

# Natural HEALTH

## Let FOOD Be YOUR Medicine!

By David Scott, A Natural Health Advocate.

This article does NOT offer medical advice and you should always consult your physician before taking any supplement.

Early in my life, my parents served us french toast. They would toast the bread, put some sugar on it, and pour milk over it. That was breakfast. It felt like heaven when we moved to a house with an acre yard. The peach, apple, and pear trees would load up over the seasons. As a family we canned peaches, pears, apples, and many other things out of the garden. Year round our food was filled with wonderful variety and color.

My sixth grade teacher tested the idea of wonder bread building our bodies 12 different ways on mice. The mouse eating wonder bread got pinkish, skidish, red, and quite nervous. It was clear this mouse was losing its health. We restored it on the normal fare of vegetables. Let food be your medicine became a motto in my life.

Never before has it been easier to follow this admonition passed down by most cultures. Food has always remained the easiest way to treat disease. Many wars have been fought over access to salt, honey, spices, and sources of good food. How does that work one might ask? A single apple contains more than 50,000 phytochemicals. We do not have enough money in our treasury to find the secrets of health in an apple. And, hence, the wonderful saying -- an apple a day keeps the doctor away.

The colors of food are the key to their nutritious value as shown by this mind map of phyto-nutrients available in food. There are

over 600 distinct phyto-nutrients which are found in the colors of the rainbow. Imagine the colors of fruits and vegetables making the skin radiant, banishing fatigue, melting pounds, steadying your moods, and improving concentration. How? The key is found in the colors as shown on this map.

When considering health, prepare a dish of colors like the red, white, and blue shown on this page. Keep it simple and make it delicious. It is the whole of the experience that helps the body absorb completely.

digestion has already begun.

Fruit on an empty stomach digests in ten minutes and is completely absorbed for its nutrient content by the gut. Why? Because fruit is a single saccharide like Mother's milk and is quick to pass through the stomach since it need not be reduced as much. Add fresh fruits to strengthen the gut.

Add in fermented foods and foods rich in probiotics or predigested so that the gut flora normalize and get healthy. The flora not only aid digestion, they are a fundamental part of our defense system to ward off disease.

Surround eating activities with good vibrations that are calm and settling down — make it a time of gratitude for a very good reason.

The hardest work your body will ever do is the work of digestion. Interrupt it with stress-ors and the body can not get back to digestion for ten minutes. The flight or fight response takes priority over eating.

Check out this red, white and blue meal from the top where color matters. It brings healing characteristics to the food. Add reds, greens, blues, oranges, purples, white, and even black to the table. Make it varied and healthy.

From the side of this dish we see the layers of banana, cottage cheese with probiotics by Nancy, blue berries, more cottage cheese, and sprinkled with strawberries. Now, you'll have to excuse me while I consume this fortune of goodness. May we thank GOD everyday at every meal for the miracle of colors and nutrients.



Remember when digestion has problems then simplify. Give your stomach easy access to mild foods like soups. Remember to hydrate your gut 10 to 30 minutes before eating to help restore its ability to process foods.

Gently warm foods and chew them well so that they come down easy for the stomach to break down. During the chewing of food, they are broken down making the job easier for the stomach. The mouth adds enzymes so

**Here's To Your GOOD Health!**