

Body Health, Painkillers, Brain

Food is Medicine

FOODS AND WHAT BODY PARTS THEY SUPPORT



carrot

eyes



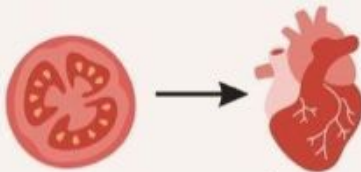
mushroom

ears



kidney beans

kidney



tomato

heart



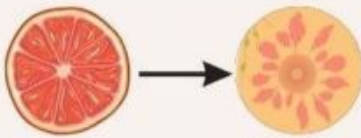
walnut

brain



avocado

uterus



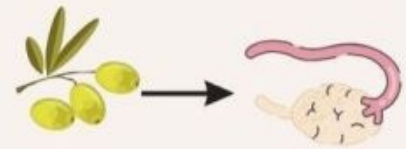
citrus

breasts



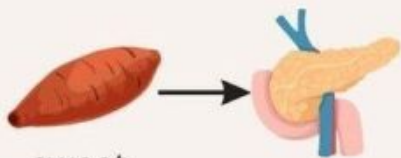
grapes

lungs



olives

ovaries



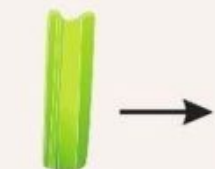
sweet potato

pancreas



ginger

stomach



celery

bones

TOP NATURAL PAINKILLERS

NATURAL NEWS



HORSERADISH
SINUS PAIN



GARLIC
MADE INTO A SPECIAL
OIL FOR EARACHE

CLOVES

TOOTHACHE/GUM
INFLAMMATION



GINGER
MUSCLE PAIN



**APPLE CIDER
VINEGAR**
HEARTBURN



PINEAPPLE
STOMACH BLOATING, GAS



BLUEBERRIES
BLADDER/URINARY
TRACT INFECTIONS



CHERRIES
JOINT PAIN,
HEADACHES

PEPPERMINT
SORE MUSCLES



WATER
GENERAL INJURY PAIN



TURMERIC
CHRONIC PAIN

Best Foods for Your BRAIN



RawForBeauty.com



Almonds



Walnuts



Hazelnuts



Brazil nuts



Broccoli



Blueberries



Pomegranate



Avocados



Sage



Sesame seeds



Flax seeds




Pumpkin seeds

The 'Fiber Tax': Protect Your Gut While Building Muscle


Don't let your gains become your gut's pains. Balance is biology.

of Thumb: For every 10g of Protein, aim for ~3-4g of Soluble Fiber to protect your gut!


ur protein source is... 

Add this 'Fiber Tax' to balance it:

 **3 Whole Eggs**
(~18g Protein / 0g Fiber)


 **½ Cup Rolled Oats**
(~4g Soluble Fiber)


Oats contain beta-glucan, which forms a gel in the gut to slow transit and feed beneficial bacteria.

 **1 Scoop Whey Protein**
(~25g Protein / 0g Fiber)


 **1 Tbsp Chia Seeds + 1 Banana**
(~7g Fiber)


Chia seeds absorb water and expand, preventing the 'cement' effect of pure whey digestion.

 **Chicken Breast (150g)**
(~45g Protein / 0g Fiber)


 **1 Cup Steamed Broccoli + ½ Avocado**
(~10-12g Fiber)


The fat from avocado aids nutrient absorption, while broccoli provides roughage to move the meat through the gut.

 **Greek Yogurt (1 Bowl)**
(~15g Protein / 0g Fiber)

 **1 Tbsp Flax Seeds + ½ Cup Berries**
(~5g Fiber)

Flax seeds provide mucilage (slime) that mimics the gut's natural mucous layer, protecting the lining.

 **Steak / Red Meat**
(High Protein / No Fiber)

 **Green Salad + Apple Cider Vinegar**
(High Cellulose)

Apple Cider Vinegar aids protein breakdown in the stomach; cellulose acts as a 'broom' in the colon to sweep waste out.

WATER

Physiological necessity

Food as Medicine # 7

BODY FUNCTION

- Cellular hydration
- Blood volume
- Temperature control
- Metabolic reactions

WHAT THE EVIDENCE SHOWS

- Metabolic effects
- Cardiovascular health
- Cognitive effects
- Physical performance

METABOLIC EFFECTS

- Insulin sensitivity
- Vasopressin reduction
- Cortisol modulation
- Energy regulation

HYDRATION SIGNALS

- Thirst response
- Urine colour
- Dry mouth
- Reduced output

CARDIORENAL HEALTH

- Vascular tone
- Kidney perfusion
- Stone prevention
- Renal protection

SPECIAL CAUTION

- Heart failure
- Kidney disease
- Hyponatraemia risk
- Medical guidance

COGNITIVE EFFECTS

- Attention maintenance
- Fatigue reduction
- Headache prevention
- Mental clarity

WATER SOURCE

- Glass container
- Stainless steel
- Filtered tap
- No plastic

ELECTROLYTE CONTEXT

- Sodium balance
- Potassium balance
- Fluid homeostasis
- Hyponatraemia risk



Vitamin D

- Name:- Cholecalciferol
- Function:- Bone growth & Ca^{2+} Absorption
- Deficiency:- Rickets & Osteomalacia
- Toxicity:- Ca^{2+} Imbalance.
- Sources:- Sunlight & Fortified milk.

