The background of the cover is a vibrant collage of fresh produce. The top half is dominated by several bright yellow sunflowers with dark brown centers, set against a background of green leaves. The bottom half features a rich red background with several ripe, bright red tomatoes and a sliced orange, showing its juicy segments. The text is overlaid on this background.

# FOOD AS MEDICINE

GUIDE AND RECIPES

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Leo Galland, M.D.  
Jonathan Galland, J.D.

# Food as Medicine: Guide and Recipes

By Leo Galland, M.D. and Jonathan Galland, J.D.

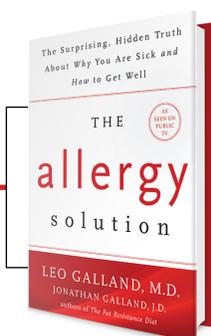
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## About the Authors



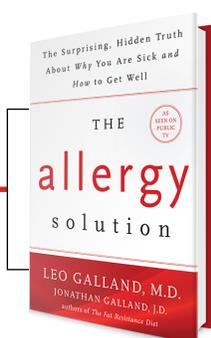
Photo Christina Galland

Leo Galland, M.D., a board-certified internist, is recognized as a world leader in integrated medicine. Educated at Harvard University and NYU School of Medicine, he won the Linus Pauling Award for his trailblazing vision that created a new way to practice medicine for thousands of doctors. Dr. Galland has been featured in *The New York Times*, *Self*, and *Men's Fitness* and has appeared on the *TODAY* show, *Good Morning America*, the *Dr. Oz Show*, *PBS*, *CNN*, and *Fox*. He is the Coauthor, with Jonathan Galland, of *The Allergy Solution: Unlock the Surprising, Hidden Truth about Why You Are Sick and How to Get Well*. He is the author of *The Fat Resistance Diet*, *Power Healing*, and *Superimmunity for Kids* and the director of the Foundation for Integrated Medicine. Join his natural health community at [drgalland.com](http://drgalland.com) and on [facebook.com/leogallandmd](https://www.facebook.com/leogallandmd) and twitter [@LeoGallandMD](https://twitter.com/LeoGallandMD)



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Jonathan Galland, J.D., a leader in integrated health education, is the Coauthor of *The Allergy Solution*. He created the meal plans and over 100 recipes for *The Fat Resistance Diet*, featuring delicious and healthy foods. He has interviewed on dozens of radio shows and podcasts including *Natural MD Radio* podcast, *Hay House Radio* and *Martha Stewart Living Radio*. His work has been featured in *The Wall Street Journal*, *The Washington Post*, *The Daily Telegraph*, *Body and Soul*, and *Fitness*. In addition to his degree in Law, he holds a degree in Asian Studies, and having studied Chinese, Japanese and Italian languages he brings an international understanding of the worldwide nature of health and environmental issues. To help educate the public on the impact of allergies in their lives, Jonathan co-wrote the script for the Public Television Special "The Allergy Solution". Join the movement to improve your health and save the environment on [facebook.com/jonathangallandjd](https://www.facebook.com/jonathangallandjd) and twitter [@JonathanGalland](https://twitter.com/JonathanGalland)



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# What do we mean by Food as Medicine?

## The answer goes beyond “You are what you eat.”



*Photo Christina Galland*

Science is unlocking the healing potential of a variety of foods and advancing the Food as Medicine concept. Exciting research is being done around the world that explores the power of nutrition in prevention, wellness, and in staying young.

Food fuels your body and gives you chemical building blocks like amino acids for making protein, calcium and magnesium for building bones and teeth. It provides fatty acids for building the membranes of cells and their components.

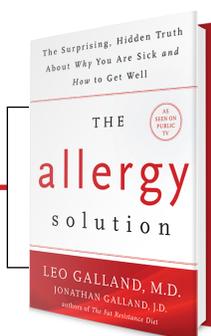
The vitamins and minerals from food play an important role in helping the enzymes that run almost everything that happens in your body. These vital effects of nutrition have been the focus of scientific research for over a hundred years.

Scientists have concluded that vitamins, minerals, amino acids, and essential fatty acids are essential nutrients.

Recent research has revolutionized nutritional science by discovering other reasons why nutrition is important. Nutrients in food can dramatically affect the way your body functions.

Key among these are the bioflavonoids and carotenoids that give food some of its richest colors: the deep blue of blueberries, the red of cherries and tomatoes, and the orange of carrots. The antioxidants in these foods can provide protection against free radical damage, helping to protect against disease and aging.

Here are some fascinating and delicious examples of the Food as Medicine concept, featuring highlights from the research and recipes. Come to our kitchen and enjoy!



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## Healing Powers of the Indian Spice Turmeric



Do you believe in the healing power of traditional herbs and spices? That an ancient spice could help us cope with modern ailments?

Today the race is on to uncover the hidden benefits of turmeric, a spice that just might provide an alternative, drug-free approach to pain and inflammation, help lower blood sugar and help relieve depression.

The mellow flavor and bright color of turmeric are a highlight of cooking from India to Southeast Asia and beyond, and it is a key ingredient in curry powder. Turmeric's health benefits and distinctive yellow color come principally from curcumin.

Now a new study from leading universities in China examined how curcumin could provide antidepressant effects.

Research on turmeric and diabetes also looks promising. Scientists have demonstrated that turmeric in the diet may be helpful in decreasing blood sugar.

