

Foods for Health

Imagine doctors replacing prescription pads with grocery lists! Eating the right foods can go a long way in preventing many illnesses. Make the most of your health by getting this army of nutrient-rich foods fighting for your good health.

Fiber it up. Most adults eat only 12 grams of fiber daily on average. Our bodies need 2 to 3 times that amount. Fiber helps prevent diabetes, colon cancer, obesity and heart disease.

Add color. The deep vibrant colors found in fruits and vegetables are caused by health-enhancing nutrients. These antioxidants and phytonutrients help prevent cancer and heart disease and also improve memory and balance.

Ingest calcium for bones. Rich non-dairy sources of dietary calcium include tofu, sardines, canned salmon, dried beans, dark green vegetables, almonds, brazil nuts, sesame seeds, amaranth and blackstrap molasses.

Eat organic soy. Not only do soy foods such as tofu, soymilk, soy nuts and edamame (green soybeans) lower the body's cholesterol, reducing the risk of heart disease, but they also provide high-quality protein and are low in fat.

Add ground flaxseeds or oil. This super source of omega-3 fatty acids, fiber and lignans, having antioxidant properties, is associated with heart health and cancer prevention.

Eat beans and legumes. These super foods contain substantial amounts of protein, fiber, phytonutrients, vitamins and minerals. They help lower cholesterol levels and are relatively low in calories.

Choose organic. Fresh organic foods are higher in nutrients, do not contain potentially harmful pesticides and herbicides are a better choice for our environment.

Berry good. Berries such as blueberries, raspberries and cranberries have powerful antioxidant properties and clinical evidence indicates they help keep us healthy.

The right foods can help us get better when we have fallen victim to contagious diseases and chronic illness.

Foods to Manage or Help Prevent Common Ailments

Constipation

Whole grains, legumes, apricots, raw nuts/seeds, asparagus, brussels sprouts, cabbage, garlic, carrots, kale, plums, prunes, figs

Hypertension

Legumes, salmon, brown rice, oats, apples, figs, asparagus, broccoli, cabbage, eggplant, green leafy vegetables, potatoes, almonds

Eczema

Carrots, mangos, spinach, salmon, sweet potatoes, flaxseed, avocados, broccoli, seeds, tomatoes, legumes, poultry, whole grains

Osteoarthritis

Salmon and all fatty fish with omega-3, herring, ginger, berries, broccoli, cantaloupe, peppers, avocados, nuts, olive oil, seeds

Anxiety/Stress

Broccoli, greens, diary products, figs, beans, potatoes, rice, whole grains, amaranth, avocados, bananas, poultry, peas, turnips, salmon

Colds/Flu

Apples, berries, plums, prunes, red onions, citrus fruit, kiwi fruit, peppers, strawberries, cashews, pumpkin and sunflower seeds

Avoiding Alzheimer's Is Fishy Business

Research is leading to the discovery of what we can do to avoid the likelihood of getting Alzheimer's. We all want to look forward to a healthy and happy future with a fully functioning mind.

It may sound fishy, but eating fish may reduce our risk of getting Alzheimer's by up to 60 percent. The key is a diet rich in omega-3 fatty acids. The fish with the most omega-3's are herring and salmon. Other good choices include: halibut, pollack, flounder and haddock.

Omega-3's are also available as purified fish oil supplements, or in blends of flax and other oils. Both eliminate concerns about heavy metal toxicity from some fresh fish. Taking fish oil caplets daily, or adding omega-3 oil blends to shakes, smoothies, salad dressings or on vegetables will be very beneficial.

Supplementing our diets as well with daily doses of vitamins E and C may be just what we need to keep our memories in working order. Seniors who regularly take these vitamins are significantly less likely to develop the disease than those who do not. Researchers at Johns Hopkins University speculate that the antioxidant capability of vitamin E is recharged by vitamin C, enabling it to work longer in preventing the oxidative damage that can lead to Alzheimer's disease.

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Health

Try these 10 super foods

Article By: Rosie Schwartz

Variety is the spice of life, especially when it comes to food. Eating a wide range of selections from all four food groups is a way to ensure top-notch nutrition.

For the 50-plus set, certain foods supply the essentials for maintaining good health and also provide an arsenal of compounds to fight disease.

Here are 10 super foods to add to your grocery list. If you're taking certain medications, such as blood thinners, check with your physician before making significant changes to your diet.

1. Salmon (and other cold-water fish)

Just brain food? Hardly. Fish with its omega-3 fatty acids plays an influential role in preventing and treating a wide range of diseases.

For example, omega-3 fatty acids can decrease the levels of artery-damaging triglycerides and lower blood pressure readings.

Add to the mix their ability to lower the rate of blood clotting, which reduces the risk of a heart attack or stroke.

