

# VEGATALES

**Mangosteen**



Anti Inflammation Diet

Medicinal recipes



Healing power of Papaya and papaya leaf

Banana Flower



**NOVEMBER  
2018 #4**



---

# COLOPHON

---

**Chief Editor:** Thomas Dijkman  
**Editor and layout:** Thomas Dijkman  
**Contact:** [camerathomas@gmail.com](mailto:camerathomas@gmail.com)  
**+31 624779537**

## INFORMATION VEGATALES

VegaTales is a magazine that provides information about medicinal food or functional food. Since the 90's of the 20th century, scientists are researching the medicinal properties of food. Each type of food has medicinal properties and these can be used by people to help solve medical problems.

## RECIPES

All recipes in this publication are sugar free, vegetarian and original. They contain no trans fats or other food substances like white flour of which scientists say it has a role in developing diseases.

## DISCLAIMER

The information in this magazine is not intended to replace medical advice. It is a reminder of the current state of science in a particular field of medical nutrition science.

## COPYRIGHT

No content, article, or recipe may be incorporated into other publications due to copyright infringement. For any wish to use of content you can contact Thomas Dijkman at the email address [camerathomas@gmail.com](mailto:camerathomas@gmail.com).

---

## WILD VEGGIE WALK

---

In addition to the vegetables offered by supermarkets, vegetable stores, and market sellers, nature offers free wild vegetables. Thomas Dijkman gives wild food walks in Amsterdam. The Vondelpark, the Beatrix Park and the Central Station are three locations where he organizes walks. You can book a walk with a group of at least 6 people. The walk takes one and a half to two hours. If you wish, you can book a walk in an alternative location. Contact us for bookings by sending an email to [camerathomas@gmail.com](mailto:camerathomas@gmail.com).

## WHAT CAN YOU EXPECT?

Did you know that you can meet some famous vegetables like rocket salad and fennel in Amsterdam? And there will be many more surprises. You get medical information about the plants we encounter. In addition, you will get information about edible plants. There are general wild picking unwritten rules that he explains. He also answers questions like: What do you really need to pick wild vegetables and herbs? And: where do you find the best picking spots?

By the way, we will not pick herbs during the walk.

## HOW MUCH DOES IT COST?

A walk costs 10 euros per person. The minimum group size is 6 people.





<b>2</b>	<b>COLOPHON</b>
<b>4</b>	<b>EDITORIAL WORD</b>
<b>5</b>	<b>MANGOSTEEN</b> AMAZING TROPICAL, MEDICINAL FRUIT
<b>8</b>	<b>SANDWICH TOPPING COCO-PALMSUGAR-BUTTER</b>
<b>9</b>	<b>THE ANTI-INFLAMMATORY DIET</b> AGAINST OSTEOARTHRITIS, ARTHRITIS, AND GOUT
<b>14</b>	<b>THE REMARKABLE HEALING POWER OF PAPAYA AND PAPAYA LEAF</b>
<b>20</b>	<b>BANANA FLOWERS</b>
<b>22</b>	<b>Medicinal vegetables</b>
<b>23</b>	<b>10 UNEXPECTED SIDES OF CINNAMON</b>
<b>25</b>	<b>HEALING POWERS OF THE FISH POISON TREE</b>
<b>27</b>	<b>PUMPKIN TORTILLA WITH PUFF PASTRY</b>
<b>28</b>	<b>GREEN PUMPKIN SOUP</b>
<b>29</b>	<b>WILD VEGGIE WALK</b>
<b>30</b>	<b>SUBSCRIBE TO VEGATALE</b>



# EDITORIAL WORD

*Dear reader,*

*In the month of October 2018, I made 39 short videos, among other things. Most of them are made within the framework of the VegaTales. The aim is to make every magazine photo clickable to an online video, podcast or website with sources from the article. VegaTales has, among other things, filmed the Pure Market in parks and shops on the famous Albert Cuyp market in Amsterdam.*

*In October, I made podcasts for the first time. These are for the time being only available on the website. Of course last weeks, I have experimented a lot with medicinal food. I made pumpkin pies because this autumn there are organic pumpkins for sale everywhere. There are more varieties every year because it keeps growing in popularity. A pumpkin pie is a delicious dish that you can both as hot dish and cold breakfast or lunch. The recipe is a variation on tortilla. You could also call it a pumpkin tortilla. In total, I made three videos of different recipes of pumpkin tortillas. With wild, fresh nettle you can give a pumpkin pie an even wilder flavor.*

*For the month of December I have a nice recipe in store: medicinal chocolate milk. That is chocolate milk that makes you better, and it tastes nice and sweet like the bad industrial chocolate milk. I will also be publishing on sugarfree, medicinal, sweet fruit cakes in December! Let's eat a lot and get better all the time.*



# MANGOSTEEN

## AMAZING TROPICAL, MEDICINAL FRUIT

Mangosteen is a scarce, tropical, and expensive fruit. in the Northern hemisphere. This import fruit costs more than one euro each. Basically, you have relatively little medical value for money, compared to the purchase of other fruit and vegetable products.

In areas where it is grown, it is considered an expensive fruit as well. It needs specific growth conditions and the tree only produces fruits a few weeks per year. The mangosteen tree is not easy to grow. In Indonesia, where the tree is grown, it does not grow as well on every island, while the weather conditions are the same everywhere. The biotopic factors on each island can vary considerably.

Mangosteen is one of the few fruits of which the outside tells how many parts are in it. The bottom has a kind of crown or stamp with an image of what looks most like a flower petals. The number of petals indicates how many parts are in the fruit.

### Mangosteen on vacation

If you are on holiday in South East Asia and you see mangosteen for sale, then it is recommended to buy a kilo and enjoy it for a few days. It is a special fruit and it can expand the holiday experience to enjoy local products. The nutritional value and medicinal strength that this fruit has can strengthen your body and mind. Our body looks for the substances from food that it needs to come in such an optimal form.



### Traditional use mangosteen

Mangosteen is traditionally used in skin problems, wounds and skin infections. It is also a popular medicine for high blood pressure, obesity and diabetes. The bark of the tree is used in various countries such as Cambodia, Indonesia and the Philippines to make tea, as a folk medicine for diarrhea. The soft part of the inside of the skin, the pericarp, serves as a means to make tea, which works against diarrhea and dysentery. This is traditionally done in India.

### Supplements of mangosteen?

There are many products in circulation based on substances in mangosteen. It has not yet been proven that these supplements work well. Mangosteen certainly contains special substances. These are in the fruit, and not all end up in the supplement. In addition, too little research has been done to demonstrate the medicinal effects of supplements. It has also not yet been shown that mangosteen can prevent diseases, but it has been shown what conditions causes diseases like cardiovascular diseases, alzheimer's and diabetes. This cause lies in free radicals and inflammations at





the cell level. These inflammations are controlled by substances in mangosteen. However, there are hundreds of other fruit and vegetable species that can inhibit these inflammations. When scientists start researching the medicinal effects of nutrition, they want to know against which specific types of diseases a fruit has medicinal benefits.

### **Anticancer activity xanthenes from mangosteen**

Since Brian Peskin has given all the attention to the theory of Nobel Prize Winner professor Otto Warburg, a theory which explains the cause of cancer lies in the oxygen deficit of healthy body cells, we can see that scientists who do not know about the relationship between oxygen and cancer are supporting Warburg's theory with new studies. Research has shown that xanthenes have an important anti-cancer effect. Xanthenes are found in abundance in mangosteen. Xanthenes are sometimes described by scientists as: oxygen-containing heterocyclic components. Substances that can supply oxygen are cancer-inhibiting. Mangosteen can do that because it has a lot of oxygen-containing components in the form of xanthenes. Research shows that it reduces tumors on colon cancer cell lines.

