

Food is Better Than Medicine

by Lady Carla Davis, MPH Nutrition

Recently, there has been a lot of chatter about ‘food as medicine.’ Taken at face value, this sounds like a good concept. However, history has shown that many meaningful movements that got off to a good start, quickly became hijacked along the way by greedy corporations or government regulators. Thus, I cannot help but wonder if this is yet another well-meaning movement about to be seized by government regulators at the request of big pharma.

Last month, *Moms Across America* posted the following: [USDA Makes Surprising Commitments to Organic Food, Access to Local Food, and Food as Medicine](#)

Does this mean more regulations about what can be stated or claimed about the benefits of nutritious organic food? Or, does it mean more government control of the rapidly growing organic food industry? Perhaps, the US is obsessed with capturing Russia’s growing organic export market. News reports claim Russia has committed to expanding its agriculture to accommodate the global demand for organic food.

Most American states require anything used as medicine to be regulated. Do we want our food regulated as a medicine? That could mean government regulators would dictate the narrative of what is healthy and censor vital information about health and nutrition. Also, it could force the organic industry to accept GMOs and other contaminants in their food. Control of the organic food industry by corporate implants in government would be a disaster for organic consumers.

Time will soon tell if Secretary Vilsack is sincere or acting as a representative for powerful food and chemical agriculture industries.

In 1987, a book called Food is Your Medicine by Dr. Henry G. Bieler, MD, described how food healed many diseases. In essence, food replenished nutrient deficiencies so the body could heal itself. The body heals itself and functions well when given the right conditions.

According to Dr. Bieler, *twenty-five hundred years ago on the island of Cos in classical Greece, a bearded physician-teacher, Hippocrates, sat in the shade of an Oriental plane tree on a lovely hillside and admonished his wide-eyed circle of medical students in one of his most precise aphorisms: “Thy food shall be **thy remedy**.”*

Here is an example of how misquoting someone or a shuffle of words can change the meaning. There is a difference between using food as a remedy and classifying it as a medicine.

Food is so much better than medicine. Food is a substance that nourishes the body to maintain life and promotes growth. Medicine treats or manages a disease. It doesn’t cure it.

Food is a very effective remedy because disease starts with a deficiency, an imbalance, or contamination. Thus, it only stands to reason that if you have a nutritional deficiency, it will eventually produce a disease. If you eliminate the nutritional deficiency with good organic food, your remedy is far better than medicine. (Infectious diseases fall into a different category.)

After WW 2, nutritional benefits were suppressed or poo-hood so that corporations selling junk food could dominate the market. This has also justified the use of pharmaceuticals and toxic agricultural chemicals. Now, 70-plus years on, times have changed. The myths, truth, and harm to our health and the environment can no longer be ignored or suppressed.

While the controlled media consolidated into a few oligopolies, the internet and independent media websites have erupted everywhere. They are revealing suppressed scientific studies, censored information, and exposing the truth like never before. The information about the harm from junk food, toxic chemicals, GMOs, fluoride, pharmaceuticals, and vaccines is overwhelmingly undeniable. With the cost of disease-related medical care sky rocketing and children sicker than ever, many people are turning to Nature for answers. Mother Nature rules supreme, and the truth always prevails over time.

Most people now realize that diet plays a big part in their health and well-being. Good nutrition produces stronger immunity, healthier pregnancies and children, and a lower risk of degenerative diseases.

Not one disease is the result of drug deficiency. And, neither is dental decay caused by a fluoride deficiency.

There is a big difference between independent science and corporate science. Researchers without conflicts of interest produce the most accurate scientific findings. Whereas corporate researchers manipulate science to favor their interests.

Deficiency diseases are caused by a lack of essential nutrients or by imbalances. A primary deficiency is a lack of food and nutrients. Secondary deficiency is from malabsorption.

Macronutrients include protein, fats, carbohydrates, air, water, and sunlight. Micronutrients include minerals, vitamins, and enzymes.

