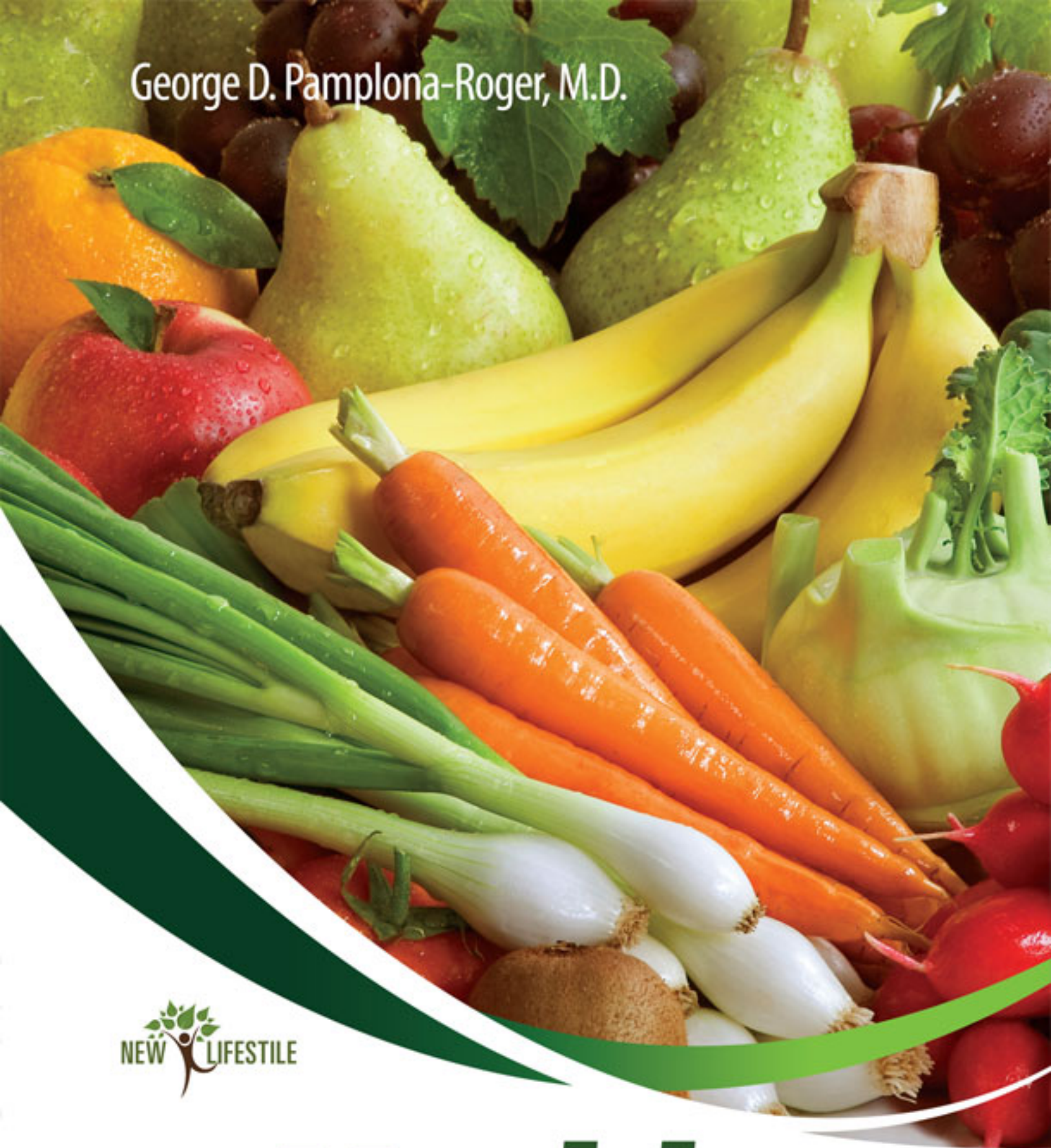


George D. Pamplona-Roger, M.D.



# *Healthy foods*



## HEALTHY FOODS

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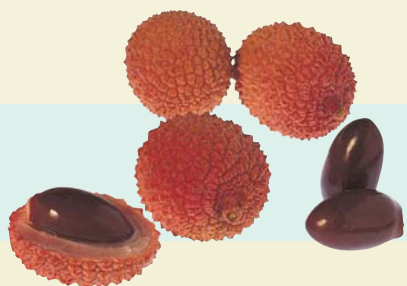
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# The Healing Power of Vegetables



## Hypolipidemic

They lower the blood cholesterol and triglyceride levels, as avocado does.



