



# Juice

## AS MEDICINE



EDITED BY PROF DESIRÉ DUBOUNET

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# The History of Medicine

- 2000 B.C.** Here, eat this root  
Drink this juice
- 1000 A.D.** That root is heathen  
Here, say this prayer
- 1850 A.D.** That prayer is superstition  
Here, drink this potion
- 1940 A.D.** That potion is snake oil  
Here, swallow this pill
- 1985 A.D.** That pill is ineffective  
Here, take this synthetic drug
- 2011 A.D.** That synthetic drug don't work  
Here, eat this root

**Don't eat synthetics, drink this juice  
say this prayer**

## Juice Therapies

### Definition

*We define 100% juice therapy as having no processed dextrose sugar such as with cane sugar, high fructose corn syrup, and other synthesized or commercially processed sugar. The natural sugars have been shown to be effective and this collection of studies and references show the success of 100% juice therapy. The negative studies have all been done on fruit drinks with dextrose sugars.*

Juice therapy involves the consumption of the juice of raw fruit or vegetables. A person may drink juice preventively to stay healthy, to treat a medical condition like cancer, or to produce a certain outcome, such as strengthening the immune system. Three widely practiced juice therapies differ primarily in the amount of time that a person is involved in the therapy and whether other items are included in the person's diet. In this book we explore the recent research on 100% natural juice therapies.

For some people, adding fresh juice to their daily meal plan is sufficient. Others will embark on a juice fast for several days to cleanse their systems. Juice is also a major component of the Gerson therapy diet that is used to treat cancer. This therapy usually starts with a stay of three to eight weeks in a clinic. Then therapy continues at home and may continue for years.



You can trust our advice regarding the nutritional benefits of 100% juice because it is mostly evidenced-based. God gave us all our own juicer, the teeth and the mouth. But as time goes by with stress and age we need juicers to help us extract nutrients and increase the surface area for absorption.

### Studies show that drinking 100% fruit juice is linked to a healthier diet

Experts around the globe recommend increased consumption of fruits and vegetables to promote health and prevent disease. Studies confirm that drinking 100% fruit juice can actually boost intake of whole fruit and is linked to other healthy behaviors

The scientific literature reveals that appropriate consumption of 100% juice is associated with a more nutritious diet overall. Data from publicly available national datasets on food consumption supports the fact that children who include 100% fruit juice in their diet have higher quality diets. An analysis published in 2008 reported the following when comparing 100% juice drinkers to nonconsumers aged 2- to 11-years old:

- Presents the latest scientific research regarding 100% juice consumption and weight status in children and teens
- Explores innovative opportunities to introduce 100% juice into school foodservice programs
- Identifies ways to maximize beverage purchasing power and identify cost effective procurement strategies
- Presents information on the 100% juice products offered through the USDA Commodities Program

Similar findings were reported when looking at teens as well.

Sources: Nicklas T, O'Neil C, Kleinman R. Association Between 100% Juice Consumption and Nutrient Intake and Weight of Children Aged 2 to 11 Years. *Arch Pediatr Adolesc Med*. 2008;162(6):557-565.

Nicklas TA, O'Neil CE, Kleinman R. The Relationship Among 100% Juice Consumption, Nutrient Intake, and Weight of Adolescents 12 to 18 Years. *Am J Health Prom*. Vol. 24, No. 4, March/April 2010, PP. 231-237

### The majority of research shows that 100% juice consumption is NOT associated with being Overweight

The current scientific evidence strongly maintains the nutritional benefits of 100% juice and does not support a relationship between overweight and juice consumption.

A comprehensive literature review published in 2008 looked at the relationship between 100% juice consumption and weight in both children and adolescents. After assessing the totality of the available literature, a clear picture emerged: More than two-thirds of the studies found no association between 100% juice intake and weight - even when juice was consumed in amounts exceeding current recommendations. According to the authors:

Based on the currently available evidence, it can be concluded that there is no systemic association between consumption of 100% fruit juice and overweight in children or adolescents. Data do support consumption of 100% fruit juice in moderate amounts and suggest that consumption of

100% fruit juice may be an important strategy to help children meet the current recommendations for fruit

Sources: O'Neil C, et al. A Review of the Relationship Between 100% Fruit Juice Consumption and Weight in Children and Adolescents. *American Journal of Lifestyle Medicine*. 2008. Vol. 2, No. 4, 315-354



### More Research shows 100% fructose Fruit Juices do not make Weight Gain

By KATHERINE HOBSON

Posted: June 2, 2008

Last month, I wrote about a review of research that questioned whether kids who drink more fruit juice are more prone to be overweight. Today, there's a new study out looking at the question and it, too, finds no link; the results show that kids ages 2 to 11 who drank 100 percent juice tended to have better intake of nutrients like vitamin C than kids who did not and that drinking juice wasn't related to weight status.

The study, which appears in the *Archives of Pediatrics and Adolescent Medicine*, also found that kids who drink juice had lower intakes of saturated fats and added sugars. The juice drinkers were more likely to eat more whole fruits, too, suggesting that kids who are drinking 100 percent juice also tend to have other good eating habits.

And because whole fruit still has the added benefit of fiber, which is not available from drinking juice, it is still the better option. The University of California, San Francisco's Children's Hospital has a neat list of suggestions for encouraging your children to eat their fruits and veggies.

#### Origins

Fasting and juice consumption

The two components of most juice therapies, fasting and juice consumption, date back thousands of years. Fasting is a long-standing religious tradition described in the Bible and other sources. The medicinal use of juice can be traced back thousands of years to India. Proponents of Ayurveda, a healing system, believed that drinking juice strengthens body tissues.

In the centuries that followed, people recognized that eating fruit and vegetables produce many health benefits. Carrots were said to improve eyesight; and according to the adage, "An apple a

day keeps the doctor away.” During the twentieth century, fruit and vegetables became important components of healing therapy.

### Gerson juice diet

During the 1940s, a German doctor named Max B. Gerson developed a therapy using juice to treat his migraine. His diet was based on the theory that excessive sodium in a person’s system disrupts the immune system and the functions of the liver, pancreas, and thyroid gland. Gerson developed a low-salt organic diet that focuses on raw vegetable and fruit juices. The diet included nutritional supplements and coffee enemas to detoxify the liver and relieve pain. The therapy worked for Gerson, so he recommended it to patients. People diagnosed with cancer and tuberculosis said that the Gerson diet therapy produced positive results.

Advocates of juice therapies maintain that refraining from food boosts the body’s ability to heal itself. Since the body is not spending time and energy on digesting high-fat food, it can concentrate on healing instead. That reasoning is the basis of juice fasts.

### Juicing

Another form of juice therapy known as juicing involves extracting the juice from raw fruit and vegetables. From the 1970s on, people like “Juiceman” Jay Kordich popularized the concept of drinking fresh juice to boost energy, lose weight, and achieve other health benefits. Kordich provided recipes and sold juice extractors that are also known as “juicers.”



juice

## the books 3D Views on Natural Cancer Therapies Immune Stimulation The True Health Care Debate

Years ago I was excited to see some infomercials about alternative medicine treatments for diseases. The speaker talked a good show and sold me to buy his books. But there was absolutely no real advice in the books, only multilevel companies with more to buy. This made me angry and then I decided to write the best self help books on natural medicine. Editing and collecting the best in real substantiated advice.

Desiré has written two incredible books and made movies to go with them. What to do for influenza and specifically what to do when the next major virus hits. A movie and a self help book designed to really help you and your families understand what to do to protect yourself.

Also cancer is such a devastating disease, and there are ways to help yourself in the kitchen with cooking for cancer patients. Full advice from soup to nuts on exercise, mediation, cooking, and more. Coupled with a video for the science of how it works.

The health care debate is bringing a question of health and care. In this incredible new book Desiré has outlined a very thorough review of the real problems of Health Care. This book will tell you the truth the chemical companies do not want you to hear.



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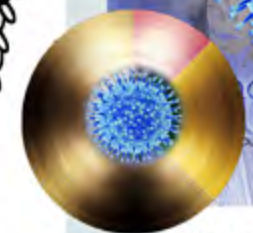
3D Views on Natural Cancer Therapies



Immune Stimulation



The True Health Care Debate





Juice

VITAMINS AND MINERALS FOUND IN JUICES	
Type of Juice	Vitamins and minerals
Apple	Chromium, selenium
Asparagus	Vitamin E
Bok choy	Calcium
Broccoli	Folic acid, vitamin K
Brussel sprouts	Manganese
Cabbage	Chromium, manganese, vitamin C
Cantaloupe	Beta-carotene, potassium
Carrots	Beta-carotene, zinc
Celery	Potassium
Citrus fruits	Vitamin C
Collard greens	Calcium, vitamin K
Garlic	Selenium
Ginger	Zinc
Green peas	Zinc
Kale	Calcium, folic acid, vitamin B <sub>6</sub> , vitamin K
Orange	Folic acid
Papaya	Beta-carotene
Peppers	Vitamin C
Spinach	Vitamin B <sub>6</sub> , vitamin E
Sweet peppers	Chromium
Tomatoes	Potassium
Turnips	Selenium
Turnip greens	Manganese, vitamin B <sub>6</sub>

VITAMINS AND MINERALS FOUND IN JUICES

Type of Juice	Vitamins and minerals
Apple	Chromium, selenium
Asparagus	Vitamin E
Bok choy	Calcium
Broccoli	Folic acid, vitamin K

as medicine

VITAMINS AND MINERALS FOUND IN JUICES	
Type of Juice	Vitamins and minerals
Apple	Chromium, selenium
Asparagus	Vitamin E
Bok choy	Calcium
Broccoli	Folic acid, vitamin K
Brussel sprouts	Manganese
Cabbage	Chromium, manganese, vitamin C
Cantaloupe	Beta-carotene, potassium
Carrots	Beta-carotene, zinc
Celery	Potassium
Citrus fruits	Vitamin C
Collard greens	Calcium, vitamin K
Garlic	Selenium
Ginger	Zinc
Green peas	Zinc
Kale	Calcium, folic acid, vitamin B <sub>6</sub> , vitamin K
Orange	Folic acid
Papaya	Beta-carotene
Peppers	Vitamin C
Spinach	Vitamin B <sub>6</sub> , vitamin E
Sweet peppers	Chromium
Tomatoes	Potassium
Turnips	Selenium
Turnip greens	Manganese, vitamin B <sub>6</sub>

VITAMINS AND MINERALS FOUND IN JUICES

Type of Juice	Vitamins and minerals
Brussel sprouts	Manganese
Cabbage	Chromium, manganese, vitamin C
Cantaloupe	Beta-carotene, potassium
Carrots	Beta-carotene, zinc
Celery	Potassium
Citrus fruits	Vitamin C
Collard greens	Calcium, vitamin K
Garlic	Selenium
Ginger	Zinc
Green peas	Zinc
Kale	Calcium, folic acid, vitamin B <sub>6</sub> , vitamin K
Orange	Folic acid
Papaya	Beta-carotene
Peppers	Vitamin C
Spinach	Vitamin B <sub>6</sub> , vitamin E

VITAMINS AND MINERALS FOUND IN JUICES	
Type of Juice	Vitamins and minerals
Apple	Chromium, selenium
Asparagus	Vitamin E
Bok choy	Calcium
Broccoli	Folic acid, vitamin K
Brussel sprouts	Manganese
Cabbage	Chromium, manganese, vitamin C
Cantaloupe	Beta-carotene, potassium
Carrots	Beta-carotene, zinc
Celery	Potassium
Citrus fruits	Vitamin C
Collard greens	Calcium, vitamin K
Garlic	Selenium
Ginger	Zinc
Green peas	Zinc
Kale	Calcium, folic acid, vitamin B <sub>6</sub> , vitamin K
Orange	Folic acid
Papaya	Beta-carotene
Peppers	Vitamin C
Spinach	Vitamin B <sub>6</sub> , vitamin E
Sweet peppers	Chromium
Tomatoes	Potassium
Turnips	Selenium
Turnip greens	Manganese, vitamin B <sub>6</sub>

VITAMINS AND MINERALS FOUND IN JUICES

Type of Juice	Vitamins and minerals
Sweet peppers	Chromium
Tomatoes	Potassium
Turnips	Selenium
Turnip greens	Manganese, vitamin B <sub>6</sub>

Kordich toured the country and talked about juice ingredients that seemed exotic to a public used to tomato juice and orange juice. One beverage consisted of juiced potato, apple, carrot, and parsley.

Benefits

Research has shown that a diet rich in fruit and vegetables reduces the risk of such diseases such as heart disease, cancer, and diabetes. Furthermore, raw vegetables and fruit contain vitamins, food enzymes, minerals, amino acids, and natural sugars. Some of those benefits may be lost when commercial juice is purchased because juice sold in stores is pasteurized, which results in the loss of some nutrients. Fresh juice’s benefits extend beyond its nutritional content, according to juice therapy advocates.

Proponents of juice therapies continue to study its benefits. In 2002, a physician reported to the American College of Cardiology that two cups of orange juice daily significantly lowered the blood pressure of hypertensive patients. A British study in the same year verified the positive effects of cranberry juice on urinary tract infections.

Juice is used in Ayurvedic treatment for such conditions as arthritis, anemia, and constipation. Juice is also a component of naturopathy, which is also known as the “whole body cure.” A naturopathic doctor may prescribe a juice fast.

Supporters of fasting believe that the process releases a hormone that helps the body fight disease. A juice fast will strengthen the immune system, according to adherents. It may be part of naturopathic treatment for conditions including arthritis, cancer, and AIDS. The fast also allows the naturopathic physician to identify food sensitivities (allergens) as the patient begins eating food.

Juice therapy is part of the Gerson diet, a cancer therapy said to eliminate the buildup of toxins in the body by stimulating enzymes, improving the digestive system, and providing the correct balance of vitamins and minerals.

Description

Juice therapy can be as simple as extracting the juice from raw produce or as complicated as the Gerson diet. The therapies vary in the amount of commitment involved and the cost. Whether a therapy is covered by medical insurance will depend on the patient’s health plan. The person who juices or fasts at home generally isn’t covered. A juice fast administered as part of another treatment by a doctor or health practitioner might be covered. For Gerson therapy, some companies pay for part or all of costs, according to the Gerson Institute website.

Gerson therapy

The Gerson therapy treatment is based on drinking freshly pressed vegetable and fruit juice every hour. During a typical day at a Gerson clinic, a person would drink 13 glasses of raw carrot/apple and green-leaf vegetable juices. Vegetarian meals of organically grown food are served. During treatment, the patient receives caffeine enemas during the evening to detoxify the blood and tissues, according to the Gerson Institute website.

The institute does not operate facilities; instead it licenses such facilities as the Oasis of Hope Hospital in Tijuana, Mexico. The hospital opened a Gerson Therapy Center in September of 1999 that cost each patient \$4,900 for a week of care. That figure included the cost of a companion’s housing as well as follow-up consultations.

Fasting

A juice fast can be done at home with no help or under the direction of a practitioner such as a naturopathic doctor. The fast could also be part of the program at a retreat center.

Another option is a short-term cleansing diet lasting two to three days. One popular fast involves consumption of fruit and vegetable juice for several days. In some plans, herbal tea and broth

are allowed. Another variation is the raw food diet, which involves eating uncooked fruit and vegetables. The diet is said to be useful in treating such conditions as heart disease and arthritis.



### Juicing

Juicing involves the extraction of juice from raw fruit or vegetables. An extractor, fresh produce, and a commitment of time to juice the items are required. A blender isn't strong enough to juice raw produce, and extractors are priced from about \$120–2,000. Juice should be consumed as soon as possible after extraction because when it's stored, juice loses its nutritional value.

**BENEFICIAL JUICES.** While most people know that orange juice is rich in vitamin C, the juice of other produce is believed to provide additional health benefits. The wide selection of juices offers benefits that include the following:

- An 8-oz (240 ml) glass of carrot juice contains more than 10 times the recommended daily allowance of vitamin C.
- Fresh fruit and vegetable juices, including wheatgrass juice, are consumed for ulcers. Ulcer remedies include raw potato juice for peptic ulcers. For a duodenal ulcer, raw cabbage juice can be mixed with carrot and celery juice.
- Cranberries help prevent and treat urinary infections.
- Beet juice can be diluted to stimulate the liver.
- Garlic lowers the blood pressure and cholesterol.
- Cantaloupe juice can be consumed for stress.

### Preparations

People should consult a doctor, practitioner, or nutritionist before beginning a fast or treatment like Gerson therapy. The medical professional can determine whether it's safe to fast and how long the fast should last. The doctor may discover during the test that the person has a condition like diabetes. If that is the case, only a super-vised fast would be recommended.

### Precautions

Some caution should be taken with each form of juice therapy. Juicing removes much of the necessary dietary fiber found in fruits and vegetables. Since an adult diet should contain 20–25 g of fiber per day, a person should find other sources of fiber. Another caution is that carrot greens, rhubarb greens, and apple seeds can be toxic and should not be juiced.

Some health professionals advise against fasting, a process they say can produce weakness, fatigue, anemia, and other disorders. Other health professionals believe that fasts are safe but should not be undertaken by pregnant women, people who are diabetic, and those who have ulcers or a heart condition. In some cases, the doctor or practitioner may advise a super-vised fast.

Critics of the Gerson diet maintain that its dangerous side effects include too much weight loss and poor resistance to disease. A person diagnosed with cancer should not abandon such other conventional treatments as chemotherapy in favor of alternative treatment, according to organizations such as the National Cancer Institute. Furthermore, the Gerson Institute advised that therapy should be conducted under the supervision of a Gerson practitioner when a patient is undergoing chemotherapy, is a diabetic, has severe kidney damage, or has breast implants.

Lastly, the juicing of fresh fruit and some vegetables can lead to the intake of considerable amounts of sugar. In some people, the sugar produces a quick rush of energy followed by a “crash.”



### Side effects

The side effects of fasting can include weight loss and fatigue.

In Gerson therapy, diarrhea and nausea are considered part of the healing process. During the treatment, a person may experience flu-like symptoms, loss of appetite, weakness, and dizziness. Other side effects may include fever blisters, perspiration and body odor, intestinal cramping, and a painful feeling in tumors.

### Research & general acceptance

Studies of Gerson therapy indicated a higher rate of survival for cancer patients who received the treatment in comparison to those who didn't. That research included a 1995 study performed in Mexico. The therapy has not been researched extensively, however, and the Gerson diet is classified by the National Cancer Institute as not medically proven and potentially unsafe.

Some elements of the diet are beneficial—fruit, vegetables, and low-fat food. Most medical professionals believe, however, that less strenuous forms of therapy can be used to treat cancer.

Training & certification

Although there is no official training in juice therapy as such, those who administer it may have training and certification in other disciplines. A naturopathic doctor or medical doctors will have medical training; staffers at Gerson Clinics have been trained in that therapy.

Resources

BOOKS

Albright, Peter.The Complete Book of Complementary Therapies.Allentown, PA: People’s Medical Society, 1997.

Bruce, Debra Fulghum, and Harris H. McIlwain.The Unofficial Guide to Alternative Medicine.New York: Macmillan General Reference, 1998.

Gottlieb, Bill.New Choices in Natural Healing.Emmaus, PA: Rodale Press, Inc., 1995.

Kordich, Jay.The Juiceman’s Power of Juicing.New York: William Morrow & Co., 1992.

Nash, Barbara.From Acupuncture to Zen: An Encyclopedia of Natural Therapies.Alameda, CA: Hunter House, 1996.

PERIODICALS

Jancin, Bruce. “Juice Puts Squeeze on Blood Pressure in Pilot Study.”Family Practice News(May 1, 2002): 13.

Kontiokari, T., K. Sundqvist., Nuutinen, M. “Regular Drinking of Cranberry–Lingonberry Juice Concentrate Reduced Recurrent Urinary Tract Infections in Women.”Evidence–Based Nursing(April 2002): 43.

People’s Pharmacy: Apple juice and synthetic allergy medicine don’t mix

People’s Pharmacy answers queries about juice and medicine interactions; switching between brands and generics; and applying lip balm to noses sore from colds.

ByJoe GraedonandTeresa Graedon,Ph.D.  
Syndicated columnists

Q:I know that grapefruit juice is a problem with my blood-pressure pill felodipine. I wonder about other juices, like apple and orange juice. Will they affect this or my allergy medication fexofenadine? It is so hard to tell what is safe to eat or drink with your medicine.

juice

A:Grapefruit juice can indeed cause problems with many medications, including felodipine (Plendil), simvastatin (Zocor) and atorvastatin (Lipitor). Blood levels can rise, and that may cause unanticipated side effects.

Other fruit juices may have the opposite effect on certain medications. Fexofenadine (Allegra) is an allergy medicine that might not work very well if taken with apple, orange or grapefruit juice. Such juices may dramatically reduce the absorption of fexofenadine. This could mean there is not enough medicine to relieve allergy symptoms for some people (Pharmacogenetics and Genomics, February 2011).

Many people get in the habit of taking their medicine with juice. It is probably a better idea to take pills with water. This is especially true for antibiotics, blood-pressure medicine and drugs to prevent organ-transplant rejection.

Experts Reveal the Secret Powers of Grapefruit Juice

By NICHOLAS BAKALAR  
Published: March 21, 2006

In 1989, a group of Canadian researchers studying ablood pressuredrug were astonished to discover that drinking a glass of grapefruit juice dangerously increased the drug’s potency.

Because Grapefruit juice is a powerful liver detox that detoxes the drugs.

Q:I have been on thyroid medication for the past year. Last fall, I noticed my hypothyroid symptoms returning: fatigue, muscle cramps and stiffness after walking just a mile of my usual three-mile walk. I also felt extremely cold while others were comfortable.

When I saw my doctor and told him about my symptoms, he checked my thyroid levels and gave me a month’s supply of Synthroid to tide me over. I had been taking generic levothyroxine.

A measure of thyroid function, my TSH level, was 3.7 on the generic. On Synthroid, my TSH was 2.5, and all my symptoms disappeared even though the dosage is the same (50 micrograms). If there is such a difference from one brand to another, how can dosage be regulated properly?

A:The Food and Drug Administration maintains that levothyroxine formulations (Levoxyl, Synthroid, etc.) are identical. Physicians who specialize in treating thyroid disorders (The Endocrine Society) disagree. They worry that patients are put at risk when they are switched between brands or generics.

People who get switched need thyroid-function tests afterward. Doses also may need to be adjusted for seasonal variation (lower TSH during the summer).

Q:I have found a very helpful use for Burt’s Bees peppermint lip balm. My nose got really sore the last time I had a cold. Applying the lip balm to my nose and upper lip gave me instant relief. My nose healed within a couple of days.

A:Burt’s Bees Lip Balm has a beeswax base with no petroleum products. So far as we know, this type of short-term use should not pose any hazards.

as medicine

Cell phones  
do affect  
the brain

the shields  
can help a little  
BUT

SCIO



The SCIO can undo the damage by regulating and  
balancing the  
Body Electric's Regulatory Processes  
+ increasing VARHOP

If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.

tel: +3613036043 | web: [www.qxsubspace.com](http://www.qxsubspace.com) | e-mail: [info@qxsubspace.com](mailto:info@qxsubspace.com)



We usually discourage people from using products with a petroleum jelly base in or near the nose because we are concerned that inhalation of petrolatum might lead to lung inflammation in susceptible individuals.

Joe and Teresa Graedon answer letters from readers. Write to them c/o King Features Syndicate, 300 W. 57th St., 15th floor, New York, NY 10019, or via their website: [www.peoplespharmacy.org](http://www.peoplespharmacy.org)

Aloe vera juice one of the most important extracts of the Aloe vera plants. This is the most used Aloe vera products. Aloe vera juice benefits are talked worldwide and millions are giving reviews that Aloe vera juice are really helpful for them and there are many benefits of Aloe vera juices.

### *Aloe vera juice is pure medicine made from Aloe vera gel*

Various forms of Aloe vera juices are available in the market and one can buy the aloe juice from the market and enjoy the Aloe vera juice benefits. It has various medical and cosmetic benefits which can be easily seen and discussed. That the reason Aloe vera juices are so much prevalent and popular in the market. Aloe vera juices are used in number of lotions, creams, gels and shampoos. People can also take aloe juice as diet supplement or directly.

since Aloe vera juice is mixture of almost 70 ingredients in which the prime ingredients are minerals, enzymes, proteins, amino acids, vitamins and polysaccharides which make them highly beneficial and you can benefit from drinking Aloe vera juice directly or as a supplemental diet.



### *Health Benefits of EBHL Aloe Vera Juice:*

Aloe Vera juices help to improve general immune system and organism condition improvement. Keeps keeping your stomach cool.

Aloe Vera juice benefits include prevention from the cancer and fight with cancer.

as medicine

It is used to control the stomach acids and maintain the balance in the stomach. This is one of the important benefits of drinking Aloevera juice.

Aloe juice stimulates tissue regeneration- help stomach and other body parts also. Highly effective and shooting for your skin.

Aloe Vera juice benefits include absorption of nutrients and neutralizing toxic and bad elements. This is also one of the benefits of drinking Aloe Vera juice.

Aloe Vera juice is also helpful for diabetic patients.

### Potato Juice Digestive Remedy for Gout, Rheumatism and Ulcers

Michael Lam, MD, MPH

[www.DrLam.com](http://www.DrLam.com)

Potato juice has many folk medical use as a remedy, the science of which have not been fully investigated.

It has been reported to improve the function of the Digestive System. Potato (juice consumed on rising in the morning) alleviates Constipation. Potato (juice diluted) alleviates Heartburn. Potato (juice diluted with warm water and consumed first thing in the morning) alleviates Peptic Ulcers. Potato (juice) alleviates Gout and Rheumatism.

