

Mediterranean diet



Nutrient Dense - Colorful Foods

The more variety of colors the better

Each color has different carotenes, flavonoids and polyphenols

They all have anti-inflammatory effect

Lowering inflammation is the key to brain and body

Longevity and disease prevention

Inflammation is the driver of brain decline as well as glucose “blood sugar” control.

Small Fish, loads of colorful vegetables, berries, whole fruits (no fruit juice except pomegranate).

Kiwi fruit is a superstar ! Gluten free whole grains in smaller quantities. Avoid hybridized wheat.

Ancient varieties are better - Kamut, Spelt, Einkorn. If you eat pasta try gluten free or Italian grown wheat,

Lots of fermented foods. Avoid Oats that are not organic - Glyphosate ie. Roundup is sprayed on Wheat and Corn before it is harvested - Glyphosate is an anti-biotic and will damage your gut biome. Avoid GMO soy and corn - heavily sprayed with Roundup.

Eat Organic whenever possible - the EWG - Environmental Working Group has a list of the “Dirty Dozen” and the “Clean 15” - worst and best vegetable and fruits to eat that are non-organic www.EWG.org



Polyphenol Rich Foods

Food is information

Are specific food for your biome
 Anti-inflammatory
 Anti-oxidant
 Cell Protective

Cloves are the #1 richest polyphenol food, Coffee, Tea - Green and Oolong, Cacao - Chocolate, Peppermint and Spearmint, Flax Seed Meal, Rosemary, Sage, Oregano, Olive Oil, Black Elderberry, Blueberry, Black Currant, Capers, Black Olive, Hazel Nut, Pecans, Plums, Basil, Curry Powder, Roasted Soynuts, Strawberry, Raspberry, Ginger, Prune, Shallots, Apple Cider Vinegar, Pomegranate Juice, Cinnamon, Black Bean, Walnut, Organic Oats, Pear, Carrot, Broccoli, Asparagus, Purple Sweet Potato, Blue Potato and many more.....

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Table 1 Polyphenol and antioxidant content in the 100 richest foods (mg per 100 g or mg per 100 ml)

From: Identification of the 100 richest dietary sources of polyphenols: an application of the Phenol-Explorer database

Food	Food group	Polyphenols ^a		Polyphenols AE ^a		Antioxidants ^b	
		Content	Rank	Content	Rank	Content	Rank
Cloves	Seasonings	15188	1	15188	1	16047	1
Peppermint, dried	Seasonings	11960	2	7920	2	980	26
Star anise	Seasonings	5460	3	5460	3	1810	16
Cocoa powder	Cocoa products	3448	4	3294	4	1104	24
Mexican oregano, dried	Seasonings	2319	5	2137	5	—	—
Celery seed	Seasonings	2094	6	1007	10	—	—
Black chokeberry	Fruits	1756	7	1432	7	1752	17
Dark chocolate	Cocoa products	1664	8	1618	6	1860	13



Chai Tea is a great example of a polyphenol rich beverage
 Dark Chocolate 72% with Coffee !!!



Switch your Canola oil to Avocado Oil for high heat cooking

Avocado Oil has a fatty acid profile closer to Olive Oil and can be used in Baking and Frying
It has a very neutral taste so it doesn't interfere with flavor.

Fruit Oils are far better than seed oil Omega - 6 for the body.



My favorite oils for the kitchen:

Olive Oil

Avocado Oil

Ghee - high in Butyrate good for the gut

Coconut Oil

Ghee



Virtually free of lactose
Rich in Vitamin A
Great for high heat cooking
Contains 9 grams of saturated fat
and 4 grams of monosaturated fat
Per tablespoon

How to make Ghee

Use unsalted grass fed or organic butter

Put butter in a saucepan and put on the stove

Put it on a low heat setting

When it melts - skim off the white solids

Keep skimming until the butter is clear yellow

Pour off carefully into another container

Water will remain on the very bottom

Of what you pour off - be careful not

To have that with your GHEE

GHEE is very stable and does not

Always need to be refrigerated

Gut Health - Fermented Foods and Fiber

Healthy Biome - culturing the GI tract

- Fiber is the food that feeds your beneficial gut bacteria
- Lactobaccillus and Bifido species where they live
- Make your own Ghee - Butyrates - Parmesan and Swiss
- Fermented foods to include in the diet - Kefir, Yogurt, Sauerkraut, Kim Chi, Miso, Tempeh, Kombucha
- Resistant starches - Swiss Mueseli (raw oats), Hummus and cold bean salads, bananas eaten on the green side, potato starch - feeds Bifido
- Avoid GMO foods - Roundup - Glyphosate kills your biome - Non organic Oats, Wheat, and Beans are sprayed with Glyphosate before harvest - high residues



Include Fermented Foods in your diet every day

Sauerkraut - learn to make your own -
or buy only refrigerated varieties



Fermented Soy products

Miso Paste
Tempeh
Tamari
Natto

Dairy Based also look for Goat and Sheep
Kefir (Yogurt on steroids !)

Yogurt
Traditional aged cheeses with probiotics
Parmesan - Reggiano
Gouda - the longer it is aged the more probiotics are produced
Aged Cheddar - raw milk cave aged is best - raw English Cheddars
Stilton
Emmental Swiss



Kim Chi - Sunja's for example

Kombucha



Authentic German Sourdough bread



Organic Apple Cider Vinegar



Inulin, FOS, Resistant Starches



Stimulates the production of Butyrate in the colon

Let's get cultured - Understanding our biome

The value of cultured and fermented foods and fibers in our diet.

by Peter Brodhead CN
updated November 26, 2021

Best Fermented and cultured foods to include in our diet:

Vegetables: Learn how to ferment your own vegetables

Go to You Tube : Look up - The Art of Fermentation and Fermenting Vegetables with Sandor Katz [Sandor Katz](#) is author of the book Wild Fermentation and the Art of Fermentation

Make your own cultured vegetables

Sauerkraut - traditionally made with cabbage as the main ingredient - if purchased from a store only buy refrigerated sauerkraut it contains the live bacteria (probiotics) - off the shelf has no live bacteria

Kim Chi - Korean Sauerkraut - usually made with cabbage or nappa it also comes in varieties made from Daikon radish and small cucumbers - usually spicier and if purchased from a Korean market it has fish sauce in it

Fermented soy products:

Miso paste - again only purchase from the refrigerator - when using miso as a soup stock - add it only after the water temperature is well below boiling - so you don't kill the culture

Tempeh - is a fully cultured soy product originally from Indonesia - the proteins in Tempeh are far more digestible than from Tofu - there are many great ways to cook with Tempeh.

