

# Healing Through Nutrition

Key Elements Of Nutrition To Attain  
Optimal Health & Prevent Disease



By The American Institute of Health Care Professionals, Inc.

**Disclaimer:** Always a consult a physician for any medical problems you may have. This information is not intended as medical advice.

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## The Role Of Nutrition In Health

There are many medications out there designed to heal you when you're sick as well as prevent you from getting sick. While these can be effective, it comes at the cost of filling your body with what could be harmful chemicals and other unnecessary substances.

Proper nutrition is essential for maintaining a healthy immune system and preventing disease.

Our bodies were not meant to run on highly processed snack foods, hydrogenated oils, and other unhealthy food sources.

When you change your diet and nutrition plan to one that's filled with healthier foods, you'll begin to see and enjoy amazing results, including optimal energy and vitality.



## Nutrition And Holistic Health Care

Holistic care approaches promote “whole body” treatments and care to help the body fight and prevent disease alongside conventional medicine modalities. One of the simplest ways to utilize alternative care options and stay healthy is through a balanced diet.

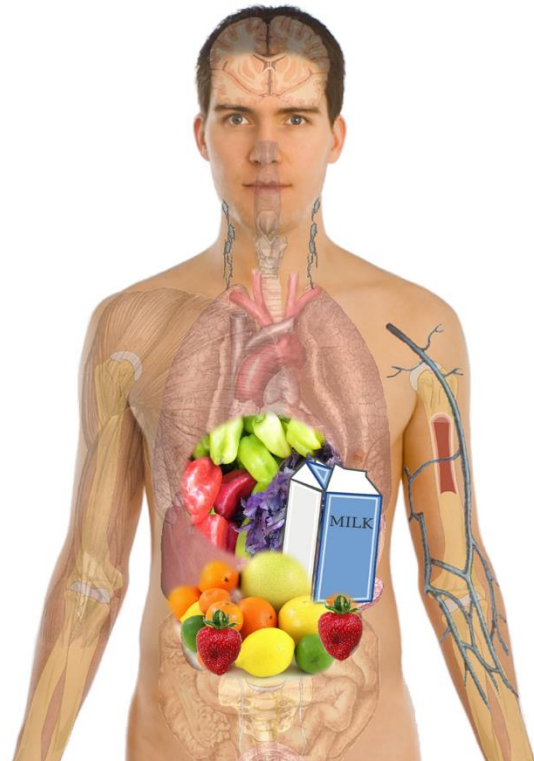
Holistic care approaches pay attention to the entire person. The body, mind, spirit as well as, one’s social environment are the main elements of every human, making each aspect as important as the rest.

Due to this, holistic care options focus on the whole person to get the best and most therapeutic healing results no matter the ailment, and even when no specific ailment exists, and one just wants to improve their wellbeing and general wellness.

Without nutritious foods, none of the body’s natural systems can function correctly.

**Good food is needed to provide energy, nutrients, vitamins, minerals, and other essentials to help the body achieve true equilibrium.**

There is no doubt that in the absence of nutrient rich food, people have experienced serious problems. Malnutrition is a serious condition, but, beyond that serious health risks can occur when the body suffers from deficiencies in essential nutrients.



The amount of energy used by the body every minute is incredibly high, making it imperative that there is always a store to maintain that energy.

**Nutrition plays a significant role in healing, as it can increase the body's ability to fight disease and prevent it as well.**

Food is most important on a cellular level. When the cells are well fed, the body works in tip-top shape.

The mitochondria, also known as the powerhouse of the cell, is where energy is made and distributed throughout the body. Over time the mitochondria can age and become withered, providing less energy and lowering the body's resistance to disease.

By properly feeding the mitochondria with nutritious foods, the negative effects of aging can be combated.

To support healthy cells a variety of minerals and vitamins are needed, and these come from certain dietary components.

It is impossible to apply the principles of treating the “whole person,” which is the main hallmark of holistic medicine, without addressing one's diet.

# Whole Versus Processed Food



**The best dietary components for a healthy diet consist of whole foods.**

Unfortunately, many modern foods sold in stores today are processed, manufactured and lack one iota of the necessary nutritional values that we all need. One great example of this is Twinkies, a completely useless food that has ZERO value for the human body, and beyond that is harmful as they are loaded with fat and sugar.

To understand the importance of whole foods, especially as opposed to processed foods, you must understand the differences between them.

- **Whole Foods:** Whole foods are foods in their natural state. This means that how it comes out of the ground, off the farm or off the vine or tree is exactly how it will be on your plate.

These foods are completely intact, meaning they come with all the minerals, nutrients and vitamins that processing and refinement typically take out.

Many studies have shown that whole foods actually reduce the risks of cardiovascular disease, type 2 diabetes, and many types of cancer.



Whole foods contain protein, vitamins, minerals, fiber and phytochemicals, also known as the compounds found in plants, and plenty of B-Vitamins.

- **Processed Foods:** Processed foods start out as whole foods but undergo serious refinement and processing until much of the vitamins and other nutrients are removed.

For example, when whole grains are processed, they lose the coat of the grain and the bran that provide the necessary fibers needed in a healthy diet.

Processed foods also contain a number of chemicals, additives, colors, and concentrated substances that can actually increase the risk of disease such as heart disease, type 2 diabetes, and some cancers.

**The bottom line is that processed foods are whole foods stripped of nearly everything that makes them healthy and worth eating.**

While these foods are less expensive, they are not nutritious and can inhibit the effects of holistic care nutrition plans.

#### **Examples of Whole Food Versus Processed Food Items:**

- Whole potatoes versus french fries and potato chips
- Apples versus apple juice from concentrate
- Fresh fruit versus packaged fruit snacks or fruit roll ups
- Whole grain bread versus white bread
- Grilled cod versus fish sticks
- Chicken breast versus chicken fingers or tenders

## Key Considerations

- ✓ A whole food is typically one that has only one ingredient.
- ✓ Whole foods help to reduce cholesterol, regulate blood sugars, maintain healthy weight management, and lower risk for diabetes.
- ✓ Conversely, processed foods have several ingredients, and usually are loaded with added sugars, dyes, preservatives and bad fats.

## Healing Through Nutrition

The human body is no stranger to the science of healing. Even before contemporary science discovered how the body rebuilds itself and invented a word to describe its restorative processes, the human body has been healing itself from diseases and other ailments with the aid of chemicals found in the food that it ingests.

Nutritional healing, or the science of using natural foods, herbs and dietary supplements to cure diseases and health disorders, may be a discovery of the past century, but, its medical lineage follows the ancient practice of naturopathy originating from the time of Hippocrates when terminology for this practice had yet to be invented.



At a time when humans consumed organic food devoid of any synthetic chemicals that modify the genetic makeup of plants, vegetables and fruits, the human body would undergo an unadulterated healing process that effectively turn food and other plant life into a natural powerhouse of healing aids.

## The Human Body Is A Natural Healer

Nutritional healing rests on the belief that everything that the human body needs to protect and heal itself is already found in its own workings:

- The human skin offers the first layer of protection from environmental threats.
- Our immune system wards off bacteria, viruses and infection. Our cells regenerate when harmed.

- Our vital organs have the ability to break down compounds, process what they need to survive and expel what is damaging to them.

Indeed the human body is itself equipped with the ability to nourish and heal itself, provided that we supply it with the needed fodder to keep its cogs going.

Ancient healing practices of the human race took this belief to heart until our modern existence introduced synthetic chemicals and modified practices that took the better of our body's natural ability to heal.

Modern pharmaceuticals invented synthetic drug chemicals that cause harmful side effects and damage other organs as they strive to cure malfunctioning ones.

