

NUTRITIONAL MEDICINE

An Extract from
NATURAL DIAGNOSIS AND THERAPEUTICS
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Let food be thy medicine says Hippocrates the father of modern medicine. Foods are full of pharmacological agents and properties. In this section we would study some foods and their therapeutic uses. The author of Food Pharmacy, Jean Carper says *'we are talking about a food pharmacy of unimaginable versatility and complexity made up of natural laxatives, tranquilizers, beta-blockers, antibodies, anticoagulants, antidepressants, pain killers, cholesterol reducers, anti inflammatory agents, hypotensives, analgesics, decongestants, digestives, expectorants, anti motion sickness agents, cancer inhibitors, anti oxidants, contraceptives, vasodilators, anti cavity agents, anti ulcerative agents, insulin regulators to mention a few.'*

Our Heavenly Father has provided arrays of foods; fruits, vegetables, legumes, cereals, root crops etc for the nourishment, maintenance and repairs of our bodies. If we make conscious efforts to eat healthy nutritious diets i.e. foods rich in live enzymes and probiotics (raw fruits and vegetables alongside with fermented foods and drinks), we will maintain good health. Fermented foods are known to be very high in *LAB* (lactic acid bacteria) credited to having the ability of establishing normal intestinal flora. Before studying some selected foods' nutritive and therapeutic values, we need to go through the rudiments of nutrients commonly found in foods. These nutrients comprise essentially vitamins, minerals and amino acids. Much of the information in this chapter is inspired from the works of Linda Clark H.B Bakhru and Earls Mindell. Nutraceuticals should be prescribed only by Naturopaths or other nutrition-minded doctors, these experts by their training are familiar with the merits and demerits of nutritional supplements for a given situation.

A lot of debate has been going on concerning the amount of vitamins [natural or synthetic] that can be consumed by an individual. One school of thought propagates mega dose administration of vitamins, while the other favours micro administration of these vitamins. A lot of regulatory bodies have come up with minimum, maximum or recommended daily or dietary allowances for various nutraceuticals based on age, sex as well as on individual's occupation. Proponents of mega dose therapy cite hundreds of cases where the administration of mega dose of vitamins produced near miraculous cures on patients with 'incurable diseases'. On the other hand, apostles of micro therapy would draw references also numbering in hundreds where the application of mega dose of vitamins resulted to various deranged body functions. They also postulate that if there is a real need for mega vitamin therapy, God would have loaded a simple citrus fruit such as orange with about 10,000mg of vitamin C per fruit instead of the average 50mg per orange fruit. As logical as the latter's line of argument is, it is

important, by way of criticism, to comment that God did not intend for his creatures this prevalent wrong and unhealthy life styles like smoking and excessive alcohol intake as well as pollution of fresh streams with industrial toxic chemicals all of which take a great toll on the body and ultimately cause depletion of essential vitamins from the body at such an alarming rate. Where do we go from here? Simple wisdom will suffice; we should maintain a relatively healthy body by administering micro dosage of vitamins on a regular basis and prescribe the mega dose [therapeutic dose] for a short period to a sick person. If the administration of therapeutic dose is not discontinued after a short while, firstly, the body gets acclimatized to this regimen and the slightest fall in these nutrients in the blood stream could result to unexpected health conditions. Secondly, prolonged use of the mega dose creates imbalances in other nutrients not correspondingly supplied to the body. If the body for example requires nutrients A, B and C in the ratio of 2:1:1 and suddenly and for a long period is subjected to this nutrients in the ratio 100:1:1, nutrient B and C will be recorded by the body as being deficient. Simultaneously the body will try to eliminate A as fast as possible reckoning with the surplus of A. This, from body energy economy perspective is an additional stress to the human organism. With the above discourse in mind we should read and apply what follows knowledgeably. Moreover, supplementation cannot replace food nutrition. Fruits, vegetables and other natural edibles must be relied upon for good health and should be consumed liberally as they flourish each season; wise providence brings them in the sequence that our bodies need them and this we should appreciate.

VITAMIN A

Vitamin A [Retinol] with its many subsets is derived from animals. Carotenoids are precursors to vitamin A and are found in plants. Deficiency of this vitamin can lead to various types of symptoms.

Functions

- Poor vision [particularly at night]
- Blurred vision, cataract and glaucoma
- Mucus membrane disturbances [especially of the stomach, lung and reproductive tract]
- Respiratory disturbances [cough, tuberculosis, bronchitis, allergies, asthma etc]
- Aids the treatment of hyperthyroidism
- Applied in the treatment of dry skin, black heads and excess wrinkles
- Shortens the duration of illness

- Mitigate strong reactions to glare of any kind such as sun or car headlights
- Prescribed in combination with calcium and vitamin D for soft teeth and bones
- Useful in the treatment of tinnitus
- Useful in the treatment of senility
- Applied in the treatment of stone formation, cystitis and nephritis

Vitamin A toxicity could lead to blurred vision, alopecia, joint pain, headache, stomach upset and pruritis.

Major sources of Vitamin A

- Fish liver oils [Cod liver oil, halibut liver]
- Eggs, cheese, milk, oysters, sardine, beef liver
- Red/orange fruits like tomatoes, carrots, pawpaw, melon, tangerine and mango
- Red palm oil
- Red pepper, green leafy vegetable, okra, lemon grass, parsley, chickweed, celery, cabbage, carrot, lettuce, spinach and green pepper

Therapeutic Dosage 20,000 I.U – 25,000 IU daily

VITAMIN D

Vitamin D [ergo calciferol, cholecalciferol] is also known as the sunshine vitamin. The ultraviolet rays in the sun rays transform an oil substance in the skin known as ergosterol to vitamin D which then, from the skin, enters the blood stream. As much as 18 I.U of vitamin D is produced per cm² of skin surface area exposed to the sun in 3 hours.

Functions

- Vitamin D is needed for a proper absorption of calcium and phosphorus in the intestine
- It supports thyroid and parathyroid functions
- It prevents muscular and bone weakness
- Vitamin D relieves near shortsightedness.
- When combined with calcium, it relieves cataract
- It prevents soft teeth, cavities and pyorrhea
- It prevents some forms of arthritis
- It prevents nervousness, irritability and tension

Major sources of Vitamin D

- Cod liver oil [Vitamin D₃]

- chicken liver, salmon, sardine and egg yolk
- Milk, yogurt
- Sunflower seed and watercress

Therapeutic Dosage 1,500 IU – 2,000 IU

Excessive intake of vitamin D could lead to hypercalcaemia and kidney calcification.

HEALTH BUBBLES