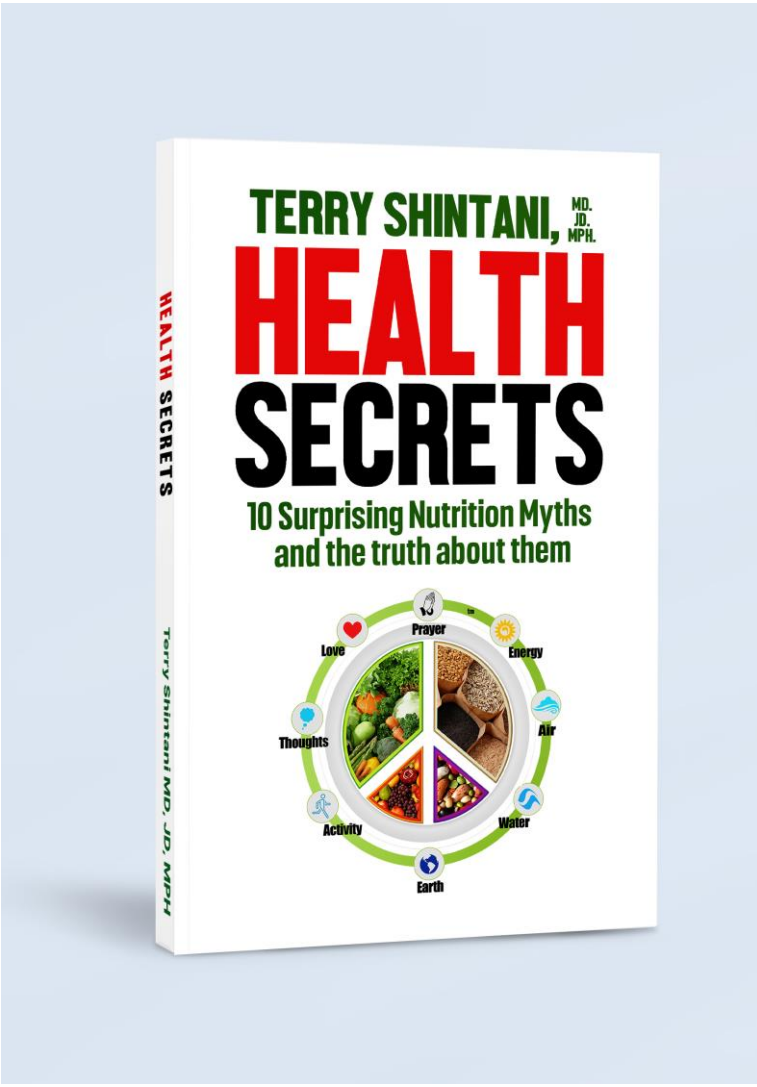

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Author of **Peace Diet**™

HEALTH SECRETS

10 SURPRISING NUTRITION MYTHS AND THE TRUTH ABOUT THEM

Health Foundation Press

Health Secrets

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8 Keys to Natural Longevity

Here are 8 keys to natural longevity. They are simple and timeless.

1. **Avoid Toxic Exposure**: Minimizing exposure to toxins is a crucial aspect of promoting longevity. This involves steering clear of harmful substances such as cigarette smoke, excessive alcohol, and environmental pollutants. Reducing exposure to these toxins can significantly lower the risk of chronic diseases like cancer and heart disease, thereby contributing to a longer, healthier life.

2. **Eat Healthy, Mostly (or completely) Whole Plant-Based Diet**: A diet centered around whole, plant-based foods is integral to promoting longevity. This diet typically includes a variety of fruits, vegetables, whole grains, nuts, seeds, and legumes. Legumes such as beans, lentils, and chickpeas are excellent sources of protein, fiber, and essential nutrients. They are a healthy alternative to animal proteins

and contribute to a balanced diet. This way of eating supports overall health by providing a rich array of nutrients while minimizing intake of processed foods and unhealthy fats.

a) **Anti-Oxidation**: Antioxidants play a crucial role in combating the process of oxidation in the body, which can be likened to rusting in metals. Just as rust causes degradation in metal, oxidation in the body contributes to cellular damage and aging. Plant-based foods are abundant in antioxidants, which neutralize harmful free radicals and thus help in slowing down the aging process. Consuming a diet rich in fruits, vegetables, nuts, and seeds ensures a high intake of these vital antioxidants.

b) **Anti-Inflammation**: Chronic inflammation is a common thread in many age-related diseases. A whole, plant-based diet is naturally anti-inflammatory, providing an abundance of nutrients that help reduce inflammation in the body. Foods such as leafy greens, berries, nuts, and seeds are particularly effective in combating inflammation, thereby reducing

the risk of chronic diseases and promoting longevity.

c) **Circulation**:

- **Macro-Circulation**: Controlling cholesterol and inflammation is key to maintaining healthy macro-circulation, which involves the larger blood vessels in the body. A plant-based diet, low in saturated fats and high in fiber, helps in managing cholesterol levels and reducing inflammation, thus supporting heart health and overall circulation.

- **Micro-Circulation**: Equally important is micro-circulation, which concerns the smaller blood vessels and capillaries. Maintaining stable blood sugar levels is crucial in this regard. A diet low in processed sugars and high in complex carbohydrates helps prevent spikes in blood sugar. This approach also reduces the risk of accumulating advanced glycation end-products, harmful compounds that can impair micro-circulation.

d) **Microbiome**: A healthy gut microbiome is essential for overall health and longevity. Fiber-rich plant foods such as fruits, vegetables, and whole grains nourish the gut flora, promoting a diverse and healthy microbiome. A well-balanced microbiome supports not only digestive health but also plays a role in immune function, mental health, and the prevention of various diseases. By focusing on a fiber-rich plant-based diet, one can significantly contribute to the health and diversity of their gut microbiome, thereby benefiting their overall health and longevity.

3. **Exercise**: Regular physical activity is a cornerstone of a long and healthy life. Exercise strengthens the heart, improves circulation, helps in weight management, and enhances mental health. Activities can range from brisk walking and cycling to more vigorous exercises, depending on individual capability and preference. Research indicates that regular exercise cuts dementia risk by approximately 30%

4. **Good Sleep**: Quality sleep is a fundamental component of longevity. It allows the body to repair and rejuvenate itself. Good sleep

habits include maintaining a regular sleep schedule, ensuring a comfortable sleep environment, and avoiding stimulants before bedtime. Adequate sleep helps in regulating metabolism, boosting immune function, and maintaining cognitive health. Good Sleep is the cornerstone to stress reduction.

5. **Stress Reduction**: Managing stress effectively is key to promoting longevity. Chronic stress can lead to several health problems, including heart disease and depression. Techniques such as meditation, yoga, deep breathing exercises, and mindfulness can help in reducing stress levels, thereby contributing to a longer, healthier life.

6. **Ikigai or Purpose in Life**: Ikigai, a Japanese concept meaning "a reason for being", emphasizes the importance of having a purpose in life for longevity. Engaging in activities that are meaningful and fulfilling can boost mental health, increase life satisfaction, and even potentially prolong life. It is one of the keys to the long healthy life of the Okinawans who have the most centenarians in the world.

7. **Social Interaction**: Regular social interaction and maintaining strong relationships contribute significantly to longevity. Being socially active can improve mental health, decrease the risk of dementia, and increase feelings of well-being and security. Strong social networks provide emotional support, which is essential for a long and healthy life.

8. **Faith and Longevity**: A strong sense of faith or spirituality can have a positive impact on longevity. Faith can provide a sense of purpose, community, and support. It often encourages healthy behaviors and coping strategies, leading to reduced stress and a more optimistic outlook on life, which in turn can contribute to a longer lifespan. Research indicates that people who have a faith tend to live 4 to 6 years longer.

10 MYTHS

Eat Less
Protein is good for you &
Animal Protein is superior
Carbs cause diabetes
Fat is more satisfying
Complex carb is better
Paleo is good for long life
You need to eat meat to build muscle
Dairy is health food & 2 percent milk is 35% fat
Carbs make you fat
Gluten and Glyphosate

Myth # I: You Have to Eat Less to lose weight

Actually, it is better to eat more FOOD while eating fewer calories

In the late 1980s, when I pioneered the concept of how to eat more to lose weight, I trademarked the phrase "Eat More, Weigh Less®"[1] based on the idea that whole, unprocessed food provides more bulk with fewer calories, unlike many types of food we eat today, and is a sustainable way of maintaining health. The effectiveness of this approach, with its claim that people can eat more food but still wind up consuming fewer calories, has been published in peer-reviewed journals, where its short- and long-term effectiveness has been confirmed.[2] In addition, I have published seven years' worth of follow-up data showing that the long-term effectiveness of this approach is indeed sustainable.[3]

The idea for the Eat More, Weigh Less ® approach to natural weight control began when I worked at a community health center, where most of my patients were Native Hawaiians. This is a population suffering from among the highest rates of obesity and obesity-related diseases in

the world. I noticed that before the introduction of modernized ways of eating, the Native Hawaiians were slim and athletic. By sharp contrast, modern Hawaiians, like other Polynesian and some Native American populations, have very high rates of obesity and diabetes.

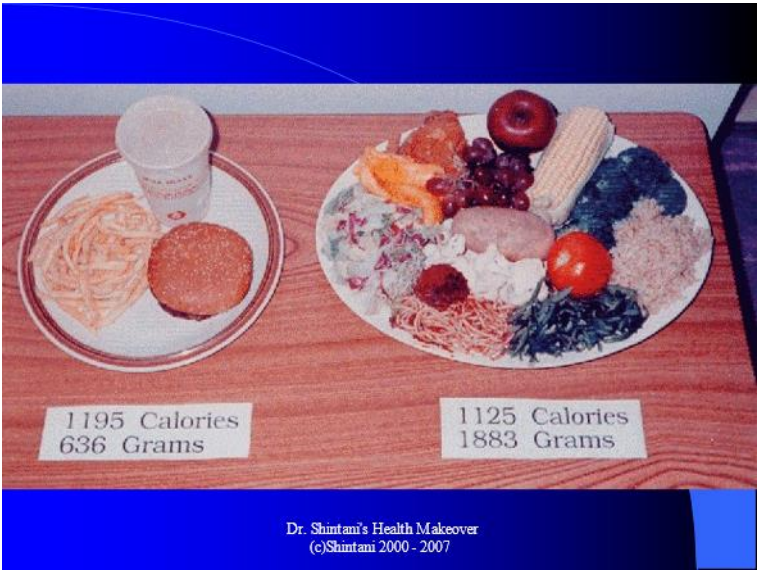
I figured that the obesity problem couldn't be simply genetic because ancient Hawaiian drawings and photographs showed these ancient peoples to be slim back when their genes were still purely Hawaiian, undiluted by the genes of newcomers. If obesity were genetic, then shouldn't those ancient Hawaiians have been more obese when their genes were still purely Native Hawaiian? I began to believe that, instead of a genetic cause, there must have been something about the diet of ancient Hawaiians that kept them slim.

Native Hawaiians

The ancient Hawaiian diet consisted mainly of taro, poi (a pudding-like food made from taro), sweet potato, and yams − all starchy, high carb vegetables − but there were other types of vegetables as well, in addition to fruits, seaweed, and some seafood. Sugar, flour, and added oils weren't present at all.

When I calculated how much of these foods it would take to provide a day's worth of calories, some of the numbers were startling. For example it would take up to 8 pounds of poi or 6 pounds of sweet potato to make a day's worth of calories. People don't eat that much food in a day. So what would happen is that when they ate their ancestral foods, all of which were unprocessed, their stomach would be full of food but with not enough calories to gain weight.

Then I applied this concept to modern foods and the example below shows what the weight and calorie content would be by following the guidelines of may "Eat More, Weigh Less ® Program.



Go to PeaceDiet.org to get a copy of the PeaceDiet to see this in detail and how to make this happen for you.

Finding Foods That Cause Weight Loss

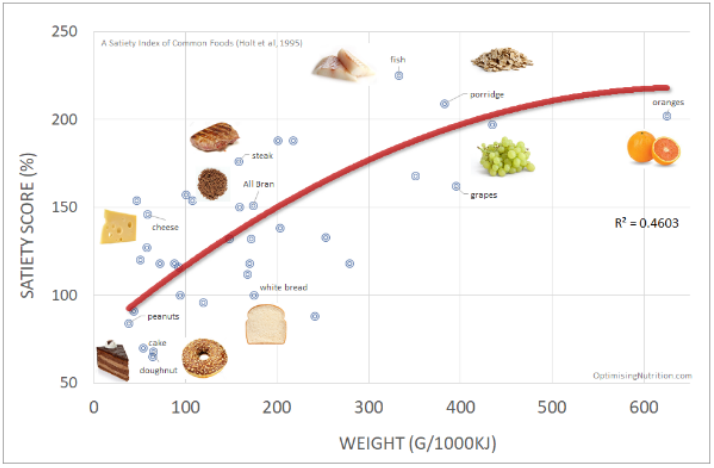
I'm thinking of measurements in grams, however, so I converted this calorie count into pounds, to show how many pounds of this particular food it would take to provide one day's worth of calories. The result was 5 pounds of poi. (This number is based on the estimation that 2500 calories a day is what an average-sized, inactive man, or an average-sized, active woman would need, in order to maintain his or her weight.)

These results aren't limited to poi, however. As another example, Native Hawaiians have traditionally also eaten sweet potatoes. By the same type of calculation, it would take about seven pounds of sweet potato to provide a day's worth of calories. Seven pounds!

By now, you may be thinking to yourself that most people can't eat five pounds of anything in a day, so they surely couldn't ever gain weight eating something like poi. Even if they ate until they were completely, utterly full, they wouldn't have taken in nearly enough calories to have added any extra pounds onto their bodies.

The point is, it was next to impossible for Native Hawaiians to become obese on their traditional

mainstays, whether sweet potatoes or poi or any other foods, because of this fullness factor. Fortunately, this scenario isn't limited to ancient peoples, or traditional Hawaiian cuisine; it can be applied to any food culture, anywhere in the world.



Myth # II: Plant Protein is Not a Complete Protein

Actually, plant protein is Completely adequate

PROTEIN AND AMINO ACID TABLE Protein (in gm) and Essential Amino Acids (in mg) Available in 2,200 Calories of Food (RDA for Adult Female)										
	Protein	Trypto	Threo	Isoleu	Leucine	Lysine	Methio	Phenyl	Valine	Histidine
RDA Female	50	250	450	650	950	800	425	475	650	828
Rice, Brown	51	714	2130	2465	4815	2222	1308	3009	3414	1307
Corn	73	542	3072	3072	8312	3283	1596	3584	4427	2276
Rice, White	47	590	1809	2173	4170	1821	1181	1688	3077	1065
Potato	46	776	1810	2047	2995	3017	776	2279	2801	1171
Turnip	86	982	2768	4018	3661	3923	1250	1964	3214	1099
Kale	110	1829	6768	9023	10548	9023	1402	7682	8231	7721
Broccoli	220	2608	8151	9782	11738	12716	3043	7608	11520	1570
Beans, Kidney	129	1467	6846	8946	13583	11736	1576	8726	9584	196.2
Beef	132	1994	7798	8016	14098	14838	4568	6965	8673	8201
Cheese, Cheddar	179	1193	5497	9593	14805	12878	4052	8147	10316	2992

The myth that animal proteins are superior to vegetable proteins is a common belief, but it is not supported by scientific evidence. The USDA data shows that virtually all plant-based proteins are completely adequate in all 9 essential amino acids when an adequate calorie intake is consumed. This means that combining proteins is completely unnecessary to obtain a complete protein.

