



God's Medicine Manual



THE BIBLICAL DIABETES SOLUTION





God's Medicine Manual

How many Americans suffer from a chronic or long-term health condition? It is nearly impossible to determine this because of the number of ongoing conditions that exist. However, if one in eight Americans has high cholesterol, over 600,000 adults die from heart disease each year, and around 74% of adults have some form of gastro or digestive problem, it is safe to say that the vast majority of American adults are diagnosed with an impairing, serious, or uncomfortable health condition. This does not have to be the case.

Today's society views chronic illness and health condition as a medical predicament that requires treatment plans from a doctor or medical professional. Listening to medical advice and considering pharmaceutical solutions is important, but there are natural ways to combat the most serious health conditions. Often, these natural remedies go ignored.

By utilizing food, herbs, spices, and teas naturally provided by God, it is possible to recover from an ongoing illness or condition. Not only does spiritual understanding support this, but also scientific research and studies back this faithful approach to health and wellness. In this book, God's Medicinal Manual, I will explore the natural remedies that can help prevent and fight the worst ongoing diseases.

Science Daily ran an eye catching article title back in January 2016; this headline proclaimed that 1.13 billion people have high blood pressure, also known as hypertension. This particular statistic, if accurate, would mean that in a world of 7.3 billion people on the planet, nearly 15% of the entire population has high blood pressure. This includes children and young adults who are very unlikely to suffer from the condition, which only amplifies the percentage of adults with hypertension. However, what is more startling about this statistic is that the medical professionals believe this number is double what it was 40 years before. As of 2015, nearly half of the people with high blood pressure resided in Asia, but the numbers are increasing everywhere. Despite our growing knowledge around nutrition, health, and solving medical conditions the number of people around the world with high blood pressure is, effectively, skyrocketing.

The United States is no exception. The Center for Disease Control estimates that, as of 2014, there were 75 million Americans with hypertension. That is an alarming one out of every three adults in the United States battling hypertension. Age plays a role in the development of high blood pressure, with both men and women over age 55 at high risk. However, women are more likely to develop high blood pressure at an older age with 78.5% of women over 75 having hypertension. African Americans are the most likely racial group to have high blood pressure, with nearly 45.7% of all African American women having high blood pressure.

Why Are We Worried about High Blood Pressure?

You might be concerned that you are one of the 75 million adults with high blood pressure, and truthfully a number of individuals are unaware that they have the condition. However, it is easy to find out. At an annual check up or other visit your doctor can take your blood pressure. Using a blood pressure cuff and stethoscope, your doctor will measure the pressure exerted against your arterial walls by determining how greatly it raises millimeters of mercury, written as mm Hg.

Your doctor reads this pressure at two different points. The reason your blood pressure is a combination of two numbers is it fluctuates from second to second as your heart beats and relaxes. These numbers are written as a fraction. The first

and bigger number represents your systolic pressure, which is when your blood pressure is at its highest when the heart is forcing blood through your arteries. The second and smaller number is your diastolic pressure, measured while your heart is at rest in between beats.

Healthy, normal blood pressure for an adult is any reading under 120/80. Blood pressure readings above 140/90 mm Hg are considered high or hypertensive. The only way to know if your blood pressure is at this level is by having someone take this specific reading. There are few other symptoms or physical ailments that indicate an individual has high blood pressure, which makes the condition all the more deadly.

High blood pressure is linked to deaths by heart attack, stroke, vascular disease, and other fatal conditions. Having high blood pressure, not only increases the likelihood of suffering a heart attack or stroke, but also increases the chances that these medical conditions will be fatal. While these are the health conditions most commonly associated with high blood pressure, other threats are out there. High blood pressure is linked to kidney failure or dysfunction because high blood pressure makes it difficult for the kidneys to clean the blood of toxins, sodium, and other substances. As well, high blood pressure can increase the chances of having loss of vision, sexual dysfunction, and angina.

What to Eat

While a number of facts about high blood pressure can be intimidating and even frightening, the good news is there are natural ways to control your blood pressure. Many of these natural remedies are related to your diet. Nutritionists begin by recommending dietary habits that can lower your blood pressure, such as practicing portion control and limiting the number of calories you consume. In order to implement these practices, you need to put some time and effort into planning your meals and tracking your food intake. While slightly burdensome at the onset, preparation and planning will greatly increase your chance of lowering your blood pressure through diet.

When it comes to selecting specific foods, some are definitely better than others. However, deciding what to eat in order to lower high blood pressure does not

have to be tasteless or without flavor. Many of the best foods for lowering your blood pressure are fresh and delicious. For instance, pistachios are one of the most highly recommended foods for blood pressure improvement because they seem to lower systolic pressure and decrease certain restriction on the peripheral blood vessels.

Other foods that you should be adding to your diet are those high in potassium. Potassium is able to counteract and balance the amount of sodium that is absorbed by the cells in your bloodstream. When you increase potassium, you decrease sodium levels, which in turn lower blood pressure. If you are deficient in potassium, the inverse is true and sodium amounts can go up, even if you do not make other dietary modifications. A few foods that are very high in potassium include kale, spinach, low-fat yogurt, avocados, mushrooms, and bananas.

Another nutrient that is important for lowering blood pressure is magnesium. Studies have noticed that there is an incremental decrease in blood pressure when there is an increase in magnesium intake. As many adults are deficient in magnesium, adjusting your eating habits to include more of this mineral could be the change you need to lower blood pressure. You can up your magnesium intake by adding dark chocolate, bananas, almonds, and tofu to your diet.

Lastly, fighting high blood pressure can be done in small ways, quite literally. There are a few edible seeds that are shown to lower blood pressure, for example sunflower and sesame seeds. While sesame seeds are high in magnesium and fiber, both good for blood pressure and heart health, sunflower seeds boast a high amount of potassium and folic acid. Either are easy to add to a salad for your afternoon meal.

What Not to Eat

One of the biggest threats to your blood pressure health is overindulgence in alcohol. Simply by drinking alcohol, your blood pressure goes up. This means that someone who would otherwise not have high blood pressure could develop the condition by drinking too much too often. Individuals who are alcoholics or have problems with alcohol consumption almost always develop high blood pressure as they age.

The answer is moderate consumption. Certain alcoholic beverages, such as red wine, are even associated with health benefits. Medical professionals recommend keeping your alcohol intake to two standard drinks a day for people under the age of 65 and only one drink or less per day for individuals over 65 years of age.

Another big threat to your blood pressure is likely the most famous, salt. The tricky thing about salt is it can be found in some surprising foods. We often do not associate salt with the chicken dish at an Italian restaurant or deli meat, but both of these foods can be filled with salt. Other surprising sources of salt in our daily diet are frozen pizza, vegetable juices, canned soup, and canned tomato products. Of course, it is not salt itself that we are trying to avoid, but the sodium that comes with it. Sodium causes fluid retention in the blood stream, which leads to more pressure against the arteries, and, you guessed it, higher blood pressure.

