

MEDICAL MEDIUM® ANTHONY WILLIAM

TOP 10 HEALING VEGETABLES



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1. Sunflower Greens

Sunflower Greens are a great tasting micro-green or sprout that are grown from sunflower seeds. Sunflower greens are a complete protein and are considered to be the most balanced of all the sources of essential amino acids. This form of protein is ideal for helping to build the skeletal, muscular, and neurological system in the body. Sunflower sprouts are a nutritional powerhouse and are packed with vitamins A, E, D, and B-complex and are rich in minerals such as calcium, iron, copper, magnesium, and zinc. They are a great source of chlorophyll which helps to nourish the blood, repair cells and tissues, activate every cell in the immune system, and remove toxins from the body. Sunflower greens contain lecithin which can significantly improve memory and brain function, help to keep the liver and kidneys healthy, aid in vitamin absorption, and can bind fats and cholesterol to water so that they can be removed from the body more easily. Sunflower greens are good for reducing blood pressure, increasing the elasticity of arteries, preventing heart disease, reducing inflammation, and boosting the immune system. They are also very important for helping to reduce stress damage to the body and to keep the nervous and neurological system strong and stable. Sunflower greens are known to be a great expectorant which can help to relieve congestion from the lungs and sinuses. Sunflower greens are easy and quick to grow in your own home and are an incredible way to include fresh, inexpensive, and highly nutritious greens into your diet. Sunflower greens can often be found in the produce section of your local health food store and are a great addition to your fresh salads, juices, smoothies, sandwiches, and wraps.



2. Radishes

Radishes are antibacterial, anti-fungal, and diuretic. They are rich in Vitamin C, folic acid, and anthocyanins and are excellent for sinus congestion, sore throats, chest colds, asthma, and hoarseness. Radishes have the ability to dissolve mucus and acids within the body and expel gallstones from the bladder as well as cleanse the kidneys. Radishes are also very helpful in preventing and fighting urinary tract and bladder infections. Eating radishes on a regular basis can help prevent colds and flus and they are a great anti-cancer food and are known to specifically benefit stomach, kidney, mouth, and colon cancer. They are also good to eat with starchy foods such as pasta, potatoes, and grains as they have enzymes that aid in the secretion of digestive juices. The green leafy tops to the radishes are not only edible, but actually contain more vitamin C, protein, and calcium than the the radish itself. The green tops are highly nutritious and mineral rich and should be valued as much if not more than their roots. Radishes and their greens can be juiced for an excellent detoxifying drink that can soothe the digestive tract and cleanse the entire body. Added to salads, sandwiches, wraps, soups, and stews, radishes and their greens can add vibrant flavor and fantastic nutrition to support your health and body.



3. Asparagus

Asparagus is a fantastic healing vegetable that is high in essential minerals such as selenium, zinc, and manganese which are vital for a strong and healthy immune system. It is also high in vitamins A, K, and B-complex including folate which is a building block for a healthy cardiovascular system and for woman who are trying to conceive. Asparagus contains aspartic acid which is an amino acid that neutralizes excess amounts of ammonia in the body that is often the cause of exhaustion, headaches, and poor digestion. Asparagus contains significant amounts of healthy fiber and protein which helps to maintain blood sugar levels, prevent constipation, stabilize digestion, and stop the urge to overeat. It also contains a compound called asparagine which is a natural diuretic that breaks up oxalic and uric acid crystals stored in muscles and in the kidneys and eliminates them through the urine. This natural diuretic is helpful in reducing water retention, bloating, and swelling in the body. Asparagus is also high in glutathione which is an antioxidant powerhouse and particularly beneficial for those suffering with autoimmune conditions, liver disease, heart disease, cancer, and diabetes. Asparagus is known to help strengthen the liver, kidneys, skin, ligaments, and bones and its chlorophyll content makes it a great blood builder. Asparagus also contains inulin which encourages good bacteria in the gut that boosts nutrient absorption and helps to keep the immune system functioning properly. Asparagus is a nutrient-packed, delicious vegetable that can be eaten raw or steamed and added to soup, salads, stews, rice, and/or veggie dishes.