Science invented convenience in our food preparation, health regimens and other daily practices with the occasional caveat of unhealthy consumption and ways of living.

## Real Food Is Key

Adherents to nutritional healing are therefore tackling the beast of our modern existence and caution against the excesses of our habits.

**In order to cure diseases and disorders that afflict us, natural healing promotes empowering our body through a diet of natural foods and organic herbal supplements.**

Nutritional healing believes that proper nutrition is vital to virtually any medical condition. While practicing healthy eating and lifestyle habits correct health problems arising from nutrient imbalance and deficiency, adherents to nutritional healing goes a step further by attributing medical or healing properties to certain foods.



**Nutrients such as amino acids, fatty acids, glyconutrients, minerals and vitamins, as well as, bioactive compounds such as enzymes, hydrochloric acid and probiotics that are found in raw, whole and unprocessed food are said to have therapeutic benefits that cure a host of health conditions.**

The key to unleashing the therapeutic powers of vegetables, fruits and grains is to consume them without altering their chemical makeup by cooking, processing or using genetically modified seeds and farming implements.

The more they are processed and altered into ready-made products and health supplements, the less we can benefit from them.

Consuming processed and refined food is said to be the reason why the body is deprived of proper nourishment and impaled of its ability to ward off diseases and other ailments.

Synthetic chemicals added into natural foods when they are processed and refined is also said to be the culprit in imbalances and diseases.

# Holistic Approach To Health

While for the most part nutritional healing involves refining the science and practice of healthy eating, it also involves other approaches to maintaining health and wellbeing.



**Practitioners of nutritional healing believe that human beings are unique in their physical, mental, psychological and genetic qualities and are equally influenced by individual spiritual and environmental factors.**

Aside from nutritional medicine, nutritional healing practitioners also employ a host of modalities to diagnose patients and lead them to appropriate therapy, which include:

- Laboratory and clinical diagnostics
- Naturopathic physical therapy Hygiene assessments Homeopathy
- Acupuncture
- Natural medication
- Herbology
- Massage
- Chiropractic therapy

# The Role of a Holistic Nutritionist

If there's one thing that alternative and conventional medicine can both agree upon, it is the fact that food is imperative for a person's state of health. An individual's eating habit play a huge role in the development or prevention of medical conditions.

Certain diseases like diabetes, hypertension, and liver disease, among others, have been strongly linked to the type of food consisted in the person's dietary regimen.

**RHNs or Registered Holistic Nutritional Consultants are trained professionals who are advocates of complementary therapy and holistic nutrition as a healing tool.**

**The role of RHNs is to educate the public regarding the importance of nutrition for optimal health and well-being.**

## Scope of Practice of a Holistic Nutritionist

Holistic nutritionists have a set of principles to follow. Just like any other discipline, there are boundaries and limitations in their scope of practice.

- Acknowledgement of an individual's unique biochemistry and nutritional needs.
- Understanding the interrelationship of the body, mind, and spirit, and how this relationship is distinct with each individual.
- Advocating the use of organic foods that are grown locally, and the importance of living in a toxin-free environment.
- Acknowledgement that prevention is crucial for any health program to succeed.



- Understanding the importance of supplementation, but that it can never be a substitute for eating nutritious foods.
- Respect for client's goals, personal preferences, values, and beliefs.
- Recognition of other health care professionals' contribution towards the client's wellness, and the need to work with them hand in hand despite some differences in beliefs and practices.

### **Specific Tasks of a Holistic Nutritionist**

- Document the individual's needs and goals.
- Identify habits and nutritional deficits that may cause a particular disease.
- Evaluate one's lifestyle and nutritional practices, including food selection, preparation, and intake.
- Evaluate the use of any dietary supplement.
- Give advice regarding food labels, shopping, and food preparation.
- Help the sufferer heal through personalized lifestyle and diet plans.
- Work in collaboration with other health-care professionals and refer patients as necessary.
- Create a progress report for the individual in relation to the goals.
- Continuously assess the client's performance, making modifications as necessary.
- Ensure client's participation and develop long-term goals.
- Educate the public through the use of books, manuals, articles, and various teaching methods.
- Conduct health seminars in agencies, schools, and other institutions.
- Promote holistic knowledge of nutrition, including its principles and philosophies to other professions.

### **General Food Guidelines**

- Eat foods that are high in sugar, fat, and cholesterol in moderation.
- Avoid processed foods.
- Avoid foods containing sugar substitute such as aspartame.
- If possible, avoid leftovers and eat freshly prepared and cooked meals.
- Do not overcook your meals to avoid losing essential vitamins and minerals.



- To keep safe from allergic reactions, introduce new foods in your diet in small amounts only. Do not try multiple types of food at a time.
- Eat foods that are easily digestible and are prepared warm or hot.
- Be sure to chew your food very well and slowly before swallowing.
- Drink warm beverages before having a meal.

**It is important to realize that the goal of holistic nutrition is not to trespass on the modern and conventional practices of medicine.**

Nor do RHNs advise patients to avoid seeking consultation with medical practitioners and getting treated in medical facilities.

As a matter of fact, this natural approach to healing, when used in conjunction with modern medicine, can go a long way in helping clients cure certain ailments, prevent disease progression and achieve the best in health and wellness.

## Top Best Food for Health and Healing

The top best foods for health and healing are those that contain plenty of antioxidants, vitamins, nutrients, and other minerals needed for a healthy body that functions well and has a strong immune system.

Add the following whole foods to your diet to begin feeling the amazing results of a nutrient rich nutrition plan.

- **Fish:** Fish like salmon, mackerel, and tuna are all perfect foods to promote bodily health and healing. These fish are also prime brain food and great for heart health. The omega-3 fatty acids in fish, like, salmon, are essential nutrients that can feed your cells and help maintain a healthy weight.



- **Whole Grains:** When left untreated, whole grains are an excellent source of fiber as well as other minerals and nutrients. Fiber is important for maintaining a healthy, clean bowel and regularity. The bran within whole grains are truly the powerhouse of this food and where the majority of the fiber content resides. Most natural cereals are filled with these whole grains.



- **Ginger:** Ginger is a great spice to add to your daily diet. The healing power of this food is to reduce nausea and aid proper digestion. Add this healing herb to tea, foods, and other drinks or take it in herbal forms through oils, extracts, and capsules.



- **Avocado:** Avocados are filled with heart healthy nutrients. They contain plenty of good fats that reduce the risk of heart disease and cut down the bad cholesterol that can accumulate in the arteries over time. They are best when eaten fresh and can be added to plenty of foods like omelets, sandwiches, salads, and more. Since they are high in calories, limit daily intake for weight control.



- **Nuts:** Almonds, walnuts, pecans, peanuts and more are all an excellent source of both protein and plant omega-3 fatty acids. Nuts also promote extra energy and heart health. Lower cholesterol, increase energy levels, and get better sleep by adding nuts to your diet.



- **Water:** Water is one of the best healing foods out there. Today, many people aren't getting enough water throughout the day thanks to energy drinks, soda, juices, coffee drinks, and more. By simply drinking the prescribed amount of water each day, you can enjoy hydrated skin, hair and nail health, more energy, and better sleep.



## Immunity Boosting Foods



The immune system is what helps the body stay healthy despite being bombarded with germs throughout the day.

An immune system is meant to fight disease and combat all the hazards that can cause serious illness. While having an illness can actually help to build a stronger immune system, there are other, easier ways to build up this strength.

