



Nine healthiest Foods

During holiday season, it is always tempting to indulge in some tasty treats that are perhaps not the highest in nutritional value for the well-being. Well it is not our purpose to be conscience for anyone, but just to - well yes - prick the conscience to be aware of the recent study on the healthiest nine foods in the world, according to this study.

Kale. It is one of the trendiest vegetables right now, and there is a good reason for its popularity. Kale has a large number of health benefits. In a single cup of raw kale, you will find just 36 calories, two grams of protein, no fat, zero sugar, all nine essential amino acids and your recommended daily intake of vitamin K, A and C. It is also full of antioxidants, magnesium and calcium.

Apples. An apple a day may in fact keep the doctor away. Although it is a staple fruit in many households, you should not ignore it. Apples are healthy, and they contain fiber, antioxidants and anti-inflammatory properties. One study even suggests people who eat five or more apples per week have better lung function.

Oranges. Although they are another household staple, oranges are healthy. Just a single orange in the morning can give you a full day's worth of vitamin C and potassium. This fortifies your immune system and prevents you from getting sick during risky flu seasons and other times of the year.

Kiwifruit. Not only is kiwifruit extremely tasty, but it is also nutritious. One of the benefits is that it's phytonutrients actually "protect DNA in the nucleus of human cells from oxygen-related damage." Other research shows that kiwifruit also protects against asthma, macular degeneration and cardiovascular related health problems.

Blueberries. One of the best qualities about blueberries is that they can be used in a variety of ways. From jams and jellies to fruit salads and muffins, blueberries go with almost anything. According to one study, women with a high intake of blueberries appear to have a significant delay in cognitive aging – by as much as 2.5 years.

Red cherries. Are you interested in reducing inflammation in a natural way? Red cherries are high in anti-inflammatory properties and have been shown to reduce chronic pain symptoms with steady consumption. They do not get nearly as much discussion as some of the other superfruits. Red cherries are one of the healthiest options available.

Avocados. You can add avocados to the list of tasty superfoods. A single avocado contains a high amount of fiber, folate and vitamin K, E, C and B6. The health benefits include blood sugar control, reduction of inflammation, weight management and reduced risk of arthritis and cardiovascular problems.

Strawberries. Even one handful of strawberries per day can help you stave off heart disease and unwanted inflammation. They have been shown to control type 2 diabetes and provide a good source of vitamin C, other antioxidants and a long list of nutrients.

Carrots. One serving of carrots only contains 30 calories and is filled with vitamin K, lutein and fiber. Regular consumption of carrots can lead to better eye health and may reduce your risk of cardiovascular disease.

You do not have to compromise taste to eat healthy. All nine of these fruits and vegetables are both healthy and delicious. Enjoy. —EmaxHealth 10/11/15

*"To the health
and happiness of the
whole family
nothing is
more vital
than skill and
intelligence
on the part of
the cook."*

E G White

Education p.216

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 **AutumnLeaves**
New Zealand Limited

PO Box 654, Rangiora, 7440
New Zealand
health@autumnleaves.co.nz
ph 03 313 7762 fax 03 313 7769
www.lifestyleworks.nz

An Apple a Day Can Really Help Keep the Doctor Away.

EmaHealth, 10 November 2015

An apple a day really helps keep the doctor away. Scientists have found that eating just one apple a day can lower your risk of diabetes by 28%.

But that's not all.

Apples should be classed as a superfood when it comes to antioxidants. Two varieties in particular, Granny Smith and Red Delicious apples scored high when the USDA ranked 100 foods for antioxidant activity.

Red apples contain a pigment in their skin that contains an antioxidant called quercetin, which has been found to help boost and fortify your immune system.

Apples are high in potassium and pectin, both of which have positive cardiovascular effects.

Apples contain a nutrient called phloretin which is known to have antitumor activities in several cancer cell lines.

Animal Connection

Agatha Thrash M.D.
Calvin Thrash M.D.



The Animal Connection is the culmination of a study extending over 20 years. Its 248 references to the ever growing scientific literature on the subject of the effects of animals and their diseases, and animal products, on the lives of humans give a tiny, but representative sample of available material.

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World's First Vegan Football Club!

The thinking instilled into many of our minds of football players is the rugged outdoor person, thriving on the all essential 'meat and three veg' diet!

Well, one football club has really broken the mould on that thinking. The Forest Green Rovers Football Club in England has not only dropped out the roasted lamb chop and rashers of bacon, but recently fish and all animal products are off the menu.

They have been heading in this direction for some time apparently, but this is not just a fancy idea of the captain or the coach, this is all the players, staff and fans! The owner of the club, Dale Vince has been involved in green energy in a big way for some time, and has helped the Forest Green Rovers Club become environmentally aware and sustainable.

Anyone coming to the matches will not be feasting on the traditional meat pie, or even the old fish and chips for that matter. On the menu at the stadium during events, instead of the tradition meat pie, are sweet potato burgers, vege-wraps and pizza.

Mr Vince takes his views of green energy very seriously. "The meat and dairy industry is responsible for more emissions than all the world's planes, trains, cars and boats put together.

"It involves incredible animal cruelty and staggering numbers: in Britain alone, over one billion animals are eaten each year — three million per day — and that's not even counting fish.

"Each of these animals lives a short and awful life, and each of them consumes more food than their bodies provide us with ... Making these facts plain and demonstrating what a plant based diet looks, and tastes like, is an important part of our work."

Well, there are more reasons than just fancying a meat free dish for a trendy change. Along with Mr Vince, we all need to become much more aware that providing a meat diet is unsustainable long term.

—Story line drawn from Fox Sport, November 03, 2015



Recipe -Carob Candy

½ c sunflower seeds
¼ c sesame seeds
¼ c chopped walnuts or almonds
½ c honey
1 t vanilla

1 c peanut or almond butter or tahini
¼-½ c carob powder
½ c coconut
½ c raisins

Combine sunflower, sesame seeds and walnuts. **Lightly toast** in a dry pan or in a 150°C oven for about 15-20 minutes. Meanwhile **heat** honey, vanilla and nut butter on low heat briefly and stir until smooth. **Stir** in carob and remaining ingredients. **Press** mixture into a sprayed 20x20 cm pan. **Cover** and chill for several hours before cutting into squares.

A very nice sweet and tasty treat for any holiday season.