Protein can be found in many plant-based foods such as grains, beans, vegetables, and leafy greens. For example, soybeans contain all 9 essential amino acids, and quinoa is considered a complete protein as it contains all 9 essential

amino acids. Additionally, many plant-based foods can be combined to provide a complete protein, such as rice and beans, or hummus and pita bread.

It's also worth noting that animal proteins are often high in saturated fats and cholesterol, which can increase the risk of heart disease, obesity and other chronic health issues. Plant-based proteins, on the other hand, are generally lower in saturated fats and cholesterol, and higher in fiber and other essential nutrients.

Additionally, plant-based diets have been shown to lower the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. It's important to note that, just like all other nutrients, protein needs vary from person to person, depending on factors such as age, sex, activity level, and muscle mass. However, it is almost impossible for a normal person to not get enough protein and amino acids if eating whole unprocessed plant-based foods.

In conclusion, the myth that animal proteins are superior to vegetable proteins is not supported by scientific evidence. The USDA data shows that virtually all plant-based proteins are completely

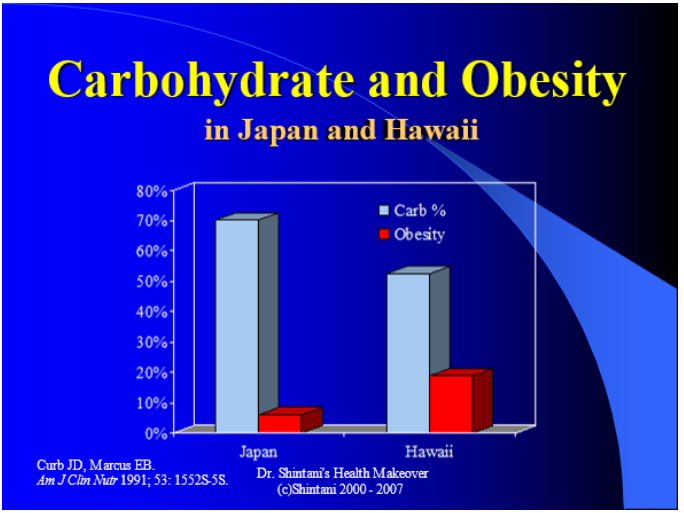
adequate in all 9 essential amino acids when an adequate calorie intake is consumed, and that combining proteins is completely unnecessary to obtain a complete protein. Additionally, plant-based proteins are generally lower in saturated fats and cholesterol, and higher in fiber and other essential nutrients, which can lower the risk of chronic diseases. It is possible to consume enough protein on a plant-based diet to meet the recommended daily intake.

Myth # III: Carbs Cause Diabetes

Actually, countries that eat high carb tend to have low diabetes rates

It is a common myth that carbohydrates cause diabetes, but this is simply not true. It may be logical that since all carbs are converted to sugar to be absorbed and diabetes is a disease of high blood sugar, that carbs would be the cause. However, many countries that consume the highest amounts of carbohydrates have low rates of diabetes. For example, in Japan, the population consumes a high carbohydrate diet and yet has low rates of diabetes. This suggests that there are other factors at play when it comes to the development of diabetes.

In fact, research has shown that when Japanese people living in the United States are studied, researchers find that they eat a lower carbohydrate diet and their diabetes rate nearly triples. This indicates that it is not just the amount of carbohydrates that is important, but the type and quality of carbohydrates consumed as well.



Carbohydrates can have widely differing effects on blood sugar, and some carbs may make blood sugar more difficult to control while others, especially unprocessed carbs, can help control blood sugar. It is important to choose carbohydrates wisely and to focus on consuming complex carbs such as whole grains, fruits, and vegetables, which provide important nutrients and fiber.

Obesity, a diet high in processed foods and fat, excess calorie intake, and a lack of fiber and exercise are all major contributing factors to the development of diabetes. In fact, a diet high in processed foods and fat can lead to weight gain

and obesity, which can increase the risk of developing diabetes.

So it would be more correct to say that diabetes is caused by an overall diet that includes highly processed carbs, oils, fatty foods, and excess calories along with a deficiency of fiber and exercise, and resulting obesity.

Myth # IV: Fat is the Most Satisfying of Foods

Actually, Fat is the least satisfying on a calorie for calorie basis

For many years, the myth that fats are the most satisfying type of calories has persisted within the health and wellness community. It has been suggested that adding fats to meals is necessary to feel satisfied and full, but this notion is based on a misunderstanding of how the body processes different types of calories.

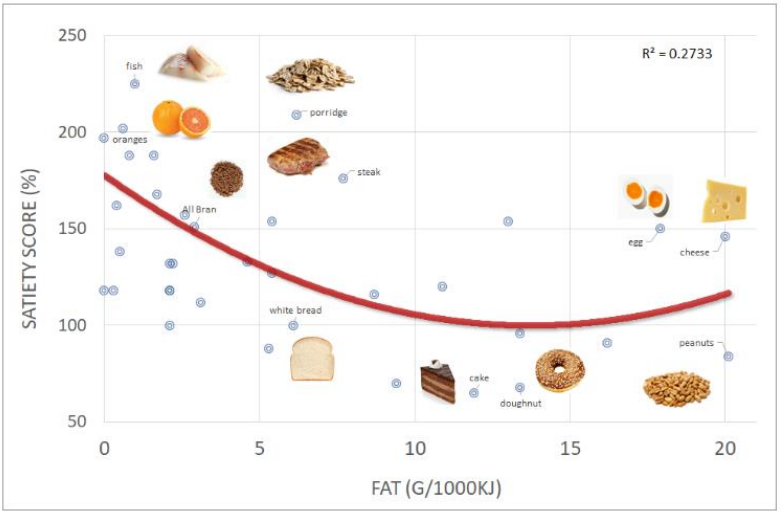
It is true that fats contain more calories per gram than carbohydrates or proteins, with 9 calories per gram compared to 4 calories per gram for both carbs and protein. However, this does not necessarily make fats the most satisfying type of calories on a calorie-for-calorie basis. In fact, research has shown that fats are actually the least satisfying of all the macronutrients.

One study found that when participants were given meals with equal calories but different ratios of fat, carbohydrate, and protein, they reported feeling the most full and satisfied after

consuming meals with higher amounts of protein and lower amounts of fat. Another study found similar results, with participants feeling more satisfied and less hungry after consuming a meal with a higher protein content.

So, why is it that fats are often thought to be the most satisfying type of calories? One reason may be that fats have a high calorie density, meaning that a small amount of fat can add a lot of calories to a meal. This can lead to a false perception of satisfaction, as the high calorie content of the fats may make the meal feel more filling.

However, it is important to remember that while adding fats to a meal may help to temporarily satisfy hunger, it can also contribute to weight gain if not properly managed. This is because fats, being the least satisfying of the macronutrients, do not provide the same level of fullness and satisfaction as protein or carbohydrates. As a result, it is easy to over-consume calories from fats, leading to weight gain.



In conclusion, while it is true that fats have a high calorie density and may help to satisfy hunger in the short term, they are actually the least satisfying type of calories on a calorie-for-calorie basis. This means that adding high fat food items like peanut butter or olive oil to a meal may help to satisfy hunger, but it will also add extra calories that can contribute to weight gain if not properly managed.

Myth # V: Complex Carbs are Better

Not really, some complex carbs are wors than simple

It is often thought that complex carbs, also known as starches, are healthier than simple carbs, or sugars. However, this is not always the case. The glycemic index, or GI, measures how quickly a food raises blood sugar levels. While complex carbs generally have a lower GI than simple carbs, this is not always true.

For example, white bread, which is mostly made of complex carbs, has a GI of 100, which is considered very high. On the other hand, an apple which is mostly fructose, a simple carb found in fruit, has a GI of 51, which is considered low. This shows that the distinction between complex and simple carbs is not always a reliable way to determine the glycemic impact of a food.

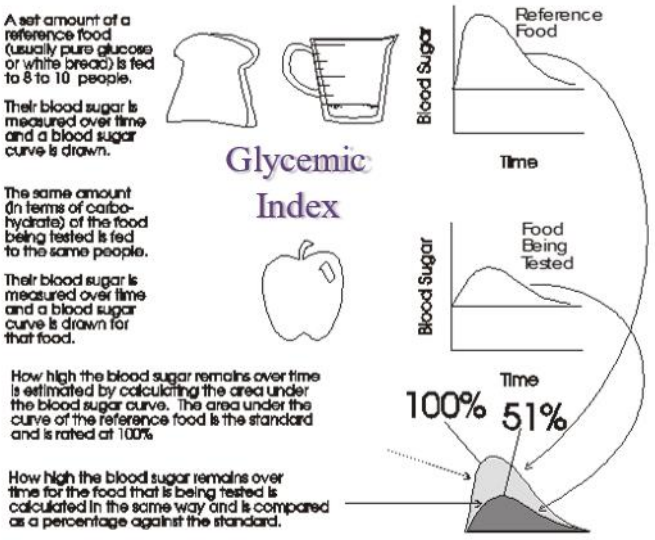
Instead of focusing on the type of carbohydrate, it is important to consider the overall quality of the food. Processed foods, such as white bread and biscuits, are often high in refined carbs and have a high GI, even if they have little sugar. On

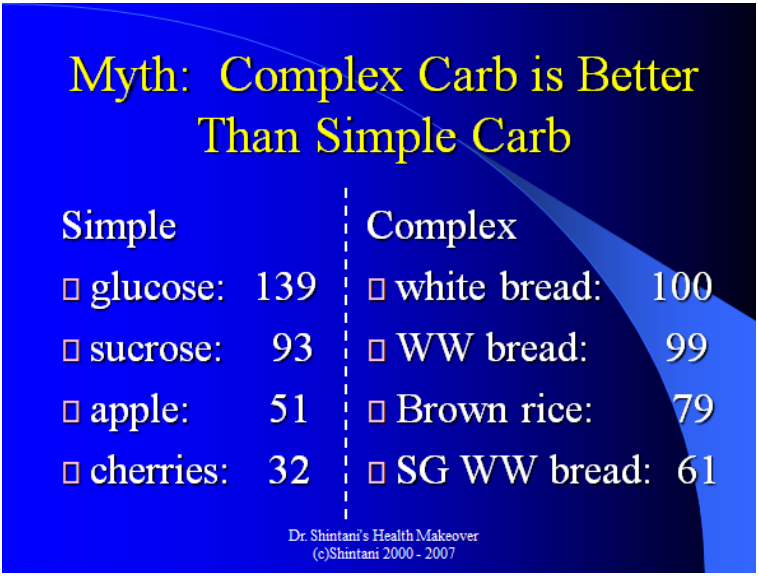
the other hand, unprocessed foods, such as cherries and apples, are often lower in refined carbs and have a lower GI, even if they are virtually all sugar.

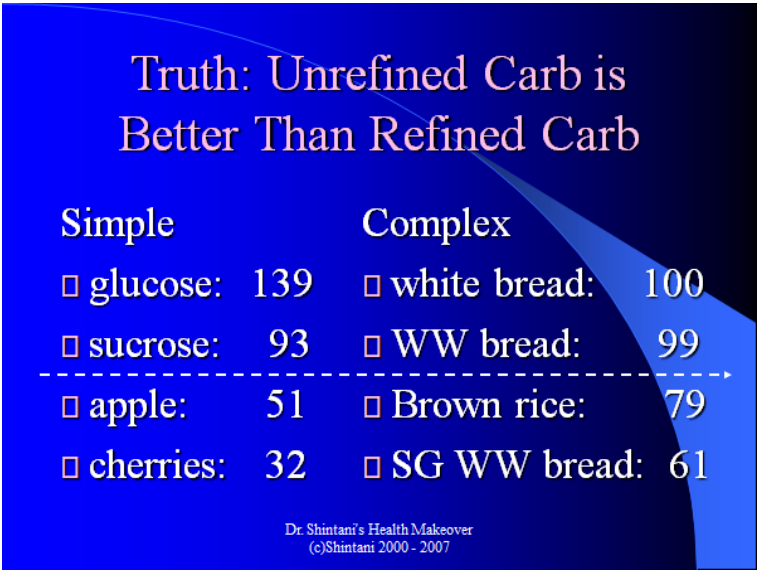
It is also important to consider the portion size of the food. Even healthy, unprocessed foods can raise blood sugar levels if consumed in large amounts. For example, a bowl of brown rice may have a lower GI than a slice of white bread, but if you eat a large portion of rice, it can still raise your blood sugar levels significantly.

In conclusion, the distinction between complex and simple carbs is not always a reliable way to determine the glycemic impact of a food. Instead, it is important to consider the overall quality of the food and the portion size.

Unprocessed foods with a lower GI, such as cherries and apples, can be a healthier choice compared to processed foods with a high GI, such as white bread and biscuits, even if they have little sugar.







MYTH # VI: Paleo Diet for Short Lifespan?

Paleolithic humans life expectancy was just 25 to 33 years

The paleo or paleolithic diet is based on the idea that the human genome developed over hundreds of thousands of years and was mostly influenced by the evolutionary changes during the paleolithic era. The diet consists of wild plants, vegetables, wild game, and little to no grains. The idea is that by consuming the same type of foods that our ancestors ate, we can improve our health and well-being.

Proponents of the paleo diet argue that it is a more natural way of eating, as it is based on the foods that humans have been eating for thousands of years. They claim that this diet is high in nutrients, low in processed foods, and free from artificial additives. The diet is also low in carbohydrates, which is said to be beneficial for weight loss and blood sugar control.

However, one of the main criticisms of the paleo diet is that life expectancy during the paleolithic era was only 25 to 33 years. This suggests that our ancestors may not have had the best health outcomes, despite consuming a paleo-type diet.

Additionally, it is worth noting that the paleolithic era was a time of extreme environmental stress, with humans facing constant threats from predators, disease, and harsh living conditions. This would have had a significant impact on life expectancy.

Another criticism of the paleo diet is that it is not scientifically proven. While there is some evidence to suggest that the diet may be beneficial, there is no conclusive evidence to support the idea that the paleo diet is the ideal diet for humans. Moreover, the diet has been

criticized for being too restrictive and for eliminating important food groups, such as grains and legumes, which are rich in nutrients and have been shown to have health benefits.

