

COS WE CARE. WE LIVE. WE HEAL. WE KNOW.
WE HELP. WE LAUGH. WE SAVE. WE'RE FAMILY.
WE'RE TASTY. WE'RE FRESH. WE'RE HEALTHY.



WE'RE ORGANIC. WE'RE BETTER FOR YOU.
WE'RE DIFFERENT. WE'RE GOODNESS. WE'RE
HONEST. WE'RE RELIABLE. WE'RE GREAT VALUE.

WINTER 2009

natural healing...

“LET FOOD BE THY MEDICINE” Hippocrates circa 431BC

> HIPPOCRATES IS OFTEN REFERRED TO as the “father of medicine”. He is believed to have been born around 460BC on the Greek Island of *Cos*, can you believe it? The famous American Dr. Bernard Jensen wrote of him ... “The real greatness of Hippocrates was not only in turning the healing arts away from magic and superstition to a more scientific approach, but in recognising that therapy must be consistent with nature and the design of the human body. He knew that effective health care could not be separated from *nutrition* as part of the therapy.”

Hippocrates stressed prevention of disease by strongly recommending not only a balanced diet but a moderate and sensible lifestyle and, of course, the power of positive thinking!

Here is a brief A to Z on some of the foods to include in our daily diet:

A Adzuki beans. One of the best foods for the kidneys. Higher in antioxidants than blueberries, they are a nutrient-dense food. **Apples** are an alkaline food. They are an eliminative food, great for the bowels, they help the body absorb iron, contain calcium, Vitamin A which is good for the eyes, Vitamin G often referred to as the “appetite vitamin”, Vitamin C, are beneficial for the lymphatic system and are an ideal fruit for infants and invalids. Best eaten raw, but cook over a low flame so that the vitamins and minerals are preserved as much as possible. **Acai berries** (a-say-ee). Reported to be the number one superfood in the world. Add powder to protein shakes for extra antioxidants.

B Broccoli. Best eaten with proteins because the combination helps drive amino acids to the brain. Broccoli tops the list of common vegetables for nutrient value. Organic broccoli is now readily available ... it is superior in taste and nutrient content to broccoli grown with high nitrate fertilisers. **Blueberries** contain silicon, which helps rejuvenate the pancreas. Good for diabetic conditions. **Brown rice** is highest of all grains in B vitamins and also contains iron, Vitamin E and some protein.

C Celeriac (celery root). High in phosphorous (second most important mineral next to calcium) and potassium. Beneficial to the lymphatic nervous and urinary systems. **Carrots**, no need to wax lyrical about these. High in Vitamin A – used to improve eyesight. Help to promote normal growth of bones and teeth. **Coconut & cod liver oil** – see newsletters re these.

D Dandelion tea or coffee ... part of the sunflower family. The word *Dandelion* is a corruption of the French words *dent de lion* which means “lion’s tooth” – look at its jagged leaves. Liver cleanser and assists the flow of bile. Relieves the body of toxic conditions that are indicated by eczema, skin rashes.

E Eggs. Another nutrient-dense food, the perfect protein, but only if the chickens have been fed well and have access to sunlight, grass and insects. A ‘normal’ chook lays 200 eggs a year, an “organic” chook lays about 80. You do the maths.

F Flaxseed (also known as linseed). Comes from the flax plant (used to make linen). Due to linseed oil being traditionally used in boat building, they changed the name to flaxseed oil for the health industry. Naturally it’s processed differently. The body converts ALA in flaxseed into Omega 3 (EPA) – a must for vegetarians. Flaxseeds have a high concentration of lignans (phytoestrogens), provide improved immune function and help with weight management. **Fennel.** Can be used in place of celery in a recipe. Fennel is a good source of carotenes and is said to help in weight reduction. ‘In 490BC the Greeks defeated the Persians in a battle that was fought in a fennel field. Thus, one of the most famous battles in history was named after a vegetable. A runner raced 26 miles to carry news of the victory to Athens. The word for *fennel* in Greek is *marathon*.’ (NT)

G Garlic. An essential seasoning in any kitchen. A natural antibiotic. **Grainfields probiotic drink** – fermented grain drink to reestablish flora in gut. **Goji berries** – good for the liver, eyes, circulation and immune system plus more.

H Honey (raw), manuka honey – see newsletter.

I In-Liven a probiotic superfood from Miessence. Contains all 18 amino acids, and the whole family of acidophilus.

J Jap pumpkin. An excellent source of betacarotene, Vitamins C and E.

