

# Health Mentor Programme -

## Raw foods

MENTOR SESSION 15

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### IN THIS MENTOR SESSION:

- This session is going to rock your world!
- Vitamin pills can't have it all...
- The literature is overwhelming!

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## Raw rocks!

**This mentor session is important for your health - really important!** (OK, all the other sessions are really important as well but this one is REALLY important!!)

If you've ever heard the term 'food heals' then it was probably referring to fruits and vegetables!

Fruits and vegetables are what you thought they were...**VERY healthy!**



### In this session we will:

1. Find out why fruits and vegetables are extremely important for life
2. How to consume them
3. Why raw juices simply rock!

## Why not just pop a few vitamins?!

Well, this is the **BIG** question and you better believe it - eating a whole fruit or vegetable definitely has something more to it than just the vitamins and minerals (which remain important as well)!

So, what's the secret to the anti-disease properties of fruit and vegetables then?



### The answer is phytochemicals!

**(Can you hear the pretty music in the background?!)**

These substances, which include polyphenols, are the reason why you will enjoy protection against a host of diseases by eating daily portions of fruits and veggies.<sup>1</sup>

Fruit and vegetables are also the original storage depots for vitamins and minerals and that's why they have the highest quality and the widest spectrum of these life-giving micro nutrients.

Carrots, for example, contain **more than 200 types<sup>2</sup>** of carotenes, where a vitamin supplement usually only contains 1 type. Although vitamin supplements **have definite benefit** you're getting the better deal by starting with the raw stuff!

# Tongue twisters!



## Phytochemicals, polyphenols, bioflavanoids and other tongue twisters!

Phytochemicals are non-nutritive plant chemicals that have protective or disease preventive properties. It is well-known that plants produce these chemicals to protect themselves but recent research demonstrate that many phytochemicals can protect humans against diseases.

Now get this...fruits and vegetables contain these healthful phytochemicals of which there are **more than 20** groups (which we know of). One group of phytochemicals are called polyphenols. They have a subgroup called flavanoids and we know of **over 6000** flavanoids so far!!<sup>1</sup>

We can only start to imagine the quantity of protective agents that are hidden inside natural produce!!

# Bring on the literature!

**Does scientific research support the age-old consumption of fruits and vegetables? It sure does!!**

**Read this!**

- 1) Phytochemicals provide protection against colorectal cancer, rectal cancer, prostate cancer, breast cancer, endometrial cancer, ovarian cancer, thyroid cancer and lung cancer<sup>1,3,4,5</sup>
- 2) Phytochemicals provide protection against heart disease<sup>1,6,7,8,9</sup>
- 3) Reductions in risk of death in some studies were up to 65%!
- 4) Phytochemicals provide protection against stroke<sup>1,9,10</sup>
- 5) Phytochemicals provide protection against asthma and other airway diseases<sup>1,2</sup>
- 6) Phytochemicals provide protection against diabetes<sup>11</sup>
- 7) Phytochemicals can exhibit healthy estrogenic activity<sup>1,12</sup>
- 8) Phytochemicals boost the body's production of glutathione, one of the strongest antioxidants produced by the body<sup>13</sup>



### **And that's not all...!**

Remember good old fibre?

Well fibre occurs in **all** fruits and vegetables and it remains a major contributor to health and protects the body against heart disease, diabetes and intestinal problems to name but a few!

And oh yes, you'll definitely need less laxatives...

# You didn't know they could do this...!

**Here are a few examples of specific fruits and vegetables and the amazing components they contain!**

**Note:** Remember that all fruits and vegetables also contain vitamins and minerals in an ideal absorbable form, which is the other reason why they're the best for you!

Dates contain more than 13 different types of flavanoids<sup>15</sup>



Apples contain high levels of several types of polyphenols and bioflavonoids that have an anti-allergenic effect and a heart-protective effect. Many of these substances are found in the peel.<sup>16,17</sup>



Soya beans are rich in phytoestrogens that have anti-cancer properties<sup>1,11</sup>

**Flax seeds**



Flax seeds contain lignans which protect the body against heart disease and stroke<sup>9,18</sup>



Bananas are rich in carotenoids which protect the body against chronic disease, including certain cancers, cardiovascular disease, and diabetes.<sup>11,19</sup>

Phenolic type phytochemicals that have strong anti-cancer properties have already been identified in cranberry, apple, red grape, strawberry, pineapple, banana, peach, lemon, orange, pear, and grapefruit.<sup>16</sup>



**Interesting to note:** Tea leaves have a powerful antioxidant effect and they provide protection against cancer and heart disease<sup>14</sup> (more about this in the sessions on tea). So try out some of those tasty fruit teas.



# Do it now!!!

**By now you're hopefully filled with anticipation and excitement as you trot off to your local green grocer because you realise that healthy food is not as expensive and far-removed as you thought!**

**Stop for just a second...!**

**Let's just remember why buying organic produce is important:**

Sadly enough, commercialisation and over-utilisation of soil has gotten hold of our fruit and vegetable production.

So just remember that if plants are grown using certain pesticides and non-organic farming methods, many of the protective ingredients are definitely less like:

- Cancer-protective polyphenols like bioflavonoids<sup>20,21</sup>
- Antioxidants<sup>19,20</sup>
- Vitamin C<sup>19</sup>
- Alpha- and gamma-tocopherols<sup>20</sup>



Remember also that residual pesticides on fruits and veg can be toxic to the human body.<sup>22,23,24</sup>

Fruits lose their protective substances through storage techniques like canning<sup>25</sup> and the sulfites that are used to preserve raw produce for a longer shelf life has a link to increased risk for asthma.<sup>2</sup>

**So yes, raw, fresh, organic remain the way to go!**

## How much?

5 x



**So how much do you need?**

The American Cancer Society advises the consumption of 5-7 fruits and vegetables per day and other recommendations say up to 10 portions per day.

I recommend that you eat at least **7-8 portions of vegetables** with **2 portions of fruit** per day. This way you will also manage your weight better.

+

5 x



# Tips for enjoying your fruit & veggies

## Fresh



Eat your fruits and vegetables as fresh as possible.

You should also try to eat fresh vegetables soon after they have been peeled or cooked.



## Salads



Salads remain a tasty and convenient way to consume fruits and vegetables. You can have a vegetable salad before every supper!



## Spruced-up Juice

### Juices rock:

Fruit and veggie juices are tasty and handy if you want to grab something on the run (the kids always like them) and it's a good way to consume extra amounts of fruits and vegetables, especially if you're feeling run-down or ill.

**Note:** Careful with those pre-packed fruit juices, though. Remember our session on high GI foods and how fruit juices can be an overload of sugar (diabetics take specific note here). Always dilute 100% fruit juice with water (50:50).

### Dried vegetable juice powders:

We like the use of dried vegetable juice powders and it's a convenient way of consuming vegetable phytochemicals.

### Blending and juicing:

Many people have reported the miraculous healing powers of juiced and blended fruit and vegetables.

The sky's the limit here so you can put a wide variety of fruit and vegetables in your blends. If you can, drink a blend everyday (be aware that there are kilojoules in this phytochemical soup though!). Drink up and enjoy!



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# About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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