THERAPEUTIC FOODS FOR DIGESTION

Food	Action & Constituents
Pineapple	Contains bromelain: proteolytic, anti-inflammatory enzyme. Useful in small intestine and pancreas dysfunction.
Apple Cider Vinegar	High acid content helps digest proteins in the stomach by lowering stomach pH.
Beets	High levels of folate and manganese support gallbladder function.
Cabbage (Juice)	Contains Vitamin U, an ulcer remedy—for stomach and duodenum ulcers. Its abundant sulfur content is helpful in killing parasites.
Papaya	Contains the enzyme papain (especially underripe papaya and its seeds) which helps digest protein, resolve mucus, and has strong vermicidal action.
Garlic	Contains allicin, which is anti-parasitic.
Radish	Contains sulphur: helps remove deposits and stones from the gallbladder by improving bile flow. High vitamin C content can calm gastric discomfort and act as a laxative.
Fennel	Excellent source of vitamin C, potassium, fiber, trace mineral, and the anticancer coumarin compound, fennel is an intestinal antispasmodic, a carminative, a stomachic, and an anodyne. A truly healing food when dealing with digestive dysfunction. It can be eaten raw, braised, steamed, baked, in soups and stews, and it can be used in place of celery. A truly versatile, aromatic food.
Jerusalem Artichoke	Rich source of inulin which promotes healthy bacteria in the intestinal tract.

THERAPEUTIC FOODS FOR DIGESTION

Food	Action & Constituents
Dandelion Root	Enhances the flow of bile by increasing bile production and flow to the gallbladder. It also had a direct effect on the gallbladder by causing contractions and releasing stored bile. Dandelion root improves conditions such as liver congestion, bile duct inflammation, hepatitis, gallstones and jaundice. Also contains inulin which promotes the growth of bifidobacterium and lactobacillus.
Ginger	Carminative: promotes elimination of intestinal gas, relaxes and soothes the intestinal tract, inhibits the formation of inflammatory compounds and stimulates digestion.
Apple/Beet/Carrot/Lemon Juice Relish	Supports gallbladder function and aids in digestion.
Lemon Water	Stimulates acid production. The pH of lemon is alkaline but it is acidic in the stomach. Drink warm or room temperature.
Chard/Kale/Spinach	Fiber.
Psyllium Husk	High fiber content-retains water in the stool and stimulates intestinal peristalsis through acetylcholine-like mechanism.
Bone Broth	Sooths the digestive tract and supports the integrity of the gut lining.
Okra	Fiber; mucilage soothes digestive tract.

THERAPEUTIC FOODS FOR BLOOD SUGAR

Food	Actions & Constituents
Onions	Contains high levels of Chromium which functions in a critical enzyme system involved in blood sugar regulation called the glucose tolerance factor. Adequate chromium levels are a deterrent to insulin resistance and low chromium may lead to insulin resistance. Also contains allyl propyl disulfide (APDS) that has been shown to lower blood sugar by competing with insulin for breakdown sites in the liver.
Brewer's Yeast	Contain high levels of chromium which functions in a critical enzyme system involved in blood sugar regulation called the glucose tolerance factor. Adequate chromium levels are a deterrent to insulin resistance and low chromium may lead to insulin resistance. Also contains B3 (Niacin) for carbohydrate metabolism and adrenal hormone creation, B1 which functions as part of the enzyme thiamine pyrophosphate (TTP) which is necessary for carbohydrate metabolism, energy production and nerve cell function, B5 (Pantothenic Acid) which is a component of coenzyme A which plays a critical role in the manufacture of adrenal hormones as well as the utilization of fats and carbohydrates and B6 (Pyridoxine) which involved in the creation of body proteins and chemical transmitters as well as maintaining hormonal balance.
Liver	Contain high levels of chromium which functions in a critical enzyme system involved in blood sugar regulation called the glucose tolerance factor. Adequate chromium levels are a deterrent to insulin resistance and low chromium may lead to insulin resistance. Also, contains B3 (Niacin) for carbohydrate metabolism and adrenal hormone creation and B5 (Pantothenic Acid) which is a component of coenzyme A which plays a critical role in the manufacture of adrenal hormones as well as the utilization of fats and carbohydrates.
Oysters	Contain high levels of chromium which functions in a critical enzyme system involved in blood sugar regulation called the glucose tolerance factor. Adequate chromium levels are a deterrent to insulin resistance and low chromium may lead to insulin resistance.
Calf's Liver	Contains chromium which functions in a critical enzyme system involved in blood sugar regulation called the glucose tolerance factor. Adequate chromium levels are a deterrent to insulin resistance and low chromium may lead to insulin resistance.
Cinnamon	Cinnamon acts as an insulin substitute. The active component in cinnamon responsible for its insulin-like activity is a water-soluble chemical compound called **methylhydroxychalcone polymer,** or **MHCP.** Research shows that MHCP is highly effective, providing essentially the same biological activity as insulin itself. Not only does it increase the uptake of glucose by cells, but it also stimulates glycogen synthesis.

