



Hands of Health Newsletter

June 2014

Hello, again:

Food can medicine or food can be poison. If you fed your animals candy would they get sick? Of course! Then why would YOU eat it? Very recently there was a weekend conference from the nutrition school I attended. Not only did they have it live there was a live stream so we all could hear all the incredible speakers. So I pretty much spent that weekend glued to my computer. I have my disagreements with Dr. Oz but his speech just blew me away. A common theme among a few of the speakers was just how detrimental SUGAR is so our health, speaking of candy. Have you ever taken into account how much sugar you're consuming? Time to make an assessment.

I would rather emphasize what TO do rather than what NOT to do, what TO eat rather than what NOT to, it isn't always easy, so in keeping with that mindset I share with you foods that will benefit you and health tips to apply to enhance and promote your wellbeing and what will help you reach your goals of better health. Here goes!

Black foods are the most POWERFUL in nutrients.

Powerful Health Info : Did You Know: Foods that heal the kidneys are purple plums, purple potatoes, black quinoa, blackberries, black carrots (purple carrots), hijiki (potent seaweed), black seaweed salad, black grapes, black beans, and black elderberries.

(NaturalNews) The robust and abundant cabbage, which is closely related to other leafy green vegetables like broccoli and cauliflower, has a long history as both a food and medicine. For example, the Ancient Greeks would routinely prescribe cabbage or cabbage juice to treat constipation or mushroom poisoning, while the Ancient Egyptians consumed cabbage before meals to lower the intoxicating effects of wine. The British even brought cabbage to the trenches of World War I since its leaves helped to treat trench foot and bandage ulcers.

Cabbage's historical uses as a medicine is a testament to its dense concentrations of nutrients. In fact, cabbage shares a remarkably similar nutritional profile to broccoli, and is even proven to treat the same medical conditions.

HEALTH BENEFITS OF CABBAGE

Rich in disease-fighting compounds -- All cabbages, including white cabbages (which are the most commonly eaten cabbages in the United States), contain high concentrations of disease-fighting phytonutrients, such as polyphenols and glucosinolates. A study published in the Asian Pacific Journal of Cancer Prevention in 2013 found that "cabbage heads could contribute as sources of important antioxidant and anti-inflammatory related to the prevention of chronic diseases associated to oxidative stress, such as in cancer and coronary artery disease." Of all the cabbages tested by the scientists, red cabbages contained the most antioxidants, while Chinese, Savoy and green cabbages contained the strongest anti-inflammatory properties. These results suggest that varying the types of cabbage we consume will maximize our phytochemical intake.

Antidiabetic benefits -- Research published in Evidence-Based Complementary and Alternative Medicine in September 2008 found that diabetic rats that were fed red cabbage extracts for 60 days exhibited reduced blood glucose levels, restored renal function and improved weight loss when compared to the control group. The researchers ascribed these results to the cabbages' antioxidant and antihyperglycemic properties, which "offer a potential therapeutic source for the treatment of diabetes." However, cabbage is also a great source of fiber, which is known to prevent diabetes since it helps to slow the absorption of sugar.

Great source of vitamins C and K -- Half a cup of cooked green cabbage contains approximately 47 percent of the recommended daily intake (RDI) of vitamin C and 102 percent of the RDI of vitamin K. Vitamin C is, of course, an essential antioxidant that provides the immune system with its first line of defense against invading pathogens. It is also good for the skin and hair, and prevents accelerated aging. Vitamin K, on the other hand, aids blood clotting and maintains bone health.

All leafy green vegetables contain these two vitamins, although some contain more than others. Broccoli and Brussels sprouts contain the most vitamin C, while kale and spinach are the undisputed kings of vitamin K. Cabbage contains moderate amounts (i.e., maintenance doses) of both.

Weight loss properties -- Cabbage excels in all the areas expected of a weight loss food. It is low in calories and carbohydrates, contains no fat, is low on the glycemic index and is high in fiber. Moreover, cabbage is highly versatile and can be incorporated into stews, soups and countless cooked dishes.

