

# FAMILY NUTRITION CENTER



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## Who Knew About the Amazing Benefits Hidden in Avocado Seeds? From <http://dailysuperfoodlove.com>

Eating a creamy slice or two of avocado a day will definitely keep the doctor away. This delicious fruit makes a great substitute for mayonnaise and butter.

If you are a regular Daily Superfood Love reader by now, you know that we have something of a love affair with the benefits of avocados it's *one of the best* way to protect your cardiovascular health, reduce inflammation from arthritis, and rejuvenate your skin and hair.

But, did you know... that the seed of the avocado is one of the most nutritious and often thrown out parts of this superfood? Before you say it, I know what you are thinking. How do you add avocado seed to your diet short of smashing it with a hammer?

The secret benefits of avocado seeds will surprise you. Historically, extracts of avocado seeds were used as ink for writing and as a food dye. A single avocado seed represents around 18% of the fruit and a waste issue for avocado processors.

Amazing Benefits of Avocado Seeds - Over 70% of the total antioxidant capacity of avocados is found within the seed.



Pennsylvania State University recently launched a study on the benefits of avocado seeds and found that the phenolic antioxidant compounds in the seeds may lower high cholesterol, high blood pressure, reduce inflammatory conditions, diabetes, and boost your immunity. The seeds even have insecticidal, fungicidal, and anti-microbial properties.

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*"Any heart disease patient must eat the avocado including the seed,"* Dr. Tom Wu. Dr. Wu has earned the "Remarkable Contribution" award from the American Cancer Society and the "World Famous Doctor" award from the United Nations for his breakthroughs with diabetes and cancer.

**Why Avocado Seeds Are a Natural Anti-Inflammatory** - Inflammation is the culprit behind numerous chronic diseases: arthritis, heart disease, stroke and even cancer all have been linked to excessive inflammation within the body.

Avocado seeds and skins contain higher levels of antioxidants such as catechins (also found in green tea) and procyanidins that act as anti-inflammatories, reduce pain, swelling, stiffness, and loss of joint function. These two antioxidants also improve heart health and blood circulation.

**How Avocado Seeds Can Improve Digestive Health** - In ancient South America avocado seeds were used to treat dysentery, gastric ulcers, and other digestive issues.

Your digestive system is essential to your overall health. Much of your immunity comes directly from the bacteria that live inside of your digestive tract. If these beneficial gut flora are living in a healthy environment, then they can do easily combat pathogenic bacteria and viruses.

The antioxidants and fiber found in avocado seeds are great for your digestive system. An avocado seed contains more soluble fiber per ounce than almost any other vegetable; your GI tract will thank you for adding avocado seeds to your daily diet and perform at its prime.

**Reducing Cancer Risk One Avocado Seed at a Time** - The University of Antioquia, in Medellin, Colombia in November of 2013 found that extract of avocado seed and the fruit (Hass variety) had a **(Continued on p. 7)**

## How do you like Them Apples!

The Baseline of Health Foundation, 9-09-17 by Beth Levine



There are approximately 7,500 varieties of apples grown today, and they offer a great range of flavor from tart to tangy to sweet. However, the one thing they all have in common is major health benefits, making them not only tasty but a nutritious part of your diet all the time.

Apples are an ancient fruit, mentioned in not only the story of Adam and Eve, but also in Greek mythology. You might think they are as American as apple pie, but apples are grown all over the world and hold a place in many cultural festivities. That's why this holiday is an international one, and you can join in by indulging in cuisine from other countries that uses apples, including couscous with baked apple from Greece and apple herbal soup from China.

But you certainly don't need recipes to enjoy an apple; they are great all by themselves. And they pack a lot of nutrition into each crispy bite, making apples a terrific choice for regular consumption. Read on to discover six ways that apples can benefit your health.

**Apples Protect Your Heart** - High in soluble fiber, apples can help lower your cholesterol. In fact, a 2013 study at Oxford University in England showed that eating an [apple a day](#) was more effective at preventing cardiovascular disease than the statins so often prescribed. In addition, apples are good sources of polyphenols, which are antioxidants that have been associated with reducing hypertension. But don't cut the skin from your apple; a good portion of the fiber it contains and some of its polyphenols are found in the skin.

**Apples Reduce Your Risk of Diabetes** - The polyphenols in apples might be a contributing factor in lowering your risk of diabetes because they can help prevent damage to the beta cells of the pancreas, thereby fostering normal insulin production. A 2013 study at the Harvard School of Public Health in Boston, Massachusetts found

that apples, when consumed daily, are among the fruits most likely to decrease the risk of developing type 2 diabetes.