There are two types of cholesterol in the body. The first is LDL cholesterol, otherwise known as bad cholesterol. LDL cholesterol is what causes concern because as it builds up in the body it narrows the arteries and leads to complicated health conditions. On the other hand, HDL cholesterol, and is often referred to by nutritionists and medical professionals as good cholesterol. HDL cholesterol actually helps remove the bad LDL cholesterol from the blood vessels and carries it to the liver. Therefore, when we discuss high cholesterol, it is concern for excess LDL cholesterol.

The United States Center for Disease Control estimates that one in eight Americans still has high cholesterol. To some people this number may seem unfortunately high, while others may view this as a victory. Medical professionals estimated that 14% of American adults had high blood pressure in 2007, and therefore we are experiencing a decrease in the statistics. However, given the options available for treating high cholesterol, 12.5% of the adult population having this condition is still far too high and medications alone are not adequately addressing the issue. I recommend changes in diet to combat high cholesterol.

Why Are We Worried About High Cholesterol?

The risks associated with high cholesterol can be deadly. People who have higher than recommended cholesterol are far more likely to have a heart attack, blood vessel disease, or stroke. Here is how excess cholesterol in your body can lead to these major health concerns.

The liver produces most of the cholesterol in your body. This is a natural and necessary bodily process, and your body needs some cholesterol to function. In addition, your body can also obtain cholesterol from certain foods, which I will discuss later. A lot of this cholesterol is utilized by the body, and does not cause a health concern. However, as people age, it is more likely that excess cholesterol can amass in the body and cause health concerns.

Cholesterol is produced in the lungs or derived from the dietary cholesterol in foods, but ultimately it makes its way to the blood stream. When there is too much

cholesterol in the blood, it creates plaque. This plaque causes blockage and clots in the arteries and makes it harder to pump blood through your blood vessels.

Plaque gathered along the arterial walls can damage the tissue of the blood vessels. Over time, this will lead to the development of blood vessel diseases and other conditions, such as high blood pressure. Alternatively, if this plaque becomes a big enough obstruction or breaks free, it can cause a blood clot. This blood clot can lead to a heart attack or stroke.

Many people who have high cholesterol do not exhibit symptoms. This makes high cholesterol extremely dangerous, as it can go undetected and untreated for a long time. A doctor can test for high cholesterol through a simple blood test, but nearly one in three Americans do not have their cholesterol levels checked on a regular basis. Whether you are concerned with developing high cholesterol or already have been diagnosed by a doctor, looking into natural remedies can be life altering.

What to Eat

If you are looking to lower your cholesterol numbers before your next doctor's appointment, you do not need to take drastic or overwhelming steps to have success. There are simple dietary changes that can make a difference.

Start by incorporating some high-fiber foods into your morning routine. There are a number of granola bars and cereals that are fortified with fiber that can be substituted for unfortified options. Alternatively, look for foods that are naturally high in fiber, such as oatmeal, oat bran, and whole grain breads. Once in the body, soluble fiber (the kind found in these particular foods) helps prevent LDL cholesterol from being absorbed into the bloodstream. It takes between five and 10 grams of dietary fiber in your daily diet to make a difference in your LDL cholesterol level.

A few high fiber foods that are easy to incorporate in other meals include beans, eggplant, and apples with the peel. Beans in particular are considered great for high cholesterol and heart health. A number of beans are full of soluble fiber, such as kidney beans, black beans, and pinto beans, and digested very slowly by

the body. This keeps people feeling full longer and helps to avoid sugary or salty snacking, which counteracts the positive effects of a high fiber diet.

Another food that can combat high cholesterol is avocados. People who are overweight or obese are the most at risk for high cholesterol levels, and avocados have been shown to lower LDL levels in these individuals. That makes this fruit a particularly good choice for people who are pre-diabetic.

What Not to Eat

When it comes to foods to avoid, highest on the list are those high in saturated and trans fats. Saturated and trans fats cause an uptick in your cholesterol levels, and trans fats simultaneously cause a drop in your good cholesterol amount. Cutting out foods like red meat, full-fat dairy products, and store-bought baked goods will help lower your saturated and trans fats intake. Other products to avoid are oils, including hydrogenated vegetable oils, palm oil, and coconut oil, which all contain high quantities of trans fats or saturated fats.

Also, as with most health concerns associated with the heart, cardiovascular system, and circulatory system eating fast food is very detrimental. Fast foods are often fried and heavily preserved, which turns once fresh and healthy foods into products filled with unnecessary fats that add to the LDL cholesterol in your system. As well, fast food has a lot of calories.

Statistics made available in 2015 estimated that nearly half of all American adults had diabetes or pre-diabetes. The Center for Disease Control released a report a year earlier in 2014, which stated that 9.3% of the population had diabetes. Of the nearly 10% of adult population with actual diabetes, around 30% have not been diagnosed (which likely means these individuals are not treating their diabetes either). States across the South and Midwest United States have the highest percentage of populations with diabetes; Mississippi having the highest rate of diabetes at 14.7%, which is more than 5% above the national average.

The disparity in these numbers can be partly accounted for by the 2015 statistic's inclusion of pre-diabetes individuals. That leaves 40% of the entire U.S. population on the cusp of developing diabetes. This means that determining lifestyle and natural ways to keep their condition from worsening is paramount. It is believed that 86 million Americans have pre-diabetes.

The increase in both diabetes and pre-diabetes cases is directly tied to lifestyle and food choices. Every study, source, and doctor that looks at diabetes in the United States will agree that the disease parallels the rise in obesity and number of overweight individuals. The main causes of obesity are lack of physical activity and eating habits. Therefore, food is one of the essential puzzle pieces in preventing more individuals from developing diabetes and stabilizing those who already have the disease.

Why Are We Worried about Diabetes?

So, we know a lot about how to regulate blood sugar and prevent the onset of type 2 diabetes, but why is this such a pressing health concern? First, because as stated above there are a number of people who are on the verge of developing diabetes. It is possible to stop the progression of diabetes with natural remedies, so sharing those is important.

Second, the number of deaths attributed to diabetes is continuously rising, and most people who have a premature death from diabetes had type 2 diabetes, the type associated with obesity and bad eating habits.

What to Eat

There is some good news for people with pre-diabetes or diagnosed with type 2 diabetes, the list of foods that can help prevent diabetes or stabilize the condition is long and varied. Even better, a few of the foods on this list have been shown to beat diabetes altogether. For those diagnosed with type 2 diabetes, there is hope that natural remedies can stabilize your blood sugar, improve overall health, help you live longer, and remove the need to take pharmaceuticals on a daily basis.

