



Food Apothecary

A Guide to the Nutritional Superpowers of Food.

Here is an alphabetical list of food that is:

1. Nutritionally dense
2. Sugar-rebalancing
3. Liver-supporting and detoxifying
4. Healing to the gut

These foods are widely used in our recipes.

Food	Benefits
Avocado	<p><i>Anti-histamine. Anti-inflammatory. Nutritionally dense. Anti-carcinogenic. Sugar-balancing.</i></p> <p>Most people know avocado for its “good fats.” But, there is more. Avocados are a good source of proteins as well. The most nutritious part is near the skin, it’s therefore best to scoop it up as close to the skin as possible.</p>
Bee pollen	<p><i>Anti-histamine. Anti-allergenic. Anti-asthmatic. Nutritionally dense.</i></p> <p>Bee pollen is pollen grain collected by honeybees from various plants. Each grain is a rounded granule which the bees collect in their pollen baskets. The “flowery” taste of honey comes from small amounts of pollen in the honey (this can only happen when honey is raw and unheated).</p> <p>Bee pollen consists of a very concentrated source of nutrients; virtually each vitamin is found here. It is especially rich in vitamins B2, B3 and B5.</p> <p>Bee pollen is a phytochemical powerhouse and it is sometimes called the ultimate nutraceutical. It is uniformly rich in carotenoids, flavonoids and phytosterols.</p> <p>Bee pollen has been effectively used by people with allergies and hay fever due to its potent antihistamine and anti-allergenic properties.</p> <p>Adding just one teaspoon of bee pollen is equivalent to a hearty serving of vegetables.</p>

	<p>During allergy or hay fever season, triple or quadruple your daily pollen intake to 3 to 4 teaspoons. Take 1000 mg vitamin C and propolis for best results. This will provide your body with enough antihistamines to alleviate the symptoms.</p> <p>Precautions: be sure you are not allergic to bee pollen. It's best to start with a few granules to rule out allergies.</p>
<p>Beta-carotenes</p>	<p><i>Rich antioxidant. Immune system boosting. Thyroid-healing.</i></p> <p>Beta-carotene is part of a group of compounds called carotenoids, and is the most active precursor of vitamin A. Beta carotene is converted into vitamin A. While many people take beta carotene supplements, it's important to understand that beta carotene is just one of the carotenoids that exist. The best way to get it is to eat foods that are rich in vitamin A, as well as beta carotene.</p> <p>Beta-carotene is an antioxidant-- antioxidants are crucial to hormonal health. They act as free radical scavengers, protecting our bodies from the damage caused by reactive oxygen species that are created by oxidation reactions and damage our cells. A lack of antioxidants may result in thyroid damage from hydrogen peroxide every time iodine is processed by the thyroid.</p> <p>Best sources: liver, egg yolk, carrots, pumpkin and sweet potatoes are the richest source of beta-carotene as well as dark leafy vegetable, orange-yellow fruits and vegetables.</p>
<p>Butter</p>	<p><i>Hormone-supporting. Anti-inflammatory. Bone-building.</i></p> <p>Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol – a precursor of steroid hormones like estrogen, progesterone, testosterone, cortisol and DHEA.</p> <p>Vitamin A and vitamin E found in butter both play a strong antioxidant role and boost the immune system and help build strong bones.</p> <p>Butter is a very rich source of selenium, a vital anti-oxidant–containing more per gram than herring or wheat germ.</p> <p>The notion that butter causes weight gain is a sad misconception. The short and medium chain fatty acids in butter are not stored in the adipose tissue, but are used for quick energy. Fat tissue in humans is composed mainly of longer chain fatty acids. These come from olive oil and polyunsaturated oils as well as from refined carbohydrates.</p>

<p>Calcium</p>	<p><i>Bone health-supporting. Hormone-supporting.</i></p> <p>Calcium is a mineral with many functions. In addition to its widely known role in bone health, calcium is used to help control muscle and nerve function, as well as to manage the acid/base balance in our blood stream.</p> <p>At any given time, about 99% of our total body calcium stores are found in bones and teeth. While calcium is the most critical nutrient to skeletal health, other nutrients such as vitamin D, vitamin K and magnesium are needed to help absorb and use calcium in the bones.</p> <p>Fat is an important macronutrient that needs to be present for calcium, magnesium, vitamin D and K to be absorbed. This is why low-fat diets leave many women with osteoporosis, in spite of the fact that they consume dairy. Similarly, calcium supplements taken without the helper compounds are worthless and can be even harmful, as excess calcium gets deposited in the bone joints, causing degeneration.</p> <p>You may need extra calcium if you are a post-menopausal woman or have a digestive condition, like leaky gut, which impaires absorption.</p> <p>Dairy does not have to be your dietary source of calcium. Not only do sardines, bone broths, fruits, vegetables, nuts, seeds and seafood contain substantial amounts of calcium, there is scientific evidence that you actually absorb more calcium from cruciferous vegetables than you do from dairy.</p> <p>Best sources: dark green vegetables, bone broths, organ meats, sardines with bones and dairy (not recommended unless you can tolerate).</p>
<p>Camu camu (Peruvian berry)</p>	<p><i>Chock full of Vitamin C. Immune system-boosting. Anti-viral. Detoxing. Liver-supporting. Adrenal-supporting. Anti-histamine.</i></p> <p>Camu camu is a shrub that grows in swampy or flooded areas of the Amazon rainforest of Peru, Brazil, Venezuela and Colombia. Camu camu berries contain many nutrients including vitamin C, beta-carotene, fatty acids and proteins.</p> <p>Camu camu packs the highest recorded amount of natural vitamin C known on the planet; Vitamin C acts as a master antioxidant that helps to neutralize free radicals responsible for many chronic diseases and accelerated aging.</p> <p>Vitamin C is also essential for the adrenal glands and for the immune</p>