And if a heart attack does occur, fish eaters are less likely to die from an irregular heart rhythm that may follow the heart attack.

Anti-inflammation effect

Researchers are also investigating the anti-inflammatory effects of these fatty acids on arthritis, autoimmune disorders and inflammatory bowel diseases, as well as possible protection against Alzheimer's disease and a number of cancers, including prostate and breast.

So reel in some fish, even canned varieties, at least three times a week.

2. Spinach (and other dark leafy greens)

These superstar greens contain a wealth of disease-preventing compounds. Besides fibre and antioxidant vitamins E and C, they supply folate, a B vitamin that lowers the blood levels of an artery-damaging protein called homocysteine.

Folate is also linked to protection against colon and breast cancers.

And the colour in these vegetables, provided by the pigment lutein, doesn't just add visual appeal. Lutein-rich foods may defend against colon cancer and macular degeneration, the leading cause of blindness in the elderly.

Research shows that spinach helps guard against age-related declines in cognitive function.

Add greens to your diet every day.

3. Flaxseed meal

Good things come in small packages. That's especially so with these small brown seeds. Grind the seeds into your food in order to obtain their assorted nutritional perks.

If bowel irregularity is a problem, sprinkle the meal on cereal, yogurt, soup or salads (work your way up to 3 tablespoons/45 ml a day).

Its soluble fibre is a boon for lowering blood cholesterol and regulates blood sugar. The oil contained is of the omega-3 fatty acid variety. And, last but not least, compounds known as lignans may protect against breast, prostate and colon cancers.

4. Tomatoes

Tomato products, chock full of lycopene, the pigment that gives tomatoes their red colour, have been shown to decrease the risk of prostate cancer. But tomatoes are not for men alone.

Lycopene acts as an antioxidant, a substance which may slow or prevent oxidation (a process that's the culprit in the development of a range of diseases).

Lycopene may also be a player in slowing macular degeneration and preventing cancers of the breast, lung, bladder, cervix and skin.

And while raw tomatoes are packed with nutrition, canned or cooked tomatoes contain lycopene that's more easily absorbed.

5. Soy

Go for soy milk (preferably fortified), tofu and meat alternates made from soy to obtain a host of benefits including anticancer action and blood cholesterol lowering.

As kidney function may decline with increasing age, soy is easier on kidneys than protein derived from animal products. Opt for at least one serving of soy a day.

A cautionary note for women with certain types of breast cancer: it's best to speak with your physician about whether soy is right for you.

6. Tea

Reports about the health perks of tea's polyphenols, found in green, oolong and black brews, keep pouring in. Besides the protection offered by all three against a range of cancers and heart disease, green tea has been shown to slightly boost metabolic rates.

And good news for those with heart disease: drinking tea on a regular basis is associated with an increased rate of survival following a heart attack.

7. Legumes

Dried peas, beans and lentils simply don't get the respect they deserve. They work wonders in alleviating the constipation that can come with increasing age.

Legumes are also potent in their blood cholesterol lowering and blood sugar regulation actions as well.

Their B vitamin content adds to legumes' heart healthy reputation and the anticancer phyosterols they contain make them a good bet all around. And when you substitute them for meat, saturated fat totals are slashed.

Aim for eating legumes at least three to four times a week.

8. Nuts

Nuts and seeds, unfairly banished from low-fat menus, are once again reclaiming their nutritional status.

Among their key nutrients are vitamin E, magnesium and a potent cholesterol-lowering punch from their unsaturated fat and anticancer phyosterols.

Choose walnuts with their omega-3 fatty acids or peanuts, which contain resveratrol, the same compound that gives red wine its heart-healthy reputation. Keep serving sizes in check as they do contain fat.

9. Low-fat milk

In northern climates, where there is less vitamin D produced from the sun, low-fat milk is a terrific source of this nutrient.

This vitamin's credits include a lower risk of arthritis and joint inflammation; increased calcium absorption; and a possible protective effect against autoimmune diseases.

Besides providing plenty of calcium, milk and other low-fat dairy products are big players on the menu of the research program DASH (Dietary Approaches to Stop Hypertension). The DASH diet includes three servings of milk daily.

10. Blueberries

Blueberries, cranberries and other berries supply powerful anti-aging compounds. In animal studies, older rats fed a blueberry extract for two months exhibited better short-term memory, navigational skills, balance co-ordination and speed when placed in a maze than before being fed the blueberries.

Other research shows that blueberries may also help to reverse the short-term memory loss associated with aging.

Just half a cup (125 ml) a day provides disease-fighting advantages.