Additionally, it is worth noting that the diet of our ancestors varied greatly depending on where they lived and when they lived. This means that there is no one "paleo diet" that is applicable to all humans. Moreover, the diet of our ancestors would have changed over time as they adapted to new environments and food sources.

Instead of looking a the diets of ancient time which involves a lot of speculation, I think it is more useful to look at populations around the world that have the longest life expectancies and use their diets as models for diets that support healthy longevity. These diets are quite different from the paleo diet. For example, populations in Okinawa and the Mediterranean region have been found to have high life expectancies, and they consume diets that are high in grains, carbohydrates, and plant-based foods, and relatively low in meat.

The traditional Mediterranean diet, for example, is high in fruits, vegetables, whole grains, nuts, seeds, and legumes, and it also includes

moderate amounts of fish, poultry, and dairy. Similarly, the traditional Okinawan diet is low in meat and dairy and high in grains (rice) sweet potatoes, vegetables, fruit, soy, other plant-based foods and small amounts of seafood. These types of diets have been found to be beneficial for weight management, heart health, and longevity in modern times. .

MYTH # VII: Eat More Protein - It's Good For You

Actually, high protein diet is associated with increased cancer and mortality risk

High protein diets have been widely promoted as a way to lose weight and build muscle, but recent research has raised concerns about the safety of consuming too much protein. Many people and organizations recommend high protein diets, but the truth is that the average person in the United States already gets more than enough protein. According to the Centers for Disease Control and Prevention (CDC), an average woman needs about 46 grams of protein per day and an average man needs about 56 grams. However, the average American adult consumes about 100 grams of protein per day. This suggests that many people may be consuming too much protein.

One of the most concerning studies on high protein diets was conducted by researchers at the University of Southern California. The study found that adults between the ages of 50 and 65 who reported a high protein intake had a 75% increase in overall mortality and were 4 times

more likely to die from cancer during the following 18 years than those in the low protein group. Additionally, the study found that a moderate-protein diet was associated with a 3-fold increase in cancer mortality compared to a low-protein diet. These findings suggest that consuming a diet high in protein, especially animal protein, may have serious health consequences.

It's important to note that the study has its limits, it's an observational study, and it's unable to establish causality and other factors could influence the outcome. However, these findings are in line with previous studies that have found a link between high protein intake and an increased risk of certain cancers, including colorectal and prostate cancer.

While the studies suggest that consuming too much protein may be harmful, it's important to note that protein is an essential nutrient that plays a vital role in the growth, repair, and maintenance of the body's tissues. Protein is also important for maintaining muscle mass and strength, which is especially important as we age.

However, the key is to consume the right amount of protein for your individual needs, and to make

sure you're getting a balanced mix of protein, carbohydrates, and healthy fats in your diet. The best way to achieve this balance is to eat a variety of protein-rich foods, including lean meats, fish, poultry, eggs, beans, lentils, nuts, and seeds.

It's also important to consider the source of the protein. Animal-based protein sources, such as red meat and processed meat, have been linked to an increased risk of certain cancers and other health problems. Plant-based protein sources, such as beans, lentils, nuts, and seeds, are generally considered to be healthier and are associated with a lower risk of certain diseases.

In conclusion, consuming a high-protein diet may have negative health consequences, and it's important to be mindful of how much protein you're consuming. It's always best to consult with a healthcare professional to determine the right amount of protein for your individual needs, and to make sure you're getting a balanced mix of protein, carbohydrates, and healthy fats in your diet.

MYTH # VIII: Dairy health food that you need daily

Dairy is too high in fat and sugar to truly be considered health food

Dairy is often considered a health food, but it is important to consider the nutritional content of dairy products before categorizing them as such. Whole milk, for example, is high in fat at around 50% fat, Even 2% milk is is high in fat at 35% of calories from fat. What is concerning is that most of the fat is saturated fat. Saturated fat increases the risk of cardiovascular diseases such as heart attack, stroke, and peripheral vascular disease. Additionally, whole milk is also relatively high in sugar at 30% of calories which is not only a contributor to weight gain, but also related to various chronic diseases such as type 2 diabetes, metabolic syndrome and heart diseases.

Despite its high calcium content, studies have shown that consuming dairy does not necessarily prevent osteoporosis. In fact, some studies suggest that consuming high amounts of dairy may even increase the risk of osteoporosis. Milk also raises insulin levels more than some

processed carbs which could contribute to metabolic syndrome.

From a biological perspective, it is worth noting that in nature, no other mammal consumes milk as an adult, and no other mammal drinks the milk of another mammal. More evidence that cow's milk is not natural food is that about 68% of the world's population is lactose intolerant. Lactose intolerance is caused by the inability to digest lactose, the sugar found in milk and dairy products, which can cause symptoms such as gas, bloating, and diarrhea.

There may also be chemical and hormone residues in milk. Some studies have found that milk and dairy products may contain pesticides, antibiotics, and growth hormones, which can have negative health effects if consumed in large amounts. The chemicals and hormones are mainly used in the farms to boost milk production and prevent diseases in cows.

In conclusion, while dairy products do contain some essential nutrients, it is important to be aware of their high fat and sugar content, as well as the potential for chemical and hormone residues. It is also worth noting that consuming dairy may not be necessary for maintaining good

health, and that there are many alternative sources of calcium and other nutrients. Additionally, it is also worth noting that consuming dairy may not be natural for human's health and that there are many alternative sources of calcium and other nutrients. It's always a good idea to consult with a healthcare professional before making any major changes to your diet.

MYTH # XI: Carbs Make You Fat

Actually, populations that have high carb diets tend to be slim

A lot of people think that it's carbs that make people fat. But if that were true, why is it that the populations that eat a lot of carbs have little obesity. One example of this is the traditional diet of the Okinawans, which is based on sweet potatoes, rice, and other high-carb foods. Despite this, the Okinawan population has one of the highest life expectancies in the world and a low incidence of obesity and related diseases. Similarly, in ancient times before Western contact, the Hawaiians ate a very high-carb diet and yet remained slim. This suggests that it is probably not be the carbs themselves that are the problem, but rather something in the modern diet that sets people up for obesity. This may include processed carbs, fats and oils and excessive intake of high fat animal products.

But people still believe that carbs make you fat so they start eliminating them from their diets. However, the problem with this approach is that it can be difficult to find a suitable replacement for the carbs. Too much fat can increase the risk

of heart disease and too much protein may increase the risk of heart disease, cancer, and all-cause mortality. But, when looking at population research, we see that places such as China, Okinawa, and Japan all have high-carb diets and yet have low rates of obesity. But when you look at their carbohydrate intake, it is mostly from whole vegetables and grains but not the kind that is turned into fine powdered flour.

It's important to note that not all carbs are created equal. Processed carbs, such as white bread and sugary drinks, can be easily converted into sugar by the body and lead to weight gain. Processed fats and oils and processed meats may also contribute to weight gain. In contrast, whole grains, fruits, and vegetables are high in fiber and nutrients, and take longer to digest, which helps to control appetite.

In fact, research suggests that a diet high in whole grains, fruits, and vegetables may even protect against obesity and related diseases. For example, a study published in the American Journal of Clinical Nutrition found that people who ate more whole grains had a lower risk of developing type 2 diabetes and heart disease. Another study published in the British Medical

Journal found that people who ate more fruits and vegetables had a lower risk of dying from all causes.

So, if you're trying to lose weight or improve your health, it's important to focus on the quality of the carbs you're consuming, rather than eliminating them altogether. Eating a diet that is high in whole grains, fruits, and vegetables, and low in processed foods, is likely to be more beneficial for your health and weight management goals.

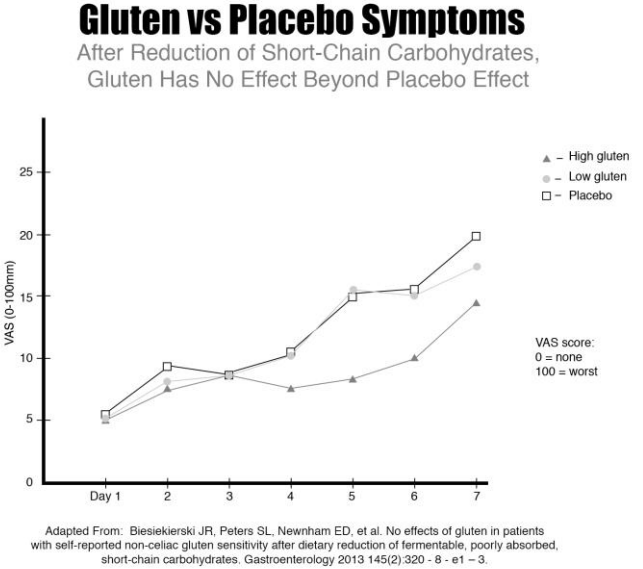
MYTH # X: Gluten sensitivity and glyphosate

Myth X Gluten Sensitivity is Widespread

Actually, most of gluten sensitivity is probably imaginary and it might be caused by glyphosate instead

Gluten sensitivity is a condition that has been increasingly discussed in recent years. Celiac disease which is a true gluten-related autoimmune disease is quite rare that affects up to 1 percent of the population. But recently many more people believe that they have non-celiac gluten sensitivity and opting to avoid gluten-containing foods such as wheat, barley, and rye in order to alleviate symptoms such as abdominal pain, bloating, and diarrhea and fatigue. However, a double-blind study published in the journal Gastroenterology suggests that non-celiac gluten sensitivity is probably imaginary. Considering that the herbicide, glyphosate could cause virtually all of the symptoms attributable to gluten sensitivity, it may be that the real culprit behind these symptoms may be glyphosate.

The study, conducted by a team of researchers from the University of Maryland and Columbia University, involved giving participants high doses of gluten, low doses of gluten, and a placebo. The study found that the fewest symptoms were experienced by those in the high-dose gluten group, and the highest symptoms were in the placebo group, indistinguishable from those taking the low-dose gluten.



Adapted From: Biesiekierski JR, Peters SL, Newnham ED, et al. No effects of gluten in patients with self-reported non-celiac gluten sensitivity after dietary reduction of fermentable, poorly absorbed, short-chain carbohydrates. Gastroenterology 2013 145(2):320 - 8 - e1 – 3.

This suggests that the symptoms associated with gluten sensitivity may be caused by other factors, such as glyphosate. Glyphosate is also known as

the weed-killer “Roundup”. Much of the wheat grown in the United States is treated with glyphosate during the harvest, to kill the wheat plant so that it dries up and is easier to harvest. The problem with using glyphosate in this way is the it has been connected to leaky gut syndrome even more definitively than gluten. Glyphosate is also patented as an antibiotic, which means it can alter the balance of bacteria in the gut microbiome, potentially leading to autoimmune diseases. Both leaky gut syndrome and the disruption of gut flora can lead to all the symptoms attributed to gluten-sensitivity.

To avoid exposure to glyphosate, it is important to opt for organic wheat products, as they are not treated with the herbicide. Additionally, it is important to note that gluten sensitivity is a complex issue, and that there may be other factors at play, such as an underlying autoimmune disease or other food sensitivities. If you suspect that you may have gluten sensitivity, it is important to speak with a healthcare provider to rule out other potential causes and to identify the best course of treatment.

What this all means is that gluten sensitivity may not be real for the vast majority of those who

believe that they suffer from it. A well-designed double-blind study shows that gluten does not produce the symptoms claimed by most of those who believe they are gluten-sensitive. However, it may well be that the symptoms are due to glyphosate sensitivity. If you believe you have non-celiac gluten sensitivity you might try organic wheat and gluten products instead of gluten-free products. You might find that you may not be gluten-sensitive at all.

ABOUT CANCER

Anti-Angiogenic Anti-Cancer Foods

Anti-Angiogenic foods that help to lower the risk of cancer and help to limit the production of body fat and obesity.

Anti-Angiogenic Foods, Herbs & Spices		
Artichokes	Garlic	Peas
Apples	Ginger	Peppers
Basil	Ginseng	Pumpkin
Black pepper	Green tea	Rosemary
Blueberries	Kale	Scallions
Bok Choy	Lentils	Spinach
Broccoli	Lima beans	Sweet potatoes
Brussel sprouts	Mushrooms	Tomatoes
Cabbage	Mustard greens	Tarragon
Cilantro	Nutmeg	Thyme
Cinnamon	Olives	Turmeric
Collard greens	Onions	Turnips
Endive	Oregano	Watercress
Fennel	Parsley	Winter squashes

25 Anti-Cancer Foods That are Cultivars of the Same Species

These are 25 anticancer foods that are cultivars of the same species, brassica leracea.

Brassica vegetables, also known as cruciferous vegetables, belong to the Brassicaceae family and are known for their edible leaves, stems, flowers, and roots. They have powerful anti cancer properties in their content of sulforaphane, isothiocyanates, glocosinolates, and indole 3 carbinol Here are 25 examples of brassica vegetables:

1. **Broccoli:** Known for its green florets and stalks, broccoli is a popular cruciferous vegetable rich in vitamins and minerals.
2. **Cauliflower:** This white vegetable is similar in appearance to broccoli but has a milder flavor and is often used in various culinary dishes.
3. **Cabbage:** Cabbage comes in various forms, such as green cabbage, red cabbage, and Savoy cabbage, and is used in salads, coleslaw, and stir-fries.

4. **Kale:** Kale is a dark leafy green vegetable known for its high nutritional value and is often used in salads, smoothies, and as a side dish.
5. **Brussels Sprouts:** These small, green, cabbage-like vegetables are often roasted, steamed, or sautéed as a side dish.
6. **Bok Choy:** Also known as Chinese cabbage, bok choy has crunchy stalks and tender green leaves and is commonly used in stir-fries and soups.
7. **Turnip:** Turnips are root vegetables that are part of the Brassica family and are often used in stews, roasts, and mashed dishes.
8. **Radish:** Radishes are known for their peppery flavor and come in various varieties, including red, white, and black.
9. **Mustard Greens:** Mustard greens have a spicy, peppery flavor and are often used in salads, sautés, and as a leafy green side dish.
10. **Rutabaga:** Rutabagas are root vegetables similar to turnips but have a slightly sweeter flavor. They can be mashed, roasted, or used in soups.

11. **Collard Greens:** Collard greens are large, dark green leaves often used in Southern cuisine. They can be cooked or sautéed as a side dish.
12. **Kohlrabi:** Kohlrabi is a round, bulbous vegetable with a mild, sweet flavor. Both the bulb and the leaves are edible and can be used in salads or cooked dishes.
13. **Broccolini:** Broccolini, also known as baby broccoli, is a hybrid between broccoli and Chinese broccoli. It has slender stalks and small florets and can be quickly steamed, roasted, or sautéed.
14. **Chinese Broccoli (Gai Lan):** Gai lan has thick, glossy green leaves and stems and is commonly used in Asian cuisine, particularly in stir-fries and noodle dishes.
15. **Watercress:** Watercress is a peppery, aquatic plant with small, round leaves. It is often used in salads, sandwiches, and as a garnish for soups.

