

5 Superfoods That Can Save Your Life

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Three Types of Food

- 1. Junk Food** – processed foods that can interfere with or deplete nutrients in the body.
(trans fats, high fructose corn syrup, bleached flour etc)
- 2. Real Food** – whole foods that contain the proteins, fats, carbohydrates, vitamins, and minerals that our body needs on a daily basis.
(fruits, vegetables, meats, dairy, nuts, legumes etc.)
- 3. “Superfoods”** – Contain unique chemical properties found almost exclusively in that food which have preventative or medicinal effects in the body.

Cruciferous Vegetables



Cruciferous Vegetables

- Broccoli
- Brussels sprouts
- Kale
- Asparagus
- Swiss chard
- Cauliflower
- Radishes
- Watercress
- Cabbage
- Collard greens
- Mustard greens
- Rutabagas

Broccoli, Brussels Sprouts, and Kale

These are the three well documented “superstar” cruciferous vegetables for supporting detoxification of carcinogens.

Multiple studies have suggested a decreased risk for cancers of the breast, colon, prostate, lung, and ovaries with cruciferous vegetable consumption.

The Chemicals Inside Us

from EWG.org

Scientists have been studying pollutants in air, water and on land for decades. Now they're studying pollution in people, and the findings are troubling.

In 2003, a collaboration study of Mt. Sinai School of Medicine in New York, The Environmental Working Group, and Commonwealth, tested the blood and urine of nine volunteers for 211 possible contaminants -and discovered 167 pollutants, including an average of 56 carcinogens in each person.

The fewest number of chemicals found in one person was 77; the most was 106. In all, 166 chemicals on the list of 210 were found. Among the chemicals found, all nine people had PCBs which have been banned in this country since 1976.

Complete study results can be viewed at ewg.org/reports/body_burden

Pesticides in our food

From Westonaprice.org

In 2004, 88 percent of lettuce examined by USDA tested positive for 47 different pesticides (including systemics), 77 percent of green beans showed 24 varieties of pesticides, 57 percent of wheat flour showed 16 pesticides, and 98 percent of apples had 33 pesticides detected.

100 percent of milk sampled showed evidence of 12 pesticides, and in over 96 percent of the milk DDE, a metabolite of DDT, whose use has been banned since 1972 but which persists in soils, was detected

Flame Retardant Found in Breast Milk

U.S. levels highest in the world study says

USA TODAY 2003

A toxic chemical used to make furniture, foam, and electronics fire resistant is showing up in high amounts in the breast milk of women in the USA. Two studies found that all of the women tested were contaminated with polybrominated diphenyl ethers (PBDE). **Their PBDE levels were the highest in the world: 10-20 times higher than those in Europe**, where the chemicals are being phased out.

It is not yet known how this chemical affects people; no studies have been done on what a safe level would be. But “this is another wake-up call”, says Linda Birnbaum, director of the EPA’s experimental toxicology lab. Levels of PBDEs in humans are doubling every two to five years, she says.

Brassica Cruciferous Vegetables

- *Glucosinolate* compounds that increase detoxification enzymes are found in all cruciferous vegetables but are most abundant in broccoli and Brussels sprouts.
- The glucosinolates in brassica vegetables have been found to reduce the risk of lung, colon, stomach, liver, and breast cancers.

1995. Chemoprevention of chemically induced mammary carcinogenesis by indole-3-carbinol. *Anticancer Research* 15 (3): 709-716
- Kale is a rich source of the eye protecting carotenoids *lutein* and *zeaxanthin*. Kale also contains vitamin K, which is necessary for healthy bone density.

Estrogen Ratios and Cruciferous Vegetables

- *2-Hydroxyestrone* is a form of estrogen that helps inhibit cancer growth and helps protect estrogen sensitive tissues (breast, uterus, and ovaries), but *16- α -hydroxyestrone* is a form of estrogen that can encourage the growth of tumors if it is not balanced with enough 2-Hydroxyestrone.
- A recent study done by Metamatrix Laboratories found that 11 out of 12 participants had beneficial increases in the 2/16-Hydroxyestrone ratio by taking a concentrated kale and Brussels sprouts supplement. The three subjects with the worst ratios before taking the supplement had an average beneficial increase of 497%.