	<p>conditions like Hashimoto's thyroiditis, Celiac's, ulcerative colitis, etc.</p> <p>Vitamin C is a key activator in liver phase II detoxification (called the glutathionation pathway), which is responsible for the excretion of heavy metals, pesticides, painkillers, antibiotics and alcohol, which is key in maintaining a good hormonal balance.</p> <p>Camu camu is also used for viral infections and for eye conditions including cataracts and glaucoma. Other uses include the treatment of asthma, atherosclerosis (hardening of the arteries), chronic fatigue syndrome, depression, gum disease (gingivitis), headaches and osteoarthritis.</p> <p>Precautions: there are no known conditions that will react to camu camu. However, as with all new and potent food, we recommend testing it with a small quantity first (tip of a knife) before introducing it to your diet on a regular basis.</p>
<p>Chia seeds</p>	<p><i>Gut-healing. Antioxidant. Hormone- balancing.</i></p> <p>Chia seeds are not only a great source of fiber for healthy digestion. They also have an exceptionally high concentration of essential fatty acids (EFAs).</p> <p>EFAs, such as omega-3 fatty acids, are important for the respiration of vital organs, yet the human body is unable to manufacture them itself; they must be obtained through diet.</p> <p>Chia seeds are known as having the highest omega-3 content of any plant-based source, containing 64 percent alpha linolenic acid (ALA). ALA is a precursor to EPA and DHA, longer chain Omega- 3 fatty acids which are important to essential bodily functions. Omega-3 fats create healthy cell membranes, allowing hormones to reach their destinations within the body. The omega-3 to omega-6 ratio is also highly favorable in chia, representing a healthy balance of 3:2.</p> <p>Chia is high in complete protein, containing about 23 percent protein per seed. All essential amino acids are present and appropriately balanced within the protein, making it complete and nutritious in and of itself.</p> <p>Chia seeds form a gel that, when eaten, produces a physical barrier between carbohydrates and digestive enzymes in the stomach. This process effectively slows the rate at which carbohydrates are converted into blood sugar, making chia a great addition to a hormone balancing diet.</p>

<p>Chlorophyll</p>	<p><i>Alkalizing. Detoxifying. Anti-carcinogenic. Anti-inflammatory.</i></p> <p>Chlorophyll is what makes plants green. It is a complex chemical molecule that with the help of the sun, converts carbon dioxide and water to glucose and oxygen. In short, chlorophyll gives plants their life.</p> <p>Wheatgrass, green algae (especially chlorella and spirulina) and all green leafy vegetables are all very high in chlorophyll.</p> <p>You may want to expose the sprouts to the sun so they can develop their chlorophyll.</p> <p>Precautions: none known.</p>
<p>Coconut milk, coconut oil, coconut butter</p>	<p><i>Immune-boosting. Hormone-balancing. Blood sugar-stabilizing. Anti-fungal. Anti-bacterial.</i></p> <p>Unlike most tree nuts, coconut does not contain omega-6 fatty acids. Instead, it is rich in healthy small to medium chained triglycerides (MCTs), which are saturated fats. These fats are great for weight loss, with hormone balancing, sugar stabilizing and immune boosting properties. Coconut also contains lauric and caprylic acid which are natural anti-fungal and anti-bacterial agents.</p> <p>Also, because MCTs are a saturated fat, they do not oxidize easily or produce free radicals. Coconut oil is very stable for cooking at high temperatures and will keep at room temperature for very long periods of time.</p> <p>Coconut is also a rich source of manganese, a mineral necessary to help the body repair damage caused by free radicals. Copper, iron and selenium are also found in significant quantities in coconut, as are calcium, magnesium, phosphorous, potassium and zinc to a lesser degree. Coconut is a fairly good source of many B vitamins, including thiamin, riboflavin, niacin, vitamin B6, folate, and pantothenic acid. Coconut is also a source of vitamins C and E, phytosterols and fiber.</p> <p>Precaution: It should be noted that coconut does contain some phytic acid (although much lower than most tree nuts), which can be a problem for some people struggling with autoimmune issues. For people with IBS, coconut water and pulp can be problematic due to a high amount of sugars known as polyols. This means that if you are following the low FODMAP protocol, avoid or limit coconut pulp and water but feel free to use coconut oil.</p> <p>Recommended brand: Native Forest (non-BPA, organic, no additives, just</p>

	milk), Artisana (for coconut oil and coconut butter).
<p>Collagen and gelatin</p>	<p><i>Gut and liver supporting. Hormone-regulating.</i></p> <p>Collagen is found in animal bones and is rich in less common amino acids: glycine, lysine and proline – which are <i>not</i> found in animal meat. Collagen plays a key role in rebuilding the connective tissue in our joints as well as the GI tract. Collagen can be consumed in room temperature. It's a highly nutritional compound. Recommended brand is Great Lakes which you can purchase online.</p> <p>Gelatin is the “cooked” part of collagen, derived from animal bones – typically from cows or pigs. It is <i>not</i> the commercial jelly products which are one of the worst chemical concoctions. Real gelatin is rich in glycine, which supports the liver detoxification process. Gelatin has anti-estrogenic effects which can help offset the effects of excess estrogen in the body, help improve digestion and assist in weight loss caused by estrogen dominance.</p> <p>The most cost-effective and nutrient dense way to consume Gelatin is in the form of homemade bone broth. Stocks made from fish heads (and therefore the thyroid glands of the fish) supply thyroid hormones and other substances that nourish the thyroid gland.</p> <p>Recommended brand: Great Lakes.</p>
<p>Cruciferous vegetables</p> <p>(cabbage, broccoli, cauliflower, collard greens, bak choy, brussel’s sprouts, kale, arugula)</p>	<p><i>Thyroid and liver-supporting. Immune-boosting. Estrogen metabolism-promoting.</i></p> <p>Among the vegetables, these are the superstars.</p> <p>They contain phytonutrients that are great for liver detoxification, and they are rich in Vitamin A, carotenoids, Vitamin C, folic acid, Vitamin K (which regulates our inflammatory responses – very common in people with autoimmune conditions), and fiber. They are very high in diindolylmethane (DIM) which supports estrogen metabolism (getting rid of “used” estrogen metabolites).</p> <p>Many people with thyroid conditions are scared of cruciferous vegetables. Steaming and cooking them neutralizes their thyroid-inhibiting properties, so it's therefore still recommended to eat them. Cooking cruciferous vegetables before consumption also helps to minimize the gas that they produce in some individuals. They offer more healing than any other vegetables for women with hormonal imbalances due to their rich nutritional profile and liver-supporting function.</p>

