

Anti-Aging Nutritional Secrets

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Remember that some herbs if used often may produce some minor irritations or stomach upsets. If you are allergic to ragweed or any other plant, consult your physician before taking any herbal remedy.

CONTENTS:

Introduction ANTI-AGING

NUTRITION BASICS

Coenzyme Q10

Vitamin A

Garlic Food Or Medicine

The Facts About Green Tea

Ginkgo Biloba

Goldenseal

Ginseng

Echinacea

Dietary Reference Intakes

Formerly known as R.D.A's

The Immune System

ANTI-AGING NUTRITION BASICS

Many of the studies and research done lately about anti-aging and anti-disease nutrition has focused on the nutrients known as antioxidants. Scientists are beginning to understand the preventive qualities of antioxidants but the average person does not yet understand what antioxidants do or what they are. But you will have that knowledge after reading this section.

Understanding the function of antioxidants is not hard and taking advantage of their properties is quite simple. Diseases like Cancer and arteriosclerosis are unable to advance and spread through the body thanks to the actions of antioxidants like Vitamin C, A, E, Beta-carotene and others. By blocking and neutralizing the destructive power of too many free radicals, these antioxidants allow us to prevent major diseases. A clear example of this is the remarkable reduction of breast cancer in women who consume raw and cooked spinach and carrots.

Why are they called antioxidant?

Latest research has shown scientists that oxygen, the gas we depend on to live, creates some very harmful by-products that destroy the very life it helps sustain. There are several vitamins that reverse or slow the oxidation caused by oxygen. That is the reason they call them antioxidants. Oxidation, the reaction of oxygen with other chemicals, is the process that causes metals to rust, wood to burn, and a sliced apple to turn brown. As a matter of fact, if you coat a sliced apple with an antioxidant such as vitamin C, the apple will take a lot longer to change color.

It is best to remember that vitamin and mineral supplements should never be used as substitutes for a healthy, well balanced diet! It is also important to note that we can "over- supplement" our bodies by taking much more than the recommended daily value of certain vitamins and minerals.

Vitamins A and E are fat soluble, meaning that excess amounts are stored in the liver and fatty tissues, instead of being quickly excreted, creating a risk of toxicity and disease. Your best bet is to eat a diet rich in fruits, veggies, and whole grains. Sweet potatoes, carrots, spinach, cantaloupe and mangoes are great sources of antioxidants.

A healthy level of free radicals is needed by the body in order to get rid of bacteria. Free radicals are atoms or groups of atoms that have at least one unpaired electron, which makes them highly reactive. Free radicals promote beneficial oxidation that produces energy and kills bacterial invaders. In excess, however, they produce harmful oxidation that can damage cell membranes and cell contents.

It is known that people who eat adequate amounts of fruits and vegetables high in antioxidants have a lower incidence of cardiovascular disease, certain cancers, and cataracts. Fruits and vegetables are rich in antioxidants but it is not known which dietary factors are responsible for the beneficial effects. Each plant contains hundreds of phytochemicals (plant chemicals) whose presence is dictated by hereditary factors. Only well-designed long-term research can determine whether any of these chemicals, taken in a pill, would be useful for preventing any disease.

Without a doubt antioxidants are a vital tool in our fight against diseases. We all agree that sometimes eating the right thing is difficult but when compared with pain and suffering that we can bring to ourselves by getting cancer, arthritis or arteriosclerosis, a bowl of salad and an orange seems like a very tasty choice.

In this book you will find a remedy and many special herbal preparations for every condition you can imagine. We all agree that personal alternative medicine is becoming one of the most popular treatments for many diseases.

Researchers Identify the 20 Most Antioxidant-Rich Foods

1. Red beans
2. Wild blueberries
3. Red kidney beans
4. Pinto beans
5. Cultivated blueberries
6. Cranberries
7. Artichokes
8. Blackberries
9. Prunes
10. Raspberries
11. Strawberries
12. Red Delicious apples
13. Granny Smith apples
14. Pecans
15. Sweet cherries
16. Black plums
17. Russet potatoes
18. Black beans

- 19. Plums
- 20. Gala apples

4 Ways In Which You Can Use Coenzyme Q10.

Sometimes I ask myself why this wonderful antioxidant supplement was given such a technical name, many people feel intimidated by the name alone, thus refusing to take CoQ10. But the truth is that this nutrient is one of the most effective antioxidants and it has been proven to help many serious diseases. We will study in depth the benefits and properties that researchers have found in this “vitamin like” substance called Coenzyme Q10. Probably you haven’t even heard the name Coenzyme Q10, or if you have, you don’t even know what it does or why you should take it. The potential and most of the properties found in CoQ10 have been recognized rather recently. CoQ10 is known to scientists as ubiquinol. This is a naturally occurring nutrient normally present in every cell in the body so it is only logical to believe that it plays an important part in treating and preventing many conditions. The body makes CoQ10, but most likely the majority of people don’t make it well or enough of it. The good news is that we can absorb CoQ10 from foods, especially fish, and meats (particularly organ meats like liver, kidney, etc., more on this later), the bad news is that most people don’t eat these types of meats, plus as we age the body loses it’s efficiency in manufacturing important nutrients. It has been proven that people suffering from heart diseases and cancer have lower levels of CoQ10, thus supplementation is recommended.

1. CoQ10 helps in the energy production within each cell

The body, just like a car, needs fuel. Our primary source of fuel is through fats, proteins, and carbohydrates in our diet. After digestion in the stomach, the nutrients from foodstuffs are absorbed into the bloodstream and circulate to various tissues and cells. The cells have to break down the sugars, fats and amino acids in a form that makes energy. This energy production occurs in organelles, or microscopic organ-like structures, called mitochondria, and CoQ10 plays a key role in this activity.

There are hundreds, sometimes thousands, of mitochondria within each cell. In a sense, they are the factories of your cells, with the final product being energy. The energy that is produced is stored in a chemical called adenosine triphosphate, or simply ATP. It is carried by electrons and protons which are sub atomic particles. These energetic electrons and protons are moved around in cells to their destinations by numerous compounds. CoQ10 is one of the most important compounds.