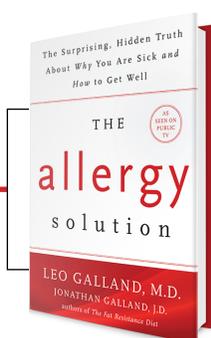
Traditional health uses of turmeric in India are to help wound healing and gastrointestinal symptoms.

Now researchers from The University of Nottingham and Ludwig Maximilians University in Munich have found that curcumin may help reduce inflammation associated with tendinitis.

Both turmeric and curcumin have shown potential to prevent DNA damage and help DNA repair. That is good news for preventing disease and slowing the aging process.

Turmeric is available as a powder in the spice section of the supermarket. Using turmeric is very easy, simply add a few shakes of turmeric to your favorite soups, chili, beans, vegetable dishes, or pasta sauce. It blends well into tomato-based sauces.

The anti-inflammatory and other benefits of turmeric outlined here are why I featured turmeric in the recipes of *The Fat Resistance Diet*. Here is a recipe from the book.



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## Vegetarian Curry

Here is an easy to make meal that highlights the powerful anti-inflammatory ingredients garlic, ginger and turmeric.

### INGREDIENTS

2 tablespoons olive oil	1 teaspoon cardamom
1 cup onion, chopped	½ teaspoon sea salt
3 cloves garlic, minced	Freshly ground black pepper, to taste
4 teaspoons ginger, minced	8 cups cauliflower florets
1 cup crushed tomatoes	2 cups cooked kidney or garbanzo beans
3 cups water	1 cup peas
1 teaspoon turmeric	½ cup parsley, chopped
1 teaspoon cumin	

1. In a large heavy-bottomed pot, heat the olive oil over medium heat and add onion, garlic and ginger. Sauté for about five minutes on medium. Add crushed tomatoes, water, turmeric, cumin, cardamom, salt and black pepper, stirring to mix.
2. Add the cauliflower, beans and peas, stirring to coat with sauce. Cover pot and simmer for 7-8 minutes, until cauliflower is fork tender. Add parsley, stirring to combine, then serve over rice, quinoa, or millet. Serves four.

Recipe by Jonathan Galland from *The Fat Resistance Diet* © 2005 Leo Galland, M.D.

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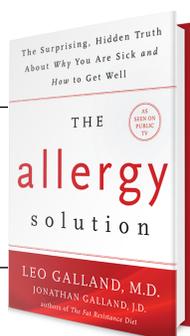
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*The Fat Resistance Diet: Unlock the Secret of the Hormone Leptin to: Eliminate Cravings, Supercharge Your Metabolism, Fight Inflammation, Lose Weight & Reprogram Your Body to Stay Thin* Leo Galland, M.D., Broadway Books



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# The Antioxidant Power of Pomegranate Juice



Photo Christina Galland

Once an exotic item rarely seen in the supermarket, the popularity of ruby red pomegranate juice has made it easy to get the pleasure and benefits of this sweet fruit.

The enthusiasm for pomegranates stems from the high concentration of antioxidants that accompanies the sweetness of its juice.

## POMEGRANATE HEART HEALTH BENEFITS

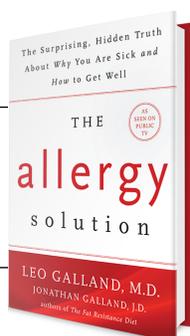
One active area of research has looked at the potential heart health benefits of the pomegranate.

These studies indicate that daily consumption of pomegranate juice, about 8 ounces a day for three months or more, may help:

1. Reduce dangerous LDL-cholesterol in blood
2. Reduce thickening of the arteries that supply blood to the brain
3. Lower the level of systolic blood pressure

Laboratory studies have demonstrated that pomegranate juice can help maintain the health of blood vessels by several interacting mechanisms:

1. Reversing a process called LDL-oxidation. LDL, which stands for low-density lipoprotein, is the major protein responsible for transporting cholesterol in your blood and depositing cholesterol in the walls of blood vessels. The level of oxidized LDL in blood is emerging as a leading risk factor for cardiovascular disease.
2. Decreasing inflammation in the lining of blood vessels. Inflammatory cells called macrophages, found in the walls of your arteries, accumulate cholesterol and deposit it in the vessel wall, initiating a process called atherosclerosis, a major step in hardening of the arteries. Pomegranate juice may help prevent this type of inflammation.
3. Raising the levels of nitric oxide, which keeps your arteries supple and flexible. Many types of stress impair your blood vessels' ability to make nitric oxide. Pomegranate juice can help prevent both reasons for reduced nitric oxide: impaired synthesis and rapid breakdown.



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## POMEGRANATES FIGHT INFLAMMATION

Whenever it's been studied, unsweetened pomegranate juice has been more effective than any single component.

Not only does pomegranate juice contain potent phenolic antioxidants, like other brightly colored fruits, but pomegranate juice contains unique complex sugars that are anti-inflammatory on their own.

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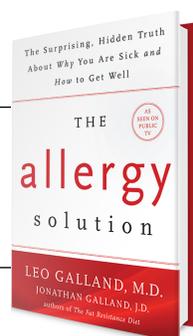
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*Diet and Inflammation*, Leo Galland, MD, *Nutr Clin Pract*, December 7, 2010 vol. 25 no. 6 634-640



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## Fresh Herbs Parsley and Cilantro



Photo Christina Galland

Not only do these traditional fresh herbs add flavor and color, but they also have special health benefits. While there are endless ways to enjoy these beautiful herbs, I have included a recipe and some easy tips below that take the mystery out of shopping for, cooking with and even growing fresh herbs.

