial for diabetics as it is known to lower blood sugar levels.

Nettles are known to help relief bronchial ailments such as chronic coughing, chest congestion, COPD, and TB. Nettles are also powerful enough to help to eliminate viral and bacterial infections and aid in removing excess fluids in the body by acting as a natural diuretic. Nettle leaf can provide relief for digestive issues such as nausea, flatulence, acid reflux, and colitis.

Nettle tea supports the endocrine system including the spleen, thyroid, and pancreas. It is also beneficial in boosting liver and heart health and helps to prevent urinary tract infections as well as bladder and kidney stones. Nettle tea can also help stop frequent nighttime urination, which may be beneficial for those who need to sleep soundly without interruption.

As a mouth rinse, cooled nettle tea is excellent for gingivitis and can help prevent plaque buildup on the teeth. Fresh wild nettle can be found growing as weeds in garden beds, in empty lots, and meadows & fields and can be juiced, steeped as a tea, or steamed like spinach. Dried nettles leaves can be found online or at your local health food store and be used as a tea for daily benefits.

Nutmeg

Nutmeg is a fragrant medicinal spice that has been used therapeutically for thousands of years. Nutmeg is rich in antioxidants and vitamin C, folic acid, riboflavin, and beta carotene. It also is an excellent source of minerals such as copper, calcium, iron, zinc, and magnesium. Nutmeg contains anti-depressant, anti-fungal, and digestive properties that are highly beneficial for the neurological, cognitive, immune, and digestive systems.

Nutmeg is commonly used for abdomen pain, liver and spleen disorders, gas, diarrhea, and general weakness. A pinch of fresh ground nutmeg in a teaspoon or two of raw honey is a wonderful natural remedy for nausea, indigestion, and gastritis. It is also great for kidney infections and for helping to dissolve kidney stones.

Nutmeg oil contains several health promoting compounds including myrsiticin, safrole, and euganol. It is known to be good for supporting the adrenal glands and can help support the nervous system to overcome neuralgia, chronic fatigue, exhaustion, and frigidity. Nutmeg oil is also used topically for toothache relief and to support circulation thereby aiding muscles, joints, arthritis, rheumatism, and gout.

Nutmeg oil is also known to be an effective remedy for menstrual cramps and can be massaged over the abdomen during times of pain and discomfort. Nutmeg powder is a wonderful addition to smoothies, teas, soups, and stews. Consider purchasing whole nutmeg kernels and grating them fresh for a nutritional and medicinally superior powder. Nutmeg can be found in the spice section of your local grocery and health food store.

Oat Straw

Oat straw is a wonderful healing herb that is rich in vitamins A, C, E, K, & B-complex and minerals such as iron, calcium, magnesium, silica, and zinc. It is a sweet, mild herb that has tremendous benefits for the nervous system and is an effective remedy for anxiety, depression, stress, nervous tension, and insomnia. Oat straw is known to be particularly beneficial for the endocrine system and for supporting and balancing the adrenal glands.

It has also been shown to aid cognitive abilities and sharpen memory, focus, and concentration skills as well as help reduce brain fog. Oat straw is highly beneficial for strengthening bones, healing breaks & fractures, and preventing osteoporosis.

It has also been shown to strengthen teeth, blood vessels, and nerve sheaths making it an important herb for the skeletal, circulatory, and neurological systems.

Oat straw is also great for easing the effects of a menstrual cycle and for relieving cramps and bloating. It contains diuretic properties which is helpful for reducing inflammation, kidney stones, urinary tract infections, water retention, edema, and lymphatic swelling. Oat straw can also be used topically by adding to bath water or as an ingredient to a cream or salve to help soothe skin ailments such as eczema, acne, bee stings, poison ivy, sun burn, and dry itchy skin.

It is also helpful for strengthening hair and nails and is often found in beauty products for this effect. Oat straw tea is a delicious way to include this healing herb into your diet. Add 2 teaspoons of dried herb to 1 cup of hot water and allow to steep for 15 minutes or more, sweeten with raw honey if desired. Oat straw can be found online or at your local health food store in tea, capsule, tincture, extract, cream, and salve form.

Olive Leaf

Olive leaf is a powerful and effective medicinal that contains tremendous healing properties for the immune, cardiovascular, circulatory, respiratory, digestive, and lymphatic system. It is particularly beneficial in fighting viruses and bacteria in the body such as Shingles, Herpes, E. coli, Salmonella, Staphylococcus, and Klebsiella pneumonia and can help to wipe out colds & flu viruses faster than most medications.

Olive Leaf also has the ability to significantly lower blood pressure and maintain it at a healthy level. It contains a compound called Oleuropein which helps to prevent the constriction of arteries, increase blood flow, and improve functioning of the heart. It also helps to lower LDL (bad) cholesterol and prevent the risk of strokes and heart disease. Olive leaf has been known to benefit those suffering with diabetes, high cholesterol, bronchitis, gastritis, and auto-immune disorders such as chronic fatigue syndrome, fibromyalgia, addison disease, guillain-barre syndrome, arthritis, colitis, lupus, celiac disease, eczema, scleroderma, psoriasis, cardiomyopathy, graves disease, and HIV.

Olive leaf contains powerful anti-inflammatory properties which helps to improve circulation, reduce swelling, and increase energy and flexibility in the body. It is also a great digestive aid and helps to remove excess acidity from the body.

Olive Leaf extract can be found online or at your local health food store in liquid, tincture, cream, and phyto-cap form. Dried olive leaf can be found in tea and capsule form. Consider adding olive leaf to your medicine cabinet for a potent natural remedy and an incredible immune booster.

Onions

Onions have an amazing array of medicinal benefits and are high in vitamin C, folic acid, biotin, chromium, and calcium. Onions are the richest food source of quercetin which is a potent antioxidant that has been shown to lower cholesterol, blood pressure, and triglycerides as well as help to prevent blood clots, asthma, sinus infections, bronchitis, atherosclerosis, and diabetes. They also contain powerful anti-cancer properties which have been found to help slow and reverse tumor growth within the body.

Onions are particularly beneficial for stomach, colon, prostate, breast, lung, bladder, and ovarian cancer. They contain valuable sulfur compounds that are known to significantly strengthen the immune system, brain, and nervous system. These sulfur compounds also act as a heavy metal detoxifier and can help to safely remove mercury, cadmium, arsenic, and lead from the body. Onions can help to treat colds, coughs, bacterial infections, angina, and bronchial spasms. They can also help to stabilize blood sugar levels and provide relief to the liver when processing glucose and insulin. Onions have powerful antibacterial properties and have been shown to be able to destroy many disease causing pathogens such as E.coli and salmonella. They also act as a natural diuretic and help reduce bloating, water retention, and edema.

Onions can help purify the digestive tract and help to stop putrefactive and fermentation processes in the gastrointestinal tract. They are also known to help regrow hair as well as add volume and shine. Onions that are eaten raw provide the most nutritional benefits and are a delicious addition to salads, sandwiches, and wraps. Onions are also excellent steamed and added to soups and stews.

Consider making a simple vegetable soup with onions, garlic, ginger, carrots, celery, mushrooms, and potatoes. It is a healing and soothing meal that can

provide significant health benefits and provide cellular rejuvenation, especially when feeling run down or worn out. Onions come in a wide range of varieties including red, yellow, white, and sweet. Using onions in your daily meals will help to boost your immune system and keep you healthy and strong.

Oranges

Oranges have been called a “perfect food” and contain an amazing array of healing vitamins, minerals, antioxidants, and phytonutrients. They are high in vitamin C, vitamin A, B-complex vitamins, folate, beta carotene, lutein, and minerals such as calcium, magnesium, iron, and potassium.

Oranges have been known to help prevent cancer, lower high blood pressure, fight off viral infections, relieve constipation, keep bones and teeth strong, prevent kidney stones and macular degeneration. Oranges are rich in lime and alkaline salts that help to counteract and prevent acidosis in the body. They are also excellent for the digestive tract and help to remove toxic debris from the colon through enhanced peristaltic action.

Oranges contain a significant amount of glutathione which is critical for healthy eye and lung function. Oranges are very good for respiratory problems such as asthma or bronchitis and cardiovascular issues such as hypertension and COPD. Oranges act as an internal antiseptic to the body and have the ability to purify and strengthen all the organs in the body.

Oranges contain anti-inflammatory and anti-viral properties which are particularly beneficial for those suffering with a cold or flu or an auto-immune disorder such as shingles, arthritis, IBS, fibromyalgia, chronic fatigue syndrome, and raynaud’s disease. Fresh squeezed orange juice is a predigested food and allows for immediate absorption of all its abundant healing properties.

However, be aware that orange juice will lose the majority of its vitamin C content within 30 minutes of being squeezed, so for optimum results drink immediately. Whole oranges, peeled or cut in slices, are the best option as the fiber and pith is where so many of the phytonutrients and healing properties are contained.

Oranges are an excellent weight loss food due to their high pectin content which also helps to reduce blood cholesterol. Oranges are an ideal “fast food”, easy to transport, delicious to eat, and provide a steady form of energy throughout the day.

If you haven't gotten much sunshine lately or are just feeling lonesome, try including an abundance of oranges in your diet and see if this helps shift your emotional state and bring a newfound warmth into your life. This is one of the emotional gifts oranges can offer you. Oranges contain a unique type of bioactive calcium that the body immediately takes in and can effectively use in a variety of healing ways. The glutathione, flavonoids, and limonoids found in this citrus fruit are wonderful at battling components of The Unforgiving Four

Oregano

Oregano is an ancient medicinal and culinary herb that contains some of the highest antioxidant properties in the plant kingdom. It is an excellent source of vitamin A, vitamin C, vitamin K, B-complex, potassium, calcium, iron, and magnesium.

Oregano has powerful antiseptic, antibacterial, antiviral, and antifungal properties that have been shown to be highly beneficial in the treatment of colds, flu, viral infections, respiratory ailments, indigestion, stomach problems, and painful menstruation.

Oregano is known to remove poisons from the body and detox the entire lymphatic system. It can also help to strengthen the digestive tract and expel trapped gas from the intestines easing the effects of bloating and abdominal discomfort. Oregano is also known to help balance the metabolism and strengthen the core organs of the body.

Essential oil of Oregano is one of the most potent antimicrobial oils available and does an incredible job at disinfecting your home and office air. Place a few drops of essential oil in an aromatherapy diffuser to help protect yourself from contagious cold and viral infections.

Oregano's phenomenal anti-viral abilities have been shown in laboratory to produce a 99% kill rate against Streptococcus pneumoniae which is behind many kinds of lung and throat infections.

Oil of oregano is also an excellent toothache remedy. Oregano added to your bath water is highly beneficial to the skin and can help to treat rheumatic pains as well as skin infections.

Fresh oregano is an easy herb to grow indoors during the winter. Try adding fresh chopped oregano to your salads, soups, and pasta sauce. It can also be made into an herbal tea to be sipped on throughout the day. Oregano oil can also be found as a tincture, extract, or capsule form online or at your local health food store.

Papaya

Papaya is one of the most nutrient dense and healing fruits on the planet. It is extremely high in beta carotene, vitamins C & A, and minerals such as calcium, phosphorus, potassium, and iron. It is a phenomenal fruit for helping to heal any type of digestive disorder such as constipation, acid reflux, colitis, pancreatitis, irritable bowel syndrome, ulcers, celiac's disease, H.pylori, diverticulitis, indigestion, bloating, flatulence, and stomach upset.

Papaya has a soothing, cleansing effect on the digestive tract and gently removes toxic debris while decreasing swelling and inflammation. Its high nutrient value also provides the body with all the essential vitamins, minerals, antioxidants, protein, and essential fatty acids it needs to rebuild muscles, tissues, bones, and organs.

Papaya contains potent anti-viral and anti-inflammatory properties and can provide significant relief for those suffering with joint pain, shingles, chicken pox, arthritis, colds, flu, and autoimmune disorders such as fibromyalgia, chronic fatigue syndrome, Lyme disease, lupus, and cardiovascular disease.

Papaya contains more than 500 undiscovered powerful digestive enzymes that have the power to support the pancreas, aid digestion, and heal the walls of the intestinal tract, even preventing scar tissue from forming there. Papaya also has amino acids and enzymes that when combined create undiscovered subcompound phytochemicals that repel viruses.

Papaya is also one of best foods for healthy, glowing skin. It brings youthfulness to the skin, and helps prevent and lessen wrinkles. It's an ideal food for helping to clear up eczema, psoriasis, and acne. It's also a wonderful aid for conditions and diseases, including stagnant and sluggish liver, brain fog, brittle nails, dark under-eye circles, bladder pain, fatigue, Hashimoto's, lupus, fibromyalgia, eating disorders, blood disorders, and incontinence.

Papaya is also an excellent food for the convalescing and can help rebuild the body after a long illness or from being bedridden. If consumed regularly, papaya will greatly improve skin, hair, and nails and keep eyes bright and clear. The black seeds inside the papaya are completely edible and can act as an effective vermicide or worm/parasite remover.

The black seeds are peppery and when eaten with the sweet papaya taste like a spicy-hot cinnamon candy. They can also be sprinkled into smoothies or onto a salad for added health benefits. The seeds are an excellent digestive aid and contain more enzymes than a whole bottle of digestive enzyme capsules, plus the fresh seeds have all the nutrients necessary for almost instant assimilation.

Ripe papaya is delicious with a fresh squeeze of lime and can also be made into a healing and soothing pudding by simply blending the ripe papaya flesh until smooth. There are two major varieties of papayas on the market today: the big football-size Maradol papayas and the small hand-size solo or strawberry papayas. The large Maradol papaya variety contains the most nutrition and healing properties and are NOT GMO.

The smaller varieties are sometimes grown GMO and should be avoided when possible. Maradol papayas are ripe when they yield to gentle pressure. Once fully ripe, they can be stored in the refrigerator for up to two weeks. Maradol papayas can often be found year-round in supermarkets, health food stores, and specialty produce stores.