4. Kale

Kale is a nutritionally packed leafy vegetable that contains incredible healing and rejuvenating properties. Kale is rich in omega-3 fatty acids, chlorophyll, amino acids, vitamins A, C, E, K, B-complex and minerals such as iron, magnesium, copper, and potassium. Kale is an anti-cancer powerhouse and contains phytochemicals such as glucosinolates that help protect the body from breast, colon, prostate, ovarian, and bladder cancer. These glucosinolates are also known to detox the body on genetic level and have the ability to literally transform your body and health. Kale also contains an exceptionally high amount of antioxidants such as carotenoids and flavonoids which are essential for protecting the body from degenerative diseases such as heart disease, diabetes, prostatitis, osteoporosis, and neurological disorders. Kale contains an organic sulfur which has potent antibiotic, antiviral, and anti-inflammatory properties that work to boost to the immune system and provide significant benefits for chronic inflammation and oxidative stress seen in conditions such as fibromyalgia, rheumatoid arthritis, chronic sinusitis, chronic fatigue syndrome, COPD, and irritable bowel disease. Kale also contains isothiocyanates which have been shown to help protect the stomach from H. Pylori bacteria. Kale is part of the Brassica vegetable family which is known to mildly stimulate the liver and other tissues and organs out of stagnancy. Purple kale is a mild, sweeter variety of kale that is a delicious and beautiful addition to any meal. Purple kale is excellent to add to your green juice, wraps, salad, or steamed vegetables.



5. Celery

Celery is a strongly alkaline food that helps to counteract acidosis, purify the bloodstream, aid in digestion, prevent migraines, relax the nerves, reduce blood pressure, and clear up skin problems. Celery contains compounds called coumarins which are known to enhance the activity of certain white blood cells and support the vascular system. Celery's rich organic sodium content has the ability to dislodge calcium deposits from the joints and holds them in solution until they can be eliminated safely from the kidneys. Celery is a well known natural diuretic and has ample ability to flush toxins out of the body. Celery also has significant anti-inflammatory properties making it an essential food for those who suffer from auto-immune illnesses. It also contains significant amounts of calcium and silicon which can aid in the repair of damaged ligaments and bones. Celery is rich in vitamin A, magnesium, and iron which all help to nourish the blood and aid those suffering from rheumatism, high blood pressure, arthritis, and anemia. Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice a day can transform your health and digestion in as little as one week.



6. Mustard Greens

Mustard Greens are one of the most nutritious green leafy vegetables and are packed with health promoting and disease preventing properties. They are exceptionally high in vitamins A, K, & C as well as minerals such as zinc, selenium, calcium, magnesium, and iron. Mustard greens are very beneficial for arthritis, osteoporosis, anemia, asthma, and cardiovascular disease. They are also essential for aiding cognitive disorders such as brain fog, memory loss, and Alzheimer's disease. Mustard Greens contains compounds called dithiolthiones which have strong anti-cancer properties and are particularly beneficial in the protection against breast, colon, prostate, lung, bladder, and ovarian cancers. Mustard greens also have powerful anti-inflammatory properties and are an ideal food for helping auto-immune disorders such as Chronic Fatigue Syndrome, Lyme disease, Fibromyalgia, IBS, Endometriosis, Graves disease, and Multiple Sclerosis. Due to their incredibly high vitamin A content, mustard greens are amazing for eye and vision problems including age related macular degeneration, blurry vision, weak nighttime vision, and dry, itchy eyes. Mustard greens can also help in preventing hair loss and strengthening the roots of your hair. They are also great for keeping your bones and muscles strong. Mustard greens are often used as a detoxifying food and as an overall tonic for the body, specifically the liver. Mustard greens have a spicy, rich flavor and are great juiced with celery and/or cucumbers or added to salads, wraps, nori rolls, soups, stews, or stir-fry. They are also wonderful steamed. Mustard greens are available in several red and green varieties and can range from mild to spicy hot. They can be found at your local supermarket, farmer's market, asian market, health food store, and specialty produce stores.



7. Cucumbers

Cucumbers are a highly alkalizing and hydrating food that are rich in nutrients such as vitamins A, C, K, magnesium, silicon, and potassium. Cucumbers are also packed with antioxidants and enzymes such as erepsin which helps to digest proteins and destroy parasites and tapeworms. The high chlorophyll and lignan content in the cucumber skin makes it a great anti-cancer food and can be particularly helpful in reducing the risk of estrogen related cancers such as breast, uterus, prostate, and ovarian cancer. The high fiber content of cucumbers makes it an excellent remedy for constipation by adding bulk and hydration directly to the colon. Cucumbers are also one of the best natural diuretics around, aiding in the excretion of wastes through the kidneys and helping to dissolve uric acid accumulations such as kidney and bladder stones. They have wonderful anti-inflammatory benefits which can significantly benefit autoimmune and neurological disorders. It can also help to diminish swelling and puffiness underneath the eyes when applied externally. Cucumbers also benefit teeth and gums as the fiber and nutrients help to massage the gums and remove bad bacteria from the teeth. Their high silica content promotes strong and healthy hair and nails which has earned them the reputation for centuries as being a “beautifying” food. Fresh cucumber juice has the ability to cleanse and detox the entire body as well as help to alleviate digestive problems such as gastritis, acidity, heartburn, indigestion, and ulcers. It is also an ideal way to properly hydrate the body since it contains beneficial electrolytes that have the ability to bring nutrients and hydration deep into the cells and tissues making it far more effective than water alone. 16oz of fresh cucumber juice is also an excellent remedy for quickly bringing down a fever in children and the convalescent.



