

POWER

Of The

HEALING FOODS DIET



DISCOVER HOW TO RESTORE YOUR
HEALTH, ENERGY AND MOOD WITH
THESE LIFE-GIVING FOODS

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Discover The Importance Of The Power Of Healing Foods Diet

I believe we have the power of healing and living at optimum health at our fingertips. For the functioning of EVERY part of our body, our diets are a key component. I don't think the food I ate when I was a child and when I became an adult were much different than the average person in this country. Pretzels, PB&J sandwiches, homemade chocolate chip cookies, bagels and cream cheese, grapes, apples.

As I became an adult, other veggies, a few more greens, whole wheat and other grains made their way into my diet, along with more variety and a few more indulgences. But along the way, my body began to break down, and it didn't take long.

Unfortunately, none of the doctors I saw ever suspected my gluten, sugar, dairy, low-fat and preservative-filled diet could have had an impact. Possible food sensitivities and diet were never discussed. Countless studies point to the direct impact that our diets have on our health. A recent paper listed 55 diseases that can be caused just by eating gluten. Most people with a food or gluten sensitivity often attribute their symptoms to something else rather than attributing it to the obvious culprit - food.

Not only does food have the ability to do damage, but it also has the ability to support our body in its natural healing processes. I've discovered the power of healing with food after many years of symptoms, some that were not so obvious and some that were. Making dietary changes aren't necessarily easy, even if the goal is as important as healing an illness. But it's critical to removing inflammation-causing foods, like sugar and gluten and begin adding in the life-giving foods that our body needs to thrive — like veggies, fruits, water and healthy fats.

At times it's been frustrating and overwhelming. Why would I want to give up eating warm, delicious French bread in my favorite restaurant or my mother's homemade chocolate chip cookies, that I've known and loved my entire life? Is it really worth it?

The truth of the matter is, in order to actually heal our body we need to make our diet and our health a priority. It's about the many lifestyle choices that we make each day and about everything that we put in our body. It is about having optimal function of every part of our body, feeling good, and wanting great health more than satisfying a momentary craving with our favorite treat.

- It's about balance and discovering new favorite foods that support our health instead of destroying it. It's about being patient and allowing our body to heal. It takes time to heal.
- It's about trusting that sound nutrition supports healing and good health and our body has the capacity to heal.
- It's about knowing that we can't keep doing the same things and expecting different results.

Take back your power. Take back your health. You are the captain of your ship, the one and only one you'll ever have. The time is now.

How Reading This eBook Will Help You?

This eBook will help you get in touch with the various foods that can help heal your body from various diseases and psychological pressures. I will explain some do's and don'ts of healing foods in this chapter.

Healing Do's & Dont's

1. What To Do About Food Sensitivities

Each person's digestion is different, and if you have an allergy or feel heavy or bloated after eating a particular healing food, do not eat it this month, even if it is on the "what to eat" list. Move it to your "what to avoid" list. Since healing foods tend to improve digestion, most people have found that after eating healing foods for a month they could digest more of the foods they were allergic to before.

2. Best Times To Eat Healing Foods

Eat your healing foods meals every three hours (minimum) to every six hours (maximum) on a regular schedule to allow the previous meal to be digested and to not create excess hunger. Eat your last meal by 6 pm or at least try to.

Body Type Guidelines:

- Sensitive (Vata): eat every 3-4 hours
- Passionate (Pitta): eat every 4-5 hours
- Stable (Kapha): eat every 5-6 hours.

Do not eat between meals, even if they are from the healing foods list! Regulate your meal times so you won't be hungry in between meals if you are hungry more often.

3. Eating Environment For The Healing Foods

Eat your healing foods in peaceful surroundings: no reading, television, emotional talking or interruptions. If your emotions and mind are engaged in something other than eating, your digestion will suffer. Though this may seem challenging at first, after a few meals you'll get accustomed to the change. Say a food or sit quietly prayer before eating. This allows the mind and body to focus on the healing food and digestion.

4. A Few Other Guidelines On Healing Foods

Eat until you are two-thirds filled, but not feeling “stuffed.” The last liquid should be taken at least one hour before bed, the last meal should be taken at least two and a half hours before bed, so that your meal is digested and you have peed before going to sleep. This will help you sleep better. Walk 100 paces after each meal. This helps assists with blood sugar issues and to digest your healing food.

