



## HOTSHEET

*HotSheet is a gathering of the hottest news in the alternative health industry.*

## Using yogurt to fight hay fever

According to a recent study done at the University of California at Davis, subjects who consumed at least one cup of yogurt a day had a thirty percent reduction in allergies. **Yogurts contain Lactobacillus acidophilus which boosts your body's production of an immune substance called gamma-interferon.** It fights viruses and reduces severe allergic reactions. Another study in the Archives of Family Medicine also found that yogurt can be helpful for yeast infections as well. Women who ate at least 5 ounces a day reduced their risk by fifty percent. Check the yogurt label to ensure that it contains live cultures.



## Herbs found to be alternate sources of melatonin

A recent study in Canada to test levels of melatonin in herbs discovered that Huang-qui (7.11 mg/g) and St. John's wort (4.39 mg/g) had the highest concentrations of melatonin. The levels of melatonin found in the plant tissue may help explain why these herbs are being used to **treat insomnia, depression, migraines and other nervous system conditions.** However, at this point in time, it would require pounds of each to provide equal relief that one could get by taking 3 mg of melatonin, but future studies may provide a way for medicinal plants may be used as supplements for jet lag, insomnia and migraines.



## Tea tree oil for acne and fungi

Recent studies show that because of this essential oil's antibacterial, antifungal, and antiprotozoal properties, **it can be used topically to fight**

*(Continued on page 59)*



**LOUISE TENNEY, M.H.**

*Louise Tenney, M.H., has written numerous titles dealing with the natural health and nutrition world. Some of her most popular works include Today's Herbal Health and Today's Herbal Health for Women.*

## Sensible advice on sunburn and styes

**Q:** No matter how much I try, my children always seem to get at least one bad sunburn during the summer. Is there anything I can do to minimize the skin damage caused by sunburn? – *Emily in Mobile, Alabama*

**A:** Sunburn, as you probably know is caused by excessive exposure to ultraviolet rays from the sun. Although most sunburns are first degree burns, anything that causes extreme reddening, swelling and blisters is a second degree burn, and is therefore very

serious. It means that the damage has gone deeper than the surface skin layers and has caused more cell damage to more skin layers.

Prevention, of course, is the best course of action, but one of the most difficult things about sunburns is that they can take as long as twenty-four hours to show up on the skin. Water-proof sunscreen is best, or something that absorbs into the skin rather than leaving a greasy film. Many sports sunscreens can offer this protection, and choose those with SPFs of 30 or higher. Also, wear a hat, sunglasses and loose but protective clothing. And don't forget to protect your ears and lips.

If you do happen to get a burn, various supplements can help soothe discomfort and prevent serious skin damage. Ingesting 500 mg of L-cysteine, 10,000 mg of vitamin C with bioflavonoids, and 100 mg of vitamin B complex daily will help heal the burn and prevent skin damage, as will supplements of zinc and essential fatty acids like primrose oil. Ninety-nine mg of potassium should also be ingested daily to replace what was lost as a result of the

sunburn. Topical treatments include the well-known aloe vera treatment which should be applied every hour to relieve discomfort and speed healing. Make sure you choose one with no mineral oils or alcohol. In addition, topical application of colloidal silver prevents infection, and vitamin E oil aids healing and prevents scarring.

To ease pain and speed healing, make an herbal bath by adding six cups of chamomile tea to lukewarm bath water and soak. Also make sure to drink plenty of water and eat foods high in protein supplemented with raw fruits and vegetables. **TH**

**Q:** Recently, I've been getting a blister-like pimple on my eyelids. Is there anything to prevent them or at least get rid of them faster? – *Kathy in Lander, Wyoming.*

**A:** Well Kathy, it sounds as if styes are your problem. A stye is simply a bacterial infection within an oil gland on the edge of the eyelid (near the eye lashes) on either the upper or lower lid. The tissue in the eye becomes inflamed, making the stye look like a pimple. The natural process is for the stye to come to a head and drain, but there are things you can do to speed up and prevent styes.

