

Natural Healing Express Weekly

Column Volume 13 Super Foods: Onions and Salmon

This week we will continue our series on Super Foods mentioning in more specific detail Onions and Salmon and their various health benefits.

ONIONS- What is true about Garlic for the most part is true about the Onion. The onion is a native of central Asia with a 3,000 year history as a helper for ailments ranging from the common cold to cancer. The Egyptians, especially medical magician, Ebero, listed over 8,000 onion-alleviated ailments. In Greece, Hippocrates prescribed the onion as a diuretic, wound healer and pneumonia fighter. In the Old Testament of the Bible, the onion is one of the half a dozen foods the Hebrew people pined for after leaving the Promised Land.

Which brings us to our first contest. BIBLE TRIVIA ALERT. For the next week, all emails I receive that accurately name three of the remaining five foods the Hebrews longed for will be placed into a bowl and at the end of the contest, let's say on December 16th, a Natural Healing Express staff member will draw a lucky winner for a \$25.00 gift certificate. Merry Christmas. And I am not afraid to wish someone that.

Onions contain 25 active compounds; one of the antioxidant flavonoids (including quercetin) has been shown in several studies to be a very potent carcinogen deactivator. (In layman's terms- CANCER FIGHTER.) Onions also lower blood sugar which helps so much if one is suffering diabetic disharmony. They also help combat heart disease by thinning the blood and helping to raise "good" HDL levels.

Onions are also a huge help for folks demonstrating asthma. The sulphurous compounds and mustard oils, yes there are mustard oils in the onion, help to prevent inflammatory responses which trigger asthmatic attacks and other respiratory disorders. The before mentioned quercetin is not destroyed by cooking and not only assists by being anti-inflammatory for those with asthmatic concerns but also protects the lungs by destroying carcinogens. So, Onion up. It is the one vegetable which may make us cry, but it is also one of the most versatile healers available. This week's recipe is fairly simply. Enjoy your favorite HEALTHY food with a sliced or chopped onion on top or as a side dish.

Are we turkey-ed out yet? First, it was the actually turkey on Thanksgiving, then turkey sandwiches, turkey stuffing and for real, Turkey Soup? Egad – Let's try another protein please, it's December. Hey, I am all for getting the most value out of hard earned grocery dollars, but I am now voting for a Protein of a different color.

SALMON: Salmon is the healthiest seafood choice because it contains an abundance of Omega 3 essential fatty acids. The human body needs these polyunsaturated fats to maintain overall balance. Cold Water fish are one of the best sources for two of the three EFAs – EPA and DHA and salmon contains the most.

Omega 3 Fatty acids reduce the risk of heart disease and heart attacks by lowering triglycerides, the "bad" LDL cholesterol and blood pressure, and by helping to prevent blood from clotting. Salmon with its Omega-3 fatty acids may benefit people with rheumatoid arthritis and other autoimmune diseases.

The EFA's contained in Salmon help reduce blood pressure and therefore help to reduce the risk of stroke.

Here's our recipe for the week: Grilled Wild Alaskan Salmon Burgers (with Onions)

14-16 ounces of Wild Alaskan Salmon (may substitute other Salmon, but Wild ALASKAN is preferred)

1 fresh lemon

1 and 1/2 tablespoons Dijon Mustard

Pinch of Sea Salt

3/4 cup of dried Whole Grain Bread Crumbs

½ cup sliced onions

2 Omega 3 enriched Eggs

Flake Salmon if Necessary. Combine Squeezed Lemon Juice and mustard. Blend mixture with salmon bread crumbs and onions. Blend eggs, stir into mixture. Form the mixture into patties and chill in refrigerator for one hour. Cook in a lightly olive oiled skillet until golden brown. Top with more onions, lettuce and your choice of condiments.

As always, we welcome your questions and comments.

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