

Examples for using HealthFoodFinder

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This App can be used in two different ways:

- 1-Select some health concerns and search for health foods & remedies for them
- 2-Select some health foods or remedies, including minerals and vitamins, to compare their health benefits

The following two examples, one for each of the above usages, are provided to demonstrate some of the unique features of this App.

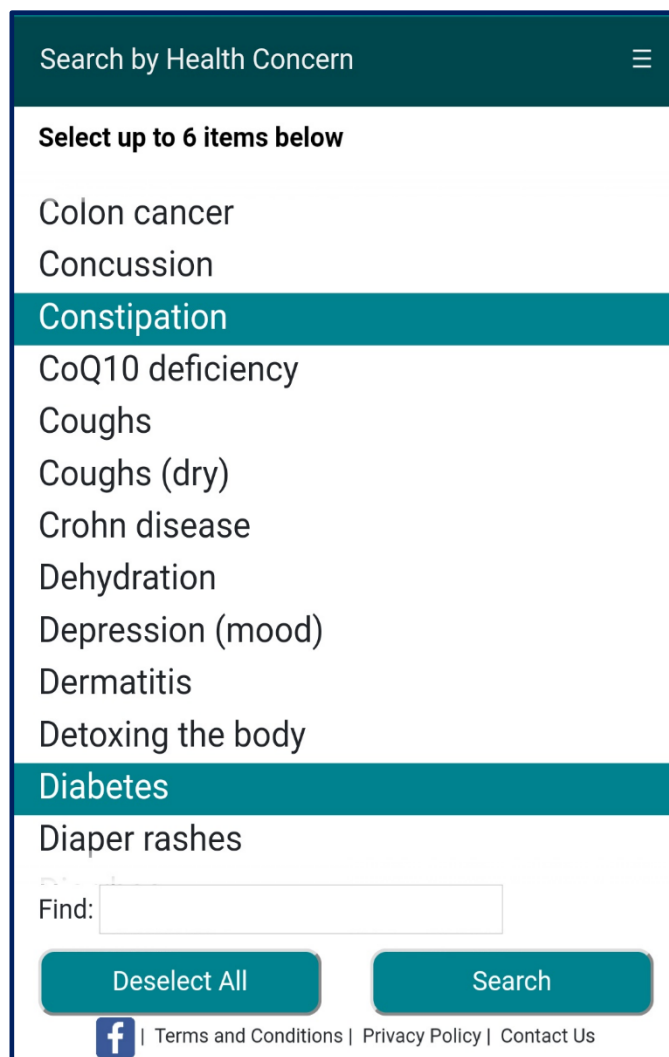
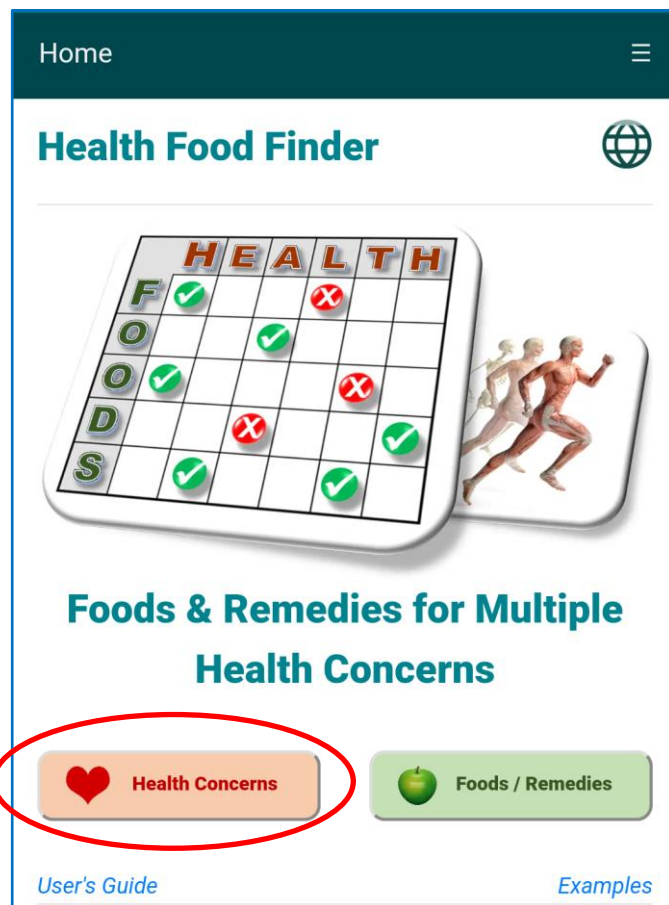
Example 1 - Health Foods for Constipation that would not disturb Diabetes or Weight