2. CoQ10 as an antioxidant

CoQ10 also serves as an antioxidant, which is its second role. By controlling the movement of electrons, CoQ10 limits the production of dangerous free radicals, which are molecules lacking one electron in what should be a pair. To learn more about free radicals and antioxidants go here
<http://www.homemademedicine.com/articles/antioxidants.html>

So far research and clinical studies have shown CoQ10 to be an amazing tool that helps us fight and prevent many dangerous conditions. Among these are:

- Congestive heart failure
- Coronary artery disease
- High cholesterol
- High blood pressure
- Mitral valve prolapse
- Breast Cancer
- Periodontitis or Gingivitis
- and Fatigue

3. CoQ10 prevents many conditions

Another important aspect in the use of CoQ10 is the prevention of many conditions; CoQ10 helps maintain normal heart function and prevents serious heart disease. Our heart works 24 hrs a day, using lots of energy to pump blood through the body, and since CoQ10 plays an important role in energy production, it has shown to be a very valuable heart energizing nutrient.

But why don't doctors recommend the use of CoQ10 more?

Hundreds of scientific studies have been published on CoQ10, including many involving humans. CoQ10 has also been the subject of ten international scientific and medical meetings. Furthermore, the role of CoQ10 in energy production was the basis of the 1978 Nobel prize in chemistry, given to Peter Mitchell, Ph.D.

Unfortunately, most doctors in the US are not familiar with the published research regarding the potential of CoQ10 because many of the journals they read rarely discuss the benefits of this and many other nutrients. The reason for this is very simple, nutrients cannot be patented so they are of very little interest to pharmaceutical companies and drug manufacturing laboratories and these are the companies that sponsor and publish most of the journals read by doctors. However, traveling around Europe, China, Japan and South America, has shown me that the story is completely different in the rest of the world, where most health-care professionals are treating their patients with heart failure and other conditions by prescribing

CoQ10. In fact, CoQ10 is the fifth most commonly prescribed “drug” in Japan.

4. How to get it from food

How much CoQ10 do we get from foods and is it enough?

Dietary intake of CoQ10 normally ranges from 2 to 20 mg a day. Most of this comes from meats and fish. The richest source of CoQ10 is organ meat, like liver, kidney, and heart. If you don't eat these types of meats, chances are that your body does not have an adequate level of CoQ10. Supplements, in these cases, are recommended. Younger people tend to get enough CoQ10 from food and from their own body production, but as we age the ability of the body to make and absorb CoQ10 drops significantly. For people in the middle age group, I recommend a dosage of 30mg a day, although people taking 60 to 100 mg a day have reported a significant improvement in alertness, energy level, motivation, mood elevation, and enhanced focus. Fortunately, CoQ10 has no serious side effects. Only 1.5 percent of people taking 60 to 100 mg a day have reported nausea and insomnia due to the energizing effects of CoQ10. Also, this wonderful nutrient can be taken for years non-stop with only positive results. I recommend to start slow, with a dosage of 10 mg a day and gradually increase it to the desired dosage or until satisfactory results have been achieved.

I hope this information helps you come to the conclusion that Coenzyme Q10 is one of most important essential nutrients which is needed for a healthy body and to treat several conditions.

Vitamin A

Vitamin A comes from animal sources such as eggs and meat and is present in the form of a precursor called beta-carotene, when manufactured by plants.

Vitamin A is found in milk, cheese, cream, liver, kidney, cod and halibut fish oil. All of these sources, except for skim milk that has been fortified with vitamin A, are high in saturated fat and cholesterol. The vegetable sources of beta-carotene are fat and cholesterol free. The body regulates the conversion of beta-carotene to vitamin A based on the body's needs. Sources of beta-carotene are carrots, pumpkin, sweet potatoes, winter squashes, cantaloupe, pink grapefruit, apricots, broccoli, spinach and most dark green, leafy vegetables. The more intense the color of a fruit or vegetable, the higher the beta-carotene content.

Functions

Vitamin A helps in the formation and maintenance of healthy teeth, skeletal and soft tissue, mucous membranes, and skin. It is also known as retinol, as it generates the pigments that are necessary for the working of the retina. It promotes good vision, especially in dim light. It may also be required for reproduction and lactation. Beta carotene, which has antioxidant properties, is a precursor to vitamin A.

Recommendations

Recommended daily allowances (RDAs) are defined as the levels of intake of essential nutrients that the Food and Nutrition Board judges to be adequate to meet the known nutrient needs of almost all healthy persons.

The best way to get the daily requirement of essential vitamins is to eat a balanced diet that contains a variety of foods from the food guide pyramid.

Side Effects

Vitamin A deficiency can increase the susceptibility to infectious diseases, as well as cause vision problems. When you are seriously deficient in vitamin A, your body suffers dire consequences: your bones, reproductive organs, skin, and your respiratory tract all begin to malfunction.

Large doses of vitamin A can be toxic, although you would have to take about 50,000 IU or more daily for an extended period of time, that's ten times the RDA for you to develop signs of intoxication. Vitamin A overdose can also cause abnormal fetal development in pregnant women. Increased amounts of beta-carotene can turn the color of skin to yellow or orange. The skin color returns to normal once the increased intake of beta-carotene is reduced.

We recommend taking beta-carotene instead of vitamin A, since beta-carotene is not toxic even in large amounts, because the body takes only the amount needed and converts that into vitamin A while the rest is excreted.

Garlic: Food or Medicine?

Are you worried about your health? Are you anxious about your heart or about the possibility of contracting cancer? If so, you are not alone and your concerns are quite valid. Cancer and heart disease are today's major killers, and as of now, we are yet to find a safe and effective drug that can prevent these diseases. Some will argue that taking one or two aspirins a day can reduce the risk of heart disease, and it saddens me to see how many people are doing this, because I know the problems brought on by aspirin over use. If these people knew about the long term damage caused by this drug, they would think twice before popping another one into their mouths. Maybe they would give up that harmful habit if they learn that there is a better answer to preventing these and other diseases. What is the answer? The herb called Garlic. But don't just take my word; even scientists are supporting its properties.

