

# VEGATALES

Sugar destroys liver

Healing power of fennel

Danger of bio-amines

Lower disease risk with  
veggies and fruit

Chayote

Herbal Smoothie  
Health Booster  
Recipe

Guave and guava leaves

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Wild Fennel flowering in Amsterdam



# SUGAR IS BAD FOR THE LIVER

Glucose, fructose and galactose are free sugars. Free sugars do not occur in nature. The body is very capable of isolating bound sugars in food so that it can be used for the conversion of energy. Every sugar molecule in the body has to be converted into energy. The body is equipped for dealing with a scarcity of sugar. What is the food industry doing? The structure of the human body is ignored and large quantities of free sugar are being produced.

## Other sugars

Sugar is a well documented toxin. When we look at which food contains non-nutrients or disease promoting substances, we do tend to avoid refined sugar, but other types of sugar are often forgotten. Most people think of overweight or caries as sickening effects of sugar. In addition to these two disorders, sugar initiates a degeneration process that can lead to well-known diseases such as cancer, diabetes, Alzheimer's disease and cardiovascular diseases. Synthesized sugars such as glucose-fructose syrup can have a sickening effect on our body even more than sugar.

## Fatty liver by sugar

What are the biggest problems that sugar generates? Firstly, we must understand that excess sugar leads to liver problems such as fatty liver, as shown by American research from 2015. Liver fattening again causes a large number of other diseases related to the liver. In their research, Israeli scientists conclude: "Soft drinks seem to be a major cause of obesity, diabetes mellitus, hyperlipidemia, insulin resistance, hypertension, metabolic syndrome and cardiovascular disease."

The researchers see that there are sweeteners such as fructose and sugar in soft drinks. These sweeteners cause fatty liver. It is a misunderstanding to think that fatty liver only occurs in diabetic patients. Fatty liver is a disease that in fact affects most people.

## Fatty liver is the beginning of health problems

Eating or drinking dozens of grams of sugar per day leads directly to a fatty liver. When the liver does not work properly, the whole digestion does not work properly. This can cause many problems such as nutrient deficiency, antioxidant deficiency and reduced immune system. We have been eating a lot more sugar in the past 100 years. This has led to all of us becoming more ill, as evidenced by the rise of welfare diseases with epidemic forms.

CELERIAC CONTAINS A HEALTHY FORM OF GALACTOSE.



## **Life expectancy has nothing to do with modern life**

"But we are getting older than before." is a frequently heard comment. So then the food must be healthier, that's the reasoning. There are many people who think that man is healthier than 100 years ago and is getting older through better nutrition, medication and hygiene. That image is a misconception. Dr. Brian Peskin explains the inaccuracy of this reasoning in his book "The Silent Cancer Story." According to Peskin and a growing group of other scientists: the following has happened: The life expectancy of a man of 21 in 1900 and a man of 21 in 2000 is almost the same. It is only that in the 19th century the doctors were less hygienic during the delivery. As a result, many babies and mothers died from infections. It took a long time before all doctors were aware that lack of hygiene causes a high infant mortality. Because the life expectancy of a man in 2000 is only a few months higher than that of a man in 1900, we can ask ourselves the question: what is wrong with our modern way of life, so that we are hardly older than before, while the medical world has undergone major changes over the past 100 years?

## **Metabolic flexibility**

The body extracts energy from both sugars and fats. This is called metabolic flexibility. Glucose is a sugar molecule. The body converts this molecule into ATP, which is a substance from which the body extracts energy. The body can also extract the same energy substance, ATP, from fats. If glucose is not used, it is stored in the liver as glycogen. Now it is true that free glucose hardly occurs in natural food. That is why the little bit that is present is completely consumed. These tuberous plants must be completely digested, for the body to benefit from.

## **Too much glucose**

The cheap white, refined sugar which give people diseases like cancer, depression, diabetes and Alzheimer's is actually called glucose. Glucose, as it is in large quantities in granulated sugar, is generating a huge processing torture for your body. Glucose is digested via the ATP molecule. That digestion process is arranged for scarce glucose. The system is overloaded with glucose made of industrial quality. There is an excess of glucose in the body. A lot of insulin is needed to bring all this glucose to cells. But body cells do very well with little glucose. At a certain moment the cells no longer accept the glucose that accompanies insulin; then doctors say that there is insulin resistance taking place. At least, that's how we take that now. We can also call it: a rejection of the body to an excess of white sugar, because insulin resistance can not occur from sucrose out of natural sources like root celery.

It is good to realize that our body has not been made to digest dozens of grams of pure sugar per day. The body can very well convert those few grams of sugars from, for example, a parsnip into useful substances.

## **Galactose**

In addition to glucose, we also know galactose. These are sugars from dairy products such as milk. These sugars are processed in the same way as the sugar from all kinds of tuberous plants. Galactose does not pose any further problems.



# Fructose

Fructose is naturally in fruits and honey. Natural fructose is super healthy. It is synthesized by the industry into a dangerous fructose product without fibers. In that form, fructose is even more harmful than sugar. Fructose from the industry, which after lobby has the same name as natural fructose, is downright sickening. Biochemists call it a “disease promoting substance”.

Fructose is also separate from the insulin system; the body does not make extra insulin to process fructose. Fructose from fruits can provide the body with energy in an excellent way. But what happens to the synthetic fructose or the fructose corn syrup? This is already absorbed by the body in the small intestine. Then the fructose goes to the liver via the portal vein. Here it must be processed immediately. Part of the fructose is converted into glycogen or liver fat and another part is converted into blood fats or triglycerides. Too high levels of liver fat and triglycerides are associated by researchers with increased risk of heart disease. Industrial fructose is therefore a direct health risk and it is particularly unfortunate that this substance is not prohibited, because then there would be considerably fewer health problems and premature deaths in the world.

So we see that fructose directly overloads and affects the liver, just like alcohol. Chemically, fructose and alcohol are almost the same. In addition, industrial fructose provides all kinds of dopamine reactions, making it an addictive substance. Another similarity with alcohol is that both industrial fructose and alcohol triggers insulin resistance to other sugars than fructose, like glucose.

# **Alcohol just as bad as sugar**

Too much fat in the liver causes the disease fatty liver, which is usually a harbinger of larger problems such as the prosperity diseases obesity and cardiovascular diseases. Fatty liver is called Non Alcoholic Fatty Liver Disease or NAFLD by scientists. Fatty liver can also be caused by alcohol, which contains large amounts of sugars that are converted into fat in the liver. In fact, sugar and alcohol deliver similar liver damage. The chemical compositions of alcohol and sugar are ++++++++ + almost the same.

*Sugar is just as bad as alcohol. Who gives sugar to his child, raises risk of diabetes, **ADHD** and learning problems.*

# THE HEALING POWER OF FENNEL

Fennel is a wonderful tasting vegetable. It has light experience of anise. This delicacy requires only a few minutes boiling and then you enjoy your medicine. Small portions of fennel are great in salads. The leaves of a big plant are edible and perfect for salads and teas. Fennel is a medicine and especially good for female organs.

## **Fennel and menopause**

Fennel can be used during the menopause to counter all kinds of symptoms such as hot flashes, poor sleep, irritability, sexual problems and anxiety. Fennel contains substances that regulate hormone levels. Therefore women in menopause benefit from fennel.

