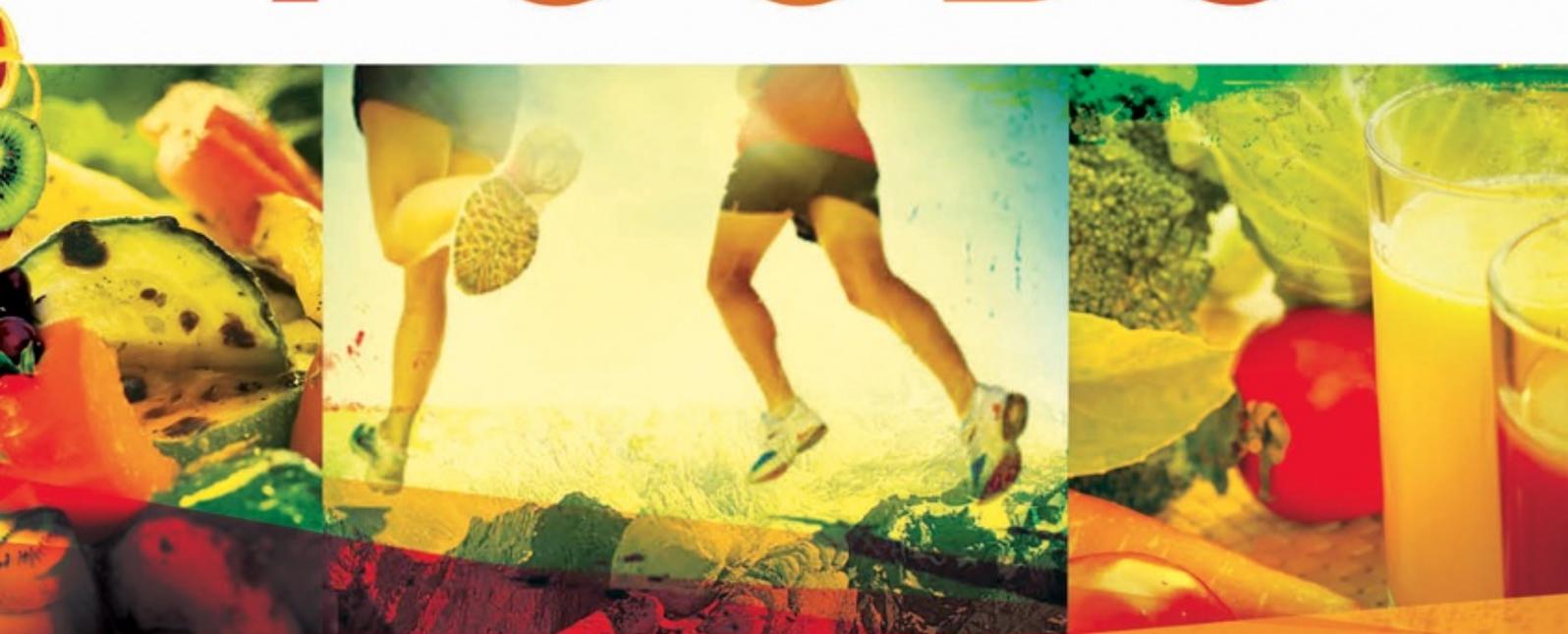


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Chapter 1

TERRIFIC TOMATOES

EATING CAN BE therapeutic and enjoyable if you eat the right things. And while few people likely categorize the humble tomato as a “superstar,” this delicious, versatile vegetable is a healthy superfood. Whether used in salads, as the base of a hearty soup, or as a healthy topping on a vegetable pizza, tomatoes add taste and nutrition to your food without adding many calories. Even better, they are a prime cancer fighter and contain many other benefits.

Tomatoes are the best dietary source of lycopene, a primary source of bioavailable carotenoid, which gives tomatoes their bright red color. Since lycopene contains powerful antioxidants, they can counteract the effects of systematic inflammation and scavenge free radicals, which can damage cells and genes. The lycopene in tomatoes also has phytochemicals in their natural state, which are cancer inhibitors. Thus tomatoes are rich in the stuff that may prevent cancer from developing in the first place.