Trans Fats – Fats to Avoid

Trans fatty acids (TFA), also known as “trans fats”, have become an increasing part of our diet since manufacturers began to hydrogenate vegetable oils into margarine in the early 1900’s. These synthetic, chemically created fats are now solidly linked to many health risks after decades of scientific research.

Trans fats are known to raise LDL (bad) cholesterol and thereby increase the risk of heart disease. They may be worse for our hearts and arteries than saturated fats. Trans fats may also promote cancer and aging and they are thought to have an adverse effect on cell membranes and our immune systems.

Due to these serious health risks, the nutritional labels on all packaged foods in the US and Canada must show the amount of trans fats, along with saturated and total fats by 2006.

Minimize your risks from trans fats by selecting whole fresh foods and carefully read the labels on all packaged foods.

Foods with Trans Fats:

margarine	shortening	cake mixes	cookies
crackers	nondairy creamers	brownies	pastries
pretzels	fruit pies	frosting mixes	peanut butter
pancakes	waffle mixes	muffins	pie crusts
donuts	microwave popcorn	corn/potato chips	chip dips
cereals	sauces	french fries	fried onion rings
bagels	snack cakes	chicken nuggets	gravy mixes
fish sticks			

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Savvy Supplementing

Get the most out of your supplements by knowing when and how to take them.

<u>Supplement</u>	<u>What Is It?</u>	<u>When To Take It</u>	<u>Special Notes</u>
Multivitamins	A combination of many vitamins – formulated often with minerals and trace elements.	With a meal. Take them at the same time every day to create a great habit that won't be forgotten.	Taking a multivitamin with laxatives and caffeine may reduce the body's absorption of the multivitamin.

<u>Supplement</u>	<u>What Is It?</u>	<u>When To Take It</u>	<u>Special Notes</u>
Individual Antioxidants: Vitamin A,C,E; CoQ10, Selenium,Etc.	Substances that protect body cells from effects of free radicals	Smaller portions with each meal, as our bodies can use only limited amounts at one time. Take C and E together.	Avoid taking with fatty foods, processed foods, Aspirin, or the antibiotic Tetracycline.

<u>Supplement</u>	<u>What Is It?</u>	<u>When To Take It</u>	<u>Special Notes</u>
Calcium	Mineral needed to build and maintain strong bones and teeth.	With water two or three times daily, since we can't absorb much at a time.	Take Calcium with Magnesium and Vitamin D as they work together in the body.

Your Vitamins ABC's and More

Vitamin A for eye health and night vision; antioxidant; protects against infections; needed for healthy bones, skin, teeth and gums; protects against skin disorders.

Vitamin B3 (Niacin) important for proper functioning of nervous and digestive systems; needed for tissue health.

Vitamin B5 (Pantothenic Acid) vital to release energy from foods; aids immune system; helps handle stress.

Vitamin B6 (Pyridoxine) essential for proper digestion; supports brain function; needed for hormone production; protects cardiovascular functions.

Vitamin B9 (Folate/Folic Acid) shown to help prevent birth defects, strokes and heart disease; helps metabolize proteins; assists in preventing or treating depression.

Vitamin B12 (Cobalamin) helps produce red blood cells; helps prevent nerve damage; assists memory; necessary for fertility; helps prevent depression.

Vitamin C (Ascorbic Acid) excellent antioxidant; helps immune system; vital for wound repair; healthy gums and bruise prevention; needed for collagen production.

Vitamin D essential to grow and maintain strong bones and teeth; aids calcium absorption; helps blood clotting.

Vitamin E protects nerves and cell membranes; maintains healthy muscles; antioxidant; helps slow aging and protects against cardiovascular disease.

Vitamin K required for normal blood clotting; needed for bone health; helps prevent osteoporosis.

Note:

Vitamins A, D, E & K are fat soluble and stored in the body-don't overdose.
Vitamins B and C are water soluble-required daily.

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Choose Your Proteins Wisely

Our bodies use glucose as energy. Protein is converted into glucose by our bodies, but this takes twice as much energy as converting either carbohydrates or fats into glucose. That extra energy means there are fewer calories available to put on as added body weight-a plus for protein rich diets!

So, if you decide to cut carbs and boost protein to control weight, think about the type of protein you choose to eat for overall health.

Not all proteins are created equal. The type of protein you eat affects weight gain or loss and your health. Nutrition experts recommend getting your protein from these sources:

Beans are simply the best source of plant protein. They are also full of fiber, which helps us feel full for hours.

Nuts, such as almonds, have nearly as much protein as beef on an equal weight basis. They also have a whole lot less saturated fat.

Whole Grains contain protein as well as fiber and other nutrients. There are 3 grams of protein in a slice of whole wheat bread.

Fish generally has lower saturated fat, less overall fat than meat and also offers healthy omega-3 fatty acids.

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