1. **Cavolo Nero (Tuscan Kale):** Also known as black kale or dinosaur kale, cavolo nero has dark, bumpy leaves and is often used in Italian cuisine.

2. **Chinese Cabbage (Napa Cabbage):** This variety of cabbage has long, pale green leaves and is used in Asian dishes like kimchi and stir-fries.
3. **Broccoli Rabe (Rapini):** Broccoli rabe has bitter, leafy greens and small broccoli-like florets. It's commonly used in Italian cuisine.
4. **Garden Cress:** Garden cress is a peppery herb with small, round leaves and is often used in salads and sandwiches.
5. **Romanesco Broccoli:** Known for its fractal-like appearance, romanesco broccoli has a nutty flavor and is used in a variety of dishes.
6. **Purple Sprouting Broccoli:** This type of broccoli produces thin, tender stems with small purple florets and is often used in salads and side dishes.
7. **Tronchuda Cabbage:** Also called Portuguese cabbage, tronchuda cabbage has large, flat leaves and is used in traditional Portuguese soups and stews.
8. **Borecole (Kale):** Borecole is a general term for various types of kale, including curly kale and red kale, which are used in a wide range of dishes.

9. **Collard Tree:** Collard tree, or tree cabbage, is a perennial plant that produces large, edible leaves and is often used in African and Southern cuisine.
10. **Siberian Kale:** Siberian kale is a cold-hardy variety of kale with flat, fringed leaves, and it's a

These additional brassica vegetables offer unique flavors and textures, and they can be incorporated into a variety of dishes to add both flavor and nutrition to your meals.

7 Ways to Control Cancer

There are actually seven main steps that anormal cell has to go through to become an abnormal cell and become cancer. And at each step, there are things you can do to slow or reverse the process.

I have a diagram here that shows each of the steps that a cell has to go through and some things that you can do to slow or arrest or reverse the process. And these are things you can do in addition to what your doctor tells you to do. But first, the cell has to go through some kind of damage to the DNA, either by radiation or toxicity, and the body is supposed to repair this damage.

The First Step that a cell has to go through is actually failure of repair. It goes through damage and it doesn't get repaired, and there are things you can do to enhance the repair.

The Second Step is what's known as apoptosis. If the cell is not repaired and it’s abnormal, it's supposed to realize that something is wrong and it's supposed to basically commit cellular suicide and recycle itself. It’s supposed to basically realize

it's abnormal, and it's supposed to basically implode in a process known as apoptosis. There are things you can do to support apoptosis or natural cell death.

The Third step is what's known as oncogenesis or malignant transport formation. There are things that will push the cell to start to become abnormal, and there are things you can do to slow that down. Some examples are nutrients like resveratrol and turmeric, and there are many that are like that. If that fails, or if oncogenesis occurs and you fail to prevent the oncogenesis, then the next step is that the body's own immune system is supposed to kill off those cells.

The Fourth Step is to support the immune system. When cells actually become cancerous Here are some important things you can do to boost your immune system is to make sure your vitamin D is adequate. Vitamin D levels in the 50's and 60's are associated with lower incidence of breast and colon cancer and longer survival of lung cancer patients. B complex and vitamin C are also helpful along with medicinal mushrooms.

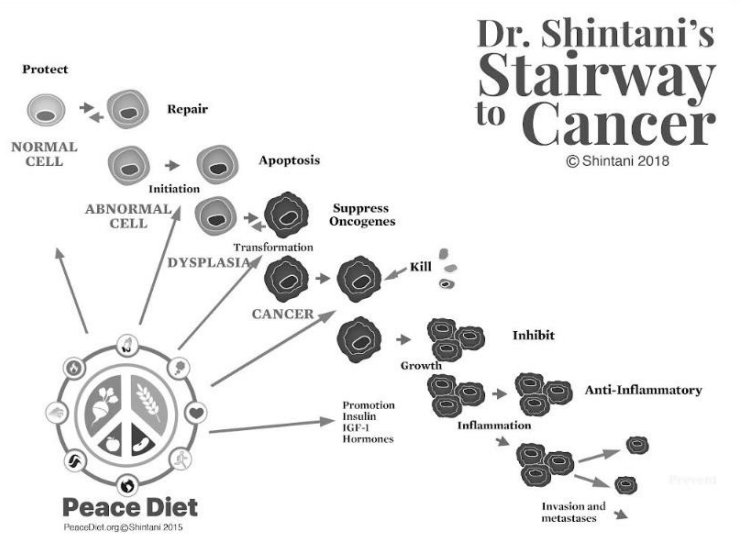
The Fifth Step is the reduction of the promotion and growth of cancer. There are hormones that promote the growth of cancer. Probably the most common is going to be insulin which stimulates fat production and the growth of tumors as well. . This is one of the reasons why sugar is bad for cancer. You want to avoid sugar, white flour, and processed foods
because they induce insulin. And by the way, proteins will also raise insulin levels. You want to limit your animal protein sources to keep insulin levels down so it doesn't promote cancer growth. And actually, dairy also promotes cancer. Yogurt raises insulin higher then white bread or white rice.

Also, it is important to limit animal protein because of its tendency to raise
IGF-1 or "Insulin-Like Growth Factor. Animal protein is also high in methionine. Studies show that restricting methionine intake is associated with lower cancer rates.

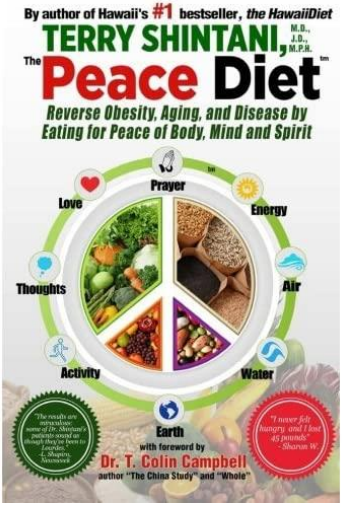
The Sixth step is to reduce inflammation. Inflammation actually brings nutrients to the cancer and helps
it grow. Inflammation causes the growth of blood supply and

provides a way to feed the growing tumor. Reducing inflammation helps
to slow the growth of solid cancers in general.

And then **the Seventh step** is to prevent metastasis. Suppressing the growth of cancer helps to limit the metastatic capability of the cancer cells. There is evidence that supplements may help such as vitamin D, Berberine, Curcumin and Quercetin.



For a 1 hour lecture along with pdf's of the diagram with supplements and food charts for best foods for Cancers of the Breast, Lung, Prostate, Pancreas, Stomach, and Glioblastoma sign up for the lecture at a special rate of $9.97 ($79 value) at http://peacediet.org/



BUY IT NOW!

For more information, you can purchase his book, the Peace Diet at Amazon.com: click here
https://www.amazon.com/dp/1508516960

BONUS CHAPTERS

Longevity

42 Best Longevity Foods You Can Eat Now

The field of longevity is accelerating quickly. We now know that plant pigments such as resveratrol, EGCG, anthocyanidins, quercetin, fisetin, apigenin and astaxanthin and others are powerful sirtuin activators. Here are 42 examples of foods that are rich in sirtuin activators:

Apples
Arugula (rocket)
Bilberry
Bird's eye chili
Black tea
Blackcurrants
Blueberry
Broccoli
Buckwheat
Cabbage
Capers
Capsicum
Celery
Cherry
Chicory
Cocoa
Coffee
Cranberry
Dark chocolate (85% cocoa)
Dates
Extra-virgin olive oil
Green tea
Kale
Kiwi
Lovage
Miso
Olives
Onions
Oolong tea
Parsley
Peanuts
Persimmons
Raisins
Raspberry
Red and Black Grapes
Red chicory
Strawberry
Sweet orange
Tofu
Turmeric
Walnuts
Wheatgrass

24 Top Anti-Aging Foods

Remember that aging is a combination of DNA damage, oxidation, inflammation. Here are 24 foods that can help slow the aging process in your DNA, brain, body and skin.

- Blueberries: Packed with antioxidants that help protect against cellular damage.
- Broccoli: Packed with antioxidants and vitamins that help combat aging.
- Turmeric: Contains curcumin, which has anti-inflammatory and antioxidant properties
- Green Tea: Contains polyphenols that may reduce the signs of aging.
- Spinach: Rich in vitamins and minerals that support healthy skin and slow down aging.
- Dark Chocolate: Provides flavonoids that can improve skin hydration and elasticity.
- Avocados: High in healthy fats and antioxidants that promote youthful skin.
- Flaxseeds: Contain omega-3 fatty acids that help reduce inflammation and support skin health.
- Chia seeds: A great source of omega-3 fatty acids and antioxidants, which benefit skin health.
- Legumes: Provide protein, fiber, and antioxidants that protect against aging.

- Watercress: Contains vitamins A and C, which help maintain a youthful complexion.
- Red Bell Pepper: Rich in vitamin C, which supports collagen production for healthy skin.
- Papaya: Contains enzymes that aid digestion and promote skin health.
- Walnuts: High in omega-3 fatty acids and antioxidants that benefit skin health.
- Pomegranate: Rich in antioxidants that protect against skin damage caused by aging.
- Tomatoes: Contain lycopene, an antioxidant that helps protect against sun damage.
- Olive Oil: Provides healthy fats and antioxidants that support skin health.
- Sweet Potatoes: Rich in beta-carotene, which helps maintain skin elasticity.
- Almonds: High in vitamin E and antioxidants that promote healthy skin.
- Oranges: Packed with vitamin C, which aids collagen production and fights aging.
- Carrots: Contain beta-carotene, which helps protect against skin damage.
- Green Leafy Vegetables: Provide vitamins, minerals, and antioxidants that combat aging.
- Garlic: Contains antioxidants that help protect against cellular damage.

- Kiwifruit: Loaded with antioxidants, vitamins, and minerals that protect cellular DNA against oxidative damage and slow down aging.

12 Superfoods Commonly Consumed in Japan

Here are 12 superfoods commonly consumed in Japan that may play a role in supporting their long and healthy lives: Everyone should try at least some of these foods.

1. **Natto (納豆)**: Fermented soybeans that are rich in protein, vitamin K2, and probiotics. It has been linked to benefits like supporting bone health and cardiovascular health. It also has Nattokinase that can reduce blood pressure and break down COVID spike proteins.
2. **Matcha (抹茶)**: A finely ground powder of specially grown and processed green tea leaves. It is packed with antioxidants, especially catechins, which have been shown to have numerous health benefits.
3. **Miso (味噌)**: A fermented soybean paste used in soups and sauces. It contains essential minerals, vitamins, and probiotics, which are beneficial for gut health.
4. **Seaweed (海藻)**: There are various types of seaweeds like nori, wakame, and kombu. They are rich in iodine, vitamins, and minerals. Seaweed also contains fucoidan, which has powerful anti-cancer properties.

5. **Shiitake Mushrooms (椎茸)**: These mushrooms are not only delicious but also packed with vitamins, minerals, and compounds that can support immune health, reduce inflammation, and has anti-cancer properties
6. **Edamame (枝豆)**: Young soybeans usually served as a snack. They are rich in protein, vitamins, and minerals and can help reduce cholesterol levels and total soy intake is associated with lower cancer rates..
7. **Soba Noodles (そば)**: Made from buckwheat flour, these noodles are rich in protein and fiber. They can be beneficial for heart health and controlling blood sugar levels.
8. **Daikon Radish (大根)**: This large white radish is high in vitamins and minerals, especially vitamin C. It aids in digestion and can help detoxify the body.
9. **Goya (Bitter Melon) (ゴーヤ)**: Especially popular in Okinawa, goya is known for its ability to help regulate blood sugar levels, which can be beneficial for diabetics.
10. **Wasabi (山葵)**: Often paired with sushi, wasabi has anti-inflammatory and antimicrobial properties. It also contains compounds that may help prevent certain types of cancers.

11. **Reishi Mushrooms** (Ganaderma Lucidum) Known to have anti-cancer properties
12. **Konjac** - or *konnyaku* which is a root vegetable has a soluble fiber in it called glucomannan that gives it an anti-diabetic glycemic index near zero

10 Gratitude Practices for Health and Longevity

Here are 10 gratitude practices that can enhance your sense of thankfulness. These are meant to be examples and you can use any one or more or all of them to potentially improve your health, feeling of well-being and longevity:

1. **Gratitude Journaling**: Each day, write down three things you are grateful for. This can be anything from small joys to significant achievements. The act of writing reinforces positive thoughts and feelings.
2. **Gratitude Letters or Messages**: Regularly write letters or messages expressing thanks to people in your life. You can either send these or simply write them for yourself. This practice strengthens relationships and increases feelings of connectedness.
3. **Mindful Reflection**: Spend a few minutes each day reflecting on things you're thankful for. This can be done through meditation or quiet contemplation, focusing on positive experiences and emotions.
4. **Gratitude Jar**: Create a jar where you can drop notes of gratitude each day. These can be brief

notes about anything that made you feel thankful. Periodically review these notes to remind yourself of the positive aspects of your life.

5. **Gratitude Visits**: Arrange a visit, call, or video chat with someone who has made a positive impact on your life but whom you haven't properly thanked. Expressing your gratitude directly can be a powerful and deeply rewarding experience.
6. **Gratitude Meditation Before Sleep**: Spend a few minutes before bed meditating on what you are thankful for. This can involve deep breathing while you silently express gratitude for the day's experiences and people in your life. This practice can help calm your mind and improve the quality of your sleep.
7. **Gratitude Walks**: Take regular walks, during which you focus on feeling grateful for the things around you – the beauty of nature, the fresh air, your ability to walk, etc. This combines physical activity with a gratitude practice.
8. **Random Acts of Kindness**: Perform small, random acts of kindness for others without expecting anything in return. This can be as simple as complimenting someone, paying for a stranger's coffee, or helping someone with their groceries.

Reflect on these acts later, acknowledging the positive feelings associated with giving.

9. **Thank You Notes to Yourself**: Write thank you notes to yourself for accomplishments, whether they're big or small. Acknowledge the hard work and dedication you've put into your personal growth and achievements.
10. **Gratitude Collage**: Create a visual collage filled with images, quotes, and items that represent things you're grateful for. This could include photos of loved ones, memorable places, favorite quotes, etc. Place it somewhere you will see it regularly as a reminder of the positive aspects of your life.

Incorporating these practices into your daily routine can help foster a more profound sense of gratitude, which in turn can lead to various mental and physical health benefits.