CHOOSING THE BEST CABBAGES

According to the World's Healthiest Foods website, sauteing cabbages helps to retain the most nutrients, although steaming and boiling them are also good choices. Regardless of how we choose to prepare cabbage, however, we must ensure that it is organic. Since cabbage heads are not protected by shells or skins, they are fully exposed to pesticides and herbicides. Moreover, cabbages are notoriously susceptible to mineral deficiencies stemming from poor soil quality. Consequently, organic farms -- which tend to contain the healthiest soil -- usually produce the tastiest and most nutritious cabbages.

Learn more:

http://www.naturalnews.com/045276_cabbage_cruciferous_vegetables_cancer_prevention.html?utm_content=bufferbb44e&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer#ixzz32mnnK6dH

A new clinical trial published in the journal BMC Complementary and Alternative Medicine is shedding light on turmeric's remarkable liver protective and regenerative properties.[1]

South Korean researchers at the Clinical Trial Center for Functional Foods, Chonbuk National University Hospital, tested their hypothesis that turmeric may improve liver function by administering a **fermented form** to subjects, 20 years old and above, who were diagnosed mild to moderate elevated alanine aminotransferase (ALT) levels, a marker for liver damage and/or dysfunction.

Sixty subjects were randomized to receive 3.0 g per fermented turmeric powder (FTP) or placebo 3.0 g per day for 12 weeks. The treatment group received two capsules of FTP three times a day after meals, for 12 weeks.

What were the results?

Not only did FTP significantly reduce ALT levels in subjects but also reduced serum aspartate transaminase (AST) and gamma-glutamyltransferase (GGT), two additional enzymes which when elevated are commonly associated with liver damage. The effects were maintained as long as the subjects remained on the treatment. Also, FTP was well tolerated and without significant adverse effects.

This study adds additional weight to a rather vast body of preclinical research that has accumulated over the past two decades confirming turmeric and its primary polyphenol curcumin's liver protecting properties. The GreenMedInfo.com database now contains 86 studies demonstrating the ability of turmeric (and curcumin) to protect the liver against a wide range of chemical and drug exposures.[2] We recently featured a study published in the *Journal of the Medical Association of Thailand* which revealed the potential of turmeric to protect and regenerate the diabetic liver.[3]

TURMERIC MAY ALSO KILL LIVER CANCER

What may be even more remarkable is the accumulating research on the anti-liver cancer properties of turmeric (and curcumin). The GreenMedInfo.com has 26 preclinical studies showing it kills liver cancer cells and tumors, including one case study involving a 6-month old infant with a life-threatening liver vascular tumor (hemangioendothelioma) who was reported treated successfully with a dietary supplement of **curcumin**, with 6-year follow-up.[4]

One of the most remarkable facts about turmeric as a potential drug and **chemotherapy alternative** is its exceptionally high margin of safety. A 2001 study in cancer patients reported that quantities of curcumin up to 8 g, administered per day for three months, were not toxic and resulted in significant anti-cancer properties in a number of those treated.[5] Considering that turmeric is only 3-4% curcumin by weight, this implies that a larger quantity of turmeric can be consumed safely, as well.

Of course, while these results are promising, the real solution to elevated liver enzymes is to identify the underlying causes, e.g. infection, NSAID use, chemical exposures, dietary intolerances, etc., and remove them. Failing that, those within the integrative medical field who are looking for evidence-based ways to address the sometimes inevitable hepatotoxicity of standard drug-based treatments may find a role for turmeric (curcumin) in their practices. Other folks, simply looking for ways to improve their health and to prevent liver problems may wish to consume smaller doses through incorporating the spice (which must be organic to avoid the dangers of irradiation) into traditional recipes at culinary doses.

Hope this taught you something you didn't already know OR maybe it refreshed your memory. Maybe there's something you're not sure of and need to discuss it with me. So, what are you waiting for? You can think about it all day long but that won't get you anywhere. Gotta take action. I can help! Call me and let's talk. Do you need to lose a 10-20 lbs., double your energy, increase your self confidence, eat better and exercise more, and be in less pain? Call me. And keep in mind this month is Father's Day! How about a wonderful healthy gift of a therapeutic bodywork session? In my office or in his home! This is for all fathers and fathers to be! So while you call me to schedule your strategy session you can place your order for your gift certificates. (480)423-0578 Have an incredible June.

Until next time,

Stay healthy, stay well,



"Yes, organic food is expensive. However, last I heard, cancer is pretty expensive, too."

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