8. Fennel

Fennel is considered both a vegetable and a herb due to its wide ranging nutritional and healing benefits. Fennel is rich in folic acid, vitamin C, magnesium, cobalt, iron, and essential oils that contain powerful anti-bacterial and anti-fungal properties. It is excellent for indigestion and is commonly used as a natural antacid in order to help reduce acidity and inflammation in the digestive tract and to facilitate proper absorption and assimilation of nutrients from food. Fennel has potent anti-flatulent and carminative properties which means it is able to prevent and stop the formation of gas in the stomach and intestines. It is also known to be highly beneficial for sinus congestion, bronchitis, renal colic, anemia, hypertension, macular degeneration, constipation, bloating, diarrhea, and irritable bowel syndrome. Fennel is used to help protect against both cardiovascular disease and cancer. It contains an important anti-inflammatory phytonutrient called anethole that blocks both inflammation and carcinogenesis, which is the mutation of regular cells into cancerous cells. Fennel also has the ability to ease and regulate menstruation by regulating hormonal action properly in the body. Fennel is used amongst nursing women to help stimulate consistent milk flow for their babies. It is also known to help strengthen hair, prevent hair loss, relax the body, and sharpen the memory. Fresh fennel juice can be combined with fresh celery, cucumber, and/or apple juice for a healing and medicinal drink. Fresh fennel juice can also be used topically to swollen or inflamed eyes to reduce irritation, swelling, and fatigue. Fennel has a crunchy, slightly sweet licorice flavor and is a wonderful addition to fresh salads, smoothies, soups, stir-fry, potatoes, and other vegetable dishes. Fennel can be generally found at your local supermarket or farmer's market.