If You Won't Eat Cruciferous Vegetables....

Cruciferous combo product (3 per day)

or

Spanish black radish (4 per day)

Garlic



Garlic and Cardiovascular Health

From A Phytotherapist's Perspective No. 67, December 2005

- Garlic exerts a positive effect on many cardiovascular risk factors and should not be thought of only for the cholesterol modulation effects.
(blood pressure, fibrinogen, platelet adhesion etc.)
- One trial examined the effects of garlic on arterial plaque over a four year time period. Plaque volumes in both carotid and femoral arteries were measured by ultrasound. The increase in plaque volume over time was significantly reduced by garlic and in some cases there was a slight regression

Garlic and Cardiovascular Health

- A recent double-blind, placebo-controlled study on 23 patients found that garlic powder tablets reduced the atherogenicity of low density lipoprotein.

Orekhov AN

et al. Nutr Metab Cardiovasc Dis 6: 21-31

- A review of published studies found that garlic consistently increased fibrinolytic activity after single or multiple doses. The average increase in the reviewed studies was 58%. A 1991 controlled study using raw garlic demonstrated a significant increase in clotting time and fibrinolytic activity after two months in normal volunteers.

Reuter HD. Phytomedicine 1995; 2(1): 73-91. Gadkari JV, Joshi VD. J Postgrad Med 1991; 37(3): 128-131

Other Applications For Garlic

- heavy metal chelation
- liver detoxification
- anti bacterial
- anti fungal
- anti parasitic

If You Won't Eat Garlic....

Garlic 5000mg (1-2 tablets per day)
(enterically coated to maximize allin
content and minimize garlic odor)

Extra Virgin Coconut Oil



Extra Virgin Coconut Oil

- Healthiest oil to cook with!
- Contains medium chain triglycerides (MCTs) that can increase thermogenesis.
(Translation: Helps you burn fat!)
- Contains *lauric acid* which is converted to Monolaurin in the body. Monolaurin helps protect your body from viral, bacterial, and fungal infections.

Effects of medium-chain triglycerides: potential agents in the prevention of obesity.

Journal of Nutrition. 2002 Mar;132(3):329-32.

Medium chain fatty acids (MCFA) are readily oxidized in the liver. Animal and human studies have shown that the fast rate of oxidation of MCFA leads to greater energy expenditure (EE). Most animal studies have also demonstrated that the greater EE with MCFA relative to long-chain fatty acids (LCFA) results in less body weight gain and decreased size of fat depots after several months of consumption. Furthermore, both animal and human trials suggest a greater satiating effect of medium-chain triglycerides (MCT) compared with long-chain triglycerides (LCT).

Continued:

The aim of this review is to evaluate existing data describing the effects of MCT on EE and satiety and determine their potential efficacy as agents in the treatment of human obesity. Animal studies are summarized and human trials more systematically evaluated because the primary focus of this article is to examine the effects of MCT on human energy metabolism and satiety.

Hormones including cholecystokinin, peptide YY, gastric inhibitory peptide, neurotensin and pancreatic polypeptide have been proposed to be involved in the mechanism by which MCT may induce satiety; however, the exact mechanisms have not been established. From the literature reviewed, we conclude that MCT increase energy expenditure, may result in faster satiety and facilitate weight control when included in the diet as a replacement for fats containing LCT.

Coconut Oil and Weight Loss

Dietary medium-chain triacylglycerols suppress accumulation of body fat in a double-blind, controlled trial in healthy men and women.

J Nutr. 2001 Nov;131(11):2853-9.

Consumption of an oil composed of medium chain triacylglycerols, phytosterols, and N-3 fatty acids improves cardiovascular risk profile in overweight women.

Metabolism. 2003 Jun;52(6):771-7.

