

MEDICINAL RECIPES: HOW DO YOU USE FOOD AS A MEDICINE?

In 2019, modern Western science is still very young, a little less than 200 years. During this time much research has been done into the medicinal effects of nutrition. Food is in many cases a scientifically proven drug against a certain disease. However, for the time being this knowledge is



not generally implemented in mainstream medicine practice. Alternative, and also scientifically proved medicinal systems such as naturopathy and phytotherapy have developed a lot further than mainstream medicine. We can see this in the fact that mainstream medicine is not about curing people, just about controlling the symptoms. More advanced medicinal systems like naturopathy and phytotherapy are looking for causes of diseases and take the cause away, which is a more logical and approach and delivers much better results.

Smoothie recipes focused on a particular disease

Existing recipes are not interesting for someone who wants to use food as a medicine. You can make your own recipes based on fruit and vegetables that are ideal for you. You can use articles about healing power on the internet that are based on scientific information to put together smoothie recipes yourself. For example, there are smoothies that are specifically aimed at disorders that only apply to women. Some people have already made these recipes themselves and have bundled them as smoothie therapy for women. A person who has a liver problem, for example fatty liver, could promote his liver function by taking a daily carrot smoothie. There are many doctors in the world who, for example, use juice therapy or smoothie therapy. Carrot offers healing power for the liver and can take away causes of diseases. Yet this effective method is still considered as an 'alternative', while the mainstream options lack to cure people from fatty liver disease.

Which food is extra healthy for you personally?

When you want to switch to medical food, it is important to first discover which types of food are extra good for you. Every fruit or vegetable species is good for another part of the body. Below you can see a number of articles. With each article it is stated which food is extra healthy and sometimes which food you can avoid better. This is not intended as therapy, but for the prevention of a disease or as an additional therapy with regular therapy. If you want to switch completely to medicinal nutrition, it is best to use a naturopath or phytotherapist.

Schedule diseases and natural resources

Many diseases, if not all, can be cured by the right food habits. As example read this:

(Unfortunately, only the last link is translated in English. You can copy and paste the url in Google translate for a machine translation.)

[Vegetables for the lungs](#)

[Nature remedies bladder infection](#)

[Nature remedies eczema](#)

[Nature remedies epilepsy](#)

[Diseases of respiratory organs](#)

[Diseases of digestive system](#)

[10 nature blood thinners](#)

[Food against Leaky gut syndrome](#)

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[Arthritis: food as medicine](#)

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[ADHD shows to be Food allergy](#)

[Nature remedies against hemorrhoids](#)

[Stare remedy with food and medicinal plants](#)

[Arthritis shows to be Food allergy](#)



Medicinal smoothies for pregnant women

Smoothies can be used medicinally. When you are pregnant it is good to eat a lot of beet because it contains a lot of folic acid and iron. Spinach also contains a lot of folic acid and iron. In fact, it is already wise to eat extra healthy for the pregnancy. A smoothie in which one or a half raw beet or 150 grams spinach is processed, in combination with other vegetables and fruit of choice for everyone nutritious but extra healthy for a pregnant woman. Furthermore, broccoli and asparagus contain a lot of folic acid. Also legumes such as all bean varieties contain a lot of folic acid. You can eat broccoli, asparagus and legumes more often than average as a pregnant woman. An advice is to eat warm twice a day. Then you get twice as many vegetables. In this way you are eating medicinally; you use nutrition as a nutraceutical, a type of food with a medicinal purpose.

Medicinal breakfast

Breakfast is the most important meal of the day. The first bite is the most important bite of your breakfast. If your first bite is something healthy like carrot or celery, you start the day completely different than with a sandwich with jam. The intention is that in the Netherlands we will start eating vegetables again in the morning in order to bring and keep ourselves in better condition. In many countries it is traditionally common to eat a lot of vegetables.



When you eat a white sandwich with jam, which is implemented by Western supermarket culture, you mainly eat sugars. After two hours you get hungry again because at that moment the blood sugar level has become very low. That is why it is important for the energy management not to eat sugar. Sugar ruined the energy management; it does not give energy, but it robs energy. Many people mistakenly believe that they need white granulated sugar. When you think you need sugar, that is a sign of addiction. Sugar is a drug. As with any addiction, the mind invents legitimations to obtain the drug to which one is addicted. Truth is: No person needs sugar in his or her body.