9. Red Cabbage

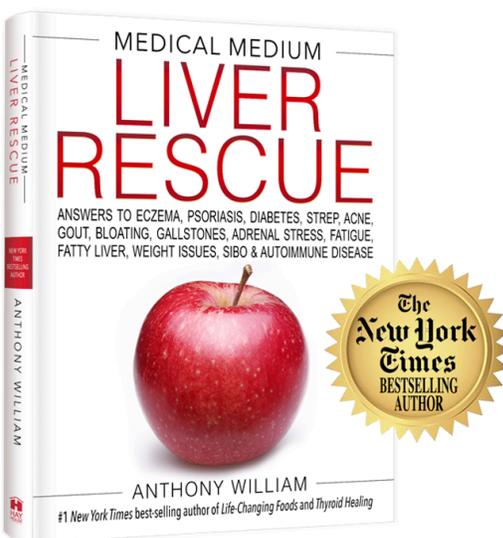
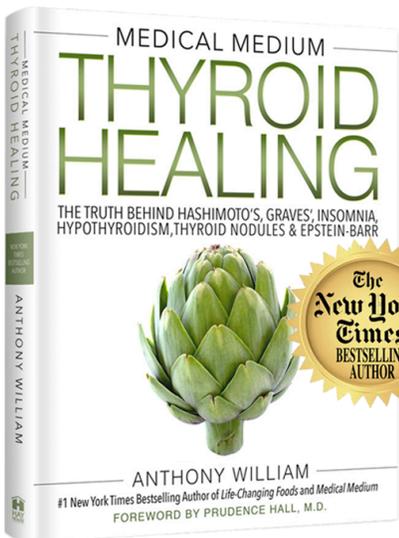
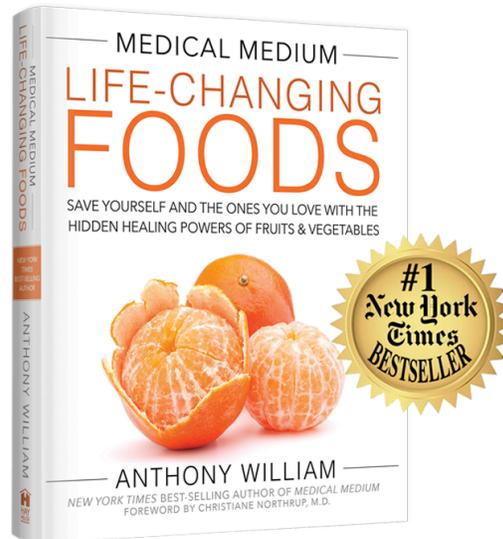
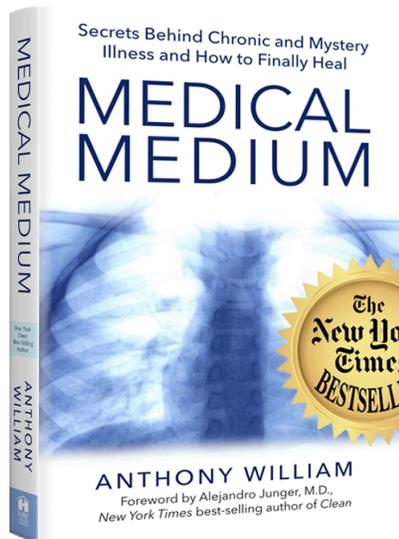
Red Cabbage is one of the most healthful and least expensive vegetables available today. It is rich in vitamins C, K, & B-complex and minerals such as iodine, calcium, magnesium, potassium, and iron. Red cabbage is also high in anthocyanin polyphenols which are powerful antioxidants that contain potent anti-inflammatory, anti-viral, and anti-cancer properties. Red cabbage is well known for its high percentage of phyto-chemicals such as isothiocyanates, zeaxanthin, and lutein which can help to effectively protect the body against colon, breast, stomach, lung, and prostate cancer. It has also been shown to help lower cholesterol levels by working with bile acids in the digestive process to remove cholesterol from the blood. Red cabbage is an ideal food for a healthy digestive tract as it is known to help reduce bad bacteria and promote good friendly bacteria (such as acidophilus) in the gut. Red cabbage is particularly beneficial for the nervous system and has even been shown to help reduce buildup of plaque in the brain that can lead to Alzheimer's disease. It is also an excellent food for ulcers, osteoporosis, constipation, heart disease, candida, age related macular degeneration, fibromyalgia, dementia, and weight loss. Red cabbage is also great for boosting the immune system and reducing chronic inflammation in the body. Red cabbage is highly beneficial when eaten raw or juiced and can be a delicious addition to salads, wraps, nori rolls, and variety of vegetable juice recipes. If you prefer red cabbage cooked, consider eating it lightly steamed or adding it to your homemade soups or stews for more nutritional benefits. Red cabbage pairs well with apples, scallions, ginger, and/or sesame seeds. Red cabbage can be readily found at your local grocery and health food store.



10. Winter Squash

Winter Squash is a highly nutritious and alkaline food which is rich in phytonutrients and antioxidants. Varieties of Winter Squash include Butternut, Acorn, Delicata, Kabocha, Kuri, Buttercup, Spaghetti, Hubbard, Golden Nugget, and Sweet Dumpling. Each one is unique. Have some fun trying the different varieties and finding the ones that you love most. Winter Squash is easy to digest and is an excellent remedy for acidosis and conditions of the stomach, spleen, liver, and blood. It is wonderfully high in Vitamins A, E, C, B-complex, and beta carotene, iron, zinc, copper, calcium, and potassium which are vital for a healthy and strong immune and nervous system. The carotenoids are especially beneficial for protection against heart disease, breast cancer, and macular degeneration. Winter Squash is also known to help reduce inflammation which is excellent for conditions such as asthma, fibromyalgia, and arthritis. It is a low-calorie, fat-free food, yet it is rich in nutrients making it an ideal choice for any weight loss or nutritional program. Winter Squash can be eaten savory with spices such as black pepper, curry powder, or chili pepper, or it can be sweetened with a touch of maple syrup or honey with spices such as cinnamon and nutmeg for a delicious treat. Its creamy and comforting qualities can help satisfy a variety of cravings while still properly nourishing the body and soul. Winter Squash can be steamed, baked, roasted, mashed like potatoes, or blended into a soup. The seeds of winter squash are also edible and can be dried or roasted similarly to pumpkin seeds and are rich in protein, vitamins, minerals, and amino acids such as tryptophan which helps to promote a healthy night's sleep.

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