### **Garcinia mangostana against cancer**

Above we saw that the xanthenes have an important anti-cancer effect. They can fight another notorious disease as well, namely: leptospirosis, the most common animal bacterial infection worldwide, caused by the bacterium leptospira.

Leptospirosis is normally controlled with antibiotics such as penicillin, doxycycline, cefotaxim, ceftriaxone, azithromycin, erythromycin and ampicillin. Research shows that different solutions of fruit extracts of mangosteen are able to fight leptospira. That is good news because antibiotics have side effects and antibiotic use yields resistant bacteria, making these and other bacterial infectious diseases more difficult to combat.

Substances from mangosteen are also tested in collaboration with penicillin. It then appears that penicillin works better when accompanied by xanthone administration from mangosteen.

### **Mangosteen against arteriosclerosis due to high blood sugar levels**

Too high levels of blood sugar leads to damage in the veins, and arteriosclerosis, which is because the blood sugars ensure that aortic nitrate oxide can not be processed. This reduces the vein wall in quality and causes inflammation. In addition, the vein wall becomes less elastic, and therefore high blood pressure is produced. We can all take synthetic medicines to keep this process under control, but what if a fruit like mangosteen has both blood vein enhancing and diabetes inhibiting qualities? Researchers from Saudi Arabia and Egypt saw that mangosteen can indeed work as a medicine for both disorders. Substances in this fruit repair the vein wall by exerting influence on the nitrate oxide mechanism, so that the vein wall becomes more elastic and the blood pressure decreases. Furthermore, flavones provide extra relaxation of the vein wall, so that the blood flows better through the body.





### **Mangosteen and kiwi against osteoporosis**

Osteoporosis is a bone disease that mainly occurs during, and after the menopause of women. The disease is related to reduced estrogen production. For a research the fruit juice from mangosteen was used. This had enough medicinal effects to prevent osteoporosis. The study used a mix of two fruit juices, namely *Garcinia mangostana* and *Actinidia deliciosa*. The latter is mostly called: kiwi. It appears that this works better than an extract from the husk of mangosteen, which was also investigated. The extract and fruit juice were compared with the medicine estradiol. It turns out that the fruit juice of mangosteen and kiwi together works best against osteoporosis.

### **Alfamangosteen, a special xanthone**

Italian researchers see that the substance alfamangistine has a strong anti-cancer effect. Because it is considered ethically irresponsible by medical authorities to investigate cancer without using chemotherapy, only the effect of a natural product in combination with chemotherapy can be investigated. This prefabricated censorship on scientific research does not prevent researchers from investigating the anti-cancer effect of many fruits. Alfamangistine is said to possibly be offered in collaboration with a chemo since it is scientifically proven that this gives better health opportunities.

Unfortunately, it is not the case that oncologists worldwide use mangosteen fruit or any proven natural anticancer product by default. This is partly due to the fact that the employees of the medical world are tied hands and feet when it comes to the use of inferior treatments such as chemotherapy and radiation, which in short, do not appear to work, given the large number of cancer victims who die each year after undergoing these obsolete therapies. Government organizations and the rules they have constructed, are not helpful when scientists want to introduce new therapies. New promising medication therapies that could be beneficial to mankind, may not be applied under penalty of all sorts of sanctions, such as dismissal, and that is obviously what employees in the medical industry want to avoid.

Other research shows that alfamangistin kills breast cancer cell lines. According to several studies, it is an anti-cancer agent. Alfamangistine is a xanthone, and multiple studies show that xanthones as alfamangistine not only inhibit cancer but are also antibacterial. Tumor growth is always accompanied by the presence of pathogenic bacteria. We can look at xanthones as if they were knives, cutting away cancer.

**The xanthone knife even cuts on three sides: it can induce the death of a cancer cell, it inhibits pathogenic bacteria and it is an antioxidant, which means it clears free radicals that can cause DNA damage. DNA damage from a healthy body cell is one of the conditions for this cell to become a cancer cell.**





# MAKE A SANDWICH TOPPING COCO-PALMSUGAR-BUTTER

Making sandwiches topping yourself is not difficult. Did you know that people used to put a little palm sugar on bread and the sandwich was finished? We make it a little better. Spread an organic brown sandwich with real butter and sprinkle palm sugar over it. Then add some grated coconut. You can mix the three with the butter so that it is easier to eat. The sandwich spread is already finished!

*In North America nad Europe, grated coconut and palm sugar is available at tropical stores.*





# **THE ANTI-INFLAMMATORY DIET AGAINST OSTEOARTHRITIS, ARTHRITIS, AND GOUT**

The cause of arthritis, osteoarthritis and gout is known to scientists. Therefore, patients can decide to respond to this new knowledge and cure these diseases. For half a century, doctors told us that these diseases could not be cured, but there is a lifelong treatment by taking medicines. The reasoning that these diseases can not be cured but can only be treated does not seem to be correct anymore. Osteoarthritis is an inflammatory disease, just like gout and arthritis. These inflammations occur at the cell level and are associated with reduced functioning of the kidneys and liver. We can heal inflammations. There is medicinal food that improves functions of organs. However, this healing process is not very easy because the sickening factors are in what we love: wrong food.

Nutrition of industrial quality increases the risk of diseases, according to scientists. They use the term "processed food". Operations that are done at the industry level change the quality enormously, in a negative sense. From healthy corn, glucose-fructose syrup is produced, which causes inflammations at cell level. From healthy sunflower seeds with anti-inflammatory effects, frying oil and margarine are made, that cause inflammation, according to scientists. From beet sugar juice with medicinal applications, disease-promoting and addictive white sugar is made. Such far-reaching process changes take place at industrial level and not in the kitchens of households.

Fresh food on the other side, such as vegetables, fruits, nuts, seeds and all kinds of cereals improve the condition of the body. These food types offer healing power. When someone decides to do the anti-inflammatory diet, that means two things:

- 1. A transition to the consumption of anti-inflammatory foods**
- 2. A transition to the avoidance of inflammation-promoting food.**

## **The role of the kidneys**

First, let's go back to the real cause of arthritis, osteoarthritis and gout. This is caused in particular by excess uric acid in our body. Uric acid is normally drained by the kidneys. However, if the kidneys do not work 100%, it happens that not all uric acid leaves the body through the urine. It is then initially stored in the blood. There it is, as it were, waiting, until the kidneys can handle a little more uric acid. If the kidneys were to process the uric acid, it could be that the kidneys will decline in function, and that is what the body wants to prevent. When the uric acid stays in the blood for too long, it is transported to the joints. That is where inflammation starts. But these joint inflammations do not hurt in the first few years. Only after a few years are the inflammations so serious, and so much uric acid has been supplied, that inflammation will hurt. Reversing this process is possible, but not within a few days. In fact, you have to sustain a medicinal nutritional food program for months and some eating habits have to change for the rest of your life.



To improve kidney function, it is important to include an herb that have a medicinal effect on the kidneys. The kidneys will work better, resulting in more uric acid being removed.



### **What do we add?**

The easiest change is to add something to your diet. By eating more fruit, the body will be better able to deal with uric acid. Cherries is a fruit that is well able to drain uric acid. It improves the functioning of the kidneys. Blueberries are good too. You can also think of fresh pineapple, papaya, apples, prunes, cranberries, mango, strawberries and figs.

### **Switching food habits slowly**

“When we add new fruits every day to our menu, there is automatically less space for th wrong foods. “

The advantage of adding something is that it is experienced as an enrichment. The purchase of a beloved type of food is experienced as an impoverishment. The body counts on all kinds of habits. Food habits also belong to that. We can switch diet radically, or slowly . From a human point of view, it fits better with the nature of our body to switch slowly to healthier food. In this way we do not immediately break with all kinds of old habits in a forced manner. In this way we can set our body to grow into a new diet without emotional problems.