As more people seek out a natural and organic lifestyle, fresh herbs have become a major food trend. Fresh parsley and cilantro are more available than ever, at the supermarket, the farmers market, and the natural food store.

### ADD FLAVOR AND BEAUTY

And these two fresh herbs play a starring role on restaurant menus in Italian, Asian and Latin cuisine.

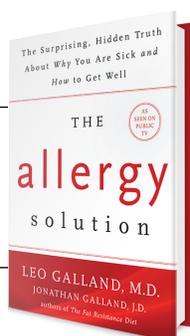
Adding fresh herbs allows you to maximize both nutrition and flavor. The research coming out on fresh herbs is very exciting. Science is discovering the remarkable health benefits of parsley and cilantro, which are rich in anti-inflammatory phytonutrients called polyphenols and carotenoids. And fighting inflammation with nutrition is a very good idea, not least because of the side effects of anti-inflammatory medicines.

### BOOST ANTIOXIDANTS WITH PARSLEY

Parsley outstrips almost all other vegetables in its ability to raise the levels of antioxidant enzymes in your blood.

### PARSLEY GETS ITS HEALTH BENEFITS FROM:

1. A high content of carotenoids. It has almost twice the carotenoid content of carrots (the vegetable for which carotenoids were named) and is matched only by red peppers and kale.
2. Apigenin, the major polyphenol in parsley, which is part of the group of compounds called flavonoids.



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## CUT CHOLESTEROL WITH CILANTRO

Cilantro, also known as Asian parsley or coriander, is a frequent garnish in Latin and Asian cuisines.

In research studies, cilantro's remarkable components have shown the potential to:

1. Reduce high blood sugar
2. Lower levels of cholesterol
3. Kill dangerous bacteria
4. Help rid the body of toxic metals by binding to them and promoting their detoxification.

For those of you who are wondering about dried herbs, a recent study may be of interest. Researchers from the University of California, Los Angeles, compared the antioxidant capacity of fresh herbs to dried herbs. They found that while the dried form generally had less antioxidant capacity than fresh herbs, there was still significant antioxidant capacity in the dried herbs.

## HOW TO GET FRESH HERBS INTO YOUR DAY

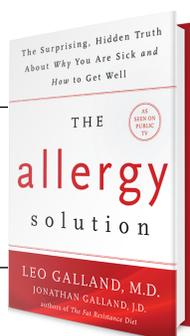
Here is a fantastic tip you can pick up from the top chefs: having a garnish of fresh parsley or cilantro adds a quick and easy splash of freshness and color to dishes.

When shopping for herbs, freshness is important. Look for bright green leaves that are perky like fresh cut flowers. Avoid anything wilted or waterlogged. I like to buy organic herbs grown in the U.S.

To clean the herbs for use, simply tear off a handful of parsley or cilantro leaves and soak them in a bowl of water. Swish the herbs around in the water with your fingers to remove any sand or dirt on the leaves or stems. Rinse the herbs well and then dry with a paper towel.

Simply break the herbs into pieces, then sprinkle them over favorite dishes such as omelets, soups, salads, pizzas, pastas — you name it.

Using fresh herbs is a great way to be a little adventurous and enjoy your creativity in the kitchen. I reach for parsley when making Italian and French dishes. For Latin favorites such as salsa or chili, cilantro is perfect. Cilantro also pairs well with Asian dishes.



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## STEP BY STEP GUIDE TO GROWING YOUR OWN FRESH HERBS

Planting fresh herbs in pots in the kitchen, deck, or backyard is an awesome way to have them fresh to use when you are cooking. I like to plant parsley and cilantro in little clay pots.

Step one is to pick up some organic potting soil in a bag, and some small starter plants at a garden center.

Step two is picking out some nice little clay pots and saucers.

Step three is to place pebbles into the bottom of the pots for drainage and place the pots on the saucers.

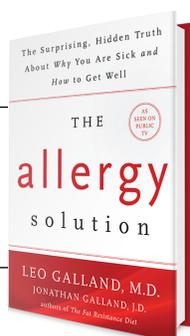
Step four is to fill the pots, about  $\frac{3}{4}$  full, with the organic potting soil.

Step five is planting. I remove a little herb plant from its container, place it in the pot, and place soil all around the plant. Pack down the soil to give the plant a sturdy base.

Step six is watering. Sprinkle about one cup of water over the soil.

Give them a little water each day to keep the soil moist, and move them into a shady spot if the leaves get burned by the sun.

Here is a recipe featuring fresh herbs from my book, “The Fat Resistance Diet”, an anti-inflammatory program.



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## Mexican Salad Recipe

This is a family-style recipe that uses several powerful anti-inflammatory ingredients, and features antioxidant-rich beans.

### INGREDIENTS

15-ounce can garbanzo beans	2 garlic cloves, minced
15-ounce can black beans	¼ teaspoon cumin
2 tomatoes, diced	½ teaspoon salt
1 red or yellow bell pepper, diced	Freshly ground black pepper
½ cup chopped scallions	1 tablespoon extra-virgin olive oil
½ cup chopped celery	Juice of 1 lime
¼ cup chopped fresh cilantro or parsley	2 cups mixed salad greens

Rinse the beans with cold water and drain. In a large bowl, toss the garbanzos, black beans, tomatoes, bell pepper, scallions, celery, cilantro, garlic, cumin, salt, and pepper. Dress the salad with the olive oil or walnut oil and lime juice. Serve over mixed salad greens. Makes 4 servings

Recipe by Jonathan Galland from *The Fat Resistance Diet* © 2005 Leo Galland, M.D.