A lot of people use garlic in cooking without knowing that this herb has quite a few medicinal uses. Although Garlic has been around for several thousands of years, its origins are quite obscure. It is thought to have come from Russia making its way to the Mediterranean countries. Garlic was known to be used in the diets of ancient Egyptians, Romans, and Greeks.

Garlic is known to aid digestion, ward off colds, infection, expel worms, ease chest congestion, help alleviate rheumatism and cleanse the intestines. In World War I, garlic juice was used on the sterile bandages to prevent infection. Garlic has also been known to help hardening of the arteries, sinus problems, skin complexion, and hay fever if taken in capsule form on a regular basis.

This herb has been studied, and the results are amazing. Garlic contains a large number of sulphur compounds. One of these compounds is diallyl disulphide which has remarkable anti-cancer properties. This compound prevents two early stages of carcinogenesis, initiation and promotion, from developing. The anti-initiator activity is the result of two complementary mechanisms:

- diallyl disulphide prevents certain carcinogenic substances from being activated
- Moreover, this molecule stimulates enzymes capable of neutralizing the activity of carcinogenic substances

These two mechanisms reduce the toxicity of carcinogens to cell DNA. Diallyl disulphide is metabolized in the liver into an oxide compound that may be behind the effects described.

In both cases, these studies have dealt with cancer prevention in rat liver, but the mechanisms brought to light give reason to believe that their scope is much wider: effects on other cancers, potential extrapolation to humans.

As fruit and vegetables are rich in minor constituents, nutritionists have increasingly shown an interest in their role in the prevention of cancers, cardiovascular diseases and inflammatory diseases over the last decade.

One of the most interesting stories of the properties of garlic, came to me from South Africa, Professor Sid Cywes, a former paediatric surgeon at University of Cape Town was having trouble hybridizing his orchids seeds. The trouble was a fungal infection in his culture medium. Mr Peter De Wet, a chief research technologist and Prof. Cywes hatched a plan that entailed a dose of garlic. To their astonishment administering garlic to their orchid culture medium killed the mould. They then went on to test garlic's ability to combat the yeast Candida. At that time one of Prof. Cywe's patients, a baby at the Red Cross Hospital had a serious Candida infection down the entire length of its oesophagus and gastro-intestinal tract. A garlic solution added to the baby's milk cured the child within 48 hours.

Since then about thirty very sick infants, where broad spectrum antibiotics failed to bring improvement, have been given fresh allicin entirely. The allicin treatment brought about a significant success. However, this was not a controlled clinical study.

One of the active ingredients in garlic is a compound called allicin. On crushing fresh garlic, an enzyme called alliinase is released which rapidly converts the odorless compound alliin into allicin bearing the typical odor of garlic. Allicin is highly unstable and rapidly converts to other sulfur-compounds such as ajoene. It is, however, allicin and ajoene which have been the main subject of research. These compounds block the enzymes which are necessary for metabolism of the micro-organisms. They have been shown to inhibit the growth of more than 23 organisms. A very interesting point is that no resistance to allicin has been found to date.

Garlic supplements are one of the best ways to get the daily intake of its properties and compounds, without the breath issue. When combined with vitamin E, garlic becomes a powerful antioxidant as well.

Garlic and its compounds, have been tested against the bacteria *Helicobacter pylori* and it had tremendous success. Allicin has also been shown to inhibit *Campylobacter*- universally recognized as the most common cause of gastro-enteritis in very young children of low-income families. These findings are of much interest as bacteria including *Helicobacter* and *Campylobacter* are becoming increasingly resistant to antibiotics.

I just hope that more people are exposed to this information so they can make a wiser decision when it comes to preventing diseases like the ones we discussed here.

The Facts about Green tea

Do you drink Green Tea?

Lately, green tea has been getting a lot of attention. Recent reports and scientific studies found that green tea has the ability to greatly reduce the risk of many cancers and in some cases it has shown signs of reducing tumors. However, green tea has been around for thousands of years. In China and Japan it is used as a tonic that keeps the body in optimum conditions.

We will dive into the secrets and properties and we will study green tea to expose all of its properties. We will answer questions like what makes some teas cure illnesses and what is the difference between a regular black tea and this wonderful green healing concoction.

Chances are you have already tasted green tea. It is a common treat in most Asian restaurants. What you probably did not realize is that you were drinking a powerful healing remedy. Green tea has been used for more than 4,000 years for medicinal purposes. Only recently are scientists paying attention to this marvelous plant. As we mentioned green tea can prevent cancer but that is not all. Other research has shown that green tea bolsters the heart's resistance to cardiovascular diseases, increases longevity, detoxifies the body and boosts the immune system.

TIP: Green tea also prevents cavities.

Why does green tea have all these properties and black tea doesn't?

Although green and black tea come from the same plant, it is the processing that sets them apart. Tea leaves contain an enzyme that causes the leaves to oxidate after picking. By steaming and heating the leaves, processors are able to stop the oxidation process. Black tea is left to oxidate and it is submitted to several more processing steps which causes it to turn dark brown and sometimes red.

Unfortunately, this manipulation of the plant reduces and destroys compounds called polyphenols present in the freshly picked leaves. These compounds are the secret healing weapon contained in the green tea leaves. Because it is processed as little as possible, green tea retains all its polyphenols. Out of all the types of teas, green tea contains the highest levels of polyphenols.

What are polyphenols and what do they do?

Polyphenols are a group of natural phytochemicals (plant chemicals). These phytochemicals are potent antioxidants and antioxidants are the substances that protect the body from free radicals and free radicals are the reactive

molecules that damage the body at the cellular level causing cancer, heart disease and many other horrible diseases. (To learn more about antioxidants and free radicals, read Antioxidants).

