

# THE INCREDIBLE HEALING POWER OF FOOD



**We are in the middle of winter, as I write this article, and in the grip of flu of every variety, colds, sniffles, sore throats, headaches, viruses and every other little bug that is floating around. The drug companies are just sitting back and laughing as the money rolls in. But did you know that they may be contributing to the problem?**

Did you know that drugs and pharmaceuticals designed to treat certain conditions make the problem worse? They, not only do nothing to actually solve the problem, but they create dependency and will potentially harm the body in many other ways. Drugs treat symptoms and NOT causes, therefore they cannot stop the condition from recurring. This is actually what drug companies want so that you will have to go back and continually buy their products. Pretty sneaky huh? What they don't tell you is that the long term side effects of certain drugs can be worse than the actual condition you are taking them to treat!

Is this controversial? It sure is! Do I care? Not really, because I want you to be healthy and live a long and happy life – drug free!

What most people really don't understand or if they do they don't take advantage of is that **natural whole food** can do so much more for healing your body than any drug ever will. Please understand clearly that your wellbeing is your responsibility. It is not the doctor's fault that you get sick and that they prescribe you a drug to treat the symptoms. If you choose to take the drug you are responsible for the long term problems that it may cause – so think twice before putting a synthetic chemical into your body!

The next section is devoted to giving you a comprehensive list of foods that, if you include in your regular eating plan, will help you live a longer, happier and more fruitful life. Natural foods help you prevent colds, flus and other more serious conditions, speed up the recovery process and give you life and vitality to get out and do the things in your life you are passionate about.

Could I suggest you get rid of the drugs and replace them by adding some or all of the following foods into your meals every day and every week?:

**Alfalfa Sprouts** - This remarkable plant contains a myriad of essential nutrients and is abundant in health benefits.

**Apricot** - Apricot kernel has high content of vitamin B17 (laetrile) that effectively helps prevent cancer.

**Asparagus** - The alkalinity and diuretic effect of asparagus helps relieve many ailments.

**Avocado** - Lower your cholesterol level and increase your immune system with luscious avocado.



**Banana** - Relieve muscular cramps by making banana a part of your daily diet.

**Beets** - Discover the amazing blood cleansing power of beets that rids the body of many unwanted ailments.

**Bitter Gourd** – Bitter melon is one of the best vegetable-fruit that helps improve diabetic and toxemia conditions.

**Blueberries** - The exceptional health benefits of blueberries are attributed to the outstanding compound it contains, the anthocyanidins.

**Cabbage** - Each layer of the cabbage is packed with an abundance of natural anti-oxidant properties that help you fight cancer.

**Cantaloupe** - The vast health benefits of cantaloupe make it one of the finest fruits that can help to prevent cancer.

**Capsicum** – The health benefits of capsicums far exceed that of many other fruits as it contains far more anti-oxidants that derive from its rich colors.

**Carrot** - Carrot is one of the most healing foods that provides the finest and highest quality in nutrients. It is an excellent source of pro-vitamin A, vitamins C, D, E, K, B1 and B6. It is rich with biotin, potassium, calcium, magnesium, phosphorus, organic sodium and some trace minerals. The known phytonutrients in carrots are lutein, lycopene, anti-oxidants alpha, beta and gamma carotenes, zeaxanthin and xanthophyll. Phytonutrients are nature's marvellous provision for healing of various diseases.

**Celery** – The health benefits of celery are more than just lowering blood pressure. They also contain at least eight families of anti-cancer compounds to combat cancer

**Cucumber** - We used to think that cucumber is too "cooling" for rheumatism. On the contrary, cucumber really helps counter inflammation in joints by removing the uric acid crystallization.

**Endive** - This one-calorie-a-leaf salad vegetable is also a powerful savior of your sight

**Fennel** – Great for the lungs by clearing the bronchial tubes and aids powerfully in digestion

**Garlic** – The health benefits of garlic revolve around its anti-microbial effect, its antibiotic and immune enhancing ability and its many anti-oxidants.

**Ginger** – The health benefits of ginger are endless. They have properties rich in anti-oxidant, anti-inflammatory and anti-cancer; providing natural cure to numerous disorders.



**Grapefruit** – The health benefits of grapefruit are too many to be overlooked. Its rind contains many anti-cancer agents that help fight a host of diseases.

**Grapes** - The rich nutrition and anti-oxidants in grapes make this fruit wonderfully healing and is a miracle help for many ailments.

**Guava** - Guava contains four times more vitamin C than an orange. When you eat a guava, think of the amount of anti-oxidant you're benefiting from it.

**Lemon and Lime** – Lime and lemon taste acidic and sourish but when consumed, they are really alkalizing to the stomach

**Onion** – The health benefits of onion are endless because of its powerful anti-septic and anti-bacterial properties.

**Orange** – Vitamin C in oranges protects sperms from genetic damage that may cause birth defects

**Papaya** - Provide inflammatory relief and reduce joint pains and ache with power papaya.

**Pear** – The health benefits of pear is immense. Drink plenty of fresh pear juice during the summer heat to cool down and to prevent sore throat.

**Pineapple** - Drink fresh pineapple juice regularly and say goodbye to all your pains and aches.

**Pomegranate** - The potent anti-oxidant in pomegranate juice is beneficial in fighting the hardening of arteries.

**Spinach** - Eat spinach in its fresh raw form in order to benefit most from its organic nutrition.

**Sweet Potato** - One of the key health benefits of sweet potatoes is the dietary fibre that has been proven to help regulate blood sugar level in diabetics.

**Watermelon** - Experience the super-cleansing power of watermelon juice.

**Wheatgrass** – The health benefits of drinking wheatgrass juice are too many that it would be a shame not to include it in your juicing diet.



Would it be difficult to incorporate some of these foods into your daily eating plan? If they could help you be healthier and have more energy, if they could help you prevent sickness and/or recover quicker would it be worth it? Would you rather put fresh natural foods into your body that will give you life or put drugs and chemicals into your body that will slowly erode your life and health?

**Take control and live the best life you can**