THERAPEUTIC FOODS FOR BLOOD SUGAR

Food	Actions & Constituents
Beef Liver	Contains high levels of Biotin which enhances glucose utilization. It generally improves hypoglycemia symptoms and helps reduce sugar cravings. Biotin is primarily synthesized by friendly bacteria. It is extremely important to up the intake of biotin-rich food sources (liver and brewer's yeast) when dealing with clients with dysbiosis or with a history of antibiotic use. Also contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity.
Kombucha	Contains B6 (Pyridoxine) which is involved in the creation of body proteins and chemical transmitters as well as maintaining hormonal balance. Also contains B1 (Thiamine) which functions as part of the enzyme thiamine pyrophosphate (TTP) which is necessary for carbohydrate metabolism, energy production and nerve cell function, B3 (Niacin) which functions in the body as a component in coenzymes nicotinamide adenine dinucleotide phosphate (NADP) and nicotinamide adenine dinucleotide (NAD). These enzymes play a role in carbohydrate metabolism, energy production and manufacture of adrenal hormones and B12 content.
Turmeric	Contains curcumin which switches on liver genes that keep glucose levels in check, improves the pancreas's ability to make insulin and helps to slow down the metabolism of carbohydrates after meals.
Eggs	Contain high levels of B3 (Niacin) for carbohydrate metabolism and adrenal hormone creation.
Fish	Contain high levels of B3 (Niacin) for carbohydrate metabolism and adrenal hormone creation, B5 (Pantothenic Acid) which is a component of coenzyme A which plays a critical role in the manufacture of adrenal hormones as well as the utilization of fats and carbohydrates and Potassium which is essential for the conversion of blood sugar into glycogen.
Peanuts	Contain high levels of B3 (Niacin) for carbohydrate metabolism and adrenal hormone creation, B1 which functions as part of the enzyme thiamine pyrophosphate (TTP) which is necessary for carbohydrate metabolism, energy production and nerve cell function, B5 (Pantothenic Acid) which is a component of coenzyme A which plays a critical role in the manufacture of adrenal hormones as well as the utilization of fats and carbohydrates, Manganese which functions in enzymes that regulate blood sugar and Arginine which plays an important role in the promoting of the secretion of insulin.

