

## Supermarket Foods

# TO PREVENT AND REVERSE AUTOIMMUNE DISEASE!



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#### INTRODUCTION

Do you know what these seemingly unrelated chronic conditions have in common: allergies, asthma, Alzheimer's, dementia, diabetes, rheumatoid arthritis, fibromyalgia, Crohn's disease, celiac disease, lupus, Lyme disease, MS (multiple sclerosis), vasculitis, thyroid disease, gout, brain fog, depression, anxiety, eczema, acne, dandruff, psoriasis, and vitiligo — in fact, almost 100 autoimmune diseases in total?

#### Inflammation.

Like millions of people, you may suffer from inflammatory illness and not even realize it.

Since 2000, 125 million Americans have been living with inflammatory illnesses. Furthermore, according to a study by Pfizer, at least 1.6 million Americans have developed inflammatory bowel disease<sup>1</sup>.

This raises an important question: is there anything you can do to protect yourself from inflammatory diseases that will positively affect your health?

The answer is YES.

Inflammation is a silent killer that slowly damages the body from the inside out. According to the WHO (World Health Organization), it is one of the greatest threats to human health<sup>2</sup>.

There are multiple causes of inflammation. Most health experts say that it is primarily caused by a poor diet, one filled with processed foods and too much sugar, dairy, and gluten.

Toxins are another major trigger: our bodies absorb them from the pesticides in our food and the chemicals in our everyday products such as cosmetics and cleaning products.

Whatever the cause, one thing is clear: the effects of inflammation are deadly, and they give rise to many chronic, often debilitating autoimmune diseases. For example, a March 2020 study from the University of Cambridge determined that brain inflammation may be more widely implicated in dementia than was previously thought<sup>3</sup>.

The link between inflammation and dementia was established through the discovery of harmful proteins. The circle of inflammation is vicious: the buildup of harmful particles and proteins damages cells, leading to inflammation — and inflammation leads to further cell damage.

#### WHAT IS INFLAMMATION?

Inflammation is your immune system's natural response to an irritant, such as pathogens like bacteria, viruses, parasites, and fungi. It can also be a response to stress, injuries, and the effects of toxins, chemicals, and radiation<sup>4</sup>. Inflammation is commonly recognized as redness and swelling; however, these are just the visible symptoms. You may not be aware of the inflammation that is happening inside your body. On a cellular level, when something is damaged, your body sends a chemical response to your immune system that triggers the "fight" response. Your immune system then reacts by releasing a host of antibodies that target the damaged area.

Inflammation, therefore, is your immune system's attempt to fight anything it perceives as a threat and its effort to heal the body. You might think of it as your body being in a state of constant panic. This is why chronic inflammation is so harmful and causes major stress on internal organs and tissues.

When there is a lingering, unresolved condition in the body, it gives rise to acute or chronic inflammation. If you suffer from this, you will experience the unmistakable symptoms of sharp pain, swelling, and redness in the body. In addition to that, you could also feel tired, lethargic, or feverish. You might also develop mouth sores and rashes, or feel continuous pain in various parts of the body. These symptoms can be mild or severe, and, unfortunately, may last indefinitely.



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#### WHAT CAUSES OF INFLAMMATION CAN BE CONTROLLED?

- Poor diet
- Obesity
- Alcohol
- Smoking
- Chronic stress

#### WHAT FOODS TRIGGER INFLAMMATION?

Our dietary habits have worsened with the consumption of more fast foods and fewer wholefoods. Our soil is increasingly depleted of its nutrients. As a result, many people don't meet their daily requirements of vitamins, minerals, or antioxidants.

The Standard American Diet (SAD) — laden with processed foods, unhealthy fats, gluten, factory-farmed meat and dairy filled with hormones, and too much sugar and salt — is the primary cause of



inflammation for many people. We consume so many foods that are detrimental to our health, often because we have been duped into believing that they are healthy through multi-million dollar marketing campaigns.

#### Harmful foods include:

- 1. Refined carbohydrates: white rice, flour, bread, pastries, and pasta
- 2. Fried starch and carbohydrates: fast food, french fries, and fried rice
- 3. Sugar-laden foods and beverages
- 4. Red meat
- 5. Poultry, hot dogs, deli products/meats, and bacon<sup>5</sup>
- 6. Margarine, lard, shortening, trans fats, and any hydrogenated oil even partially hydrogenated are sources of inflammation

#### WHAT ARE THE HEALTH RISKS OF INFLAMMATORY FOODS?

Such foods have been linked to obesity which is itself a major cause of inflammation — perpetuating a vicious cycle. A higher intake of these foods can also cause autoimmune disease, cardiovascular disease, cancer, stroke, and dozens of other inflammatory diseases.

### GOOD NEWS! DELICIOUS ANTI-INFLAMMATORY FOODS DO EXIST!

The best healthy, anti-inflammatory foods are whole, plant-based, and preferably organic. They are natural (not refined or processed) and provide a good boost of vitamins, minerals, protein, fiber, and antioxidants.



Fortunately, these nutritional must-haves are readily available in local supermarkets everywhere. Follow this simple guideline:

- Wholefoods (unprocessed/unrefined and free from additives or other artificial substances)
- Plant-based foods
- No animal-based products (including eggs and dairy products)
- No unhealthy fats (including trans fats)
- No refined sugar or sweeteners
- No unhealthy, artificial sweeteners (sucralose or aspartame)
- No gluten
- No preservatives
- No artificial flavors or colors

We have created a list of the top 26 healthy, anti-inflammatory foods that help lower the risk of chronic disease. So add them to your shopping list, and pick them up the next time you visit your supermarket. They're versatile and can easily be incorporated into your daily meals.

# 



#### **AVOCADOS**

Avocados are so much more than a nutritional fad. They're a superfood!