Tamari - is the traditional soy sauce and is made from the liquid that forms when miso is being made - it is the most preferable form of soy sauce to use as a condiment

Natto - is cultured from soy and popular in Japan - it has a very intense smell and flavor and strange texture - okra like stringy - the "lindberger cheese of soy"

Kombucha - made from adding a Scobie to Black Tea or Green Tea with sugar - the Scobie is a mixture of beneficial yeasts and bacteria that converts the tea and sugar into a very healthy probiotic beverage. Contains *Saccromyces Boulardi* a beneficial yeast

Dairy based:

Yogurt - always look at the label for active cultures

Kefir - "yogurt on steroids" as I call it - has a larger variety of probiotic bacteria and beneficial yeasts usually 12 or more strains and is a great support for the digestive system

Traditional aged cheeses with probiotics - cheeses that are made using the facto-fermentation process and raw milk that have lactic acid producing bacteria. **Gouda** the longer it ages, the more probiotics are produced - it has been found to help aid the digestive system and Finnish studies have shown that it boosts immune system

Probiotic bacteria feed on fiber and polyphenols

The greater the variety of fibers and polyphenols in the diet

The greater the diversity of beneficial bacteria in the gut.

Flax seed meal is a phenomenal fiber for the gut - it is loaded with polyphenols and Lignans - Lignans bind to the estrogen binding receptors and block them Many cancers use estrogen as a driver besides Breast, Uterine and Ovarian Cancer

Prostate cancer, Lung cancer and Brain Cancers are also driven by Estrogen.

Many probiotics are being discovered that you can only get through the diet

FP - Faecallbacterium prausnitzil is one of the major players in immunity

It makes up 5 - 15% of the total gut microbiome.

It is anti-inflammatory and can moderate the immune cells

By acting on T cells and cytokines (IL-8, IL-10, IL-12) and producing

Anti-inflammatory molecules.

Color groups and foods



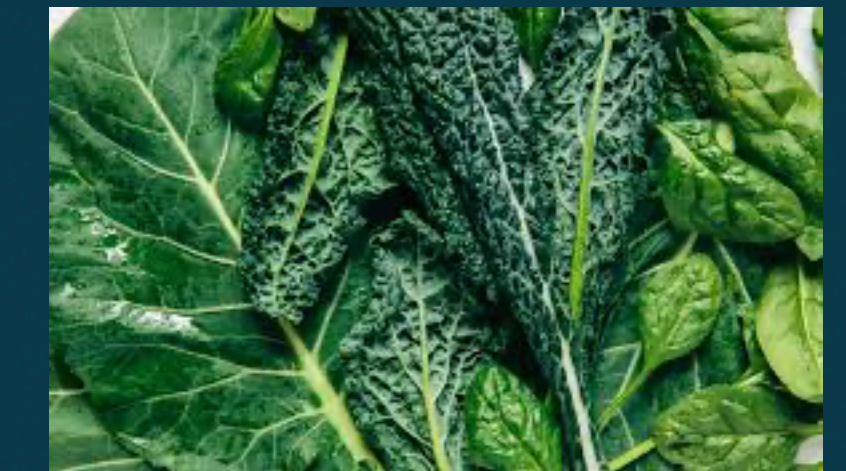
Reds - Lycopene



Yellows - Lutein, Zeaxanthins, Carotenes

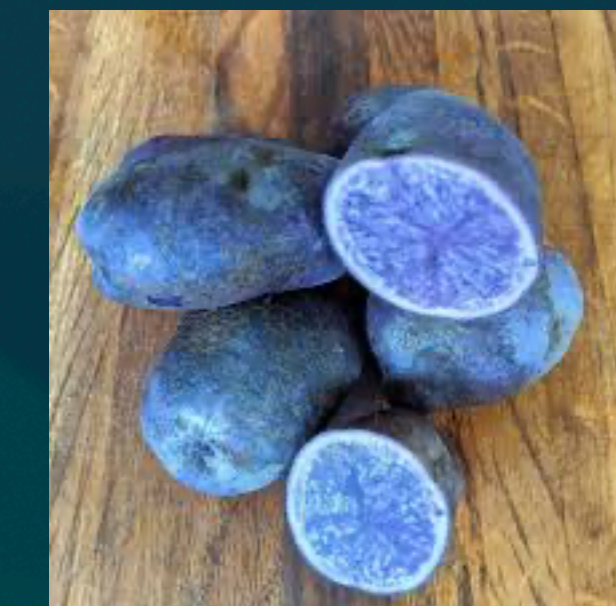


Orange - Alpha and Beta Carotenes, Naringenin, Limonene



Green - Beta and Alpha Carotenes, Lutein, IC-3, DIM, Sulphoraphane

Blue - Anthocyanidins



Purple - Anthocyanidins



Black - Anthocyanidins

White - Sulphur compounds - Cysteine (onions, garlic, shallots, leeks)



Brown - Ergothionine (Mushrooms) Chlorogenic acid, alpha lipoic acid - Potatoes

Lycopene

Lycopene is the red color found in tomatoes, red bell peppers, paprika, watermelon

Lycopene supports the cardiovascular system and supports lower blood pressure levels and reduced risk of stroke

Lycopene re-establishes cell to cell communication between cells
This communication system breaks down in cancer cells
Research has found a correlation between high lycopene consumption
And lower cancer rates of Breast, Prostate and Pancreatic cancer



Carotenes - Lutein and Zeaxanthin



Foods Highest in Lutein and Zeaxanthin:

Spinach, Kale, Dark Green Leafy's
Green Peas, Summer Squash, Pumpkin,
Brussels sprouts, Broccoli, Asparagus,
Romaine Lettuce, Carrots, Pistachios,
Avocados



The Eyes are an extension of the Brain

Protects against Macular Degeneration
Brain and cognitive protection too



University of Georgia study: Students were given 12mg a day of Lutein - Zeaxanthin and it enhanced their visual processing speed Helping reaction time and executive function. .

Fats help carotenes absorb better always use olive oil on your salad !

Broccoli compound may boost cognitive function and mood In older adults: RCT

Sulphoraphane, a compound derived from broccoli,
May boost processing speed and mood in healthy older adults
Says a new study from Japan

The potential health benefits of cruciferous vegetables
are linked to the high levels of the plant chemicals glucosinolates.

These are metabolized by the body into isothiocyanates (such as sulforaphane)

When eaten as a raw or lightly-cooked food, an enzyme called myrosinases in the
Broccoli helps to break down the glucosinolates into two valuable compounds -
Sulphoraphane and erucin.