References:

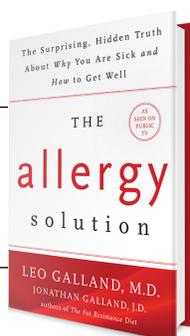
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## Strawberries Boost Metabolism



Photo Christina Galland

From farm stands to your local supermarket, these luscious berries are sure to turn up just about everywhere.

And don't forget about the amazing organically grown strawberries that come from California year round.

The exciting research that is being done shows that the special nutritional components in strawberries might be able to stimulate your metabolism and help suppress your appetite. They can control blood sugar and can also help you lose weight.

It is no wonder that scientists across the United States, in Sweden and other countries have been researching the wonders of the strawberry and discovering more evidence of its health benefits. There is no doubt that strawberries have joined the other rock stars of super nutritious fruit such as blueberries, cherries, cranberries and pomegranates.

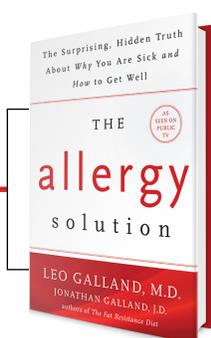
Strawberries are a healthy food to eat to lose weight, because there are 49 calories in one cup of strawberries. They are also loaded with Vitamin C, 3 grams of fiber, and some calcium, magnesium, and potassium.

### **STRAWBERRIES ARE RICH SOURCES OF PHENOLIC ANTIOXIDANTS THAT CAN HELP:**

1. Reverse inflammation
2. Aid in weight loss
3. Reduce the risk of chronic disease.

University of Illinois researchers found that the most abundant antioxidants in strawberries are ellagic acid, as well as the flavonoids quercetin, kaempferol anthocyanin and catechin.

They further pointed out that strawberry extracts have shown to inhibit COX enzymes in laboratory experiments. This would mean that strawberries could have the potential to help reduce inflammation and pain.



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## STRAWBERRIES HELP PROTECT THE HEART

Strawberry extracts have direct anti-inflammatory effects, inhibiting the activation of genes and enzymes that promote inflammation.

Most of this benefit is due to another group of phenolic antioxidants called anthocyanins, which help give ripe strawberries their lush red color. Anthocyanins decrease the risk of heart disease and stroke by protecting blood vessels from the effects of wear and tear.

## STRAWBERRIES PROMOTE WEIGHT LOSS

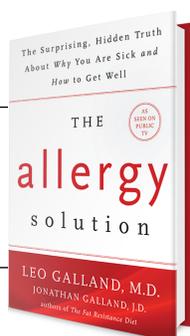
The ellagic acid and anthocyanins found in strawberries aid weight loss in three ways:

1. Chronic inflammation blocks the hormones involved in keeping you lean. Anti-inflammatory foods like strawberries help restore normal function to weight-reducing hormones.
2. Anthocyanins actually increase the body's production of a hormone called adiponectin, which stimulates your metabolism and suppresses your appetite.
3. Both ellagic acid and anthocyanins slow the rate of digestion of starchy foods, controlling the rise in blood sugar that follows a starchy meal. This effect is used to control blood sugar in people with adult-onset (Type 2) diabetes.

## ORGANIC STRAWBERRIES HAVE MORE NUTRITION

I recommend organically grown strawberries. Organic strawberries have been shown to have higher levels of vitamin C and than conventionally grown strawberries, due to a higher content of phenolic antioxidants.

In a fascinating study, researchers from Washington State University compared organic strawberries and farms to conventional strawberries and farms. They found the organic strawberries to be higher in quality, and the soil to be healthier. Specifically, in comparison to the conventionally grown berries, the organic strawberries had higher total antioxidants, ascorbic acid, and total phenolics.



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## ENJOYING STRAWBERRIES

Strawberries give you flavor, color, and aroma, awakening your taste buds to the fresh, natural foods your body needs to be healthy and vital.

When shopping for berries, freshness is important. Identify strawberries that are bright red and firm.

Strawberries are a great snack or dessert, and add color and flavor to healthy recipes. Naturally sweet and juicy, strawberries are a sublime pleasure and make a great healthy treat.

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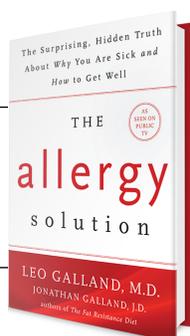
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# Big Benefits of Salads



*Photo Christina Galland*

These are items you can find in your supermarket that can add important nutritional elements to your meals.

For example, romaine and red leaf lettuce, spinach and arugula are all excellent sources of anti-inflammatory, antioxidant nutrients, such as carotenoids and phenolics.

## ROMAINE LETTUCE

The positive effects on your body start right away. For several hours after you eat a large bowl of fresh romaine lettuce, you can have a boost in:

1. Total antioxidant activity
2. Vitamin C
3. Beta-carotene
4. Quercetin, an important bioflavonoid
5. Phenolics

## ARUGULA

Arugula is a green leaf found on Italian restaurant menus. Arugula is not only an excellent source of bioflavonoids, but it also contains calcium. Arugula has Vitamin A, which helps build immunity and potassium that is important for muscles.

