

# VEGATALES

**The healing power of Taro**

**MEDICINAL RECIPES**

Does aspirin prevent skin cancer?

**Alzheimer is a Lifestyle Disease**

Healing power of **Orange** cucumber

*Osteoarthritis is Food Allergy*

**Turmeric is a medicine**

# 3  
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# COLOPHON

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## **Information Veggie Tales**

Veggie society is a magazine that provides information on medicinal food or functional food. Since the 90's of the 20th century, scientists are researching the medicinal properties of food. Each type of food has medicinal properties, and this knowledge can be used by people to help solve medical problems.

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## **Disclaimer**

The information in this magazine is not intended to replace medical advice. It is a reminder of the current state of science in a particular field of medical nutrition science.

All recipes in this sheet are sugar free, vegetarian and original. They also contain no trans fats or other food substances like white flour from which scientists say might have a role in developing diseases.

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# *Editorial word*

From New Guinea to Amsterdam, that could be the main theme of this issue of Veggie Tales. Many articles have been written in these two places. I photographed and filmed 180 medicinal plants in New Guinea and slowly release this information to the public. I collect data about the plants, scientific medical data and traditional uses. I worked together in New Guinea with traditional healers and people from the university.

*How good is it to make a magazine with videos. It gives you much more creative space. Stories can be told in words, pictures and in videos. It is a good combination.*

*Veggie Tales publishes only true stories. We are looking for what is true about the concept of Medicinal Food. This is a scientific concept and has been researched since the beginning of 1990. Scientists want to map out the medicinal effects of edible plants. Veggie Tales will be published on that. We will critically follow investigations and reviews in the field of Medicinal food and sometimes pharmaceutical science. An example of this is the article about aspirin. Is it a healthy preventive medicine or a drug with unwanted side effects? Let's follow the discussion of professional researchers.*

*Furthermore, we pay particular attention to beautiful new discoveries. How about the fact that scientists expect to come soon with a dementia prevention program for Alzheimer's, based on the right diet? We are already reporting about it. And is not it striking that this diet will be very similar to the anti-diabetes diet? Welcome to the world of true wealth: knowledge.*



# Healing power of Taro

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The most common name for this edible plant is taro. This taro, however, is somewhat larger than the usual taro on tropical markets, and certainly much larger than the Chinese Tajar, or taro.

In India this plant is called taro, Elephant-ear, Coco-yam, Chembu and Eddoe. However, Elephant-ear and Coco-yam are names used for

other colocasia species as well. There are two species that grow very large leaves. These leaves can be 1 to 2 meters in diameter.

In West Papua they say “keladi” against this plant. In Bangla Desh the plant is called Kochu. In some European garden centers the plant is sold for ornamental use, for instance in the Netherlands it is called “Olifantsoor “. In most countries it is not an ornamental plant but a food plant. It is grown in 135 countries as a food source.

## **A food source for 10,000 years**

Colocasia esculenta is one of humanity’s oldest cultivated food crops. In Asia, evidence has been found that elephant ear was cultivated 10,000 years ago for its edible tubers.

Colocasia esculenta has a beautiful yellow flower and fruit, but these are considered rare. There are about 2 to 5 seeds in a fruit. The plant can also expand under the ground, via its root system. It likes a wide variety of soil types, but most of moist soil.

## **Edible tubers and young leaves**

The carbohydrate-rich tubers are the most important reason to grow this crop. It is grown for nutrition. The tubers contain many tannins, flavonoids, steroids, alkaloids, healthy fats, and especially proteins and carbohydrates.

The leaves of some taro species are eaten, but not of elephant ear. However, the leaves of elephant ear can be eaten safely when they are young. The young stems are also edible.

Leaves and stems contain a lot of calcium, phosphorus, iron, folic acid, beta-carotene, vitamin C, and the vitamins B1, B2, B3, also called thiamine, riboflavin and niacin, respectively. The young leaves can serve not only as food but also as medicine. In addition to minerals and vitamins, they contain phenols, saponins, quinine, and glycosides. Many of these phytonutrients offer antioxidant effects, like vitamins and minerals.

## **Traditional means for snake bites**

The leaf of the *Colocasia esculenta* is traditionally used as a medicine in poisonings, such as food poisoning, poison by a snake bite or poison by a scorpion sting. The leaves are used as leaf sap. In the case of food poisoning, the leaf juice is drunk. In scorpion stings and snake bites the leaf sap is applied on the wounds.

Other traditional applications are the use of the leaf as a wound herb. In addition, the rare fruits appearing in Bangla Desh are prescribed for people with liver problems.

Other traditional uses of the root are against: asthma, arthritis, diarrhea, internal hemorrhoids, nervous system disorders and various skin problems.

## **Antibacterial effect colocasia esculenta**

Antibacterial actions of plants have been studied accurately, extensively and on a large scale since the beginning of the 21st century. The scientists do this because they recognize that synthetic antibiotics cause various medical problems. First, there is the resistance of bacteria to synthetic antibiotics. That is a serious problem, especially if you know that this resistance means that the bacteria use synthetic antibiotic as food, and therefore become stronger and expand their colony. Resistance in this case means: use the substance with which they want to kill you, as meal. Bacteria can be tough guys.

In addition, bacilli pass on the new resistant DNA information to other species. In this way, many bacteria are multi-resistant. That is to say, they thrive just fine on a dose of synthetic antibiotics and can make the patient sick or even dead. Consider also the MRSA bacterium which tends to kill people in hospitals. In most hospitals they use antibiotics to wipe the floor, so that is why they call MRSA the hospital bacteria. It is eating from the floor of hospitals.

For this and a few more reasons, scientists are researching plant antibiotics. The advantage of this is that there has never been a bacteria that became resistant to a natural, unmodified antibiotic. Another big advantage for the patient is that plant antibiotics have no bad side effects for humans. It has no adverse effects on the microbiome, our intestinal flora. Often, there are even positive side effects like: sometimes two diseases or disorders are solved at once.

Scientific research shows that leaf extract of *colocasia esculenta* has antibacterial activity. There have been several studies that have each investigated the antibacterial activity against one or two bacteria. The following pathogenic bacilli can be controlled by the leaf extract of the elephant ear: *Helicobacter pylori*, *Staphylococcus aureus*, *Staphylococcus Epidermis*, *Bacillus cereus*, *Streptococcus fecalis*, *Salmonella typhi*, *Klebsiella pneumonia*, *Pseudomona aeruginosa*, *Bacillus subtilis*, *Proteus vulgaris*, and *Escheria coli*. Researchers see that a leaf extract of *colocasia esculenta* can be used in typhoid, pneumonia, otitis, urinary tract infections and diarrhea.

## **Liver protection leaf extract colocasia esculenta**

In a study in which livers of rats were poisoned with paracetamol also known as **acetaminophen** or **APAP**, it appeared that the liver poisoning that had occurred was restored more quickly when the rats were given an extract of the leaves of *colocasia esculenta*. Poisoning the liver by paracetamol is a standard method in science to investigate whether a medicinal plant provides liver protection. All important liver functions decrease due to the poisoning after the administration of the synthetic medicine acetaminophen.

Colocasia esculenta indeed appears to have liver protective effect, or hepatoprotective effect. In another study, paracetamol is used to create many free radicals in the body of rats. Free radicals are the underlying cause of many diseases and paracetamol use promote the growth of free radicals in the body. It turns out that the free radicals are cleared from the body, when a leaf extract of colocasia esculenta is taken. It is the free radicals that cause liver damage and other body problems. Scientists now see types of diseases that are caused by free radicals, such as diabetes, obesity, cancer, and cardiovascular diseases, can be prevented by eating food, supplements and medicinal plants that can eliminate free radicals. The most important substances that capture and eliminate free radicals are antioxidants. In addition to antioxidants from fruit and vegetables, there are antioxidants that are produced by the liver. These body's own antioxidants work even more effectively as antioxidants from fruit and vegetables. The antioxidants formed by the human body are sometimes named as "super-antioxidants". Some plants, mostly fruits, veggies and herbs, stimulate the liver to produce these superior type of antioxidant.

### **Leaf extract colocasia esculenta against diabetes**

Research shows that a leaf extract of colocasia esculenta prevents diabetes. It works similar to the agent metformin, except that this drug has many side effects and the leaf extract does not.

metformin is that this organ needs people with the long run, people to the diabetic process. them out

Leaf extract of is able to regulate

Because it strengthens likely that the liver will take

of the pancreas gland. The liver will also produce all kinds of enzymes when it comes into contact with medicinal vegetables. This makes the liver stronger so it is more able to cope with antioxidants and other pathogenic substances. If the liver of a diabetes patient is not strengthened, then the disease diabetes degenerates the body further.



