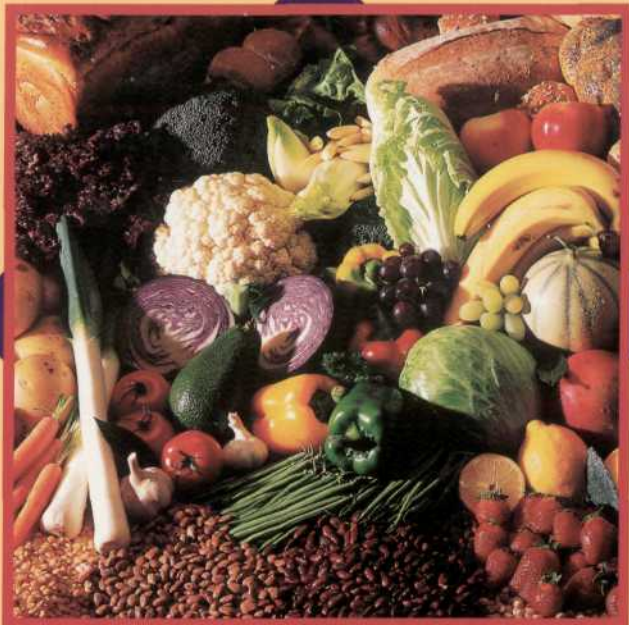


Super Healing FOODS

*“Let food be
your medicine.”*
—Hippocrates

Discover the incredible healing power of natural foods ... from asparagus to zucchini, this authoritative A-Z guide puts real curative power in your hands for today's common health conditions



◆ Frances Sheridan Goulart ◆



<i>Introduction</i>	xxi
<i>A Treasure Chest of Remedies—Both Ancient and Modern</i>	xxi
<i>The Healing Powers in Your Kitchen</i>	xxiii
<i>How to Use This Book for Super Healing Health</i>	xxiv

PART ONE

The ABC's of Super Healing Nutrition ♦ 1

ANTIOXIDANTS	3
Antioxidants for Health Damage Control: Only An Onion or an Apple Away	3
20 Antioxidants/40 Food Sources	4
Four Antioxidant Eaters' Tips	5
APPLES	7
Six Reasons for an Apple a Day	8
Three Apple Antioxidants for 20 to 50 Times More Heart Protection	9
Pectin—A Bushel and a Peck of Benefits	9
A Big Mac a Day for Mental Clarity	10
Sipping Apple Cider to Relieve Insomnia, Sunburn and Aging Skin, and More	10
Energize With an Apple's Fruit Sugars and Vitamins	10
APRICOTS	12
Anticancer Snacking	12
Four Big Mineral Boosts in Each Little Fruit	12

ASPIRIN ALTERNATIVES	13
Aspirin—The Good News	13
10 Reasons to Avoid Aspirin	13
15 Safe Alternatives	14
ASPARAGUS	17
A Spear to Safeguard Whole Body Healing: Five Factors	17
Good Asparagus—Better Sex and Reproductive System Health	18
AVOCADOS	21
The Nutrition of a Fruit, Vegetable, and Nut—All In One	21
The Green Butter for Cardiovascular Fitness	21
Antiaging Benefits	22
Body Building and Healing from the Waist Down	22
BANANAS (and Plantains)	24
Nature's Best Fruit Source of Minerals	25
Chromium Source for Diabetics, Dieters, and Athletes	25
Plantains for the Health of Your Bowels and Intestinal Tract	27
BEANS (Dried)	29
Bean Protein for Fat-Free Energy	29
The Beans—Strong Bones Connection	30
Fighting Digestive Disorders with Beans	30
Bean Cuisine for Diabetics and Dieters	30
The Antistress Factor Plus	31
Antiaging/Anticancer Benefits	31
Flatulence: Cause and Cure	31
Getting Beans' Goodness into Every Meal: Eight Tips	34