### **Vegetable habits**

We can also include new vegetable habits in our daily lives. Making a smoothie or a vegetable soup every day is a great change, If you did not do that before, it means a lot. The body receives extra nutrients. In addition, the body can hold less of the old food habits. In this way the body can slowly get used to a new diet, in this case the anti-inflammatory diet,

### **Following the supermarket diet increases the risk of diseases**

In fact, people who do not diet, are also dietinf: the supermarket diet or the inflammatory diet. This diet increases the risk of various diseases. It is known to scientists that food of inferior or industrial quality increases the risk of diseases such as obesity, diabetes, cardiovascular disease, cancer, ADHD, dementia, Alzheimer’s disease and mental illness.

### **The danger of supermarket drinks**

When it comes to food, we should not just think of solid food. Drinks such as iced tea, soft drinks, juices, nectars and syrups from the supermarket largely belong to the category of sickening food. These drinks will eventually have to be banned, banished from the bodies of people who want to cure a disease, because they cause too many problems. There are far too many sugars in it. In addition, alternative sugars are used that have developed so industrially that they are even more toxic than regular sugar, like glucose-fructose syrup. Furthermore, there are all kinds of additions in industrial beverages that are permitted in one country and are prohibited in the other country. This leads to strange observations such as: In Germany, where the rules are much stricter, the soft drinks are slightly less unhealthy than in the Netherlands, where much more use of sickening substances is allowed.





In Third World countries, or some Eastern European countries, there are hardly any rules in this area and industries enjoy more freedom to mix their drinks with addictive and pathogenic substances. Addictive in this case should be seen as: some flavor enhancers have such an impressive impact on our brain, so that we desire this impact more often. Our brain wants strong, artificial taste impulses, because it is used to taste enhancers from childhood.

In addition, sugar is an addictive substance according to scientists; according to research it is even more addictive than the hard drug cocaine. The brain makes more reward substances when we eat sugar, than the use of a hard drug, that everyone knows is quite damaging. Sugar is actually a more devastating drug than cocaine, and prohibiting this drug would have many emotional consequences in today's society.

### **Make your own soft drink**

Switching to drinking less or no soft drinks is a gift for your body and mind. It requires a little more attention and dedication. We can easily make fresh drinks ourselves. Juices, smoothies and tea can easily be made by yourself. There are all kinds of technical tools that make it easy to make juices yourself, such as slow juicers, blenders, juice extractors and citrus presses. Often it tastes a drink better if you have made yourself a fresh fruit juice. In any case, it is a lot healthier than buying supermarket drinks.

### **Less inflammatory diseases around the Mediterranean**

Various scientific studies show that the Mediterranean diet is less inflammatory than other diets. It is also generally known that there are fewer cases of cancer and heart disease in people who follow the Mediterranean diet. These are also inflammatory diseases.

Scientists do not know exactly why the Mediterranean diet is better. It is known that more often natural oil such as olive oil is used and much less industrial sunflower oil and margarine. Furthermore, people start with all kinds of soups and salads. People eat relatively many vegetables. In Spain, a potato pie (tortilla) or eggplant pie is regularly eaten as lunch. These nightshade vegetables, mixed with egg, onion and garlic, is healthier than supermarket bread.

### **Mediterranean diet and osteoarthritis, arthritis**

Scientific research clearly shows that a Mediterranean diet reduces the risk of arthritis, gout and osteoarthritis. In addition, the risk of high blood pressure and thus of heart problems is also reduced. The researchers do not know exactly what the mechanism behind this is. The problem with this is that it probably does not involve one mechanism but a complex of factors that work together. In any case, scientists say that bioactive components such as antioxidants, of which the Mediterranean diet is very rich, play an important role in the anti-inflammatory effect.

### **Research into vegetarian diet and osteoarthritis**

In a meta-study using 31 studies that study the relationship between arthritis and the vegetarian diet, it appears that the vegetarian diet significantly reduces pain in osteoarthritis. The researchers see that fasting also helps. But fasting means that you forego a few days or weeks



and eat very little inflammatory food, which is very difficult. Moreover, it appears that after their fasting the operation remains at most a few days. After a day or 3-4, the osteoarthritis pain may flare up again.

The research shows that a vegetarian diet provides more solace in the long term in osteoarthritis. Actually it was already known in older times that eating meat greatly increases the risk of rheumatic inflammations. There are many inflammation-causing nonnutrients in meat. In the case of meat, do not just think of pork, but beef, horse, sheep, chicken and fish also contain inflammatory nonnutrients. That is why, when these animal products are eaten, it is important that they are accompanied by eating vegetables and herbs that negate the effects of these substances. Also eaten from fiber-rich foods is very important in this. Fibers of vegetables bind nonnutrients to themselves so that they do not enter the body. That prevents the start of many problems.

*You do not have to turn to vegetarianism permanently, but a few weeks of vegetarian food can reduce osteoarthritis pain.*

### **What is wrong with apples, bread and milk?**

Pesticides are an explanation for allergic reactions. With apples we may notice that some people suffer from an allergic reaction to apples. It appears that this allergic reaction is much less when organic fruit has been used. This indicates the possibility that pesticides are the cause of allergic reactions. Scientific research shows that especially asthmatic reactions and various respiratory diseases are triggered by pesticides. That can be a very clear reason to switch to organic food or even put an apple tree in the garden. If research shows that pesticides are not good for COPD patients, then we should not just assume that it is harmless to other people. In fact, the general danger to humanity is included in the conclusion of this study.

### **Bread and milk products**

The fibers in vegetables bind disease-causing substances so that they do not enter the body. Bread, on the other hand, is no longer a healthy product because it contains huge loads of white flour, also "brown" bread. There is not enough fiber in supermarket bread to achieve the effect that the pesticide substances bind to fibers. Even wholemeal bread is not 100% wholemeal, because it does not have to according to local nations laws. Brown bread may also be colored white bread according.





In Mediterranean countries, people are also slightly more inclined to eat wild vegetables. In France and Italy, areas where wild mushroom picking is a profitable and popular occupation. In addition, relatively less meat is consumed in Mediterranean countries in relation to the number of nuts, vegetables, fruit that people eat. In a country like Portugal hardly any milk is drunk compared to the Netherlands. These kinds of things can also play a part, because the agricultural industry has managed to convert milk in 150 years from a healthy, raw product to a boiled, watery infusion, free of all healthy fats and nutrients and with a surplus of calcium and other nutrientless, inflammatory residues, which we also call bio-amines, causing a weak bone structure. In the Netherlands, there has been a campaign that has given the illusion that milk would be good for the bones, but scientific research tells us that it is an inflammation-promoting drink..

### **Differences in food consumption, cases and opinions**

The story about the Mediterranean diet shows that there are quite a few differences in food consumption between countries that are close to each other. There is a difference in food consumption and there is a difference in the number of cases. In addition, there is a big difference in popular views and scientific insights. This difference also manifests itself in diseases other than inflammatory diseases. For example, as far as bone fractures are concerned, relatively much more fractures occur in the Netherlands than in Portugal. Researchers say this is because the Portuguese have stronger bones because they drink less milk. That while in the Netherlands milk has been propagated for years because it would be good for the bones. In the Netherlands even school milk is subsidized because of the supposed firming effect on the bones. This popular opinion is falsified by publications of many scientific studies.

When we know the true value of nutrition we can make decisions that fit better our body better. In this case we could decide to minimize the use of dairy products, so that we take less inflammatory substances.



# THE REMARKABLE HEALING POWER OF PAPAYA AND PAPAYA LEAF



As a snack you can peel it, cut it into large pieces, pour lime juice over it and enjoy its wonderful taste. It tastes delicious. In addition, it is an ideal smoothie fruit. Just like with banana or avocado, you can create delicious creamy smoothies with papaya fruit.