Paprika

Paprika spice is high in vitamin A & C as well as bioflavonoids, antioxidants, and carotenes. Paprika can help to relieve sore throats, runny nose, congestion, and headaches that often accompany the common cold. Paprika is in the same

capsicum family as chili and bell peppers, but is unique in flavor and can range from very sweet to extremely hot.

The capsicum has analgesic or pain-relieving properties. Paprika has up to nine times the amount of vitamin C than tomatoes. This high vitamin C content helps to strengthen the immune system, protect against cardiovascular diseases such as heart attacks and stroke, and help the body absorb and assimilate iron.

Paprika has the ability to aid in digestion and help to improve circulation. Paprika has even been known to help normalize blood pressure and feed the cell structure of the arteries, veins, and capillaries so they regain elasticity. It can stimulate the body and be a great internal warmer in cold weather. Paprika has antibacterial properties that can protect one from salmonella and E.coli in the digestive tract.

Paprika also has the ability to help the body fight common infections. Paprika is an excellent addition to any vegetable dish including soups, fresh salsa, guacamole, roasted vegetables, potatoes, and cauliflower. A pinch can even be added to your morning smoothie or fruit salad for a spicy and immune boosting kick.

Parsley

Parsley strengthens bone and tooth enamel, and helps repair physical injury.

Parsnip

Parsnips are a sweet, nutritious root vegetable that are high in health promoting antioxidants and dietary fiber. They are a great source of vitamins C, E, K, and B-complex and minerals such as iron, calcium, copper, and manganese. Parsnips also contain potent anti-fungal, anti-inflammatory, and anti-cancer properties and are known to particularly help in providing protection from colon cancer and leukemia.

They are also highly beneficial for constipation, hypertension, dementia, osteoarthritis, osteoporosis, teeth and gum health, and overall immune support. The folate content in parsnips make them an excellent choice to help support the nervous system and reduce the risk of high blood pressure, depression, macular

degeneration, heart disease, kidney disorders, anemia, hearing loss, and birth defects in pregnant woman.

Parsnips are also known to help aid in fat metabolism and are an excellent weight loss food. They are also known to be good for kidney stones, bladder issues, and have a specific affinity for the stomach, kidneys, and spleen.

Parsnips can be juiced, steamed, pureed, roasted, or added to soups or stews. They can be used as a substitute for mashed potatoes and add a creamy, sweet, and savory flavor to any meal. Parsnips can be readily found in the produce section of your local grocery or health food store.

Pau D'Arco

Pau D'Arco is a powerful medicinal herb that is widely used in the treatment of cancer, arthritis, candida, and bacterial and viral infections. It is an effective detoxifier and purifier of the blood and is also known to be highly beneficial for asthma, diabetes, herpes, leukemia, anemia, hepatitis, cystitis, gastritis, Hodgkin's disease, lupus, and Parkinson's disease.

One of the most profound benefits of pau d'arco is its anti-tumor compounds that can help shrink and eliminate tumors from the body. This is one of the reasons why pau d'arco has become a popular herb for those battling cancer. Pau d'arco also contains a compound called lapachol which has been shown to activate lymphocytes and white blood cells which significantly strengthens the immune system.

Pau d'arco also has the ability to provide pain relief for those suffering with nerve pain, joint pain, or muscle pain as well as the pain that can sometimes accompany post-chemotherapy. Pau d'arco is also excellent at helping to remove parasites from the digestive tract and can help the body balance out from e.coli or salmonella poisoning.

Pau d'arco is often recommended to be used as a mouthwash for gum and tooth infections and as a douche for candida and yeast infections. Topically, pau d'arco cream can be applied as a cream to help speed up the healing of cold sores, diaper rash, athlete's foot, thrush, nail fungus, psoriasis, eczema, ringworm, bruises, and abrasions.

Pau d'arco tea can be made by simmering 1 ounce of herb in a pint of boiling water for 20-30 minutes. 1/2-1 cup of this tea can be taken 3-4 times a day. Pau d'arco can be found in tincture, extract, tea, capsule, and cream form online or at your local health food store

Pears

Pears, once called the “gift of the gods”, are a juicy, sweet, and easily digested fruit that are rich in vitamins and alkaline minerals such as vitamins A, C, E, folic acid, niacin, copper, and boron. Pears also contain several anti-cancer properties and are known to be especially good in helping to prevent esophageal cancer, breast cancer, stomach cancer, and colon cancer.

Pears are an anti-inflammatory food making them perfect for those who suffer from autoimmune disorders such as Chronic Fatigue Syndrome, Epstein-Barr, Rheumatoid Arthritis, Endometriosis, Guillain-Barre syndrome, Lyme disease, Hashimoto's, Meniere's disease, and Colitis. Pears also help to decrease the risk of Heart Disease and Type 2 Diabetes.

The flavonols in pears coupled with the anthocyanins help improve insulin sensitivity and their low glycemic index make it a perfect food for those who have blood sugar issues. Pears contain a special fiber that binds with bile acids in the intestines which has the ability to lower cholesterol. Pears also contain both Glutathione which can help prevent high blood pressure and strokes and Boron which helps the body retain calcium and prevent osteoporosis .

Pears are also a good source of iodine which helps to keep the metabolism balanced and the thyroid functioning properly and they are high in pectin which is highly beneficial for digestion and bowel regularity. Allow pears to fully ripen at room temperature before eating for maximum nutritional and health benefits.

Pecans

Pecans are a nourishing food and contain several vitamins, minerals, and antioxidants that are essential for optimum health. Pecans are an excellent source

of vitamins A, E and B-complex as well as minerals such as zinc, calcium, magnesium, selenium, iron, and manganese. They are a wonderful source of high quality protein that is easy to digest and quickly assimilates into the body.

Pecans contain ellagic acid, lutein, and zeaxanthin which are all known to help protect the body from infections, diseases, and cancers. Pecans are also rich in oleic acid which helps to decrease LDL “bad” cholesterol and increase HDL “good” cholesterol in the blood. This can help to prevent heart attacks, heart disease, and strokes making pecans one of the best heart healthy foods you can eat.

Pecans contain beta-sitosterol which is a compound that has been shown to be effective in treating the symptoms of benign prostatic hyperplasia (BPH) which is a non-cancerous enlargement of the prostate gland in men. They are also one of nature’s richest sources of vitamin B-6 which is vital for a healthy and strong nervous system as well as for the regeneration of damaged cells in the body.

Pecans have been found to be beneficial for Parkinson’s disease, Alzheimer’s disease, and dementia.

Contrary to the standard belief that “nuts are fattening”, 1 oz of nuts a day can actually help to decrease body fat and aid in weight loss by helping the body to feel satiated for longer periods of time. Pecan meal can be made by simply grinding raw pecans into a fine powder, this then can be used to sprinkle onto salads or added to smoothies for a nutritional boost. Also, try sprinkling a teaspoon of pecan meal over a bowl of fresh berries with a drizzle of raw honey. It is the perfect breakfast, snack, or dessert that is packed with antioxidants and immune boosting properties that will give you stable, consistent energy all day long. Raw pecans can be readily found online or at your local health food store.

Periwinkle

Periwinkle is a medicinal flower and herb that has been used for thousands of years due to its antibiotic, antibacterial, analgesic, and hypotensive properties. Periwinkle contains an alkaloid known as vincamine which is known to be highly beneficial for tinnitus (ringing in the ear), presbycusis (hearing loss due to aging), vertigo, headaches, glaucoma, and strokes.

Periwinkle also has vasodilating, blood thinning, and memory-enhancing abilities which makes it excellent for dementia, Alzheimer's disease, and short-term memory loss. It also contains potent anti-cancer compounds and is often used for leukemia, neuroblastoma, lymphomas, Hodgkin's disease, Kaposi's sarcoma, and Wilm's tumor.

Periwinkle has anti-inflammatory properties and is a great natural remedy for rheumatoid arthritis, fibromyalgia, psoriasis, and atherosclerosis. Periwinkle tea is wonderful for easing anxiety/nervousness, reducing heavy menstruation, improving memory, and for reducing blood pressure.

To make the tea, simply add 2 teaspoons of fresh or dried herb to 2 cups of hot water and allow to steep for 15 minutes or more, sweeten with raw honey if desired. Topically, periwinkle can help disinfect and stop the bleeding in wounds. Simply crush fresh periwinkle leaves (or soak dried herb in a small amount of water for 30 minutes) and apply directly to the affected area and wrap with a clean bandage.

It also is highly effective as a mouthwash for canker sores and bleeding gums. Periwinkle herb can be found in tea, tincture, extract, and salve form online or at your local health food store.

Persimmons

Persimmons are a sweet and delicious fruit that are an excellent source of vitamin A, C, and B-complex and minerals such as potassium, manganese and copper. They contain an anti-cancer and anti-tumor compound called Betulinic acid which makes them highly beneficial for lung, colon, prostate, breast, and skin cancer.

Persimmons contain active enzymes that help to break down toxic cells and foreign microbes in the body. They also have phytonutrients called Catechins which have powerful anti-inflammatory, anti-viral, and anti-aging properties.

Persimmons are known to help soothe sore throats and irritated digestive tracts and are good for colds, viral infections, constipation, and acid reflux.

Persimmon tea is a well known acid reflux remedy that can be made by combining 2 quarts of water, 3 cinnamon sticks, and 1/2 cup of thinly sliced fresh ginger into a pot and simmering for 30-60 minutes. When done, remove the cinnamon sticks

& ginger from pot and add 1 cup of dried persimmons. Allow the dried persimmons to soak in tea and store entire mixture in the fridge for up to a week. Sip 1/2 cup of this liquid 1-3 times day to stop and prevent symptoms of acid reflux from reoccurring.

Persimmons are a fantastic source of an antioxidant called zeaxanthin which is vital to help prevent and protect from age-related macular degeneration. They are also a great weight loss food as they are both fat-free and high in fiber.

There are two popular varieties of persimmons: Hachiya and Fuyu. Hachiya persimmons have a tear drop shape and must be fully ripe, almost to a pudding, jelly like consistency before eating. When hachiya persimmons are fully ripe (as seen in the picture below) they are decadently sweet and are prized around the world for their flavor and health benefits. Fuyu persimmons are hard and crisp like an apple and they can be eaten out of hand or peeled and sliced into pieces. Fuyu persimmons are also delicious dried and are a sweet chewy snack that can help to curb the appetite and prevent over-eating while giving you ample energy to get you through your day.

Fresh persimmons can be used in fruit salads, smoothies, salads, homemade jellies and jams, pies, and sorbet and are an excellent way to add nutritional and healing benefits to your diet. Fresh persimmons are available in most supermarkets and dried persimmons can be found online or at your local health food store.

Pistachios

Pistachios are one of the healthiest nuts available due to their high content of protein, calcium, iron, copper, oleic acids, and antioxidants such as vitamins A & E. Pistachios contain less fat than most other nuts and are inclined to be alkaline-forming which is essential in healing illnesses and disease.

Pistachios are incredibly nourishing for the blood as well as the immune system, cardiovascular system, muscular system, and nervous system. They are also an excellent weight loss aid. Just one handful a day can help to curb your appetite and keep you energized throughout the day. Pistachios are known to help lower lipids

and lipoproteins in the blood which ultimately helps to lower LDL (bad) cholesterol and raise HDL (good) cholesterol.

Raw pistachios are highly beneficial for constipation, dry skin, and for toning the liver and kidneys. Pistachios can help to prevent coronary artery disease, strokes, infections, memory loss, type 2 diabetes, insomnia, neurological disorders, skin cancer, and macular degeneration. For ultimate health benefits, choose raw, unsalted nuts that are natural in color (meaning no red or green dye).

Pistachio nut oil is also excellent for revitalizing and nourishing the skin and is excellent for massage therapy and cosmetic use as well. Consider finding more ways to incorporate this healthy nut into your regular diet. Pistachios work great with salads, trail mix, and even fresh pesto!

Plums

Plums are a sweet, juicy, low-calorie fruit that are a powerhouse in vitamins, minerals, antioxidants, and phytonutrients. Plums are an excellent source of Vitamin A, C, B-6, & K. Plums are also rich in minerals such as copper, iron, manganese, potassium, phosphorous, and magnesium. The magnesium in plums works as a natural tranquilizer which can sooth your nerves and also work as a catalyst to reinstate your natural REM sleep.

Some of the benefits from eating plums on a regular basis include improved vision, radiant skin, healthy brain functioning, regulated digestive tract, reduced inflammation, resistance against colds and infections, and improved metabolism. Plums are especially good for digestive disorders such as IBS, gastritis, and constipation. Fresh or dry, they remove toxic arsenic from the body.

They are also excellent for autoimmune diseases such as chronic fatigue syndrome, rheumatoid arthritis, COPD, fibromyalgia, raynaud's, cardiopathy, lupus, vertigo, and colitis. For best flavor, wait until the plum has fully ripened and is very soft to the touch. Plums come in a variety of colors from dark purple to yellow and red and can range from sugary sweet to tart and rich. They are an excellent addition to salads, smoothies, and juices.

Pomegranates

Pomegranates are one of the healthiest and most healing fruits available today. They are rich in vitamin C, K, B-complex and minerals such as copper, calcium, and potassium. Pomegranates are an excellent weight loss food and also benefit the body by boosting the immune system, improving circulation, and offering protection from cancer and Alzheimer's disease.

Pomegranates are packed with antioxidants and particularly one called Punicalagin which has been shown to effectively reduce the risks of heart disease by scavenging harmful free radicals from the body. Punicalagin also has potent anti-microbial properties making pomegranates fantastic in warding off bacterial and viral infections.

