

# Vegetables

Healing Elixer, Garlic, Parsley, Dandelions, Beetroot

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# Healing Elixer

# Healing Elixer

3 Ingredient Health Tonic



**1 Inch Turmeric Root**      **Juice from 1 Lime**      **1 Inch Ginger Root**

- Improves Immunity
  - Soothes sore throat
  - Regulate blood pressure
  - Balances hormones
  - Reduces fatigue
  - Lowers Fever
- Rich in Vitamin C
  - Anti-Inflammatory
  - Alkalizes the body
  - Increases blood flow
  - Removes mucus
  - Improves lungs

Cleaning your kidneys, skin, and liver naturally involves adopting a healthy lifestyle and incorporating certain practices:

1. **\*\*Hydration:\*\*** Drinking an adequate amount of water helps flush out toxins from your kidneys. Aim for at least 8-10 cups of water daily.

2. **Balanced Diet:** Consume foods rich in antioxidants, such as berries, leafy greens, and fruits, to support kidney and liver health. Reduce processed foods, sodium, and sugar intake.
3. **Herbal Teas:** Dandelion root, nettle leaf, and parsley teas are known for their detoxifying properties that can support kidney and liver function.
4. **Regular Exercise:** Engage in physical activities to improve circulation, which aids in detoxification and overall health.
5. **Limit Alcohol and Caffeine:** Excessive alcohol and caffeine consumption can burden the liver and kidneys. Moderation is key.
6. **Skin Care:** Keep your skin clean by gently washing it with mild, natural products. Exfoliate to remove dead skin cells and promote skin health.
7. **Detox Baths:** Epsom salt baths or using essential oils like lavender or rosemary can support skin detoxification.
8. **Liver-Friendly Foods:** Incorporate foods like garlic, turmeric, cruciferous vegetables (broccoli, cauliflower), and nuts that support liver health.

# Cauliflower, Garlic, Celery & Red Fruits

## Health Benefits of CAULIFLOWER

### Nutrients\*

Dietary Fiber 10%  
Protein 4%  
Carbohydrate 2%  
Calories 1%

### Vitamins\*

Vitamin C 77%  
Vitamin K 20%  
Folate 14%  
Vitamin B6 11%

### Minerals\*

Manganese 8%  
Copper 7%  
Magnesium 4%  
Phosphorus 4%



Aids in digestion

Reduces risk of abdominal disorders

Prevents bone loss in men and women

Helps prevent cancer and cardiovascular diseases

Effective in protecting skin from UV rays

Reduces progression of neurodegenerative diseases

Helps in maintaining electrolyte balance in body

Boosts immune system and improves brain health

Effective in treatment of recurrent respiratory papillomatosis

Reduces risk of age-related macular disease and cataracts

Caution: Excessive intake may cause gas, anaphylaxis. Reduces effectiveness of anticoagulant drugs like warfarin

\*% Daily Value per 100g. For e.g. 100g of cauliflower provides 77% of daily requirement of vitamin C.

**10**

# HEALTH BENEFITS OF CELERY JUICE

**BOOSTS  
GUT  
HEALTH**

**REDUCES  
INFLAMMATION**

**CONTAINS  
FEW  
CALORIES**

**IMPROVES  
HYDRATION**

**PREVENTS  
URINARY TRACT  
INFECTIONS**

**STIMULATES  
DETOXIFICATION**

**LOWERS RISK  
OF CANCER**

**LOWERS  
LDL CHOLESTEROL**

**RELIEVES  
ARTHRITIS PAIN**

**STRENGTHENS  
BONES**



# COLON CLEANSING



## FLAX SEEDS

Protects intestinal flora, regulates bowel habits without side effects.



## ALOE VERA

Heals and soothes intestinal lining



## ALFALFA

Helps to soothe the digestive tract during a cleanse



## PEPPERMINT

Alleviates the intestine



## SPIRULINA & WHEATGRASS

Aids the body in obtaining more oxygen and eliminating unnecessary toxins



## MANGO

Relieves constipation due to its laxative properties



## CHICKWEED

Constipation relief and colon cleansing



## PROBIOTIC YOGURT

Excellent to restore regularity, use minimally processed



## CASCARA SAGRADA

Strengthens the muscle tone of the colon walls



## FERMENTED FOODS

Kefir and unpasteurized cultured butter are a great probiotic source.



