



Happy Autumn Season from the Menen Centre for Optimum Health and The Canadian Integrative Cancer Centre!!!

Boost your Immune System!

When the weather changes, we can use Traditional Chinese Medical thinking to remember that this is a particularly difficult time on both our Spleen and Lung Channels, which means that we all need **more soups and stews** to help our systems build more Yin energy to sustain us through and cold/damp weather patterns. Of course, there are a few other tips which will help too -- such as **avoiding dairy, sweets, fried foods and raw foods** (yes, this does include sushi)!



Let's also look at supplements. This is the time of year when antioxidants can be particularly beneficial. So Vitamins A, C, E, Zinc and Selenium can really help boost the immune system. Remember that vitamin A and E are fat-soluble vitamins so if you have any concerns with fat metabolism or liver dysfunction/disease (the liver helps to break down fats in the body), then you should speak with your health care provider (us?!) before using these supplements.



Many of us know oranges contain vitamin C but click on this link for some other choices for your daily vitamin C intake: <http://ohioline.osu.edu/hyg-fact/5000/5552.html>

This newsletter is dedicated to our top 10 list of food antioxidants to boost your immune system! We hope you enjoy the suggestions 😊

Top 10 Antioxidant Foods:

We've known for years that antioxidants can help prevent heart disease and cancer, reduce blood pressure and slow the effects of aging. These naturally occurring compounds protect the body from harmful, excess free radicals, sweeping them up before they can cause damage. And the best way to lay an antioxidant-rich foundation that's inhospitable to toxins and free radicals is through a combination of whole foods.



BERRIES

Few fruits have the nutrients of berries. They're full of fiber, minerals and vitamins, and loaded with healing antioxidants. Blueberries, raspberries and blackberries are rich in proanthocyanidin antioxidants that can help prevent cancer and heart disease. Strawberries, raspberries and blackberries contain ellagic acid, a plant compound that combats carcinogens (cancer promoting chemicals). Blueberries also help delay the onset of age-related loss of mental/cognitive function.

Suggestion for this season: Add whole blueberries to oatmeal or warm cereal, or dress up sliced strawberries with a little honey, balsamic vinegar and black pepper.

BROCCOLI



Broccoli and other cruciferous vegetables like cabbage, cauliflower and Brussels sprouts, contain a compound called indole-3-carbinol (a potent antioxidant that breaks down estrogen in the body) which reduces the risk of breast cancer and other estrogen-sensitive cancers, like cancer of the ovaries and cervix. Other studies have shown that broccoli can help fight cervical dysplasia, a precancerous condition. Broccoli also contains other protective constituents like beta-carotene, which can also help to prevent heart disease.

Suggestion for this season: toss steamed broccoli with olive oil, chopped black olives and fresh ginger.

TOMATOES



Tomatoes are fast becoming one of our favorite modern foods, and for good reason -- they can ward off certain kinds of cancer, prevent macular degeneration and cataracts, and help maintain mental function as we age. Tomatoes contain lycopene, a relatively rare member of the carotenoid family, also found in pink grapefruit and twice as powerful as beta-carotene. Studies have shown that men who eat more tomatoes or tomato sauce have significantly lower rates of prostate cancer. Other studies suggest lycopene can help prevent lung, colon and breast cancers. Tomatoes also contain the antioxidant glutathione, which helps boost immune function and liver health. Note: cooked tomatoes are preferable, since heat allows more desirable antioxidants in tomatoes to be made available to the body. And because lycopene is fat-soluble, eating tomatoes with oil (olive oil preferably for health) can improve absorption.

Suggestion for this season: add sliced sundried tomatoes, or toss Roma tomatoes with chopped fresh basil and olive oil and serve over whole grain pasta.



RED GRAPES

Red grapes contain substances called resveratrol and quercetin which are potent antioxidants that boost heart health by acting as free-radical scavengers, reducing platelet aggregation and helping blood vessels remain open and flexible. Resveratrol can also protect against various cancers, reduce the risk of inflammatory diseases, gastric ulcers, stroke and even osteoporosis.