Pomegranates act like a natural aspirin in the body and help to prevent blood clots. Pomegranates are also the perfect "brain food" as they help to increase cognitive function and memory recall. Pomegranates are also great for joints and may help to prevent cartilage deterioration making them essential for the prevention of osteoarthritis. Pomegranates contain powerful anti-inflammatory compounds which makes them a highly beneficial food for those with autoimmune disorders such as fibromyalgia, COPD, bursitis, Lyme disease, rheumatoid arthritis, Chronic Fatigue Syndrome, and lupus.

Consuming pomegranates or their juice daily has been shown to effectively protect against diabetes, lymphoma, urinary tract infections, and breast, colon, lung, and prostate cancer. Pomegranate juice has also been shown to keep PSA levels stable in men thereby reducing the need for further treatments such as hormone therapy or chemotherapy. Pomegranates have also been shown to help lower LDL (bad) cholesterol and raise HDL (good) cholesterol as well as lowering systolic blood pressure for those who need it.

Pomegranate juice is excellent for dental health and has been shown to naturally prevent dental plaque and gum disease. Pomegranate seed oil is an excellent source of essential fatty acids and can be taken internally or applied topically to the skin to help improve skin elasticity, skin tone, and skin conditions such as eczema, psoriasis, and sunburn. It is also excellent for revitalizing hair and

protecting it from damage. Pomegranates, their seeds, and juice can all be found at the supermarket or your local health food store.

Potatoes

Potatoes are a nutritious, healthy food that are rich in vitamins A, C, & B-complex and minerals such as manganese, iron, magnesium, copper, and potassium. Potatoes contain an antioxidant called quercetin which has anti-cancer and cardio-protective properties as well as a storage protein called patatin which has been shown to exhibit activity against disease causing free radicals.

Potatoes are an excellent source of B6, a vitamin which is essential for the formation of almost every new cell in the body. Vitamin B6 also is a vital component for the neurological system and for the creation of amines which are neurotransmitters that send messages from one nerve to the next.

This makes potatoes an important food for those who are heavy thinkers and those recovering from stress damage and adrenal exhaustion. They are also particularly beneficial for depression, insomnia, sleep disorders, brain fog, and stress related illnesses. Potatoes are also known to be good for promoting cardiovascular health and are highly beneficial for reducing the risk of heart attack, stroke, atherosclerosis, and COPD.

Potatoes themselves are virtually fat-free and packed with dietary fiber which helps to prevent constipation and protect the colon from polyps and cancer. Their high fiber content also helps to lower blood LDL cholesterol and keep blood sugar levels stable and within normal range. Fresh raw potatoes are a rich source of vitamin C, enzymes, minerals, and antibiotic properties and can be juiced with fresh tomatoes, lemons, or other vegetables for additional health benefits.

Steamed potatoes are the most healthy form of cooked potato and will ensure that they retain most of their vitamins and minerals and remain a strongly alkaline, healing food. Potatoes can be readily found at your local grocery and health food stores. They are anti-EB-V because they don't feed it, and they are high in L-lysine.

Pumpkin

Pumpkin is a very low calorie vegetable (actually technically a fruit) that is packed with antioxidants such as vitamins A, C, E, beta-carotene, and zeaxanthin which can help prevent age-related macular disease. Pumpkin is also a rich source of B-vitamins such as folates, niacin, thiamin, and pantothenic acid and minerals like calcium, copper, potassium, and phosphorus.

It is an excellent food for aiding weight loss and for reducing cholesterol. The high amount of phytonutrients in pumpkin have been shown to help prevent the risk of cancers, particularly mouth, lung, and colon cancer. Pumpkin also contains several anti-aging benefits and the antioxidants help to keep skin wrinkle-free and radiating a healthy glow.

It also contains immune-boosting properties which can help the body stay strong and ward off common colds and flus that may be going around. Pumpkin is an excellent way to replenish and restore the body after a workout as it is high in potassium which helps to restore the body's balance of electrolytes after exercise and keeps muscles functioning at their best.

Pumpkin is a versatile food and can be eaten raw, steamed, baked, or roasted and is commonly used in muffins, pies, soups, and stews. Frozen or canned pumpkin is an alternative option to include this healthy vegetable into your diet when you are short on time. Pumpkin can be found online and fresh at your local health food store.

Pumpkin Smoothie

1 cup pumpkin puree

1 large frozen banana

1 cup coconut milk

1 tablespoon raw honey

1 tsp. pumpkin pie spice

1/2 tsp. vanilla extract

¼ cup of coconut cream* (optional)

Combine all ingredients in a blender and blend until smooth.

Top with the coconut cream and a sprinkle of pumpkin pie spice. Enjoy.

Makes 1-2 servings

Notes:

* To make your own pumpkin pie spice mix together 3 tablespoons of cinnamon, 2 tablespoons of nutmeg, 2 tablespoons of ground ginger, and 1½ tablespoons of all spice.

* For the coconut cream, remove ¼ cup of the heavy top layer of cream from a can of separated coconut milk.

Drink and Enjoy!

Pumpkin Seeds

Pumpkin seeds are one of nature's most nourishing foods. They contain high amounts of vitamin E, B-complex, magnesium, zinc, and omega-3 fatty acids. Pumpkin seeds are essential for men's health and provide significant protection for the prostate gland. They are an excellent source of tryptophan which is critical for good quality sleep and for keeping anxiety and depression at bay.

The B-complex vitamins in pumpkin seeds work as co-factors in the body to help reduce cholesterol and enhance GABA activity which is also known to reduce anxiety and neurological disorders.

Pumpkin seeds also contain anti-inflammatory properties which provide benefit for those that suffer with chronic inflammation such as in sinusitis, arthritis, bursitis, and other autoimmune disorders. Pumpkin seeds have high concentrations of phytosterols that can help to inhibit the absorption of cholesterol in the gastrointestinal tract which ultimately can help reduce the bad cholesterol in the body. Pumpkin Seeds have also been known to prevent kidney stones and osteoporosis.

Pumpkin seed butter is a great and tasty alternative to peanut butter and can be found online and in most health food stores. Raw pumpkin seeds will provide you with the most nutrition and health benefits. Try sprinkling them on salads, adding them to trail mixes, or chop them with dates to make your own healthy energy bars.

Purslane

Purslane is a common edible wild food that grows throughout the world and has more recently become a popular cultivated salad green. It contains the highest amount of alpha linoleic acid (which is the precursor to omega-3 fatty acid) and vitamin A out of any of edible plant which makes it one of the most nutrient rich green leafy vegetable to eat.

Purslane also contains CoQ10, glutathione, dopamine, and melatonin which can not only can help regulate your sleep cycle, but also inhibit cancer growth as well. Purslane is excellent for boosting the immune system, improving vision, sharpening cognitive abilities, and strengthening the cardiovascular system. It is also great for helping to improve the effectiveness for treatment for bipolar disorders, schizophrenia, hyperactivity, depression, autism, ADD, and Alzheimer's disease.

Purslane is a rich source of vitamins C & B-complex and minerals such as calcium, magnesium, iron, and manganese. Purslane contains a betalin alkaloid that has anti-mutagenic properties that can help to prevent or slow down the growth of tumors in the body. Purslane also contains powerful anti-inflammatory properties and is an ideal food for those suffering with autoimmune disorders such as fibromyalgia, rheumatoid arthritis, chronic fatigue syndrome, COPD, irritable bowel syndrome, and lupus.

Purslane is known to be good for hemorrhoids, diarrhea, dysentery, constipation, and parasites. In ancient Egypt, purslane was used to help prevent and treat heart disease, heart failure, and stroke. Purslane leaves are crisp, chewy, and succulent with a mild lemony taste. It is a perfect addition to fresh vegetable juice and it also blends well with other herbs and leafy greens in a salad.

The whole plant can be steamed, sauteed, or added to soups or stews. It's mucilaginous texture gives it a thickening power similar to okra. Purslane can be often be found at your grocery store or farmer's market alone or in a salad mesclun mix.

Radishes

Radishes are antibacterial, anti-fungal, and diuretic. They are rich in Vitamin C, folic acid, and anthocyanins and are excellent for sinus congestion, sore throats, chest colds, asthma, and hoarseness. Radishes have the ability to dissolve mucus and acids within the body and expel stones from the gallbladder as well as cleanse the kidneys.

Radish is also very helpful in preventing and fighting urinary tract and bladder infections. Eating radishes on a regular basis can help prevent colds and flus and they are a great anti-cancer food and are known to specifically benefit stomach, kidney, mouth, and colon cancer. Radishes are also good to eat with starchy foods such as pasta, potatoes, and grains as they have enzymes that aid in the secretion of digestive juices. They reduce brain fog and nerve pain.

The green leafy tops to the radishes are not only edible, but actually contain more vitamin C, protein, and calcium than the radish itself. The green tops are highly nutritious and mineral rich and should be valued as much if not more than their roots. Radishes and their greens can be juiced for an excellent detoxifying drink that can soothe the digestive tract and cleanse the entire body. Added to salads, sandwiches, wraps, soups, and stews, radishes and their greens can add vibrant flavor and fantastic nutrition to support your health and body.

Raspberries

Raspberries are one of the top antioxidant fruits and are an essential food for optimum health. Raspberries are rich in vitamins C, A, E, K, and B-complex and minerals such as iron, copper, calcium, and magnesium. They are also high in ellagic acid which is a medicinal compound that helps to prevent cancer as well as benign and malignant growths.

Raspberries have powerful anti-inflammatory, anti-cancer, and anti-aging properties making them particularly beneficial for autoimmune disorders such as arthritis, atherosclerosis, heart disease, scleroderma, chronic fatigue syndrome, fibromyalgia, lupus, and colon, breast, prostate, stomach, and lung cancer. They also contain a compound called raspberry ketone that has been shown to increase the metabolism of fat cells which provides benefits for those trying to lose weight.

In addition, raspberry ketones have also been shown to improve insulin balance and blood sugar regulation making it a great food for those who have type 2 diabetes. Raspberries have the ability to cleanse mucus and toxins out of the body and to help balance the endocrine system, reproductive system, and neurological system.

They are also excellent for cardiovascular, circulatory, and cognitive health. Raspberries are an easily digestible and completely assimilable fruit which ensures ultimate absorption of its healing and nutritive properties. Fresh raspberries are a wonderful addition to smoothies, salads, or eaten straight as a snack. Frozen raspberries retain most of their nutrition and are a good substitute when fresh is unavailable. Raspberries can be readily found at your local grocery and health food stores.

Raspberry Leaf

Raspberry leaf herb is a rich source of vitamin C, calcium, iron, magnesium, bioflavonoids and antioxidants. Raspberry leaf is excellent for sore throats, canker sores, cold sores, anemia, colds and fevers, diarrhea, leg cramps, menopausal symptoms, adrenal fatigue, stomach ulcers, and as a mouthwash for gingivitis.

Topically, it is wonderful for helping to heal skin conditions such as burns, cuts, rashes, eczema, and psoriasis. Raspberry leaf has been used for centuries as a “reproductive tonic” due to its ability to support both women’s and men’s reproductive health. It has been found to provide relief for women experiencing PMS, cramps, and heavy menstrual bleeding due to a compound it contains called ferulic acid. Midwives often recommend pregnant women drink raspberry leaf tea just before and during labor to help induce and regulate timing of contractions and to help speed up delivery. It has also been used to help ease symptoms of morning sickness and nausea. Following birth, raspberry leaf tea is often recommended to help stimulate milk flow for breast feeding.

Raspberry leaf tea has a pleasing taste, much like black tea, but without the caffeine. To make the tea, pour 1 cup of boiling water over 1-2 teaspoons of dried or fresh herb and let steep for 10 minutes or more. Sweeten with raw honey if desired. Raspberry leaf can be found online or at your local health food store in capsule, tincture, extract, and tea form.

Raw Honey

Raw honey is often referred to as “liquid gold” due to its highly therapeutic antibiotic, antifungal, antiviral, antiseptic, anti-aging and anticancer properties. Raw honey is not filtered, strained, or heated above 115 degrees Fahrenheit and provides far more benefits than regular honey as it is full of active enzymes, amino acids, vitamins, minerals, and fatty acids that are vital for keeping the body health and for preventing illness and disease.

Raw honey contains vitamins such as B-complex and Vitamin C as well as minerals such as calcium, magnesium, potassium, and zinc. Raw honey has the power to strengthen the immune system, promote digestive health, reduce throat irritation, stabilize blood pressure, calm nerves, relieve morning sickness, balance blood sugar, heal ulcers, purify the blood, fight off colds and flu, soothe sore throats and laryngitis, and flush the kidneys.

Raw honey is also great for digestion as it contains probiotics that help to keep the beneficial bacteria in the gut healthy and strong. Raw honey also functions as an expectorant and is known to benefit respiratory conditions such as bronchitis and asthma. Raw honey promotes restorative sleep and can aid in healing and rebuilding the body during the night.

Raw Honey is hygroscopic, which means it draws all the moisture out of germs which ultimately kills them. This is why raw honey is an excellent first aid cream and can be applied externally, like a natural neosporin, to cuts, abrasions, rashes, and sores to keep the wounds sterile and quicken the healing process.

Consider adding a teaspoon of raw honey to your lemon water and/or herbal tea everyday. It provides instant energy and great health benefits which can give you a much needed boost to your daily health routine.

Red Cabbage

Red cabbage is one of the most healthful and least expensive vegetables available today. It is rich in vitamins C, K, & B-complex and minerals such as iodine, calcium, magnesium, potassium, and iron. It is also high in anthocyanin polyphenols which

are powerful antioxidants that contain potent anti-inflammatory, anti-viral, and anti-cancer properties.

Red cabbage is well known for its high percentage of phyto-chemicals such as isothiocyanates, zeaxanthin, and lutein which can help to effectively protect the body against colon, breast, stomach, lung, and prostate cancer. It has also been shown to help lower cholesterol levels by working with bile acids in the digestive process to remove cholesterol from the blood.