## **Fennel against menstrual pain**

Two scientific studies in 2012 show that fennel works against menstrual pain. In the study one used essential oil of fennel daily, but you can also regularly eat fennel to obtain the same effect. Fennel can reduce the intensity of pain. In other words, women who enjoy fennel food are less likely to suffer from menstrual pain.

## **Fennel against obesity**

In an obesity study, women were given tea of fenugreek and fennel. It turns out that these two teas reduce the feeling of hunger. In 2015, Korean researchers saw that these teas further regulate blood sugar levels. They therefore conclude it has anti-diabetic properties.

## **Fennel seed, good for kidney and breastfeeding**

Instead of using the vegetable, you can also use fennel seeds. Pure fennel seed tea tastes wonderfully fresh. Fennel seeds appear to support the function of the kidneys. This is apparent from Iranian research. The Iranian researchers further report in their research that fennel seed is used to stimulate breastfeeding in mothers. In addition, fennel seed stimulates libido in women. The study was done to see if the use of fennel seed as a medicine can give side effects to the kidneys. As it enhances the kidneys fennel seed is a safe means.

## **Fennel against cancer and for the immune system**

Scientific research further shows that fennel contains all kinds of substances with antioxidant and anti-cancer activity. Fennel can help restore the damage that are caused by substances such as sugar, white flour, trans fats and glucose fructose syrup. Fennel strengthens the entire immune system against disease-causing elements that have come into the body.

## **Fennel as a medicinal diet a drink**

Five minutes of boiling time is enough for fennel. Boiling it longer makes you lose vitamins To make the best use of the plant, you can use the aroma of boiling water to make a soup. Use it at least twice a week as a main vegetable for a meal, when you want to benefit from its medicinal properties. You usually drink fennel seed tea daily. You may want to mix fennel seeds with other herbs like cinnamon, cloves, star anise, aniseed and fenugreek to make your own favorite tea mix.



# THE DANGERS OF BIO-AMINES

Some people think that eating meat is healthy, and healthy only. That is by no means the case. Meat contains nutrients on the one hand, but non-nutrients on the other hand, which can cause problems. In meat there are bio-amines and these cause all sorts of diseases in people. Bio-amines are mainly found in meat, milk products and cheese. In other words: Bio-amines are found in meat and derived animal products. Eggs, fish and seafood also contain relatively many bio-amines.



THERE ARE BIO-AMINES IN CAMEMBERT.

## Sick of meat and fish

If you want to eat meat, fish or shellfish you have to do that, but it is perhaps good to realize that it is a product that can make you sick or die instantly from food poisoning by overload of bio-amines. People who are allergic can become very ill, but also people who are not allergic suffer more often from gastroenteritis and colds the day after they have eaten seafood, according to European research.

## Disrupt hormone metabolism with animal hormones

Histamine is a hormone and an amine that occurs in the human body and has an important function. But why would you want to consume hormones and amines from other animals? Why would you eat all kinds of control mechanisms from other life forms? All these substances have a function but it makes no sense to just take in substances without a function being involved. Eating hormones from other animals ensures that their own hormone households become unbalanced. The body can not tolerate this well and sometimes gets sick of it.

## Food poisoning and bio-amines

In the worst case, bio-amines can cause sudden death through food poisoning. For the sake of clarity: deadly food poisoning is hardly ever caused by bacteria but by an excess of bio-amines with hormone function. Death occurs after eating shells, fish and crab, but it is usually less severe symptoms that occur. Greek research from 2010 shows that raw animal marine products (seafood) lead to an increased risk of gastroenteritis. This is not due to a bacterium, but due to bio-amines; substances that occur naturally in animal life. American research from 2004 shows that people who have a liver problem or have a virus are particularly susceptible to infections that lead to illness and death by eating seafood.

## Mental illnesses and bio-amines

In this article the term bio-amines is used. In the Netherlands, these substances are also known as biogenic amines. Jaap Huibers wrote a book that was published by Ankh-Hermes: Food, cause of physical and psychological disruption (Translation editor VegaTales). The vision on bio-amines in this booklet is the same as the vision in this article. Huibers is a naturopath. A colleague of his, Runow wrote the book 'The gut thinks along'. Both these recommended books describe how substances in normal food such as Dutch cheese can lead to psychological and physical illnesses. It is striking that mental illnesses are also caused by amines in, for example, cheese. A psychiatric patient is in many cases only a victim of a food allergy, without it knowing it. Tragically, the patient is often not familiar with the fact that a change in the diet can lead to a cure. Regular medicine often sends these people into psychiatry. The psychological complaints that bioamines can cause are: depression, anxiety, suicidal thoughts, schizophrenia, disturbed day and night rhythm, ADHD, hyperactivity, addictions and autistic behavior.

## Allergic to meat

Bio-amines are nitrogen compounds. People who get too many bio-amines know symptoms such as palpitations, nausea and headaches. More serious symptoms are difficulty breathing, itching, skin rash, vomiting fever and increased blood pressure. When people get these symptoms after eating fish, meat or animal products, they are called allergic. A known allergy is shellfish allergy. A meat allergy is not a commonly used word, but in fact an allergy to bio-amines often comes down to a meat allergy. A cheese allergy can also be a persistent disease. Cheese is produced from milk, an animal product. The fermentation at room temperatures not only creates a delicious cheese, but bio-amines get a good chance to multiply.

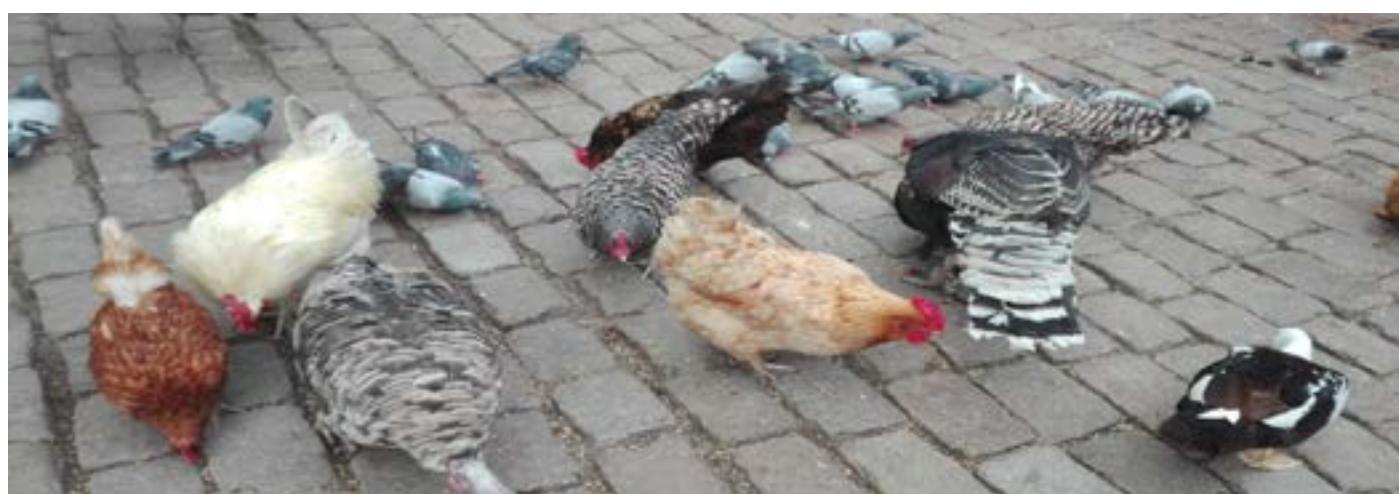
## Food poisoning by amines

In addition to the allergies, there are food poisoning. These are often caused by an excess of the bio-amines histamine and tyramine. Food poisoning is the biggest fear of restaurant owners and food manufacturers. Much research is being done on how to prevent this, because if people die of normal food, that is bad for business. If companies had wanted to eliminate this risk from a health point of view, they would have had an eye for the human aspect, like prevent people from minor diseases and major death incidents by making at least shellfish food illegal, because fish causes lesser problems.

