

i heart my health.  
but I dont heart veggies...



## ALFALFA GRASS

- great source of vitamins A, B1, B6 C, D, E, & K
- high in chlorophyll and dietary fiber
- has antioxidant & anti-inflammatory properties
- has been shown to reduce cholesterol levels

<http://www.livestrong.com/article/257450-what-are-the-benefits-of-alfalfa-grass/>

## APPLE FIBER

- promotes regularity in the digestive system & intestinal tract
- has anti-inflammatory properties
- strengthens immune system

<http://www.sciencedaily.com/releases/2010/03/100302171531.htm>

## SPIRULINA PACIFICA

- a complete protein source containing all of the essential amino acids
- rich source of Vitamin A, vitamin B-12 and iron
- contains antioxidants that help neutralize harmful free radicals in the body
- produces polysaccharides that help destroy bacteria within the body
- contains gamma linolenic acid (GLA), a fatty acid recognized for anti-inflammatory and anti-cancer properties

<http://www.livestrong.com/article/18653-spirulina-pacifica/>

## **BARLEY GRASS POWDER**

- contains high levels of Vitamin B1, Vitamin B-12, Vitamin C and calcium
- also contains magnesium, manganese, phosphorus, flavonoids, pantothenic acid, folic acid, essential amino acids, carotenoids, antioxidants and zinc
- also a rich source of chlorophyll

<http://www.all4naturalhealth.com/barley-grass-powder.html>

## **BEE POLLEN**

- high in protein, but low in fat & sodium
- often touted as "nature's perfect food" because it's also a storehouse of oils, vitamins, minerals, amino acids, hormones, enzymes, polypeptides, peptones, globulins, high concentration of nucleic acids and several antibiotic substances

<http://www.buzzle.com/articles/bee-pollen-nutrition-facts.html>

## **ROYAL JELLY**

- contains all of the B vitamins and has a particularly high concentration of Vitamin B6
- also contains Vitamins A, C, D, and E & amino acids (the building blocks of protein)
- contains DNA and gelatin which have been determined to aid in collagen production and anti-aging applications
- contains antibacterial and antimicrobial properties
- only natural source of pure acetylcholine (a neurotransmitter shown to decrease with aging)

<http://www.livestrong.com/article/109249-health-benefits-royal-jelly/>

## **CHLORELLA**

- potent source of Vitamin B-12
- also contain Vitamins B-1, B-2, folic acid, Vitamin C & Vitamin K
- contains chlorophyll which can help improve immunity, alkalinity and inflammation

- rich source of natural carotenoids, which can help prevent oxidation
- studies in rats confirmed that Chlorella aided in protection from, and detoxification of certain toxic chemicals
- has also shown benefit for patients with high blood pressure, ulcerative colitis and fibromyalgia relief

<http://health.howstuffworks.com/wellness/food-nutrition/vitamin-supplements/chlorella.htm>

[http://www.naturalnews.com/027384\\_chlorella\\_health\\_benefits.html](http://www.naturalnews.com/027384_chlorella_health_benefits.html)

## **BET JUIE**

- known to aid in blood purification and strengthener which assists the process of creating red blood cells
- beets have been found to increase the body's production of glutathione, which helps the body detoxify cancer-causing poisons
- beets have also been found to increase the number of CD8 cells in the colon, which are cancer-destroying cells
- drinking beet juice can also lower blood pressure by temporarily widening blood vessels

[http://www.naturalnews.com/027884\\_beet\\_juice\\_blood.html](http://www.naturalnews.com/027884_beet_juice_blood.html)

<http://www.livestrong.com/article/342910-nutritional-value-of-beet-juice/>

## **SIBERIAN GINSENG EXTRACT**

- helps reduce the length and severity of cold when taken within 72 hours of the first symptoms
- has been known to reduce the number of outbreaks in Herpes simplex virus 2 and reduce the severity of outbreaks that do occur
- often used to maintain or increase mental alertness and has been known to improve memory in some users
- eleutherosides found in Siberian ginseng extract may also act as adaptogens, which help the body adjust to extreme conditions such as chemotherapy and severe viral infections

