Foods That Heal

Presenter: Chris Tucker

GOJI BERRIES
#1 Superfood

- Zeaxanthin and betacarotene for eyes
- Polysaccharides/beta-glucans for cell communication
- Chinese Medicine- it's a Jing tonic for longevity and fertility
- Beta-carotene protects against radiation

BLACK SESAME

- Endocrine system-(Jing Tonic)
- Highest in photo-sterols
- Rich in Melanin pigment- prevents against Dementia and Parkinson's
- Turns gray hair dark again
- More Calcium than any food
- Helps anemia due to high Iron

APPLE

- Phytochemicals are in the seed and skin
- Pectin- soluble fiber that is clears plaques from arteries
- Ursolic Acid in skin is lipophilic and has been shown to inhibit tumor cell growth
- Must be organic

AVOCADO

- Hass is 20% by weight
- 3 grams of soluble fiber...the seed adds soluble fiber to clean plaque from arteries and phytonutrients to prevent cancer
- Weight loss- the fatty nature helps us absorb lutein (yellow part) and other fat soluble vitamins
- Glutathione- Liver's most potent detoxifier

BEET

- Betaine to decrease homocysteine
- Highest in nitrate which leads to vasodilation
- Raw because of oxylic acid

CILANTRO

- Decreases Mercury and toxic Metals
- Mercury is mostly excreted from B.M.

CORDYCEPS

- Vasodilator (dong chong xia cao)
- Dilates the airways and promotes respiration
- Endocrine enhancing/Jing tonic
- Athletic performance-high in adenosine (ATP)
- Decrease fatigue/cold extremities/dizziness

CUCUMBERS

- Must be organic because phytonutrients are in the skin
- Helps stabilize blood sugar
- Most Silica of any food- used for osteoporosis and healthy skin
- Cuburbitanes fight against cancer
- Alkaline

KIWI

- Reverses Asthma
- High in Vitamin-C-theory that this protects airway from inflammation
- Violaxanthin and Chlorophyll

LIME

- Highest food source of Malic Acid
- Removes Uric Acid for gout, arthritis, and inflammatory conditions
- Fibromyalgia responds well to Malic Acid
- Limonin boosts Glutathione
- Another study shows it decreases growth of HIV
- Great for complexion but got to use the pith

STRAWBERRY

- Anthocyanins and Ellogitannins
- Anthocyanins is anti-oxidant which fight free radicals, anti aging and fights cancer
- Lowest glycemic index of any fruit

LABELS TO LOOK OUT FOR

NON GMO Project
VERIFIED
nongmoproject.org

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