25 Longevity "Sirtuin Activator" Foods

Sirtuins are a family of proteins that have been linked to longevity and regulation of metabolic processes in the body. Foods that are thought to activate sirtuins, often referred to as "sirtfoods," are gaining popularity for their potential health benefits. Here's a list of 25 such foods:

1. **Kale:** Rich in nutrients and antioxidants, kale is considered a staple in the sirtfood diet.
2. **Red or Purple Grapes:**, grapes are a good source of resveratrol.a sirtuin activator
3. **Green Tea:** Especially matcha, which is high in catechins, compounds believed to activate sirtuins.
4. **Turmeric:** Contains curcumin, a compound that may activate sirtuins and has anti-inflammatory properties.
5. **Blueberries:** High in antioxidants and nutrients, blueberries are often linked to longevity.
6. **Parsley:** A common herb with potential sirtuin-activating properties.
7. **Soy:** Foods like tofu and tempeh are high in isoflavones, which are thought to activate sirtuins.
8. **Strawberries:** Like blueberries, they are rich in antioxidants and nutrients beneficial for health.

9. **Onions:** Contain compounds that may have sirtuin-activating properties.
10. **Dark Chocolate:** High in cocoa content, dark chocolate is rich in flavonoids that may activate sirtuins.
11. **Olive Oil:** Extra virgin olive oil is high in oleic acid and polyphenols, which may activate sirtuins.
12. **Walnuts:** A good source of healthy fats and nutrients that may influence sirtuin activity.
13. **Buckwheat:** Contains rutin, a compound that may activate sirtuins.
14. **Arugula:** Like kale, it's a leafy green rich in sirtuin-activating nutrients.
15. **Bird's Eye Chili:** Capsaicin in these chilies may activate sirtuins.
16. **Medjool Dates:** High in fiber and nutrients, dates are part of the sirtfood group.
17. **Red Onion:** Contains flavonoids and antioxidants that may activate sirtuins.
18. **Capers:** High in quercetin, capers are believed to have sirtuin-activating properties.
19. **Lovage:** An herb that is part of the sirtfood group.
20. **Celery:** Including celery seeds, are considered beneficial in the sirtfood diet.
21. **Coffee:** Regular black coffee is rich in compounds that may stimulate sirtuins.

22. **Red Chicory:** Contains nutrients that might help in activating sirtuins.
23. **Cocoa:** Raw cocoa is high in flavonoids and can be a sirtuin activator.
24. **Apples:** Particularly rich in polyphenols, which are thought to activate sirtuins
25. **Red Wine:** Contains resveratrol, a compound thought to activate sirtuins.

While these foods are associated with potential health benefits, it's important to consume them as part of a balanced and varied diet. The concept of sirtuin activation by specific foods is an area of ongoing research, and it's always recommended to consult with a healthcare professional for personalized dietary advice.

Inflammation

10 Herbals Supplements Traditionally Used for Their Anti-inflammatory Properties

Here's a list of 10 herbal supplements that have been traditionally used for their anti-inflammatory properties and may help manage chronic pain: Please remember that individual reactions to herbal supplements can vary. Before starting any herbal treatment, especially for chronic conditions, **be sure to consult with a healthcare professional or specialist to ensure that it's safe and appropriate for your individual circumstances.**

1. **Boswellia (Frankincense)**: Derived from the gum resin of the Boswellia tree, boswellia is believed to reduce inflammation and can be helpful for osteoarthritis and rheumatoid arthritis. *Typical dosage*: 300-500 mg of boswellia extract taken up to 3 times daily.
2. **Myrrh**: This gum resin, sourced from Commiphora species trees, has been used in traditional medicine as an anti-inflammatory agent. *Typical dosage*: 200-500 mg of myrrh resin taken up to 3 times daily.

3. **Turmeric (Curcuma longa)**: The active compound, curcumin, in turmeric is known for its powerful anti-inflammatory properties and is often used to manage joint pain and inflammation. *Typical dosage*: 500-2,000 mg of turmeric (standardized for 95% curcuminoids) daily.
4. **Ginger (Zingiber officinale)**: Ginger has compounds like gingerols that can help reduce inflammation and pain. *Typical dosage*: 500-2,000 mg of ginger extract daily.
5. **White Willow Bark (Salix alba)**: Often referred to as "nature's aspirin," it has salicin, a compound that helps alleviate pain and inflammation. *Typical dosage*: 240-480 mg standardized to contain 15% salicin, daily.
6. **Devil's Claw (Harpagophytum procumbens)**: Used traditionally for arthritis and lower back pain due to its anti-inflammatory properties. *Typical dosage*: 600-1,200 mg of devil's claw standardized extract daily.
7. **Green Tea (Camellia sinensis)**: Contains polyphenols, especially EGCG, which have anti-inflammatory and antioxidant effects. *Typical dosage*: 250-500 mg of standardized green tea extract daily.

8. **Rosemary (Rosmarinus officinalis)**: Contains antioxidants like rosmarinic acid and carnosol that may help reduce inflammation. *Typical dosage*: Dosage can vary, but typically, concentrated rosemary extract of 400-1,600 mg daily is used.
9. **Cat's Claw (Uncaria tomentosa)**: This vine is traditionally used in South American medicine to treat arthritis due to its anti-inflammatory effects. *Typical dosage*: 20-60 mg daily of a standardized extract.
10. **Stinging Nettle (Urtica dioica)**: Historically used to treat painful muscles and joints, nettle leaf has anti-inflammatory compounds. *Typical dosage*: 300-500 mg of stinging nettle leaf up to twice daily.

12 Supplements for Chronic Pain

Here's a list of 12 supplements that are commonly used for chronic pain or arthritis, along with brief explanations and suggested dosages. Please note that individual responses to supplements can vary, and it's important to consult with a healthcare professional before starting any new supplement regimen.

1. **Curcumin**: Derived from turmeric, curcumin has powerful anti-inflammatory properties. Suggested dosage: 500-1,000 mg daily.
2. **Willow Bark**: Contains salicin, a natural pain reliever. Suggested dosage: Varies with preparation. Follow label instructions.
3. **Glucosamine**: Supports cartilage health and may reduce joint pain. Suggested dosage: 1,500 mg daily.
4. **Chondroitin**: Often taken with glucosamine, chondroitin can help reduce joint pain and improve flexibility. Suggested dosage: 800-1,200 mg daily.
5. **Boswellia**: Containing boswellic acids, it's known for its anti-inflammatory properties. Suggested dosage: 300-400 mg three times a day.
6. **Methylsulfonylmethane (MSM)**: MSM may help reduce pain and inflammation. Suggested dosage: 1,000-3,000 mg daily.
7. **Ginger**: Contains gingerol, which has anti-inflammatory effects. Suggested dosage: 200-400 mg daily.
8. **Bromelain**: An enzyme found in pineapple, it may help reduce inflammation. Suggested dosage: 500-1,000 mg daily.

9. **Omega-3 Fatty Acids**: Found in fish oil, flaxseed oil, and chia seeds, omega-3s reduce inflammation. Suggested dosage: 1,000-2,000 mg of EPA/DHA daily.
10. **SAMe (S-Adenosyl-L-Methionine)**: SAMe may reduce pain and inflammation in osteoarthritis. Suggested dosage: 400-1,200 mg daily.
11. **Vitamin D**: Supports bone health, which can be important for arthritis. Suggested dosage: 1,000-2,000 IU daily, but consult your doctor for personalized recommendations.
12. **Green Tea Extract**: Contains EGCG, which has anti-inflammatory properties. Suggested dosage: 250-500 mg daily.

Remember, individual responses to supplements can vary, and it's essential to consult with a healthcare provider before starting any new supplement regimen, especially if you have underlying health conditions or are taking medications. Dosages may also vary based on your specific needs and health status.

Luteolin for Pain, Inflammation, Diabetes, Heart Disease, and Cancer

Here are 20 foods high in Luteolin is a flavonoid that has anti-diabetic, anti-heart disease, anti-cancer properties that is a powerful anti-inflammatory that may be useful for chronic neuropathic pain. It also appears to be useful for allergy as a natural anti-histamine. While specific luteolin content can vary depending on factors like ripeness and preparation, here is a list of foods high in luteolin, roughly ordered by their luteolin content (amounts are approximate and can vary):

1. **Celery (raw)**: 5-30 mg per 100g.
2. **Green Bell Peppers**: 2-12 mg per 100g.
3. **Carrots (cooked)**: 1-10 mg per 100g.
4. **Thyme (dried)**: 9 mg per 100g.
5. **Parsley (dried)**: 8 mg per 100g.
6. **Artichokes (cooked)**: 4 mg per 100g.
7. **Rosemary (dried)**: 3 mg per 100g.
8. **Lemon**: 1-2 mg per 100g.
9. **Oranges**: 1-2 mg per 100g.
10. **Chamomile Tea**: 1-2 mg per cup.
11. **Mint**: 1-2 mg per 100g.
12. **Oregano (dried)**: 1-2 mg per 100g.
13. **Broccoli**: 0.8 mg per 100g.

Heart Health

21 Foods for Blood Pressure and Brain Health

This Chapter is about a Miracle Molecule A Nobel prize was awarded for the discovery of the function of a molecule that could help control blood pressure, athletic performance, brain function, and even erectile dysfunction, It was touted as a miracle molecule because of its importance in brain health, cardiovascular health, and even longevity.

This miracle molecule is Nitric Oxide which is now known to be important in the health of the whole body because of its ability to protect and enhance to function of the circulatory system.

You're Going to love #21 of the 21 best foods for nitric oxide production in this video. What's all the excitement about Nitric oxide and all those commercials about beet juice? Nitric oxide is considered a miracle molecule. It is associated with better athletic performance, better brain function, lower blood pressure, and even better sexual performance in men. How is this possible?

Nitric Oxide helps to relax smooth muscle and helps to open up blood Vessels. This reduces blood pressure and

increases blood flow throughout the whole body. Better blood flow to muscles leads to better athletic performance. Better blood flow to the brain leads to better cognitive performance. What interests a lot of men is that Nitric oxide also helps with Erectile dysfunction. In fact the drug viagra works by increasing nitric oxide and increasing blood flow to the genitals. In addition, nitric oxide lowers blood pressure and reduces the risk of heart disease and stroke. There is even evidence that nitric oxide is a key to longevity.

How do we increase the Nitric Oxide in our bodies? Nitric Oxide is produced by the inner lining of blood vessels from nitrates in food. The following are the 21 best foods for NO and the mg of Nitrates in a 100 gm or 3.5 ounce serving. Just be aware that the mg amounts are approximate and vary by season and quality of the soil the food is grown in You're going to love # 21.

1	Arugula	480 mg
2	Rhubarb	281 mg

3	Beet Juice	279 mg
	The next 7 are typically eaten raw in salads.	
4	Celery	250 mg
5	Cilantro	247 mg
6	Butter Leaf Lettuce	200 mg
7	Spring Greens	183 mg
8	Beet Greens	177 mg
9	Oak Leaf Lettuce	155 mg
10	Parsley	100-250 mg
	The next 10 are typically cooked	
11	Swiss chard	151 mg
12	Beets	110 mg

13	Bok Choy	100-300
14	Leeks	100-250 mg
15	Carrots	100-200 mg
16	Mustard Greens	100 mg
17	Spinach	25-400 mg
18	Chinese Cabbage	50-150 mg
19	Turnips	50-100 mg
20	Winter Melon	20-150 mg
21	Chocolate	Bioflavonoids

Number 21, Dark Chocolate, has very little nitrates in it. But The bioflavonoids in it help the conversion of nitrates into Nitric Oxide. In a research project with one group on 30 grams of dark chocolate per day and the other on placebo. The dark chocolate group had an average of 3

times more serum nitric oxide and a blood pressure of nearly 11 points less than the placebo group.

I think It is pretty hard not to like #21 isn't it.

16 Herbs for Blood Pressure Control

Here is a list of 16 herbs that may help with the control of high blood pressure, along with an explanation as to why each herb can be beneficial:

1. Garlic: Garlic contains allicin, which may help relax blood vessels and lower blood pressure.
2. Hawthorn: Hawthorn can dilate blood vessels and improve blood flow, reducing blood pressure.
3. Olive Leaf: Olive leaf extract contains compounds that may relax blood vessels and lower blood pressure.
4. Celery Seed: Celery seed extract can help relax smooth muscles in blood vessels, leading to reduced blood pressure.
5. Beetroot: Beetroot is rich in nitrates, which can widen blood vessels and lower blood pressure.
6. Cat's Claw: Cat's claw may reduce blood pressure by promoting relaxation of blood vessel walls.
7. Turmeric: Curcumin in turmeric has anti-inflammatory properties that can improve blood vessel function and lower blood pressure.
8. Ginger: Ginger may help lower blood pressure by promoting vasodilation and reducing oxidative stress.

9. Cinnamon: Cinnamon can improve blood pressure by enhancing the dilation of blood vessels.
10. French Lavender: Lavender oil can reduce stress and anxiety, potentially lowering blood pressure.
11. Hibiscus: Hibiscus tea contains antioxidants that may help relax blood vessels and lower blood pressure.
12. Passionflower: Passionflower can have a calming effect on the nervous system, potentially reducing blood pressure.
13. Valerian: Valerian root may help lower blood pressure by promoting relaxation and reducing stress.
14. Reishi Mushroom: Reishi mushroom extract may have a blood pressure-lowering effect due to its calming properties.
15. Linden Flower: Linden flower tea can help reduce blood pressure by relaxing blood vessels and reducing stress.
16. Ashwagandha: is an adaptogen and helps to reduce stress and is an anti-inflammatory agent which helps to reduce blood pressure

Magnesium for Blood Sugar and Blood Pressure Control

The lack of this nutrient may be why you have trouble controlling blood sugar and blood pressure. Here are the 20 of the best food sources of this nutrient. most people love #12. This nutrient is needed for more than 300 biochemical reactions in the body. Two of its most important functions is to help control blood sugar and blood pressure. It's Magnesium. The RDA is 400-420 mg daily for men and 310-320 mg for women. Magnesium is high in greens, nuts, seeds, whole grains and beans. Here are 20 of the best sources.

Pumpkin seed - kernels: Serving Size 1 oz, 168 mg
Quinoa, cooked Serving size 1 Cup 118 mg
Brown rice cooked Serving size 1 Cup 84 mg
Almonds, dry roasted: Serving Size 1 oz, 80 mg
Spinach, cooked: Serving Size ½ cup, 78 mg
Swiss chard, cooked Serving size ½ cup 75 mg
Cashews, dry roasted: Serving Size 1 oz, 74 mg
Oatmeal, cooked Serving size 1 Cup 63.2 mg
Lima Beans; Serving Size ¼ cup, 63 mg
Black beans, cooked: Serving Size ½ cup, 60 mg
Edamame, shelled, cooked: Serving Size ½ cup, 50 mg
Dark chocolate -60-69% cacoa: Serving Size 1 oz, 50 mg
Bread, whole wheat: Serving Size 2 slices, 46 mg
Avocado, cubed: Serving Size 1 cup, 44 mg
Potato, baked with skin: Serving Size 3.5 oz, 43 mg

Oatmeal, instant: Serving Size 1 packet, 36 mg
Kidney beans, canned: Serving Size ½ cup, 35 mg
Banana: Serving Size 1 medium, 32 mg
Cocoa powder– unsweetened: Serving Size 1 tablespoon, 27 mg
Salmon, wild: Serving Size 3 oz, 22 to 36 mg

5 Herbs for Handling Stress

There are many herbs that help with stress. Here are 5 of them.