Suggestion for this season: great mid-afternoon snack!

GARLIC

Garlic is packed with antioxidants that can help fend off cancer, heart disease and the effects of aging. The sulfur compounds that give garlic its pungent odor are thought to be responsible for its healing benefits. Studies have shown that garlic keeps the heart healthy by lowering cholesterol levels, reducing blood pressure, fighting free radicals and keeping blood from clotting. Other studies suggest that eating garlic regularly can help prevent cancer. It also has potent anti-fungal properties and can help treat asthma and yeast infections.

Suggestion for this season: Roast whole heads of garlic until soft, and spread on warm whole-grain baguette slices or puree roasted peppers with garlic for a fast sauce.

SPINACH



Spinach contains the antioxidant lutein which is also the main pigment in the macula - the region of maximum visual sensitivity in the eye – so spinach can help protect your vision. Studies have shown that people who eat spinach are less likely to develop cataracts and macular degeneration, the two most common causes of vision loss. Lutein appears to work by shielding the retina from sun damage and fighting free radicals that can harm the eyes. Some preliminary studies have suggested that lutein can also help prevent heart disease.

Suggestion for the season: Stir chopped, fresh spinach and crushed walnuts into steamed brown rice, or lightly wilt baby spinach leaves and toss with olive oil for a side dish.

TEA



The most frequently consumed beverage in the world may also be one of the best ways to prevent a number of degenerative diseases. Tea has been shown to significantly reduce the risk of cancer, heart disease, stroke and other diseases. It was originally thought that green tea had more antioxidants than black tea, but recent studies suggest that they are equally beneficial. The catechins in green tea are oxidized in the manufacturing process of black tea, forming free-radical fighting theaflavins.

Suggestion for the season: Poach salmon in an infusion of green tea and ginger, or simply sip a cup of tea!



CARROTS

Carrots are loaded with a potent antioxidant called beta-carotene, a member of the healing family of carotenoids. Also found in beets, sweet potatoes and other yellow-orange vegetables, beta-carotene provides protection against: various cancers (especially lung, bladder, breast, esophageal and stomach cancers); heart disease, and slows the progression of arthritis by as much as 70 percent. Note: Cooked carrots have considerably higher levels of antioxidants than uncooked, probably because heat breaks down the active compounds and makes them more available.

Suggestion for the season: Puree cooked carrots with low-fat chicken broth, rosemary and a dash of cream for a comforting soup.

WHOLE GRAINS

Your morning bowl of cereal may be a more potent source of phytochemicals than you think -- as long as it's a whole-grain variety. Vitamin E in grains is a strong antioxidant that plays a role in preventing cancer, especially prostate cancer. Other studies have found that it can boost immunity, slow the progression of Alzheimer's disease, treat and possibly prevent arthritis, prevent sunburn and treat male infertility. Grains are also rich in phytic acid, a potent antioxidant that can help protect against breast, colon and liver cancers.

Suggestion for the season: Combine cooked bulgur wheat with chopped parsley, scallions and olive oil, to your next brown rice.

SOY

The enduring favorite of health-foods aficionados, soy can help prevent cancer, lower cholesterol, ward off osteoporosis and lessen the effects of menopause. Most of the health benefits of soy have been attributed to its content of Genistein and other isoflavones, which resemble natural estrogens in the body. Studies have shown that Genistein can help prevent breast, colon and prostate cancers. Additionally, soy can reduce both overall cholesterol levels and LDL (low-density lipoprotein or "bad") cholesterol levels, without affecting the levels of beneficial HDL. Soy can also prevent osteoporosis and help alleviate the symptoms of menopause, such as hot flashes. *****remember that soy products are not recommended for cancer patients that have estrogen-sensitive tumors according to current research.*****

Suggestion for the season: toss soy sprouts or soya beans into your stir-fry dishes. *****Remember that soya milk is still considered "dairy" in Chinese Medicine, so if you're adding soya to your diet, stick to the soya**



beans this season!!!

Have a happy and healthy autumn season!

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