Broccoli compounds - IC-3, DIM support liver detoxification pathways
One of the major ones is detoxifying excess estrogens from
the environment.



Aromatase Inhibition and estrogen driven cancers

The aromatase enzyme converts DHEA and testosterone into estrogen
Belly fat is an indicator of estrogen dominance and in men its a sign of low testosterone and higher estrogen.

ER+ Breast cancer patients in particular need to include foods that inhibit this enzyme pathway

Grow your own Broccoli Sprouts
they are one of richest sources of Sulphorophane



Foods that inhibit the aromatase enzyme

Flax seed meal (Lignans), Genistein found in fermented soy - miso and tempeh,
All mushrooms - crimini, portabella, white button, shiitake -Always cook your mushrooms.
Chrysin a flavonoid found in carrots,, parsley, passion flower tea - great for sleep and anxiety and red clover

Mushrooms and the Brain

Humans are closer genetically to mushrooms - fungi than plants

Mushrooms contain an anti-oxidant compound called **Ergothioneine** - It shares the same metabolic pathway as Glutathione (the master anti-oxidant - regulator of detoxification in the body).

You cannot cook out the Ergothioneine

Mushrooms must be cooked completely to be digested

They have Chitin a compound that is part of crab shells

The mushrooms highest in Ergothioneine are

Oyster, Shitake, Porcini, Lions Mane even Button Mushrooms

Have it 5 medium button mushrooms have 4mg.

Mushrooms make Vitamin D2

Put them in sunlight for 30min

Mushrooms may prevent neurological diseases -

Italians consume the most 4.6mg a day Americans the least 1.1mg a day on average.



Mushrooms and the Immune System

Exert a wide influence on the immune system

Reishi

Trametes Versicolor - Turkey Tail

Chaga

Maitake

Shitake

AHCC



They influence the immune system by modulating hematopoietic stem cells
Lymphocytes, macrophages, T-cells, dendritic cells cytokine production, NK (Natural Killer Cells)

Beta Glucans are a major marker used to assess quality and therapeutic activity

Terpenes - Triterpenoids - Reishi and Chaga are highest in these - hepatoprotective, anti-oxidant, Anti-inflammatory and work in conjunction with beta-glucans to activate immunity.
Triterpenes are notable for their cytotoxic activity against various cancer cell lines

Their anti-inflammatory influence down regulates INOS, COX-2, TNF (Tumor Necrosis Factor), and suppresses NF-Kappa Beta (The master switch to inflammation)



Ancient Wheat

Einkorn



Wheat



Spelt



Kamut



Einkorn



Grown and eaten by humans for over 12,000 year

The gluten proteins in it are smaller and easier to digest

It scores zero on the Gluten index

29% more protein than wheat

It has 213% more lutein

76% more manganese, 42% more zinc and 37% more phosphorus than wheat

It has more fiber, B-vitamins, iron and magnesium than wheat.

Spelt and Kamut



Spelt - cultivated for thousands of years
It has a nutty sweet flavor - high fiber and
High protein - it is easier to digest than
Modern wheat



Kamut - is also known as Khorasan wheat
It has a buttery flavor and a higher protein level
than regular wheat .
It is also easier to digest than regular wheat
It's origins go back to ancient Egypt

Tartary Buckwheat



May be the richest food source of polyphenols
70% of our immune system resides in our gut
The polyphenols in tartary buckwheat act as
Immune system rejuvenators

Dr Jeffrey Bland Phd. The founder of functional medicine
Believes this is one of the greatest superfoods found





Black Rice



The blue black color contains anthocyanins.

Anthocyanins have potent anti-inflammatory anti-oxidant, anti-cancer properties

It has the highest amount of anti-oxidants of any rice - it contains 23 other anti-oxidants

It has the highest protein content of any rice 9 grams vs 7 grams per 3.5oz

It's a good source of Iron

It contains lutein and zeaxanthin

It is also heart protective

Potatoes as a super food !



There are 4,000 varieties including Blue Potatoes (that contain anthocyanidins like blueberries)



Baking and roasting are the best methods for preserving nutrients

Contains 20 amino acids all the essential ones included
620 mg of potassium
27 mg Vitamin C
2 grams of fiber
Iron and Vitamin B6



New research shows that if baked not fried and the skins are eaten they can help people with type 2 diabetes maintain healthy Blood sugar levels and reduce their waistlines

Sweet Potatoes



Purple sweet potatoes are a powerhouse of anthocyanidins anti-oxidants

Loaded with carotenes and fibers - great for gut health, blood sugar regulation, and nutrition



Beans



Loaded with polyphenols the darker the bean the more polyphenols

Pressure cook them to eliminate lectins - kidney beans have the most

Low cost, high fiber, high protein

Cardiovascular support - the soluble fibers lower cholesterol

Benefits fatty liver, diabetes, anti-cancer properties

Avocados and gut health: Study supports link between Daily avocado consumption and increased gut microbiota diversity

Recent research from the University of Illinois

One Avocado was eaten daily for 12 weeks increased the level of 3 different beneficial bacteria capable of fiber fermentation and metabolites

Past research has shown avocado consumption to positively effect Satiety as well as reduced blood cholesterol

Penn State study showed that eating 1 avocado a day Significantly lowered oxidized LDL cholesterol
Journal of Nutrition - October 29 2019



Kiwi Fruit one of the best foods for the biome

Eating 3 a day can
Reverse DNA damage



**Kiwi is a rich source of
Polyphenols, Vitamin C,
digestive enzymes**

Kiwi promotes regularity - it is an excellent prebiotic and stimulates Akkermansia a unique keystone probiotic that heals the gut lining
It also stimulates FP - Faecalibacterium prausnitzii a keystone species that supports immunity

Flax Seed Meal



Is a super fiber - that is high in mucilage so it is soothing to the GI tract

It is an excellent prebiotic and stimulates the growth of 2 keystone species Akkermansia and FP

A rich source of Lignans which block estrogens from activating receptors in the breast and prostate tissues lowering cancer risk

They are a rich source of Omega-3 Alpha linoleic acid

Lowers cholesterol and supports Healthy blood pressure

Chia Seeds

A member of the mint family



Humans have consumed them for 5,000 years

It was consumed by native Mexican runners to enhance stamina in long distance runners

High in Omega 3 fatty acids - alpha linoleic acid

High in polyphenols

Contains all 9 essential amino acids

1oz contains 9.5 grams of fiber

The fiber in them forms a “gel like” substance
That fills you up and can cut your appetite





Made by your gut bacteria
Pomegranate is one of the major sources
along with strawberries



Involved with the production of new mitochondria (the spark plug of cellular energy)

Ellagic Acid

Ellagic acid gets converted by the microbiome into Urolithin A

Raspberries, Strawberries, Pomegranate and Walnuts are rich sources.