K Kale is very high in calcium, Vitamin A and iron. It’s good for building up the calcium content of the body and builds strong teeth. Also beneficial to the digestive and nervous systems. Braise with onions in a little butter or oil, steam or add finely chopped to stir-fries. **Kolhrabi** taken from the German words *cabbage turnip*. There are two varieties, white and purple – the white is more a light green. It has an alkaline reaction and is high in Vitamin C. Good for the skeletal, digestive and lymphatic

system. Steam or bake. **Kuzu** is an excellent thickener but more importantly helps digestion and intestinal ailments.

L Lemons & limes – rich in Vitamin C. **Leeks**. Good source of carotenoids, B complex and Vitamin C. They are considered salutary for the liver. Always wash well. **Lettuce**, Romaine lettuce or Cos is derived from the word *Roman*. It was popular during Roman times – hence the designation *Caesar salad*. Cos lettuce has an enormous amount of nutritional value, so much so that The American Institute for Cancer Research includes it in its list of foods to fight cancer.

M Miso – see newsletter. **Mushrooms** are a great source of Vitamin D and are, in fact, the only naturally occurring Vitamin D food source for vegetarians!

N Nuts. Rich in protein, minerals and fatty acids. Must be “activated” for optimum nutrition.

O Oranges – look out for Washingtons and Lings – super sweet and delicious.

P Papaw & pineapple contain enzymes which help with digestion.

Parsnips, on a par with carrots for nutritional value. A must for roasts.

Q Quinoa. Particularly good for nursing mothers. Quinoa contains 16-20% protein and is high in cystine, lysine and methionine – amino acids that tend to be low in other grains. Quinoa contains antinutrients and therefore requires long soaking before cooking. A must for vegetarians and vegans.

R Radish, particularly daikon radish ... said to cut fat and mucous deposits in the body. **Raspberries** – all berries contain antioxidants. Add a handful to smoothies.

S Seaweeds such as Kombu, Arame, Dulse and Wakame. Cook seaweeds with any legume to break down protein and help with digestion. Richest form of minerals. **Salt** such as Celtic Salt and Himalaya Salt. Essential for life, but only if it contains all macro and trace minerals. Romans use to pay wages in salt, hence our word *salary* – *salarium* in Latin. **Sweet potato** – no vegetable has a higher betacarotene content, highly nutritious.

T Tomatoes. Part of the deadly night shade family and not good for arthritic conditions. **Turnips**, although low in vitamins are a rich source of cancer-fighting substances. **Tumeric** – super antioxidant and powerful anti-inflammatory root. Grate and add to stir-fries when root is fresh. For those with serious pain, take in tablet or capsule form.

U Umeboshi plums – alkalise the body. See newsletter.

V Variety lettuce such as Cos or Romaine, Butter etc.

W Walnuts. High in Omega 3 fatty acids, walnuts are both heart and brain food.

X Xylitol. Substitute for sugar, made from the birch tree.

Y Yoghurt especially sheep, goat or buffalo.

Z Zucchini, fantastic vegetable for frittatas – quick easy nutritious meal. Food for the liver.

By Louise Nowotarski. References: *Nourishing Traditions* by Sally Fallon with Dr Mary Enig. *Foods that Heal* by Dr Bernard Jensen.

WARD OFF WINTER COLDS & FLU

> WE NOW KNOW Olive Leaf Extract is useful in the treatment and prevention of colds and flu, and why. Echinacea is also very well known for its use in treating colds and flu. However, the way in which Echinacea and Olive Leaf Extract act in the treatment and prevention of colds and flu is very different indeed. What do they do? Which one is better?

While Olive Leaf Extract has strong anti-bacterial and anti-viral properties, Echinacea has only mild anti-bacterial properties. However, Echinacea works by building up your own immune system so that your body can combat bacteria and viruses all by itself!

Echinacea stimulates immune cells such as killer T-cells and Interferon. Interferon is the body's own defence against viruses. At the onset of a cold or flu, take Echinacea to enhance your body's immune function so that you can combat it yourself. Also, do not eat dairy products during this time as dairy can be mucous producing which obviously can make your cold or flu worse. Have instead milk, cheese or yoghurt made from the following: soy, goat, sheep or buffalo. Other milks are almond milk, hazelnut milk, rice milk, millet milk and oat milk.

Echinacea is best taken for no longer than eight weeks at a time. After that, its effectiveness isn't as strong.

Olive Leaf Extract, on the other hand, can be taken at a maintenance dose all year round. (see separate sheet for the full benefits of Olive Leaf Extract).

For further help with improving your immune system, please book an appointment with the COS Naturopath, Andrea C Morgan-Power ND, BHSc, Member of The Australian Traditional Medicine Society. Health rebates available.



NEW IN...

Dr Vogel's range of herbal tinctures. Dr Vogel's Echinacea is Europe's biggest selling herbal tincture. It is organically grown.