Contents	vii
BEETS	36
Two Healing Vegetables in One	36
Five B.C. Benefits of Beets	37
Therapy in Deep Purple for the Whole Body	38
Beating Cancer with Beets	38
Turn an Antiaging Leaf with Beet Greens	38
Beef up Your Beet Intake: Seven Tips	39
BERRIES	41
Six Ways to Stay Healthy with Strawberries	41
A Handful of Blueberries: Four-Way Defense Against Diabetes, Diarrhea, and Urinary Tract Infections	42
Red and Black All Over: Cranberries and Blackberry Cocktails for Healthy Heart and Kidney Function	42
Red Currants	43
Three Berry Bonuses	43
BETA-CAROTENE	45
Free Radicals' Biggest Foe	45
Sources of Betacarotene	47
Vitamin A	47
BRAN	48
Rice Bran, Wheat Bran, Corn Bran, and Oat Bran	48
Anticancer Roughage	49
Anti-inflammatory/Antiviral/Anticholesterol	50
Bran Plan Multiple Health Benefits	50
BREAKFAST FOODS	50
Why You Should Pamper Your Pancreas with Pancakes: Three Payoffs	51

Do You Suffer from Breakfast Skipper's Deficiency Syndrome?.....	51
#1 Super Healing Nutrition in a Bowl (Hot)	52
#2 Super Healing Nutrition in a Bowl (Cold)	53
#3 Super Healing Nutrition in a Single Bite.....	53
13 Better-Breakfast Tips.....	54
Getting Back to Breakfast: Four Tips for Motivating Yourself.....	58
BROCCOLI	59
Anticancer Insurance	59
Whittle Your Waistline.....	60
Stalking Vitamins and Minerals.....	60
Broccoli Juice for Better Brain Function and Vitamin Uptake	61
CARROTS	63
Carrot-a-Day Way to Beat Cancer and Coronary Heart Disease	63
How One Carrot a Day Prevents Two Deficiency Disorders.....	64
Carrot Cocktails for Sex, Sports, and Arthritis Control.....	64
Fiber for Heart, Hips, and Hemorrhoids	65
CELERY AND CELERIAC	66
Stalking Hypertension	67
Five Body Chemistry Balancing Acts	67
Have an Antiaging Cup of <i>Apium Graveolens</i>	68
CRUCIFEROUS VEGETABLES	70
Cabbage.....	71
Four Cabbage Benefits beyond Anticancer Protection.....	71
Cauliflower Power.....	71
Turnips—Versatility Plus	72
DAIRY SUBSTITUTES	74
Milk/Cream	75

<i>Contents</i>	ix
ECHINACEA	82
EGGPLANT	83
Healthy Heartbeat/Healthy Bowel Function	83
The Aubergine Anticancer Solution	83
Cosmetic and Reproductive Benefits	83
FIGS	85
Five Figgy Health Enhancements	86
GARLIC	87
Secret Ingredients	88
Preventing Cancer and Cardiovascular Disease	88
Hypertension, Diabetes, and Ulcer Control	89
Infection Protection	89
GINGER	90
Hands-on Health	91
Nature's Dramamine	92
Anticancer/Antiaging	92
Have a Gingerbread Heart	92
Four More Benefits	92
GRAPEFRUIT	94
GRAPES, RAISINS, AND OTHER DRIED FRUITS	95
Cures from the Vine	95
Raisins and Other Dried Fruits—to Go	96
HERBS	97
Five To-A Tea Benefits	98

Herbal Hints.....	99
One-Minute Healers.....	100
One-Minute Olfactory Healers.....	102
JUICES.....	104
Key to Fatigue Control/Antiaging.....	104
Eight Tips for Getting Juiced.....	105
Tips for Juice Fasting.....	106
Two Juicer Shopper Tips.....	110
To Your Health: 12 Super Healing Juice Combinations.....	111
KIWI FRUIT.....	113
The Kiwi Key to Weight Loss.....	113
Three Cardiovascular Fitness Factors.....	113
Kiss a Kiwi for Dental Health.....	113
LEAFY GREENS.....	115
Protect Your Intestinal and Reproductive Potential.....	116
Four More Leafy Green Cures.....	116
Tips for Salad Lovers.....	119
LEMONS/LIMES.....	121
The Lemon—Symbol of Love, Juicy Fruit, Scurvy Cure.....	121
Miracle Body Cleanser and Normalizer.....	122
Treating Four Common Complaints from a Teacup.....	122
Nutritional Benefits.....	122
Healing Effects of Lemons.....	123
Limes' Gift of Cooling.....	124
More Hints and Tips.....	126
MELONS.....	131
Your Morning Melon—For Cardiovascular and Anticancer Protection ..	131