Some have reported the use of potato juice in treatment of cancer. A decoction of clean potato peels or tea made from the peels is recommended in cases of malignancy, rheumatism or in getting rid of excess uric acid from the body.

Because raw potato juice is often not very palatable to drink, it is usually combined with carrot or lemon juice. It is recommended in the following conditions. Some specific conditions include:

- 1) Skin problems like eczema
- 2) Arthritis, rheumatism, gout, lumbago, etc. The juice has anti-inflammatory actions and reduces excessive deposition of uric acid in the joints. For these cases, it could be taken with an infusion made from herbs like, Sage, Nettle, Garlic, Agrimony Catnip, etc.
- 3) Potato juice when taken alone or in combination with carrot juice assists in healing intestinal or peptic ulcer and gastritis ½ potato juice to 1 full glass could be taken 30 minutes before any meal. The teas made from Sage, Nettle, Mistletoe, Fleabane, Chickweed could also help. And a teaspoonful of ground Cayenne pepper could be sprinkled on the meal each time before eating. The initial burning sensation noticed will disappear with subsequent intakes of the pepper.
- 4) Potato starch or when the juice is mixed with carrot and pure honey will disinfect the bowels in case of any food poisoning and this also stops diarrhea just as quickly

### In the Medicine Cabinet: Black Cherry Juice Concentrate for muscle pain and Gout

11/5/2009 10:56:11 AM

by Ariel Tilson

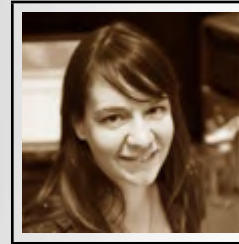


Tags: Health, Exercise, Running, Cherries, Pain

Relief, Cherry

Juice, Medicine

Cabinet



As I'm sitting at my desk right now, I'm in a lot of pain. My thighs, hamstrings, glutes and feet are in the glorious throes of post-workout agony.

After a couple month-long hiatus from high-impact workouts, like laps on the track, my chiropractor gave me the all-clear to start running again. But she followed it up with a word of advice—drink cherry juice concentrate.

Apparently, the micro-nutrients and anti-inflammatory properties in cherries can reduce muscle soreness as well as promote joint function. And because I know how hard it is to start running after a long break, especially thanks to aching muscles, I made sure to pick up Lakewood's Pure Black Cherry juice on my way home.



[www.lakewoodjuices.com](http://www.lakewoodjuices.com)

So now in addition to the turmeric supplement I take daily for my lower back issues, I also drink cherry juice before my workout and then add it to a fruit smoothie, or other fruit juice, afterward. The cherry juice is not made from concentrate and is made without any water, so I like to dilute it a little to make it last longer.

With cherries, turmeric and lots of ice, my painful muscles recover a lot quicker and I'm slowly starting to enjoy running for the first time.



# Montmorency Cherry Juice Reduces Muscle Damage Caused By Intensive Strength Exercise

Bowtell, Joanna L.; Sumners, D. Paul; Dyer, Amy; Fox, Patrick; Mileva, Katya N.

Published Ahead-of-Print

## Abstract

**Purpose:** Montmorency cherries contain high levels of polyphenolic compounds including flavonoids and anthocyanins possessing anti-oxidant and anti-inflammatory effects. We investigated whether the effects of intensive unilateral leg exercise on oxidative damage and muscle function were attenuated by consumption of a Montmorency cherry juice concentrate using a crossover experimental design.

**Methods:** 10 well-trained male overnight fasted athletes completed two trials of 10 sets of 10 single leg knee extensions at 80% one repetition maximum (1RM). Trials were separated by 2 weeks and alternate legs were used in each trial. Participants consumed each supplement (CherryActive(R), CA or isoenergetic fruit concentrate, FC) for 7 d prior to and 48h after exercise. Knee extension maximum voluntary contractions (MVC) were performed pre, immediately, 24 and 48h after the damaging exercise. Venous blood samples were collected at each time point and serum analysed for creatine kinase activity (CK), nitrotyrosine, high sensitivity C reactive protein, total anti-oxidant capacity and protein carbonyls (PC). Two way repeated measures ANOVA were used for statistical analysis of the data.

**Results:** MVC force recovery was significantly faster (24h: 90.9 +/- 4.2, CA vs 84.9 +/- 3.4, FC; 48h: 92.9+/-3.3, CA vs 88.5+/-2.9, FC; % of initial MVC; mean ?SEM; p<0.05) after CA than FC consumption. Only serum CK and PC increased significantly from baseline, peaking 24h after exercise (p<0.001). The exercise-induced increase in CK activity was not different between trials. However, both the percentage (24h post: 23.8+/-2.9, CA; 82.7+/-11.7, FC; %; p=0.013) and absolute (24h post: 0.31+/-0.03, CA; 0.60+/-0.08, FC; nmol/mg protein; p=0.079) increase in PC was lower in CA than FC trials.

**Conclusions:** Montmorency cherry juice consumption improved the recovery of isometric muscle strength after intensive exercise perhaps due to attenuation of the oxidative damage induced by the damaging exercise.

(C)2011The American College of Sports Medicine

## Alternative Health: Beet Root Juice As Alternative Health Medicine

There has been a search for alternative health medicine and there has revealed many amazing findings. Beet root juice is now one of the alternative health medicine. A study has found that by consuming or drinking beet root juice, it is becoming a way to maintain a healthy cardio system and has also become one of the ways that we could use as a fight against high blood pressure.

Beet root is a plant in the beet root family. It is also known for its healing properties. It is rich in carbohydrates, high in iron, calcium, phosphorous and potassium. Beet root does not contain fat, has very few calories and a good source of fibre. Beet root has been known for its herbal medicinal

power, which is why it is now used as an alternative health medicine. The Beet roots are high in vitamin B which is good for anemia patients. It is also good natural alternative natural cure for cancer.

Beet root juice has also many health benefits as it contains a good source of soluble and insoluble fibre that will help to keep the intestinal track running smoothly and keep our sugar level and cholesterol level in control. It contains high potassium which is good in regulating our heartbeat and keeping blood pressure at normal rate. A study reveals that the beet root also contains dietary nitrate that has been found in green and leafy vegetables which effectively help reduce blood pressure. It also acts as an antioxidant due to its vitamin content.

A healthy person who consumes beet root juice is able to reduce the blood pressure within 1 hour of taking the drink. Beet root has one of the highest sugar content of any vegetable makes it one of the most delicious juices with a vibrant red and gives a rich refreshing taste. Even though it has a firm texture, the beet root can be juiced raw and goes well with citrus fruits. You can also blend with other vegetables like carrot or celery to make for another great alternative health medicine as beet root juice.

Laura Lin offers informative knowledge on healing in the natural and healthy way to help to fight our journey against cancer. Visit Laura's website [Miracle Cancer Treatment](#) for useful tips and knowledge on your cure for cancer. [Click Here](#)

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For more skeptical coverage of bogus products like homeopathy go to [www.skepticnorth.com](#) and [www.ottawaskeptics.org](#) Show description: Erica Johnson investigates one of the country's fastest growing alternative health treatments: homeopathy. Ontario homeopaths are about to become the first province in Canada to regulate homeopathy — lending credibility to this unproven practice. Canada's leading consumer ally takes a long hard look at the theories, and the remedies. For the first time in Canada, we conduct a test of homeopathic medicines, investigating the science behind these so-called medicines. In light of our results, we ask both the Ontario government and Health Canada why they are lending credibility to the homeopathic industry. Johnson also meets up with a rep from the world's leading manufacturer of homeopathic medicines, who admits that even the company says how homeopathy works is a mystery. Watch, as we witness a Vancouver group of skeptics (CFI) taking part in a group overdose of homeopathic remedies. Perhaps most disturbing we learn that some homeopaths are treating cancer patients with homeopathic remedies. A leading cancer specialist says there is no role for homeopathy in the treatment of cancer, that it is a "scam that is not evidence-based."

Tags: alternative, Beet, health, Juice, medicine, Root

take wheatgrass juice ... if you can stomach it. The claims for its curative powers bottomless. According to the Natural Medicines Comprehensive Database (the "bible" of natural medicines), wheatgrass is "used therapeutically for increasing hemoglobin production, improving blood sugar disorders such as diabetes, preventing tooth decay, improving wound healing, and preventing bacterial infections." And that's not all. "It is also used orally for common cold, cough and bronchitis, fever and colds, inflammation of mouth and pharynx, tendency to infection, gout, liver disorders, ulcerative colitis, cancer, rheumatic pain, and chronic skin problems."

The alleged salubrious effects of wheatgrass were promoted in the 1940s by a Lithuanian immigrant to Boston named Ann Wigmore, a holistic health practitioner who was inspired by the biblical story of King Nebuchadnezzar, recounted in Daniel 4:33, in which “he was driven from men, and did eat grass as oxen, and his body was wet with the dew of heaven, till his hairs were grown like eagles’ feathers, and his nails like birds’ claws.” Wigmore also noted that dogs and cats eat grass when they are ill and feel better after regurgitation, which gave her the idea of the wheatgrass detox. Because we have fewer stomachs than cows do, she hatched the idea of blending freshly cut wheatgrass into juice form for easier digestion — through either orifice — a practice still employed today. She believed that the enzymes and chlorophyll in wheatgrass constitute its healing powers.

According to William T. Jarvis, a retired professor of public health at the Loma Linda University School of Medicine and founder of the National Council against Health Fraud, this is all baloney: “Enzymes are complex protein molecules produced by living organisms exclusively for their own use in promoting chemical reactions. Orally ingested enzymes are digested in the stomach and have no enzymatic activity in the eater.” Jarvis adds, “The fact that grass-eating animals are not spared from cancer, despite their large intake of fresh chlorophyll, seems to have been lost on Wigmore. In fact, chlorophyll cannot ‘detoxify the body’ because it is not absorbed.”

Science-Based Medicine

Exploring issues and controversies in the relationship between science and medicine

Jan142011

### **Cranberry Juice for Infections like Urinary**

*Published by Mark Crislip under Herbs & Supplements*

*Comments: 23*

It always somewhat surprises me how some interventions never seem to die. Theophylline seems to have disappeared in the medical pantheon, but what comes around, goes around. I predict a resurgence of theophylline this century. Despite the recent study that shows, yet again, echinacea has no effect on colds, I predict the study will neither decrease the sales of echinacea nor prevent further funds being spent on clinical trials on its efficacy. Hear that JREF? I made predictions. I will await my million dollar check. Make it out to Mark Crislip.

Another therapy that refuses to be put to rest, or even to be clarified, is the use of cranberry juice for urinary tract infections. Pubmed references go back to 1962, and there are over 100 references. Firm conclusions are still lacking.

There is a reasonable, but incomplete, basic science behind the use of the cranberry juice for urinary tract infections. *E. coli*, the most common cause of urinary tract infections, causes infection in the bladder by binding to the uroepithelial cells. To do this, they make fimbriae, proteinaceous fibers on the bacterial cell wall. Fimbriae are adhesins that attach to specific sugar based receptors on uroepithelial cells. Think Velcro. Being able to stick to cells is an important virulence factor for bacteria, but not a critical one; it is not the sine qua non of bladder infections.

juice

Are all *E. coli* causing UTI's fimbriated? No. It is the minority of *E. coli* that cause UTI that have fimbria, and the presence of fimbriae may be more important for the development of pyelonephritis (kidney infection) than cystitis (bladder infection).

The prevalence of uropathogenic *Escherichia coli* bearing type 1 and/or p fimbriae was assessed in 179 adult women with urinary tract infections, and the presence of specific fimbriae types was correlated with results of localization studies. *E. coli* with p fimbriae occurred more frequently in patients with clinically defined pyelonephritis (13 of 23 [57%]) than in women with cystitis (22 of 116 [19%];  $P = .0004$ ) or asymptomatic bacteriuria (6 of 40 [15%];  $P = .0008$ ), whereas organisms with type 1 fimbriae were equally distributed in these three patient groups. In contrast, the presence of p-fimbriated strains was not correlated with infection localized to the upper urinary tract by either the antibody-coated bacteria technique (among symptomatic women) or ureteral catheterization (among asymptomatic women). Thus although p fimbriation seems to be an important virulence factor associated with development of acute pyelonephritis in adult women, its detection appears not to be a useful localization test per se, and efforts to prevent these infections should not be directed against this factor alone.

P-fimbriae were present in 91% (33/35) of the urinary strains causing acute pyelonephritis. Among strains causing cystitis and asymptomatic bacteriuria P-fimbriae were found in 19% and 14% of cases, respectively.

So fimbriated *E. coli* account for a distinct minority of urinary tract infections.

What is the alleged mechanism by which cranberry juice is beneficial in preventing urinary tract infections? Cranberry juice, and some other fruits, contain proanthocyanidins. There is reasonable data that demonstrates that proanthocyanidins block adherence, usually of p fimbriated *E. coli*, to uroepithelial cells. But not all *E. coli*:

Interestingly, proanthocyanidin shows a very strong inhibitory activity against mannose-resistant adhesins produced by urinary isolates of *E. coli* but shows only moderate anti adherent activity against fecal *E. coli* isolates.

So the theory is that by taking cranberry juice, or cranberry pills, you will block the *E. coli* sticking to bladder cells and that will decrease the number of UTI's. The use of cranberry should be more beneficial as a preventative than as a treatment of cystitis and should be effective for a minority of patients.

There have been a variety of clinical trials, in different populations, to see if cranberry products are of benefit in the prevention of UTI's and there has been variable efficacy.

There are, I am shocked, shocked to find, problems with the studies.

First, no one has ever done basic pharmacokinetics on proanthocyanidins to see if there is, indeed, proanthocyanidins in the urine of patients who take cranberry products.

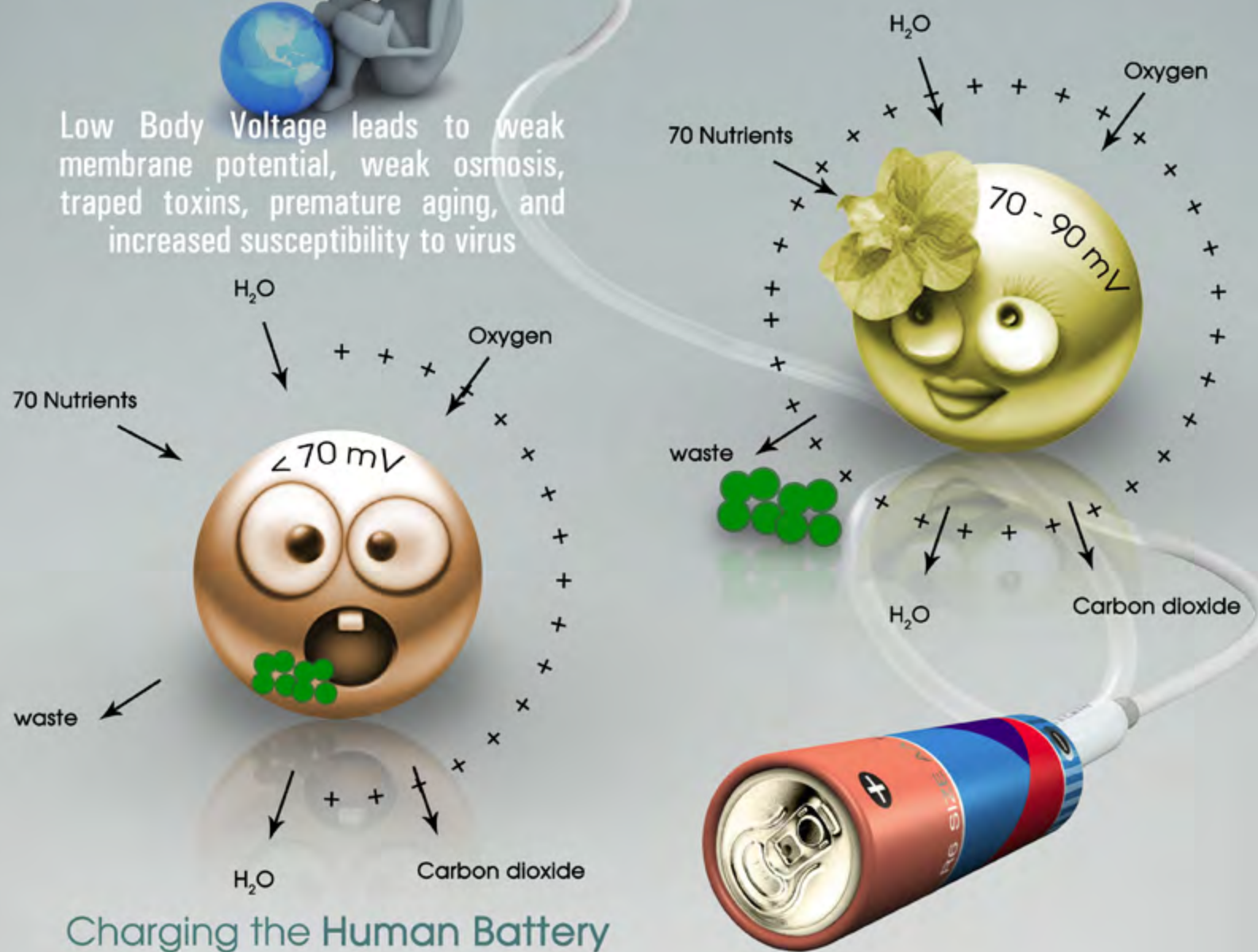
The closest they have come is that the urine of patients who consume cranberry juice inhibits *E. coli* binding to bladder epithelial cells. Close. But it may be something else in the urine that is leading to the decreased *E. coli* adherence. I may complain about the pharmaceutical companies and the spin they put on their clinical studies, but at least they are nice (1) and methodical in elucidating the basic pharmacokinetics of their preparations.

as medicine



Healthy membrane potential and adequate body voltage makes all of the functions of the cell work better

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Doing clinical trials without determining first if there is sufficient material that CAN be effective, before showing that it IS effective, is the homeopathic, and most SCAM, method of research. No one has been methodical in their evaluation of cranberry juice, so we are left with a hodgepodge of incomplete studies.

Imagine doing an antibiotic study where you neither tested the susceptibility of the organisms to the antibiotic before nor after you treated an infection. It would be stupid. You would have no idea if the therapy should or could have been effective.

Some populations where cranberry products has been tried, the neurogenic bladder, spinal cord injury and the elderly, have a radically different microbiology and epidemiology and one wonders if the basic principals behind the rationale for cranberry juice are even remotely applicable. Fimbriated E. coli are the least of the reasons why these patients get cystitis. It would have been nice if they had done the groundwork first. It is the usual throw the feces at the wall, uncertain if feces are even the correct projectile, see if anything sticks, and then trying to draw a target around it.

One study found trimethoprim and cranberry juice equivalent in preventing recurrent UTI. There was no placebo wing and at best chronic antibiotics has only modest efficacy in preventing UTI's, depending on the population studied.

So when the Cochrane review says

Cranberries (usually as cranberry juice) have been used to try and prevent urinary tract infections (UTIs). Cranberries contain a substance that can prevent bacteria from sticking on the walls of the bladder. This may help prevent bladder and other urinary tract infections. This review identified 10 studies (1049 participants) comparing cranberry products with placebo, juice or water. There was some evidence to show that cranberries (juice and capsules) can prevent recurrent infections in women. However, the evidence for elderly men and women was less clear, and there is evidence that is not effective in people who need catheterization. Many people in the trials stopped drinking the juice, suggesting it may not be a popular intervention. In addition it is not clear how long cranberry juice needs to be taken to be effective or what the required dose might be.

I think, well, the studies are so fundamentally flawed who knows what can really be said about the efficacy of cranberry juice.

As noted in the 2004 CID review,

Furthermore, results of the reviewed studies should not be viewed as conclusive because many of the trials suffer from various limitations, including lack of randomization, no or improper blinding, small number of subjects, short trial duration, large number of dropouts, and no reported intent-to-treat analysis. Perhaps the single most consistent limitation of these trials is the lack of uniformity regarding the intervention, including the particular cranberry product evaluated (juice, sweetened cocktail, or capsules/tablets), concentration, dosing regimen, and duration of the intervention, which greatly differed from study to study.

What good is a meta-analysis on crap? If you collect individual cow pies into a larger pile, it does not transmogrify into gold. Can you make any conclusions under those circumstances? GIGO. Garbage in, garbage out, which, I am starting to think, should be the motto for some of the Cochrane reviews.

as medicine

Which brings us to the most recent cranberry juice study, Cranberry Juice Fails to Prevent Recurrent Urinary Tract Infection: Results From a Randomized Placebo-Controlled Trial, which has all the SBM words: prospective, randomized, double-blind comparison of the therapeutic efficacy of 8 oz of CJC drunk twice daily in preventing recurring UTI.

The cranberry juice “consisted of one 8-oz bottle (240 mL) containing a mean proanthocyanidin concentration of 112 mg per dose (range, 83–136 mg; standard deviation,  $\pm 14.1$  mg),” but we have no idea there was any product in the urine.

At the end of the 6 month study period, there was no difference in relapsing UTI between those who consumed cranberry juice and placebo.

We report results of a double-blind, randomized, placebo controlled trial of the effects of drinking cranberry juice on risk of recurring UTI among college-aged women. The trial was developed to detect a 2-fold difference in incidence of recurring UTI with alpha of .05 and power of 99%. The power was estimated assuming we would observe a 30% recurrence rate among controls, consistent with that reported in observational studies. Contrary to expectation, we found that drinking an 8-oz dosage of cranberry juice twice per day gave no protection against the risk of recurring UTI among college-aged women.

Does this put the issue to rest? No.

You do not know if the formulation led to active drug in the urine and you do not know if the E. coli that predominated as a cause of the UTI could have been prevented. Were there recurrent infections the same E. coli? Or a new E. coli. Were any of the E. coli fimbriated? Given that the minority of E. coli should be inhibited by cranberry juice, it would be nice to know if the pre-study bacteria were fimbriated and if the post-therapy infections were also fimbriated.

And to complicated matters, ascorbic acid is found in both products which has been associated with decreased UTI's, although the studies have even less rigor than the cranberry juice studies.

But I would predict that the use of cranberry juice will have little effect on either the treatment or prevention of cystitis. When it comes to infection prevention, targeting the bacteria rather than the underlying predisposing cause, is doomed to failure. If you target the bacteria with an antibiotic, the organisms rapidly evolve resistance and you end up with the same infections rates, only with resistant organisms.

People get UTI's for a reason: catheters, sex (not both at once), and/or genetics. The bacteria take advantage of the underlying pathology to infect people. Even if the use of cranberry juice may decrease the number of UTI's due to fimbriated E. coli, if the underlying reason for the cystitis is not addressed, then there will only be a substitution in the species of bacteria causing infections, not a decrease in the rates of infection.

In the end, I would conclude that cranberry juice probably does not prevent UTI, and any effects are likely of little clinical value, given the relative rarity of organisms for which it could be effective. It would require a much larger study to prove or disprove efficacy, and not having proper microbiology renders all the studies to date probably worthless for coming up with worthwhile conclusions.

Forty years of evaluation and we are still left wanting. Still, I am sticking with the cranberry juice in my Cosmopolitan, but not for its UTI prevention.

## The Herbal Home Medicine Maker (1) Onion/Honey Juice for Cough

A series of home-made remedies you can make yourself for you and your family. Covers medicinal herbs, water cures, castor oil packs and much more ...

- Some general thoughts on health
- Onion/Honey Juice for Cough
- And here's the promised story:

### *Some general thoughts on health*

In this series of small articles garnished with small anecdotes, if available, I'll introduce herbal home remedies for many common ailments. “An apple a day, keeps the doctor away” or “Let food be your medicine and let medicine be your food” or “7 almonds a day, keep cancer away” have not lost any of their old truth. A diet of fresh fruit, vegetables, grains, nuts and seeds is the best diet for humans, not matter how many slogans and products are invented to lead us away from a healthy diet. Only YOU choose what you stick into YOUR mouth, there is no law to MAKE you eat the things you eat.

Repetitive negative thoughts will over a long period of time also have ill effects on our body. “The body follows the mind.” Another age old truth, so “check in” on your thoughts and if you are prone to constant worry, fear, depression, anguish, criticising etc., etc. there are herbs, home remedies, meditation, positive affirmations, prayers and lots more available to help overcome the negativity which, let's face it, has nothing to do with the real truth, it's something we make up!

Healthy environment, housing, natural clothes may be an issue we have very little control over, but one way or another we can find a way of relaxing a few hours a week in some clean mountain air, at the seaside or simply walking a few minutes barefoot in some clean grass or a sandy beach to unload all this static electricity we've accumulated over time which may be the reason for restless sleep.

And last not least. Many recreational drugs and doctor prescribed medications will make it difficult for herbs to “get through” and do their healing work. It doesn't matter, sooner or later the herbs will overcome every barrier, we just have to take them for a longer time.

Tip: If you think you have a serious illness, let a doctor give you a diagnose. They've studied illnesses, so they are very fit on this subject. Then you might ask him/her if they could give you any dietary advice or herbal remedies and see how that works first. After all, all those pills and capsules do have side effects ... You will find that most doctors will take you seriously on that and come up with that advice. Best take paper and pen with you on such an occasion. The doctors DO know as well!!!

### *Onion/Honey Juice for Cough*

Smoking too much, got a cold or maybe lately you've overindulged in milk products? Yes, milk products are mucus-forming and that body “liquid” has to go somewhere (best out of the body!), sometimes you'll get a runny nose or a good cough. So reduce smoking or give up, reduce or stop milk products for a little while and try the following:

Cut up an onion as finely as you can, put into a bowl and cover with a few tablespoons of honey. Let that sit for a few hours or overnight and take little sips of the resulting honey/onion juice.