However, unlike many other vegetables (or fruits, if you want to be absolutely correct about it), tomatoes are not best eaten in their raw form. Tomato paste is richest in lycopene, while spaghetti sauces, ketchup, and tomato sauce have roughly half as much as the paste they are made from. From there tomato soup, canned tomatoes, and tomato juice all have about a third of the lycopene in tomato paste. Raw tomatoes have a little more than 10 percent the lycopene of tomato paste.

Tomato sauce (not ketchup) is one of the main ingredients of the healthy Mediterranean diet. It is associated with an even greater reduction in prostate cancer risk, especially for the more aggressive and life-threatening extraprostatic cancers. Harvard Medical School researchers reported in the *Journal of the National Cancer Institute* that lycopene intake was associated with reduced risk of prostate cancer.¹

There are a number of studies that have linked lycopene with a reduced risk of prostate cancer, though these results have not been universally proven in all research done on this relationship. However, the benefits of lycopene-rich diets seem most beneficial in men most at risk for prostate cancer (those ages sixty-five and older). It seems lycopene corrects something the aging process weakens.

Research continues on the exact reasons that tomatoes aid in the fight against prostate cancer, but the correlation is strong enough—and there are enough other health benefits from sauces made from tomatoes—that adding tomato products to your diet is a smart move.

LYCOPENE'S POWERFUL IMPACT

There are other epidemiological studies showing that the regular intake of tomatoes and tomato products is associated with a lower risk of several cancers. One case-control study of an elderly population linked the consistent intake of tomato lycopene to protective effects against digestive tract cancers and a 50 percent reduction in death from cancer.²

Dr. Edward Giovannucci reviewed seventy-two epidemiological studies.³ These included ecological, case-control, dietary, and blood specimen-based investigations. All the studies examined the effect of tomato lycopene on cancer. In the majority the researchers found an inverse association between tomato intake and the risk of several types of cancer. In other words, the more tomatoes a person ate, the lower his risk of getting cancer.

In thirty-five of these studies the inverse associations were statistically significant. The evidence for benefit was strongest for cancers of the prostate, lungs, and stomach. Data also suggested benefit for cancers of the pancreas, colon, rectum, esophagus, oral cavity, breast, and cervix. What's more, none of these studies showed adverse effects from high tomato intake.

Prostate cancer is the most common cancer and second leading cause of cancer mortality in men in the United States. Studies have suggested a potential benefit of tomato lycopene against the risk of prostate cancer, particularly in its more lethal forms. An 83 percent reduction of prostate cancer risk was observed in individuals with the highest plasma concentration of lycopene, compared to individuals with the lowest concentrations.⁴ Eating something with tomato sauce in it as little as twice a week is thought to lower the risk of prostate cancer by around 25 percent.⁵

Recipe: Veggie Slimming Soup

2 Tbsp. olive oil

1 large onion, chopped

1 green or red bell pepper, chopped

4 garlic cloves, minced

1/2 tsp. ground cumin

1/2 small head cabbage, sliced

2 large carrots, sliced

1 zucchini, chopped

1 yellow squash, chopped

1 can (14 1/2 oz.) low-sodium stewed tomatoes

1 bottle (46 oz.) vegetable juice

1/2 tsp. ground black pepper

1/4 tsp. crushed red pepper flakes

Warm oil in a large saucepan over medium heat. Add onion and bell pepper. Cook five minutes or until tender. Add garlic and cumin. Cook one minute. Add cabbage, carrots, zucchini, squash, tomatoes (with juice), vegetable juice, black pepper, and red pepper flakes. Heat to boiling. Reduce heat to low, cover, and simmer one hour.

LYCOPENE SOURCES

Tomato sauce—including ketchup, tomato juice, and pizza sauce—is the richest source of lycopene in the American diet, accounting for greater than 80 percent of the total lycopene intake of Americans. Processed tomatoes (canned tomatoes, tomato sauce, ketchup) contain more lycopene than unprocessed tomatoes because cooking breaks down cell walls, releasing and concentrating carotenoids.

Not only has lycopene benefited Americans, habitual intake of tomato products has also been associated with the lowered risk of cancer of the digestive tract among Italians. One six-year study by Harvard Medical School and Harvard School of Public Health examined the diets of more than forty-seven thousand men. Of forty-six fruits and vegetables researchers evaluated, only the tomato products with lycopene showed a measurable relationship to a lowered risk of prostate cancer.⁶ As consumption of tomato products increased, levels of lycopene in the blood increased, and the risk of

prostate cancer decreased. The study showed that heat processing of tomato products increased lycopene's bioavailability, meaning that it was more easily absorbed by the body.