<p>Dandelion</p>	<p><i>Liver-detoxifying. Gut-supporting. Anti-bacterial. Acne-fighting. Blood pressure-regulating.</i></p> <p>Dandelions are thought to have evolved about thirty million years ago in Eurasia. They have been used by humans for food and as an herb for much of recorded history. They have been used in herbal medicine to treat infections, bile and liver problems and as a diuretic.</p> <p>They are rich in Vitamin A, Vitamin E, Vitamin C, Vitamin K, Vitamin B2 (riboflavin), fiber, potassium, iron, calcium, magnesium, manganese, zinc, and phosphorus. Dandelion roots contain inulin and levulin, starch-like substances that may help balance blood sugar, as well as a bitter substance (taraxacin) that stimulates digestion. The very presence of a bitter taste in the mouth promotes the flow of bile from the liver and gallbladder, as well as stimulates HCL acid production in the stomach.</p> <p>Rough dry skin and acne, constipation, gas and bloating, frequent headaches and PMS are all potential symptoms of an overburdened liver. Dandelion, with its liver-detoxifying properties, can help these conditions. Because of its diuretic effect, dandelion greens can also be helpful in lowering blood pressure and relieving premenstrual fluid retention.</p> <p>Precaution: Since it is a diuretic it is therefore recommended with caution for people with kidney and kidney stone problems.</p> <p>Dandelion is also a ragweed – if you are allergic to ragweed, avoid it.</p>
<p>Flaxseed</p>	<p><i>Estrogen-rebalancing. Sugar-balancing. Nutrient dense. Antioxidant. Gut-supporting. Anti-carcinogenic. Anti-inflammatory.</i></p> <p>Flaxseed contains lignans, unique fiber-related polyphenols that provide us with antioxidant benefits. They are high in fiber, with phytoestrogens promoting healthy estrogen metabolism and anti-breast cancer properties. They are also a wonderful source of fiber to create a healthy bowel movement. The antioxidant benefits of flaxseeds make them nutrient dense and have long been associated with the prevention of cardiovascular diseases. Recently, they have also been tied to decreased insulin resistance as well as weight loss for those with hormonal conditions and autoimmune diseases.</p> <p>Flaxseed is often feared for being estrogenic. This is correct, however flaxseed helps stir the balance of the 2:16 hydroxyestrone ratio; 2-hydroxyestrone being the “protective estrogen” and 16alpha-hydroxyestrone being the “aggressive estrogen” linked to conditions like</p>

	<p>breast and uterus cancer.</p> <p>Flaxseed is an excellent source of alpha-linolenic acid (ALA), the simplest form of Omega-3 fatty acid. ALA, as mentioned, is the important primary building block for EPA and DHA. Our immune, inflammatory, cardiovascular and nervous systems simply cannot function correctly without sufficient amounts of EPA and DHA. When we don't have enough ALA, we don't have enough EPA and DHA (unless we've eaten foods that contain them). So the ALA in flaxseed has a critical role to play in the health of many body systems as the key building block for EPA and DHA.</p> <p>Precaution: Some people have gastrointestinal symptoms, such as gas and bloating, when they first begin to incorporate flaxseed into their diet. Start with a small amount, such as half a teaspoon, and slowly build yourself up to your intake goal. When increasing fiber intake in the diet, it is also a good idea to increase water intake as well.</p>
<p>Garlic and Onions</p>	<p><i>Liver-supporting. Antibacterial. Cancer-fighting. Anti-inflammatory and anti-bacterial.</i></p> <p>Garlic and onions are members of the vegetable family known as allium and have a number of health effects such as fighting infection, preventing heart disease and some cancers. They are high in sulfur which is one of the compounds needed to bind with various toxins during liver detoxification.</p> <p>They are also rich in selenium which helps to balance our thyroid hormones and has been shown to decrease TPO antibodies in Hashimoto's patients.</p> <p>Raw garlic is also a natural anti-bacterial agent (but not when cooked). It contains the ingredients needed to make allicin, an infection and cancer-fighting enzyme that helps in lowering blood pressure. Allicin also contains antibacterial and immune boosting agents which help fight and prevent the common cold, while also promoting antioxidant activities that help trap damaged free radicals in our body.</p> <p>Garlic is also known to help regulate blood sugar levels for healthy hormonal metabolism and has been shown to help treat diabetes.</p> <p>Onions contain phytochemical compounds as well, such as phenolics and flavonoids, that research shows to have potential anti-inflammatory, anti-cholesterol, anticancer and antioxidant properties.</p> <p>Human studies have shown that onions can help increase our bone density and may be of special benefit to women of menopausal age who are experiencing loss of bone density.</p>