<http://www.umm.edu/altmed/articles/siberian-ginseng-000250.htm>

## ACEROLA BERRY JUICE

- acerola cherries contain more Vitamin C than most other fruits (because Vitamin C is not stored in the body, it needs to be replaced daily)  
(Note: Vitamin C is one of the best-known free-radical fighters and antioxidants)
- also contain anthocyanins, which have been found to help lower the risk of heart disease, enhance memory function, protect developing fetal brain tissue, act as an anti-inflammatory, help regulate blood sugar, and reduce the risks and effects of obesity

<http://www.livestrong.com/article/118356-benefits-acerola-cherry/>

## PROBIOTIC CULTURES

- studies have found that probiotics may improve nutrient bioavailability, for B vitamins, calcium, iron, zinc, copper, magnesium, and phosphorus
- may help improve lactose intolerance
- by regulating intestinal transit time, probiotics improve constipation among the elderly.
- other studies have shown that probiotics, especially acidophilus, promote the growth of healthy bacteria in the colon and reduce the conversion of bile into carcinogens (cancer-causing substances).
- may enhance immunity by regulating lymphocytes and antibodies.

<http://www.healthcastle.com/yogurt-probiotics-benefits.shtml>

## TURMERIC

- Curcumin, a component of Turmeric, seems to delay liver damage that can eventually lead to cirrhosis, according to preliminary experimental research at the Medical University Graz in Austria.
- Kansas State University research found that adding certain spices, including turmeric, can reduce the levels of heterocyclic amines -- carcinogenic compounds that are formed when meats are barbecued, boiled or fried -- by up to 40 percent.
- The University of Maryland's Medical Center also states that turmeric's powerful antioxidant properties fight cancer-causing free radicals, reducing or preventing some of the damage they can cause.
- Ayurvedic and Chinese medicines utilize turmeric to clear infections and inflammations on the inside and outside of the body

- rodent studies at the University of Texas indicate that curcumin inhibits the growth of a skin cancer, melanoma and also slows the spread of breast cancer into the lungs.
- researchers from the University of South Dakota have found that pretreatment with curcumin makes cancer cells more vulnerable to chemo and radiotherapy.
- epidemiologists have hypothesized that the turmeric that is part of daily curries eaten in India may help explain the low rate of Alzheimer's disease in that country

<http://www.mnn.com/food/healthy-eating/stories/the-amazing-health-benefits-of-turmeric>

[http://www.huffingtonpost.com/andrew-weil-md/turmeric-health-have-a-happy-new-year\\_b\\_798328.html](http://www.huffingtonpost.com/andrew-weil-md/turmeric-health-have-a-happy-new-year_b_798328.html)

## **WATERCRESS**

- considered a superfood by many nutritionists because of its high antioxidant levels in every serving
- also a good source of Vitamin A, Vitamins C, beta-carotene, B Vitamins, Vitamin E, folate and calcium
- also contains micronutrients that work with the antioxidants to combat cancer-friendly free radicals in the body

<http://www.livestrong.com/article/2706-facts-health-benefits-watercress/>

## **WHITE WILLOW LEAF**

- has been used as a traditional treatment to relieve pain and fevers in China since 500 B.C.
- can help relieve tension associated with migraine headaches
- studies have also found that white willow bark is effective in easing lower back pain, certain types of arthritis and bursitis

<http://www.livestrong.com/article/120807-white-willow-bark-health-benefits/>

## **DANDELION LEAF**

- natural source of calcium, potassium, phosphorus, zinc and iron
- provides Vitamins A, B, C and D
- acts as a blood purifying agent

- stimulates urinary function to help flush out toxins
- promotes optimal digestive function
- nourishes and boosts overall liver performance