OTHER BENEFITS

There are other reasons to add tomatoes to your daily menu, including one not ordinarily associated with them: citrus. While citrus fruits are famous for their vitamin C—a valuable antioxidant linked to all kinds of wonderful benefits—these fruits are also among the best sources available of flavones, as well as fiber, folic acid, and potassium. And they contain limonoids, which have been shown to have powerful anticancer characteristics. Since these are not found in any other fruit except citrus, this gives them a unique cancer-fighting potential.

Mention “citrus,” and most people think primarily of oranges, lemons, limes, and grapefruit. However, such foods as tomatoes, pineapples, kumquats, mandarin oranges, and tangerines are also high in vitamin C. Studies from around the world have repeatedly linked the consumption of citrus fruits (not juices) with a decreased risk of developing different cancers, especially those of the digestive tract: esophageal, mouth, larynx, pharynx, and stomach. Results varied, but most showed a decrease of 40 to 50 percent.⁷

Juicing Tip

Combining the juice from several tomatoes with the juice from a few slices of green bell peppers makes a great refreshing low-sodium alternative to commercial tomato juice drinks.

Tomatoes are heart healthy too, along with such superfoods as black beans, kidney beans, citrus fruits, oatmeal, green tea, and flaxseed. You will read about the healthiest in chapter 3: nuts, which in general are a beneficial part of a healthy diet. Walnuts, in particular, contain almost twice the antioxidants as other nuts.

Finally, tomatoes are a source of such minerals as potassium and silicon.

Potassium helps to lower blood pressure and keep your body's sodium at acceptable levels. That is why eating foods high in potassium, such as fresh fruits and vegetables, can help protect against high blood pressure. Tomatoes should be high on your list of high-potassium foods when you shop, along with foods such as beans (especially lima beans and soybeans), prunes, avocados, bananas, peaches, and cantaloupes.

Silicon increases the thickness and strength of skin, smooths out wrinkles, and gives hair and nails a healthier appearance. Plus, it plays a vital role in the formation of connective tissue. Consequently, it helps to maintain the elastic quality of the skin, tendons, and, generally, cell walls. You can increase your intake of silicon by consuming silicon-rich foods, such as tomatoes, cucumbers, and bell peppers (eat all three with the skin and choose organic), radishes, romaine lettuce, marjoram, and nopal cactus (prickly pear cactus).

Chapter 2

GREAT GRAPES

LIKE TOMATOES, GRAPES contain a secret healing power. They also offer a tasty way to consume enough of the fruits and vegetables that should be a part of your diet. Grapes are known for their pharmacological properties; grapes and the wines they produce contain concentrations of a class of phytochemicals called polyphenols. Although their ability to protect from cancer is well documented, at the molecular level the ways in which they do so are still unclear. However, it has been shown that grapes and grape extracts can be used as a chemopreventive agent against carcinogenesis, because:

- They inhibit oxidative stress and show a potent anti-radical effect.
- They suppress cell proliferation and strongly inhibit tumor growth.
- They inhibit angiogenesis and strongly inhibit vascular endothelial growth factor, which inhibits the development of tumors and blood vessels.
- They tend to promote apoptosis (programmed cell death) in cancer cells.

Not only do grapes have blood sugar benefits, several of their phytonutrients may play a role in extending a person's lifespan by providing maximum nutrition for fewer calories. They also abound with antioxidants, which in foods can often be identified by their bright colors—one reason to select an array of colorful grapes and other produce. The antioxidants that are found naturally in many foods, including grapes and other fruits and vegetables, nuts, grains, and some meats, include: beta-carotene, lutein, lycopene, selenium, vitamins A, C, and E.¹

Other beneficial aspects:

- Black grapes and red grapes are among common food sources of quercetin, a plant-derived flavonoid that supports the immune system and bone health and helps fight allergy problems.²
- Grapes and red wines contain protykin, a dietary phytoestrogen. Protykin's unique structure allows for estrogenic and antiestrogenic activities while also providing protective effects for the cardiovascular (heart) system.
- Grapes can help combat cancer, one of the most prevalent—and feared—major illnesses in the United States. Whether seeking to prevent or recover from cancer,

grapes or supplements of grape extract can act as part of an effective nutritional approach to overcoming this killer.

