

HEAL YOUR BODY FROM YOUR KITCHEN

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ANTI INFLAMMATORY

- Sage: Three components: flavonoids, phenolic acids, and oxygen-handling enzymes—give it a unique capacity for stabilizing oxygen-related metabolism and preventing oxygen-based damage to the cells.
- Parsley: The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells
- Onion- Contains flavonoids(Quercetin) which helps to prevent oxidation of fatty acids, and Sulfur- containing nutrients.; increase bone density, inhibits macrophages to control inflammation,
- Garlic: Sulfur containing compounds reduces oxidative stress

ANTI INFLAMMATORY

- **Turmeric :** Curcumin blocks free radicals, then stimulates the body's own antioxidant mechanisms. curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains [piperine](#)... a natural substance that enhances the absorption of curcumin by 2000%
- **Extra Virgin Olive Oil:** One of the key polyphenols in olive oil—hydroxytyrosol (HT)—helps protect the cells that line our blood vessels from being damaged by overly reactive oxygen molecules.

COLDS/FLU

- Thyme: Thyme has a long history of use in natural medicine in connection with chest and respiratory problems including coughs, bronchitis, and chest congestion.
- Ginger/Cinnamon: Cinnamon has been used to provide relief when faced with the onset of a cold or flu, especially when mixed in a tea with some fresh ginger.
- Sage: Sore throats
- Oregano contains numerous phytonutrients—including *thymol* and *rosmarinic acid*—that have also been shown to function as potent antioxidants that can prevent oxygen-based damage to cell structures throughout the body.

COLDS/FLU

- Peppermint: Contains the substance *rosmarinic acid*, which has several actions that are beneficial in asthma. In addition to its antioxidant abilities to neutralize free radicals, *rosmarinic acid* has been shown to block the production of pro-inflammatory chemicals, such as *leukotrienes*. It also encourages cells to make substances called *prostacyclins* that keep the airways open for easy breathing. Extracts of peppermint have also been shown to help relieve the nasal symptoms of allergic rhinitis (colds related to allergy).
- Cucumbers are a valuable source of conventional antioxidant nutrients including vitamin C, beta-carotene, and manganese. In addition, cucumbers contain numerous flavonoid antioxidants, including quercetin, apigenin, luteolin, and kaempferol.

COLDS AND FLU

- **Thyme:** Thyme has a long history of use in natural medicine in connection with chest and respiratory problems including coughs, bronchitis, and chest congestion.
- **Rosemary:** Rosemary contains substances that are useful for stimulating the immune system, and contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks.
- **Lemon/Limes:** High in vitamin C , lemon/limes are vital to the function of a strong immune system. The immune system's main goal is to protect you from illness, so a little extra vitamin C may be useful in conditions like colds, flus, and recurrent ear infections.

BACTERIAL INFECTIONS

- Onion: *Streptococcus sobrinus*, the bacteria that causes tooth cavities, *Porphyromonas gingival* that causes periodontal disease
- Oregano: The volatile oils in this spice include *thymol* and *carvacrol*, both of which have been shown to inhibit the growth of bacteria, including *Pseudomonas aeruginosa* and *Staphylococcus aureus* .
- Coriander (also called cilantro) contains an antibacterial compound that may prove to be a safe, natural means of fighting Salmonella, a frequent and sometimes deadly cause of foodborne illness

BACTERIAL INFECTIONS

- Thyme: The volatile oil components of thyme has been shown to have antimicrobial activity against a host of different bacteria and fungi. *Staphalococcus aureus*, *Bacillus subtilis*, *Escherichia coli* and *Shigella sonnei* are a few of the species against which thyme has been shown to have antibacterial activity.
- Basil: Essential oil of basil has been found to inhibit strains of bacteria from the genera *Staphylococcus*, *Enterococcus* and *Pseudomonas*, all of which are not only widespread, but now pose serious treatment difficulties because they have developed a high level of resistance to treatment with antibiotic drugs.