There are primarily four types of antioxidants in green tea that stand out and which give it the properties for which green tea is famous. Many other nutrients can be found in green tea. Vitamin C tops the list. Green tea contains ten times more vitamin C than black tea. Also found in different levels are vitamin B2, vitamin D, vitamin K and carotenoids (beta-carotene).

The wrong information gives bad reputation.

Many years ago there were concerns raised which made people believe that drinking tea in general might interfere with the body's absorption and use of iron which in turns causes anemia. Further research has determined that tea does not increase the risk of iron-deficiency anemia.

Another concern that was raised was the seemingly high level of mineral aluminum sometimes found in tea. Aluminum causes bone and brain disorders. Again further research shows that the type of aluminum found in tea does not react in any harmful way in the body.

As far as we know, for thousands of years tea has been used without any adverse reaction or downside.

Green tea and cancer prevention

As mentioned before, green tea has a 4,000 year old reputation as a health enhancing beverage. Although this reputation has been dismissed in the past, modern epidemiologists have paid close attention to this plant and they have found proof that many diseases are prevented by drinking green tea.

One of the studies was done in a region of Japan called Shizuoka. They concentrated in that area because statistics showed that both men and women of this city had a way below average rate of death from cancer. A deeper study showed that in this tea growing region, its citizens drank more cups of green tea than the average Japanese citizen.

After this study, dozens more have taken place, some in Europe and some in the United States and the results only fortify the early conclusions. Green tea reduces the risk of cancer.

Ginkgo Biloba

In this section we will talk about one of the oldest and most important herbs, Ginkgo Biloba. After reading the history and benefits of this plant you'll appreciate the true potential of Ginkgo Biloba.

So let's get started !!!



The history

Ginkgo is the oldest living tree, it has seen the rise and fall of dinosaurs; some scientists call it "the living fossil". During the Triassic period it was common in many parts of the world, but it almost vanished completely during the Ice Age, surviving only in Asia. Chinese have used Ginkgo for thousands of years, (as early as 2800 B.C.E.), and it was so important that emperors cultivated the plant as a secret tree within the wall of their temples.

The Properties

Sadly, in America, medicine and health are a big business so the properties of this tree are not publicized. Europeans have come to rely on Ginkgo extract to treat many illnesses. In Germany and France it's been registered as a drug and it's one of the most commonly prescribed remedies. In Germany, Ginkgo has been authorized for the treatment of a wide array of cerebral problems, ranging from ringing in the ears, to memory loss. Germany and France have shown extremely good results using Ginkgo Biloba extract to treat Alzheimer's, even reversing the disease when caught early.

The main property of Ginkgo is its ability to improve circulation to all parts of the body, including the brain. This is believed to be a key benefit to Alzheimer's and stroke patients. By improving blood flow Ginkgo helps the body deliver essential nutrients and oxygen to damaged areas of the body.

Ginkgo nourishes blood vessels which decreases the chances of heart attacks and circulatory problems.

Another property of Ginkgo is the ability to fight free radicals (see antioxidants). Due to its antioxidant characteristics Ginkgo searches for free radicals, attacking them and leaving harmless molecules in their place.

We need a change

In the United States millions of people have discovered the powerful benefits of Ginkgo biloba and are turning to it for the relief of many conditions related to aging. Thanks to these advocates, Ginkgo has become the third best selling herb in this country. This has raised the attention of big laboratories; realizing the importance of capturing part of this growing market, they are starting to investigate and research this tree, although they have been reluctant to do so because it is almost impossible to patent something that can be grown on anybody's backyard. However, in the future we might see mass-produced herbal remedies manufactured by these big labs and with the complete authorization and support of the FDA. The good news is that herbs like Ginkgo Biloba will then receive the credit and appreciation they deserve. The bad news is that you should expect a much higher price.

Dosage

Ginkgo Biloba can be taken in capsules, 120-240 mg daily is the recommended amount. If taking a standardized dose, 40 mg 3 times a day should be the proper amount. A tincture can be used and the proper dosage is 10-15 drops 1-3 times a day.

Side effects

Like many herbs, Ginkgo has no dangerous side effects. It is safe during pregnancy or lactation. However, some anticoagulant drugs are not compatible with Ginkgo and it should be avoided if using drugs like warfarin.

Ginseng

At this time we will talk about one of the most popular and controversial herbs, Ginseng. When we say controversial we mean in the United States; in China and Europe there is no controversy about ginseng. This plant has been used for more than 5000 years.

The plant grows in rich woods throughout eastern and central North America, especially along the mountains from Quebec and Ontario, south to Georgia. It was used by the North American Indians. It is a smooth perennial herb with a large, fleshy, very slow-growing root 2 to 3 inches in length (occasionally twice this size) and from ½ to 1 inch in thickness. Its main portion is spindle-shaped and heavily annulated (ringed growth), with a roundish summit, often with a slight terminal projecting point.

At the lower end of this straight portion, there is a narrower continuation, turned obliquely outward in the opposite direction and a very small branch is occasionally borne in the fork between the two. Some small rootlets exist upon the lower portion. The color ranges from a pale yellow to a brownish color. It has a mucilaginous sweetness, approaching that of licorice, accompanied with some degree of bitterness and a slight aromatic warmth, with little or no smell. The stem is simple and erect, about a foot high, bearing three leaves, each divided into five finely-toothed leaflets and a single, terminal umbel, with a few small, yellowish flowers. The fruit is a cluster of bright red berries.

Chinese Ginseng is a larger plant but presents practically the same appearance and habits of growth. Its culture in the United States has never been attempted, though it would appear to be a promising field for experiment.

Panax is not official in the British Pharmacopoeia and it was dismissed from the United States Pharmacopeia at a late revision. It is cultivated almost entirely for export to China.

In China, both varieties are used particularly for dyspepsia, vomiting and nervous disorders. A decoction of 1/2 oz. of the root, boiled in tea or soup and taken every morning, is a commonly held remedy for consumption and other diseases.

In Western medicine it is considered a mild stomachic tonic and stimulant, useful in loss of appetite and in digestive affections that arise from mental and nervous exhaustion.