1. Ashwagandha - helps control cortisol levels and increases testosterone for resilience.

2. Holy basil or "Tulsi" which also helps to regulate cortisol levels.

3. Rhodiola which helps by managing neurotransmitters such as noradrenalin, serotonin and dopamine.

4. Siberian Ginseng provides energy to adapt and handle stressful situations and

5. Cannabidiol oil which acts on the endocannabinoid syst

Supplements for Blood Pressure

Here's a list of 10 supplements for which there is scientific evidence that they help regulate blood pressure, While these supplements can support healthy blood pressure, **it's essential to consult with a healthcare professional before starting any new supplement regimen**, especially if you're already on medication or have existing health conditions.

1. **Coenzyme Q10 (CoQ10)**: This naturally occurring compound has been shown to reduce both systolic and diastolic blood pressure by improving energy production in cells and functioning as an antioxidant.
2. **Omega-3 Fatty Acids (Fish Oil)**: These fatty acids, especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), can help lower blood pressure by reducing inflammation and improving blood vessel function.
3. **Garlic Extract**: Garlic contains allicin, which has been found to have vasodilatory properties, meaning it can help widen blood vessels and thus reduce blood pressure.
4. **Hawthorn Extract**: Traditionally used for heart health, hawthorn can help dilate blood vessels

and improve blood flow, potentially leading to reduced blood pressure.

5. **Magnesium**: Taking magnesium supplements can help dilate and relax the arteries, promoting better blood flow and reduced blood pressure.
6. **Potassium**: Supplementing with potassium can help counteract the effects of sodium and regulate fluid balance in cells, contributing to balanced blood pressure.
7. **L-arginine**: This amino acid helps produce nitric oxide, a molecule that relaxes blood vessels, improving blood flow and potentially decreasing blood pressure.
8. **Green Tea Extract**: Rich in antioxidants and polyphenols, green tea extract can help improve blood vessel function and reduce blood pressure.
9. **Flaxseed**: Ground flaxseed, rich in alpha-linolenic acid (a type of Omega-3), can help lower blood pressure due to its anti-inflammatory and vasodilatory properties.
10. **Folic Acid**: Especially for pregnant women, folic acid can help lower blood pressure by reducing homocysteine levels and supporting blood vessel function.

10 Supplements for cholesterol and atherosclerosis

Here are 10 supplements that have been shown in research to help control cholesterol and atherosclerosis. Be sure to check with your doctor before taking this because of potential side effects.

- Berberine could cause hypoglycemia if taken with other blood sugar lowering medication.
- Niacin and Red Yeast rice could cause similar side effects as statins including liver damage and
- Excessive omega 3 oils taken with garlic and other blood-thinning herbs could increase risk of bleeding
- Too much soluble fiber could cause intestinal motility problems.

Garlic
Berberine
Bergamot
Niacin
Omega 3 oils
Artichoke extract
Policosanol
Red Yeast Rice
Hawthorn
Soluble fiber

Whole Body

Herbs that Help Boost Energy

1. **Green Tea:** Contains caffeine and L-theanine, both of which can enhance alertness and cognitive function. Its antioxidants also provide various health benefits.
2. **Panax Ginseng:** Often referred to as the "True Ginseng", it's known for enhancing mental clarity, energy, and stamina.
3. **Shilajit:** A sticky substance found in the rocks of the Himalayas, which is believed to have a range of health benefits including energy enhancement. It contains fulvic acid and more than 84 minerals, making it beneficial not only for energy but also for overall vitality.
4. **Rhodiola Rosea:** An adaptogen that may improve energy, stamina, strength, and mental capacity.
5. **Ashwagandha:** Another adaptogenic herb, ashwagandha can help to improve energy levels and reduce stress and anxiety.
6. **Maca Root:** Native to the Andes Mountains, maca root is believed to increase energy and stamina. It's also known for balancing hormone levels.
7. **Cordyceps:** A type of mushroom known for its energy-enhancing and performance-boosting properties.
8. **Eleuthero (Siberian Ginseng):** Not a true ginseng, but still believed to help with fatigue and boost energy levels.
9. **Guarana:** A plant native to the Amazon basin, it contains more caffeine than coffee beans, and is often included in energy drinks.
10. **Bee Pollen:** A natural substance from bees, believed to boost endurance and vitality.

11. **B12:** Not an herb, but a vital supplement especially for those with anemia low B12 levels, which can lead to fatigue.
12. **Coenzyme Q10 (CoQ10):** An antioxidant that plays a pivotal role in energy production at the cellular level.

As with any supplement or herbal remedy, it's important to consult with a healthcare professional before starting a regimen, as they might have interactions with medications or certain health conditions.

25 High Fiber Foods:
Fiber is the "Grand Slam" of Nutrients

Fiber is the "Grand Slam" of nutrients because it helps to prevent the big 4 diseases: Cancer, Heart Disease, Diabetes, and Alzheimer's Disease

Whole Grains:

1. **Quinoa**: A versatile grain that contains around 5 grams of fiber per cooked cup.
2. **Oats**: Rolled or steel-cut, they offer about 4 grams of fiber per cooked cup.
3. **Barley**: Contains around 6 grams of fiber per cooked cup, especially the hulled or whole-grain variety.
4. **Brown Rice**: Contains around 3.5 grams of fiber per cooked cup.
5. **Bulgur**: Provides about 8 grams of fiber per cooked cup.
6. **Whole Wheat Pasta**: Roughly 6 grams of fiber per cooked cup.
7. **Rye Bread**: Amount of fiber varies by brand, but generally higher than regular white bread.
8. **Farro**: This ancient grain contains around 8 grams of fiber per cooked cup.

Beans:

9. **Black Beans**: About 15 grams of fiber per cooked cup.
10. **Lentils**: Approximately 15 grams of fiber per cooked cup.
11. **Chickpeas**: Roughly 12.5 grams of fiber per cooked cup.
12. **Kidney Beans**: Around 11 grams of fiber per cooked cup.
13. **White Beans (Navy Beans)**: Offers 19 grams of fiber per cooked cup.

Vegetables:

14. **Broccoli**: Roughly 5 grams of fiber per cooked cup.
15. **Brussels Sprouts**: Around 4 grams of fiber per cooked cup.
16. **Artichoke**: A medium artichoke contains about 10 grams of fiber.
17. **Carrots**: About 4 grams of fiber per cooked cup.
18. **Spinach**: Roughly 4 grams of fiber per cooked cup.

Fruit:

19. **Raspberries**: Provides about 8 grams of fiber per cup.
20. **Pears (with skin)**: A medium pear offers around 5.5 grams of fiber.
21. **Apples (with skin)**: A medium apple provides about 4.5 grams of fiber.
22. **Avocado**: A medium avocado contains roughly 10 grams of fiber.
23. **Bananas**: A medium banana provides around 3 grams of fiber.
24. **Oranges**: Contains around 3 grams of fiber per medium fruit.
25. **Strawberries**: About 3 grams of fiber per cup.

Remember, the fiber content might slightly vary based on preparation methods, variety, and ripeness, but these general figures should give you a good idea. Consuming a diverse range of these foods can help ensure you get the benefits of both soluble and insoluble fibers

15 of the Best Supplements for Brain Health

Here’s 15 of the best supplements for brain health and the prevention of Alzheimer's disease.

- Curcumin (Turmeric Extract): Exhibits anti-inflammatory and antioxidant properties.
- Ginkgo Biloba: Might help with cognitive function and cerebral blood flow.
- Phosphatidylserine: A fat compound that might help maintain brain health.
- Acetyl-L-Carnitine: Believed to play a role in energy production and can protect the brain from damage.
- Vitamin D: Low levels are associated with cognitive decline, and adequate amounts may support overall brain health.
- Resveratrol: An antioxidant found in grapes, wine, and certain berries that might slow down age-related cognitive decline.
- B Vitamins (B6, B9 - Folate, B12): Can reduce homocysteine in the blood, high levels of which are associated with cognitive decline.
- Alpha-Lipoic Acid: An antioxidant that can cross the blood-brain barrier and protect the brain.
- Huperzine A: Extracted from Chinese club moss, it's believed to benefit cognitive function.

- Omega-3 Fatty Acids (E.g., Fish Oil): Supports neuron and cell membrane health.
- Lion's Mane Mushroom: May stimulate the growth of brain cells and protect against age-related brain decline.
- Coenzyme Q10 (CoQ10): An antioxidant that helps with cellular energy production.
- Bacopa Monnieri: An adaptogen that may improve cognitive function.
- Magnesium L-Threonate: A form of magnesium that's believed to more effectively penetrate the blood-brain barrier and support synaptic function.

- Benfotiamine improves memory by improving metabolism in nerve cells

20 Foods for Kidney Health

Preventing kidney disease often involves maintaining a balanced diet that is low in sodium, processed foods, and high in nutrients that support kidney health. Protein should be limited to around 0.6 to 0.7 grams per kilogram of body weight.

Remember that individual dietary needs can vary based on specific health conditions, so **it's crucial to consult with a healthcare professional or registered dietitian for personalized guidance on preventing kidney disease through diet**. If kidney disease is in its advanced stages, potassium and phosphorus levels in the blood and additional dietary restrictions may be necessary.

Here's a list of 20 foods that are good for preventing kidney disease and why they are good for the kidneys:

1. Leafy Greens (e.g., spinach, kale): Rich in antioxidants and low in potassium, they help reduce the risk of kidney stones.
2. Berries: High in antioxidants and low in potassium, they support overall kidney health.
3. Apples: Contain fiber and anti-inflammatory compounds, aiding in kidney function.

4. Red Bell Peppers: Low in potassium and packed with vitamins, they promote kidney health.
5. Cauliflower: A low-potassium alternative to starchy vegetables for kidney patients.
6. Garlic: Has anti-inflammatory properties that may benefit kidney function.
7. Onions: Contain flavonoids with potential kidney-protective effects.
8. Cold water Fish (e.g., salmon, mackerel): High in omega-3 fatty acids, which reduce inflammation.
9. Pomegranates: Packed with antioxidants and anti-inflammatory properties, pomegranates can help reduce oxidative stress and inflammation in the kidneys.
10. Egg Whites: Provide high-quality protein without added phosphorus.
11. Cabbage: Low in potassium and a source of vitamin K.
12. Cranberries: May help prevent urinary tract infections.
13. Olive Oil: Contains healthy fats that support cardiovascular health.
14. Asparagus: A natural diuretic that may aid kidney function.
15. Sweet Potatoes: These are a great source of vitamins A and C, fiber, and manganese, and they

are lower in potassium compared to regular potatoes, making them a kidney-friendly choice

16. Bell Peppers: High in vitamins C and A, supporting kidney health.
17. Radishes: Low in potassium and may help with blood pressure control.
18. Pineapple: Contains bromelain, which may reduce inflammation.
19. Strawberries: High in antioxidants and low in potassium.
20. Watermelon: Keeps you hydrated and helps flush toxins from the body.

How to get rid of Non-Alcoholic Fatty Liver Disease (NAFLD)

Here are 7 steps to get rid of fatty liver.

1) Eat whole grain instead of processed flour products like white bread and pastries.

2) Eat whole fruit for your sweets, instead of sugary foods and sugared beverages

3) Eat more high fiber foods especially vegetables as they help to slow the absorption of sugar.

4) Avoid oily and fried foods especially trans and saturated fat

5) Exercise to burn off excess calories

6) lose weight - the previous 5 steps will help.

And 7) Use appropriate supplements as below but check with your doctor before using them.

Supplements may be considered to support the management of non-alcoholic fatty liver disease (NAFLD), but it's crucial to consult with a healthcare professional

before adding any supplements to your regimen. Here is a list of 10 supplements that have been studied for their potential benefits in managing NAFLD:

1. **Omega-3 Fatty Acids**: Fish oil supplements, rich in omega-3 fatty acids like EPA and DHA, have anti-inflammatory properties and may reduce liver fat.
2. **Vitamin E**: Vitamin E, an antioxidant, may help reduce liver inflammation. It should be used under medical supervision to avoid excessive dosages.
3. **Vitamin D**: Adequate vitamin D levels are important for liver health. Many people with NAFLD have vitamin D deficiency, and supplements can help address this.
4. **Milk Thistle**: This herbal supplement may have protective effects on the liver and has been studied for its potential to reduce liver inflammation.
5. **N-acetylcysteine (NAC)**: NAC is an antioxidant and may support liver function by increasing levels of glutathione, a key antioxidant in the body.
6. **Berberine**: Berberine, a compound found in various plants, may help improve insulin sensitivity and reduce liver fat.

7. **Alpha-Lipoic Acid**: Alpha-lipoic acid is an antioxidant that may help improve insulin sensitivity and reduce oxidative stress in the liver.
8. **Curcumin**: Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties that may benefit the liver.
9. **Probiotics**: Certain probiotic strains may improve gut health, which can indirectly affect liver function and inflammation.
10. **Resveratrol**: Found in red wine and grapes, resveratrol is an antioxidant that has been studied for its potential to reduce liver fat and inflammation.

12 Supplements to Help Blood Sugar Control

Here are 12 supplements known for their potential in aiding blood sugar control, along with a brief explanation for each:

Make sure to consult with a healthcare professional before starting any supplement, especially for individuals with diabetes or pre-diabetes, as these supplements can interact with medications and may have side effects.

1. **Cinnamon**: Cinnamon may help lower blood sugar by mimicking the effects of insulin and increasing glucose transport into cells.
2. **Alpha-Lipoic Acid**: This antioxidant helps improve insulin sensitivity and reduce blood sugar levels by enhancing the body's ability to use its own insulin.
3. **Chromium**: Essential for carbohydrate and fat metabolism, chromium supplementation can improve the body's response to insulin or lower blood sugar in those with diabetes.
4. **Berberine**: A compound found in several plants, berberine is effective in lowering blood sugar

levels and improving insulin sensitivity by influencing various biological pathways.

5. **Magnesium**: Magnesium plays a crucial role in glucose control and insulin metabolism; low levels are linked to insulin resistance and diabetes.
6. **Fenugreek**: Known for its use in traditional medicine, fenugreek can improve blood sugar control and insulin sensitivity due to its high fiber content.
7. **Gymnema Sylvestre**: Often referred to as the "sugar destroyer," it helps reduce sugar cravings and lower blood sugar levels.
8. **Bitter Melon**: This fruit contains compounds that act like insulin, helping to bring glucose into the cells for energy, thus lowering blood sugar levels.
9. **Green Tea Extract**: Rich in polyphenols and EGCG, green tea extract can enhance insulin activity and improve blood sugar control.
10. **Vitamin D**: Adequate levels of vitamin D are linked to improved insulin sensitivity and better blood sugar control.
11. **Probiotics**: These beneficial bacteria can positively impact the gut microbiota, which may improve metabolism and help control blood sugar levels.