HEART DISEASE

- Onion: Keeps platelets from clumping together, lowers cholesterol and triglycerides [Plavix][Statins]
- Garlic: Lowers the blood pressure, (blocks the activity of angiotensin II and dilates the blood vessels); protects the blood cells and the blood vessels from inflammatory and oxidative stress (atherosclerosis and heart attacks), keeps platelets from clumping together and forming clots, Protects LDL from oxidation. Oxidation of LDL cholesterol initiates damage to blood vessel walls [Losartan/Cozaar, Valsartan/Diovan, Benicar]
- Lemon/Limes: Since free radicals can damage blood vessels and can change cholesterol to make it more likely to build up in artery walls, vitamin C can be helpful for preventing the development and progression of atherosclerosis and diabetic heart disease.

HEART DISEASE

- Sardines: They are rich in numerous nutrients that have been found to support cardiovascular health. They are one of the most concentrated sources of the omega-3 fatty acids EPA and DHA, which have been found to lower triglycerides and cholesterol levels. Sardines are an excellent source of [vitamin B12](#),
- Eggplant: Eggplant is that the predominant phenolic compound found in all varieties tested is chlorogenic acid, which is one of the most potent free radical scavengers found in plant tissues. Benefits attributed to chlorogenic acid include antimutagenic (anti-cancer), antimicrobial, anti-LDL (bad cholesterol) and antiviral activities.

HEART DISEASE

- Turmeric: Curcumin has beneficial effects on several factors known to play a role in heart disease. It improves the function of the endothelium and is a potent anti-inflammatory agent and antioxidant. [Atorvastatin]
- Parsley: Parsley is a good source of folic acid, one of the most important B vitamins. One of its most critical roles in relation to cardiovascular health is its necessary participation in the process through which the body converts *homocysteine (heart damaging molecule)* into benign molecules.
- Cinnamon: The cinnaldehyde in cinnamon helps prevent unwanted clumping of blood platelets. [Plavix]

HEART DISEASE

- Extra Virgin Olive Oil: One of the key polyphenols in olive oil—hydroxytyrosol (HT)—helps protect the cells that line our blood vessels from being damaged by overly reactive oxygen molecules. Several of the polyphenols found in olive oil—including hydroxytyrosol, oleuropein and luteolin—appear to be especially helpful in keeping our blood platelets in check and avoiding problems of too much clumping (called platelet aggregation). [\[Purchase First Cold Pressed\]](#)

DIABETES

- Cinnamon: Cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.
- Coriander: When added to the diet of diabetic mice, it helped stimulate their secretion of insulin and lowered their blood sugar. When given to rats, coriander reduced the amount of damaged fats (lipid peroxides) in their cell membranes. And when given to rats fed a high-fat, high-cholesterol diet, coriander lowered levels of total and LDL (the "bad" cholesterol), while actually increasing levels of HDL (the "good" cholesterol). Research also suggests that the volatile oils found in the leaves of the coriander plant, commonly known as cilantro, may have antimicrobial properties.

CANCER

- Onion: Lowers risk for colorectal, laryngeal, and ovarian cancer
- Garlic: Lowers the risk of all cancers except prostate cancer
- Parsley: Neutralizes carcinogens from charcoal and cigarette smoke, thereby reducing the risk of lung cancer.
- Lemon/Lime: Citrus limonoids are potent anti-carcinogens that may prevent cancerous cells from proliferating. They help fight cancers of the mouth, skin, lung, breast, stomach and colon.
- Ginger: Colorectal, Ovarian (Causes cell death if the cancer has not spread)

CANCER

- **Turmeric:** Curcumin's antioxidant actions enable it to protect the colon cells from free radicals that can damage cellular DNA—a significant benefit particularly in the colon where cell turnover is quite rapid, occurring approximately every three days. Curcumin also helps the body to destroy mutated cancer cells, so they cannot spread through the body and cause more harm, inhibiting the synthesis of a protein thought to be instrumental in tumor formation and preventing the development of additional blood supply necessary for cancer cell growth.
- **Shiitake Mushroom:** Shiitake extract, lentinan is administered through an IV or IM due to poor oral absorption. [All edible mushrooms are beneficial]