An important side effect of it affects the liver, while to be stimulated in diabetes. In fact, in metformin causes get deeper into degenerative Plants can pull of the pit again. colocasia esculenta blood sugar levels.

the liver, it is much more over the role of insulin production

### **Bananas and taro**

Other diabetes research shows that immature tubers of colocasia esculenta and unripe banana together provide an anti-diabetes effect. Rats were given a meal based on flour from unripe bananas and unripe taro tubers. These had a lot of effect on the mice. So the weight decreased enormously. A number of parameters also changed rapidly. It appears that rats showed a better cholesterol profile when eating unripe bananas and taro tubers. What the researchers also noticed, is that the blood sugar level is better regulated by banana or taro as an individual than as a combined addition. However, the combination of taro tubers and unripe bananas do provide a good blood sugar leveling effect, albeit a little less than if one of the two plants was used individually. The Nigerian researchers who conducted this research, write in the

introduction, that many diabetes drugs are expensive and the side effects of this is that they put an heavy financial weight for the health system. That is one of the reasons why people look for other ways to treat diabetes, without expensive synthetic medication.

### **Anticancer effect colocasia esculenta**

Various scientific studies show that colocasia esculenta promotes anticancer activity. Korean researchers notice that the plant has polysaccharides that can prevent cancer metastasis. Furthermore, the polysaccharides inhibit tumor growth. The research group is currently working on follow-up research. In their studies they saw that mice had much fewer tumors when treated with a component of colocasia esculenta. The aim is to study whether this knowledge is applicable to people.







# HEALTH BENEFITS OF TURMERIC

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*Turmeric is more than a delicious kitchen spice. Let's deep dive in a waterfall of scientific studies and overview what it's good for.*

## **Curcuma longa as a brain tonic**

Research shows that turmeric has positive effects on the brain. Researchers find it logical to carry out further research into the effect of this tasty medicinal plant. Furthermore, the research shows that a water extract works better than an ethanol extract. Researchers speak about the “neuropharmacological” activity of *Curcuma longa*. This means that it could have medicinal effects for the brain. Other researchers see that *curcuma longa* initiates several activities in the brain. It might be beneficial for people with brain problems like Alzheimer’s, Parkinson and depression.

## **Curcuma longa carries heavy metals**

In a review article written by Pakistani scientists and published in a Romanian journal, research shows that substances in *curcuma longa* bind to heavy metals such as cadmium and lead, rendering them harmless and making it leaving the body. This characteristic explains the positive effect on the brain, the researchers say. Toxic heavy metals can accumulate in the body and eventually the brain where it may cause medical problems.

## **Curcuma longa against depression**

If a healing plant is good for the brain, scientists often see that it also has medicinal effect against depression. *Curcuma longa* has been tested for its antidepressant effect. It appears that the levels of serotonin, nor-epinephrine and dopamine are increased when *curcuma longa* is consumed. In people with depression, the level of these hormones is too low.

## **Curcumin against Alzheimer’s**

There are research data that suggest that *curcuma longa*, or in this case the best-known medicinal substance curcumin, is a good agent in Alzheimer’s disease. The researchers also see that long-term use of some NSAID or synthetic anti-inflammatory painkillers can lead to Alzheimer’s problems. Furthermore, the researchers think that the anti-inflammatory and analgesic effect of *curcuma longa*, at the same time with the elimination of oxidative stress as a result of medication use, might help against the formation of Alzheimer’s.

## **Curcumin, active substance in curcuma longa**

Curcumin is the main active ingredient in *curcuma longa*, at least that’s what scientists say. It appears that this substance is difficult to absorb for the body. It will be absorbed a little bit, but the bio-availability can be better, researchers say. In any case, it has been shown that curcumin can help to relieve irritable bowel syndrome, pancreatitis, arthritis and multiple types of cancer. In addition, curcumin provides anti-inflammatory effect in the intestines, which helps against inflammation of the intestinal wall or a stomach ulcer. It is also a good remedy for Crohn’s disease.

What this actually means is that curcumin is a strong healing phytochemical, but maybe it is not beneficial when consumed as a pure supplement. Maybe it needs its neighbour components from turmeric to be absorbed better. If you prepare the whole root of *curcuma longa*, the medicinal effect seems to be better. In other words, there is still no evidence that a supplement containing curcumin produces outstanding health benefits. Rather, it seems that studies show that for medicinal use it is preferable to consume the whole root or turmeric powder, because this provides more than just one curcuminoid, and a wide variety of other



healthy phytonutrients. Studies show that plant components have a synergistic effect. That means the medicinal effect of curcumin increases by the effect of other components in the root of curcuma longa. This is a natural way of increasing “bio-availability”.

## **Antioxidant effect**

Antioxidants in curcuma longa are comparable in quality to vitamin C or E. The antioxidant effect of curcuma longa is partly responsible for the medicinal effects. The antioxidants go in search of inflammation-promoting free radicals. During that process, curcuma longa does five things:

Firstly, it lowers the production of histamine. Histamine is a hormone that causes inflammation,

Secondly, the effect of an anti-inflammatory adrenaline hormone, the body’s own cortisol, increases.

Thirdly, the circulation is improved so that the toxins, occupying cartilage, joints and bones, can leave the body more easily via the blood. That is a reason for curcuma to cure rheumatic diseases, but it also helps against arteriosclerosis. Curcuma longa causes blood clots that can



lead to arteriosclerosis, strokes and heart problems to dissolve faster.

Fourth, there is improved liver function by curcuma longa. This improves the entire digestion, the bile tract, and the immune system.

Fifthly, it stimulates the action of macrophages, as a result of which more free radicals are captured and oxidative stress is reduced. Macrophages are an important part of our immune system, but are greatly underestimated in Western medicine because antibiotics dismantle the immune system promoting effect of macrophages. Instead, macrophages could be stimulated in strength in order to cope with diseases, free radicals and oxidative stress better. The devastating effect on macrophages is one of the major disadvantages of antibiotics.

## **Medicinal effects and antioxidant effect reinforce each other**

The combination of medicinal effects together strengthen the medicinal effect, the antioxidant effect. That is the reason why curcuma longa does not have one, but many,

healing applications. Many diseases share a common cause in the formation of free radicals. When our immune system produces many body-own antioxidants, and when we eat healthy, the chance of developing diseases in general, is much smaller.

### **Curcuma longa against bile stones**

Curcuma longa is good for the bile and prevents bile diseases. Researchers say that it can prevent cholelithiasis, or bile stones, by the protective effect on the bile. This may cause blockage in the bile tract and that is a nasty disease. By regularly adding curcuma to the meal, you keep the bile function flowing in good condition.

### **Curcuma longa, healthy for the liver**

Bile carries substances with which the liver functions better. By improving the flow of bile, an improved liver function occurs. That is good for the digestion of food. The body will uptake more nutrients. From studies in which test animals were given free radical damage to the liver by the administration of paracetamol aka acetaminophen, it appears that curcuma longa helps the liver to recover faster. The liver protection effect is considered equal to that of silymarin. Silymarin is a component milk thistle and its seeds are seen as one of the best preventive-medicinal products for the liver.

### **Curcuminoids in curcuma longa**

curcumin gives the yellow color to curcuma longa. This natural and healthy dye belongs to the three curcuminoids, a group of substances that are fat-soluble and rich in polyphenols. The other two are desmethoxycurcumin and bis-desmethoxycurcumin. These are a lot less researched than curcumin but also have medicinal properties. If you take a supplement with only curcumin, you will not receive the other healthy substances of turmeric.

### **Curcuma longa against inflammation**



Inflammation is inhibited just as quickly by curcuma as by standard synthetic medicines such as cortisole and phenylbutazone, according to scientific research. Researchers have done all sorts of studies into the way in which curcuma works exactly, but that biochemical process is quite complex to map, partly because much more needs to be discovered about the different components that exist in medicinal plants, of which there is still no complete picture. Some medicinal plants contain



thousands of substances, but there are only hundreds of substances known. Inflammation is the source of many diseases, and inflammation-inhibiting medicinal plants can often be used in several ways. *Curcuma longa* can be used both internally and externally. You can apply curcuma to the skin, but do not let it come into contact with clothing because it also works as a strong dye.

### **Anti cancer effect of curcuma longa**

Curcumin is a carcinogen-killer, which means that it effectively kills cancer cells, according to scientists. The production of cancerous tumors is distinguished by multiple phases. curcumin stops cancer in three of those phases. The first phase is the increased chance of tumor. curcumin can repair damage that free radicals have caused, reducing the risk of cancer. Furthermore, it inhibits the formation of blood vessels in a cancer cell. Thirdly, it can stop an existing cancer cell in growth.