5. Drinking Liquids

Ayurveda says we should drink when we are thirsty and eat when we are hungry. This is honoring the body's natural rhythms. An unbalancing effect can take place in case of too much or too little liquid. Avoid having liquids before or after meals; sipping hot liquid during meals if thirsty will help digestion. Constantly drinking can create anxiety, nervousness, and constant peeing.

6. Cooking Healing Foods

Warm cooked food is easier to digest than raw food or cold food, so prepare to either eat take-out or restaurant-cooked meals or cook your meals at home!

Think of how your grandparents in the old country or on the farm ate—three cooked meals a day without any snacks. It is important to honor your body's rhythm and eat at regular times when your digestive “fire” is hot. Now that fast food chains like McDonald's and even health food stores like Whole Foods make cooked foods available at all hours of the day, many people have lost their digestive rhythm! A prime cause of being overweight is eating when the digestive fire is not “hot” or ready.

Healing foods do not include sweets, fast foods, bakery or chocolate snacks, excessive fruit or melons (sweets), or alcohol or caffeine. You can cut back on them if you are unwilling to give them up entirely at this time. Any reduction will increase your healthy balance!

7. Cooking Made Easy

You can cook once a day for the whole day if you are busy. You could cook at night, after dinner, preparing the next day's meals. Or it could be at breakfast, cooking that day's lunch and dinner. Each meal is, ideally, prepared freshly, however you can eat leftovers the next day, adding some new healing foods to the menu as well. You can even make extra dinner and eat leftovers the next day for lunch.

37 Life-Giving Foods That Will Heal Your Body.

1. Organic Foods

- Prepare your meals with fresh, healthy produce (veggies and fruits) and fresh meats and poultry.
- Buy pastured meats as a priority, and organic produce whenever possible.

2. Meats & Dairy

- Choose grass-fed/pastured meats whenever possible. If it comes from a cow (yogurt/cheese/meat/butter) it should ALWAYS be grass-fed. I strongly suggest drastically limiting your dairy consumption simply to reboot your system. When you transition successfully, you can slowly reintroduce healthy dairy, if desired. Keep a close eye on your digestion and energy levels to see how your body tolerates dairy.
- Choose organic, free range and cage free eggs and keep eggs to a minimum.
- If organic is not available, go for antibiotic-free and hormone-free.
- If conventional meats are your only option, choose leaner cuts of meat to avoid toxic fatty acid ratios, or simply eat a vegetarian meal at that time.
- Avoid pork and bottom feeders (e.g. scallops, shrimp) as they are toxic. If you must eat them, bottom feeders should be wild caught and pork should be pasture raised and from the health food store, as there are additives and chemicals in commercial pork.
- Choose wild caught fish.

3. Refined Sugars, Artificial Sweeteners & Grains

- Avoid all grains. Once you transition successfully, you can add sweet potatoes, brown rice, and quinoa back into your diet, if desired. Again, introduce slowly, and keep track of your digestion and energy levels. Some people simply feel better consuming a diet free of all grains, even healthier ones.
- Avoid all fruit except granny smith apples and berries.
- Eliminate all sugars, except low glycemic berries and granny smith apples.
- Small amounts of organic stevia and erythritol are okay as they don't raise your blood sugar levels. Small amounts of honey, maple syrup and coconut sugar are ok too.
- Check the ingredients on products. If it ends in –"ose," it's most likely a refined sugar.
- Avoid sugar substitutes like aspartame (NutraSweet, Equal), saccharin (Sweet & Low), sucralose (Splenda). Man-made in a laboratory, artificial sweeteners have been linked to brain tumors, seizures, MS, autoimmune disorders, and side effects like headaches, dizziness, indigestion and increased appetite.
- Avoid corn and soy. We have Monsanto to thank for all of our crops now being GMO, which is one of the fastest ways to destroy the gut lining. (Caused from a chemical called glyphosate which is "Round Up Ready" weed killer). Acceptable forms of soy are miso and tempeh, which have been fermented, reducing their estrogen mimicking effects.

4. Ban Bad Fats & Add Good Fats

Avoid The Bad Fats

- Vegetable, cottonseed, corn, soy, peanut, sunflower/safflower and canola oil (think any oils that are man-made).
- Margarine or anything that contains "hydrogenated" oil.
- No fried foods.
- No almonds or peanuts.
- Remove all pantry products containing the above bad fats.

Add The Good Fats

- Avocados and coconuts.
- Coconut, red palm and olive oil (raw, cold pressed is best).
- Raw nuts and seeds (except peanuts and almonds).
- Coconut butter/cashew butter.
- Grass-fed/pastured meat.

