

- Nutrition for health
- Herbal medicine
- Life change coaching

# Tranzformations

Enjoy better health and a better life



## Liz Copeland's newsletter August 2006

is a bad thing – if you oxidise it means you are going rancid! The flavonoids are a major water-soluble group of antioxidants and can help reduce oxidation processes in the body.

- Flavonoids in our blood stream will hold onto sugars just as they do in the plants, so they may also protect us from the bad effects of too much blood sugar.
- And the berry fruits tend to have quite a low glycaemic index so they can usually be eaten even when we wish to avoid sugar-rich foods.

The autumn season of mist and mellow fruitfulness is not quite upon us but already nature is reaping the harvest of all the lush summer growth. Strawberries, raspberries, loganberries and blueberries abound, with blackberries ripening over the next few weeks. Berry fruits are delicious and can be eaten raw, puréed into a sauce for ice-cream topping, or blended into natural yogurt for a fruit dessert.

### Nice to eat and good for you too!

Berries are rich in dark red/blue plant pigments known as flavonoids, anthocyanidins, procyanidins etc. These benefit us because:

- They are major protective and anti-inflammatory chemicals for the cardiovascular system and may protect our arteries from the chemical processes that result in cholesterol deposition in the arteries.
- They prolong the life of vitamin C (which is also found in these berries) and are essential to its function in the body.
- They are anti-inflammatory and antioxidant. In modern life it is easy to eat foods that encourage oxidation, which

### Organic or not

Choose organic fruits and berries whenever you can. Organic crops are subject to more insect attack because they are not sprayed with insecticide. This is a good thing! Insect attack makes the plant produce more protective chemicals, so the organic fruits tend to have higher levels of those valuable pigments. The down side of organic berries is that they go off very quickly, but if you pick a lot you can always freeze them.

### Rich pickings

You can buy a range of berries from the supermarket or gather your own, but don't:

- Pick from the verges of a major road (you don't want traffic pollutants in your berries).
- Pick from protected sites.
- Pick things you can't identify (not all edible-looking berries are safe to eat, so stick to what you know).

**Contact Liz on 020 8668 3502 for nutritional advice and much more.**