

Natural Healing Express Weekly

Column Volume 15 Super Foods: Spinach

This week we will continue our series on Super Foods mentioning in more specific detail Spinach and its various health benefit.

Spinach- Spinach seems to be a wonder food of the Super Foods. Here are reasons why. Spinach contains an enormous amount of antioxidants which include carotenoids. Of the carotenoids, spinach is exceptionally high in beta-carotene and lutein (wonderful in assisting the eyes). Spinach also contains a lot of folate which is important for women who are pregnant or are looking to become pregnant.

In addition to the vitamins beta-carotene and folate, Spinach also contains Vitamins C, K, thiamine and riboflavin. Riboflavin is very helpful for overall body strength and a great word to learn if you are a scrabble freak. It really upsets opponents and is something to spell when you have too many i's and a v.

But, back to spinach. Spinach contains the minerals Iron, calcium, potassium and zinc, which is why many times, spinach can be recommended for those demonstrating anemia. From personal experience, I believe spinach can be of assistance in MILD anemia, but not severe. Here comes the rant. And for those spinach bashers, here's your out – if you are more than mildly anemic.

Included in spinach is oxalic acid. Oxalic acids can interfere with normal calcium absorption, but not normally so unless eaten in large quantities. Refer to your own Bio-Individuality regarding your personal absorption and metabolism before throwing out the green stuff. Now, follow along here because there will be a few if's and because of's, but I feel it necessary to share this experience so no one repeats it. In my personal case, I learned the term oxalic acid because it put me on the bathroom floor screaming more Help Me's than Rickie Bobby from Talladega nights when he was on fire.

Here's the scoop, if you are more than mildly anemic the body is craving iron to help produce more red blood cells, building more blood. If you are more than mildly anemic, are taking iron supplements and introduce spinach as another source of iron to help, oxalic acid may come into play. There are two types of iron, Heme iron is part of hemoglobin. Nonheme Iron comes from other sources, and is contained in some lower end supplements and unfortunately some pharmaceuticals. The body absorbs heme iron more easily.

Oxalic acid actually inhibits the absorption of nonheme iron. If you are more than mildly anemic and are taking a pharmaceutical iron which contains nonheme and eat a large amount of spinach, welcome to the perfect storm if your bio-individuality causes you to be sensitive to your consumption. If, if and if, but hell if they all line up. This my only caveat for temporarily not consuming this great super food, our friend spinach. One trick to this is utilized a little lemon juice or other citrus to help make the iron easier for your body to use.

Spinach does contain a large source of fiber and the folate in spinach may help protect against colon, breast and other cancers. Also, it can be of assistance with deep vein thrombosis.

Easy Recipe this week – Spinach Salad – 1 bag of Spinach accompanied by your favorite dressing. Sprinkle a little bit of feta cheese and top with pine nuts.

Holiday Note – I hope you all are doing great and coming along nicely with your shopping. Please remember we have gift certificates available at both Natural Healing Express locations, 204 West Main St. Lena, and 840 W Meadows Freeport and are happy to assist.

If the holiday shopping is not going quite so well, please note we have ordered a large supply of Nutri-Calm for stress and have been giving out samples.

Come see us. As always, we welcome your questions and comments.

Natural Healing Express 815 990 8732, Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Susan Schafer or like Natural Healing Express