If you see that a stye is beginning, use raspberry leaf tea as an eyewash to help alleviate pain. Also apply a hot compress to the infected area four to six times daily. This will not only relieve discomfort, but also will speed up drainage of the stye. Do not attempt to squeeze the stye because this can spread the infection.

As far as prevention, supplement your diet with vitamin A. Recurring styes are often the signs of a deficiency of this vitamin. Obviously, if you have real problems getting a stye to heal, see a health-care professional. **TH**

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**Editorial Director:** Cord Udall

Published monthly and printed in the United States of America.



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# YourHealth

Protecting the Health of Your Family

## NERVES OF STEEL

### Alpha lipoic acid may slow diabetic nerve damage

A nutritional supplement holds promise as a treatment and preventative for nerve damage complications faced by people with advanced diabetes.

Speaking at the annual conference of the American Diabetes Association (ADA), Lester Packer, professor of molecular and cell biology at the University of California at Berkeley, said the supplement, alpha-lipoic acid, can prevent or slow nerve damage experienced by up to 70 percent of diabetics.

"I recommend it to everyone. This is a treatment that can't do any damage and there is even evidence that it can slow down the aging process," said Packer, himself a youthful 70-year-old.

Alpha-lipoic acid is an antioxidant that fights the injuries inflicted by free radicals, unstable molecules that are byproducts of cell activity. What is unique about alpha-lipoic acid is that it is both fat and water soluble, which enhances its ability to trap free radicals. Unlike other antioxidants that "quench" free radicals and then turn into them themselves, alpha lipoic acid is capable of regenerating itself back to its antioxidant form, said Packer, who is the author of the new book *The Antioxidant Miracle*.

In a study presented at the ADA conference, Packer described the results of giving three doses of alpha-lipoic acid to rats. At the end of a two-week period alpha lipoic-acid levels were measured in the rats' nerve cells. The results showed that the higher the dose, the higher the amount retained in the nerves.

Research in Germany, where alpha-lipoic acid has been used

to treat diabetic nerve damage for more than 25 years, indicates even more promising results.

A 1997 report in the journal *Diabetes*, by Dan Ziegler and F. Arnold Gries at Heinrich Heine University in Dusseldorf, found that diabetics taking 600 milligrams of alpha-lipoic acid daily experienced a reduction in nerve-damage related pain and numbness. Other work by German researchers has shown that alpha-lipoic acid enhances the action of insulin and anti-diabetic drugs.

Nerve damage is a serious complication of diabetes implicated in many of the 200,000 annual fatalities associated with the disease. It is believed to be the consequence of elevated blood-glucose lev-

els. Nerve damage can affect the heart, eyes, kidneys, sexual organs, legs and feet.

Statistics from the Alexandria, Va.-based ADA show that nerve damage is responsible for increasing diabetics' risk of leg amputations by up to 40 times greater than the general population.

Alpha-lipoic acid is found in minute quantities in foods like potatoes, spinach and red meat. To get the benefit of 30 milligrams of alpha-lipoic acid one would need to consume 10 tons of beef liver. Packer recommends that healthy people take a daily supplement of 60 milligrams. The recommended daily dose in Germany for diabetics suffering from nerve damage is 600 mg. **TH**

### Stomach Help: Tips for the Traveler

If you are planning a trip to Asia, Africa, Latin America or any country with a high risk of food or water with toxic possibilities for your digestive system, consider adding these supplements to your case of toiletries:

**Lactobacillus:** preferably one stable at room temperature that you take twice daily—in the morning and before bed. Look for a quality control label that lists the number of live organisms per dose.

**Lactoferrin or Cholestrum supplements:** They are iron-binding proteins known for the protective effects they have on infants against diarrhea-causing bacteria and are made from cow's milk. They can offer extra protective support if 200 to 400 mg are taken before bedtime.

**Oregon Grape or Goldenseal root powder:** Berberine, the active anti-microbial element in these supplements can prevent trouble before it starts. Recommended dosage in 500 mg.

**Artemisia annua:** This supplement is also called sweet wormwood or Sweet Annie and it is recommended that one takes 100 mg of this in combination with 200 mg of the Oregon grape or goldenseal. Avoid this herb, however, if pregnant.