## Cheese and meat leads to migraine

People who have suffered from migraines for years often appear to have an allergy to bio-amines. Simply stopping meat or cheese food ensures that the migraine never comes back. Incidentally, some types of cheese such as cottage cheese hardly contain bio-amines. You can just continue to eat these. Cottage cheese is even medicinal for the mucous membranes of the intestines; in the long run, it ensures that bio-amines do not enter our body as easily.

CHICKEN CONTAINS BIO-AMINES



## **Vegetarian bio-amines**

Bio-amines are also found in some vegetarian foods such as vegetables and vegetable seeds. However, it hardly occurs that the bio-amines in vegetables cause problems. This leads to the observation that animal substances, meat, fish and shellfish may contain other substances that cause allergies. It is also possible that a distinction can be made between plant histamine and animal histamine. What is certain in any case is that there is much less histamine in plant foods. That is because meat and fish are dead. Vegetable food can still survive if it has been harvested. Meat and fish start directly with the first stages of decay, or the conversion of amino acids into bio-amines. Scientists have precisely mapped which amino acids lead to which bio-amines. For example, arginine, a healthy and important amino acid, is converted after death into agmatine, putrescine, spermine and spermidine which are disease promoting bioamines.

## **Microbial decarboxylation**

Bioamines are caused by a conversion of amino acids into the meat called microbial decarboxylation. If meat is stored cold, fewer amino acids are converted into bio-amines. Nevertheless, bio-amines are formed in the refrigerator. Some bio-amines occur at temperatures below 5 degrees. The most effective way to prevent the formation of bio-amines is to freeze, but that is not always an option. The meat industry tries to limit the conversion of amino acids by, among other things, irradiation and the use of plant-based anti-inflammatory substances.

## **Bio-amines as a criterion for meat quality**

Bio-amines have many scary names such as cadaverine, putrescine, histamine, agmatine, phenethylamine, spermidine, tyramine, octopamine and dopamine. If scientists want to measure the quality of meat, one can measure how many bioamines are in the meat. In this way you can get an idea of how healthy or sickening a certain type of meat is and what the quality of the meat is. Bio-amines are in all types of meat but in poor-quality meat or meat that is poorly preserved, there are even more bio-amines. Organic meat is hardly healthier than cheap supermarket meat because bio-amines are also found in organic animal products in the same amounts. The only difference is that the animals have received organic fodder, fewer hormones and medicines, so that the meat consumer receives fewer residues of synthetic substances.

## **Bio-amines and the intestinal wall**

Bio-amines cause damage in the body, at least when they actually enter the body. It is because the intestinal wall recognizes the toxicity of bio-amines. The intestinal wall will not allow bio-amines to enter, leaving the body without causing damage. Now, however, it is the case that more and more people are having problems with their intestines. The cause of this can be found in different areas. Medications can cause inflammation in the intestinal wall. Medications that many people mistakenly think as innocent, such as paracetamol and aspirin, can cause serious intestinal wall damage.

In addition, trans fats, sugars and various synthetic additives can cause inflammation at the cellular level or low-grade inflammations in the intestines. As a result, the protective function of the intestines no longer works optimally. When this protective function is defective, the bio-amines do enter the body and can cause all kinds of major problems there. Meat itself is the product that is most difficult to digest for people. Meat digests slowly and the digestive process of meat sometimes has negative effects on the intestines. People who eat an excessive amount of meat have a greater chance of a disturbed intestinal wall, with all its consequences.

## **As far as bio-amines are concerned, clearly two factors play a role:**

- **THE FOOD PRODUCT.**
- **THE STATE OF HEALTH OF THE INTESTINES.**

## **Increased intestinal permeability**

Bio-amines such as histamine and tyramine occur in vegetables and nuts. In daily life, you can not escape eating these products. However, when the intestines are healthy, you can not get sick at all. In addition, there are relatively few cases of illness of people who become ill through biogenic amines from vegetables or plant products. Only people with reduced bowel function should pay attention to what they eat. The most important thing is that we have to make sure that our intestines become healthy again.

When the intestines allow more substances than are healthy for humans, this is called increased intestinal permeability. The intestinal flora, or microbiome, a living organ is of great importance to counteract increased intestinal permeability. There are all kinds of substances that mess up the intestinal flora. The most important of these are medicines. People with problems with bio-amines and increased intestinal permeability often have a long history of medication use, such as anti-inflammatory painkillers and antibiotics.

BUTTERFLY FISH FROM RANGIROA, FRENCH POLYNESIA. FISH CONTAINS BIO-AMINES.



# **10 SERVINGS OF VEGETABLES AND FRUIT LOWERS CANCER AND CARDIO RISK**

Research by Norwegian, American and British scientists shows that eating 10 servings of fruit and vegetables reduces the risk of common diseases with large percentages. A portion weighs an average of 80 grams. The researchers see the most positive effects on health when people eat around 800 grams of fruit and vegetables. In addition, the researchers saw differences between when you eat 200, 400 grams or 600 grams of fruit and vegetables. With every increase in fruit and vegetable intake, the risk of getting diseases such as diabetes, cancer and cardiovascular diseases decreases. In the study, the dietary habits of more than 2 million people were recorded alongside medical data. The researchers confirm the idea 'how more fruit and vegetables you eat, the healthier it is'.

## **Fruit and vegetables lowers the risk of cancer**

The research is very thorough research and extensively reviewed by other scientists. It is actually very logical that when we eat fresh fruit and vegetables, substances that are healthy for our body, we become ill less quickly. The research concerns dreaded diseases such as cancer. If you eat healthy food, you automatically eat less unhealthy food. There lies the core of a healthy modern life. There is too much unhealthy food for sale and as a consumer you are put to the test every day.

## **Why do we eat factory food?**

Unfortunately, this research is not good news for everyone. Some people are a bit tired of hearing 'you have to eat 300 grams of vegetables and three pieces of fruit.' This research even says that if you eat more fruits and vegetables than 500 grams of vegetables and 4 pieces of fruit, you will be at less risk gets on getting diseases like stroke, cardiovascular disease and cancer. It seems as if this kind of advice puts the blame on people in the sense of: Are you ill? Then it is your own fault, you should have eaten more fruit. However, you should not see it as your own fault. We as residents of society have become accustomed to factory food or fake food, nutrient-free fillings. That is a new way of looking at things. We can hardly be blamed for falling to the temptation of food that is designed to be addictive, and promoted by marketeers who studied at the university to acquire the knowledge how to manipulate your neighbours..

