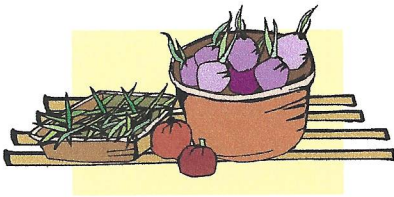


15

# THE HEALING POWER OF FOOD



- To prepare to present this lesson you may want to hand out Hearth fire lesson **#27 (Show me the Power of Healing Foods)**.
- In this lesson we will be using term such as:  
Macro Nutrients: (fats, proteins and carbohydrates)  
Micro Nutrients: (vitamins, minerals and supplements)

We will be discussing the importance of micronutrients. Vitamins, minerals and plant-based chemicals called phytochemicals, which are in natural foods, they boost the immune system and detoxify the body.

Hippocrates said *“Let food be your medicine and medicine your food”*

Thomas Edison said *“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the causes of disease”.*

They knew the importance of good nutrition to keep our bodies healthy.

Little did they know that in the future we would substitute pills for nutrition to try to cure our ailments. Over time we are finding we need to go back to basics

There are a lot of imbalances in our bodies that are caused by poor diet and lack of exercise.

We need to revert back to healing ourselves through a balanced diet, full of antioxidants, vitamins and minerals and exercise instead of taking a pill for every symptom we get.

With the tight schedules most people live, we eat on the run and sacrifice good nutrition, which undermines your immune system. Your immune system needs to be strong to fight off germs and viruses that are lurking everywhere.

Research shows that phytochemicals, such as bioflavonoids and phenols help prevent cardiovascular disease, diabetes, and autoimmune diseases.

✚ Ask participant is they know how the immune system works?

✚ Do they know what free radicals are?

#### **Immune system:**

{The immune system is made up of cells found in different organs; tonsils, spleen, lymph nodes, bone marrow, and thymus gland. These cells respond to pathogens, such as bacteria, viruses, and carcinogens that can make you ill. Boost your immune system with proper amounts of vitamins, minerals, and herbs that work to stimulate, strengthen, and protect the immune system.

Vitamins A, B, C and E are immune system boosters. Vitamin A (beta-carotene) works to help the body resist infections. Vitamin A and E are powerful antioxidants that help cell membranes fight free-radical damage. Vitamin B complex works to enhance immunity. Vitamin C can help prevent heart disease, cataracts, lung cancer, and stomach cancer.

Trace minerals, zinc and selenium are also immune system boosters. Zinc is involved in white blood cell production, the cells that fight infection and protect against illness, Selenium is an antioxidant that eliminates free radical damage.}1

The immune system is your body's defense armor, it creates T-cells (killer cells) to locate and destroy free radicals that invade the body from a variety of sources, (air pollution, cigarette smoke, poor eating habits and toxic chemicals we encounter every day.

**Free Radicals:** When oxygen enters our body it helps to turn digested food into energy, during this process of oxidation it is possible for substances called free radicals to form. Free radicals lack an electron and are very unstable, so in an attempt to stabilize themselves they go looking for an electron, not being choosy they latch onto an electron from the nearest source which could be a cell wall or what's inside the cell and the unsuspecting donor is left damaged and even genetic materials can be damaged.

The body has a defense system, an army of antioxidants, which include vitamins and minerals, antioxidants can give the free radicals the electron they need, however the problems arise when there aren't enough antioxidants available to combat the pollutants we are being exposed to daily, chemicals, toxins, cigarette smoke, car exhaust, cleaning supplies etc.

This is why it is so important to eat a lot of antioxidant rich foods for optimum health.

Eat fruits, vegetables and other antioxidant rich foods every day and your body will have more molecules that can react with free radicals.

Though they did not know why, seafaring captains of the nineteenth century found if they gave their sailor's vitamin C foods, they did not get scurvy.

## Quiz

1. Do you eat at least a pound of vegetables a day?
2. Do you eat a cup of beans daily?
3. Do you eat five fresh fruits a day?
4. Do you use very little oil?
5. Do you eat at least 1 ½ ounces of raw seeds and nuts a day?
6. Do you eat two to five animal products per week?
7. Do you eat at least one big salad a day?

