

Contents

- 4 **Dr. Mehmet Oz and Dr. Michael Roizen**
Dangers of social media
- 5 **Anti-Aging**
Powerful new compound
- 6 **Digestive Health**
Hazards from Candida
- 7 **Natural Health**
8 essential minerals
- 8 **Ask the Doctor**
New vertigo treatment
- 9 **Cancer**
Liver cancer on the rise
- 10 **Weight Loss**
Tricks to lose weight in 50s
- 11 **FDA Approvals**
Opioid addiction, leukemia, skin cancer
- 12 **Breaking News**
Cherries boost gut health
- 14 **Dr. Maxfield**
What is an autoimmune disease?
- 15 **Dermatology**
Easy ways to look younger
- 16 **Breakthroughs**
Insulin in pill form

10 Foods From the Bible That Help You Heal

By Lynn Allison

“Whether you eat, drink, or whatever you do, do all for the glory of God.”
— *Corinthians 10:31*

The Bible is filled with references to the medicinal properties of foods and herbs. The importance of diet and preparing food was considered to be a spiritual act.

And the wisdom of our ancestors has survived centuries of scientific scrutiny and many of the 49 foods listed in the Bible are now recognized as powerful anti-aging, anti-inflammatory fodder.

“Modern medicine has ancient roots that date back to time immemorial,” Ellen Kamhi, Ph.D., a leading herbalist and author of “The Natural Medicine Chest” tells *Health Radar*. “In both the Old and New Testaments, there are many references made to the use of medicinal plants. For example, around 1,500 B.C., during their sojourn in the desert, the Hebrews lamented missing onions, garlic, and many of the other plants that they used for food and medicine in Egypt.”

Today, nutritionists tout the benefits of eating allium vegetables such as garlic and onions to protect yourself against cancer and cardiovascular disease.

The late and great James Duke, Ph.D., one of the nation’s foremost and beloved herbalists points out in his landmark book, “Herbs of the Bible,” that drugs approved by the Food and Drug Administration (FDA) kill more than 100,000 people annually.

Meanwhile, doctors warn that herbs should not be used as medicines because the exact dosage hasn’t been established.

“It’s true that we don’t have scientific data about how many times Biblical herbs have saved lives throughout history. But they have survived thousands of years of trial and error, unlike many of the recent FDA approved drugs that have potentially deadly side effects,” says Duke, who served as chief of the USDA Medicinal Plant Laboratory seeking botanical cancer-fighting compounds. “And the empirical proof is unmistakable. We do feel sleepy after sipping a cup of chamomile tea, and our sore

throats are definitely soothed after downing a spoonful of elderberry syrup — neither of which have the potentially deadly side effects of taking prescription sleep aids and cold medicines.”

Here are the top 10 Bible healing foods:

1. Apples

No biblical food is more famous or has gotten a worse rap than the apple. Historically, some scholars believe that Adam and Eve never even saw an apple. The forbidden fruit, according to Duke, was most likely an apricot. But King Solomon said, “Comfort me with apples for I am sick.” And today, there’s a good reason that we use the expression, “an apple a day keeps the doctor away.”

Modern researchers at Michigan State University called the apple “the all-round health food.” Apples may lower bad cholesterol and high blood pressure as well as stabilizing blood sugar levels, an important part of controlling diabetes. They are also highly effective in fighting viruses.

2. Barley

The Bible is filled with references to barley, which is among the earliest known and most nourishing grains ever to be cultivated. In fact, some scholars say the Feast of Unleavened Bread was an ancient barley harvest festival that eventually became the celebration of Passover. Scientists at Montana State University found that a diet high in barley helped lower cholesterol levels. Duke notes that barley is a highly digestive grain that is rich in vitamins E, B6, B2, and both folic and pantothenic acids.

3. Fish

Fishing on the Sea of Galilee and the River Jordan was a huge industry, says Marla Xenon, author of “17 Bible Foods That Heal.” Because there was no way of preserving fish, most people in Biblical time ate their fish fresh. Today we know that fish contain important omega-3 fatty acids that have tremendous anti-inflammatory power, particularly for those suffering from arthritis. Eating fish two

to three times a week may also help lower cholesterol levels and blood pressure.

4. Flax

The use of linen in Biblical times was prevalent because the garments, woven from flax fiber, filtered out the burning rays of the sun. Thus, flax was one of the most important plants in the Bible. But the seeds were also used medicinally, often as a laxative or to soothe burns when made into a poultice. In his best-selling book, “SuperFoods RX,” Dr. Steven Pratt notes that flaxseed is the best plant source of omega-3 fatty acids. “It’s a quick and easy way to get this nutrient into your body,” he says, adding the flaxseeds are also a powerful source of fiber, protein, magnesium, iron and potassium — “an all-round treasure trove of nutrients.”