They are a good source of magnesium, fiber, potassium, and monounsaturated (good) fats, which help lower LDL cholesterol levels when eaten in place of saturated fats. Avocados are beneficial for heart health<sup>6</sup> and may also help decrease the risk of type 2 diabetes<sup>7</sup>.

They are low in saturated (bad) fats and contain zero cholesterol or sodium<sup>8</sup>. Other health benefits include antioxidants like carotenoids and tocopherols, proven to help reduce the risk of cancer<sup>9</sup>.



One serving (half of a large avocado) contains 2 grams of protein and is low in net carbs. It has 9 grams of carbs, 7 of which are fiber — so only 2 grams are net carbs.

One serving is also abundant in the following nutrients (percentages indicate the recommended daily value):

Vitamin K: 26%Folate: 20%Vitamin C: 17%Potassium: 14%

Vitamin B5: 14%Vitamin B6: 13%Vitamin E: 10%Magnesium: 15%

Avocados contain smaller amounts of copper, iron, zinc, phosphorus, manganese, and vitamins A, B1 (thiamine), B2 (riboflavin), and B3 (niacin)<sup>10</sup>.

Notably, avocados are effective at reducing the effect of malassezia, a naturally-occurring yeast that lives on the skin and scalp. When your immune system is weak, these yeasts become overactive and cause conditions including rosacea, dandruff, and seborrheic dermatitis<sup>11</sup>.

Given their numerous health benefits, avocados should definitely be incorporated into your regular diet.

- Buy avocados that are close to ripe but not overripe as they will not last long. Store them in the fridge once ripe.
- Squeeze a bit of lemon juice over the fruit to preserve the green color of cut avocado as it will go brown within a short time
- If not to be used immediately, wash the avocado to rid the fruit of bacteria and pesticides before slicing
- Store avocados covered and with the pit in.

#### **BERRIES**

Berries are another nutrient powerhouse. They are packed with vitamins, minerals, fiber, and loads of antioxidants. Add fresh or frozen strawberries, raspberries, blueberries, blackberries, cranberries, acai berries, or goji berries — just to name a few — to your daily diet for a good dose of micronutrients.

Aside from their delicious taste, berries are popular for being rich in health-boosting antioxidants, such as anthocyanins, ascorbic acid (a form of vitamin C), carotenoids, ellagic acid, and resveratrol<sup>12</sup>.



In addition to giving berries their deep, vibrant colors, these antioxidants protect cells and help reduce the risk of chronic disease. In particular, their phytochemical compounds have protective effects against cancer, inflammation, neurodegeneration, diabetes, and cardiovascular disease<sup>13</sup>.

Anthocyanin has been proven in several major studies and human trials to reduce the risk of inflammation in people who are prone to chronic disease<sup>14</sup>.

According to the Arthritis Foundation of America, antioxidant-rich berries are among the best fruits for arthritis, because they help rid the body of free radicals that promote inflammation and help prevent heart disease and certain cancers<sup>15</sup>.

In a study published in the academic journal, *Applied Physiology, Nutrition, and Metabolism*, researchers found that daily consumption of blueberries for six weeks increases the body's production of natural killer (NK) cells that support the immune system; while ongoing consumption reduces oxidative stress and increases anti-inflammatory cytokines<sup>16</sup>.

These nutritional benefits make berries an important part of a healthy diet to help fight inflammation and reduce the risk of chronic disease.

- A bad, moldy berry will soon spoil the adjacent berries if stored together.
- Wash berries just before eating them and dry them gently with a paper towel.
- Soaking berries for a few minutes in a mix of vinegar and water (1:5) delays spoilage but don't soak raspberries as they are particularly fragile.
- Refrigerate or freeze berries for later consumption: an overripe berry can certainly be eaten right away or frozen.

#### **CHERRIES**

Just like their berry "cousins," cherries are a delicious fruit, high in fiber and antioxidants. Their bright red color comes from anthocyanins and catechins, which are important in the fight against inflammatory disease and free radicals<sup>17</sup>. The yellow variety is just as good.

Cherries are highly nutritious — rich in polyphenols, carotenoids, and vitamin C — all of which have antioxidant and anti-inflammatory properties. This nutrient-dense fruit is a good source of sleep-inducing tryptophan, serotonin, and melatonin. Helping your body fall asleep naturally is far healthier than taking addictive sleep medications.

Research indicates that consumption of sweet or tart cherries can help prevent or decrease oxidative stress and inflammation. Consuming one serving of cherries every day for a month can decrease your inflammatory markers and provide relief in inflammatory pain and infections.

Their health benefits remain in the body long after consumption, and inflammatory marker levels remain low for quite a long time<sup>18</sup>.

- Wash cherries in cold water before eating; store out of direct sunlight and not in a warm area.
- Watch for signs of decay; to avoid this, store in the refrigerator or freezer.
- Pitting is easy with the right technique but using a cherry pitter is your best bet.
- Eat cherries raw or in a smoothie (alone or mixed with other fruits).



#### **GRAPES**

For thousands of years, grapes have been used as natural medicine. Ancient Egyptians and Greeks recognized their healing properties and used them to treat a myriad of health conditions<sup>19</sup>. Modern science has proven these ancient healers right: grapes are loaded with over 1,600 compounds, including resveratrol, lycopene, quercetin, melatonin, and other potent antioxidants<sup>20</sup>.

Resveratrol is a polyphenol with anti-inflammatory and antioxidant benefits. It is a natural immune-booster and slows the breakdown of cells during the normal aging process. This may help prevent harmful plaques from forming in your brain<sup>21</sup>. Yet another amazing benefit of resveratrol is that it converts to piceatannol, a natural compound that can make it harder for cells to store fat. It may also help fat cells in your body to break up at a faster rate<sup>22</sup>. The amount of antioxidants in grapes depends upon the variety, where they're grown, and how they're picked and processed. Dark red and purple grapes contain more antioxidants than white or green grapes<sup>23</sup>.

