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Almonds

Did you know that almonds are actually good for your heart? Five major scientific studies all found that regularly eating nuts is directly linked to a lower risk for heart disease. For a great scientific article about the health benefits of almonds, just [click here](#)

Apples

You've heard the saying "an apple a day keeps the doctor away." Well, according to a scientific study done in Finland, people who frequently ate apples and other flavonoid-rich foods (like onions and broccoli) had a 20% lower risk of heart disease than people who didn't. For a great scientific article about the health benefits of apples, just [click here](#)

Apple Fiber

If you're looking for a tasty snack, you should know that apples are in a league of their own as far as fiber content goes. They have a soluble fiber called "pectin", and are also really high in insoluble fiber. Both kinds of fiber are absolutely essential for the health of your intestines and colon. For a great scientific article about the health benefits of apples, just [click here](#)

Apricots

Apricots, aside from being a tasty way to keep your blood sugar levels stable between meals, are a phenomenal source of vitamin A. One of the best things about vitamin A is that it keeps your eyesight sharp by preventing the macular degeneration that comes with aging. For a great scientific article about the health benefits of apricots, just [click here](#)

Asparagus

If you know someone who's pregnant, tell them to start eating asparagus more often. It's high in the vitamin "folate" that's essential for DNA synthesis, and can help protect the unborn baby from different kinds of potential birth defects.

For a great scientific article about the health benefits of asparagus, just [click here](#)

Avocados

If you like avocados, I've got good news for you. A study published in the Journal of Nutritional Biochemistry showed that the nutrients and enzymes in avocados actually inhibit the growth of breast cancer and prostate cancer cells.

For a great scientific article about the health benefits of avocados, just [click here](#)

Bananas

In case you didn't know, bananas are one of nature's best sources of potassium, which is crucial for balancing out your sodium intake. So if you like to use salt, bananas are an easy way to keep your whole body balanced.

For a great scientific article about the health benefits of bananas, just [click here](#)

Basil

Did you know that basil, aside from being a delicious herb, is also a powerful antioxidant? Basil is rich in beta-carotene, which is a more powerful antioxidant than vitamin A and helps prevent cholesterol from getting oxidized in the blood stream – which keeps it from sticking to the walls of blood vessels.

For a great scientific article about the health benefits of basil, just [click here](#)

Beets

If you like beets, I'll give you a reason to like them even more. The pigment that gives beets their rich color (betacyanin) is also a powerful cancer-fighting agent! The effectiveness of beets against colon cancer, in particular, has been demonstrated in several scientific studies.

For a great scientific article about the health benefits of beets, just [click here](#)

Bell Peppers

If you spend any time around cigarette smoke, try adding

some bell peppers to your diet. A study published in *Cancer, Epidemiology, Biomarkers and Prevention* demonstrated that a diet rich in a nutrient called “beta-cryptoxanthin” (found in bell peppers) reduces the risk of lung cancer by over 25%, and over 35% in smokers.

For a great scientific article about the health benefits of bell peppers, just [click here](#)

Blueberries

In case you didn't know, blueberries are nature's antioxidant powerhouse. In fact, researchers at Tufts University analyzed 60 fruits and vegetables for their antioxidant potency, and blueberries came out #1, rating highest in their capacity to destroy harmful free radicals.

For a great scientific article about the health benefits of blueberries, just [click here](#)

Broccoli

Did you know that eating broccoli is actually good for your skin? New research conducted at John's Hopkins University indicates sulforaphane – a compound found in broccoli – can help repair sun-damaged skin and even prevent certain kinds of melanoma.

For a great scientific article about the health benefits of broccoli, just [click here](#)

Carrots

While it's true that carrots help your vision stay healthy, did you know they also can help prevent lung cancer? Extensive studies suggest that a diet including as little as one carrot per day could conceivably cut the risk of lung cancer by a staggering 50%.

For a great scientific article about the health benefits of carrots, just [click here](#)

Cashews

If you like cashews, I've got some good news for you. Not only do cashews have a lower fat content than most other nuts, but 75% of their fat is a healthy kind called “unsaturated fatty acids”. This type of fat is actually good for your heart!

For a great scientific article about the health benefits of cashews, just [click here](#)

Cayenne Pepper

Did you know that the substance that makes cayenne peppers hot – “capsaicin” – is also really good for your health? Studies

have found that cayenne peppers significantly reduce blood cholesterol. In fact, cultures that include hot peppers in their diet have a much lower rate of heart attack and stroke. For a great scientific article about the health benefits of cayenne peppers, just [click here](#)

Cinnamon

Did you know that cinnamon is much more than just a tasty spice? Scientific research by Dr. P. Zoladz has found that chewing cinnamon-flavored gum, or even just smelling cinnamon, boosted peoples' brain and memory functioning. For a great scientific article about the health benefits of cinnamon, just [click here](#)

Cranberries

You might already know that cranberries are a great way to prevent and treat bladder infections, but did you know that studies have shown cranberries can help prevent the formation of kidney stones, and also tend to lower LDL (the bad kind of cholesterol)? For a great scientific article about the health benefits of cranberries, just [click here](#)

Crimini Mushrooms

Next time you're looking for salad ideas, consider using some crimini mushrooms. Crimini mushrooms are unusually high in zinc, and if one mineral was singled out for its beneficial impact on your immune system, zinc would be the winner. For a great scientific article about the health benefits of crimini mushrooms, just [click here](#)

Eggplant

Researchers at the US Agricultural Service found eggplant to be a phenomenal source of antioxidants (those compounds that go around and cleanse the body of free radicals). In particular, eggplant contains a nutrient called "chlorogenic acid", which is considered one of the most effective antioxidants available anywhere. For a great scientific article about the health benefits of eggplant, just [click here](#)

Flaxseed Oil

You've probably already that eating fish is good for your heart. But if you don't like fish, there's another easy way to reap the same benefits! Flaxseed oil is available in any health food store, and just a tablespoon of it each day provides the same omega-3 fatty acids that make diets high in fish so

healthy for your heart.

For a great scientific article about the health benefits of flaxseed oil, just [click here](#)

Garlic

Did you know that garlic can help significantly reduce the risk of heart disease? Scientific research suggests that garlic helps prevent and even possibly reverse plaque formation in the arteries. These laboratory studies found that powdered garlic reduced the formation of plaque by up to 40%.

For a great scientific article about the health benefits of garlic, just [click here](#)

Ginger

Besides doing a great job of spicing up a stir-fry, did you know that ginger is nature's cure for motion sickness and seasickness? One scientific study found that ginger was far more effective than Dramamine, a common over-the-counter drug used for motion sickness.

For a great scientific article about the health benefits of ginger, just [click here](#)

Green Tea

In case you didn't know, a massive number of scientific studies have confirmed that green tea is one of the healthiest things you can drink for your heart. The evidence is so overwhelming, Japanese researchers concluded, "The more green tea patients consume, the less likely they are to have coronary artery disease."

For a great scientific article about the health benefits of green tea, just [click here](#)

Kale

Did you know that kale contains unique nutrients called "carotenoids" that act like sunglasses and prevent damage to the eyes from UV exposure? In one scientific study, people who had a diet history of eating carotenoid-rich foods like kale had a 50% lower risk for new cataracts.

For a great scientific article about the health benefits of kale, just [click here](#)

Kiwi Fruit

If you know any kids who have any kind of respiratory issues, some kiwi fruit might help them breathe a little easier. A scientific study conducted in Italy showed that children who had diets high in kiwi fruit were less likely to have respiratory-related health problems.

For a great scientific article about the health benefits of kiwi fruit, just [click here](#)

[Control Panel](#)