The purpose of this example is to search for foods or remedies when you have more than one health concern. This is particularly important when you want to make sure that the beneficial health food or remedy you choose for your main concern would not hurt you somewhere else. In this example, user's main concern is constipation but he/she wants to make sure that what he/she chooses would not have an adverse

impact on diabetes or weight control that are his/her other two health concerns.

So, first, “Health Concerns” is chosen from the Home page to get a list of all health concerns available to choose in this App. Then user locates and clicks on his/her three health concerns (two are shown on the image here). The “Find” function at the bottom could also be used if preferred. As shown in the figure, the App is used to search for health foods and remedies for all three medical concerns. After locating and selecting all health concerns, the “Search” button should be clicked to search and display the foods and remedies that impact one or more of the selected health concerns.

Each column in the Health Effects Table shows one of the three selected health concerns and each row of the table shows one



of many health foods or remedies found for the selected health concerns.

The complete table is very comprehensive and long. It has been shortened for this example. Since constipation is the main health concern and not the other two, user may click on constipation on the Health Effects Table to remove the table rows that are not found to have any significant effect on constipation. User may further shorten the table length (number of health food options) by arbitrarily selecting and hiding the health food rows that are not interesting to the user (see the User’s Guide on how to hide rows).

Health Effects Table				
<div>Emphasized</div> <div>Beneficial</div> <div>Assists</div> <div>Mixed</div> <div>Inhibits</div> <div>Negative</div>	Constipation	Diabetes	Obesity	
Bread (rye)	Beneficial	Beneficial	Beneficial	
Prunes	Emphasized	Beneficial	Beneficial	
Quinoa	Emphasized	Beneficial	Beneficial	
Salsify	Emphasized	Beneficial	Beneficial	
Acacia - babool	Beneficial	Beneficial	Beneficial	
Ajwain (carom seed - Bishop's weed)	Emphasized		Beneficial	
Figs	Beneficial	Beneficial	Beneficial	
Horehound	Emphasized	Beneficial		
Lemon juice	Beneficial		Beneficial	
Black seed (nigella sativa)	Negative	Beneficial	Beneficial	
Jujube (ziziphus)	Emphasized	Negative	Beneficial	
Apples	Mixed	Beneficial	Beneficial	
Aloe vera	Beneficial	Negative	Beneficial	
Rhubarb	Negative		Beneficial	
Sesame seeds	Beneficial	Beneficial	Negative	
Agrimony	Negative	Beneficial		
Sugar (sweets & drinks)	Negative		Negative	

The following observations could be made from this Health Effects Table:

- There are some health foods that are beneficial to all three health concerns such as prunes, quinoa or rye bread.

- There are health foods for constipation that are beneficial to some of the other health concerns like lemon juice or horehound.
- There are health foods for constipation that may have undesirable side effects on the other two health concerns like sesame seeds or jujube.
- There are health foods not good for constipation regardless of their impact on other health concerns such as black seed or rhubarb.
- There are health foods that could have a mix of beneficial and harmful impacts on constipation like apples, depending on how they are consumed
- Despite a large amount of information in this Health Effects Table, it is only like the table of contents in front of a book. There is a lot more detailed explanation of effects behind this table that user can access by clicking on any of the icons in the table. For example, if user clicks on the red/green icon on the apple row and constipation column, an Explanation of Effects page appears and provides more details on the mixed and controversial effect of apples on constipation. There are three explanation paragraphs on this page obtained from different sources. Two sources indicate that apples are good for constipation but the third reference explains that while whole apple is good for constipation, peeled apple could

actually make it worse. Clicking on the source links below each paragraph would provide further details.