There is another interesting aspect of *curcuma longa*. It also improves glutathione levels, which is a great antioxidant. This leads to less liver fat and therefore storing of fewer toxins are stored. This effect detoxifies the liver. Due to the improved improved liver function, mutagens and carcinogens, are removed from the body. turmeric delivers more ways to cure from cancer. There still is no science-based medical advise to use turmeric as a medicine or preventive.

### **Curcuma longa anti-parasite effect**

*Curcuma longa* can prevent an overgrowth of the parasite *Eimera Maxima*, according to scientific research. It is an anti-parasite agent. Its effect against the parasites *Plasmodium falciparum* and *Leishmania* is reasonably well. *P. falciparum* is the malaria parasite and the other causes leishmaniasis, a tropical skin disease against which there still is no pharmaceutical, synthetic medicine available. In plant medicine, you often see that a strong medicinal plant provide antimicrobial effects as well. Many diseases, like cancer and arteriosclerosis, are accompanied by overgrowth of pathogenic organisms. *Curcuma longa* is also antibacterial against several bacteria such as the *heliobacter pylori*.

### **Curcuma longa, good for heart and blood vessels**

When cholesterol is no longer used by the body, it is converted into bile acids. The body makes cholesterol itself if it detects too much low-grade inflammation or oxidative stress. Cholesterol then transports antioxidants, medicinal substances to the place where it is needed. These are problem areas. Now *curcuma longa* is a proven to reduce cholesterol. This is because curcuma helps to inhibit the inflammation. There is less cholesterol needed to adjust problem areas in the blood vessels. As a result, less cholesterol is measurable in our blood after turmeric use.

### **Turmeric is good for your blood**

The triglyceride levels go down by adding *curcuma longa* to the meal. High triglyceride levels cause free radicals and arteriosclerosis. At the same time, it is one of the reasons why *curcuma longa* is good for the blood circulation, as we have seen before. All these diseases are tied to a common cause: low grade inflammation. Turmeric is able to counter inflammatory processes.

## **Curcuma longa regulates blood sugar levels**

Better regulation of triglyceride levels and cholesterol is important for people with diabetes. In addition, curcuma longa has a blood sugar-leveling effect. Researchers notice that the preventive effect on heart disease goes hand in hand with the blood sugar lowering effects. That is mainly because of the common causal factors, inflammatory processes which are being reduced by the intake of curcuma longa.

## **Curcuma longa is good for the intestines**

According to scientists there are four reasons why curcuma longa is good for the intestines. Curcuma longa stimulates the secretion of substances through the intestinal mucous membrane. As a result, more gastric juices are secreted, which improves digestion. Furthermore, the body produces more sodium bicarbonate after intake of curcuma longa. This makes the food to be consumed more basic and improves digestion and elimination of toxins.

The pancreas is stimulated to produce more enzymes. This improves the functioning of digestion and immune system.

In addition, curcuma longa can also cure acute stomach problems such as a stomach ulcer. This effect functions in a preventive way as well. This makes turmeric a protector against stomach complaints.

## **Good against irritable bowel syndrome**

Research shows that curcuma longa has a medicinal effect on people with irritable bowel syndrome. In one study, people were given curcuma longa on their plates for four weeks. This resulted in less bloating, less flatulence, and less of other signs of irritable bowel syndrome. Other research shows that turmeric can help against Crohn's disease. Crohn's disease can be seen as a more severe form of irritable bowel syndrome in which the intestines are chronically inflamed.

## **Curcumin against stomach ulcer**

In the meantime, there have been so many studies published that the proposition that synthetic medicines offer advantages over plant medicines, is untenable. Though, still there are hardly efforts to introduce plant medicines in the mainstream pharmaceutical view. This happens while a rising number of people is looking for better than synthetic medicines by themselves. This movement is worldwide. It is time to do research on people with medicinal food or supplements. Each time this does happen, the results are astounding.

People who had a stomach ulcer as a diagnosis were given a supplement of curcumin. After four weeks, 48% had no stomach ulcer. That proportion grew steadily, after 12 weeks, 79% of the patients had no stomach ulcer anymore. That means that in some people it may be an effective medicine. In any cases, it would serve as a preventive tool.

## **Medicinal cooking tips for turmeric**

There is fresh curcuma longa or dried turmeric powder for sale. Fresh turmeric you often find at markets or tropical supermarkets. For many dishes it is easy to use powder but in



a smoothie or omelet, you can also use fresh ones. You can play with the color, a bit of turmeric through mashed potatoes makes it deep yellow. That gives the food more food value, more color, more fun, more enjoyment.

Fun ways to add turmeric to your daily life.

1. Mix it together with boiling brown rice, to make rice turn yellow
2. Over potatoes, wholegrain pasta, cooking banana, celeriac and other basic vegetables.
3. Over green salads, as an addition to black pepper
4. Added to a (sweet) potato salad
5. In smoothies
6. In a omelet to turn it yellow
7. As a tea herb
8. Added in a dough mix to bake burgers
9. Added in a vegetable soup
10. Slowjuice the fresh root, in combination with, for example, ginger, carrot juice or beet juice.
11. In a stir-fry vegetable mix, for example onion, garlic, peppers, mushrooms, leeks, fresh turmeric. stir-fry for 2-3 minutes, then add rice and fry it together for 2 minutes more. Enjoy your medicines!

### **Turmeric as a sunscreen**

If you do not to eat it, you can use curcumin as a sunscreen. It appears to offer protection from the sun. Scientists call that photo-protector property, so it is protective against the gamma rays of the sun. On the other hand, your tan might be bright yellow.

Turmeric is, in any case, good for the skin. Research shows that it accelerates wound healing. It might be used in case of neglected wounds. There are all kinds of skin-protecting substances in turmeric, which means that damaged skin recovers faster. Therefore, turmeric improves the health of the skin in general.







# THE HEALING POWER OF ORANGE CUCUMBER

The cucumber we know is usually a dark green, narrow, long cucumber but there are also light green, thicker, and shorter cucumbers. In addition, there is a short, thick orange cucumber variety. If ordinary cucumbers hang on a plant and turn orange, they are no longer tasty, but there is a tropical species that should turn orange before it is nice for consumption. In regions such as Australia and New Guinea, the orange cucumber is for sale on the market and is grown in gardens. It is mostly a organic vegetable on local markets. Organic vegetables contain, without exception, more nutritional value and healing power then commercial counterparts, because they contain more nutrients.

## Cucumbers from greenhouses are not very healthy

In the Netherlands cucumbers are grown in greenhouses, not on soil but on substrate, a kind of water with synthetic minerals. Using this growth method the nutritional value is generally a lot less. Research shows that it should have between 30% and 50% less nutritional value, but the Dutch cucumber has not been spotted in a study on nutritional value. Would that be because then it turns out that his nutritional value is close to zero? An alarming fact about Dutch greenhouse vegetables is that they no longer have a natural taste because they have been cultivated on synthetic minerals. But that has been solved by not being afraid to add



synthetic flavors to the substrate so that cucumbers can taste like cucumbers again. Let's not think about commercial practices of producing useless fillings anymore, and focus on real nutrition, medicinal food grown on earth, rain and sun. If you read the word 'cucumber' in this article, we mean a organic cucumber, and not the synthetically evolved fake cucumber that is cultivated with the support of subsidy from the Dutch government because greenhouse growers get huge discounts on their environmentally destructive energy bill.



### **The healing power of cucumber leaves**

The leaves of the cucumber plant are usually not eaten but they are tested for medicinal effects. The young leaves of a cucumber plant are edible. Scientists are increasingly looking forward to find quantities of components in plants and for possible new components. Many of the phytochemicals of the leaf of *Cucumis sativa* have medicinal effects. In future it might be considered beneficial to add dried leaf powder of

cucumber to food, to make it more healthy.

### ***Cucumis sativa* against diabetes**

Research shows that *Cucumis sativa* reduces high blood sugar levels. It therefore fits into an alternative therapeutic approach to diabetes. Alternative means in this case "with reduction of regular medicines". Much is known about maintaining the level of blood sugar with food. This is possible in itself, but it requires a different lifestyle, such as no longer catching up with snack food. When someone is 100% on a well-thought-out menu, diabetes type 2 can reverse quickly but that is a difficult road, probably full of emotions. That is because when you are denied your favorite food, you will notice that this so-called "favorite choice" is in fact a strong addiction to nutrient-less foods, intelligently designed to make you eat loads of it.

You can also change your menu slowly, step by step every week, until after 7-10 weeks you have taken enough steps to really try your diet for a few weeks and only eat pure foods that fight diabetes. Good anti-diabetic vegetables are watercress, raw carrot, asparagus, all cabbage varieties and alfalfa. But in fact, all fruits and vegetables are more or less healing the degenerative process of diabetes type 2. Walnuts are also very healthy against diabetes, and ideal for mixing in a cucumber salad.

