

# Paris Holistic Health



July  
2013  
Newsletter

## Eat a Rainbow of Food



As we enjoy the summer, we can check out farmer's markets to purchase a wide variety of fruits and vegetables. Eating brightly colored fruits and vegetables provides us with essential vitamins and minerals each day. Consider choosing fruits and vegetables from each color of the rainbow to obtain these essential nutrients as well as a variety of plant chemicals that also benefit our bodies in a variety of ways.

**Red:** The red color in some fruits and vegetables is imparted by lycopene. Lycopene is an antioxidant that helps to reduce excessive amounts of free radicals. If left unchecked, free radicals have been shown to be a contributing factor to serious conditions like cancer and cardiovascular disease as well as contribute to our aging process. Some foods to choose in this hue of the rainbow include tomatoes, guava, watermelon, and pink grapefruit.

**Orange:** The fruits and vegetables that are orange are rich in carotenoids. Beta-carotene, a carotenoid that is fairly well known, is just one member of this family of phytochemicals. They are not only antioxidant, but they also play key roles in protecting our vision, immune system and reproductive system. Carotenoids are found in foods such as carrots, sweet

potatoes, yams mangos and squash.

**Yellow:** Lutein is a plant chemical that imparts a yellow color to foods. This plant chemical helps to protect the eyes by absorbing damaging radiation from the sun. Additionally, it supports the immune system and nervous system. Some foods rich in lutein are corn, yellow peppers, grapefruit, apricots, butternut squash, lemons, pears, pineapple, rutabagas, and squash.

**Green:** The green color of plants comes from chlorophyll. The number of green vegetables are too numerous to list. However, I would like to highlight the plants in the cabbage family: broccoli, brussels sprouts, cabbage, kale, collard greens, to name a few. These plants are not only rich in chlorophyll, but are also a rich source of vitamin C and indoles that are antioxidant and protective against cancer and atherosclerosis. Research is on-going into the health benefits of chlorophyll and much of the research is on cancer.

**Blue:** The blue color of fruits and vegetables is from anthocyanins. These plant pigments are antioxidant, anti-inflammatory and have pain relieving benefits. Research has shown the benefits of anthocyanins in cancer, blood sugar regulation, and aging. Some foods that you want to include in your diet are blueberries, purple grapes, and plums.

**Violet:** Foods with a violet hue contain the plant chemical resveratrol. Much research is being conducted on this phytonutrient. With its antioxidant and anti-inflammatory actions, it is beneficial in cancer, heart disease, diabetes, and may even help in Alzheimer's disease. The main source of resveratrol is red grapes. However, berries, plums and dark chocolate also contain resveratrol.

I hope that this article has left your mouth watering for a rainbow of foods. If you want to learn more about health and herbs, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule a complimentary discovery session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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