**One of the main ways to strengthen the immune system is by consuming a diet rich in immunity boosting foods.**

### Top Immunity Boosting Foods

As mentioned, food is one of the most effective ways to absorb the vitamins and nutrients needed to strengthen the immune system. This list consists of the best foods to boost immunity and maintain health and wellness.

- **Yogurt:** Filled with probiotics, yogurt is one of the healthiest snacks to add to any diet. Probiotics, or live active cultures, are healthy bacteria that promote a healthy intestinal tract. When the gut is filled with these essential cultures, they help to keep it free from germs that cause disease. The intestines are

where the majority of the immune system lives, so it only makes sense to keep it healthy and regular. Two six ounce helpings of yogurt a day should do the trick to keep this system healthy. Avoid sugar filled, “fruit at the bottom” yogurt products. It’s best to choose plain non-fat or low-fat products.

- **Garlic:** This delicious addition to breads, sauces, marinades and more is much healthier than many would imagine. A relative to the onion, garlic contains an active ingredient known as allicin, which effectively fights bacteria and infections. Some studies show those who eat garlic regularly (6 cloves a week) have a lower chance of colorectal cancer, as well as, stomach cancer. Add this to any diet by including crushed garlic in different dishes as well as eating at least two raw cloves a day.
- **Oats & Barley:** Most cereals are made with these grains because they do wonders for the body. Oats and barley both contain beta-glucan, which is a type of fiber that contains antioxidant and antimicrobial capabilities. Antioxidants are important for the body’s immunity because they cleanse it of toxins and other contaminants. When these grains are added to a diet, they can help to increase wound healing time as well as boost the effects of antibiotics. A single dose in one of three servings of whole grains will do the trick.
- **Tea:** The healing abilities of tea are already well known, but they can also help to prevent illness as well. A Harvard study shows that individuals who drank at least five cups of black tea a day for two weeks had higher immunity against viruses than those who drank a placebo hot drink.

There is an amino acid known as L-theanine present in both black and green teas which gives the blood a boost of virus fighting interferon. For best results, drink several cups of tea daily and dip the tea bag up and down into the water to get up to 5x more of the antioxidants in the brew.

- **Fish:** Fish is rich in various nutrients that having immunity boosting power. Selenium is a nutrient present in shellfish and it helps white blood cells create cytokines—proteins that help fight flu viruses.

Mackerel, salmon, and herring are just a few examples of fish rich with omega-3 fatty acids that are important for keeping the brain healthy, fighting inflammation, and protecting the lungs from infections and viruses.



**An intact immune system is a one of the main steps in maintaining a happy, healthy life, so add these immunity boosting foods to your diet to begin feeling better and stronger day after day.**

# The Role Of Antioxidants In Healing

## Disease Prevention And Anti-Aging

As our body uses oxygen, our cells produce something called free radicals which can cause diseases, such as, cancer, heart disease, and diabetes.

- Antioxidants work as scavengers and rid our bodies of these free radicals therefore prevent and repair the damage done by them.
- Antioxidants have even been shown to slow the effects of aging, as well as, prevent weight gain.

## Main Antioxidants

- Vitamin A
- Vitamin C
- Vitamin E
- Selenium
- Flavonoids
- Lycopene
- Lignan
- Coenzyme Q10
- Glutathione



## Getting Antioxidants From Food Sources

It is always best to get your antioxidants from natural foods instead of supplements and this is just a small list of the natural whole foods that contain them. A good rule of thumb is to look for fruits and vegetables that are brightly colored.

These contain higher amounts of antioxidants than the more dull colored foods that are available. In addition to eating foods that are high in antioxidants, you also want to reduce your exposure to oxidative stress. You can do this by avoiding sunburns and not smoking.

Too much of a good thing can always be a bad thing. We know that chocolate is good for us to eat in moderation but if too much is eaten it causes weight gain.

The same is true with antioxidants. When used in moderation antioxidants can provide many benefits to your body but when taken in pill form it is easy to overdose on them and cause more problems than you had to begin with.

## Food Sources Of Antioxidants

- ✓ **Chia seeds** - Chia seeds contain such high levels of antioxidants that it actually stays fresher longer than many other seeds such as flaxseed.
- ✓ **100% Pure Cacao** - Is one of the best sources of antioxidants available and is one of the best nutritionally complex foods on the planet.
- ✓ **Blueberries** - Not only are blueberries packed with antioxidants they also help improve brain function, balance, reduce inflammation as well as help prevent aging of the brain.
- ✓ **Strawberries** - In addition to containing high levels of antioxidants, strawberries also help with memory function.
- ✓ **Goji Berries** - Goji berries are full of antioxidants, but, also boost the human growth hormone which is needed for cell repair.
- ✓ **Beets** - Beets are rich in an antioxidant that helps with inflammation. Beets are also great for brain function.
- ✓ **Salmon** - Salmon is a very powerful free radical fighter because they feed off of a specific algae that also offers anti-aging benefits.
- ✓ **Brazil nuts** - High in antioxidants, Brazil nuts all so speed up the body's natural antioxidant making process.
- ✓ **Sunflower seeds** - Along with being high in antioxidants sunflower seeds are also high in vitamin E which can help fight heart disease and boost immunity. Sunflower seeds may also help to prevent skin cancer.





- ✓ **Acai Berries** - Listed as a super food acai berries are packed full of antioxidants. Make sure to get real Acai and avoid the products covered in chocolate or other fluff products that have added sugar.
- ✓ **Pomegranate** – The antioxidants found in pomegranate have been shown to prevent sun damage, signs of aging and prevent inflammation.
- ✓ **Green Vegetables** - Brussel sprouts, spinach, artichokes, asparagus, kale, broccoli and water crest are all great vegetables that contain large amounts of antioxidants.
- ✓ **Legumes and Beans** - These are great sources of both vitamin E and antioxidants, they are also a great substitute for those who are trying to eat less meat.

### More Foods

- ✓ Fruits: Peaches, Pears, Bananas, Cantaloupe, Oranges, Plums, Watermelon, Grapefruit, Apples,
- ✓ Avocados
- ✓ Raisins
- ✓ Basil
- ✓ Oregano
- ✓ Peppermint
- ✓ Thyme
- ✓ Sage
- ✓ Rosemary
- ✓ Carrots
- ✓ Squash
- ✓ Onions
- ✓ Pumpkin
- ✓ Cauliflower
- ✓ Celery
- ✓ Cucumber
- ✓ Red Potatoes
- ✓ Leeks
- ✓ Mushrooms

## How much is too much?

It is impossible to determine an exact number to this question because it all depends on the type of antioxidant you are taking. You can only overdose when you are taking a supplement. You cannot overdose on antioxidants if you are getting them from the whole foods in your diet and this is why you should eat your antioxidants.



# The Role Of Vitamins In Healing

Vitamins are potent organic compounds that are present in small concentrations in food items.

Vitamins perform distinct and crucial functions in the human body. The body does not make them naturally and they are essential elements in sustaining good health, preventing disease, and to encourage overall wellbeing.

Besides the fact that they are essential for overall good health, many vitamins have been proven to have therapeutic effects in healing and prevention of a variety of ailments, diseases and conditions.

Vitamins can be obtained through food, which, is the best way, or when the diet is deficient man made vitamins supplements are available.

## Two Types Of Vitamins

- ✓ Fat-soluble
- ✓ Water-soluble

Fat-soluble vitamins include:

- Vitamins D, E, A, and K.
- They do not easily cook out of food, and they are stored in body by the liver for extended periods of time.

Water soluble vitamins include:

- Vitamin B Complex and C.
- These dissolve much faster under extreme temperatures in the cooking process. Water soluble vitamins are not stored by the body and so daily intake from various foods that are rich in Vitamin B Complex and Vitamin C are necessary.



