

Glorious Summer Greens

Summer brings a lot of fantastic things with it, but one of the healthiest for those of us in the colder climates is more fresh food. The growing season has started and is shifting into full gear. Keep your eyes open for these foods to help your summer be absolutely luscious. Glorious Greens Most of my clients who have worked with me individually have experienced learning how to use greens for the benefit of their individual body. Green vegetables are the food most missing in modern diets. Nutritionally, greens are very high in calcium (120 -190 mg per cup!) They're also high in magnesium, iron, potassium, phosphorous, zinc, and they are a power house for Vitamin A, C, E and K. Believe it or not, they are also crammed high with fiber, folic acid, chlorophyll and many other micro-nutrients and phyto-chemicals – you just can't get any better than this. For summer, however, here are two to really take advantage of: 1) Lovage – according to K'Eogh, an 18th century Irish herbalist, this strong scented herb, “expels flatulence; clears the sight; removes spots, freckles and redness; provokes urination and menstruation; and aids digestion ... and is aptly used in love potions”. Sounds like the makings for fabulous salad fixins' to me! This green also happens to be tasty, too, and is similar to celery in its appearance. Not only is it yummy raw, but it retains its flavor in slow cooking soups and stews. 2) Watercress – a known immune booster. This powerful green is valuable for treating colds and coughs, but in general also helps maintain vigorous workings of both the thyroid and endocrine glands. This makes it perfect for an extra summer-time energy boost, not to mention that it has a dramatic, spicy bite! When buying: look for fresh leaflets of an evenly spread, darkish color. Don't buy or eat any yellowish leaves that you discover. When storing: place the stems in cold water and refrigerate. Use within 1 day as this leaf is grown in cold spring water and doesn't keep well when it's dry. To your energy and success, Heather

About the Author

Digestion is a mechanical process where food is broken down into smaller and smaller. Digestion is also a chemical process, which varies.

Source: <http://www.productsherbal.com>