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Using Food as Medicine

The medicinal value of food for warding off illness has been acknowledged for thousands of years.

Most recently, scientist discovered hundreds of beneficial nutrients in the food we eat. By applying our knowledge of these nutrients and how they work to our diet, we can eat foods that boost our immune system and protect ourselves against a host of ailments. Now we know that using, or avoiding, certain foods can help ward off illness and disease, lessen symptoms of some common health conditions, and even improve our memory.

Food we should eat more:

- **Fiber** (found in fruits, vegetables, nuts, seeds and whole grains) works wonders throughout the body, from alleviating constipation to reducing headaches.
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- **Omega-3 fatty acids** (found in walnuts, flaxseed and cold water, oily fish such as wild Alaskan salmon and sardines) can lessen symptoms of arthritis and may improve memory function.
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- **Garlic, onion, as well as shiitake and oyster mushrooms**, can help reduce the risk of heart disease.
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- **Ginger and turmeric** often help decrease the severity of symptoms associated with joint inflammation.
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- **Cumin** is great tonic and can help the liver in its detoxifying process as well as help the kidneys. Researches found that cumin oil boosts glutathione levels within the tissues by as much as 700%. Glutathione is the body's line defence against aging and toxicity.
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- Caffeine may increase the incidence of body odor - try cutting back on sodas, coffee and other sources of caffeine, then see (and smell) what happens.
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Food we should avoid:

Also our diet includes a lot of baked and fried foods. That's because there is a known carcinogen - called acrylamide - that is typically formed when high-carbohydrate foods are cooked at high temperature.

The Food and Drug Administration published its latest research on the acrylamide content of common foods. Here are the ones that topped the list:

French Fries
Potato Chips
Breakfast Cereals
Cookies
Brewed Coffee
Toast
Pies and Cakes

Crackers
Soft Bread
Corn Snacks
Pretzels
Pizza
Burritos/Tostadas
Breaded Chicken
Bagels

Because of their negative effect on blood sugar, you should already be avoiding these foods. And now you can add the risk of cancer as another reason to just say no.