<http://www.globalhealingcenter.com/benefits-of/organic-dandelion-leaf>

## **ASTRAGALUS**

- stimulates the immune system
- contains antioxidants that inhibit free radical production
- helps lower blood pressure
- has been effective in helping treat the common cold, diabetes, upper respiratory infections, heart disease, herpes, arthritis, asthma and fibromyalgia
- has also been found to stimulate the spleen, liver, lungs, and the circulatory and urinary systems

<http://www.healtharticles101.com/top-10-astragalus-health-benefits/>  
<http://www.webmd.com/heart/astragalus-root-heart-benefits-side-effects>

## **MILK THISTLE EXTRACT**

- Several scientific studies suggest that substances in milk thistle (especially a flavonoid called silymarin) protect the liver from toxins, including certain drugs such as acetaminophen (Tylenol), which can cause liver damage in high doses.
- Silymarin has antioxidant and anti-inflammatory properties, and it may help the liver repair itself by growing new cells.
- Early laboratory studies also suggest that silymarin and other active substances in milk thistle may have anticancer effects. These substances appear to stop cancer cells from dividing and reproducing, shorten their lifespan, and reduce blood supply to tumors.

<http://www.umm.edu/altmed/articles/milk-thistle-000266.htm>

## **GINKGO BILOBA**

- many studies have shown that Ginkgo Biloba can improve memory and thinking in people affected by Alzheimer's and vascular dementia
- studies also revealed that it may protect nerve cells damaged by Alzheimer's disease

- helps sufferers of intermittent claudication walk further and with less pain
- has been found to improve vision among Glaucoma sufferers
- contains flavonoids that may help cure or alleviate retinal problems of Macular Degeneration sufferers

<http://www.newsmax.com/FastFeatures/Health-benefits-of-ginkgo/2010/11/10/id/371447>

## **GREEN TEA**

- contains the highest concentration of powerful antioxidants called polyphenols that fight free radicals—damaging compounds in the body that change cells, damage DNA, and even cause cell death
- can be used as a stimulant, a diuretic (to help rid the body of excess fluid), an astringent (to control bleeding and help heal wounds), and to improve heart health
- can also help treat gas, regulate body temperature and blood sugar, promote healthy digestion, and improve mental processes
- its antioxidant properties may also help prevent atherosclerosis, particularly coronary artery disease.
- lowers total cholesterol and raises HDL ("good") cholesterol in both animals and people
- many studies have shown that both green and black teas may help protect against cancer
- boosts metabolism and helps burn fat

<http://www.umm.edu/altmed/articles/green-tea-000255.htm>

## **ALOE VERA**

- speeds up the healing process to external injuries or wounds and helps prevent scarring
- has fact-acting anti-inflammatory properties that can prevent or stop inflammation caused by injuries, immune dysfunction, etc.
- improves digestion and helps detoxify the body
- can act as a mild laxative to help constipation

- has anti-bacterial and anti-fungal properties
- boosts the immune system and can help lower blood sugar

<http://www.newsmax.com/FastFeatures/health-benefits-of-aloe/2011/02/22/id/387035>

## **BILBERRY EXTRACT**

- contains a flavonoid compound called anthocyanidin which is a powerful antioxidant that helps build strong capillaries and improve the flexibility of blood cells
- because its antioxidant properties help improve circulation, it can also be used to help treat varicose veins, inflammation in the ankles, and muscle cramping
- may help prevent certain eye issues such as glaucoma, cataracts and macular degeneration
- can help treat diarrhea and urinary tract infections

<http://www.livestrong.com/article/113278-bilberry-extract-benefits/>

## **BLACK WALNUT LEAF**

- contains omega-3 fatty acids, which may reduce inflammation, enhance lung function and help protect against cardiovascular disease
- also contains tannins, which can help fight infection, prevent cancer, promote liver health and prevent ulcers
- its leaves also contain beta-carotene & Vitamins B-1, B-2
- can be used to treat intestinal fungus, yeast, worms, and parasites as well as diarrhea, ulcers, high blood pressure, high cholesterol and asthma

<http://www.livestrong.com/article/430489-what-are-the-health-benefits-of-black-walnut-supplements/>