## **Factory food makes you sick**

You become ill from factory food such as from the supermarket. The less factory foods you eat, the smaller the chance of diseases. That's what the research says. The collective addiction of people to the supermarket and the inability to prepare healthy products from fresh food, causes health problems in a massive way. We are spoiled by luxury and laziness and we enjoy and wallow in it until we get sick. When we realize that it is not for us personally but that we are trapped in a social field of influence that everyone has to deal with, it is easier to see that the supermarket has changed people in their attitude towards food. This arrangement leads to the purchase of all sorts of foodstuffs that can be consumed directly or that are ready quickly and easily but that have nothing to offer in terms of beneficial nutrients. We fill us with crappy products and find it silly that we get sick. But we did not know, or did not want to know, that factory food is actually sickening. If vegetables are put in a can, their nutritional value is zero and you get sick of it, because the vegetable acids start a chemical oxidation reaction with the can wall. When fruit is processed into juice, fruit is sickening. Fresh fruit and vegetables, which is tastier than pretreated food, has nutritional value and offers healing power. Even worse than tinned vegetables or soup from bags are confectionery from factories



because there are a lot more sugar, white flour, salt, and trans fats in it than in other supermarket products.

## **The less factory food, the better**

What this research automatically proves is that the less pre-processed factory food you eat, the healthier it is. All fresh products that are eaten mean two things: first you eat something healthy and secondly: you have less space to consume something unhealthy.

It therefore works both ways. What people who eat a lot of fruit and vegetables eat less, are industrial fake food products. We have become addicted to factory food, but fresh fruit and vegetables can greatly reduce the pathogenic aspects of this diet. That is a brief summary of the current state of nutritional science.

## **Slow juice apple juice: 100 times as healthy and delicious**

It is in fact very easy to consume fruit and vegetables instead of packaged items such as lemonade, cookies and juice packs. With real apples you make a delicious slow juice apple juice. That while the watery apple juice from a supermarket is so highly processed that it is bad for you. Scientists have shown clearly that any industrial variety of apple juice is bad for people with diabetes but that fresh apple juice is beneficial for people with diabetes.

## **Easy vegetable snacks**

A cucumber can easily be cut into slices and snapped up when doing anything. In a blender you can make a delicious smoothie with watercress, avocado, rosemary and parsley. That is also very fast. It is not difficult to quickly prepare super healthy and delicious recipes, but we have forgotten. We no longer rely on our own abilities but on the brand authority and stick to buying a product if we want something healthy, while we can make everything ourselves.

## **You can make it yourself quickly**

A homemade tomato soup of fresh tomatoes can be on the table very quickly. It is not difficult at all to prepare vegetables yourself. We are only used to open a can. We become uncertain when, for example, we do not put some branded, salty vegetable block in the soup. This uncertainty has been taught to us by manufacturers. It seems like you can not make soup without a can or package, if you can believe the advertising. That is great nonsense and at the same time a psychological reality to which 95% of people act. Soups from canned contain sickening products and have been extensively tested on our sense of taste.

## **Supermarket yields few 100-year-olds**

In psychological terms, people are greatly changed by the phenomenon of supermarket. If there are no or few supermarkets in certain residential areas, they automatically switch to self-growing food. In addition, one knows more about plants from the environment and one obtains products from nature. Because nature, that is the true supermarket.

It is no wonder that most communities in which there are many 100-year-olds are small islands off the coast of Greece and Italy. There are no large supermarkets there; they grow their own food. And there is a lot of rose-



mary. Rosemary is a herb that occurs naturally in the Mediterranean area. This herb is known to have rejuvenating properties. It is also very good for the brain; therefore it prevents you from dementia.

### **Tax on sugar as a sickening poison**

Some people see in the publication of this study in February 2017 a reason to denounce the pathogenic properties of sugar. Sugar makes people sick and there are all kinds of other products on the shelves that are extra taxed because you get sick of it like alcohol and tobacco. Would not it be good to charge an additional tax on sugar-containing products? The diseases that cause these products cause tens of billions of euros annually in medical costs that are eventually coughed up by the taxpayer. An extra tax on sugar because it is a toxin, society could save a lot of medical costs. And the medical costs incurred by eating sugar can be compensated for by the extra burden on sick-making products such as cookies, candy, soft drinks, fruit drinks, sports drinks, soups, desserts, snacks, sauces and sandwich spreads.

### **Change your way of thinking**

We can make positive use of this research by relying more and more on fruit and vegetables on a daily basis and by placing ourselves less dependent on factory articles. There are hundreds of simple recipes that you can make in this way, but it is primarily a change of thinking that is necessary to see for yourself the necessity to reject factory products for health reasons. Consider for example: you can take a glass of water, herbal tea, pear or apple against thirst. In soft drinks are substances such as salt that you are sure that you will get thirsty after 20 minutes. Rationally, therefore, it is not smart to drink soft drinks against thirst. An apple is much better, and does it really take so much time to wash an apple or pear in 4 pieces to cut and eat? An apple is fresh and a natural thirst quencher. In addition, soft drinks are addictive and sickening and fruit is medicinal. If you look at it rationally, there is no reason to take soft drinks.

### **Sugar eaters are drug addicts**

There is only one reason why you drink soft drinks. Sugar is an addictive substance. It turns out that sugar is as addictive as cocaine and that it is just as harmful to the liver as alcohol. This scientific knowledge has only recently become known. This is the kind of insight that could cause you to stop using sugar. Sugar is a drug and your body screams when you have had no sugar for an hour. Researchers see that it is just as difficult to get rid of sugar as tobacco and heroin. That is nothing surprising. Sugar is refined. If sugar is not refined, it is healthy. Every substance we isolate from a plant is a danger to us. If we isolate substances and add them to our bodies, we carry out experiments. The experiment sugar has pathogenic properties. When you eat just food, you eat something that is meant for your body. The body finds in the whole food all minerals, vitamins and enzymes that are necessary during digestion. Sugar is a refined substance and is offered without minerals. That is why the body itself looks for the right substances to digest sugar. This leads to mineral harvesting in other parts of the body.

### **How do they make unhealthy substances out of healthy food?**

Eating sugar can lead to mental and physical illnesses. Many people who are depressed would be cured when they stop eating sugar.

The only reason for this is that sugar is an isolated plant substance. Sugar is made from either sugar beet or sugar cane. The whole sugar beet is medicinal. Simply sugar cane juice is medicinal, but the isolated part, refined sugar is pathogenic. This insight is an important aspect of medical food. In fact, it is not the food that is sickening but the person who makes it sickening in the factory and sells it in the supermarket for profit. Health is not their point of view, but it can be yours.

*Nature, that is the true supermarket.*

# **HERBAL SMOOTHIES, RECIPES FOR HEALTH BOOSTER**

Herbal smoothies are so healthy. they might make the cause of diseases disappear. But how to make a medicine out of your smoothie? Take a look at this medicinal smoothie philosophy. Instead of one recipe there are three recipes with three herbs: rosemary, parsley and watercress. The herbs are either main herb in the smoothie or extra herb to make it taste better.

Imagine that you suffer from forgetfulness and you have been informed that scientists have confirmed that rosemary strengthens memory functions of the brain. Then you can decide to drink a smoothie with two sprigs of rosemary every day. That produces a strong rosemary medicine drink, but how do you make a nice drink from it?

## **Main spices and extra herbs**

A smoothie can be used to consume a vegetable or herb in good quantities. Some doctors already use herbs like rosemary against forgetfulness or epilepsy. You could make a smoothie daily with rosemary as the main herb. It has a tasty taste in itself, but if you use it as the main herb it tastes a bit strong, then you can use two extra spices to finish the taste.

## **Get it smoother**

In smoothieland you can always use a banana to smoothen up your smoothie. Other good make-it-smoother fruits are kaki, papaya, strawberry and avocado. Most people like to stick with the colors, so in this case you can use avocado to make the watercress/rosemary smoothie nice and green.