	<p>Precaution: Onions and garlic are high on the FODMAP scale due to oligosaccharides, a form of sugar, known to be problematic to people with “leaky gut” or IBS. Do not eat much or any (this is typically a temporary change) for a few weeks. Interestingly, the green part of spring onions and leeks are low in oligosaccharides and can be tolerated well by most people.</p> <p>Some people can eat cooked onions and garlic without digestive upset, but when eaten raw, they experience stomach distress. Therefore, when consuming it is important to always listen to your body.</p>
<p>Green Matcha Tea</p>	<p><i>Estrogen regulating. Immune-boosting. Anti-inflammatory. Anti-carcinogenic.</i></p> <p>Matcha means “rubbed” or “ground” tea and is the Japanese term for the precious powdered green tea, traditionally reserved for the Japanese Tea Ceremony. Green tea is made from the unfermented leaves of the Camellia sinensis plant that is native to East Asia. It is a popular beverage in many parts of the world.</p> <p>The Chinese and Japanese monks have been using matcha for centuries as a way to get into a place of high relaxation but also to stay alert. We now know from a scientific perspective that this is due to an amino acid called L-theanine. L-theanine promotes the production of alpha waves in the brain which induces relaxation without the inherent drowsiness caused by other relaxing agents.</p> <p>Another benefit of L-theanine is the production of dopamine and serotonin. These two neurotransmitters serve to enhance mood, improve memory and promote better concentration.</p> <p>While all green teas naturally contain caffeine (although far less than coffee), the energy boost received from matcha lasts for 6 hours and tends not to create coffee-like side effects such as hypertension, sugar spikes, and jitters. It’s good, clean, and sustained energy.</p> <p>The leaves are a rich source of immune boosting anti-oxidant polyphenols called catechins, along with vitamin C, and have also been used traditionally to treat a variety of conditions including high cholesterol, certain types of cancers, diabetes, liver diseases and inflammatory bowel disorder.</p> <p>Studies have shown that blood estrogen levels were 13 percent lower in women who regularly drink green tea, as compared to irregular tea drinkers. It was revealed that in the laboratory green tea enhances the anti-estrogen effects of drugs such as tamoxifen. Tamoxifen is often</p>

	<p>consuming green tea may be beneficial to breast cancer patients.</p> <p>As a result, green matcha tea can be excellent in regulating estrogen levels. While too much estrogen (estrogen dominance) can increase our risk of serious conditions like breast cancer, not enough estrogen can be indicative of osteoporosis as well as an increase in symptoms in menopausal women like hot flashes, night sweats, vaginal dryness and mood swings.</p> <p>Recommended brand: DoMatcha.</p>
<p>Hemp seeds</p>	<p><i>Hormone-balancing. Immune system-supporting. Nutrient dense.</i></p> <p>Hemp seeds play an essential role in the Omega-3 fatty acids pathway, like flax and chia seeds. They are high in alpha-linolenic acid (ALA), the precursor of the longer-chain fatty acids EPA and DHA. Hemp seeds also contain essential minerals including calcium, magnesium, phosphorus, potassium and sulphur and are an excellent source of dietary fiber. Hemp seeds provide Essential Fatty Acids (EFAs), Linoleic Acid (LA), and Linolenic Acid (LNA) as well as containing Gamma Linolenic Acid (GLA). EFAs are required by the human body in order to maintain hormonal balance, healthy skin, hair, general health and wellbeing. The EFAs in hemp seeds help boost the immune system and help to clear the body's arteries.</p> <p>Research links essential fatty acid deficiency with cancer, cardiovascular disease, autoimmune disorders, impaired wound healing, breast pain, pre-menstrual syndrome, hormonal imbalance, multiple sclerosis, skin and hair disorders. Hemp seeds are also rich in the vitamin E complex of tocopherols and tocotrienols, which are antioxidants, and contain many trace minerals.</p> <p>Hemp Seeds help us to burn fat because they are a source of GLA, which is a type of fat that helps you cut belly fat. They are rich in fiber, which will help you feel full. Simply adding 2-3 tablespoons to your smoothies or sprinkled over your salad makes hemp seeds a super hormone-balancing food.</p> <p>Excellent source of protein, containing all nutritionally significant amino acids, including the 9 essential ones adult bodies cannot produce.</p>
<p>Lemon Zest</p>	<p><i>Liver-supporting. Detoxifying. Anti-carcinogenic.</i></p> <p>Lemon zest contains d-limonene, which is a great liver detoxifier and contains anti-carcinogenic properties. D-limonene helps detoxify excess</p>

	<p>dominance. D-limonene is also used to promote weight loss, treat and prevent cancer and treat bronchitis.</p> <p>Lemon zest is also a rich source of immunity-boosting vitamin C, which also helps synthesize collagen-- great for gut health and liver detoxification.</p> <p>It is also an excellent source of dietary fiber, which helps regulate healthy bowel movements, assists in weight loss, lowers your cholesterol, and balances blood sugar-- potentially lowering your risk of colorectal cancer. Fiber from foods such as lemon peels may also help protect against chronic conditions such as type 2 diabetes and heart disease.</p> <p>Precaution: if you are on a low-histamine protocol, please avoid lemon zest. Otherwise, lemon zest is safe to use.</p>
<p>Maca root</p>	<p><i>Energy-boosting. Progesterone-boosting. Blood sugar-rebalancing.</i></p> <p>Maca grows in central Peru in the high plateaus of the Andes mountains. It has been cultivated as a vegetable crop in Peru for at least 3000 years. Maca is a relative of the radish and has an odor similar to butterscotch. Its root has been used to make medicine for centuries. Farmers in Peru use maca root to boost the fertility of their cattle.</p> <p>Maca is used for “tired blood” (anemia); chronic fatigue syndrome (CFS). It enhances energy, stamina, athletic performance, memory and fertility. Women use maca for female hormone imbalance, menstrual problems and symptoms of menopause. Maca is known on the one hand to increase estradiol, and on the other to regulate progesterone –resulting in estrogen balance. This is due to its adaptogenic qualities.</p> <p>Maca is popular herb with menopausal women as it can help with insomnia, night sweats, depression, memory loss, and concentration. It also can improve libido.</p> <p>Magdalena’s favorite way of using maca is by adding it to her smoothies and masking its taste with raw cacao powder.</p> <p>Precautions: Women with a history of breast and ovarian cancers should not use maca for its estrogenic qualities.</p>
<p>Magnesium</p>	<p><i>Blood sugar-rebalancing. Inflammation-controlling. Hormone-balancing.</i></p> <p>Magnesium is needed for hundreds of your body's basic functions,</p>

