

FOODS THAT

HEAL

TIMELESS

BY SIMONE STEPANCIC

Foods that we eat daily shape our body, emotions, mind and spirit. What we eat and how we eat also reflects a state of harmony within ourselves, the environment and the planet. Food heals, prevents, and in some cases fights disease. Certain food can make us beautiful, while some causes inflammation in the body. Knowing this, it is easier to become conscious about our food choices.

Eating organic, fresh living plant food such as fruits and vegetables, nuts and seeds, sea vegetables, sprouts, and high quality oils is essential to get the glow, and experience vibrancy and aliveness. These foods contain minerals, vitamins and plant pigments which are disease preventive phytonutrients and anti-aging antioxidants.

Phytonutrients are naturally occurring substances that plants create for their own protection. They give plants their colour, taste and flavour, strengthen digestion, detoxify our body, preserve our beauty, but most of all they are anti-inflammatory and have the greatest preventive effects against free radicals and inflammation. The goal is to eat as many anti-aging antioxidants and anti-inflammatory foods as possible to boost the immunity and obtain lustrous hair, vibrant glowing skin, and strong healthy nails.

HEALING AND BEAUTIFYING FOODS

ARUGULA

Arugula, also known as roquette or rocket, is a pungent and highly alkaline cruciferous vegetable. It neutralizes acid waste products from the blood and lymphatic system and has antiviral and antibiotic properties. Arugula contains dithiolethiones which is an anticancer and antioxidant compound recommended by American Cancer Society. Arugula also contains beta carotene, vitamin A, calcium, iron and sulphur. Sulphur is the mineral that will detoxify the liver, create mineralized hair, nails and glowing skin. Arugula's strong and spicy peppery/mustardy flavour gives a little punch when mixed with milder greens and salads. I use arugula regularly in my freshly made pates and salads.

WATERCRESS

Watercress is a cruciferous vegetable in the mustard family. It has a bitter sweet taste and is rich in chlorophyll, vitamin C and E, beta-carotene, and vitamin A.

Watercress also contains iron, manganese, iodine and sulfur. Watercress is highly alkaline and also neutralizes acid in the blood and body. It stimulates bile, detoxifies the liver, and has been used in treatments for eczema, dermatitis, hair loss, and gout. Watercress has a tangy taste and smell. It can be used in salads, dips, pates, and soups and added to vegetable juices.

KALE

Kale is rich in iron, beta-carotene, vitamin C, chlorophyll, calcium, potassium and sulfur. Kale has anti-viral and antibiotic properties and has been used to treat constipation and arthritis. Kale has a sweet and slightly bitter flavour; it can be used in salads, vegetable juices, soups, and can be steamed or stir-fried.

CUCUMBERS

Cucumbers are a very refreshing vegetable especially during the hot summer months. Cucumbers are high in water, fiber, and minerals such as silica, potassium, magnesium and phosphorus. In addition, cucumbers contain vitamin E, vitamin C, folic acid, beta-carotene and an enzyme erepsin which helps digest protein and kill tapeworms. Cucumbers are both a diuretic and laxative, and are the best kidney cleanser. They are alkaline and can reduce uric acid in the body. Cucumbers are low in calories, and go very well with avocados and nuts of all types. They can be also used in salads and juicing.

RED RADISHES

Red radishes are high in B, E C, iron, potassium, silicon and sulfur. They contain an enzyme diastase which aids in the digestion of starches. Radishes are considered diuretic and are the most beautifying food. They are especially beneficial for skin, hair, nails, teeth and gums.

Radishes clean the liver, increase bile flow and prevent constipation. I add red radishes to my salads and wraps; I eat them with my home-made dips or just on their own with a little bit of sea salt. Red radishes add sweetness, punginess and colour to your dish.

ONION

Onions contain two powerful antioxidants, sulfur and quercetin. Sulfur is a beautifier; it cleanses the liver and skin, and helps build the connective tissue in the body. Quercetin has anti-bacterial and anti-fungal properties and helps neutralize the free radicals in the body. It also reduces the risk of certain cancers.

Onions go very well with avocados, nuts and seeds. I used them extensively in my homemade nut and seed pates.

SPIRULINA

Spirulina is a blue-green algae found in warm alkaline and saline lakes and ponds in Central and South America and Africa. A green superfood rich in chlorophyll, it contains complete protein, minerals, carotenoids, all B-complex including high amount of B12, and essential fatty acids. Spirulina can boost your immune system and increase energy. It is an excellent detoxifier and blood cleanser. Spirulina is available in powder, tablets, liquid and capsules. You can add spirulina to protein powder smoothies, soups, salads or stir a teaspoon into a glass of water.

COCONUT AND COCONUT OIL

Coconut is a good source of protein, B-complex, Beta carotene and minerals, especially iodine which is important for thyroid function. Coconut contains saturated fats called medium chain fatty acids or medium chain triglycerides (MCT) and is used as an immediate source of fuel and energy. It digests better and it is not stored in the body as fat reserves. Coconut butter has anti-bacterial, antimicrobial and anti-viral properties; it contains Lauric acid, Caprylic acid and Myristic acid.