**Grapefruit or Citrus Seed extract:** This extract comes in both pill and liquid form. Take either 100 mg or five to fifteen drops in a glass of water for stomach protection. This is not, however, suitable for people sensitive to citrus.

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**acne and various fungi.** A group of subjects with mild to moderate acne found that even though tea tree oil can take longer to fight acne initially, it can work better and has less side effects than traditional methods. It is recommended that those people who decide to use tea tree oil to fight acne start at 5 percent. It has also been studied and found beneficial for fighting vaginitis and chronic toenail onychomycosis.



### Honey's healing power demonstrated

Recent studies at the University of Florida have found that not only is honey a great-tasting addition to many foods, it also has many properties that can improve our overall health. For instance, studies have shown that honey contributes to the overall intake of many recommended nutrients by a person.

**For instance, honey contains a large complement of essential minerals and vitamins,** including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorus, potassium, and zinc.

Although many of these elements are present in small amounts, their ability to supplement the healthy diet beyond any other common sweetener makes it important for healthy eaters. Studies are currently under way to examine honey for antioxidant properties as well, and the current results are encouraging. It has also been known for its effectiveness in helping to heal minor scrapes and burns.



### Ginkgo effective for altitude sickness

**A recent study using ginkgo on mountain climbers found that ginkgo supplements helped prevent acute altitude sickness and cold-related vascular problems.** All the climbers in the study were

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healthy and each had experienced altitude sickness on previous climbs. None of the climbers who took two tablets (160 mg) of ginkgo extract a day for eight days experienced acute altitude sickness and only 14% of the ginkgo group experienced any level of altitude sickness at all compared to 82% in the placebo group. In all respects, those climbers who took the ginkgo extract benefitted more than those who took the placebo.



### Cloves, other spices effective against *E. coli*

Spices have been used for centuries to kill disease-causing bacteria. In fact, after extensive studies at Cornell, they discovered that spicing varies according to climate in the thirty-six countries studied. As the temperature level went up, so did the percentage of recipes with spices, the amounts and number of spices used, and the antibiotic potency of the spice.

After the deaths of four children in 1993 from contaminated hamburger, biologists at Kansas State University studied the effects of twenty-three different spices on beef and salami containing *E. coli*. **Ninety-nine percent of the bacteria on beef was killed with a mixture of 7.5 % clove to 92.5% ground beef** and a less noticeable level of 2.5 % clove rid the meat of 90% of its bacteria. Garlic worked well to kill the bacteria on salami, but the palatable dose of garlic only killed 50% of the bacteria. The other spices that helped fight *E. coli* were cinnamon, oregano, and sage.



### Beans may reduce risk of birth defects

Recent research on the effects of foliate on expecting mothers shows that **eating more beans in early pregnancy plays an important role in**

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## ResearchNews

The Big Breaks in Health Research

## FRESHFROZEN

## Fresh or frozen veggies—which is best?

Although more people are trying to get their three to five servings of vegetables daily which type of vegetable is better for you: frozen or fresh? Depending on the type of vegetable (or fruit) and how it is stored, vitamin C levels can be very different. One journal compared the content in three categories: garden fresh, supermarket fresh and frozen.

Overall, as long as a vegetable or fruit is stored cold enough, it retains much of its nutritional content; frozen veggies may be better when vegetables in the other two groups have been exposed to ambient air and start losing their nutritional value.

### STATE OF FRESHNESS

#### Vitamin C Content

VEGETABLE	GARDEN FRESH	MARKET FRESH	FROZEN
peas	30.9	28.8	19.6
broccoli	77.1	77.8	66.1
green beans	15.1	7.6	15.1
spinach	31.6	14.3	24.5
carrots	4.4	4.5	4.6

## HerbSpotlight

A Brief Look at a Superstar of the Botanical World

## LUCKYLICORICE

## Licorice displays multitalented palette

### SCIENTIFIC NAMES:

*Glycyrrhiza glabra*

### COMMON NAMES:

Licorice

### COMMON USES:

Infections, inflammation, menstrual disorders, ulcers, canker sores, herpes, eczema, and psoriasis

Licorice is an herb with antiallergic, antiviral, antibacterial, and expectorant properties among others. Licorice root is one of the most used and investigated herbal medicines. Its medicinal use dates back several thousand years, and it has historically been used as a mild laxative, and for the treatment of ulcers, asthma, insomnia, infections, and abdominal pain.

