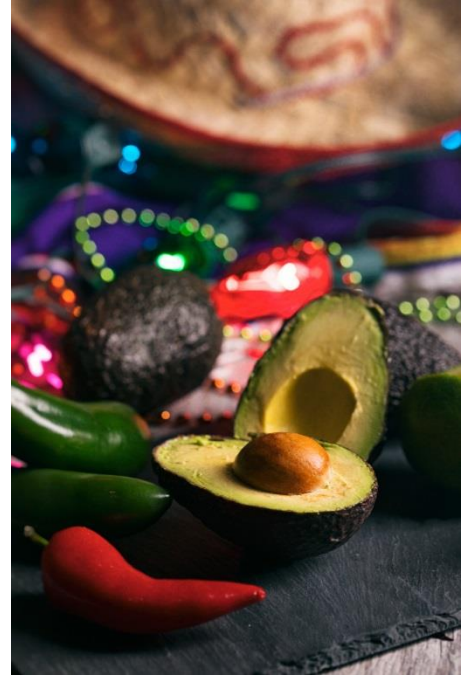


Have a Healthy Cinco De Mayo David Christopher, M.H.

My favorite way to celebrate Cinco de Mayo is with guacamole and it is good for you. People frequently ask me why I suggest eating avocados for good health. Often times people are informed by their doctor or some other well-meaning person to avoid avocados because of their fat content. I happily inform them that avocados are a good source of healthy fats and fats are essential for optimal health. As a matter of fact, avocados can help you lose fat because they promote satiety and are nutrient dense. The fats are necessary for transporting vitamins A, D, E and K into your body, and they are high in those vitamins. Avocados are high in Lutein and Zeaxanthin which are super nutrients for your eyes. They also have three times the powerful antioxidant glutathione as other produce and twice the potassium of bananas. In addition, avocados pep you up with the neuro-transmitter L-dopamine. People who eat avocados are half as likely to develop metabolic syndrome as those poor souls who don't eat avocados. This super food could help prevent cancer. Avocados are good for the skin and have helped clear up psoriasis.



Avocados are eaten raw so they have all the enzymes and nutrients intact and then we add wonderful foods like raw onions and bell peppers, which happen to be the highest source of Vitamin C that you are going to find in the produce section of your grocery store.

The chili peppers are then added with their endorphins and pain relievers, talk about feel good foods! Then we add the coup de grace cilantro which also provides a mood boost and viola we have the best party food ever! And of course, it's all healthy a true no regret celebratory food. Happy Holiday!

David Christopher is a Master Herbalist and the director of *The School of Natural Healing*. He also co-hosts the popular radio show "*A Healthier You*" and is a popular international teacher and lecturer.