Applications for Coconut Oil

- 1 Tablespoon before each meal for appetite reduction
- Fruit smoothies
- Chicken, fish, vegetable and many other recipes
- Topically to skin for cosmetic purposes

Tropical Traditions www.tropicaltraditions.com

(Great resource for recipes and coconut oil products)

Greenpasture.org for discount gallon prices

Green Tea



Health Benefits of Green Tea

- Antioxidant
- Astringent
- Antibacterial
- Antiviral
- Hypocholesterolemic
- Diuretic
- Anticarcinogenic

Green Tea

Main active constituents are polyphenols including **epigallocatechin gallate (EGCG)**

Antioxidant activity: consumption decreases oxidative DNA damage, lipid peroxidation and free radical generation in smokers. Non smokers also exhibit a decrease in overall oxidative stress

Anticancer activity “A review of 26 epidemiological and two substantial human studies (1974-1997) found conflicting results, but an overall positive association between consumption of green tea and protection against cancer”

Cont. from *Modern Phytotherapist*

- Colon cancer: 3 studies found inverse association (decreased risk), 1 positive association
- Rectal cancer: only 1 in 4 studies reported an inverse association; increased risk was seen in two studies
- Bladder cancer: 2 studies found inverse association
- Stomach cancer: 6 of 10 studies suggest an inverse association and 3 a positive association
- Pancreatic cancer: possible inverse association in 2 of 3 studies
- esophageal cancer: strong inverse effect shown (6 studies)

Epidemiologic studies published after or not included in this review:

- Cancer (all forms) inverse association (≥ 10 cups/day)
- Prostate cancer: decrease in risk observed with ≥ 2 cups/day
- Ovarian cancer: inverse association with further decreased risk with increasing duration of ingestion

cont.

- Breast cancer: long term consumption of green tea (≥ 5 cups/day) associated with lower recurrence in stage I and II breast cancer; no improvement in prognosis was observed in stage III breast cancer; increased consumption was closely associated with decreased numbers of axillary lymph node metastases among premenopausal patients (with stage I and II)
- Breast cancer: decrease risk of recurrence in women with invasive breast cancer for green tea intake ≥ 3 cups/day (for stages I and II, but not stage III)
- Digestive and urinary tract cancer: inverse association (≥ 2 cups/day)

Green Tea and Cardiovascular Health

- The incidence of stroke and cerebral hemorrhage during a 4-year follow-up of 5910 nondrinking and nonsmoking Japanese women (40 years old or older) was two or more times higher in those who drank less than 5 cups/day of green tea compared to those drinking 5 or more cups daily.

Sato Y, Nakatsuka H, Watanabe T et al. Tohoku J Exp Med 1989; 157(4): 337-343

If You Don't Drink Green Tea....

Herbal Antioxidant Formula

(1-2 tablets per day) Combines green tea, turmeric, rosemary leaf, and grape seed extract for complete antioxidant support

Turmeric

Curcuma Longa



Health Benefits of Turmeric

- Anti-Inflammatory
- Anti platelet
(caution in high doses with anti platelet, or anti coagulant drugs)
- Antioxidant
- Hypolipidemic

From *The Ultimate Herbal Compendium* By Kerry Bone

- Turmeric increases the activity of the carcinogen-detoxifying enzyme, glutathione-S-Transferase in the stomach, liver, and esophagus of mice
- Turmeric possess anti-mutagenic and anti-promotion activities which are probably related to the antioxidant and anti-inflammatory properties of curcumin.
- Tumeric (1.5 g/day) administered for 30 days to 16 chronic smokers significantly reduced the urinary excretion of mutagens

Polasa K, Raghuram TC, Krishna TP et al. *Mutagenesis* 1992; 7(2): 107-109

If You Won't Eat Turmeric....

- **Herbal Antioxidant Formula** (1-2).
Combines turmeric, green tea, rosemary leaf and grape seed extract. Supports liver detoxification, cardiovascular health, and immune function.
- **Boswellia/Turmeric Combination** (3-4)
Combines the strongest combination of anti inflammatory botanicals (turmeric, ginger, boswellia, and celery seed) Helpful for any inflammatory imbalance (arthritis, colitis, skin inflammation etc.)

Bonus: Fish Oil



Fish Oil

- Rich source of omega 3 fatty acids and EPA/DHA (docosahexaenoic acid and eicosapentaenoic acid)
- EPA and DHA are essential for brain, eye, and cardiovascular health. These fats also help regulate inflammation and cholesterol levels.
- A healthy ratio of Omega 6 to Omega 3 fats in the diet is 2:1. The average American diet however, has an Omega 6 to Omega 3 ratio of 20:1

Fish Oil and Brain Function

Individuals with higher levels of marine omega-3s showed greater cognitive function

Whalley LJ, Fox HC, Wahle KW, et al. Cognitive aging, childhood intelligence, and the use of food supplements: Possible involvement of n-3 fatty acids. American Journal of Clinical Nutrition 2004;80:1650-1657.