If you answered yes to:

- 0-3 Your diet is low in micronutrients. Time to get cracking on making changes in your diet
- 4-5 You are on your way to a healthy body
- 6-7 congratulations- you're a full- fledged nutritionist

## **Cancer and Heart disease are mainly man -made diseases.**

Cancer and heart disease can be hereditary as well as from our dietary deficiencies. There are too many types of cancers to list here and you need to follow your doctor's treatment and recommendations. But, since some cancers can come back in another form, there are many things you can do to help you try to prevent reoccurrence of these cancers by getting the micro nutrients (vitamin and minerals ) your body needs and following the healthy eating we have outlined in this lesson.

### **Heart Disease:**

Cholesterol is a major culprit to heart disease, every cell in your body needs this waxy, fat like substance to help digest fats, strengthen cell membranes, and to make hormones, the body creates all it needs, but our eating habits can flood our system with excess cholesterol where it deposits on the artery walls and forms plaque that clog the blood vessels and can lead to heart disease or heart attack which necessitates making changes to our diet and lifestyle.

So why don't we make those changes now.

In general you need a diet rich in vegetables, fruit, olive oil, fish, whole grains, oatmeal, green tea, mushrooms, sesame and flax seeds you will have the added benefit of lower blood pressure and reduce the risk of blood clots.

Statin drugs can be helpful for some with cholesterol problems, but can have some adverse effects on some people, so make sure you discuss them at length with your doctor.

### **Diabetes:**

Diabetes is a metabolic disorder that can lead to heart attack, stroke, amputation and kidney failure. Type I is genetic, the pancreas is unable to produce enough insulin, a hormone that helps the body's cells absorb glucose and use it as fuel, Type II is generally the result of lifestyle, the cells become resistant to insulin, allowing unused glucose to accumulate in the bloodstream. While insulin is necessary for proper cell function, excess glucose can wreak havoc on your heart, blood vessels, nerves, eyes and kidneys.

Fat cells appear to be more insulin resistant than muscle cells, it is important to exercise and lose weight, try to cut down by 500 calories a day, if you walk a couple of miles a day and pass up the after dinner dessert you can lose a pound or more a week. 3500 Calories reduction= 1 #

Eat a balance of 10% lean fat, 40% protein 50% carbohydrates, do not cut out any of the three since your body need them all to work together to metabolize your food properly. Since every-one's body has different needs, please check with you doctor to find out the proper ratio for you. See the plate chart on back page.

### **Irritable Bowel Syndrome ( IBS)**

This disease can present itself in many forms (irritable bowel syndrome, colon ischemia, irritable colitis, and chrohns disease

By developing a healthy nutritional lifestyle we can bring a balance and harmony back to our lives and it can begin with your next meal.

{To understand the healing power of your next meal, you must have a basic knowledge of the process that foods we eat have on digestion, absorption and elimination. Digestion of carbohydrates begins in the mouth, both by mechanical breaking down of food and chemical digestion through the salivary enzyme amylase.

In the stomach, gastric juices consisting of hydrochloric acid and pepsin start to digest proteins, and the partially digested food turns into a paste like substance, as this substance is released into the small intestine, digestive bile from the liver, gallbladder and pancreatic enzymes, along with enzymes from the exocrine cells in the mucosa of the small intestine complete the digestion of proteins, carbohydrates and fats.

The digested food is now absorbed by the intestinal wall lining called villi and enters into the blood stream. The nutrient void food then moves into the large intestine, where there is an absorption process of water and electrolytes and the formation, storage and elimination of feces.} 2

By eating slowly, regularly scheduled meals and balanced macro and micro nutrition you can restore health to stomach lining and improve detoxification function of the intestines.

The typical American diet is primarily macronutrients comprised of processed foods and animal products deficient of micronutrients necessary for a healthy body and to help us fight chronic diseases. Counting calories and watching carbohydrates takes a back seat to **understanding** foods nutritional values.