	<p>metabolize sugar and fats. It also helps your nervous system and combats such problems as insomnia and anxiety.</p> <p>Adults who consume less than the recommended amount of magnesium are more likely to have elevated inflammation markers.</p> <p>Inflammation, in turn, has been associated with major health conditions such as heart disease, and hormone imbalances that lead to endocrine disorders like diabetes and certain cancers. Also, low magnesium appears to be a risk factor for osteoporosis and depression related to stress.</p> <p>Excess estrogen reduces circulating magnesium, which then leads to an excess of calcium. This creates an unfavorably high calcium/magnesium ratio. (Question: what are the consequences of a high calcium/magnesium ratio?) Magnesium deficiency causes lesions of the arteries and the heart.</p> <p>It's safe to get high levels of magnesium from whole foods. Natural food sources of magnesium include: pumpkin seeds, green, leafy vegetables (like spinach), nuts, beans and peas.</p>
<p>Milk Thistle</p>	<p><i>Liver-supporting. Detoxifying. Antioxidant. Anti-inflammatory.</i></p> <p>Milk thistle been used for over 2,000 years for the treatment of liver and gallbladder disorders, since it protects liver cells from damage and promotes detoxification. It also has antioxidant and anti-inflammatory effects. It is often used to treat jaundice, chronic inflammatory liver disease, loss of appetite and heartburn.</p> <p>Milk thistle is a precursor to glutathione, which is essential in the liver detoxification process that clears out excess metabolized hormones. It normalizes hormone levels by clearing excess estrogens.</p> <p>In addition to the uses stated above, some people also use milk thistle for diabetes, hangover, diseases of the spleen, prostate cancer, malaria, depression, uterine complaints, increasing breast milk flow, allergy symptoms, and alleviating PMS symptoms.</p> <p>Precaution: It can enhance the effects of estrogen and have estrogenic impact on some. If you find yourself having estrogen dominance symptoms such as PMS, stop using it.</p>
<p>Parsley</p>	<p><i>Cleansing. Liver-supporting. Anti-inflammatory. Anti-carcinogenic. Promotes cardiovascular health.</i></p>

	<p>Parsley is often used in garnishes when it should be a larger part of our diet-- it is one of the most potent superfoods. It is extremely high in vitamin C, K and high in vitamin A. Its unique health benefits come from volatile oil components (myristicin, limonene, eugenol, and alpha-thujene) and flavonoids (apiin, apigenin, crisoeriol and luteolin). Myristicin has been shown to inhibit tumor formation and activate an enzyme process involving glutathione, which protects the body from harmful oxidized molecules .</p> <p>Parsley is an excellent remedy for restoring our digestion. It improves the digestion of proteins and fats by promoting intestinal absorption, liver assimilation and nutrient (?) storage. Because of its high enzyme content, parsley benefits digestive activity and elimination. Parsley also enriches the liver and nourishes the blood. It helps reduce liver congestion, clearing toxins and aiding rejuvenation.</p> <p>Precaution: Parsley contains measurable amounts of oxalates, naturally-occurring substances found in plants, animals, and human beings. When too concentrated, oxalates can crystallize and cause health problems. It is best to avoid or use sporadically with existing and untreated kidney or gallbladder problems.</p> <p>Excessive consumption of parsley should be avoided by pregnant women. It is safe in normal food quantities, but large amounts should be avoided as it could result in muscle contractions and uterine bleeding, which could lead to premature delivery.</p>
Phytonutrients	<p><i>Detoxifying.</i></p> <p>Think of phytonutrients as your personal bodyguards against free radicals and diseases that threaten your health. Phytonutrients give plants their wonderful colors. On a chemical level (hang in there!) phytonutrients have at least one extra electron. This electron attaches to aforementioned free radicals deactivating their destructive potential.</p> <p>Here are just a few phytonutrient-rich foods: carrots are extremely high in beta-carotene, blueberries have resveratrol, broccoli has glucosinolates, and spinach saves the day with lutein (along with beta-carotene).</p> <p>You'd notice beta-carotene's orange hue in dark green leafy vegetables if it weren't for the chlorophyll. The list goes on, but the message is clear: vegetables are the best foods to get in your body today.</p> <p>Precautions: some vegetables, like the ones high on the FODMAPS list, could create temporary digestive issues. Eliminate them, heal your gut and then re-introduce them slowly back into your diet.</p>