- Grapes make a great hunger fighter. When food cravings strike, instead of raiding the fridge after the late-night news or the snack machine at work, you can regulate your blood sugar by snacking on grapes, and such items as cherries, strawberries, apples, carrots, or peanuts.

THE POWER OF RESVERATROL

Resveratrol, a health-promoting compound found in grapes, has been shown to increase life span in several species. One of resveratrol's most studied applications involves the prevention of cardiovascular disease. This plant-derived compound appears to act through several different mechanisms to protect the cardiovascular system. Resveratrol may inhibit platelets from clumping together, thus reducing the risk of deadly blood clots that can lead to heart attack and stroke.

How powerful is resveratrol? Consider the mystery surrounding the French, whose cuisine is known for its rich sauces, gourmet cheeses, and fine wines. Why, then, do the French enjoy a relatively low incidence of coronary artery disease? The question may be answered by studies suggesting that it may be the resveratrol, a constituent of the red wine the French drink often. This may have been protecting them from the adverse health effects of their rich diet while also protecting their livers against the toxic effects of alcohol.³ Could this be a French paradox solved? Just maybe.

Resveratrol's polyphenol is a natural protective agent that makes grapes resilient to attacks by microorganisms. As a rule, resveratrol is in the skins and seeds of the grapes, which are left in much longer during the fermentation process for red wines than for white. Therefore, red wines have higher levels of this valuable compound. Grapes that are grown in harsher climates also seem to have higher levels of resveratrol than those grown in more temperate areas. It seems the more the grapes suffer, the better they are for us.

Since the resveratrol resides in the skins and seeds, it is not as easily absorbed into our bodies in the raw form as when the grapes are crushed and fermented whole into red wine. In fact, the fermentation process for red wine also makes it rich in polyphenols. Red wines are probably the most complex beverages in the human diet because of all the different molecules in them. The bottling process for wines help preserve the resveratrol, while other things that come from grapes, such as raisins, have had almost all of the resveratrol leached out of them.

Resveratrol was the first natural nutrient to offer significant evidence as a cancer preventative and one that will arrest cancer right in its footsteps. The resveratrol found in grapes and wine (and polyphenols from olive oil) is a promising anticancer agent for both hormone-dependent and hormone-independent breast cancers. It may mitigate the growth stimulatory effect of linoleic acid in the Western-style diet.⁴ Resveratrol has been proven effective in reducing the risk and/ or growth of breast, prostate, colon, skin, pancreatic, ovarian, liver, lung, stomach, oral, cervical, lymphatic, thyroid, and esophageal cancers, as well as melanoma, leukemia, metastasis to bones, and

neuroblastoma. Research is being done on its ability to boost the effects of chemotherapy and to do its work without harming normal, noncancerous cells. In addition to their anti-carcinogenic properties, phytochemicals like resveratrol have also been reported to bring about a variety of anti-inflammatory and anti-platelet effects.⁵

HEALTHY IMPACT

In addition to its cardioprotective effects, resveratrol exhibits a range of anticancer properties. Resveratrol shows promise in protecting our brains and nervous systems against disorders associated with aging and genetic factors. In laboratory studies resveratrol's antioxidant effect has been shown to protect against nerve cell damage caused by beta-amyloid peptide, which accumulates in the brains of Alzheimer's sufferers.

Here's more about this incredible substance: resveratrol may offer benefits in preventing or managing conditions associated with high blood sugar, such as metabolic syndrome or diabetes. Resveratrol is showing promise as a potential therapy for arthritis due to its ability to block the activity of inflammatory compounds. While red wine does contain resveratrol, the quantity varies depending on where the grapes were grown, the time of harvest, and other factors.

Grape and cranberry juices also have resveratrol in them, but contain only about a tenth of the level of red wines—plus they have too much sugar.

The Benefits of Resveratrol

Resveratrol—a compound found in red grapes and red wine—has anti-carcinogenic effects. Resveratrol has the ability to interfere with several processes that are important in the progression of tumors and is very effective in preventing breast, colon, and esophageal cancer.

For those who don't drink or don't care to consume the kind of alcohol necessary to get adequate resveratrol, remember there are supplements. Living Resveratrol can provide you the resveratrol of six hundred glasses of red wine without having to drink any. Such supplements are often extracted from ground-up Japanese knotweed, which is remarkably high in resveratrol.

