

The Truth Book

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Chapter 1. Eating Healthy

Green Power

In this book we'll talk about the truths about life that have been hidden from the general public.

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Popeye's Secrets

Figure 1.1. Spinach Calorie for calorie, leafy green vegetables like spinach with its delicate texture and jade green color provide more nutrients than any other food. Although spinach is available throughout the year, its season runs from March through May and from September through October when it is the freshest, has the best flavor and is most readily available.



Health Benefits We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time.

Baldo and other researchers from MIT, the University of Tennessee and the U.S. Naval Research Laboratory, including electrical and biomedical engineers, nanotechnology experts and biologists, collaborated on the world's first solid-state photosynthetic solar cell. The work was reported in NanoLetters, a publication of the American Chemical Society.

Note

Spinach is the most nutrient-filled food. Packed with vitamins A,K,E, folic acid, and many more cancer fighting agents.

Tip

This is a notes. You've been notified.

Phytonutrient Flavonoids for Optimal Health

Researchers have identified at least 13 different flavonoid compounds in spinach that function as antioxidants and as anti-cancer agents. (Many of these substances fall into a technical category of flavonoids known as methylenedioxyflavonol glucuronides.) The anticancer properties of these spinach flavonoids have been sufficiently impressive to prompt researchers to create specialized spinach extracts that could be used in controlled studies. These spinach extracts have been shown to slow down cell division in stomach cancer cells (gastric adenocarcinomas), and in studies on laboratory animals, to reduce skin cancers (skin papillomas). A study on adult women living in New England in the late 1980s also showed intake of spinach to be inversely related to incidence of breast cancer.

Spinach Carotenoid Combats Prostate Cancer

A carotenoid found in spinach and other green leafy vegetables fights human prostate cancer two different ways, according to research published in the the Journal of Nutrition. The carotenoid, called neoxanthin, not only induces prostate cancer cells to self-destruct, but is converted in the intestines into additional compounds, called neochromes, which put prostate cancer cells into a state of stasis, thus preventing their replication.

Helping You Bone Up

Warning

Not eating spinach and other related greens can cause bone problems because of lack of Calcium.

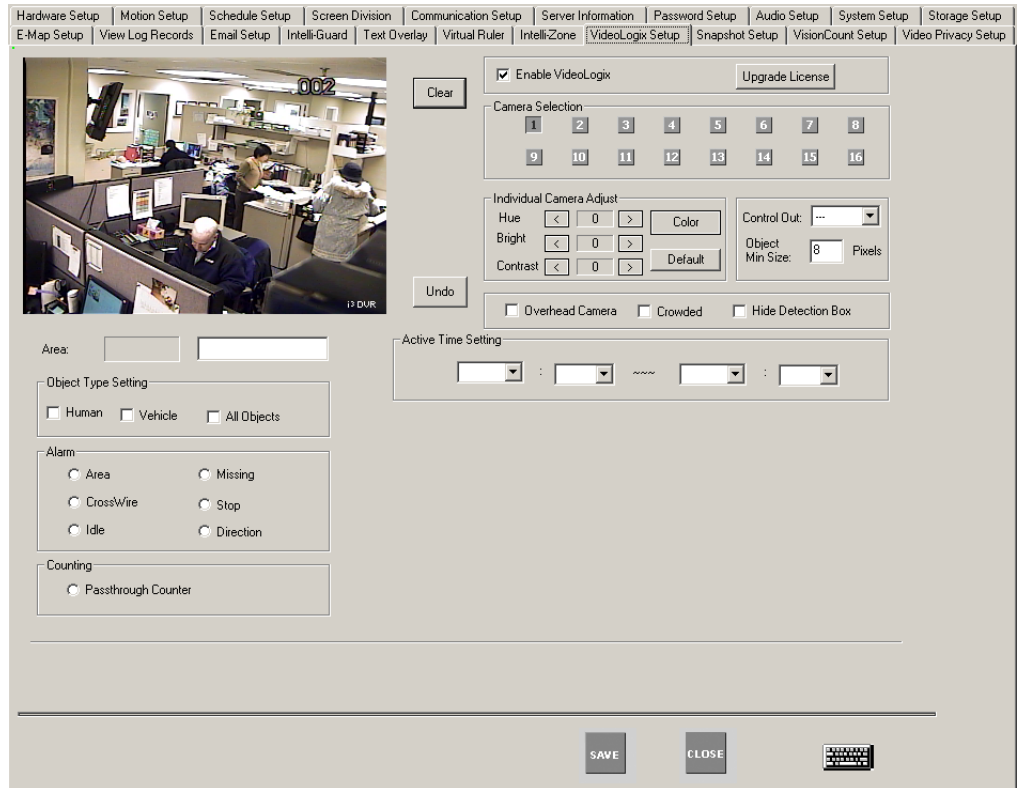
Important

Because of the folic acid concentrates, spinach is very good for cardiovascular functions.