A tincture has been prepared from the genuine Chinese or American root, dried and coarsely powdered, covered with five times its weight in alcohol and allowed to stand, well-stoppered, in a dark, cool place, being shaken twice a day. The tincture, poured off and filtered, has a clear, light-lemon color.

The German health authorities allow Asian ginseng products to be labeled as a tonic for invigoration to treat fatigue, reduced work capacity and concentration, and as a tonic during convalescence.

Most reliable clinical studies on Asian ginseng have been conducted in Europe. These studies have generally involved extracts of Asian ginseng standardized to 4 percent and 7 percent of ginsenosides. Results included a shortening of time to react to visual and auditory stimuli, increased respiratory quotient, increased alertness, power of concentration, grasp of abstract concepts, and increases in visual and motor coordination. These are all measures of adaptogenic response.

The vast majority of scientific research, including pharmacological and clinical studies conducted over the past forty years on ginseng has involved Panax ginseng and Chinese ginseng (also called Korean or Asian ginseng). Research has focused on radioprotective, antitumor, antiviral, and metabolic effects; antioxidant activities; nervous system and reproductive performance; effects on cholesterol and lipid metabolism, and endocrinological activity. Research also suggests that ginseng has non-specific immunostimulatory activity similar to that of Echinacea. The active constituents of ginseng are called saponins. According to recent reports, there are at least 18 saponins found in Asian ginseng. American and Asian ginseng both contain different combinations of ginsenosides which can, in part, explain their different activities as understood by Asian traditional medicine practitioners.

CAUTION: Don't take Ginseng and Ginseng mixtures with Coffee as it will accelerate the caffeine effects on the body and can cause diarrhea.

Ginseng herb has a long history of use as an alternative medicine going back over 5,000 years and appears on several continents (origin unknown). It is and was used extensively in Native American medicine. The root is adaptogen, cardiogenic, demulcent, panacea, sedative, sialagogue, stimulant, tonic and stomachic. Ginseng has been studied over the past 30 years in many countries; its remarkable ability to help the body adapt to mental and emotional stress, fatigue, heat, cold, and even hunger is confirmed and documented! The major constituents in Ginseng are Triterpenoid saponins, Ginsenosides (at least 29 have been identified), Acetylenic compounds, Panaxans, and Sesquiterpenes. Taken over an extended period it is used to increase mental and physical performance. It is medicinal and therapeutic for the whole body. A very powerful medicinal herb, it both stimulates and relaxes the nervous system, encourages the secretion of hormones, improves stamina, lowers blood sugar and cholesterol levels and increases resistance to disease. The ginsenosides that produce these effects are very similar to the body's own natural stress hormones. It is used in the treatment of debility associated with old age or illness, lack of appetite, insomnia, stress, shock and chronic illness. Ginseng also increases immune function, resistance to infection, and supports liver function. The leaf is emetic and expectorant. The root is candied and used as an edible medicinal kind of candy.

Goldenseal

The Healing Properties of Goldenseal

Goldenseal has a long history of use as an infection-fighting herb. Now, more than ever, we need safe alternatives to pharmaceutical antibiotics. Most people are unaware of the powerful antimicrobial effects of goldenseal, and the research that supports the use of goldenseal as a natural antibiotic.

Goldenseal is an herb native to eastern North America. Goldenseal is a potent antimicrobial that kills trouble-causing microorganisms, such as bacteria, fungi, and protozoa. It effectively combats a variety of infectious diseases that are often treated with antibiotics but without the harmful side effects of synthetic drugs. If you suffer any type of bacterial or parasitic infection, goldenseal is probably the best herb you can use. It fights bronchial and sinus infections, strep throat, urinary infections and skin, eye, and gum infections. When Goldenseal is taken with Echinacea, the pair not only provides the benefits mentioned but also strengthens the immune.

Used externally, Goldenseal it is very successful in treating cuts and wounds, boils, and other bacterial skin infections, as well as fungal infections such as athlete's foot and ringworm, eczema, acne and eye infections such as conjunctivitis and hemorrhoids. Internally, goldenseal is used for colds, digestive upsets, and inflamed mucous membranes anywhere in the body. Also helps sore throat and intestinal infections caused by microbes, such as traveler's diarrhea.

Goldenseal is very safe and potent and no dangerous side effects have been reported. However, since one of its characteristic effects is its uterine-stimulating properties, goldenseal should not be used during pregnancy. Some people are allergic to some plants and that is why you should first try goldenseal in a small dose to test for allergic reactions.

Today Goldenseal and herbs in general are back in vogue. The use of herbal and home remedies is no longer regarded as outdated and this means that in the future we might be able to enjoy a more affordable health system as they do in Europe. If you are interested in treating your illnesses in a natural and cost-effective way, then, you need to learn how herbs are mixed and prepared. You need recipes that combine the right herbs in the right amounts.

Echinacea

The immune system may be the most complex system of your body, and scientist are still discovering new information from different studies done on glands, cells and organs that are in charge of keeping the body healthy. It is easy to answer the questions: what does the organ called the heart do? Or what do the lungs do? But when it comes to the immune system, not everybody can tell you with exactitude what it is or how it does its job.

Where is the Immune System and what does it do?

The immune system has no specific position in the body, since there are many parts that constitute the immune system and they are spread apart throughout the body. For example the thymus gland located at the base of the neck produces T-cells, the white blood cells in charge of providing us with immunity to known diseases; the spleen, located on the left part of the

abdomen, produces general white cells, cleanses the blood of bacteria and destroys old, worn out red blood cells. Then we have the bone marrow and the large network of lymph nodes (like the tonsils), located in different parts of the body, but, mainly concentrated in the armpits, neck, groin, abdomen, and chest.

The primary job of the immune system is to protect the body from infectious microorganisms and to prevent the development of cancer. The immune system patrols our body, like a security guard patrolling a mall. The immune system provides two kinds of protections: nonspecific resistance to disease and specific resistance to disease or immunity.