Despite all the positive aspects of resveratrol in grapes, there is one caution with this delicious fruit. When raised through conventional methods, they are one of the fruits most likely to retain pesticide residues. So, whether choosing grapes or red wine, it is best to choose organic varieties.

For those who don't want the alcohol present in red wines, there are non-alcoholic alternatives you can find in most health food stores. In addition, since drinking enough red wine to derive the optimal health benefits of resveratrol may not be practical or medically advisable, you may want to consider a supplement. A 100 milligram resveratrol capsule per day can provide the protective benefits of this life-extending substance.

Chapter 3

NUTS TO YOU!

SOME PEOPLE SUGGEST saying “nuts” to nuts because they are full of fat. Not true. Nuts are among the foods on a long list of healthy fats. Among those on the long list of beneficial nuts are almonds, walnuts, pistachios, pecans, macadamias, cashews, hickory, soy nuts, Brazil nuts, hazelnuts, and chestnuts. In cooking you can use organic macadamia nut oil for stir-frying at low heat.

The results from a recent study indicate that almond consumption may reduce colon cancer risk via at least one almond lipid-associated component. Such tests show that not all fats are your enemy. Instead, you need to learn to choose good fats and avoid or limit bad fats. Adequate fat intake helps you maintain protein so your body doesn't burn protein as fuel. Fats are also the building blocks for cell membranes.

Instead of snacking on high-caloric, fat-laden, chemical-rich, processed junk food, people living in the Mediterranean region satiate between-meal appetites by eating nuts. This is smart, because studies report that almond consumption may reduce colon cancer risk. Western dieticians, ignorant of the health benefits of nuts, have scared us away from them because of their high fat and caloric content. Nonetheless, almonds and other nuts appear to confer important health benefits.¹

Studies also show that frequently eating nuts dramatically improves health by significantly lowering the risk of heart disease. A group of researchers at Loma Linda University in California performed a study on 31,000 white Californian Seventh-Day Adventists in 1992. Referred to as the Adventist Health Study, it reported that those persons who ate nuts daily had up to 60 percent fewer heart attacks than those who ate nuts less than once per month.² Daily nut consumption benefited everyone in the study, regardless of gender, diet, or physical condition. Benefits were noted as well in another study of African Americans.³

Want more proof? It has been calculated that daily nut eaters gain an extra five to six years of life free from coronary artery disease; nut eating appears to increase longevity by about two years.⁴ Studies suggest that 1 to 2 ounces of nuts should be consumed daily to gain the maximum benefits from these little “powerhouses” of nutrition. Plus, the protein content of nuts ranges from 10–25 percent, which makes them a great alternative to meat as a source of protein. Because it is plant protein, there is no cholesterol and very little saturated fat involved.

HEALTHY ADVANTAGES

With the exception of those suffering from a peanut allergy, nuts are a healthy carbohydrate that can serve as one of the cornerstones of a sensible weight-loss plan. They will help decrease insulin resistance, which in turn enables you to lose weight. Our bodies need the proper balance of good healthy oils for all our cells, tissues, and organs to function properly. (A caution: you can't expect to gorge on an entire package of cashews, pistachios, or other kinds of nuts and expect positive results. Whatever the food group, moderation is a key.)

While nuts in general are a beneficial part of a healthy diet, walnuts contain almost twice the healthy antioxidants as other nuts. They also contain high amounts of alpha-linolenic acid (ALA), which is associated with lower risk of heart attacks and blood clots. Nutrients in walnuts are also known for their vascular reactivity, or the ability of blood vessels to respond positively to changes in the environment.

Nuts are a good source of magnesium, which is vital for healthy blood pressure and a robust cardiovascular system. This powerful mineral is linked to more than 325 different enzyme reactions in the body. If your body is deficient in magnesium, you could be predisposed to developing hypertension, arrhythmias, and other cardiovascular conditions. This deficiency is one of the most common in the U.S., especially among the elderly. Causes include too much coffee, alcohol, and processed foods.

As mentioned earlier, nuts are a source of plant protein. This is of particular interest to anyone fighting cancer, since cancer patients need adequate protein intake, but not via toxic processed meats—such as bologna, bacon, or sausage—or excessive amounts of red meat or pork. Patients contemplating a snack to stave off hunger until dinnertime will do much better reaching for a handful of raw almonds than candy bars or chips.