THERAPEUTIC FOODS FOR BLOOD SUGAR

Food	Actions & Constituents
Raw Milk	Contains high levels of B5 (Pantothenic Acid) which is a component of coenzyme A which plays a critical role in the manufacture of adrenal hormones as well as the utilization of fats and carbohydrates.
Asparagus	Contains high levels of potassium which is essential for the conversion of blood sugar into glycogen.
Lima Beans	Contains high levels of potassium which is essential for the conversion of blood sugar into glycogen.
Potatoes	Contains high levels of potassium which is essential for the conversion of blood sugar into glycogen, Chromium which functions in a critical enzyme system involved in blood sugar regulation called the glucose tolerance factor. Adequate chromium levels are a deterrent to insulin resistance and low chromium may lead to insulin resistance.
Banana	Contains high levels of potassium which is essential for the conversion of blood sugar into glycogen.
Pecans	Contains high levels of Manganese which functions in enzymes that regulate blood sugar.
Almonds	Contains high levels of Manganese which functions in enzymes that regulate blood sugar and Arginine which plays an important role in the promoting of the secretion of insulin.
Parsley	Contains high levels of Vanadium which functions in blood sugar metabolism and deficiency may contribute to faulty blood sugar control manifesting as diabetes or hypoglycemia as well as Vitamin A which plays a role in adrenal hormone manufacture and activity.
Olive Oil	Contains high levels of Vanadium which functions in blood sugar metabolism and deficiency may contribute to faulty blood sugar control manifesting as diabetes or hypoglycemia.

THERAPEUTIC FOODS FOR BLOOD SUGAR

Food	Actions & Constituents
Buckwheat	Contains high levels of Vanadium which functions in blood sugar metabolism and deficiency may contribute to faulty blood sugar control manifesting as diabetes or hypoglycemia.
Chili Peppers	Contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity.
Dandelion Root	Contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity as well as B6 (Pyridoxine) which is involved in the creation of body proteins and chemical transmitters as well as maintaining hormonal balance and B1 (Thiamine) which functions as part of the enzyme thiamine pyrophosphate (TTP) which is necessary for carbohydrate metabolism, energy production and nerve cell function.
Chicken Liver	Contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity.
Carrots	Contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity.
Apricots	Contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity.
Collard Greens & Kale	Contains high levels of Vitamin A which plays a role in adrenal hormone manufacture and activity.

THERAPEUTIC FOODS FOR FATTY ACIDS

Food	Action & Constituents
Beets	High levels of folate and manganese support gall bladder function. Grate and mix with green apple and carrot (drizzle with olive oil and lemon juice) and eat as a condiment.
Radishes	Sulphur-based chemicals increase the flow of bile, helping to maintain a healthy gallbladder and liver function.
Dandelion	Enhances the flow of bile, improving liver congestion, bile duct inflammation, hepatitis, gallstones, and jaundice. Dandelion's has a direct effect on the liver, causing an increase in bile production and flow to the gallbladder (choleretic effect), and it has a direct effect on the gallbladder, causing contraction and release of stored bile (cholalogue effect).
Artichoke	Increases bile production. It has been suggested that 30 minutes after eating globe artichoke, bile flow is increased by over 100%.
Coconut Oil	The digestive health advantages of medium-chain fatty acids (MCFA) over long-chain fatty acids (LCFA) are due to the differences in the way our bodies metabolize these fats. Because the MCFA molecules are smaller, they require less energy and fewer enzymes to break them down for digestion. They are digested and absorbed quickly and with minimal effort. MCFA are broken down almost immediately by enzymes in the saliva and gastric juices so that pancreatic fat-digesting enzymes are not even essential. Therefore, there is less strain on the pancreas and digestive system. This has important implications for patients who suffer from digestive and metabolic problems. Also contains a high amount of lauric acid, which has antimicrobial properties. Contains 49% lauric acid, 18% myristic acid, 8% palmitic acid and 8% caprylic acid.
Lemons	High in limonene, they help in thinning the bile and enhance overall digestion.