Yes, most likely it will make you cough a bit more at first, but you will feel it become “easier”. Keep on making the juice and sip a little bit regularly until cough has gone.

### *And here's the promised story:*

One day, we were selling herbs at a “Medieval Market” when a Gipsy bloke came along, coughing real badly. He looked at me and said: “It’s the smoking! Haven’t got any money to buy your herbs!” Well, no point in telling him to stop smoking, probably a lot of other people including his doctor suggested that to him. So I explained the onion/honey juice to him and asked him to stop taking milk products for a week. “I WILL do that!” He exclaimed and went off coughing and coughing. I met him again a few weeks later at a fleamarket, smiling: “Thank you”, he said, “that onion/honey juice of yours is real good! But I’ve eaten the whole lot, onion and all! It tasted so nice!” Well, then...

## **Let your juice be your medicine**

*Originally published in Healing Times e-newsletter December 2008 edition.*



That’s right, humble vegetables and fruits when juiced and taken on empty stomach can be very powerful in combat with simple and not so simple viruses and bacteria overgrowth.

How does it work? Fruit, vegetable and herb juices are packed with nutrients in an easy to absorb form for your body boosting your immune system that in its turn when balanced will easily cope with any intruders.

For the best therapeutic result take your juice first thing in the morning on an empty stomach. Start with just a glass of it, if it is too strong for you, dilute it with water by 30%. Further into your juicing adventure, you may want to introduce another glass of fresh juice an hour prior to your dinner, again on an empty stomach. Never take your juices while having a meal as they may create wind and bloating. Juices should be taken on an empty stomach, an hour away from any other meals.

Fruit juices are best cleansers. High in Vitamin C, Calcium and Cilic this living food is excellent for quickly getting you back on track if you detected first cold and flue symptoms. They are also very high in sugar so should be taken in moderation.



Watermelon and melon juices are great for kidney and liver cleansing but should be taken separately, they are not good in combination with any other fruits or vegetables. Whereas apples A, B and C vitamins are good all rounders, perfect in a juice on their own or in any extravagant fruit or veg juice mix. An apple juice a day keeps a doctor away.

Herbs (parsley, dill, etc) and green leafy vegetables like kale, dandelion, beetroot and carrot tops, wheat and barley grass, etc when juiced will also provide in abundance very strong natural antibiotics helping you to succumb any fungal overgrowth. To begin with add only 3 table spoons of this emerald elixir into your vegetable juice, increasing its content gradually, listening to your body carefully.

Full of chlorophyll, green juices are known to be most powerful blood cleansers. That’s why you have to be very careful when you start juicing these green wonders. Under no circumstance you should start with them at the very beginning of your juicing journey. They are major detoxifiers and you need to ease your body into this not so simple process. Gently and slowly. You must be patient and your body will reward you beyond any expectations.

Vegetable juices are the best to start with. Their action is mild and it will prepare your body for deeper cleansing with herb and green leaf juices. Also vegetable juices are well-known strength builders supporting your organs and nourishing all body tissues.

At the very beginning excellent ones to juice are mild celery, carrot and cucumber that can form the base for all your vegetable juices. Carrot juice should only be a quarter of the volume as it is very high in sugar. Always listen to your body and it will tell you which vegetables it likes and which it doesn’t. That’s why you should always introduce one new ingredient at a time into your base juice and see how your body responds to it.

Beetroot juice is second to none in iron content and an excellent blood pressure regulator. If you have chosen a vegetarian lifestyle, it is simply a must for you. Excellent for liver and gall bladder! Remember though that it should never be taken on its own, only as an addition to your base veg juice and only as a quarter of the total volume. Great in colour and texture this juice will pleasantly surprise your taste buds, best had in combination with apple, celery and carrot juices.



Although this mouthwatering information is enough to get you started on this sweet and sour juice ride, for more detailed information on health benefits of each fruit or vegetable juice we encourage you to visit [www.juicingbook.com](http://www.juicingbook.com) for further research.

Carrot has been known as the sweetest and maybe the prettiest vegetable that you can drink as an alternative medicine for cancer until you are contented and full. There is no limit with this health drink although you can take a maximum average of 10 ounce per serving. You must remember that carrot in another way is too sweet that it could possibly cause a toothache or low blood pressure. Be moderate in drinking carrot juice because your body is naturally susceptible to blood sugar addictions. The best way is to mix carrots with other green vegetables or just dilute with water to moderate the sweetness.

Sweet juices results to lower blood pressure

Some people taking carrots as health drink maybe experiencing low blood pressure symptoms from lack of knowledge about the sweetness of carrots. Mixing carrot juice with other vegetables will also vary your nutritional intake, such as beet, watermelon rind, apple, and other fruits. Variations may depend on your personal preference but it would be best to learn the best variation that could give you the highest nutritional value. Never overdo sweet juices. The outcome would be lower blood sugar levels and increase cravings that may be detrimental to your health.

Carrots as energy drinks alternative medicine for cancer

Carrots as an alternative medicine for cancer are energy drinks that are stimulating and provide many specific physiological benefits. The versatility of carrot makes it a good base for other types of fruits and vegetables juice combinations. It has a normalizing effect on the body useful for treating many types of disorders. Its high levels of beta carotene makes it useful in treating cancer and protect you from macular degeneration.

Other benefits derived from carrot juice

Carrot juice is an excellent way to treat diarrhea even in infants, promote strong bones, prevent intestinal infections, build strong teeth, increase energy, protect nervous system, and enrich mother's nursing milk. Carrot can also cure eczema and psoriasis.

### Goji berry juice - Herbal medicine at its best



Last modified: Feb 19, 2011

### Information on Goji Berry

There are two different types of goji berries and those are Chinese goji berries and Himalayan goji berries. As far as the health benefits are concerned, there are no important differences between these two types of berries, but their sizes and tastes are completely different. The Chinese ones have a bitter taste and tend to be smaller than their Himalayan counterparts. The Himalayan goji berries tend to be a bit larger than the Chinese ones and their taste is usually much sweeter.

### Health benefits of goji berries

Goji berries are very popular because they provide the human body with numerous different types of health benefits. These berries are also sometimes referred to as wolfberries. They are very efficient in strengthening the heart and alleviating heart palpitations. They come in very handy when it comes to detoxifying the body, cleansing it, and boosting its immune system. Goji berries are also very beneficial in relieving insomnia and forgetfulness and they may also be helpful for all those who want to lose excess weight. Goji berries are an excellent source of certain types of polysaccharides which are in charge of controlling the functioning of the pituitary gland. Pregnant women may use goji berries for the alleviation of the morning sickness. Goji berries may also come in very handy in treating sexual dysfunction, preventing different types of cancer, and treating some types of hepatitis.

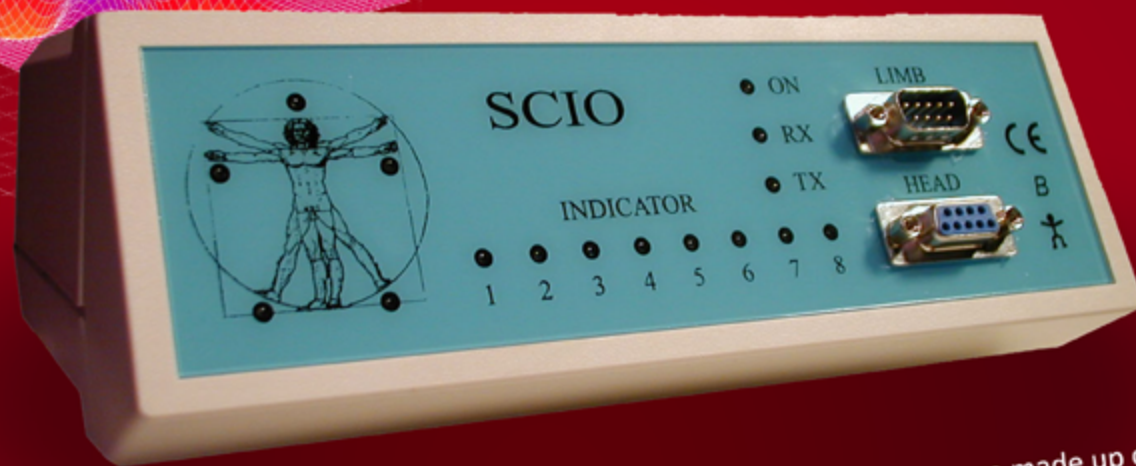
Goji berries are an excellent source of various essential nutrients. They are jam packed with zinc, vitamin C, calcium, vitamin E, vitamins from the B complex, germanium, beta carotene, selenium and phosphorus. They also contain 19 different types of amino acids, 8 different types of essential amino acids, beta-sitosterol, linoleic acid, and numerous others. These substances are very important for the regulation of hormones, lowering of bad cholesterol in the blood and increasing of good cholesterol in the blood.

Goji berry juice is very efficient in strengthening the metabolism, increasing the growth rate and prolonging one's life span. Goji berry juice is also known for its potent antioxidant properties, which means that it may come in very handy when it comes to fighting off the free radicals and reducing the severity and amount of damage they cause to the human body. Goji berry juice can now be purchased in most well equipped markets, so it is not an exotic food item anymore. Sometimes it is marketed as the Tibetan goji berry juice.

# CE EVOKED POTENTIAL

## and the European TVEP QQC

(both patented and trademarked)



The QQC trivector device passes a changing low level field thru the item and generates a sophisticated picture of the electrical field of the item. It makes a 22X22X22 3D field that means over 10,000 separate frequencies to make one pattern. The shark senses these fields and they are amplified by the salt water. This study leads to the discovery of the electro-sense. Researchers have found that humans also have such a system but it is weak. Every item has such a field. Living things have a changing reactive field, non-living things have a static field non-changing. We now know that the electro-sense in humans is the surface of the skin and most concentrated in the sense of smell. So by measuring the Voltammetric electrical field of items and then amplifying the field 10 million times we get to really measure the patient's reaction to items, really. So by applying a trivector Voltammetric pattern we can measure the response or evoked potential and see the patient's reactivity. So 5 million dollars were spent buying and procuring the items in the matrix and testing these items with a patented registered technology of modern science. This is why the SCIO device works so well, at each treatment from calibration, test etc these QQC signatures are at the heart. Real science, real technology, real legal compliance, real items, real results, real honesty and integrity.

In 5<sup>th</sup> grade we were taught we are made up of atoms made of electrons and protons and neutrons. The electrons in the outer level are so charged they never touch. We are made of electrical fields.

The QQC is a very advanced patented trademarked technology with a CE mark. It measures in a very sophisticated process the Voltammetric electrical field of any item. If you look up voltammetry in Google you see thousands of references for a world recognized very scientific chemical process also referred to as Polography. You can see our patented process at <http://www.voltametriaqqc.ro/>

### Shark Senses

Mary Ann Badavi & Stephanie Parker



- The bonnethead shark has an electrosense that is five million times greater than the electrosense of humans. Picture: Andy Murch/Elasmodiver.com

### Electricity

- A shark's ampullae of Lorenzini are able to feel electric currents at short ranges.
- All living things emit a small electrical current, a shark can feel it from 0-8 Hz.



- It is also thought that the Hammerhead shark evolved its head to increase surface area for electrical reception.

SCIO

## Jack LaLanne Tribute: His Favorite Juice Recipes



Jack & Elaine LaLanne on his 95th birthday



Long before Jane Fonda, Richard Simmons, or Jackie Warner, Jack LaLanne made a name for himself in the fitness game. Only for him, it wasn't a game, it was a vital part of his life -- a life he lived to the fullest for 96 years. Yesterday, he died as a result of complications from pneumonia.

Though short in stature (he stood just 5'6"), he was big on the virtues of exercise and eating right, and started what would be a lifelong passion for healthy living at the age of 15. From swimming from Alcatraz to Fisherman's Wharf in San Francisco while pulling a 1,000-pound boat at age 60 to launching the first chain of health clubs as we know them today, LaLanne is a legend when it comes to modern physical fitness.

He believed fitness had to be a combination of exercise and nutrition -- not one or the other.

"There are so many health nuts out there who eat nothing but natural foods but they don't exercise and they look terrible," he said. "Then there are other people who exercise like a son-of-a-gun but eat a lot of junk ... Exercise is king. Nutrition is queen. Put them together and you've got a kingdom!"

One of the ways he believed people could get vital nutrients was through juicing. He introduced the Power Juicer and touted the benefits of including juice in one's diet as a phenomenal way to get in a lot of fruits and vegetables -- and thereby nutrients -- in one quick, easy meal.

So in honor of Jack LaLanne and his healthy legacy, let's raise a glass with some of the best juice recipes out there. Here are a few of his favorites. And no, Ron-Ron Juice is NOT included.

Jack's Super 7

If you need more information on the SCIO and purchase details please get in touch with us

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From his blog, this recipe incorporates seven of the most highly beneficial foods.

- 2 carrots
- 1 potato
- 2 broccoli florettes
- 1/2 small beet
- 1/4 red pepper
- 1 tomato
- 1/4 cucumber

Add to juicer in that order and juice.

#### *Elaine's Vegetable Garden*

This is one of Jack's wife's recipes, from the official Jack LaLanne Power Juicer Site:

- 1 small tomato
- 1 carrot
- 1 small red pepper

Process in juicer.

#### *Emerald Glow*

This one uses kale, which is known for its cancer-fighting properties and ability to lower cholesterol.

- 1 cup spinach
- 3 kale leaves
- 2 cups green seedless grapes
- 1/4 pineapple (rind removed)
- 2" piece aloe (rind removed)

Juice the aloe first. Remove aloe pulp from the pulp collector and pour into the juice cup. Juice the rest of the ingredients. Mix and serve.

Do you juice? In what ways has Jack LaLanne inspired you?

#### *Juicer Recipes #1 – Lemony Apple*



- 2 apples
- 1 lemon
- 1" slice of ginger

Juicing Tip: Juice the apples with their skins on. The skin is the most abundant area of the apple for flavonoid content. This will produce cloudy but more nutritious (and still delicious) apple juicer recipes. This healthy juicer recipe also makes a great remedy for colds.

#### *Juicer Recipes #2 – Plain O' O.J*



- 4 medium-sized oranges

Juicing Tip: When juicing oranges (or any kind of citrus fruit in your recipes for juicers) it is a good idea to juice the white membranes at the center of the orange. The majority of the bio-flavonoids in citrus fruits are found in the white membranes. Scrape off some of the white membranes inside the peel and include them in the juice. We don't recommend juicing the whole peel, this will produce very sour unpleasant raw juice recipes.

#### *Juicer Recipes #3 – Alkaline Juice*



- 1 cup of spinach
- 1/2 cucumber
- 2 stalks of celery including leaves
- 3 carrots
- 1/2 apple

Juicing Tip: Juice cucumbers with their skins on. The dark green skin is a great source of chlorophyll, a phytochemical that can help build red blood cells. Cucumbers also contain silica, a mineral that is good for the skin. Make sure to wash them before making cucumber homemade juice recipes.

#### Juicer Recipes #4 – A Very Berry Medley



- 2 cups of strawberries
- 2 cups of blueberries
- 1 1/2 cups of raspberries

Berries are among the quickest and easiest of fruits to juice. The only prepping they need is a quick rinse. Strawberries are a small exception as they will need to be topped before juicing. All berries are a great source of antioxidants such as anthocyanins, flavonoids and ellagic acid, all of which have been associated with anti-cancer and anti-heart disease benefits.

#### Juicer Recipes #5 – Pomegranate Juice

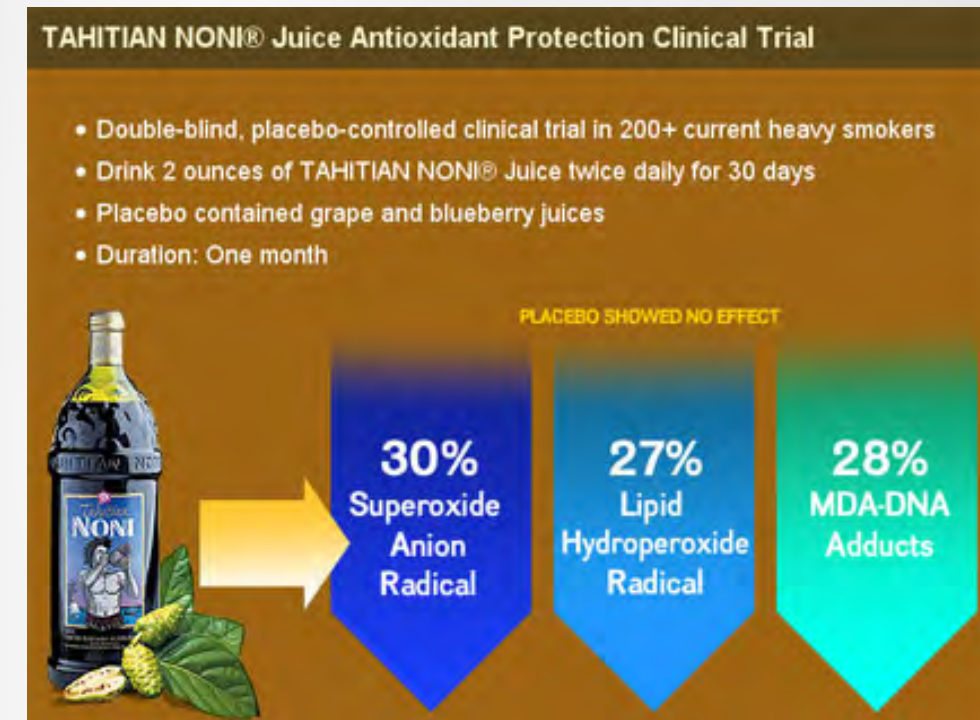


- 5 pomegranates

**Juicing Tips:** Cut open the pomegranate and gently scoop out the seeds. Only put the seeds into your juicer machine and discard everything else. The seeds will not make it into the final juice but will be discarded into the pulp collector.

You will find that the seeds of 5 pomegranates will provide you with a small amount of juice – 1 cup at best, depending on the size of the pomegranate. I recommend using a blender for making pomegranate – you will get a lot more juice.

Put the seeds of all 5 pomegranates into the blender with half a cup of water and let rip. Now strain the juice with a medium mesh strainer. You can get more liquid out of the remaining pulp if you strain it through a double layered cheese cloth. Last step is to pass the juice through a fine mesh strainer and wallah – you got about 2 1/2 cups of a pomegranate healthy juicing recipe.



#### The Health Benefits of Fresh Squeezed Juice

April 18, 2011 By Terri Nelson-Bunge



*Which is better for you, a home-made smoothie or fresh squeezed juice?*

Ask anyone who knows me well, and they will tell you that I am not a juicer.

Yes, I would have my little glass of fresh squeezed orange juice, but that was the extent of it. I would then make a fruit smoothie in my Vita-Mixer adding flaxseed and protein powder.

Then I saw the film "Fat, Sick, and Nearly Dead!"

What an inspiring story...

#### *How I Became a "Juicer"*

The movie takes us on the journey of two men who are extremely overweight inundated with health problems.

What happens?

They both go on a sixty day juice fast. They become different people, literally.

Food becomes their savior instead of responsible for their demise. They lose all of the weight they need to lose and regain their health at the same time.

I had debated about juicing for a long time because I was convinced fiber is crucial to good health (which it is).

Juicing removes the fiber leaving you with a concentrated form of nutrients.

The benefit to juicing is the amazing amount of nutrition you can get into one glass. I am still leery of juicing a lot of fruit and high sugar veggies, e.g. carrots and sugar beets. The rapid rise in blood sugar, especially for diabetics, can be compromising to your health.

My mother-in-law has been a juicer for a long time and attended the movie with me. She knew how motivated I was to begin juicing so she bought me my first real juicer.

We made a few glasses together and it was quite exciting.

There was a lot of experimentation and some funny faces!

I had been having some digestive problems and doing a three day fast helped me heal considerably. A short juice fast can be very beneficial. It will cleanse you, give your immune system a rest, and provide a great starting point for a healthier diet.

There are a lot of "recipes" out there you can find.

But for me, the novice juicer, I grab all my veggies out of the fridge and go at it. I have juiced cucumbers, red peppers, parsley, baby spinach, tomatoes, broccoli, collard greens and celery.

### Juice or Smoothie?

So, what is the answer to my question, smoothie or juice?

Well, how about both!

Smoothies contain the whole food (including the fiber) for pushing things along while keeping your blood sugar stable.

Juice provides a lot of nutrition in a concentrated form which will get into your bloodstream faster.

My conclusion is juice veggies and blend fruit. It's a win-win!

### Papaya Leaf Juice for Dengue Fever Medicine

*Written by Iskandar Bakrie*

*Monday, 30 August 2010*



Based on the experiences of a boy who recovered from dengue fever after previously experiencing a critical period in the ICU when the thrombocyte count reached number 15 and spent 15 liters of blood transfusion.

The father of the child got recommendations from friends about fresh Papaya Leaf Juice. After drinking the juice, the thrombocyte count, which was originally 45 with 25 liters of blood transfusion, raised quickly to 135. The condition made doctors and nurses surprised. Even the next day, the boy was not given another transfusion.

How to make the Juice:

~ Clean 2 papaya leaves, pound and squeeze with filter cloth to have one tablespoon per leaf blade.

Drink the 2 tablespoons of juice once a day.

Leaves should not be cooked, boiled or washed in hot water because it will lose its benefits.



Only the leaves, not the stems or sap ..

It was indeed very bitter, but it still must be drunk

Another experience of raw papaya leaf juice is obtained by someone with a very bad condition. This guy is in a very critical situation, his lungs filled with water, low number of thrombocytes, and he experienced trouble to breathe.

Doctors can only say that his immune system would make him survive. Fortunately, the mother-in-law of the patient heard about the raw papaya leaf juice. Once the patient drank it, the thrombocyte began to rise the next day, and the fever began to disappear.

The juice should continue to be drunk for the next three days.



**THE SCIO**  
FINEST ENERGETIC MEDICINE



# HISTORY OF THE SCIO AND BIOFEEDBACK

IN 1982 DR. NELSON WROTE THE FIRST EVER TREATISE ON QUANTUM BIOLOGY AND HE LAID THE GROUND WORK FOR THE SCIENCE OF THE QUANTUM XRROID INTERFACE SYSTEM.

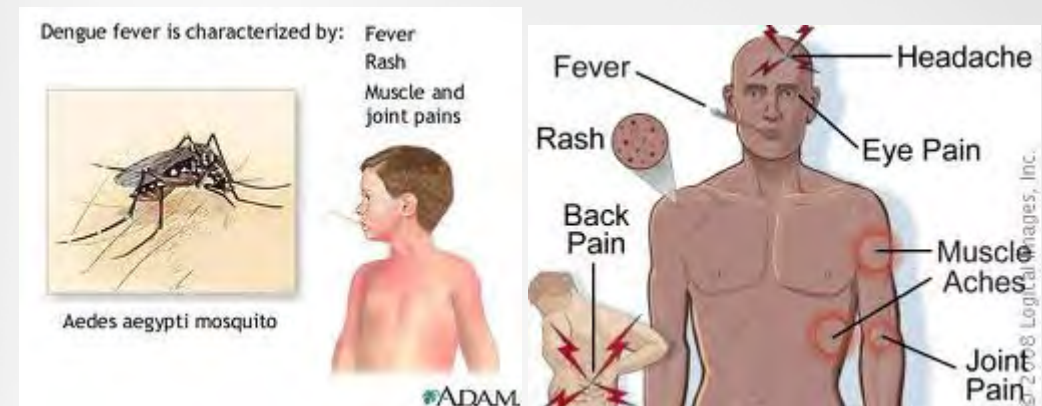
FIRST DEVELOPED IN 1985 AND REGISTERED WITH THE FDA IN 1989 THE ELECTRO-PHYSIOLOGICAL FEEDBACK XRROID ENTERED THE MARKET PLACE. DAY TO DAY IMPROVEMENTS HAVE SHARPEN ITS OPERATION. THERE HAVE BEEN OVER A HUNDRED MEDICAL ARTICLES AND STUDIES PUBLISHED IN PEER REVIEWED MEDICAL JOURNALS ON THE TECHNOLOGY.

NOW REGISTERED IN MOST OF THE COUNTRIES OF THE WORLD THE EPFX TECHNOLOGY IS ADVANCING FAST. OVER 31,000 DEVICES HAVE BEEN SOLD WITH TREMENDOUS RESULTS WORLDWIDE. THE TESTIMONIALS FILE IS ASTOUNDING.

NOW THE SCIO AS IT IS CALLED TODAY OFFERS YOU THE FINEST ENERGETIC MEDICINE HAS TO OFFER WITH THE LARGEST MEDICAL SOFTWARE IN THE WORLD AVAILABLE FOR YOU.



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## Drink Your Medicine: Apricot Peach Juice

These delicious, fresh juices and smoothies please the taste buds and provide a host of health benefits.

*By Pat Crocker and Susan Eagles*

*May/June 2001*

With juice bars and “elixir cafés” springing up in cities throughout North America, it’s tempting to think that juicing is a new trend. But it’s really just the latest manifestation of a centuries-old health practice. And in this new age of genetically modified, over- refined, chemical-laden nonfood, this “rediscovery” of juicing has never been more welcome.

Research consistently shows that people who consume the greatest quantity of fruits and vegetables are about half as likely to develop cancer as those who eat little or no fresh fruits and vegetables. So it’s not surprising that the United States Cancer Institute recommends eating five servings of fresh vegetables and three servings of fresh fruits each day. In fact, the phytochemicals in fruits and vegetables hold the keys to preventing many other illnesses, such as heart disease, as well as debilitating conditions such as asthma, arthritis, and allergies.