## Antioxidants

They help avoid arteriosclerosis and thrombosis, and also protect against cancer, as orange does.



## Anticarcinogens

Phytochemicals of broccoli and other Crucifer plants, retard or stop the growth of cancerous cells.



## Digestives

They aid the digestion process, as pineapple does.

## Antianemics

They promote blood production because of their iron and trace element content, as pistachios do.



## Laxatives

They stimulate intestinal function, as plums do.



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## Carrot

A true medicinal food

Carrots, together with alfalfa greens, are the richest food in provitamin A, which makes them a true dietary medicine.



### Preparation and Use

**Raw:** In salads, whole or grated and dressed with lemon juice. Carrots strengthen children's teeth.

**② Cooked:** Carrots combine well with potatoes and other vegetables. They are sweeter when cooked. They maintain their beta-carotene content after cooking.

**③ Juice:** Carrot juice makes a refreshing, delicious, and nutritious beverage. It combines very well with apple juice or lemon juice.

## Apricot

Gives sparkle and beauty to the eyes



Consumption of apricots maintains vision in good condition and gives the sparkle and beauty to the eyes that are characteristic of good health. This is not due exclusively to the action of provitamin A, but also to the combined action of other vitamins and minerals that accompany it.

### APRICOT

#### Composition

per 100 g of raw edible portion

Energy	48.0 kcal = 201 kJ
Protein	1.40 g
Carbohydrates	8.72 g
Fiber	2.40 g
Vitamin A	261 µg RE
Vitamin B <sub>1</sub>	0.030 mg
Vitamin B <sub>2</sub>	0.040 mg
Niacin	0.850 mg NE
Vitamin B <sub>6</sub>	0.054 mg
Folate	8.60 µg
Vitamin B <sub>12</sub>	—
Vitamin C	10.0 mg
Vitamin E	0.890 mg α-TE
Calcium	14.0 mg
Phosphorus	19.0 mg
Magnesium	8.00 mg
Iron	0.540 mg
Potassium	296 mg
Zinc	0.260 mg
Total Fat	0.390 g
Saturated Fat	0.027 g
Cholesterol	—
Sodium	1.00 mg

1% 2% 4% 10% 20% 40% 100%  
% Daily Value (based on a 2,000 calorie diet)  
provided by 100 g of this food

**Synonym:** Apricock;

**French:** Abricot;

**Spanish:** Albaricoque, damasco;

**German:** Aprikose.



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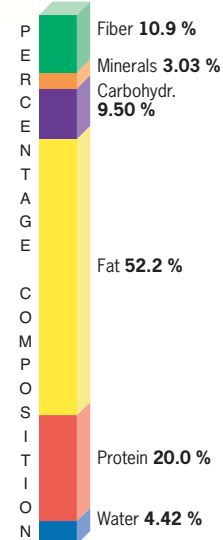
# Almond

Invigorates the nervous  
system and reduces  
cholesterol



Regular consumption of almonds  
strengthens the nerves, and tones the  
muscles, and helps overcome stress,  
depression, and fatigue.

## ALMOND



# Oats

Balance the nerves and lower cholesterol

Oats provide  
the most important  
nutrients for the proper  
function of the neurons:  
glucose (released from  
starch), fatty acids,  
phosphorous, lecithin,  
and vitamin B<sub>1</sub>.  
All of these  
have an invigorating  
and stabilizing effect,  
and improve mental  
performance.



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## Walnut

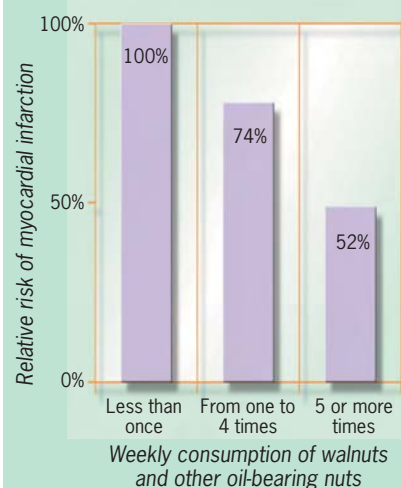
Provides energy to the heart

The risk of myocardial infarction diminishes as the consumption of walnuts and other oil-bearing nuts increases.