Papaya has all kinds of medicinal applications. Perhaps, this fruit is the healthiest of all fruits.

A wonderful aspect of the tree is that the leaves can be used as vegetables. The papaya tree is a fruit and vegetable supplier. Even the seeds and flowers are used for medical reasons,

## **Carica papaya**

The carica papaya is called pawpaw in English. In Papua New Guinea and many African countries it has been turned into popo. In most countries it is called papaya, which is the Latin name as well. There are many types of papaya. They have an oval shape and orange-colored flesh. Some varieties grow more roundish than oval. Papayas may become very large. Often they turn yellow to orange on the outside. The fruits can weigh up to four kilos.

## **General information**

The papaya is originally from South and Central America. The Indians cultivated the plant before the Europeans came. Nowadays, the papaya is grown throughout the tropical part of the world. In South East Asia the flowers and leaves of papaya are sold on the market as vegetables. This does not happen in many African and South American countries. The leaves and flowers contain many bitter substances, which among other things, are good against malaria.

## **Papaya leaf as a medicinal vegetable**

Papaya leaves are a wild vegetable. In some countries they are for sale at the greengrocer and on the market, but in many other countries they are ignored and thrown away. That is a shame because in many tropical countries people die from the disease malaria. When people would eat papaya leaves as vegetables twice a week, malaria would not get a chance. In addition, papaya leaves have many other medicinal effects.





## Active medicinal substances papaya

Active substances in papaya are: papain, chymopapain, chymopapain A, lysozyme, papaya peptidase A, papaya proteinase inhibitor, protease, proteinase, caffeic acid, caprain, dehydrocapraïne I & II, pseudocaprain, carpamic acid, carpasemin, myosmin, nicotin, nicotinic acid methyl ester, choline, pyridine, cystine, 5-hydroxytryptamine, carposide, 6,7-epoxylinallol, vitamin C, galacturonic acid, benzyl glucosinolate, benzyl isothiocyanate, phenylacetonitrile, campesterol, 5-dehydroavenastol, 7-dehydroavenastol, cholesterol, stigmasterol, quercetin, carotene, lycopene, cryptoxanthin, violaxanthin, pectin, cycloartenol, cyclobrenol, squalene, behemic acid, arachidic acid, caproic acid, lauric acid, hexadeconic acid, lignoceric acid, linolenic, linolenic acid, myristic acid, myristolene, octadecadienoic acid, citric acid, octanoic acid, oleic acid, palmitic acid, palmitoleic acid, malidic acid, tartaric acid, styrene, saturated and unsaturated fats.

## Neutraceutical and panacea

Papaya is a neutraceutical. That means that it is a food source with medicinal qualities. This word has been in science for only a few decades. It is a neologism in the English language. It is formed by a contraction of the words "nutrient" and "pharmaceutical".

Papaya is more than just a medicine. It is a panacea. A panacea is a medicinal product that deals with a multitude of diseases. The list of diseases that are cured with papaya is very long.



## Papaya against dengue

The most recent disease that papaya can control is dengue or dengue fever. This is a relatively new disease. Dozens of scientific studies show that papaya juice from the leaves can cure this disease. Dengue is characterized by a shortage of white blood cells and it appears that the juice of papaya leaves promote the production of white blood cells. Dengue also has to deal with a less well functioning liver. The juice of the leaves actually strengthens the liver. It also has a good effect on the platelets and avoids platelet aggregation. Dengue is a disease for which there is no synthetic medicine. The fact that a cheap plant can cure these diseases is not really embraced by doctors yet. But actually papaya is the best fresh medicine when you travel in the tropics. It can prevent and cure malaria. Papaya leaves are widely available in the tropics. Consuming papaya leaves for nutritional and medicinal value doesn't happen in any tropical country. It only happens in South East Asia and areas such as West Papua, where people still live close to nature.

## Papaya flowers, an Papuan delicacy

In West Papua, the flowers of the papaya tree are also eaten, a component to which relatively little research has been done but which also has medicinal effects in malaria diseases. Like the leaf, the flowers are very bitter and all bitter substances from nature have an anti-malaria effect.

People who suffer from the dengue virus have too few thrombocytes or platelets. Various research show that papaya leaf can reduce the number of thrombocytes to normal levels, so that all kinds of symptoms of dengue disappear and eventually dengue heals.

Anyone who regularly travels to the tropics can hardly avoid getting diseases like malaria or dengue. These diseases are both transmitted by mosquitoes and it is virtually impossible to arm yourself against mosquito bites. It is therefore of elementary importance to take a good remedy that prevents or limits these diseases to a minimum. People who emigrate to the tropics or live there, cannot take an anti-malaria medicine on a structural basis. With twice a week a cup of papaya tea, or eating papaya leaves as a vegetable, the disease malaria is already prevented and you can not actually get it. Dengue is harder to prevent. If you are diagnosed with dengue, a relatively quick cure is virtually guaranteed with papaya leaf juice.

## Papaya against lung diseases

Lung diseases such as asthma, bronchitis, cough and pneumonia are traditionally counteracted by eating the root of the papaya tree. This often goes in collaboration with drinking juice from the leaves. The special thing about the papaya tree is that every part of the plant has medicinal qualities. It has anti-inflammatory effects and enzymes that improve the functioning of the immune system.

In general, the body carries the anti-inflammatory substances to places where they are most needed. That is one of the reasons that almost every medicinal plant has more than one medicinal effect.

## Papaya against cancer

Various scientific studies show that papaya works against cancer. There are several ways in which papaya works against cancer. The body's own macrophages are stimulated by enzymes in the papaya. As a result, more macrophages are active against cancer. Macrophages are an important part of our immune system. In Western medicine, macrophages have long been overlooked as part of our immune system, but in a country like Russia, macrophages have been studied extensively. Macrophages die when they come into contact with the synthetic antibiotics that are often administered in the West. In Russia, the same diseases are successfully treated with activation of macrophages, instead of killing them.

Another way in which papaya works against cancer is the presence of substances such as betasitosterol, betasitosterol 3-glucoside and stigmasterol 3-glucoside. Sterols are substances from plants. Thousands of scientific studies show that betasitosterol has a positive and healing effect on all kinds of pathogenic conditions in humans. These substances are found in papaya.





## **Unprecedented antibacterial effect of papaya leaves**

Research shows that papaya leaves, even tea from dried papaya leaves, is a medicine against malaria. Malaria is caused by a mosquito-borne parasite. But papaya leaf is not only active against parasites. It also works with a number of pathogenic bacteria. Incidentally, that is also an effect of papaya against cancer. Tumors are also caused and grow better if there is an increased activity of pathogenic bacteria. Some medicinal plants work against two or three types of bacteria, but papaya has the power to fight a much larger number of bacteria. It works against *Staphylococcus aureus*, *Salmonella typhi*, *Shigella dysenteriae*, *Pseudomonas aeruginosa*, *Serratia marcescens*, *Pseudomonas fluorescens*, *Proteus vulgaris*, *Bacillus subtilis*, *Bacillus stearothermophilus*, *Listeria monocytogenes*, *Pseudomonas* sp., *Proteus mirabilis*, *Rhizopus stolonifer* and *Escherichia coli*. That is 14 different types of bacteria. This means that papaya leaves have more antibacterial properties than many synthetic antibiotics.

*The special thing about papaya leaf is that it has no side effects, or you need to mention activation of enzymes, antimalarial effects and many other positive effects for the body.*

## **Nutritional effect of papaya leaves**

Besides the medicinal effect, papaya leaves deliver nutritional benefits. The leaves contain vitamin C, vitamin B1 and B2. Furthermore, it contains the minerals iron, magnesium, potassium, sodium, and calcium. Iron in particular is a medication for anemia. Furthermore, the mineral iron is helpful against all kinds of lung diseases.