5. Milk

Cows Are Grain Fed

Most cattle that are used for meat and dairy purposes are fed grains—specifically, corn and soy. The natural diet for a cow is grass. The allure of grain fed meat for manufacturers is that the grains give the meat that “marbled” look which sells so well in grocery stores. The marbled meat is essentially more fatty than grass-fed meats, and this isn’t the “good” fat.

When cows are fed grains, it skews their fatty acid composition in the wrong direction. When we eat the meat of these cows and drink their milk we are subjected to the poor fatty acid ratios, which results in inflammation in the body.

Over Processed

The pasteurization of milk involves heating it to a very high temperature in order to kill any harmful bacteria or pathogens. These high temperatures also kill nutrients as well as the enzymes needed to properly digest milk. This causes damage to the intestinal wall, which can lead to food sensitivities and even more serious issues such as Crohn’s Disease, Celiac Disease and many other autoimmune diseases. We are now finding today that grain fed cows produce an altered form of casein, which is the protein found in milk. Maybe you have heard of “casein free diets.” These grain fed cows produce an A1 beta-casein protein molecule, which can be very inflammatory to the body. For thousands of years cows have produced A2 beta-casein protein molecules, which do not produce the same inflammatory response. This is part of the reason why dairy can be so allergic and inflammatory when not consuming it from a cow that produces A2 casein. Some of you may receive a recommendation from our team to do a whey water fast. This whey water is

specifically sourced from Beyond Organic, a company that raises cows that have been selected for their A2 casein producing abilities, and are 100% grass-fed on sustainable farms. As a note on other types of dairy, goat and sheep produce A2 casein, which contains great amounts of unique bacteria that can benefit the body.

The Ugly Side of Conventional Dairy

Milk and other dairy products from conventionally raised cows have been fed grains that have likely been sprayed with pesticides. The cows are also treated with preventative use of antibiotics (most of them get sick on a grain fed diet, and antibiotics are used in order to prevent illness). Conventionally raised cows are also injected with growth hormones. This gets them fatter faster so that they are ready for slaughter in a shorter time frame. Growth hormone is associated with hormonal imbalances, estrogen dominance and even cancer in humans.

6. Coconut Milk

Coconut milk is a mild tasting milk that has a slightly sweet and nutty flavor. It's a favorite of ours and we almost always have it on hand. It's great for making shakes and smoothies and almost anything where you would use conventional milk. The key is to make sure you get the unsweetened version so that you aren't overdoing it on sugar.

Coconut benefits include:

- Improves immune system function
- Helps protect against brain-related disorders
- Lowers risk of diabetes
- Reduces joint and muscle inflammation
- Strengthens liver
- Kills bacteria and parasites
- Protects against cancer and other immune-related diseases
- Eases acid reflux and promotes proper digestive function

Coconut Milk

Coconut milk from a carton can be used in place of regular milk. Just like any other product, be sure to read the label of any type of coconut milk you buy. When looking for canned coconut milk, the brand Native Forest doesn't have BPA in its can's lining, and is organic and Non-GMO. Coconut milk can also be used in shakes and smoothies; and when added with chocolate protein powder, becomes a great chocolate milk alternative.

Other Nut Milks

There are several other milk varieties out there that you can try as well, such as unsweetened hemp milk and Brazil nut milk. We don't recommend almond milk, rice milk or soy milk. The glycemic impact of rice milk is too high and drinking soy milk regularly can cause hormonal imbalances by producing phytoestrogens. As a general rule of thumb, almonds should be avoided as they are harder on the digestive tract and prevent healing. You can incorporate almonds by soaking them overnight, and dehydrating in the oven or a dehydrator.

7. Refined Grains

Refined grains are everywhere in our society today. White pasta, white bread, white rice—they are all stripped of their nutrients and cause your blood sugar to spike. Even conventional “wheat” bread (more appropriately called “brown bread”) is highly processed carrying some of the same damaging effects as its “white” counterparts.

You can substitute your refined grains for healthier grains by using some great options that are available in the market now.

8. Flours

Wheat flours should be absolutely avoided, and almond flour only used if tolerated well. As a general rule, while you are healing your body there should be very minimal baked goods like breads and cookies, even if they are made with 100% healing foods.

Coconut Flour

Coconut Flour is an excellent choice for baking, and provides healthy fats. Note that when using coconut flour you must find recipes that specifically call for coconut flour, as the quantity of coconut flour needed is much smaller than regular flour or other nut flours.