Red cabbage is an ideal food for a healthy digestive tract as it is known to help reduce bad bacteria and promote good friendly bacteria (such as acidophilus) in the gut. Red cabbage is particularly beneficial for the nervous system and has even been shown to help reduce buildup of plaque in the brain that can lead to Alzheimer's disease.

It is also an excellent food for ulcers, osteoporosis, constipation, heart disease, candida, age related macular degeneration, fibromyalgia, dementia, and weight loss. Red cabbage is also great for boosting the immune system and reducing chronic inflammation in the body. It is highly beneficial when eaten raw or juiced and can be a delicious addition to salads, wraps, nori rolls, and variety of vegetable juice recipes.

If you prefer red cabbage cooked, consider eating it lightly steamed or adding it to your homemade soups or stews for more nutritional benefits. Red cabbage pairs well with apples, scallions, ginger, and/or sesame seeds. Red cabbage can be readily found at your local grocery and health food stores.

Red cabbage is loaded with a number of life-enhancing vitamins and minerals including vitamins C, K and B-complex as well as calcium, magnesium, potassium, iron, and iodine. Furthermore, the anti-cancer, anti-viral, and anti-inflammatory qualities of the anthocyanin polyphenols, antioxidants that are abundant in red cabbage, make this vegetable even more of a powerhouse choice for someone seeking health and healing. Like onions, red cabbage can support gut health. One way it does this is by working in the digestive tract to reduce unproductive bacteria while encouraging the development of beneficial bacteria.

Red Root

Red Root is an herb that has effective antibiotic, antispasmodic, antiviral, and expectorant properties. Red root is great for helping to prevent or shorten the duration of colds, flu, and respiratory infections. It has the ability to help remove phlegm and mucus from the respiratory tract and sinus passages. Red root also works well for digestive ailments such as constipation, gas, bloating, indigestion, and abdominal pain.

It also is highly beneficial for urinary tract infections, liver problems, mononucleosis, chicken pox, sinusitis, bronchitis, fever, nosebleeds, headaches, and asthma. Red root's anti-spasmodic properties are incredible at helping to relieve muscle spasms, leg cramps, and painful menstruation cramps. It also is very effective at eliminating ovarian and breast cysts in from the body. Red root has mild sedative properties which can help alleviate depression and tendencies for insomnia.

Red root is commonly used to treat Epstein-Barr virus, shingles, Hodgkin's disease and hepatitis. It has also been used in the treatment of STDs such as syphilis and gonorrhea. Red root is particularly beneficial for oral health and has been shown to help prevent canker sores, tooth decay, dental plaque, and gum and tooth infections. As a gargle, it can help to prevent or stop strep throat, sore throat, or tonsillitis.

Topically, red root can be applied as a salve, poultice, or cream to help naturally treat skin cancers, lesions, hemorrhoids, sores, and acne. Red root makes a delicious tea and was actually used as a substitute for black tea during the Revolutionary War due to its similar flavor profile. To make a tea, use 2 tsp of dried herb to 1 cup of boiling water and allow to steep for at least 15 minutes, sweeten with raw honey if desired. Red root can be found in tincture, capsule, extract, tea, and cream form online or at your local health food store.

Reishi

Reishi mushroom is a prized medicinal food that has been called the "medicine of kings" and the "elixir of eternal life" due to its astounding and powerful health benefits. Reishi has been shown to significantly boost immune system function and is an excellent cancer preventative food as it contains compounds such as

canthaxanthin and beta-1,3-D glucan which can slow down the growth of tumors and help immune cells bind to tumor cells and remove them from the body.

It also is well known for helping to protect the body from radiation damage and has been shown to ease symptoms of chemotherapy such as hair loss, nausea, fever, infection, weight loss, and headaches. Reishi is also excellent for cardiovascular health and is able to help dilate the coronary artery, improve circulation in cardiac muscle capillaries, increase blood flow to the heart, and even help correct arrhythmia. It can also reduce blood cholesterol and triglyceride levels as well as reduce plaque on the arterial walls which can help to prevent strokes and heart attacks.

Reishi is a vital supplement for helping to lower cholesterol, reduce high blood pressure, and to prevent blood clots. Reishi is very good for calming the nervous system and bringing balance and stability back to the body. It can help with anxiety, panic attacks, and sleep disorders such as insomnia. It is also known to help improve cognitive abilities such as memory, concentration, and focus. Reishi contains anti-inflammatory properties making it essential for those who suffer with autoimmune disorders such as colitis, chron's disease, fibromyalgia, chronic fatigue syndrome, chronic bronchitis, arthritis, COPD, and epstein-barr virus. Reishi also contains potent anti-viral properties and is highly beneficial for herpes, cold sores, shingles, chicken pox, and colds and flu.

It also has natural antihistamine properties which makes is valuable for those who suffer with allergies, sinus problems, and chronic muscle aches. In one study, reishi was found to be as powerful as five milligrams of hydrocortisone. Reishi contains polysaccharides called Gandoreans A, B, C that help to keep blood sugar stable and balanced which is very good for diabetes, strokes, ulcers, and hypertension. Reishi extract powder is an excellent way to include this into your diet.

Romaine

Romaine lettuce is a fantastic leafy green that contains all 8 of the essential amino acids. It is also high in omega-3, calcium, and iron and has more vitamin C than an orange. Romaine is rich in beta carotene, folate, and vitamins E & K. The beta

carotene and folic acid in romaine lettuce can reduce the risk of heart attacks and stroke, while the vitamins E & K can help balance blood sugar, strengthen muscles and bones, and build a healthy immune system.

It can also help to prevent the oxidation of cholesterol and its high silicon content helps to repair and renew joints, bones, arteries, and connective tissues. Romaine is also unique in that it contains very low levels of oxalic acid making it an ideal leafy green for those who are prone to kidney stones and/or joint pain.

Its antispasmodic properties aid the cardiovascular system and the digestive tract. Romaine lettuce contains sedative compounds that relax the nerves and calm the body. It can help prevent nightmares and provide support for a good night's sleep. Romaine is an excellent addition to smoothies. Blend a head of romaine with two oranges, this has more calcium than a glass of milk.

Or make a smoothie with bananas, blueberries, romaine, and a little coconut water for a protein & antioxidant energy boost. For salads, chopped romaine makes an excellent crunchy base for all of your fixings. Or try stuffing whole leaves with guacamole, salsa, and sprouts and eat like a taco.

Rose

Roses are a medicinal flower that have been used since ancient times for their nutritional and healing benefits. Rose petals are rich in vitamins C, A, D, E & B-complex and minerals such as zinc, iron, and selenium. Rose petals contain sedative, antibacterial, anti-inflammatory, anti-depressant, and mood enhancing properties. They are known to soothe sore throats, nervous tension, anxiety, headaches, peptic ulcers, hypertension, fluid retention, bronchitis, urinary tract infections, and heart disease.

Rose petals are also often used for painful menstruation (dysmenorrhea) and for digestion issues such as flatulence, constipation, and diarrhea. Fresh organic rose petals are a wonderful addition to fruit salads, green salads, deserts, and a variety of healthy meals. Rose petal tea is also a soothing and relaxing way to enjoy its benefits. Simply use 1 teaspoon of dried rose petals to 1 cup of hot water and allow to steep for at least 10 minutes, sweeten with raw honey if desired.

Rose water can also be made by placing 2-4 cups of rose petals in a pot and pouring just enough water to cover them, Simmer for about 45 minutes and then allow to cool. Strain and store rose water in the fridge, it will be good for 7-10 days. Rose water works as an astringent and as an anti-aging & beautifying tonic for the face and skin.

Rose petals are also an excellent addition to your bath and can help provide relief for dry, itchy skin, bug bites, sunburn, acne, and eczema. Make sure to always seek out organic or unsprayed roses since conventionally grown rose petals often contain harmful pesticides.

Rose Hips

Rosehips from the rugosa rose plant are an exceptional healing fruit that grow abundantly in the wild and in home gardens. They are packed with Vitamin C, E, & K and are used to help prevent and treat infections such as bladder, kidney, respiratory, and sinus infections as well as colds and flus.

Rose hips aid in reducing inflammation associated with auto-immune conditions such as arthritis and fibromyalgia.

They also ease the digestive tract, provide a laxative effect on the colon, and help to prevent fluid retention and bloating. Rose hips have also been known to prevent dizziness and the effects of vertigo.

Rose hips have an affinity for women's reproductive health aiding in regulating menstrual flow, easing uterine cramps, and preventing breast disorders. They help to purify and nourish the blood and lymphatic system which aids in preventing stress related illnesses. They are wonderful for strengthening the circulatory, respiratory, and digestive system. Rose hips also support the thymus gland which is a specialized organ that helps your immune system to function optimally.

If you happen to be fortunate enough to have a rugosa rose plant growing near where you live, wait until the rose hips are soft to the touch before harvesting. They can be eaten fresh or dried for later use. Avoid the seeds by eating around the center or straining through a sieve. Dried cut and sifted rose hips are readily available in health foods stores in bulk. Rose hip tea is a delicious way to

incorporate this healing fruit into your daily routine. Use 1 tsp dried rose hips per 1 cup of water and steep for 10 minutes.

Rosemary

Rosemary has had the reputation for miracles for thousands of years. It has been used as an antiseptic, antidepressant, analgesic, antiviral, anti-inflammatory, disinfectant, aphrodisiac, and expectorant. Rosemary has earned praise for alleviating nerve-related conditions, boosting the immune system, fighting off bacterial and viral infections, aiding respiratory ailments, strengthening digestion and improving circulation.

Rosemary contains both caffeic acid and rosmarinic acid which act as a powerful anti-inflammatory making it ideal for those who suffer with auto-immune disorders such as rheumatoid arthritis, chronic fatigue syndrome, and fibromyalgia. It also contains properties and volatile oils that work similarly to anti-histamines and make it very useful to treat conditions such as asthma and chronic migraines.

Rosemary's diuretic properties have been known to help relieve gout, edema, and kidney stones. Rosemary has the ability to stimulate memory, improve concentration, and help overcome mental fatigue by increasing the blood flow to the head and brain. It is also known to alleviate depression and sadness and can decrease anxiety brought on by stress. Rosemary oil is often added to hair and skin care products due to its ability to cleanse and nourish the scalp and heal and repair the skin.

Essential oil of rosemary can also be used through a steam vaporizer to disinfect the air in your home &/or office which is especially beneficial during cold and flu season. Fresh or dried rosemary can also be taken as a tea, supplement, or simply added to fresh guacamole, salads, soups, or any of your home cooked meals. It is a potent and effective herb that can provide a myriad of health benefits.

Saffron

Saffron is a medicinal spice that contains several carotenoid compounds which have potent anti-depressant, anti-oxidant, and anti-cancer properties. Saffron is also a good source of minerals and vitamins that help to control blood pressure,

regulate heart rate, repair stress related damage, support healthy red blood cell production, build the immune system, and prevent infections.

Saffron has also been known to alleviate depression and mental stagnancy and bring back joy to the senses. Saffron has the ability to soothe the digestive tract and be an overall natural digestive aid. Saffron Extract (in supplement form) has also been used as an appetite suppressant and weight loss aid. Saffron is known to provide significant cognitive benefits by helping to promote mental focus, memory retention, and recall capacity. It is also beneficial for eyesight and can specifically aid in the prevention and repair of cataracts. Only a pinch is needed for effective results. Consider adding a little saffron to your cooking to add not only a beautiful color and a wonderful flavor and aroma, but multiple health benefits as well.

Sage

Sage is a legendary herb well known for its phenomenal health promoting and disease preventing properties. It is one of the top antioxidants herbs and can provide powerful protection from degenerative diseases such as diabetes, arthritis, cancer, heart disease, macular degeneration, inflammatory bowel disease, osteoporosis, prostatitis, Parkinson's disease and Alzheimer's disease.

Sage contains rosmarinic acid which is a potent anti-inflammatory compound that can help reduce swelling and inflammation and considered highly beneficial for conditions such as rheumatoid arthritis, fibromyalgia, bursitis, asthma, and atherosclerosis. Sage has anti-microbial and anti-bacterial properties and is an excellent natural remedy for fungal, viral, and bacterial infections.

It also has the ability to provide relief from acidity and aid in digestion of fatty and hard to digest foods. Sage is known as the "thinker's herb" as has an outstanding ability to enhance attention span, support concentration, and improve the senses as well as provide support when dealing with grief and depression.

It can also help regulate the menstrual cycle and help to prevent excessive sweating in woman after menopause. Sage has the ability to neutralize free radicals and offer significant anti-aging and longevity benefits. It also contains antiseptic properties and is widely found in natural creams, lotions, and salves to speed the healing of cuts and wounds and clear up most skin diseases and infections.

On a spiritual level, sage has long been used to aid in cleansing one's spirit and surroundings. Sage has a peppery flavor and can be added to soups, potatoes, squash, tomato sauce, salads, guacamole, and even works well with some fruits like strawberries and banana smoothies. It can also be taken as a tea, capsule, or tincture for additional benefits. Sage is a wise, healing, and powerful herb that is a true gift and should not be missed.

Sapodilla

Sapodilla is a tropical fruit that readily grows in Florida and Central America and has many nutritional and health benefits. A perfectly ripe sapodilla tastes like a pear that has been baked in brown sugar.

Sapodillas are a good source of vitamins A, C, & B-complex as well as minerals such as iron, copper, and potassium. They are rich in antioxidant compounds called tannins which have potent anti-inflammatory, anti-viral, anti-bacterial, anti-parasitic, and anti-cancer properties. These tannins also have the ability to neutralize acids by precipitating proteins.

Sapodilla is known to be particularly helpful for constipation, IBS, gastritis, reflux-esophagitis, hypertension, heart disease, cardiovascular disease, osteoporosis, macular degeneration, and lung, colon, and oral cancers. Sapodilla is also excellent to boost immune function and help to prevent chronic ailments such as sinus infections, migraines, joint and muscle pain, nerve twitching, and bursitis.