In contrast to all kinds of synthetic medicines, medicinal food bring preventive effects against a variety of diseases. Nutrition, medicinal food and medicinal plants have both a nutritional function for the body and a preventive function against diseases. Our body is looking for the substances from plant medicines that we need most at that moment.





## Baroreceptor reflex

The function of the baroreceptor reflex is an important homeostatic mechanism of our body to regulate blood pressure. This baroreflex has a direct influence on the flexibility of the veins and thus regulates blood pressure in the human body. When the blood pressure is too high, the baroreflex will no longer function properly. Papaya leaves are able to normalize the functioning of the baroreflex, according to scientific research.

## Why we should eat medicinal vegetables

Papaya leaf is a medicinal vegetable. Some people reason as follows: I am not sick so I do not have to take a medicine, not even a medicinal vegetable. However, this reasoning is not correct. Medicinal substances in plant nutrition do ever have a negative effect. If you don't need a substance, that substance is simply not used by the body. In many cases, a substance that the body does not need is converted into a substance that the body does need. That is because the body is able to produce most minerals and vitamins itself from different food components.

There is another reason why this reasoning is not correct. In principle, everyone potentially might have a disease developing which is not yet reflected by bodily symptoms. What does that mean? A cancer tumor sometimes takes 30 years to develop. When we eat healthy vegetables with anti-cancer effects, the development of this tumor will be stopped, without having to be aware of it. Other diseases such as diabetes or cardiovascular diseases, also take a long time to develop. If we were to use plants that would support the pancreas or pancreas, or that would increase the insulin sensitivity of body cells, we can not get diabetes at all. Incidentally, carica papaya does both. The leaf of papaya, but also the fruit itself helps to prevent diseases. And that is the most important effect of medicinal plants. They can prevent diseases. That is in strong contrast to all kinds of synthetic medicines. These are only given as therapy but can not work preventively.

*Nutrition, medicinal food and medicinal plants have a nutritive function for the body and a preventive function against diseases. Our body is looking for the substances from plants that we need mostly, at that moment. Our body wants to get better all the time, even when we are not suffering from a disease.*



# PICKING, DRYING, AND USING NETTLE

An important part of wild-harvesting is drying, pulverizing, storing, and using the wild vegetables. Just picking large yields of herbs and storing them for years is not what we want. It is very important to have these herbs processed in as short time as possible.

## Brief historical look at domestic use of wild herbs

The ancients saw nature as a supermarket, drug store and cosmetics shop. What people used to do is the following:

In spring, summer and autumn people occasionally went out to collect herbs. These were dried at home. Throughout the year the herbs were used for food and as tea herb. It is preferable to use fresh herbs or freshly dried herbs for food. When necessary, herbs were used in a medicinal way. Some herbs were used as a bath herb, to clean the body better. They made sure that there were enough supplies for the whole winter. In spring, when new herbs could be picked, all herbs were used as bathing herbs. At the end of the winter and early spring, people often took a herbal bath, as part of a spring cleansing process. It used to be normal to undergo a cleaning process in spring. Washing with herbs is an extra way of cleaning the body with all kind of antioxidants, and it ensures that there is no surplus of herbs.

This good household use of herbs has been completely renounced in modern society. We can choose to apply the good practices of the past ourselves. In this way we save money and provide ourselves with all kinds of extra antioxidants, while the risk of getting diseases is reduced. Maybe, this habit fits more to humans than working in offices to earn salary to be able to buy the industrial equivalent of natural products in stores.

## Nettle powder in 6 steps

Because collecting herbs fit to our existence, I want to challenge everyone to gather enough nettle for this year for a whole year or half a year. Nettle is a good plant to start, because is widely available, can be used as tea or vegetable, has beautiful medicinal effects, and it is a tea herb. Dried nettle powder is an expensive supplement and here is how to make it yourself.

Because now in autumn, nettle plants in the northern hemisphere are still there till late November / beginning december, but in the winter will be less available. From next year's spring on, about 5-6 months, we can pick new nettle again.



- Take a bicycle, and a pair of gloves and paper bags or plastic bags.
- Pick nettle tops on the spot you prefer,
- Dry them in the house in 3 to 4 days, close to a heater, or dry them in a oven at 50 degrees Celcius.
- Pulverize them in a blender,
- Put them in a well-closable jar, and,
- Enjoy one or two teaspoons of nettle daily.

## Why pulverize?

People sometimes ask me why I make a powder of herbs. If you powder nettle, a jar can be filled more efficiently. If you have collected a few dozen herbs, it doesn't take up too much space when they are powdered. In addition, it is ready for use.

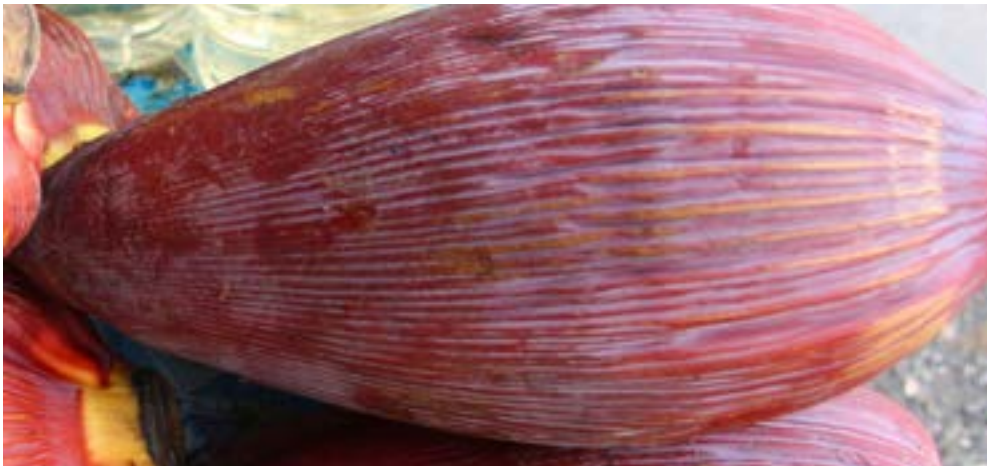
You may prefer to crumble nettle as tea leaves, though, if you want to add nettle to a smoothie, a powder is more convenient. In addition, many teas consist of powders. You can easily make a tea from nettle powder. In an organic shop, nettle powder is sold as a natural supplement.



# BANANA FLOWERS

## NEGLECTED DELICACY

Banana flowers are edible and delicious but rarely seen in recipes. When banana growers cut the flower, no new banana will appear on the tree. All the energy is directed to the existing bananas and the bunches are getting bigger.



### Banana flower on the market

The banana flower is regularly eaten in South East Asia. In West Papua, you can buy a few banana flowers at any vegetable market. Sometimes it is pre-cut in a portion for 4 people, to cook as a vegetable. It is used as a vegetable, even though it is the flower of the banana tree.

### Nutritional power of banana flour

Banana flowers are not eaten in all countries. In South America, this delicacy is simply left on the side of the road, or considered as animal feed. This purple-blueish leafy vegetable is however, is not only healthy for animals. Isn't it a bit strange to give the most delicious and healthy vegetables to animals?

### Brazilian research into banana flower

Brazilian researchers conclude in a study on banana flowers as food, that bananas flower have good nutritional value. It delivers high nutritional power when the banana flower is dried to flour. Further reports show that banana flour can easily be mixed with existing flour. This means it can be used for baking bread and pancakes. Consuming pancakes with banana flour means people will use many extra vitamins and minerals.