**I cannot stress enough the importance of a balanced diet and lifestyle for optimum health and it can begin with your next meal.**

**Eat to live not live to eat.**

### **SUPER FOODS FOR HEALTH**

**Whole Grains:** wheat, rice, oats and rye are an excellent source of folate, B vitamins, magnesium, iron, copper, zinc, chromium, phosphorus and vitamin B. Studies have shown that whole grains reduce the risk of several types cancers, type II diabetes, lower cholesterol, reduce blood vessel inflammation, and lower the risk of cardiovascular disease.

**Dark colored fruits and vegetables:** Blueberries, strawberries, cranberries, blackberries, apples, red and black grapes, eggplant, peppers, broccoli and onions. Studies show that they are high in powerful antioxidants, some have fifty times the antioxidant power of both vitamin C and E and that flavonoids in fruits and vegetables, reduce the risk of arthritis, atherosclerosis, diabetes and cancers. They protect against free-radical damage to collagen protein in joints and blood vessels, which reduces edema, varicose veins and hemorrhoids.

**Red, Orange and Yellow Fruits and vegetables:** Tomatoes, sweet potatoes, oranges, grapefruit, summer squash contain carotenoids, lutein and lycopene, the benefits are growth and repair of tissue and help fight bacteria and infection this is an important factor in cancer prevention, lower the risk of heart disease, stroke, cataracts and macular degeneration. As potent antioxidants, carotenoids prevent free radical cells from damaging DNA through oxidation, this is an important factor in cancer prevention.

**Cruciferous Vegetables:** Broccoli, brussel sprouts, cabbage, cauliflower, kale which contains a compound called glu co-sin-ol-ates which when chopped or chewed they release phytochemicals high intake of these vegetables have been associated with lowering the risk of lung cancer and cancer of the colon and may inhibit the formation of hormone influenced cancers like prostate and breast cancers.

**Anti-bacterial Vegetables:** These are a subgroup of cruciferous vegetables, they are onions, leeks, garlic and shallots, because of their strong sulfur odor these may keep your friends away but act as a natural antibiotic against bacteria and viruses and parasites, and protect against stomach ulcers and stomach cancers. When cooking with good oils, like olive oil, heat changes its structure into trans-fatty acids, adding garlic or onion to the oil will keep this degradation from occurring for up to 20 minutes.

Garlic is toxic to invading pathogens and tumor cells however, it is harmless to normal, healthy cells.

**Legumes:** Beans, peas, lentils and soybeans are rich in folate and high in fiber, when combined with whole grains like barley, oats, rice and whole wheat, they become a complete protein. Legumes help prevent colon, prostate and breast cancers. Beans and peas have an anti vitamin D compound, it is a good practice to combine legumes and fresh fruit and yellow and dark green vegetables and whole grains to provide beta carotene vitamin B-12.

Beans contain pectin, which when eaten regularly will reduce cholesterol.

All members of the legume family such as beans, peas and peanuts have the unique ability to envelop tumor cells and prevent their growth

**Yogurt:** The active culture of bacteria in yogurt actually helps to fortify the immune system. The use of yogurt in the diet triples the production of interferon which improves the immune system's ability to slow down or destroy active tumor cells in the GI tract.

Avoid sweetened yogurt due to high sugar content. **Sugar feed cancer.**

### **Eating do's and don'ts**

**DON'T** Rely on pills for nutrition, taking a one-a-day with a McDonalds burger and fries just isn't going to cut it. Supplements should be taken with food not in place of it.

**DO** Drink water, it may be bland next to soda and coffee, but the cells in your body won't think so. Water is the most essential nutrient for them. Try adding lemon or lime for flavor.

**DON'T** Walk around dehydrated. If your urine is deep in color or has a strong odor, you need to drink more water.

**DO** Eat mixed food for breakfast such as those containing a little carbohydrate, a little protein, and a little fat. For example; Eggs and a bowl of fruit or a protein shake with soy milk and a banana.

**DON'T** Eat sugary foods in the morning. A burst of refined sugar on an empty stomach will trigger a flood of insulin which will suppress the immune system, and feed any abnormal cells which are common in everyone's body.

**DO** Eat less fat. The average American eats the equivalent of a stick of margarine a day, most of which is hidden in processed foods such as crackers, frozen pot pies, chips, doughnuts and croissants and snack cakes. Of the fat you eat, consume a higher proportion from plant oils like olive or canola oils.