Sapodilla has the ability to replenish energy and revitalize the body instantly which makes it the perfect food when you are on the go. Sapodillas are a delicious treat to eat by themselves, but they are also wonderful in smoothies, fruit salads, and pies.

Sapodillas need to be fully ripe before consuming or they can give off a bitter flavor and produce a "fuzzy" mouth feeling. A ripe sapodilla should be soft all over and easily yield to gentle pressure. Sapodillas can often be found in the tropical fruit section of your supermarket and online fruit stores that ship when in season.

Sarsaparilla

Sarsaparilla is a medicinal herb that is known to be an excellent detoxifier and blood purifier. Sarsaparilla is rich in vitamins A, C, D, and B-complex as well as minerals such as chromium, cobalt, zinc, and silicon. It also contains anti-microbial compounds such as faltarinol and panaxydol which makes it great for helping to protect the body from bacteria, viral, and fungal infections.

Sarsaparilla is often used as a diuretic and as has a strong affinity for helping the kidneys flush toxic material out of the body. It is also known to be a good sweat inducer and fever reducer which can come in handy during cold and flu season.

Sarsaparilla contains potent anti-cancer compounds and has been shown to be particularly helpful for liver, breast, and lung cancer. It is also known to be beneficial for diabetes, cold sores, shingles, genital herpes, dermatitis, and seizures.

Sarsaparilla also contains anti-inflammatory properties and is effective for autoimmune disorders such as arthritis, fibromyalgia, chronic fatigue syndrome, lupus, and irritable bowel syndrome. It has also shown to be very good at reducing psoriasis symptoms due to the fact that the saponins in sarsaparilla help to clear endotoxins from the bloodstream that cause the painful and itchy skin patches.

Sarsaparilla was traditionally used as an original ingredient in old-fashioned root beer for its flavor and medicinal benefits, but it also makes a wonderful tea and can be made by adding 2 teaspoons of dried root to 2 cups of water and simmered for at least 30 minutes. Allow to cool, strain and sweeten with raw honey if desired. Sarsaparilla can be found in tea, tincture, capsule, extract, or cream form online or at your local health food store.

Scallions

Scallions provide you with similar benefits to those you would receive from eating other onions, like red onion, yellow onion, leeks, chives, shallots, and other alliums.

Have you ever experienced digestive issues after eating an onion? In this instance, it is not likely that the onion caused the discomfort. Instead, it may be the result of die-off from harmful bacteria that the onion helped to destroy in the digestive

tract. If you or a loved one suffer from SIBO, try making onions a more significant part of your diet.

Their powerful abilities to help suppress the overgrowth of bacteria can be a wonderfully healing support for SIBO sufferers.

Schizandra Berries

Schizandra is a medicinal berry that has been used for thousands of years for its exceptional health promoting benefits. Schizandra berries contain special adaptogenic properties which means they help balance the body's stress hormones and normalize organ function during times of mental, emotional, physical, or environmental stress.

This unique ability protects the body from intense stress damage and helps to provide a more resilient endocrine, immune, and central nervous system. Schizandra berries are also phenomenal for sharpening mental focus, enhancing memory skills, and increasing clarity and concentration. The berries are particularly good for adrenal fatigue, heart disease, cardiovascular issues, autoimmune disorders, macular degeneration, neurological disorders, and for keeping blood sugar stable and balanced.

Schizandra berries contain both glutathione peroxidase and gomison-A which are compounds that are highly beneficial for the liver and can help prevent liver inflammation and tissue destruction making it an excellent herb for hepatitis, jaundice, HIV/AIDS, and other viral conditions. In Chinese medicine, schizandra is often used to soothe respiratory illnesses such as chronic coughs, bronchitis, pneumonia, COPD, and respiratory infections.

Athletes often depend on schizandra berries to help increase their physical endurance and stamina. Schizandra berries are also revered around the world for their ability to provide a clear and glowing complexion that defies the aging process. Dried schizandra berries make a wonderful tea and tonic drink, simply soak a handful of berries in several cups of water overnight and sip throughout the day. Schizandra can be found online or at your local health food store in tincture, capsule, extract, and tea form.

Self Heal

Self heal (or heal-all) is a wonderful medicinal flower and herb which as the name suggests has tremendous healing properties. It is often taken as a tea or a tincture for sore throats, fevers, diarrhea, inflammation, and heart and liver problems. Self-heal contains powerful antioxidant and antibiotic properties which has given it a reputation for being excellent for the immune, cardiovascular, and lymphatic system.

It can help provide relief from tension headaches, edema, bronchitis, infections, viral conditions, vertigo, sensitivity to light, and high blood pressure. It also contains detoxifying, anti-inflammatory, antiseptic, hemostatic, and astringent properties. Self heal has the unique ability to help pull heavy metals out of the body and is particularly beneficial for the liver.

Originally called “Heart of the Earth”, self-heal is a member of the mint family and has been given great reverence for hundreds of years due to its incredibly vast healing abilities. Self-heal is also excellent as a gargle for sore throats and as a mouthwash for canker sores and bleeding gums. Topically, it can be used as a poultice, salve, or cream to help aid in the healing of cuts, wounds, bee stings, hemorrhoids, conjunctivitis, goiters, lipomas, and varicose veins.

For women, self-heal is especially beneficial for lymphatic issues such as swollen breasts, fibrocystic cysts, and sore nipples, apply nightly for best results. Self-heal herb, tea, cream, or salve can be found online or at your local health food store. Self-heal is a small, but powerful herb worthy of a spot in your home medicine cabinet.

Sesame Seeds

Sesame seeds are a high energy food that help to provide optimum health and wellness. They are an excellent source of high quality protein which is most beneficial for growth, especially in children. Sesame seeds are also high in minerals such as calcium, iron, zinc, magnesium, selenium, and copper. In fact, did you know that just a 1/4 cup of sesame seeds provides MORE calcium than 1 cup of milk? And calcium is not only vital to bone strength, it is also known to help ease the effects of migraines, aid in weight loss, and provide relief from PMS. The copper in sesame seeds offers anti-inflammatory benefits which can help to

relieve swelling in auto-immune disorders such as rheumatoid arthritis and fibromyalgia.

Sesame seeds are rich in Vitamin E, Folic acid and B-complex vitamins such as niacin which enhances GABA activity in the brain, reduces anxiety, and provides for a better night's sleep. They also contain a special element called "sesame-lignin", a potent antioxidant, which is an active free-radical scavenger that can also aid in lowering cholesterol and preventing high blood pressure.

Sesame seeds have the unique ability to nourish the nervous system, strengthen hormone production, support the cardiovascular system, benefit the digestive system, and reduce fatigue. The high Vitamin E content in sesame seeds has been highly prized as an ancient beauty treatment for healthy skin, hair, and nails. Sesame seeds can be sprinkled on salads, vegetables or rice, mixed with dates or honey, or used as a delicious spread known as tahini. Tahini (sesame butter) is creamy, rich, and satisfying and can be used as a savory base to salad dressings, dips, sauces or hummus, or used as a sweet treat when mixed with honey and nuts.

Shiitake Mushrooms

Shiitake Mushrooms have been called the "miracle mushroom" due to their powerful immune boosting and cancer fighting properties. They contain all eight of the essential amino acids and vitamins such as B12, A, D, and C. Shiitake Mushrooms also contain interferons which are natural proteins that have strong antiviral effects on the body.

Interferons have the ability to inhibit the replication of viruses, bacteria, parasites, and cancerous cells. Shiitake Mushroom extracts contain a significant amount of 1,3 beta-glucan and lentinan which has been shown to slow tumor growth, reduce tumor activity, and lessen the side effects of cancer treatments like chemotherapy and radiation.

Shiitake mushrooms have also been known to benefit heart disease, hepatitis, and auto-immune disorders such as AIDS, rheumatoid arthritis, multiple sclerosis, fibrocystic breast disease, lupus, chronic fatigue syndrome, and fibromyalgia.

Shiitake Mushrooms also can help to regulate blood pressure, lower blood cholesterol, thin the blood, and aid in preventing strokes and heart attacks.

Shiitake Mushrooms contain an excellent bioavailable form of iron which makes them a great addition to help keep your blood strong and to prevent anemia. Shiitake mushrooms are among the few natural sources of germanium, a mineral that has the ability to counteract the effects of pollutants and increase resistance to disease.

Shiitake Mushrooms are also rich in zinc which is highly beneficial for treating viral and bacterial infections, regulating prostate gland functioning, and for healing skin problems. Shiitake Mushrooms are prized around the world for their medicinal and healing properties. They can be added to your soup, salad, grain, and vegetable dishes or taken in supplement form as a capsule, tincture, or powder.

Silica

Silica is one of the foundational minerals our bodies' need most. While we commonly hear that calcium is the mineral that's most helpful for bone health, it's actually silica that's more critical.

Silica is unbeatable for its bone-building and bone-protecting properties. It can improve bone density, bone flexibility and if you suffer with any bone degeneration diseases and conditions with labels like osteoporosis, osteopenia, age-related bone loss, or other bone density issues, silica should be a part of your healing protocol. And if you've had an injury where you've broken or fractured a bone, dislocated a joint, or pulled a hamstring, silica is crucial for repair and recovery.

It's not just your bones that need silica. Your teeth do too, as do your joints, tendons, ligaments, and connective tissue in order to be strong and healthy. It helps to strengthen the connective tissues of the brain, nerve cells, and spinal cord thereby improving memory and helping to prevent memory loss. Silica also helps stabilize the pancreas's release of insulin!

If you want your nails, skin, and hair to be healthy, turn to silica. It's an essential beauty mineral that helps heal brittle bones, teeth, hair, and nails. It is also well known for its anti-aging, anti-wrinkle properties due to its ability to help form collagen and repair damaged or loose skin along with a clean diet.

There are many foods that are high in silica that are best included as often as possible. These foods include melons, cucumbers, artichokes, asparagus, dandelion, and leafy greens. There are also wonderful herbs that offer rich sources of silica including nettle leaf, horsetail, oatstraw, and rose hips. Of the herbs, nettle leaf is an especially potent source of silica and can be enjoyed as a daily tea or taken as a supplement.

Looking for a preferred silica supplement? Along with the silica-rich foods shared above, there are some very helpful silica supplements that can offer additional, concentrated support. One or all of these products can be helpful for health.

1. Living Silica-Living silica as found in Orgono G5 Siliplant is one of the best forms of supplemental silica. It can be helpful for bone, skin, hair, teeth, tendon, ligament, and connective issues. Living silica is easily absorbed by the body.
2. Megahydrate - Megahydrate is a powerful antioxidant and facilitates essential hydration throughout the body. It can be great support for the body.
3. Nettle Leaf Tea and Capsules-Nettle leaf is rich in bone-building and bone-protecting silica, along with more than 40 trace minerals in their most bioactive, bioavailable, and assimilable states. Read more about the healing properties of nettle in Life-Changing Foods. Nettle leaf is helpful in both tea, capsule, and tincture forms.

Skullcap

Skullcap (*Scutellaria laterifolia*) is a well respected North American medicinal herb that is an excellent remedy for anxiety, stress, headaches, exhaustion, and depression. It is known as a healing tonic for the central nervous system and can be particularly beneficial in providing relief for nerve pain, nervous tension, muscle cramps, twitches, tics, and spasms. It is also helpful for Parkinson's disease, shingles, neuralgia, sciatica, epilepsy, migraines, PMS, and menopause.

Skullcap has potent anti-inflammatory properties and can help to stop histamine production which is often the cause of swelling and discomfort in conditions such as rheumatoid arthritis, chronic sinusitis, irritable bowel syndrome, asthma, and fibromyalgia. Skullcap is known to help lower blood pressure and support the cardiovascular system. It is also a good natural remedy for insomnia as it helps to

induce sleep without strongly sedating the body, so that you can still wake up fresh and clear-minded the next morning.

Skullcap tea can be made by steeping 2 tsp of dried herb in 1 cup of hot water for at least 15 minutes, strain and sweeten with raw honey if desired. Please also be aware that there are 2 forms of skullcap; American and Chinese. Skullcap (American), as described here, has entirely different healing properties than the Chinese skullcap, so make sure you are getting the correct type of skullcap when purchasing your herb. Skullcap (American) can be found in tincture, capsule, extract, and tea form online or at your local health food store.

Spearmint

Spearmint is a sweet, mild herb that is packed with vitamins, minerals, and antioxidants such as vitamin A, C, B-complex, beta carotene, iron, magnesium, calcium, manganese, and potassium. Spearmint is wonderful for digestive ailments such as nausea, indigestion, ulcers, halitosis, and flatulence. It can also provide relief from headaches, sinus congestion, sore throats, fatigue, stress, and anxiety.

Spearmint can also help to promote blood circulation and improve metabolism making it an excellent choice for cleansing and weight loss. Spearmint is also beneficial for respiratory issues such as bronchitis, asthma, and respiratory inflammation.

If you are fortunate enough to have fresh spearmint on hand, try adding a few leaves to your smoothie or your fruit salad. It is a delicious flavor combination and provides an added mineral and antioxidant boost! Dried spearmint leaves are available online or in your local health food store and can be made into a refreshing herbal tea that can be taken either hot or cold on a daily basis for therapeutic benefits.

Spinach

They have plenty of beta-carotene, which is special for Epstein-Barr conditions which are skin related. It can actually change your skin color, and start turning it to a golden glow (with tones of orange). They have the profound power of

rejuvenating the skin in a beautiful way. It cleans the liver, takes the EB-V junk out of the liver. There is a jelly like substance that builds up in the liver by EB-V. The liver starts getting sluggish, lazy, you start gaining weight and don't know why, and blame it on menopause. The real cause is a jelly build up in the liver caused by EB-V byproduct. This substance eventually goes to the heart and causes heart palpitations, arrhythmia, tachycardia, ectopic heartbeat. Spinach cleans up that liver by binding on all that jelly byproduct, and takes it out of the body.