<p>Pumpkin seeds</p>	<p><i>Nutrient dense. Healthy gut-supporting. Hormone-balancing. Antioxidant. Anti-fungal. Anti-viral.</i></p> <p>Pumpkin seeds—also known as pepitas— are known for their high mineral content. They are a great source of fiber, magnesium, manganese, proteins, and zinc. Zinc is a great immune booster that helps with skin health, hormone stabilizing, fertility, cardiovascular health and lots of other conditions. To get the full zinc benefits from your pumpkin seeds, you may want to consume them in unshelled form.</p> <p>Pumpkin seeds are also an excellent source of antioxidants like Vitamin E, as well as copper and iron.</p> <p>Pumpkin seeds have been long valued for their anti-microbial benefits, including their anti-fungal and anti-viral properties. The lignans in pumpkin seeds (including pinoresinol, medioresinol, and lariciresinol) have also been shown to have antimicrobial—and especially anti-viral properties.</p>
<p>Seaweed or sea vegetables</p>	<p><i>Nutritionally-dense. Detoxifying.</i></p> <p>Seaweed is highly present in Japanese cuisine – you will find it at breakfast, as a snack and on dinner tables. There are over 70 different edible seaweed varieties, most of them unknown in the Western diet. Some of the common varieties found in health food stores are: kombu (aka kelp, used in our Mineral Vegetable Broth), hijiki (great in salads), nori (used to wrap sushi) and wakame.</p> <p>Seaweed isn't comparable to greens. It is much higher in nutrients including vitamins A, B complex, C, E as well as calcium, iodine, potassium, and iron. Seaweed is also a great source of soluble fiber - the kind that turns into a gel, slowing down the digestive process, thus inhibiting the absorption of sugars.</p> <p>Most seaweed is very high in iodine which women with breast cancers (estrogenic cancer) are often deficient in – it is therefore recommended to consume it often.</p> <p>Precaution: for people with Hashimoto’s thyroiditis, it is recommended not to consume seaweed more than once per week due to the high iodine content. High amounts of iodine can elevate the anti-TPO antibodies.</p>
<p>Sunflower seeds</p>	<p><i>Progesterone-promoting. Anti-oxidant. Anti-carcinogenic. Detoxifying. Immune-boosting.</i></p>

	<p>These are a great source of fiber and protein, high in Vitamin E, magnesium and selenium. They are one of the best sources of the fat-soluble antioxidant Vitamin E. Vitamin E is anti-inflammatory and essential for protecting the fat in cell membranes from oxidative damage.</p> <p>Vitamin E helps bring up progesterone levels--useful for balancing estrogen. It has also been shown to reduce the risk of colon cancer, help decrease the severity and frequency of hot flashes in women going through menopause, and help reduce the development of diabetic complications. Anti-oxidant properties help reduce symptoms in asthma, osteoarthritis, rheumatoid arthritis, cardiovascular disease and conditions where free radicals and inflammation play a big role.</p> <p>Sunflower seeds are also high in phytosterols, which help lower cholesterol.</p> <p>Selenium is also essential for the formation of thyroid hormones and has been shown to lower TPO antibodies in autoimmune thyroid disease.</p>
<p>Thyme and Oregano</p>	<p><i>Nutrient dense. Anti-inflammatory. Hormone-balancing. Anti-carcinogenic. Antioxidant.</i></p> <p>Thyme and oregano are nutrient dense, hormone balancing, and anti-inflammatory herbs. They contain essential phytonutrients and antioxidants that help the body perform its daily functions.</p> <p>Oregano contains an oil, called rosmarinic acid, that is a very potent anti-bacterial, anti-fungal and anti-viral agent. (Rosmarinic acid is also found in rosemary.) Oregano oil has been used to treat a wide range of conditions, from bacterial and viral infections to parasites and stubborn fungal infections. Although oil of oregano is most often used for medicinal purposes (such as to treat leaky gut), the herb itself can provide many of the same benefits when consumed regularly.</p> <p>Oregano also relieves inflammation, internal or external, and can offer relief from allergies and aches and pains-- without side effects. It is an excellent source of vitamin K, a very good source of manganese, and a good source of iron and calcium.</p> <p>Thyme's active ingredient (called?) is known for treating bronchitis, sore throats, chest congestion, laryngitis and asthma. Thyme is so effective for these purposes that it is often used as an ingredient in cough drops and mouthwashes.</p> <p>Thyme is also an excellent source of vitamin C and a very good source of vitamin A. It is also a good source of iron, manganese, copper, and dietary fiber.</p>

	<p>Thyme helps prevent cancer, improve memory, treat Alzheimer’s, calm the nerves, and alleviate depression, nightmares, and insomnia.</p> <p>Thyme and oregano both help increase progesterone in the body, which helps reduce the likelihood of estrogen dominance.</p>
<p>Turmeric</p>	<p><i>Antioxidant. Anti-inflammatory. Anti-carcinogenic. Detoxifying. Hormone-stabilizing. Immune-boosting.</i></p> <p>Used widely in Ayurveda (the ancient Indian system of medicine) and Indian cooking, turmeric has amazing anti-inflammatory and antioxidant properties. The yellow or orange pigment of turmeric comes from the phytonutrient called curcumin.</p> <p>In numerous studies, curcumin's anti-inflammatory effects have been shown to be comparable to the potent anti-inflammatory agents in drugs, however unlike the drugs, curcumin does not create any toxicity in the body.</p> <p>Curcumin has been clinically proven to ease arthritis pain, promote healthy digestion, slow and delay liver damage from disease, and help reverse the onset of Alzheimer's disease. It is also anti-carcinogenic. It is a powerful antioxidant that helps promote heart health, memory and boost the immune system. It has the potential to deliver even more antioxidants than vitamins E and C.</p> <p>Turmeric can increase bio-available progesterone. In addition, since excess estrogen is metabolized in the liver, curcumin’s liver detoxifying properties are excellent in healing estrogen dominance.</p> <p>Note: Turmeric loses its medicinal potency when heated. It is therefore best to add it at the end of cooking and when the food is not too hot.</p> <p>Note: It is believed that using black pepper (which contains piperine) helps absorb turmeric as piperine creates “stomach fire.” This is true, but ginger is known to be even better in creating “stomach fire” or simply increasing the stomach acid (that’s a good thing).</p>
<p>Water</p>	<p><i>Hydrating. Detoxifying. Hormone-balancing.</i></p> <p>Yes, water. You might not see it as a superfood, but it is and your body won’t function without it. All the recipes in this program refer to “water” but what they really mean is purified water and not tap water. It is especially important to remove chlorine and fluoride from your drinking water as they are both known to interfere with the thyroid and the pineal gland in thyroid hormone and melatonin production.</p>