Still, even the most disciplined person can find it difficult to eat all those fruits and vegetables every day. So why not drink them? Raw fresh juices, blended drinks, and homemade frozen treats are an easy and tasty way to ensure that adults and children get their “daily eight.”

*Apricot-Peach Juice*

Serves 1

- 2 peaches, peeled, pitted, and halved
- 2 apricots, peeled, pitted, and halved
- 1/2 cup washed green grapes
- 1/4 head fennel, washed and cut into pieces
- 1.Using juicer, process peaches, apricots, grapes, and fennel.
- 2.Whisk together and pour into a glass.

as medicine

If you need more information on the SCIO and purchase details please get in touch with us

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## Drink Your Medicine: Bone Builder

These delicious, fresh juices and smoothies please the taste buds and provide a host of health benefits.

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*Bone Builder - Serves 2*

The calcium, boron, and magnesium derived by the ingredients in this drink make it good for bones.

- 1 cup hot water
  - 1/2 cup dried, whole kelp or another sea vegetable
  - 2 stalks broccoli, washed and cut into pieces
  - 2 kale leaves, washed
  - 2 stalks celery, washed
  - 1/2 a green pepper, washed and cut into pieces
  - 4 sprigs parsley, washed
  - 1 apple, washed, cored, and cut into pieces
1. In a medium bowl, pour the water over the kelp. Soak for 15 to 20 minutes or until the kelp is reconstituted. Drain the soaking water.
  2. Using your juicer, process the kelp, broccoli, kale, celery, green pepper, parsley, and apple. Whisk together and pour into glasses.

## Drink Your Medicine: Calming Chamomile Smoothie

These delicious, fresh juices and smoothies please the taste buds and provide a host of health benefits.

*By Pat Crocker and Susan Eagles*

*May/June 2001*

## Drink Your Medicine: Smart Smoothie

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*Smart Smoothie - Serves 2*

- 1/2 cup orange juice
  - 1/4 cup blueberries, fresh or frozen, washed
  - 1/4 cup seedless grapes, washed
  - 1 cup fresh spinach, washed
  - 1 teaspoon dried ginkgo leaves
  - 1 tablespoon flaxseeds
  - 1 teaspoon dried skullcap
  - 1 teaspoon lecithin
1. Using a blender, process the orange juice, blueberries, grapes, spinach, ginkgo, flaxseeds, skullcap, and lecithin until smooth.
  2. Pour into glasses.

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#### *Calming Chamomile Smoothie*

Serves 1

Try adding a tablespoon of sesame seeds to thicken this drink, if desired.

- 1/2 cup soy milk or nut milk
  - 1 apple, peeled, cored, and cut into pieces
  - 1/4 of a cantaloupe, peeled (with seeds)
  - 1 tablespoon dried German chamomile flowers
  - 2 tablespoons plain yogurt
1. Using a blender, process the soy milk, apple, cantaloupe, chamomile, and yogurt until smooth.
  2. Pour into a glass.

### **Drink Your Medicine: Allium Antioxidant**

These delicious, fresh juices and smoothies please the taste buds and provide a host of health benefits.

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#### *Allium Antioxidant*

Serves 1

Beware—this drink is very strong. Just preparing it will make your eyes water. But, for antioxidant and antibacterial power, it can’t be beat.

- 3 stalks celery, washed
- 1/2 an onion, quartered
- 1 clove garlic

- 1 stalk broccoli, washed and cut into pieces
  - 1 apple, washed, cored, and cut into pieces
1. Using juicer, process the celery, onion, garlic, broccoli, and apple.
  2. Pour into a glass, whisking the juice before drinking.

### **Juice from Indigenous Plants**

The Philippines has been blessed with indigenous plants but, more often than not, these have been neglected or remain underutilized. For a long time, little did we know that the parts of these plants have own unique characteristics and uses that can be processed into different forms usable to man. Many of these plants have medicinal properties and are now being exploited for their cosmetic and aesthetic values, for aromatherapy, or even their use as spices, food supplements and functional food.

There are around 760 Philippine plants known to have medicinal properties. In particular, Region 9 is one of the regions with an abundance of these plants and is where the practice of herbal medicine and the use of medicinal plants are extensive. Inexpensive as compared to commercial pharmaceutical brands, these botanicals have thrived in the region (Zamboanga del Norte, Zamboanga del Sur, and Zamboanga Sibugay) and are easily available.

DA RFU 9 takes up the challenge

In 2009, a study titled “Development and Promotion of Locally-Available Botanical Plants”, was funded under the project ‘Technology Management for Competitive Agriculture and Fisheries Sectors’ by the Bureau of Agricultural Research (BAR) and the National Agriculture and Fisheries Council (NAFC), with support coming from the Japan Official Development Assistance’s (ODA) - 2KR Program Grant Assistance for Underprivileged Farmers. Generally, BAR-NAFC projects aim to speed up the transfer of mature technologies for farmers’ and fishers’ (in the case of aquaculture and fisheries technologies) use for increased productivity and income by commercializing these technologies, thus, transforming agriculture and fisheries into market-driven sectors’.

“The sky-rocketing prices of synthetic medicines coupled with the increasing incidence of various human diseases prompted us to exploit the existing herbs and plants in our backyard for good health and healing of illnesses,” Project Leader Erlinda Gadon said. These medicinal plants have been found to curative effect for asthma, diabetes, hypertension, inflammation, fevers, and other respiratory and digestive ailments.

Support for this project is also in line with the program of the Department of Agriculture on promoting indigenous plants for health and wellness. The DA, through BAR, formulated the Indigenous Plants for Health and Wellness Program (IPHW). Together with BPI and the University of the Philippines Los Baños, BAR prepared the IPHW roadmap for 2010-2015. This is part of BAR’s on-going initiatives in coordination with other government institutions, SUCs, and private sectors to promote health and wellness and taking into consideration Philippine biodiversity.

The RDE program aims to have a more in-depth study of indigenous plants for various purposes such as functional food, herbal medicine, and as raw materials for pharmaceutical and cosmeceutical products.

Researchers from the Department of Agriculture-Regional Food Processing and Preservation Center and Western Mindanao Integrated Agricultural Research Center (WESMIARC) in Zamboanga Sibugay (of DA Regional Field Unit IX) implemented the project to increase the utilization of locally available botanical plants in the country.

The project aims to: compile and document the present practices & usage of botanical plants as supplement & as herbal medicine; encourage the extensive use of locally-available inexpensive botanical plants as supplements for illness prevention as well as cures for various diseases; and for advocacy to go back to the basic and traditional method of the prevention or curing of illnesses.

#### Turning out the juice

The study included the preparation of various juice concentrates of malunggay (leaves), with lemon grass, calamansi, and yacon. Tea preparations of yerba buena, miracle leaf, lagundi, gota kola, banaba and malunggay were also made for the tests. The indigenous plant raw materials were gathered from existing DA research stations all over the country, some of which may be found only in Region 9.

According to the project proponents, the plants used are scientifically proven to have medicinal and therapeutic properties other than as food. These include:

1. Malunggay or Horse Radish tree (*Moringa oleifera* Lam) is a lowly vegetable crop dubbed as a “miracle vegetable” for its health and medicinal properties. Vitamins A, C, and E are present in malunggay. Studies show that the crop could be an effective treatment for ovarian cancer due to the combination of antitumor and hormonal properties found in the root bark extracts. This could be a preventive crop against ulcer, arthritis, heart complications, and kidney diseases.
2. Lemon grass or tanglad (*Andropogon citratus* DC Stapf) is known for its calming effect that relieves a person with insomnia or stress, and has antibacterial and antifungal properties. It can serve as a good cleanser that aids in detoxification processes in liver, pancreas, kidneys, and digestive tract.
3. Calamansi (*Citrus microcarpa* (Bunge) Wijnands) is one of the most common ingredients in juice preparations and can be processed either as beverage, syrup, concentrate, puree, jam, candies, and marmalade. But more than its many uses, calamansi is a rich source of Vitamin C.
4. Yacon (*Smallanthus sonchifolius*) is food for diabetic persons because of its low sugar content. It is also good for those suffering from renal disorders.
5. Gotu Kola, sometimes called “food for the brain” because of its energizing effects on the brain cells, has mild antibacterial, anti-viral, anti-inflammatory, anti-ulcerogenic effects.
6. Banaba (*Lagerstroemia speciosa* Linn.) has long been popular in treating urinary tract infections and even diabetes, edema, fever, jaundice, and dizziness.
7. Yerba Buena (*Mentha cordifolia* Opiz ), one of the 10 herbs endorsed by the Department of Health (DOH), is an effective alternative medicine for headaches, toothaches and joint pains.
8. Lagundi (*Vitex negundo* L.) also a DOH-endorsed herbal medicine that is used for curing colds, flu, bronchial asthma, chronic bronchitis and pharyngitis.

Ms. Gadon and her team have conducted seminars and trainings to farmers, housewives, and out-of-school youth on botanical plants utilization and processing (juice and medicine). “We want

to help farmers in the rural areas especially the low-income earners who cannot afford to buy medicines,” she added.

Tests were conducted for the chemical components, pH, microorganism content, and the benefit and health values. Conduct of sensory evaluation have also been done in various educational institutions to determine the taste, aroma, flavor, color/appearance, after taste, and over-all acceptability

According to Ms. Gadon, “Not only will these plants provide alternative medicine, especially for those less-fortunate individuals who cannot afford medicines, but it has other impact like income-generation and environmental effects. These can increase the income of farmers as additional or companion plants to their traditional crops,” She added that these plants can help create more balance in the environment since some of the botanical plants are naturally insect repellent, thus reducing the need for chemical insecticides.

With the increasing demand for and popularity of alternative medicine, Ms. Gadon suggests that further advocacy efforts be made for herbal medicine and supplements by all concerned.

Ms. Gadon envisions that “Philippine indigenous plants can become a world class source for the most effective and efficient cures for human ailments and the means to maintain good health, thus making us highly productive beings.”

The juice concentrates are priced at PhP100 per 325 ml bottle while the tea amounts to PhP 5 per tea bag. Product samples are now displayed and are being promoted at the BAR’s Research & Development Technology Commercialization Center at Quezon City.

Consumer acceptance was noted in various local and national Agriculture/Trade Fairs, and activities sponsored by the local government units in which the products were shown. These activities have drawn a lot of interest in the plants processed into different forms as alternative medicine.

## Prune Juice And Apple Sauce Constipation Remedy

October 8, 2008 · 113 views · Filed Under *Alternative Medicine*

### Prune Juice And Apple Sauce Constipation Remedy

Are you currently experiencing constipation? I know constipation is no fun and can be extremely uncomfortable.ÂSo i am writing this article to share with you a remedy i have found using prune juice and apple sauce to help you find some relief.

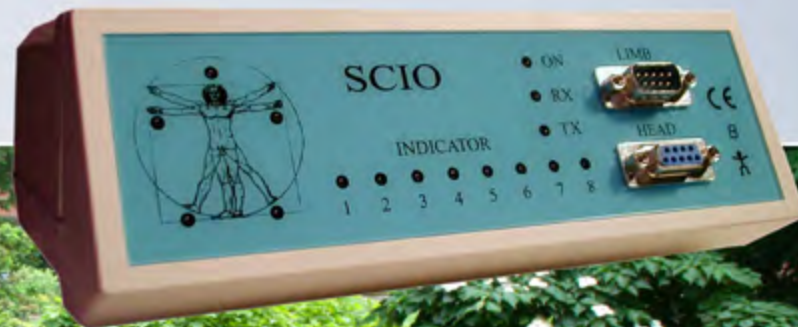
The thing about constipation is that it’s actually merely a symptom of an unhealthy colon which is a much larger problem. Relieving your constipation is one thing but it is also more important to address the root of the problem because you are actually experiencing constipation due to too much toxic pollution inside your colon.

When you accumulate too much toxins inside your colon, your colon can no longer properly do it’s job which is to remove waste from your body trough bowel movements. Now when your colon can no longer properly produce bowel movements feces along with all those toxins start to build up inside of you.

Constipation is a sign that this is happening to you. An alarming fact, is that the average person carries anywhere from 5-40 lbs of feces inside their colon. It is not hard to imagine why this is

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very unhealthy. If this problem is not addressed and you do not properly clean your colon, your occasional constipation you are experiencing can develop into more severe cases such as colon cancer which is the third most leading cause of death among cancers.

Don't let this happen to you, this problem is can be solved easily and naturally. [Click Here To Properly Stop Your Constipation](#)

I hope you have gained a better understanding of why you are constipated and that to properly address your constipation is through a colon cleanse. Luckily, there are a lot of natural herbal supplements available which can be taken to accomplish this. Bowtrol Colon Cleanse is a product i recommend because it is 100% all natural, produces no side effects, and will instantly cure your constipation while ridding your body of all those built up toxins.

Now as promised, i will provide you with a home remedy using prune juice and apple sauce to temporarily relieve mild constipation for you.

- Step 1 Go to the grocery store and pick up some prune juice, apple sauce, and unprocessed bran if you do not already have some available.
- Step 2 Take 1 cup of apple sauce, one cup of unprocessed bran, and 3/4ths cup of prune juice.
- Step 3 Mix the ingredients together and it should come out into a pasty substance somewhat like peanut butter.
- Step 4 Place in refrigerator to chill
- Step 5 After refrigerated, take 2 tablespoons daily and drink one glass of water to relieve constipation.

## Health Benefits of Raw Pineapple Juice

March 20th 2007 Posted to Raw Juice Therapy



Raw pineapple juice contains almost all vitamins and minerals essential for the digestive system. It stimulates the kidney, relieves intestinal disorders and has diuretic properties.

Raw pineapple juice is also claimed to be an effective remedy for intestinal worms.

Furthermore, pineapple juice reduces excess water buildup and helps to maintain a healthy water balance in the body. As a result, a certain percentage of your weight can decrease.

Pineapple juice contains a mixture of protein-digesting enzymes called Bromelain. Bromelain is an anti-inflammatory agent, which is used for athletic injuries, arthritis and post-operative swelling.

as medicine

Bromelain has also proved to be effective in treatment of hemorrhoids, colitis, sore throat and menstrual disorders.

Pineapple juice is a good source of Vitamin C, which is a highly effective antioxidant, fights bacterial and viral infections, and does help the body to absorb iron.

Raw pineapple juice is also a source of Vitamin B1, which plays an important role in converting blood sugar into energy.

Pineapple has minimal fat, 100 gr. of pineapple contain only 48 kcal.

Raw pineapple juice is also good for the heart as it reduces blood clots in the blood-stream.

200-250 ml of raw pineapple juice is suggested for daily intake.

Note: Only ripe fruits should be used in raw juice therapy. Ripe pineapples are heavy and have sweet aroma.

## Best Acai Juice

*Brazilian Acai Juice by Dr. Tim*

What does medical research say about the health properties of acai?

As a relatively new discovery, acai has appeared in the online database of the US National Library of Medicine PubMed only since 2004. Since then, just five reports are listed (June 2006).

Three studies analyzed the antioxidant properties of acai, showing its powerful effects against specific oxidizing agents like peroxy radicals and peroxy nitrite. One interesting finding was that the total antioxidant capacity of acai could be accounted in just 10% of the identified anthocyanins. This finding indicates that acai is loaded with other, yet unidentified, antioxidant phytochemicals.

In 2006, a study performed at the University of Florida showed that acai antioxidants could induce more rapid death (apoptosis) of leukemia cells in vitro. This preliminary research indicates a possible anti-cancer effect of anthocyanins and other pigments, as shown for North American dark berries like the blueberry and black raspberry.

With research beginning to show remarkable benefits of acai, why not introduce this tasty berry into your diet?

## Cherry Juice and other natural Medicines for Gout

Aneron Kepasil | June 24, 2011

Gout is a disease caused by high levels of uric acid in joints. When this acid builds up in the blood, it becomes crystallized and gets stored at different joints in the body, inflaming them and making them red, hot, and tender to touch. Although joint inflammation is the most common symptom of gout, kidney and urinary problems can result as well. Medicine for gout can become tedious to execute, since gout can be caused by many other medical conditions, such as diabetes and leukemia.

There isn't an actual cure because the symptoms of gout are brought on by high blood levels of uric acid that crystallize and then form painful deposits in the joints. However, a healthy diet,

combined with a healthy lifestyle and natural herbs that reduce the levels of uric acid in the blood, can make the symptoms of gout go away.

Dietary changes can alleviate gout symptoms also. Drinking a lot of water helps the body remove uric acid from the bloodstream. Dairy products, black or sour cherry juice, and blueberries can also remove urate crystals from the body and uric acid from the bloodstream. Excessive vitamin C consumption elevates the levels of uric acid in and can contribute to the development of a gout toe.

Taking large amounts of vitamin C serves as an effective medicine for gout. A study was conducted where two groups of people were given different vitamin C intakes. The people given more than 1,500 mg of vitamin C a day were 40% less prone to getting gout than those who consumed less than 200 mg a day. Doctors are commonly prescribing vitamin C to their patients today to combat the gout.

Purine rich foods are not the only factor that can contribute to a person developing gout. Obesity causes the body to produce more uric acid. Keep as close as possible to your ideal body weight to further reduce your risk.

A natural solution for handling the symptoms of gout is Goutezol, a supplement that provides a natural and safe way of fighting gout, providing all the benefits of eating a large bowl of cherries in one capsule. Goutezol contains quercetin, celery seeds, mulberry tree extracts, and rutin, which are all-natural ingredients with a proven history of relieving the symptoms of gout.

## Echinacea pallida juice extract exhibits anti-Herpetic activity.- GreenMedInfo Summary

*Abstract Title:*

Anti-herpetic Properties of Hydroalcoholic Extracts and Pressed Juice from Echinacea pallida.

*Abstract Source:*

Planta Med. 2009 Sep 29. Epub 2009 Sep 29. PMID:19790030

*Abstract:*

Hydroalcoholic extracts and pressed juice from ECHINACEA PALLIDA were phytochemically characterized by HPLC-MS analyses. Ferulic and caffeic acid derivatives were identified as major constituents. All tested extracts and pressed juice from ECHINACEA PALLIDA exhibited a low cytotoxic activity on monkey kidney cells IN VITRO. The inhibitory activity of ECHINACEA against herpes simplex virus types 1 and 2 (HSV-1, HSV-2) was analysed with plaque reduction assays. All hydroalcoholic extracts exhibited high levels of antiviral activity against both types of herpesvirus in a dose-dependent manner. Plaque formation was significantly reduced by more than 99 % or completely absent. Pressed juice from E. PALLIDA revealed the highest antiviral activity against HSV-1 and HSV-2 when compared to hydroalcoholic ECHINACEA extracts and even highly diluted ECHINACEA pressed juice still inhibited viral infectivity. Hydroalcoholic extracts were quite active against herpetic infection when HSV-1 or HSV-2 were pretreated with the extracts. In contrast, ECHINACEA pressed juice revealed antiviral activity during all phases of the viral replication cycle. Additionally, ECHINACEA pressed juice demonstrated protection of cells against viral infection. In

conclusion, hydroalcoholic E. PALLIDA extracts interfere with free herpesvirus but pressed juice is able to interact with herpesvirus inside and outside the cell as well as to protect cells against viral infection, probably by interfering with virus attachment. Hydroalcoholic extracts and pressed juice from E. PALLIDA demonstrated high selectivity indices, a necessary prerequisite for a potential topical treatment of herpetic infections. Different types of ECHINACEA preparations, such as commercial tinctures, tablets, and teas, are expected to offer different antiviral profiles. Study Type : In Vitro Study

### Drink pomegranate juice can alleviate work pressure

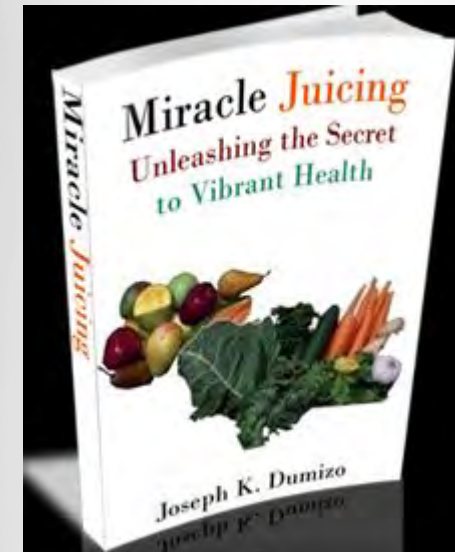
Source: Traditional Chinese Folk Medicine Research and Development Association

In Egyptian folk medicine, pomegranate juice was used to treat maladies from dysentery to stomachaches as well as intestinal worms.

A British study last year found that about a fifth of the employee because pressure and called in sick. Britain's daily mail reports on June 6, a new study found that pomegranate juice help fight office stress.

Edinburgh Margaret on a group of queen's university scientists who were in the two-week research. Who were drinking 500 ml pomegranate juice every day. The researchers studied respectively in the beginning and end of the loop, measured the heart rate, who were also received involving their emotions and work feeling questionnaire. Research found that almost all of those at the end of the study were to work more enthusiasm, the more positive and more proud and more active. When the study began, compared with the end of the study were more may use "pressure", "nervous," "guilty" and "shamed" words like description of your feelings. And most of the heart rate were significantly lower.

New study chief dr Emma DE du galilee, said the new study shows that busy office worker drink pomegranate juice help ease chronic stress, maintaining good health, improve working enthusiasm and efficiency. Earlier research found that, pure natural pomegranate juice has a variety of health effect. A study last year found that drinking pomegranate juice helps prevent middle-aged fat. The study also found that, often drink pomegranate juice can reduce the risk of high blood pressure, heart disease, stroke, kidney disease risk. The scientists also found that pomegranate juice helps neutralize the anti-oxidation factor, harmful free radicals and help fight cancer, heart disease and aging. (gold)



### White radish juice can cure migraines nose drops

Shandong Province, Wang readers: the mother had migraine problems early, eat a lot of drugs do not work. Then find a recipe, the mother tried to post good results, is recommended to everyone. Is to take a white turnip root, washed and shredded, with clean gauze after the extraction of juice 20 ml. If the left side of migraines, turnip juice will trickle right nostril in the fractional; migraine right instilled in the left nostril. A Day two, once a 4-5 days, up to one week effective.

Professor Yang Li of China Academy of Traditional Chinese Medicine: This method is derived from the ancient practice in ancient Chinese medicine, "herbal medicine prepared to" records: "Essay suffering from migraine, chopped radish juice, supine, left-right-nasal injection pain, injection pain, left the right nose, nasal Qi note or two, suffering for decades, the Second Note and more. "Said the radish juice is white radish juice.

Chinese medicine, white radish juice Xin Gan, cool, as in the treatment of nasal congestion or sinusitis, and cold and other exogenous causes of migraine have a certain effect. Western migraine called "vascular headache" in the Chinese view, "not General pain," for whatever reason, as long as the delay will cause pain cycle. white radish juice with natural mustard oil, through the nose, nasal drip mucosa rapidly absorbed, played Tongqiaohuoxue results, while improving the promotion of brain blood circulation, relieve migraine headaches. Patients should pay attention to health juice, juice, to prevent contamination caused by Yin Luobu nasal and sinus infections occurred. In addition, White Luobu Pi can be attached to the temple, there is a certain therapeutic effect. the treatment effect was not obvious, the best time to go to the hospital to identify the cause and specific treatment.

## Kenyans turn to celery juice medicine

Celery, long used in western-style salads, is taking off in Kenya as the icon of healthy eating, clean body and low blood pressure, with hundreds of Kenyans a month now adopting the vegetable, often as juices, on the recommendation of the country's health clinics and nutritionists. Hippocrates, the father of medicine, long ago identified celery as an ingredient to calm the nerves. However, recent research has delivered a rising pile of evidence on the vegetable's curative powers, pushing it to the front of mind with nutritionists and health clinics alike.

Vibrant Health, one of Kenya's emerging alternative health clinics, began recommending the vegetable some time back. The response and results were phenomenal, said Mary, a nurse at the clinic. Patients' health improved and many began spreading the word about celery. "So many people called back, and they have informed others about its health benefits and the numbers are growing," she said.

The clinic is now recommending celery juice to some 200 cancer, diabetic and hypertension patients a month.

Supermarkets such as Nakumatt Westgate, meanwhile, report strong and rising demand for the vegetable. And among Kenyan farmers celery is attracting rising interest as a crop.

Like any other green vegetable, celery is rich in minerals, vitamins and antioxidants such as magnesium, sodium, calcium, and Vitamins A, C, and B. But according to researchers at the University of Chicago, celery also reduces cholesterol by as much as seven points with just two stalks a day.

Celery is also emerging as a treatment for rheumatism. According to nutritionist N.W Walker, in his book, *Fresh Vegetable and Fruit Juice*, the sodium in celery is different than in table salt. Normal table salt is composed of insoluble inorganic compounds which lead to the development of varicose veins, hardening of the arteries and other ailments. In processed salt, minerals and nutrients have additionally been destroyed.

But celery juice contains high levels of vital organic sodium and calcium, which aid the take-up of a wide range of nutrients. This makes it valuable for people who have consumed concentrated sugars and starches all their lives, such as bread, biscuits, cakes, cereals, doughnuts and spaghetti.

These starches can overload the body in various ways. Celery clears uric acid from painful joints, relieving arthritis and rheumatism. Some health practitioners in Japan have even been putting rheumatic patients on a celery only diet, reporting good results.

Celery's high fibre content and low carbohydrate fiber may also benefit in colon health, according to Jordan Rubin, author of the *Maker's Diet*. And the vegetable oil is being used in aromatherapy, for its soothing properties, and as an aid to weight loss.

