

Users' Guide for HHealthFoodFinder

(Aug 20, 2018)

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NOTE:

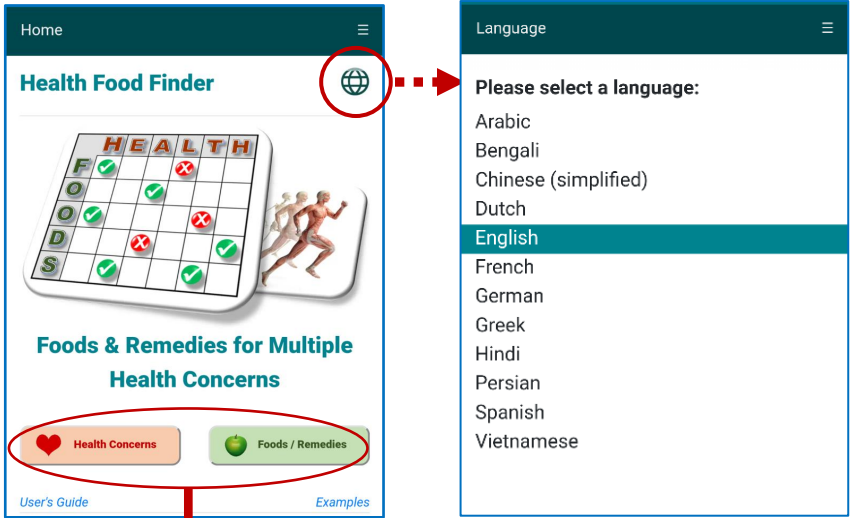
This App can be used in two different ways:

- 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

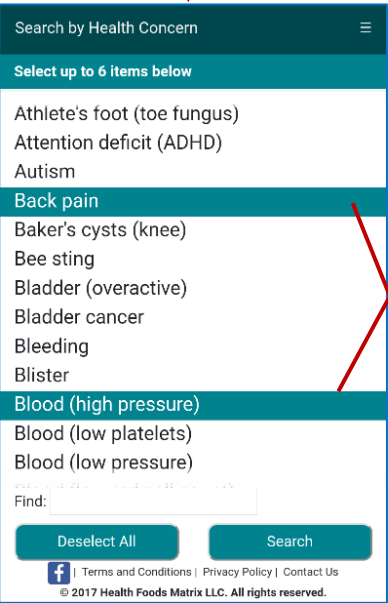
1. Map of the App's main pages

Home Page:

- 1. You may partially change the App Language, if needed
- 2. Select food search or health search



Search Page: Select up to six items



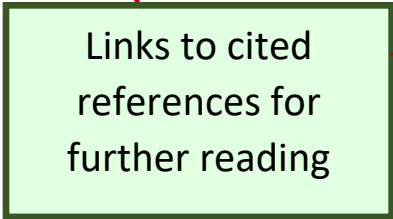
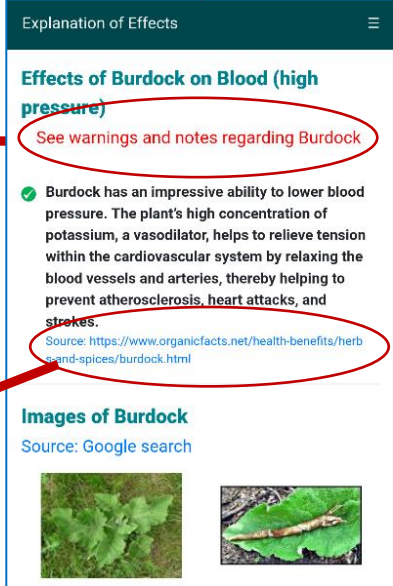
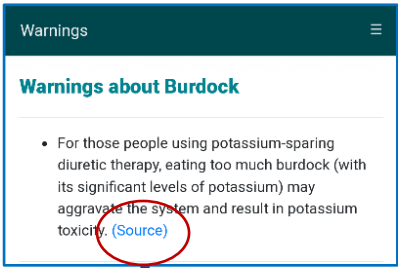
The 'Health Effects Table' shows the effects of various foods on different health concerns. A red circle highlights the 'Blood (high pressure)' column, which leads to the Explanation of Effects page.

