

Food Medicine

Food should be used as a medicine. All medicine is a food. A disease or physical ailment that cannot be cured with natural medicine methods (herbs, massage, etc.) and food cannot be cured.

Healing Ingredient	Benefit	Foods with Content
Allylic sulfides	Dissolves cholesterol, protects against carcinogens	Garlic
Allphalinolenic acid	Reduces inflammation and enhances the immune system	Flaxseed, soy products, purslane, walnut
Carotenoids	Fights cancer, reduce plaque	Parsley, carrots, winter squash, sweet potatoes, yams, cantaloupe, apricots, spinach, kale, turnip greens, citrus fruits
Catechins	Fights gastrointestinal cancer, Lower cholesterol,	Green tea, berries
Coumarins	Prevents blood clotting, helps High Blood Pressure, anticancer activity	Parsley, carrots, citrus fruit
Flavonoids	Decrease cancer	Parsley, carrots, citrus fruits, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, bell peppers, soy products, berries
Gamma-glutamyl Allylic cysteines . \;~:	Lowers High Blood Pressure, enhances immune system	Garlic
Indoles	Normalizes estrogen	Cabbage, brussel