

# Fruit

Pineapple, Blueberries

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# Pineapple Water

Rich in dietary fiber, pineapples help you feel full, which can curb cravings for sweets and unhealthy fats. Thiamine, another vital nutrient in pineapples, boosts metabolism and converts carbohydrates into energy, aiding in weight management.

Pineapple is also a good source of potassium, which strengthens the body and maintains a balanced level of electrolytes, ensuring optimal bodily functions.

One notable advantage of bromelain is its antiparasitic properties, which can help flush parasites from the liver and intestines and even destroy tapeworms when consumed regularly.

Drinking pineapple water may also reduce inflammation in the colon and soothe asthma symptoms. Adding fennel seeds enhances the drink's flavor while providing a natural digestive aid.

## **How to Make Pineapple Water:**

### **Ingredients:**

- ½ cup of fresh pineapple chunks
- 1 teaspoon of fennel seeds
- 8 cups of hot water

### **Instructions:**

1. Add the pineapple chunks to a large pitcher of hot water.
2. Let the mixture cool to room temperature, then add the fennel seeds.
3. Cover and let it steep overnight.
4. In the morning, strain the liquid.

Drink this refreshing beverage daily to enjoy the myriad health benefits of pineapple water. It's an easy and delicious way to support your health and stay hydrated. Enjoy!

# Blueberries



**100g of blueberries (or 5g freeze-dried powder / 500mg anthocyanins) can boost brain performance, cut heart attack risk by ~32%, and enhance insulin sensitivity (all at once).**

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PMID: 20660279, 20047325, 23319811

- 1) Nutrient-rich - 150g portion can supply 1/4 of vitamin C and manganese requirements, 1/3 of vitamin K1 needs, and also provide vitamin E and copper
- 2) Support gut health - antioxidants and fiber in blueberries both support gut health (some of the antioxidants directly affect the microbiome)
- 3) Antioxidants - blueberries have one of the highest antioxidant contents of all fruits and vegetables

- 4) Reduce DNA damage - One study showed 20% reduction in free radical activity in otherwise healthy individuals (mean age: 28.5) (PMID: 17602170)
- 5) Lower risk of heart disease - 150g portion of blueberries every day can reduce risk of cardiovascular disease by 15% (According to a 6 month trial in older people with "metabolic syndrome") (PMID: 23319811).
- 6) Protect brain function - flavonoids in blueberries activate signaling proteins in the hippocampus. Clinical trials have shown improvements in learning and memory tests in older people consuming blueberry juice for 2 months (PMID: 20047325).
- 7) Improve memory & attention - 200g of blueberries in a smoothie every morning has shown to improve memory and concentration in the afternoon compared to a placebo
- 8) control blood sugar - anthocyanins in blueberries can improve insulin sensitivity. consumption of blueberries may block certain digestive enzymes and this can help reduce blood sugar spikes after a meal
- 9) regulate cholesterol - 50g of blueberry consumption every day has shown to lower oxidized LDL BY 27% (PMID: 20660279).
- 10) lower blood pressure - consumption has been shown to lower blood pressure by 4-6% over the course of 8 weeks (PMID: 20660279)
- 11) promote muscle recovery - in one study, a smoothie containing 200g of blueberries significantly increased recovery of peak isometric strength after a muscle-damaging eccentric exercise protocol, compared to placebo (PMID: 22564864).