# Vitamin A

Vitamin A is an anti-opathalmic and is an essential nutrient for energy and growth.

## Health Benefits

- Resistance to respiratory infections
- Eye health
- Lung and respiration health
- Cell growth
- Skin
- Hair
- Anti-aging and retaining a youthful appearance

# Vitamin A

## RDA Recommended Daily Allowance:

- Men: 3,000 IU per day
- Women: 2,310 IU per day

## Upper Tolerable Limit (UL) - The Most You Can Take With Health Risks

- 10,000 IU daily

## Main Food Sources

- Fish liver oil
- Milk
- Butter
- Egg yolks
- Green leafy vegetables
- Other vegetables: lettuce, turnips, beets, carrots, tomatoes
- Fruits: Peaches, mangoes, papayas and apricots
- Almonds

## Vitamin A Deficiency Can Result In

- Eye problems
- Colds
- Night blindness
- Increased vulnerability to infections
- Poor appetite
- Tooth decay
- Skin disorders

## Therapeutic Uses

- ✓ Sinus problems
- ✓ Colds and flu
- ✓ Various skin conditions
- ✓ Reducing the risk of death by 30% among malnourished children Indonesia.

## Vitamin C

Vitamin C or ascorbic acid is one of the most important daily vitamins with many health benefits.

# Vitamin C

## Health Benefits

- Helps regulate and maintain health of body tissues, including, those in the gums, teeth and bones
- Protects against infections
- Behaves as a harmless antibiotic
- Stimulates healing
- Protects the body from stress, and the effects of toxic chemicals.
- Helps prevent and treat colds and flu
- Decreases blood cholesterol

## Main Food Sources

- All citrus fruits, like, oranges, lemons and limes.
- Berries
- Green leafy vegetables
- Potatoes
- Tomatoes
- Sprouts

## Recommended Daily Allowance

- Men: 90 mg per day
- Women: 75 mg per day

## Upper Tolerable Limit (UL) - The Most You Can Take With Health Risks

- 4,000 IU daily

## Deficiencies Can Result In

- Anemia
- Bleeding gums
- Swollen joints
- Slow healing
- Premature aging
- Lowered resistance to common infections

## Therapeutic Uses

- ✓ Neutralizing toxins in the body
- ✓ Healing from colds and flu
- ✓ Boosting the body's defense system against cold
- ✓ Speeds healing in various types of conditions
- ✓ Improves sexual vitality
- ✓ Prevents premature aging

# Vitamin D

Vitamin D is another very important vitamin that has many health benefits and deficiencies of it can cause major health issues.

# Vitamin D

## Health Benefits

- Bone strength
- Teeth health
- Proper regulation of the Thyroid gland
- Facilitates the retention of calcium, phosphorus and other minerals in the digestive tract
- Stimulates the pancreas to make insulin
- Regulates the immune system

## Main Food Sources

- Milk
- Eggs
- Butter
- Sprouted seeds
- Fish

## Recommended Daily Allowance

- **Age 1 to 70:** 15 micrograms per day
- **Age 70 and older:** 20 micrograms per day

## Upper Tolerable Limit (UL) - The Most You Can Take With Health Risks

- 100 micrograms per day

## Deficiencies Can Lead To

- Deformation of bones
- Severe tooth decay
- Increased risk for Type 1 Diabetes
- Muscle pain
- Bone pain
- Various cancers, including, breast, lymph nodes, prostate and colon varieties

## Therapeutic Uses

**Caution:** Vitamin D is toxic in high doses, especially for kids and so should only be taken at therapeutic levels under the strict supervision of a medical professional.

- ✓ Lowers risk factors for multiple sclerosis, heart disease and, rheumatoid
- ✓ Muscle fatigue
- ✓ Constipation
- ✓ Nervousness
- ✓ Studies show that women who take a daily vitamin D supplement are 40% less likely to develop multiple sclerosis than those who do not.
- ✓ Another study showed that women that took Vitamin D supplement plus calcium for 3 months had a 49% reduction in falls, compared to those who took calcium alone.
- ✓ A Boston University showed that exposure to sun rays for 3 months increased the subject's vitamin D levels by 100% and normalized their blood pressure. After 9 months they continued to be in remission. The hypothesis by researchers is this is a result in Vitamin D's ability to decrease the production renin, a hormone that is key in hypertension.



# Vitamin E

## Health Benefits

- Regulates reproductive functions
- Energy and vigor
- Fertility
- Regulates sex hormones
- Prevents fat soluble vitamins from being damaged by oxygen in the body
- Prevention of heart disease
- Prevention of Asthma
- Prevention of Arthritis
- Skin health
- Proper functioning of many organs in the body
- Antioxidant that helps slow and prevent cell damage

# Vitamin E

## Main Food Sources

- Wheat
- Whole grains
- Green leafy vegetables
- Eggs
- Milk
- Nuts
- Raw seeds
- Vegetable boils
- Fruits
- Meat
- Poultry

## Recommended Daily Allowance

- 22.4 IU/day

## Upper Tolerable Limit (UL) - The Most You Can Take With Health Risks

- 1,500 IU per day (applies only to supplements, not from food sources)

## Deficiencies Can Lead To

- Male sterility
- Miscarriage
- Stroke
- Heart disease
- Degenerative conditions in the coronary system

## Therapeutic Uses

Vitamin E has an enormous amount of healing potential.

- ✓ Various muscle conditions
- ✓ Arteriosclerosis heart disease
- ✓ Prevention of scars caused by burns
- ✓ Helps in post-operative healing
- ✓ Guards the body from the effects of free radicals, and various environmental poisons
- ✓ Increases fertility in both men and women
- ✓ Helps with male potency issues
- ✓ The intake of 200 IU of vitamin E orally for more than 10 years has been shown to prevent death from bladder cancer.
- ✓ Memory loss seen in Alzheimer's disease may be slowed with the use of Vitamin E and so it can delay the necessity of caregiver assistance
- ✓ Reduces pain during menstruation, also known, as dysmenorrhea
- ✓ Helps with symptoms of PMS, including, anxiety, cravings, and depression.
- ✓ There is also some research that shows that vitamin E might be helpful in, reducing risk of nerve damage during chemotherapy

- ✓ Natural vitamin E (RRR-alpha-tocopherol) can greatly improve symptoms in those who suffer from early Huntington's disease, though it does not seem to help those in advanced stages
- ✓ When vitamin E is taken orally in combination with vitamin C, beta-carotene and zinc it might have the ability to slow the progression of advanced age-related macular degeneration (AMD)
- ✓ When vitamin E is added to standard treatment of Rheumatoid arthritis, it improves the success of treating pain
- ✓ Kidney problems in children (glomerulosclerosis)
- ✓ Helps in treating an inherited disorder called G6PD deficiency
- ✓ Healing a type of skin sore called granuloma annulare when used in topical form.
- ✓ Uveitis
- ✓ Sunburn
- ✓ Post-operative healing of the eyes
- ✓ Treating a type of eye disease in newborns called retrolental fibroplasia
- ✓ Male infertility
- ✓ Pre-eclampsia, (high blood pressure during pregnancy)
- ✓ Movement disorders
- ✓ Parkinson's disease
- ✓ Decreasing brain and heart bleeding in premature babies
- ✓ Helping some heart medications called "nitrates" work better
- ✓ Improving physical performance and strength in the elderly
- ✓ Fibrosis caused by radiation

# Vitamin K

Unlike so many other vitamins, this one is not usually taken in supplement form, and never should be unless your doctor recommends it.