### ***Cucumis sativa*, good for liver**

People with diabetes live with an increased risk of liver problems. Cucumber is not only good for regulating blood sugar levels, but also promotes liver functioning. Sugar and trans fats can damage liver function just as much as alcohol, and that is why many people suffer from what they call scientifically "non-alcoholic fatty liver disease" or NAFLD.

Cucumber can restore the cell structure of a damaged liver, according to scientific research. Because the healthy cell structure is built up by substances in cucumber, scientists conclude that the cucumber is protective for the liver. It was also seen that the liver protection effect was even greater when more cucumber was administered. This dose dependent medical effect is important when doctors want to use it in a therapeutic way.



## **The healing power of cucumber seed**

There is a lot of tocopherol in the seeds of cucumber, *sativa cucumis*, a bit more than in pumpkin seeds but less than in the seeds of *cucumis melo*, another member of the family. The seeds are used for medicinal reasons. When plant parts contain a lot of an antioxidant substance, this is often a reason for scientists to state that it probably has medicinal applications.

## **Stomach ulcer with cucumber leaf**

Gastrointestinal infections such as stomach ulcer are common in some parts of the world. Scientists believe that a combination of too much drug use and excessive presence of the *heliobacter pylori* bacteria are important reasons for developing ulcers. They are looking for plant-based remedies against pathogenic bacteria, because antibiotic use in the long run is counter-productive. With antibiotic use you create a resistance superb bacterium or, as is the case now, you cause many types of bacteria to become resistant to the drug. Bacteria are not resistant to plant substances, which is a clear fact among biochemists, who usually carry out the research into medicines and medicinally active substances. There is nothing more logical than the use of natural antibiotics, based on scientific grounds, but this wisdom has not yet penetrated into general medical practice.

Researchers see that a leaf extract of the cucumber plant has a good effect against the *heliobacter pylori* bacteria. This is probably due to medicinal effects in the phytochemicals: alkaloids, steroids, flavonoids and polyphenol. It cures stomach ulcer. Furthermore, it has not only anti-inflammatory properties but also immune-enhancing qualities.

Research shows that cucumber leaf has medicinal applications against some fungi. This can



be important for the positive effect on the intestinal flora or the microbiome. Other research shows that the cucumber plant stems have substances with a repellent effect against pathogenic micro-organisms. There are three types of sphingolipids in the stems and they work against bacteria and fungi.

### **Oxidative stress reduced by cucumis sativa**

Nigerian researchers start their studies by stating that inflammation as a cause of chronic diseases is a general public health issue. There are many painkillers on the market but they have negative side effects, such as the fact that they cause free radicals and thus inflammation. That is why people in Nigeria are looking for medicinal food with anti-inflammatory qualities. Many fruit and vegetable varieties show anti-inflammatory properties. Cocoa, whole grains and tea can also contribute to people's health. Now cucumis sativa has been studied. It appears to have anti-inflammatory effects and, the researchers note, regular synthetic anti-inflammatory drugs have side effects according to the dose given, but cucumber doesn't have these.. Cucumber works more anti-inflammatory as you take more, but it has no side-effects.

This means that, according to the researchers, it fits into the ‘ anti-inflammatory food ‘ category. By eating lots of fresh fruit and vegetables you reduce the risk of inflammatory disease such as diabetes, obesity, cardiovascular disorders, cancer, ADHD, depression and other mental illnesses, irritable bowel syndrome, Alzheimer's, dementia and much more. In general, people eat a lot of supermarket food such as pizzas, food from jars, white pasta and white rice, flour products, sugar-containing products so that there is a nutrient deficiency. That is a condition to create an excess amount of free radicals, which promote inflammation.

### **Cucumber, beneficial to the heart**

Mexican research states that inflammation and oxidative stress cause many medical problems such as arteriosclerosis, high blood pressure, heart attack, heart disease and kidney inflammations. The researchers see that an extract of cucumis sativa reduces oxidative stress and that substances that are seen as markers of the presence of free radicals, reduce in number. From this, they conclude that consumption of cucumber lowers the risk of heart diseases. Cucumber has protective benefits for the heart.

### **Cucumber is good for the skin**

Researchers see that the skin structure is built up faster when test animals are treated with a gel based on cucumber. The gel protects the skin against infections, but it also promotes processes that produce new skin tissue and blood vessels. There was a significant difference with test animals that did not receive the gel. In folk medicine, it has been known for years that cucumber is good for the skin. The slices can simply be applied on the skin to release their flavonoids to the skin. Flavonoids are substances in plants that have as strong antioxidant effects as vitamins C or E. And they don't have to be applied on eyes or face only. They might be able to help weak skin spots anywhere on the body.

### **Cucumber against bloating**

Research shows that cucumber makes the bowel contents less acidic and that, partly because of this, less flatulence takes place. Cucumber contains digestion-enhancing efficacy. The



effect of cucumber on flatulence is similar to that of sodium bicarbonate, a known agent for that problem. Problems such as inflamed colon, irritable bowel syndrome and dyspepsia or bloating can be counteracted with cucumber.

### **The healing power of cucumber flowers**

Premature research shows that the flowers of cucumber have an anti-cancer effect against liver cancer cell lines. The researchers do not know yet which substances in the cucumber flowers are responsible for this. Cucumber flowers can be eaten and put on salads.

### **Cucumis sativa as a painkiller**

Research shows that cucumber fruit has analgesic effects. It has an anti-inflammatory effect and this also prevents painful inflammations, but it is also a direct analgesic. The medicine ‘cucumber’ has been tested and the effect has been compared with that of diclofenac. The research shows that cucumber is an excellent anti-inflammatory painkiller compared to this synthetic agent. For some time there has been research into pain and it is always clear that there are vegetables and fruits with analgesic or pain relieving effect. There is a chance that the body itself produces analgesic substances with the help of the phytochemicals of certain plants, such as cucumber. If this is confirmed by scientific research, we will report this in Veggie Tales..



# OSTEOARTHRITIS SHOWS TO BE FOOD ALLERGY



*This article was removed by editors of a website where it has been online for 4 years. The rules have changed.*

*I worked with a doctor, and he had printed this article to let me read it. He did not know I had written it. If a doctor finds the article interesting but editors think it should be censored, then something is really wrong in the Netherlands.*

## **Scientific research is the basis for medical food knowledge**

This article I wrote with all the knowledge in mind about the cause of osteoarthritis and arthritis problems, which is not 100% functioning kidneys. When you think about this, it is understandable that the kidneys must be stimulated in their functioning, when you want to cure from osteoarthritis. Then, more toxins will be removed, including the uric acid that causes osteoarthritis. But which food do we take? Unfortunately, 90% of the items in the supermarket contain toxins. All animal products, many industrial products, sweet products, almost all white flour products, margarine, industrial oils, alcohol drinks, tobacco, and medicines contribute to the development of rheumatic problems like arthritis, osteoarthritis and gout. That is why it is good to fast temporarily, and to use kidney-supporting nutrition permanently.



## Here is the full article:

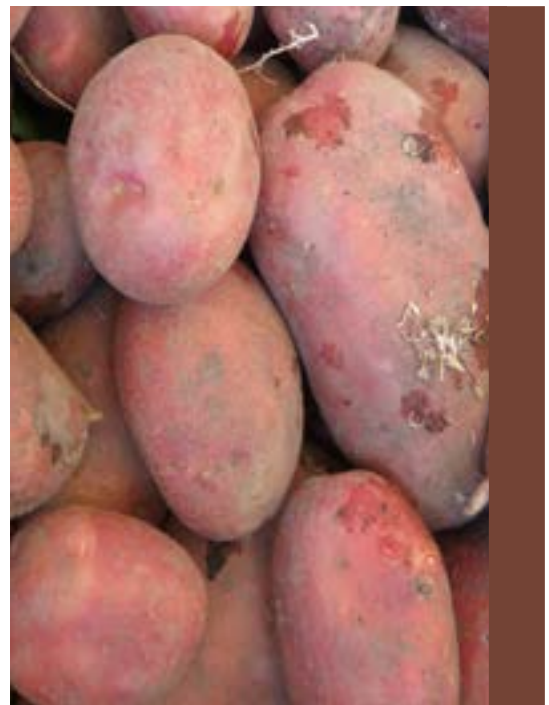
Osteoarthritis is wearing of the bones. At least, that what we have been told for years. However, the pain is not caused by wearing. Osteoarthritis is caused by inflammation. These inflammations occur in different ways. One of those ways is striking. Osteoarthritis appears to be caused by food allergies in the majority of cases. Everyone is allergic to other nutrients, or rather non-nutrients, aka, toxins. Examples of food that people are allergic to are sugar, white flour products, fructose syrup, trans fat, and chocolate.