Anthocyanins, a polyphenol, act as an anti-inflammatory antioxidant and help decrease diseases linked to cardiovascular health, obesity, and eye disorders.

Polyphenols in purple grapes, which give them their deep color, may also help prevent type 2 diabetes. In fact, grapes are a good fruit choice for diabetics due to their low glycemic index, which raises blood sugar slowly<sup>24</sup>.

Research studies show that proanthocyanidin (antioxidant) compounds from grape seeds and skins may prevent or delay the growth of cancer cells. Some cancers that they may protect from include colon, lung, throat, mouth, pancreas, and prostate<sup>25</sup>.

One cup of red or green grapes contains the following vitamins and minerals (percentages refer to the recommended daily intake) $^{26}$ .

Vitamin C: 27%Vitamin K: 28%Thiamine: 7%

Riboflavin: 6%Vitamin B6: 6%

Potassium: 8%

Copper: 10%Manganese: 5%Protein: 1.1 grams

Fat: 0.2 gramsFiber: 1.4 grams



Eating fresh fruit provides more nutritional benefits than taking supplements or drinking grape juice, which is high in sugar and lacks dietary fiber.

- Grapes should be tight to the touch and free of wrinkles at the time of purchase. Wash them before eating.
- Grapes are best stored in the refrigerator and will last for several days.
- Use them in a fruit salad for color and taste: grapes have natural sugar and can sweeten any dish, and their juice can be used in baking as a sugar replacement.

#### **PAPAYAS**

According to researchers, cultivation of the varieties of papayas we eat today dates back 4,000 years to the Mayan civilization in Central America. In fact, Mayans once celebrated the papaya tree, calling it the "Tree of Life<sup>27</sup>."

Since that time, natural medicine practitioners have been using papayas to treat intestinal issues. Once again, modern science has proven natural medicine right. The digestive enzymes papain and chymopapain assist the body with breaking down proteins into peptides and amino acids<sup>28</sup>.



According to a study published in the *Journal of Immunotoxicology*, papayas contain several compounds — alkaloids, phenolics, flavonoids, carotenoids, tannins, and saponins — which, in addition to papain and chymopapain, provide anti-inflammatory benefits.

Free radicals are reactive molecules created during your body's metabolism. They promote oxidative stress, which can lead to disease. Antioxidants, including the carotenoids found in papayas, can help neutralize these free radicals<sup>29</sup>.

Studies show that fermented papayas can reduce oxidative stress in older adults and people with prediabetes, mild hypothyroidism, and liver disease. Papayas are rich in lycopene, an antioxidant that helps remove excess iron and prevents iron-induced oxidative stress.

Many researchers believe that oxidative damage contributes to Alzheimer's disease. In one study, people with Alzheimer's were given a fermented papaya extract for six months. They experienced a 40% drop in a biomarker that indicated oxidative damage to their DNA and that has also been linked to aging and cancer<sup>30</sup>.

Papayas also contain vitamin C and beta carotene, two effective antioxidants that are good anti-inflammatories and immune boosters. Plus, they have been shown to help soothe burns, ward off macular degeneration, ease inflammation-induced pain, protect joints, and improve the condition of skin and hair<sup>31 32</sup>.

No wonder papayas are found in many natural hair and skincare products!

- Avoid overripe fruit as it will decay more quickly; the skin will be too soft and wrinkled if it is past its prime.
- Papayas are wonderful alone, in smoothies, and fruit salads.
- Sprinkle with chili flakes for a unique 'sweet heat' flavor.
- Make a papaya boat: cut in half lengthwise and scoop out all the seeds. Fill the hollow with your choice of fruits, nuts, seeds, herbs, spices. Enjoy!

#### **PINEAPPLES**

Pineapples are a nutrient powerhouse, loaded with vitamins, minerals, and antioxidants — including the enzyme bromelain — which is directly linked to reducing inflammatory pain in rheumatoid arthritis and osteoarthritis<sup>33</sup>.

In a study published in Biomedical Reports, researchers concluded that bromelain is a safe, effective therapeutic agent, especially for inflammatory conditions.

Preliminary studies indicate that bromelain may also have promising anti-cancer benefits, such as inhibiting tumor development<sup>34</sup>.

One cup of pineapple contains the following vitamins and minerals (percentages refer to the recommended daily intake)<sup>35</sup>.

Fiber: 2.3 gramsVitamin C: 131%Manganese: 76%

Manganese: 76%Vitamin B6: 9%

Copper: 9%Thiamin: 9%

• Folate: 7%

Potassium: 5%Magnesium: 5%

• Niacin: 4%

• Pantothenic acid: 4%

• Riboflavin: 3%

• Iron: 3%



Researchers at the Philippines University for Women School of Nutrition found a positive relationship between pineapple consumption and an improved immune response against viral and bacterial infections in school children. Results indicated that pineapples increase the body's natural production of granulocytes — a type of white blood cells — which are essential for the immune system to fight infections<sup>36</sup>.

Another study done on children showed that their sinus infections healed and recovered much faster when they were taking a bromelain supplement, which is the therapeutic component found in pineapples<sup>37</sup>.

- Try a delicious pineapple salad with mango, red pepper, and cilantro.
- Add it to your next stir fry with chopped peanuts.
- Liven up a quinoa dish with grilled pineapple and basil.
- Buy one with green leaves and a firm shell. It is best served a bit ripe: it will be sweeter and less "woody." Make sure you can smell the aroma.

#### **TOMATOES**

Although most people think of tomatoes as vegetables, they are actually fruits — packed with beneficial nutrients, such as vitamin C, folate (vitamin B9), potassium, and the antioxidant lycopene.

Lycopene is a carotenoid that is abundantly present in tomatoes. It comes with a wealth of health benefits, including having cardiovascular benefits, as well as anti-inflammatory and anti-cancer properties.

