

THE MOST POWERFUL PRODUCE

When you're shopping for fruits and vegetables, keep in mind that phytochemicals in the pigments of many deeply colored varieties can help protect against cancer and other diseases, perhaps even the effects of pollution. The fruits and veggies with the highest antioxidant potential (Oxygen Radical Absorbance Capacity, or ORAC) are listed below. (Juices are also good sources.) Keep in mind that cooking destroys some antioxidant vitamins, so minimize heat and cooking times when possible.

Fruits (raw)	ORAC content	Vegetables (raw)	ORAC content
Prunes (4)	1,939	Kale (1 cup)	1,186
Blueberries (1/2 cup)	1,740	Beets (1/2 cup)	571
Blackberries (1/2 cup)	1,466	Red bell peppers (1/2 cup)	533
Strawberries (1/2 cup)	1,170	Brussels sprouts (1/2 cups)	431
Raisins (1/4 cup)	1,026	Yellow corn (1/2 cup)	420
Raspberries (1/2 cup)	756	Spinach (1 cup)	378
Oranges (1/2 cup)	675	Onions (1/2 cup)	360
Plums (1)	626	Broccoli florets (1/2 cup)	320
Red Grapes (1/2 cup)	591	Eggplant (1 cup)	320
Cherries (1/2 cup)	516		

Source: USDA Agriculture Research Service

How fruits rank nutritionally

To come up with the score, The Center for Science in the Public's Interest added the percent of each item's U.S. Recommended Daily Allowance for listed nutrients plus fiber. There is no USRDA for fiber or potassium, so SCPI used 25 grams and 3,500 mg respectively.

Top 10 fruits	Score	Calories	Vit. A	Vit. C	Folate	Potassium	Fiber
Papaya (1/2)	252	59	*	*	Na	*	*
Cantaloupe (1/4)	213	47	*	*	@	*	o
Strawberries (1 cup)	186	45	O	*	@	@	*
Orange (1)	169	62	@	*	@	@	*
Tangerine (2)	168	74	*	*	@	@	*
Kiwi (1)	154	46	O	*	Na	@	*
Mango (1/2)	153	68	*	*	Na	O	@
Apricots (4)	143	68	*	*	O	*	*
Persimmon (1)	134	118	*	*	O	@	*
Watermelon (2 cups)	122	100	*	*	O	*	@

Rating Key

* At least 10% of the USRDA

@ 5 to 9% of the USRDA

o Less than 5% of the USRDA

Na Data not available

How vegetables rank nutritionally

To come up with the score, The Center for Science in the Public's Interest added the percent of each item's U.S. Recommended Daily Allowance for listed nutrients plus fiber. There is no USRDA for fiber or potassium, so SCPI used 25 grams and 3,500 mg respectively.

(1/2 cup cooked unless noted below)

Top 10 vegetables	Score	Vit. A	Vit. C	Folate	Iron	Copper	Calcium	Fiber
Sweet Potato, no skin (1)	252	*	*	@	O	*	O	*
Carrot, raw (1)	213	*	*	*	O	O	O	@
Carrots	186	*	O	O	O	@	O	@
Spinach	169	*	*	*	*	*	@	*
Collard Greens, frozen	168	*	*	*	@	O	*	Na
Red Pepper, raw (1/2)	154	*	*	*	O	O	O	O
Kale	153	*	*	O	O	@	@	@
Dandelion greens	143	*	*	Na	@	Na	@	@
Spinach, Raw (1 cup)	134	*	*	*	@	O	@	@
Broccoli	122	*	*	*	O	O	O	@

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Source: Center for Science in the Public's Interest

Fiber Guidelines

People who eat more fiber have a lower risk of constipation and diverticular disease. Here are some good (and not so good) sources. Shoot for 25 to 30 grams per day.