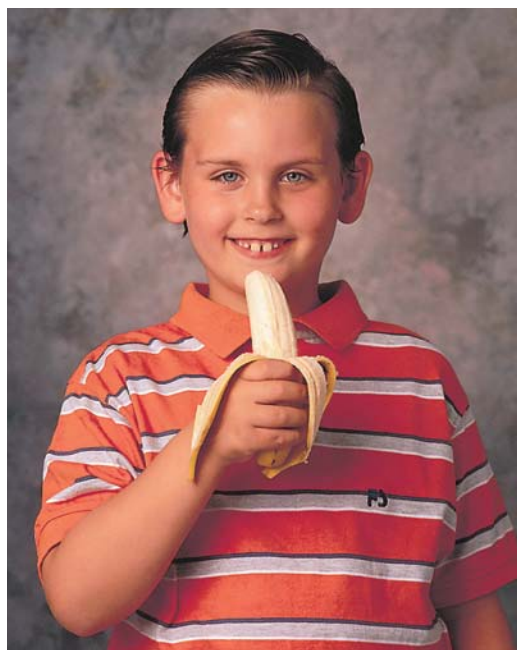
Walnuts are a highly concentrated food containing high levels of essential fatty acids, vitamin B<sub>6</sub> and trace elements such as zinc, copper, and manganese.

**Risk of Myocardial Infarction according to walnut consumption**



## Banana

Very rich in potassium



Because of its richness in potassium, banana is an ideal fruit for those willing to take care of their heart. It is also useful in the prevention of high blood pressure and arrhythmias.





## Avocado

Lowers cholesterol and fights anemia



An avocado paradox was revealed in 1960 when a researcher discovered that eating this fruit, so rich in fats, actually lowered blood cholesterol levels.

Avocado also decreases the plasma triglyceride level (triglycerides are a type of fat that circulates in the blood).

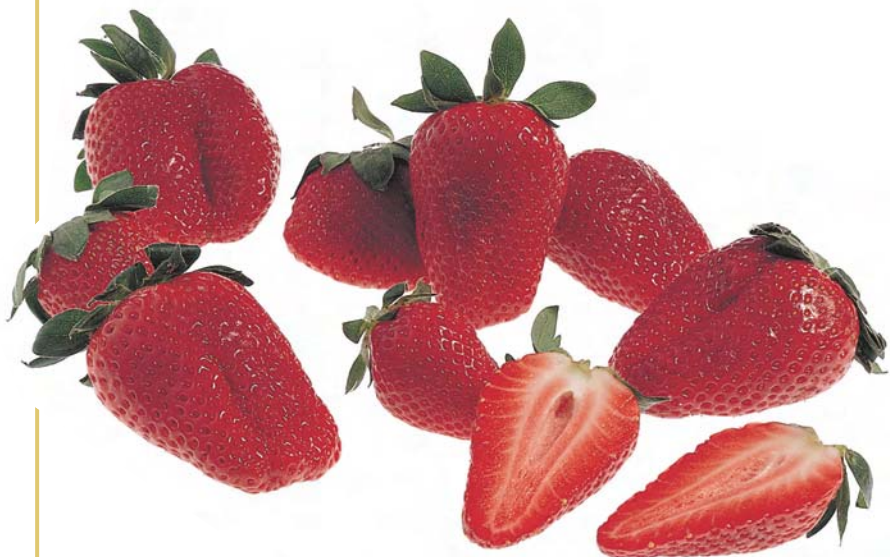


As a fresh fruit, avocado is one the richest in high-value nutritional fats, proteins, vitamins E and B<sub>6</sub>, iron, as well as vegetable fiber. They mix together very well with all kinds of salads and other vegetable dishes.

When avocado is used in place of cheese in salads, the result is a significant reduction in calories, saturated fat, cholesterol, and sodium.

## Strawberry

The most antioxidant fruit



The antioxidant action of strawberries neutralizes the so-called free radicals that oxidize lipoproteins. This oxidation process, if not checked, results in cholesterol deposits on arterial walls and arteriosclerosis.

Strawberries are particularly appropriate for those working to improve blood circulation in the arteries.



## Lemon

Cleanses and regenerates the blood



A medium-sized lemon that weighs about 150 grams provides the RDA (recommended dietary allowance) of vitamin C for a non-smoker adult (about 60 mg). Smokers require about 50% more of this vitamin (see Vol. 1, p. 396).



