

FOOD IS MEDICINE

Hippocrates was to thank for the famous quote, “Let food be thy medicine and medicine be thy food” — which we translated to “food is medicine”. Many everyday foods can help boost your immune system during the cold and flu season; onions, horseradish, garlic, ginger, and cayenne--to name a few. By incorporating whole foods, herbs & spices daily, one can build a pathway to better health.

Enjoy the journey with us!

Below are some helpful words/remedies to familiarize with:

Oxymel is a mixture of honey and vinegar used to make bitter, pungent, herbs/spices and medicinal foods blends taste better.

Apple cider vinegar is a great alcohol-free solvent and has a soothing and balancing impact on the body.

Fire cider is generally used to boost the immune system, aid with digestion & circulation. Fire Cider has been used as a folk remedy for many years. It can be used in everyday meal prep like a salad dressings or as a marinade. Herbalist Rosemary Gladstar is a well-known advocate of Fire Cider as a supportive blend.

Discover more about Herbalist Rosemary Gladar & the history & future of Fire Cider in America visit the website link below:

<http://freefirecider.com/rosemarys-story/>

Below are some foods which can provide additional support for your body during the cold/flu season for relief.

Onion *Allium cepa*:

Parts used: bulb, eat raw or cooked. High in calcium, iron, folic acid, vitamin C, E and A, selenium and zinc "A sulfur containing food, are sliced/crushed, etc. enzymes become activated in the food...linked to prevention of cancer and improved health (Staying Healthy with Nutrition a complete guide to diet and nutritional medicine by: Elson M. Haas,MD) "

Cayenne *Capsicum minimum*:

Parts used: Fruit fresh or dried. High in vitamin C and A , some saying more vitamin C than an orange, stimulant blood flow and digestion/aiding in digestion.

Horseradish *Armoracia rusticana*:

Parts used: root, eat raw or cooked. Perennial plant of the family Brassicaceae. It is a root vegetable used as a spice. The plant is probably native to southeastern Europe and western Asia. Horseradish can be used for urinary tract infections, kidney stones, fluid retention, cough, bronchitis, achy joints (rheumatism), gallbladder disorders, sciatic nerve pain, gout, colic, and intestinal worms in children.

Ginger *Zingiber officinale*

Part used: root, eat raw or cooked. High in zinc, vitamins and minerals, it is a stimulant and carminative herb, helping in digestive issues as well.

Garlic *Allium sativum*:

Parts used: bulb, eat raw or cooked. Sulfur containing food, known for immune enhancing properties, antimicrobial and antibacterial, antiseptic, stimulant, diaphoretic.

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

References:

(<https://wishgardenherbs.com/blog/2986/how-to-make-herbal-oxymels/>
<https://www.botanical.com/botanical/mgmh/g/garlic06.html>
Staying Healthy with Nutrition a complete guide to diet and nutritional medicine by: Elson M. Haas,MD

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