Fruits (quantity)	Fiber (grams)
Figs, dried (2)	5
Apple (1) or blueberries (1 cup)	4
Avocado (1/3)	3
Banana (1) or orange (1)	3
Cherries (1 cup) or dried prunes (5)	3
Strawberries (1 cup)	3
Apple, no skin (1) or grapes (1 ½ cups)	2
Apricots, dried (1/4 cups)	2
Nectarine or Peach (1)	2
Pineapple (1 cup)	2
Plums (2)	2
Cantaloupe or watermelon (1 cup)	1
Grapefruit (1/2)	1
Apple juice or Orange juice (1 cup)	0
Vegetables (1/2 cup cooked, unless noted)	Fiber (grams)
Baked potato, with skin (1)	4
Green peas	4
Baked sweet potato, with skin (1)	3
Brussels sprouts or carrots	3
Broccoli, cabbage, cauliflower, or corn	2
Carrots, raw (1)	2
Green Beans or Spinach	2
Asparagus	1
Celery (1 stalk)	1
Green Pepper, raw (1/2)	1
Iceberg or romaine lettuce (1 cup)	1
Tomato, raw (1/2)	1
Beans & Veggie Burgers (1 cup cooked, unless noted)	Fiber (grams)
Healthy Choice Hearty Chili Beef	8
Lentils (1/2 cup)	8
Pinto Beans (1/2 cup)	7
Progresso Lentil Soup	7
Chickpeas (1/2 cup)	6
Healthy Choice Bean & Ham Soup	6
Kidney beans (1/2 cup)	6
Boca Burgers, Original (1)	4
Healthy Choice Split Pea & Ham soup	4
Campbell's Healthy Request Minestrone	3
Gardenburger, Original (1)	3
Tofu (3 oz)	0

Grains & Pasta (1 cup cooked, unless noted)	Fiber (grams)
Bulgur	8
Barley or whole-wheat spaghetti	6
Brown rice	4
Aunt Jemima Buckwheat Pancake Mix (four 4-in pancakes)	3
Couscous, macaroni, or spaghetti	2
White rice	1
Cereals (1 cup, unless noted) <i>High fiber cereals have 5 grams of fiber or higher per serving</i>	Fiber (grams)
General Mills Fiber one (1/2 cup)	14
Kashi Go Lean Crunch & others	8
Kellogg's All-Bran Bran Buds (1/3 cup)	14
Kellogg's All-Bran Extra Fiber (1/2 cup)	13
Kellogg's All-Bran Original (1/2 cup)	10
General Mills Multi-bran Chex	8
Kashi Good Friends (3/4 cup)	8
Post Spoon Size Shredded Wheat Original	6
Post Raisin Bran	8
General Mills Wheat Chex	8
Post Bran Flakes (3/4 cups)	5
Post Grape-Nuts (1/2 cup)	5
Wheatena (cooked)	5
Kellogg's Complete Oat Bran (3/4 cup)	4
Quaker Oats (cooked)	4
General Mills Cheerios or Wheaties	3
General Mills Whole Grain Total (3/4 cup)	3
Quaker 100% Natural Low fat Granola (2/3 cup)	3
Kellogg's Corn Flakes or Product 19	1
Kellogg's Special K or Rice Krispies	0
Bread (2 slices) & Crackers <i>High fiber breads have 2 grams of fiber or higher per slice</i>	Fiber (grams)
Arnold, Brownberry, Orowheat, or Roman Meal 100% Whole Wheat	6
Arnold or Orowheat Branola Org	6
Bran for Life Bread	10
Wasa Hearty Rye Crisp bread (3)	6
Nabisco Triscuits (7)	4
Pepperidge Farm 100% Stone-ground Whole Wheat	4
Wonder Stone-ground 100% Whole Wheat	4
White Bread	1
Miscellaneous	Fiber (grams)
Kashi Go Lean protein shakes or bars- one serving	7

If you cannot eat enough high-fiber foods, you may get fiber from supplements. For example, you can use psyllium husk products. Two teaspoons of psyllium husk powder mixed into water, juice or food provides about 9 grams of fiber.



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Homeopathy Simply Explained

Starting homeopathic treatment

Homeopathy is an effective and scientific system of healing which assists the natural tendency of the body to heal itself. It recognizes that all symptoms of ill health are expressions of disharmony within the whole person and that it is the patient who needs treatment not the disease.

As a new patient, these ideas may be new to you, but homeopathy has been established for about 200 years.

What is homeopathy?

In 1796 a German provider, Samuel Hahnemann, discovered a different approach to the cure of the sick which he called homeopathy (from the Greek words meaning 'similar suffering'). Like Hippocrates two thousand years earlier he realized that there were two ways of treating ill health, the way of opposites and the way of similars.

Take for example, a case of insomnia. The way of opposites, (conventional medicine or allopathy), is to treat this by giving a drug to bring on an artificial sleep. This frequently involves the use of large or regular doses of drugs which can sometimes cause side effects or addiction.

The way of similars, the homeopathic way, is to give the patient a minute dose of a substance, such as coffee, which in large doses causes sleeplessness in a healthy person. Surprisingly, this will often enable the patient to sleep naturally.

