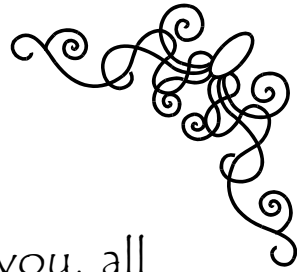
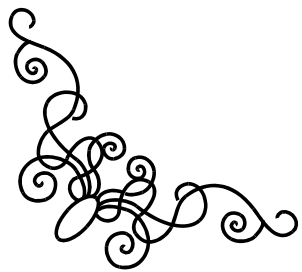




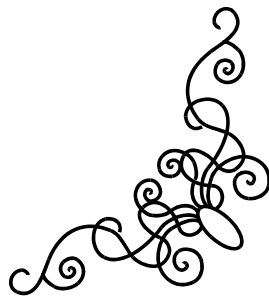
"And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man .



Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving."



*Doctrine & Covenants 89:10-11*



# THE CURE IS IN YOUR KITCHEN

*"Let food be thy medicine,  
And medicine be thy food."*

*-Hippocrates*

## APPLES



Did you know... That the popular saying “An apple a day, keeps the doctor away” came from the old English saying “To eat an apple before going to bed, will make the doctor beg his bread?”

Apple eaters enjoy **less** risk of tumors, Lung Cancer, and Cardiovascular Problems.

Apples are one of the best dietary sources of boron. Boron is a mineral that has real **bone-building properties** and is an important part of an Osteoporosis prevention program.

Apple peels have potent antioxidant activity and can greatly inhibit the growth of liver cancer and colon cancer cells.

Diabetics who consumed apples had smaller spikes in glucose after eating.

## AVOCADO

Yes, Avocado are high in fat. But the fat is monounsaturated fat, oleic acid, and omega-9 fat that is found in high amounts in olive oil and macadamia nut oil and many nuts. **Monounsaturated fat actually lowers cholesterol.**

Avocado is derived from the Aztec word “Ahuacautl”, which means “testicle tree”, Dr. David Heber, director of the UCLA center for Human Nutrition, showed that when avocado extract was added to a prostate cancer cells, cell growth was inhibited by up to sixty percent.

Avocados are also high in beta-sisterol, a natural substance shown to significantly lower blood cholesterol.

Great for Eyes, Heart and Skin!

Also contain lutein, natural antioxidant and helps your eyes stay healthy.



## ASPARAGUS



Asparagus is a member of the Lily family. Asparagus is an excellent source of folic acid, also a good source of Vitamin C, Thiamine, and vitamin B6. Also high in rutin, a flavonoid that is thought to have anti-inflammatory properties, strengthen blood vessels, and protect against oxidative damage.

Home Remedies: Romans valued asparagus for medicinal uses treating bee stings, heart ailments, dropsy (*edema*), and toothaches.

Digestive health: Contains *inulin*, a carbohydrate that is not digested but promotes friendly bacteria in our large intestine.

## PAPAYA



1 half of a small papaya provides 150% of the daily value of vitamin C.

Papayas are also a good source of vitamin A, potassium, folate, and fiber.

They contain carotenoids, mainly cryptoxanthin, which may reduce the risk of lung and colon cancer and possibly benefit rheumatoid arthritis. Papaya is known for its protein digestive enzyme, papain. Besides being an aid to digestion, it is also commonly used in commercial food processing, as a meat tenderizer.

Did you know... Garlic is known universally as “The Stinking Rose”?



You're “ODOR-ABLE”

## PINEAPPLE



Pineapple is the only edible member of the Bromeliaceae family. Pineapples take a full eighteen months to grow.

Bromelain's properties include:

- \*Interference with growth of malignant cells and tumors.
- \*Anti-inflammatory action and much more.
- \*Reduces postoperative swelling.
- \*Helps relieve symptoms associated with sinusitis
- \*Can also help control the symptoms of urinary tract infections.
- \*May help relieve symptoms of rheumatoid arthritis.
- \*Acts as a blood thinner.
- \*Can relieve indigestion.

Bromelain is an effective treatment for severe bruises and hematomas and can promote healing of injuries by reducing pain and swelling.

A cup of cubed fresh pineapple has almost 100 % of the Daily Value for manganese, and essential trace mineral needed for healthy skin, bone, and cartilage formation, as well as for glucose tolerance.