THERAPEUTIC FOODS FOR FATTY ACIDS

Food	Action & Constituents
Lard	40% saturated fat, 50% monounsaturated and 10% polyunsaturated fat. Lard should be considered a monounsaturated fat.
Almonds & Almond Oil	Stable oleic-rich oil. Composition: 7% palmitic acid, 61% oleic acid, and 30% linoleic acid.
Avocado Oil	Oil is composed of 17% palmitic acid, 68% oleic acid and 12% linoleic acid.
Flaxseed Oil	Delicate oil due to high alpha-linolenic acid content. Contains 17% oleic acid, 14% linoleic acid and 60% alpha-linolenic acid. Lecithin content has shown to increase biliary phospholipid levels and help with gallstones.
Butter	Contains 12% myristic acid, 26% palmitic acid, 12% stearic acid, and 28% oleic acid.
Duck/Chicken/Goose/Turkey Fat	Poultry fat is a source of the antimicrobial fatty acid, palmitoleic acid. The percentage of palmitoleic acid depends on what the bird is fed. Saturated fat counts for less than 30% of the total fatty acids and monounsaturates around half.
Cod Liver Oil	Made from the livers of soft-finned saltwater fish it contains high levels of vitamin A and D as well as a good amount of E. With 22% oleic acid, 14% palmitic acid, 12% palmitoliec acid and 12% gadoleic acid it is a good source of elongated omega-3 fatty acids (EPA & DHA).

THERAPEUTIC FOODS FOR FATTY ACIDS

Food	Action & Constituents
Tallow/Suet	Rendered fat from cattle, sheep or lamb. Tallow contains 100% fat and Suet 94% (around 50% saturated, 40% monounsaturated and 3-6% polyunsaturated). With a high percentage of palmitic acid (24-25%), stearic acid (22-25%) oleic acid (33-39%) they are very stable oils and ideal for cooking at high heat.
Olive Oil	Contains 71% oleic acid, 14% palmitic acid and 10% linoleic acid. Is a very delicate oil and should not be used for cooking at a low heat.
Palm Oil	Historically used in baking it is composed of 45% palmitic acid, 39% oleic acid and 9% linoleic acid. It also has a high concentration of β-carotene and tocotrienols.
Palm Kernel Oil	Made from the kernels of palm fruit it is similar in look and composition to coconut oil and contains 50% lauric acid, 16% myristic acid and 14% oleic acid.

THERAPEUTIC FOODS FOR MINERALS

Food	Action & Constituents
Almonds	Contain high levels of magnesium.
Cashews	Contain high levels of magnesium.
Brown Rice	Contain high levels of magnesium.
Celery	High in silica, helps renew joints, bones, arteries, and all connective tissues.
Sea Vegetables	Iodine – necessary for the production of thyroid hormones
Brazil Nuts	Selenium – necessary for conversion of T3 to T4 (thyroid hormones)
Root Vegetables (e.g. Potato, Beets & Carrots)	Silica - important for collagen formation and for connective tissue's elasticity and resilience. It also regulates calcium placement in bone and tissue.
Avocado	Potassium (680 milligrams per serving) – helps regulate water balance and distribution; kidney and adrenal function; muscle and nerve function; heart function.
Kelp	High in calcium, magnesium, iodine
Cheddar Cheese	High in calcium
Collards	High in calcium
Kale	High in calcium, molybdenum
Turnip Greens	High in calcium
Almonds	High in calcium, phosphorus, magnesium, manganese, high in zinc
Sesame Seeds	High in calcium
Yogurt	High in calcium, phosphorus
Apricots	High in calcium, potassium
Brewer's Yeast	High in calcium, magnesium, chromium, molybdenum
Parsley	High in calcium, vanadium
Dandelion Greens	High in calcium
Brazil Nuts	High in calcium, magnesium, manganese, selenium
Salmon	High in phosphorus, potassium, sodium

THERAPEUTIC FOODS FOR MINERALS

Food	Action & Constituents
Lentils	High in phosphorus, sulfur, iron, molybdenum
Halibut	High in phosphorus
Beef	High in phosphorus, iron
Turkey	High in phosphorus
Chicken	High in phosphorus, potassium
Cashews	High in magnesium
Molasses	High in magnesium, iron
Asparagus	High in potassium
Avocado	High in potassium
Carrot	High in potassium
Lima Beans	High in potassium
Potato	High in potassium, chromium, iron
Tomato	High in potassium
Banana	High in potassium
Peach	High in potassium
Cauliflower	High in molybdenum
Garlic	High in sulfur, molybdenum
Oysters	High in zinc
Pumpkin Seeds	High in zinc
Pecans	High in zinc