## Health Benefits

- Regulates proper blood clotting
- Prevention of bleeding
- Normal Liver functions

# Vitamin K

## Main Food Sources

- Eggs
- Leafy vegetables
- Broccoli
- Soybeans
- Meat
- Asparagus
- Strawberries

## Deficiencies Lead To

- Colitis
- Loss of energy and vitality

**Caution:** You should never take vitamin K supplements unless your doctor tells you to. It can conflict with various medications, such as, Coumadin and so caution should be taken.

## B Complex Vitamins

B vitamins come in different varieties and serve various purposes for the body and overall health. Their potency and effectiveness is best achieved when they are taken together.

### B Complex Group Includes

- B1 or thiamine
- B2 or riboflavin
- B3 or niacin or nicotinic acid
- B5 or pantothenic acid
- B6 or pyridoxine
- B9 or folic acid
- B12



**B COMPLEX  
VITAMINS**

### Thiamine

#### Health Benefits

- Healthy nervous system regulation
- Protecting the heart muscles
- Stimulating brain function and mental alertness
- Digestion
- Energy production
- Development of myelin sheaths
- Prevention of cataracts
- Anti-Aging Properties
- Prevents Alzheimer's disease
- Improves memory
- Red Blood cell production



**THIAMINE**

- Can help prevent effects of Alcoholism, including, deficiencies caused by cirrhosis, infections and hyperthyroidism
- Improves appetite

## Main Food Sources

- Yeast
- Liver
- Wheat Germ
- Whole grains
- Tomatoes
- Meat
- Beans
- Nuts
- Dark green leafy vegetables
- Mushrooms
- Tuna
- Seeds
- Eggplant

## Thiamine Deficiency Can Result In

- Problems with the digestive system
- Constipation
- Diabetes
- Heart weakness
- Depression

## Therapeutic Uses:

- ✓ Thiamine is useful for various digestive problems including poor appetite, ulcerative colitis, and diarrhea.
- ✓ Thiamine is used for AIDS patients to boost their immunity
- ✓ Pain related to diabetes
- ✓ Heart disease
- ✓ Alcoholism

- ✓ Anti-aging
- ✓ Brain damage called cerebellar syndrome
- ✓ Canker sores
- ✓ Cataracts and glaucoma
- ✓ Motion sickness
- ✓ Improving athletic performance
- ✓ Prevention of cervical cancer
- ✓ Thiamine is used to maintain a positive mental attitude
- ✓ Enhance learning abilities
- ✓ Increase energy
- ✓ Stress reduction
- ✓ Preventing memory loss, including for Alzheimer's patients
- ✓ Treat a memory disorder known as Wernicke's encephalopathy syndrome

## Riboflavin

### Health Benefits

- Increases energy levels
- Boosting the immune system
- Eye health
- Eyes
- Skin, hair and nail health
- Vital for the metabolism of carbohydrates, fats, and protein
- Slows the aging process
- Increases athletic performance
- Promotes healthy reproductive function
- Required for proper functioning of the digestive tract, blood cells, and many other parts of the body

**RIBOFLAVIN**

### Main Food Sources

- Green leafy vegetables
- Enriched flour

- Eggs
- Milk
- Meat

## Deficiency Can Lead To

- Pain in the legs, tongue and lips
- Oily skin
- Premature aging of the skin with increased wrinkles
- Eczema

## Therapeutic Uses

- ✓ Riboflavin is used to prevent riboflavin deficiency
- ✓ Prevention of cervical cancer
- ✓ Migraine headaches
- ✓ Acne
- ✓ Muscle cramps
- ✓ Burning feet syndrome
- ✓ Carpal tunnel syndrome
- ✓ Blood disorders: Congenital Methemoglobinemia and Aplasia.
- ✓ Eye fatigue, cataracts, and glaucoma
- ✓ Memory loss, including in those with Alzheimer's disease
- ✓ Ulcers
- ✓ Burns
- ✓ Sickle cell anemia
- ✓ And more



# Niacin

## Health Benefits

- Healthy functioning of the central nervous system
- Proper protein and carbohydrate metabolism
- Synthesis of sex hormones

# NIACIN

## Main Food Sources

- Liver
- Peanuts
- Whole wheat
- Green leafy vegetables
- Figs
- Prunes
- Tomatoes
- Fish
- Poultry

## Deficiencies Can Lead To

- Headaches
- Insomnia
- Anemia
- Digestive problems
- Fatigue
- Canker sores
- Vomiting
- Depression

## Severe deficiency, called pellagra, can cause

- Skin disorders
- Severe digestive problems
- Disorientation
- Memory loss

## Therapeutic Uses

- ✓ Arthritis
- ✓ Migraines
- ✓ Insomnia
- ✓ Motion sickness
- ✓ High blood pressure
- ✓ Lowering blood lipids (cholesterol and triglycerides). Heart disease patients who were placed on niacin treatment were sick less often and had lower death rates than those who had not used niacin. One study showed that niacin reversed signs of heart disease in those who had cholesterol problems caused by genetics.
- ✓ Dr. Abram Hoffer, who is known for treating depression and schizophrenia reported that 1,000 mg of niacin when taken 3 times per day improved memory and in patients and corrected certain senility problems.

## B5

### Health Benefits

- Proper cell building
- Central nervous system development
- Proper production of cortisone as well as other adrenal hormones.
- Guards against stress
- Inhibits effects of toxins on the body
- Boosts vitality

**B5**  
**VITAMINS**

## Main Food Sources

- Meat
- Vegetables
- Beans
- Peanuts
- Egg yolks
- Milk
- Cereal grains

## Deficiencies Can Cause

- Hypoglycemia
- Gray hair
- Depression
- Stomach problems
- Skin disorders
- Blood disorders
- Chronic fatigue
- Loss of energy

## Therapeutic Uses

Topical application of dexpanthenol, an ointment made from pantothenic acid helps with:

- ✓ Itchy skin
- ✓ Healing of mild eczemas and other skin conditions
- ✓ Insect stings and bites
- ✓ Poison ivy
- ✓ Diaper rash
- ✓ Acne
- ✓ Skin reactions to radiation therapy.

## Others

There are several claims as to Pantothenic acid's healing qualities, but not much scientific research to back such claims, some of these include.

- ✓ Dietary deficiencies
- ✓ Acne
- ✓ Alcoholism
- ✓ Allergies
- ✓ Baldness
- ✓ Asthma
- ✓ Attention deficit-hyperactivity disorder
- ✓ Autism
- ✓ Yeast infections
- ✓ Heart failure
- ✓ Carpal tunnel syndrome
- ✓ Respiratory disorders
- ✓ Depression
- ✓ Irritability
- ✓ Osteoarthritis
- ✓ Rheumatoid arthritis
- ✓ Skin disorders
- ✓ Wound healing
- ✓ And others

## B6

Vitamin B6 or pyridoxine is a group of substances that work together. It is one of the most useful vitamins with a plethora of health benefits, so many in fact that entire books have been written on the topic.