It is easy to start with a few substitutions in your weekly meal plans. Everything from Mexican to Asian cuisines utilizes rice as a filling compliment to protein or vegetables. However, there are options other than the empty calories of white rice. Instead cook up barley or brown rice. Barley in particular has been shown to reduce high blood sugar by 70% following a meal.

Another great time to substitute is olive oil for butter, margarine, or animal-based oils in your cooking. Olive oil is anti-inflammatory and filled with healthy fats. These qualities help olive oil to prevent heart disease, which often accompanies type 2 diabetes, without increasing your insulin resistance. Olive oil is also excellent instead of salad dressings or instead of butter on pastas and other starches.

When it comes to diabetes, the goal of your dietary changes is to stabilize the blood sugar. A few little spices can have a big impact on keeping your blood sugar on the even keel. Try those spices frequently found in Mediterranean foods. These include parsley, oregano, sage, and basil. Not only do these particular spices do a great job keeping your blood pressure normalized, certain studies found that they actually reduce insulin amounts in the body. That makes adding more flavors to your food doubly beneficial.

Lastly, green tea is one of the best things on the planet for fighting inflammation. It is packed with antioxidants. Warding off inflammation will decrease the risk of heart disease and increase the body's ability to absorb blood sugar, both of these functions decrease the effects of diabetes. When you add citrus flavors to your favorite green tea, it becomes a powerful concoction of antioxidants and flavonoids.

What Not to Eat

With a ton of good spices at your disposal, and beneficial to preventing or fighting diabetes, there is one flavor additive that can be virtually taken out of the kitchen and off the table. Salt. Just as two plus two always equals four, having too much salt on a daily basis will always complicate a negative health condition.

Salt is the catalyst for sodium into your body. A diet heavy in sodium increases the risk of heart attack and stroke in individuals with type 2 diabetes by 50%. Heart disease and heart attack account for a large majority of the premature deaths in diabetic individuals. It is a serious reason to always substitute salt for a different spice when you cook.

Any foods that are filled with sodium, calories, and fats will be bad for diabetes, but what about less suspect food options? For instance, the sweet lattes and frappachinos that have become popular in recent years may seem like an innocent treat, but can be really detrimental to a person with type 2 diabetes. These drinks are secretly filled with calories and sugar; both of which are really bad for diabetics.

For many people, medical professionals included, cancer remains an elusive and complicated disease. There seems to be little rhyme or reason for the victims of cancer, and often, incredibly healthy individuals are diagnosed with a form of cancer. This can be scientifically and spiritually confusing.

However, as with other diseases and health conditions, there is strong evidence that God has provided the natural remedies we need to prevent many types of cancer. Over the years medical and nutritional research has identified several foods, herbs, and spices that have anti-cancer properties, and more doctors are becoming convinced that plants, of many types and nutritional makeup, could be the secret weapons against this scary disease.

Why Are We Worried about Cancer?

Any family affected by cancer can tell you that the reasons to be concerned with developing cancer are painfully obvious.

Each year the American Cancer Society and National Cancer Institute separately release statistics related to cancer treatment and fatalities. This year, it is estimated that 1,688,780 people will be diagnosed with some type of cancer. Of these diagnoses and those diagnosed in the past, the American Cancer Society predicts 600,920 people will succumb to the disease. As these tragic numbers demonstrate, cancer continues to be one of the deadliest and most unfair diseases affecting modern humanity.

The most common types of cancer, based on 2016 diagnoses, are breast cancer, lung and bronchus cancer, prostate cancer, colon and rectum cancers, and bladder cancer. As cancerous cells can manifest in any part of the body, it is not surprising that the common cancers are all throughout the body. Of these, some can be prevented, or at least the likelihood of developing them, substantially decreased by lifestyle choices we make every, single day. These choices include your diet.

What to Eat

Herbivores rejoice! Back in 2015 the American Cancer Society released a recommendation that individuals in remission or cured of cancer should consider

adopting a plant-based diet. From this seemingly innocuous recommendation came intense review of the benefits provided in a plant-based diet, and how this may affect the likelihood of preventing future cancers from developing.

There is a long list of benefits your body receives from eating strawberries, and other red berries. At the top of this list is the sweet, red berry's ability to prevent the development of cancerous cells. Research shows that strawberries are able to decrease the rate at which your body develops cancerous cells. This is great news for preventing and fighting cancer, as strawberries could possibly prevent the onset of cancerous cells in the body and fight the spread of cancer that could possibly exist.

What is the secret in strawberries that make them a great cancer fighting food? The answer is simple, antioxidants. Each small berry is packed full of these powerful, anti-cancer substances, which when consumed on a regular basis will keep free radicals, the pesky molecules that meddle with the makeup and construction of your bodily cells causing everything from aging to cancer, from damaging your healthy cells. In turn, this slows the development of cancer.

What Not to Eat

While a healthy diet could decrease the likelihood of developing certain cancers, there is less certainty over the foods that may actually increase chances of developing the disease. Therefore, each of the dietary suggestions I make in this section are based on theories and minor evidence that has been collected thus far. It is almost impossible to determine, at this point, if any of these foods are truly correlated with cancer. Over the years, cancer diagnoses seem indiscriminate to all of our healthy habits.

That being said, cutting out these foods from your diet is guaranteed to increase your overall wellness and make you feel better on a day-to-day basis. Perhaps, this improved health and the potential of avoiding cancer, are enough reason to adopt some of these health changes.

The word carcinogen is often associated with the development of cancerous cells in the body. This is the buzzword that anti-smoking advocates attached to the connection between smoking and lung cancer, which is an established and obvious

connection. It is also the word utilized for a number of foods thought to cause cancer. These include deli meats and microwave popcorn. Here is an explanation behind both of these foods making the no-go list for those who want to prevent cancer.

Deli meats, which include all processed meats from salami to bologna, are modified with specific chemicals. These chemicals, called sodium nitrates, are necessary to preserve the meats and retain flavor. This allows wholesalers and grocers to extend the shelf life of these meats and lose less meat to spoiling. The problem with microwave popcorn, on the other hand, lies in the toppings and packaging. Both the bags that microwave popcorn is prepared in and the chemically made butter that smothers this popcorn have tested positive for carcinogens.

Far too often when we discuss health, we only look physical conditions and factors. Doctors ask questions and run tests regarding weight, blood pressure, cholesterol, and arthritis. A clean bill of health is awarded to individuals who physically check out. This analysis ignores an entire subset of wellness that is actually mental and emotional. Yet, many individuals who otherwise appear “healthy” are suffering from serious health conditions of the mind and metaphorical heart.

Why Are We Worried about Depression and Anxiety?

