

GRANDMA TOLD US SO

Scientists say the full range of vitamins and trace elements, but also carotenoids - lutein, lycopene, beta-carotene, zeaxanthin; flavonoids - anthocyanidins,, flavanols, catechins, epicatechins, procyanidins, flavanones, flavonols, proanthocyanidins; isothiocyanates - sulforaphane; phenols, sulfides, thiols, chlorophyll, luteolin, punicalagin, the list of hard-to-pronounce compounds goes on...

We also learn that form equals function with a sliced carrot resembling the human eye - pupil, iris and radiating lines - with carrots greatly enhancing the function of the eyes. Grapes form a cluster in the shape of a heart and each grape looks like a blood cell with research confirming that grapes are also profound heart and blood-vitalizing foods and so it continues through celery (bones), walnuts (brain), kidney beans (kidney), eggplant, avocados, pears (cervix and uterus) and figs (sperm health).

At the most fundamental level, we're reminded to think red, yellow, orange, deep green, leafy, purple - and choose colors from the rainbow every day!

Grandma (and Mum) sure knew what they were talking about! We need to eat them up and the researchers (bless them for reminding us) confirm...

- the current evidence collectively demonstrates that fruit and vegetable intake is associated with improved health, reduced risk of major diseases and possibly delayed onset of age-related indicators
- consumption of cruciferous vegetables (1-2 servings per day) reduces breast cancer risk by 40-50% in post-menopausal women
- individuals with higher fruit and vegetable consumption (4-6 servings per day) have been shown to have 40-60% lower risk of esophageal cancer than those consuming 1-2 servings daily
- men (10 servings/day) and women (9 servings/day) in the highest quintile of fruit and vegetable intake had a 20% lower risk of coronary artery disease compared to those with lowest intake
- a 5-year study provided evidence of an inverse association between fruit and vegetable consumption and a risk of myocardial infarction
- hypertension is associated with increased risk of CVD, stroke and renal dysfunction. Diets containing fruits and vegetables are an important first line of defense against these conditions

- there is a positive association between fruit and vegetable (particularly fruit intake) and pulmonary function
- consuming foods of low energy density (including vegetables and some fruits) may be a useful strategy for weight loss
- in elderly men and women, fruit and vegetable intake was positively associated with bone mineral density
- future research will be directed at determining if fruit and vegetable consumption can delay or prevent age-related decline in cognition, behavior and neuronal function

But why wait for results of that research? VEGETABLES ... in all their myriad hues, all their evocative shapes and sizes, containing a cornucopia of chemical constituents, many still unidentified, but demonstrating the power of “synergy” (which means the outcome is greater than the sum of the parts) are absolutely vital for our well being.

But are all vegetables equal? Well we’ve just learned that different ones appear to have very specific effects on different organ and regulating systems and that we need at least five vegetables and two fruits (of varying colours) every day to ensure that we get the full complement of antioxidants, phyto-nutrients and anti-inflammatory products, but what about the source of those vegetables and fruits?

Straight from the back yard garden to your kitchen? Produce from the organic growers’ market? Deposited in your shopping trolley from the fresh produce shelves of your local supermarket? Or out of a can or a frozen packet and into the microwave?

Not surprisingly the nutritional content of vegetables and fruit is a function of their entire life cycle from the seed to your plate, with almost every step along the way having the potential to compromise the quality of the end product. The evolution of the food chain, degradation of the soil on which produce is grown, pesticides that prevent the uptake of minerals, fertilisers that are devoid of trace elements, genetic modification, food additives, preservatives, cold storage, extended transport and handling and cooking methods are amongst the factors that make the activity of optimally nourishing your body with fresh produce more of a lottery than a certainty.

But what if you could be certain that your fruits and vegetables came from a certified organic farm, that they contained the full complement of their amazing health-promoting constituents, that those constituents were present in a highly bio-available form and what if all that goodness came in a readily-available, economical, easy to swallow and digestible form?

Enter essential 8 organics™ A 'food synergy' concentrate from Phyto Therapy **essential 8 organics™** contains the highest quality, organic, freeze-dried powder concentrates from one source – Synergy Production Laboratories. The founder of SPL, Dr Mitchell May has dedicated 30 years to creating the company's infrastructure encompassing research, organic growing and proprietary processing of its exclusive Synergized® raw materials, the first process of its kind in the USA to receive both organic and kosher certification.

Now you know exactly what you're getting - one rounded tablespoonful of **essential 8 organics™** in 200ml of water, juice, soy, milk or a smoothie will give 1/3 of the recommended daily adult dose of fruit and vegetables. Just half that amount is required for children - sprinkle it on other food or watch green powder turn to pink in milk or water!

Eating your greens (and your oranges and purples) has never been easier! **essential 8 organics™** contains spinach, kale, broccoli, carrots, beetroot, pomegranate, apples and grapes.