Anti-cancer properties
Lung cancer

Fisiten



Polyphenol found in strawberries

Inhibits inflammation, oxidative stress, neuroprotective, anti-cancer

Senolytic properties - anti-aging

what is
limonene



Limonene



Anti- depressant

Acid reflux - GERD

Liver detoxification

Gallbladder support - dissolves sludge

Anti-cancer properties - Breast, Prostate

D-Limonene made from Orange Peel Oil can be used as a supplement

Matcha Green Tea

Green Tea on steroids - Matcha has 137x the amount of EGCG as regular steeped green tea



Liver detoxification
activates phase 2 liver detoxification enzymes

Contains L-Theanine - Calm focus
It increases mental alertness
with a meditative focusing calming quality

Apoptosis and angiogenesis -
tells cancer cells they can't live forever.
Inhibits blood vessels from feeding tumors

Hibiscus Sabdariffa

Known as sour tea or red sorrell

Contains high amounts of citric, malic, tartic acids
L-ascorbic acid (Vit C), anthocyanin, beta-carotene
and quercetin

Cooling tea in the summer - lowers body temperature
Cardiac benefits - lowers cholesterol and hypertension

Diuretic, relaxing

Can be used to support the effectiveness
of chemotherapy drugs during infusions



Dark chocolate may alter gut microbiome, improve mood: RTC

September 24, 2021

Consuming an 85% cocoa dark chocolate significantly altered the diversity of the gut microbiome and improved mood in a randomized controlled trial with healthy young adults

Data published in the *Journal of Nutritional Biochemistry* indicated that 30 grams per day of the dark chocolate for 3 weeks led to significant elevations in levels of a gut microbe called *Blautia obeum*, and levels of this bacterium were positively correlated with improved mood

The new study from Korea suggests that dark chocolate may exert “*prebiotic effects*”, and that the potential benefits for mood and emotional state may be via the gut-brain axis

Another study reports health benefits of morning chocolate - Eating chocolate in the morning may help burn body fat, decrease glucose levels, and improve microbiome health, thank to the flavanol content



Snack on Goji Berries



Protects the vision - Goji Berries are high in Zeaxanthin a type of carotene that Protects the macula of the eye.

Protects the body and skin from UV light and oxidative damage

They help stabilize blood sugar levels and balance insulin and glucose in the blood

The high level of anti-oxidants are cancer protective and supportive to the immune system

Linked to increasing HDL levels in people with type 2 diabetes

Liver protective helps prevent fatty liver disease



Rosemary

“Herb of Remembrance”



Possess some of the most powerful antioxidant activities of any plant studied
Caffeic acid , Ursolic acid, Carnosic acid and rosmarinic acid - phenolics
Carnisol works 3x as it gets used it recharges itself to work again and again.

Increases the flow of blood to the head
It stimulates the brain and heightens concentration

Neuroprotective works even better when combined with Bacopa increases BDNF

Spearmint



Super high in polyphenols

Boosts mental focus, attention and concentration

Spearmint polyphenols may promote neurogenesis

While protecting existing neurons and boosting neurotransmitter levels

Like Huperzine A phenolics in spearmint inhibit acetylcholinesterase

The enzyme that breaks down acetylcholine

Spirulina

Easy to digest - soft cell wall - superfood anti-oxidant
300X more than apples

Blue green pigment -
phycocyanin and many other phytochemicals are in it
Can protect the skin from sunburning