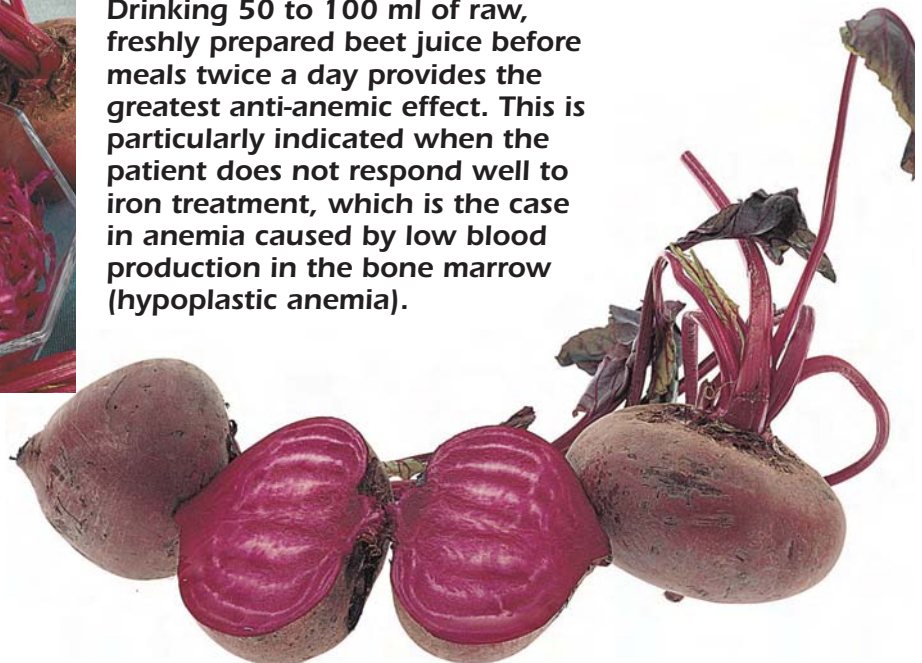
Lemon juice is best when it includes all parts of the lemon, including the peel. This way, it includes all properties of the lemon including its aroma. Sweetened with a little honey, it is an excellent beverage for everyone.

## Red beet

Its red juice combats anemia



Drinking 50 to 100 ml of raw, freshly prepared beet juice before meals twice a day provides the greatest anti-anemic effect. This is particularly indicated when the patient does not respond well to iron treatment, which is the case in anemia caused by low blood production in the bone marrow (hypoplastic anemia).



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## Onion

Effective against  
bronchitis and asthma



Eating raw onion can stop or relieve an asthma crisis because of its anti-allergic and bronchodilator properties. These effects last up to twelve hours. Inhaling the onion's essential oil is also beneficial, and is more appropriate for children.

## Figs

Soothe the bronchial passages  
and invigorate the body



Figs relieve cough, facilitate expectoration, and soothe the respiratory tract. Their use is recommended in cases of chronic bronchitis, as well as acute respiratory infections caused by colds or flu.

**Comparison of the  
Composition of Fresh  
and Dried Figs**  
per 100 g

	fresh	dried
<b>NUTRIENTS WHOSE CONCENTRATION INCREASES WITH DEHYDRATION</b>		
Proteins	0,75	3,05
Fats	0,3	1,17
Carbohydrates	15,9	56,1
Fiber	3,3	9,3
Vitamin B <sub>1</sub>	0,06	0,07
Vitamin B <sub>2</sub>	0,05	0,09
Vitamin B <sub>6</sub>	0,113	0,224
Calcium	35	144
Magnesium	17	59
Iron	0,37	2,23
Calories	74	255
<b>NUTRIENTS WHOSE CONCENTRATION DIMINISHES WITH DEHYDRATION</b>		
Vitamin A	14	13
Vitamin C	2	0,8







# Papaya

Activates the digestive process



Papaya is considered the perfect breakfast throughout the tropics. Perhaps this is because of its digestibility and vitamin richness. A papaya shake is one of the most pleasant ways of eating this fruit.



# Cauliflower

The most digestible  
cabbage



Cauliflower promotes all digestive functions, from the stomach to the colon. It also regulates transit through intestine both in cases of constipation, as well as diarrhea.



Romanesque or minaret is a yellow-green cauliflower. It is richer in vitamin C than the regular white cauliflower.



## Artichoke

Detoxifies the liver

Cynaryne of artichoke increases bile production thus decongesting the liver and enhancing the detoxifying function of this organ. The artichoke is truly a protector of the liver.



To keep the artichokes from turning dark because of the oxidation of its mineral salts being exposed to the air, moisten them with lemon juice or rub them against half a lemon.



## Radish

Promotes bile production

The piquant essence of the radish,

- Increases bile production, thus decongesting the liver;
- Facilitates gallbladder drainage;
- Softens bronchial mucus; and
- Prevents cancer.