5. Garlic

This is one of the world’s oldest healing foods and was used both as a food and as a powerful medicine during the



To renew or subscribe to Health Radar go to:
NewsmaxHealth.com/Newsletters or call 1-800-485-4350

Health Radar® is a monthly publication of Newsmax Media, Inc., and Newsmax.com. It is published at a charge of \$42.95 per year, and is offered online and in print through Newsmax.com and NewsmaxHealth.com.

The owner, publisher, and editor are not responsible for errors and omissions. Rights of reproduction and distribution of this newsletter are reserved.

Any unauthorized reproduction or distribution of information contained herein, including storage in retrieval systems or posting on the Internet, is expressly forbidden without the consent of Newsmax Media, Inc.

For rights and permissions contact Newsmax Media, Inc. at PO Box 20989, West Palm Beach, Florida 33416 or copyright@newsmax.com.

Editorial Director

David Perel

Art/Production Director

Phil Aron

For Subscription/Customer Service inquiries, call 1-800-485-4350 or e-mail healthradar@newsmax.com.

Send email address changes to healthradar@newsmax.com

© 2018 Newsmax Media, Inc. All rights reserved.

Newsmax and Health Radar are registered trademarks of Newsmax Media, Inc.

newsmax health • **newsmax**

Please note: All information presented in **Health Radar** (including answers to reader questions) is for informational purposes only, and is not specifically applicable to any individual’s medical problem(s), concerns, and/or needs. **No content is intended to be a substitute for professional medical advice, diagnosis, or treatment.** All information presented in **Health Radar** should not be construed as medical consultation or instruction. You should take no action solely on the basis of this publication’s contents. Readers are advised to consult a health professional about any issue regarding their health and well-being. **Any action you take on the basis of the information provided is solely at your own risk and expense.** The opinions expressed in **Health Radar** do not necessarily reflect those of Newsmax Media, Inc.

lifetime of Moses. The 100,000 laborers who built the Egyptian pyramids were fed garlic, leeks, and onions for 30 years as part of their stipend, says Duke. Hebrews relied on garlic to help them be “fruitful and multiply,” believing that eating garlic increases virility. Today, we know that garlic helps keep arteries free from dangerous plaque and has stellar anticancer and antitumor activity. Garlic is also one of the most powerful natural antibiotics known to man, and was used by Russian army medics during World War II.

6. Grapes

One reason this delicious fruit was so important in the diet thousands of years ago was because its high boron content helps ward off osteoporosis. Duke says that grapes may also be helpful in combating heart disease, hypertension, and arthritis. Red wine made from grapes contains ellagic acid, which may prevent cancer, notes the expert. And resveratrol, a compound found in grape leaves and grape skins, has been shown not only to protect the heart and cardiovascular system but also to protect the liver from fatty deposits.

7. Honey

This natural sweetener is mentioned 61 times in the Bible. The Promised Land given to the Israelites was described as “flowing with milk and honey.” Today, we know that high-quality honey is rich in antioxidants that have been linked to reduced risk of cancer, strokes, and heart attacks. Several studies conducted by the National Institutes of Health revealed that honey limits

the rise in blood glucose levels, which is important to diabetics, and also raises good HDL cholesterol while lowering bad LDL cholesterol. Honey is also a potent antibacterial that has been used for centuries in healing wounds. A study of 139 children found that honey did a better job of easing nighttime coughs than popular drugs like Benadryl.

8. Lentils

In Biblical times, as today, dry lentils were cooked in soups and stews or ground into flour and mixed with barley for bread. Duke says that lentils are rich in genistein, a compound thought to be effective against diabetic blindness as well as melanoma and other forms of cancer. It’s also a good source of folic acid and plant protein.

9. Milk Thistle

The Bible repeatedly refers to thorns and thistles as healing foods, and Duke suggests that milk thistle was one type known widely at the time. Milk thistle has been used for 2,000 years or

more as a liver remedy. It contains silymarin, which scientists say is the most promising compound both for preventing damage to the liver and for correcting a damaged liver. Studies have shown it can even regenerate damaged liver cells, according to Duke. An article published in the *Journal of Hepatology* said that taking silymarin lowered blood sugar and insulin levels, suggesting usefulness in fighting diabetes.

10. Nuts

The book of Genesis was specific about recommending pistachios and almonds as “choice fruits of the land.” Dr. Joel Fuhrman, a world-renowned nutritionist and author of “The End of Diabetes” and “The End of Heart Disease” tells *Health Radar* that raw nuts and seeds are packed with nutrients. “Nut consumption offers strong protection against heart disease,” he says. “They decrease total cholesterol and lower LDL cholesterol when eaten daily. They also prevent inflammation of the blood vessels.” □

“So eat always from the table of God: the fruit of the trees, the grain and grasses of the field, the milk of the beasts, and the honey of bees. For everything beyond these is of Satan, and leads the way of sins and of diseases unto death. But the foods which you eat from the abundant table of God give strength and youth to your body, and you will never see disease.”

— Jesus, as dictated in the Dead Sea Scrolls