**DON'T** Eat corn oil or soybean oils daily, especially if it's hydrogenated. These fats are immune suppressive and research has linked hydrogenated fats to increased free radicals which are destructive to cells. Butter is a better choice than margarine.

**DO** Increase the amount of fiber in your diet. Daily "detoxing" of the colon is important in maintaining good colon health. If you cannot get enough fiber foods in your diet there are a number of high quality products on the market, make sure it states any of the following; psyllium, husk, oat bran, mucilage gums, and pectin on the label. Remember, you need to drink more water while increasing fiber in your diet.

**DON'T** Expect to get more fiber by eating iceberg or head lettuce, white grapes, corn, celery, and cucumbers, they have miniscule amounts of fiber. Some quick, simple high fiber foods are dried figs, bananas, raisins, fresh oranges and dried dates are a good substitute for a candy bar.

**DO** Eat nutrient dense foods every day. Regularly consume yogurt, orange vegetables, vegetables in the cabbage family, tomatoes, fruit, and dark green leafy vegetables. Remember, the deeper the color of fruit and vegetables the more nutrients.

## **Fat, Protein and Carbohydrates for Good Health:**

**Carbohydrates** should be the primary source of energy in your diet. Eat complex carbohydrates, whole grain bread, brown rice, oats, muesli rather than simple carbs like candy, cake, white bread whenever possible which have fewer nutrients. Those who want to lose weight can substitute lean protein and vegetables in place of some carbs.

**Fat** is an important source of energy, it assists in the absorption of vitamins and omega-3 fatty acids help reduce the risk of cardiovascular disease. Some fats are harmful, particularly saturated fats, which increase the level of bad cholesterol. Good sources are eggs, nuts, milk and olive oil.

**Protein** provides energy and vital amino acids essential for building and repairing muscle tissue. Some sources of proteins such as bacon, beef and cream are not particularly healthy, high levels of saturated fat and cholesterol in some protein rich foods negate the health benefits. Opt for lean sources such as fish, poultry, eggs, nuts and legumes. Nut, particularly walnuts, contain omega 3 which is good for your heart and brain.

### **Build a meal**

Eat each meal according to the plate portion in handout.

### **Ways to get super antioxidants in your diet:**

- Top your low fat ice cream with berries or pomegranate seeds or nuts
- Freeze grapes for a delicious frozen dessert
- To double your antioxidants, dip strawberries, pineapple cubes and sliced apples in dark chocolate.
- Enjoy one glass of red wine a day
- Drink antioxidant rich juices for an energizing way to start your day, grape, pomegranate, pineapple, cranberry and orange. Drink plain or blend your own for unique flavors.
- Make ice-pops from 100% fruit juice.

### **How to get more vegetables in your diet**

- Have a salad: taco salad, chef salad, or what-ever you like salad.
- Use dark green lettuce such as romaine instead of iceberg lettuce.
- Stir-fry lots of vegetables with a small amount of meat or vegetables only
- Keep a bowl of veggies like celery, radishes, carrots, broccoli and cauliflower cut-up and ready for snack attacks.
- Save leftover vegetables in the freezer and make a healthy veggie soup.
- Put lettuce and tomato on your sandwich.
- Have carrot and celery sticks with a sandwich instead of chips.
- Mix finely grated carrots with peanut butter and use as a spread for crackers, apples or bananas.
- Add finely shredded or chopped vegetables to cream cheese or ricotta cheese, use as a spread on bagels or crackers.
- Mix raw egg to cut up vegetables and grated cheese, cook as you would scrambled eggs.

Learn to shop like a nutritionist, if it has a label, it's probably low in micronutrients, when you buy a product with a label, be sure to check it's salt content, it should have no more than 300 mg. of sodium per serving and go easy with the salt shaker, salt deadens the flavor of foods so when you cut down on salt you will start to really taste the flavor of your food. Avoid foods that list sugar and honey as a top ingredient.

People often assume a small bag or container of food is a single serving. Never, ever eat a whole can or package of food without checking serving size on the package or can of food.