9. Sweeteners

The average person in Western Culture consumes over 90 grams of sugar per day. That's more than 22 teaspoons! A key component to optimizing health long term is to consume 15 to 20 grams of sugar or less per day. While many of the alternatives below still count as sugar, they are far better choices than the over processed and chemically manufactured sugars that are on the market today.

Organic Stevia

Stevia is derived from plants and is by far the best choice. Stevia is completely sugar free, a 100% natural and contains zero calories. It is 20 to 30 times sweeter than sugar and comes in liquid and powdered form. The liquid form of stevia is best used in beverages like coffee or tea. The powdered form can be used to sweeten solid dishes. Sweet Leaf stevia is a brand that most people prefer. Brands like Truvia are very heavily processed, and should be avoided. Use stevia, and other sweeteners minimally, as the goal of healing is to slowly decrease your desire for sweet foods, and balance your hormones.

Erythritol

Erythritol is a sugar alcohol, and like stevia, it is also derived from plants. Of all of the sugar alcohol choices, this one is very gentle on the digestive tract. It is also similar in texture and taste to white, granulated sugar. The great thing about erythritol is that it is completely sugar free and contains far fewer calories than sugar. It can be used as a 1:1 substitute for sugar in recipes, however this should be kept to a minimum while healing.

Please Note: Even though stevia and erythritol are fine to have in their natural form, many manufacturers have added additional (harmful) ingredients such as dextrose and maltodextrin to these otherwise safe products. Beware of fillers in your sweeteners!

Raw Local Honey And Pure Maple Syrup

These two sweeteners in particular are very good choices. They both contain sugar—about 16 grams per tablespoon, but for the occasional sweet treat, they are fine to have. Honey that you generally find in the grocery store has been over processed and stripped of nutrients and enzymes. When the honey is heated to the levels needed in processing, it kills the enzymes and nutrients. What you are typically getting in the grocery store is pure sugar and nothing else. Local, raw honey retains its nutritional value, and can help you fight environmental allergies as well! Another great option is to find raw honey and pure maple syrup at your local farmers market.

Coconut Palm Sugar

Coconut palm sugar is derived from coconuts and has a coarse texture that is similar to brown sugar. It has a much lower glycemic index than brown sugar as well as most other sugars. It also retains its nutritional value.

10. Nut Butters

If you're like most people, you've probably enjoyed a peanut butter and jelly sandwich at least once in your life. If you like peanut butter there are a few things that you should know. Traditional peanut butter can contain aflatoxins, which are produced by a mold that grows on the peanuts. For this reason, if you like peanut butter it's better to go with the nut butters that are listed below. Raw is always the best. Making your own raw nut butter is easy and incredibly cost effective!

- Brazil Nut Butter
- Cashew Butter
- Pumpkin Seed Butter
- Sunflower Seed Butter

All of these can be found at your local health food store.

11. Cooking Oils

It's important to get this one right since the fats that you use to cook with play an important role in the structure of your cells. One of the main goals of Revived Living is cellular healing, so this one is vital. Cook with cold processed, organic coconut oil. Cold pressed olive oil, grass-fed butter, and avocado oil are other healthy fats, but should not be used for cooking. Enjoy them on a salad and after your vegetables have been cooked.

12. Aloe Vera

Aloe vera has strong antiviral, antibacterial, and antifungal properties, along with 18 amino acids, 12 vitamins, 20 minerals, and 200 active plant compounds.

Aloe vera benefits include:

- Eases inflammation and arthritic pain
- Heals ulcers and a wide variety of digestive disorders and complications
- Treats candida and parasites
- Reduces heart attacks and strokes
- Helps halt growth of cancer tumors

13. Maca

Maca is a complete source of amino acids and a very nutrient-dense superfood. It also is rich in B-vitamins, vitamins E and C, and is a good source of iron, copper, calcium, potassium, magnesium, zinc and phosphorus.

Maca benefits include:

- Improves anaemia
- Reduces chronic fatigue
- Relieves stress and depression
- Improves libido and fertility

- Improves adrenal function
- Strengthens memory

14. Goji Berries

Goji berries contain 21 trace minerals, 18 amino acids, vitamin A, B-complex, E and C, and is a superior form of antioxidants.

Goji berries benefits include:

- Significantly improves immune function
- Protects DNA
- Protects the eyes and liver
- Reduces inflammation
- Protects the heart
- Improves mood and libido

15. Hemp

Hemp contains 20 amino acids and is a complete source of plant protein. It is also nature's most abundant source of essential fatty acids and has a perfect 3 to 1 ratio of omega-6 to omega-3.