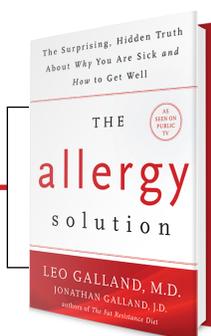
## ENDIVE

Endive, which is widely used in northern Europe (especially Belgium and Holland), is a source of Vitamin K for strong bones, as well as Vitamin A.

Fat is essential for carotenoid absorption. For maximum benefit, eat your salad with a little extra virgin olive oil.

## EASY SALAD TIPS

When shopping for salad, freshness is key. You want to get vegetables that are vibrant, brightly colored, firm and crisp. A farm stand in the countryside or a farmer's market in the city is a great place to shop for farm fresh vegetables.



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For romaine lettuce and arugula, look for deep green leaves that look freshly picked. Skip anything that is wilted or waterlogged.

At home, all vegetables should be washed carefully, whether packaged or not.

For endive, look for something that is very firm, with white leaves touched by green. Avoid any that has become brown or softened. They should be firm to the touch when you buy them.

For romaine lettuce, pull off the outer leaves and cut the bottom stalk. Tearing the leaves is an easy way to prep romaine for a salad. For arugula, cut off the bottom stems, then tear the leaves into bite-sized pieces.

For romaine lettuce and arugula, soak the leaves briefly in lukewarm water to remove any sand or dirt, then rinse well in cool water. Repeat soaking and rinsing until clean, then dry in a salad spinner.

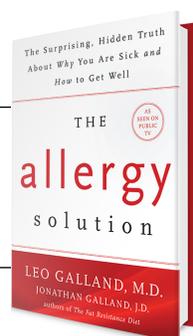
For endive, remove outer leaves, cut the bottom stalk and chop the leaves.

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# Brain Boosting Blueberries



Photo Christina Galland

Intensive research by scientists working in the U.S., Canada, Europe and Asia continues to reveal the amazing health benefits of blueberries.

## BLUEBERRIES BOOST MEMORY

Researchers at the University of Cincinnati Academic Health Center studied the connection between blueberries and memory. Their study on older adults with early memory decline found that memory function was boosted by drinking the juice of wild blueberries for 12 weeks.

The University of Cincinnati researchers noted: “To our knowledge, this is the first human trial assessing the potential benefit of blueberry supplementation on neurocognitive function in older adults with increased risk for dementia.”

It should be noted that this study involved a small group who consumed blueberry juice with breakfast, lunch and dinner.

## WHAT GIVES BLUEBERRIES THEIR NUTRITIONAL POWER

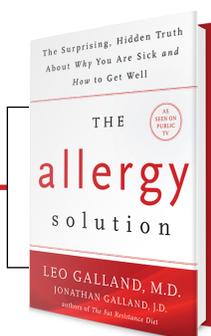
Blueberries are a good source of vitamin C, vitamin K and fiber. The color of blueberries, from deep blue to purple, is caused by a group of flavonoids called anthocyanins, which have remarkable antioxidant power.

Laboratory tests suggest that anthocyanins may help to prevent degenerative diseases, including cancer, heart disease, stroke and memory loss.

Blueberry anthocyanins may protect humans and animals from the effects of a condition known as oxidative stress, which underlies the common disorders associated with aging. Oxidative stress increases with high fat meals and with exposure to environmental toxins.

## BLUEBERRIES SUPPORT HEART HEALTH

Recent research supported by the United States Department of Agriculture-Research, Education and Economics shows that eating blueberries may help combat cardiovascular disease.



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Scientists at the University of Arkansas fed mice a diet enhanced with blueberry powder, and found that it helped reduce atherosclerosis.

Publishing their findings in the *Journal of Nutrition*, the researchers indicate that the benefit may be from the antioxidant effect of the blueberries, reducing the oxidative stress that leads to heart disease.

### HERE'S WHAT EATING BLUEBERRIES CAN DO FOR OXIDATIVE STRESS:

When healthy volunteers ate blueberry powder along with a high fat meal, the blueberries produced a significant increase in the antioxidant status of their blood, compared to the high fat meal alone.

When mice stressed by aging or by toxins were fed blueberries at a dose that would equal one cup a day for a human, their brains revealed a decrease in damage from oxidative stress. Blueberry-fed mice performed better than “control” mice (not fed blueberries) on tests of learning, memory and coordination.

### ENJOYING BLUEBERRIES

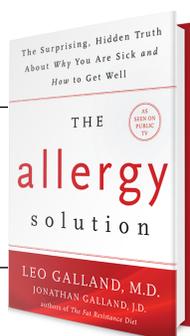
In season, it is easy to find luscious blueberries with a sweet and tart flavor from the farmer’s market, farm stand or supermarket.

Before storing fresh berries, remove crushed, unripe or moldy fruit, and stems and leaves. Wash the berries just before you serve them.

You can eat delicious blueberries as a snack or dessert anytime.

Toss a handful of blueberries on your favorite foods, like cereal or granola, hot oatmeal, smoothies and yogurt.

Frozen blueberries are a great way to enjoy berries all year round. The study on memory improvement from the University of Cincinnati used juice made from frozen wild blueberries, which indicates that frozen blueberries also have nutritional potency.