Stress can have an adverse reaction on the body and organs, it is important you find some methods for de-stressing yourself (guided imagery, proper breathing techniques and relaxation techniques)

### **Mind/Body Medicine:**

Mind/ body medicine explores the influence your mind and emotions have on your body and immune system. Health professionals are examining the affects of your mind, thoughts, attitudes and beliefs on your physical health and well-being.

Thoughts and emotions can trigger certain hormones or other chemicals that send messages throughout the body, these thoughts and emotions can change our heart rate, blood pressure, breathing, sugar levels, muscle responses, concentration and our ability to fight off illnesses.

The goal of relaxation is to turn off the outside world so the mind and body are at rest. This allows you to reduce tension that can increase the intensity or severity of symptoms.

If you have a chronic condition, stress and depression can aggravate conditions. It is very important to keep a positive attitude, find something that works for you to alleviate these feelings, guided imagery, relaxation techniques, proper breathing techniques, stress management classes, religion, exercise, gardening and humor.

Laughter is a wonderful stress reliever and may stimulate your immune system to aid in the healing process and may help to relieve pain and helps your body generate energy.

### **If you have time you may want lead the group slowly through this imagery exercise**

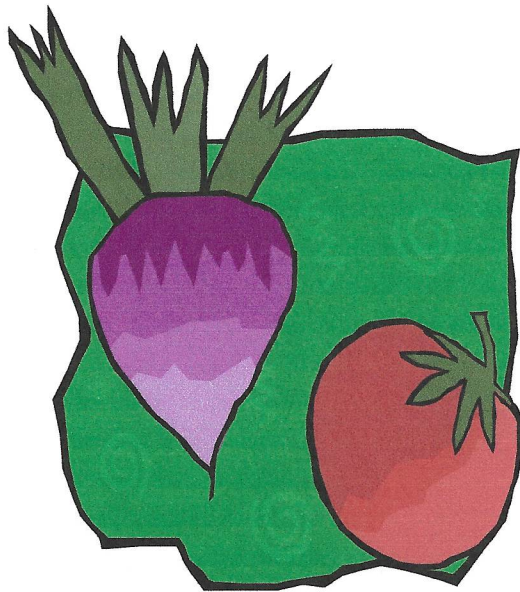
*{Mind/body exercise: close your eyes now imagine you are holding a big, bright yellow lemon. You hold it close to your nose and smell its strong citrus aroma. Now you bite into the lemon, it's juicy! The juice fills your mouth and dribbles down your chin. Now suck on the lemon and its tart juice.*

*What happened? The body responds, your mouth puckers and starts to water, you may even smell the scent of the lemon. }*3

**Remember, do not feed your free radicals. It is much easier to prepare for good health than to repair it.**



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- Save leftover vegetables in the freezer and make a healthy veggie soup.
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Mind/ body medicine explores the influence your mind and emotions have on your body and immune system. Health professionals are examining the affects of your mind, thoughts, attitudes and beliefs on your physical health and well-being.

Thoughts and emotions can trigger certain hormones or other chemicals that send messages throughout the body, these thoughts and emotions can change our heart rate, blood pressure, breathing, sugar levels, muscle responses, concentration and our ability to fight off illnesses.