However, the juice should not be taken alone, says Mary. It needs to be combined with other vegetables or juices, such as carrot, apple and cucumber. The juice is also best drunk immediately as the enzymes in the celery die quickly after juicing.

The Vibrant Health clinic additionally promotes the vegetable as a natural diuretic, alleviating kidney problems and improving the elimination of toxins from the bloodstream.

celery juice

As clinics warm to the benefits of celery juice, so too are many of the country's alternative restaurants and juice bars, such as Pure Health and Bridges Organic Health Restaurant, opposite City Market in the City Centre, and at Upper Hill.

But the real heartland for celery remains the salad, which is itself becoming rapidly more popular with Kenya's middle classes, through salad buffets.

In restaurants, such as Bridges and Pure Health, which are packed with customers over lunch hours, celery juice can cost up to Sh100 per glass, while the salad buffets cost around Sh150.

Yet, even as demand climbs, farmers say it's not an easy vegetable to grow. The seeds are tiny, and difficult to sow, and a few farmers even recommend rearing seedlings indoors in individual pots.

But the country's climate is good for celery. The plant needs ample sunlight in fertile soil. As a heavy feeder, celery also requires plenty of water as it grows. If it does not get enough water, the stalks will be dry, and small, but adding compost and mulch around the plants helps retain moisture.

Once planted, celery takes four to five months to mature, and is best when it has light green ribs and a glossy surface. A bunch of celery can cost up to Sh15 in local markets. At supermarkets, one kilo costs up to Sh189. Seeds can be bought from seed companies and the Kenya Union of Organic Farmers (KUON).

*Written by Stella Kabura*

## Beet Juice as a Natural Blood Pressure Medicine

*Neil Wagner*

In a follow-up to their 2008 study, British researchers have found that the ability of beet juice to lower blood pressure comes from its high nitrate content.

Back in 2008, the researchers found that drinking beet juice could lower blood pressure by over 10 points and that a decrease of 4.4 points persisted 24 hours after drinking beet juice. This suggests the possibility of a natural, vegetable-based treatment for high blood pressure.

After one hour, the blood pressure of those who drank the beet juice began to drop, with a maximum drop of 10.4 points systolic blood pressure seen at 2.5 hours.

Beet juice is juice obtained from the common red beet. It is often called beetroot juice, since the beet itself is a root vegetable that grows underground. Beet leaves, also called beet greens, can also be eaten.

In the 2008 study, 14 healthy volunteers drank 500 ml (about a pint) of either beet juice or water. After one hour, the blood pressure of those who drank the beet juice began to drop, with a maximum drop of 10.4 points systolic blood pressure seen at 2.5 hours.

The decrease in blood pressure was thought to be due to the nitrate in the beets. In the body, nitrate produces small amounts of nitrite, which in turn produces small amounts of the gas nitric oxide. Nitric oxide is a potent dilator of blood vessels, and as blood vessels expand, blood pressure decreases.

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Big Tobacco  
Big Pharma  
Big Sugar  
Big Media  
Big Banking  
Big Money

as medicine

The researchers measured blood nitrite concentration and found that it peaked three hours after drinking the juice, right around the time the blood pressure decrease peaked.

A second experiment showed that nitrite only forms after nitrate enters the saliva. The conversion to nitrite presumably occurs by the action of oral bacteria present on the underside of the tongue. In this experiment, volunteers who drank beet juice but spat out all saliva for three hours afterwards did not show the increase in blood nitrite seen in volunteers who continued to swallow their saliva as they normally would. This implies that nitrate must first enter the saliva, be converted to nitrite there and then swallowed before blood pressure begins to decrease.

In the 2010 study, the researchers, once again working with healthy volunteers, compared the effect of drinking beet juice to taking inorganic nitrate capsules. They found that both substances had a similar effect on blood pressure and this effect increased with increasing dose. They also found that only 250 ml (about 8.5 oz.) of beet juice was needed to lower blood pressure.

Both studies suggest a role for beet juice as a medication for lowering blood pressure. While it has not yet been tested on people who have high blood pressure, if such tests do go well, there should be some use for a natural preparation with this potent an ability to lower blood pressure in people who have high blood pressure.

But this perspective looks at beets as a medication. Simply eating fruits and vegetables seems to offer people protection against developing high blood pressure in the first place. Maybe if people ate their beets and other fruits and vegetables when young, they wouldn't need blood pressure medication later in life.

An ahead-of-print version of the 2010 study was published online June 30 by the journal Hypertension.

Health magazine is reporting on a UCLA study listing the ten healthiest fruit juices.

On The Early Show Saturday, Health magazine contributor and clinical nutritionist Samantha Heller talked about what makes the juices healthy.

The study took into account the antioxidant levels of the juices.

Basically, Heller says, anything with a vivid color, like most berries, will be high in antioxidants, so it's no surprise berry juices landed in most of the top 10 slots.

Oxidants, she explains, are naturally-occurring substances that derive from oxygen. Chemically speaking, oxygen always wants to "mate," and if it can't find a mate, it will latch onto anything. As it's latching onto substances in our body, it can overwhelm them, and cause disease.

Antioxidants, on the other hand, voluntarily bond with molecules of oxygen, preventing them from glomming onto any other substance in our body, and that helps keep us healthy.

And these juices have high levels of antioxidants.

Still, Heller cautions that doesn't mean you should go overboard with any of them.

There's always the danger, she points out, that when we tell people something is healthy for them, they'll go out and drink it by the gallon.

The truth is, you consume a lot of calories with juice. No-sugar-added doesn't necessarily mean no sugar at all. And sugar, even though it's naturally-occurring sugar, can really pack on the pounds if you consume too much.

Also, bear in mind that juices sometimes interact with medications in an undesirable way. For example, grapefruit juice interacts with some medications, so you have to be careful.

Another Heller suggestion: Eat the fruit itself if you can, rather than drinking the juice. The fruit has far fewer calories. Remember: It takes ten oranges to make a glass of orange juice, but one orange will be relatively low in calories. Also, the fruit will give you the fiber you need, but the juice won't. So the fruit is always a better choice than the juice.

If you're a big juice-lover, and you're not much of a fruit-eater, Heller says it would be better to get the nutrients the juice has to offer. But to avoid calorie overload, mix it with club soda. You'll get the taste, with half the calories.

## Among the top ten juices:

### Pomegranate Juice

Pomegranate is the healthiest of them all because it contains the most of every type of antioxidant. It wins in all categories. And it's thought that it might do some very good things; it may protect against some cancers, such as prostate cancer. It might also modify heart disease risk factors, and it could be healthy for your heart. So pomegranate was the clear winner.

### Concord Grape Juice

Concord grape juice is a source of very potent antioxidants. And there's some research indicating it may be good for our hearts and also help reduce blood pressure. Grapes are also high in fiber, but much of their goodness is in the seed, so you need to consider whether grape juice is the way to go.

### Blueberry Juice

The color alone indicates a lot of antioxidants. But blueberry juice also contains tons of fiber, and is also very high in Vitamin C. One of the qualities of antioxidants is that they can lower inflammation, and so there's some indication that blueberries may have some effect on age-related cognitive abilities. And don't forget that blueberries are very low in calories.

### Black Cherry Juice

This one actually has scientists a bit excited. Not only is it high in antioxidants, but there is evidence that black cherry juice can actually diminish exercise-induced muscle injuries.

### Cranberry Juice

Like all of these juices, it's high in antioxidants. But cranberry juice is also high in Vitamin C. And there's always been a sort of wives' tale that cranberry juice helps prevent urinary tract infections. Well, it turns out researchers are finding evidence that it actually can decrease the number of urinary tract infections. The thinking is, it helps stop bacteria from sticking to the bladder wall, protecting against infections.

July 12, 2010

## Research Reveals New Secret Weapon for Tour De France: Beetroot Juice

*ScienceDaily (July 1, 2011)— Winning margins in the Tour de France can be tight -- last year just 39 seconds separated the top two riders after more than 90 hours in the saddle. When every second counts, riders do everything possible to gain a competitive advantage -- from using aerodynamic carbon fibre bikes to the very latest in sports nutrition.*

Now there could be a new, completely legal and rather surprising weapon in the armoury for riders aiming to shave vital seconds off their time -- beetroot juice.

Research by the University of Exeter, published in the journal *Medicine and Science in Sports and Exercise*, has shown drinking the juice enables competitive-level cyclists to cut down the time it takes to ride a given distance. This is the first study which has shown that beetroot juice can be effective in a simulated competition environment.

For the study, nine club-level competitive male cyclists were asked to compete in time trials over 4km (2.5 mile) and 16.1km (10 mile). All the riders were asked to do each time trial twice. Each time they drank half a litre of beetroot juice beforehand. On one occasion they had normal beetroot juice, on the other occasion -- unbeknown to the triallists -- the beetroot juice had a key ingredient, nitrate, removed.

The researchers monitored athletes' VO2 levels (showing the amount of oxygen consumed) during exercise to ensure that the cyclists worked at maximum effort on each occasion.

Results showed that when the cyclists drank ordinary beetroot juice they had a higher power output (measured in watts) for the same level of effort -- suggesting their muscles and cardiovascular system were being more efficient.

On average, riders were 11 seconds (2.8%) quicker over the 4km distance and 45 seconds (2.7%) faster over the 16.1km distance.

Professor Andrew Jones, from the University of Exeter, lead author on the research, said: "This is the first time we've studied the effects of beetroot juice, and the high nitrate levels found in it, on simulated competition.

"The findings show an improvement in performance that, at competition level, could make a real difference -- particularly in an event like the Tour de France where winning margins can be tight."

Beetroot juice is a natural source of nitrate, which is thought to be the active ingredient in affecting athlete's performance.

The nitrate has two physiological effects. Firstly, it widens blood vessels, reducing blood pressure and allowing more blood flow. Secondly, it affects muscle tissue, reducing the amount of oxygen needed by muscles during activity. The combined effects have a significant impact on performing physical tasks, whether it involves low-intensity or high-intensity effort.

Previous studies by the University of Exeter uncovered the impacts of beetroot juice and have begun to look in detail at its effects on different kinds of physical activity.

The beetroot juice used in this research was provided by James White Drinks.

The above story is reprinted (with editorial adaptations by ScienceDailystaff) from materials provided byUniversity of Exeter.

Journal Reference:

1.Katherine E. Lansley, Paul G. Winyard, Stephen J. Bailey, Anni Vanhatalo, Daryl P. Wilkerson, Jamie R. Blackwell, Mark Gilchrist, Nigel Benjamin, Andrew M. Jones.Acute Dietary Nitrate Supplementation Improves Cycling Time Trial Performance.Medicine & Science in Sports & Exercise, 2011; 43 (6): 1125 DOI:10.1249/MSS.0b013e31821597b4

SinaHealthinformation according to the British <<Daily Mail>> reported July 1, <<Sports Training Medicine and Science>> magazine published a recent UK study found that drinking beetroot juice can increase the bike athletic performance.

Exeter University scientists to nine men to complete 2.5 miles (about 4 km) and 10 miles (16 km) bicycle race. Before departure, participants who consumed 1 pint (about 473 ml) sugar beet root juice, when tested by nitrite-rich drink ordinary ordinary beetroot juice, the short-game performance by 11 seconds, the remote game results with 45 seconds these achievements seem like much, but you know, last year’s ring France bicycle race championship gap to 39 seconds.

Scientists, analysts pointed out that the many benefits of beetroot juice with the nitrite-rich material which is not unrelated. The substance enters the body to dilate blood vessels, accelerate the amount of muscle and brain of oxygen, so the amount of muscle and brain of oxygen maximum(<http://www.f-paper.com/>). a number of test results found that beet root juice nitrite can improve the efficiency of the heart muscle and the new head of research Professor Andrew Jones, the first study to reveal beetroot juice and rich in nitrite Asia on the positive role of sports simulations. The results show that drinking beetroot juice in particular help to improve endurance athletics achievements. In addition, drinking beetroot juice beneficiaries include not only the professional or amateur athletes, but also elderly and frail people, to provide these people more energy, more strength to walk, but the successful completion of daily tasks more strenuous. Not only that, as early as pre-study also found that drinking beetroot juice can also help reduce high blood pressure and prevent Alzheimer’s disease. (Chen Zonglun)

Lime - Natural Benefits and Curative Properties

Botanical Name:: Citrusaurantifolia

Indian Name:: Niboo

Description

The lime is an important fruit of citrus group. It is very popular all through the tropics and is used as a necessary adjunct in everyday meal. It is regarded as a health-building food of great value. Limes are generally mistaken for lemons, but they represent two varieties of the same genus. The lime is smaller in size than the lemon, with athinsmooth skin. It has sweet smell and contains less juice than the lemon. The lime grows on a small, multi-branched tree up to 5 me. in height, with spiny branches, small green leaves and white and strongly scented flowers.

There are many varieties of limes, differing in size, color and shape. They are, however, classified into two main groups, namely, the sweet and the acid limes. Thesweetlimescontain a. higher proportion of sugar but they have an insipid taste and are not considered to be of high nutritive value. They are, therefore, not grown on any great scale. Acid or sour limes, on the other hand, are extensively cultivated as their importance as food and medicine has been recognized for centuries. The two most popularly known varieties arePariandKagzi niboo

Origin and Distribution

The lime is believed to have originated in India, where it has been grown since remote times. Arab traders are believed to have taken it to Eastern Mediterranean and Western countries in about I000 AD. The Spaniards took it to the New, World early in their colonization. It has since spread throughout the tropics, where it is the most commonly cultivated species of the acid citrus.

Food Value

Acid limes are excellent source of free citric acid, natural sugar, vitamin C, calcium and phosphorus. It contains by far more vitamin C than the lemon. It is generally used for its juice which is taken in various ways. The best way to use it is to take with water. Thelimejuiceforms an indispensable ingredient of salads. In fruit salads, it helps to retain the normal color of fruits and imparts tart flavor. It is often mixed with cooked pulses, soups, sauces and gravies to make them more tasty and palatable.

Lime

Food Value	Minerals and Vitamins
Moisture - 84.6%	Calcium - 90 mg
Protein - 1.5%	Phosphorus - 20 mg
Fat - 1.0%	Iron - 0.3 mg
Minerals - 0.7%	Vitamin C - 63mg
Carbohydrates - 10.9%	Small amount of Vitamin B Complex
Fibre - 1.3%	
* Value per 100 gm’s edible portion	Calorific Value - 57

Natural Benefits and Curative Properties

The juice of fresh limes is being used in medicine from ancient times in India. InVadas,lime has been mentioned as a sacred fruit. Cutting limes after reciting certainMantrasis considered an effective method for driving away the evil spirits. Charaka and Sharangdhara, the two famous physicians of ancient India, have mentioned about the therapeutic value of lime in various diseases of bones and joints. The vitamin C content in lime increases the body’s resistance to disease, aids the healing of wounds and prevents damage to the eyes. Vitamin C is also helpful in maintaining the health of the teeth and other bones of the body. It prevents decay and loosening of the teeth, dental caries, toothache, bleeding of the gums and fragility of bones.



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The rind of the fruit also has medicinal properties. It contains a volatile oil which is used in medicine for improving digestion and removing wind

- **Scurvy:-** As a rich source of vitamin C, the lime has been regarded as a food of exceptional therapeutic value. It has saved the lives of innumerable crews of ocean-going vessels from scurvy. The Boards of Trade regulations have made it compulsory for the crew to have a supply of lime juice when vegetables are not available.
- **Digestive Disorders:-** Lime is considered highly beneficial in the treatment of digestive disorders. A teaspoonful of fresh lime-juice should be mixed with equal quantity of bony. It should be licked to stop bilious vomiting, indigestion, burning in the chest due to high acidity in the stomach and excessive accumulation of saliva in the mouth.
- A teaspoonful of lime juice mixed with water and a pinch of soda bicarb makes an excellent remedy for reducing the acidity in the stomach. It also acts as a powerful carminative in case of indigestion. It produces a marked sedative effect in the stomach due to release of carbonic acid gas.
- **Constipation:-** The lime juice is of great value in constipation, when it is taken as the first thing in the morning in a glass of warm water. In chronic cases, it helps remove tire disorder by promoting biliary secretion from liver.
- **Peptic Ulcers:-** The citric acid in limes has an alkaline reaction in the system. This acid together with the mineral salts present in the juice, helps the digestion by assisting in the absorption of fats and alcohol and by neutralizing excessive bile produced by the liver. The juice counteracts the effects of greasy food and reduces gastric acidity. It is, therefore, specially valuable in the treatment of peptic ulcers.
- **Common Cold:-** Lime is ideal in alt types of fevers and cold if taken weltdiluted. Vitamin C rich lime juice increases resistance, reduces toxicity and cuts down the course of the illness. Unless one is specially allergic to citrus fruits, one should not avoid lime in cold. A glass of diluted lime juice prepared in warm water, to which a teaspoonful of honey is added, is an ideal remedy for cold and dry cough.
- **Tonsillitis:-** Lime has proved effective in the treatment o(acute tonsillitis. A fresh lime squeezed in a glass of warm water, with four teaspoonful of honey and a quarter teaspoonful of common salt, should be sipped slowly in such cases.
- **Gums:-** Lime is valuable in swollen gums. A glass of dilutedfreshlimejuicemixed with a pinch ofrocksaltshould be taken in this condition. The squeezed lime rind should also be rubbed over the gums, before throwing it away.
- **Eye Disorders:-** Lime juice is valuable in eye disorders. Few drops of warm lime-juice diluted with water should be instilled in the eyes in case of conjunctivitis. Its regular use with pure rose water in the ratio of 1:4 is helpful in preventing old-age cataract.
- **Cystitis:-** Lime has proved valuable in cystitis - ie., inflammation of urinary bladder. A teaspoonful of lime juice should be put in 180 gm. of boiling water. It should then be allowed to cool and 60 gm. of this water should be given eVery two hours in this condition. It gives relief to burning sensation and also stops bleeding in cystitis.
- **Scorpion Sting:-** When externally applied, fresh lime is highly beneficial in the treatment of scorpion sting. A crystal of potassium permanganate should be put over it. It will have effect in ten minutes.
- **Obesity :-** The lime juice is also excellent for weight reduction. It has a sedative effect on the nerves. Fresh juice' of a lime mixed in a glassful of water and sweetened with honey should be

taken every morning on empty stomach in case of obesity. It will reduce the weight in two to three months time. One should however, take low calorie diet to get the desired result.

### Precaution

Limes should not be used in excess. The alkaline salts of the lime juice neutralize the free uric acid and precipitate it. It has; therefore, been found that its excessive use may cause the formation of renal calculi.

Excessive sucking of fresh lime is also bad for teeth as the acid damages the delicate enamel of the teeth and makes them sensitive. Its excessive use weakens digestion and impoverishes the blood

## Is It OK to Take Thyroid Medicine With Tomato Juice?



### Overview

When you take medications, you have to be careful about the foods that you consume with them. Some medications, including thyroid drugs, are designed to be taken on an empty stomach. Taking thyroid medications with juice is unlikely to cause significant problems, but you should talk to your doctor before taking medications with tomato juice.

### What Is Thyroid Medication?

If you have a thyroid gland that is not working properly or your thyroid gland has been removed, you will need to take special medications. One commonly prescribed medication is levothyroxine. Levothyroxine is a synthetic form of thyroid hormone. This drug is needed to replace the thyroid hormones that you are not producing. Thyroid hormone is responsible for controlling your metabolism, and proper levels are needed to keep your body working properly.

Natural Thyroid FormulaNatural precursors and stimulants.For optimal thyroid function.[www.Super-Smart.eu](http://www.Super-Smart.eu)

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### Levothyroxine and Food

If you are taking levothyroxine, it is important that you take this medication according to the instructions given to you by your doctor. Levothyroxine is absorbed better on an empty stomach and taking this medication with food can interfere with the absorption of the medication. If you take levothyroxine with food, you may not reap the full benefits of the medication, causing you to develop signs of hypothyroidism, such as fatigue, constipation and cold intolerance.

### Tomato Juice and Levothyroxine

The effects of tomato juice on levothyroxine have not been studied, but the effects of grapefruit juice on levothyroxine absorption has been studied. According to a study published in 2005 in the "British Journal of Clinical Pharmacology," patients who take levothyroxine with grapefruit juice have slightly slower absorption of the medication, but the juice does not appear to cause a significant decrease in the amount of medication that gets into the blood. This means it is most likely safe for you to take thyroid medications with tomato juice.

### Considerations

Although it is likely safe for you to take thyroid medications with tomato juice, you should still talk to your doctor before taking your medications with this juice or any other substance. Your doctor may want to do blood tests to make sure you are absorbing all of the medication, especially if you develop signs of hypothyroidism. Talk to your doctor before making any change in how you take your medication.

## Natural Cures For Acid Reflux And Heartburn - Common Digestive Problem

by Dr Easton Patrick

in Health-Fitness/Alternative Medicine (submitted 14 hours ago )

Heartburn caused by acid reflux action is one among the commonly seen digestive disorders. Heartburn, formed as a symptom of gastroesophageal reflux disease is characterized by severe chest pain, sour taste in mouth, coughing, wheezing, sore throat and regurgitation of food. Treatments for curing acidity and heartburn can only be done by knowing its cause. Causes for the formation of acidity action or heartburn may not be unique always. Over consumption of fried foods, tomatoes, chocolate, caffeinated products, citrus fruits and alcohol are some main causes for acidity and heartburn. If not cured in earlier stages of disease, it may further result in health risks like esophageal bleeding, strictures and ulcers. Before picking a cure for acid reflux, it is advised to get guidance from a doctor for better assistance. Now, let's see in detail some of the best recommended natural cures for acid reflux and heartburn.

Maintaining a healthy balanced diet is a best natural cure for acid reflux and heartburn. People suffering from heartburn are advised to avoid food items like garlic, black pepper, vinegar, fatty foods and spicy foods. Some of the safe food items recommended for curing acidity and heartburn include banana, apple, fat free cream cheese, brown rice, broccoli, egg whites and red licorice.

Increasing the amount of water intake is a natural cure for heartburn. It helps in diluting acids in stomach and preventing the occurrence of acid reflux. Drinking plenty of water suppresses food cravings and defeats many health risks. Drinking chamomile tea is another natural cure for heartburn. It has got pleasing taste and is an effective remedy for curing irritation of esophagus. Assisting digestion, enhancing bowel movements, improving sleep and healing wounds are other benefits of drinking chamomile tea.

Inclusion of ginger in diet is one among the important natural cures for acid reflux and heartburn. It helps in relaxing muscles of esophagus and promoting digestion. Patients suffering from heartburn are advised to drink ginger tea before each meal. Ginger tea is very simple and easy to prepare. You just need to add sliced ginger and cardamom to boiled water. Using chewing gum is another natural cure suggested for acid reflux and heartburn. Production of saliva for chewing gum dilutes acids and prevents acidity. You can also have small lozenge instead of chewing gum. It is recommended to use chewing gum after meals for attaining fine results.

Aloe vera juice with amazing medicinal value is a best natural cure for acid reflux and heartburn. For improving taste, you can mix aloe vera juice with non acidic fruit juices like apple juice or grape juice. Healing damages in digestive system, improving general immune system, enhancing regeneration of cells and neutralizing toxins are some of the key advantages of using aloe vera gel. Drinking diluted apple cider vinegar, drinking marshmallow root tea, intake of almonds after meals, ceasing smoking and reducing stress are other natural cures for acid reflux and heartburn. You can also take herbal supplement Arozyme to get relief from acidity. Asthma, bronchitis, Frog Juice, is it the cure?

## Juice Cleansing

This site is \*all\* about juice cleansing... and you will learn how to do a juice cleanse here!

There are several kinds of cleanses, including:

- Apple juice cleanse
- Lemon cleanse
- Maple syrup cleanse

People use cleanses for different reasons. Some do it to detox and some do it to lose weight. Specific juice cleanses (like the Master Cleanse) are said to be beneficial to the liver, kidneys and colon. You can find all that info here.

Tagged with:apple juice cleansedetoxJuice Cleanselemon cleanseMaple Syrup Cleanse



A juice cleanse can be an incredible way to detoxify your body, lose weight, feel healthier and more energetic and they're gaining in popularity as our society becomes more health-conscious.

A juice cleanse means that for a specified amount of time (many folks start with a 3 day cleanse when they're new to this kind of detox) you're ONLY drinking 100% juices. The juices are preferably organic. Many people actually own their own juicers so they don't have to rely on health food stores for their juice, and they can create their own recipes for variety during their cleanse.

When beginning a juice cleanse, one must cut out alcohol, tobacco and nicotine at least 7 days before starting.? then in the days leading up to the cleanse, you'll want to eliminate meats and dairy products from your diet.? This will ensure that your system isn't as shocked when you go to juice-only in a few days.

You should also be aware before starting a juice cleanse that there can be side effects as your body detoxes, like headaches, weakness, hunger, body odor and bad breath.

At the start of your cleanse, it's not a bad idea to include some raw vegetables or fruits in the first day to help transition your body to the juice-only diet.? Snacking on some celery between juices won't hurt if you feel the need.

Here are a few juice cleanse recipes for you to use during your detox:

### Green Go Getter

- 1 kiwi
- 1 banana
- 1/4 C Orange juice
- 1/2 Spinach bunch
- 2 Kale leaves

### Brain Booster

- 1 each of: orange, apple, yam, grapefruit, pear

### Breakfast Bounty

- 1 lemon or lime wedge
- Garlic clove
- 6 Romaine lettuce leaves
- 3 tomatoes
- 2-inch piece of cucumber

For each of these recipes, just juice the ingredients and combine with water to taste.

