

Food As Medicine



by Julie O'Connell Seamer

It pays to remember that diet is the only major determinant of health that is completely under YOUR control. You can't control the quality of air you breathe or kind of people that may come across your path, sharing a contagious bacteria..but you can choose what goes into your mouth and body. I believe it would be a shame to waste this opportunity to influence your health for the best.

So what kind of "power" does food really have on well-being?

- * Garlic can kill parasites in our body that are leaching all our nutrients and energy
- * Cabbage compounds can detoxify our bodies from pollutants
- * Various foods can either enhance our brain function/cognition and lift our mood or cause a mental "fog"
- * processed food can cause aberrant activity within our cells that could contribute to inflammation and chronic disease
- * eating habits within certain cultures may go a long way in enhancing longevity - for instance the Japanese and Mediterranean diets
- * over-consumption of Omega 6 oils (prevalent in margarine etc.) have been proven as villains in lowering immunity and promoting cancer
- * A predominant intake of Omega 3 oils are well documented in alleviating rheumatoid arthritis, clogged arteries, psoriasis, asthma, multiple sclerosis, migraine headaches and much more
- * grains such as wheat can cause food allergies, sensitivities and intolerances and are widely shown to contribute to conditions affecting the brain including autism
- * peanuts and peanut butter will exacerbate colds sores (the herpes virus) because they are high in arginine while low arginine foods will go a long way in helping cure this.

There are endless examples!

For a list of foods that can help or hinder your specific condition or various symptoms, ask me. I have a filing drawer full of cool and supportive resources :-)

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