Spirulina

Antioxidants Abound. Spirulina is often deemed the most nutritionally complete of all foods and has countless uses as a supplement for maintaining good health and preventing diseases. This is because it contains a plentiful supply of many important nutrients and antioxidants, including protein, complex carbohydrates, iron, and vitamins A and K, as well as B complex. It's also rich in chlorophyll, fatty and nucleic acids, and lipids. Spirulina is rich in gamma- linolenic acid, or GLA, a compound found in breast milk that helps develop healthier babies.

Best Source of Beta Carotene Spirulina provides a profusion of carotenoids such as beta carotene and yellow xanthophylls. In fact, spirulina is the richest beta carotene food. The beta carotene found in spirulina is ten times more concentrated than carrots. **Iron-Rich** Iron is essential for building a strong internal system, yet it's the most common mineral deficiency. Spirulina is rich in iron, magnesium and trace minerals, and is easier to absorb than iron supplements. Ten grams of spirulina can supply up to 70% of the minimum daily requirements for iron.

Protein Packed About 60% of spirulina's dry weight is protein, which is essential for growth and cell regeneration. It's a good replacement for fatty meat and dairy products. **Builder of Beneficial Flora** Spirulina suppresses bad bacteria like e-coli and Candida yeast and stimulates beneficial flora like lactobacillus and bifidobacteria in the digestive tract to promote healthy digestion and proper bowel function. Healthy flora is the foundation of good health. It increases the body's ability to absorb nutrients from the foods we eat and helps protect against infection.

An Athlete's Best Friend Spirulina increases stamina levels in athletes, and its high protein content helps build muscle mass. It can curb hunger that may develop during demanding training routines, helping to maintain an athlete's ideal body weight. Detoxifier Spirulina has a completely unique combination of phytonutrients, including chlorophyll, phycocyanin and polysaccharides, that can help to purge toxins from the body. In 1994, a Russian Patent was awarded for spirulina, deeming it a medical food for reducing allergic reactions from radiation sickness. This was a result of 270 children in Chernobyl consuming five grams a day for 45 days (donated by Earthrise Farms). Radionucleides were lowered by 50% and allergic sensitivities were normalized.

It can Help Heal: Cancer, cellular degeneration, high blood pressure, and Candida. Other Potential Benefits: Promotes healthy eyes, great for anti-aging, helps protect against infection, great for digestive health, increases absorption of nutrients from food, eliminates mercury and other deadly toxins commonly ingested by the body, and helps prevent the onset of cardiovascular diseases.

Healing Tip: Hawaiian Spirulina is the most potent and is highly recommended. Hawaiian Spirulina is the best protein powder you can use in morning drinks and smoothies! It is the easiest to digest out of all the protein powders and deeply replenishes the body with much needed mineral and micro-nutrients. It's a whole food vitamin and protein powder packed in one! Tasty Tip: Sprinkle over watermelon or add to Thai coconut water.

Sprouts

Bone and Brain Builder, Immune Booster: Whether alfalfa or sunflower, sprouts are a nutritional powerhouse, packed with a full range of vitamins including A, D, C, K, and B-complex, as well as minerals such as iron, calcium, magnesium, zinc, silicon, and molybdenum.

Sprouts provide an abundant supply of chlorophyll, which helps to nourish the blood, repair cells and tissues, and remove toxins from the body. Sprouts are also vital for helping reduce stress damage to the body and for keeping the nervous and neurological systems strong and stable.

Bone Health: Sprouts contain all eight essential amino acids, which can help to increase bone strength and density. In fact, sprouts are a complete protein and are considered to be the most balanced of all the sources of essential amino acids. This form of protein is ideal for not only helping to bolster the skeletal system, but also the muscular and neurological systems.

Brain Health and Immunity: Sprouts are an essential brain food, good for helping to strengthen memory, focus, and concentration skills. The lecithin found in sprouts not only helps to significantly improve brain function, it also helps keep the liver and kidneys healthy, aids in vitamin absorption, and can bind fats and cholesterol to water so they can be removed from the body more easily. Sprouts are also a phenomenal source of saponins, which are known for their potent anti-inflammatory and immune boosting properties.

They can Help Heal: Osteoporosis, irritable bowel syndrome, diverticulitis, menopausal symptoms, colitis, macular degeneration, constipation, ulcers, and high blood pressure. **Other Potential Benefits:** Prevents bone fractures, acts as an effective expectorant, boosts memory and concentration, prevents heart disease, reduces inflammation, boosts the immune system, prevents tooth decay, and helps rebuild decayed teeth.

Healing Tip: Alfalfa, clover, and sunflower sprouts are quick and easy to grow in your own home and are an inexpensive way to include fresh, highly nutritious greens in your diet. You can get sprout growing trays from Sprout Master. For added nutrition, turn your homegrown sprouts into highly mineralized super foods by spritzing them with a liquid mineral solution such as Ocean Solution Pure. Sprouts can also be found fully grown and ready to eat at your local health food store and supermarket. **Tasty Tip:** Add sprouts to smoothies, juices, sandwiches, wraps, and salads for a serious nutritional boost!

Star Anise

Star anise is a powerful culinary and medicinal spice that has been used for thousands of years and is rich in vitamin C, calcium and iron. Star anise contains potent anti-viral, anti-bacterial, and anti-fungal properties and is particularly good for treating the flu. In fact, star anise contains a compound called shikimic acid which is used to make the common anti-viral drug Tamiflu.

Star anise is known to effectively remove mucus and congestion from the body due to its strong expectorant properties. It is also commonly used as a digestive aid and can help to relieve gas, constipation, cramping, bloating, heartburn, and indigestion. Star anise is highly beneficial in the treatment of asthma, bronchitis, rheumatism, back pain, shingles, herpes, halitosis, and sinus infections. It also has sedative properties and is helpful to take before bed to ensure a good night's sleep.

Star anise is known to support the health of the female reproductive system and is often used by lactating mothers to increase the flow of breast milk. Star anise has a flavor similar to that of licorice and cloves and is often used as a flavor enhancer to both sweet and savory meals including smoothies, deserts, soups, and stews. Star anise tea is a wonderful and healing medicinal beverage that can significantly boost the immune system and help ward off any viral or bacterial infection.

Star anise oil can be found in creams and lotions as is an excellent topical remedy for insect bites, eczema, psoriasis, acne, scabies, and lice. Star anise can be found in whole, powder, capsule, tea, extract, oil, and cream form online or at your local health food and grocery store.

Strawberries

Strawberries are a sweet, delicious fruit that are also a nutritional powerhouse and an all around amazing superfood. They are packed with Vitamins A , B-complex, & E and minerals such as manganese, iron, and zinc. They are rich in antioxidants which boosts their ability to rebuild, repair, and rejuvenate the body.

They also have high levels of phenols, which act as an anti-inflammatory which makes it an essential food for those suffering from autoimmune disorders such as asthma, chronic fatigue syndrome, fibromyalgia, rheumatoid arthritis, multiple sclerosis, restless leg syndrome, colitis, COPD, IBS, neuropathy, Crohn's disease, lupus, guillain-barre syndrome, and Hashimoto's thyroiditis.

Loaded with Vitamin C they help to boost the immune system by warding off colds, flu's, and respiratory infections. They are also well known for being beneficial for

age related macular degeneration and vision related issues. Strawberries contain ellagic acid and flavonoids which are good for cardiovascular health and can help prevent heart disease, stroke, and help to lower cholesterol.

They are also fantastic weight loss food as they are low in calories and high in nutritional compounds that are vital for optimal health. During the summertime, look for locally grown strawberries for the most nutritional and health benefits. Organic frozen strawberries are also a good alternative when fresh are not available. Strawberries are an excellent addition to smoothies, fruit salads, and mixed green salads and they are the perfect snack anytime of the day.

Sunflower Seeds

Sunflower seeds have the power to nourish the entire body. They are a rich source of easily digestible and assimilable protein which is essential for the repair of tissues, nerves, and cells. Sunflower seeds are an excellent source of Vitamin D, B-complex, Vitamin K, and Vitamin E. Vitamin E, also known as tocopherol, is an antioxidant that can protect cells from free-radical damage and aid in preventing heart disease, cancer, and eye degeneration such as cataracts.

Sunflower seeds are also high in selenium, magnesium, zinc, and iron which helps to strengthen the blood and immune system. They also contain lignans, phenolic acids, and tryptophan making them an ideal food to eat for those who are seeking better sleep and weight loss. Sunflower seeds have also been known to help prevent asthma, atherosclerosis, stroke, heart attack, clogged arteries, and osteoarthritis. They contain no cholesterol and are very low in saturated fats making them highly beneficial for the cardiovascular system.

Raw sunflower seeds also contain pectin which has the unique ability to bind to radioactive residues and remove them safely from the body. Sunflower seeds can help to relieve sensitivity to light, eyestrain, and farsightedness. They also are highly beneficial for strengthening hair and nails.

Raw sunflower seeds or sunflower seed butter are a healthy and nutrient rich snack that should be included into the diet for a wide range of benefits. Try grinding a cup or two of sunflower seeds in a food processor with some garlic, lemon juice, and fresh herbs. It creates a delicious nutty spread or dip that can

help boost your immune system and fuel your body with real energy and nutrition.

Sunflower Sprouts

Sunflower sprouts, (also known as sunflower greens) are a great tasting micro-green that are grown from sunflower seeds. Sunflower sprouts are a complete protein and are considered to be the most balanced of all the sources of essential amino acids. This form of protein is ideal for helping to build the skeletal, muscular, and neurological system in the body.

Sunflower sprouts are a nutritional powerhouse and are packed with vitamins A, E, D, and B-complex and are rich in minerals such as calcium, iron, copper, magnesium, and zinc. They are a great source of chlorophyll which helps to nourish the blood, repair cells and tissues, activate every cell in the immune system, and remove toxins from the body.

Sunflower sprouts contain lecithin which can significantly improve memory and brain function, help to keep the liver and kidneys healthy, aid in vitamin absorption, and can bind fats and cholesterol to water so that they can be removed from the body more easily.

Sunflower sprouts are good for reducing blood pressure, increasing the elasticity of arteries, preventing heart disease, reducing inflammation, and boosting the immune system. They are also very important for helping to reduce stress damage to the body and to keep the nervous and neurological system strong and stable.

Sunflower sprouts are known to be a great expectorant which can help to relieve congestion from the lungs and sinuses. Sunflower sprouts are easy and quick to grow in your own home and are an incredible way to include fresh, inexpensive, and highly nutritious greens into your diet. Sunflower sprouts can often be found in the produce section of your local health food store and are a great addition to your fresh salads, juices, smoothies, sandwiches, and wraps.

Sweet Potatoes

Sweet Potatoes are an incredibly nutritious food that are packed with antioxidants like beta carotene, vitamins C, E & D, and minerals such as manganese and iron. They are also high in potassium which helps to lower blood pressure by removing excess sodium and regulating fluid balance in the body. Sweet potatoes are an excellent anti-stress food and are known to help relax muscles, steady nerves, and balance cognitive function.

They are also one of the best anti-cancer foods and can particularly help to prevent breast, colon, lung, skin, and oral cancers. Sweet potatoes are known for being easy to digest and are very good for ulcers, inflamed colons, digestive disorders, and constipation. Sweet potatoes contain compounds called phytochelatins that can bind to heavy metals such as lead, mercury, copper, & cadmium and safely remove them through the body.

Mothers have even given children who have accidentally swallowed a metallic object such as a coin, plenty of sweet potato so that it will stick to the object and allow it to pass through easier. The health benefits of sweet potatoes are the most bioavailable when eaten raw, steamed, or baked.

Try making a simple fat-free sweet potato soup by steaming sweet potatoes until soft and then placing in a blender or food processor and blend until creamy smooth. Spices such as cloves, cinnamon, ginger, chili pepper, or curry can be added for a flavor and nutritional boost.

Baked sweet potatoes can be stored in the refrigerator and later sliced over a fresh green salad for a hearty lunch or dinner. Sweet potatoes are also delicious mashed with a drizzle of olive oil, coconut butter, or avocado. Sweet potatoes are a comforting, satisfying, and very healing food, consider finding more ways to include them into your diet. They fight EB-V.

Twice Baked Sweet Potatoes

Ingredients:

1 cup cashews
1 garlic clove
1/2 medjool date
1 lemon, juice
6 small sweet potatoes (or 3 large)
1/2 tsp sea salt
1/2 cup raisins
1/4 cup pecans
1 tsp rosemary leaves

Directions:

Pre-heat oven to 400°. Prick sweet potatoes with a fork and place directly into the oven and bake until cooked through when pierced with a fork, between 30 to 50 minutes. Unwrap and cool until easily handled.

In a food processor, process 1/4C pecans, 1 tsp rosemary leaves and ½ tsp sea salt until finely combined. Set aside.

To make the cashew cream, blend cashews, garlic, date, and the juice of ½ lemon until smooth. Add water as needed to blend, approximately ½ cup.

When sweet potatoes are cool enough to handle, cut off the top ¼ of each and gently scrape out most but not all of the flesh. This should yield 3C to 4C of sweet potato. Place this into the food processor with ½ C of the cashew cream and the juice of ½ lemon. Process until smooth. Stir in ½ C raisins and spoon into each of the sweet potato skins. Top with the rosemary pecan crumble and bake for 15 min until the pecans turn golden brown. Serve and enjoy!

Sweet Violet

Sweet violet is a medicinal flower and herb that has been used for thousands of years for its healing properties. It is rich in vitamins A & C and is packed with bioflavonoids and anti-cancer compounds that have been shown to be effective against lung, skin, stomach, and breast cancer.

Sweet violet is also known to help ease headaches, insomnia, nervousness, anxiety, dizziness, arthritis, gum disease, swollen glands, stomachaches, ulcers, canker sores, and indigestion. It is also excellent for any respiratory ailments such as bronchitis, chronic cough, congestion, asthma, or sinus infections and for helping to lower blood pressure.