Hemp benefits include:

- Fortifies immune system
- Reduces inflammation
- Improves memory and prevents brain-related diseases
- Clears up skin disorders
- Helps keep digestive tract healthy and clean
- Helps prevent cancer

- Helps reduce risk of diabetes

16. Bee Pollen

Bee pollen is a rich source of 22 amino acids, carotenoids, and enzymes. It is also a good source of vitamin C and E, B-vitamins and over 68 minerals.

Bee pollen benefits include:

- Combats cancer, diabetes, arthritis and depression
- Promotes increased strength, stamina, endurance and energy levels
- Increases concentration and memory
- Improves fertility and enhances sexual activity
- Increases resistance to infections

17. Reishi Mushrooms

Reishi is a rich source of antioxidants. It is also a good source of niacin, potassium, selenium, magnesium, phosphorus and copper, as well as B-vitamins.

Reishi benefits include:

- Combats immune-related disorders like allergies, arthritis and cancer
- Reduces physical and mental stress
- Reduces inflammation
- Protects the liver
- Helps correct digestive disorders

18. Chlorella

Chlorella is a potent source of chlorophyll, a rich source of complete protein, and rich in the entire vitamin complex. It is also an exceptional source of zinc and iron, as well as phosphorus, magnesium, potassium and calcium.

Chlorella benefits include:

- Helps detoxify biotoxins, xenobiotics and heavy metals
- Helps kill candida and yeast overgrowth
- Known cancer fighter
- Prevents and improves diabetes and insulin resistance
- Reduces pain associated with arthritis and fibromyalgia
- Helps heal and repair tissue growth
- Reduces and eliminates digestive issues

19. Root Vegetables

Carrots, Sweet potatoes, onions, beets, and turnips are extremely nourishing and detoxifying and are all excellent digestion boosters. Sweet potatoes and Carrots are full of Vitamin C, a natural body cleanser, beets cleanse the digestive tract and liver and build the blood, and onions provide immune-building and highly cleansing benefits. Turnips help pull excess mucous from the body and contain a large amount of Vitamin C.

Compared to many g beans, rains, and legumes that you might be avoiding if you're feeling sluggish, root vegetables are also easier to digest. Root vegetables can easily be steamed or roasted and make excellent pairings to any meal. Have them at night (or even at lunch) to ensure regular digestion around the clock.

20. Cranberries

When in season, frozen or whole cranberries are excellent body detoxifiers. They cleanse the liver, blood, and the kidneys and prevent bacterial infections in the stomach. All major organs should be cared for as much as possible, so when one food can help you do that, why not take advantage of it? Cranberries add a sweet-like, refreshing and tart flavor wherever you find use for them. Try adding them either in frozen or fresh form to smoothies, oatmeal, or even stews and soups if you're feeling creative. They also make great snacks. For times when you can't find them fresh, buy dried unsweetened cranberries to add to homemade trail mix, morning porridge, or to cook and bake with.

21. Dandelion Greens

We are talking about fresh dandelion greens from your produce market. Use these in place of collards, kale, or spinach in in a smoothie or any of your dishes. If you blend them in a smoothie, add some pineapple and berries for a tasty flavor and more cleansing benefits. Dandelion greens have a pleasantly smooth, almost sweet earthy flavor that make the delicious to enjoy during a time you're healing your body. Dandelion greens build the blood and cleanse the liver, lower inflammation, and contain a nice dose of magnesium. They are a powerhouse of Vitamin C, they also help prevent high blood pressure, flush out the digestive system in a gentle way, and they even lower blood sugar. Try them as a salad dressing, or in a cleansing salad. For even more benefits, read about more liver cleansing foods to pair with dandelion greens.

22. Leeks

If you haven't had them just yet, don't turn your nose at leeks. We'll admit they're not the easiest to figure out what to do with, or the most attractive of veggies. But they're actually very simple to use in your meals and fantastic for you as well. Leeks are in the same family as onions, so they come with big nourishing and cleansing benefits. Leeks banish water weight, they flush out the system, and also provide key minerals, vitamins, and electrolytes the body needs to stay well-nourished. Similar in taste to scallions and onions, leeks can easily be cut, broken apart, sliced, or stripped to use in stews, soups, or vegetable broths of any kind.