BACTERIA/VIRUS

- Garlic: Helps to prevent *Candida albicans* (yeast infection), *Pseudomonas* in burn patients, Antibiotic resistant bacteria caused by consumption of antibiotics
- Lemon/Limes: Cholera
- Peppermint: Essential oil of peppermint stops the growth of many different bacteria. These bacteria include *Helicobacter pylori*, *Salmonella enteritidis*, *Escherichia coli* O157:H7, and *methicillin-resistant Staphylococcus aureus* (MRSA). It has also be found to inhibit the growth of certain types of fungus as well.
- Pumpkin Seeds: Pumpkin seeds, pumpkin seed extracts, and pumpkin seed oil have long been valued for their anti-microbial benefits, including their anti-fungal and anti-viral properties.

BACTERIA/VIRUS

- Cinnamon: Cinnamon's essential oils also qualify it as an "anti-microbial" food, and cinnamon has been studied for its ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast *Candida*. [*Fluconazole*]

DEMENTIA/ALZHEIMER'S

- Sage: Memory enhancer: Sage contains active compounds similar to those developed into modern drugs used to treat Alzheimer's Disease
- Turmeric: Curcumin boosts levels of the brain hormone Brain-Derived Neurotrophic Factor (BDNF), which increases the growth of new neurons and fights various degenerative processes in the brain. One key feature of Alzheimer's disease is a buildup of protein tangles called Amyloid plaques. Studies show that curcumin can help clear these plaques.

ARTHRITIS

- **Ginger:** Ginger contains very potent anti-inflammatory compounds called *gingerols*. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly. Ginger inhibits the production of nitric oxide and prevents free radicals.
- **Sesame Seeds:** Copper is known for its use in reducing some of the pain and swelling of rheumatoid arthritis. Copper's effectiveness is due to the fact that this trace mineral is important in a number of anti-inflammatory and antioxidant enzyme systems.

ARTHRITIS

- Parsley: Rich in vitamin C, parsley protects against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.
- Turmeric: Curcumin is thought to be the primary pharmacological agent in turmeric. In numerous studies, curcumin's anti-inflammatory effects have been shown to be comparable to the potent drugs hydrocortisone and phenylbutazone as well as over-the-counter anti-inflammatory agents such as Motrin.

OSTEOPOROSIS

- Sardines: They are not only a rich source of bone-building [vitamin D](#), a nutrient not so readily available in the diet and one that is most often associated with fortified dairy products. Vitamin D plays an essential role in bone health since it helps to increase the absorption of calcium. Sardines are also a very good source of phosphorus, a mineral that is important to strengthening the bone matrix. Additionally, as high levels of homocysteine are related to osteoporosis, sardines' vitamin B12 rounds out their repertoire of nutrients that support bone health.

GASTROINTESTINAL

- Peppermint/Spearmint: It relieves symptoms of irritable bowel syndrome, including indigestion, dyspepsia, and colonic muscle spasms.
- Ginger: Ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress. It promotes the elimination of intestinal gas and is an *intestinal spasmolytic* (a substance which relaxes and soothes the intestinal tract). Ginger reduces all symptoms associated with motion sickness including dizziness, nausea, vomiting, and cold sweating. [Dramamine]
- Turmeric: Curcumin may provide an inexpensive, well-tolerated, and effective treatment for inflammatory bowel disease (IBD) such as Crohn's and ulcerative colitis.

BENIGN PROSTATIC HYPERPLASIA

- Pumpkin seed extracts and oils have long been used in treatment of Benign Prostatic Hyperplasia (BPH). BPH is a health problem involving non-cancer enlargement of the prostate gland, and it commonly affects middle-aged and older men in the U.S. Studies have linked different nutrients in pumpkin seeds to their beneficial effects on BPH, including their phytosterols, lignans, and zinc.

FOUNTAIN OF YOUTH



REFERENCE

- The George Mateljan Foundation
- **For education only, consult a healthcare practitioner for any health problems.**