## FENNEL SEEDS

Relieves lower abdominal pain, enhances digestion, reduces gas



## ORGANIC FRUITS

Apples, grapes, pineapples, papaya and kiwi are rich in fiber, act as natural lubricants & contain valuable enzymes that help maintain regularity.

## Iceberg vs. Romaine lettuce



### One cup of iceberg lettuce:

- 8 calories
- 0.5 gram protein
- 0.7 gram fiber
- 10 mg calcium
- 78 mg potassium
- 1.5 mg vitamin C
- 16 mcg folate
- 13.3 mcg of vitamin K
- 164 mcg beta carotene
- 152 mcg of lutein and zeaxanthin



### One cup of romaine lettuce has:

- 8 calories
- 0.58 gram protein
- 1 gram fiber
- 16 mg calcium
- 116 mg potassium
- 11.3 mg vitamin C
- 64 mcg folate
- 48.2 mcg vitamin K
- 1637 mcg beta carotene
- 1087 mcg of lutein and zeaxanthin.

Source: The USDA Nutrient Data Laboratory

## USES OF GARLIC

Forget apples... a clove of garlic a day keeps the doctor away!

- |                                      |               |           |
|--------------------------------------|---------------|-----------|
| High cholesterol                     | Antioxidants  | Warts     |
| Athlete's foot                       | Breast cancer | Stomach   |
| Poor digestion                       | Cold and flu  | Diabetes  |
| Low energy                           | Leukemia      | Parasites |
| Blood sugar                          | Anti-fungal   | Allergies |
| Blood cholesterol                    | Vaginitis     |           |
| Colon cancer                         | Toothaches    |           |
| Chronic bronchitis                   |               |           |
| Yeast infections                     |               |           |
| Respiratory problem                  |               |           |
| Boosts the immune system             |               |           |
| Increase absorption of iron and zinc |               |           |
| Coughing                             |               |           |

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# Red Fruits and Vegetables

**Strawberries**  
anti inflammatory



**Cranberries**  
beneficial to the eyes

**Tomatoes**  
build strong bones



**Red cabbage**  
rich in vitamin C

**Beets**  
guard against cancer



**Raspberries**  
rich in minerals like  
potassium, manganese,  
copper, iron & magnesium.

**Radishes**  
rich in folic acid



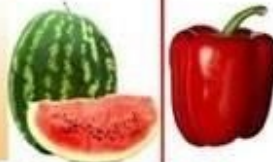
**Cherries**  
brain food

**Red apples**  
antioxidants



**Red grapes**  
anti-aging

**Watermelon**  
92 percent water



**Red peppers**  
support healthy night  
vision

**Rhubarb**  
high in calcium



**Pomegranates**  
Heart Health

# Garlic

Garlic is one of nature's most powerful antibiotics, capable of combatting 14 different infections. Its remarkable medicinal strength comes primarily from allicin, a sulfur compound that also gives garlic its distinct aroma. Allicin effectively fights harmful bacteria, viruses, parasites, antibiotic-resistant MRSA, and yeast infections. Once ingested, allicin transforms into sulfenic acid—the fastest-acting free radical neutralizer known.

To harness garlic's full potential, consume it raw. Crush or chop a garlic clove, wait 5 minutes for the allicin to activate, and then eat it. This simple method ensures you get the most potent health benefits.

## Heart Health Superhero

- Garlic offers significant protection against cardiovascular and metabolic diseases like atherosclerosis, high cholesterol, blood clots, hypertension, and diabetes. Clinical studies have shown that garlic consumption can reverse early heart disease by clearing arterial plaque

## Garlic's Cardiovascular Benefits Include:

- Lowering blood pressure
- Preventing blood clots
- Reducing vascular inflammation
- Enhancing circulation
- Preventing cholesterol oxidation
- Improving blood lipid profiles
- Slowing arterial plaque development
- Reducing harmful fat tissue around the heart

## Garlic Fights 14 Deadly Infections

Scientific research confirms garlic's ability to combat infections, including:

1. **Helicobacter pylori** (stomach bacteria)
2. **Candida** (yeast infections)
3. **MRSA** (antibiotic-resistant staph)
4. **Herpes Simplex 1 & 2**
5. **Parainfluenza and other viruses**
6. **Group B Streptococcus**
7. **Thrush** (oral fungal infection)
8. **Pseudomonas aeruginosa**
9. **Tuberculosis** (drug-resistant strains)
10. **Cytomegalovirus**

11. **Mycotoxin-related aflatoxicosis**
12. **Klebsiella pneumoniae**
13. **Clostridium infections**
14. **HIV-1**

Despite these findings, garlic remains underutilized in mainstream medicine. Its potent healing properties come without harmful side effects and don't disrupt beneficial gut bacteria.