## Pineapple

The stomach's friend



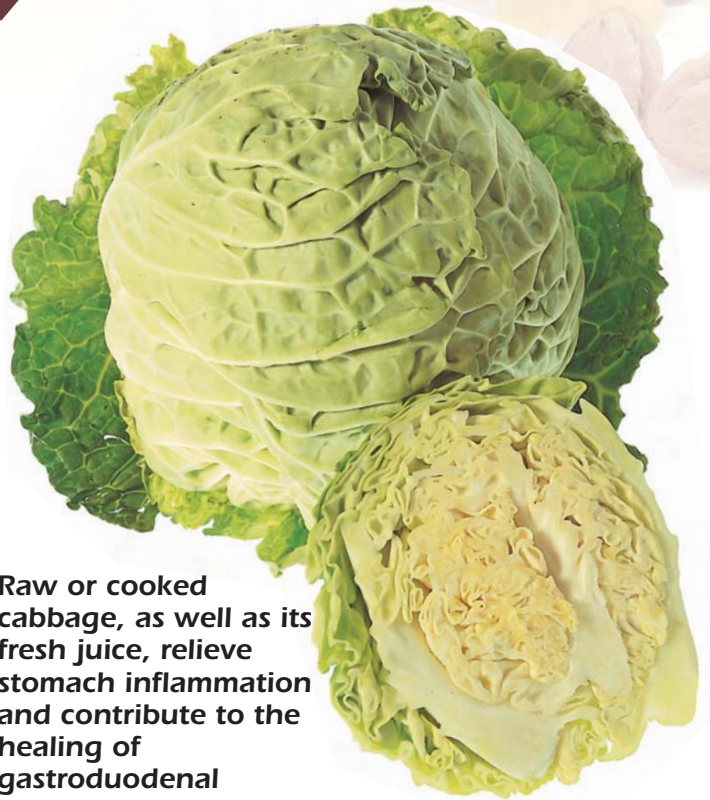
Pineapple is the perfect friend for the stomach: aids digestion, relieves heartburns, and prevenys stomach cancer.



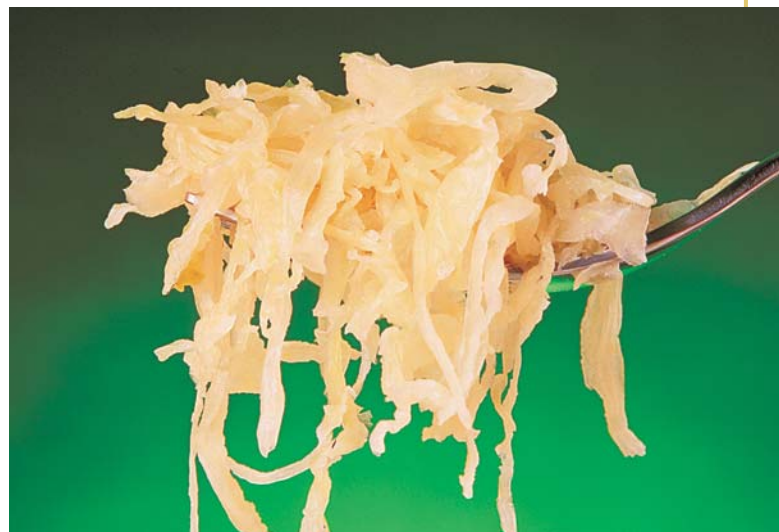
Pineapple juice should be drunk immediately to prevent the loss of its digestive properties. It must be taken slowly and well salivated.

## Cabbage

Heals ulcers



Raw or cooked cabbage, as well as its fresh juice, relieve stomach inflammation and contribute to the healing of gastroduodenal ulcers. In addition, cabbage can prevent cancer.



Fermented cabbage is an effective blood purifier (depurant) and it should be included in the diets of diabetics and the obese.