The medical and psychological treatment of anxiety is costing individuals in the United States \$42 billion annually. That is one-third of all mental health costs in the country and a huge drain on individual’s pocketbooks and insurance costs. This exorbitant amount is only considering anxiety, not individuals with depression. Depression accounts for another large sum of medical costs each year. Therefore, part of the reason we, as a society, should care about depression and anxiety is these diseases are treatable and curable, but still costing individuals a great deal of hard earned money.

There are 350 million people around the globe who suffer from a form of depression and nearly 40 million people in the United States alone that have anxiety. These numbers represent a significant portion of the population that is sick or ill, in every sense of those words, but not being adequately treated for their illness. Doctors and medical professionals medicate and prescribe drugs for people with depression or anxiety, but in few instances are these individuals described as sick. However, that should change.

Depression, anxiety, and similar mental illnesses can be treated through natural means, just like physical ailments and conditions. In this chapter of God’s Medicinal Manual, I explore some of the exceptional, natural ways we can treat the sicknesses of depression and anxiety.

What to Eat

Like the rest of your body, food, spices, herbs, and teas feed your brain. These things we consume also affect your hormones and amount of hormones secreted

into your bloodstream. Therefore, it is possible to fight mental illness with what you eat.

Seeds are a strong source of magnesium. Sunflower seeds and pumpkin seeds are two varieties that contain a significant amount of this particular mineral. What does magnesium have to do with depression or anxiety? Magnesium actually increases the production of serotonin in the body, which is the hormone responsible for contentment and happiness. Another effect of increased magnesium is improved energy levels; this could motivate you to be more active or productive during your day. Other sources of magnesium are certain nuts, such as almonds, cashews, and peanuts.

A number of diets and meal plans warn against the seemingly evil carbohydrate. These are often seen as foods filled with empty calories and quickly disappearing energy. However, this could be just what you need if you are depressed. Carbohydrates release sugars into your bloodstream, which can increase your energy and jumpstart hormonal production in your body. However, even in this instance you are better choosing complex carbohydrates found in grains such as quinoa, couscous, brown rice, oats, and whole grains.

Most caffeinated drinks will only increase your depression or anxiety. The fast-acting caffeine can throw your system off kilter and cause an inverse reaction when the energy increase wears off. However, green tea is the exception when it comes to depression and anxiety. Green tea contains L-theanine, an amino acid. This particular amino acid helps stimulate the alpha brain waves, which leads to a calming effect in the body.

Sometimes the best food to lift your depression and anxiety cannot be found on meal plans or within diet restrictions. Within reason, when you are feeling low, a food that associated with a good memory, holiday, or loved one can help balance the other emotions and mental anxieties in your life. However, the danger here is that a number of people suffering from depression or anxiety overindulge in food, as an outlet for these mental illnesses. This can lead to substantial weight gain. It is necessary to find a balance between indulgence and strictness.

While the foods, spices, and teas discussed in this chapter are phenomenal natural remedies for depression or anxiety, it is absolutely necessary to talk about other lifestyle choices that can add or augment these mental illnesses. First, both anxiety and depression are based, in part, on hormonal imbalances. Physical activity and exercise are excellent ways to a correct hormonal balance. As when you workout and engage in physical exercise you release endorphins. These hormones can raise your energy levels and increase your overall happiness. Adding more physical exercise and movement to your day is the perfect compliment to healthier eating habits.

What Not to Eat

A number of foods can throw your mental status into overdrive; this is a negative when it comes to improving depression or anxiety. As I touched on in the section above, foods to avoid are those that contain caffeine. The mental response to caffeine is quick, heightened, and furious, which are mental processes far too similar to anxiety or chronic stress. Other responses are physical, including feeling jittery, light headed, and nervous. All emotions or physical effects that you want to avoid if you are either depressed or anxious.

Heavy doses of sugar are unhealthy for anyone, but can be very detrimental to individuals suffering from depression or anxiety. A study was performed on postmenopausal women, in which half were instructed to consume a certain amount of sugar each day, while others adhered to a strict no sugar diet. The results of the study found that women who ate higher amounts of sugar were far more likely exhibit signs of depression during this time period. Nutritionists and researchers believe individuals suffering from other types of depression would exhibit the same effects.

Lastly, alcohol is an all-around bad guy for people with depression or anxiety. The effects of alcohol are obvious. It increases emotional response, can cause feeling of loneliness, anger, or sadness, and overindulgence often leads to actions and behavior that add to depression or anxiety. As well, alcohol is a depressant and the chemical effect is a depression of your nervous system. A few drinks in and your depression or anxiety are likely to increase, not improve.

Every spring and autumn a number of people come down with cold like symptoms that are actually attributed to a very different type of health condition. Similar to the common cold, these symptoms may dissipate over time, but it could be several months later. As well, this stuffy nose, constant cough, and potential headaches are frequently treated by similar over-the-counter medications. Of course, I am talking about allergies.

Problematic and persistent, allergies come back year after year to abuse people across the country. Whether it is hay season or spring's fresh flowers affect your nasal passage and breathing ability, there are actually powerful natural remedies that can fight off your worst seasonal allergy symptoms better than many medications.

Why Are We Worried about Allergies?

While an allergic reaction can manifest as a rash, runny nose, cough, hives, trouble breathing, or full anaphylactic shock, each of these negative physical responses is actually precipitated by your immune system. Your body has identified an invader, the allergen, and your immune system is taking steps to eradicate said invader. However, when something is ingested or inhaled, this can be much more difficult for your body to do, and some people have immune systems ill-equipped to deal with these particular invaders.

In part, we know that allergic reactions are genetic. If your parent or grandparent is prone to a specific allergy, or seasonal allergy, it is far more likely that you will have or develop this allergy. Despite this connection, a number of people have overcome allergies through natural and pharmaceutical means. In this Chapter of God's Medicinal Manual, we will focus on the ways that God has provided for our bodies to naturally and healthfully deal with allergens and allergic reactions.

What to Eat

Boosting your immune system during allergy season is essential. This can prevent a number of the sniffles and sore throats that come with a high pollen count.

While these foods can make a big difference in your immune response to seasonal allergies, there is no known cure to allergies. Therefore, I will provide some ways to fight the symptoms and alleviate the effects of allergies, but cannot promise to provide a full remedy.

A number of great foods contain a component called quercetin. Although quercetin is a plant-based compound unfamiliar to most people, it can be essential for feeling less ill during allergy season because it can depress or delay your histamine response. Often, histamine is your body's strongest response to an allergen. Histamine is released into your bloodstream in response to illness or injury, it causes the capillaries to dilate and smooth muscle to contract. From histamine we get the "Hitch" effect, where faces and extremities turn puffy, but it also causes additional mucus production and a runny nose.