Sweet violet contains significant amounts of rutin and salicylic acid which act similarly to aspirin and are useful in alleviating pain, body aches, and inflammation as well as helping to prevent blood clots and inhibit platelet aggregation. Sweet violet has also been shown to be beneficial in protecting against and treating HIV.

Sweet violet flowers and leaves can be added to a bath or used in a poultice or cream as an effective remedy for treating acne, psoriasis, eczema, rashes, sores, and even skin cancer. Sweet violet is also a great blood purifier and can detox and cleanse the entire body.

Sweet violet tea is an excellent way to reap the benefits of this medicinal herb. Use 2 tsp of fresh or dried flowers and/or leaves to 1 cup of boiling water. Allow to steep for at least 10 minutes and sweeten with raw honey if desired. Fresh sweet violet flowers and leaves are also a wonderful addition to fruit and vegetable salads, smoothies, and jams. Sweet violet can be found online or at your local health food store in tea, capsule, syrup, tincture, extract, salve, and cream form.

Swiss chard

Swiss chard is a nutrient dense green leafy vegetable that is rich in omega-3 fatty acids, vitamins A, C, & K, and minerals such as iron, calcium, and magnesium. Swiss chard is incredibly important for bone health and to help prevent breakage, fractures, and osteoporosis. Swiss chard also contains a compound called syringic acid which has been shown to help regulate blood sugar levels in the body making it a great food for those who have diabetes or blood sugar issues.

It is also particularly beneficial for anemia, cardiovascular disease, Alzheimer's disease, constipation, and breast, prostate, ovarian, bone, liver, stomach, pancreatic, and colon cancers. Swiss chard has powerful anti-inflammatory properties making it an ideal food for those who suffer with autoimmune disorders such as cardiomyopathy, fibromyalgia, lupus, chronic fatigue syndrome, arthritis, lyme disease, and type 2 diabetes.

It also contains a large number of phytonutrient antioxidants such as betalains which have been shown to help protect the body from chronic illnesses such as heart disease, multiple sclerosis, and COPD. The nutritional benefits of swiss chard are most readily available when eaten raw or juiced.

Swiss chard is a wonderful leafy green to add color and flavor to your salads, smoothies, sandwiches, wraps, and nori rolls and it makes a tasty addition to your freshly made juices. It is also a relatively easy vegetable to grow in containers and in the garden for the freshest variety. Swiss chard can be readily found in your local supermarket, health food store, and farmer's market.

Tangerines

Tangerines may be smaller than oranges, but they are several times higher in vitamins, minerals, and antioxidants such as vitamins C & A, calcium, magnesium & selenium, and beta-carotene & luteins. Tangerines contain anti-viral and anti-cancer properties and are particularly beneficial for colds, fever, flu, arthritis, epstein barr, shingles, constipation, age related macular degeneration, bone repair, neurodegenerative diseases, heart disease, and breast, colon, lung, stomach, ovarian, and prostate cancer.

Tangerines are an excellent food to help boost the immune system and keep it functioning at optimum levels. Their high fiber content also helps to lower cholesterol and protect the heart and cardiovascular system from illness and disease. Tangerines are high in pectin which can significantly improve digestion and elimination. Tangerines are also a great weight-loss food that can help to keep you full, satisfied, and full of energy. They are also a perfect food to eat after working out as they can deeply hydrate and replenish the body on a cellular level.

Tangerines are typically easy to peel and are sweeter and juicier than oranges which makes them easy to eat out of hand and enjoyable for adults and children alike. Tangerine peels can also be added to water and/or tea to provide additional anti-bacterial and medicinal benefits.

There are several varieties of tangerines on the market today including clementines, pixie, fall-glo, ponkan, sunburst, and murcott honey. Murcott honey tangerines are considered the "royalty" of the tangerine family as they are incredibly sweet and smooth and have a rich flavor and a deep orange flesh. Murcott honey tangerines readily grow in Florida and California and are at their peak from late January-March. Tangerines can be made it into a delicious fresh juice that is fortified with an amazing array of nutritional and health benefits. Tangerines combine well with strawberries, blueberries, and raspberries and are

wonderful added to smoothies and salads. Tangerines can be found in the fresh produce section of your local supermarket and health food store.

Tarragon

Tarragon is a culinary and medicinal herb that is rich in vitamins A, C, and B-complex and minerals such as zinc, copper, iron, and magnesium. It is known to help stimulate the appetite, relieve flatulence and colic, balance the body's acidity, alleviate the pains of arthritis, rheumatism and gout, regulate menstruation, stop hiccups, prevent dyspepsia, and expel worms from the body.

Tarragon contains poly-phenolic compounds that are known to help lower blood glucose levels. Tarragon is often used to help prevent strokes and heart attacks due to its ability to prevent clot formation inside narrow blood vessels in the heart and brain. It is also known to help prevent or slow down the oxidative process that forms cataracts and other degenerative diseases.

Tarragon tea is an excellent tonic after a heavy meal as it is a mild, natural diuretic that helps the system flush out toxins produced by the digestion of heavy, rich protein based meals. Drinking tarragon tea before bed can also help to overcome insomnia and promote a restful and healing nights sleep. To make a tea, use two teaspoons of fresh or dried herb to two cups of water and add lemon and/or honey if desired. Fresh tarragon leaves act as a local anesthetic and can be applied to aching gums or teeth, cuts, and/or sores to help numb and relieve pain.

Tarragon is a wonderful addition to fresh salads, guacamole, soups, stews, steamed or roasted vegetables, rice, and potatoes. Tarragon can be found online or at you local health food store in tincture, extract, capsule, cream, essential oil, or tea form. Fresh tarragon is generally available in the produce section at your local grocery store or farmers market.

Thyme

Thyme's antiviral's main job is to destroy viruses such as the flu, enteroviruses, norovirus, and the whole gamut of herpetic viruses (including EB-V) - that are responsible for autoimmune disease and Lyme disease - as well as the streptococcus bacteria. Thyme's ability to cross the blood- brain barrier makes it a

secret weapon against viruses that have started to attack the brain or spinal cord, resulting in neurological conditions.

Thyme has a powerful ability to kill off bacteria and viruses and should be taken at first signs of a cold or illness. It is a rich source of several essential vitamins such as vitamins A, E, C, K, B-complex and folic acid and it is also one of the best sources of calcium, iron, manganese, selenium, and potassium. Thyme contains antiseptic, antiviral, antibacterial, carminative, diaphoretic, and expectorant properties which supports healing throughout the entire body.

Thyme is vital to help stimulate memory, prevent nightmares and melancholy, ease headache and muscle tension, soothe coughs, relieve fevers, and fight colds and infections. It also contains a compound called carvacrol which is an excellent natural tranquilizer and has a tonic effect on the entire nervous system. Thyme is a good source of pyridoxine which is known to play an important role in manufacturing GABA levels in the brain, aid in regulating sleep patterns, and benefit neurotransmitter function in the brain. GABA is also one of the best natural defenses against stress damage.

Thyme is a great purifying herb for the digestive tract and has been found to destroy certain intestinal hookworms and roundworms and aid in the digestion of rich or fatty foods. Thyme has some of the highest antioxidant levels among herbs. It is packed with bioflavonoids such as lutein, zeaxanthin, and naringenin which have all been shown to have powerful effects on eliminating free-radicals and other disease producing substances from the body.

Thyme oil has been used as a local antiseptic and antimicrobial since ancient times and is highly beneficial in supporting the immune system and for easing fatigue and weakness after illness. Thyme oil can also help to stop hair loss by improving blood flow to the scalp and feeding the roots of the hair. Consider using more fresh thyme in your food by adding it to soups, salads, guacamole, vegetables, potatoes, rice, etc... Fresh thyme also makes a powerful and very healing tea. Steep a handful of fresh sprigs in hot water for at least 10 minutes or it can be soaked overnight in a pitcher of water and sipped throughout the day. Add honey or lemon, if desired.

Tomatoes

Heirloom Tomatoes are a summer's treat that are rich in vitamins C, K, A, and B-complex, as well as potassium, chromium, biotin, and beta carotene. This amazing array of nutrition makes heirloom tomatoes excellent for helping to nourish the adrenal glands, reduce stress damage, build the immune system, lower blood pressure, protect against skin damage, improve cardiovascular health, and strengthen bones. Heirloom tomatoes are also an excellent source of lycopene, a super-antioxidant, which is known to help prevent breast, pancreatic, intestinal, bladder, cervical, colorectal, lung, skin, endometrial, and prostate cancers. Heirloom tomatoes also are known to aid in the digestion of dense proteins, assist in dissolving gallstones, and purify the blood making them highly beneficial for your digestive tract and lymphatic system. Heirloom Tomatoes are often sweet and savory and at this time of year they can be found abundantly at your local farmers markets or in your backyard/patio garden. Have fun tasting all the different varieties and enjoying each unique and delicious flavor profile.

Tomatoes revitalize the kidneys, liver, and spleen.

Turmeric

Turmeric is a natural wonder in the healing world and has been used as a powerful anti-inflammatory, antioxidant, antiseptic, and anti-depressant since ancient times. The main component in turmeric, curcumin, has phenomenal anti-cancer properties and has been known to help to inhibit prostate, skin, colon, mouth, esophageal, lung, stomach, pancreatic, liver, and breast cancer.

Turmeric is also a known blood purifier and helps to soothe respiratory ailments, improve liver function, support the circulatory system, regulate menstrual cycles, prevent cognitive diseases such as Alzheimer's, and heal gastrointestinal disorders. Turmeric significantly decreases inflammation that is attributed to arthritis and other auto-immune disorders such as lupus, irritable bowel syndrome, fibromyalgia, and chronic fatigue syndrome.

Turmeric also helps the body to digest proteins and fats as well as to regulate blood sugar for diabetics. It's antioxidant properties have beneficial anti-aging effects and its anti-fungal, anti-bacterial, anti-microbial properties aids in healing skin wounds

and abrasions as well as inflammatory skin irritations such as psoriasis and eczema. Turmeric is available as a powder, capsule, tincture, tea, spice, and/or ointment.

Supplementing with turmeric or adding it to your diet will provide benefit for your whole body and is one of the best things you can do for prevention, repair, and longevity.

Valerian

Valerian is a medicinal herb and root that has significant sedative and tranquilizing properties that can provide tremendous benefit to both the central nervous system and the muscular system. Valerian contains calcium, manganese, quercetin, and ascorbic acid as well as valepotriate and isovaleric acid which gives it its calming and relaxing qualities.

It is especially beneficial for chronic insomnia, headaches, nervousness, menstrual problems, and anxiety. It is also helpful in soothing the digestive tract and cramps associated with irritable bowel syndrome. Valerian is also known to be very beneficial for the cardiovascular system and overall heart health.

Valerian can also be used to help control hunger and reduce the urge to eat out of stress. It has been shown to be beneficial in reducing seizure activity and is often combined with other herbs such as lemon balm, hops, and passionflower for increased relaxation and healing benefits. Valerian is most often taken as a supplement in a capsule, tincture, or tea form and can be readily found online or at your local health food store.

Vanilla Bean

Vanilla beans are a highly prized medicinal fruit of the vanilla planifolia orchid and have several health promoting properties. Vanilla has a calming effect on the nervous system and is an effective treatment for anxiety and stress. The aroma of vanilla beans alone has been shown to increase feelings of relaxation and happiness.

One of the major medicinal compounds in vanilla beans is called vanillin which in small doses is known to greatly aid digestion, decrease headaches, and provide

relief for an upset stomach. Vanilla beans contain trace minerals such as zinc, iron, calcium, magnesium, and iron. They also contain anti-inflammatory and pain relieving properties and are particularly beneficial for fatigue, gas, muscle and joint pain, neck and back pain, nausea, swelling, and gas.

Vanilla bean works exceptionally well in smoothies, tea, and baked goods. It can also create a healing and soothing bath that can help relieve respiratory conditions, alleviate the symptoms of the cold or flu, and help to calm and ease the body, mind, and spirit. Each vanilla bean contains over 25,000 flavor-packed seeds. To open, simply slice the vanilla bean in half lengthwise and run the knife along the bean to scrape out the seeds, only a very small amount is needed for delicious flavor and therapeutic benefits. Vanilla extract can be used topically as a natural astringent to help cleanse the skin and diminish any blemishes. Vanilla beans, pure vanilla extract, and pure vanilla powder can be found online or at your local grocery and health food store.

Walnuts

Walnuts are one of the most antioxidant rich foods and are an excellent source of omega-3 fatty acids which have anti-inflammatory properties and are known to help prevent strokes, diabetes, coronary artery disease, and colon, prostate, and breast cancers. Walnuts are also high in B-complex vitamins and minerals such as copper, iron, manganese, zinc, calcium, and selenium.

Walnuts are particularly beneficial for cognitive health and are generally regarded as an excellent “brain food”. Walnuts can also calm the nervous system and increase your sense of well-being and peace. They are known to satiate the appetite as well as aid in long term weight loss.

Walnuts are high in vitamin E which helps to keep cells protected from free radical damage. Walnuts are also very important for the neurological and circulatory systems and can help to benefit neuropathy, cerebral palsy, dementia, raynaud’s disease, and atherosclerosis. Walnut oil is a wonderful moisturizer for the skin and is regularly used in skin care products for its healing and protective benefits. Try mashing a few ripe bananas and sprinkling chopped walnuts on top

for a energy and brain boosting breakfast. Only a handful of walnuts a day are needed to receive their powerful health benefits.

Watercress

Watercress is a green leafy vegetable that is very rich in vitamins A, C, K and beta carotene and minerals such as calcium, magnesium, copper, and potassium. It contains high levels of iodine which is beneficial for both the thyroid and immune system.

