

## FEATURED ARTICLE



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### CULINARY DELIGHT OR HEALING FOOD?

When it comes to our diet, our food habits and choices make a big difference in our overall health. While eating out is convenient, preparing our own food at home is not only healthier for us; it also contains less salt, sugar and preservatives often found in high amounts in packaged and premade meals.

When cooking for our families and ourselves, most of us use ingredients that taste good and are appealing to our senses. The following list of foods not only are culinary delights in terms of taste and ease of use, they also serve a punch in terms of health giving benefits.

**Broccoli**- Ok, not everyone's favourite vegetable, but in terms of the ways it can be used and the benefits it brings to our bodies, is definitely worth adding to some meal of the day. Broccoli is a cruciferous vegetable that contains high amounts of fibre, calcium and iron. It also is a source of indole- 3 carbinol and sulphoraphane, two well-studied ingredients. Indole -3 carbinol has evidence in having anti cancer, anti oxidant, and anti estrogenic effects. Sulforaphane is a sulphur containing molecule that has anti cancer, antioxidant, anti-inflammatory and cardiovascular benefits. Eating about ½ a cup per day will offer these benefits.

**Turmeric (Curcuma longa)**- As a key ingredient in Indian food, this root is a mildly flavoured spice that not only creates a bright colour to a meal or beverage, it is also an amazing super food. It often is found in concentrated forms in capsules called 'curcumin', but using it in food preparation also provides health benefits such as reducing inflammation, fighting cancer, protecting the liver and cardiovascular system. It is arguably the most studied medicinal herb with over a thousand articles stating its benefits. Try to add up to 1 teaspoon daily to soups, smoothies, beans and rice.

**Garlic (Allium sativum)**- Not only does garlic add a wonderful aroma and flavour to almost any dish, it also contains ingredients such as the much studied 'allicin' that has shown to treat a multitude of diseases. Research on garlic has shown to have positive effects on our cardiovascular health by helping reduce blood pressure, aiding circulation and bringing down cholesterol levels. It is also has potent antifungal and antimicrobial effects, being useful in treating colds and bacterial infections. Other conditions it has been shown to be useful in is treating diabetes and cancer. Consume at least 3 cloves per day- cooked, juiced or raw.

**Blueberries** - As a popular food for both adults and children alike, blueberries are an excellent food to add to a meal everyday. These densely packed little morsels are good for us given its high ORAC value (a score that determines a food's antioxidant ability) and amazing sweet flavour. Blueberries have shown to benefit circulation, eyesight, memory and weight loss. It contains a third of our daily need of vitamin K and has a significant dose of vitamin C. About ½ cup per day can be easily used in smoothies, in baking, sprinkled on salads and topped on cereal.

With so many wonderful foods in season right now, particularly the ones listed above, be sure to use these foods as a daily staple in your diet.

**“Let food be thy medicine and medicine be thy food.”**

~Hippocrates