By reducing the body's natural histamine response, quercetin can reduce some of those cold-like symptoms that come with seasonal allergies. A few foods that contain quercetin include onions, peppers, and the herb parsley. Another food group that is known to contain quercetin are known as cruciferous vegetables. While this term is probably unfamiliar, the vegetable that fall in this category are quite common, and include Brussels sprouts, broccoli, cabbage, and cauliflower.

A much more familiar food component known to lessen the immunity response to an allergic reaction is Vitamin C. This immune booster is found in a number of fruits, such as strawberries and oranges, and in a few notable vegetables such as red peppers. There is less research into how and why Vitamin C is a counterbalance to allergic responses, but it is believed that by increasing your overall immunity, you are reducing the need for a violent and powerful response to seasonal allergies.

What Not to Eat

A tricky aspect of seasonal allergies is that some of the healthiest foods on the planet can aggravate your allergic reactions. This is especially true when discussing seasonal allergies. A number of the foods that fall on the "do not" list are likely a surprise to you as well, which is all the more reason to share them with you in this chapter.

During allergy season there is a specific response to certain food items, it is known as oral allergy syndrome (OAS) and those with mild or strong seasonal allergies can feel the effects of OAS. When you eat a food that triggers OAS it can augment the effects of seasonal allergies and make you feel much worse. This is different than having an allergic reaction to a specific food product, such as shellfish. You are not experiencing a separate allergy to these foods, but the skin or peel is worsening your body's response to ragweed, grass, and other pollen.

Some foods that are known to trigger OAS include popular fruits apples, pears, nectarines, cherries, and peaches. If you consider how these fruits are often consumed, this makes sense. We typically eat these fruits with the peel or skin intact, and therefore the residual allergens are being ingested with the foods. Therefore, it can be wise to stay clear of fruit peel or skin during allergy season, despite the fiber and protein it can add to your diet.

In the United States, just as autumn turns to winter, we even have cold and flu season. Like clockwork, school age children begin coming home with a cough, runny nose, or fever and passing on these unpleasant symptoms to other members of their family. Children are more susceptible to the common cold, with an average six to 10 colds in a given year. While the average American adult has between two and four colds in twelve months. Women tend to have more colds than men. The Center for Disease Control estimates that all of this adds up to around one billion cases of the common cold each year.

The statistics for the flu reveal that fewer people are coming down with the flu, than a common cold. In a given year, somewhere between 5% and 20% of the entire United States population gets the flu. However, both of these often-occurring illnesses last around the same amount of time, anywhere between one or two weeks. After that, most individuals begin to see symptoms subside and their health return to normal.

Why Are We Worried About Common Colds and the Flu?

As the introduction to this Chapter 6 indicates, the common cold and the flu are both illnesses with a very high rate of remedy. However, this does not mean they are without negative effects and consequences. The common cold causes more missed school days than any other illness, and it is also one of the most frequent reasons people call in sick to a job. This means simply having the common cold is taking away considerable time from productive activities, for children and adults alike.

The common cold is unlikely to be fatal, but it does send a number of people to the hospital as they develop an ear infection, pneumonia, or have an asthma attack. The health concerns associated with the flu are just as serious. The flu is very unlikely to be fatal on its own, but there are a number of cases each year in which the flu virus infects a person already susceptible to illness or who has a different health condition and it causes death. The United States Center for Disease Control is uncertain exactly how many people die of flu complications each year, but it

estimates it to be 36,000 people in the United States. Another 200,000 find themselves hospitalized each year because of the flu virus.

There are nearly 200,000 different viruses that can cause the common cold, and in order to prevent missed days at school or work or miserable hours with a runny nose and sore throat, your body needs to fight off each and every one of them. There are three known flu viruses, called A,B, and C, these viruses easily spread through person to person contact or when an infected individual leaves traces of the virus on a counter, table, door knob, or other surface. A study found that once a single person at the office has the flu, it can spread to surfaces within four hours.

If you do not want to contract the common cold and the flu year after year, what you need is a strong immune system. A great way to build up your immune system is through the natural remedies God provides.

What to Eat

Keeping colds and flus at bay is all about boosting your immune system. Most people know that a better immune system begins with a lot of Vitamin C. It is perhaps one of nutrition's worst kept secrets that Vitamin C is primarily found in citrus fruits, such as oranges and grapefruits. This puts both of these fruits at the top of the list when it comes to preventing a cold or the flu. A lesser-known fact about eating citrus fruit is the effects are amplified in people who regularly engage in physical activity.

Another common remedy for the common cold or the flu is homemade chicken soup. As it turns out, there is some scientific evidence to back up your mom's insistence on downing a bowl of this good stuff. The combination of foods found in chicken soup is anti-inflammatory and filled with vitamins and minerals. While the nutritional value is important for overall wellness and your immune system, it is the anti-inflammatory effect that is essential for fighting of the common cold. Inflammation causes your white blood cells to setup camp in your respiratory tract, and from there produce even more mucus. The cycle will continue until the cold virus is eliminated, but chicken soup keeps this from happening.

Other foods and teas that are great for fighting the common cold and flu include garlic and leeks, both of which are antiseptics that can kill bacteria and prevent germs from festering; honey, which can alleviate a scratchy throat and also has essential antiseptic properties; and root ginger. Root ginger is the perfect food substance for settling the upset stomach that comes with the flu virus or particularly bad cold. There are certain substances in root ginger that increase the production of serotonin in the body and leads to an anti-nausea affect.

What Not to Eat

There are quite a few all-natural, fresh foods that can improve your cold or flu symptoms faster and better. However, the inverse is also true. If you give into unhealthy eating habits while sick or ill, you may find yourself taking longer to kick the common cold or fight off the flu. To regain your health and strength faster, it is in your best interest to avoid the foods listed in this section.

I advocate for removing soda and other sugar packed beverages from your diet all the time, but it is essential when you have a cold or flu. While Coke-Cola and ginger ale have a standing reputation for calming your upset stomach, the sugar added to these beverages is certain to undo any immediate benefit. When you consume added sugars in this large amount it depresses your immune system, which only allows the cold or flu bacteria to take a stronger hold on your body. The same advice applies to other sweets like cookies and ice cream; these foods will flood your system with sugar, and leave the bacteria or virus with a better grip on your immune system. However, soft drinks are not the only beverage you should cut from your diet in the event of a cold or the flu.

This recommendation can be a surprise to many people, but when you are already sick with the common cold or the flu, you should be avoiding orange juice. Yes, I know that it is packed with Vitamin C and other beneficial nutrients, but orange juice is also highly acidic and filled with citric acid. These other two qualities can further irritate your throat, make your cough worse, and draw out your healing process.

The National Sleep Foundation spends time each year studying sleep habits in the United States. What it found back in 2014 is that Americans are spending the recommended amount of time in bed. The average bedtime for adult Americans is 10:55pm and most people report waking up at an average 6:38am on workdays. This is a sufficient amount of sleep for an adult. The problem is that much of this time in bed is spent dealing with sleep disorders.