One of the richest sources of beta-carotene 10x than carrots

60 to 70% protein by weight

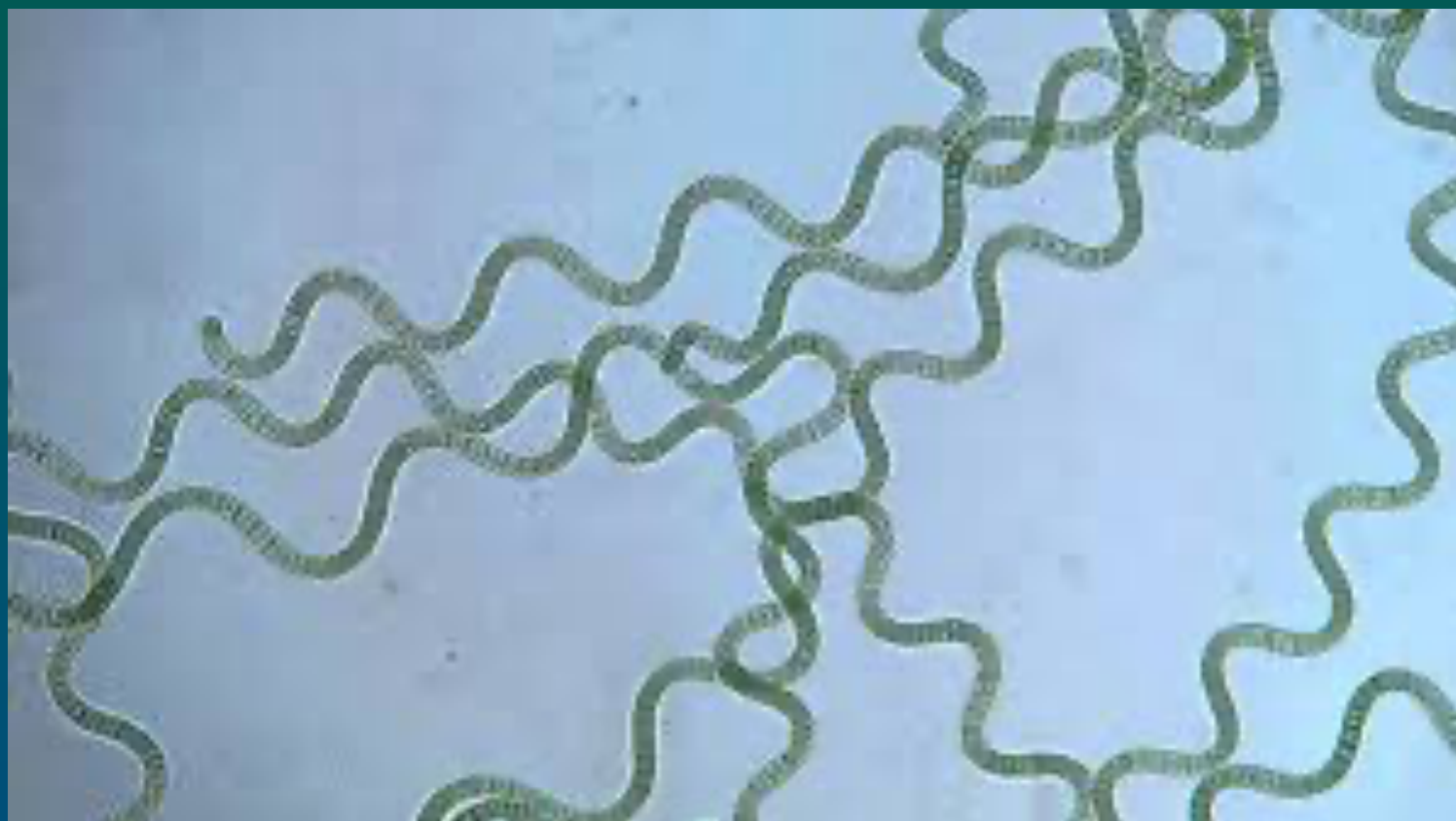
High in nucleic acids DNA/RNA

Supports the immune system

A prebiotic - modulates gut bacteria to activate immunity

Supports the thymus gland

Brain protective effects





Chlorella

A single cell fresh water algae
60% protein - 18 amino acids

One of the richest sources of chlorophyll
it contains both water and fat soluble chlorophyll

It modulates the production of hemoglobin and red blood cell production

It promotes probiotic growth

Chlorella growth factor

It contains 17x the amount of DNA found in sardines

Slows the aging process





Moringa



Super food - high in protein, chlorophyll and one of the richest sources of B-Vitamins

Non - Caffeinated Chai Tea's

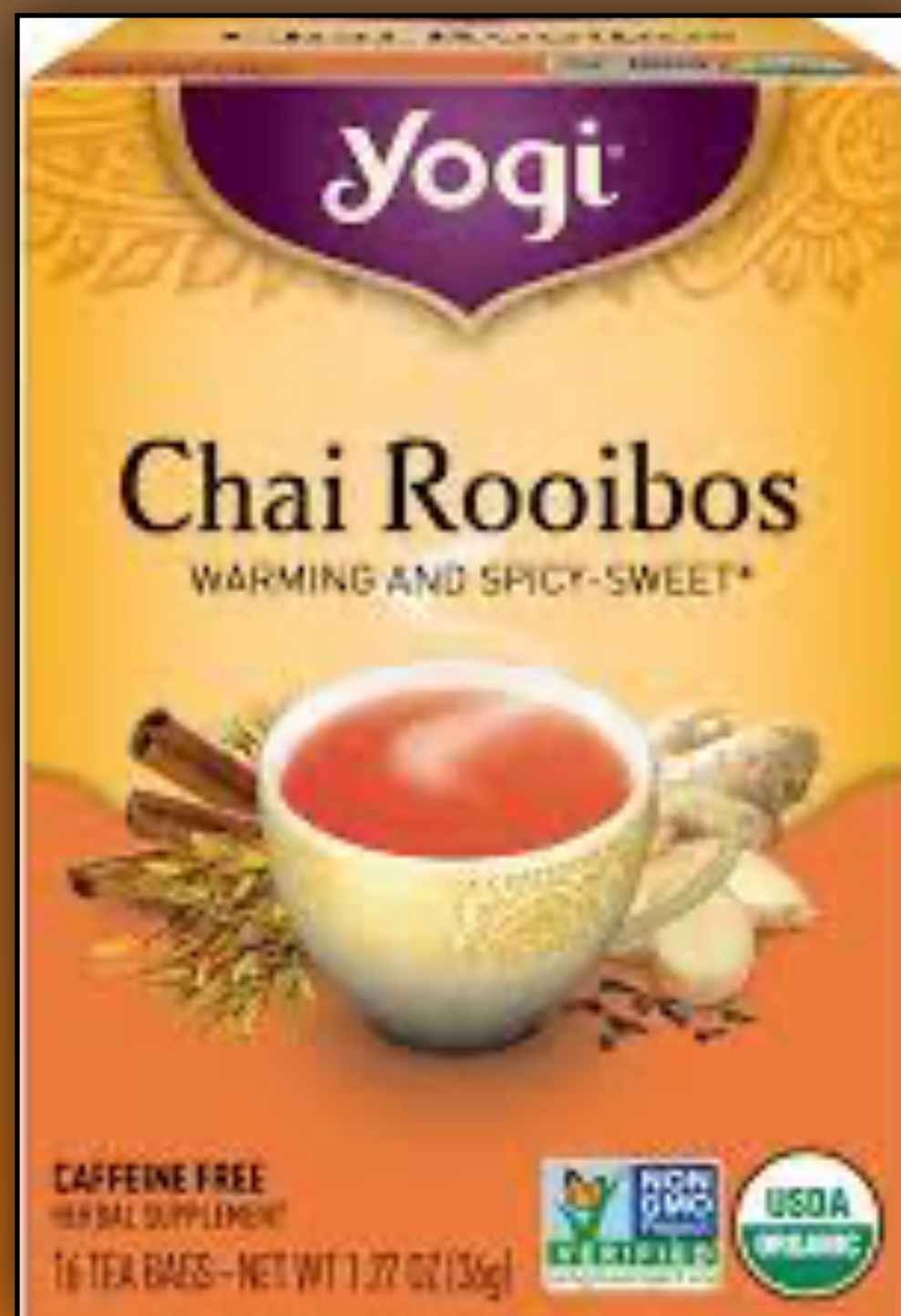
Loaded with polyphenols - clove, cinnamon and spices