Super Healing 60-Calorie Fruit Cup.....	132
Melon Magic: Eight Folk Remedies.....	132
NECTARINES	134
Five Protective Benefits of the "Pretender Peach".....	135
NUTS	136
Anticancer and Other Benefits in a Nutshell.....	137
What's Good for What: A Few Nutritional Facts about Nuts.....	137
Nut Know-How.....	139
Nut Lovers' Tips.....	140
ONIONS	141
Pharmaceutical of the Pharaohs.....	142
Onion Soup Rx for Vascular and Pancreatic Health.....	142
25+ Secret Ingredients That Fight Cancer and Diabetes.....	143
Onion Ring Antibiotic/Antiasthma.....	143
An Onion a Day for Hyperthermic Relief, Healthy Hair, and More.....	143
Believe-It-Or-Not Remedies.....	144
Nutritional Profile.....	144
ORANGES (and Tangerines)	146
Healing from Hairline to Heartbeat.....	146
Citrus Solution to Lower Cholesterol and Less Cancer.....	147
"Peel an Orange, Smoke No More" and Other Orange Aids.....	148
The Vitamin Cocktail That Doubles as a Gargle.....	148
Miscellaneous Citrus Fruits.....	151
PARSLEY	152
From Magic to Medicinal Herb.....	152

Fertility Symbolism	152
A Woman's Cup of Tea	152
Cancer and Cardiovascular Protection	153
Four Minerals for Four Ills	153
PEARS	155
Pick a Pear, Protect Your Heart and Arteries	156
PEPPER	158
Peppery Pain for Healing	158
Empowerment Pepper for Cardiovascular Health	159
Hot Pepper Prescription for Six Common Ills	159
Taking Peppers to Heart— For Your Heart and for Hurry-Up Weight Loss	159
The MSG/Artificial Preservative Alternative	160
Why Put Peppers on the Menu	160
POTATOES	164
Spud Nutrition	164
First Choice for Dieters, Diabetics, and Hypertension Control	164
Anticancer/Antiviral	165
Potato Peeler Pharmaceutical	165
Mashed Potato Beautifier	165
Sweet Potatoes	165
PRUNES	167
Nature's Nearly Perfect Food	168
Nature's Heart-Healthy Snack	168
Constipation Control and Beyond: Three Healing Benefits	168
Ideal Dieters' and Diabetics' Snack	168

Contents	xiii
RADISHES	170
Red and White Cures	170
Respiratory Healing and More.....	170
RICE	172
The Nearly Perfect Food.....	172
Slimming Down with Miracle Starch.....	173
Rice, Not Drugs, for Control of Diarrhea and Indigestion.....	173
SQUASH	175
Squash—A Six-Kinds-of-Cancer Fighting Protection.....	176
Pumpkin Seed Power.....	176
Have a Squash, the Have-a-Heart Vegetable.....	177
Around-the-World Healing.....	177
SOYBEANS	180
Protein for Weight and Mood Control	180
Milk a Bean for a Better-Than-Dairy Source of Minerals and Antioxidant Vitamins	180
Using Your Bean to Protect Your Heart and Liver.....	181
The Soyburger Defense against Cancer.....	181
Two Types of Soy Fiber for Five Benefits	182
SPROUTS	185
800% More Antioxidant Vitamin C	186
Nature's Low-Calorie Upper.....	187
SUBSTITUTES	191
101 Substitutes for the Things You Don't, Won't, or Shouldn't Eat or Drink.....	191

SWEETENERS	194
TOMATOES	198
Tossing a Tomato at Tumors.....	198
Fighting the Blahs with a Beefsteak.....	199
BLT, Hold the B.....	199
VEGETARIAN FOODS	202
Brownie Points for Red Meat.....	202
Vegetarian Benefits.....	204
VITAMIN B COMPLEX	207
Not One But 12 Vitamins in One.....	207
Power Foods for Pregnancy.....	208
Reasons to Keep B-Vitamin Foods on the Menu.....	208
VITAMIN C	209
Reducing Coronary Risk, Cataracts, and Allergens.....	210
How Fruit Cocktail Protects Sperm Count and Improves Brain Function.....	210
“C” Is for Clear Thinking.....	210
A Little or a Lot?.....	211
VITAMIN E	213
Helping Your Heart by Helping Yourself to E.....	213
Smokers’ and Second-Hand Smoke Victims’ Protection.....	214
Vitamin E to Fight Aging.....	214
Eating Your E.....	215