The statistics indicate that somewhere between 50-70 million Americans have sleeping disorders. Of this number, which is a substantial number of adults across the country, nearly 30% report their specific problem as insomnia, while sleep apnea accounts for an estimate 25 million people reporting some type of sleep disorder.

Why Are We Worried About Sleep Disorders?

The Center for Disease Control has identified these sleep disorders as a public health problem. The true crux of the problem is not that many Americans lack sleep and high quality rest, it is that this sleep deprivation and sleeping disorders are leading to other accidents, injuries, and mistakes. Lack of sleep is cited in a rising number of car accidents, workplace injuries, and other occupational mistakes. Basically, people do not operate at full capacity when tired, and it shows in the number of accidents taking place across our country.

In a number of circumstances, doctors and other medical professionals, such as psychiatrists, will prescribe pharmaceutical drugs to deal with the symptoms of intense or serious sleeping disorders. However, these drugs do very little to combat the underlying cause of any sleeping disorder and have a high rate of addiction. The effects of starting these pharmaceutical regimens has led a number of individuals to be incapable of sleeping without the medication and dependent on it for a night of rest. Despite the best of intentions in prescribing these medications, many physicians are creating bigger problems than the sleeping disorder these drugs claim to remedy.

However, God has provided natural ways to prevent or less sleeping disorders. There is no need for an otherwise healthy individual to subject him or herself to the intense and potentially addictive effects of sleeping pills.

What to Eat

Beans and lentils are a great source of the B Vitamins. In your body, these B Vitamins are able to calm your nervous system and help you relax. In fact, some people report feeling immediately more calm and sedated after taking a B Vitamin supplement. However, obtaining all of the B Vitamins from food, rather than supplements is healthier. Therefore, add black beans to your salad, cook up a lentil chili, or have black-eyed peas with your next meal. The result could be less tossing and turning overnight.

Another protein source that studies show can help you get better shut-eye are nuts, specifically walnuts and almonds. Walnuts contain an amino acid called tryptophan. While probably not part of your daily vocabulary, if you suffer from a sleep disorder tryptophan in your daily diet could be the answer. Tryptophan is known to facilitate the production of serotonin and melatonin, two hormones that help you get to sleep at night.

Almonds, meanwhile, contain the mineral magnesium. Many Americans are deficient in magnesium, which could help explain why sleeping disorders are on the rise. Magnesium is necessary for falling asleep. Without it, you are likely going to be up very late at night. Add some almonds to your morning shake, a salad, or as crust for your fish at dinner. Other great sources of magnesium include avocados, bananas, soy beans, and fatty fish such as salmon.

While an influx of sugar is certain to cause a negative impact on your sleeping disorder, adding a small amount of glucose to your bloodstream can be very helpful. The best tool for delivering this balance of sugar is honey. You want to add honey sparingly to your Greek yogurt or chamomile tea for best results. In this small amount, the glucose from honey will actually stop the orexin in your brain. Orexin is a recently discovered neurotransmitter that is connected to alertness and being awake, when you stop the production of orexin researchers believe it can immediately make you feel sleepier.

What Not to Eat

A food group that is doing your sleep disorder no favors are hot or spicy foods. Whether Indian, Mexican, or Thai when you top up your food with chilies and spice, it is going to keep you up at night. It is unlikely that these foods are exacerbating your sleeping disorder, but they will make it more difficult for you to rest. These foods are a constant source of heartburn and other indigestion.

As you lay horizontal, this indigestion causes the stomach acid to rise into the esophagus and throat. This causes additional discomfort and can even burn the lining of your esophagus. Not a helpful situation if you are already suffering from a sleeping disorder.

It likely comes as no surprise that caffeine is a no-go if you are suffering from a sleeping disorder. The side effects of caffeine are literally the opposite of what you need to fall asleep. Caffeine stimulates the brain, increases alertness, and improves your focus. All of these effects are great if you are trying to be productive in the workplace, but will leave you staring at the ceiling, even if you do not have a sleeping disorder. Research shows that caffeine can affect everyone differently, and even your morning cup of coffee could be keeping you up at night. It is also important to cut out sneaky sources of caffeine, such as chocolate, soft drinks, and teas.

A substance that goes along with this ban on caffeine is nicotine. Smoking is already a horrific habit for your health, due to the tobacco found in cigarettes, but the addictive nicotine can also create sleeping problems and worsen a sleeping disorder. If you are trying to fall asleep easier at night, it is time to give up your smoking habit. Your lungs will also thank you.

In our personal and professional lives we rely on memory and cognitive function to do a good job and have success. Even in a labor intensive workplace, there is need to remember safety procedures, know processes, and utilize cognitive functionality. For individuals in jobs such as accounting and legal representation, memory could be essential. However, as we age memory naturally declines and the likelihood of confusion or becoming disoriented rises.

It took scientists a long time to figure out why memory loss and dementia were common among older adults and what caused this pervasive decrease in short term memory. Through testing and research, scientists believe they have an answer. It seems that as we age the brain actually shrinks. While we only utilize around 10% of the capacity in our brain, this shrinking can directly affect where we store facts and figures. Eventually it can affect our long-term memory and even disintegrate the part of our brain responsible for identity and self-knowledge. Although, there is also strong evidence that different types of dementia and memory loss are associated with specific brain abnormalities.

Why Are We Worried About Memory Functionality?

As we age, memory and other cognitive abilities are some of the first faculties to go. Many doctors even advise that memory loss is a normal part of aging, and should be accepted by older individuals and their families. In certain instances, physicians will simply ignore complaints of slight memory loss or decreased cognitive functionality. The medical community has decided, in particular by looking at Baby Boomers, that some memory loss just comes with the territory. That does not mean individuals need to be so accepting in their own lives.

God provides for our bodies at any age and natural remedies can be a fantastic way to combat memory loss or dementia. You do not need to wait until the age of 65 or 70 to improve your memory. By taking steps early in life and adopting certain eating habits, you may actually prevent what is now considered “normal” memory loss, and all without any medication or supplements.

What to Eat

As we age our brains form gray matter, this is the process of shrinking that I discussed above. However, in order to understand how your diet can improve your memory and possibly prevent memory loss, it is essential to know how gray matter is formed. Research points to two main causes, stress and inflammation. Both of these states exert particular pressure on the brain that is detrimental to mental health and cognitive ability. Now stress and inflammation may seem distinct from our dietary habits, but if this book has proven one thing so far, it is that the systems of the body are all closely connected, and what you eat has an impact on all systems and functionality.

Therefore, if you want to lower stress and prevent inflammation around the brain, you need to eat the right foods. Let's start with avocados. The Food and Drug Administration recently approved avocados as a heart healthy food. For a long time, avocados were kept off this list due to their high content of monosaturated fats. As it turns out this type of fat can be good for your heart and cardiovascular system. It is also good for your blood sugar, skin, and stress levels.