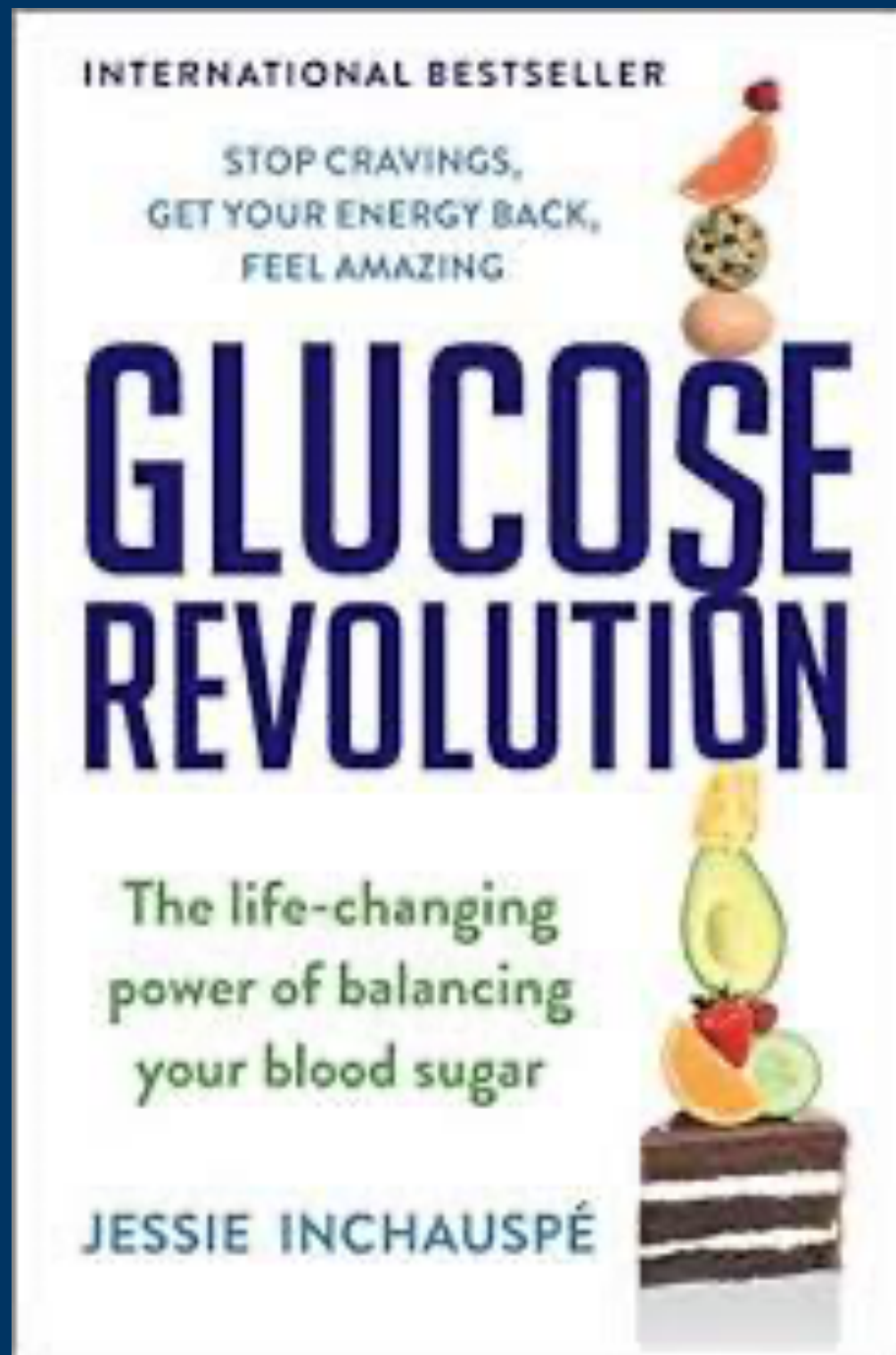
Chocolate is a polyphenol super star

Dark Chocolate

The higher the % of cocoa

The better !!





Glucose Revolution by Jessie Inchauspe

You can have your cake and eat it too diet !!

Eating food with the right sequencing can have major effects on blood sugar spikes

Vinegar can have a major positive effect on blood sugar spikes -
Vinegar blocks alpha amylase temporarily - which turns starch into sugar it also contains Acetic acid that encourages muscles to make more glycogen -
the muscles take up the sugar so there is less glucose in the blood -
1 to 2 tbs in water before meals or use vinegrette salad dressing

Eat carbohydrate foods at the end of the meal not at the start of a meal -
With vinegar - then protein and vegetables - rice or potatoes or bread - last

Clothe your carbs with fat - whole milk is much better than skim or low fat
It blunts the release of milk sugars. Always use full fat dairy

Put olive oil on your potatoes or rice and eat them last

Wait 20 min after a meal to eat a sugary desert

Go for a walk after a big meal to drive the sugars into the muscles



Can we eat to starve cancer ?

Dr William Li MD



Eat the stems of Broccoli and Mushrooms

Broccoli Stems have 2x more sulphorophane than tops
Broccoli Seed Sprouts have many more times
Mushroom Stems have more beta glucans than the tops

Foods that inhibit angiogenesis

Green Tea****
Strawberries
Blackberries
Raspberries
Blueberries
Oranges***
Grapefruit***
Lemons***
Apples
Pineapple
Cherries
Red Grapes
Red Wine
Brassica Family***
Bok Choy
Kale

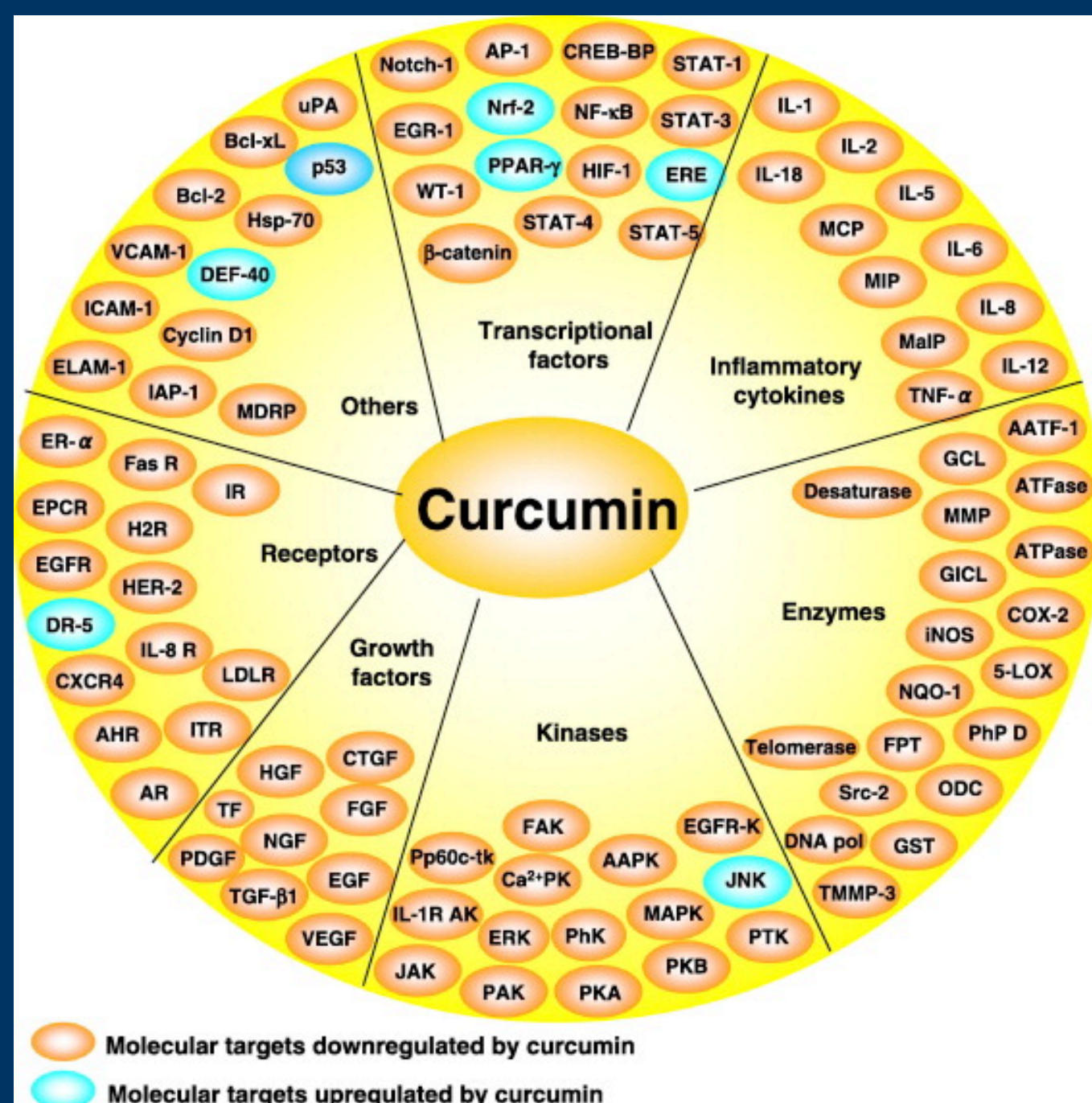
Soy Beans
Ginseng
Maitake Mushroom
Licorice
Turmeric****
Nutmeg
Artichokes
Lavender***
Pumpkin
Sea Cucumber
Tuna
Parsley
Garlic
Tomato
Olive Oil
Grape Seed Oil
Dark Chocolate