Vitamin A

- Name:- Retinol
- Function:- Vision, Immunity & Growth
- Deficiency:- Blindness & Stunted growth
- Toxicity:- Rash, Vomiting, growth ICP↑ & Birth defect.
- Sources:- Carrot, milk, eggs & liver. Sea food.

Vitamin B12

- Name:- Cobalamin
- Function:- Helps cell to make DNA
- Deficiency:- Anemia & Nerve damage.
- Sources:- Meat, fish & milk

Vitamin E

- Name:- Tocopherol
- Function:- Antioxidant
- Deficiency:- RBC breakage, nerve damage.
- Toxicity:- Rare! Interferes with blood clotting.
- Sources:- Vegetables + nut oils

Vitamin B9

- Name:- Folate or folic Acid
- Function:- Helps cell to make DNA
- Deficiency:- Anemia & Birth defects.
- Sources:- Fortified grains.

Vitamin K

- Name:- Phytonadione
- Function:- Blood clotting
- Deficiency:- Hemorrhage
- Toxicity:- Rare.
- Sources:- leafy greens

Vitamin B7

- Name:- Biotin
- Function:- Beneficial to hair & nails.
- Sources:- Egg yolk, liver, Peanuts.

Vitamin B1

- Name:- Thiamin
- Function:- Energy metabolism
- Deficiency:- BeriBeri
- Sources:- Whole grains

Vitamin B6

- Name:- Pyridoxine
- Function:- Protein & fat Metabolism
- Deficiency:- Scaly dermatitis
- Toxicity:- Nerve degeneration
- Sources:- Protein-rich food

Vitamin B2

- Name:- Riboflavin
- Function:- Energy Metabolism
- Deficiency:- Inflammation of mouth & skin
- Sources:- Whole grains

Vitamin B3

- Name:- Niacin
- Function:- Energy Metabolism
- Deficiency:- Pellagra
- Toxicity:- Niacin flush, liver damage
- Sources:- Whole grains

Vitamin C

- Name:- Ascorbic Acid
- Function:- Antioxidant
- Deficiency:- Scurvy
- Toxicity:- Diarrhea
- Sources:- Fruits & Vegetables.



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@Medics_Abusaif

12 NUTRIENTS YOUR BODY DESPERATELY NEEDS: ALL IN PUMPKIN SEEDS

One of the most micronutrient-dense plant foods on the planet

MAGNESIUM

156 mg | RDI ~37% (30 g)
Calms the nervous system, supports sleep, muscle recovery, and blood pressure regulation.

Over half of adults are magnesium deficient

ZINC

2.2 mg | RDI ~20%
Supports immune function, testosterone production, skin repair, and cognitive health.

HEALTHY FATS (0.6 & 9)

13 g total fat
Supports hormone synthesis and absorption of fat-soluble vitamins.

PLANT PROTEIN

8.6 g
Contains all essential amino acids to support muscle repair, satiety, and metabolic health.

COPPER

0.4 mg | RDI ~45%
Essential for collagen formation, cardiovascular integrity, and brain function.

IRON (NON-HEME)

2.3 mg | RDI ~13%
Supports oxygen transport and energy metabolism. Particularly important in plant-based diets.

MANGANESE

1.3 mg | RDI ~55%
Activates antioxidant, enzymes and supports metabolic regulation.

FIBRE

1.7 g
Supports gut health, microbiome diversity, and metabolic regulation.

PHOSPHORUS

332 mg | RDI ~27%
Supports bone mineralisation, ATP (cellular energy), and DNA repair.

PHYTOSTEROLS

Reduces intestinal cholesterol absorption,
• Cardiometabolic health.

TRYPTOPHAN

A precursor to serotonin and melatonin Supports cardiometabolic health.

ABSORPTION TIP

Soak or lightly roast pumpkin seeds
→ Improves mineral bioavailability
→ Reduces phytic acid interference



NOT ALL PUMPKIN SEEDS ARE EQUAL

Choose:
• Raw or lightly roasted
• Organic when possible
• No added seed oils or sugars

BOTTOM LINE

Pumpkin seeds are a whole-food mineral multivitamin — compact, plant-based, and powerful.

Food as Medicine # 1

DOCTORS WILL NEVER TELL YOU THIS:

1. Anxiety – Magnesium, B6, Omega-3

2. Insomnia – Magnesium, B12, D

3. Brain Fog – B1, B12, Omega-3

4. Low Libido – Zinc, D, B3

5. PMS – B6, Magnesium, E

6. Constipation – Magnesium, C, Fiber

7. Eye Twitching – Magnesium, B12, Potassium

8. Irritability – B1, B6, Magnesium

9. Sugar Cravings – Chromium, Magnesium, Zinc

10. Depression – D, B12, Omega-3



Your “**mental health**” might be
a micronutrient deficiency in disguise.

Revision #18

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