“Other Considerations” is another helpful information on this page. While a user may enter his primary and a few secondary health concerns, he/she still needs to know about other potential side effects of what he/she may choose from his search. For example, apples that have been found to be beneficial to all user’s three concerns (constipation, diabetes and obesity) has risks or side effects for other medical conditions like kidney stones and migraines. User needs to be aware of these other side effects. Clicking on any of these concerns listed under “Other Considerations” would add that item to the user’s list of medical concerns for obtaining more information.

Explanation of Effects



Effects of Apples on Constipation

- ✓ Apple juice contains sorbitol, which helps to extract water from the large intestine into colon thus facilitate easy passes of stool
Source: <http://www.gyanunlimited.com/health/what-are-the-wonder-health-benefits-of-drinking-apple-juice/8999/>
- ✓ Apples contain sorbitol. When this substance reaches the large intestine, it draws water into the colon. This way, it makes the stool softer and easy to pass.
Source: <http://www.stylecraze.com/articles/best-benefits-of-apple-juice/>
- ✗ Apple fiber helps constipation but a peeled apple loses about half of its fiber. When the peel is removed, the pectin can counteract the benefits of the fiber, so that eating a peeled apple might contribute to constipation. Apple sauce also causes constipation as it is made from peeled apple. Cooked apple may also cause constipation as it increases pectin, a binding agent. Apple can also cause constipation if body is even mildly dehydrated as the body will pull water from the stool to be used where it is needed more.
Source: <https://homeremediesforlife.com/apple-for-constipation/>

Other Considerations

Apples may have an adverse effect on the following medical conditions:

(Click on a condition to add/remove it to your table)

- Attention deficit (ADHD)
- Autism
- Diarrhea
- Digestive (IBS)
- Gas (bloating)
- Kidney stones
- Migraines

Images of Apples

Source: Google search



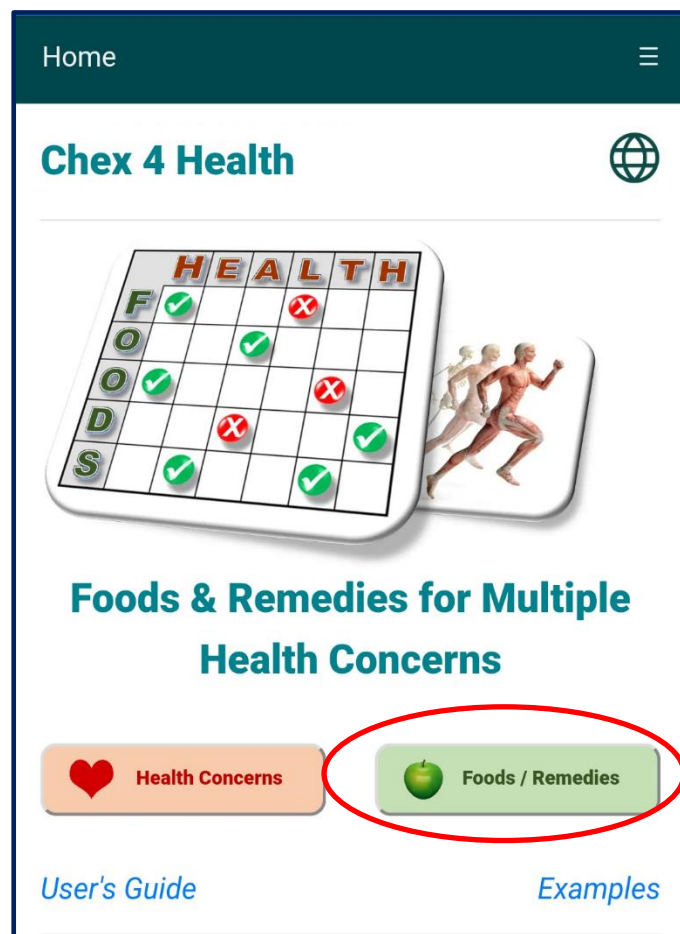
Another feature of the Explanation page is that it shows a few images of the selected food at the bottom of this page. While this feature may not be needed for well-known items like apples, it could be helpful for less familiar items.