**Try This Natural Garlic Remedy:**

- For overall health improvement, finely chop 2 garlic cloves before bedtime. Let them sit for a few minutes, then swallow with water or mix with honey. This nightly routine detoxifies the body, fights pathogens, supports digestion, and boosts immunity. In the morning, drink a large glass of water. The noticeable garlic odor indicates your body is eliminating toxins effectively. Give it a try tonight—your health may transform!

# Parsley Tea

Parsley isn't just a kitchen herb—it's a powerful remedy with incredible health benefits. Loaded with vitamins A, B, C, and K, and essential minerals like iron and potassium, parsley has been used for centuries to support overall health. Read along as we share an easy parsley tea recipe.

## Health Benefits of Parsley:

Parsley is not just for cooking. It's widely recognized for its therapeutic properties that contribute to overall wellness. Here's how parsley can improve your health:

- **Balances Blood Sugar:** Parsley can help manage blood sugar levels by preventing the degenerative effects of diabetes on the liver. Studies have shown that it can help balance glucose levels and reduce inflammation caused by high blood sugar.
- **Weight Management:** It is a natural diuretic that helps the body eliminate excess water and toxins, making it a great tool for those looking to shed a few pounds or reduce bloating. The herb can also support weight loss by helping the body detoxify naturally.
- **Cancer Prevention:** Parsley is rich in antioxidants like flavonoids and carotenoids, which have been shown to lower the risk of certain cancers, such as colon cancer. The antioxidants also help protect cells from oxidative stress and inflammation.
- **Anti-Inflammatory:** The anti-inflammatory properties of parsley are beneficial for reducing the symptoms of chronic conditions like asthma, atherosclerosis, and arthritis. Regular consumption can help reduce internal inflammation, which contributes to better overall health.
- **Immune Booster:** Packed with vitamin C, parsley strengthens the immune system, helping the body fight off infections and protect the blood vessels. Its high vitamin K content also plays a crucial role in maintaining bone health.

## Parsley for Swollen Legs (Edema):

Swollen legs are often due to fluid retention (edema), commonly caused by:

- **Pregnancy**
- **High sodium intake**
- **Sedentary lifestyle**
- **Premenstrual syndrome (PMS)**
- **Certain medications**

Parsley acts as a natural diuretic, helping the kidneys function better and eliminating excess fluids. Unlike synthetic diuretics, parsley maintains healthy potassium levels, preventing imbalances.