### **Banana flower, good for the bones**

The Brazilians see that there is a lot of potassium in the banana flower. It also contains a lot of calcium and phosphorus. Also, it contains a lot of magnesium. Potassium, calcium phosphorus, and magnesium, from this list alone you could conclude that the banana flower is good for building the bone structure. Many research studies show that deficiencies of calcium, magnesium and phosphorus are related to medical bone structure problems.

### **The banana flower at the Papuans**

Although the banana flower is a daily food on markets in Indonesia, few scientific studies have been made to this food. Banana flowers are sold as a whole, or in small bags when they have been pre-cut. It is a perfect stirfry vegetable. Also, it is a good soup vegetable.

### **Why do people throw away banana flowers?**

In South East Asia banana flowers are being eaten regularly. But in Africa and South America, the flowers are not being eaten yet. While bananas have found their way to every supermarket in the world, its delicious flowers are not exported. There are huge quantities of bananas grown, and therefore, literally mountains of bananas flowers are being discarded. That is food waste. Does that fit in our time?

*There are huge quantities of bananas grown, and therefore, literally mountains of bananas flowers are being discarded.*

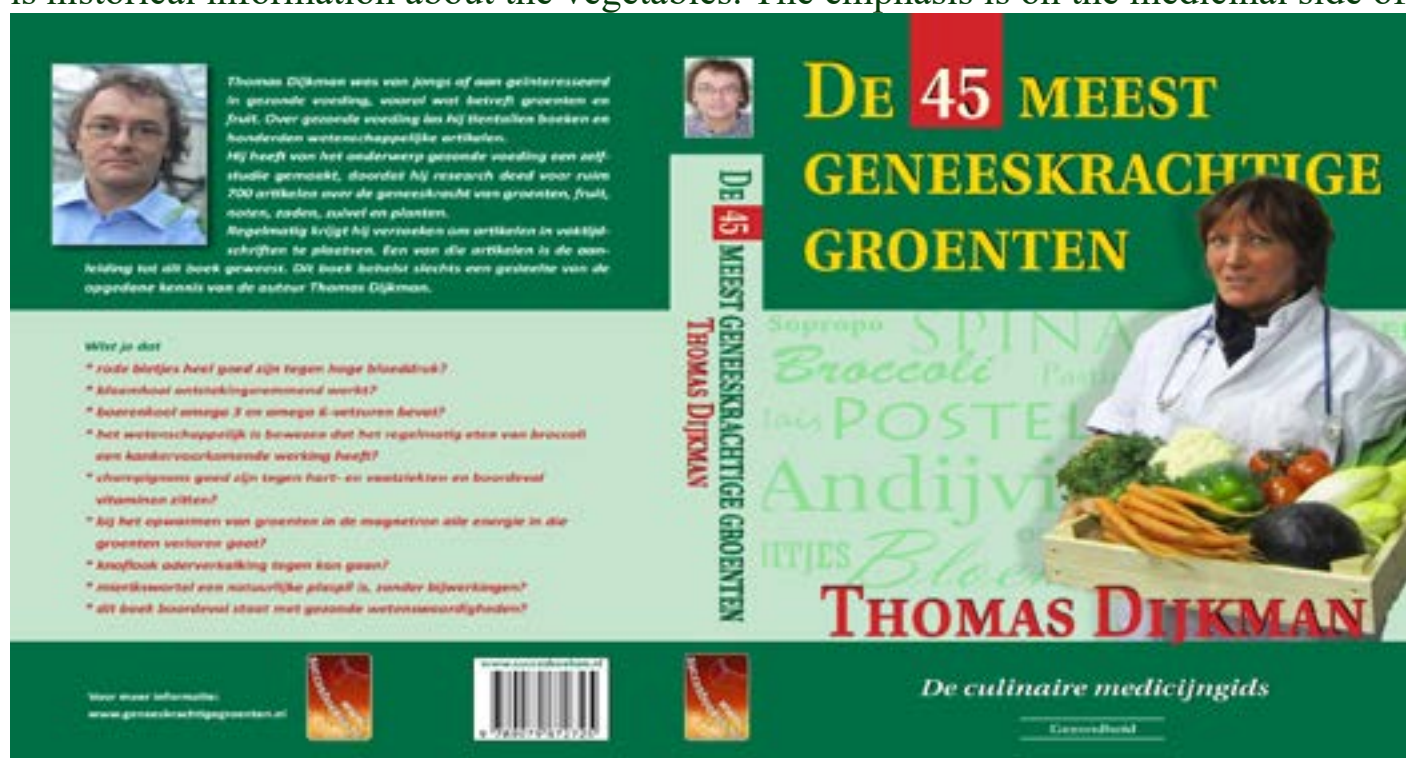


# THE 45 MOST MEDICINAL VEGETABLES

The 45 most medicinal vegetables is the translated title of a book written by Thomas Dijkman. The book has been written in Dutch, and is not translated yet. The book is reflecting the current scientific state of medicine regarding nutritional properties of vegetables. Spring 2018, the book was published in an updated version. The original version was published in 2015. In 2018, new medical facts from scientific research that was published after 2015, were included.

The medicinal food science is relatively young. It started in 1990. By 2018, already many medicinal food plants has been mapped out. For example, it appears that beets are good for the heart, cabbage is good against cancer and that cauliflower is extra beneficial for heart, stomach, and intestines. We might want to use this knowledge. We do not have to wait for the doctors to include medical food in their disease prevention guidelines. For example, if you have a heart problem, you can switch to adding food that is beneficial for the heart like beets, nuts, fruits with many antioxidants, celery and garlic. If you do this with regularly, you should show less severe symptoms of your condition. Many people succeeded in not having to be prescribed synthetic medicines anymore.

The book describes 45 vegetables and their medicinal properties. In the first three chapters you read a lot of background information. Then there is a detailed description of 45 vegetables and 5 night shade vegetables. In addition to scientific information, there is historical information about the vegetables. The emphasis is on the medicinal side of





# 10 UNEXPECTED SIDES OF CINNAMON TEA

When you have tasted real cinnamon tea, you will never buy cinnamon tea from the supermarket again. Real cinnamon tea is not only more tasty, it offers medicinal qualities. Using food as medicine doesn't have to be complicated. Working with cinnamon tea shows that it can be very simple to use the medicinal effects of food types. In this case you have to be able to do one thing only: to make tea.



## There are two types of cinnamon!

One species has the name *Cinnamomum zeylanicum* and the other is called *Cinnamomum cassia*. On the internet it is often said that there is a healthy and unhealthy type. There are all kinds of conspiracy theories where it is supposed that manufacturers obviously sell the "wrong" type of cinnamon. However, both cinnamon varieties offer anti-inflammatory effects and can be used interchangeably. It is advisable not to buy cinnamon powder but cinnamon sticks. The powder loses its medicinal value faster than the sticks.

## The way to make tasty cinnamon tea

The taste of cinnamon tea comes is at his best when you make a tea from cinnamon sticks. A stone pounder is a good tool to break cinnamon sticks, when they are still dry. Put broken cinnamon sticks of about 0.2 cm-1 cm long in a teapot with boiling water and let it be for 24 hours. If the sticks are kept in water for long, the flavors are absorbed by the water better. the water-cinnamon substance becomes a light emulsion. The cinnamon tea tastes sweet and strong. You may add hot water to enjoy a cup of cinnamon tea directly.

## Cinnamon tea for muesli

Cinnamon tea is not only suitable for drinking. This cinnamon tea is a great tool for sweetening breakfasts such as muesli and oatmeal. It is a sugar substitute. Of course, you don't have to stick to one sweetener alone. You can use it as an extra sweetener, for example in combination with stevia leaves or bananas.

