

## Natural Miracles – Phytonutrients – Eating from the 7 Colors of Food – Very Healthy

Did you know that color is the most effective way for choosing fruit and vegetables. Why? Choosing foods by their color is a key fact. Unfortunately, "most Americans eat only two to three servings of fruits and vegetables per day without regard to the phytochemical contents of the foods being eaten" (7). The color of fruits and vegetables correlates with their phytochemical composition; furthermore all phytochemicals have antioxidant effects. So selecting fruits and vegetables based on their colors acts as a nutrition guide for consumers that helps people change their dietary patterns. Ideally, fruits and vegetables should contain each of the seven color groups each day (7).



Make your food colorful – there are seven major colors for fruits and vegetables – see below for their benefits...

### **Red**

Eating red fruits and vegetables such as tomatoes and tomato products, strawberries, and watermelon, helps the body to prevent cancer because of Lycopene, which may inhibit cholesterol synthesis and enhance LDL degradation. Tomato products are more effective than tomatoes themselves.

### **Red/ Purple**

Foods like berries, grapes, and red wine, because of their anthocyanins and polyphenols, help maintain brain function and protect coronary heart diseases.

### **Orange**

Foods like carrots, mangoes and pumpkins, because of their carotene compounds, can help neutralize free radicals that may damage cells, bolster cellular antioxidant defenses, and can be made into vitamin A in the body.

### **Orange/ Yellow**

Flavanoids in cantaloupe, peaches, oranges, papaya and more may contribute to maintenance of heart health, and neutralize free radicals that may damage cells, and bolster cellular antioxidant defenses.

### **Yellow/ Green**

Foods like spinach, avocado, and honeydew contain Lutein and Zeaxanthin that may contribute to maintenance of healthy vision.

### **Green**

Broccoli, cabbage, and cauliflower may enhance detoxification of undesirable compounds, because of their Indoles and Glucosinolates.

### **White/ Green**

Leeks, onions, garlic, and chives contain Allyl sulphides that contribute to these foods' strong odor. They inhibit cell proliferation of cancer cells and studies show that they may be useful for in vivo clinical use against Helicobacter pylori infections and also bolster the immune system.

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## **Eat Healthy and Drink Plenty of Kangen Alkaline Water**

“**The Seven Pillars of Health**” are listed in Dr. Don Colbert’s book by the same title...

1. **Alkaline Water** – 5 to 8 glasses a day.
2. **Quality Sleep** – 7 to 9 hours a night.
3. **Living Food** vs Dead Food – metabolize phytonutrients from the 7 colors of the rainbow everyday.
4. **Exercise** stirs your water & moves your lymphatic system – drink Alkaline Water during & after exercise.
5. **Detoxification** – Alkaline Water is the most potent & effective detoxifier.
6. **Nutritional Supplements** – Alkaline Water multiplies absorption.
7. Manage **Stress** or it’ll kill you – Alkaline Water neutralizes the excess acid produced by stress.

Quality Alkaline Water is #1 on top of the list, plus it plays a major role in point #'s 4 to 7.

In his excellent book, “**The pH Miracle**”, Dr. Robert Young makes the case for eating an 80% alkaline diet. This book is filled with dozen’s of testimonials of very sick people, given up for dead by the medical profession, who miraculously turned their health around.

The book emphasizes...

“The single most important thing you will learn in this book is to get your body plenty of pure water. And NOT just ANY WATER – alkalizing water having a pH over 9 will neutralize stored acidic wastes and remove them from your body.”

Another excellent read is “**Your Bodies Many Cries for Water** – you’re not sick; you’re thirsty – don’t treat thirst with medication”, by Dr. F. Batmanghelidj, M.D.

This brilliant Doctor demonstrates in this most informative book how medical science has focused on the 25% of body mass (i.e. a heart, lung, kidney problem, etc.), instead of on the 75% of water in our body, that if pH balanced, will bring life to your cells for every organ to heal and function healthily.