DHA may play a role in preventing Alzheimer's

Ma Q, Teter B, Ubeda O, et al. Omega-3 fatty acid docosahexaenoic acid increases SorLA/LR11, a sorting protein with reduced expression in sporadic Alzheimer's disease (AD): relevance to AD prevention. Journal of Neuroscience. 2007;27(52):14299-307.

Good diet including omega-3 FA may decrease risk of dementia and Alzheimer's disease

Barberger-Gateau P, Raffaitin C, Letenneur L, et al. Dietary patterns and risk of dementia: The Three-City cohort study. Neurology. 2007;69(20):1921-30.

Fish Oil and Brain Function

Fish oil shown to slow decline in individuals with mild cognitive dysfunction

Freund-Levi Y, Eriksdotter-Jönköping M, Cederholm T, et al. Omega-3 Fatty Acid Treatment in 174 Patients With Mild to Moderate Alzheimer Disease: OmegAD Study. Archives Neurology, 2006;63(10):1402-1408

Omega-3/omega-6 balance may impact dyslexia

Cyharova E, Bell J, Dick J, et al. Membrane fatty acids, reading and spelling in dyslexic and non-dyslexic adults. Eur Neuropsychopharmacol 2007; 17:116-121.

Low Levels of EPA found in Elderly Subjects With Symptoms of Depression

"Plasma eicosapentaenoic acid is inversely associated with severity of depressive symptomatology in the elderly: data from the Bordeaux sample of the Three-City Study," Feart C, Peuchant E, et al, Am J Clin Nutr, 2008; 87(5): 1156-1162.

Fish Oil and Weight Loss

Omega-3 fatty acids prevent increases in abdominal fat

Sneddon A, Tsofliou F, Fyfe C, et al. Effect of a Conjugated Linoleic Acid and omega-3 Fatty Acid Mixture on Body Composition and Adiponectin. Obesity (Silver Spring). 2008

Fish oil along with exercise improved fat loss, better than either alone.

AM Hill, JD Buckley, KJ Murphy, et al. Combined effects of omega-3 supplementation and regular exercise on body composition and cardiovascular risk factors. *Asia Pac J Clin Nutr*, 2005; 14 Suppl: S57.

EPA shown to inhibit adipose tissue

Tanabe Y, Matsunaga Y, Saito M, et al. Involvement of Cyclooxygenase-2 in Synergistic Effect of Cyclic Stretching and Eicosapentaenoic Acid on Adipocyte Differentiation. J Pharmacol Sci. 2008

Fish Oil and Arthritis

- **Evidence supports use of fish oils for rheumatoid arthritis**

Cleland LG, James MJ, Proudman SM. The role of fish oils in the treatment of rheumatoid arthritis. Drugs, 2003; 63(9):845-853.

- **Patented high EPA fish oil supplement reported effective for chronic neck and back pain**

Maroon JC, Bost JW. Omega-3 Fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. Surgical Neurology, 2006; 65(4):326

Fish Oil and Cardiovascular Health

The most compelling evidence for Omega 3 fatty acid supplementation is in cardiovascular disease prevention and reduction in risk of sudden cardiac death.

Fish Oils consistently lower triglycerides in clinical trials and are additive with statin drugs in lowering cholesterol as well

**Practical applications of Fish Oil in primary care.
Journal American Board Family Practice, 2005.
18(1): 28-36**

Even If You Eat Fish.....

- Tuna oil omega 3 (4-6)
- Or
- Cod liver oil (1-2 tsp)

Other Super Foods

- Apples and apple cider vinegar
- Beets
- Blueberries
- Whey Protein
- Yogurt
- Flax seeds (freshly ground)
- Sea kelp and sea salt products

Recommended Reading

The 150 Healthiest Foods on Earth
by Johnny Bowden

www.worldshealthiestfoods.com