Those who suffer from candida, yeast infections or allergies to mold can benefit from coconut oil. I use coconut oil and young coconuts with the soft "meat" in my smoothies, creams, pies, cakes and ice-creams. Coconut water is also a great source of electrolytes, and is a good dehydration drink very similar in composition to human plasma.

HEMP (seeds, oil and protein)

Eating hemp seeds gives the body all the essential amino acids of Omega-3 and Omega-6. The ratio of Omega 6 to Omega 3 EFA's in hemp oil is thought to be the best in nature for promoting cellular health. Hemp foods reduce inflammation and benefit

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with arthritis, cardiovascular disease, psoriasis and diabetes. You can use hemp seeds or oil on salads, cereals and in shakes and smoothies. Find organic hempseed seeds and oil...Store it in a fridge after opening. Do not heat the oil!

Hemp protein contains all 20 amino acids, including the eight essential amino acids. It also contains essential fatty acids omega 3 and omega 6, and is an excellent source of dietary fiber, vitamins, minerals and antioxidants. Hemp protein provides the body with energy, reduces food cravings, and improves the immune system. Hemp protein is made by grinding the seeds of the plant *Cannabis sativa* L. Unlike marijuana, hemp is free of THC (tetrahydrocannabinol), an active ingredient in marijuana. It is grown in Canada, China, Russia, France, England, Hungary and Holland.

OLIVES AND OLIVE OIL

Olives and olive oil are beautifying foods, high in vitamin E that erases fine lines and wrinkles. Olives are rich in protein and polyphenols, which are water soluble antioxidants with anti-fungal and anti-bacterial properties. Olive oil soothes the stomach and helps a congested lymphatic system and lungs. Olive oil greatly enhances salads and pates and also makes great snack foods.

PAPAYAS

Papaya is a tropical fruit from Central America. It contains a high concentration of vitamin C, folic acid, potassium, calcium, vitamin A and the enzyme papain. Papaya is a great detoxifier; it cleanses the digestive tract and alleviates flatulence. It also enhances skin complexion, gives shiny hair and strengthens nails. Papaya grows in clusters near the tops of the tree. There are different varieties with different shapes, sizes, and colours such as yellow, orange and red. Choose at least half yellow papaya. Cut papaya in half lengthwise and scoop out the seeds. Seeds are edible, very spicy, and look like black peppercorn seeds. I use them in salad dressings to add spice, or I save them for garnishing.

TURMERIC

Turmeric is an Indian curry spice. It was used for thousands of years in ayurvedic medicine to treat inflammation and gastrointestinal problems. Turmeric is a potent antioxidant, anti-cancer and anti-microbial agent. It contains iron and manganese and is also a good source of fibre, potassium and vitamin B6.

Curcumin flavonoid in Turmeric is an antioxidant and is responsible for prevention and treatment of cancer. It enhances the liver's ability to eliminate dangerous carcinogens and purifies the blood which helps clear the skin of pimples, acne and other impurities. Turmeric is also a skin beautifier; it makes skin smooth, improves complexion and gives skin colour and texture. Turmeric has a peppery and bitter flavour. You can use turmeric in salads, salad dressings, smoothies, juicing and lentil recipes.

GINGER

Ginger is a potent cancer fighter and beneficial for treatment of arthritis and colds. It aids digestion, improves circulation and is anti-inflammatory. Look for fresh ginger that is firm, not wrinkled. You will find it in grocery stores, organic markets, as well as in pill form in health food stores. Fresh ginger can be used in cooking to make tea or adding it to fruit or vegetable juices.

These healing and beautifying foods are only a few among a long list that will maintain the health of your body, not only nutritionally but therapeutically. Try to incorporate at least a few into your daily menu. Your body will thank you.



RECIPES

ARUGULA AND PEAR SALAD

2 bunches arugula
1/4 pecans, chopped
1 medium size pear
2 tablespoon walnut oil

- Combine arugula, pecans and pear.
- Drizzle with walnut oil and apple cider vinegar.

RED LENTIL GINGER CASSEROLE

1 tsp coconut oil or extra-virgin olive oil
2 onions, medium size, chopped
4 cloves garlic, minced
1 inch fresh ginger root, unpeeled
2 slices lemon
2 cups red lentil
4 cups water or more
1/2 to 1 tsp. Turmeric powder

- Heat coconut oil or extra-virgin olive oil in a large, non-stick pot over medium-high heat.
- Add ginger, lemon and garlic, cover and sweat over low heat for 5 minutes.
- Add red lentil, water and Celtic salt.
- Cook for about 30 minutes.
- Sprinkle with turmeric powder and cook for additional 15 minutes.
- Watch for thick consistency!

KALE SALAD WITH AVOCADO AND DULSE

1 bunch of kale
1/2 avocado
1 tbsp dulse
2 tbsp extra virgin olive oil
1/2 lemon, freshly squeezed
Bragg aminos to taste
2 garlic cloves, minced

- Wash kale leaves.
- Discard kale stems and use leaves only.
- Roll up leaves lengthwise three at the time.
- Slice thinly with a utility knife.
- Place sliced kale leaves into a glass bowl and sprinkle with olive oil.
- Soften kale leaves by gently mixing them with your fingers.
- Add freshly squeezed lemon, minced garlic, Bragg amino acids, avocado and dulse.