General health and specific medical value

There is a difference between a breakfast that promotes general health and a breakfast with specific medical value. A breakfast with fruit, eggs and wholewheat bread is a lot healthier than a white sandwich with jam or chocolate spread. A breakfast of oatmeal with almond milk, cinnamon and apple and a plate with with papaya is also good for health in general. Next to this, a research into our self might find that there are some specific food types which help us better than other food types.

Does it hurt to eat medicines?

A meal can have both nutritive and medicinal value. If you hear these words you may think that it is not good to eat medicines. Though, these natural medicines cannot harm us; our body uses the minerals and vitamins that we need to keep us from diseases. By eating nutrient rich vegetables and fruits, we prevent ourselves from sickness.

Hot lunch

Lunch is the hot meal in most countries. In the Netherlands, people eat bread twice a day and they use a warm meal in the evening, which is the largest meal of the day. That's not wise. In the evening you better eat a small amount. That is better for sleep rhythm and digestion. It is best to use a hot meal as lunch.

Use as little as possible supermarket products. Only grains and grain substitutes, nuts, seeds, vegetables and fruit are healthy. With these products you can make any meal you want, although it might take a few minutes more. The time savings that tear up a beautifully packaged jar, box or bag from the microwave is at the expense of your health. Microwaved food is actually promoting low grade inflammations, the general cause of diseases.

Snacks: pure fruit and vegetable snacks

You really, really need a snack in the form of a chocolate bar wrapped in colorful plastic. The more color it has, the better. When you notice some smiling, cartoon figures, then the quality immediately rises to high fantasy levels. The more it is advertised on tv, the better it must be. Well, that is really your brain fooling you. Any product that needs marketing with colorful wrappings and commercials, is a diseases promoting product. Try to falsify this and you fail. Of course, healthy snacks do exist, and they do not have any wrappings other than natural skin. A mango, apple or banana feeds your body well and is a delicious snack.

People are susceptible to brightly colored advertisements of products. When you suffer from gnawing hunger, eating a high-energy mango or any other type of fruit is a good solution. When you have an uncontrollable tendency to eat sugar or sweet stomach fillings, remember the following. Desire to sweet means that you are addicted. Normal appetite, a need for nutrients, is manipulated by sugar use. Because sugar needs many minerals and vitamins to digest it well, the body will always crave for more food after eating sugar. But we, humans, tend to understand this feeling wrong. We do not listen to our body. Instead of eating mineral-rich food, we crave for sugar again. And again, thereby intensifying the hunger mechanism, because the more sugar we eat, the more minerals we need. You are literally sucked into sweet food by your own misconception of hunger feelings. This longing is not hunger but a craving disease that affects junkies, alcoholics and sugar addicts.



How is it so easy to become a sugar junkie?

Sweet sugar works just as addictive as hard drugs. According to scientists, sugar consumption produces more reward substances in the brain than heroin consumption, which makes sugar even more addictive than the most feared hard drug. Just like a heroin junk is pulled to the heroin dealer, you are pulled as sugar junk to the consumption of sweet, sickening fillings. The dealer is in this case the supermarket, candy store, sweet bakery or coffeshop. Because the tendency of many is to eat sweet fillings, we become ill. Sugar is actually the greatest cause of diseases in our times. All welfare diseases are related to the extremely high sugar consumption of people. Many studies show that eating white sugar increases the risk of cancer, diabetes, cardiovascular disease, obesity, ADHD and many other diseases. When you don't believe sugar is addictive, try to quit completely for a few weeks. There is a 100% certainty that you will fail, unless you start feeding your body with plant minerals and vitamins.

Medicinal dining

Dinner does not have to be very copious and voluminous. You're going to sleep soon after. Full stomachs cause bad sleeping habits. Many people with sleep problems take too much on their dinner plate. What is an example of a light evening meal with medicinal value? Soup with avocado can be seen as a meal. In the soup some sweet potatoes and other herbs and veggies can be used to elevate it to a meal. You can also eat arepas, the Colombian name for corn pancakes. When you use vegetables and fruits like this in your meal and avoid sugar, you are preventing a multitude of diseases.

Pancakes for the savory meal

An extra tip is the use of pancakes as a savory meal. You can use the pancakes as a substitute for a base such as pasta, rice, white flour products or potatoes. You can simply make a pancake according to classic recipe. You do not use white refined flour, but a wholemeal flour of a type of your choice. Try another flour by doing the pancakes like durumeel, tapioca flour, cornmeal, rice flour and buckwheat flour. You may want to enrich the pancake flour with hempseeds or other seeds. Seeds are rich in minerals.



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