RICH IN FIBER

Nuts are full of fiber too, which is one key for the millions of Americans who are battling various forms of diabetes or have prediabetes. Dietary fiber is extremely important in helping to control diabetes. Fiber slows down digestion and the absorption of carbohydrates. This allows for a more gradual rise in blood sugar.

If you have diabetes, a significant amount of the carbohydrate calories you eat should come from vegetables, including peas, beans, lentils, and legumes. Those vegetables typically contain large amounts of fiber. The more soluble fiber in your diet, the better blood sugar control your body will have. Water-soluble fibers are found in nuts as well as oat bran, seeds such as psyllium (the primary ingredient in Metamucil), vegetables, fruit (especially apples and pears), and beans. You should aim to consume at least 30 to 35 grams of fiber a day. You also should take the fiber with meals in order to prevent rapid rises in blood sugar.

Walnuts, almonds, and macadamia nuts are among the sources that can replace unhealthy breads (especially white) and non-nutritious, sugary, and non-whole-grain cereals so many people eat for breakfast. Whether with a meal or as a snack, you can enjoy a tablespoon (about 10) of nuts with no worries about fat. Combined with fresh, low-sugar fruits at breakfast or lunch and such items as steamed, stir-fried, or raw

vegetables, lean meats, and salads with colorful vegetables, nuts are a vital element of a healthy eating plan.

Nuts: B the One

In addition to such benefits as their fiber and healthy oils, nuts are a nutritious source of healthy B vitamins, including:

- Riboflavin (vitamin B₂), which helps body cells create energy from carbohydrates, protein, and fat. It is crucial for normal growth and repair and tissue development.
 - Niacin (also known as B₃), which assists in the functioning of your digestive system and keeps skin and nerves healthy. Niacin is important for the conversion of food to energy.
 - Vitamin B₆ refers to a group of water soluble vitamins that help maintain healthy brain and nerve functions, fight diseases, form red blood cells, and digest proteins.
-

OTHER HEALTH BENEFITS

There are other reasons to eat nuts. They contain potassium, a healthy mineral that is in short supply in the standard Western diet. And nuts, such as pecans, cashews, and pine nuts, are rich in zinc, which is necessary for the proper functioning of several enzymatic functions that are important for healthy skin. Zinc also promotes cell division, repair, and growth. It helps the lymphatic system to oxygenate the tissues and eliminate wastes properly. And it works synergistically with other minerals and vitamins. For instance, in combination with sulfur and vitamin A, zinc helps to build strong hair.

In addition, nuts contain essential omega-3 fatty acids; these acids are fantastic disease fighters. Several thousand scientific publications testify to widespread agreement among medical professionals about the benefits of omega-3 fatty acids. For years doctors have recognized the benefits of the Mediterranean diet, which is rich in omega-3 fatty acids. Studies show that individuals who get a sufficient amount of omega-3 fatty acids in their diets experience a significantly lower risk of cancer mortality.

Some of the best sources of these acids are plants, along with fish and oils. Plants and oils contain the acid known as ALA (alpha-linolenic acid). Plant sources relatively high in ALA content include nuts, seeds, and soybeans. Fish are high in the omega-3 acids known as ALA, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

Chapter 4

CELERY: POWERFUL HEALER

THE MODEST CELERY stick can be found on many dining room tables, hors d'oeuvre trays, and snack carts. Yet its healing and protective powers have rightfully earned it a place on the superfoods list. As an example, celery and such powerhouses as garlic, wild salmon, walnuts, and dark chocolate are leaders in improving heart health and lowering blood pressure.

One of the most dramatic stories about celery appears in the most recent edition of the book, *The New Healing Herbs*. It concerns Mr. Minh Le, who ate four celery stalks for one week and took three weeks off to help lower his high blood pressure. Mr. Le saw his blood pressure drop from 158/96 to 118/82 within one week!

By way of his son, Minh Le brought awareness of this ancient Chinese remedy to researchers at the University of Chicago Medical Center. The investigators tested animals by injecting the mammals with a small amount of 3-n-butylphthalide, a chemical compound that is found in celery. Mr. Minh Le's son, Quang Le, and University of Chicago pharmacologist William Elliot, PhD, isolated the compound 3-n-butylphthalide and injected rats with the equivalent amount of what's found in four stalks of celery.

