

FOOD AS MEDICINE

“ You are What you Eat” ~Anthelme Brillat-Savarin(1826)

ANTIOXIDANTS

What are Antioxidants? Chemicals produced in our body and also found in our food, they defend our body from free radicals in the environment and in our foods, they break the chain of destruction.

FOOD AND BENEFITS

Ginger:

- Anti-inflammatory
- Antioxidant
- Aids in digestion and Nausea
- Old folk remedy for a cold or flu

Garlic:

- Lowers Cholesterol and Blood pressure
- Antioxidant
- Helps increase blood flow
- May reduce risk of brain diseases

Turmeric:

- Antioxidant
- Anti-inflammatory
- Reduces risk of cancer, brain diseases, cancer
- Helps with Depression
- Helps with Arthritis

Matcha Green Tea:

- High in Polyphenols
- Anti-inflammatory
- Increases energy expenditure
- Improves Insulin sensitivity and blood glucose
- Reduces stress and anxiety

POLYPHENOLS

What are Polyphenols? Chemicals found naturally in plants, they work just like antioxidants in our body and they have been shown in studies to prevent heart disease and cancer.

Berries:

- Antioxidants
- Improves memory
- Decreases risk of cancer
- Reduces risk of coronary artery disease
- Anti-viral

Avocado:

- Excellent source of omegas
- Helps regulate cholesterol
- Antioxidant
- High in fiber

Almonds:

- Antioxidant
- Helps regulate blood pressure, blood glucose and cholesterol
- May promote weight loss
- High in Magnesium

Sweet Potato:

- High in vitamin C, fiber and potassium
- Reduce risk of cancer
- Reduced risk of anxiety and depression
- Increases immune system