## **BLACKBERRY LEAF**

- rich source of Vitamin C and tannins
- can be used to help treat diarrhea, diabetes and gout
- can also be used for alleviating inflammation, skin rashes and fluid retention
- some women may use blackberry leaf to regulate menstruation cycles

<http://www.livestrong.com/article/417358-blackberry-leaf-benefits/>

## **BLUEBERRY LEAF**

- contain high levels of antioxidants that can help fight off harmful free radicals in the body
- studies on these antioxidant-rich leaves have also led researchers to believe that blueberry leaves may also help combat age-related loss of brain function
- also contain hypoglycemic properties that can help lower elevated blood sugar levels

<http://www.livestrong.com/article/236808-the-health-benefits-of-blueberry-leaf-tea/>

## **BROCCOLI**

- contains a high amount of potassium, which helps maintain a healthy nervous system and optimal brain function, as well as promotes regular muscle growth
- also contains magnesium and calcium that help regulate blood pressure
- rich source of calcium and Vitamin K, both of which are important for bone health and prevention of osteoporosis
- is helpful in repairing skin damage thanks to the glucoraphanin it contains, which helps the skin to detoxify and repair itself
- the body also uses glucoraphanin by processing it into the anti-cancer compound sulforaphane. This compound helps rid the body of *H. pylori*, a bacterium found to highly increase the risk of gastric cancer
- broccoli also contains indole-3-carbinol, a powerful antioxidant compound and anti-carcinogen found to not only hinder the growth of breast, cervical and prostate cancer, but also boosts liver function
- is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating
- contains carotenoid lutein, which studies have shown helps prevent age-related macular degeneration and cataracts, as well as possesses anti-cancer effects

<http://www.healthdiaries.com/eatthis/10-health-benefits-of-broccoli.html>

## **CABBAGE**

- like broccoli, cabbage also contains sulforaphane (among other phytochemicals), which studies suggest protect the body against cancer-causing free radicals, and indoles, which help metabolize estrogens
- also an excellent source of Vitamins K, C & B-6
- rich source of dietary fiber, manganese, folate and Omega-3 fatty acids

[http://topics.nytimes.com/top/news/health/series/recipes\\_for\\_health/cabbage/](http://topics.nytimes.com/top/news/health/series/recipes_for_health/cabbage/)

## **RED RASPBERRY LEAF**

- rich source of magnesium, potassium, iron and B-vitamins (helpful for nausea, leg cramps and improving sleep during pregnancy—overall very beneficial combination for the female reproductive system & pregnant women)
- contains tannins which give the leaf astringent properties for soothing internally and externally (helpful for sunburns, eczema, or rashes as well as a gargle to alleviate symptoms of gingivitis or gum disease)

<http://wellnessmama.com/5107/herb-profileraspberry-leaf/>

## **ROSE HIPS**

- excellent source of Vitamin C, but also contains Vitamins A, D and E
- contains essential fatty acids and high levels of antioxidant flavonoids which are known for their anti-viral, anti-inflammatory and anti-allergenic properties
- can help boost the immune system and act as a common-cold treatment
- can help reduce skin blemishes and irritations
- helps strengthen cardiovascular system
- improves blood quality and circulation and can help soothe arthritis and/or joint inflammation

<http://docakilah.wordpress.com/2011/11/03/the-health-benefits-of-rose-hips/>

## **ROSEMARY LEAF**

- is high in iron, calcium, and Vitamin B6

- contains caffeic acid and rosmarinic acid, both of which are potent antioxidant and anti-inflammatory agents that may shield the body from harmful free radicals
- helps prevent age-related skin damage
- improves liver function
- helps regulate menstrual cycles and ease cramps
- helps lower blood sugar
- may help treat migraines
- stimulates libido
- soothes aching muscles and joints

<http://www.terawarner.com/blog/2011/05/remarkable-rosemary-the-benefits-of-herbs-extracts-and-teas/>