12. **Omega-3 Fatty Acids**: Found in fish oil and flaxseeds, omega-3s can improve insulin sensitivity and reduce inflammation, which is beneficial for blood sugar control.

Thyroid Health: 15 nutrients

Here's a list of 16 supplements that are often recommended for supporting thyroid health, along with a brief explanation of how each might help in thyroid hormone production or regulation: Remember, it's important to consult with a healthcare professional before starting any new supplement regimen, especially if you have thyroid issues, as these conditions can require careful and individualized management.

1. **Iodine**: Essential for the production of thyroid hormones, as these hormones are made up of iodine molecules.
2. **Selenium**: Helps in the conversion of T4 (inactive thyroid hormone) to T3 (active thyroid hormone) and protects the thyroid gland from oxidative stress.
3. **Zinc**: Aids in the synthesis of thyroid hormones and can help in the conversion of T4 to T3.
4. **Iron**: Essential for the production of thyroid hormone; iron deficiency can impair thyroid hormone synthesis.
5. **Vitamin D**: Often low in individuals with thyroid issues, it plays a role in immune modulation which can affect thyroid function.

6. **Vitamin B Complex and B12:** Deficiency in B complex or B12 is common in individuals with hypothyroidism and supplementation can help improve energy levels.
7. **Magnesium**: Involved in the production of thyroid hormone; magnesium deficiency can lead to thyroid dysfunction.
8. **Vitamin E:** works in synergy with selenium to support thyroid health
9. **Tyrosine**: An amino acid that is a building block for thyroid hormone; supplementation can support thyroid hormone production.
10. **Omega-3 Fatty Acids**: These can help reduce inflammation and support overall thyroid function.
11. **Probiotics**: Gut health is linked to thyroid function; probiotics can help maintain a healthy gut flora, which is beneficial for thyroid health.
12. **L-Tryptophan**: An amino acid that can indirectly support thyroid function through its role in neurotransmitter synthesis.
13. **Vitamin A**: Essential for thyroid hormone receptor binding and activation.
14. **Copper**: Plays a role in the metabolism of thyroid hormones and in maintaining the health of the thyroid gland.

15. **Manganese**: Involved in various biochemical processes including thyroid hormone production.

Fisetin

These are the foods that have the anti-aging supernutrient, "fisetin" in them and the estimated amount per gram. Fisetin fights aging by inducing apoptosis and autophagy of old "senescent" cells, reducing inflammation, inducing sirtuin 1 which helps to turn on longevity genes, and inhibiting angiogenesis which helps to strange cancer cells. Here are foods and their density of fisetin per gram.

Strawberries	160 µg/g
Apples	26.9 µg/g
Persimmons	10.6 µg/g
Lotus root	5.8 µg/g
Onions	4.8 µg/g
Grapes	3.9 µg/g
Kiwis	2.0 µg/g
Peaches	0.6 µg/g
Cucumbers	0.1 µg/g
Tomatoes	0.1 µg/g

CAFFEINE IN POPULAR BEVERAGES

Here is a list of the top 30 beverages and their caffeine content per service and ranked based on mg of caffeine per ounce.

1. **5-Hour Energy Extra Strength**: 230 mg per 1.93 oz serving = **119.17 mg/oz**
2. **5-Hour Energy Regular Strength**: 200 mg per 1.93 oz serving = **103.63 mg/oz**
3. **Espresso**: 64 mg per 1 oz serving = **64 mg/oz**
4. **Death Wish Coffee**: 728 mg per 12 oz serving = **60.67 mg/oz**
5. **Bang Energy Drink**: 300 mg per 16 oz serving = **18.75 mg/oz**
6. **Reign Total Body Fuel**: 300 mg per 16 oz serving = **18.75 mg/oz**
7. **Starbucks Iced Coffee**: 165 mg per 12 oz serving = **13.75 mg/oz**
8. **Regular Brewed Coffee**: 95 mg per 8 oz serving = **11.88 mg/oz**
9. **Java Monster**: 160 mg per 15 oz serving = **10.67 mg/oz**
10. **Yerba Mate**: 85 mg per 8 oz serving = **10.63 mg/oz**
11. **Monster Energy**: 160 mg per 16 oz serving = **10 mg/oz**

12. **Rockstar Energy Drink**: 160 mg per 16 oz serving = **10 mg/oz**
13. **NOS Energy Drink**: 160 mg per 16 oz serving = **10 mg/oz**
14. **Full Throttle Energy Drink**: 160 mg per 16 oz serving = **10 mg/oz**
15. **Zevia Energy Drink**: 120 mg per 12 oz serving = **10 mg/oz**
16. **Amp Energy Original**: 142 mg per 16 oz serving = **8.88 mg/oz**
17. **Matcha Tea**: Typically around 70 mg per 8 oz serving = **8.75 mg/oz**
18. **Red Bull**: 80 mg per 8.4 oz serving = **9.52 mg/oz**
19. **Chai Tea**: 50 mg per 8 oz serving = **6.25 mg/oz**
20. **Mountain Dew Kickstart**: 90 mg per 16 oz serving = **5.63 mg/oz**
21. **Black Tea**: 47 mg per 8 oz serving = **5.88 mg/oz**
22. **Pepsi One**: 57.1 mg per 12 oz serving = **4.76 mg/oz**
23. **Mountain Dew (Original)**: 54 mg per 12 oz serving = **4.5 mg/oz**
24. **Diet Mountain Dew**: 54 mg per 12 oz serving = **4.5 mg/oz**
25. **Diet Coke**: 46 mg per 12 oz serving = **3.83 mg/oz**
26. **Green Tea**: 28 mg per 8 oz serving = **3.5 mg/oz**
27. **Pepsi-Cola**: 38 mg per 12 oz serving = **3.17 mg/oz**

28. **Coca-Cola Classic**: 34 mg per 12 oz serving = **2.83 mg/oz**
29. **Diet Pepsi**: 34 mg per 12 oz serving = **2.83 mg/oz**
30. **Coca-Cola Zero Sugar**: 34 mg per 12 oz serving = **2.83 mg/oz**

Low Glycemic Plant-Based Foods

Here is a list of 20 foods with their approximate glycemic index (GI values based on Glucose standard) in order from lowest to highest Be aware that these numbers are approximate due to variations in preparation methods, ripeness, and other factors that can affect GI. This is a generalized list based on typical GI ranges for these foods. Keep in mind that exact GI values can vary. Also, keep in mind that seeds, nuts and avocado and high fat foods that are high in calorie density and will add calories to a meal more quickly than the other foods on this list which are lower in fat content. Here's an approximate list:

1. **Shirataki Noodles / Konjac Noodles**: Near 0 - These noodles are made from glucomannan fiber from the konjac plant, which does not digest, effectively giving them a GI of virtually zero.
2. **Konjac Rice**: Near 0 - Similar to shirataki noodles, konjac rice is made from konjac plant fiber and has a negligible impact on blood sugar.
3. **Chia Seeds**: 1 - Chia seeds are extremely low in digestible carbohydrates, making their GI almost negligible.

4. **Leafy Greens (Spinach, Kale)**: <10 - Leafy greens are low in carbohydrates and have a minimal impact on blood sugar levels.
5. **Nuts (Almonds, Walnuts)**: 0-20 - Most nuts have a very low GI due to their high fat and protein content and low carbohydrate levels.
6. **Seeds (Pumpkin Seeds, Sunflower Seeds)**: 10-20 - Seeds are low in GI, benefiting from their fiber and healthy fats.
7. **Avocado**: 15 - Though technically a fruit, avocados are low in carbohydrates and high in healthy fats, resulting in a low GI.
8. **Cauliflower Rice**: 10-30 - Made by pulsing cauliflower into rice-like grains, cauliflower rice is low in carbs and has a low GI.
9. **Berries (Strawberries, Blueberries)**: 25-40 - Berries generally have a lower GI compared to other fruits due to their high fiber content and moderate sugar levels.
10. **Cherries**: 20-25 - Cherries have a low GI, making them a better fruit choice for blood sugar control.
11. **Lentils**: 30-40 - Lentils are a low-GI food, high in fiber and protein, which helps moderate blood sugar levels.

12. **Chickpeas**: 28-35 - Chickpeas (garbanzo beans) have a low GI, beneficial for blood sugar management.
13. **Quinoa**: 50-53 - Quinoa is a seed that's prepared and eaten like a grain, with a moderate GI.
14. **Carrots (Raw)**: 35 - Raw carrots have a low GI, but cooking can increase their GI.
15. **Sweet Potatoes**: 44-55 - The GI of sweet potatoes can vary based on cooking method, but they typically have a moderate GI.
16. **Apples (with the skin)**: 36-40 - The fiber in apples helps moderate their GI, making them a relatively low-GI fruit choice.
17. **Pears**: 30-49 - Like apples, pears have a moderate GI, influenced by ripeness and variety.
18. **Oats (Steel-cut or Rolled)**: 55-59 - Oats are a whole grain with a moderate GI, beneficial for a steady energy release.
19. **Barley**: 25-35 - Whole grain barley has a low to moderate GI, varying with the type and cooking method.
20. **Black Beans**: 30-50 - Black beans have a moderate GI, but their high fiber content helps in blood sugar control.

This list provides a general guide, but it's important to consider individual responses to foods and the overall meal context when managing blood sugar levels. For precise GI values and personalized dietary advice, consulting with a healthcare professional or a registered dietitian is required.

Apigenin
An Amazingly Versatile Supernutrient

Here is a list of 16 foods that contain apigenin, which reportedly has anti-cancer, anti-diabetes, anti alzheimers effects as well as antioxidant anti-inflammatory properties. It also appears to have antidepressant qualities and may even raise testosterone levels. This list includes their ranking of the top 8 foods based on available data. For the remaining 8 foods, data is variable or unavailable, and I've noted them as such:

1. **Dried Parsley**: 13,506.20 mg/100g
2. **Raw Parsley**: 302.00 mg/100g
3. **Fresh Peppermint**: 8.71 mg/100g
4. **Fresh Thyme**: 5.00 mg/100g
5. **Raw Celery**: 4.61 mg/100g
6. **Raw Rutabagas**: 3.85 mg/100g
7. **Raw Celeriac**: 2.41 mg/100g
8. **Raw Iceberg Lettuce**: 0.38 mg/100g

For the following, quantitative data is variable or unavailable:

- **Chamomile (Matricaria recutita)**: Dried chamomile flower is known to contain 3-5 mg/g of apigenin, but this can vary depending on the source and processing methods.
- **Celery Seed**: Known for its high apigenin content, with a reported density of 0.8 mg/g, but this might vary based on cultivation conditions and seed processing.
- **Sage**: Contains apigenin, but the specific amount can vary significantly depending on the growing conditions and preparation.
- **Rosemary**: Also contains apigenin, but like sage, the amount can vary.
- **Tea Leaves**: Contain apigenin, but the concentration can vary widely depending on the type of tea and how it is processed.
- **Green Chili Peppers**: Known to contain apigenin, but specific amounts can vary.
- **Onions**: Contain apigenin, but the concentration can change based on the type of onion and its preparation.
- **Oranges**: Contain apigenin, but the amount can vary depending on the type of orange and its ripeness.

How to Produce Low Calorie, Low Glycemic Starch

Here’s the secret to lowering the glycemic index of common carbs by converting some of it to "resistant starch". Just heat and cool it. Here's how to do it with 4 sources of carbs.

1) When you cook rice, cool it in the fridge overnight and reheat and its glycemic index drops from 78 to 54.

2) For potatoes, cooking, cooling and reheating can reduce their glycemic index bny 30 to 40 percent.

3) For pasta, cooking, chilling and reheating cuts the glycemic index by up to 50 percent.

4) And freezing bread and toasting it lowers its glycemic index by up to 39%. So try this simple hack on your carbs to help keep your blood sugar in check

10 Natural Supplements for Sleep

Several supplements have been researched for their potential benefits in improving sleep quality. Here's a list of 10 such supplements, along with a brief description of each:

1. **Melatonin**: A hormone that your body naturally produces, melatonin plays a key role in regulating your sleep-wake cycle. Supplementing with melatonin has been shown to help people fall asleep faster, particularly in cases of delayed sleep phase syndrome or jet lag.
2. **Magnesium**: An essential mineral that plays a role in supporting deep, restorative sleep by maintaining healthy levels of GABA, a neurotransmitter that promotes sleep. Magnesium supplementation may improve sleep quality, especially for those with insomnia.
3. **Lavender**: A herb often used in aromatherapy, lavender has a calming effect that may help improve sleep quality. Studies suggest that inhaling lavender scent before bedtime can enhance sleep quality by increasing the amount of slow and deep-wave sleep.

4. **Valerian Root**: An herb that has been used for centuries to combat insomnia. Valerian root contains valerenic acid and other compounds that may promote sleep and reduce anxiety. It's thought to improve sleep quality by increasing levels of GABA.
5. **Chamomile**: Known for its calming effects, chamomile is a herb that may help improve sleep quality. It contains apigenin, an antioxidant that binds to certain receptors in the brain that may promote sleepiness and reduce insomnia.
6. **L-Theanine**: An amino acid found in tea leaves, L-theanine has been shown to promote relaxation and improve sleep. It does this by increasing the levels of GABA and other calming brain chemicals and reducing chemicals in the brain that are associated with stress and anxiety.
7. **Glycine**: An amino acid that plays a role in the nervous system. Glycine may improve sleep quality by lowering body temperature at bedtime, signaling that it's time to sleep. It may also help you fall asleep faster and reduce symptoms of insomnia.
8. **Tryptophan**: An essential amino acid that can be converted by the body into serotonin, a neurotransmitter that regulates sleep.

Supplements may increase serotonin levels in the brain, helping to improve sleep quality and regulate sleep patterns.

9. **Passionflower**: Also known as Passiflora, this flower has been used to treat anxiety and insomnia. It may boost GABA levels in the brain, leading to relaxation and better sleep.
10. **CBD (Cannabidiol)**: A compound found in cannabis and hemp that has been studied for its potential to reduce anxiety and promote sleep. CBD may increase overall sleep amounts and improve insomnia, according to some research.

It's important to check with your doctor before starting any supplement regimen, especially if you have existing health conditions or are taking other medications, to avoid any potential interactions or side effects.