There are three main clinical uses of licorice: oral preparations containing glycyrrhetic acid, deglycyrrhizinized licorice or DGL, and topical preparations with glycyrrhetic acid. The first preparation is used predominantly in viral infections,

inflammation, and menstrual disorders like PMS. The second fights ulcerative conditions, and the last, topical applications, can be used for herpes and similar problems.

Licorice stimulates interferon, the body's natural antiviral compound, into increased activity. Glycyrrhizin, a property of licorice also inhibits the growth of certain DNA and RNA viruses like herpes complex. And besides fighting the common cold by stimulating the immune system, licorice has been studied extensively for its effects on the immune reactions in AIDS patients. Patients given glycyrrhizin showed almost immediate improvement in immune function—increased helper T cell counts, improved helper-to-suppressor T cell ratios and better function in the liver.

The estrogenic activity of licorice is also impressive. The effects licorice has on estrogen metabolism are two-fold. If estrogen levels in the body are

above normal, licorice will prevent production to help normalize levels; however, if estrogen levels fall below the norm, licorice will also stimulate increased estrogen production to bring the levels back into equilibrium. This is due to the isoflavone content in licorice.

There have also been numerous studies and a great deal of research done on the beneficial effects of licorice on inflammation and ulcer conditions, as well as the positive results as a topical preparation for herpes and similar problems. Licorice reduces swelling, encourages healing and speeds up the time it takes for healing to occur.

Taking one to two grams of the powdered root three times a day is a safe dose. However, licorice may cause sodium and water retention or hypertension. If you are prone to high blood pressure, or have a history of hypertension or renal failure get the advice of a health care professional before beginning licorice supplementation. **TH**

# FoodStuff

*Eat Healthy, Live Better*

## EATING ESSENTIALS

### Exotic flair give recipes new “spice”

#### TUSCAN SOUP

2 tsp olive oil  
1/2 cup chopped onion  
24 oz chicken broth  
14.5 oz Italian-style stewed tomatoes  
16 oz potato & onion filled pierogies  
15 oz kidney beans, rinsed & drained  
1 lb escarole or fresh spinach, coarsely chopped (about 8 cups)  
1 tsp Italian seasoning  
grated Parmesan cheese  
crushed red pepper

In a large saucepan heat olive oil. Add onion and cook about three minutes or until tender. Add broth and tomatoes; bring to a boil. Add pierogies and return to a boil. Cook for minutes and then add beans, escarole or spinach and Italian seasoning; return to a boil. Reduce heat and simmer, covered, until escarole or spinach is barely tender, about 1 minute. Serve with cheese and crushed red pepper.

#### HOT INDONESIAN RICE

2 onions, finely chopped  
1/4 tsp coriander  
1/4 tsp turmeric  
3 bananas, as unripe as possible  
1/4 tsp (1 1/4 ml) cubeb  
1/4 tsp cardamom  
3 cups cooked rice, cold  
4 eggs

Brown the onions and add the spices—you need to experiment to adjust the quantities to suit your own taste; you could start with 1/4 tsp of each and adjust accordingly. Add the rice to the onions and spices. Slice the banana lengthwise and fry. Cook the eggs quite dry—omelet style—and then slice. Serve rice on a plate with bananas and sliced egg around it.

