

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Grapefruit – Superfood or Villain?

Message from the Director: David Christopher, M.H.

The value of grapefruit is challenged because it appears to augment and increase the amount of certain drugs in the blood stream. That could be a plus in that a person could use a smaller dose of a drug and get the same effect. However cardiovascular drugs, which are the main drugs effected, are dose critical and could produce dangerous side effects. Although some cardiovascular drugs can save lives, temporarily, most are counterproductive and can worsen the condition. These drugs will be discussed in later issues. Grapefruit can still be consumed while using these drugs; however a person should separate the drugs and grapefruit by two hours.



I believe all citrus to be super foods, with their high Vitamin C content which is a powerful antioxidant that is faster acting than the antioxidants in Vitamin E or the carotenoids. They also contain a unique fiber called pectin, which attaches to damaged cholesterol and removes it from the body. This pectin also soothes inflammation that can damage cells and lead to cancer. This pectin is mainly found in the rind and white pith. Also found in this outer area of the citrus are hesperidin for good HDL and LDL ratios, rutin for correcting capillary fragility, and limonoids which protect the breast from excess accumulations of estadiol hormone, which accumulations have been linked to breast cancer. In fact, according to one of the School of Natural Healing's teachers James Duke PhD., over 200 anti-carcinogenic compounds have been found in citrus.

Studies from Japan show that grapefruit stopped tumor growth and even caused remission of malignancy. Other mice studies showed a 50% reduction of cancer in mice that received grapefruit juice instead of water.

Grapefruit contains furanocoumarins and naringins, responsible for its' unique bitter flavor, which prevent certain pharmaceuticals from breaking down, in the body, thus magnifying their effects.

Substituting oranges for grapefruit brings on its' own situation in that oranges have the opposite effect on these drugs by decreasing their potency. This also has a potential upside in that a reduction of the drug means a reduction of the life threatening side effects. Again, because of critical dose level this wouldn't be practical.

As far as I am concerned if a drug's efficacy is dependent on staying away from good foods then we should find a way to get off those drugs. Taking courses at the School of Natural Healing would help obtain the knowledge and subsequent ability to achieve that purpose.

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