## Cinnamon tea for sweetening baking products

You can make dough for cakes, cookies and cakes by using cinnamon tea instead of water. You always need water to make dough. In this way, you give the dough a natural sweetness that matches biscuits and cakes. It is an excellent sugar alternative. You can use it in baking products with other sweeteners such as cooked parsnip, khaki fruit, grated coconut, liquorice powder tea and star anise tea. Alternative whole sugars such as palm sugar, coconut blossom sugar, molasses, panela, and honey, are also an option.

## Cinnamon against arthritis

There are two types of cinnamon. Both types have an anti-inflammatory effect. The *Cinnamomum cassia* is good against inflammatory diseases like diabetes and arthritis.

<https://www.ncbi.nlm.nih.gov/pubmed/28347828>

<https://www.tandfonline.com/doi/full/10.1080/07315724.2018.1460733?scroll=top&needAccess=true>

This cinnamon tea is good against arthritis. Drink 1-3 cups of cinnamon tea daily, for 4-6 weeks. Then, you structurally take more anti-inflammatory substances so that the immune system improves its function.

## Cinnamon tea with coffee

Cinnamon tea is a good way to sweeten coffee. The soft cinnamon tones remove the sharp edges of black coffee flavor. In this way, coffee tastes more round, and it also has medicinal qualities. There has been scientific research into the interaction between the phytonutrients of coffee and cinnamon, when they come together in the human body. It turns out that such a change in a consumption pattern triggers all kinds of biological processes that have an anti-inflammatory effect.





## **Cinnamon tea as part of chai**

Instead of just cinnamon, you can make a mixture with liquorice, cinnamon, star anise. This is how you make your own chai herbal tea. Cinnamon is a traditional tea herb because it tastes soft and sweet. The taste is important, because then we enjoy a product, but it is not the only reason to consume something. There are always medicinal reasons that play a role in the background. In this case, you can also see cinnamon as a general anti-inflammatory agent. It promotes the functioning of the entire immune system. According to [scientists](#), it helps to prevent diseases like diabetes type2 and Alzheimer's.

Cinnamon tea is much more healthy than any industrial soft drink. These types of drinks are also a lot healthier than juice from a supermarket, fruit nectar or yoghurt drinks. Herbal drinks and herbal teas can be made from hundreds of herbs and spices. It is up to your creativity. You can make it as good as you want.

## **Cinnamon tea as a basis for chocolate sauce**

Strong cinnamon tea may be mixed with cocoa for a sweet cinnamon chocolate sauce over homemade ice-cream. A sauce can be very simple. Mixing cinnamon tea with cocoa powder is creating a chocolate sauce to accompany your dessert. This way you give your dessert a beautiful, unique, homemade touch. These kinds of small changes can make a lot of difference. Industrial chocolate sauces contain many sugarlike substances that promote inflammation.

## **Cinnamon against obesity and high blood pressure**

A study in which 3 grams of cinnamon was given during 16 weeks, shows that cinnamon improves all kinds of health indicators in our body. In the study, cinnamon simply eaten. The body is better able to regulate blood sugar levels when consuming cinnamon. There is less chance of obesity because less body fat is produced. In addition, fewer cases of high blood pressure were observed. It seems that the anti-inflammatory qualities of cinnamon are the basis for these medical properties. Scientists are examining which biochemical processes are responsible these observations. The Indian scientists who conducted this research, say that the results are so promising that they want to do follow-up research over a longer period,

## **Cinnamon against Alzheimer's**

Cinnamon consumption may halt the degenerative development of Alzheimer's disease, according to the concept of a series of studies into the effects of cinnamon against dementia and Alzheimer's disease. All sorts of indicators that point to Alzheimer's disease are reduced by cinnamon intake. Unfortunately, this research is still a bit premature, research is being done on this only from 2005 onwards.

Though, the results are in line with another fact, that Alzheimer's is seen as type 3 diabetes. The cinnamon research also talks about all sorts of indicators common to Alzheimer's and diabetes. In the case of Alzheimer's, insulin resistance also occurs, in the brain. As a result, the energy metabolism of brain cells is disrupted and that gives open space to the development of inflammatory processes. Because of these inflammatory processes, neurons function less well and cognitive problems such as forgetfulness and other symptoms of Alzheimer's arise. Alzheimer's is called a lifestyle disease by scientists, or Alzheimer's is labeled as type 3 diabetes.



# HEALING POWERS OF THE FISH POISON TREE OR **BARRINGTONIA ASIATICA**



This tree grows close to the sea, preferably on the beach. Its thick leaves provide necessary shade on tropical hot sand. Fruits with four sharp corners hang from its branches. What is inside this box? The box fruit is known by almost all islands and coastal inhabitants in the tropics, as the box that contains poisonous seeds for fish. Fish eat the seeds and die soon afterwards, after which the fish are eaten by humans. If you do not eat the organs, but only the fish meat, then humans can not get sick of it.

## **Naming**

This tree has different names in many countries. In Papua New Guinea it is called mwanumbu, mbrut and putu. It is called the rain tree on the Cook Islands. The English name is sea poison tree or fish poison tree.

## **Beach giant**

The barringtonia asiatica has beautiful flowers. These flowers are pink and white and together form a large plume. On the English-speaking Polynesian Cook Islands it is called the rain tree because the flowers are whirling after a rain shower. When the flowers are at their best, they are blown with the wind. On Rarotonga, the main island of the Cook Islands, you can see the tree regularly along the road and spread a pink carpet at times. They also grow on the beach itself, becoming very large and wide. Instead of a forest giant, this tropical tree can be called a real beach giant.

## **Medicinally active substances**

The medicinal active substances in barringtonia asiatica are: Bartogenide acid, 19-epibartogenic acid, anhydrobartogenide acid, hydrocyanidic acid, saponins, gallic acid, monosaccharides.

## **Poisons or medicine?**

The tree is known as poisonous. That's right. Every synthetic medicine is also toxic. Therefore, they should be taken with caution, and only on the basis of doctor's prescription. In small quantities, parts of this tree are used as medicine. But that is not something to experiment with. In the Philippines, the seeds of the square box fruit are used to grind and put on the skin against scabies. Great caution is recommended with oral use. The seeds are toxic to humans but in small quantities they only kill the intestinal worms. In the Philippines, it is a tea from a tiny amount of seed powder that is part of a cure that eliminates intestinal worms.

## **Barringtonia asiatica against stomach upset**

In West Papua the red, young leaves are eaten against stomach pain and stomach ulcer. Older green leaves can not be eaten. If there are worms in the human intestines, they die by eating the seeds and red leaves and you get diarrhea as well. Diarrhea is important after killing the worms. Because when worms die, they first put a lot of eggs in the intestines, and the eggs want to attach themselves to the intestinal wall. If there is diarrhea, these eggs are quickly removed from the body. They can not attach themselves to the intestinal walls.

## **Poison of barringtonia asiatica as a mosquito killer**

In Indonesia, many people suffer from the dengue disease. The mosquitoes that cause dengue are the same mosquitoes that cause malaria, the Aedes aegypti. Indonesian research at the University of Sulawesi shows that the seeds of the barringtonia are toxic enough to kill larvae of this mosquito. The disease dengue itself is not prevented. Only the spread of the mosquito can be somewhat countered in this way



## **Barringtonia asiatica against bacteria and candida albicans**

Components in the leaves of the *Barringtonia asiatica* are good against the intestinal fungus *Candida albicans*. *Candida albicans* infection is an unpleasant disease that is often caused by excessive use of synthetic antibiotics. Antibiotics kill not only pathogenic bacteria, but also good bacteria, a side effect which in the long term, within a few months, creates an increased risk of developing new diseases, such as overgrowth of bacteria and fungi and the associated internal infectious diseases.

Normally, our body chooses to have an infection occurring against overgrowth of a bacterium. The infection can hurt for a few days, and it's relatively harmless and passes after a few days. After that, the balance between the 900+ different bacteria in our microbiome or intestinal flora has been restored to a more stable diversity of bacteria. In that way the bacteria stop each other from forming an overgrowth colony.