Example 2 - Comparing Benefits of a few Nuts

The purpose of this example is to demonstrate how we can select one or more health foods (or remedies) to learn about their benefits and side effects. When more than one item is selected, the Health Effects Table provides a side-by-side comparison of their benefits and side effects.

So, first, “Foods / Remedies” is chosen from the Home page to get a list of all health foods and remedies available to choose in this App. Then user locates and clicks on his/her foods or remedies of interest. The “Find” function at the bottom could also be used if preferred.

Some good examples could be comparing the benefits of different nuts, seeds, fruits,



beans, vitamins, etc. For this example, let's search for and compare the benefits and side effects of a few nuts. After selecting some nuts and clicking on the search button, the Health Effects Table for nuts will be displayed.

Each column in the Health Effects Table shows one of the selected nuts and each row of the table shows one of their benefits or side effects.

The complete table is very comprehensive and long. It has been shortened here by removing some rows (see the User's Guide on how to hide rows).

A simple review of this table shows that all selected nuts help with weight control (obesity) but only two of them (almonds and macadamia nuts) are found to be beneficial to

Health Effects Table											
<div><div></div>Emphasized</div> <div><div>✓</div>Beneficial</div> <div><div>↑</div>Assists</div> <div><div>?</div>Mixed</div> <div><div>↓</div>Inhibits</div> <div><div>✗</div>Negative</div>	Almonds	Hazelnuts	Macadamia nut	Peanuts	Walnuts	Icons	Save	Filter	Sort	Details	Help
Obesity	✓	✓	✓	✓	?						
Heart (coronary disease)	✓		✓	✓	✓						
Skin health	✓	✓	✓		✓						
Magnesium deficiency	✓		✓		✓						
Protein deficiency	✓			✓	✓						
Vitamin E deficiency	✓	✓		✓							
Zinc deficiency	✓	✓		✓	✓						
Iron deficiency (anemia)		✓	✓	✓	?						
Eyes (macular degeneration)	✓			✓	✓						
Vitamin B7 deficiency	✓			✓	✓						
Antioxidant deficiency		✓			✓						
Diabetes		✓			✓						
Selenium deficiency			✓		✓						
Arthritis (rheumatoid)			✓	✗	✓						
Adrenal fatigue	✓				✓						
Bones	✓		✓								

bones. Also peanuts, while not good for rheumatoid arthritis, are helpful with the coronary heart disease.

Clicking on the Coronary heart disease icon on the peanuts column would bring up the “Explanation of Effects” page that provides some information on this important benefit. Clicking on the source link below the explanation paragraph would refer the user to the source of the information used here.

In addition to a brief explanation of the benefit, link to the source of information for further readings and some images of coronary heart disease, this page also warns the user about consumption of peanuts. Clicking on the warning statement will open the warning page for the user to read. The source of the warning statement is also provided for obtaining more details.

Explanation of Effects

Effects of Peanuts on Heart (coronary disease)

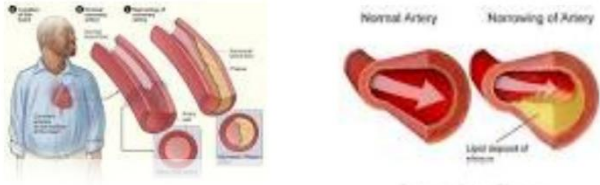
See warnings and notes regarding Peanuts

✓

Unsaturated fats are healthy fats that improve cholesterol levels and lower inflammation, which is a risk factor for Coronary Artery Disease. Unsaturated fats are found primarily in plant-based foods. Monounsaturated fats are one of the healthiest fat sources and are found in olive oil, canola oil, peanut oils, nuts and avocados. Polyunsaturated fats are found in fish, corn oil, soybean oil, sunflower oil and walnuts.
[Source: http://www.livestrong.com/article/269150-recommended-diet-for-coronary-artery-disease/](http://www.livestrong.com/article/269150-recommended-diet-for-coronary-artery-disease/)

Images of Heart (coronary disease)


Source: Google search



Warnings

Warnings about Peanuts

- Allergy to peanuts, soybeans, and related plants: Peanut oil can cause serious allergic reactions in people who are allergic to peanuts, soybeans, and other members of the Fabaceae plant family
[\(Source\)](#)



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