### Apples Promote the Right Kind of Gut Bacteria -

Pectin is a prebiotic type of fiber found in apples. It is not digested but instead helps to create an environment that enables good bacteria to thrive in your digestive system. We all know that's important because when the good bacteria can't survive in your intestines, bad bacteria flourish, degrading your immune system and contributing to chronic degenerative diseases.

**Apples are Cancer Fighters** - Plentiful in antioxidants that protect us from damage at the cellular level as well as anti-inflammatory substances like quercetin, it is hardly surprising that apples may help prevent cancer. Perhaps that's why this fruit was shown in a 2016 study at the University of Perugia in Italy to lower the risk of cancer of the stomach, esophagus, lung, mouth, and breast.

**Apples Lower Your Risk of Asthma** - The flavonoids in apples are beneficial to immune system health and also reduce inflammation. This can have a positive effect on the respiratory system, providing some protection from asthma and related allergies. A 2005 study at King's College London in the United Kingdom found that eating apples is associated with a lower likelihood of developing asthma.

**Apples Can Help You Maintain a Healthy Weight** - High in fiber and low in calories, eating apples may promote weight loss or maintenance of normal weight. A medium-sized apple provides just 95 calories, which is considerably less than most snack foods you might choose to get you through the midafternoon munchies. But its high fiber content means that apple will fill you up and keep you satisfied until dinner. Therefore, you're not only replacing higher calorie junk food with something lower in calories and much more nutritious, but you won't be reaching for junk food an hour or two later because you're still not hungry.

So, as Matt Damon said in *Good Will Hunting*, "How do you like them apples?"

### Fun Facts - Walnuts April 13, 2017

Walnuts are one of the best nut sources of omega-3s, especially alpha-linolenic acid. They are also good sources of manganese and copper.



## 5 Key Nutrients for Strong, Healthy Hair

From Wellness Resources, March 14, 2016



There is a strong connection between your internal health and the strands of hair on your head. Your hair is generally considered low priority to your body, so dull, thin, breakage-prone hair can be one of the first signs that something isn't quite right.

Nutrition has the ability to reverse hair loss and improve the health of the hair you have. If you have started to see more hairs in the comb than you would like to, or if you simply want to strengthen the hair you currently have, these five nutrients are the best for achieving a thick and healthy mane.

**Protein** - Your hair is comprised of mostly protein. Since your body thinks of hair as low priority, if you aren't getting enough protein from your diet, your hair is likely to suffer. Not getting enough protein can slow or halt hair growth completely or cause low-quality hair strands to grow. Whey protein is low in saturated fat and contains all of the necessary amino acids your body needs. It makes an excellent breakfast that will support hair growth.

**B Vitamins** - Low levels of vitamins B2, B5, B6, and B7 (biotin) are all associated with hair loss. These vitamins are water soluble, meaning you must replace them in adequate amounts daily. Unfortunately, stress, caffeine, alcohol, sugar, digestive problems, birth control pills, and numerous medications deplete B vitamins. You are undoubtedly at risk of having at least one B vitamin deficiency, making supplementation with coenzyme B vitamins a smart idea if you have started to see your hair thinning.

**MSM Sulfur** - MSM Sulfur has been nicknamed the "beauty mineral" because it is a major component of the hair, skin, and nails. MSM sulfur works synergistically with zinc to form the protein keratin. Low levels of sulfur in the body can lead to weaker strands of hair that are more prone to breakage. Sulfur is also highly concentrated at the hair follicle and may reduce hair from falling out.

**Zinc** - Zinc is important for many different enzymatic reactions in the body and may play a supporting role in hair follicle support and recovery. Low levels of zinc can lead to hair loss. In a study with people who had alopecia areata, male pattern baldness, female pattern baldness and telogen effluvium, all were found to have lower mean serum zinc than the control group. This suggests that zinc could be an effective treatment for hair loss in all of these groups.

**Saw Palmetto** - Clinical studies show that saw palmetto is helpful for preventing hair loss in both men and women. In some cases, the male hormone testosterone may break down and form too much of a derivative known as dihydrotestosterone (DHT) resulting in prostate irritation, hormonal acne, unwanted facial hair and hair thinning or a receding hairline. Saw palmetto extract is known to modulate the enzyme 5alpha-reductase which converts testosterone to DHT.

No matter your motivation for wanting to improve the look of your hair, nutrition will be your best option. Mother Nature has provided us with the most effective cure for dull, thinning, breakage-prone hair. Addressing the root cause of your hair troubles will improve your overall health as much as the hairs on your head.