### The osteoarthritis myth debunked

Osteoarthritis has been given a false cause for decades. Doctors assumed that the pain would be caused by wear and tear. Osteoarthritis is seen a lot in older people with obesity. In their knees, which have to endure a lot, osteoarthritis can occur. But is this a form of wear? You would say so, because the knees have to endure an extra load due to the overweight of the body. However, people from the same category are more likely to suffer from osteoarthritis on their hands as well. Fingers do not endure extra weight because of extra body weight. Therefor, the cause of the pain must be something else.

### Osteoarthritis is an autoimmune disease

Osteoarthritis pain is caused by immune system cells that normally target a pathogenic intruder. In the case of osteoarthritis, the cartilage is targeted, causing an infection and infection pain. Principal investigator of a Stanford's research team from 2011 found that the inflammatory cells were already active before the osteoarthritis pain developed. As a result, the chances are high that osteoarthritis, like arthritis, is an autoimmune disease. That is the reason why osteoarthritis does not occur so much in the elderly; it is also a disease that affects people in their twenties, thirties, and forties.



### No wear

Through a complicated process it appears that the cartilage in the joints is affected. This process is called Membrane Appearance Complex or MAC. During a MAC, proteins are bound to cartilage cells. In addition, more enzymes are found around the cartilage. As a result, the cartilage is broken down at an accelerated rate. These processes have nothing to do with wearing of the joints. The medical community must fully adjust its view on osteoarthritis, when it wants to cure this disease..

### Osteoarthritis is curable

The Stanford research has great consequences for thinking about osteoarthritis. Regular doctors still believe that osteoarthritis is incurable. That is not true. A paradigm shift with

respect to osteoarthritis should take place. Inflammation can be cured effectively. This can be done in a number of ways. Firstly, it is important to eliminate the causes of inflammation and secondly, it is important to take anti-inflammatory medicinal plants. Pineapple is an example of this because it contains bromelain. This substance reduces the swelling caused by inflammation. Actually, all fruits and most vegetables contain antioxidants that fight inflammations, but some do contain better components to fight a specific type of inflammation.

## Allergen table

Here is a table of nutrition that can cause inflammation. They are so-called allergens; these are substances that can cause allergic reactions. The elimination of these types of food means that in most cases no osteoarthritis pain is observed after three or four weeks. The cartilage gets the chance to recover. This will remove the pain.

<b>Milk</b>	<b>Dairy Products</b>	<b>Soy Products</b>	<b>Sugar</b>	<b>Nightshade Vegetables</b>
<b>Wheat</b>	<b>Chocolate</b>	<b>Eggs</b>	<b>Beef</b>	<b>Coffee</b>
<b>Corn</b>	<b>Oranges</b>	<b>Pork</b>	<b>Yeast</b>	<b>Black tea</b>

In addition to nutrition, performing body exercises can help fighting osteoarthritis. Body exercise means you are making more enzymes and hormones, therefore your digestion will be improved. With exercise, you don't have to think about buying a nice tracksuit and running shoes. Two hours a day of walking, cycling or swimming is enough. Actually, heavy sport exercises causes more free radicals in the body so we want to avoid that.

## Why do just some people suffer from these kinds of foods?

These allergenic foods contain toxins. Normally we do not uptake these toxins. There are circumstances in which we do digest these poisons. One is an increased permeability of the intestines. This means that the intestines allow more non-nutrients or toxins to pass through. These toxins (poisons) accumulate in, for example, the cartilage and cause inflammation. This can cause osteoarthritis pains. Increased permeability of the intestines is also related to food allergies and food intolerance.

## Why is milk so bad?

Milk used to be very healthy. Probably, raw milk is still healthy, but hardly available. The industry lowers the quality of cow's milk down to a point where there is an excess of calcium, which causes the body to protest. The body will turn in a state of removal of calcium, which it finds mainly in bones. The bone structure will weaken due to high calcium intake. This weakening of bone structure is called osteoporosis. Milk leads to osteoporosis, bone fractures and arteriosclerosis. Osteoarthritis is only one of the possible consequences of





drinking cow's milk. Grownups do not really need a substance supposed to feed calves. Dairy products contain toxins, like beef and pork. These are called bio-amines. A certain group of bio-amines can be found in wheat. That is why wheat is unhealthy for some people. In the end, the bio-amines are the non-nutrients which are able to cause inflammatory diseases.

## **Obesity leads to higher osteoarthritis risk**

Toxins in food are a contributory cause of osteoarthritis. Cytokines, chemokines, and adipokines are stored in adipose tissue. These substances promote the development of inflammations. People who suffer from obesity own more of these inflammatory promoters in their tissues. It is a protective way of storing toxins, till the kidneys function well enough to detoxify the body.

The immune system cannot send all toxins to fat tissues. As a result, different diseases like osteoarthritis can be triggered in obese people more easily. This is the main reason why osteoarthritis is more common in people who suffer from obesity. In fact, fat tissue is a storage place for all sorts of toxins.

## **What you should not eat**

In general, it is important for an osteoarthritis patient to keep away from fried food, processed food, white sugar, and carbohydrates. In addition, it is wise to eat only fresh vegetables, except for the night shades. Of course, you can still boil your veggies, but not longer than 10 minutes. Other types of food that can lead to problems are pork, beef, dairy and wheat products. Even chicken and fish contain toxins, but less than beef and pork. You might consider to live as a vegetarian for a few weeks. This will improve chances of healing a lot.

## **The Mediterranean diet**

Some people call this the Mediterranean diet. Fresh vegetables that are briefly steamed or blanched, have a lot more health benefits than fried vegetables, especially when these vegetables are fried in sunflower oil, peanut oil or rapeseed oil from the supermarket. If you still want to bake vegetables, use real butter or coconut oil. These are two baking products where no anti-inflammatory substances are produced. When you fry with real butter, don't make it too hot. Coconut oil can be really hot. You can fry till 180 degrees, making it more hot means that the oil starts to become unhealthy and will lose its benefits.

## **Too few omega 3**

The oils from the supermarket contain too little omega 3 and too much omega 6. Omega 3 is anti-inflammatory. The type of omega 6 in supermarket oil, has an inflammatory effect. That is because it is not real omega 6 which you find in nuts and seeds. These industrial oils have been filtered and refined. As a result, the oils contain only a fraction of the nutrients of what could have been present. Inflammation does not only cause osteoarthritis. Inflammations at cellular level or low-grade inflammations can also cause obesity, cancer, Alzheimer's disease, cardiovascular disease, diabetes and mental diseases. Scientists know since the beginning of the new millennium that the root cause of all main diseases lie in low-grade inflammations. That is a wonderful finding, because since inflammations are curable, it seems that it would

not take long to find a cure to any disease with medicinal food. That is food that supplies lots of antioxidants.

### **NSAIDs provide inflammation.**

Sometimes substances that cause inflammation come from an unexpected angle. NSAID is an analgesic and anti-inflammatory drug. But does it function well? The studies of manufacturers show that it functions very well. There are also independent researchers to NSAID, such Gotsche published a study showing that pharmaceutical manufacturers have manipulated the results of their research. NSAIDs have many side effects such as gastric bleeding. The intestinal flora, a living organ, is seriously disrupted by these substances. The bad thing about this is that this is causing inflammations in the long run. So, the pain signal get disabled by NSAIDs but the inflammation is getting worse.

### **Nightshade causes osteoarthritis**

Nightshade vegetables such as aubergine, potato, tomato, paprika and red pepper are an important inflammatory factor for osteoarthritis. Research among 434 people shows that osteoarthritis can be solved in 68% of cases by removing nightshade vegetables from the diet. In nightshade vegetables, many alkaloids have unhealthy effects. For example, there is solanin in potato and tomatin in tomato. In this connection it is useful to note that most smokers in the long run suffer from osteoarthritis. Tobacco is also a nightshade plant. Tobacco can not only lead to osteoarthritis but also to arthritis.

### **Next issue: anti-osteoarthritis diet**

So far the original article. This article deals with the cause of osteoarthritis in the food field. There is another aspect of food that causes osteoarthritis. At the very beginning, inflammation-causing substances are discharged via the kidneys and the bladder. If something goes wrong with these channels, more toxins will be stored in the body. A cause of many chronic disorders, such as osteoarthritis in this case, is the reduced functioning of the kidneys and sometimes also of the bladder. There are foods that specifically stimulate the bladder and others that stimulate the kidneys.

In the next issue we will focus on foods that provide strong anti-inflammatory effect against arthritis. I will lift the veil a little bit for you now. A few scientific studies will be discussed in which 75% of the people experience no arthritis pain, after 3 weeks of consuming 1 gram of cinnamon powder with oat meal every morning. Also, we will tell why celeriac is good against arthritis and osteoarthritis. And we will present studies that show vegetarians suffer less rheumatic diseases.