## **A bunch of parsley per smoothie**

Another herb that fits perfectly in a smoothie is parsley. You can use a bunch of parsley for one or two glasses of smoothie. Parsley is classified by some scientists among the vegetables, because people used to eat it in more large numbers. If you eat parsley every day, you can never actually suffer from anemia. The chance of fatigue becomes minimal. Parsley can be used as a main vegetable or herb in a smoothie, for example, flavored with rosemary. Then you also use the medicinal substances in that plant.

## **Watercress, nice and spicy**

Watercress is an ideal vegetable to make smoothies because it is nice and spicy. With watercress you do not need ginger in your smoothies. In addition, there are so many nutrients in watercress that the appetite stops faster; your body will notice that sufficient nutrients are supplied. Watercress can be combined with apple or pear for a delicious smoothie. But if you want to use it medically, if you want to use the healing power of watercress, then it is best to just take a strong watercress smoothie with about 50 grams of watercress. Watercress has various medicinal effects. It is good for liver and kidneys. It stimulates body and mind, among other things. If you want to kick off a habit like smoking, that's a lot easier if you eat watercress daily.

## **Watercress as a main herb**

The taste of watercress is a bit sharp and you can finish it with rosemary and parsley. This gives you a more full taste. So you see that you can use almost any combination of vegetables and herbs in varying quantities. Sometimes you use an herb as a spice, the other time as a head herb. It produces pleasant and very healthy smoothies.

## **Homegrown smoothies**

Growing yourself is the most sustainable way of living. Some herbs such as rosemary can grow well in many climates. You could also grow watercress and parsley yourself, although it needs more attention. Growing watercress might be too difficult actually, or there is a clean small creek nearby your house. Growing yourself has the advantage that you always have fresh herbs on hand and save money.

**Next page: WATERCRESS ON A BALCONY IN AMSTERDAM**





# CHAYOTE

## THE HEALING POWER OF A VEGETABLE

The common name used worldwide for this plant is chayote. In Malaysian countries it is called siam. Siam was the old name of Thailand. Labu means pumpkin. Chayote belongs to the cucurbita and is family of the pumpkin and zucchini. In the past, the chayote, originally a Mexican vegetable, was imported from America to Asia and Afrika by Spanish and Dutch colonists.

### A spiky variety

There are a number of varieties of sechium edule. There is one variety that looks much healthier than everyone else. That is the sechium edule nigrum spinosum. This variant looks the same as the chayote that ended up on the international market, except that he has a lot of spines. This variety is not for sale on the international market in big amounts.

### The advantage of poverty

Indonesia used to be the most prosperous part of South East Asia in the 19th century, but now has fallen into a developing country where corruption is rampant among the army officers and politicians, and bitter poverty is the part of the working population.

Eating leaves out of poverty turns out to perform medical wonders. There has been a food problem in Indonesia since its independence. Because the leaves of curcubita can be eaten, they are also sold as vegetables on the market, while in all other countries of the world the chayote leaf is not eaten. However, this economically driven need for eating leaves has great advantages. The leaves have strong medicinal value, just like the fruit. In Indonesia, many more leaves of trees are considered to be vegetables. For example, papaya leaves and cassava leaves are found on an Indonesian market. Yet this also means an advantage. Papaya leaves are even one of the most medicinal vegetables in the world. And cassava leaves contain more nutrients than the cassava tuber.

### The leaf and the fruit are both medicinal

Both the leaf of the sechium edule and the chayote fruit have protective effect on the heart. In addition, both plant parts have anti-inflammatory effect. Furthermore, both diuretic effects and they can dissolve kidney stones. They are a medication for arteriosclerosis and high blood pressure. The leaf contains more flavonoids than the fruit.



## **Sechium edule against stomach ulcer**

As stomach mucosa starts ulcerating, there is a swelling of the mucous membrane and surrounding muscle tissue. Stomach ulcer is not just a mild disease that passes quickly. Worldwide, 10-15% of people with gastric ulcer die to death. A stomach ulcer can bleed and the strong acids on the ulcer provide a concentrate of dangerous substances for health.

There are all sorts of synthetic medicines, but after having used them for several decades, researchers see that the synthetic drugs have strong side effects and that stomach ulcers often only disappear temporarily and come back again with more intensity. As a result, a new search has started for the ideal gastric ulcer and herbal remedies have an important role in this search. Plants are becoming increasingly popular among scientists as a medicine because plant medicines or food are non-toxic and unlike synthetic medicines they have all kinds of positive side effects because they have vitamins and minerals. In addition, much is already known about plant substances such as flavonoids. For example, it is known that many flavonoids, including the common substances quercetin, kaemferol and rutin are liver protective, mucosal protective and anti-inflammatory. Partly due to the combination of these three positive side effects, it is scientifically swelling-inhibiting substances.

## **Aspirin, a substance that causes stomach ulcer**

In a scientific study aspirin was given to rats to achieve a gastric ulcer. Aspirin is used as standard in science to give test animals ulcers. If a liver function is to be tested, then the liver of test animals is poisoned with acetaminophen or paracetamol. Home garden and kitchen medicines turn out to be dangerous toxins in the scientific world.

In the research into gastric ulcer caused by aspirin, it appeared that chayote fruit can cure a stomach ulcer. Incidentally, there are several studies that report that chayote is good for the stomach. Several studies have shown that chayote works as a gastric acid inhibitor better than the standard omeprazole medicine.

## **Chayote juice against diabetes**

Researchers report that the huge consumption of soft drinks strongly contributes to causing large-scale prevalence of diabetes. People today suffer from increased blood sugar levels. Sometimes people already live in an early stage of diabetes or have a severe form of diabetes but lacking the diagnosis, because people do not recognize their symptoms such as fatigue as such and pass it on to doctors, or because doctors make the wrong diagnosis since many doctors are still in the mistaken assumption that diabetes can only occur in people at high levels of age, called age-related diabetes. Nowadays, however, there are also children who have developed type 2 diabetes. That has nothing to do with genetic predisposition, but everything with too much fillings with lack of nutrition.

Research shows that a too high blood sugar level can be counteracted simply but effectively by drinking a glass of chayote juice.



## **Chayote is a medication for high blood pressure**

High blood pressure is a problem in the world of unprecedented size. The treatment that dates back to the 20th century is ineffective, according to scientists, since it takes a long time before positive results are seen and because there are many side effects of blood pressure lowering drugs. By using these inferior but unjustly much praised and prescribed drugs, people with high blood pressure have a high risk of all kinds of diseases that are much worse than high blood pressure. That is why scientists constantly keep their eyes, ears and feelers open and active to discover other medications that are better than synthetic, pharmacological and at the same time malfunctioning medication. As a result, herbal medicines, medicinal plants and medicinal food have gained renewed attention in the 21st century. It appears that these agents only have positive side effects. This is in contrast to all medicines that are released by minds that put their knowledge and expertise at the service of pharmaceutical superpowers. All medicines, not one excepted, which are pharmaceutical and synthetic in origin, have many side effects while plant medicines do not. Plant medicines have phytonutrients that have a positive side effect on the body.

