

## Healing Foods

**Following is a section of foods with special healing value that we recommend you use as frequently as two to four times a week:**

**Broccoli:** restores bowel ecology, strengthens the immune system, contains organic sulfur compounds such as indole carbinol (which breaks down estrogen) and beta carotene, an important antioxidant.

**Burdock:** has long established empirical values in improving digestive and absorptive functions in the stomach and bowel. It speeds up the bowel transit time and so facilitates restoration of the bowel ecosystem.

**Celery:** contains muscle-friendly phthalate and is helpful in normalizing fat metabolism. Celery is also beneficial for joint symptoms and for related disorders such as bursitis and fibrositis.

**Daikon:** has a long-established empirical value in maintaining a healthy bowel ecology.

**Flaxseed:** contains linolenic acid, an essential fatty acid that reduces the formation of hormone-like substances called prostaglandins of PG-2 series. These prostaglandins induce inflammatory responses in the lungs (asthma), the joints (arthritis), the skin (psoriasis), and other body organs. Prostaglandins may also contribute to the development of tumors. Flaxseed is a cereal grain that Europeans and Canadians consume in large quantities in their cereals and breads.

**Garlic:** contains allicin and some other sulfur compounds that restore bowel ecology, prevent yeast overgrowth, thin blood, and prevent platelet clumping. It appears to act as an anti-inflammatory and antibacterial agent, and reduces the risk of cancer.

**Ginger:** contains natural alkaloids that precipitate out (and render harmless) most environmental pollutants in drinking water. (See note about ginger root water in the beverage section of this chapter.) It has a long-established empirical value in restoring altered bowel ecology. Ginger also reduces inflammation in arthritis.

**Grapefruit:** contains pectin, the gelling agent present in the peel and membrane, which lowers cholesterol and facilitates blood flow in arteries. Pectin also appears to prevent blood clotting in arteries.

**Klongi:** (onion seeds) are well known in Pakistan as immune-enhancing spices.

**Soybean:** is an excellent source of minerals such as magnesium, calcium, molybdenum and others. It is rich in essential life span oils and high-quality proteins. Predigestion of food is an old discovery of man. Perhaps no food has more intrigued man in his pursuit of predigested food than soybean. Tofu, tofu p'l, tofu kan, tempeh, toya, natto, and kabitofu are some of the soy-derived staple foods in the Far East. I have observed extraordinary benefits of some positively-charged components of soybeans in restoring damaged bowel ecosystems, as I suspect the ancients did when I look at their inventiveness with this gram. \*

**Squashes:** have a long-established empirical role in improving digestive and absorptive functions. These vegetables are useful in restoring bowel ecology and decreasing bowel transit time (prevention of constipation and toxic effects of prolonged bowel transit time).

**Turmeric:** has been used in Pakistan, India, and the Far East since ancient times as a spice that prevents food from spoiling. Curcumin, the major yellow pigment in turmeric and mustard, is an antioxidant and anti-inflammatory agent that has recently been shown to have antineoplastic properties.

## Grains

**Amaranth:** Highly recommended. An excellent nourishing substitute for wheat. Flour, bread, and muffins available from many health food stores. It can be toasted, popped, or ground for flour. Spanish conquistadors banned it because the Aztecs considered it sacred. Amaranth and quinoa (mother grain of the Inca) are two of our most highly recommended grains due to their high nutritious value.

**Barley:** Consumed widely in ancient Egypt, barley is still favored in many parts of Asia as a suitable food for the sick for two major reasons: 1) It is easily digestible because it is lower in fiber content than most other grains; and 2) It is one of the least allergenic of grains.

**Corn, blue:** Blue com is more nutritious and richer in its content of protein and minerals such as copper, iron, magnesium and zinc. It was favored by Hopi Indians when doing physically demanding work. Corn is one of the most allergenic grains, and we recommend that it should be consumed sparingly even by persons without known clinical allergy.

**Corn, yellow:** Com is one of the most allergenic grains and is regrettably added in varying amounts to a very large number of packaged foods. We recommend that persons with any food allergy avoid consuming com whenever possible.

**Kamut:** Highly recommended. Usually well tolerated by wheat-allergic persons. Kamut kernel is about two to three times as large as that of wheat and contains higher amounts of high-quality proteins and essential oils.

**Millet:** A good alternative for gluten-sensitive and wheat-allergic persons. In the past dismissed as a grain for birds, millet is gaining its rightful place among grains for human consumption.

**Oats:** A good grain for persons without gluten sensitivity. The cholesterol-lowering claims of oats enthusiasts, however, are of little concern to us.

**Quinoa:** Highly recommended. Favored by the South American Inca, quinoa is one of the two major non-animal sources of complete proteins. (The other is amaranth.) From a botanical perspective, it is a fruit and not a grain.

**Rice, brown:** Highly recommended. Commonly available in eateries. A rich source of vitamin B complex.

**Rice, wild:** Highly recommended. It is a different species from common rice and so is a good substitute for rice-allergic persons.

**Spelt:** An excellent alternative to wheat for wheat-allergic individuals and those with multiple allergies. It is richer in high-quality proteins than wheat.

**Teff:** Highly recommended. It is rich in many minerals including copper, zinc, and iron. It was favored by Ethiopians for strength and bravery.

**Wheat, couscous:** Not recommended for wheat-allergic persons. Though produced from durum semolina, it is a wheat product.

**Wheat berries:** This is the form of wheat before it is ground and is a good source of wheat germ and bran for persons without wheat sensitivity.