Lycopene can help protect against an inflammatory response by prohibiting inflammatory mediators from being released into the bloodstream<sup>38</sup>.

Many studies indicate that lycopene helps impact the progression of cellular carcinogenesis, which can cause cell depletion and create tumors. It does this through many different regulatory functions in the body<sup>39</sup>.



Other powerful antioxidants and anti-inflammatories found in tomatoes include beta carotene, which is converted into vitamin A; naringenin (in tomato skin); and chlorogenic acid — a powerful antioxidant compound that may lower blood pressure in people with elevated levels<sup>40</sup>.

Lycopene is also known for its many cardiovascular benefits. Researchers published a study in the clinical journal *Frontiers in Pharmacology* that supports the importance of lycopene in improving vascular function and in preventing cardiovascular disorders due to its antioxidant and anti-inflammatory properties<sup>41</sup>.

- Tomatoes are an easy food to incorporate into your daily diet. You can eat them raw in salads and salsa, or cooked in soups and sauces.
- It is much healthier to eat a fresh tomato than to drink store-bought tomato juice, which is loaded with sodium.
- Always look for tomatoes that are firm and ripe, but not too hard. Store them at room temperature, except on very hot days or when they are too ripe.
- Mix tomatoes in some boiled pickling brine and refrigerate them. Pickled tomatoes can be safely enjoyed for up to two months.

# Segetables



#### **ASPARAGUS**

Asparagus contains several powerful antioxidants and anti-inflammatory compounds, including lutein, zeaxanthin, carotenes, cryptoxanthin, asparanin A, sarsasapogenin, and protodioscin<sup>42</sup>.

The high level of antioxidants helps the body fight the risk of heart disease and other inflammatory diseases. It is also a natural diuretic, which means that if you consume an unhealthy diet full of salt and fluids, it can help flush these excesses, preventing your urinary tract from getting infected<sup>43</sup>.

In addition to antioxidants, asparagus is packed with vitamins and minerals, including folate, vitamins A, C, E, and K, as well as chromium, a trace mineral that is beneficial for people watching their blood sugar<sup>44</sup>.

Every single cup of asparagus contains more than a gram of soluble fiber, essential to digestive health. A blocked digestive system can cause a lot of health issues and inflammation because the body needs to flush out all the excess salt and toxins regularly.

Asparagus can help!

- Serve raw or cooked. You don't have to peel it. Just trim the ends.
- Try white asparagus for a gourmet treat; perfect for special occasions.
- Top a salad with asparagus or add it to a mixed vegetable medley.
- Dip the fresh spears into hummus or guacamole.



#### **BROCCOLI**

Cruciferous vegetables are very high in nutrients and fiber.

Broccoli's green florets — the tastiest and most tender part of the broccoli — have a natural ability to fight inflammation. In fact, broccoli is effective in helping to decrease the kind of inflammation that leads to heart disease and cancer $^{45}$ .

Broccoli contains an inflammation-fighting compound called sulforaphane. It works by lowering the levels of cytokines in your body, which are a known risk factor for driving inflammation<sup>46</sup>.

Many research studies show that phytonutrients like sulforaphane can fight aging by protecting cells against free radical damage that scavenge and cause irritation. They can also control the level of LDL — low-density lipoproteins, the "bad" cholesterol — in your arteries, keeping the risk of heart disease at bay<sup>47</sup>.

Cruciferous vegetables like broccoli are also full of glucosinolates, which can have an antibiotic-like effect and help ward off bacterial, viral, and fungal infection in the intestines and other parts of the body<sup>48</sup>.

It is also a source of plant-based protein with 2.5 grams per cup.

- Eat it cooked or raw; add it to salads, soups, stews, and stir-fries.
- Enjoy broccoli with healthy, low-fat, low-salt dips, like hummus and guacamole.
- Steam broccoli to cut down on oil and calories.
- Roast it with garlic for a delicious flavor. Avoid fattening sauces.



#### **CAULIFLOWER**

Cauliflower is another versatile cruciferous vegetable that provides a host of valuable disease-fighting nutrients<sup>49</sup>.

Cauliflower is a goldmine of vitamin C, potassium, vitamin B6, protein, minerals, and fiber<sup>50</sup>. No wonder it is super popular as a gourmet treat. Restaurants are including it as a roasted appetizer item on their menus along with broccoli.

But the most important fact about cauliflower is its powerful ability to fight inflammation through glucosinolates. This potent anti-inflammatory compound can be broken down to fight infection and inflammation in your body on a genetic level, which can prevent your body's inflammatory response even before it has had a chance to damage you<sup>51</sup>.

As your body digests cauliflower, the glucosinolates break down into compounds that not only help relieve inflammation but can also fight cancer by protecting your cells from viruses and bacteria.

- Not only can you add it to almost any soup, stir-fry, and oven-roasted dish, but cauliflower is also wonderful raw with a healthy dip or served steamed and warm.
- The vegetable can be part of a "mixed vegetable" side dish or pureed into a soup.
- Who knew that the new healthy pizza crust is made of ground cauliflower?
- Roast it alone or with other vegetables with a bit of olive oil for browning.
- Cut up, it goes a long way mixed with many other veggies. Its white color makes any medley prettier to the eye.



#### **CUCUMBERS**

Cucumbers are refreshing and easy to include in salads or with healthy dips. Eaten unpeeled (since the peel contains nutrients), they are a summer staple. They are wonderful if you live in a tropical place where the weather is hot. Cucumber cools down the body from the inside due to its high water content<sup>52</sup>.

But don't let that stop you from adding cucumber to your diet even if you live in Alaska. After all, they are a healthy source of an anti-inflammatory substance called flavanol, specifically the type known as fisetin. It can be essential in maintaining a healthy body and brain function. Fisetin can also help boost your memory by shielding your nerve cells from any age-related damage<sup>53</sup>.