Research shows that chayote lowers the blood pressure by an enzyme effect. It ensures that more enzymes are created that relax the muscles around blood vessels. As a result, the blood pressure is naturally reduced. This enzyme is called ACE, which stands for Angiotensine 1 Converting Enzyme. But chayote has another way in which it lowers blood pressure. It stimulates the functioning of the kidneys, which removes more waste products. Wastes are stored in the blood along with moisture that they retain. When they are discharged, that means that the blood volume decreases somewhat. Less liquid flows through the veins, while the veins are the same size. That simply means that the blood pressure decreases.

Other research shows that the roots of sechium edule also work against high blood pressure. In Mexico, chayote roots are a folk medicine for high blood pressure. Various scientific findings such as the antioxidant content and improvement of the endothelium contribute to the normalization of blood pressure. Endothelium is the scientific name for the outer layer of the inside of the vein wall. When this endothelium does not work properly, it indicates diseases such as high blood pressure, diabetes or arteriosclerosis.

## **Chayote, good for the liver**

Scientists see that chayote is good for the liver. They had as a measure 10 different factors that tell something about liver function. For example, it appears that antioxidant levels rise strongly in the liver as a result of the production of antioxidant enzymes such as glutathione, catalase and superoxide dismutase. These antioxidant enzymes are even stronger than enzymes from vegetables or fruit. Furthermore, liver damage was strongly reduced.

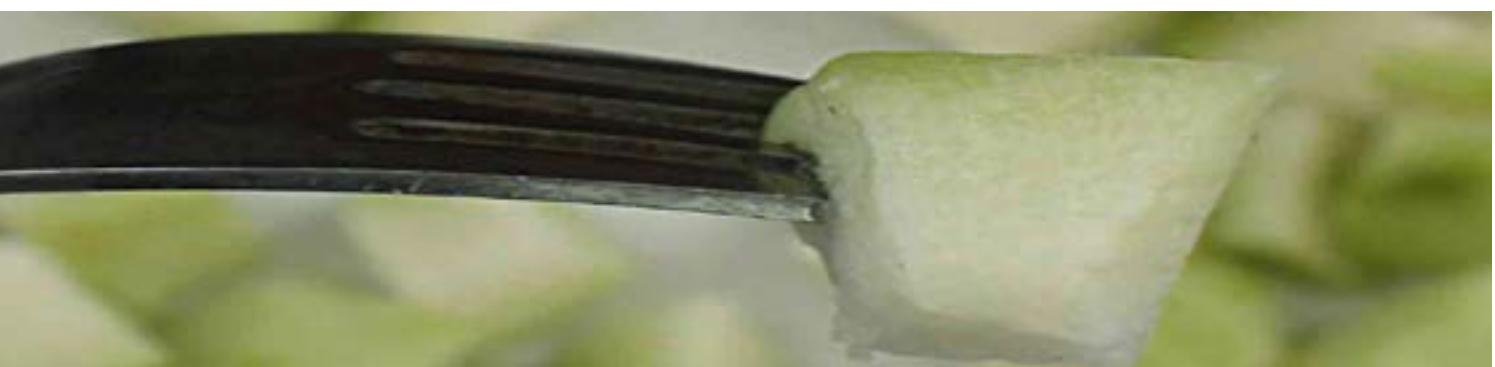
## **Sechium edule, good for the kidneys**

Scientific research shows that sechium edule restores the kidneys. It is protective for the kidneys. If the kidneys are damaged, then sechium edule will cause healing. Incidentally, there is a recurring pattern in food that is good for the kidneys. All of these kidney-supporting foods also work against diabetes. That while diabetes is just a disease that harms the kidneys. You would almost think that diabetes is mainly caused by malfunctioning kidneys.

## **Sechium edule against cancer**

Sechium edule has anticancer activity on cancer cells in the bone marrow but leaves healthy bone marrow cells alone. Researchers conclude that it has a strong anti-cancer effect. The researchers also note that the plant has no harmful side effects at all. Everyone knows that conventional anti-cancer treatments are ineffective and know many harmful side effects.

Other studies show that sechium edule works well against lung cancer and leukemia.





# THE HEALING POWER OF GUAVE AND GUAVE LEAVES



**Psidium guajava Linn.** is generally called guava in the world. Goyave is the name in French. In German they also say guava, just like in Dutch. The Japanese name deviates from the worldwide use because here the fruit is banjiro. In Portugal, goiaba is said against this fruit. In Brazil the fruit is called guaiaba.

### **Psidium guajava in New Guinea**

In New Guinea the Papuans use the psidium guajava for different species close related to guave. The fruit can become very large. Normally, the size of guave fruit is no bigger than a ping pong ball. In New Guinea, the guavas are a lot bigger; much bigger than a tennis ball. However, the fruit pulp is of different consistency. Some New Guinea varieties are white on the inside, and there are those that have the more familiar pink color.

### **Psidium guajava**

Hundreds of studies have been conducted into the medicinal effects of the fruit, the seed, the bark and the leaves of psidium guajava. Guava leaves are edible. Papuans eat the leaves when they have a digestive problem such as diarrhea. But you can also eat them as vegetables in a vegetable mix. They are not often eaten, for other than medical reasons. But you could eat them or drink a tea from them.

### **Phytoconstituents psidium guajava**

The leaf contains important phytoconstituents such as menthol, alfapinene, betababene, betapinene, betacopanene, limonene, terpenylacetate, isopropyl alcohol, caryophyllene, longicyclene, cineole, caryophyllene oxide, humulene, farnesene, selinene, curcumene and cardinene,

In the fruit guava are carotenoids such as beta carotene, lycopene and betacryptoxanthinen. These are precursors of vitamin A. That means that these carotenoids in the body turn into vitamin A. The leaves are perhaps much healthier than the fruit. In total there are 16 different types of carotenoids in the leaf of psidium guava, but it is not the intention to tire readers with complicated scientific names.

Other vitamins and minerals are also produced from these substances, but little research has been done about this. Our body is a chemical factory that can produce almost all vitamins and minerals from other substances. Scientists currently say that humans are the only animals that can not make vitamin C. But this vitamin is found in almost every fruit and vegetable variety, also in guava. Furthermore, there are many polyphenols in guava pulp. Polyphenols are necessary for the conversion of other substances. The guava flesh contains antioxidant substances such as gallic acid, catechin equivalents, cinnamyl alcohol, ethyl benzoate, betacaryophyllene, (E) -3-hexenyl acetate alpha bisabolene. The antioxidant effects of these substances are related by scientists to anti-cancer effects. This has been going on for some time now, but since the beginning of the 21st century antioxidants have also been linked to activities against arteriosclerosis, increased blood pressure, obesity and diabetes.



## **The healing power of guava leaf**

The leaves of guava are scientifically proven to have the following effects: analgesic, anti-inflammatory, antimicrobial, liver protective and they have an antioxidant effect.

Three scientific studies have shown that guava leaf has more nutrients than most types of vegetables. It concerns both the leaves of the white and the pink guava. In addition, there are several researchers who saw that there are gallic acid, catechins, epicatechins, rutin, naringenin and kaempferol in the leaf. That is interesting, because these are all antioxidant flavonoids that are even stronger than the antioxidant vitamins A, C and E. Other studies show that gallic acid, catechin and epicatechin influence the pancreatic cholesterol esterase. Because of these strong antioxidants and the production of more enzymes the cholesterol level drops. This is one of the reasons why catechin is a strong antioxidant that reduces the risk of diabetes and obesity, scientists say. Quercetin can also reduce elevated cholesterol levels because it is good at inhibiting inflammation. It is important to know that cholesterol is a useful substance that carries antioxidants. That is why people who suffer from arteriosclerosis or increased blood fat levels have a lot of cholesterol in their blood.