## Pomegranate

Reduces intestinal inflammation  
and enriches the blood



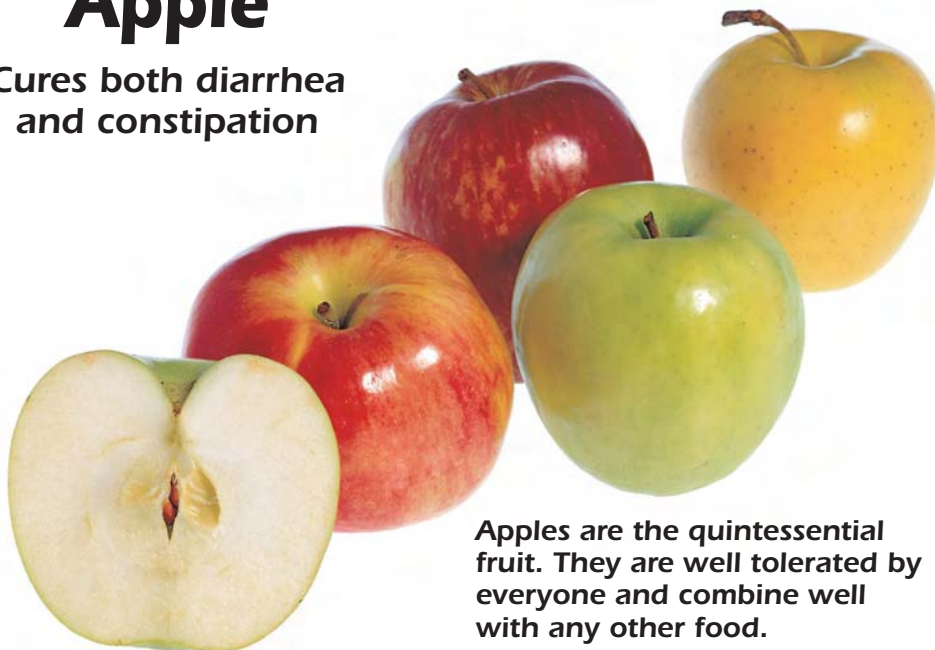
Tap the rind of the  
pomegranate with the  
bottom of a spoon to release  
the sacs.



Pomegranate is astringent and  
anti-inflammatory within the digestive tract.  
In addition, it contains a significant amount of copper, a trace  
element that facilitates the absorption of iron. Thus,  
pomegranate is also helpful in case of iron deficiency anemia.

## Apple

Cures both diarrhea  
and constipation



Apples are the quintessential  
fruit. They are well tolerated by  
everyone and combine well  
with any other food.

### Apple treatment

A treatment with apples is done  
by eating as the only food two  
kilos of apples a day for 3 to 5  
consecutive days. The apples may  
be eaten raw, as apple sauce,  
baked, or cooked but without  
additional sweeteners.  
This treatment is ideal to cleanse  
the bowel, to detoxify the liver  
and to lower high blood pressure.







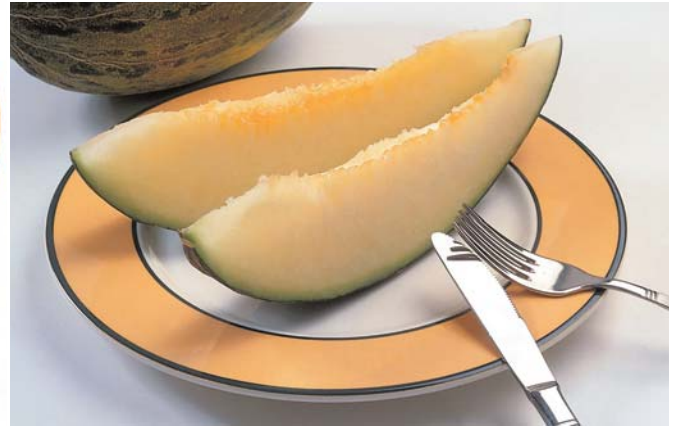
## Melon

**A source of living water**

Melon enriches the blood with mineral salts and vitamins and enhances the filtering capacity of the kidneys. It is better to eat the melon before a meal than afterwards as a dessert.



Nothing quenches summer thirst like a big slice of melon. Moreover, nothing is as helpful to the kidneys as the plant serum that is the water in melons.



## Blueberry

**Prevents and treats cystitis**



Cranberries are ideal for women, since they are effective in cases of urinary infection and help improve venous circulation in the legs.





Soybeans, soymilk and tofu contain a kind of vegetable hormones (isoflavones) which relieve the symptoms of menopause and prevent breast and prostate cancer.

## Soybean

The superlegume



Per equal weight, soybeans contain more proteins and iron than meat, more calcium than milk, and more vitamins B<sub>1</sub>, B<sub>2</sub> and B<sub>6</sub> than eggs; and all of this with no cholesterol.



## Tomato

Protector of the prostate



Tomato contains lycopene, a natural red pigment that protects the cells of the prostate from oxidation and abnormal growth.





# Wheat

The king of grains



Wheat germ  
and its oil  
improve  
physical  
condition  
and resistance  
to fatigue.

