



Peppers & Parkinson's

While we don't really know what causes Parkinson's, we do know that people with a smoking history only appear to have about half the risk. Of course, "smoking is hugely damaging to health; any benefit derived from a reduction in risk of Parkinson's disease is outweighed by the increased risks of cancer and cardiovascular disease," as well as lung disease, but this shouldn't stop us from "evaluating tobacco components for possible neuro-protective effects."

Nicotine may fit the bill. If nicotine is the agent responsible for the neuro-protective effects, is there any way to get the benefit without the risks?

After all, where does nicotine come from? The tobacco plant. Do any other plants have nicotine? Well, tobacco is a nightshade plant, so it's in the same family as tomatoes, potatoes, eggplants, and peppers. Guess what? They all contain nicotine as well!

That's why you can't tell if someone's a smoker just by looking for the presence of nicotine in their toenail clippings, because non-smokers grow out some nicotine into their nails. Nicotine is in our daily diet—but how much? The amount we average in our diet is hundreds of times less than we get from a single cigarette. So, though we've known for more than 15 years that there's nicotine in ketchup, it was dismissed as insignificant. We then learned that even just one or two puffs of a cigarette could saturate half of our brain's nicotine receptors, so it doesn't take much. Then, we discovered that just exposure to second-hand smoke may lower the risk of Parkinson's, and there's not much nicotine in that, about three micrograms working in a smoky restaurant, but that's on the same order as what one might get eating the food at a non-smoking restaurant. So, the contribution of dietary nicotine intake from simply eating some healthy vegetables may be significant.

Looking at nightshade consumption, researchers found that different nightshades have different amounts of nicotine; eggplant, potatoes and tomatoes, but the most in red peppers. They found that more peppers meant more protection. And, as we might expect, the effects of eating nicotine-containing foods were mainly evident in non-smokers, as the nicotine from smoke would presumably blot out any dietary effect.

Researchers conclude that their findings will need to be reproduced to help establish cause and effect before considering dietary interventions to prevent Parkinson's disease, but when the dietary intervention is to eat more delicious, healthy dishes like stuffed peppers with tomato sauce, I don't see the reason we have to wait.

—Michael Greger MD, FACLM, Dec. 4, 2018

"Peppers are rich in many vitamins and antioxidants, especially vitamin C and various carotenoids."

—Healthline, May 17, 2015

healthbites

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Meat Industry's Response to New Cancer Warnings

nutritionfacts.org, Jan 29, 2019

The leading cancer charities recommended to stop eating processed meat like bacon, ham, hot dogs, sausage and luncheon.

The 'Meat Science' journal responded that the statement was a clear and present danger for the meat industry. However, they say, the processed meat is a social necessity and the challenge is to maintain the consumption of these convenience products while somehow not damaging public health.

How to Boost DNA Repair with Produce

nutritionfacts.org, Jan 31, 2019

In population-based studies, there can be little doubt that the habitual consumption of diets high in fruits and veges helps to reduce the risk of the development of degenerative diseases including many types of cancer.

Any plants in particular? The top nine that were better able to boost DNA repair were lemons, persimmons, strawberries, oranges, broccoli, celery, lettuce, apples.

Some proved more beneficial than others. Lemons for example were found to cut the DNA damage by about a third.

Best Foods to Slow Your Metabolism

nutritionfacts.org, Feb 7, 2019

The largest component of our daily energy budget is resting metabolic rate. Researchers have shown that dietary nitrate found in beets and green leafy veges improves the efficiency of the little power plants within our cells.

But if eating green leafy's slows the metabolism, could it put weight on? One thing for sure, don't use green leafy's to control weight, we need them anyway.

In fact, eating green leafy's is among the six most powerful things we can do to live longer.

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Red Peppers

Vitamin C is another cancer-protective nutrient. It's main effect is also likely due to its role as an antioxidant, similar to vitamin A, thus decreasing exposure to toxic 'free-radicals.'

Vitamin C also tends to prevent the formation of carcinogenic nitrosamines from nitrites in the diet.

The recommended dietary intake for vitamin C as published by the National Academy of Sciences is 60mg per day. Since vitamin C is abundantly supplied in our foods, obtaining this level of intake is not difficult. Some good sources of this important vitamin are as follows, and Red peppers are top of the list.

Red pepper (raw) 1 med. - 141mg

Orange Juice, fresh 1 cup - 124mg

Brussels sprouts, boiled - 1 cup - 98mg

Pink/red grapefruit - 1 each - 94mg

Kiwifruit - 1 each - 75mg

Orange - 1 med. - 70mg

Green Pepper (raw) - 1 med - 66 mg

Broccoli, pieces - half cup - 41mg

Dr Nedley's recommended daily allowance for vitamin C is 250mg.

Raspberries - 1 cup - 31mg

Blackberries - 1 cup - 30mg

Sweet potato, baked - 1 med - 28mg

Kale, boiled - half cup - 27mg

Tomato - 1 each - 24mg

Cabbage, raw - 1 cup - 23mg

Baked potato - 1 med - 16mg

Banana - 1 med - 10mg

—Dr Neil Nedley, Proof Positive, p.36,37

Pancreatic Support

Formulated to help provide nutritive support to help you maintain healthy blood sugar levels. A number of things can be done to support the management of normal glucose levels. Supplementation with vital minerals has also suggested great promise in normalizing blood sugar levels and promote healthy glucose processing.

Ingredients: Chromium 200mcg, Proprietary blend 1380 mg (Glycine, Alpha lipoic acid, Blueberry leaf extract standardised to 16% chlorogenic acid, Bitter Melon 4:1 extract, Tocotrienol 5%; Evening primrose oil powder, Gymnema sylvestre extract standardised to 25%)

60 Vegetarian Capsules

Product is to support, not necessarily to treat, cure, prevent or diagnose any disease.



\$30.00 + p&p

Recipe Tips

Add red peppers freely to your daily diet and reap the benefits of this nutritious and valuable food.

Wash fruit, cut in half and clean out interior, including seeds. Cut into strips or small cubes, usually about 10mm, but can be cut to personal choice.

Use cubes in salads, or strips as decoration on top of salads, or strips with a dip.

Use cubes on pizzas.

Use cubes or strips in stir fries.

Use cubes or strips in casseroles.

Use strips when making wraps.

Use narrow strips in sushi.

Use blended in dressings, sauces and vegan cheeses.

Cut whole pepper in half by length, or across. Clean out and stuff with such as cooked rice, millet, buckwheat, quinoa or mashed tofu as a base. Saute onion, garlic and ginger root and add soy sauce, herbs or seasoning of your choice. Other vegetables may be added, such as carrots, corn, peas, spinach, mushrooms, etc. Bake for 30-45 min at 180°C.