The vitamin K provided by spinach-almost 200% of the Daily Value in one cup of fresh spinach leaves and over 1000% of the Daily Value in one cup of boiled spinach (which contains about 6 times as much spinach)-is important for maintaining bone health. Vitamin K1 activates osteocalcin, the major non-collagen protein in bone. Osteocalcin anchors calcium molecules inside of the bone. Therefore, without enough vitamin K1, osteocalcin levels are inadequate, and bone mineralization is impaired. Spinach is also an excellent source of other bone-building nutrients including calcium and magnesium.

Cardiovascular Protection from Spinach

For atherosclerosis and diabetic heart disease, few foods compare to spinach in their number of helpful nutrients. Spinach is an excellent source of vitamin C and vitamin A, the latter notably through its concentration of beta-carotene. These two nutrients are important antioxidants that work to reduce the amounts of free radicals in the body; vitamin C works as a water-soluble antioxidant and beta-carotene as a fat-soluble one. This water-and-fat-soluble antioxidant team helps to prevent cholesterol from becoming oxidized. Oxidized cholesterol is able to stick to and build up in blood vessel walls, where it can cause blocked arteries, heart attack or stroke. Getting plenty of vitamin C and beta-carotene can help prevent these complications, and a cup of boiled spinach can provide you with 294.8% of the daily value (DV) for vitamin A along with 29.4% of the DV for vitamin C.



Spinach is also an excellent source of folate. Folate is needed by the body to help convert a potentially dangerous chemical called homocysteine that can lead to heart attack or stroke if levels get too high, into other benign molecules. In addition, spinach is an excellent source of magnesium, a mineral that can help to lower high blood pressure and protect against heart disease as well. A cup of boiled spinach contains 65.6% of the daily value for folate and 39.1% of the daily value for magnesium. In addition to its hefty supply of cardioprotective vitamins and minerals, a study published in the Journal of Agriculture and Food Chemistry has revealed that spinach Rubisco contains four peptides (protein components) that inhibit angiotensin I-converting enzyme-the same enzyme blocked by ACE inhibitor drugs, which are used to lower blood pressure. When given to laboratory animals bred to be hypertensive, spinach produced a blood pressure lowering effect within two to four hours. How much spinach did the animals have to eat to get this beneficial effect? Just 20 to 30 mg of these powerful spinach peptides for each kilogram (2.2 pounds) of their body weight. In human terms, what

this suggests is that an entrée-sized spinach salad for lunch or a serving of steamed spinach as part of the evening meal may have a salutary effect on blood pressure two to four hours later.

Promotes Gastrointestinal Health


The vitamin C and beta-carotene in spinach help to protect the colon cells from the damaging effects of free radicals. And the folate in spinach helps to prevent DNA damage and mutations in colon cells, even when they are exposed to cancer-causing chemicals. Studies show that people who eat foods high in vitamin C, beta-carotene, and/or folate are at a much lower risk of getting colon cancer than those who don't.

Anti-Inflammatory Nutrients

The nutrients in spinach can also help with conditions in which inflammation plays a role. For example, asthma, osteoarthritis, and rheumatoid arthritis are all conditions that involve inflammation. Since beta-carotene and vitamin C have anti-inflammatory properties, they can be helpful for reducing symptoms in some patients. In addition, the magnesium and riboflavin in spinach, two nutrients of which it is an excellent source, may help to reduce the frequency of migraine attacks in people who suffer from them.

Chapter 2. Eating Colorful

Colors of the Rainbow

 **Caution**

Try not to overcook vegetables, this will damage the cancer fighting phytochemicals.

Foods of many colors are known to have many different health and life-giving values. God made different variety of foods so we can enjoy different taste, and different benefits.

Reds

The color red in food is known to be strong in Vitamin A, folic acid, and phytonutrients.

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