	<p>Dehydration, even if it is very mild, causes your stress hormones to increase because the body interprets dehydration as a life-threatening situation. When your stress hormones increase, it causes a ripple effect of changes results, affecting your thyroid and sex hormones as well as your insulin. Water consumption stimulates your digestion and can therefore help with symptoms gas and bloating.</p> <p>The Institute of Medicine (U.S.) recommends that, on average, men consume 3.0 liters and women 2.2 liters per day; pregnant women should increase intake to 2.4 liters (10 cups) and breastfeeding women should get 3 liters (12 cups), since an especially large amount of fluid is lost during nursing.</p> <p>Note: Small filters like jug filters, countertop and faucet- attached filters do not the remove fluoride and heavy metals found in U.S. drinking water. Also, avoid drinking from plastic water bottles, since plastics contain hormone-disrupting agents like BPA, which acts like estrogen in your body and can contribute to estrogen dominance. Instead, store your water in glass or stainless steel containers.</p> <p>Recommended filters: Reverse Osmosis water and filtration systems are recommended by the US Department of Health & Human Services Centers for Disease Control and Prevention as one of the most effective ways of protecting residential drinking water.</p>
<p>Vitamin A</p>	<p><i>Immune system- balancing. Skin health and thyroid-supporting.</i></p> <p>Vitamin A is essential for a healthy immune system and thyroid function. Vitamin A, or retinol, is one of the most widely acknowledged nutrients for healthy skin. Synthetic retinoids have been used as effective treatments for severe acne and psoriasis since the 1980s, demonstrating how useful vitamin A can be in treating problem skin. Vitamin A influences the physiology of the skin by promoting epidermal differentiation, modulating dermal growth factors, inhibiting sebaceous gland activity and suppressing androgen (testosterone) formation.</p> <p>Vitamin A is important when it comes to eye health. It can specifically help to decrease the incidence of cataracts as well as degeneration of the macula. Vitamin A can also help to prevent conditions such as cardiovascular disease and cancer. In addition, it helps to maintain the epithelial tissues of the skin, gastrointestinal tract, respiratory tract, and genitourinary tract.</p> <p>Vitamin A, however, when taken as a supplement, can be toxic in excessive amounts, if taken as a supplement, you should do so under the</p>

	<p>food sources. It is recommended to use cod liver oil if you wish to supplement, as this provides a balance of vitamin A and vitamin D that will reduce the risk of overdosing on vitamin A.</p> <p>Recommended Brand: Green Pasture Fermented Cod Liver Oil.</p>
Vitamin B Complex	<p>The B vitamins are critical for the liver to detoxify unwanted chemicals such as heavy metals, histamines (key cause of allergies and skin problems), metabolized hormones and bacterial toxins. The levels of the various vitamin Bs can have a profound impact on the immune system, neurological responses such as the mood. Below is an outline of each vitamin B.</p>
Vitamin B1 (Thiamine)	<p>Thiamine is needed to produce energy. Like all the other B vitamins it activates Phase I liver detoxification, where foreign substances are initially broken down into intermediates for excretion. Balanced levels of thiamine also allow for feelings of composure, clear-headedness and energy. Thiamine also helps to metabolize glucose.</p> <p>Women addicted to carbohydrates are often thiamine deficient.</p> <p>Food sources: vegetables, whole grains, nuts, seeds, legumes and seaweed.</p>
Vitamin B2 (Riboflavin)	<p>Deficiency in vitamin B2 inhibits the liver detox pathway that eliminates bacterial toxins. B2 is also necessary for essential fatty acid metabolism, which improves energy production in certain nerve cells. Riboflavin is also involved in proper thyroid function.</p> <p>Food sources: whole grains, legumes, green leafy vegetables, poultry, fish and seaweed.</p>
Vitamin B3 (Niacin)	<p>Like B₁, B₃ induces Phase I detoxification. Niacin also helps to regulate blood sugar levels, (I deleted that sentence because its meaning was not that clear. Consider revising.) and has an effect on the adrenal hormones. For all these reasons it's said to have prominent anti-depressant effects. Niacin also promotes the release of growth hormone – helping us grow and stay young.</p> <p>Food sources: liver, peanuts, sesame seeds, sunflower seeds, brown rice, whole grains, barley, almonds, seaweed.</p>
Vitamin B5 (Pantothenic)	<p>Pantothenic acid provides foundational support for both Phase I and Phase II detoxification, and more specifically the elimination of</p>

<p>acid)</p>	<p>inflammatory substances.</p> <p>It plays an important role in production of adrenal hormones and is vital for coping with extreme stress. All the steroid hormones, such as estrogen and progesterone, will be produced only with ample B5 in the system.</p> <p>Food sources: avocado, mushrooms, liver, soybeans, banana, collard greens, sunflower seeds, lentils, broccoli, brown rice, eggs.</p>
<p>Vitamin B6 (Pyridoxin)</p>	<p>Sufficient levels of B6 keep the liver functioning optimally by promoting the proper flow of fat and bile to and from the liver. Also of note is that pyridoxine has one of the most dramatic mood-elevating effects of all the B vitamins. It can help to correct brain metabolism dysfunctions that cause depression. It heightens serotonin production. It binds to estrogen, progesterone, and testosterone, helping to detoxify excess amounts of these steroid hormones, helping to reduce the risk of hormone-related cancers.</p> <p>Food sources: spinach, walnuts, eggs, fish, poultry, beans and seaweed.</p>
<p>Vitamin B12 (Cobalamin)</p>	<p><i>Thyroid-supporting. Brain-boosting. Anemia-preventing.</i></p> <p>Vitamin B12 works together with folate (Vitamin B9) in the synthesis of DNA and red blood cells. It's also involved in the production of the myelin sheath around the nerves, and the conduction of nerve impulses. You can think of the brain and the nervous system as a big tangle of wires. Myelin is the insulation that protects those wires and helps them to conduct messages.</p> <p>Severe B12 deficiency in conditions like pernicious anemia (an autoimmune condition where the body destroys intrinsic factor, a protein necessary for the absorption of B12) used to be fatal until scientists figured out death could be prevented by feeding patients raw liver (which contains high amounts of B12). But anemia is the final stage of B12 deficiency. Long before anemia sets in, B12 deficiency causes several other problems, including fatigue, lethargy, weakness, memory loss, hair loss and neurological and psychiatric problems.</p> <p>Most people who are diagnosed with Hashimoto's will also present with low levels of vitamin B12. Low levels of B12 may lead to anemia, underdevelopment of villi (which house our digestive enzymes), impaired digestion, and inflammation.</p>