	Back pain	Blood (high pressure)
Peppermint	✓	✓
Rosemary	✓	✓
Olive leaf		✓
Burdock		✓
Watermelon seeds		✓
Carrots	✓	✓
Vinegar (apple cider)		✓
Watermelon	✓	✓
Comfrey	✓	✓
Dogwood (cornelian cherry)	✓	✓
Garlic	✓	✓
Kratom		✓
Lemongrass	✓	✓
Magnesium		✓
Manganese	✓	✓
Marjoram		✓
Beets	✓	✓

Health Effects Table: Click on any benefit or side effect icon to read a detailed explanation of the effect

Explanation & Warning Pages:

- 1. Read some explanations of the health effects and related warnings
- 2. Click on "source" links for going to the web pages of the cited sources for more detailed study

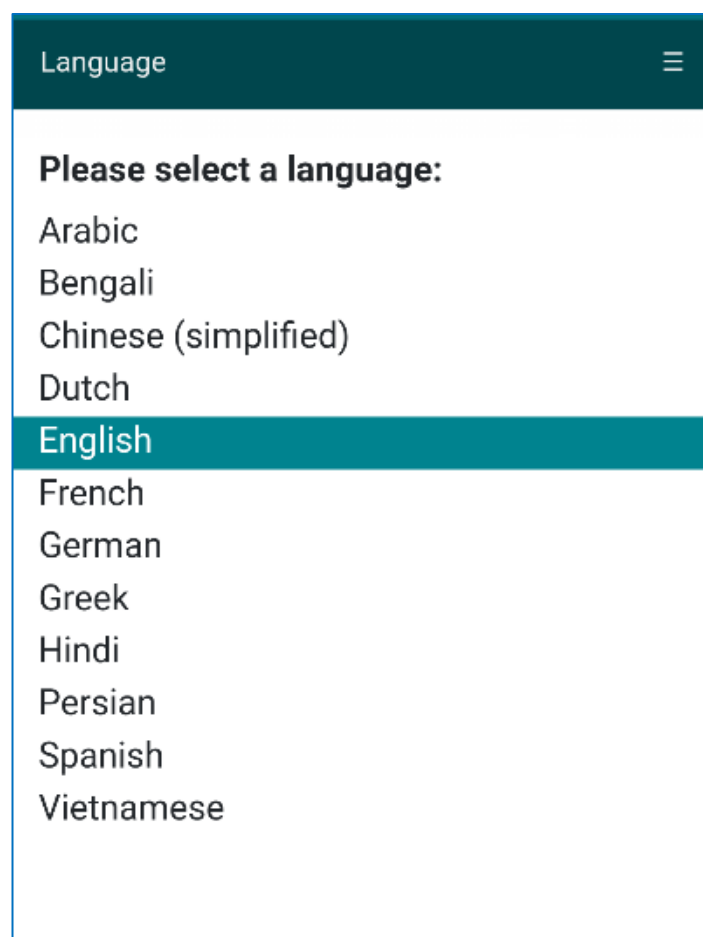
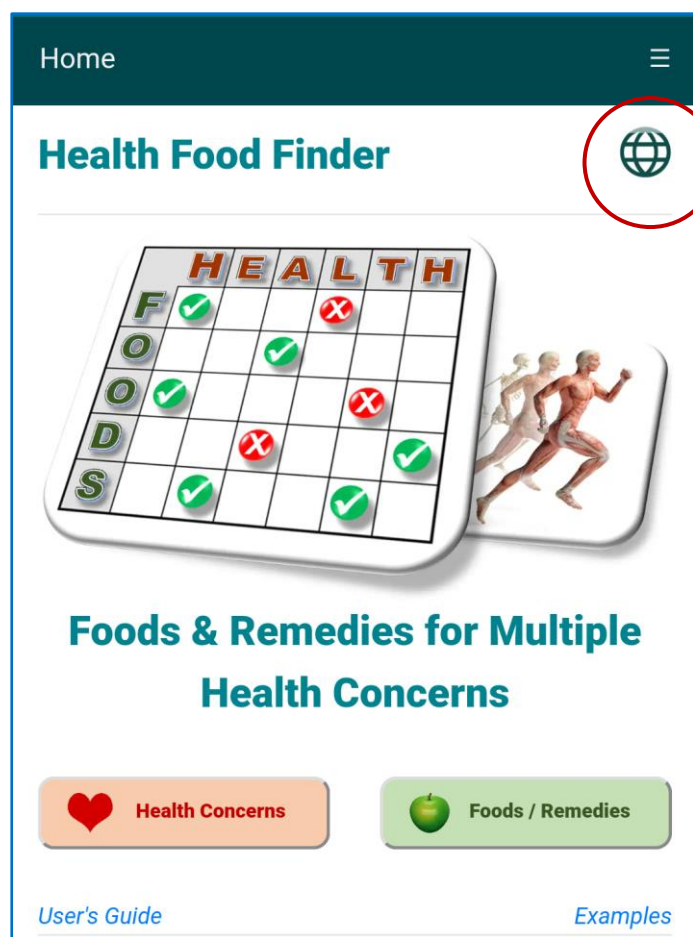


