

THE VITAMIN CONNECTION

Let's Start With **A**

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When I think about papaya, mango, apricots, and peaches my mouth starts to water. These beautiful orange, red, yellow and green colours contain carotenoids, a group of plant pigments that are found in fruits and vegetables.

Carotenoids found in food are beta-carotene, lycopene, lutein, zeaxanthin, Cryptoxanthin and Astaxanthin. Beta Carotene with its

distinctive orange pigment is one of the best known, and it is included in most dietary supplements.

Common carotenoids are found in sweet potatoes, swiss chard, carrots, bell peppers, chilli peppers, watercress, broccoli, asparagus, apricots, spinach, beet greens, dandelions, dulse, garlic, and kale. Our body can convert the carotenoid family into Vitamin A.



FORMS OF VITAMIN A

Retinol is known as preformed Vitamin A and is usually found in animal sources such as fish liver oils, liver, eggs, Alaskan salmon and trout.

Vitamin A from the carotenoid family is referred to as "Provitamin A".

DEFICIENCY OF VITAMIN A

Vitamin A deficiency can affect the whole immune system. It causes night blindness, dry hair and skin, fatigue, pneumonia, respiratory infections, acne, insomnia, and a goose bump-like appearance of the skin.



BENEFITS OF VITAMIN A

Vitamin A

- Has antioxidant properties that neutralize free radicals in the body.
- Helps protect cells against cancer.
- Is necessary for cell growth and development
- Protects the eyes and promotes healthy eyesight
- Prevents blindness
- Prevents skin disorders such as acne
- Builds resistance to infection
- Helps heal the mucous membranes (urinary tract, intestinal tract and respiratory tract)
- Is vital to the growth of bones and teeth
- Lowers cholesterol
- Guards against heart disease and stroke
- Eliminates wrinkles and fades age spots
- Has an anti-viral activity

VITAMIN A TOXICITY

Higher amounts of vitamin A cause toxicity in the body (100,000 IU a day), such as Gastrointestinal problems, elevated liver enzymes, hair loss, nausea, and abdominal pain.

There is no overdose reported with use of beta-carotene. Beta-carotene is safe even in larger amounts because your body converts beta-carotene into vitamin A as needed. Your liver is responsible for converting beta carotene into vitamin A.

Eat your veggies every day, especially yellow and orange fruits and dark green vegetables to get the adequate amount of vitamin A in your body. Try to eat them raw because Vitamin A is lost during cooking and storing. If you have digestion problems then juicing, steaming or baking is the way to go.

Eating a balanced diet is the key. Those who eat eggs and meat have no problems getting adequate amount of vitamin A. Vegetarians are suggested to supplement with Provitamin A.

I love to juice my fruits and vegetables. Fresh juices are easy to absorb and digest and they contain phytochemicals, carotenoids, protein, carbohydrates, chlorophyll, and minerals.

Following are my recipes that you can use to boost Vitamin A storage in your body.

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VEGETABLE CASSEROLE WITH BABY SPINACH, RED PEPPERS AND BROCCOLI

INGREDIENTS:

- ½ cup onion, chopped
- 1 tbsp coconut oil
- 2 cups baby spinach, chopped
- 1 red pepper, medium size, cubed
- 1 broccoli florets, medium size
- Bragg amino acids (according to taste)

PREPARATION:

1. In a medium skillet heat coconut oil
2. Add onion and cook for 10 minutes until soft
3. Stir in broccoli and red peppers, and sauté until crunchy tender
4. Add baby spinach and stir
5. Sprinkle with Bragg amino acids



HOMEMADE JUICE MADE OF CARROTS, DANDELION, BEETS, APPLE, PAPAYA, MANGO, CELERY AND GINGER

INGREDIENTS:

1. 2 beets, washed and peeled
2. ½ inch ginger root
3. 2 apples, peeled and cut into pieces
4. ¼ of papaya, fresh, peeled and seeded
5. 1 mango, peeled
6. 5 dandelion leaves
7. 3 carrots
8. 2 celery ribs

PREPARATION:

1. Mix beets, ginger root, apples, papaya, mango celery, dandelion and carrots in a juicer
2. Pour into a glass



POACHED WILD SALMON WITH ROSEMARY AND ONIONS

INGREDIENTS:

- 1 salmon filet, Wild Sockeye or Alaskan Salmon (about 10 ozs.)

PREPARATION:

1. Place salmon in a flat pot
2. Cover with cold water, onions, and rosemary
3. Bring to a boil over high heat.
4. Remove from heat immediately and let stand for 10 minutes
5. Remove the salmon from water; drain and refrigerate before serving
6. Season with Celtic sea salt

REFERENCES

Balch, A., Phyllis, and James, F., Balch: Prescription for Nutritional Healing, Avery, Penguin Putnam Inc., 2000.