

Foods that Nourish

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Norman Walker once said, “The great Law of Life is replenishment. If we do not eat, we die. Just as surely, if we do not eat the kind of food which will nourish the body constructively, we not only die prematurely but we suffer along the way.”¹ We must support the pathways of the body to help it perform its functions well; the bowel, liver, kidneys, and blood stream. If these channels are kept clean and nourished, we will be a healthier, happier, and more peaceful people.

The Intestines and Bowels:

Fiber provides roughage in our intestinal tract to keep them moving and best found in fresh produce. Pectin is high in soluble fiber, helps to absorb water and normalize bowel movements, and is found in many fruits, vegetables and seeds. We have microbes that reside in our bowels that live in a symbiotic relationship in our intestinal tract; manufacturing foods we eat into vitamins and nutrients we can't make ourselves. Processed sugars and alcohols can disrupt this balance and cause a storm of sickness. Fermented foods maintain a healthy gut microbiome.

- Fresh leafy greens, raw produce, pectin rich foods like apples, citrus, plums, apricots, and pears. Flax seeds, chia seeds, and prunes have a high soluble fiber content. Fermented foods: homemade sauerkraut, rejuvelac, or non-dairy yogurt.
- Avoid meats, processed sugars, excessive alcohol consumption, and dairy products that lack needed fiber and nutrient density.

The Liver:

The liver does so many functions. Some of these functions are: excrete enzymes, bile, and break down old cells, waste, and toxins. In order to do these jobs efficiently, it must be stimulated with bitter and sulfur containing foods. Fresh is always best. It will take the workload off of the liver and pancreas if you will eat more fresh foods.

- Bitter leafy greens like arugula, dandelion greens, watercress, endive, mustard greens, romaine are mildly bitter. Sulfur containing foods such as the cruciferous vegetables: broccoli, kale, cabbage, brussel sprouts. Garlic is also a good source of sulfur and great for the liver. Citrus foods help detoxify the liver and help with stone reduction. Olive oil is a wonderful lubricant for the liver and gallbladder ducts.
- Avoid excessive sweets. We often undervalue and find distasteful bitter foods because our tongues are so trained to eat sweets. Enjoy the bitter. Bitter is better!

The Kidney:

Our kidneys are a great filter that works with the heart to keep proper blood pressure, makes sure our sodium and potassium levels are appropriate, and even activate vitamin D in our body. Drink lots of water and avoid aspirins and other over the counter pain relievers for kidney health.

- Parsley leaves support kidney function, celery stalks provide salts and potassium and are 95% water, cranberries prevent bacteria from adhering to bladder walls which support the urinary tract. Dark leafy greens and berries are antioxidant rich, and help clean up free radical damage. Bell peppers are high in potassium and water content.
- Avoid coffee, sodas, processed foods, meats, high protein diets, and be sure to drink at least ½ an ounce per pound you weigh daily. (150 lbs. drink at least 75 oz. of water)

The Bloodstream:

Referred to as our river of life, the bloodstream carries oxygen and nutrients to all the body and carries off waste to be eliminated through the lungs, liver, bowels, and kidneys. As we change what we eat, we can change the cleanliness of our river, increasing oxygen and nutrient uptake and waste elimination. Oxygen rich foods found in fresh produce, plenty of good clean water, and nutrient rich foods that help the body eliminate toxins bless our bloodstream.

- Fresh produce, especially chlorophyll containing foods help leach toxins out of the body. Organic strawberries and tomatoes help carry out heavy minerals from our body. Cayenne and other peppers help keep a healthy blood pressure in the body. Fresh juices are nutrient dense and can help both oxygenate and nutrify the blood. Plenty of clean water. Antioxidant rich foods found in berries and fresh produce.

Wishing you increased understanding, health, happiness, and peace as you nourish the body constructively.

References

1. Walker, N. W et al. *Fresh Vegetable and Fruit Juices*. Norwalk Press/Book Pub. Co., 2008.

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