Foods That Are Rich In Kaempferol

Here's a list of foods that are rich in kaempferol, a flavonoid known for its potential health benefits, including anti-inflammatory, anti-diabetic and anti-cancer properties. This remarkable nutrient in animal models helps improve insulin sensitivity and blood sugar control. Its anti inflammatory and anti acetylcholinesterase effect may prevent alzheimers disease. It also shows promise in, slowing or blocking the growth of cancers of the breast, ovary, cervix, liver, pancreas, and leukemia These foods are listed along with their kaempferol content per 100 grams:

1. Saffron: 205.48 mg
2. Capers, canned: 131.34 mg
3. Kale: 46.8 mg
4. Mustard Greens: 38.3 mg
5. Arugula: 34.89 mg
6. Welsh Onion: 24.95 mg
7. Watercress: 23.03 mg
8. Radish Sprouts: 21.85 mg
9. New Zealand Spinach: 15.75 mg
10. Goji Berries (Wolfberry), dried: 13.5 mg
11. Dill Weed: 13.33 mg
12. Garden Cress: 13 mg

13. Turnip Greens: 11.87 mg
14. Dock: 10.3 mg
15. Endive: 10.1 mg
16. Chives: 10 mg
17. Collards: 8.74 mg
18. Broccoli: 7.84 mg
19. Spinach: 6.38 mg
20. Drumstick Leaves: 5.95 mg
21. Swiss Chard: 5.8 mg
22. Chinese Cabbage (Pak-Choi): 4.33 mg
23. Young Green Onion Tops Only: 3.6 mg
24. White Beans: 3.4 mg
25. Golden Raisins: 2.71 mg

Benefits of Soluble Fiber

There are several important benefits of soluble fiber. 1) it slows the absorption of sugar so it helps to control blood sugar. 2) It holds on to cholesterol so that less of it is absorbed, and 3) it supports the mucin layer lining the intestine to protect it and prevent leaky gut. 4) It supports a healthy microbiome. Here are 15 good sources of soluble fiber and the amounts of soluble fiber they contain listed from highest to lowest. Remember, the exact amount of soluble fiber can vary based on the specific food item and its preparation, but these are general averages to give you a good idea.

Chia Seeds: About 10.6 grams of soluble fiber per ounce (28 grams). They're tiny seeds that pack a massive fiber punch, great for puddings and smoothies.

Flaxseeds: Around 2.8 grams of soluble fiber per tablespoon. Small but mighty, they're perfect for adding to oatmeal or smoothies.

Psyllium Husk: Approximately 5 grams of soluble fiber per tablespoon. It's a common ingredient in fiber supplements, excellent for digestive health.

Beans (Black Beans): About 5.4 grams of soluble fiber per half-cup cooked. Filling and versatile, beans are great in salads, soups, and more.

Lentils: Roughly 3.5 grams of soluble fiber per half-cup cooked. Nutritious and hearty, lentils are a fantastic base for many dishes.

Oats: Around 2.5 grams of soluble fiber per half-cup (raw). A classic breakfast choice that's both filling and heart-healthy.

Barley: About 2.5 grams of soluble fiber per half-cup cooked. A grain that's great in soups and stews, offering a nice texture and fiber boost.

Avocados: Approximately 2.1 grams of soluble fiber per half an avocado. Creamy and nutrient-rich, avocados are perfect for spreads, salads, or on their own.

Sweet Potatoes: Roughly 1.8 grams of soluble fiber per half-cup cooked. A sweet and nutritious alternative to regular potatoes.

Brussels Sprouts: About 2 grams of soluble fiber per half-cup cooked. These mini cabbages are great roasted or steamed.

Pears: Around 1.5 grams of soluble fiber per medium pear. Sweet and juicy, pears are a delicious fiber-rich snack.

Apples: Approximately 1.2 grams of soluble fiber per medium apple. Crunchy and convenient, apples are great on the go.

Carrots: Roughly 1.1 grams of soluble fiber per half-cup cooked. Crunchy and sweet, carrots are a healthy snack or side dish.

Oranges: About 1.8 grams of soluble fiber per medium orange. Citrusy and refreshing, oranges are a great source of vitamin C and fiber.

Broccoli: Approximately 1.5 grams of soluble fiber per half-cup cooked. A nutrient powerhouse, broccoli is versatile and delicious.

Adding these foods to your diet can significantly benefit your blood sugar and cholesterol,control and support your microbiome for overall health. Enjoy trying them in your meals!

20 Foods with Anti-wrinkle, Anti-cancer, Ellagic Acid

Ellagic Acid is a powerful polyphenol that helps to protect the skin from wrinkles and age spots. It is also known to have anti-cancer properties as well. Here's the list of foods with ellagic acid, ranked from the highest to the lowest amount per 100 grams:

1. **Raspberries** - About 150 mg
2. **Blackberries** - Roughly 90 mg
3. **Strawberries** - Approximately 77 mg
4. **Walnuts** - About 59 mg
5. **Cranberries** - Around 60 mg
6. **Pomegranates** - Roughly 40 mg
7. **Pecans** - About 33 mg
8. **Cherries** - Approximately 20 mg
9. **Peaches** - Around 10 mg
10. **Currants** (Black) - About 6 mg
11. **Goji berries** - Estimated 5.5 mg
12. **Plums** - Variable amounts, estimated average
13. **Grapes** (Red and Purple) - Variable amounts, estimated average
14. **Apples** (Especially the skin) - Variable amounts, estimated average
15. **Kiwi** - Approximately 2 mg
16. **Guava** - Roughly 2 mg

17. **Almonds** - Estimated 1.5 mg
18. **Dates** - Limited data but known to contain ellagic acid
19. **Pine nuts** - Some content, specific amounts not well documented
20. **Chestnuts** - Lower amounts of ellagic acid

This ranking can help you prioritize which fruits and nuts to include more of ellagic acid in your diet if you're looking to reduce skin wrinkling and risk of cancer.

Foods that provide PQQ

"PQQ, or pyrroloquinoline quinone, isn't just another antioxidant—it's a powerhouse nutrient with a multitude of health benefits. Its ability to promote mitochondrial biogenesis appears to be its unique feature that makes it a true age-reversal nutrient. Mitochondria are the little units inside cells that produce ATP or energy for cellular function protection and repair. When energy is restored, youthful energy and vitality is restored and organs are protected and repaired. here's a list of 15 foods rich in PQQ (pyrroloquinoline quinone), ranked from highest to lowest quantity per 100 grams of fresh weight:

Parsley: Approximately 0.16 mg of PQQ per 100 grams. Parsley is not just a garnish; it's packed with PQQ, an antioxidant that supports cellular health and energy metabolism.

Green Pepper: About 0.10 mg of PQQ per 100 grams. Green peppers provide a significant amount of PQQ, along with vitamin C and other nutrients, contributing to overall antioxidant protection.

Kiwi Fruit: Contains around 0.08 mg of PQQ per 100 grams. Kiwi fruits are not only delicious but also offer a

good dose of PQQ, promoting cellular energy production and skin health.

Papaya: Roughly 0.08 mg of PQQ per 100 grams. Papaya is a tropical fruit rich in PQQ, which aids in reducing inflammation and supporting digestive health.

Tofu: Provides about 0.07 mg of PQQ per 100 grams. Tofu, a popular plant-based protein, contains a notable amount of PQQ, contributing to mitochondrial function and overall vitality.

Green Soybeans (Edamame): Contains approximately 0.06 mg of PQQ per 100 grams. Edamame is not only a tasty snack but also a source of PQQ, supporting cognitive function and heart health.

Spinach: Around 0.05 mg of PQQ per 100 grams. Spinach is a nutrient-rich leafy green packed with PQQ, which plays a role in energy production and may help combat oxidative stress.

Carrots: Provides about 0.04 mg of PQQ per 100 grams. Carrots are not just good for your eyes; they also contain PQQ, supporting overall cellular health and immune function.

Celery: Contains approximately 0.04 mg of PQQ per 100 grams. Crunchy celery offers a modest amount of PQQ, contributing to antioxidant defense and promoting cardiovascular health.

Banana: Roughly 0.03 mg of PQQ per 100 grams. Bananas provide a small but significant amount of PQQ, supporting energy metabolism and nerve function.

Tomato: About 0.03 mg of PQQ per 100 grams. Tomatoes contain PQQ, along with lycopene and other antioxidants, supporting heart health and reducing the risk of chronic diseases.

Cabbage: Provides around 0.03 mg of PQQ per 100 grams. Cabbage is a versatile vegetable that contains PQQ, aiding in detoxification and promoting gastrointestinal health.

Orange: Contains approximately 0.02 mg of PQQ per 100 grams. Oranges offer a modest amount of PQQ, along with vitamin C and other nutrients, supporting immune function and skin health.

Grapefruit: Roughly 0.02 mg of PQQ per 100 grams. Grapefruit contains a small amount of PQQ, contributing to antioxidant protection and metabolic health.

Potato: About 0.02 mg of PQQ per 100 grams. Potatoes provide a minor amount of PQQ, supporting energy metabolism and overall cellular health.

Dr. Shintani's Favorite Recipes

Tofu Nuggets

(This is a "Family Favorite Recipe" that even meat -eaters like.)

For a video of this recipe, click here

1 blk. Firm tofu, cut in ¾" cubes or nugget shape

(cut with a fork for rough edges so coating sticks)

1/3 C Nutritional yeast

1 tsp. Spike® seasoning

½ tsp. Black pepper

1½ Tbsp. Soy sauce or tamari

¼ tsp. Olive or sesame oil

(or cooking spray)

Slice or break tofu into approximately ¾" cubes or nugget shapes. Coat nonstick pan with oil or cooking spray and heat at medium-high. Add tofu cubes and brown. Turn heat to low and drizzle soy sauce on each piece of tofu. Add yeast, Spike®, and pepper and toss, coating the pieces of tofu evenly. Cook until golden brown. Makes 2 to 4

portions. (1 portion = 118.2 calories, 3.6 grams fat, 45% protein, 29% carbohydrates, 26% fat)

Low Fat Thousand Island Dressing.

¼C	Water
1/8 tsp.	Salt
1/8 tsp.	Pepper
1tsp.	Seasoned salt
2 Tbsp.	Tomato ketchup
1C	Soft tofu, crumbled
4 sprigs	Fresh parsley (optional)
1 Tbsp.	Cucumber, chopped fine
1 Tbsp.	Celery, chopped fine

Whiz all ingredients except cucumber and celery in blender. Add cucumber and celery. Chill and serve. Makes 12 portions (about 1½ cups). (1 portion = 14.1 calories, 0.6 grams fat, 28% protein, 35% carbohydrates, 37% fat)

Dijon Vinaigrette Dressing

½ cup	Balsamic vinegar
2 Tbsp.	Dijon mustard
2 Tbsp.	Soy sauce
1 Tbsp.	Maple syrup

Blend on high in a blender until smooth or place ingredients in a small bowl and whisk together. Let sit for at least 15 minutes to allow flavors to meld. Toss with your favorite green salad or pasta salad. Makes 7 portions. (1 portion = 19.9 calories, 0.3 grams fat, 2.9 gm carb. 12% protein, 79% carbohydrates, 9% fat)

Garlic Spread

1 head Garlic cloves

1/2 tsp. Olive oil (optional)

Remove all skin from garlic, leaving only bare cloves. Dash olive oil on top, and bake in oven at 425o F. for 30 minutes. Let cool, separate cloves, then slice open and scoop out the garlic, which should now have a pasty consis-tency, with a butter knife. Spread on crusty French bread, or use to spice up your sand-wiches. Deli-cious!

It also stores well, so you don't have to cook it fresh every time. Simply bake several heads of garlic at once and store in the refrigerator. When needed, sepa-rate and slice open cloves. Then squeeze the roasted garlic out of its casing.

Another way to pre-pare this is to simply peel and smash garlic cloves, then sauté in a minimal amount of water or wine, in a very hot pan. Allow the bot-tom to brown and cara-melize. Then mash the cooked cloves with your spoon and spread direct-ly onto crusty French bread or other whole grain treats.

The cooking method takes the bite out of the garlic and leaves the best part of the taste. Makes 4 portions. (1 portion = 18.4 calories, 0.6 grams fat, 12% pro-tein, 61% carbo-hy-drates, 28% fat)

Melt-In-Your-Mouth Kabocha Squash

1 Kabocha or acorn squash

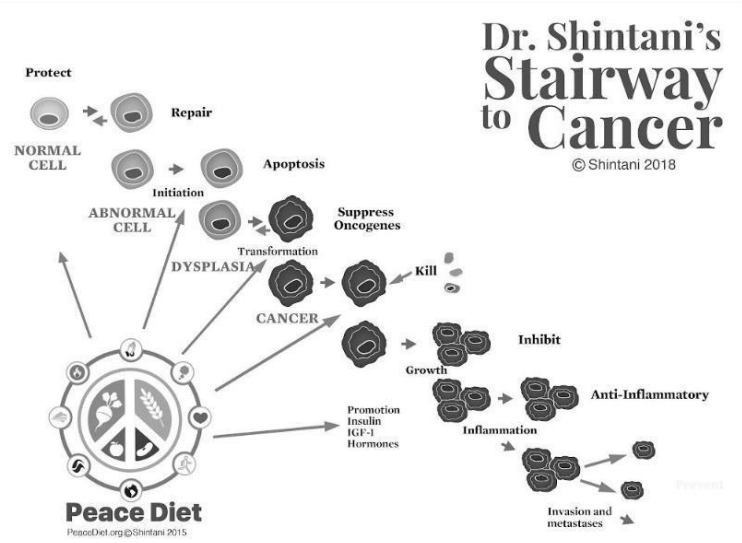
Cut the kabocha squash into 4" squares or cleaned acorn squash in quarters. Place on a baking pan with a tiny bit of water and bake at 350o F. until tender (about an hour). Makes 2 portions.

(1 portion = 115.0 calories, 0.290 grams fat, 7% protein, 91% carbohydrates, 2% fat)

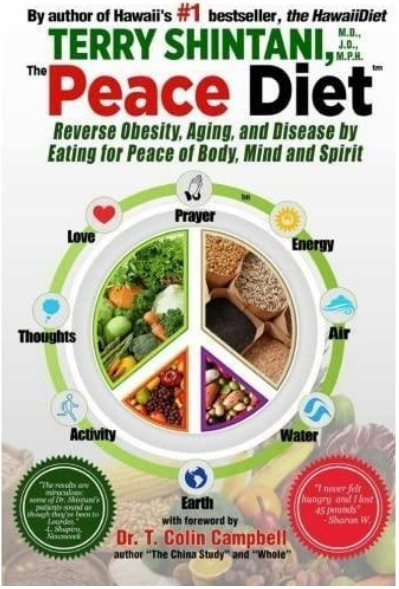
For a little zing, try adding a tablespoon of miso and a teaspoon of sweetener such as barley malt.

∇ Remember, you can eat the skin and all, so wash it well before

you prepare it.



For a 1 hour lecture along with pdf's of the diagram with supplements and food charts for best foods for Cancers of the Breast, Lung, Prostate, Pancreas, Stomach, and Glioblastoma sign up for the lecture at a special rate of $9.97 ($79 value) at http://peacediet.org/



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