#### SWEET PEPPER CHUTNEY

6 1/2 lb (3 kg) large ripe tomatoes  
3 garlic cloves, crushed  
3 green sweet peppers  
1 tsp ground black pepper  
grated rind and juice of 2 lemons  
1 tsp ground ginger  
2 oz (50 g) salt  
vinegar  
1 lb (500 g) onions  
3 red sweet peppers  
1 tsp (5 ml) ground mace  
1 tsp paprika  
grated rind/juice of 1 orange  
pinch of cayenne pepper  
2 cups (450 mg) white wine  
1 cup (250 g) brown sugar

Seed tomatoes after scalding and peeling them—you only want the flesh. Chop the onions and garlic and add to the tomato flesh in a sauce pan. Prepare peppers by removing the seeds and membranes. Slice and add to the pan. Add all the other ingredients and heat gently until all the sugar has dissolved. Stir. Bring to a boil and simmer for two hours, stirring occasionally. When the chutney is thick and rich, you can store it in glass jars. Store in a cool place for two months before using.

## CANCERBUSTER

### Broccoli sprouts: Cancer prevention in a salad?

Although until recently much of what we knew about broccoli sprouts was based on animal and cell research, new studies on the effects of broccoli sprouts on humans is now under way at Johns Hopkins Medical School and Hospital in Baltimore. The reason broccoli sprouts generate so much interest as a medicinal food is because they contain the highest concentration of a powerful antioxidant called sulforaphane. It is naturally occurring and may help boost the body's anticancer enzymes.

Why are broccoli sprouts better than broccoli itself? Research shows that the sprouts contain fifty times the dosage of sulforaphane as that found in mature broccoli. One ounce of broccoli sprouts is the equivalent of twenty ounces of mature broccoli for its cancer-fighting power. A few sprouts on a sandwich is not enough; however, an ounce of sprouts is the equivalent of a week's worth of broccoli.

Research currently under way at Johns Hopkins is examining how sprouts are processed and tolerated in a human system. Their goal is to find the level of sulforaphane necessary to trigger the level of enzyme activity necessary to detoxify harmful chemicals from the system. By using short-term markers of cancer, like cell proliferation or estrogen levels, and monitoring the effect of broccoli sprouts on those markers, researchers can get a sense of how the sprouts are affecting the body and what kind of protection they offer.

Adding broccoli sprouts to your meals works as a preventative agent, for those who do not have cancer yet better than it does once the cancer is discovered. The sprouts should also not be the only healthy thing about your diet, but rather should be accompanied with other fruits and vegetables and with more fiber than fat. **TH**

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**cell development and may reduce the risk of crippling and/or fatal birth defects by 50%.** Beans are the best vegetable source of foliate, an B vitamin, and it is recommended that all women of childbearing age take about 400 micrograms daily as opposed to the American average of 200 mcg. One to one and a half cup cooked beans are enough to satisfy the recommended intake. They can be added to pasta dishes, salads, Mexican food, and soups as well as other dishes.



### Grapeseed extract may prevent atherosclerosis

Recent research done at the Noda Institute for Scientific Research reports that **adding small amounts of grape-seed extract to our diets may protect against aortic heart disease.** Studies were done by adding the extract to rabbits diets, and although the rabbits receiving grapeseed extract showed little change in serum cholesterol levels, they did have considerably lower cholesterol in the aortic wall and fewer oxidized smooth muscle cells. Both symptoms are present in the aorta prone to atherosclerosis. This is reduction is caused by the presence of proanthocyanidin, a class of polyphenols. The studied concluded that by consuming foods rich in proanthocyanidin, like red wine and health food with grape-seed extract, it could reduce the risk of atherosclerosis and coronary heart disease.



### NADH shown to fight chronic fatigue

Although no one what exactly what causes chronic fatigue syndrome (CFS), a 1999 study published in *Annals of Allergy, Asthma and Immunology* suggests **a dietary supplement called NADH may help alleviate some of its symp-**

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**toms.** NADH is a coenzyme that helps energy production in the body by replenishing ATP stores, the energy powerhouse of the cell. Research suggests that using **NADH might help reduce some of both the physical and mental fatigue associated with CFS.** They studied four symptoms of chronic fatigue: difficulty thinking, sleep disturbances, headaches and sore throats, by charting the extent of the symptoms before, during and after treatment.