**B6**  
**VITAMINS**

## Main Health Benefits

- Absorption of fats and proteins
- Prevention of heart disease
- Prevents formation of kidney stones
- Skin health
- Protection against degenerative diseases
- Decreasing wheezing in and asthma attacks
- Aid in nausea and vomiting during pregnancy
- Helps with metabolism
- PMS symptoms

## Main Food Sources

- Bananas
- Walnuts
- Milk
- Eggs
- Meat
- Vegetables
- Soybeans
- Cottage Cheese
- Avocados
- Halibut
- Pork Chops
- Corn flakes
- Lamb chops
- Meat
- Whole wheat
- Salmon
- Nuts
- Wheat Germ
- Brown rice
- Peas

## Deficiencies Can Lead To

- Depression
- Skin disorders
- Migraines
- Heart disease
- Anemia
- Dermatitis
- Conjunctivitis

## Therapeutic Benefits

- ✓ Relieve pain in joints
- ✓ Helps with nausea and vomiting in morning sickness during pregnancy
- ✓ Alleviates symptoms of PMS
- ✓ Heart disease
- ✓ High cholesterol
- ✓ Reducing blood levels of homocysteine, a chemical that might be linked to heart disease
- ✓ Promotes clogged arteries to stay open following an angioplasty
- ✓ Stopping milk from the breast following childbirth
- ✓ Depression related to pregnancy or as a result of birth control pills
- ✓ Muscle and leg cramps
- ✓ Arthritis
- ✓ Allergies
- ✓ Acne and other skin conditions
- ✓ Infertility
- ✓ Dizziness
- ✓ Motion sickness
- ✓ Movement disorders: tardive dyskinesia, hyperkinesia and chorea
- ✓ Increasing appetite
- ✓ Alzheimer's disease
- ✓ Attention deficit-hyperactivity disorder
- ✓ Down syndrome
- ✓ Autism
- ✓ Nerve pain from diabetes
- ✓ Migraines

- ✓ Sickle cell anemia
- ✓ Asthma
- ✓ Carpal tunnel syndrome
- ✓ Helping people to remember their dreams

## Folic Acid

Vitamin B9, or as it is more commonly known folic acid, works with vitamin B12 in the healthy formation of red blood cells.

### Health Benefits

- Essential for growth and division of all body cells to ensure a positive healing processes.
- Helps with metabolism.
- Helps prevent premature graying.

# FOLIC ACID

### Main Food Sources

- Green leafy vegetables
- Mushrooms
- Peanuts
- Liver
- Lettuce
- Okra
- Asparagus
- Bananas, melons, and lemons
- Beans
- Yeast
- Mushrooms
- Beef liver and kidneys
- Orange juice
- Tomato juice

## Deficiencies Can Result In

- Anemia
- Skin disorders
- Hair loss
- Fatigue
- Depression
- Poor circulation

## Therapeutic Uses

- ✓ Prevention and treatment of folic acid deficiency
- ✓ Anemia
- ✓ In pregnancy folic acid is given to women to prevent miscarriage and “neural tube defects,” such as, spinal bifida
- ✓ Prevention of various cancers, including, colon and cervical
- ✓ Prevention of heart disease and stroke
- ✓ The inability of the bowel to absorb nutrients properly
- ✓ Alzheimer’s disease
- ✓ Age-related hearing loss
- ✓ Prevention of eye disease age-related macular degeneration
- ✓ Anti-aging
- ✓ Insomnia
- ✓ Osteoporosis
- ✓ Restless leg syndrome
- ✓ Depression
- ✓ Nerve and muscle pain
- ✓ Treatment of AIDS and related conditions
- ✓ Vitiligo
- ✓ Fragile-X syndrome
- ✓ Topically to treat gum infections
- ✓ Ulcerative colitis
- ✓ Liver disease
- ✓ Alcoholism
- ✓ Kidney dialysis
- ✓ Reducing homocysteine in the blood that can cause increased risk for heart disease.



✓ Memory loss

## B12

Vitamin B12 contains important minerals and includes various health benefits and facilitation of internal functions in the body.

### Health Benefits

- Correct functioning of the central nervous system
- Improves concentration
- Memory
- Balance functions
- Production and regeneration of red blood cells
- Utilization of carbs, fats and protein in body building.



### Main Food Sources

- Kidneys
- Meat
- Shellfish
- Cheese
- Liver
- Eggs
- Milk

### Deficiencies Can Lead To

- Anemia
- Loss of energy
- Mental disorders
- Loss of appetite

### Therapeutic Uses

- ✓ Anemia

- ✓ Increasing concentration and energy
- ✓ Depression in the elderly
- ✓ Insomnia
- ✓ Memory loss
- ✓ Melatonin products, a hormone that is vital for restful sleep, especially helpful for the elderly
- ✓ Kids with asthma who have had weekly injections of 1,000 mcg or daily oral supplements of 1 to 3 mcg of B12 experienced less occurrences of shortness of breath
- ✓ Many studies have shown that B12 greatly increases sperm counts in men and also improves the motility rates of the sperm
- ✓ Diminish ringing in the ears in cases of Tinnitus
- ✓ In the laboratory, vitamin B12 has reduced the replication of HIV

# The Role Of Amino Acids In Healing

Protein is an essential element of human sustenance and they are worth the sum of their parts. To put it as simply as possible, the human body requires amino acids because they are the building blocks of protein.

While all amino acids are essential for health, it is those that are not produced naturally by the body that are most important, and these are known as essential amino acids.

According to research by Dr. Ewan Ha of Functional Ingredients Research Inc., amino acids also combat a variety health problems, boost the body's immune system, stimulate antioxidant activity and also combat body fat build up. They also greatly those who workout regularly and build muscle.

Also, doctors at Johns Hopkins University, Department of Neurology report that amino acids are essential for development of the central nervous system.

## Best Food Sources

- ✓ Lean meat or pork cuts including: round, top sirloin, tenderloin
- ✓ Bison
- ✓ Chicken
- ✓ Turkey
- ✓ Fish
- ✓ Shellfish
- ✓ Eggs
- ✓ Beans: pinto, black beans, kidney, and lentils
- ✓ Tofu and Tempeh
- ✓ Sunflower seeds
- ✓ Walnuts
- ✓ Peanut butter
- ✓ Cheese.

# The Role Of Minerals In Healing

Vitamins and minerals are considered essential nutrients because they act together to perform hundreds of roles in the body.

Some of these include, strengthening bones, healing wounds, and boosting the immune system. Vitamins and minerals also convert food into energy, and repair cellular damage.

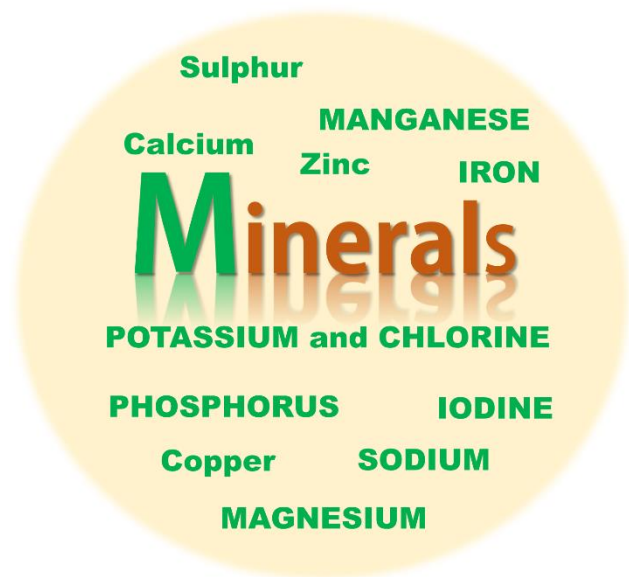
## What Are Minerals

Amino acids and vitamins are practically useless without the aid of minerals. After all, minerals are the spark plugs of the human body.

Basically, they are the catalysts that help keep your battery running, and retain its charge.

In addition, they can help your body heal in many different ways.

As with vitamins, minerals support your regular development and growth. Furthermore, they help regenerate your body in a lot of different ways. Whether you are a healthy person or someone who is coping with an ailment, these are essential nutrients the body needs.