When your cleanse is over, you'll want to wean yourself back onto 'regular' foods just like you weaned yourself off of them before the juice cleanse.? This means that when your cleanse is done, don't dive right into a hamburger!?. Instead, start with some raw fruits or vegetables, then move on to brown rice or whole-wheat bread.?. If you're tolerating it well, you can move on to dairy and then meat products.

Most people find they feel lighter and more energetic after a juice cleanse, and many report even losing weight.?. It's normal to gain some weight back after a cleanse, but some of the pounds lost can stay off!

### Juice Fast



If you are looking for an effective method of cleansing your body and your whole system, then juice fast can be your answered prayer. Juice fasting in other words, is a form of detoxification.

It involves the intake of fruit juices and raw vegetables, or just water. Fruit juices and raw vegetables are the proponents of an effective juice fast because they are good sources of antioxidants and rich in vitamins and minerals. Practitioners recommend organic fruits and vegetables. You can also use the peeled skin of fruits and vegetables if organic ones are not available. Green, leafy

vegetables are advised as good and beneficial during the fasting. But not all kinds of fruits and their parts are recommended for juice fasting like pits of cherries, apple seeds, and tough skin of pineapple.

And because no solid food is taken, juice fast can be considered as quick and easy way to be cleansed and detoxified.

People undergo juice fast in order to loss weight, to help themselves quit unhealthy habits such as drug addiction, smoking or alcoholism, or due to religious reasons. Some believe that juice fast can alter some medical practices like treating pain, depression, and other diseases.

But juice fast is a method not advisable to everyone. This includes pregnant women, sick children, and people with chronic conditions. Also, it is not recommended for patients who undergone surgical procedures because juice fast is capable of reducing proteins in the blood and can interfere with the drugs prescribed to the patient.

While juice fast helps to quickly cleanse the body, it can also result to possible side effects. Side effects of juice fast may involve headaches, weight loss due to lack of solid food intake, dehydration and electrolyte loss caused by diarrhea, and other side effects which can lead to worse deficiencies.

If side effects become worse and symptoms of particular disease or disorder occur, faster is advised to immediately consult a doctor for further examinations. Diabetes is one major disease juice fasting can bring. Furthermore, dieticians agreed that fasting is less effective than drinking plenty of water, and that it can be habitual especially to those who use fasting as weight loss treatment. It is all because of the obsession of not gaining weight and maintaining their thin and slim bodies through the method of juice fast.

A juice fast usually lasts for a short-term period like one to three days. Longer juice fasting requires a skilled health professional. This is to ensure that nutrients will maintain in the body and to monitor further nutrient deficiencies.

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#### Garden Greens 2-Day Juice Cleanse, 32 oz





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### Q&A: Are Those Advertised “Colon Cleanse” Products Just a Gimmic?

Can't a person just drink too much fruit juice and flush out their system? Doesn't the body do it naturally?

Answer by drankurbhardwaj

you are right but there is a slight difference in washing and scrubbing.

Answer by HandyMan

You can't clean out your insides like flushing waste out of some old pipes.

You need to be careful as to what you put in there in the first place, then you don't need to apply gimmicky 'cleaners'.

Tagged with:advertisedCleanseColongimmicjustproductsthose

### Nice “Juice Fast” Photos

A few nice juice fast images I found:



Ash Wednesday is the commencement to 40 days that will forever change us, if we commit ourselves to using well the spiritual gifts God has placed in our hands. We are asked, in the first reading of today, to ‘rend our hearts, not our garments.’ Only interiorizing our Lenten penance will allow us to ‘tear our hearts open’ to God, allowing Him to enter therein, and hence to be poured out upon others. True asceticism is about achieving a dying to self, and a giving of self, of the kind that pierced Jesus’ heart upon the Cross.

Recently, Nicholas Austin SJ wrote an article for Thinking Faith: The Online Journal of the British Jesuits about the proper spirituality of asceticism during Lent, and I found it so useful/inspiring/enjoyable, I’d like to post it here, as my entry for Ash Wednesday:

### “The Virtue of Asceticism Nicholas Austin SJ

Giving up chocolate? Deleting your Facebook account? We all choose to mark Lent in different ways and more often than not focus on abstaining from something we enjoy, but is this always good for us? Nicholas Austin SJ explores how our attempts at an ascetic way of life for forty days each year can go wrong if our motivations are not rooted in the wisdom of the Christian tradition. How can we rediscover the virtue of asceticism?

So what have you decided to give up for Lent? We often we hear that the important thing is not to give something up, but to do something positive. But it’s strange, isn’t it, that the feeling still sticks that Lent is really about giving up stuff? Giving up chocolate, giving up alcohol, giving up desserts, giving up cigarettes, giving up TV, giving up meat on Fridays.... For better or worse, we tend to ask ourselves not ‘What am I going to do, in a positive way, for Lent?’ but ‘What am I going to give up?’ So why are we so fixated on fasting, abstaining, giving stuff up?

### The way of asceticism

‘There are only two philosophies of life,’ Fulton J. Sheen once said, ‘one is first the feast and then the headache; the other is first the fast and then the feast.’ Today, more than ever, the time is ripe for a recovery and renewal of this second ‘philosophy,’ the way of asceticism.

At a surface level, asceticism (the constellation of the practices of voluntary self-denial such as fasting from food) does not hold much attraction for us today. In the film version of The Da Vinci Code, the crazy and murderous albino monk, Silas is depicted whipping himself and wearing a chain wrapped around his leg that he tightens so as to draw his own blood. What such a picture conveys is fanaticism, self-hatred and a religious practice divorced from all that is holy, healthy and good.

Yet there are numerous signs in our culture today that, at a deeper level, there is a desire for a freeing asceticism, if only we knew how to practise it. In the era of retail therapy and consumerism, we hear about people who have discovered the benefits of downsizing, de-cluttering and material simplicity. Caught in the incessant and hectic pace of modern life, we yearn for a way to step off the conveyor belt of busy-ness and find some space just to be, to be with others, to be with God. Drowning in an infinite sea of calories, we buy into a multi-billion pound yet apparently ineffective diet industry, with its promises to ‘naturally’ cleanse the toxins from our bodies, ‘juice fasting’ and a thousand varieties of quasi-ascetical practices. Aware of our propensity to unintentional overuse of the internet and our other communication gadgets, we yearn for the freedom that

comes from being ‘unplugged,’ but can’t quite bring ourselves to pull the plug, even for a few hours. Is there, then, a way to recover from the Christian tradition the wisdom for an authentic practice of asceticism that can lead to the freedom and prayerfulness that, now more than ever, we yearn for?

### Three distortions

The first thing to notice is that the Christian tradition is quite aware that fasting and abstinence can go wrong in a number of fairly predictable ways. I shall note three prominent distortions to which asceticism is especially susceptible, and the remedies that the tradition prescribes.

#### 1. The distortion of excess

The first kind of danger to which asceticism is prone is that of excess. Fasting for long periods, for example, can lead to self-inflation and pride at one’s own achievements, and end up being counter-productive. As almost anyone who has every tried dieting knows, excessive fasting is quickly followed by the binge. At its extremes, it can even be damaging to one’s health, as it was for Saint Ignatius of Loyola shortly after his conversion. Later, as he grew in discernment and maturity, he realised that such heroic fasting was not what God desires.

The traditional corrective to excessive fasting is the doctrine of the ‘mean.’ The mean is the middle-way between too much and too little. A helpful analogy is a musical instrument: to keep it in tune, the strings should be neither too taut nor too relaxed, but in the mean. Saint Thomas Aquinas points out that even fasting is a matter of the mean: one should not fast to such an extent that one damages one’s health, or becomes too weak to perform the tasks of one’s occupation, for that would be to go to excess. Following the Stoic philosophers, he recommends the gradual approach: start small, approach the mean bit by bit. It is better to be patient, to be gentle, rather than attempt the spectacular, and risk the equally spectacular crash.

Today, we are so far towards the other extreme that excess in fasting is hardly our primary danger. Thomas makes a challenging statement that may surprise us today, but is worthy of our serious consideration: fasting, he says, is not merely a church law, but a requirement of human nature itself. In other words, an adult human being cannot hope to find the right balance in life, can’t hope to find the mean, unless by a regular practice of fasting. Otherwise, our desires for things that are good in themselves overrun their bounds and end up enslaving us.

Finding the mean in asceticism today, the mid-point between excess and laxity, is a task that will require attentiveness to the wisdom of the tradition as well as an exercise of the Christian imagination. The new asceticism today will not involve just fasting from food, but from any aspect of modern life in which compulsion starts to take over and we lose our freedom, our balance. If I buy stuff as a means of feeling better, perhaps I need to fast from shopping; if I find myself obsessively checking Facebook and Twitter, or checking my texts or emails, perhaps I need to fast from that; and so on. In any case, what we need is a creative fidelity to the traditional practices of fasting and abstinence, aware that the asceticism of ages past needs to be recovered but also adapted to a new age of consumerism, internet and environmental degradation.

#### 2. The distortion of dualism

The second way that asceticism can be distorted is more subtle, and therefore more insidious. In Catholic spirituality, those seeking progress in the spiritual life were often encouraged to ‘mortify’

their flesh, literally put it to death. Of course, the 'flesh' here refers not to the body itself, but to our sinful nature. Nevertheless, the impression unintentionally conveyed, at least sometimes, was that the spiritual life means rejecting all that is of the body. In other words, there is the risk of a dualism that sees the soul as good, and the body and the material world as evil.

Such a dualism is of course strongly discordant with some of the basic tenets of the Christian faith, the doctrines of Creation, Incarnation and Resurrection. We believe that, at the creation, God was able to look at the world he had created and see that it was 'very good' (Genesis 1:31). We believe that in Jesus Christ, God became flesh and so sanctified the human body. We believe that, on the last day, the body as well as the soul will be taken up into Christ's resurrection. There is no place within our faith, then, for a rejection of the body and the material world as impure.

The risk, then, is that our ascetical practices unconsciously become infected by a disdain for our bodies, our passions, our sexuality, which should be seen as a precious gift from God. The point of an authentically Christian asceticism is not to free the soul from the body, nor even to repress the body and its impulses, but to raise these to a truly spiritual level, to integrate them into the spiritual journey towards God.

### 3. *The distortion of empty religiosity*

In order to identify the third and final distortion of asceticism, we need to attend to the compelling words of the prophet Isaiah (58:5-6):

Is that what you call a fast, a day acceptable to the Lord?

Is not this the kind of fasting I have chosen:

to loose the chains of injustice and untie the cords of the yoke,

to set the oppressed free and break every yoke?

Here the prophet attacks an empty religiosity that attempts to curry favour with God without attending to the basic duty of justice towards the poor. Empty religiosity, by focusing exclusively on external religious practice, is an escape from the real world: the power of religious practice to open the heart to a transformation leading to a deeper love of God and neighbour is lost.

Yet we should not misread Isaiah's critique as an attack on the practice of fasting as such. Isaiah was speaking in a time when ascetical practices were taken for granted, part of the fabric of everyday life. He called people to realise that their religious practices had no meaning unless there was a union between them and the way they treated others. Today, we are often tempted in a different way, to assume that true religion is simply about how we treat others, and that we no longer need a spirituality incarnated in concrete religious practices such as fasting. In this regard, we may recall the memorable criticism by the anthropologist, Mary Douglas of the view that exterior practice has nothing to do with true spirituality or authentic religion:

For it is a mistake to suppose that there can be religion which is all interior, with no rules, no liturgy, no external signs of inward states. As with society, so with religion, external form is the condition of its existence...

(Mary Douglas, *Purity and Danger: An Analysis of Concepts of Pollution and Taboo* [New York/Washington: Praeger, 1966], p.62.)

What the prophets call us to is not a rejection of ascetical practice, but an authentic fasting that involves us body and soul. Then fasting will become, not an escape from the real world, but a way of coming closer to those who practise, in the words of Gandhi, an 'eternal, compulsory fast,' simply because they do not have enough to eat.

### *Why fast?*

As we have seen, if we are to engage in a healthy and holy asceticism today, we need to attend the wisdom that we find within our tradition, that can help us to avoid the pitfalls of excess, of dualism and of empty religiosity. Equally importantly, the tradition teaches us to avoid over-corrections that lead to a disembodied spirituality or a too relaxed approach. But what, ultimately, are the reasons for asceticism? What is the ultimate point?

Most obviously, fasting can help us to find a proper authority over ourselves. Today we have a thousand ways of making ourselves feel good: I know, I'll eat something nice, or have a drink, or surf the internet, or check whether a friend has texted me, or turn on the TV, or listen to my iPod, or go clothes shopping, or buy something from Amazon, or play a computer game. All of these things can be good, but if we continually use them to make ourselves feel better, we can become slaves to the things we enjoy. When we don't have them, we crave them. When we lack them, we feel depressed. When we realise we shouldn't overdo it, we can't help ourselves. So in Lent, when we give stuff up, we exercise authority over it, instead of letting it control us. We try to unchain ourselves. We try to become free.

But there's a deeper reason to fast. 'Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days.' (Luke 4:1) Recently my class of university students read the autobiography of Dorothy Day, the social activist and found of the Catholic Worker Movement. Some people consider her a modern-day saint. The book tells of how, as an adult, she became an atheist, but then was gradually led back to prayer and to God, so that she converted to Catholicism, and committed her life to working for the poor and for social justice. But she entitles the book, *The Long Loneliness*. And she describes how, at times, she experienced a terrible loneliness in her life. She longed to be with people, with those she loved, and felt the pain of separation and grief. But despite the pain of loneliness she experienced, it's as though she realised her loneliness was not all negative. In that experience of being lonely, she longed to be with the poor and she longed to know God.

So I asked my students once they had read the book, 'Can you relate to that experience of loneliness? Do you ever spend time alone?' And the responses were striking. One student confessed that those parts of the book about loneliness terrified her. Another student said that she spends virtually no time alone, and when she is alone, she has some electronic device to turn to: her mobile phone, or the computer – checking Facebook or email. Another said he had begun to learn to deliberately make time without his computer or phone, so that he could have time to reflect or think. And another said the only time he really got to be alone was when he went for a run, but that such time was precious to him precisely because it was his only time to think.

The fact is that it is difficult to withdraw into the desert with Jesus today. We live in an age of distraction, where we have a thousand different ways of filling up that void of loneliness. And to some extent, that means we're missing out. A recent report in the United States surveyed the use of electronic devices by children aged 8 to 18. It wanted to know how much children are plugged-

in to an iPod or a television or the internet or a mobile phone and so on: how much time a child spent exposed to the media. A few years ago it was over 6 hours a day; today, the American child spends, on average, 7 hours and 28 minutes a day plugged in to some electronic device. That's over 50 hours a week.

'Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days.' And, during his public ministry, Jesus deliberately, repeatedly, persistently, withdrew at times from the crowds in order to be alone. Especially when things were most busy and demanding, he developed the asceticism of alone time. He spent time alone, in lonely places, in order to spend time with God.

And so I think this Lent is an invitation for us to be led by the Holy Spirit into the desert, to accompany our Lord as he withdraws into a lonely place. This Lent is a time for us to unplug a little bit, to cultivate that interiority, to use an old-fashioned but valuable word. Above all, this Lent is a time for us not to be afraid of choosing to be alone, but to trust that, even in our loneliness, indeed especially there, the Spirit of Jesus is with us, drawing us to the Father."

*Nicholas Austin SJ teaches Ethics at Heythrop College, University of London.*

2011-03-09 00:58:16

Health Month dinner Day 28 – Fresh carrot-apple-golden beet-broccoli juice. One day juice fast for the last day of Health Month.



I have bread baking and the smell is killing me!

2010-01-31 18:04:19

Sweet Potato, Celery, Ginger and Orange Juice 3of3



As someone who wasn't always a big fan of vegetables, my first inclination was to juice more fruits for taste purposes. But it is important to understand that vegetables play a key role in the cleanse, and they should not be forgotten.

[www.foodthinkers.com/2010/01/breville%e2%80%99s-luis-sanc...](http://www.foodthinkers.com/2010/01/breville%e2%80%99s-luis-sanc...)

#### Ingredients

- 4 sticks celery, trimmed
- 1 small sweet potato, peeled and halved
- 1-inch (2½cm) piece fresh ginger
- 4 oranges, peeled

#### Directions

Process ingredients through juicer. Serve immediately.

2010-01-25 03:50:06

# PROFESSOR DESIRÉ DUBOUNET

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Nice "Juice Fast" Photos

byJUICE CLEANSE·inJUICE FAST

Check out these juice fast images:

Juice fast!



Camilla and I did a juice fast for a whole week. We had a glass of freshly made juice (with all kinds of interesting recipes) 5 times a day for 7 days. The only other stuff we had was water or mint, lemon, or fennel tea. Interesting experience, but not world-changing. Definitely lost a few pounds, but the best part was breaking many of my eating habits for a while. I'm on a generally healthier diet now. Not that it'll last forever, but every little bit helps. 😊

2010-09-11 11:51:15

Sweet Potato, Celery, Ginger and Orange Juice 2of3

as medicine



As someone who wasn't always a big fan of vegetables, my first inclination was to juice more fruits for taste purposes. But it is important to understand that vegetables play a key role in the cleanse, and they should not be forgotten.

[www.foodthinkers.com/2010/01/breville%e2%80%99s-luis-sanc...](http://www.foodthinkers.com/2010/01/breville%e2%80%99s-luis-sanc...)

#### Ingredients

- \* 4 sticks celery, trimmed
- \* 1 small sweet potato, peeled and halved
- \* 1-inch (2½cm) piece fresh ginger
- \* 4 oranges, peeled

#### Directions

Process ingredients through juicer. Serve immediately.

2010-01-25 03:50:23

Picking out stuff for day one of my juice fast.



## Juice

Juice is the liquid that is naturally contained in fruit or vegetable tissue. Juice is prepared by mechanically squeezing or macerating fruit or vegetable flesh without the application of heat or solvents. For example, orange juice is the liquid extract of the fruit of the orange tree. Juice may be prepared in the home from fresh fruit and vegetables using a variety of hand or electric juicers. Juice is one of the most popular drinks to go with breakfast in the morning.

Many commercial juices are filtered to remove fiber or pulp, but high-pulp fresh orange juice is a popular beverage.

### Terminology

In the United Kingdom the name or names of the fruit followed by juice can only legally be used to describe a product which is 100% fruit juice, as required by the Fruit Juices and Fruit Nectars (England) Regulations [1] and the Fruit Juices & Fruit Nectars (Scotland) Regulations 2003. [2] However a juice made by reconstituting concentrate can be called juice. A product described as fruit "nectar" must contain at least 25% to 50% juice, depending on the fruit. A juice or nectar including concentrate must state that it does. The term "juice drink" is not defined in the Regulations and can be used to describe any drink which includes juice, however little. [3] Comparable rules apply in all EU member states in their respective languages.

In the USA fruit juice can only legally be used to describe a product which is 100% fruit juice. A blend of fruit juice(s) with other ingredients, such as high-fructose corn syrup, is called a juice cocktail or juice drink. [4] According to the Food and Drug Administration (FDA), the term "nectar" is generally accepted in the U.S. and in international trade for a diluted juice to denote a beverage that contains fruit juice or puree, water, and which may contain artificial sweeteners. [5]

Fruit juice labels may be misleading, with juice companies actively hiding the actual content. "No added sugar" is commonly printed on labels, but the products may contain large amounts of naturally occurring sugars; [6] [7] however, sugar content is listed with other carbohydrates on labels in many countries.

Some carbonated beverages, not described as fruit juice, contain fruit juice (such as Mountain Dew or Orangina, which contain orange juice).

### Health effects

Juices are often consumed for their perceived health benefits. For example, orange juice is rich in vitamin C, folic acid, potassium, is an excellent source of bioavailable antioxidant phytochemicals [8] and significantly improves blood lipid profiles in people affected with hypercholesterolemia. [9] Prune juice is associated with a digestive health benefit. Cranberry juice has long been known to help prevent or even treat bladder infections, and it is now known that a substance in cranberries prevents bacteria from binding to the bladder. [10]

Many fruit juices have a higher sugar (fructose) content than sweetened soft drinks; e.g., typical grape juice has 50% more sugar than Coca Cola. [11] While soft drinks (e.g. Coca Cola) cause oxidative stress when ingested and may even lead to insulin resistance in the long term, the same thing cannot be attributed to fruit juices. On the contrary, fruit juices are actually known for their ability

to raise serum antioxidant capacity and even offset the oxidative stress and inflammation normally caused by high-fat and high-sugar meals.[12]

Fruit juice consumption overall in Europe, Australia, New Zealand and the USA has increased in recent years,[13] probably due to public perception of juices as a healthy natural source of nutrients and increased public interest in health issues. Indeed, fruit juice intake has been consistently associated with reduced risk of many cancer types,[14][15][16][17][18][19][20][21] might be protective against stroke[22] and delay the onset of Alzheimer's disease.[23]

The perception of fruit juice as equal in health benefit to fresh fruit has been questioned, mainly because it lacks fiber and has often been highly processed.[citation needed] High-fructose corn syrup, an ingredient of many juice cocktails, has been linked to the increased incidence of type II diabetes. High consumption of juice is also linked to weight gain in some studies,[24] but not in others.[25] In a controlled clinical study, regular consumption of grape juice for 12 weeks did not cause any weight gain in volunteers, but consumption of soft drink did.[26] Fruit juice in moderate amounts can help children and adults meet daily recommendations for fruit consumption, nutrient intake and calories.[27][28]

Concentrated juices and juice drinks tend to be low in nutrients, and large quantities (more than two or three 250ml glasses a day) of orange and apple juice concentrates can cause nutrient loss in young children, and in very large concentrations (5-6 250ml glasses a day) can impede growth, and so it is advisable not to feed juice, unless at least 50/50 diluted, until three or four years of age.

Juice bar



Lovejuice at London Heathrow Terminal 5

A juice bar is an establishment which primarily serves prepared juice beverages. It shares some of the characteristics of a bar or coffeehouse (café).

Juice bars are usually located at tourist attractions, beaches, and gyms.



Using any variety of fruit can make a fruit smoothie, another way to use fruit.

More Research on 100% natural Fruit Juices shows no Weight Gain risk

By KATHERINE HOBSON

Posted: June 2, 2008

Last month, I wrote about a review of research that questioned whether kids who drink more fruit juice are more prone to be overweight. Today, there's a new study out looking at the question and it, too, finds no link; the results show that kids ages 2 to 11 who drank 100 percent juice tended to have better intake of nutrients like vitamin C than kids who did not and that drinking juice wasn't related to weight status.

The study, which appears in the Archives of Pediatrics and Adolescent Medicine, also found that kids who drink juice had lower intakes of saturated fats and added sugars. The juice drinkers were more likely to eat more whole fruits, too, suggesting that kids who are drinking 100 percent juice also tend to have other good eating habits.

And because whole fruit still has the added benefit of fiber, which is not available from drinking juice, it is still the better option. The University of California, San Francisco's Children's Hospital has a neat list of suggestions for encouraging your children to eat their fruits and veggies.

Cabbage Juice for Ulcers

by TIMON WELLER on AUGUST 15, 2009



Wow, what a relief.. If you have ever suffered from the agonizing pain of Ulcers or a Hernia then you know what I am talking about when I mention discomfort.. Many doctors will try to prescribe all sorts of nasty antibiotics or painkillers that may work for you, however unfortunately for most people the recurrence is high.. The main reason being is your diet needs a major adjustment with Ulcers or Hernias in order to heal properly..

### ***Cabbage Juice May Be the Answer...***

I know it is an old wives tale about the healing properties of this amazing plant and ulcers. However It really is amazing. After having a ulcer issue I eventually decided to try and the results were interesting after a week of use..RELIEF!

1. Quick Weight Loss and anti inflammatory on bowels
2. Quick soothing relief from Discomfort..
3. Evidence indicates cabbage heals ulcers, reduces reflux and also kills bacteria.

### ***All the Benefits of Cabbage...***

Cabbage is reported to help heal arthritis, anemia, avoid and heal cancer, wounds, boosts immune system, stimulate bowel movement for constipation and healthy regular movements, cleanse digesting system, weight loss, heals ulcers, hernia reflux relief and a lot more.

### ***How much Cabbage for Ulcer Treatment..?***

How much is up to your situation, I myself did four glasses of juice for over 10 days. However I have heard absolute healing can happen in a few weeks of drinking.. It depends on a number of situations though. How bad the Ulcer is? And whether it needs more than others. Many reports on it have implied however that after 10 days most ulcers are completely healed.

So there you go, do you feel that gnawing pain from an ulcer, well then try soothing it with 200ml of Cabbage Juice four to five times a day..Enjoy..

### ***RAPID HEALING OF PEPTIC ULCERS IN PATIENTS RECEIVING FRESH CABBAGE JUICE***

Garnett Cheney

#### **Abstract**

Thirteen patients with peptic ulcer were treated with fresh cabbage juice, which, experiments have indicated, contains an antipeptic ulcer factor. This factor (vitamin U) prevents the development of histamin-induced peptic ulcers in guinea pigs.

The average crater healing time for seven of these patients who had duodenal ulcer was only 10.4 days, while the average time as reported in the literature, in 62 patients treated by standard therapy, was 37 days.

The average crater healing time for six patients with gastric ulcer treated with cabbage juice was only 7.3 days, compared with 42 days, as reported in the literature, for six patients treated by standard therapy.

The rapid healing of peptic ulcers observed radiologically and gastroscopically in 13 patients treated with fresh cabbage juice indicates that the anti-peptic ulcer dietary factor may play an important role in the genesis of peptic ulcer in man.