# Cherry

Satisfies the hunger  
and purifies the blood



A treatment with cherries one  
or two days a week allows  
weight loss while purifying the  
body and cleansing the blood.  
The slowness with which  
cherries must be eaten partially  
explains their satiating effect.



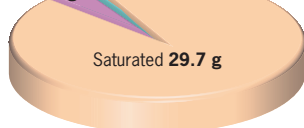
# Coconut

Mineral-rich



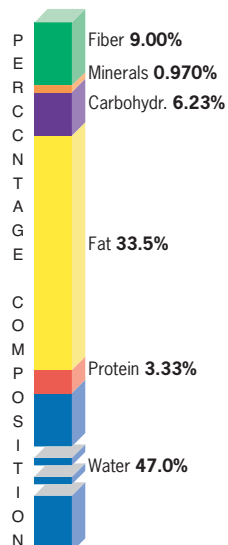
Mature coconut pulp contains a fair amount of carbohydrates (6,23%), proteins (3,33%) and mineral salts of great importance to the musculoskeletal system such as calcium, magnesium, and phosphorus.

Monounsatur. 1.43 g Polyunsatur. 0.366 g



**COCONUT**  
Percentage distribution of  
fatty acids

## COCONUT



# Black currant

Combats rheumatic pain



Rheumatics and those suffering with cardiovascular and circulatory disorders will find black currants to be a good medicinal food.

Eating currants halts the inflammatory processes in the joints and relieves the pain.



## Preparation and Use

**Raw:** Black currants should be eaten ripe.

**② Cooked:** They are perfect for all types of pastries and desserts.

**③ Preserves:** Black currants make excellent jams and jellies. Although they lose some of their vitamin C in the process (from 10% to 20%), they are still very rich in this vitamin. Their minerals are not affected.

**④ Beverages:** Black currant juice makes a very refreshing beverage that is rich in **vitamin C** and **iron**.







# Cucumber

Cleanses and beautifies the skin

The best results are obtained by combining cucumbers' internal properties and their external effect on the skin.



Because of their high water content, the cucumbers are among the lowest calorie vegetables. Nevertheless it is rich in skin-protective ingredients.



# Mango

Nourishes the skin and protects the arteries

Mango is the fresh fruit with the greatest vitamin A content. In addition, it provides other antioxidant vitamins such as the C and the E. All this makes mango very suitable for:

- Skin conditions.
- Retinal conditions.
- Arteriosclerosis prevention.





## Kiwi

**Increases resistance  
and prevents anemia**

Kiwis keep very well in the refrigerator for weeks or even months. They are an excellent source of vitamin C and iron during winter months.



## Orange

**Much more than vitamin C**

Four oranges a day is the recommended dose for those wishing to increase resistance to infections.

Orange juice has become very popular as a breakfast drink and natural refreshment. Its composition is similar to that of orange, but with less calcium and fiber. Both of these nutrients are found primarily in the pulp.





# Eating To Avoid Weight Gain

## Cherries or Pastry?

### Calories are not the only important thing

One-half kilo of cherries (about 1 pound) supplies 360 kcal, approximately the same as 100 g (about 3.5 ounces) of chocolate pastry.

Eating the same number of calories, the pastry fosters obesity, while the cherries prevent it.

One reason cherries help prevent obesity is that they take longer to eat.



### 1/2 Kilo of Cherries

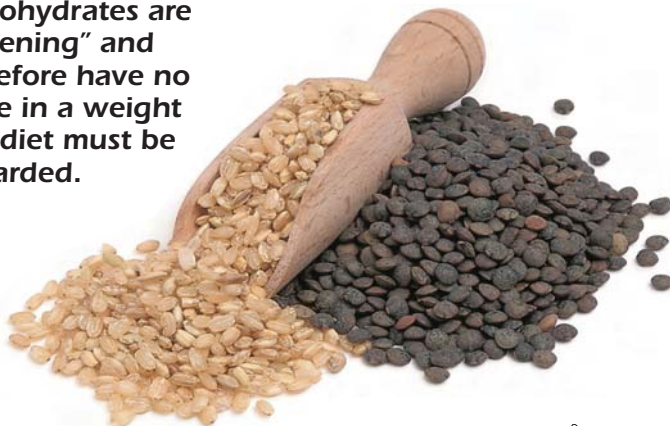
- Is eaten **slowly** (about 10 minutes).
- Produces a feeling of **satiety**.
- Supplies rapidly absorbed simple **sugars**, but since they are combined with **fiber**, they are absorbed more **slowly** than if they were part of a pastry.
- Contains **B** group **vitamins**, which facilitate the metabolism of sugars. Consequently, they are utilized more easily than if they were part of a pastry.