## **Lowering cholesterol with statins is scientifically outdated.**

Doctors who prescribe statins are about 60 years behind the scientific facts (anno 2019). Since the beginning of the 21st century, it has been an established fact for biochemists and scientists that statins are not only meaningless but counterproductive. The power of the pharmaceutical industry, however, is greater than the dissemination of scientific knowledge. In addition, the economy in the West would go through a huge recession if the fact that synthetic drugs are counterproductive would become widely known. That is why most governments, economists and doctors are silent about the fact that synthetic drugs offer people poor help when compared to medicinal plants, as is clear from scientific findings.

But let's continue to list the effects of antioxidant flavonoids. Rutin and naringenin from guava leaf can prevent, effectively combat and cure cancer. Researchers have also seen that two terpenoids from guava leaf, betulinic acid and lupeol are effective against diabetes, obesity and arteriosclerosis. In addition, these two terpenoids reduce the risk of various cardiovascular disorders. A total of eight flavonoids are known in guava leaf that work against the pathogenic microorganisms *Streptococcus mutans* and *Helicobacter pylori*. The last bacterium causes an excess of urease which can lead to all kinds of inflammatory diseases. Especially avicularine and guaijaverin ensure that urease is reduced.

*Vibrio cholera* is a pathogenic microorganism that is multiresistant against drugs. There is almost no medicine that still works against this. But a combination of a water-based extract of the bark and the guava leaf works against this. No organism has ever become resistant to natural resources. Nevertheless, pharmaceutical companies never look for natural resources as a medicine. One would rather put a badly functioning synthetic medicine on the market that would be blown up with a lot of bombardment, advertising and half-hearted science.

## **Guava leaf as an Ayurvedic medicine against diabetes**

Scientists are starting a study into the anti-diabetic effect of guava leaf by noting that all existing synthetic drugs have various drawbacks. That is why the search for a well-functioning medicine continues. Researchers see that triterpenes, tannins and three types of flavonoids, namely quercetin, avicularine and guaijaverine, are capable of improving all kinds of parameters that serve as markers to outline the severity of diabetes mellitus type 2. The anti-diabetic effect thus obtained could be applied by humans by combining a balanced diet with guava leaf extract, according to the Indian researchers. They see that guava leaf fits in with an Ayurvedic approach to diabetes.



## Naturally broad-spectrum antibiotics

The leaves of guava appear to be a broad spectrum antibiotic. They work against a list of pathogenic microorganisms and also against fungi and viruses. This makes it an ideal remedy for diarrhea of which the cause is unknown. Diarrhea is a disease that many people die because there is no good medicine against it. If someone has diarrhea for a few weeks, there is a chance that this person will not survive. The special thing about this is that plant medicines and science are available but are not told by doctors, because they are not aware of this. Doctors know only something about pharmaceutical, industrial medicines, just as a car salesman only knows something about cars and nothing about other means of transport. Is there one car salesman who is advising not to buy a car, but a bicycle?

American research from 2013 concludes that a leaf extract of psidium guajava is a good candidate to serve as an antibacterial drug in *Bacillus cereus* and *Staphylococcus aureus*, two common sickening microorganisms. The leaf extract kills these bacteria. The research shows that some other bacterial species such as *e.coli* are not killed. However, in other countries studies have been done that clearly show that *e.coli* is killed by an extract of psidium guavaja. This may be due, for example, to the solution that is used to abstract medicinal substances from a plant component. Methanol, ethanol, water and other types of solution reflect other medicinal effects of a plant.

Scientists have been searching for natural antibacterial substances since the third millennium, Plant antibiotics can not become resistant to bacteria, like the overpraised synthetic antibiotics. Scientists are worried that there will be a time in the future that bacterial infections can no longer be treated with synthetic antibiotics and in a relatively short period of time they are creating a huge knowledge arsenal about plant antibiotics.

## Guava leaf in toxoplasmosis

Toxoplasmosis is a bacterial disease caused by feces of cats that are infected with the *Toxoplasma gondii* bacterium. Extract of guava leaf is effective against this. Toxoplasmosis is a condition characterized by, among other things, fatigue and redness of the skin. It may take months before a colony of *Toxoplasma gondii* is roaming around the body. Usually antibiotics are used for this but they have many side effects. That is why some patients and various scientists are looking for better methods of healing in the form of plants. Garlic is another active plant antibiotic in toxoplasmosis.

## Tea from guava leaf against brain degeneration

Researchers also see that a guava leaf tea lowers both blood sugar levels, cholesterol levels and triglyceride levels. Triglycerides are blood fats. An increased level of triglycerides gives an increased risk of cardiovascular disease, cancer, and obesity. Guava leaf is described by scientists as "cardioprotective". That means that it protects against cardiovascular diseases. In addition, it is also "neuroprotective". This means that the central nervous system and the brain are protected from degeneration by guava leaves. If the brain degenerates, the risk of brain degenerative diseases such as Parkinson's, Alzheimer's and multiple sclerosis increases enormously. Other scientific research shows that degenerative diseases are caused by nutrient deficiency. Who fills the belly but does not feed the body, becomes ill. Industrial fillings sold by supermarkets leads to degeneration in your own life, and that of your offspring. Vegetables, fruit, seeds, nuts and grains, especially from biological-dynamic origins, are life-giving and medicinal.



## **Pulp guava protects kidneys**

The kidneys are very important for the disposal of waste products. If these organs no longer work properly, waste products are stored so that in the long run, if their quantity is accumulated too much, they can cause inflammation and all sorts of diseases. Scientific research shows that if streptozotocin is given as test animals, renal function is strongly deteriorated. Supplement with streptozotozin is a standard method to measure the effect on kidney function, of a plant. A bad functioning kidney is reflected in the fact that creatinine levels and uric acid levels increase strongly. It appears that guava fruit intake can lower these parameters of impaired kidney function. In other words, guava fruit pulp improves kidney function. The scientists state that it is possible that the following substances in fruit pulp improve kidney function: quercetin, myricetin, caffeic acid, ferulic acid, cinnamic acid, and coumaric acid. These are all phytonutrients that are more often found in fruit varieties and that have a strong antioxidant effect.