This is only the tip of the iceberg when it comes to benefits from avocados. They also contain a high amount of folate and Vitamin C. Folate is a huge brain benefit. It improves overall cognitive function and reduces memory loss. Adding folate to your diet could improve your memory and cognitive functionality, at any age. Vitamin C is one of the best nutrients for decreasing inflammation and improving immune response. When these functions are working well, you are less likely to see gray matter form in the brain.

Do you think avocados have it covered when it comes to brainpower? There are many other foods out there that provide some of the same awesome benefits. For instance, there is coconut oil. Coconut oil is one of the most versatile and healthy oils on the planet. It can improve your skin and hair, whether ingested or topically applied. It has been known to rehydrate, reduce inflammation, and improve your mood. Coconut oil also gives your brain a boost.

Coconut oil has medium chain triglycerides that are great for the heart. While we often separate matters of the head and heart, in this instance they are closely

related. By improving blood sugar, blood pressure, and stabilizing cholesterol these triglycerides create a much stronger and healthier heart. In turn, these health benefits equal a more stable immunity response and stronger immune system overall. Both will lead to benefits for your brain.

Another food that can benefit your brain is chia seeds. Small in size, but powerful in nutrient content, chia seeds should become a staple at your breakfast table. They are great when added to a smoothie or shake, and just as delicious when used for a parfait. You can soak chia seeds in low-fat milk, coconut milk, or almond milk overnight and the seeds will soak up the liquid and expand into small, glutinous-like spheres. Top your chia with fresh fruit and coconut shavings for breakfast or mid-morning snack.

The benefits from chia seeds are in their ability to aid in hydration and stabilize your glucose levels. Keeping your body hydrated will help improve your brain function and improve memory. As well, chia seeds are known to be anti-inflammatory, which as I discussed earlier in this chapter preventing inflammation will prevent gray matter from forming later in life.

What Not to Eat

As with all of my dietary advice in God's Medicinal Manual, there are both positive and negative ways your diet can impact your memory and cognitive function. If you eat the wrong foods, particularly over a long period of time, it could speed up memory loss.

If you are concerned with memory loss, or simply need your brain to fire at full capacity, it is imperative that you avoid trans fatty acids. Found in processed fats and oils, such as margarine, salad dressings, and mayonnaise. Trans fatty acids started as healthy form of fat, but as the raw vegetable oil is hydrogenated to create trans fatty acids, the benefits recede. Vegetable oil, a liquid and quick to spoil, become a cream or solid through hydrogenation and can now remain unspoiled for many months. However, in this process the fat-free vegetable oil was converted to a product made of 50% chemically made fat.

People who consume trans fatty acids on a regular basis, even in the form of pre-packed baked goods, breads, and potato chips, are likely to experience a de-

crease in cognitive ability. Studies show that a diet high in trans fatty acids results in a noticeable decrease in total cerebral brain volume (meaning there is more gray matter on the brain), and individuals score lower on cognitive and memory tests.

What else to avoid?

As it turns out, you should be watching your intake of fish. While seafood and fish are filled with awesome nutritional benefits, such as omega-3 fatty acids and protein, they are also filled with mercury. Tuna in particular contains a high amount of the element. A small amount of mercury is unlikely to disrupt your cognitive ability. Individuals with a high amount of mercury in their bloodstream, mostly obtained from fish, display decreased cognitive functionality.

In 2011 an article in Science Daily made a startling accusation. It claimed that every five minutes a person died from deep vein thrombosis (DVT). That added up to between 100,000 and 180,000 Americans each year, with women being far more likely to die from DTV than men. The claim by Science Daily, and since 2011 the number of people who have fatal DTV has only increased. That makes it a major concern for health professionals in the United States and across the globe.

While the number of people affected by and suffering from blood clots and other circulation issues is high, there is very little knowledge or awareness of the problem. Each family that loses a loved one to DTV or deals with a diagnosis of circulatory problems is surprised to find that these issues are incredibly serious.

Why Are We Worried about Blood Clots?

The circulatory system does not operate in isolation. In fact, what happens within the blood vessels and liver directly affects the cardiovascular system and your heart health. These systems are deeply intertwined. Therefore, the development of a blood clot or other circulatory issue is certain to cause heart complications sooner or later. One circulation disease that can end in heart attack or stroke is DVT.

A few more statistics from the United States can highlight the effects of DVT. Per 100,000 people there are between 107 and 130 blood clots that could be fatal. Catching (or better yet preventing) these potentially fatal clots is essential. However, there are few symptoms of a blood clot, and many people do die. As stated above, researchers at Science Daily believe there was a death every five minutes. Information from the National Blood Clot Alliance suggests that there could be as many as 300,000 blood clot related deaths each year. If true, that means blood clots cause more deaths on an annual basis than breast cancer, AIDS, and car accidents, combined.

Most car accidents are unforeseeable, and some are even impossible to prevent. However, the same cannot be said about blood clots. In this Chapter 10 of God's Medicinal Manual, I will explore some of the foods that can prevent and fight

blood clots and the occurrence of DVT. However, I must also advocate for individuals with poor eating habits and stagnant lifestyles to regularly have checks for blood clots in their legs and extremities. More blood clots form here than anywhere else in the body, and while far from the heart, a clot will eventually cause substantial circulatory issues and even DTV when formed in your legs or arms.

What to Eat

There are a number of naturally occurring blood thinners that can help prevent blood clots from ever forming. To start, cinnamon contains a chemical called coumarin. Scientists discovered that coumarin acts as an anticoagulant when absorbed into the bloodstream. In a number of studies, adding cinnamon, or the similar spice cassia that also contains coumarin, to a daily diet showed a substantial decrease in clotting and overall thickness of human blood.

Another spice with anticoagulant properties is turmeric. Throughout Southeast Asia turmeric has been utilized for medicinal purpose for centuries. In these cultures, turmeric is believed to cure or prevent everything from the common cold to dementia and degenerative diseases. Therefore, it is nothing new to consider turmeric as one of God's natural medicines. It is the substance curcumin, prevalent in turmeric that provides many of these health benefits, including acting as an anti-inflammatory and anticoagulant in an effort to prevent blood clots.

Recent research has identified other spices as beneficial for individuals concerned with blood clotting. These spices contain a compound called salicylates. Salicylates is the same compound found in aspirin, which is frequently prescribed by doctors to thin the blood and decrease the chance of a blood clot forming. A few spices high in salicylates are paprika, thyme, peppermint, and curry.