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## The Beautiful Reason You should Plant Milkweed

Mother Nature Network, by Tom Oder, April 23, 2014



Photos: Mark Herreid/Shutterstock & Wikimedia Commons

Want to do your part to help reverse the dramatic decline in monarch butterflies? Now is your chance: Plant milkweed. It may take a grassroots gardening effort to bring migrating monarch butterfly populations back from the brink of danger.

Monarchs are dependent on milkweed, especially milkweeds in the genus *Asclepias*. Milkweed is the only plant on which monarchs will lay their eggs and on which monarch caterpillars will feed.

By starting milkweed from seed indoors or buying nursery seedlings for your early spring plantings, you can create "Monarch Waystations." Monarch Watch, an educational outreach program based at the University of Kansas that engages citizen scientists in large-scale research projects, believes Monarch Waystations are critical to helping monarch butterflies survive what is one of the most fascinating migrations in the natural world.

The spring migration begins in mid-March and extends from the monarch's winter home in central Mexico as far as 2,500 miles north to breeding grounds in the eastern United States and Canada. The butterflies, which cannot survive freezing temperatures, return to the high-elevation Mexican forests in the fall.

"There are 73 species of milkweed in the United States," said Chip Taylor, director of Monarch Watch. "Monarchs use about 30 of these as hosts. About four of these species - *Asclepias incarnata* (swamp milkweed), *Asclepias syriaca* (common milkweed), *Asclepias tuberosa* (butterfly weed) and *Asclepias viridis* (green antelope horn) - sustain 98 percent of the eastern population of monarchs."

Unfortunately, habitats that support monarchs are becoming more and more scarce each year. Commercial and residential development, chemically intensive agriculture, and aggressive mowing and use of herbicides along roadsides continue to destroy many of

the primary remaining habitats of milkweed – pastures, hayfields, edges of forests, grasslands, native prairies and natural spaces in urban areas.

To help sustain remaining habitats and to create new ones in places such as backyard gardens, school and hospital grounds, and office campuses, Monarch Watch accepts donations of milkweed seed from around the country. Monarch Watch has formed partnerships with nurseries that distribute milkweed in flats of 32 plants to areas from which the seeds originated. They also offer a free flat to schools and non-profits in the donor regions.

A regional list of states, and seed from milkweed species that has been donated by those states, is available at [MonarchWatch.org](http://MonarchWatch.org). Monarch Watch is eager to accept seed donations from all regions.

Milkweed is easy to grow from seed or transplants. Just follow these general guidelines:

**Choosing which milkweed to grow** - Choosing which *Asclepias* to grow depends on whether you live east or west of the Rocky Mountains. The Rockies form a sort of dividing line for two populations of monarchs. The main population breeds east of the Rockies in the spring and summer. This group migrates to central Mexico in the fall where they spend the winter in the Transvolcanic Mountains in oyamel fir forests, which themselves are in decline. The western monarchs overwinter all along the California coast in up to 300 locations, using about 100-150 locations in any given year.

Good choices for *Asclepias* east of the Rockies include common milkweed (*A. syriaca*), swamp milkweed (*A. incarnata*) and butterfly weed (*A. tuberosa*). Green antelope horn (*Asclepias viridis*) is recommended for the South Central region.

"Adult Monarchs are generalized flower visitors and will feed on a variety of nectar-producing plants," Taylor said. East of the Rockies these include such nectar-producing plants as Indian blanket (*Gaillardia pulchella*), purple coneflower (*Echinacea purpurea*), Joe Pye weed (*Eupatorium purpureum*), scarlet sage (*Salvia coccinea*), Tithonia Torch, Mexican sunflower (*Tithonia*), and a zinnia-dahlia mix (*Zinnia elegans*).

**Where to buy milkweed** - Milkweed seeds and plants are available from mail order and local nurseries, especially those specializing in native plants, as well as from Monarch Watch.

**Growing from seed** - Starting milkweed seeds indoors works best because seeds sown indoors have higher germination rates than seeds placed directly in the garden. Seeds may require some cold stratification.