Nonspecific resistance to disease is the first part of the immune system that confronts any microorganism that makes it into the body. These first barriers of defense are; the skin, fever (which kills viruses and bacteria), and inflammation (which causes extra blood to rush to the affected area). The increased number of white blood cells kills the invaders, the mucous membranes, antimicrobial chemicals in our system, and killer cells (which kill tumor cells and infectious microorganisms).

Specific resistance to disease refers to the ability of the body to recognize a previous invader and trigger an immune reaction.

Such a complex system of organs and cells must be kept in balance, otherwise the infection fighting capabilities may decline leaving us exposed and defenseless against millions of organisms that can enter our bodies without detection, propagate and inflict damage to tissues.

As we all know, traditional modern medicine treats symptoms without going to the root of the condition. Most diseases are mainly caused by an immune system imbalance. By treating (for example) headaches, trouble sleeping, and muscle pain separately, we can successfully rid ourselves of the symptoms. However, this type of approach to an illness does not target the real problem, which could be stress, and, as we now know, stress is a very common illness, that depresses the immune system.

It is very important to use a holistic treatment for all diseases. Each organ does not function by itself without interacting with the rest of the organs. We are a complex system that needs to be viewed and treated as a whole.

One question that arises from all this is: How do I know when my immune system is not functioning properly? To find out if your immune system is up to par, you should look for the following signs of immune weakness: You catch a cold more than once a year, wounds or cuts take too long to heal, or they get infected frequently, you easily get fungal infections like Athlete's foot or candidiasis, you suffer from yeast infections, herpes, urinary tract infections or respiratory tract infections, fatigue, or lack of energy. These are

all symptoms that can give you a hint that your immune system is in trouble or not in balance.

But the question is...How do we keep our immune system in balance and ready to tackle any disease?

Vitamin A, C, B, and E deficiencies have been linked to immune system weakness, so it is recommended that these vitamins be taken as part of a high potency multi-vitamin supplement. A proper diet, rich in vegetables, and low in chemicals or preservatives is essential to maintain the immune system at full strength. The excessive use of concentrated sugars (like syrups, honey), saturated fats, hormone and chemically treated foods have a detrimental effect on the immune system. Stress and lack of exercise can impair immune functioning.

A natural immune Booster:

Echinacea is a beautiful purple flower plant that grows in the United States and Europe. Its popularity goes beyond the reach of any other herb, not because of its beauty but because of its properties. Echinacea is the herb of choice to treat any type of infectious disease. It's powerful and has no dangerous or harmful side effects. So far more than 400 studies have been done on Echinacea, each showing successful treatments of infectious diseases. Without a doubt it is one of my favorite herbs.

If you are serious at all in your desire to maintain and better your health, you must have some Echinacea in your medicine cabinet. There are literally millions of microbes, viruses, bacterium, and fungi; a simple cold can be caused by more than 200 different viruses. So, as you can imagine, our immune systems are very busy workers, and with such an immense amount of eager invaders, it is not surprising that many of these microorganisms make it through, and that's how we become ill with colds, flu, bronchitis, strep throat and many infectious diseases.

If you have read my e-book you know all the side effects caused by prescription and over the counter drugs used to treat these diseases. Nearly all these medications are toxic, and all of them are expensive.

Echinacea is a powerful, safe, and inexpensive remedy. But I believe its best attribute consists in the way it works with the immune system, bringing it to balance. It can be taken internally or applied externally on wounds and burns. It stimulates the activity of leukocytes, white blood cells that fight infection, and T lymphocytes or T cells; it increases the activity of macrophages, white cells that kill and eat harmful microorganisms, plus it has antibiotic properties and speeds up wound healing by encouraging healthy cell growth.

Echinacea has been popular for hundreds of years. It was named in the 1700's, but used by Native Americans for hundreds of years before that. Its popularity reached the European Continent and studies were done showing results that convinced even the most skeptical scientists. However, with the arrival of modern medicine to the U.S. and all its financial and political support, Echinacea and all the other herbs were regarded as old fashioned and primitive. In Europe where doctors always believed that herbs are an important part of medicine, Echinacea is still highly valued. European pharmacies carry a wide variety of herbal remedies. A rise in the popularity of Echinacea started again in the 1980's as people started to worry about the shortcomings of traditional medicine with regard to diseases like AIDS, Cancer, and many others that still have very high levels of mortality.

Today Echinacea and herbs in general are back in vogue. The use of herbal and home remedies is no longer regarded as outdated, and this means that in the future we might be able to enjoy a more affordable health system, as they do in Europe.

Dietary Reference Intakes Formerly known as R.D.A's

This is a very important subject so let's get started, shall we?

Unfortunately most people don't eat well, not even the recommended amounts, this is the main cause of deficiency. Experts believe that many of the diseases affecting the average person are the result of not taking the necessary amount of nutrients needed to maintain a good health.

The problem is the complexity of the RDA table, for example, a child between 0 and 5 years of age needs 375 mg. of vitamin A, 7.5 mg. of vitamin D, 3 mg. of vitamin E, 5 mg. of vitamin K, 30 mg. of vitamin C, etc, etc, etc. and that's only for ages 0 - 5. As you can see there is no way to tell how much Vitamin D your child is taking a day or how much Iron is in the chicken your child had for lunch. The same problem is found in the RDA tables for men and women.

That is why I recommend the use of the new pyramid created in 2005. The best way to know if you are getting the right amount of nutrients recommended in the Dietary Reference Intakes guide is to compare your diet with the new pyramid.

The New Food Guide Pyramid is a tool used to teach people to eat a balanced diet from a variety of food portions without counting calories or any other nutrient. The USDA expanded the four food groups to six and expanded the number of servings to meet the calorie needs of most persons.



Let go inside the pyramid to understand it better:



What foods are in the grain group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour
- degermed cornmeal
- White bread

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.