[Type here]

2. Selecting a Language other than English

The language of this App is English. However, for the convenience of users, some critical sections, especially the name of foods, remedies and health concerns, are translated in several languages including Arabic, Bengali, Chinese, Dutch, French, German, Greek, Hindi, Persian, Spanish and Vietnamese.

To select a language other than English, users may either click on the globe icon on top of the home page or use the App menu. Once user selects a language, the program would always start in that language unless the user selects a different language or the browser history is cleared.



Since all translations are made by machines and only some of them could be checked by people who are familiar with those languages, user may encounter some unfamiliar words. When a language other than English is selected, the App provides some additional language support:

a) A “Translation Table” or side-by-side comparison of the original English and translated words for all foods/remedies and medical conditions are accessible through the Menu.

b) Users will find a globe icon at the bottom of the pages where foods / remedies or medical concerns are selected.

Translation Table Persian	
Foods and Remedies	
Persian	English
آملا - انگور فرنگی	Gooseberries (amla)
اسپرزه (اسفرزه)	Psyllium (fleawort)
کاسیا - فلوس - دارچین ختایی (اسانس)	Cassia essential oil
گراویلا - سورسوپ Soursop	Soursop - Graviola
Carbohydrates	Carbohydrates
آب - مایعات	Water (liquids)
آب بشقابی	Gotu kola
آبدوغي ترش مزه که از کره بدست مي آید	Buttermilk
آبرون Orpin	Rhodiola (orpin)
آجیل برزیلی	Brazil nuts
آجیل	Nuts
آرژینین - نوعي آمینو اسید	Arginine
آرگان (اسانس) Argan	Argan essential oil
آرنیکا (سوسن کوهي)	Arnica
آروروت Arrowroot	Arrowroot
آقحوان (گل امشي)	Feverfew
آقطي (الدبري)	Elderberry
آلبالو	Sour cherry
آلو	Plums
Search:	
<input type="text"/>	
Show Concerns	

Clicking on the globe will display the original English words.
Clicking on the globe icon again will return to the translated list. If you have a better translation, you may provide it via Contact@HealthFoodsMatrix.com

Translated List (Spanish)

Search by Health Concern Spanish

Select up to 6 items below

El colesterol (hiperlipidemia)

El déficit de atención (ADHD)

El embarazo

El síndrome premenstrual (PMS)

Encogimiento del cerebro

Enfermedad de Alzheimer

Enfermedad de Crohn

Enfermedad de la culebrilla

Enfermedad de los legionarios

enfermedad de Lyme

Enfisema

Envejecimiento (prematureo)

envenenamiento por mercurio

Epilensia (convulsiones)

Find:

Deselect All

Search

f

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Original English Words

Search by Health Concern Spanish

Select up to 6 items below

Cholesterol (hyperlipidemia)

Attention deficit (ADHD)

Pregnancy

Premenstrual syndrome (PMS)

Brain shrinkage

Alzheimer's

Crohn disease

Shingles

Legionnaires' disease

Lyme disease

Emphysema

Aging (premature)

Mercury poisoning

Epilensy (seizures)

Find:

Deselect All

Search

f

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[Type here]

c) Similarly, on the Health Effects Table users could select the rows with unfamiliar translations and click on the “English” tab. The text of the selected rows will be overwritten with the original English words. User may use the same tab to remove the English words.



d) Machine translation of benefits and side effects explanations are not readily provided when a user changes the App language. However, a “TRANSLATE” link is provided below each explanation paragraph. Clicking on this link would copy and paste the paragraph into Google Translate website.

