



Like an engine, your body needs the right fuel

GOOD LIVING

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When an engineer finishes work on a new engine ready to start for the first time, he tells his assistants the type of fuel that must be used in the engine. No other will give optimal results. "And don't forget the oil," he'll say. "It must be exactly of this type."

Only the one who has planned and built an engine can knowledgeably prescribe the type of fuel and lubricant it needs.

"It (the ground) will produce thorns and thistles for you and you will eat the plants of the field." (Genesis 3:18). "I give you every seed bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (Genesis 1:29). Our bodies are engines and food contains the fuel and oils.

Although foods of vegetable origin hold the most therapeutic activity, some animal foods stand out because of their preventive and healing characteristics. Honey and other products of the hive have been referred to as "sweet medicine." Royal jelly, pollen and propolis are all ingredients of the hive with therapeutic (or healing) properties.

Yoghurt increases immune defences because of the bacteria it contains rather than its milk content.

Fish oils such as cod liver oil contain high vitamin D content and are useful in treatment of rickets.

Beef liver and that of other mammals have been used in the treatment of different types of anaemia because of its high content of iron and vitamin B12.

According to a report on appetite released in 1997 by Martin et al, the more complete the information we have concerning available foods, the easier it is to make best choices for health.

Selenium, a trace element that is an anti-oxidant, acts together with vitamin E to protect body cells from damage by free radicals and against cancers, degenerative diseases and arteriosclerosis.

This product stimulates the immune system contributing to the formation of antibodies against infectious diseases. The journal of American Medical Association in 1996 reported that selenium protects against breast and skin cancers. Selenium content in food varies depending on the soil content of the food source, but is scant in processed foods. Brewer's Yeast, wheat germ, molasses are the best sources. It is also abundant in legumes and oil bearing nuts. The body needs

it in small amounts and the entire human body contains approximately one milligramme of selenium. A study reported in the American Journal of Clinical Nutrition in 1996 by Delmas showed that selenium and Beta carotene supplements provide positive results in cases of Aids. An oxidant enzyme, superoxide dismutase, which strengthens resistance and positively affects the course of Aids, has been shown to require selenium as reported in 1997 by Cowgill, U.M., in a study done in continental USA.

Sulfurous compounds are diverse substances that contain sulphur found in vegetables like cabbages, broccoli and turnips. The best known are Isoindoles and glucosinolates. These phytochemicals are very effective anti-carcinogenic agents. Cabbage, with its rich calcium content, prevents osteoporosis (weakening of bones). It is also a healing agent for skin acne and gastroduodenal ulcers.

Flavonoids or Bioflavonoids are the natural coloured agents in plant-based foods. They have antioxidant, anti-inflammatory and diuretic effects. Food plants healing properties is mainly due to flavonoids. They facilitate the action of vitamin C, protect arteries and the heart. A report in the Lancet in 1996 by Rimm et al observed that flavonoids stop the degenerative process of arteriosclerosis and provide moderate protection against heart attack.

The cardio-protective effects of grapes and grape juice and, to a lesser degree, wine are due to the phenolic flavonoids present in them.

Flavonoids are found in all fruits and many vegetables. Citrus fruits such as oranges contain (rutin), grapefruit (naringin), lemon (hesperidin and diosmin) and cherries (ellagic acid). Apples and onions contain quercetin, one of the most studied flavonoids that has been shown to be effective in preventing platelet stickiness and clotting (thrombosis).

Flavonoids also prevent oxidation of lipoproteins, which stimulate cardiovascular health. Tea, currant, pepper and others also contain useful flavonoids.