Turmeric - the anti-cancer superstar



Anti-oxidant, Anti-inflammatory, Anti-Carcinogenic, Anti-angiogenic and anti-metastatic
 Liver protective - increases glutathione, anti-thrombotic, Anti-tumor - activates T-cells,
 Neuro-protective, Heavy Metal detox, Chemotherapy enhancement and protection,
 Radiation protection.

It down regulates 100+ cancer growth factors



Black Seed - the up and coming superstar



Induces apoptosis, inhibits NF-Kappa Beta,
 It inhibits metastasis through activation of
 JNK and p.38, it has interferon-like activity,
 Inhibits cancer and endothelial cell progression
 Inhibits VEGF, suppresses pancreatic cancer
 The data is just starting to pour in.



Green Tea - EGCG - Catechins

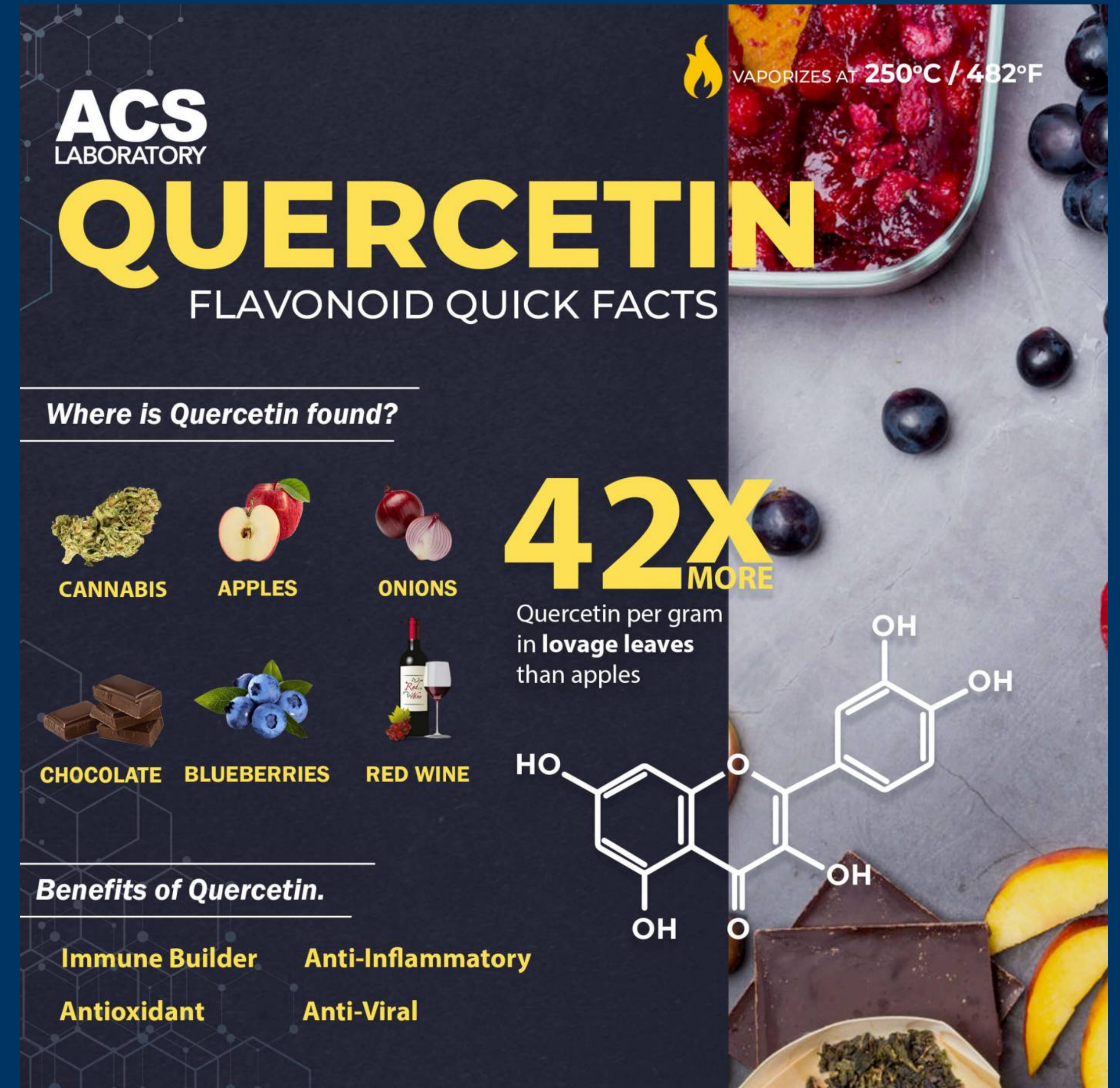
Stimulates apoptosis,
liver detoxification enhances turmeric 1+1=3



Quercetin

Anti-Allergy, Mast Cell Stabilizer, Anti-inflammatory
Anti-estrogenic, Uric acid lowering
Numerous anti cancer pathways

Highest Food Sources: Capers, Onions, Cocoa Powder, Cranberries,
Lingonberries, Asparagus, Blueberries, Red Delicious Apples, Cherries
Green Tea, Black Tea, Grapes, Broccoli,



ACS LABORATORY

VAPORIZES AT 250°C / 482°F

QUERCETIN

FLAVONOID QUICK FACTS

Where is Quercetin found?

