

Natural Healing Express Weekly

Column Volume 9

Let thy Food be thy Medicine and thy Medicine be thy Food - Hippocrates

First of all, thank you to everyone who has been so gracious and outstanding to me over the last few days. Your kindness has truly warmed my heart. During such a painful time, I have been very blessed to have such amazing friends. Also, to that certain someone who seems to have a plethora of hilarious, yet slightly off color jokes that jet forward at the most interesting times, you are a true gift – perhaps even a re-gift.

However, everything has a time and place and it's time to get back to the business of healing. This week I will begin a segment entitled Super Foods. Some foods mentioned will be specific for healing certain disharmonies and targeting those zones, some will be for overall health and wellness and some will be straight line super foods whose nutrient content is likened to a space shuttle lift off of goodness for the body.

Let me begin with a quick list of my favorites or top 12 of super foods and a quick reason why I believe they belong on this list. In future articles, we will discuss in more detail and of course, we will answer questions accordingly from your calls and emails.

Super Foods:

1. Black Beans - High in Folate, tops in antioxidants, may help to lower cholesterol
2. Blueberries – One of nature's best antioxidants, high in potassium, manganese, magnesium
3. Broccoli – Raw broccoli contains a large amount of Vitamin C, Folate, Potassium, phosphorus
4. Chocolate – Yes, chocolate! Dark chocolate has the highest antioxidant content of any food
5. Oats- As much as I hate to admit it, oatmeal is really good for you. Provides great fiber
6. Onions- wonderful sulfur compounds that gives off alliums, great for the heart
7. Salmon – contains an abundance of Omega 3 fatty acids, great for balance and circulatory
8. Soy- terrific protein, fiber, and omega 3 fatty acids as well, terrific all around food choice
9. Spinach – high in antioxidants, contains carotenoids, beta-carotene, lutein (good for eyes)
10. Sweet potatoes- super high in beta carotene which helps to boost the immune system
11. Tomatoes – contain an abundance of lycopene, lots of other phytochemicals helps with heart
12. Walnuts – great source of good fats, helps with blood cholesterol

And the Baker's dozen add in – GARLIC! Ask anyone who has been in my kitchen for more than a minute, this girl goes crazy over garlic. To me, it is a wonder food that helps with all body systems. Although a bit, well... shall we say "anti-vampire", this pungent, yet tasty food was believed by the ancient Greek physician Discords to clear clogged arteries.

Our recipe for this week is simple.

1 large clove of garlic (or in my house six is never enough)

¼ teaspoon of organic olive oil (per clove)

1. Preheat oven to 450 degrees ... For those challenged in the kitchen, now is a good time to Program in Fire department Phone number
2. Slice off the top of garlic, exposing the tops of all the cloves
3. Coat garlic with oil
4. Wrap in foil
5. Bake in center of oven for 45 -60 minutes. trust me, your house will smell like a fine Italian restaurant
6. Squeeze head until individual cloves pop out.
7. Eat away!!!

As always, we welcome your questions and comments.

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