Not only did the rats' blood pressure drop 13 percent in a week, their cholesterol levels also dropped by 7 percent. The chemical that reduced the animals' blood pressure readings turned out to be phthalide. It's known in scientific circles that phthalide relaxes the muscles and arteries that regulate blood pressure. Phthalide is a chemical that also reduced the amount of "stress hormones," called catecholamines. Stress hormones also raise blood pressure since catecholamines constrict blood vessels.

These tests gave more validity to celery's reputation as a traditional Asian folk remedy for high blood pressure. However, it is possible that celery may work only if your high blood pressure is caused by too much renin in your blood. (Renin is produced by your kidneys.) If your blood pressure is high because of elevated renin levels and you are given a diuretic for your initial treatment, this could make your blood pressure soar even higher. Find out first if the high blood pressure is caused by too much renin, then consider making celery a part of a high blood pressure treatment plan.

GREEN HEALER

One stalk of celery contains about 35 milligrams of sodium, which should not raise

your blood pressure. Be sure to choose organic celery, though. Though a healthy vegetable, traditionally-grown celery is typically high in pesticide residue.¹

However, its phytonutrients make it stand out as a heart-healthy food. Many of these phytonutrients fall into the category of phenolic antioxidants and have been shown to provide anti-inflammatory benefits as well.²

One of the phytonutrients in celery is low concentrations of apigenin. Apigenin inhibits angiogenesis in ovarian cancer cells, which is the process by which tumors instruct the body to build new blood vessels to reach to wherever they happen to have latched on to an organ so that they can feed themselves. Preventing angiogenesis keeps the cancer cells from hijacking the body's food supply for itself and stymies its growth and ability to spread. Apigenin interferes with cancer cells' ability to burn glucose in the pancreas, another important function that starves cancers. Apigenin is also an anti-inflammatory agent. As if that weren't enough, it also promotes apoptosis *within* tumors, shrinking them and heading others off before they even have a chance to form. A 2009 study from Harvard's Channing Laboratory found that of five different flavonoids, only apigenin was associated with a significant reduction in cancer risk.³

Celery can fight diabetes problems too. Gabriel Cousens, MD, author of *There Is a Cure for Diabetes*, recommends a series of foods for their therapeutic properties in the treatment of diabetes. One is celery, which has general antidiabetogenic qualities and also helps lower your blood pressure, which is a symptom of metabolic syndrome. Among others are Jerusalem artichoke, cucumbers, garlic, onions, walnuts, almonds, and kelp.⁴

SKIN CLEANSER

Celery is especially great for your skin. It can clean the cells, remove dirt and oil from skin, and can help fight against acne and dilute acne scarring. It is extremely efficient for people who want to lose weight and maintain their health. The exceptional benefits of celery have been recognized for centuries by ancient medical practitioners.

Hippocrates, known as the father of modern medicine, claimed that celery played a major role in calming the nerves.⁵ The 1897 Sears catalog even offered a nerve tonic made from celery.⁶ Celery neutralizes acidity, promotes the proper functioning of the immune system, purifies our bodies, and keeps them in balance.

Furthermore, it is a great source of calcium, which helps to build strong teeth and bones. Celery provides your body with vitamin A and is a great source of B vitamins, such as B1, B2, and B6. The latter give you energy for a fresh start to the day. It is also high in such nutrients as magnesium, iron, folic acid, and potassium.⁷ It contains plenty of water too, which provides proper hydration for blood cells. Due to its high water and potassium content, celery is used for cosmetic purposes and is highly effective for treating dry, dehydrated skin.⁸ Celery rehydrates the body and helps to maintain a healthy libido.⁹

A Recipe for Clear Skin

Often the secret to clear skin is perfecting your diet. Certain foods are better for your complexion than others, so make sure you incorporate plenty of skin-clearing ingredients into your daily diet. Try out this salad recipe that combines four essential foods for clear skin!

Super Skin Complexion Salad

How to make it: combine lettuce, cucumbers, celery, and papayas. Optional: avocado for added taste and a sense of fullness.