## SAGE

- has many medicinal properties—it is a stimulant, a diuretic, and an expectorant
- can boost memory and also has anti-inflammatory, antioxidant, antimicrobial and anxiolytic (reduces anxiety) properties
- may help lower/regulate blood sugar for diabetes sufferers
- its antioxidant properties help fight off free radicals as well as everyday environmental toxins & help prevent cancer and other chronic diseases

<http://www.livestrong.com/article/96369-health-benefits-sage-tea/>

## CORNSILK

- rich source of Vitamin K & several other nutrients
- has anti-inflammatory and diuretic properties which make it a beneficial treatment for urinary tract issues
- can also help prevent and treat kidney stones

<http://www.livestrong.com/article/111684-benefits-cornsilk/>

## LEMONGRASS

- rich source of folic acid & Vitamins B-1, B-5 and B-6
- also contains many antioxidant minerals and vitamins such as Vitamin C, Vitamin A, potassium, zinc, calcium, iron, manganese, copper and magnesium
- can help soothe a cough, sore throat or the common cold
- helps lessen anxiety and provides a calming feeling
- may help lower cholesterol and blood sugar
- can act as a mild diuretic and help regulate digestion
- can help promote relaxation and deeper sleep for insomnia sufferers
- may help detoxify the kidneys

<http://planetwell.com/lemongrass-health-benefits-and-healing-properties/>

## MARSHMALLOW ROOT

- has an abundance of mucilage, which makes it a very effective remedy for soothing irritated tissue or loosening a cough
- can also act as an astringent (binding effect), a diuretic (increases the secretion and flow of urine), a lithotriptic (dissolves urinary calculi (stones)), emollient (soothes inflamed tissue, softens and protects the skin), mucilant (protects mucous membranes and inflamed tissues), tonic (nourishes and refreshes the entire body), galactagogue (promotes the flow of milk in breastfeeding mothers), and a laxative (stimulates bowel movements)

<http://www.chinese-herbs.org/marshmallow-root/>

## MEADOWSWEET

- contains tannins, which may help reduce inflammation and decrease mucus
- can be used to help treat colds, bronchitis, upset stomach, heartburn, peptic ulcer, and joint disorders including gout

<http://www.webmd.com/vitamins-supplements/ingredientmono-108-MEADOWSWEET.aspx?activeIngredientId=108&activeIngredientName=MEADOWSWEET>

## OAT GRASS

- rich source of beta carotene, Vitamins K & C, folic acid, B Vitamins, protein, fiber and calcium
- may help lower unhealthy cholesterol levels and blood sugar levels

<http://www.gardenguides.com/119998-benefits-oat-grass.html>

## OKRA

- great source of dietary fiber
- contains good sources of Vitamin A, several B Vitamins, Vitamin K, Vitamin C, many of which have potent antioxidant properties to fight off infectious agents and harmful free radicals
- also a rich source of iron, calcium, manganese and magnesium
- may help relieve constipation, lower cholesterol and ease weight loss

<http://www.nutrition-and-you.com/okra.html>

## PAPAYA LEAF

- excellent source of dietary fiber, Vitamin C, Vitamin A, Vitamin E and folate
- also a rich source of antioxidants, flavonoids, carotenes and enzymes
- supports and strengthens cardiovascular and immune systems
- helps treat external wounds, inflammation, nausea, and constipation
- supports the digestive system and helps breakdown proteins
- helps maintain energy and vitality levels

<http://naturalsociety.com/benefits-of-papaya-leaf-extra/>

## PARSLEY

- Vitamin C and Vitamin A found in parsley serve to strengthen the body's immune system
- also a rich source of Vitamin K, which strengthens the composition of our bones

- Myristicin, an organic compound found in the essential oil of parsley, not only inhibits tumor formation (especially in the lungs), but also activates the enzyme glutathione-S-transferase, which helps the molecule glutathione attach to, and fight against, oxidized molecules.
- Myristicin can also neutralize carcinogens like benzopyrene in cigarette smoke that can pass through the body, consequently fighting against colon and prostate cancer
- rich with an antioxidant arsenal that includes luteolin, a flavonoid that searches out and eradicates free radicals in the body that cause oxidative stress in cells.
- Luteolin also promotes carbohydrate metabolism and serves the body as an anti-inflammatory agent

