

# Food as Medicine

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## Resources:

The Magic of Food as Medicine by Ms. Dominique Finney  
The Longevity Kitchen by Rebecca Katz  
Eating on the Wild Side by Jo Robinson

## List of Highly Nutritious Foods and Why

*This is obviously a partial list.*

### Apples

*An apple a day keeps the doctor away*

Helps regulate blood sugar levels.

Quercetin prevents breakdown of complex carbohydrates into simple sugars

Reduces absorption of glucose in the gut

Stimulates insulin production in the pancreas

Improves healthy gut bacteria

Anti-oxidant and anti-inflammatory polyphenolic

compounds like chlorogenic acid, procyanidins and epicatechin.

### Blueberry

Anti oxidant, anti inflammatory, reduce LDL cholesterol. Improves age related memory loss.

### Cranberry

Treats urinary tract infections such as cystitis by preventing bacteria from adhering to urinary tract wall. Inhibits growth of urinary tract cancer cells.

### Lemons

Antioxidant, High in Vitamin C, The essential oil found in the skin has anti-inflammatory, antiseptic diuretic, properties. Good for digestion. Contains alkaline minerals. Fresh juice good for sore throats, Prevents diseases such as diabetes, obesity, blood lipid lowering cardiovascular disease and helps liver function. Start the day with a hot water with lemon drink.

### Carrot

High in beta carotene antioxidant, protective against heart disease, Falcarinol, has an inhibitory effect on colon cancer cells.

### Beets

Good for liver detox, anti-inflammatory, may help prevent diabetes II and cardiovascular disease.

### **Brussel Sprouts**

Highest in glucosinolates and antioxidant polyphenols than all the cruciferous vegetables. Cholesterol lowering effect, anti inflammatory, antioxidant, potent anti cancer properties. Helps diabetes mellitus, Crohn's disease cardiovascular disease obesity and rheumatoid arthritis.

### **Avocado**

Improves absorption of plant soluble nutrients. Helps eyesight. Protect against cancer by having, antioxidant effect on healthy cells and pro-oxidant effect on cancer cells. (cell death of cancer cells).

Carotenoids, beta carotene.

### **Cucumber**

Contains lignans, pinoresinol, and other compounds that have cardio protective and anticancer properties. Traditionally used for headaches in India due to its analgesic properties. Thought to come from its ability to inhibit the COX-2 pathway of inflammation. Contains cucurbitacins –anticancer, anti inflammatory, hepatoprotective properties,

### **Sweet Potato**

Particularly purple ones have free radical scavenging and heavy metal chelating properties, Excellent for people with inflammatory bowel conditions. Shown to reduce excess fibrinogen levels in the body (inflammatory conditions when in excess can cause Multiple Sclerosis).

**Vanilla:** Helps treat Sickle cell anemia Antimicrobial including Pseudomonas aeruginosa a very resistant bacteria to synthetic drugs. relieves stress. Anti oxidant and cancer fighting properties.

### **Vegetable Broth Recipe the Elixir of Life**

Mixed Veggies of your choice to fill ½ your pot

Garlic and herbs to taste

Vinegar ½ cup/2 gallons

Salt to taste

Honey to taste

2 tbs good oil

enough liquid to cover veggies

Simmer for about 2 hours, add more water as needed to cover veggies.

Strain out veggies.

Put stock in fridge overnight and skim off any oil from the top.

Freeze in ice cube trays or whatever container works and use in other recipes for nutrition and flavor.

## **Golden Milk Recipe**

*Anti-inflammatory, anti-oxidant and it's yummy in the tummy.*

Tumeric Paste recipe:

Add  $\frac{1}{4}$  c Tumeric Paste to  $\frac{1}{2}$  c water. Stir gently over low heat for 7-10 minutes. Add a bit more water if necessary.

2 cups coconut milk or almond milk

$\frac{1}{2}$  t cinnamon

1 t+ coconut oil

1t to 1 T Tumeric paste.

1 t. chopped or grated fresh ginger

4-6 peppercorns

pinch of stevia

Simmer on low heat for about 10 minutes.

Strain ginger pulp and peppercorns

Drink warm

Pour into cups and sprinkle cinnamon

*Good before bedtime or anytime*