Why it's great for your skin: Celery cleans the skin cells of dirt and removes skin oils, fights acne, and reduces scars. Cucumbers hydrate your skin due to their high water and silica content, which greatly enhances skin tone. Papayas not only taste great, but they also enhance skin beauty due to their high collagen and vitamin C content. Finally, avocados reduce wrinkles and create a more toned skin due to high collagen production from their healthy oils.

THE POWER OF JUICING

Celery is a must as one of the ingredients in creating fresh vegetable juices for your diet. As an example of what it can do, you can attack arthritis problems with a mixture of celery, grapefruit, carrot, and spinach; or carrots and celery. One suggested juice combination to combat gallstones is celery, carrot, and parsley. While fruit juices are wonder cleansers for your body's systems, and they are OK occasionally, they contain a lot of sugar. Vegetable juices are low in sugar and better nutritionally because they have a higher alkaline content than fruit juices, which tend to be acidic. (It is OK to add an apple to vegetable juice to sweeten it, though.)

Therapeutic Celery

Among fresh vegetable juice recipes that use celery and have therapeutic properties:

- For arthritis, try celery juice or a mixture of grapefruit juice, carrot, and spinach juice.
 - For nervous tension, try mixing carrot and celery juice.
 - For headaches, try a parsley, spinach, celery, and carrot juice combination.
-

Juices are some of the most powerful whole foods you can put into your body. They can help prevent cancer and heart disease, boost immunity, lower your risk of Alzheimer's disease, and cleanse your body of toxins. They take little effort to digest, so you can benefit almost instantly from their energy and nutrients. Your body absorbs nutrients from juices better than it does from the foods themselves because you break down the plant's cellulose, which makes all of the health-promoting vitamins, minerals, and other healing compounds easier to absorb. Juicing offers the added benefit of weight control, since they leave you feeling satisfied, which helps limit excessive food intake.

While vegetables juices are preferable, both fruit and vegetable juices and a strict regimen of vegetables (no meat) are among nutritional approaches to preventing or

recovering from cancer. Drinking at least one pint of juice each day is helpful in the case of other major disorders. Fruit juices are the cleansers of our bodies, and vegetable juices are the builders and regenerators of our systems. Vegetable juices contain all the minerals, salts, amino acids, enzymes, and vitamins that the human body requires.

Chapter 5

SPROUTING HEALTH

NO MATTER HOW many times Grandma counseled you to eat your brussels sprouts, you likely resisted her advice. Let's face it: whether it's brussels sprouts, broccoli, cauliflower, or those strange-looking, stringy things sitting at the end of the salad bar, sprouts aren't likely to make many favorite foods lists. However, while you may not have to be too fond of them, sprouts are a health powerhouse. Because of the different compounds found in broccoli, cauliflower, watercress, cabbage, kale, brussels sprouts, and the like, they have long been among the leading cancer-fighting foods.

Epidemiologic and animal studies have associated certain plants with pronounced reductions in cancer risk. What characteristics of these sprouted vegetables might protect against carcinogenesis? They contain little fat, are low in energy, and are good sources of vitamins, minerals, and fiber—all linked to cancer protection. Some of their phytochemicals protected against carcinogenesis in various tests. Recent research results also show that consumption of cruciferous vegetables, particularly broccoli, plays an important role in decreasing the risk of breast cancer in premenopausal women.

Still not convinced? There is a reason Ezekiel 4:9 bread is one of the healthiest loaves you can find at the market: it comes from the sprouts of wheat, barley, and other grains. For more proof, consider that juices made with such ingredients as sprouts, wheatgrass, barley grass, oat grass, and blue-green algae are wonderful for reversing acidity in the body and are high in chlorophyll. Chlorophyll has been found to have anticancer effects since it protects DNA from damaging radiation.

These foods have also been shown to have antiviral, antitumor, and anti-inflammatory properties. In effect, such foods can actually inhibit carcinogens in cooked meats and even in cigarette smoke. A chlorophyll drink containing one or more of these potent power foods is a good idea, although if you have a high serum iron or ferritin level, you may need to limit intake of green foods.

BROCCOLI BOOST

If green foods aren't a problem, you can't do much better than eating plenty of broccoli, which contains lots of fiber, vitamin C, and antioxidants. In the battle against cancer broccoli's phytohormones, or phytoestrogens, protect the body from carcinogenic mutations. Typically, diets that contain good amounts of these and other phytoestrogen-rich foods help fight against disease.