An experiment done on mice showed that fisetin was very effective against progressive memory and learning impairment from Alzheimer's. Besides these powerful benefits, cucumber also has many anti-inflammatory compounds that help your body by removing the toxins that occur as a byproduct of waste from your body.

With age, your skin cells become less flexible, which can cause wrinkling and aging. According to the *Journal of Aging Research & Clinical Practice*, cucumbers are effective in fighting against the common signs of aging<sup>54</sup>. This is reason enough to chow down.

- Cucumbers keep you full due to their water content, yet are low in calories. So eat up they will help you stick to your diet.
- It is a refreshing snack at any time as it won't interfere with regular meals.
- A side benefit is that you can use cucumbers to soothe the eyes or as a face mask.
- In addition to salads and sushi, cucumbers are great in dips, dressings, and soups. You can even use them to flavor water or in smoothies. Kids love them as ice pops<sup>55</sup>.



#### **GARLIC**

No savory dish is complete without a healthy splash of garlic.

It is the ultimate nutrient powerhouse and a sure-fire taste enhancer, more than almost anything else found in nature.

On the health side, the anti-inflammatory effects of garlic are widely known. Even a little bit of fresh garlic used in foods every day not only adds a bunch of complex flavors, but it also boosts health<sup>56</sup>.



Garlic has been a staple in natural medicine for thousands of years, dating back to the ancient Egyptians. Gravediggers in 18th century France crushed it in wine to fight off the plague.

Furthermore, soldiers were given garlic during both WWI and WWII to prevent gangrene. It was used as an antiseptic; when applied to wounds, it was thought to prevent infection.

When tested in the lab, it can be seen that garlic contains compounds that help kill cancerous cells. The Iowa Women's Health Study researched 41,000 middle-aged women who routinely consume garlic. The result? They were found to have a 35% lower risk of colon cancer than their counterparts who did not consume garlic<sup>58</sup>.

Start the day with raw garlic for a health boost<sup>57</sup>. If you don't like the taste of raw garlic, you can also lightly roast it in olive oil for a mild and sweet flavor, which can equally deliver the beneficial effects of the spice.

It is important to mention that you don't get the same benefits from supplements as you get from raw and cooked garlic, so try to incorporate fresh garlic into your food.

- A garlic press can be one of your best friends in the kitchen. Savvy chefs just use the side of a knife with pressure.
- Roast garlic with your veggies in the oven to saturate them with flavor.
- Add crushed garlic to salad dressing and sauces.
- One surprise use for garlic: combine with honey and vinegar to make a healthy tonic<sup>59</sup>.

#### **KALE**

Kale has been hailed as the superfood of the millennials for a very good reason. Kale is a gold mine of vitamin K, even more than bananas. It also contains vitamin A and a lot of fiber and carotenoids.

Kale is extremely light and low in calories, which means you can consume it in large quantities and get all its benefits without ever compromising on your calorie restrictions or diet.

If you are wondering about kale's antioxidant properties, it contains 45 different flavonoids that work together to help fight against inflammation in your body.

You can boost your plant-based diet with this nutrient-dense vegetable that helps fight against asthma, arthritis, and various autoimmune disorders. The anti-inflammatory properties of kale come from all the phytonutrients that add antioxidants to protect our body against free radicals and prevent cellular damage.



In addition to all the amino acids, vitamins, and fiber, kale is also a good source of magnesium, iron, and calcium. Adding a little bit of this magic vegetable could help you get the glowing skin, healthy eyes and hair, perfectly functioning digestive system, and strong bones you are hoping for. Add it in its raw form to immunity-boosting juice, or consume it in cooked food; either way, kale can help fight poor nutrition and keep you healthy.<sup>61</sup>

- Throw a few kale leaves in the oven sprinkled with salt and olive oil and allow it to bake. The result? Extremely crispy and delicious kale chips.
- Kale is the new salad staple of the decade. Use lemon juice instead of a fattening dressing.
- Add nuts and dried fruit to any kale dish for a nice twist.
- Kale pairs beautifully with goat cheese and/or fresh papaya.

#### **MUSHROOMS**

Besides being good for you, mushrooms are versatile and great for many kinds of dishes. They come in many varieties. Truffles, portobello, shiitake, button, and oyster are some of the most common ones you can find in the grocery produce section.

Some mushrooms are expensive because of the difficulty of producing them, like truffles and portobellos, which are produced in very small quantities and have a very short shelf life. However, button and oyster mushrooms are common varieties that can be affordably fitted into your daily diet.<sup>62</sup>

Mushrooms are a low calorie food that is rich in copper and selenium. Selenium is an essential mineral that is not found in many other foods. They are also a good source of vitamin B and many antioxidants that help fight against inflammation.

The metabolites, polysaccharides, and phenolic and indolic compounds in mushrooms help fight against inflammation significantly.<sup>63</sup>

- While some people eat raw mushrooms, this is not a good idea. They contain toxins like agaritine that get broken down when cooked. However, do not overcook them as this will reduce their anti-inflammatory effects.
- Sauté in olive oil to get the most benefit.
- Clean mushrooms with a paper towel and soft brush to remove any debris. Then rinse, don't soak, them in cold water.
- They are a delicious staple of vegan shish kabob.



#### **PEPPERS**

If you love spicy and colorful foods, peppers are a wonderful addition to your grocery basket. They are packed with vitamin C and many other powerful antioxidants that fight inflammation in the body. This is true of all different varieties of pepper from jalapenos to bell peppers<sup>64</sup>.

Peppers are related to the chili peppers, tomatoes, and breadfruit that are native to Central and South America. They are also called sweet peppers or capsicums. Like their close relatives, chili peppers, bell peppers are sometimes dried and powdered. In that case, they are referred to as *paprika*.