Cabbage juice is one of the richest foods in Vitamin K which is the essential ingredient for blood clotting and injury repair.

### **Grapefruit Juice**



The grapefruit is a large orange-like fruit that belongs to the citrus family. It is a somewhat „new” addition to the family, deriving from a natural cross-breeding between orange and pomelo, thus its size.

The diameter of a grapefruit, depending on its variety, can range between four and six inches. Its albedo (the white matter under the skin) is about a quarter to half an inch thick. The fruit's skin looks like that of an orange, but its flesh comes in white, pink or red.

It is called a grapefruit simply because it grows in clusters, like grapes. The taste of a grapefruit can be bitter and sour but it has so many health benefits.

### **Nutritional Benefits**

Grapefruit doesn't only contain vitamin C which is commonly known to be protective against cold or flu. It is not just one nutrient that helps prevent a certain disease, but rather the combination of several ingredients in it that does the trick. This is the kind of nutritional power that we can find only in the way God makes our natural food.

This juicy fruit contains citric acid, natural sugars, essential oils like limonene, pinene and citral. It has high amounts of vitamin C, and smaller amounts of vitamin A, B complex, E and K.

In the mineral department, larger amounts of calcium, folic acid, phosphorus, and potassium are found. The nutritive phytonutrients of this voluptuous fruit—limonoids, flavonoids, lycopene and glucarates—help fight cancer and various diseases.

### **Health Benefits**

When eating or juicing grapefruit, peel off the skin but leave as much of the albedo intact as possible as it contains the highest amount of valuable bioflavonoids and other anti-cancer agents.

**Acidity:** Although grapefruit has a sub-acid taste, its juice actually has an alkaline reaction after digestion. This has a profound effect in the treatment of acidity in the digestive system that causes a host of other health problems.

**Atherosclerosis:** Pectin in this fruit has been found to be effective in reducing the accumulation of arterial deposits, and the vitamin C helps to strengthen and maintain the elasticity of arteries.

**Breast cancer:** In another study, the bioflavonoids found in grapefruit was discovered to even halt cancer cells from spreading in breast cancer patients, by ridding the body of excess estrogen.

**Common cold:** A common cold is usually your body telling you that you are overworked. A regular drink of grapefruit during a stressful period gives your immune system the boost needed to prevent it coming on.

**Cholesterol:** A certain compound found in grapefruit helps reduce the excessive production of cholesterol from the liver.

**Diabetes:** A diabetic can safely eat a grapefruit. In fact, more consumption of this fruit will help reduce the starches and sweets in the system. If you have a tendency towards diabetes, consume more grapefruit juice to prevent it.

**Digestive disorder:** This juice helps to promote digestion by increasing the flow of gastric juices. Eat the fruit together with its albedo and pith for their extra fiber that aids bowel movements.

**Fatigue:** At the end of a long and tiring day, drink a glass of grapefruit juice with lemon juice in equal parts with a little honey, to dispel all fatigue and tiredness.

**Fever:** Besides drinking plenty of fluids, also drink grapefruit juice to reduce fever.

**Insomnia:** A drink of grapefruit juice before bedtime, helps to promote sleep and alleviates insomnia.

juice

**Pregnant woman:** The bioflavonoids and vitamin C help to reduce water retention and swelling of the legs during pregnancy.

**Sore throat:** Drinking a freshly-squeezed grapefruit juice helps relieve sore throats and soothes coughs.

**Stomach and pancreatic cancer:** The anti-cancer agents in grapefruit (especially in the albedo) are particularly protective against these cancers in the digestive system.

**Weight-loss:** This fruit has a fat-burning enzyme and can help to absorb and reduce the starch and sugar in the body. It is widely consumed by people who are trying to lose weight. If you don't fall under the category of people mentioned below (look at "Caution" column), then take a glass of grapefruit juice twice a day and eat normally.

### **Consumption Tips**

Choose grapefruits like how you would oranges—firm and springy to the touch. If you can, choose the pink and red variety which are slightly sweeter.

Keep grapefruits at room temperature before juicing to get the most out of it. To prepare, quarter the fruit and peel off the skin.

If you find the grapefruit juice too bitter or sour, mix with a little honey or with juices of other sweeter fruits.

### **Caution**

Grapefruit contains high levels of flavonoid naringin that will reject synthetic man-made drugs. This is beneficial for our human cells because it helps to recognize alien compounds which should not be in our body, therefore, are treated as toxins.

The presence of grapefruits may halt the metabolism of these drugs, leaving the drugs in your body thus creating the risk of toxic poisoning. Doctors may tell you that grapefruit is the cause of the toxicity, but in fact, it is really the drugs that is causing the toxicity.

If you are not under medication, grapefruit juice can do a world of good. However, despite all its goodness, always remember to take only in moderation. Excessive consumption of any citrus juices can leach calcium from the body system, causing decay of the bones and teeth.

## **Apple Juice**

### **Juicing Apples Is Beneficial For Your Health!**

Fresh apple juice carries a significant amount of vitamins A and C! You can mix your fruits and vegetables together to make your own great tasting juices from carrots, tomatoes, cucumber, or melons. As you explore this, you will also be able to receive more of the great tasting nutrients carried in other fruits and vegetables.

...It is always better to juice with the peel on, so that you can enjoy all the nutrients... To keep your apple juice from turning brown:

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before

after

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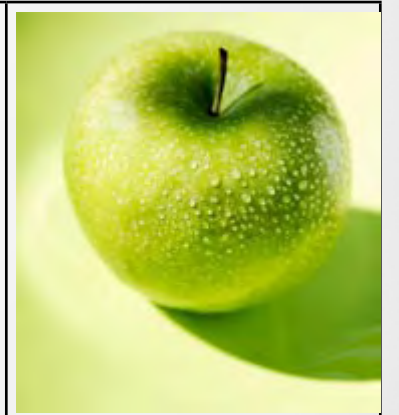


Simply push a lemon through your juicer right before you begin juicing your apple. The apple peel carries some of its nutritional value. If you chose not to juice the apple peel, then you will not receive the abundant source of vitamin A that the apple peel carries. It is always better to juice with the peel on so that you can enjoy all the nutrients the apple has to offer! You should also wash your apples before you juice them. This is because they are covered in a very thin layer of wax to help preserve the apple's moisture. A good portion of the vitamin C content is just underneath the skin. Also, as the apple ripens, the skin retains a lot of its nutrients and flavor. So allowing a little bit of time for them to ripen before you juice them will improve the great tasting value of your fresh home made apple juice.

Apple products serve as an immediate source of energy because of the sugars that the fruit carries. Apples and fresh apple juice also taste so good that infants and children readily consume them. This is why juicing your apples is the perfect snack for your young ones.

Apple juicing is an inexpensive way to improve your body health. Juices made from fresh fruits are a delicious way to improve your all around body health, and they also provide a great deal of nutrition. Apples can also be a primary source of soluble and insoluble fiber. Soluble fiber is a great way to prevent cholesterol buildup, which is found in the lining of blood vessel walls. This reduces the chance of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal track. The water is then held and used to cleanse the intestinal track and moves food rapidly through the digestive system. Apple juice is a powerful cleanser and an important necessity for the health of your body.

Compounds in apples and apple juice called phytonutrients act in the same way as red wine and herbal tea; they delay the break down of LDL or "bad" cholesterol. When LDL oxidizes, or deteriorates in the blood, plaque starts forming along the walls of the coronary artery and causes a dangerous thickening of the artery, called atherosclerosis. Lead researcher Dianne Hyson, a dietician, stated: "A very moderate intake of apple juice has the potential to reduce risk factors for heart disease in a fairly short period of time."



We've all heard the phrase, "an apple a day keeps the doctor away." New research is proving this rhyme to be factual. Researchers at UC Davis School of Medicine have recently discovered that drinking apple juice seems to slow down the process that may lead to heart disease.

Dr. Seif O. Shaheen and colleagues from London's King's College and the University of Southampton found that all you need, is two apples a week to reduce your risk of developing asthma by 22-32 percent. The researchers hypothesize that certain flavonoids from the apple may be key in the

as medicine


protection against asthma since flavonoids from other fruits and vegetables did not affect asthma risk.

Researchers at the University of Groningen in the Netherlands had completed a study and found that smokers who ate moderate amounts of fruits and vegetables, (apples in particular), reduced their risk of developing chronic obstructive pulmonary disease. This is a common lung ailment among smokers, and their risk was reduced almost by 50 percent!

For the elderly generation, drinking fruit juices should begin with apples, especially if you are suffering from arthritis and rheumatism. This is because apples carry a substantial amount of potassium. For this reason, juicing your apples has been known to ease arthritis and rheumatism. Drinking apple juice also flushes out the liver and kidneys and is low in calories. Over time, this can reduce the chances of having liver or kidney disease.

Apples are not only good for your health, but they’re also tasty. Improve your health and start juicing apples today!

Health Benefits of Blackberries

	<ul style="list-style-type: none"><li>• Blackberries are among the top ten foods containing antioxidants.</li><li>• Antioxidants fight the process of aging by neutralizing free radicals which damage the DNA molecules and lead to cancer.</li><li>• Antioxidants counteract environmental carcinogens.</li></ul>
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- Blackberries are high in anthocyanin pigments and ellagic acid, the potent antioxidants which provide protection against cancer and chronic disease.
- Blackberries contain high concentration of phytoestrogens ( “plant estrogens”), a compound believed to play a vital roll in the prevention of both breast and cervical cancer.
- The high tannin content of blackberries helps to tighten tissue, alleviate hemorrhoids, relieve intestinal inflammation and diarrhea.
- Blackberries aid in the strengthening of blood vessels, fighting heart disease and protecting eyesight.
- Blackberries also contain salicylate, the substance found in aspirin as well as pectin which aids inthe reduction of cholesterol.

Natural Health Research Update: Orange Juice Nutrient May Boost Heart Health

Thursday, January 6, 2011byLee Swanson

One of my friends exercises every day and eats diabetic-friendly meals, yet he is now on two blood pressure medications. After he had a third stent placed in one of his arteries, his physician prescribed another BP med.

According to the American Heart Association, approximately 74.5 million people in the United States 20 and older have high blood pressure. That’s one in three adults. In 2006, the last time the statistic was checked, 56,561 people died from high blood pressure (hypertension).

According to the Mayo Clinic, “High blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.”

While blood pressure medications are widely used and widely regarded, researchers are still searching for additional ways to promote healthy blood pressure status. Such is the case with researchers in France who report in the American Journal of Clinical Nutrition that the flavone hesperidin, found in orange juice, may help reduce high blood pressure levels.



Ginger juice - Natural Pain reliever

With all the benefits of Ginger Juice here is a new study by touting even more benefits of this rhizome. Historically, ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellentcarminative(a substance which promotes the elimination of intestinal gas) andintestinal spasmolytic(a substance which relaxes and soothes the intestinal tract). Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.



Here is an article from JotZoom:

A new study reveals that an ancient rhizome prized in Asian cooking for centuries is also an effective natural pain reliever.

In a study by Dr. Roy Altman, a doctor at the UCLA Medical Center and member of the Osteoarthritis Research Society, conducted the study to evaluate how safe and effective a standardized extract of ginger was on patients with arthritis pain from osteoarthritis in their knees.

Nearly 250 patients participated in the study over 6 weeks, all had severe or moderate arthritis pain. The patients were divided into groups, where one received the ginger extract and the other received placebo.

The results concluded that the patients taking the ginger extract had reduced pain upon standing than the patients in the placebo group. Overall pain was also diminished in those taking the ginger extract.

The study results concluded that the standardized ginger extract had a significant impact on pain in osteoarthritis patients.

A study in Israel by Dr. Itamar Grotto, published in the journal *Osteoarthritis Cartilage*, noted similar results with ginger extract.

Results seemed to show that study participants did not receive immediate reduction in pain, but after 6 months, patients noted a significant reduction in their pain over the placebo group. Swelling was also noted to have decreased. When participants taking the extract were switched to a placebo, they noted that swelling returned.

Ginger has been used for thousands of years in Asian medicine, as well as for food. Ginger has potent anti-inflammatory properties, and is also high in antioxidants. It is also purported to have a warming effect on joints, increasing blood flow naturally.

Since Ginger is used so often in foods, it is safe to try for anyone with arthritis or related diseases to reduce swelling and pain. 1-2 grams per day of pure ginger is recommended if you are considering a supplement. The juice of ginger root can also be effective. Try juicing the root in a vegetable juicer like the Hurom or Green Star juicers, made especially for hard to juice roots and vegetables.

Juice

as medicine

## Blackcurrant Prevents Aching And Pains After Exercise



A new study delving into the beneficial effects of fruits on a cellular level claims that blackcurrant juice is a natural drink that can significantly prevent aches and sprains and help the body recover after a strenuous work out.

This new research is essential to any of us who are beginning an exercise diet and attempting to lose weight fast as it's an everyday fruit which is available in all supermarkets. Healthy foods which are easily available are vital in a controlled healthy diet.

According to researchers, the compounds known as flavonoids found in berries have the potential of minimizing muscle damage by modulating oxidative stress and inflammation from exercise. They do all this and also enhance the body's natural defence system against disease. Pretty impressive really.

The link between Blackcurrants and exercise relief:

In a bid to assess the positive link between blackcurrant and exercise, the researchers recruited 10 untrained healthy people from various age groups who exercised regularly. To complete this assessment the participants took a tablet containing a few ounces of berries both before and after an everyday exercise schedule for a period of three weeks.

The investigators then measured the biochemical indicators of the subjects to evaluate the effect of taking the blackcurrant extract capsules.

It was noted that participants who took the blackcurrant pill had less signs of oxidative stress and muscle damage as opposed to those who did not take the tablet. Also their bodies also showed less signs of inflammation.

Lead author of the study, Dr Roger Hurst from New Zealand Institute for Plant and Food Research stated, "We found changes in the levels of biomarkers that indicate antioxidant activity, inflammation modulating ability and a support for the natural immune responsiveness to potential pathogens."



An early stage research:

Since, it is an early stage research the experts have yet to determine exactly what blackcurrant compound led to the potential benefit. However, they believe vitamin C is not the miracle ingredient because the actual pill used contained minor levels of vitamins.

Dr Hurst said, "We're looking more closely instead at the role of flavonoids within the fruit.

"These include anthocyanins, the compounds that give blackcurrants their brilliant purple colour."

Blackcurrant known as a Super fruit!

Blackcurrant has long been touted as a super fruit. Past studies have established the fruit can treat tiredness, arthritis, kidney stones, gout, and lung problems.

It can also lower the risk of heart disease, improve kidney function, and increase blood circulation.

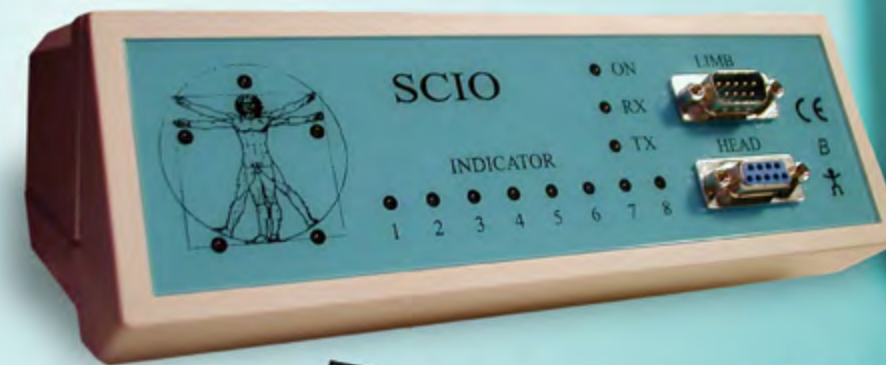
Jo Hilditch, Chairperson of the Blackcurrant Foundation in the UK stated, "For years, blackcurrants have been positioned as a premium source of Vitamin C and antioxidants compounds that protect against cell damage inflicted by molecules called oxygen-free radicals, which are a major cause of disease and aging.

"This study is not just test tube results; it has been carried out on real human beings ensuring that the results are tangible and relevant for many people's lifestyles."

What does this mean?

It's simple. Add blackcurrants to your diet today especially with the introduction of exercise. If you are trying to lose weight fast then all these type of things can help you. Best of all they are extremely cheap and are grown in the UK! Not only are you getting a healthy super food for your diet and exercise regime but you are also helping the economy

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# Foods as Medicine and Prevention

## Appendicitis

Best: Use high-fiber foods like wheat bran that keep the stool soft and bulky. A British medical survey tagged peas, cabbage, cauliflower, green beans, brussels sprouts, and tomatoes as anti-appendicitis foods. Use vermifuge for a three-week period every year to clean out parasites.

Avoid: animal fat, low-fiber processed foods, sugar, and popcorn.

## Arthritis

Rheumatoid: seafood high in omega-3 fatty acids such as salmon, sardines, lake trout, and mackerel may prevent or relieve the pain and swelling. Fish oils dramatically prevent lupus in animals. Use Lipid Liquitrophic daily. Osteo: dairy products, all allergy foods & sugar, potatoes.

## Asthma

Coffee: a couple of strong cups can thwart an asthma attack. Also good bronchodilators - hot pungent foods such as chili peppers, garlic, onions, mustard, horseradish. Fish oils also dramatically relieve bronchial asthma. Avoid: dairy foods and all allergy-causing foods.

## Cancer

For overall prevention: green leafy vegetables, with emphasis on these six - broccoli, spinach, cabbage, kale, brussels sprouts and leaf lettuce. Other high-fiber vegetables, fruits, grains, and legumes. Also, radishes, chard, tomatoes, citrus fruits, dried fruits (apricots, prunes, raisins), strawberries and fish high in omega-3 fatty acids may help prevent various kinds of cancer. Garlic, onions, kelp, olive oil, tea (especially green tea), as well as seed foods, such as legumes, nuts, rice, and grains, are rich in anticancer chemicals. Fresh and raw: plenty of vegetables, juices, and fiber are best.

**Bladder:** carrots, milk, broccoli, brussels sprouts, cabbage, cauliflower, coleslaw, kale, parsnips, turnips.

**Breast:** yogurt. Fruits and vegetables high in carotenoids.

**Colon:** green leafy vegetables, notably cabbage, broccoli, brussels sprouts. Also cauliflower.

Acidophilus milk or yogurt, especially that made with acidophilus culture. Wide mixture of vegetable juices. Wheat bran.

**Esophagus:** green and yellow vegetables, apples, cherries, grapes, melons, onions, peas, beans, plums, pumpkin.

Larynx: green and yellow vegetables.

**Lung:** carrots, kale, spinach, broccoli, dark-yellow squash, pumpkin, sweet potatoes, apricot.

All dark-green and dark-orange vegetables, red and yellow fruits high in carotenoids. If you have ever smoked, load up on these foods. They may help prevent lung cancer years later.

**Pancreatic:** Citrus fruits, carrots.

**Prostate:** yellow and green vegetables. Carrots, tomatoes, cabbage, sunflower and pumpkin seeds, peas, broccoli, Brussels sprouts, cauliflower, bee pollen. Reduce stress.

**Stomach:** raw carrots, coleslaw, lettuce, cabbage, tomatoes, corn, eggplant, milk, onion, sweet potatoes, squash.

**Avoid:** high-fat and meat diets (which predispose to cancer), sugar, processed foods, overeating. Oriental herb formulas with Degex and Degex Liquescence enhance the results.

## Cardiovascular System

For good cardiovascular nutrition, try fatty fish, garlic, ginger, melon, tree ear mushrooms, olive oil, onion, and kelp. Green tea, beer, wine, currants, blueberries, eggplant, and omega-3 fatty fish (salmon, sardines) will strengthen and protect arteries and capillaries from damage due to atherosclerosis or heart attack. Use Lipid Liquitrophic. Avoid: fat, sugar, excess alcohol, stress, processed carbohydrates and excess cholesterol.

## Cavities

Tea is nature's best proved anti-cavity mouthwash. Other foods good at combatting cavity producing bacteria: grape and black cherry juice, milk, coffee, cheese (aged cheddar cheese, bleu, Brie, Gouda, Monterey Jack, mozzarella, and Swiss). Use with a good cavity-fighting dental program. Avoid: sugar, raisins, processed carbohydrates.

## Cholesterol

TO REDUCE BAD LDL

(LOW-DENSITY LIPOPROTEIN) CHOLESTEROL

Best are oat bran and guar gum. Use Lipid Liquitrophic. Next, oatmeal and dried beans, including plain old baked beans. Soybeans are great for adults and kids with genetically induced high cholesterol. Grapefruit - segments and membrane, not the juice - drives down cholesterol. Also fresh oranges, apples, yogurt, skim milk, carrots, garlic, onions, barley, ginger, eggplant, artichoke, unripe plantain, shiitake mushrooms, olive oil. Substitute seafood, including shellfish, for meat and chicken. All fruits high in pectin, which includes strawberries and bananas. Use unsaturated margarine oils instead of butter (see better butter recipe). Avoid: processed or fried foods and cholesterol-rich foods, red meat, rich sauce.

## TO RAISE GOOD HDL

### (HIGH-DENSITY LIPOPROTEIN) CHOLESTEROL

Use strong, raw onions - at least half a medium onion a day - and garlic. Use Lipid Liquitrophic. Substitute olive oil for other vegetable oils or saturated fats. Alcoholic drinks, such as wine or spirits in moderation, one or two drinks a day - also boost HDLS. Radishes, horseradish and pepper help.

Added advice: cut back on total fat (especially saturated fats like animal-type fat, and coconut and palm oils). This enhances the effects of the above natural cholesterol-fighters. Don't eat only cooked food; get fresh and raw foods into your diet.

### Constipation

Drink five eight-ounce glasses of good water a day. Use wheat bran, nature's most potent bulk laxative. If that doesn't work, add pure juice. Dried beans work wonders on some people. Most high-fiber fruits and vegetables, like carrots, cabbage, and apples, are bulk laxatives with about one quarter the effect of wheat bran. Soluble fiber foods, like oats and barley, can help. Also kelp, grapefruit parts and juice are helpful. Misconception: Americantype rhubarb is not a true laxative. Orientaltype medicinal rhubarb is.

### Diabetes

Use foods that produce slow, steady increases instead of rapid rises in blood sugar levels. Such foods testing best on the "glycemic index" (a measure of how quickly foods raise blood sugar) are, in order: peanuts, soybeans, lentils, kidney beans, black-eyed peas, milk, chickpeas, yogurt, ice cream, apples, and baked beans. Avoid: all processed sugars.

### Diarrhea

Comfrey pepsin helps. Try yogurt with live cultures (especially if the diarrhea is caused by prescription antibiotics, such as penicillin). Also blueberries, black currants, honey 1/2 not for infants, however, because of a botulism danger). For youngsters, more acidophilus whole milk may be a cure. Too little fat in the children's diets promotes diarrhea and other intestinal infections. Soy milk or soybeans also may help fight diarrhea-producing bacteria. Avoid: allergy-causing foods.

### Diverticular Disease

First, we encourage wheat bran. Also other foods high in fiber that give the stool bulk, such as legumes, oats, cabbage, carrots, and apples. If you already have the disease, check with a physician before loading up on high fiber.

Avoid: strawberries, popcorn and other foods with small seeds and shells that could aggravate the condition.

Use foods with solid A - D liquid bran. Solid grains, liquid fruit, vegetables in between.

### Emphysema and Chronic Bronchitis

Chili peppers, pungent garlic, onions, mustard, horseradish - all kinds of hot, spicy foods.

These help keep the lungs healthy by keeping mucus flowing and the bronchial tubes open.

Drinking small amounts of milk has also been tied to lower rates of chronic bronchitis. Fresh, raw fruits and vegetables, and juice are helpful.

Avoid: milk in excess or with meals, smoking and smokers, all allergy-causing foods.

### Energy (Mental)

Caffeinated drinks stimulate mental performance. Coffee is the most potent. Also tea, colas, cocoa. Also boosting mental-energy brain chemicals are high-protein, low fat foods such as shellfish, lean fish, non-fat milk, and yogurt. Include avocado, starchy beans, sprouts, and fruit juices.

Avoid: white sugar. It makes blood sugar fluctuate too much.

### Hemorrhoids

Eat foods that produce a soft, bulky stool, reducing strain in bowel movements.

Best: wheat bran. Other high-fiber fruits and vegetables. Radishes help liver involvement.

Avoid: liver burdening foods, fried and fatty foods, and alcohol.

### High Blood Pressure

One tablespoon of cream of tartar in eight ounces of natural lime juice once or twice a day is an excellent formula. Mackerel - a couple of cans a week - can depress blood pressure. Also oat bran and high-fiber fruits and vegetables of all types help.

Shown also to push down blood pressure: olive oil, garlic, seaweed (kelp), yogurt, green tea, legumes, and milk. Surprisingly, coffee drinking does not cause or aggravate high blood pressure except, apparently, among smokers. It is shown in clinical experiments that diets rich in natural potassium and low in sodium, such as fruits, vegetables and paprika, are as effective as most medications.

### Hypoglycemia

Tomatoes and potatoes can aggravate this condition, and thus should be avoided in extreme cases.

Always avoid processed sugar. Eat complex carbohydrates, fruits and vegetables.

### Infections (General)

Yogurt and garlic are recognized antibiotic superstars. Also potent in thwarting viruses and bacteria are orange juice, apples tea, grape juice, apple juice, honey, wine, blueberries, cranberries, grapes, plums, raspberries, strawberries, peaches, and figs.

Avoid: processed carbohydrates and sugars, stress, toxins, antibiotics.

#### **Insomnia**

A sure bet: fruit, sugar or honey. Eat yogurt before bed.