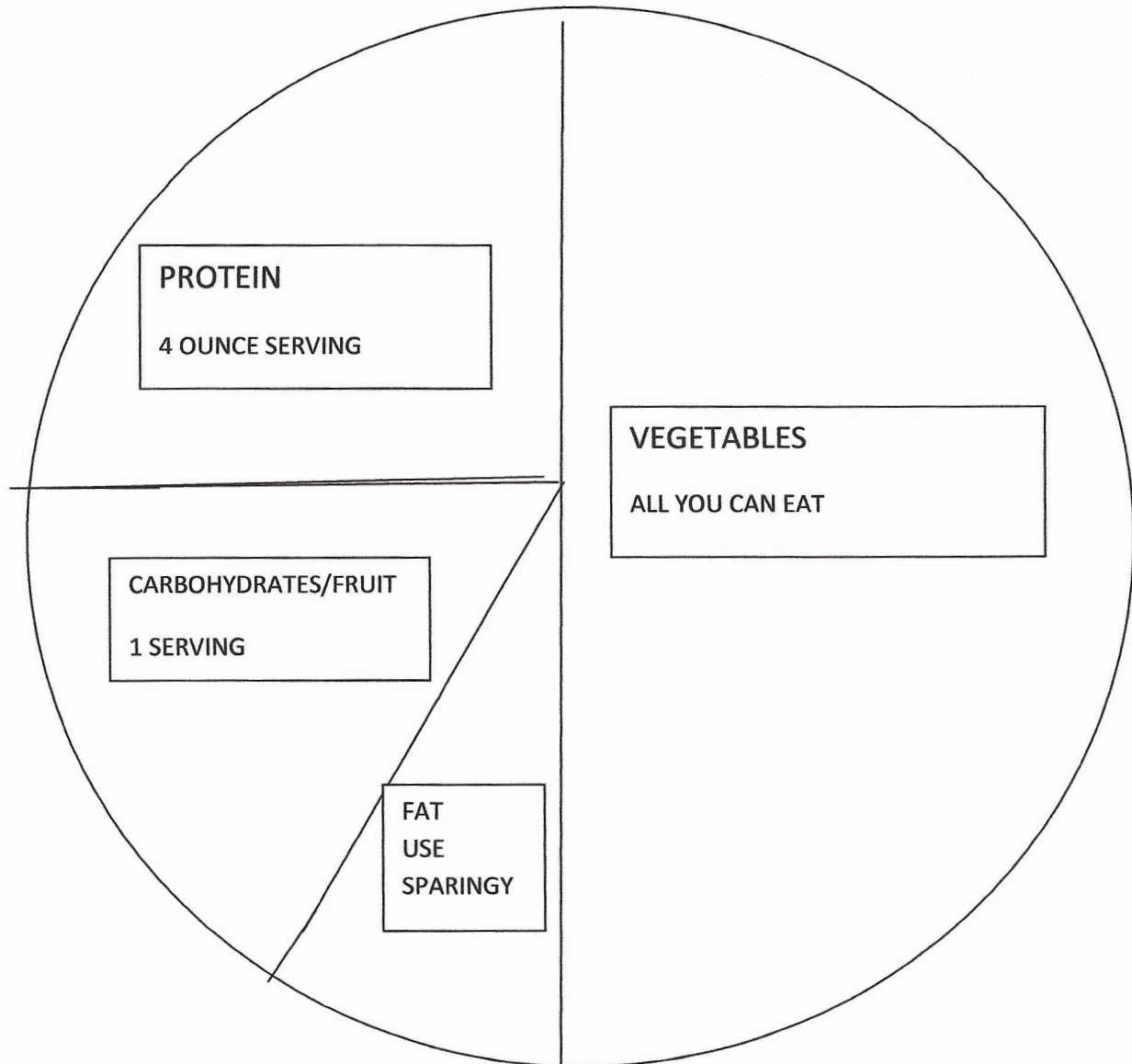
If you have a chronic condition, stress and depression can aggravate conditions. It is very important to keep a positive attitude, find something that works for you to alleviate these feelings, guided imagery, relaxation techniques, proper breathing techniques, stress management classes, religion, exercise, gardening and humor.

The goal of relaxation is to turn off the outside world so the mind and body are at rest. This allows you to reduce tension that can increase the intensity or severity of symptoms.

Laughter is a wonderful stress reliever and may stimulate your immune system to aid in the healing process and may help to relieve pain and helps your body generate energy.

**Remember; do not feed your free radicals. It is much easier to prepare for good health than to repair it.**

# Build A Meal



## Reference Materials

# 27 Hearthfire "Power of Healing Foods"

Cancer Treatment Centers

Complete Guide to Healing Foods by Amanda Ursell - buy at Amazon.com

Mayo Clinic

Joel Fuhrman "Eat To Live"

1, [www.bodybuilding for you.com](http://www.bodybuildingfor you.com)

2. [www.lifescrpt .com](http://www.lifescrpt.com)

3. Living Well with Chronic conditions. Stanford University