

Are You Eating your G-Bombs every day- What Every Woman should Know ...?

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In recent years, the impact of heart disease on women has gained increasing attention. Though it is often thought to affect men disproportionately, though in actual fact heart disease kills more women than men! Heart disease is responsible for 1 in 3 deaths of American women each year, killing more women than all cancers combined something very few women are aware of!

The standard American diet (SAD) full of white flour, sugars, oils and animal products promotes heart disease; as a result, it has become nearly ubiquitous to take medications for elevated cholesterol and blood pressure, and common for heart attacks and strokes to occur. Health authorities often advise women to know the symptoms that may be characteristic of a heart attack, and they make lenient, ineffective dietary recommendations about reducing fat intake. This does not work. Instead, women can take control of their cardiovascular health; they can become so healthy that a heart attack is almost impossible....how cool is that??? A growing body of scientific literature shows that heart disease is easily and almost completely preventable (and reversible) by following an eating style rich in plant produce and dramatically lower in processed foods and animal products.

When you learn how to take care your heart with superior nutrition, you automatically take steps that will help to prevent diabetes, cancer, osteoporosis and other diseases, and maintain youthful energy, positive emotional outlook and enthusiasm for life. It protects your brain, not just your heart, helping you to love life to the full!

The most important strategy for taking care of your heart is to eat your G-BOMBS daily: Greens, Beans, Onions, Mushrooms, Berries and Seeds. Natural plant foods have numerous cardio protective effects. For example, greens activate a system, which turns on natural detoxification mechanisms and helps protect blood vessels against the inflammatory processes that can lead to hardening of the arteries. Higher consumption of fibre-rich vegetables, fruits and beans helps to keep blood pressure in the favourable range. Beans, nuts and seeds have unique cholesterol-lowering capabilities Berries and the flavonoids they contain have a natural blood pressure-lowering effect, plus berries and pomegranates have potent antioxidant and anti-inflammatory effects that protect against the development of heart disease. Of course excellent nutrition must be coupled with getting frequent exercise and maintaining a healthy weight which are of course also important, as is minimizing added salt, alcohol, caffeine, staying well hydrated and reducing environmental toxins.

G-Bombs = Greens, Beans, Onions, Mushrooms, Berries & Seeds

**Juice Plus is packed with G-bombs so make sure you get your 6 caps per day
for optimum health and wellbeing Bombs away everyone!!!!**



Featured Fruit: Cranberries

A serious contender in our G-Bombs; cranberries are real force to be reckoned with! Take a look at some of these impressive facts and figures, no wonder it's included in Juice Plus+

- Delicious, tart cranberries have significantly high amounts of phenolic flavonoid phytochemicals called pro-anthocyanidins (PAC's). Scientific studies have shown that consumption of berries have potential health benefits against cancers such as breast and colon cancer, aging and neurological diseases, inflammation, diabetes, and bacterial infections.
- Antioxidant compounds in cranberries such as oligomeric proanthocyanidins (OPC's), flavonoids, and quercetin may prevent cardiovascular disease by stopping the formation of cholesterol plaques in the heart and blood vessels. These compounds can also help the body lower LDL cholesterol levels and increase HDL or so called 'good cholesterol' levels in the blood.
- In disease-fighting antioxidants, cranberries outrank nearly every fruit and vegetable including strawberries, spinach, broccoli, red grapes, apples, raspberries, and cherries, and are second only in rank to the might Blueberry!
- Research studies show that cranberry juice consumption offers protection against bacterial infections such as E.coli in the urinary system by inhibiting bacterial-attachment to the bladder and urethra, so no it's not an old wives tale that Cranberries can help with UTI's
- Consumption of cranberries turns urine acidic. This, together with the bacterial anti-adhesion property of cranberry juice helps prevent the formation of alkaline stones in the urinary tract by working against bacterial-infections.
- Cranberries can also help prevent plaque formation on the tooth surface by interfering with the ability of another nasty bacterium, Streptococcus mutans, to stick to the surface of the tooth, therefore helping to prevent the development of cavities in a way similar to the action in preventing urinary tract infections.
- In addition, the berries are an also good source of many vitamins like vitamin C which is a powerful natural antioxidant capable of blocking some of the damage caused by free radicals, as well as boosting the body's resistance against infectious diseases. Sailors once carried cranberries aboard their ships to avoid scurvy because of their high vitamin C content. Vitamin E, a fat-soluble antioxidant involved in immune function that may help prevent or delay the chronic diseases associated with free radicals. Vitamin A, Beta carotene, lutein, zeaxanthin, and folate. Also minerals like potassium, and manganese. And fiber- According to the Department of Internal Medicine and Nutritional Sciences Program of the University of Kentucky, high fiber intakes are associated with significantly lower risks for developing coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases. Increased fiber intake has also been shown to lower blood pressure and cholesterol levels, improve insulin sensitivity, and enhance weight loss for obese individuals.
- Oxygen Radical Absorbance Capacity or ORAC (measurement of antioxidant strength of food items) demonstrates cranberry at an ORAC score of 9584 one of the highest in the category of edible berries.
- Cranberries are especially beneficial to the eyes as they significantly improve symptoms of cataracts, macular degeneration, and diabetic retinopathy.

Method

CRANBERRY OAT BARS

Prep Time: 20 minutes

Total Time: 1 hour, 45 minutes

Makes: 24 bars

Preheat oven to 175c. Coat a 9 x 13" baking dish with oil or butter. Whisk egg (or whites), buttermilk, honey (or sugar), Olive oil and vanilla extract in a large bowl. Whisk flour, baking soda and salt in a medium bowl. Pour flour mixture into the buttermilk mixture and stir until just combined. Stir in oats and dried cranberries. Pour batter into the prepared baking dish and bake until golden brown, puffed and centre is set 28 to 32 minutes. Let cool before slicing into 24 bars.

RECIPE OF THE MONTH CRANBERRY OAT BARS

Ingredients

- 1 large egg OR 2 egg whites
- 1 cup buttermilk
- 3/4 cup honey OR sub coconut sugar or Zylito (to taste) for a healthier low-gl version
- 3 tablespoons Olive or Rapeseed Oil
- 2 teaspoons vanilla extract
- 1 1/2 cups whole-wheat pastry flour
- 1 teaspoon baking soda
- Pinch Sea salt
- 3 cups rolled oats
- 1 cup dried, unsulfured cranberries

Juice
PLUS+

**Remember
children go FREE**
if an adult is taking it how
amazing is that!



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Disclaimer: if you have any health issues, allergies, are on any medication or are just starting a health eating plan then please consult your GP or health care provider to make sure it is safe to do so.