

## Food be your Medicine

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### ABSTRACT

Every day more people are diagnosed with serious diseases, and many chronic illnesses are reaching epidemic proportions. The size of the pharmaceutical industry is growing, which means we are taking more and more medication, but are actually getting sicker. Clearly, something is not adding up.

**Keywords:** Medicine; Health; Vitamins; Minerals

### DESCRIPTION

Hippocrates-the father of medicine-stated, "Let your food be your medicine, and let your medicine be your food." He also stated, "Medicine should do no harm." In today's world, allopathic medicine does harm. Each prescription halts enzyme activity and causes unwanted side effects. Most of today's "food" seems to be processed: pre-packaged and preserved, devoid of enzymes, also causing harm to the body.

At Let Your Food Be Your Medicine, we believe that there are simple and practical solutions to the problems plaguing our health. That solution comes in the form of digestive enzymes, along with bio-available sources of vitamins and minerals. Our mission is to address health in an individual, customized way, and give you tools to help your body heal itself.

There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance.

A wise man should consider that health is the greatest of human blessings and learn how by his own thought to derive benefit from his illnesses. The natural healing force within each of us is the greatest force in getting well. We could give every individual the right amount of nourishment and exercise, not too little and not too much; we would have found the safest way to health. Natural forces within us are the true healers of disease. All parts of the body which have a function, if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly."

"Everything in excess is opposed by nature." The art of eating foods for its medicinal value dates back more than 5,000 years.

Food and herbs were eaten because of their natural use in healing, relieving, or preventing certain health or medical conditions. Several references have been made in the Bible and in Greek and Chinese cultures to document the medicinal properties of food. In fact the use of prescribed pharmaceuticals has been favored in recent years over food and herbs. However, lately the focus has shifted to the "Healing power" of foods.

We have heard the saying, "An apple a day, keeps the doctor away!" Well, you may wonder what that expression really means. This old saying is important since apples have medicinal values that are beneficial to our bodies. The significance of eating apples may help to prevent you from getting sick, relieve certain conditions, or perhaps prevent the need for a medical doctor. Stomach acids can be reduced by drinking unsweetened apple juice. The stomach acids are changed into carbonates that are neutral or alkaline and are known to help settle a sour stomach. The fiber in apples helps to eliminate body waste, lower cholesterol, and reduce the risk of cancer. Apples have also been credited with medicinal benefits by acting as an anti-viral and a mild antibacterial agent [1-5].

Eating apples or other foods does not mean we should not seek the aid of our physician. Instead it just means that certain foods have important health benefits. The apple has a long, rich history throughout the course of civilization. One important event we can recite is the biblical story of Adam and Eve and the forbidden fruit. You guessed it-the apple! According to Mitch Lynd, the author of the article "Great Moments in Apple History," fruit such as apples are nature's only pleasure laden natural food. Lynd goes on to say that since the beginning of time the apple has been associated with health, love, beauty, comfort, luck, pleasure, fertility, and sexuality.

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Dr. Stephen DE Felice, founder of the Foundation for Innovation in Medicine, coined the term "nutraceuticals" a decade ago as "any substance that may be considered a food or part of a food and provides medicinal or health benefits, including the prevention and treatment of disease." A nutrient rich food is referred to as a "nutraceutical" when it contains ingredients like soy, garlic, or a specific item like omega 3 fatty acids that can be found in seafood like salmon or shrimp. Next, the Institute of Medicine in Washington has defined a functional food as "those foods that encompass potentially healthful products including any modified food or ingredient that may provide a health benefit beyond the traditional nutrients it contains." Examples of this include foods and beverages that are fortified with nutraceuticals, vitamins, minerals, or herbs, such as cereals or juices. Lastly, the terms "phytochemical" and "phytonutrient" are used interchangeably to define foods that contain health producing compounds that originate from plants. Some examples of these compounds include antioxidants, phytosterols, carotenoids, limonoids, and terpenes.

While pharmaceuticals have their value, we should not forget the well-documented, non-toxic and inexpensive healing properties of whole foods. For a common man, it does not mean that fruits and vegetables of high cost are good for health. Surprisingly, other foods, such as beans, blueberries, chili peppers to collard greens, figs to fish oils, garlic, nuts, onions, cucumbers, date, raspberries to spinach, watermelons, garlic, ginger, pineapple, fenugreek seeds, cauliflower, flax seeds, broccoli, honey, milk, lemon, rice, grape and numerous others

plentifully available to common man either in their kitchen garden or at low cost provide medicinal or healing benefits to the body.

## CONCLUSION

Declare the past, diagnose the present, and foretell the future. Our food choices of each day affect our health-how we feel today, tomorrow and in future. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, regular exercise and positive attitude, our diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart diseases and cancer), and promote your overall health. The normal flora of our body is also contributing a lot for maintaining "Wherever the art of Medicine is loved, there is also a love of Humanity."

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