Explanation of Effects Spanish

Effects of Snap peas on Bones



✓ Sugar snap peas contain many vitamins that offer benefits for the entire body. They are a source of vitamin K, which activates osteocalcin and helps keep calcium in bones. They also contain vitamin B6, another vitamin that improves bone health by reducing the buildup of molecules that can cause osteoporosis.

TRANSLATE

Source: <http://www.livestrong.com/article/112589-benefits-sugar-snap-peas/>

Images of Snap peas

Source: Google search



3. Search Page

Two search lists are available for the user, list of foods / remedies and list of health concerns. In either list, like the list of foods shown here, user may select up to six items for side-by-side comparison.

[Type here]

The items on the list may appear as a simple text like “Cheese” or be followed with a set of parenthesis. The text in parenthesis could be a prefix word that has been put after the group name to help keep different items in that group together, like different cheeses, in the alphabetically sorted list. So “Cheese (cottage)” is the same as “Cottage cheese”. The text in parenthesis could also be a description or scientific name of the item like “Christs thorn (ziziphus spina)”. If an item has more than one popular name, the names are separated with a dash like “Chickpeas – Garbanzo beans”.

Search by Food or Remedy

Select up to 6 items below

Cinnamon

Cheese

Cheese (cottage)

Cheese (feta)

Cheese (ripened like cheddar)

Cherries

Chestnuts

Chia seeds

Chickpeas - garbanzo beans

Chicory

Chili powder

Chives


Christs thorn (ziziphus spina)

Chrysanthemum (mums)

Find:

Deselect All

Search

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The “Find” box at the bottom of the page is provided to speed up locating the items especially the secondary names or words like “Feta” that does not show with the other words in the “F” group because it is listed as “Cheese (feta)”

Since user’s selected items could be at different parts of the list, the “Deselect All” button could be used to start a new selection.

[Type here]

4. Checking for Multiple health concerns

One of the unique features of this App is that it allows users to search foods or remedies for multiple health concerns that a user may have and compare the benefits and side effects. It also warns users of the foods or remedies that may benefit some of their medical concerns while having negative impacts on others.

The summary table here shows several foods / remedies that would impact one or both of a user’s two health concerns (eczema and hair loss). As shown here, some foods or remedies benefit one of the user’s concern and some benefit both. For the meaning of each color-coded icon see the next section.

The tabs on the side could be used to sort the list alphabetically or according to the number of displayed benefits and side effects. The benefit-based sort is merely based on the

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>	Eczema	Hair loss	
Vitamin B6 (Pyridoxine)	✓	✓	
Lemon juice	✓	✓	
Lavender	✓	✓	
Vitamin B7 (Biotin)		✓	
Arnica	✓	✓	
Peppermint essential oil		✓	
Pine essential oil	✓		
Primrose (oil)	✓	✓	
Cilantro (coriander)	✓		
Amaranth (Celosia - cockscomb)		✓	
Pineapples		✓	
Walnut (black)	✓		
Vitamin B10 (PABA)	✓		
Ginkgo biloba		✓	
Bitter melon	✓		
Sesame seed (black)		✗	
Dairy	✗		
Milk	✗		

[Type here]

number of cases a remedy may apply and NOT by the level of their “effectiveness”.

Users also have the option to save their search case for future use or sharing the results with others.

As noted before, this App is not limited to searching foods and remedies for multiple health concerns, it could also search for and compare the health benefits of multiple foods, remedies, minerals or vitamins. The Health Impacts Table here compares the benefits and side effects of six popular vitamins

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>	Vitamin A (Retinoids)	Vitamin B2 (Riboflavin)	Vitamin B3 (Niacin)	Vitamin B6 (Pyridoxine)	Vitamin B7 (Biotin)	Vitamin C (ascorbic acid)	
Dermatitis	✓	✓		✓	✓	✓	Help
Immune system	✓	✓		✓		✓	
Skin health	✓	✓		✓	✓		
Iron deficiency (anemia)		✓		✓	✓	✓	Details
Lips (angular cheilitis)		✓	✓	✓		✓	
Heart health			✓	✓	✓	↑	Sort
Hair loss				✓	✓		
Eyes	✓	✓	✗				Filter
Fatigue (low energy)	✗	✓			✓	✓	
Bones	✓					✓	Save
Cancer	✓	✓				✓	
Eczema	✓			✓			Icons
Eyes (night blindness)	✓					✓	
Psoriasis	✓			✓			
Depression (mood)		✓		✓	✓		
Migraines		✓		✓			
Wrinkles		✓				✓	