<http://www.healthdiaries.com/eatthis/6-health-benefits-of-parsley.html>

## **PLANTAIN LEAF**

- provides a good source of fiber, potassium, calcium, magnesium, sodium, phosphorus, zinc and copper
- also a rich source of numerous phytochemicals such as allantoin, glycosides, phenols, salicylic acid and tannins (all of which contribute to the plant's anti-inflammatory, analgesic, antibiotic and immune-stimulating properties)
- can act as a diuretic to rid the body of excess water and promote digestive health by easing indigestion & heartburn and treating diarrhea & dysentery
- can also soothe the lungs and promote respiratory health

<http://www.livestrong.com/article/430791-the-health-benefits-of-the-plantain-leaf/>

## **SLIPPERY ELM BARK**

- contains mucilage, a compound that transforms into a gelatinous substance when combined with water, which can be very beneficial in treating certain medical conditions
- can help alleviate inflammation and pain associated with Crohn's disease, gastroesophageal reflux disease, IBD, and ulcerative colitis
- also known to help soothe respiratory issues such as a cough, sore throat or bronchitis

<http://www.livestrong.com/article/265353-what-are-the-benefits-of-slippery-elm-bark/>

## SPINACH

- good source of dietary fiber, which aids in digestion, prevents constipation, maintains low blood sugar and curbs overeating
- abundant source of flavonoids, a phytonutrient with anti-cancer properties
- contains anti-inflammatory properties that help maintain healthy tissue
- rich source of Vitamin C, Vitamin E, Vitamin K beta-carotene, manganese, zinc and selenium, which contribute to a healthy immune system and help prevent several chronic diseases

<http://www.healthdiaries.com/eatthis/11-health-benefits-of-spinach.html>

## STRAWBERRY LEAF

- good source of iron, calcium and Vitamin C, which are important for the health and maintenance of many different bodily functions
- commonly used to improve digestion processes and balance the acids and bases throughout the digestive tract to relieve symptoms of gastrointestinal stress
- may help alleviate an upset stomach, nausea, bloating, stomach cramps, and diarrhea
- natural diuretic properties may also help alleviate pain and swelling associated with conditions like arthritis and rheumatism by pulling water of the joints

<http://www.livestrong.com/article/472453-what-are-the-health-benefits-of-strawberry-leaves/>

## THYME

- rich source of Vitamin C, Vitamin A, iron, and manganese
- also provides a good source of magnesium, potassium, calcium, vitamin B-6 and dietary fiber
- contains many flavonoid phenolic antioxidants such as zeaxanthin, lutein, pigenin, naringenin, luteolin, and thymonin, which promote a healthy immune system by fighting off harmful free radicals, improving circulation and preventing chronic diseases
- also contains many essential oils, which are found to have anti-septic and anti-fungal properties

<http://www.nutrition-and-you.com/thyme-herb.html>

## KALE

- excellent source of antioxidant vitamins A, C, and K, which are known to help fight off cancer-causing cells
- also a great source of dietary fiber, calcium, Vitamin B6, magnesium, potassium, iron, manganese and phosphorous
- can help lower cholesterol and the risk of heart disease
- can reduce the risk of developing or dying from cancer
- contains anti-inflammatory properties which can help fight against arthritis, asthma, and autoimmune disorders
- promotes liver health

<http://www.webmd.com/food-recipes/features/the-truth-about-kale>

## CELERY

- rich source of Vitamin C
- also provides pthalides, calcium, magnesium and potassium, which can help regulate blood pressure
- contains coumarins, which have been found to fight off cancer-causing agents
- helps promote weight loss and a great source of fiber
- may help lower cholesterol
- can act as a diuretic to rid the body of excess fluids
- also contains anti-inflammatory properties which may help alleviate pain associated with arthritis and other similar conditions

<http://www.healthdiaries.com/eatthis/7-health-benefits-of-celery.html>