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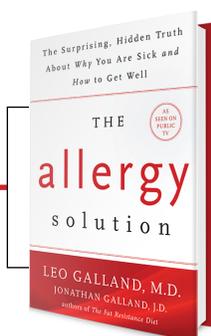
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# Tomatoes Help Fight Inflammation



Photo Christina Galland

## WHAT'S IN A TOMATO?

Tomatoes are excellent sources of potassium and Vitamin A, Vitamin C, Vitamin E and folate.

But did you know that eating tomatoes could possibly help to burn fat?

Bioflavonoids, which are concentrated in the tomato skin, may counteract inflammation and allergic reactions. The main compounds are quercetin and kaempferol.

A study from the University of California-Davis found the amounts of quercetin and kaempferol to be higher in organically grown tomatoes than conventionally grown tomatoes.

## INFLAMMATION-FIGHTING TOMATOES

Tomatoes are one of my favorite inflammation-fighting foods. When you reduce inflammation, you can possibly make your weight loss hormones, such as leptin, work properly, allowing you to lose weight.

Leptin plays an important role in appetite control, metabolism and weight loss. It is your body's natural weight control mechanism.

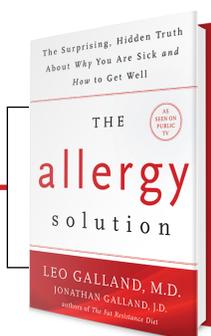
Tomatoes also contain important anti-inflammatory nutrients called carotenoids and bioflavonoids.

## KEY TOMATO CAROTENOIDS ARE:

1. Beta-carotene, an orange pigment also found in carrots and sweet potatoes, Your body also converts beta-carotene into vitamin A.
2. Lycopene, a red pigment. In Western countries, 85 percent of dietary lycopene can be attributed to the consumption of tomato-based products.

## HEALTH BENEFITS OF TOMATOES BOOSTED BY COOKING

The absorption of carotenoids and flavonoids from tomatoes is greater from cooked tomatoes than fresh tomatoes, since cooking breaks down the tomato cell matrix and makes the carotenoids more available.



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Addition of olive oil to diced tomatoes during cooking greatly increases the absorption of lycopene. Oil is essential for absorbing carotenoids from tomatoes in salads or salsa. There is almost no absorption of these vital nutrients from salad eaten with a non-fat dressing.

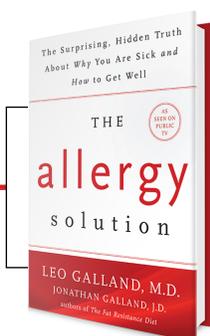
### **ORGANIC TOMATOES HAVE MORE VITAMIN C**

Compared to conventionally grown tomatoes, organic tomatoes have a higher content of vitamin C and bioflavonoids.

### **ENJOYING TOMATOES**

Look for fresh ripe tomatoes at farmers markets in the city, a farm stand in the country or your local supermarket.

Here is a delicious summer recipe my son Jonathan Galland wrote for my book “The Fat Resistance Diet.” It brings together wonderful vegetables such as tomatoes, cucumbers and bell pepper with fresh herbs and garlic.



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# Gazpacho

Fast and easy to make right in your blender, gazpacho is about freshness and big flavors. Bursting with beautiful tomato color, gazpacho features both raw and cooked tomatoes, and is rich in antioxidants including lycopene. This recipe combines a nice vegetable crunchiness with a touch of satisfying spiciness.

## INGREDIENTS

1 ½ Pounds Ripe Tomatoes	Juice of 1 Lime
1 Cucumber	1 Tablespoon Olive Oil
1 Yellow or Red Bell Pepper	½ Cup Fresh Parsley
1 Red or Sweet Onion	¼ Teaspoon Salt
2 Cloves Garlic	Freshly Ground Black Pepper
1 ½ Cup Tomato Juice or Vegetable Juice	

Give the tomatoes, cucumber, pepper and onion a rough chop and toss into the blender. Add diced garlic and onion and chopped parsley, and blend until chunky. Pour half out into a bowl. With half the vegetable mixture remaining in the blender, add the vegetable juice, lemon juice and olive oil into the blender and blend again until smooth. Combine both mixtures together and season with salt and black pepper. Serve hot or cold depending on the season.

Recipe by Jonathan Galland from *The Fat Resistance Diet* © 2005 Leo Galland, M.D.

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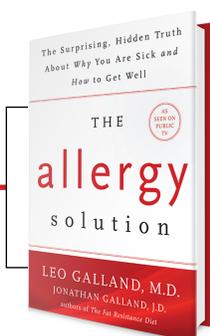
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*Diet and Inflammation, Leo Galland, MD, Nutr Clin Pract December 7, 2010 vol. 25 no. 6 634-640*



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## How Olive Oil May Help Relieve Pain



Could a traditional food have pain- and inflammation-reducing effects similar to over-the-counter pain medicine like ibuprofen?

Scientists from Italy, Spain, the U.S. and Australia have discovered that extra virgin olive oil can provide significant health benefits, including the ability to help reduce pain and inflammation.

This robust, flavorful oil is an example of the food as medicine concept, that foods can have a powerful impact on health.

### A MYTHICAL, SACRED OIL

From ancient Greece to the Holy Land, olive oil has been treasured. Celebrated as sacred in Greek mythology, the olive branch symbolized peace in Hellenic culture. Evidence of this ancient oil was discovered in 1901 at the “Room of the Olive Press” at Knossos on the island of Crete in the Eastern Mediterranean Sea. From there olives were pressed into oil over 4,500 years ago and the olive oil was exported to North Africa and mainland Greece.