What foods are in the vegetable group?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

Dark green vegetables

- bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

Orange vegetables

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash

Pumpkin
Sweet potatoes

Dry beans and peas

Black beans
Black-eyed peas
Garbanzo beans (chickpeas)
Kidney beans
Lentils
Lima beans (mature)
Navy beans
Pinto beans
Soy beans
Split peas
Tofu (bean curd made from soybeans)
White beans
Starchy vegetables

Corn
Green peas
Lima beans (green)
Potatoes

Other vegetables

Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Green or red peppers
Iceberg (head) lettuce
Mushrooms
Okra
Onions
parsnips
tomatoes
tomato juice
vegetable juice

Turnips
Wax beans
Zucchini



What foods are in the fruit group?

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:

Apples
Apricots
Avocado
Bananas

Berries:

Strawberries
Blueberries
Raspberries
Cherries

Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangoes

Melons:

Cantaloupe
Honeydew
Watermelon

Mixed fruits:

Fruit cocktail

Nectarines
Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines

100% Fruit juice:

Orange
Apple
Grape
Grapefruit



What are "oils"?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are:

Canola oil
Corn oil
Cottonseed oil
Olive oil
Safflower oil
Soybean oil
Sunflower oil

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like:

Nuts
Olives
Some fish
Avocados

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no trans fats. Check the Nutrition Facts label to find margarines with 0 grams of trans fat. Amounts of trans fat will be required on labels as of 2006. Many products already provide this information.

Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no foods from plants sources contain cholesterol.

A few plant oils, however, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solid fats are:

Butter
Beef fat (tallow, suet)
Chicken fat
Pork fat (lard)
Stick margarine
Shortening



What foods are included in the milk, yogurt, and cheese (milk) group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium,

such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.

Some commonly eaten choices in the milk, yogurt, and cheese group are:

Milk*

All fluid milk:

Fat-free (skim)

Low fat (1%)

Reduced fat (2%)

Whole milk

Flavored milks:

Chocolate

Strawberry

Lactose reduced milks

Lactose free milks

Milk-based desserts*

Puddings made with milk

Ice milk

Frozen yogurt

Ice cream

Cheese*

Hard natural cheeses:

Cheddar

Mozzarella

Swiss

Parmesan

Soft cheeses

Ricotta

Cottage cheese

Processed cheeses

American

Yogurt*
All yogurts

Fat-free
Low fat
Reduced fat
Whole milk yogurt

*Selection Tips

Choose fat-free or low-fat milk, yogurt, and cheese. If you choose milk or yogurt that is not fat-free, or cheese that is not low-fat, the fat in the product counts as part of the discretionary calorie allowance.

If sweetened milk products are chosen (flavored milk, yogurt, drinkable yogurt, desserts), the added sugars also count as part of the discretionary calorie allowance.

For those who are lactose intolerant, lactose-free and lower-lactose products are available. These include hard cheeses and yogurt. Also, enzyme preparations can be added to milk to lower the lactose content. Calcium-fortified foods and beverages such as soy beverages or orange juice may provide calcium, but may not provide the other nutrients found in milk and milk products.



What foods are included in the meat, poultry, fish, dry beans, eggs, and nuts (meat & beans) group?

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

Some commonly eaten choices in the Meat and Beans group, with selection tips, are:

Meats*

Lean cuts of:

Beef
Ham
Lamb
Pork
Veal

Game meats:

Bison
Rabbit
Venison

Lean ground meats:

Beef
Pork
Lamb

Lean luncheon meats

Organ meats:

Liver
Giblets

Poultry*

Chicken
Duck
Goose
Turkey
Ground chicken and turkey

Eggs*

Chicken eggs
Duck eggs

Dry beans and peas:

Black beans
Black-eyed peas
Chickpeas (garbanzo beans)
Falafel
Kidney beans
Lentils
Lima beans (mature)
Navy beans
Pinto beans
Soy beans
Split peas
Tofu (bean curd made from soy beans)
White beans

Bean burgers:

Garden burgers
Veggie burgers

tempeh
texturized vegetable protein (TVP)

Nuts & seeds*

Almonds
Cashews
Hazelnuts (filberts)
Mixed nuts
Peanuts
Peanut butter
Pecans
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Fish*

Finfish such as:

Catfish
Cod
Flounder
Haddock
Halibut
Herring
Mackerel
Pollock
Porgy
Salmon
Sea bass
Snapper
Swordfish
Trout
Tuna

Shellfish such as:

Clams
Crab
Crayfish
Lobster
Mussels
Octopus
Oysters
Scallops
Squid (calamari)
Shrimp

Canned fish such as:

Anchovies
Clams
Tuna
Sardines

*Selection Tips

Choose lean or low-fat meat and poultry. If higher fat choices are made, such as regular ground beef (75 to 80% lean) or chicken with skin, the fat in the product counts as part of the discretionary calorie allowance.

If solid fat is added in cooking, such as frying chicken in shortening or frying eggs in butter or stick margarine, this also counts as part of the discretionary calorie allowance.

Select fish rich in omega-3 fatty acids, such as salmon, trout, and herring, more often.

Liver and other organ meats are high in cholesterol. Egg yolks are also high in cholesterol, but egg whites are cholesterol-free.

Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts label to help limit sodium intake. Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as "self-basting" or "contains up to ___% of ___", which mean that a sodium-containing solution has been added to the product.

Sunflower seeds, almonds, and hazelnuts (filberts) are the richest sources of vitamin E in this food group. To help meet vitamin E recommendations, make these your nut and seed choices more often.

Food Intake Patterns:

12 different groups organized by calories to fit your lifestyle.

The suggested amounts of food to consume from the basic food groups, subgroups, and oils are to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

Daily Amount of Food from Each Group

1. Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
2. Fruits	cup 1	cup 1	cups 1.5	cups 1.5	cups 1.5	cups 2	cups 2	cups 2	cups 2	cups 2.5	cups 2.5	cups 2.5
3. Vegetables	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
4. Grains	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
5. Meat and Beans	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
6. Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
7. Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp

8. Discretionary calorie allowance	165	171	171	132	195	267	290	362	410	426	512	648
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1 Calorie Levels are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food intake pattern at a particular calorie level.