## **Guava leaf against flu viruses**

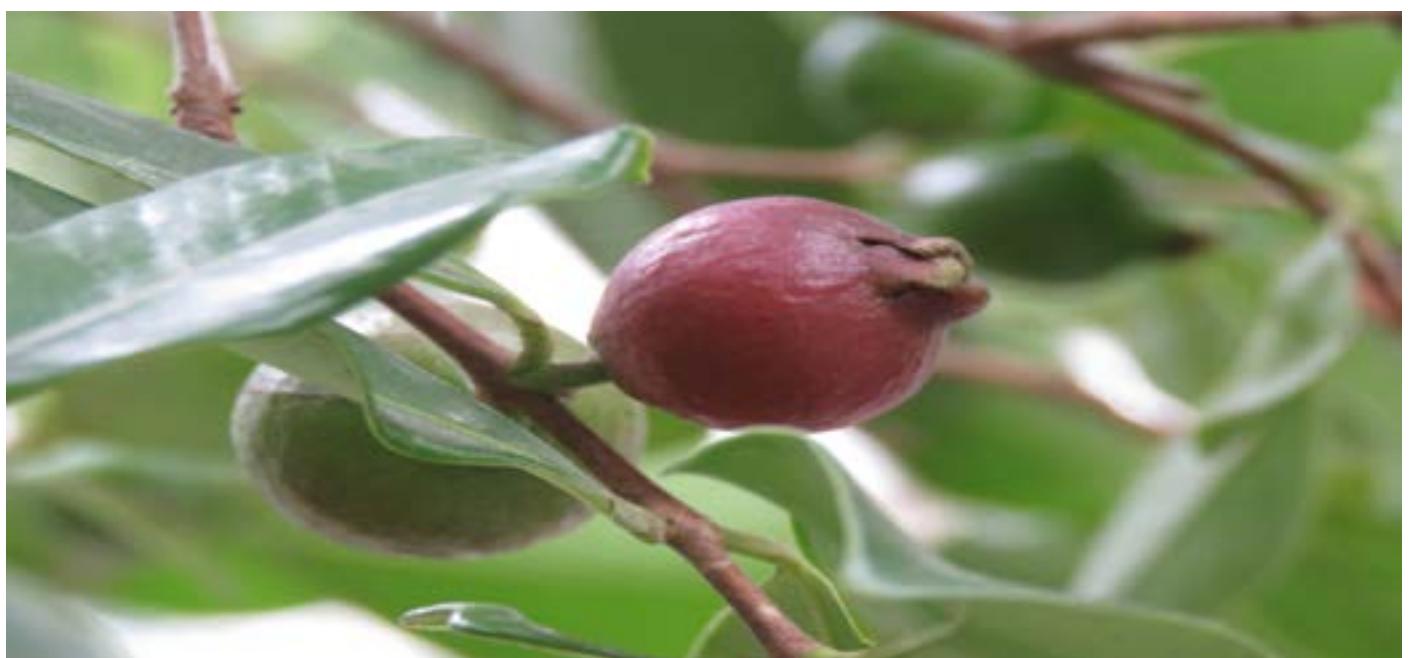
Research has shown that a tea from the leaves of guava can cure a flu. Some flu types are the dubious consequence of industrial production of animal products. We can think of chicken meat production in the agricultural industry, which means that bird flu can occur. Agricultural industries have already faced many outbreaks of animal epidemics, such as swine fever and mad cow disease, especially in the Netherlands where a great deal of meat is produced and exported. It appears that guava leaf is deadly for flu viruses such as oseltamivir. This makes it more effective than many synthetic antivirus species.

## **Lethal for dozens of pathogenic organisms**

Incidentally, research is being carried out worldwide into the antibacterial, antiviral and antifungal properties of guava leaf and there are certainly dozens of researchers who have detected pathogenic micro-organisms that cannot survive when they are confronted with a guava leaf extract.

## **Against diarrhea and cholera**

Researchers see that the antibacterial effect of guava leaf works well against cholera. Diarrhea is often caused by the escheri coli bacteria and this bacterial colony is infiltrated by guava leaf, after which the colony disappears. Gallic acid and quercetin are important antioxidants that help prevent diarrhea, but it is not only these substances that can stop diarrhea. The intestinal cramps are reduced so that diarrhea can seize less around itself. The excretion of aqueous substances towards the intestines is also counteracted. Furthermore, acetylcholine is produced less. All these anti-diarrhea operations together justify the traditional use of guava leaf as an antidiarrheal remedy, as for example many Melanesians do. Many scientists see this as a justification to recommend the medicine guava leaf worldwide for diarrhea outbreaks such as cholera. This is mainly because synthetic drugs no longer work against the bacteria that cause cholera, but plant medicines always retain their effect. There are no viruses or bacteria that are resistant to any plant antibiotic.



## **Superb bacterium created by doctors.**

A superb bacterium is 'cultured' by doctors by the excessive prescription of antibiotics, according to biochemists since the 80s and 90s of the 20th century. However, this danger is insufficiently recognized if you look at the medical practices on a global scale where the daily use is to prescribe antibiotics for relatively harmless disorders. Biochemists have been saying for decades that it would be wise to use antibiotics to prescribe it only in life-threatening diseases. In the Netherlands, antibiotics are still prescribed for innocent and easily treatable diseases such as dental treatments, cystitis and ear infections.

A cumulative result of scientific research shows that psidium guajava works against the following bacteria: *Staphylococcus aureus*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Proteus spp.*, And *Shigella spp.* It works against a number of pathogenic fungi or fungal species: *Candida krusei* and *Candida glabrata* and *Aspergillus spp.* Spp stands for "species", it means that it works against several subspecies.

## **Guava against cancer**

An impressive amount of research has been done into the anticancer activity of psidium guajava. You can safely say that the anti-cancer effect of plant components of the psidium guajava is so well documented that there is reason for massive research into this plant in order to find a new cancer drug that does work. Because chemotherapy and radiation definitely do not work and according to most scientists completely counterproductive, has become very clear from studies. In the 20th century almost every scientist relied on chemotherapy and radiation and scientists with different views were labeled as dissidents, but now it is no longer scientifically justified to claim that chemotherapy and radiation are reliable treatment methods.

Guava appears to be effective against the following cancers: prostate cancer, leukemia, oral cancer, ovarian cancer, skin cancer, colon cancer, kidney cancer, breast cancer, colorectal cancer and lung cancer. In addition, all these cancers have variations of cancer cell lines and psidium guajava has been tested on multiple cancer cell types. Cancer tumors are stopped in their growth process and then the death of a cancer cell is initiated by psidium guajava. The large number of studies always indicates the potential anticancer activity of antioxidants such as quercetin and quercetin glycosides. In the dozens of studies several extracts have been used, all of which are more or less effective against cancer: bark extract, leaf extract, fruit pulp extract, young leaf extract, twig extract and root extract.

## **Serious and minor diseases**

In fact, it is impracticable to display all the results of medical examinations of science up to now in one article. There is in fact a book to dedicate. However, it is useful to report that in addition to the serious diseases with high sturdiness such as diabetes, obesity, cancer, brain degenerative diseases and cardiovascular disorders, also "smaller diseases" such as cough problems and skin problems can be cured with guava leaf. It is important to realize how effective this medication can be. Guava trees could easily be planted in large numbers to protect mankind from all kinds of serious diseases.



## Specific workings in brief

All things considered, the medicinal plant story is mainly about antioxidants and these can fight multiple diseases. In general, you can see that all plant parts fight diseases in general, support the immune system and act as an anti-inflammatory agent. But that does not mean that we should not use specific parts of medicinal plants. We can see from research into the plant parts of the medicinal tree guava that each plant part has other medicinal functions.

- The fruit pulp has a specific medicinal function that works against diabetes.
- The leaves have specific anti-cancer effects, liver protection, analgesic effect and anti-inflammatory effect.
- The seed of guava fruits is antimicrobial.
- The guava peel is especially good for the endothelium, the vein wall and promotes nutrient uptake of the intestines.
- The bark has strong antibacterial activity and is specifically applicable for stomach pain, diarrhea and cholera.

## The healing power of guava peel and guava seed

In the above list you can see guaveschil as a means. Nowadays more and more scientists are researching industrial waste products such as seeds and peel that are normally thrown away in the preparation of guava juice. It appears that these "waste products" do not deserve this name. Often they have more nutrient value and healing power than the fruit pulp itself. That is why scientists are looking for ways to process these products as well as possible in order to allow fellow human beings to benefit from the curative values of "fruit waste products". The natural vitamins from fruit peels can be isolated to make a natural supplement.



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