Homeopathic remedies cannot cause side effects and you cannot become addicted to them. This is because only a very minute amount of the active ingredient is used in a specially prepared form. Your homeopathic provider will give you a homeopathic medicine or remedy which matches your symptoms as you experience them. This also takes account of you as a person - your individual characteristics emotionally as well as physically.

How does it work?

Homeopathic remedies work by stimulating the body's own healing power. This stimulus will assist your own system to clear itself of any expressions of imbalance. The aim is to get you to a level of health so that eventually you will need infrequent treatment.

What will your homeopathic provider need to know?

In order to find the right remedy for you as an individual, your homeopathic provider will need to know all about you. A detailed understanding of who you are, along with any complaints and details of how you experience them, is needed to assess your case correctly. So anything you can tell your homeopathic provider that is typical of whom you are will help this process. Finding out about your general energy level, your past medical history and the way you live are also important. Anything you say will be treated in the strictest confidence.

What will the treatment be like?

Your homeopathic provider will give you a homeopathic remedy, usually in the form of a tablet or pellets. These should be allowed to dissolve in your mouth. You may be given a liquid remedy with instructions. Nothing else should be put in your mouth for 5-20 minutes before or after taking the medicine, not even toothpaste or cigarettes. Your homeopathic provider may advise you to avoid coffee, peppermint, and preparations containing menthol, eucalyptus and camphor, as these can interfere with the action of the homeopathic remedy. Make sure that you understand all instructions before you leave.

If you are given homeopathic remedies to take at a later date be sure to store them in a cool dark place, away from anything with a strong smell. If you travel try to avoid putting the remedies through the X-ray scanner.

Please tell your homeopathic provider about any medicine or supplement that has been prescribed for you by your provider or that you take regularly. Also mention any recent or immediate dental treatment. These may possibly interfere with your homeopathic prescription.

If you are taking a homeopathic remedy and you feel that you need to take additional medication - consult with your homeopathic provider to discuss how this might affect your homeopathic treatment. Your homeopathic provider can give first-aid advice, if necessary. If you develop a cold, headache or any symptoms that concern you, please discuss them with your homeopathic provider.

What will happen once treatment starts?

After taking your remedy you may notice some changes. Some patients experience a period of exceptional well being and optimism. Sometimes your symptoms can appear to get worse for a short time. This is a good sign that the remedy is taking effect. Sometimes a cold, rash or some form of discharge may appear as a 'spring cleaning' effect which means your system is going through a clearing out stage. Similarly, old symptoms can reappear, usually for a short period. These symptoms will pass, and must not be suppressed as they are an important part of the healing process. If any response to your treatment concerns you, do contact your homeopathic provider as soon as you can, as it is important to know what happens as treatment progresses. You might also want to make notes of any changes and take them with you to discuss at your next appointment.

How long does treatment take?

This depends very much on what sort of illness you have, as well as the other individual characteristics of your case. So it is not realistic for your homeopathic provider to assess this until it can be seen how you respond to the remedies prescribed over some time. It is possible to say that a slowly developing complaint, or one that has been experienced for some years, will not disappear immediately although there may be a response and some improvement quite soon. Other acute complaints may get better more quickly.

Homeopathy cures from the inside, and often outer symptoms such as a skin complaint, are the last to clear. Be patient! In the long term it is much better for you to be cured of both the cause of your illness and its symptoms, rather than merely relieving or suppressing the symptoms. Remember that every case is different, and no two patients are alike.

If you wish to discontinue your treatment for any reason, your homeopathic provider will talk things over with you.

Is there any advice about diet and lifestyle?

A homeopathic provider will ask you about your usual diet and lifestyle, and may suggest changes, especially if it seems that this is contributing to your illness. Of course, a good basic diet is necessary for good health, with less sugars, fats, alcohol and refined foods. There is an increasing awareness of the benefits of foods free from artificial colorings, preservatives and flavorings. Whole foods and organic foods, free from chemical pesticides and fertilizers, are also increasingly available.

What about seeing a general provider?

We recommend that you should maintain your relationship with your general provider (GP). Your GP will be able to arrange any tests or imaging you may need. Homeopathy has an alternative philosophy but by working in this way with your GP the two systems of health care can provide a complementary service.

Can I treat myself with homeopathic remedies?

You can use some remedies at home to treat first aid problems such as cuts, stings, minor burns and bruises. Ask your homeopathic provider for further information or find your nearest class or seminar on this subject.