Watercress also has antibiotic properties similar to those in the onion family which also gives it a spicy flavor and kick. It has the ability to help in breaking up kidney or bladder stones and is one of the best foods for purifying the blood and aiding in removing mucus from the body. Watercress is especially good for helping to prevent osteoporosis, anemia, cardiovascular diseases, muscular and skeletal problems, eye degeneration, and memory issues. It contains a special compound called Gluconasturtiin which is believed to help prevent colon, breast, and prostate cancers.

Watercress is excellent freshly juiced with celery, cucumber, and apple. It is also delicious in salads, soups, or stews, and can be steamed like spinach. Watercress can also be made into an herbal tea by pouring boiling water over a handful of greens and allowing to steep for 15 minutes or more. Fresh watercress can also be crushed and applied to the skin to help relieve eczema, psoriasis, acne, and other skin irritations and infections. Watercress is typically found in most supermarkets and health food stores near the lettuce in the produce section.

Watermelon

Watermelon is an excellent fruit that effectively hydrates, detoxifies, and cleanses the entire body on a cellular level. It is rich in vitamins A and C as well as lycopene, beta-carotene, lutein, and zeaxanthin which are excellent for providing protection from lung, mouth, pancreatic, breast, prostate, endometrial, and colon cancer.

Watermelon is also known to significantly reduce inflammation, help flush out edema, aid in weight loss, and alleviate depression. Watermelon can also boost the

immune system as well as strengthen vision. Watermelon is not nearly as high in sugar as most people think as it has half the sugar than an apple.

Watermelon is loaded with antioxidants that have the ability to neutralize free radical molecules and aid in the prevention of chronic illnesses. The rind of the watermelon is equally beneficial as it is one of the highest organic sodium foods in nature and one of the best sources of chlorophyll and can be juiced for a delicious and healing drink.

And, if you are lucky enough to get a watermelon with black seeds, even better! Crunch those seeds up too, they have an amazing effect on the nervous system, aiding in relaxing the body and lowering blood pressure and contain helpful amounts of iron, zinc, and protein.

Wild Blueberries

Diseases Beware. There are two types of blueberries, the larger cultivated berries that are commonly seen in the fresh produce section in the supermarket, and the smaller, more flavorful wild blueberries. Wild blueberries are significantly more nutritious, so much so that scientists are currently investigating their disease-combating potential.

A Bevy of Health Benefits Loaded with antioxidants, vitamins, and minerals, these sweet and satisfying berries provide copious potential health benefits. They are excellent liver and blood cleansers, and are vital to the health of eyes and the digestive tract. Wild blueberries also have the ability to repair tissues and cells and keep the immune system strong.

They can Help Heal: Urinary tract infections. Other Potential Benefits: Help support brain, gut, and heart health, reduces the risk of diabetes, strengthens the circulatory system, improves cognitive abilities, and helps prevent cancer.

Healing Tip: Wild blueberries should be included in the diet on a weekly basis. If you're not fortunate enough to live in an area where wild blueberries grow, they can be found in the freezer section of most grocery stores. Look for frozen wild blueberries from Maine and Canada. Wild Blueberries are the best quality and

provide the highest nutritional benefits. Tasty Tip: Wild blueberries are a wonderful addition to smoothies and baked goods.

They extract those heavy metals from the brain and from the liver, and then, the antioxidants that are undiscovered by science, help repair the damage done by EB-V in the brain, in the nervous system, in the liver, and in the thyroid. With two cups a day you turn it around.

Wild Cherry Bark

Wild cherry bark is a medicinal herb derived from the black cherry tree that has been used for hundreds of years due to its antiviral, antibacterial, and anticancer properties. It is rich in minerals such as zinc, iron, calcium, and magnesium and phytochemicals such as quercetin and kaempferol. Wild cherry bark also contains vasorelaxant, expectorant, and decongestant properties and can significantly help to remove mucus from the lungs and increase lymphatic system function.

This is why wild cherry bark is a common ingredient found in cough syrups and is an effective remedy for respiratory conditions such as bronchitis, laryngitis, asthma, pertussis, colds, flu, and chronic lung congestion. Wild cherry bark is also an excellent digestive remedy and is known to help soothe digestive ailments such as gastritis, diarrhea, colitis, flatulence, constipation, and irritable bowel syndrome.

Wild cherry bark is also often used as a mild sedative to relax muscle spasms, reduce hypertension, ease cramping, and provide for a more restful night's sleep. Wild cherry has been shown to help slow down cancer cell growth through its ability to help "switch off" cancer cells ability to duplicate and grow particularly in the colon area.

Topically, wild cherry bark is beneficial as an eyewash for inflamed, puffy eyes and or as a cream to help soothe skin problems such as eczema, psoriasis, acne, and rashes. Wild cherry bark tea can be made by simmering 2 teaspoons of dried bark in 2 cups of water for at least 30 minutes. Allow to cool, strain and sweeten with raw honey if desired. Wild cherry bark can be found in extract, syrup, tincture, tea, capsule, or cream form online or at your local health food store.

Winter Squash

Winter squash is a highly nutritious and alkaline food which rich in phytonutrients and antioxidants. Varieties of Winter Squash include Butternut, Acorn, Delicata, Kabocha, Kuri, Buttercup, Spaghetti, Hubbard, Golden Nugget, and Sweet Dumpling. Each one is unique.

Have some fun trying the different varieties and finding the ones that you love most. Winter Squash is easy to digest and is an excellent remedy for acidosis and conditions of the stomach, spleen, liver, and blood. It is wonderfully high in Vitamins A, E, C, B-complex, and beta carotene, iron, zinc, copper, calcium, and potassium which are vital for a healthy and strong immune and nervous system. The carotenoids are especially beneficial for protection against heart disease, breast cancer, and macular degeneration.

Winter Squash is also known to help reduce inflammation which is excellent for conditions such as asthma, fibromyalgia, and arthritis. It is a low in calorie, fat-free food, yet it is rich in nutrients making it an ideal choice for any weight loss or nutritional program.

Winter Squash can be eaten savory with spices such as black pepper, curry powder, or chili pepper, or it can be sweetened with a touch of maple syrup or honey with spices such as cinnamon and nutmeg for a delicious treat. It's creamy and comforting qualities can help satisfy a variety of cravings while still properly nourishing the body and soul.

Winter Squash can be steamed, baked, roasted, mashed like potatoes, or blended into a soup. The seeds of winter squash are also edible and can be dried or roasted similarly to pumpkin seeds and are rich in protein, vitamins, minerals, and amino acids such as tryptophan which helps to promote a healthy night's sleep.

Yarrow

Yarrow is a medicinal flower that has been used for centuries due to its ability to act as an effective health tonic for the whole body. It can help provide relieve for inflammation, muscle spasms, digestive disorders, respiratory conditions, colds, flu, and blood related issues. Yarrow contains a compound called thujone which is known to be a powerful relaxant and anti-anxiety remedy.

Taken as a daily preventative or at the first signs of an acute anxiety or panic attack, yarrow can help stabilize the nervous system and calm the body down. Yarrow tea is often recommended to be sipped before bedtime to induce a deeper and more peaceful sleep making it useful for those who have sleeping disorders. Yarrow is also a powerful detoxifier and functions as a diuretic which can help to ease water retention and aid in weight loss.

It also helps by removing uric acid from the joints and muscles making it highly beneficial for those who suffer with arthritis, fibromyalgia, and other autoimmune and inflammatory disorders. Yarrow is also a very effective digestive aid and can provide significant relief for stomach and intestinal cramping as well as help the body absorb and assimilate more nutrients from food in the digestive tract.

It also contains fatty acids and bitter compounds that help to prevent the formation of gallstones. Yarrow has the ability to improve cardiovascular conditions by naturally regulating blood pressure and is also good for those who suffer with allergies as it can help to relieve sinusitis and post nasal drip. Yarrow is known to help increase circulation and menstrual flow without cramping making it an ideal remedy for PMS.

Topically, yarrow is also great as a cream or salve due to its antibacterial properties and its ability to assist in blood clotting and wound treatment. Yarrow can be taken as a tea, tincture, extract, or capsule and is readily found online or at your local health food store.

Zucchini

Zucchini is a highly alkaline food that is one of the mildest and easiest vegetables to digest. Zucchini is a great source of vitamin A, C, & B-complex as well as minerals such as iron, zinc, potassium, and manganese. It is high in fiber and low in calories which makes it a great weight loss food and helps to reduce constipation and bloating.

Zucchini is rich in poly-phenolic antioxidants which are essential in helping to protect the body from aging, illness, and disease. Zucchini is also a good source of potassium which is an important intra-cellular electrolyte that helps to maintain

fluid balance and normalize blood pressure and is vital in helping to prevent heart attacks and stroke.

Zucchini contains phytonutrients that are important for prostate health as they can help to reduce the symptoms of benign prostatic hypertrophy (BOH). They also contain powerful anti-inflammatory compounds which can aid asthma, rheumatoid arthritis, and fibromyalgia. Zucchini is also known to be particularly beneficial for hypertension, cataracts, macular degeneration, atherosclerosis, diabetes, edema, multiple sclerosis, and stomach and colon cancers.

Zucchini can be eaten raw, steamed, roasted, or sauteed. Raw zucchini can be spiralized into spaghetti and is a healthy substitute for pasta dishes for gluten-free, grain-free, raw food, vegan, vegetarian, or paleo diets. Zucchini is also wonderful added to salads, soups, wraps, nori rolls, and stir fry. Fresh zucchini can be readily found at your local grocery or health food store and seasonally at the farmer's market.

Curry Noodles

INGREDIENTS

3 zucchini, peeled
1 carrot
1/4 onion
1 red bell pepper
3 cups kelp noodles
1/4 cup raw sriracha sauce (recipe link in description)
1/2 tablespoon garlic powder
1 tablespoon curry powder
4 garlic cloves
1/4 cup medjool dates
1 limes
1/4 cup basil
1/4 cup cilantro
1 1/2 cups coconut milk (optional)
1/8 teaspoon sea salt (optional)

INSTRUCTIONS

1) Thinly slice the carrot, onion, red bell pepper, and spiralize 2 of the zucchinis.

Set aside in a large bowl.

2) Rinse the kelp noodles well and add to the sliced vegetables.

3) Blend together the remaining zucchini, sriracha sauce, garlic powder, curry powder, garlic cloves, dates, and the juice of one lime until smoothly combined and slightly warmed. Add 1/2 to 1 cup of water until desired consistency is reached.

4) Pour warmed curry sauce over the veggies and noodles. Serve topped with basil, cilantro, and lime juice.

FOR THE COOKED VERSION

5) For cooked curry noodles, follow steps 1 through 3 above.

6) Combine the vegetables, kelp noodles and curry sauce in a pot over medium heat.

7) Add coconut milk and sea salt. If you are only cooking half the recipe, you can half the amount of coconut milk if you want.

8) Cook over medium heat for 10 to 15 minutes until the vegetables are tender and cooked through.

9) Serve topped with basil, cilantro, and lime juice.

Serves 1-2

Healing Benefits of Vitamin C

Many people are aware that vitamin C can help them recover from a cold or flu, but there's much more to understand about how vitamin C supports our health. Vitamin C is essential to good health year round, not just when we are ill. In fact, it's critical for our overall health and survival. Unfortunately, vitamin C deficiencies are rife today and lacking enough of this important vitamin can contribute to almost any disease.

Why Is Vitamin C So Important?

Vitamin C is anti-inflammatory, helps increase our blood's white count by strengthening our neutrophils, eosinophils, basophils, and macrophages; and generally boosts the immune system against viruses, bacteria, yeast, mold, and other unwanted fungus. This makes getting an adequate amount of vitamin C essential if you are battling a chronic illness or symptom.

The right kind of vitamin C also helps to cleanse the liver, blood and lymph, strengthen the adrenal glands, and repair damaged neurotransmitters. It also helps the body to detox effectively, which is a challenge many chronically ill people face until they get the right detox-supporting nutrients.

The Best Sources Of Vitamin C

Different forms of vitamin C support our health in varying ways, so it's important to know which high quality sources of vitamin C to turn toward. Some of the best food sources of vitamin C are [rosehips](#), kiwi, oranges, and tangerines. You can read about the healing properties of these foods and their specific vitamin C profile in my book [Life-Changing Foods](#). Another great source of one essential form of vitamin C (there are many) is from freshly juiced fennel. Drinking 16oz of straight fennel juice on an empty stomach daily can offer many wonderful health benefits over time. All fruits and vegetables contain some vitamin C, so focusing your diet largely on fresh produce will naturally help to boost your vitamin C intake.

Ester-C is a supplemental form of vitamin C that can be very helpful for a wide range of people. [Ester-C](#) is especially effective because it contains important complementary bioflavonoids that support our health, along with the Ester-C itself. It's also very gentle on the system, so if someone has digestive issues or is very sensitive, [this Ester-C](#) may be the best supplement choice.

Another great option is the [liquid Liposomal C](#), which contains a highly potent and bioavailable form of vitamin C. Liposomal C rapidly enters the bloodstream so it's quick-acting and effective. The ascorbic acid may be too potent and acidic for some very sensitive people, so it could be best to start with Ester-C or very small amounts of the [Liposomal C](#) and increase a little over time. It's always best to work with your health practitioner when it comes to supplements so they can assess what's best for you.

Your Nutrient-Enhancing Friend

One way you or a loved one can amplify the vitamin C you absorb is to get direct sunlight on your skin when possible. The sun strengthens and enhances the

absorption and function of every single nutrient, vitamin C included. Think of the sunshine as a vehicle for getting multivitamin and multimineral support to all your body systems! You don't need to spend long in the sunshine, and sunburn should always be carefully avoided. Even five minutes in the sun early or late in the day when the sun is not full force can be very helpful. You can learn more about the sun and other critical aspects of healing in my free educational resource, [The Healing Path](#).

As you can see, vitamin C is a critical mineral for our health and it deserves consideration as part of a health protocol.