## How to Make Parsley Tea:

### 1. **Ingredients:**

- 1 cup boiling water
- ¼ cup fresh parsley leaves, finely chopped

### 2. **Instructions:**

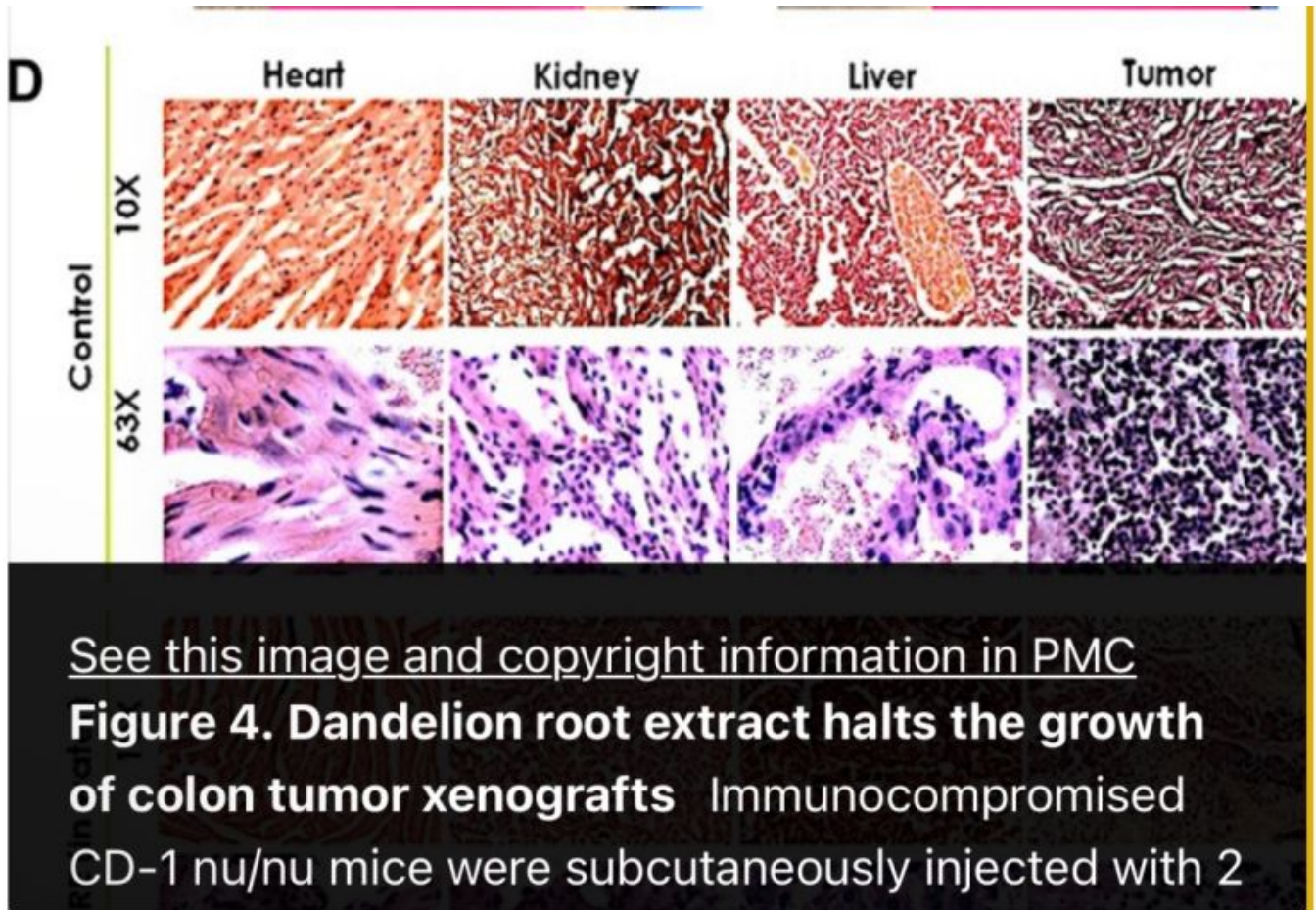
- Pour boiling water over chopped parsley leaves.
- Let it steep for 5-7 minutes.
- Strain the tea and drink warm.

### **Dosage:**

For best results, drink up to two quarts of parsley tea daily.

Incorporating this natural remedy into your routine can alleviate swollen legs and improve overall health. Stay consistent, and enjoy the soothing benefits of parsley tea!

# Dandelions



Peer-reviewed science confirms: Dandelion root extract wiped out over 90% of cancer cells in just 48 hours — while leaving healthy cells untouched. Zero toxicity.

<https://pubmed.ncbi.nlm.nih.gov/27564258/>

At the University of Windsor (Ontario, Canada), Dr. Siyaram Pandey's team tested aqueous dandelion root extract (DRE) on human colorectal cancer cell lines. Result:

- ≤ >95% of colon cancer cells destroyed within 48 hours — even the chemo-resistant ones.
- ≤ Healthy gut epithelial cells remained unharmed.
- ≤ Toxicity: zero.

Mechanism? DRE forced cancer cells into self-destruction by triggering multiple death pathways, including caspase-8-dependent apoptosis (PubMed ID: 27564258).

In parallel, Dr. Caroline Siegel and colleagues (IJMS) confirmed DRE's broad anti-cancer action:

- Induces programmed cell death (apoptosis)
- Targets anti-apoptotic Bcl-2 proteins
- Modulates MAPK signaling and halts the cell cycle

- Works selectively on cancer cells, sparing normal ones (PMC5341965)

This means:

- ☐ Selective toxicity — only the cancer cells go.
- ☐ Multiple pathways — reduces resistance risk.
- ☐ Effective against chemo-resistant lines.

So why isn't this mainstream?