## Dealing with Food Poisoning

The Baseline of Health Foundation, September 2, 2017 by Hiyaguha Cohen



When it comes to food safety, there's no place like home. Although eating out is fun and easy, it isn't necessarily easy on your body. In addition to all the extra calories you'll consume at a typical restaurant, studies show that your chances of ending up with food poisoning are double compared to eating at home. These days, with Americans spending more eating out than eating at home, one in six people in the US end up with foodborne illness each year. And if you travel abroad, depending on the destination, you may multiply the risk. According to the Centers for Disease Control, anywhere from 30 to 70 percent of all visitors to foreign countries develop "traveler's diarrhea" during their sojourn.<sup>3</sup>

There are numerous types of food poisoning, some not so serious and some quite severe. It all depends on the causative factor and your general health. Typically, victims get sick from eating something contaminated by a bacterial or viral agent because the food wasn't stored or handled properly. Some of the more common sources of contamination include campylobacter, listeria, salmonella, giardia, E. coli, norovirus, and Hepatitis A. If your system is strong and the food just mildly tainted, you might end up with passing stomach discomfort. But if you're a child, older person or generally run down and the food is teeming with E. coli, for instance, you can get violently ill, even within hours, although some types of infective agents take weeks to manifest (Hepatitis A can take up to a month to show up).

In any event, you'll know it when food poisoning hits. The vomiting, diarrhea, nausea, and cramping that accompany full-blown food poisoning are memorable, to put it euphemistically. Although the worst of the symptoms typically abate in a day or two, food poisoning can leave you weak for days after. If the acute symptoms last longer than a few days and you have ongoing fever, experts suggest you'd better see a doctor.

There are things you can do to minimize your risk of getting sick from food, like avoiding restaurants, washing surfaces and hands after handling raw meat or fish, washing vegetables and fruits thoroughly, and keeping your food at home well refrigerated, but still, infection can occur in spite of your precautions. Remember the contaminated organic frozen mixed berries at Costco last year?

Hopefully, it won't happen to you, but just in case, here are three things your doctor probably won't mention that you can do to help yourself.

**Drink coconut water** - When people end up in the hospital from food poisoning--and this happens to about 325,000 in the US annually-- it's usually the dehydration that gets them. Your body loses more fluid and electrolytes than it can afford to lose when you have diarrhea and vomiting for extended periods of time. Your doctor will tell you to drink plenty of fluids in order to rehydrate, but there's a better solution than plain water or Gatorade. Coconut water is far more hydrating, it's rich in electrolytes, and contains as much potassium as four bananas plus plenty of other minerals. Compared to sports drinks, it's far lower in sugar and calories.<sup>4</sup> Coconut water has long been used in native cultures as a diarrhea cure, with the belief that coconut meat is a cure for constipation while coconut water remedies diarrhea.

If you can get water from a fresh, young coconut, you'll get better results than if using prepackaged stuff.

**Try Activated Charcoal** - It doesn't look pretty, but activated charcoal works wonders when food poisoning strikes. Charcoal absorbs whatever is in your stomach and binds to toxins, which means the toxins don't get absorbed into your system. The best way to take activated charcoal is in liquid form as it's absorbed more quickly. It's important to make sure that your brand of charcoal doesn't have added sorbitol, as some do, since sorbitol can actually cause diarrhea.<sup>5</sup>

**Take Apple Cider Vinegar** - While coconut water may be most useful after your symptoms have subsided as a rehydration aid, apple cider vinegar can be of great help when you're in the midst of a bout of diarrhea and vomiting. You know how people use vinegar to clean the house? That's because it's a great antimicrobial agent. If you swallow it, it can kill the bacteria.

Continue reading on [jonbarron.org/digestive-health/dealing-food-poisoning](http://jonbarron.org/digestive-health/dealing-food-poisoning)

## Family Nutrition Center

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**Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.**

**1<sup>st</sup> Corinthians 6:19-20**

## About Us!

Family Nutrition Center was established in 1990, and has been operated by the Adams' family since 1996. With a focus on education and customer service, we are able to bring you a total shopping experience for better health. Family Nutrition Center is the largest natural foods market in Johnson County.

Our staff of over 30 people includes a registered nurse, a certified nutritional consultant with a bachelor's in natural health, a certified herbalist with a degree in horticulture. We continually receive education on our products and services to aid in achieving our goal of educating our customers and providing excellent customer service.

We offer a wide selection of natural and organic foods and fresh organic produce, special diet foods (non-GMO, gluten-free, dairy-free, soy-free, sugar-free, & more), bulk foods, vitamins, minerals, herbs, supplements, bulk herbs, essential oils, natural cosmetics and other fine health and beauty aids, a book store, natural pet foods, and Lems & SoftScience shoes. Plus we take phone orders and will gladly ship to all 50 states. If you are looking for answers to better health, give us a call.

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- For nurturing radiant skin – Beautiful Ally™ Hyaluronic Acid Softgels ♦