- CANNABIS
- APPLES
- ONIONS
- CHOCOLATE
- BLUEBERRIES
- RED WINE

42X MORE
Quercetin per gram in lovage leaves than apples

Benefits of Quercetin.

- Immune Builder
- Anti-Inflammatory
- Antioxidant
- Anti-Viral

Oc1cc(O)c(O)c(O)c1O=C(O)c2cc(O)c(O)cc2

Nitric Oxide Pathway

Is a cell signaling molecule created in the lining of the blood vessels and is a neurotransmitter that tells blood vessels to relax and open up.

It increases blood flow to every tissue and organ in the body - including the brain

It naturally decreases after the age of 40

Nitrates found in certain vegetables when chewed well and mixed with saliva release nitrates which when stomach acid reacts with it to create Nitrite and then to Nitric Oxide

Bacteria in the mouth and **stomach acid** allow this conversion to happen
Mouthwash kills the beneficial bacteria in the mouth - Mouthwash has been linked with hypertension. **Acid blocking drugs** also prevent Nitric Oxide from being created from Nitrates in foods.



Foods high in Nitrates:

Vegetables such as Green Leafy Vegetables - Spinach, Arugula, Kale, Collards, Beets,



You can purchase Nitric Oxide testing strips

Glyphosate - “Roundup” is a Gut Bomb

Glyphosate originally was made as an anti-biotic to kill bacteria in industrial pipes

It is heavily sprayed on GMO soy, corn and alfalfa (used to feed beef and dairy cows)

It is also used as a drying agent - sprayed on crops before harvest

To make it easier for the farmer

Wheat, Oats and many Bean crops are sprayed with it before harvest



Eat only organic to protect your gut bacteria

Exploring International Food Stores

Krishna Grocery - I-95 at 204 - they 3x in size - Red Carrots

Al Madinneh (mid-eastern grocery) - Hodgkin's Memorial at Eisenhower



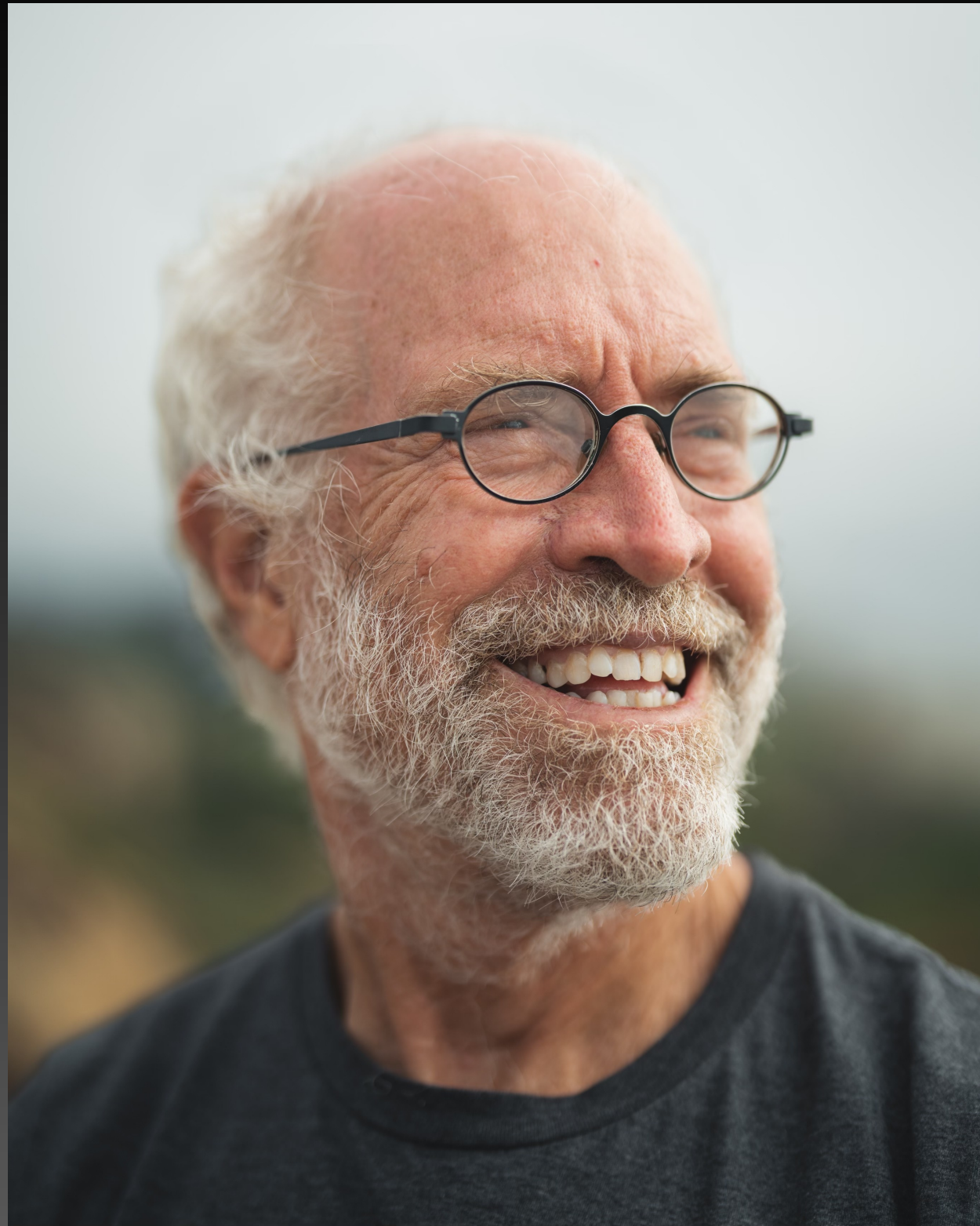
Viet Huong - Vietnamese Grocery

Enson Market - Derenne and Abercorn



Han Me - Korean Market - Bull and Derenne (Kim Chi)

Chinatown Market - Henry and Price



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