23. Asparagus

Asparagus is a triumphant veggie for healing and cleansing the body. It's a powerhouse of protein for such a small, dainty veggie, along with a powerful source of the B vitamin folate. If you're bloated and suffering irregularity, Asparagus is an excellent veggie to eat. It contains a good amount of potassium to prevent dehydration, flushes water wastes from the body, and is filled with easy to digest fiber to keep you going strong! Asparagus' sweet flavor makes it a delicious vegetable to enjoy for health benefits. Try steaming it, grilling it, roasting it, or just toss some frozen asparagus pieces into your next batch of soup.

24. Vitamin C

Examples include: kiwi, citrus fruits, broccoli and peppers.

Your body does not have the ability to make Vitamin C, a vitamin that is water soluble in nature. This means you need to consume it on a daily basis. By building new protein for the scar tissue, skin, tendons, blood vessels and ligaments, Vitamin C plays an important role in the healing process.

Our bodies are able to maintain bone tissues and cartilage with the help of Vitamin C. Vitamin C also offers internal protection against free radicals. Free radicals come from our external environment, such as the chemicals we are exposed to, the foods we eat, high intensity work outs. Free radicals can cause significant damage to our bodies.

25. Omega-3 Fatty Acids

Examples include: flax seeds, salmon and walnuts.

Many research studies have found that omega-3 fatty acids have the ability to reduce inflammation, so much so that other drug and pain killers may not be needed. Most of these studies have been conducted on individuals with rheumatoid arthritis or other cases of extreme inflammation. The results of these numerous studies indicate that high quality omega-3s will reduce inflammation from an injury or daily run.

Reducing the inflammation and swelling around an injury will promote healing and reduce the pain you may be experiencing!

26. Antioxidants

Examples include: tart cherries, blueberries, turmeric, prunes, coffee and ginger.

Free radicals are the toxins that are roaming around our body, especially when we sustain a running injury. They make us weaker by taking from our healthy cells. Foods like blueberries, tart cherries and strawberries help to control those free radicals, so our body can focus on repair.

Ginger and turmeric have also been named nature's anti-inflammatory medicine as they accelerate recovery within our bodies. Coffee not only decreases recovery time, but restores Central Nervous System function, so it can get back to making you better.

27. Vitamin A

Examples include: carrots, sunflower seeds, winter squash, sweet potatoes, spinach and Swiss chard.

The production of white blood cells in your body is promoted by Vitamin A. White blood cells are the main “keepers of the injury”; they help fight off viruses and infection. Your body relies on the production of white blood cells to protect the injury and increase the rate of healing, even if there isn't any visual injury like an open wound on your body.

28. Zinc

Examples include: nuts, oysters, chicken and seeds.

Every single tissue in your body contains zinc; therefore, it becomes very important in the healing process of any injury. To promote healing and growth of the injured tissue, Zinc will help your body use the proteins and fats you consume. Much like vitamin A, Zinc will also help keep your immune system strong, which will protect you from other viruses or infections.

29. Protein

Examples include: eggs, grass feed chicken, beef, turkey, Greek yogurt.

An injury to the body automatically increases the body's demand for protein. Protein is required as the injury happens and even through the injury recovery time. How well and how quickly the injury heals can largely depend on consuming adequate amounts of high quality protein. Shifting from a high carbohydrate diet to a high protein diet is therefore essential for runners who are hurt.

30. Atlantic Sea Vegetables

When it comes to getting the body rid of heavy, toxic metals, sea vegetables are extremely powerful. One of the reasons certain heavy metals are so damaging to our bodies is that they're neuro-antagonists, which means they diffuse and disrupt electrical nerve impulses and cause nerves themselves to deteriorate. In the process, neurotransmitters blow out and burn out as if they were light bulbs—which can result in depression and anxiety.

If you have any of the following conditions and are curious about related foods that help heal them, try bringing Atlantic sea vegetables into your life: osteopenia, endocrine disorders, bone fractures, injuries, osteoporosis, Alzheimer's disease, epilepsy, dementia, Hashimoto's thyroiditis, Graves' disease, migraines, bipolar disorder, thyroid cancer, attention-deficit/hyperactivity disorder (ADHD), autism, epilepsy, radiation exposure (from dental work, medical X-rays, or cancer treatment), leukemia, anemia, brain cancer, bone cancer, kidney cancer, bladder cancer, liver cancer, stomach cancer, lung cancer, multiple chemical sensitivity (MCS), intestinal polyps, obsessive-compulsive disorder (OCD), anxiety, depression, reproductive cancers (such as ovarian, uterine, and cervical), Parkinson's disease, endometriosis, Asperger's, immune system deficiencies, glaucoma, seasonal affective disorder (SAD), lupus.