# Make ALMOND MILK with a SLOWJUICER



**Requirements: slowjuicer**

**Possibly: blender or high speed blender**

**Sieve, tea strainer**

## **Slowjuicer:**

Pour boiling hot water over 200 grams of almonds.

Soak the almonds for 12 hours.

Put the soaked almonds in the slowjuicer.

Catch the almond cream.

Mix this according to your own taste with water in a blender. 0.75 liters of water at 200 grams of almond gives me a good milk consistency of whole milk.

The pulp of almonds can be used for muesli, oatmeal porridge, filling of cakes, dough for bread, cookies or cake, pancake batter, as a filling for a burger, for example together with mushrooms or lentils.

If you want to make more milk from 200 grams of almonds, do the following: put the almond pulp in a blender with water. Blender it 20-30 seconds.

Pour the water through a sieve and collect it. Mix this with the first batch of almond milk.

The first batch is very creamy, good for coffee milk. If you just want to drink a glass of milk, you can supplement it with water. The best thing is to mix it in a blender and water, then it becomes a beautifully consistent.

The almond pulp or almond cream that you collect can be used as a vegan replacement of cream cheese in various recipes. You can also use it to make cakes, you use it as stuffing or to make a vegan cheesecake.

## **Make almond milk with a blender**

With a blender or rather high speed blender you can also make almond milk. Put soaked almonds with three quarters of a liter of water in a blender. The almonds must be completely pulverized. Maybe that takes two minutes, you have to check for yourself. Then you filter this "raw" almond water. You can do this with a large point sieve or with a small tea strainer. It can also be done with a cheese cloth, if you are handy.

If there is a white mass that resembles mozzarella in the tea strainer or the cheesecloth, you do this in a separate dish for later use in dishes.

## How do you store almond milk?

The collected almond milk contains no fibers and is drinkable. Put it in an empty bracket bottle that you can reuse later. Before filling the bottle with almond milk, rinse the bottle with boiling water so that it is completely clean.

A bottle of almond milk can be stored in the refrigerator for a few days.

## Sweet milk

Add a little bit of stevia leaf to the almonds when they are soaking. The milk will become a bit sweet, but it should not dominate. You can also add stevia tea to the almond milk.

When sweetened, it tastes more like ordinary cow's milk because it contains milk sugars. Stevia is a herb with all kinds of medicinal properties and a very sweet taste. A half teaspoon of stevia leaves is enough to give a slightly sweet hue to the milk.



# *Stevia water as a SUGAR SUBSTITUTE*

**Put strong stevia tea in a preferably small tea pot. You do not have to put more than 300 ml for 2 days of use. After 2 days the good taste goes away.**

Put a tablespoon of stevia leaf in the teapot and pour boiling water over it. After 10 minutes, the tea can be used as a sweetener for tea and coffee. If you make more of it, you can bake pastries with it, for example cookies. You do not mix the dough with water, but with stevia tea.



# DOES ASPIRIN PREVENT SKIN CANCER?



In June 2018, a meta-study was published under the direction of researcher Lenard M. Lichtenberger, which should show that a low amount of aspirin intake does not increase the risk of melanoma or skin cancer. The research states that low aspirin use is not a risk factor for getting skin cancer. In fact, research would show that using aspirin in small doses protects against skin cancer. However, this conclusion is challenged by other scientists.

Lichtenberger describes that there are other scientists who see a relationship between aspirin use and skin cancer. But rejects this relationship as credible, for example by saying that it has not been investigated whether this relationship is dose-dependent. In other words: there is no scientific-based indication, yet, of the dose of aspirin which gives 100% certainty that the risk of melanoma has increased.

## Scientific answer

Striking to the Lichtenberger research is that a newspaper article has been taken as a source. Another research team, led by Kelsey A. Orell, responded in August 2018 by stating that newspaper articles fall outside the scope of scientific research. This same research team certainly sees a possible connection between aspirin use and developing skin cancer. These researchers state that the studies carried out up to now, show conflicting results. This is partly due to the fact that every research uses a different set-up and research methods. The research method itself is of great importance for the results of a study.

In addition, in the answer to the Lichtenberger study, it is stated in the studies that have been used, that aspirin and other NSAID drugs (anti-inflammatory painkillers) can not be used to prevent skin cancer.

## The Patient Information Leaflet of aspirin

Maybe we can learn something from the patient information leaflet(PIL). If we read the PIL of aspirin, we see that one of the side effects is that it may cause skin problems such as skin rash, hives, fluid build up and itching.

Fluid retention such as edema is caused by less well functioning kidneys. Another side effect of aspirin mentioned in the PIL is: acute kidney failure and reduced kidney function. It is a fact that aspirin affects the kidneys negatively, so that less toxic substances can leave the body. That is an annoying disadvantage of aspirin, because these toxic substances are disease-causing agents. This is why aspirin use is responsible for an increased risk of various diseases, including cancer. In conventional medicine, the fact that toxins cause diseases is not widely accepted yet. On the other hand, there are hundreds of studies that tell that cancer is linked to cell-level inflammatory mechanisms caused by, among other things, toxins. In nature medicine and phytotherapy the emphasis is placed on detoxifying the body. That is an important condition for combating cancer. Aspirin does the opposite: it causes more toxins in your body.



Furthermore, this is stated in the PIL(translated from Dutch version):

Do not use Aspirin 500 mg in combination with:  
methotrexate (a medicine prescribed for cancer, severe psoriasis and rheumatoid arthritis)  
if you use more than 15 mg per week (if you use less than 15 mg per week, you may use  
Aspirin 500 mg, but only on advice of your doctor)

### **More skin problems due to aspirin**

Methotrexate is a medicine used in cancer, psoriasis and arthritis. There is no further information about what kind of scary things happen when you combine this drug with aspirin. Of course there are other sites. There is a whole list of possible diseases that you can get from an interaction of this combination, including spontaneous bleeding, white skin and skin rash. Here too we see that, albeit in combination with another agent, aspirin causes skin problems. But, researchers say: “Given that NSAIDs in general and now aspirin, inhibit acute inflammation, it is tempting to speculate that perhaps one of the anticancer properties of aspirin may simply be the inhibition of inflammation that causes cancer.”

In other words, researchers do not see any inflammatory problems with aspirin because it is an anti-inflammatory analgesic. And then it is speculated that the anti-inflammatory effect can also be effective against cancer. In any case, that means recognizing that inflammatory mechanisms are seen as a cancer cause.

Should we make a distinction between stopping inflammation on the short term and promoting them on the long term?

<https://www.drugs.com/drug-interactions/aspirin-with-methotrexate-243-0-1590-0.html>

### **Speculation or science**

It is speculated that aspirin can sometimes fight the inflammations that cause cancer. Let's look at this in the light of thousands of studies showing that medicinal plants have anticancer effects. Considered this, aspirin is not a special medicine, there are thousands of plants that can do the same or that have more anti-inflammatory effect.

What is special is that a group of scientists in the Western countries are looking for evidence for the anti-cancer effect of aspirin. That while the majority of scientists from South America, Asia, Arabia and Africa are looking for medicines without side effects in the form of medicinal plants. In non-western areas, it is much more common to study anti-inflammatory effects of plants, vegetables and fruit and to recommend these to combat cancer. The scientific literature on the healing power of plants has been greatly expanded. So far, 11 scientific studies have been done that give aspirin the benefit of the doubt and elevate this synthetic drug to a potential agent that prevents cancer.

### **Difference between small and large doses**

At least it is fair to say that not all scientists agree on views. This happens during a paradigm shift. But some things are measurable.

It is always stated that a small dose of aspirin works skin-protecting, but a big one does not. Large doses are not healthy and everyone agrees in the scientific world. A small dose is 75mg or 200mg. 500Mg is a large dose. The most sold doses in the Netherlands are 500mg and 400mg. In any case, they offer no protection because the doses are too high.

## **Ignoring research**

And then there are the investigations that are ignored. In total there are 597 studies on aspirin and skin cancer, but according to Lichtenberger and his followers, only 11 studies have been carried out well enough to conclude that aspirin protects against skin cancer.

## **Aspirin increases the risk of skin cancer**

There are countless studies showing that aspirin actually increases the risk of melanoma. there is a study of 200,000 people. The research shows that men are twice as likely to develop skin cancer as they take aspirin. The dose you use is: 81 grams to 350 grams. 81 grams is seen as a low dose. This one research therefore overturns the entire proposition of Lichtenberger. <https://www.futurity.org/aspirin-cancer-melanoma-1763002-2/>

## **The road to a preventive drug**

Is this serious research into skin cancer prevention? Are scientists seriously looking for a remedy that prevents skin cancer? If the latter is the case, it is much more logical to compare the effect of aspirin with medicinal plants that have been proven to have anticancer effects. There are hundreds of plants known, which show much more healing power against different types of cancer and melanoma than aspirin. The question is whether all attention should be given to aspirin as a possible skin cancer preventive, since scientists are still very far from proof of this.