Bell peppers are rich in quercetin, which fights against the oxidative damage happening in your cells through normal activities like exercising or eating food. It helps reduce inflammation and protects you from aging. The sinapic and ferulic acid in peppers are equally potent and beneficial in their fight against inflammation<sup>65</sup>.

If you are trying to keep your weight in check, they are excellent sources of fiber as well and keep you full for a long time while only adding a very small number of calories, about 31 per serving. The main nutrients in 3.5 ounces (100 grams) of raw, red bell peppers are:

Water: 92%
Protein: 1 gram
Carbs: 6 grams
Sugar: 4.2 grams
Fiber: 2.1 grams
Fat: 0.3 grams

- Eat any kind of bell pepper raw. Cut it into strips to use with a healthy dip or eat alone as a snack. Orange and yellow are the sweetest.
- They are also tasty cooked and can be included in any vegan ratatouille.
- They also are delicious when stuffed with a spicy rice mixture for added bulk.
- Some varieties can be a bit bitter so try out what is on offer and decide what you like.



#### **SPINACH**

Spinach is green glory, a nutrient powerhouse, and a great source of glutathione. It contains powerful antioxidants that fights against inflammation and neutralizes free radicals, hence reducing inflammation.

No wonder parents around the world urge their kids to eat it up, just like Popeye.

You can find this antioxidant in many other foods such as avocados, garlic, tomatoes, milk thistle, and apples. Spinach, however, is a healthy source of fiber as well, which helps you keep your bowels clear and your body healthy<sup>66</sup>.

The antioxidant glutathione is naturally occurring in your body, and it fights inflammation from within. It protects your body from the effects of free radicals. When you don't have adequate levels of this antioxidant in your body, you may face a greater risk of stroke, Alzheimer's, and heart disease caused by inflammation<sup>67</sup>.

By fighting inflammation, the glutathione reserved in your body becomes depleted – then you need to replenish it by readily consuming glutathione-rich foods with every meal.

Besides fighting inflammation, spinach also gives you glowing and clear skin and helps detoxify the body. It does so much: helps the bones and eyesight, boosts the immune system, fights stress, repels bacteria and viruses, promotes heart health, and keeps you energized. It is an all-in-one health enhancer.

- Wash fresh spinach as it can contain sediment.
- Spinach shrinks a lot when cooked, so buy plenty.
- Lemon juice adds flavor and avoids the addition of a fattening sauce.



#### **SPIRULINA**

Spirulina is a seaweed – a blue-green alga – that is widely used in Japanese cuisine. You might have seen it in sushi. It has a strong antioxidant effect and helps reduce inflammation<sup>68</sup>.

In a single tablespoon (7 grams) of dried spirulina powder, you get:<sup>70</sup>

Protein: 4 grams

Vitamin B1 (thiamine): 11% of the RDA
Vitamin B2 (riboflavin): 15% of the RDA

Vitamin B3 (niacin): 4% of the RDACopper: 21% of the RDA

Iron: 11% of the RDA



It also contains important minerals, such as magnesium, potassium, and manganese. And one tablespoon contains only 20 calories and 1.7 grams of digestible carbs.

People suffering from aging skin and hair can incorporate spirulina in their diets to strengthen the immune system, all the while improving the body's protection against free radicals that contribute to premature aging. The most recent research in animals and with elderly men and women has shown good results against inflammatory illness, malfunctioning immune systems, as well as anemia<sup>68</sup>.

It also helps to boost the levels of the adiponectin hormone, a key component in fighting irregular blood sugar and problems of fat metabolism.

You can try to add anywhere from 1 to 8 grams of spirulina to your daily diet. This amount has been evaluated by the US Pharmacopeial Convention for safe consumption and has been the subject of antioxidant and anti inflammatory studies in many preclinical studies<sup>69</sup>.

- Stir a spoonful of spirulina powder into a glass of water or juice.
- Add some to a smoothie or fruit juice.
- To enhance the taste, add mango, banana, or pineapple.

## Seeds and Muts



#### **ALMONDS**

Almonds are the world's most popular tree nuts. Originally from the Middle East, the United States is now the largest producer of these super nutritious nuts. Almonds are rich in healthy fats, antioxidants, vitamins, and minerals. They are a great source of fiber and protein, and they're one of the lowest-calorie nuts. One special thing about almonds is they are a great source of magnesium. Why is that important? Magnesium is an essential mineral that is involved in more than 300 body processes<sup>71</sup>. One great benefit of magnesium is stress reduction. When you have a low level of magnesium in your body, you can suffer from high levels of stress. Supplemental magnesium has been shown to help with moderate levels of anxiety and depression. It can even help to lower your blood pressure if you suffer from hypertension<sup>72</sup>.

70% of people in America are said to be deficient in magnesium, and that has made this mineral a precious commodity in these stressful times. Just two ounces of almonds provides almost half the RDI for this important mineral.

One of the best ways to eat almonds is right out of the package as a nutrient-dense snack. You can also slice them or chop them to add to sweet or savory dishes.

#### **TIPS**

- Nutritionists recommend a snack-sized serving of 10-12 almonds. Dry-roasted is good but raw is best. Try to avoid the kind that are coated with salt, sugar, or honey to keep the calories low.
- Most of the antioxidants in almonds are located in the thin brown skin.
- Use sliced or chopped almonds as a crispy, healthy pizza crust.
- Add almond milk to smoothies for a rich, nutty flavor.



#### DARK CHOCOLATE AND COCOA

People plagued by stress often feel relieved by eating chocolate. Well, chocolate lovers will be thrilled to know that scientific studies show dark chocolate is actually very good for you. (Not milk chocolate or those sweet candy bars you're thinking of!) The dark variety of chocolate, with a high percentage (over 70% cacao solids) of cacao, is good for both your heart and your brain.