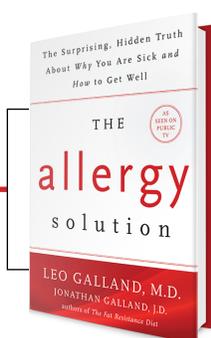
During travels with my family from the south of France to Tuscany to Greece I have witnessed the special beauty of the olive tree and tasted its fruit. Able to withstand heat, sun and survive on only a little moisture, the hardy olive tree became an icon of the Mediterranean region. Freezing temperatures, however, can harm the trees and the crop.

### EATING HEALTHY WITH OLIVE OIL

Extra virgin olive oil can contribute nutritional support in the fight against such health problems as arthritis, cardiovascular disease, high cholesterol, and in pain management.

A research study from Spain has shown that higher olive oil consumption is associated with leaner body weight, an important factor in prevention of chronic conditions.

Another study from the universities of Navarra and Las Palmas de Gran Canaria in Spain looked at how diets including olive oil might offer protection against depression.



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## NATURAL PAINKILLER DISCOVERED IN OLIVE OIL

Recent research has identified the antioxidant called oleocanthal, which is only found in extra-virgin olive oil. Scientists at the Monell Chemical Senses Center, in Philadelphia, found that oleocanthal in olive oil has a potency strikingly similar to that of the drug ibuprofen in inhibiting the cyclooxygenase (Cox) enzyme that causes pain and inflammation. Their findings were published in the science magazine Nature.

Given the side effects of common pain relieving drugs, finding a nutritional way to reduce pain and inflammation could be a solution for people suffering from pain.

In another study Italian researchers explain that the characteristic pungent and bitter taste of virgin olive oil have been attributed to phenols in the oil that have potential antioxidant, anti-inflammatory, chemopreventive and anti-cancer benefits.

## RESEARCH ON HEALTH BENEFITS OF OLIVE OIL

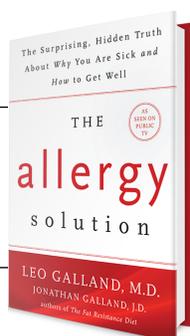
At the meeting of the “International conference on the healthy effect of virgin olive oil” that took place in Spain in 2005, numerous benefits of virgin olive oil from the research were outlined. They looked at the consumption of olive oil from the perspective of issues such as cardiovascular health and longevity. With respect to anti-aging they noted: “The more recent studies consistently support that the Mediterranean diet, based in virgin olive oil, is compatible with a healthier ageing and increased longevity.”

## CONSUMPTION OF OLIVE OIL HAS BEEN ASSOCIATED WITH:

1. Reduction of total cholesterol and an increase in the high-density cholesterol (HDL-C), which has a protective effect on blood vessels.
2. Improved sensitivity of cells to insulin, which helps to prevent the Metabolic Syndrome. Preventing Metabolic Syndrome is important, because the syndrome increases the risk of cardiovascular disease, diabetes, high blood pressure and obesity.

## POTENT ANTIOXIDANT POWER OF OLIVE OIL

Phenolic compounds are potent antioxidants found in virgin and extra-virgin olive oil. These compounds give unrefined olive oils their distinctive flavors and high degree of stability.



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Studies indicate these compounds may be able to:

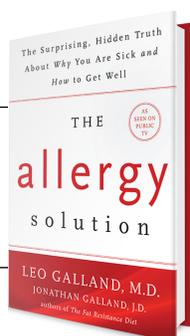
1. Turn off the activity of genes that produce the kind of inflammation that causes coronary heart disease.
2. Decrease production of inflammatory chemicals called thromboxanes and leukotrienes.
3. Decrease the production of the most damaging form of cholesterol, oxidized LDL cholesterol.
4. University of South Australia researchers note that compounds from the olive were found to be antimicrobial against various bacteria.
5. And olive oil is just the beginning of anti-inflammatory foods. Learn more about fighting pain and inflammation in my article: [Natural Anti- Inflammatory Foods and Supplements That Help Arthritis](#)

### ENJOYING OLIVE OIL

The research studies focus on the benefits of extra-virgin olive oil, so this is what I always buy. I look for organic oil that has been grown without pesticides. Freshness counts, so I like shop where they sell a lot of oil, such as a big health food store. Store it in a cool place.

The amount of olive oil associated with protection against inflammation is only two teaspoons a day, which is easy to achieve. A sprinkle of olive oil makes a simple salad dressing, and a little oil can be used for dipping bread, instead of butter. Olive oil can also be used in baking.

Here is a popular tangy and sweet recipe from my book *The Fat Resistance Diet*, an anti-inflammatory dietary program.



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# Pomegranate Lime Dressing

Pomegranate juice is an outstanding source of flavonoids which help to reduce inflammation.

## INGREDIENTS

1 teaspoon extra virgin olive oil  
Juice of ½ lime

1 tablespoon unsweetened  
pomegranate juice

In a jar, shake together the extra virgin olive oil, lime juice, and pomegranate juice. Serves 1.

Recipe by Jonathan Galland from *The Fat Resistance Diet* © 2005 Leo Galland, M.D., Reprinted by permission of the author.