*Since willow bark is the original natural source for salix acid, which is the main active component in aspirin, research should be done to willow bark tea instead of the synthetic substances.*





# SOON IN ALL MEDIA: ALZHEIMER'S IS A LIFESTYLE DISORDER



At last, it can be said without getting angry looks from doctors. Alzheimer's is a preventive lifestyle disorder, according to the latest developments in the field of Alzheimer's research. Puzzling as a recommendation against Alzheimer's has had its longest time. That does not help. In fact, research shows that puzzling can lead to more Alzheimer's, but that can also be because people who think they are going to get Alzheimer's will start puzzling, because that is advised by doctors.

The consensus is shifting in this area. There is a growing body of studies showing healthy nutrition clearly improves cognitive performance. There is brain food, food of which the brain will improve functioning. This happens by repairing neurons and, eat food that chelate heavy metals and eat antioxidant-rich food. This food is extra good to combat Alzheimer's. The puzzle can be put aside, let's eat real brain food.

## Shift of ideas

Alzheimer's is a lifestyle disorder, it seems like a bold statement, but it is 100% true. Scientists acknowledge that the cause of Alzheimer's is clear: poor nutrition. Margarine is a major culprit for Alzheimer's patients. Switching to healthy alternatives such as olive oil, coconut oil and butter would already make a big difference. But there is much more to say about combating Alzheimer's. The biggest problem is in the supermarket.

## Cause: confidence in the supermarket

People who trust the supermarket are at great risk of getting a serious illness. Because in the supermarket at least 90% of the items are disease-causing. Margarine is processed in many products, for example all kinds of biscuits, cakes and sweet bakery products. Bake it yourself, and put butter through your cake. Margarine is one cause. The other cause of Alzheimer's is even more difficult to avoid. Sugar. 75% of supermarket products contain sugar. It is difficult to go through life without sugar.

## Alzheimer's is type 3 diabetes

What is the history of the idea that Alzheimer's is a lifestyle disorder? Since 2000, a growing group of scientists has seen that Alzheimer's disease should in fact be called Diabetes Mellitus Type 3. There are also insulin receptors in the brain. These too can become insulin resistant. This discovery is, in fact, a logical consequence of another

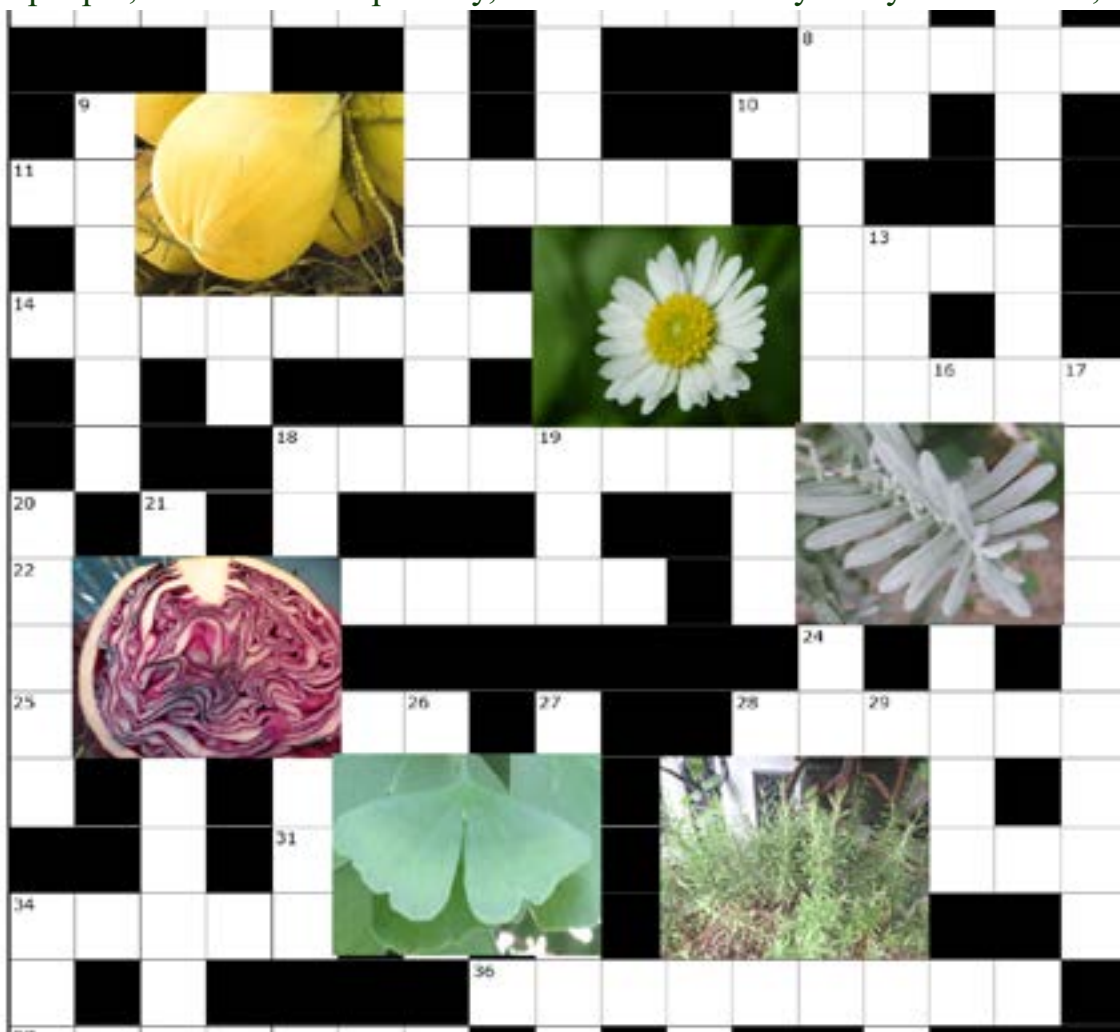
viewpoint that has been dominating for a long time; type 2 diabetes gives an increased risk of Alzheimer's disease. But now they know better why that is; both Alzheimer's and diabetes are the result of having a supermarket-dependent existence. To call it a lifestyle disorder is somewhat patronizing because it seems like a patient has a totally wrong eating habits and others don't. Most of us have the same lifestyle because the vast majority of people depend on the supermarket. We humans are all different and we get other diseases.

Much of our supermarket food has degenerated. The qualification "nutrient-free filling" would better cover the load. It is a good idea to avoid everything that comes in cans, jars, boxes and bags. You can make real meals with fresh ingredients. That is how you use food in a medicinally effective way.

### The common cause of diseases

There is another phenomenon going on in science. The cause of obesity, cardiovascular disease, diabetes, rheumatism and all kinds of other diseases has been found. Did you not read it in the newspaper? Then journalists must have missed something.

Scientists see now that, the underlying cause of many diseases is the development of inflammatory symptoms and stress, are caused by free radicals. Sugar, white flour, margarine, cheap cooking oil and all kinds of additives provide our bodies with these inflammatory mechanisms. Mental problems such as depression and psychosis are also linked to inflammation at the cell level, and free radicals. Research clearly shows that depressed people, sometimes temporarily, tend to eat relatively many snack foods, crisps,



biscuits, and sweets. These data are all bundled in the general insight that nutrient-poor food is a common cause of diseases.

### **Fruit can help to inhibit inflammation**

The common cause of diseases can be removed by changes in the eating pattern.

We could choose not to eat products such as white bread, deep-fried snacks, sweets, supermarket sauces, cookies, and chips. Many people find that very difficult. We could also choose to, at least to eat some products that fight inflammation and capture free radicals. Try to eat 5 servings of different types of fruit per day. A serving is 150 grams to 200 grams. If you do that, you get a lot of antioxidants and they fight inflammation and free radicals. For example, a healthy supplement ensures the removal of the cause of a disease. That is preventative improvement.

In fact, all types of fruit are good. In addition, it is important to get many different antioxidants, which is accomplished by eating different fruits.

### **Vegetable, fruit, nuts, seeds**

We need antioxidants from vegetables and fruit to counteract inflammatory mechanisms. These antioxidants eliminate free radicals so that cell damage stops from happening. Furthermore, it is wise for an Alzheimer patient to turn to food that is good for the brain such as walnut and rosemary. Brain-strengthening food can best be consumed daily. Preferably different types of brain food.

### **Alzheimer and diabetes**

Type 2 diabetes can be reduced by exercise. Walking, cycling and swimming help to reduce insulin resistance. More hormones and enzymes are produced so that digestion is improved. An exercising body does not only use more energy, but ensures the presence of a lot more substances in the body. And scientists now see that the same applies to people with type 3 diabetes or Alzheimer's. For Alzheimer's patients too, if you follow a program of daily walking, cycling, and swimming, two times a day for an hour, the cognitive performance will improve. Insulin resistance is reduced. It is also important that the energy management of cells is activated by simple movements such as walking. If the energy management improves, then that has a positive effect on the whole body. For example, you feel less tired during the day.