Unfortunately, doctors do not yet see this this way, yet. They still argue that you can best treat an internal infection with antibiotics. As a result, the self-healing process of the body is interrupted and due to the new antibiotic treatment we grow all conditions for 2, 3, or 4 months later to get an infection again. For this reason it is better to stop inflammation with plants or medicinal food. Then the body itself is stimulated to fight the infection. In other words: then we help the self-healing ability of the body.

## **Barringtonia A. versus Staphylococcus A.**

A component from *Barringtonia asiatica* is good against the bacterium *Staphylococcus aureus*. This is one of the most notorious pathogenic bacteria. Scientific research has shown that an overgrowth of this bacterium is associated with the development of various diseases in the stomach and intestines. The use of the leaves of this tree against peptic ulcer is substantiated. This is apparent, for example, from [this research](#).

## **Tea from seeds *Barringtonia asiatica* as a folk medication**

A folk medicine use in Papua New Guinea is the use of a water-based infusion of the seed against cough, flu, sore throat and bronchitis. These diseases are often accompanied by bacterial overgrowth and these bacteria are killed by the infusion or tea. In case of sore throat and cough, people make a gargle drink. The bark of *Barringtonia asiatica* is used in the Philippines as a cure for tuberculosis. When you combine that with the use of bronchitis on New Guinea, you might suspect that this plant is a tonic for the lungs. On the other hand, both diseases have to do with bacterial infections. So it may also be that this plant is a good natural antibiotic. In the past, tuberculosis was common but since hygiene has improved in many countries, this disease is rare now.

## **World Health Organization report**

The anti-fungal activity, antibacterial activity and antiviral activity of the *Barringtonia asiatica* has been scientifically proven according to research by the WHO. The World Health Organization has prepared a report on all medicinal plants in Papua New Guinea, the independent part of the island of New Guinea. You can [download this report](#) on the website. Besides the fish poison tree, there are short monographies in this document, about many medicinal and nutritional plants.





# PUMPKIN TORTILLA WITH PUFF PASTRY

Pompoentaart met Feta  
Pompoen  
2 Teentjes knoflook  
2 gekookte Aardappels  
Bladerdeeg (Yufka)  
6 eieren  
2 ONS Feta kaas  
Keltisch Zeezout  
Peper



For this recipe we use yufka. That is Turkish puff pastry. Puff pastry is thin white flour, so maybe you notice that it's not very healthy. Yet puff pastry is practical to use. How do we solve this? From a pack of 500 grams of yufka, you can make 5 cakes. You only use 100 grams of puff pastry per pie. In addition, we realize that a cake is cut into 8 pieces. A piece of cake therefore contains 12.5 grams of puff pastry maximum. That is not very much. In addition, after baking, the puff pastry at the sides can be cut away so that you eat less of it. If you really do not want to use puff pastry for health reasons, you can make the same recipe with special baking paper.

We boil pumpkin and potato first. It is useful to cut the pumpkin and potato into small pieces before boiling. In doing so, they are finished more quickly, within 5 minutes, and you do not burn your fingers, while cutting a very hot potato or pumpkin.

We spread the puff pastry in the same baking tool we use for apple pie. Make sure the bottom is covered by the pastry and no longer visible. Make at least 2 layers with puff pastry.

Put 6 eggs in a mixing pan, together with 3 ounces feta, 4 small sliced, boiled potatoes, 3 ounces sliced, pre-cooked squash. Mix it together well. Put the mixture in the baking tool. With a wooden spoon you smoothen the filling top and make sure the puff pastry stays in place.

Immediately after the filling is done, put it in a preheated oven at 180 degrees Celsius. Each oven works a little differently. It is ready after about half an hour till 40 minutes.



# GREEN PUMPKIN SOUP

## Ingredients:

Green organic pumpkin

Onion, shredded

Pepper

Celtic sea salt

Tablespoon santen or coconut fat

Tablespoon coconut cream



1. Wash the pumpkin with cold water.
2. Cut the pumpkin into large pieces and leave the skin on it. Cut only the ugly, dried out parts of the skin.
3. Boil the pumpkin with skin.
4. Peel and shred an onion and fry it with olive oil for 5 minutes. Onions make a soup taste better. At your own option, you can complete the soup with some garlic, one of the most medicinal vegetables.
5. Put a tablespoon of santen in the soup. This makes it creamy and makes the whole bind better. Santen is an Indonesian name for very healthy coconut fat. These natural fats are burnt very quickly, unlike sugar, which is burned very slowly in the body. In fact, santen is healthier than filtered coconut oil that is sold as a cooking oil at supermarkets.
6. In the soup pan you put only do three ingredients: santen, fried onion and pumpkin. Add coconut cream, salt and pepper in your bowl.
7. Use Celtic sea salt. These dissolve well in the hot soup. Celtic sea salt does not contain one mineral, such as common salt and supermarket sea salt. Celtic sea salt contains over 80 minerals and trace elements and these are all in our blood as well. That tells us it is better to prefer Celtic seasalt.
8. Pepper is not only delicious, freshly ground pepper contains all kinds of anti-inflammatory substances. If you spread the pepper and salt over the coconut cream, you make it look nicer and taste better.
9. This is a basic soup. You can bind it a bit more if you cook carrot or potato and put it in the blender. These vegetables make it a meal soup. Sweet potato is also a good idea. Carrot, normal potatoe and sweet potato do match well with squash.



10. This is a soup made with the peel of pumpkin. You can eat the peel of green pumpkin, just like orange pumpkin. You can not eat the skin of some other pumpkin varieties, such as spaghetti-pumpkin. By pounding or blending the skin, you make even more efficient use of pumpkin medicine.



# WILD VEGGIE WALK

In addition to the vegetables offered by supermarkets, vegetable stores, and market sellers, nature offers free wild vegetables. Thomas Dijkman gives wild food walks in Amsterdam. The Vondelpark, the Beatrix Park and the Central Station are three locations where he organizes walks. You can book a walk. The walk takes one and a half to two hours. If you wish, you can book a walk in an alternative location.

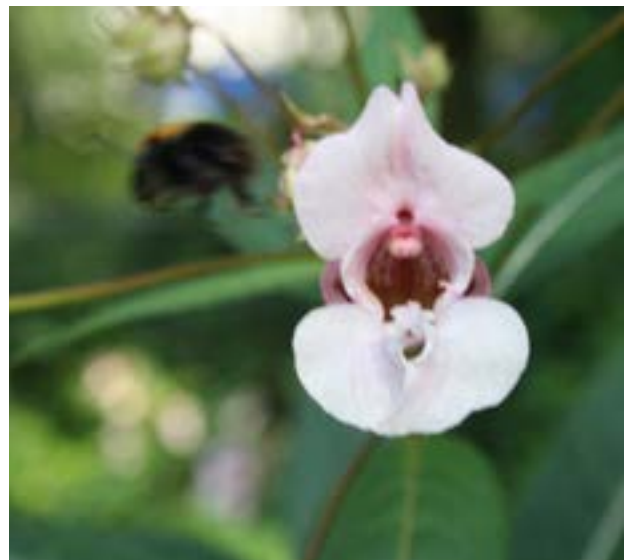
## What can you expect?

Did you know that you can meet some famous vegetables like rocket salad and fennel in Amsterdam? And there will be many more surprises. You get medical information about the plants we encounter. In addition, you will get information about edible plants. There are general wild picking unwritten rules that are explained.

## What are the costs?

A walk costs 25 euros per person. The minimum group size is 2 people.

***BOOKINGS CAMERATHOMAS@GMAIL.COM***





# **SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR 18 EURO PER YEAR.**

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND  
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

