



VITAMIN E

THE BODY ESSENTIAL

BY SIMONA STEPANCIC

Vitamin E is an essential fat-soluble vitamin. It is universally accepted as a medicine to prevent heart disease, increase sexual powers, reverse wrinkles and slow the process of aging.

One of the most important functions of vitamin E is its antioxidant properties. As an antioxidant, vitamin E prevents cell damage by inhibiting the oxidation of lipids. It also aids in the stability of the membranes which surround the cell as well as the structures inside the cell.

Vitamin E is a family of eight antioxidants that fall into two major groups: four tocopherols (alpha, beta, gamma and delta) and four tocotrienols (also alpha, beta, gamma, and delta). Each member of the vitamin E family has its own unique benefits. The most potent of all eight molecules is the d-alpha-tocopherol; it is recommended by experts as it has the highest bioavailability with the body.

BENEFITS OF VITAMIN E:

- protects the cell from oxidation
- neutralizes unstable free radicals
- protects fat-soluble vitamins from destruction by oxygen
- aids in utilization of vitamin a
- prevents degenerative diseases such as stroke, diabetes, senility, arthritis, cancer and heart disease
- prevents blood clots from forming
- promotes fertility
- reduces hot flashes in menopause
- increases endurance and stamina
- Vitamin E in topical form is great for healing of the scars, eczema and other skin problems.

WHERE TO FIND VITAMIN E:

- avocados
- cold pressed extra virgin olive, safflower and sunflower oil
- dark green leafy vegetables
- legumes
- almonds
- carrots
- celery
- asparagus
- whole grains
- brown rice
- kelp
- sweet potatoes
- seeds
- apples
- wheat germ
- watercress
- spinach

A DEFICIENCY OF VITAMIN E CAUSES:

- destruction of nerves
- infertility (in both men and women)
- menstrual problems
- miscarriage
- premature aging
- acne
- anemia
- fatigue
- cancer
- varicose veins
- wounds healing slowly
- shortened red blood cell lifespan.

WHEN IS AN INCREASE IN VITAMIN E REQUIRED?

- Diet high in refined carbohydrates, fried foods and saturated fat
- Taking birth control pills
- Women on hormone replacement therapy
- Suffering from premenstrual cramps
- Menopausal hot flashes
- Suffer from poor circulation
- Exposure to pollution

Prescription for Nutritional Healing, Avery published by the Penguin Group 2006, Phyllis A. Balch

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RECIPES

PARSLEY PATÉ

Deliciously tasty, easy to prepare. I can eat it every day.

- ¾ cup raw almonds, soaked over night & peeled
 - 1 garlic clove
 - 1 cups parsley
 - ¼ to ½ cup extra virgin olive oil to desired consistency
 - ½ cup basil, fresh
 - Bragg amino acids or Celtic sea salt to taste
 - 4 scallions, chopped
- Using blender, mix all ingredients together to smooth consistency.

WATERCRESS PATÉ

Serve this pate with fresh spinach. I like the sweetness of the spinach and spiciness of the watercress.

- ¾ almonds, soaked & peeled
 - 2 cups watercress
 - ½ lemon, freshly squeezed
 - 1 garlic clove
 - Bragg aminos to taste
- Using blender, mix all ingredients together to smooth consistency.



SPINACH TOSSED WITH PINE NUTS AND DRIED CRANBERRIES

Very light and fluffy salad

- 1 bunch of baby spinach
 - ¼ cup pine nuts
 - ¼ cup dried cranberries, unsulfured, organic
 - 2 garlic cloves, minced
 - ½ lemon, freshly squeezed
 - 1 tbsp. olive oil
 - Salt to taste
- In salad bowl, combine spinach, cranberries, pine nuts and garlic. Season with olive oil, lemon and salt

I love patés; they are fresh alive food, and deliciously tasty. You can have them on bread, in salads, as a sauce on pasta dishes, and are great as a dip with a variety of fresh vegetables.