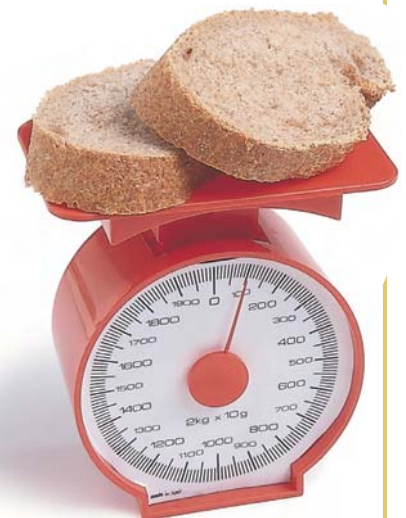
### One Hundred Grams of Pastry

- Are eaten **rapidly** (a minute or less).
- Are **not filling**, so one continues eating.
- Contain **saturated fats** and **refined carbohydrates**, which become **fatty deposits** in the body unless intense physical exercise is done to burn them.

The concept that carbohydrates are "fattening" and therefore have no place in a weight loss diet must be discarded.



Diabetics, like the obese, must become accustomed to eating controlled and weighed portions of each food, with the objective of not exceeding the total daily allowance and maintaining the balance among nutrients.



Substituting foods to

# Reduce Cholesterol



**Red Meat, Shellfish,  
Sausages**



**Fish or Skinless Poultry**



**Legumes, Meat Analogs,  
and Other Alternatives to Meat**



**Butter or Bacon**



**Margarine**



**Virgin Olive Oil  
or Seed Oils**



**Whole Milk**



**Nonfat Milk**



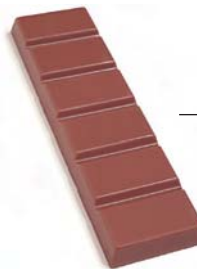
**Soy or Almond Milk**



**Industrial Pastries  
and Sweet Rolls**



**Whole-Grain  
Baked Goods**



**Sweets,  
Chocolate**



**Dried Fruit, Honey,  
Molasses**



**NEW**

**LIFESTYLE**

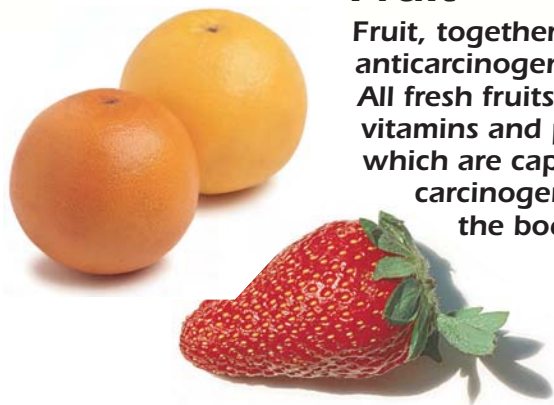


# Foods that Help Prevent Cancer

## Fruit

Fruit, together with vegetables, is the most effective anticarcinogenic food.

All fresh fruits are rich in antioxidant vitamins and phytochemicals, which are capable of neutralizing carcinogenic substances entering the body.



## Olive Oil

Olive oil's anticarcinogenic effect is due to its richness in antioxidants and monounsaturated fatty acids, among other factors.



## Whole Grains

The fiber in whole grains accelerates movement through the bowel. It also retains and removes carcinogenic substances that may be in the digestive tract, excreting them with the feces.



## Vegetables

All vegetables protect against cancer to a greater or lesser degree. Their richness in provitamin A, vitamin C, and antioxidant phytochemicals explain this anticarcinogenic effect.



## Legumes

Soy and its derivatives, particularly tofu and soymilk, provide a variety of anticarcinogenic phytochemicals.



## Yogurt

Protects, particularly, against breast cancer.



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# The Healing Power of Foods

- Our health and well-being depend, more than on any other factor, on the food that we take in every day.
- Whereas some foods can be the origin of disease, others are capable of preventing, alleviating, or even curing, our ailments.
- A research physician and an author of extensive experience, Dr. Pamplona-Roger describes with scientific clarity and precision the composition, curative properties, and usage of nearly one hundred "star" foods.
- Their regular consumption can do as much for our health as most medicines and other medical treatments.
- Additionally, an indication is given as to which foods we should take advantage of, and which ones ought to be shunned when suffering from some of the most common diseases and maladies.
- This book will help the reader to know the foods endowed with medicinal power better, and enjoy eating them as well.