Protein (PEM) Deficiency Diseases

Kwashiorkor is a disease from a severe protein deficiency. It usually appears in children between 13 and 15 years, when their daily protein intake is less than 1g/kg of body weight. Teenagers and adults who consume tea and toast, or coffee and pastries for breakfast most likely do not get sufficient protein. And, neither do most alcoholics. Symptoms include:

- Slowed growth and bulging eyes.
- Water retention and a swollen abdomen (edema).
- Thinner, curved matchstick legs.
- Scaly skin that easily peels.
- Hair turns reddish before age five.

- Reduced brain development.

Marasmus is a disease caused by insufficient food intake or starvation, resulting in a calorie and energy deficiency. It is common in infants under the age of one year.

Symptoms include:

- A skin and bones body with visible ribs and a shriveled appearance.
- Thin, wrinkled skin with visible loose folds.
- A missing layer of fat beneath the skin.
- A smaller body in proportion to the face.
- Digestive disorders.
- Retarded physical and mental development.
- Infections

Marasmus Kwashiorkor is the most severe form of malnutrition. These diseases are preventable with a diet rich in protein and fat.

Vitamin Deficiency Diseases

A lack of vitamins for an extended period causes hypovitaminosis (vitamin deficiency) or avitaminosis (lack of vitamins). There are two types of vitamins: water-soluble and fat-soluble. Vitamins B and C are water-soluble. Vitamins A, D, E, and K are fat-soluble. They are absorbed and transported in the same way that fats are. NOTE: The list below only provides examples and is not complete.

A - Natural Retinyl Palmitate

Night blindness, nyctalopia, keratomalacia, permanent blindness if not treated, Infertility, dry or oily skin & hair, retarded growth, asthma, respiratory infections, weak immune system

Food Sources

Liver, fish-liver oil, carrots, sweet potatoes, pumpkin, dark leafy greens, orange, yellow, red, or green fruits & vegetables

B1 - Thiamine

Beriberi - weight loss, impaired sensory perception, muscle weakness, peripheral neuropathy, loss of appetite, weak immune system

Food Sources

Brown rice, meat, liver, fish, beans, seeds, legumes, yogurt, green vegetables, yeast

B2 - Riboflavin

Swollen tongue (glossitis) & mouth, dry, inflamed cheilosis, indigestion, eye twitches & itchy redness, cataracts, hair loss, skin rash, retarded growth

Food Sources

Yogurt, milk, egg yolk, cheese, liver, meat, salmon, yeast, almonds, mushrooms, spinach

B3 - Niacin

Pellagra (diarrhea, dermatitis, pigmentation of the skin, mental confusion), depression, headache, hallucinations, memory loss

Food sources

Red meat, liver, poultry, fish, brown rice, nuts, seeds, legumes, bananas, yeast, mushrooms

B5 - Pantothenic Acid

Fatigue, headache, apathy, irritability, nausea, stomach cramps, numbness or burning sensation in hands or feet, disturbed sleep, weak immune system

Food Sources

Red meat, poultry, liver, kidneys, yeast, mushrooms, avocado, nuts, seeds, brown rice, yogurt, eggs, broccoli, potatoes, royal jelly

B6- Pyridoxine

Convulsions, confusion, depression, failure to gain weight, skin conditions, cracked & sore lips, microcytic anemia, electroencephalographic abnormalities, dermatitis,

diseases that block B6 absorption: kidney disease, celiac, Crohn's disease, autoimmune diseases, alcoholism, increased homocysteine level

Food Sources

Liver, red meat, tuna, salmon, poultry, chickpeas, brown rice, yeast, dark leafy greens, papayas, oranges, cantaloupe

B7 - Biotin

Thinning hair, slow hair growth, scaly skin rashes around eyes, nose, or mouth, brittle nails

Food Sources

Liver, brown rice, eggs, salmon, avocados, sweet potato, nuts, seeds, yeast

B9 - Folate (Folic acid is synthetic)

Spina Bifida (infant neural tube defect), spinal cord degradation, birth-defects, RNA & DNA damage, increased urinary excretion of 3-hydroxyisovaleric-acid, unhealthy blood cells,

anemia, brain fog, increased homocysteine level

Food Sources

Eggs, liver, chlorella, spirulina, seafood, seaweed, beans, dark leafy greens, asparagus, broccoli, fresh fruit

