





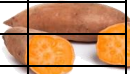




FOODS for Better Health

For the past few weeks and in last year's blogs we have looked at many of the major diseases and discussed the causes and the things we can do to overcome those diseases or better yet prevent them from being a major part of our lives. As a review we found that all diseases feed on sugars and toxins from the fast foods found in today's diets so it is best if we eat whole foods found in nature. Instead of buying readymade packaged foods we should eat from the garden. Also we found that you need to include exercise in your everyday routines so your body can keep in shape and you do not need to worry about weight gain which also can hinder the body from being disease free. Another thing that we found was we need to manage our stress levels because the body is not able to absorb the nutrients from our good whole foods unless we keep our stress levels low. If we do these three things then we will have better health!

Research shows some foods actually improve health and may help in preventing disease as shown in the chart below so include these foods in your diet to help you get what you need:

- AG – slows down aging
 - AN – full of antioxidants
 - AR – mollifies arthritis
 - CA – lessens risk of cancer
 - HE – staves off heart disease
 - IM – boosts immune system
 - ME – helps memory
 - SK – improves the look of skin
 - VI – improves vision
 - WE – weight loss
- (this chart is from "Unleash the Power of NATUREFOODS" by Susan Smith Jones, Ph.D.)

| FOOD | AG | AN | AR | CA | HE | IM | ME | SK | VI | WE |
|---|----|----|----|----|----|----|----|----|----|----|
| Almonds | | | | x | x | | | | | |
| Apples | | | | x | x | | x | | | x |
| Asparagus | | x | | | x | | | | | |
| Avocados | x | | | x | x | | | x | x | |
| Bananas | | | | | x | | | x | | |
| Beans | | x | | x | x | | | | | x |
| Beets | | x | | x | x | | | | | |
| Bell Peppers | | x | | | | | | x | | x |
| Blueberries  | x | x | | x | | | x | | | x |
| Broccoli | | | | x | x | x | x | | | x |
| Brussels Sprouts | | x | | x | | | | | x | x |
| Cantaloupe | | x | | | x | | | x | | |
| Carrots  | | x | | x | x | x | | x | x | |
| Celery  | | | x | x | | | | | | x |
| Chili Peppers | | x | x | x | x | | | | | x |
| Coconut | | | x | | x | x | | x | | x |
| Cranberries | | x | | | x | | | | | |
| Cucumbers | | | x | | x | | | x | | x |
| Flaxseed | x | x | x | x | x | x | x | x | x | x |
| Garlic | | x | | x | x | x | x | | | |
| Ginger | | x | x | x | x | | | | | |
| Grapefruit | | x | x | x | x | | | | | |
| Greens – kale, lettuce, spinach etc  | x | x | | x | x | x | x | x | x | x |
| Kiwi | | x | | | x | | | | x | |
| Lemons | | x | | x | | | | x | | |
| Mushrooms | x | x | x | x | x | x | | | | x |
| Onions | | x | | x | x | | | | | |
| Oranges  | | x | | x | x | x | | x | | |
| Parsley  | x | x | x | | | | | | | |
| Pears | | | x | x | x | | | | | x |
| Pomegranates | | x | | x | x | x | | | | |
| Raspberries | | x | | x | x | x | | | | x |
| Sea Vegetables | | x | x | | | x | | x | | x |
| Sesame Seeds | | x | | | | | | x | | |
| Strawberries | | x | | x | x | | | x | | |
| Sunflower seeds  | | x | | | x | | | x | | |
| Sweet Potatoes  | | x | | | x | | | x | x | |
| Tomatoes  | | x | | x | x | x | | x | x | |
| Watermelon | x | x | | x | x | | | x | | |