Misconception: milk does not put you to sleep; just the opposite, it wakes you up.

Avoid: stimulants such as coffee, tea, and heavy foods before bed.

#### **Migraine Headache**

Oils in fish (omega-3\*s) can prevent the onset and severity of migraines in some cases. Use

Lipid Liquitrophic and Headache formula from Dr. Recommends.

Avoid: cold foods like ice cream, red wine, food with salicylates or other additives.

#### **Motion Sickness**

Take ginger root, about half a teaspoon powdered in capsules, in tea or another beverage about a half hour before exposure to motion.

#### **Osteoporosis**

Drinking milk when you are young makes stronger bones, less -susceptible to osteoporosis in later years. Use Osteo Liquitrophic. Green, leafy vegetables and sprouts are excellent; better if juiced.

#### **Psoriasis and Skin Inflammation**

Seafood high in omega-3 fatty acids; salmon, sardines, herring, mackerel, etc., may relieve psoriasis. Also oatmeal packs reduce skin inflammation. Vitamin A-supplying fresh fruits and vegetables are good in raw or juice form.

Avoid: processed foods, fatty or fried foods, all processed sugars, allergy-causing foods.

#### **Stroke**

Fresh fruits and vegetables - even an extra serving a day, according to one study - may cut the risk of stroke-associated death by 40%. In animal studies, compounds from black currants and blueberries helped prevent disease of blood vessels in the brain. Brown seaweed has prevented strokes in rodents.

See cardiovascular program and cholesterol program.

Avoid: cholesterol-rich foods, processed carbohydrates.

#### **Ulcers**

Plantains (unripe, large and green, especially in concentrated powder form) combat ulcers.

Whole milk and yogurt, which contain drug-like protective prostaglandins in the fat may prevent ulcers. Fresh cabbage juice heals or wards off ulcers in some people.

Avoid: heavy spices, rich, hot stimulating foods; excess alcohol.

#### **Urinary Tract Problems**

Drink five glasses (eight ounces each) of good water every day. Cranberries, including juice, cocktail, and whole cranberries can prevent cystitis, help deodorize the urine, and help prevent kidney stones. Effective dose: half a cup to two cups of cocktail per day. Omega-3 type fish oils may help prevent kidney diseases. Rice bran about two thirds of an ounce a day can prevent kidney stones. To prevent stones, take eight ounces of the following formula: 1/3 apple juice, 1/3 lemon juice and 1/3 juniper tea twice a day.

Avoid: sugars, processed foods, too much spinach.

## **Traditional Folk Remedies in the Kitchen**

*by Tyler Woods*

In the past, when someone had a slight ache or pain, a minor cold, or a stiff joint, mothers would use an old remedy to ease the discomfort; a remedy that had been handed down from generation to generation.

With today's technology and an ever-increasing dependence on modern medicine, many seem to have lost the art of simple home remedies. Many home remedies can work as fast as conventional drugs and are as close as your kitchen.

#### **Asparagus**

Asparagus helps promote elimination through urine. It is considered a liver tonic and contains amino acids.

\* For arthritis and urinary problems, drink the water of asparagus after it has been steamed.

\* Freshly cooked asparagus will help detoxify the liver, aid in digestion, and may help control breast tenderness and bloating during PMS.

\* Eating fresh asparagus can help with symptoms of hepatitis.

#### **Avocado**

Avocado -- although saturated in fatty oils -- is rich in vitamins A, C, E and B-complex. It is used for skin treatments and has antibacterial and anti-fungal properties.

\* Avocado paste can be used to help treat dry skin, rashes, and other skin problems by applying the paste to the affected area. It also soothes sunburn, and the paste applied to the face can act as a facial for mild eczema.

\* Eating avocados regularly can help with digestive problems.

- \* Avocado can help release toxins from the body.

#### Cabbage

Cabbage is known for its anti-inflammatory properties. As a regular part of the diet, cabbage acts as an anti-cancer agent. It is high in amino acids, potassium and magnesium.

- \* Dab a little white cabbage juice on mouth sores or gargle with white cabbage juice to help soothe a sore throat.
- \* Drink fresh cabbage juice daily to reduce the distress of gastric ulcers, asthma, headaches, bronchitis, psoriasis and cystitis, and to disinfect the colon.
- \* A warm cabbage leaf compress placed on the head can help reduce headaches.
- \* Cabbage leaves can relieve sore, infected eyes.

#### Onions

Onions can help the body “weep” by releasing toxins and increasing blood circulation. This bulb vegetable also strengthens the lungs and helps reduce cholesterol levels. Onions have vitamins A, B, C and E.

- \* If you have an abscessed tooth or a boil, apply a piece of onion to that area to draw out infection and encourage circulation for faster healing.
- \* For minor earaches, place a roasted onion on the ear.
- \* Ingesting onions can help with gastric infections and disorders.
- \* For sprains or bruises, apply a finely chopped, moistened onion.
- \* Onion -- whether cooked or raw -- is a natural antibiotic and draws out infection.

#### Celery

Celery can be used to calm the nerves, reduce high blood pressure, reduce spasms in the digestive tract and stimulate the thyroid. It is full of vitamins A, B and C.

- \* Celery seeds can be used as an anti-inflammatory, and when digested can reduce arthritis pain and relieve muscle spasms.
- \* Raw, grated celery can be used as a poultice and applied to swollen glands.
- \* Celery juice can act as a digestive aid.
- \* Eating raw celery can help stimulate the thyroid and pituitary glands.

#### Apples

“An apple a day keeps the doctor away” is not too far from the truth. Apples can lower cholesterol levels, clean teeth, help gums, and prevent constipation, and are full of vitamins.

- \* Drinking apple juice three times a day can help prevent viruses from spreading.
- \* For heartburn and digestive problems, eat an apple with every meal.
- \* Two medium apples a day reduce cholesterol levels by 10 percent.
- \* Eating fresh apples daily can help with gout and rheumatism.

- \* Apples or apple juice are a wonderful treatment for infections, hoarseness and fatigue, and are a good source of energy.

- \* Fresh apples are good for the mouth, teeth and gums.

#### Lemons

Lemons are rich in potassium and high in vitamins B and C. They have many therapeutic properties, including anti-fungal and antiseptic, and also aid in digestion.

- \* Lemon juice used on cuts can help stop bleeding.
- \* Lemons act as a natural insecticide, working well to keep away flies and mosquitoes.
- \* Drinking a combination of lemon juice and warm water each morning helps to detoxify the liver.
- \* Regular use of fresh lemon can be a good treatment for hemorrhoids, kidney stones and varicose veins.
- \* A few drops of fresh lemon can help cold sores and mouth ulcers, and can help freshen the tongue and breath.
- \* A slice of lemon on your favorite foods each day can help strengthen the circulatory and immune systems.
- \* Lemon, either squeezed or bottled, can help with colds and flu, and is a beneficial treatment for other infections.

All foods have properties and agents that aid the body in natural health and prevention.

A number of foods can help with minor ailments and health concerns; foods that are commonly found in most kitchens. (Remember, if you have a serious health condition, seek medical advice.)

#### Rice

Rice contains high levels of carbohydrates. It is rich in vitamin A, B, C and E. In addition, rice has high levels of potassium, iron, and is sodium-free. Rice is a good digestive aid. It helps lower and blood pressure and cholesterol levels.

- \* Eating rice each day can help reduce heartburn and edema, and it can lower blood pressure.
- \* Drinking rice water (the water after rice has been steamed) can calm an upset stomach.
- \* Ingested before a menstrual cycle, rice can help reduce bloating and symptoms of PMS.
- \* A rice flour poultice can help with acne, burns, and other skin disorders.

#### Potato

Potatoes are filled with potassium and vitamins A and C. They are extremely nutritional and are a wonderful source of fiber. In addition, potatoes have alkaline which helps detoxify the body.

- \* Eaten daily, potatoes can help prevent constipation, heart disease and symptoms of irritable bowel syndrome.
- \* Eating a raw potato can help reduce heartburn.
- \* Potato juice helps relieve stomach ulcers and arthritis pain.
- \* A warm baked potato applied to the elbow can help ease discomfort of tennis elbow.



# CE Corpus

*The Energy Band*

## Callosum

*Regulator of the Body*

The SCIO device can use the Trivector and Cybernetic Loop to rectify aberrant and disharmonious energy patterns in the body. This has profound effects on all body functions but affects the corpus callosum most intensely.

This means that the ability of the conscious verbal mind to relate to the subconscious is increased with the rectification process. The patient will probably not feel the effect. There will always be a positive effect. If there is a negative effect, it is because there is shielded or covert feelings or memories in the subconscious. These will cause disease if left untreated. A simple release may solve the problem.

### The changes include:

1. Activate the innate intelligence to balance the body energies. This is the basic principle of chiropractic, acupuncture, and osteopathy medicine.
2. There is an easier exchange of energy and information from right brain to left brain via the corpus callosum. The corpus callosum is the largest energy form in the body and the rectification process has profound effects on stabilizing it, so it dramatically reduces switching phenomena.
3. The SCIO thereby increases the ability of the conscious to interface with the unconscious. This allows greater knowledge of self and of the higher self.
4. There is a greater memory access, a more true access of memory without emotional clouding.
5. There is a greater flexibility of connective tissue, allowing for more resilience.
6. There is a greater oxygenation and hydration ability of the body.
7. There is a smoother muscle control.
8. There is a general increase in well being that the conscious mind is so often unable to perceive. And thus there are thousands of subtle improvements to be found.

### Oats

Oats are extremely rich in minerals and vitamin B. Oats help lower cholesterol levels, balance hormones, and they are considered an all-around therapeutic food.

- \* Eating raw oats can ease constipation.
- \* Cooked oats eaten daily can relieve fatigue, lower blood cholesterol, and can help reduce depression, stress, addictions and other nervous disorders.
- \* It is said that eating oatmeal on a regular basis can help prevent colon cancer.

### Carrot

Carrots were one of the first vegetables used for medicinal purposes. Carrots are rich in vitamins A, B, C and E, and are one of the best sources of beta-carotene. They also contain high levels of calcium. Many believe carrots are good for liver energy.

- \* Eaten daily, raw carrots can help relieve eye and skin disorders. They can also help with glandular problems, and they may help regulate menstrual cycles.
- \* Carrot soup is good for diarrhea. It slows the bowel while it regulates bacterial growth.
- \* Drinking carrot juice each day can energize and cleanse the body. It can help boost the immune system and may help relieve effects of fatigue and stress.
- \* Dried carrot powder can help with headaches and joint problems.
- \* Carrots are an antitoxin.

### Honey

Honey has many medicinal purposes -- from treating allergies to soothing coughs and sore throats -- and it has vitamins and amino acids, too. It can help retain calcium in the body.

- \* Honey water can be used as an eye lotion if the eye is infected.
- \* Honey and lemon mixed together makes an excellent cough remedy.
- \* Honey is a wonderful moisturizer. It has soothing effects on raw tissue, and can be rubbed on the skin.
- \* A teaspoon of honey can help soothe a sore throat and help with respiratory infections.
- \* Honey rubbed on athlete's foot several times a day can help reduce itching and may promote healing.
- \* Honey mixed with apple cider vinegar can help with arthritic deposits.

### Apple Cider Vinegar

Vinegar helps retain calcium in the body. It encourages strong bones, hair and nails. Vinegar is considered an antibacterial and antiseptic.

- \* Apply vinegar to wasp stings to reduce swelling.
- \* Simmer vinegar in a pan with a little water, cover with a towel, and inhale to reduce spasms from bronchitis and lung infections.
- \* Drink vinegar daily to treat thrush.

as medicine

\* Drink a cup of hot water to which a tablespoon of vinegar and a spoonful of honey has been added to help with coughs, colds, respiratory infection. This mixture may also help ease the discomfort of arthritis pain.

\* Sip vinegar first thing in the morning (before breakfast) to reduce appetite and encourage digestion.

#### Bread

There are a variety of breads on the market: whole wheat, seven-grain, 12-grain, white, potato, rye, oat. Each provides a variety of vitamins and important nutrients. Bread is an anti-inflammatory as well as a styptic (stops bleeding).

\* Apply cold bread to closed eyes to reduce irritated eyes and swelling.

\* Put a piece of fresh bread on a wound to stop bleeding.

\* Apply warm bread to infected cuts to reduce pain and itching.

\* Apply hot bread to a boil to ease the pain and bring the boil to a head.

All foods have properties and agents that aid the body in natural health and prevention.

## Gastrointestinal - Herbal treatment for ulcers

by Paul Bergner and Sharol Tilgner, N.D.

Medical Herbalism 3(3):1,4-6

Ulcers affect about one person in ten in the American society. Ulcer drugs are among the most commonly prescribed in the world, with \$3 billion in annual sales in the U.S. alone. Ulcer can be a life-threatening condition. The danger is in perforation of the gut wall, which can result in death. The symptoms of gastric ulcer are also similar to gastric cancer, so ulcer patients should be under the care of a physician.

The most commonly prescribed ulcer drugs are cimetidine (Tagamet) and ranitidine (Zantac). These may be appropriate for an acute ulcer, but they are not suitable for long-term use, even though they are commonly prescribed for six months to a year to prevent ulcer recurrence. They work by suppressing gastric acid secretion. Ironically, however, acid levels are often low in ulcer patients. This suppressive treatment is thus sometimes ineffective, but even when effective does not address the underlying problems causing ulcers. By suppressing stomach acid, these drugs also impair calcium absorption—calcium carbonate, the most common form of calcium in food, requires an acid gastric medium for bioavailability. Acid-suppressing drugs may also inhibit absorption of iron, magnesium, and vitamin B-12.

### Tagamet and hyperestrogenism

The practitioner treating patients with ulcers will certainly come in contact with clients or patients taking Tagamet. This drug can have significant side effects. One side effect is that it can cause sexual dysfunction and breast development in some men who use it long term. Researchers recently discovered the reason—Tagamet inhibits the breakdown of estrogen in the liver, causing elevated levels in the blood. Normal doses of cimetidine in the study caused estrogen levels to

rise by about 20% within a few weeks (Galbraith). Hyperestrogenic effects in women can include PMS, fibrocystic disease, endometrial cancer, endometriosis, and uterine fibroids, the last two being common causes of hysterectomy in the U.S. High estrogens also can aggravate some forms of breast cancer.

### Lifestyle modifications

Holistic medicine has excellent treatments to promote healing and prevent recurrence of ulcers, especially through dietary modifications, lifestyle changes and the use of herbal formulas. Eliminating or cutting down on alcohol, tobacco, aspirin, other analgesics, coffee and soft drinks can reduce ulcer recurrence (Oxford). A high fiber diet alone may prevent the recurrence of ulcers by as much as 50%, which is as effective as the use of cimetidine (Pizzorno; Rydning). Food sensitivities are a common cause of ulcers; some ulcers can be eliminated completely with identification and removal of the offending food (Pizzorno; Riemann). Naturopathic physicians also recommend elimination of dairy and high fat from the diet (Pizzorno). The previous conventional practice of prescribing a high-dairy diet has been abandoned by orthodox medicine (Merck; Koop).

### Stress reduction

Stress is a key factor in most ulcers. The digestive system must be in a relaxed state to properly digest and assimilate food. If a person eats while in the “fight or flight” mode of the nervous system, indigestion and possibly ulcers can result. Some ulcer patients can recover completely with no treatment other than stress reduction techniques, especially applied before meals.

### Herbal treatments

Herbs can aid in ulcer healing and in preventing recurrence. There is no one single simple herbal treatment, because the underlying causes of gastrointestinal problems are in themselves complex. From a holistic medical point of view, an ulcer is only one manifestation of what may be a whole group of problems needing correction. There can be accompanying poor absorption, hypo or hyperacidity, bleeding, looseness of the stool, infection and sepsis, disordered flora and candidiasis, spasms and pain, and nervous tension each of which must be treated. No single medicine could possibly help all these conditions, so anti-ulcer herbs are traditionally given in combination, ideally tailored for the specific problems of the patient. The formula may be changed regularly, rotating or reformulating combinations with similar properties.

### Formulas

Important elements of anti-ulcer formulas are:

Bitter herbs. Many ulcers are not due to excess acidity, but rather to a weakness of the protective factors in the gut wall. Bitter herbs help to tone the mucosa. They encourage production of digestive enzymes needed to digest and assimilate food.

Astringents. Herbs such as geranium can shrink swollen tissue, control bleeding, and tone the mucosa. Many bitter herbs are also astringent.

Demulcent herbs. Herbs like Marshmallow (Althea off.) have soothing, cooling mucilage which reduces inflammation and help to heal the gut mucosa.

Antiseptics. Herbs such as Echinacea or Baptisia may address any infection that is present. One strain of infective bacteria has recently been found by conventional medical scientists to be involved in a high percentage of gastric ulcers.

Nervines. Stress often accompanies ulcers, and nervine herbs may be a useful addition to a formula, or a valuable separate prescription. Chamomile and hops are both nervine and also bitter, and are especially well-suited to ulcer patients.

One classic formula, from which many other ulcer formulas have been derived, is the Roberts Formula (Sherman):

- 1 part Marshmallow Root (*Althea officinalis*)
- 1 part Spotted Cranebill (*Geranium maculatum*)
- 1 part Golden Seal (*Hydrastis canadensis*)
- 1 part Echinacea (*Ech. spp.*)
- 1 part Poke rt. (*Phytolacca decandra*)

If painful: add one part slippery elm or okra.

In this formula, the marshmallow is included for its soothing qualities; geranium is highly astringent and may help control bleeding; golden seal is a bitter tonic, healing mucous membranes and promoting absorption; echinacea is antiseptic and immune stimulating, helping deal with any infection that may be present; poke tonifies the lymphatic system.

### Slippery Elm

Indispensable in the treatment of ulcers is Slippery Elm (*Ulmus fulva*), which can give palliative relief for the pain of ulcers. A useful way to take it is in the form of a gruel or pudding. The following recipe was suggested by herbalist Cascade Anderson Geller in a class at National College of Naturopathic Medicine. The following method may help prevent slippery elm from clumping up in water, which it tends to do. Put 1 ½ tsp. of slippery elm powder in a small jar with ½ cup cold water and shake it up vigorously. Pour this out into a bowl, and pour over it one to two cups boiling water. Stir continuously for two minutes. Patients enjoy this with honey, raisins, lemon rind, cinnamon, or other well-tolerated foods.

## General Detoxification and Prevention

1. Procure a good source of water. Ordinary tap water must be double-filtered to remove most chlorine and fluorine. Activated charcoal filters are inexpensive and work well (change filters once every four months to forestall bacteria buildup). Water processed by reverse osmosis is best, but daily output (on most available units) is limited. Distilled water is not recommended for long-term use because it is “dead” and may chelate and hasten excretion of essential metals. The addition of wetting agents to water makes a water that is helpful for cleansing and healing. Spring water can be good, but be sure to have questionable sources checked for pollutants. A whole-house filter system, which provides good water for baths, showers, cleaning and cooking, is a good idea.
2. Avoid air pollutants. Make every effort to live and work away from the denser smog areas. If this is not possible, try to get away for several weeks a year (preferably to the mountains or

to a clean ocean) to rebuild lung tissue. Use air filters or air ionizers in the home and office. If you exercise outdoors, do it during relatively low pollution times such as very early in the morning or well after rush hour at night. If you don’t smoke, keep away from smokers. If you smoke, stop.

3. Avoid commercialized foods. Buy produce, grains and other staples from health food stores and coops at which the likelihood of obtaining foods grown in good soil is greater; and grow your own in healthy soil. Carefully wash produce from supermarkets: use natural soapy water or 2.oz. hydrochloric acid to three quarts of water. Place produce in the water for five minutes, then rinse well. Grains, beans, vegetables, fruits, nuts, sprouts and other simple foods are the best dietary staples; they are inexpensive, healthful, tasty, easy to prepare and ecologically sound. Seed products are best when slightly sprouted. Cover with a damp cloth for twenty-four hours, then dry. This washes away enzyme inhibitors.
4. Curtail the use of chemical sundries in the home. This includes cleaning fluids, insect repellents, garden sprays, air fresheners, detergents, dry cleaning fluids, etc. Try to obtain natural cleaners and solvents, and natural garden supplies like Botanagro.
5. Improve your eating style. This means, in addition to eating the right foods, avoiding overeating (under-eating is better). Eat at the right times. The bulk of the day’s food should be eaten before the early after-noon (avoid big dinners after 6:00 p.m. - they do not digest properly). Also, relax before and after meals. If you are upset or very tired, it is best to skip the next meal. Never eat or drink foods or beverages that are very hot or cold (if your hand cannot tolerate the temperature, neither can your stomach). Drink fluids alone, and eat fruits alone, or melons alone. (Fresh and raw are your base guidelines.) Eat foods very low in fat and sodium. Eat foods rich in vitamins, minerals, amino acids, fatty acids, and complex carbohydrates.
6. Exercise! Everyone needs regular exercise - at least fifteen to twenty minutes three times per week (every day is better). Start with an easy program and build up. Jogging and swimming are good, and mini-trampolines are excellent if you are very much out of shape or need something for indoors during the bad weather.
7. Embark on a basic supplementation program after consulting with your doctor, nutritionist or natural-oriented physician. Avoid synthetic supplements.
8. Reduce stress daily: take time to relax after meals, and try to reduce stress and tension in your daily routine.

## Scientific Research shows Fructose Fruit Juice with no Dextrose Reverses Cancer Tumors

Article by Deborah Joy

Scientific evidence exists proving certain foods have the ability to reverse specific cancers, without the need for drugs or chemotherapy. These foods are said to be ‘chemopreventive’ and might one day offer the key to a safer and more effective method of treating cancer. In this article, I hope to lead you through the current research pertaining to the consumption of fruit and vegetable juice, and the concomitant health benefits in relation to the management of cancer.

## Nutrients Play an Important Chemopreventive Role

For several years scientists have been aware of the research showing that eating a diet of raw fruit and vegetables protects against cancers of the colon, oesophagus, stomach, lung and pharynx, endometrial, oral cavity and pancreas[1]. Although the exact reason was often poorly understood, the fibre content of the food was given the credit. However, as more research is completed, findings are now supporting the fact that some nutrients found in vegetables and fruit, rather than their fibre content, have the ability to help the body fight against cancer. The new research is also providing evidence that some of these nutrients actually help reverse cancers. Diets high in vegetable and fruit juice, once regarded as 'quackery' might one day gain medical acceptance due to the high quantity, and quality, of these nutrients.

### 100% Fruit Juice Reverses Cancer Development (no processed dextrose)

One juice exciting scientists with its 'chemopreventative' nature is pomegranate juice. This juice has such a powerful chemopreventative nature that research has shown it can reverse the development of prostate cancer[2] and lung cancer[3]. The research of other scientists has also shown its anti-tumour nature[4] and the juice's ability to restrain breast cancer[5]. Pomegranate juice contains high levels of compounds called polyphenols, which is thought to be reason why the juice is so potent. Those looking for a quick fix polyphenol pill will be disappointed to hear that polyphenols on their own are not as effective as the whole juice[6]. While drinking the juice has benefits, topical application of pomegranate seed oil has been found to be successful in protecting against skin tumours.[7]

## Fruit and Vegetable Juice Prevents Cancer

'Prevention is the best cure' as they say and many juices have already been shown to offer significant help in preventing cancers. For example; Orange juice has been proven to inhibit breast cancer cell growth[8] and colon cancer [9], possibly due to the high quantity of citrus flavanoids found in the juice. Oranges are also rich in folate, which has been confirmed to decrease the risk of breast cancer for women who drink alcohol[10], and vitamin C, which has been shown to reduce the risk of gastric cancer[11] and prostate cancer[12]. Apples, onions and white grapefruit, high in a flavonoid called quercetin may also help to protect against some types of lung cancer[13]. Red Grape juice is high in flavonoids and a compound called resveratrol that has anti-cancer effects[14] and can prevent oxidative stress[15]. Preventing oxidative damage is important, as it is believed to be a significant factor in developing cancer. The humble carrot has also been shown to protect us from cancer by significantly reducing DNA damage in our cells[16]. While Tomato juice[17], on its own and with broccoli[18], has been confirmed to inhibit the development of prostate tumours and exhibits a preventative nature against lung cancer[19]. Fruits and vegetable juices contain vitamins and minerals for which other studies exist. For example; Vitamin A, vitamin E, and selenium have been shown to reduce the risk of cancer[20] in populations prone to oesophageal (42% reduction[21]) and stomach cancer.

Another compound found in green vegetables is chlorophyll. Although there are not many research papers regarding its relationship with cancer, there has been research on the water soluble form known as Chlorophyllin. This has been shown to have the capacity to prevent our body's assimilation of some compounds that are potentially carcinogenic[22]. Amazingly, chlorophyllin also reduces

the oxidative damage caused by radiation and some chemicals[23] [24]. This may explain the role of wheatgrass in an anti cancer diet.

## The Whole Juice and Nothing but the Whole Juice

When isolated from their natural fruit or vegetable source, many nutrients tested produce disappointing results; however, when the nutrients are left in their natural combined state, a potent anti-cancer cocktail results[25]. Must avoid processed dextrose sugars that will feed cancer. Dextrose processed sugars feed cancers 45 times more than liver converted fructose.

Ironically doctors such as Max Gerson were promoting variations of such theories as early as 1958 but have generally been denigrated due to the lack of accepted scientific protocols used in their research. For years the idea that cancer can be treated by diet has been dismissed, and even now many are unaware or disagree with the breakthroughs in knowledge that are being made. However, scientists and doctors seem to have started a journey that might result in widely accepted acknowledgment that eating and drinking fruit and vegetables may be useful for managing cancer[26] as well as preventing it.

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