Dark chocolate alone or in the form of cocoa is one of the most delicious additions (in moderation) you can make to your diet. It has loads of antioxidants and you can find it readily in any supermarket. A 100-gram bar of dark chocolate with 70–85% cocoa contains<sup>73</sup>:

Fiber: 11 gramsIron: 67% of the RDI

Magnesium: 58% of the RDI
Copper: 89% of the RDI
Manganese: 98% of the RDI

• Plenty of potassium, phosphorus, zinc, and selenium

The antioxidants found in dark chocolate have inflammation-fighting capabilities. No wonder it is recommended to have a small amount daily. A study conducted on smokers showed that they had a significant improvement in endothelial function within just a couple of hours of consuming high-flavonoid chocolates <sup>74</sup>.

- Taste varies so learn the brands you like when shopping at a health food store or online.
- Look for Fair or Direct Trade to ensure the cacao is ethically sourced.
- The more bitter, the better, say health experts.
- To be called chocolate, this food must contain cocoa butter, a heart-healthy stearic acid. Don't be fooled by substitutes like oils and emulsifiers.



# Herbs and Spices



#### **CAT'S CLAW**

Cat's claw, an herb native to Peru, is commonly used as a natural treatment for arthritis, intestinal problems, and inflammation. Gastrointestinal inflammation sufferers, in particular, may experience major relief when drinking or consuming this herb.

The herb has been shown to fight infection, fatigue, fever, and joint and muscle aches such as common knee pain. It fights inflammation through the catechins and polyphenols that are abundant in the bark.

Some trials have suggested that chronic rheumatoid and osteoarthritis sufferers have seen a major relieving effect from cat's claw. It has not been definitively proven, but there is anecdotal evidence of the benefit of consumption<sup>75</sup>.

Cat's claw is said to have immune-boosting properties along with its role in fighting inflammation. It may have positive effects on sleep-wake disturbances, fatigue, anxiety, and depression in patients with cancer<sup>76</sup>.

It also has analgesic and anti-inflammatory properties. Consuming between 20 mg and 300 mg of the extract daily can help improve nausea, rheumatoid arthritis, and gastrointestinal inflammation<sup>77</sup>.

- Cat's claw can be brewed as a tea.
- It is easily found in health stores as a capsule supplement.
- Stick with it as it may take up to 8 weeks to show its effects.
- One gram of root bark taken 2 to 3 times daily is a typical dose, while 20 to 30 mg of a root bark extract is typical.



#### **CINNAMON**

Cinnamon, with its distinctive spicy-sweet taste and aroma, is extremely versatile. It is perfect in sweet and savory dishes, especially paired with pumpkin, squash, or sweet potatoes.

This spice is made from the inner bark of trees known as Cinnamomum, and its use dates back as far as Ancient Egypt. It used to be rare and valuable and was regarded as a gift fit for kings. This warm spice is delicious sprinkled on tea, coffee, or cocoa.

The good news is that it also has two potent anti-inflammatory compounds, cinnamaldehyde and epicatechin, that inhibit the harmful effects of inflammation in the brain<sup>78</sup>. In malfunctioning neural pathways, a toxic protein called tau is generated<sup>79</sup>, and these two compounds help fight inflammation. Tau proteins help prevent the formation of clumps and tangles in the brain, which researchers believe could trigger Alzheimer's.

- Add cinnamon to smoothies (mango, banana, and almond milk) or turmeric lattes.
- Add cinnamon to stewed fruit, such as rhubarb and apples, to bring out their flavor.
- Sprinkle on warm or hot cereal to taste.
- Add to home baking such as sugar-free cookies, banana bread, and crumbles.



#### **CLOVES**

Cloves are the flower buds of the clove tree, an evergreen also known as *Syzygium aromaticum*. Cloves are best known as a sweet and aromatic spice, but they are widely used in holistic medicine.

They are a known expectorant that can potentially treat stomach problems, nausea, and, most crucially, the inflammation of the throat and mouth in case of a cold, cough, or common illnesses.

Research suggests that cloves are effective against these ailments because of their anti-inflammatory properties. Studies have found that the compounds in cloves may have other health benefits, including supporting liver health and helping to stabilize blood sugar levels<sup>80</sup>.

One teaspoon (2 grams) of ground cloves contains:

Calories: 6Carbs: 1 gramFiber: 1 gram

Manganese: 55% of the Daily Value (DV)

Vitamin K: 2% of the DV

The essential oil of cloves, known as CEO, is where cloves derive their effects from. It has antimicrobial, antiviral, and antioxidant properties that help fight inflammation and tissue remodeling. It also has cancer-fighting properties because of its most active component, which is called eugenol<sup>81</sup>.

You can consume the spice whole or mixed in food; it makes a great addition to savory and baked dishes to infuse flavor and nutrition.

- Found in both whole and ground forms, this versatile spice makes a great seasoning and adds flavor to hot beverages like tea or cider.
- It brings spicy warmth to both cookies and cakes, and gingerbread.
- Use cloves, cinnamon, and nutmeg to "spice up" baked goods, teas, or smoothies.
- Cloves are a staple spice in Indian cuisine so add them to your curries.



#### **GINGER**

Ginger is a zesty, savory spice, and a major ingredient of many cuisines around the world, particularly in the Far East. This fresh root is available in most supermarkets in the produce department. Ginger can be used fresh, dried, or powdered.

Ginger is among the healthiest (and most delicious) spices on the planet. It is loaded with nutrients and bioactive compounds with powerful benefits for the body and brain. It belongs to the Zingiberaceae family and is closely related to turmeric, cardamom, and galangal. The rhizome (underground part of the stem) is the part commonly used as a spice. It is often called ginger root, or simply ginger<sup>82</sup>.

This traditional medicinal herb has been used for digestive problems, headaches, and, notably, to fight inflammation arising from infections. The power of ginger has been praised and practiced for centuries. It contains gingerol, a known medicinal substance.