2 Fruit Group includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

3 Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

4 Grains Group includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

5 Meat & Beans Group in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

6 Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

7 Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

8 Discretionary Calorie Allowance is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.

Children	Sedentary	Active
2-3 years	1,000	1,400
Females		
4-8 years	1,200	1,800
9-13	1,600	2,200
14-18	1,800	2,400
19-30	2,000	2,400
31-50	1,800	2,200
51+	1,600	2,200
Males		
4-8 years	1,400	2,000
9-13	1,800	2,600
14-18	2,200	3,200
19-30	2,400	3,000
31-50	2,200	3,000
51+	2,000	2,800

Calorie Range

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Since the development of the food pyramid, the dietary guidelines are periodically updated. The following is the recent Key Recommendations for the general population. Access to the complete guidelines is located on the internet at <http://www.health.gov/dietaryguidelines/>

Dietary Guidelines

For Americans - Key Recommendations for the General Population

ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit

- the intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

WEIGHT MANAGEMENT

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

PHYSICAL ACTIVITY

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
 - To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
 - For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
 - To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.
 - To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

FOOD GROUPS TO ENCOURAGE

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of

vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FATS

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.

CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

ALCOHOLIC BEVERAGES

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.
- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

FOOD SAFETY

- To avoid microbial foodborne illness:
 - Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
 - Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
 - Cook foods to a safe temperature to kill microorganisms.
 - Chill (refrigerate) perishable food promptly and defrost foods properly.
 - Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

The Immune System and its role.

Sixty five years ago medical scientists promised us that infections caused by bacteria and others would be a thing of the past due to the new discovery of patented pharmaceutical drugs. This very brave statement was made and almost automatically more than half of the herbs recommended in the U.S. Pharmacopoeia were taken off to be replaced with these chemical drugs. I wish I could tell you that the promise was kept and that now we live in an infection free world, but this is not so. We are all familiar with the enormous

amounts and resistance of bacteria. Antibiotics have not lived up to their promise; to the contrary they have become a problem in itself, by over use and side effects that cause liver, kidney, nervous and immune system damage.

Modern conventional medicine battles diseases directly by means of drugs, surgery, radiation and other therapies, but true health can be attained only by maintaining a healthy, properly functioning immune system.

It is the immune system that fights off disease-causing microorganisms and it engineers the healing process. The immune system is the key to fighting every kind of insult to the body, from that little shaving scratch to the gigantic amount of viruses the constantly try to invade our bodies. Even the aging process may be related to a deteriorated immune system.

Weakening of the immune system makes us vulnerable to every type of illness that affects humans. Some common signs of impaired immune functions include fatigue, lassitude, repeated infections, inflammation, allergic reactions, slow wound healing, chronic diarrhea and infections related to overgrowth of benign organisms already present in the body, such as oral thrush, vaginal yeast infections and other fungal infections. It is calculated that a normal adult gets an average of two colds per year. People suffering from colds more than the average are likely to have some sort of immune deficiency. Immune system malfunction can also cause dark circles around the eyes.

Explaining what the immune system is, is the hard part. The immune system is not an organ but an interaction between many organs, structures and substances with the task of recognizing or differentiating from things that belong and those that don't belong to the body, and then neutralizing or destroying the ones that are foreign.

The immune system is like no other bodily system, the patrolling and protecting tasks of the immune system are shared by white cells, bone marrow, the lymphatic vessels and organs, specialized cells found in various body tissues, and specialized substances, called serum factors, that are present in the blood, ideally all of these components work together to protect the body against diseases.

To boost and protect your immune system, I recommend a list of herbs, vitamins, supplements and special recipes that have shown remarkable results throughout the years.

Astragalus boosts the immune system and generates anticancer cells in the body. It is also a powerful antioxidant and protects the liver from toxins. This makes this plant ideal for people suffering from dark circles due to liver problems and depressed immune system. **IMPORTANT:** Do not take this herb if fever is present.

Bayberry has antibiotic effects for sore throat, coughs, colds and flu. Garlic is effective against at least 30 types of bacteria, viruses, parasites and fungi. It has anti-inflammatory and astringent properties.

Echinacea boosts the immune system and enhances lymphatic function.

Goldenseal strengthens the immune system, cleanses and detoxifies the body. It has anti bacteria properties.

In a small town called Chirchik, Russia, a flu epidemic swept the town. When many adults and children did not get sick scientists wanted to know why they were immune to the disease. It turns out that all of them used the berries from an herb called Shizandra.

Immune System Booster.

2 cups of water.

1 tsp. echinacea root.

½ tsp. chamomile leaves.

½ tsp. shizandra berries.

½ tsp. peppermint leaves.

Mix all the herbs and add boiling water, steep and strain drink one cup a day for two weeks.

Immune Tincture.

½ tsp. Echinacea root tincture.

½ tsp. pau d'arco bark tincture.

½ tsp. Siberian ginseng root tincture.

½ tsp. licorice root tincture.

½ tsp. astragalus root tincture.

½ tsp. bupleurum root tincture.

Combine all these ingredients. If you have evidence of a depressed immune system, take 3 tsp. of the formula daily for up to 5 days. Double the dose during an infection.

Include in the diet chlorella, garlic and pearl barley. These foods contain germanium, a trace element beneficial to the immune system. Also giant red kelp contains iodine, calcium, iron, carotene, protein, riboflavin and vitamin C, which are necessary for the immune system's functional integrity.

Vitamin C may be the single most important nutrient for the immune system. It is essential for the formation of adrenal hormones and the production of lymphocytes. It also has direct effect on bacteria and viruses. Vitamin C

should be taken with bioflavonoids, natural plant substances that enhance absorption and reinforce the action of this vitamin.

Final thoughts

It is imperative that we all learn the importance of good nutrition in order to keep away the early signs of aging, but the truth is that this is only the first step. Another key element to be incorporated to our life-styles if we want to live longer and look younger is to reduce the amounts of chemicals, synthetics and over the counter drugs we expose our bodies to.

Please visit my website to learn how to treat most of the common disease using natural remedies known only by experts Naturopathic Doctors.

Charles Silverman N.D.

<http://www.HomeMadeMedicine.com>