

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

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## Purposeful Pumpkin David Christopher, M.H.

Tis the season, to enjoy a mineral dense super food, that is a virtual medicine cabinet. First it not only has the color of carrots but it is also a tremendously good tasting, low caloric specific medicament for the eyes. A cup sized slice of pumpkin pie contains 200% of the required Vitamin A so desperately needed by your eyes and if that isn't enough it contains a cornucopia



of carotenoids, including beta-carotene which is converted by the liver to Vitamin A, in case the 200% Vitamin A wasn't enough. The zeaxanthin is anti-oxidant and specifically helps filter UV light protecting the eyes and lessening the incidence of macular degeneration. It is high in lutein for the macula lutea of the eyes. The large amount of Vitamin C is one of the best things that can be consumed for tissue integrity. Pumpkin is also loaded with the B-complex vitamins like folates, niacin, and Vitamins B-1, 2 and 6. It

contains ample amounts of Vitamin K and of course the Vitamin E content is complete with all types of tocopherols. Pumpkin is also high in Zinc one of the best anti-oxidants. Pumpkin is high in Potassium, Phosphorus, magnesium, and manganese, Calcium, Iron, Copper, Selenium and Sodium with just about all the other minerals.

Pumpkin seeds like all seeds help prevent cancer. They are also high in the amino-acid Tryptophan, which everyone knows is the substance in turkey that triggers sleep. It also is a pre-cursor to Serotonin a neuro transmitter linked to feelings of wellbeing. Pumpkin seeds promote good cholesterol levels and are good for the skin. These seeds are good for the Prostate and are one of the best food remedies for ridding the body of pesticides.

My advice for the holidays is to eat more pumpkin and its accompanying spices to help lose weight, get plenty of sleep and feel better.

**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.