31. Nettle Leaf

Nettle Leaf is life-lengthening and life-giving, an amazing anti-inflammatory for tired organs, and contains healing alkaloids yet to be discovered through scientific research. In women's health, the ovaries get a lot of attention for producing the reproductive hormones. This means that when a test shows that a woman's hormone levels are deficient, health-care professionals tend to blame the reproductive system, which sometimes results in a prescription for unnecessary hormone replacement. When in reality, the adrenal glands share the job equally of producing progesterone, estrogen, and testosterone in women. Many women need more foods that manage stress and heal the adrenal glands. Low hormone test results often mean that the adrenals are either overactive or underactive. The only way you can get an accurate reading from

a hormone test of how the reproductive organs are doing is if the adrenals are perfectly healthy and balanced.

Try bringing nettle leaf into your life as part of a of foods that heal if you have any of the following conditions: Urinary tract infections (UTIs) such as kidney infections and bladder infections, reproductive cancers, interstitial cystitis, cervical cancer, ovarian cancer, Epstein-Barr virus (EBV)/mononucleosis, uterine cancer, shingles, rheumatoid arthritis (RA), laryngitis, posttraumatic stress disorder (PTSD), acne, low reproductive system battery, psoriasis, eczema, all autoimmune disorders and diseases, endocrine system disorders, infertility, anemia, alopecia, anxiety, anorexia, bladder prolapse, depression, edema, breast cancer, polycystic ovarian syndrome (PCOS).

32. Raw Honey

If you feel out of touch with miracles, then reacquaint yourself with honey. Honey in its raw form is nothing less than a miracle from God. Honey has saved human life during drastic times of starvation, and it will become critical again in the future as a food for our survival and as one of the foods that heals. Honey does not have to be used in dire circumstances only. Take a moment to think about what this wild, healing food really is: nectar. Honey is a liquid gold that can help you turn your life around.

Tips For Working With Raw Honey

- Add raw honey to lemon water to enhance the honey's bioflavonoids and give the drink an additional immune boost.
- If you feel like you're coming down with something, take a teaspoon of raw honey before bed. This is also a good remedy to enhance a night's sleep.
- In place of all processed sugar and other sweeteners you normally use, use raw honey as a healing food. Look for wildflower honey, if you can find it.
- Applied externally, honey is a great food for healing small wounds and revitalizing the skin. Try it on scars where you want to speed up the healing process.
- If you consume honey prior to meditation, it brings about happy sensations throughout the body and strengthens the mind.

33. Kiwi

This tiny, nutrient-dense fruit packs an amazing amount of vitamin C (double the amount found in oranges), has more fiber than apples, and beats bananas as a high-potassium food. The unique blend of phytonutrients, vitamins, and minerals found in kiwifruit helps protect against heart disease, stroke, cancer, and respiratory disease. Kiwifruit's natural blood-thinning properties work without the side effects of aspirin and support vascular health by reducing the formation of spontaneous blood clots, lowering LDL cholesterol, and reducing blood pressure. Kiwifruit prompts damaged cells to repair themselves and also reduces damage to DNA and oxidative stress.

Kiwifruit is often recommended as part of an anticancer and heart-healthy diet, and in Chinese medicine it's used to accelerate the healing of wounds and sores.

How Much

Aim to eat one to two kiwifruit a day while they're in season, for the best taste and nutrition. California-grown kiwifruit are in season from October through May, and New Zealand kiwifruit are available between April and November.

Tips

- If you're making a fruit salad, cut the kiwifruit last since kiwi contains enzymes that activate once you cut the fruit, causing the flesh to tenderize.
- The riper the kiwifruit, the greater the antioxidant power, so let them ripen before you dig in.

34. Spinach

Spinach is good for you in the following ways:

- It's good for brain function;
- It protects against eye disease and vision loss;

- It protects against stroke, heart disease, and dementia;
- It guards against prostate, colon, and breast cancers;
- It's anti-inflammatory;
- It lowers blood pressure;
- It's great for bone health.

Spinach is rich in nutrients, including high amounts of calcium, vitamin K, A and C, folate, iron and magnesium.

How Much

Spinach should be a daily staple in your diet. It's available in practically every grocery store and no matter where you live, it's easy to find year-round. You'd be hard pressed to find a more versatile and nutritionally sound green. Do yourself a healthy favor and aim for a few ounces of sautéed, raw, or lightly steamed spinach every day.