VITAMIN K	216
WATER	217
What's on Tap	217
Bottled Water	218
Filter Systems: The Bottled Water Alternative	220
Five Ways to Protect Yourself from Toxic Tap Water	221
WHOLE GRAINS	222
Baking for Better Blood Pressure	222
Putting the Brake on Cancer, Constipation, and Colon Disorders	223
Grains: Leaner Girth and Good Spirit Insurance	223
Eight Good Ways to Go by the Grain	225
WALNUTS	229
Brain and Nerve Nibble	229
Help Yourself to a Heart-Building Handful	229
Folk Cure for the Side-Effects of a Cold or the Flu	229

PART TWO

**Common Health Problems
and Their Food "Cures" ♦ 231**

ACNE	233
Acne Maker-Breakers	233
Skin-deep Trivia	234
ALLERGIES	237
Four Steps to Relief	237
Nutrients for Allergy Control	237

10 Herb Teas That Reduce Histamines.....	238
11 Tips for Allergy Super-Healing.....	239
12 Top Meals-That-Heal Juices.....	240
ARTHRITIS.....	241
Anatomy of an Ache.....	241
The Crippler with 100 Names.....	242
Steps to Healing What Hurts.....	242
ASTHMA.....	248
CANCER.....	250
Nutritional Self-Defense Is 90% of the Battle.....	250
Five Steps for Self-Defense.....	253
Seven Ways to Cancer-Proof Your Diet in Seven Days.....	254
CATARACTS.....	256
Four Steps to Cataract Prevention.....	257
Let the Light Shine in with Brewer's Yeast and Bioflavonoids.....	258
CELLULITE.....	259
Eight Cellulite-Control Tips.....	261
COMMON COLD.....	262
Put Your Green on Greens, Not Antibiotics.....	262
Nine Ways to Fight 200 Viruses.....	263
CORONARY HEART DISEASE.....	266
10-Day Heart-Healthy Nutrition.....	269
Heart-to-Heart Facts.....	275
Beating Hypertension: 12 Better-Than-Sodium Salt Substitutes.....	276

Contents	xvii
CYSTITIS	281
Cocktail a Day to Relief	281
Teas for Super Healing	282
DEPRESSION	284
DIABETES	287
FATIGUE	290
HAIR LOSS	295
Hang-Onto-Your-Hair Hints	297
HALITOSIS	299
HEMORRHOIDS	302
INDIGESTION	304
INSOMNIA	307
Why Insomnia?	309
The Big Three Sleep Disorders	310
Beyond Insomnia	311
Getting Your Zzzzz's: Nutritional and Drug-Free Techniques	311
KIDNEY STONES	313
Milk—A Culprit?	314
Herbs That Fight Stone Formation	314
LOW BLOOD PRESSURE	316
Dietary Improvements That Reverse Hypotension	316

OSTEOPOROSIS	317
PMS AND MENOPAUSE	321
The End of Fertility—Know the Symptoms	321
PMS—Not One But Three Conditions	322
Eight Steps to PMS and Menopause Control	322
PROSTATE	323
STRESS	326
Lowering Stress, Raising Immunity	326
Good Stress	327
Antistress Tips	328
ULCERS	330
Prevention and Relief: Nine Steps	331
VISION	332
So Near, So Far	332
Nourishing Your Eyes	332

PART THREE

Super Healing Nutrition in Action ♦ 337

SUPER HEALING NUTRITION SCOREBOARD	
10 Mind-Body Healing Zones	339
10 STEPS TO 10 TARGET ZONE SUPER HEALING	340
THE SUPER HEALING NUTRITION PYRAMID	342

<i>Contents</i>	xix
BASIC DIETING FACTS AND ADVICE	344
THE SUPER HEALING NUTRITION DIET	355
TEN BASIC SUPER HEALING RECIPES	360
35 HINTS FOR SUPER HEALING NUTRITION	363
MORE IS LESS	367
TARGET 2,000 Nutrition Supportive Exercise	370
ECOLOGY	372
MAIL ORDER SOURCES	376

Index ♦ 382