Still looking for other foods that can prevent blood clots? It might be time to introduce grape juice or red wine to your diet. The flavonoids that are found in purple grapes, notice that white grapes do not contain these antioxidant compounds, help create new blood platelets. This keeps the blood flowing faster through the blood vessels. The result is thinner blood. Of course, as an alcoholic beverage red wine should be consumed in moderation. Overindulging in red wine on a regular basis could cause other health complications and conditions.

As well, buying red grape juice can be difficult. Many of the options stocked on grocery store shelves contain a lot of sugar and other additives. These need to be avoided. For the best benefits from grape juice, look for products that are marked 100% juice, and it says the same on the ingredients list.

Chronic fatigue is a national health problem in the United States. More people than ever before are reporting symptoms of lethargy and fatigue on a regular and incessant basis. A report by the New York Times stated that over six million doctor visits are made each year to address lethargy, low energy, and fatigue. If you have been feeling low on energy for a period of time, you're not alone.

Why We Are Worried about Low Energy?

Everyone has off days. Some mornings you wake up and feel full of life and are vibrant. This has long been called waking up on the right side of the bed. On other days you roll out of bed to the distinct notion that you would rather remain among the warmth of your sheets. You go through your daily actions focused on the moment you can return to the comfort of your bed. Hours seem to drag, projects remain unfinished, and you forgo a daily visit to the gym.

This is just one day. Imagine feeling these mental and physical feelings of lethargy and fatigue every day. Eventually, chronic fatigue impedes your work life, social life, and close relationships. It can cause once productive and energetic individuals to let work lapse and engagements pass without attendance. Social interaction becomes a burden, not a benefit. For individuals who do not understand the source or cause of their fatigue and lethargy, these emotions can also be frustrating. Enough days waking up on the wrong side of the bed, and anyone would start looking for a solution.

A lot of evidence suggests an answer could lie in your diet. As with other health conditions, chronic fatigue can be caused by what you consume or don't consume. Improving your energy levels can be as simple as adding particular foods to your diet or removing the negative variables. In this last chapter of *God's Medicinal Manual*, I explore eight foods that are fantastic for boosting energy and keeping you upbeat. As you will, many of these foods were featured in other parts of this book, because one way to ensure a lot of energy is avoiding other illnesses and health conditions.

Eight Great Foods to Eat

The first of eight great foods for your energy levels is salmon. This fatty fish is packed to the brim with omega-3 fatty acids that improve your memory and your mood. After a single serving of salmon you should notice an improvement in cognitive function and lifting of any mental fog. As well, the fatty acids can make you happier. That combination is perfect for fighting off fatigue.

Number two on the list is almonds. Some of the best nutrients for turning food into energy are found in these tough nuts. Both magnesium and the range of B Vitamins are important for proper digestion and regulating your energy levels. Magnesium ensures that sugars are released over time, not all at once. The result is longer, more sustained energy that can fuel you longer. You are likely to see the effects of magnesium during physical exertion, such as jogging, tennis, or other sports. The B Vitamins improve concentration and cognitive capacity. This means more focus and attention as you go through your day.

Number three of my list is yogurt. Overall, dairy products can be a detriment to energy levels. The saturated fats found in dairy can depress your serotonin levels and decrease alertness. However, low-fat yogurt is filled with probiotics that aid in digestion and magnesium, which helps smooth release of sugars and glucose from other foods. For these reasons, low-fat yogurt can be a great food to start your day.

Coming in at number four on my list is dark chocolate. Slightly sweet, somewhat devious, and filled with theobromine, a chemical that is similar to caffeine, dark chocolate offers a number of benefits to energy. Even a small square can kick your energy into high gear and the slight amount of glucose found in dark chocolate could be the immediate sugar high you need to jumpstart serotonin production in your brain.

At number five are lentils. These legumes are filled with fiber and low in calories. That means they stabilize your blood sugar without making you feel slow and sluggish. A number of dense foods can make you full, but sleepy. For example, think white rice or even a healthy alternative such as oatmeal. Lentils are not a grain and have very different properties from rice and cereal grains. Yet, can fill a similar void in your meal planning. The slow release sugars from lentils, and other

legumes, will keep you upbeat all day, and not cause a crash after you mid-day meal.

Number six on my list of eight great foods for your energy is honey. Unlike foods made from trans fatty acids, such as baked goods and ice creams, honey is an all-natural sweetener provided directly by God's creatures. It is easy to find with no added sugar and without other additives, which means you are just getting the good stuff, no filler. The benefit of honey on your energy levels is it releases slowly and smoothly into your blood stream. Therefore, it can fuel your workday and fight lethargy for hours. Plus, you do not need a lot of honey turn your tea or morning yogurt sweet.

The seventh food on this list is essential, but not actually a food at all. Green tea is a staple of the east Asian diet. For a long time, westerners favored black teas and strong coffees. However, the health benefits of green tea meant its importance for all diets and individuals is difficult to ignore. When it comes to improved energy, green tea contains natural caffeine, but unlike coffee this caffeine is accompanied by another natural compound called thymine. Thymine keeps you from feeling anxious or overwhelmed by the effects of caffeine.

Last on this list of eight great foods for your energy levels is bananas. If you have ever run a 5K, 10K, or half marathon then you noticed the large number of bananas being passed out by race volunteers or provided at the finish line. There is a reason for bananas being a runner's food of choice. The fruit is dense, but mostly due to natural sugar content and fiber. Together, these components will keep you feeling full longer, but provide an immediate boost to your energy levels. If you wake up feeling out of sorts or want to find the perfect food to jumpstart your energy after a period of lethargy or chronic fatigue, few foods will do it faster or better than the banana.

It is incredible that God is able to provide so many sources of nutrition and medicine. From the foods we choose every day, to those more obscure option utilized by other cultures and people. There is a natural remedy for every physical and mental ailment. Yet, these natural remedies can often go ignored in the face of pharmaceutical options and supplements.

Innovation and technology have made vast improvements to the human condition. We can send emails, drive motor vehicles, travel around the world by plane, sleep in comfortable conditions regardless of the outside temperature, and sanitize drinking water. In fact, it is more than likely that you found and read this book via the Internet. All of these incredible creations are fascinating and, in the right context, each is a valuable improvement over what human beings did in the past.

The trouble begins when we assume that manmade inventions are always improvements over the natural world. Can you receive the same peace and tranquility from the wall of a stone house as looking out over the ocean? Are waterfalls any less awe inspiring because we have made skyscrapers? Is the sky any less beautiful because we can fly? Most of our creations work best when viewed and utilized in conjunction with the natural world. Our health isn't any different.

From diabetes to low energy levels, when we implement natural remedies with our innovative discoveries about food, spices, teas, and herbs, the positive outcome is two-fold. This is why I advocate for using God's Medicinal Manual, filled with phenomenal foods and based on the scientific research about their benefits, to remedy some of the world's most frustrating and scary illnesses and health conditions.