### **When do we do dementia prevention?**

We are probably a few years away from official guidelines on Alzheimer's. Scientists must first achieve a greater consensus in Alzheimer's research. Experts in the research field think there is enough knowledge to advise scientifically based dementia prevention guidelines, within a number of years. Until that time we have to do it ourselves. We could use the knowledge we already know for prevention reasons. Fortunately, eating 3-6 walnuts per day is not a punishment for most of us.

### **Practical Alzheimer Prevention Advice**

This advice is no substitute for a doctor's advice. It is a list of practical food habits that might be considered, based on what is scientifically known. It is not meant to be complete.

This recommendation also includes fats. Healthy fats are essential for an Alzheimer's patient. Since the brain contains a great number of fatty acids, we need to supply ourselves with fats from plant sources, when we want to prevent against any brain related degeneration disease.

60 minutes walking / cycling / swimming twice per day

At least 5 servings of fruit

At least 5 different types of fruit

3-6 walnuts per day

Use coconut oil, olive oil or butter for frying

Use olive oil and coconut oil on bread

Use whole wheat bread only

Use whole grain products only, no refined flour

Olive oil (extra vergine) over each salad

Olive oil and butter through a stew

Butter also in porridge

No sugar but stevia, try stevia tea from the leaves and sweeten tea and coffee with it.

Reduce sugar by using healthy sugar, coconut sugar, palm sugar,

Preferably baking cakes with butter instead of cake from supermarket

Eat many cabbages eat, especially kale

Use herbal supplements such as panax ginseng, rhodolia, Siberian ginseng, ginkgo biloba, Alfalfa sprouts or grow alfalfa as a vegetable

Rosemary preferably daily, on bread, as tea, on salad, by soup, by stew

Basil, preferably daily, by soup, on bread, salad,

Turmeric, preferably fresh, can also be powder, is very anti-inflammatory and captures free radicals, every day by eating, soup, stew, omelet.

All vegetables are good but watercress and asparagus are extra good against Alzheimer's.

Drink a tea made with the herb centella asiatica xxxx

Eat omega rich plant sources like avocado.



# WILD VEGETABLES, THE THOUGHTS & FACTS



Dogs and cats urinate on plants, is the most frequently heard objection. It depends on where you pick. If you have a balcony where there are no cats or dogs, it is easy not to stick to that idea. Animals are walking around on farmer's land, like foxes and deers. There are birds everywhere. Rain basically flushes everything clean. Yes, vegetables have to be washed before consumption, whatever happened to them. In most cases they have been used by insects.

## Kneeheight rule

There is one general rule, at least in Europe: blackberries, raspberries and all kinds of blueberries should never be picked below knee height. That's what foxes, wolves, and some dog species eat. These animals can have a worm in their mouth, a tapeworm named *Echinococcus multilocularis*. When these canines lick a berry, the eggs of the worm might attach to the berry. Eating this tapeworm is not healthy for people. You avoid this by just picking fruits above the height of your knees.



## How should you pick in the wild?

What wild vegetable gatherers do is pick the young, clean leaves that have just been out of the ground for a few days. Then, the chance that insects have gnawed at it, is reduced. The chances of having dogs around are also smaller.

## Washing vegetables and herbs

Of course it is true that you wash everything before eating. You do that with ordinary vegetables, fruits, and herbs. When you want to dry an herb, it is a good idea to first use a tumble dryer and then lay it on a heater in a wide bowl or on an oven plate. If you have used the oven and let it cool down, you can put in the leaves, when the oven is 50 degrees or lower. Then, herbs dry a lot faster.

## Benefits of wild vegetables

There is a large range of wild vegetables. These are mostly plants with medicinal applications. For example, people who suffer from a bladder infection may regularly eat nettle. That way you benefit twice from a plant. People with bronchitis might think of *Glechoma hederacea* or ground ivy. Anyone who wants to give his liver a boost may want to eat 3-8 dandelion leaves every day. So there is something for everyone.

They are organic vegetables, containing much more nutrients than vegetables from the store. It is free. You can save yourself some money per day by walking or cycling a bit and you

find herbs on your way for later use.

You learn new insights about plants and nature. Most people do not yet know which plants are edible. It is always nice to learn new things, especially if it is already very old knowledge that helped to develop humanity.

You can pick fruits and tea herbs in addition to vegetables to get even more benefits. So you can fill a kitchen cabinet full of your own dried herbs. Drying wild herbs or vegetables is something that has always taken place.



# *Celeriac Curry* *with almond sauce (vegan)*

**Celeriac, a slice of 1.5 cm per person**

**Small onion**

**Little bit of leek**

**3 large mushrooms**

**A fresh turmeric root (or else turmeric powder)**

**150 ml of almond cream. (is the residue from making of almond milk, can be replaced by with coconut cream)**

**Pinch of garam massala, Indian herbal mix for dishes**

**Half teaspoon of Celtic Sea salt**

**Coconut oil**

Cut all vegetables into equally small pieces, and cut the celeriac even smaller than the rest. Put a frying pan on the fire with coconut oil. You may also use olive oil because you will be stir-frying briefly. Olive oil should not be used for frying too long.

Put oil and veggies in the pan at the same time and close the lid.

Raise the heat and let everything get hot. If it hisses a lot, you have to stir.

After 3 minutes you add the almond cream. Mix everything is together. The almond cream will turn yellow due to the turmeric.

Add some celtic sea salt and garam massala and leave the pan on a low heat for 4 minutes. The celeriac just does not have to be completely well done. It is nice if it stays crispy.



# THE 45 MOST MEDICINAL VEGETABLES

The 45 most medicinal vegetables is the translated title of a book written by Thomas Dijkman. The book has been written in Dutch, and is not translated yet. The book is reflecting the current scientific state of medicine regarding nutritional properties of vegetables. In 2018, the book was published in an updated version. The original version was published in 2015. In 2018, new medical facts from scientific research that was published after 2015, were included.

The medicinal food science is relatively young. It started in 1990. By 2018, already many medicinal food plants has been mapped out. For example, it appears that beets are good for the heart, cabbage is good against cancer and that cauliflower is extra beneficial for heart, stomach, and intestines. We might want to use this knowledge. We do not have to wait for the doctors to include medical food in their disease prevention guidelines.

For example, if you have a heart problem, you can switch to adding food that is beneficial for the heart like beets, nuts, fruits with many antioxidants, celery and garlic. If you do this with regularly, you should show less severe symptoms of your condition. Many people succeeded in not having to be prescribed synthetic medicines anymore.

The book describes 45 vegetables and their medicinal properties. In the first three chapters you read a lot of background information. Then there is a detailed description of 45 vegetables and 5 night shade vegetables. In addition to scientific information, there is historical information about the vegetables. The emphasis is on the medicinal side of a vegetable. With this book, you can make your body and mind in perfect condition.

Thomas Dijkman was van jongs af aan geïnteresseerd in gezonde voeding, vooral wat betreft groenten en fruit. Over gezonde voeding las hij tientallen boeken en honderden wetenschappelijke artikelen. Hij heeft van het anderwerp gezonde voeding een zelfstudie gemaakt, doordat hij research deed voor ruim 700 artikelen over de geneeskracht van groenten, fruit, noten, zaden, zuivel en planten. Regelmatig krijgt hij verzoeken om artikelen in vaktijdschriften te plaatsen. Een van die artikelen is de aanleiding tot dit boek geweest. Dit boek behelst slechts een gedeelte van de opgedane kennis van de auteur Thomas Dijkman.

**Wist je dat**

- \* rode bietjes heel goed zijn tegen hoge bloeddruk?
- \* bloemkool ontstekingsremmend werkt?
- \* boerenkool omega 3 en omega 6-vetzuren bevat?
- \* het wetenschappelijk is bewezen dat het regelmatig eten van broccoli een kanker voorkomende werking heeft?
- \* champignons goed zijn tegen hart- en vaatziekten en boordevol vitamines zitten?
- \* bij het opwarmen van groenten in de magnetron alle energie in die groenten verloren gaat?
- \* knoflook aderverkalking tegen kan gaan?
- \* mierikswortel een natuurlijke plaspij is, zonder bijwerkingen?
- \* dit boek boordevol staat met gezonde wetenswaardigheden?

**DE 45 MEEST GENEESKRACHTIGE GROENTEN**  
THOMAS DIJKMAN

**DE 45 MEEST GENEESKRACHTIGE GROENTEN**

**THOMAS DIJKMAN**

De culinaire medicijn gids

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