Eight of the ten patients given the NADH rather than the placebo experienced less fatigue and other symptoms and an overall improvement in the quality of life. Although muscle strength and immunity did not increase with NADH supplementation, serotonin metabolism did. Researchers suggest that if the dosage amounts were more geared toward the needs of the specific patient, and if the supplementation were to be continued over a longer period of time, NADH might have more positive effects on CFS. Further studies are underway to study the effects of NADH on immune response.



### Efficacy of St. John's wort extract standardized to hyperforin

Researchers have recently compared the effects of two different St. John's wort extracts and placebo in 147 patients to determine which, if any, of the principal constituents of the herb can be identified as the marker of standardization. During the double-blind study, subjects received six weeks treatment of either placebo, 5 percent hyperforin extract or the .5 percent hyperforin extract. According to the results, the group receiving the 5 percent hyperforin extract experienced a significant improvement compared to the placebo group. The researchers determined that **using an extract standardized to 5 percent hyperforin was an effective option** for use in mild/moderate depression.

## Brain Foods: Keeping the mind happy

*"Not only can these supplements help with prenatal brain development and give protection against debilitating diseases like Alzheimer's and Parkinson's, but they also help combat brain deterioration that results from aging, and improve memory and overall blood circulation to the brain."*

development of neural tissues. Infants are most likely to benefit from DHA supplementation in their last trimester and through breast milk in their first few months of life. If infants are formula fed, their DHA levels (and brain health) will be lower unless steps are taken to supplement their diet.

**Alpha Lipoic Acid:** Levels of ALA decrease with age, making us more susceptible to free radicals and brain tissue damage as we grow older. Supplementation with this acid can benefit those suffering from Parkinson's disease, multiple sclerosis, strokes and other age-related diseases. It helps with both neurological disorders resulting from external exposure and with disorders such as memory loss that are a result of a normal internal process like oxidation. It may even be able to reverse damage due to Alzheimer's disease.

**Huperzine A:** Huperzine A is an alkaloid from the Chinese

herb *Huperzia serrata* and has been used for centuries to treat fever and inflammation. It is a selective inhibitor that is absorbed quickly in to the brain. It is especially beneficial for enhancing memory and can prevent seizures.

**Ginseng:** This herb has been used for medicinal reasons for more than four thousand years. Studies show that ginseng root can improve memory and overall brain health because it stimulates the action of the endocrine glands and strengthens the central nervous system. Because it also is used to increase stamina, it can be a very effective stress reducer. Ginseng is able to adjust to stress caused by chemical pollutants, toxins, radiation, and physical and emotional trauma by balancing the hypothalamic-pituitary-adrenal axis and normalizing the metabolic systems in the body when stress occurs. Multiple studies also show its effectiveness in dealing with the symptoms of Chronic Fatigue Syndrome (CFS).

**Ginkgo biloba:** This herb has gotten a lot of attention recently for its ability to

enhance mental clarity and circulation in the brain. By improving brain circulation, it stabilizes membrane function, makes better use of oxygen and increases energy production to prolong cell life and to fight the deteriorating effects of free radicals. And not only does it combat free radicals in the body, but also helps the body utilize oxygen and glucose for widespread benefits in tissue throughout the body, but mostly brain and nerve cells. It is especially recommended for memory loss and retention problems typical among the elderly.

Supplementing a healthy diet with the necessary antioxidants, essential fatty acids, herbs and other compounds can help you enjoy optimal brain health and activity. Because these agents have the ability to increase brain productivity, mental clarity and a general sense of well-being, making informed decisions about safe and natural supplementation is very important.

*For additional information, please refer to Kate Gilbert Udall's booklet, Brain Nutrients, available from Woodland Publishing*

*Research indicates that DHA plays a crucial role in the brain development of fetuses and young infants.*



*Sources:* pectin, lignin, gums and mucilages, psyllium, beans, apples, pears, oat bran, vegetables—particularly onions, bulbs, leeks, and asparagus.