Recent scientific studies have confirmed that t6-shogaol, a crucial bioactive component of ginger, plays an essential role in keeping memory sharp<sup>83</sup>.

It fights the oxidation agents that harm our bodies and contribute to neurological diseases such as dementia and Alzheimer's. It also helps reduce brain inflammation<sup>84</sup>.

- Ginger and turmeric enhance each other's health benefits; consuming them together is more beneficial than consuming each on its own.
- Grate some fresh ginger and add it to boiling water. Let it simmer for a few minutes. Strain it and enjoy homemade ginger tea.
- Add small pieces of ginger to any stir-fry for a delicious taste and aroma. It is a delicious way to get a much needed immune boost.
- Cooking mellows the taste of ginger, but it will shine in ginger cookies, muffins, and gingerbread cake.



#### **GREEN TEA**

Green tea is very popular not only for its delicious taste, but also for its many health benefits against heart disease, obesity, and Alzheimer's. It is packed with antioxidants that help fight harmful free radicals that cause cell damage.

Here is what it can do with regular consumption<sup>85</sup>:

- Improve brain function
- Help enhance fat loss
- Protect against cancer
- Lower the risk of heart disease

One of green tea's most potent anti-inflammatory antioxidants is epigallocatechin-3-gallate (EGCG). It works by inhibiting the production of cytokines in your cells, which cause damage to the protective fatty acid layer of the cells<sup>86</sup>.

Green tea is one of the healthiest beverages, so if you enjoy black tea or coffee, it might be a good idea to cut down on those and switch to green tea that has many more health benefits.



Since most store-bought iced teas are filled with sugar, preservatives, and artificial flavors and colors, make your own iced green tea at home with lemon juice and fresh mint or basil leaves.

- Make your own matcha tea by grinding green tea leaves into a fine powder, which can be added to smoothies and lattes.
- Add fresh peaches to green tea as a natural sweetener.
- Spice up your green tea with cinnamon, ginger, and cardamom.
- It's best to drink green tea either in between meals or just after a meal.

#### **ROSEMARY**

Rosemary is an aromatic herb native to the Mediterranean region that is known for its distinctive warm yet bitter taste and its wonderful aroma — it's especially good with roasted vegetables.

As a holistic remedy, it is renowned for its many health benefits. It is a good source of iron, calcium, and vitamins A, C, and B-6. It boosts the immune system and improves circulation. It is also used as a cognitive stimulant to boost alertness and focus.

Those with digestive problems, heartburn, intestinal gas, and liver or gallbladder issues can benefit from its healing properties.

Research shows that it is one of the strongest natural medicines for fighting inflammation and oxidation. It is comparable in effect to spices like ginger, turmeric, and cloves. Researchers have noted that when consumed in small and regular amounts, these herbs are extremely effective. Just a small quantity is enough to provide you with a beneficial effect that can potentially protect you from inflammatory diseases and dementia<sup>87</sup>.

Rosemary can be used in tea or as an essential oil or liquid extract. The volatile oil in rosemary provides it with antioxidant properties that can help alleviate inflammation in muscle or nerve pain<sup>88</sup>.

- Rosemary is often used for digestive problems, including heartburn, intestinal gas, liver and gallbladder complaints, and loss of appetite.
- The aroma can improve mood, clear the mind, and relieve stress.
- Plant some in your garden including "countertop gardens" in small spaces to always have fresh rosemary on hand.
- You can use it fresh or dried; it adds a wonderful touch to roasted vegetables.



#### **TURMERIC**

This powerful healing spice has been used as a natural medicine for more than 4,500 years, beginning with the Vedic culture in India<sup>89</sup>. During this period, Ayurvedic medicine developed and prospered. Still widely used today, Ayurvedic translates as "science of life" — Ayur meaning "life" and *veda* meaning "science or knowledge."<sup>90</sup>

Turmeric is one of the "golden spices" central to not only Ayurvedic medicine but also to cuisines throughout Asia since its discovery. In recent times it has gained popularity in the Western world due to its many health benefits.



It contains curcumin, a polyphenol that gives turmeric its bright yellow color and provides it with powerful antioxidant and anti-inflammatory properties<sup>91</sup>. Strong evidence shows that curcumin has protective effects against Alzheimer's disease. In fact, several studies indicate a strong correlation between Indians having one of the lowest Alzheimer's rates in the world and consuming the greatest amount of curcumin<sup>92</sup>.

Researchers have also found that curcumin can help manage inflammatory diseases such as diabetes, arthritis, anxiety, and autoimmune disease in addition to the inflammation and muscle aches resulting from exercise.

- Curcumin is more bioavailable when combined with ginger, a close family member.
- Its bioavailability also increases when it is combined with piperine (a component of black pepper) or with a healthy, plant-based fat such as avocado or nut butter<sup>93</sup>.
- Add turmeric to scrambled eggs or sprinkle on sautéed or roasted vegetables and rice.
- It adds an extra delicious flavor to soups and salad dressing.

#### **ABOUT JONATHAN OTTO**



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

Throughout his career, Jonathan has turned his attention to seeking truth and exposing the errors in conventional medicine.

He has created and produced several groundbreaking self-hosted docuseries — Depression, Anxiety & Dementia Secrets, Autoimmune Secrets, Natural Medicine Secrets, and Women's Health Secrets — covering innovative, effective natural remedies for cancer, autoimmune disease, neurodegenerative disease, mental health, and heart disease.

These docuseries represent Jonathan's unceasing quest to discover the true root

cause of debilitating diseases by gathering stories and protocols from world-renowned natural medicine doctors, health experts, and their patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

Jonathan's greatest reward has been hearing the testimonials from people whose lives have literally been saved with the natural medicines and protocols he discovered.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, *Young Citizen of the Year and International Volunteer of the Year*, from the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019. They're expecting their second child in 2021.

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