B12 - Cobalamin

Pernicious anemia, megaloblastic anemia, methylmalonic acidemia, spinal cord degradation, dementia, brain fog, loss of balance, increased homocysteine level

Food Sources

Chlorella, liver, red meat, eggs, poultry, fish, dark leafy greens, seaweed, spirulina

C Complex - Ascorbic Acid

Scurvy, (bleeding, spongy, swollen gums, wounds), infections, loss of collagen, wrinkled skin, hormone depletion, connective tissue & bone loss, cartilage damage, joint swelling, veins, cardiovascular disease, cancer, weak immune system, tooth decay

Food sources

Kakadu plums, acerola cherries, rose hips, chili peppers, citrus (grapefruit, lemons, limes, oranges, pomelo), guavas, kiwi, strawberries, raspberries, papaya, tomatoes, pineapple, amla, chili & bell peppers, cabbage, broccoli, Brussels sprouts, leafy greens

D - Calciferol

Rickets (bone deformities in children), weakened bone & joints, osteomalacia, tooth decay, weak immune system, cancer, hormone imbalance, depression

Food Sources

Exposure to sunshine, fish liver oils

E - Natural Tocopherol

Jaundice, hyporeflexia, distal muscle weakness, decreased vibratory sense, peripheral neuropathy, retinopathy, ataxia, abnormal growth, hormonal imbalances, sex pattern disruptions, heart disease, gall bladder stones, weak immune system, cancer, weak sex drive, PMS

Food Sources

Nuts, unrefined nut & palm oils, wheat germ oil, seeds (flax), pumpkin, avocado, asparagus, mangos, red bell peppers

K - Phylloquinone

Blood not clotting, bleeding gums, bruising, nose bleeds, heavy menstrual in women, brittle bones, osteoporosis, bio-unavailable calcium, heart disease

Food Sources

Green leafy vegetables, soy natto, chlorella, spirulina, seaweed, broccoli, egg yolk, butter

P - Flavonoids, Anthocyanidins, Anthoxanthins

Hemorrhage, decrease in capillary resistance & breakage, strokes

Food Sources

Berries, citrus fruits, grapes, stone fruits

Mineral Deficiency Diseases

Mineral deficiency diseases appear slowly over time. They can lead to brittle bones, back pain and sore joints, dental decay, fatigue, weight gain or loss, depression, anemia, neurological damage, heart attack, kidney disease, a weakened immune system, etc.

NOTE: The list below only provides examples and is not complete.

Calcium

Decreased bone density, osteopenia, bone fractures, blood pressure, heart palpitations, cardiovascular disease, cramps, fatigue, defensiveness, poor [appetite](#), numbness, kidney failure & stones, colorectal cancer

Iodine

Goiter, neck base swelling, cretinism, mental retardation, severe depression, difficulty swallowing & breathing, voice hoarseness, coughing, overweight, hypo & hyperthyroidism, cancer

Iron

Anemia, weakness, tiredness, breathlessness, slow cognitive & social development

Magnesium

Malfunction of the heart, muscles, nerves, & bones, nausea, [vomiting](#), seizures, numbness, arrhythmia, anxiety, weakness, kidney stones, cramps, depression, type 2 diabetes

Manganese

Anger, retarded bone & cartilage development, teeth grinding, convulsions, muscle contractions, poor vision, nerve deafness, hypertension, atherosclerosis, heart disease

Phosphorus

Underdeveloped teeth, bones, & cell membranes, hampered enzyme activity, pH imbalance, nerve, muscle weakness, heart malfunction, DNA, RNA, & ATP damage

Potassium

Cramps, edema, kidney disease & stones, weakness, fatigue, hypertension, heart palpitations, cardiovascular disease

Selenium

DNA & cell damage, thyroid dysfunction, cancer, cardiovascular disease

Sodium

Hyponatremia, excessive fluid loss, severe dehydration, joint stiffness, excess sweating, indigestion

Zinc

Stunted growth, weak immune system, loss of taste, smell, & appetite, pneumonia, malaria, skin eruptions

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