### References:

The 150 Healthiest Food on Earth  
101 Foods that Could Save your Life  
The National Cancer Institute  
Effective Natural Cures on Earth  
American Chemical Society

Designed by:  
Emilia González Brown

## CELERY



Celery's name is derived from the Celtic word meaning "water", Celery belongs to the same family that includes carrots, fennel, parsley, and dill.

Wild Celery was used as medicinal plant throughout the Middle Ages to "treat" anxiety, insomnia, rheumatism, arthritis. The Romans wore wreaths of celery leaves as an antidote against the intoxicating effects of wine and the ensuing headache. In Vietnam, celery has been used as a remedy for lowering high blood pressure.

Antibacterial and Fungi (Mold): Celery contains polyacetylenes, substances highly toxic against fungi and bacteria. This compound also has anti-inflammatory effects and makes blood more slippery.

## CHERRIES



### Natural Pain Reliever!

Contain vitamins A, C, and the B's, the minerals calcium, iron, and potassium; and fiber.

Cherries may help prevent heart disease. May reduce tumor growth and size. Also help fight bacterial infections and also cancer.

Native Americans used wild cherries as a cough suppressant. Hot Cherry pits have been used to heat beds on cold nights. Tart Cherries have been used for tooth decay, prevention of varicose veins, and headaches. Cherries have been known to have laxative effects and can relieve constipation.

Tart Montmorency cherries are rich in the antioxidant melatonin, which may help in promoting sleep.

## BLUEBERRIES



Brain Food, Antioxidant and anti-inflammatory.

Blueberries keep your memory sharp, compounds in blueberries called polyphenols actually "turn on" the signals. "Not only can you get one neuron to talk to another more efficiently, but you can actually enable the brain to grow new neurons"

In May 2005 issue of the Journal of Agriculture and Food Chemistry, it was reported that blueberries contain a beneficial compound called pterostilbene a lipid-lowering ability superior to resveratrol, it works in regulating fatty acid metabolism and fats in the blood stream-and it helps prevent the deposition of plaque in the arteries.

A University of Illinois study tested different fruits for the presence of a particular flavonoid that inhibits a cancer-promoting enzyme. Of all the fruits tested, wild blueberries showed the greatest anticancer activity.

Antibacterial, Like cranberries, contain compound that prevent the bacteria responsible for urinary tract infections from attaching to the bladder wall.

## BROCCOLI



Getting Vitamin C from fresh foods in the treatment of sinus infections is a plus, and broccoli, rich in C, along with other foods (berries and citrus fruits), is eaten to both treat and prevent sinus problems.

Same royalty vegetables includes cabbage, kale, and swiss Chard. These vegetables are excellent source of a family of anticancer. They release of "carcinogen killers" speeding up their removal from the body. Also help prevent lung and esophageal cancer.

The American Cancer Society recommend eating it and other cruciferous vegetables. There are many compounds responsible for a great impact in our health, Broccoli contains indole-3-carbinol, which, in addition to being a strong antioxidant and stimulator of detoxifying enzymes, seems to protect the structure of DNA. It also reduces the risk of breast and cervical cancer.

### \*\* Guacamole Dip Recipe \*\*

#### Ingredients:

- 2 ripe avocados
- 1/2 onion, minced (about 1/2 cup)
- 1-2 (For spicy flavor use Serrano chilis, Not Spicy Hot, just for flavor is Jalapeño peppers, (stems and seeds removed).
- Cilantro leaves,
- 1 tablespoon of fresh lime or lemon juice
- 1/2 teaspoon salt
- A dash of freshly grated black pepper.



## CILANTRO/CORIANDER

### Potent Antibiotic



### Throw Me a Lifesaver!

**DIABETES:** When cilantro was added to the diet it help to stimulate secretion of insulin and lower blood sugar.

**HEART HEALTH:** The spice cilantro may help to lower total cholesterol and triglycerides significantly.

**ANTIBACTERIAL:** Researches isolated a compound in cilantro called dodecenal, which in laboratory tests was twice as effective as the commonly used antibiotic drug Gentamicin at killing salmonella.

**DIGESTIVE HEALTH:** Researches examined the effects of cilantro combined with other spices on digestion and found the spice mix enhance the activities of pancreatic digestive enzymes and also stimulated bile flow and secretion.