5. Icons for the Health Effects

Health concerns are considered as either an undesirable condition that you want to heal or control its symptoms (like the flu) or a desirable condition that you want to reach or maintain (like heart health). To help you understand the impact of foods or remedies on these conditions, this application uses a variety of color-coded icons (symbols) in the Health Effects Table to illustrate the effects of foods and other remedies on health concerns:

	Blank Cell - No significant impact found
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	Emphasized – Shaded are Indicates that the beneficial effect has been emphasized in some references or it provides a large portion of the recommended daily value for indicated mineral /vitamin.
--	--

✓ **Beneficial** - A food /remedy supports or controls a health condition or manages its symptoms.

⬆ **Assists** – While a food may not have a direct benefit itself, it could enhance the benefits of other foods consumed with it. For example, grapefruits have vitamin C that assists in absorption of iron from other foods. Therefore, grapefruits assist iron deficiency when consumed with an iron source.

✗ **Negative** - A food or remedy may have a harmful or undesirable impact.

- 📌 **Inhibits** - A food may inhibit absorption of beneficial minerals from other foods. For example, beets have oxalates that interfere with the absorption of calcium from other foods.
- 🤔 **Mixed** - Indicates opposing views or conflicting effects.

For more details on the impacts of each food or remedy on a health concern, click on the icons in the table to view the Explanation page.

5. Reducing the length of the Health Benefits Table

The Health Effects Table is intended to be very comprehensive and could be very large for some cases especially if more than one column (like medical concerns) are selected. The more columns of items you choose, the longer would be the length of this table. There are a few options to reduce the table length by focusing more on the items that may be more important to the user:

- A) **Prioritizing the column items** - Clicking on any of the table headings (selected by the user) would put priority on that item and shorten the table length by hiding all rows that do not have any significant impact on the selected column even though it may have an impact on the items on other columns. To unhide the rows click on the column titles again.

The more columns you prioritize, the shorter would be the table length. Prioritizing all columns would only keep the row items that impact all column items.

B) Hiding selected row items – The Table length could be shortened further by removing the rows (such as food items) that are of no interest to the user or would not be accessible where he/she lives. User may highlight them (by clicking on the rows) and then use the filter tab on the side to hide them. Alternatively, user may use one of the sort tab to move such rows to the bottom of the table and then use the filter tab to hide all rows below a certain row that has been selected.

C) Hiding less common row items (to be added shortly)– The distinction between common and less common items is based on a statistical analysis of what all other users of this App have been selecting. This removal of less common items is arbitrary and changes with time. Users may use the filter tab to hide or show them in their Health Effects Table.

6. Explanation of Benefits and Side Effects

The icons in the Health Effects Table are provided for an overview or holistic view of benefits and side effects of foods and remedies on different health concerns. It is like the table of

contents of a book that only shows the chapter titles. User needs to go to each chapter to find the detailed description. In order to read the explanation of the identified health effects, user may click on any of those icons.

This page also warns the user about other health concerns that may be adversely impacted by the selected food even if the user had not identified it as one of his/her health concerns. User may want to add that to the list of his/her medical concerns for more information.

For further clarity, a few images of the selected food or health concern represented by the clicked icon on the Table are shown at the bottom of this page.

The explanation page is in English. If a user has selected a different App language, a TRANSLATION link would appear under

[Type here]

Explanation of Effects

Effects of Star fruit on Heart health

✓

Starfruit is rich in antioxidants, especially epicatechin—a heart-healthy compound

Source: http://www.health.com/health/gallery/0,,20709014_11,00.html

Other Considerations

Star fruit may have an adverse effect on the following medical conditions:


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


•

Kidney

Images of Star fruit

Source: [Google search](#)





the explanation paragraph that would copy and paste it to the Google Translation page.

For further reading, user may click on the “source” link.

7. Internal & External Usage

While the majority of the items in the health foods and remedies list are edible herbs, supplements or foods, there are also some items that are intended for topical or external use only. Please refer to the explanation page (by clicking on the icons in the Table) and its cited references for information on the proper use of these items.

8. Searching for Vitamins and Minerals

Vitamins and minerals may be searched in two different ways;

- As a supplement on the Health Foods/Remedies list to find their health benefits
- As a deficiency on the Medical Concern list to find the foods rich in those vitamins or minerals.