Tips

- To your next fruit smoothie, add a handful of fresh spinach. It'll change the color and its effect on the taste will be almost none.
- Stick to organic since conventionally grown spinach is susceptible to pesticide residue.

35. Onions

Onion consumption has been shown to help lower the risk of esophageal and prostate cancers since onions contain potent cancer-fighting enzymes. Onions have also been linked to reduced mortality from coronary heart disease. According to research. Onions may help protect against stomach cancer as well. Sulfides presents inside an onion help lower cholesterol and blood pressure. Onions also contain a peptide that may help prevent bone loss by inhibiting the loss of bone minerals.

Onions have super antioxidant power. Quercetin present inside an onion helps relieve symptoms of hay fever and allergies and reduces airway inflammation. Onions also boast high levels of vitamin C, which, along with the quercetin, battles flu and cold symptoms. Since an onion is anti-inflammatory, it helps fight the swelling and pain associated with arthritis.

Onions are also extremely rich in sulfur and they have antiviral and antibiotic properties, which makes them excellent for people who consume a diet high in fat, protein, or sugar, as they help cleanse the arteries and impede the growth of yeasts, viruses, and other disease-causing agents, which can build up in an imbalanced diet.

How Much

It would be ideal to eat one a day, considering the health benefits that it provides. If consuming one onion a day is not possible for you, add a few onions to your weekly grocery list and try to eat a little bit every day. All varieties are extremely good for you, but yellow onions and shallots lead the pack in antioxidant activity. The best nutrition is provided by raw onions provide, but they're still great for you when they're lightly cooked. Onions can help counteract or reduce carcinogens produced by the meat if both are cooked at high temperatures together.

Tip

- Onions should be stored at room temperature, but if they bother your eyes when you cut them, try refrigerating them for an hour beforehand.

36. Cabbage

Cabbage is a powerhouse source of vitamins C and K. Just one cup supplies 91% of the recommended daily amount for vitamin K, good amounts of fiber, 50% of vitamin C, and decent scores of vitamin B6, manganese, folate, and that single cup will only cost you about 33 calories. Calorie for calorie, cabbage offers 11% more vitamin C than oranges.

Antioxidant sulforaphanes present inside cabbage not only stimulate enzymes that detoxify carcinogens in the body but also fight free radicals before they damage DNA. According to research, this one-two approach may contribute to the apparent ability of cruciferous vegetables to reduce the risk of cancer more effectively than any other plant food group.

How Much

Include as much cabbage as you can in your diet. In a study, women who consumed 4 serving of cabbage per week were less likely to develop breast cancer compared to women who consumed just 1 serving of cabbage per week.

Tips

- Try raw sauerkraut. It not only has all the health properties of cabbage, but also some potent probiotics, which are excellent for digestive health.
- Use the whole cabbage; the outer leaves contain a third more calcium than the inner leaves.
- Compared to the white variety, red cabbages are far superior. They have about seven times more vitamin C and more than four times the polyphenols, which protect cells from cancer and oxidative stress.

37. Carrots

Carrots are rich in carotenoids. A high quantity of carotenoids in diets has been tied to a decreased risk in cancers of the cervix, bladder, colon, prostate, esophagus, and larynx, as well as postmenopausal breast cancer. A Low quantity of carotenoids in diets has been associated with various cancers and heart disease.

According to a research, you could reduce your risk of lung cancer by half by consuming just one carrot per day. Carrots may also reduce your risk of ovarian and kidney cancers. In addition to fighting cancer, the nutrients in carrots stimulate the immune system, inhibit cardiovascular disease, support eye and ear health, and promote colon health.

Carrots contain potassium, calcium, phosphorus, magnesium, vitamin C, fiber, and an incredible amount of vitamin A. Carrots also contain zeaxanthin and lutein, which work together to prevent cataracts and macular degeneration and promote eye health.

In Chinese medicine, carrots are used to treat kidney stones, rheumatism, indigestion, tumors, night blindness, diarrhea, earaches, ear infections, skin lesions, deafness, coughs, urinary tract infections, and constipation.

How Much

Include as much carrots as you can in your diet. Enjoy them year-round. Raw or light cooked, carrots are good for you; cooking just helps break down the tough fiber, allowing some of the nutrients to be more easily absorbed. Go for whole carrots that are fresh-looking and firm. Precut baby carrots are made from whole carrots but they tend to lose important nutrients during processing.

Tips

- Before storing them in the fridge, remove carrot tops. The tops drain moisture from the roots and will cause the carrots to wilt.
- Buy organic since a high pesticide residue can be seen in conventionally grown carrots.