	<p>poultry, eggs, milk, and milk products. However this vitamin is generally not present in plant foods and thus vegetarians and especially vegans are at a greater risk for deficiency.</p>
<p>Vitamin C</p>	<p><i>Immune-boosting. Disease-fighting. Anti-inflammatory. Blood sugar-stabilizing. Anti-histamine.</i></p> <p>Key in adrenal support, modulation of the immune system, and protection against carcinogens. Vitamin C has many different functions. Since it is the body's primary water-soluble antioxidant, it can deactivate dangerous free radicals in all water-soluble areas of the body. High levels of free radicals contribute to the development and progression of a wide variety of diseases, including atherosclerosis, colon cancer, diabetes and asthma.</p> <p>This may explain why people who consume healthy amounts of vitamin C-containing foods have reduced risks for all these conditions.</p> <p>Vitamin C is also a powerful anti-inflammatory agent, which explains its usefulness in conditions such as osteoarthritis and rheumatoid arthritis.</p> <p>And, since vitamin C is needed for the healthy function of the immune system, it is critical in supporting all autoimmune conditions and more benign conditions like recurring ear infections or colds.</p> <p>Vitamin C is vital to the production of hormones and collagen, which are necessary for healthy skin. Studies have shown that diets high in vitamin C are associated with better skin appearance and less skin wrinkling. It prevents and cures the disease scurvy, and can be beneficial in the treatment of iron deficiency anemia – which is common in thyroid patients.</p> <p>Vitamin C is needed for the body to absorb iron; therefore it is essential to pair foods high in iron with foods high in Vitamin C for successful absorption. Example: liver pate served with sauerkraut.</p> <p>If you have low progesterone, Vitamin C may help support progesterone production.</p> <p>Best sources: camu camu (Peruvian berry), parsley, bell peppers, dark green and leafy vegetables, berries and citrus fruit.</p>
<p>Vitamin D</p>	<p><i>Immune system-supporting. Blood sugar-regulating.</i></p> <p>Vitamin D affects about 3,000–30,000 genes in our bodies, and many diseases have also been connected to vitamin D levels, including heart</p>

	<p>disease, depression and autoimmune conditions.</p> <p>Vitamin D plays an important role in balancing the Th1 and Th2 arms of the immune system. It does this by influencing T-regulatory (Th3) cells, which govern the expression and differentiation of Th1 and Th2 cells.</p> <p>Vitamin D deficiency is also specifically associated with thyroid disorders and has been shown to benefit autoimmune thyroid conditions such as Hashimoto's Thyroiditis.</p> <p>Vitamin D also regulates insulin secretion and balances blood sugar. It has been shown that vitamin D deficiency is associated with insulin resistance and that insulin resistance adversely effects our thyroid hormones.</p> <p>Best sources: The best way to restore optimal vitamin D level is through sun exposure and an oral vitamin D3 supplement. 15 minutes of unexposed skin without sunscreen around noon is recommended for best results. If you are fair skinned and not used to the sun, you may need to start slower. Be careful not to overexpose yourself to prevent getting sunburn. The secondary best sources of vitamin D are from foods like wild salmon and cod liver oil. My personal favorite is the fermented cod liver oil from Green Pastures.</p> <p>Precaution: Vitamin D, if taken in excessive amounts in supplemental form, like 20,000 ul and higher, can be toxic. If you are taking it as a supplement, you should be monitored by a physician in doing so.</p>
<p>Zinc</p>	<p><i>Immune-boosting. Detoxing. Hormone balancing. Acne fighting. Gut supporting.</i></p> <p>Zinc is an essential element to our well-being. Zinc acts as a catalyst in about 100 different enzyme reactions required by our body and is involved in DNA synthesis, immune function, protein synthesis, and cell division. It is required for proper sense of taste and smell, detoxification, wound healing, and thyroid function. Zinc is not stored in the body; thus a daily intake of zinc is required to maintain sufficient levels.</p> <p>Most people with hypothyroidism are in fact zinc deficient. Zinc deficiency prevents the conversion of T4 into the active T3 version. Zinc is also needed to form TSH, and may become depleted in those with hypothyroidism who are constantly producing more TSH.</p> <p>Several studies indicate that dietary zinc may help promote progesterone production.</p> <p>Zinc deficiency has also been associated with increased intestinal</p>



	<p>detoxification of bacterial toxins.</p> <p>Oysters, scallops and other shellfish have the highest concentration of zinc. Beef, organ meats, pork, lobster, and chicken are the next best sources of zinc, as it is easiest to extract zinc from meat compared with non-meat sources. In smaller amounts, it is found in sesame and pumpkin seeds. Vegetarians therefore also have an increased risk of zinc deficiency.</p> <p>Sources:</p> <p>http://www.thyroidpharmacist.com/blog/nutrient-depletions-in-hashimotos-v-zinc</p>
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