## Therapeutic Uses

- Regulate tissue growth in the body
- Provide functional and structural support to the body
- Help relax and contract muscle
- Maintain proper conduction in nerves
- Facilitate the movement of nutrients across cell membranes

- Maintain the body's pH balance
- Provide vitality, thanks to their ability to cause reactions in enzymes

## Calcium

Calcium is a mineral best known for its ability to strengthen bones and teeth. But, there is more to calcium than this health benefit.

Calcium aids in healing broken bones, as well as, prevents and treats osteoporosis and osteopenia. Not to mention, it reduces blood pressure, and helps prevent prostate and colorectal cancers.

### Main Food Sources

- ✓ Tofu
- ✓ Soy products, juices, and fortified cereals
- ✓ Chinese cabbage, kale and broccoli
- ✓ Yogurt
- ✓ Cheese
- ✓ Milk

## Phosphorus

Phosphorus is a mineral that portrays a lot of important roles in the body. Together with calcium, this essential mineral forms calcium phosphate, an insoluble compound that gives rigidity and strength to the teeth and bones.

Likewise, it is essential in repairing and maintaining tissue and cells. Together with B vitamins, this mineral also aids in nerve signaling, regulating normal heartbeat, muscle contraction and kidney function.

### Main Food Sources

- ✓ Eggs, cheese and milk
- ✓ Poultry
- ✓ Fish

- ✓ Whole grain cereals
- ✓ Squash
- ✓ Pumpkin seeds
- ✓ Lentils and beans

## Iron

Iron is an essential mineral that treats canker sores and ADHD (attention deficit hyperactivity disorder).

In some cases, it used to reduce fatigue and to alleviate effects of depression and Crohn's disease.

According to recent studies, iron may also be used to cure coughs that are triggered by ACE (angiotensin converting enzyme) inhibitors.

### Main Food Sources

- ✓ Soybeans
- ✓ Chick peas
- ✓ Lentils
- ✓ Beans
- ✓ Chicken or turkey giblets
- ✓ Red meat
- ✓ Mollusks (scallops, clams and oysters)
- ✓ Dried raisins
- ✓ Prunes
- ✓ Egg yolks

## Sulphur

Sulphur is a natural occurring element that provides a plethora of benefits for health. Commonly used in bar soaps, lotions and creams, sulphur reduces the ill effects of a handful skin disorders, including folliculitis, eczema, dandruff, warts, psoriasis and acne.

Additionally, studies from University of Maryland have confirmed that sulphur is very effective in fighting against osteoarthritis, psoriatic and rheumatoid arthritis.

### **Main Food Sources**

- ✓ Cruciferous vegetables (kale, Brussels sprouts, cauliflower, broccoli, and many more)
- ✓ Allium vegetables (chives, leeks, onions and garlic)
- ✓ Legumes
- ✓ Meats
- ✓ Poultry
- ✓ Fish
- ✓ Eggs

## **Magnesium**

Medical experts say that people who don't consume the recommended dosage of magnesium are most likely to suffer from major health problems, such as, osteoporosis, certain cancers, diabetes and heart disease.

Besides preventing a variety of severe medical conditions, consuming magnesium can prevent high blood pressure to those who suffer from prehypertension.

Frequently used as a main ingredient in laxatives and antacids, magnesium is a mineral that cures other conditions as well, including asthma attacks and eclampsia (specifically during pregnancy).

### **Main Food Sources**

- ✓ Whole grain cereals
- ✓ Soybeans
- ✓ Peas
- ✓ Beans
- ✓ Nuts
- ✓ Spinach and other green leafy vegetables



# Sodium

Sodium is often considered a nutrition villain due to the numerous medical conditions associated with it, such as kidney disease and high blood pressure.

But, when it's consumed in proper amounts, sodium can be very beneficial for the body. As a matter of fact, it plays an array of crucial roles, such as, maintaining a healthy balance in fluids, facilitating proper impulse nerve conduction and muscle contraction.

**Daily sodium intake for healthy adults should be less than 3,000 milligrams daily.**

## Sodium Versus Salt

1 teaspoon of salt contains 2,000 milligrams of sodium. Sodium is actually a mineral that is found in salt that contains about 40% sodium chloride.

Those who suffer from hypertension will likely be advised by their physician to reduce sodium levels.

## Main Food Sources

- ✓ Salt
- ✓ Baking soda
- ✓ Monosodium glutamate (MSG)
- ✓ Seasonings
- ✓ Condiments
- ✓ Meat, fish and poultry
- ✓ Dairy foods
- ✓ Eggs
- ✓ Pickled foods
- ✓ And many more

# Potassium And Chloride

Potassium chloride is a chemical compound made up of chlorine and potassium. As a mineral supplement, it helps your muscles, heart, kidneys and cells work in an optimized manner.

What's more, it treats a variety of conditions, such as hyperaldosteronism and other hormone problems.

For pediatric purposes, it can help prevent or treat hypokalemia.

## Main Food Sources

- ✓ Bananas
- ✓ Celery
- ✓ Tomatoes
- ✓ Romaine lettuce
- ✓ Kelp and seaweed

# Iodine

As a cure, iodine helps patients who are suffering from low hormone levels of thyroid and goiters.

It can provide extra defense against damage to thyroid following exposure to radiation. In addition, it has a few other medical uses, such as treating diabetes-related foot ulcers, and mouth irritation induced by chemotherapy.

## Main Food Sources

- ✓ Sea Vegetables (seaweed)
- ✓ Scallops and shrimps
- ✓ Cod
- ✓ Yogurt
- ✓ Sardines
- ✓ Salmon and Tuna
- ✓ Cow's milk

- ✓ Eggs

## Copper

As a supplement, copper is used for curing copper deficiency, as well as, the anemia it can cause.

Additionally, it can be used as a treatment for brittle bones, and osteoarthritis.

Recent research and studies have also suggested that copper has the properties to heal wounds at a faster rate.

### Main Food Sources

- ✓ Cashews
- ✓ Soybeans
- ✓ Mushrooms
- ✓ Tempeh
- ✓ Garbanzo Beans
- ✓ Sunflower seeds
- ✓ Lentils
- ✓ Walnuts
- ✓ Lima Beans

## Manganese

For the most part, manganese is considered a cure for alleviating the symptoms of PMS (premenstrual syndrome). With manganese, women who suffer from PMS get to alleviate irritability, depression, headaches and mood swings.

More importantly, it treats and prevents manganese deficiency, an ailment in which the human body lacks the adequate amount of manganese.

### Main Food Sources

- ✓ Cloves
- ✓ Oats

- ✓ Brown Rice
- ✓ Garbanzo Beans
- ✓ Spinach
- ✓ Pineapple
- ✓ Pumpkin Seeds
- ✓ Tempeh
- ✓ Rye
- ✓ Soybeans

## Zinc

Zinc is, without a doubt, one of the most important minerals for the body. Not only does it help strengthen the immune system, it supports the production of at least 300 enzymes and helps in hundreds of internal processes, including, producing DNA and repairing cells.

Zinc supports healthy cell growth, and regulates our sense of taste and smell. It helps men maintain prostate health, proper testosterone levels and in general overall sexual health. It is also useful in helping to recover from the common cold.

The human body does not produce zinc naturally and any deficiency in the diet ought to be obtained from a daily supplement.

### RDA Recommended Daily Intake

- Men: 11 mg per day
- Women: 8 mg per day

### Upper Tolerable Limit (UL) - The Most You Can Take With Health Risks

- 40 mg per day

### Main Food Sources

- ✓ Beef
- ✓ Lamb
- ✓ Sesame Seeds
- ✓ Pumpkin Seeds

- ✓ Lentils
- ✓ Garbanzo Beans
- ✓ Cashews
- ✓ Quinoa
- ✓ Turkey
- ✓ Shrimp

## The Role Of Fiber In Healing

Fiber is what forms the skeletal system of plants, and it is what allows them to stand upright, what an appropriate analogy to what it can do for the human body.