### INSOLUBLE FIBER

Insoluble fiber, which for the most part remains undigested and promotes a faster stool transit time, can:

- Keeps the bowel clean and operative and helps bind dangerous toxins and hormones for better excretion
- Fosters regularity and better digestion
- Prevents constipation
- Helps lower the risk of bowel disease

*Sources:* outer portions of fruits and veggies, stems, stalks, peels, bran or seed covering of whole grains

Total dietary fiber refers to the sum of both soluble and insoluble fiber content in a particular food. Our goal should be to seek a variety of foods in order to get at least 35 grams of dietary fiber in our meals every day (and no more than 60 grams). Statistics reveal that most of us get 9 grams of fiber per day if we're lucky . . . a statistic that has to change if we plan to live a long and healthy life.

Many of us mistakenly think we're getting enough fiber through our diet. Dairy products like milk and cheese contain no fiber, whereas leafy vegetables like lettuce and some fruits have low fiber content. Root vegetables like carrots and yams are moderately high in fiber, but legumes (split peas, lentils), seeds, nuts and dried fruits are higher. Whole grains like wheat, oats and rice have the highest fiber content. Fiber supplements are usually available in powder form and are designed to mix with a liquid. They are typically blended into juices, hot cereals, casseroles, dressings, and gravies.

### WAYS TO INCLUDE MORE DIETARY FIBER

- Take a good fiber supplement every

morning with your breakfast or 30 minutes before any meal.

- Grab a handful of oat cereal when you get the urge to snack.

- Add bran, millet, barley, etc., to your meat loaf, casseroles, pancakes, cake and cookie batters, stuffings, and compotes.

- Use crunchy granola cereals or barley nuts as a topping for ice cream, yogurt, baked potatoes, fish, salads, etc. Adding whole wheat that has been soaked to salads is delicious. Always add seed or fresh raw fruit to make yogurt more fiber acceptable, and only buy active culture yogurts.

- Eat fresh, raw fruit and vegetables with their peelings whenever possible.

- Reach for prunes, dates, or figs when you need to appease your sweet tooth instead of cookies, candies or juice.

- Look for fiber-rich foods offered in salad bars and add them liberally (brachial, carrots, red beans, garbanzo beans, sunflower seeds, etc.)

- Get in the habit of sprouting your own legumes. Peas, lentils, mung beans, garbanzo beans, lentils, soybeans, wheat, etc. can all be sprouted and make delicious additions to tossed green salads.

- Buy canned, precooked beans of all kinds and add them to salads, soups, casseroles and stews.

- Keep a good supply of grains on hand that you can add to any recipe to make it more fiber-rich. Good grains are millet, barley, brown rice, whole oats and whole wheat.

Recent studies have shown that a lack of fiber in

our diets can lead to varicose veins, appendicitis, prostate, colon and breast cancer, hormone imbalances, high cholesterol, heart disease, constipation, diabetes and hypoglycemia, gallstones, hemorrhoids, irritable bowel syndrome and obesity. Fiber can significantly deter potentially fatal diseases, contribute to weight control and profoundly improve our health and well being. Fiber supplementation is one of the easiest and simplest additions we can make to our diet which pays us back with incredibly high health dividends. **TH**

## Which Foods Help Prevent Cancer?

**Breast Cancer:** legumes, seeds, and leafy, green vegetables

**Colon Cancer:** cruciferous vegetables (brussels sprouts, broccoli), green vegetables

**Lung Cancer:** green vegetables

**Oral Cancers:** citrus fruits

**Prostate Cancer:** tomatoes, legumes (soybeans), seeds (flax)

**Rectal Cancer:** cruciferous vegetables

**Stomach Cancer:** tomatoes, whole grains, citrus fruits, allium vegetables (onions and garlic), and green vegetables

**Thyroid Cancer:** cruciferous vegetables (broccoli, cabbage)

*Fruit like grapes and fish like salmon and tuna also may control cancer growth.*

**NEXTMONTH**  
in  
Today's  
HERBS

**Nutritionally  
Incorrect**  
**EATING SMART FOR  
GOOD HEALTH**

**Sick and Tired?**

Discover how Dr. Rob Young's revolutionary new book can help you regain your health!