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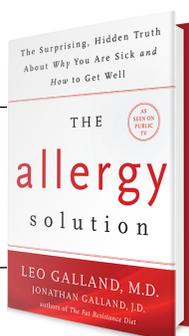
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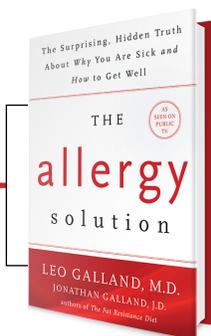
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## Fragrant Ginger Reduces Inflammation



Aromatic ginger is a superstar of traditional medicine in Asia, where it has been treasured for thousands of years for its amazing flavors and impressive health benefits.

### GINGER USED AS NATURAL PAINKILLER

Ginger contains dozens of the most potent inflammation fighting substances known, phytonutrients called gingerols.

Japanese researchers writing in the *Journal of Medicinal Food* explain that red ginger (*Zingiber officinale* var. *Rubra*) is used in Indonesian traditional medicine as a painkiller for arthritis.

In research done over the past 30 years, science has found support for the anti-inflammatory properties of ginger, according to a review published in the *Journal of Medicinal Food*. The authors note the medicinal potential of ginger to alleviate pain.

Further discoveries revealed that an extract of ginger (*Zingiber officinale*) inhibits several genes that contribute to inflammation.

### MORE HEALTH BENEFITS OF GINGER

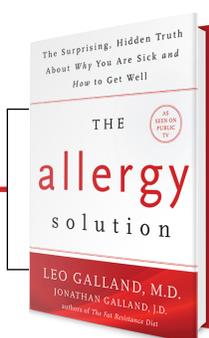
As I explain in my book “Power Healing,” ginger contains over four hundred chemically active ingredients and has been used traditionally for digestive complaints. It may protect the stomach from ulcers and has a wide range of parasite-fighting abilities.

Studies indicate that ginger may be helpful for nausea, and migraine headaches.

Get more info on ginger, including traditional uses, resources and more: [Ginger — Know What Herbs Do What](#)

### WHAT IS GINGER AND HOW IS IT USED?

Ginger is a rhizome, and is akin to a carrot with multiple stems. It is remarkably simple to use. It is available as a powder which can add instant flavor to favorite dishes such as soups and chili. In addition, fresh ginger is available here to be used sliced or grated and cooked.



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## HEALTHY EATING TIPS: HOW TO ADD GINGER TO YOUR DAY

Ginger is adding international style and flair to dishes in fashionable restaurants, so why not bring some of that great flavor home to your kitchen? After these tips, please see below for a recipe featuring ginger.

Ginger is used often in Chinese cuisine, where it gives dishes a touch of spiciness. In the U.S., ginger is widely available as a powdered spice, and this makes a handy pantry item. Fresh ginger provides even more flavor and aroma and can be found right in your supermarket. Look for fresh ginger that is firm to the touch and not wilted, dried out or moldy. Choose fresh ginger that is organically grown in the U.S.

To use fresh ginger, remove the dark peel and cut a section of the light colored root. Finely chop the ginger and it is ready to use in recipes for cooked dishes.

## MAKING FRESH GINGER TEA

Fresh ginger tea can be made by adding finely chopped ginger to boiled water, letting it steep for 2-3 minutes, and then straining out the ginger.

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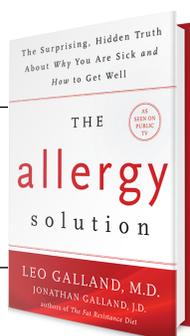
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## Celebrating Asparagus



Asparagus is a source of folate (a B vitamin), vitamin A, beta-carotene, and vitamin K, as well as protein, fiber, calcium, iron, and potassium.

Asparagus provide lutein and zeaxanthin, which are known as the macular carotenoids, for the key role they play in maintaining good eye health.

In England, where white asparagus rules, the seasonality of this vegetable is celebrated and appears on restaurant menus in a large variety of dishes. In Germany, asparagus is known as the king of vegetables.

Not your average everyday vegetable, asparagus is seen as a true luxury.

While there are 300 species of asparagus around the world, the only one you really need to think about here is the green-speared *Asparagus officinalis*.

### THE PREPARATION

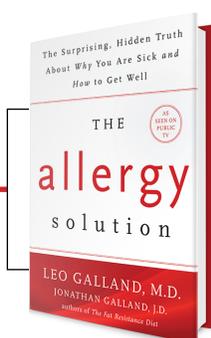
Maybe you just want to take the path of least resistance and order your asparagus right off the menu. That's perfectly reasonable.

But let's say you feel like getting a little adventurous in the kitchen. Here are a couple of ideas.

First step is to hit the green market, farm stand, or the local supermarket and search for the tender thin spears that are the prize of asparagus season. Your goal is to find bright green spears, firm and not wilted.

At home, trim the bottom of the asparagus (the white part) and trim the tiny little stems, and give them a soak in warm water to remove any dirt or sand, then rinse thoroughly.

Place the asparagus in a large pan with an inch of water. Cover the pan to steam on medium heat for 5-8 minutes or until the spears are fork-tender. Don't step away from the kitchen to check your hair or your email while cooking them, they can easily get over cooked, losing their bright green color and crunchiness, which takes away from the whole experience.



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## THE PRESENTATION

Imagine a large restaurant plate with a few spears of asparagus draped dramatically across, with a light drizzle of authentic vinaigrette.

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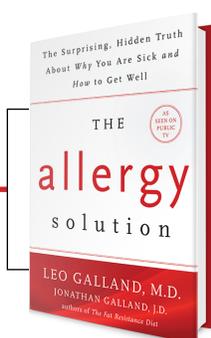
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