



# Hands of Health Newsletter

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July/August 2013

Hello, again:

And it IS Summer in Arizona. Maybe I'm crazy or something but I have NO problem with the heat! I'll take heat over cold any day. Of course it's always important to keep hydrated but for those of us in Arizona experiencing extreme heat we need to drink even more water. And I do mean WATER! Soda, which is poison, and coffee and other caffeinated drinks dehydrate you. If you ARE going to drink those follow it up with a glass of water. As a Holistic Health and Nutrition Coach it is my duty to guide my clients in the right direction to make smarter dietary choices for their better health and well being. I've had many an article in my newsletters regarding diet and this is a very important one. Inasmuch as the family of vegetables that are called nightshades are tasty and delicious there is research to suggest that they are toxic. Eggplant, tomatoes, potatoes, and the pepper family all are in the nightshade family. Macrobiotic diets exclude all the nightshades. I had personal experience with tomatoes back in 1990 and went off tomatoes for 2 years and for the most part to this day I avoid them. See what you think after you read my article. I personally put credibility on the research. You decide for yourself.

## THE DEADLY NIGHTSHADES

Among the most popular vegetables in Western diets today are certain members of the Solanaceae family, known as 'nightshades', which include twenty-two general and over 2,000 species of plants. Among the nightshades are tobacco and many potent medicinal plants, some of them highly poisonous. Nightshade vegetables include: white and red-skinned potatoes, tomatoes, eggplant and all varieties of peppers. Yams, sweet potatoes and black pepper however, are not nightshades.

The distinguishing feature of all nightshades is their rich alkaloid content. Alkaloids are potent plant chemicals, similar in molecular structure to proteins, with powerful physiological effects when consumed and metabolized. There is growing evidence that the alkaloids present in nightshade foods may have deleterious effects on human health, at least for some people.

The alkaloids found in nightshades are not only the basis for consideration of nightshades as drugs, but also for understanding adverse reactions to nightshades when they are eaten as food. Adverse reactions to nightshade alkaloids are discussed further in the health effects section of this nightshade profile. Alkaloids, can impact nerve-muscle function and digestive function in animals and humans, and may also be able to compromise joint function. Because the amount of alkaloids is very low in nightshade foods when compared with other nightshade plants, health problems from nightshade foods may only occur in individuals who are especially sensitive to these alkaloid substances. Since cooking only lowers alkaloid content of nightshade foods by about 40-50%, highly sensitive individuals may want to avoid this category of food altogether, while non-sensitive individuals may be able to eat these foods, especially in cooked form, without problem.

Nightshades contain toxins that destroy red blood cells and have been connected with a long laundry list of other problems; kidney stones, ulcers, rheumatoid arthritis, breathing problems, digestive problems, skin problems, nerve problems/paralysis, and energy problems are some of the negatives. Recent research has implicated nightshades in the calcification of soft body tissues, a condition known as 'caliphylactic syndrome', which has become one of the most prevalent pathological conditions of all modern industrial societies.

This syndrome, which occurs when nightshades remove calcium from teeth and bones and deposit it in tissues, where it does not belong, is associated with arthritis, arteriosclerosis, cerebral sclerosis, kidney stones, gout, migraine, high blood pressure, bronchitis, osteoporosis, lupus, hypertension, and other common maladies. Many people have reported rapid recovery from these ailments when they completely eliminated nightshades from their diets. That includes smoking, because tobacco is also a nightshade, so smoking tobacco only compounds the severity of tissue calcification.

If you suffer from any of the above conditions, try abstaining entirely from all nightshades, including tobacco, for a period of six months. This cure works only if you eliminate all traces of nightshade alkaloids from your system, including those hidden in processed foods and condiments in the form of potato flour, tomato sauce, paprika, cayenne, Tabasco, and so forth.

Pretty interesting stuff. Hope you learned something. So what ARE you doing for your health? What are your concerns? What are OR aren't you doing to improve your health or to achieve the goals you have for better health? Have you spoken to anybody about your health? Have you not had the opportunity to do so or didn't know WHO to approach? Well that's what I'm here for! So invest some time and call me to schedule a FREE health history consultation and then we can find out what's going on and see if we can indeed work together so you can feel like a million bucks! Call me! (480)423-0578. Hurry, hurry!

Until next time,

Stay healthy, stay well,



*"Let food be thy medicine and medicine be thy food."*

*Hippocrates*

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