Dietary fiber plays a critical role in maintaining our health and preventing disease.

Scientific research has shown that the general depletion of fiber in our diets over the last 100 years, mainly due to an increase consumption of processed food, has contributed to several degenerative diseases.

In fact, since the introduction of white flour there has been higher counts of various ailments and diseases, including, bowel disorders, polyps, irritable bowel syndrome, hemorrhoids and colon cancer.



### Regular Fiber Intake Helps Prevent

- Obesity
- Colon cancer
- Heart disease
- Various bowel disorders
- Type 2 Diabetes
- Regulates digestion and prevents constipation
- Gallstones

## Therapeutic Uses

- Fiber has been shown to relieve symptoms of Irritable Bowel Syndrome and other chronic diseases.
- A diet rich in high fiber foods also regulates the colon to avoid constipation and diarrhea.
- Fiber also helps increase the viscosity of food content that reduces the amount of insulin secreted by the pancreas and so helps to control blood sugars for better management and prevention of Diabetes.
- Fiber also helps with weight management, as fiber rich foods have much less impact on blood sugars.

## Best Food Sources

Experts recommend that fiber is best obtained naturally by eating fiber rich foods, though supplements are available for those that cannot enough in their diet.

- ✓ Whole wheat, bran, barely, and rye
- ✓ Whole grain cereals, pasta, and breads
- ✓ Green leafy vegetables
- ✓ Carrots
- ✓ Parsnips
- ✓ Peas
- ✓ Artichoke
- ✓ Broccoli
- ✓ Sweet Corn
- ✓ Turnip Greens
- ✓ Sweet potatoes
- ✓ Nuts
- ✓ Legumes: Black beans, lima beans and soya beans
- ✓ Lentils
- ✓ Berries (eaten whole, not juiced)
- ✓ Pears
- ✓ Apples
- ✓ Bananas

Meat, fish, poultry, dairy, and eggs have zero fiber content.

## Recommended Daily Intake According to the Institute of Medicine:

Most Americans eat about 15 grams of fiber per day, which is not enough.

- Women need 25 grams of fiber per day
- Men need 38 grams per day



## Herbal Supplements 101

We are a society that places such high stakes on maintaining health and keeping fit. Okay, so perhaps not on how we generally value keeping a healthy lifestyle, but more on how we have put such a high price point on healthcare.

We have discovered a cure for many illnesses and the current level of our scientific study is geared towards achieving more discoveries for ailments and health conditions for which we may still have not found a name.

That discovery and continuing practice, however, has not come without a matching price tag and hence the adage we go by, prevention is better than cure.

Which is exactly why herbal supplements have grown in popularity and usage over the past decade. Deterring sickness is better than spending tons to cure it.

The price tag of an ounce of prevention is definitely more attractive than a pint of treatment.

**But how does one prevent illness if a complete lifestyle change is difficult and sometimes inconvenient?**

Given the daily assault of toxins and health risks to our body, is there even a healthy way to be healthy? The answer has come to many of us, and it goes by the name of herbal supplements.



## What Are Herbal Supplements

Herbal supplements, sometimes called botanical supplements, are non-pharmaceutical dietary supplements that contain medicinal substances derived from natural plants.

- They are used to prevent diseases, supplement pharmaceutical drugs and conventional treatments or promote general health and wellbeing.
- Herbal supplements come in tablet, capsule, powder or liquid form.
- They are essentially food supplements and those who take them need to ingest them orally so that the body's chemical process of extracting nutrients from food could unleash the benefits of herbal supplements.

Our contemporary consumption of herbal supplements follows the ancient practice of herbalism or using herbs and plants for their therapeutic properties. For medicinal herbs' accessibility to most contemporary societies throughout the world, as well as their notable health benefits and safety profiles, conventional medicine has not stood tall atop herbalism.

- In fact the World Health Organization estimates that around 80% of our global population is using medicinal herbs as their primary health care source.
- Herbalism is also central to the practice of homeopathic, traditional Asian and Native American medicine.
- The practice of medicine in Europe also relies heavily on herbal medicines.
- Herbalism coupled with the convenience of store bought supplements have also seeped into countries where conventional medicine is still the dominant practice.
- In the US, for example, 25% of Americans are now using herbal supplements.
- About 25% of drugs sold in the US market are also plant derived, with Aspirin derived from willow bark, heart muscle strengthener digitalis from foxglove and cancer therapy drug Taxol from Pacific yew.

## Health Benefits

The continuing practice of herbalism owes largely to the fact that medicinal herbs successfully treat illnesses and promote health and wellbeing.

Herbal supplements have grown in popularity precisely because they offer the same successful health results, with several companies now producing and marketing their own line of natural herbal supplements for common health concerns.

Despite this, however, modern scientific studies on the exact and quantitative efficacy of herbs and herbal supplements are rather limited, and it would perhaps take several more decades for modern science to accurately identify the benefits, potential ill effects and degree of efficacy of herbs.

## 9 Most Popular Supplements

As commonly practiced today and also as a result of scientific studies already conducted, herbal supplements containing the following herbs are used to treat certain conditions and ailments:

- ✓ *Chamomile* to relieve indigestion
- ✓ *Echinacea* to boost immunity
- ✓ *Feverfew* to treat migraine and headache
- ✓ *Garlic* to lower high cholesterol
- ✓ *Ginger* to prevent nausea and motion sickness
- ✓ *Ginkgo Biloba* to promote blood circulation, relieve leg pain due to poor circulation and improve memory
- ✓ *Ginseng* to improve blood circulation and promote vitality
- ✓ *Saw palmetto* to relieve inflammation and improve urinary flow
- ✓ *St. John's Wort* to treat mild and moderate depression

## Caution And Safety

There are, however, some herbs that have been identified to react harmfully when ingested, and it would be best to take caution or altogether avoid using herbal supplements that contain them.

- Chaparral, which is sold either as tea or in capsule form is marketed as an acne cure, blood purifier, cancer cure and as an antioxidant, has been found to cause non-viral hepatitis.
- Comfrey used in tea, tablet and capsule supplements has also been linked to liver damage.
- Ephedra, used as an anti-asthma supplement, is also said to raise blood pressure, cause muscle injury, nerve damage, memory loss, psychosis and even stroke.

Herbal supplements are potent sources of nutrients and plant derived chemicals that the body needs to battle many ailments and heal itself.

Every practitioner of traditional medicine, however, could attest that dealing with herbs could be dangerous if used without sufficient knowledge of the way herbs work and react with other natural substances and chemicals in the body.

Exercising caution and seeking the aid of knowledgeable herbalists and physicians is thus necessary to stay safe and maximize the benefits of herbal supplements.

## Conclusion

Nutrition plays a key role in overall health and wellbeing. And it is an essential part of holistic care that can aid those with an illness and those without in achieving optimal health and balance.

The best way to get all the vital nutrients the body needs is from natural whole foods.

Avoiding processed foods will ensure that you maintain proper body functions that will bring you vitality, energy and prevent common diseases, such as, high blood pressure, heart disease, various cancers, among many others.

**Eating well, means feeling well.**

This is a fact that will never change, no matter how many new ideas, fad diets and nutrition discoveries are made.

A diet rich in fresh fruits, vegetables, lean proteins, lean dairy and whole grains always has been, is now and will continue to be the best way to ensure great health!