Because you can't patent a weed. No billion-dollar pharma deal. No funding pipeline. Just a backyard plant with no Phase III trials.

The fine print:

- Proven in vitro and in animal studies
- No large-scale human trials yet but many successful animal studies.
- Translation to patients requires serious funding

Colorectal cancer is the 2nd leading cause of cancer deaths worldwide. And yet, here we have a safe, abundant root that selectively kills cancer cells.

“And the leaves of the tree were for the healing of the nations.” — Revelation 22:2

# Beetroot

# BEETROOT

A root vegetable known as a beetroot also called a "beet," is prized for its striking red or purple hue. You can enjoy chakundar in juice, cooked, pickled, or raw forms.

## Beetroots for Digestion

Chakundar is an exceptionally high source of nutritional fibre. Dietary fibre is essential for digestion, giving stool volume and encouraging regular bowel motions.



## Chakundar for Stamina

It's dietary nitrates opens blood vessels to improve blood flow and oxygen supply to muscles. Therefore, this increased oxygen supply during physical activity improves endurance and stamina.

## Beetroot for Immunity

Vitamin C, vitamin B6, folate, and manganese are critical vitamins and minerals that may be found in beets. These nutrients are essential for promoting immunological health.

## Beetroot for Inflammation Control

Betalains and other phytonutrients in beets are abundant in antioxidants that assist in lowering the overall inflammatory response by reducing oxidative stress.

## Beetroot for Nutrition

Iron and vitamin C in beets help the immune system and several biological functions, including the production of red blood cells.

## Chakundar for Skin

Antioxidants in beets include betalains and vitamin C. These anti-oxidants aid in defending the skin from free radical harm that happens because of external elements like pollution and UV rays.



## How to Include Chakundar in Your Diet?



Raw Chakundar Salad



Chakundar Hummus



Beet Smoothie



Chakundar Juice



Beetroot Chips



Beet Desserts



Pickled Beetroot



Chakundar Parantha



Beetroot Soup

## Side Effects of Beetroots

### Red Stools and Urine

The innocuous occurrence of beeturia is brought on by the pigments found in beets.

### Allergic Reactions

Allergies to beets can cause itching, hives, swelling, and breathing problems.

### Interference with Medications

Vitamin K in beets, which can interfere with blood-thinning drugs can cause medication interactions.



Happy Tummy

## 1. Rich in Nitrates → Better Blood Flow

Nitrates in beetroot convert to nitric oxide in the body, which dilates blood vessels, improving circulation, lowering blood pressure, and enhancing exercise endurance. Athletes often drink beetroot juice before workouts for this reason.

## 2. Anti-inflammatory & Antioxidant Benefits

Contains betalains (the pigment that makes it red), which have anti-inflammatory and antioxidant effects.

Helps in reducing oxidative stress, which is linked to aging and chronic diseases.

## 3. Supports Detox Pathways

Contains betaine, which supports liver function and methylation — important for detoxifying homocysteine and other metabolic by-products.

## 4. Good for Gut Health

Raw beets are a good source of soluble and insoluble fiber, which helps digestion, prevents constipation, and feeds beneficial gut bacteria.

## 5. Micronutrient Boost (but not iron powerhouse)

Provides vitamin C, folate, manganese, potassium, and magnesium — important for red blood cell production, nerve health, and muscle function.

### ⚠ Limitations

-Low in iron → Only ~0.8 mg per 100 g, and it's non-heme iron (poor absorption). Not a reliable iron booster.

-Sugar content → Naturally high in sugar for a vegetable (around 7-8 g/100 g), so diabetics need portion control.

-Can cause beeturia → Pink/red urine in ~10-15% of people. Harmless, but can be mistaken for blood in urine.

### ⚠ When to Be Careful

Kidney stones → Beetroot is high in oxalates, which can contribute to stone formation in prone individuals.

Low blood pressure → Can lower BP further, which might be an issue if you're already hypotensive or on BP medications.

FODMAP sensitivity → Can cause bloating in people with IBS, due to fermentable carbs.

### Bottom Line

Raw beetroot is very useful for circulation, heart health, detox, and gut support, but it is not a major iron source. If your goal is iron replenishment, you need to combine it with iron-rich foods (lentils, pumpkin seeds, spinach, etc.) and vitamin C for better absorption.

### ☐ Why Raw Beetroot is Useful

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