

FIRE CIDER

Food IS Medicine



TOP THREE HEALTH BENEFITS - FOOD IS MEDICINE

SHALLOT ONION

1. Supports Heart Health and Circulation
2. Rich in Antioxidants & Anti-inflammatory Properties
3. Improves Metabolic Health & Immune System



1/4 cup, freshly grated

HORSERADISH ROOT

1. Potent Antibacterial & Antimicrobial Properties
2. Respiratory & Sinus Relief
3. Immune System Support & Anti-Inflammatory Action



1/4 cup, freshly grated

GARLIC

1. Boosts Immune System
2. Promotes Heart Health
3. High Antioxidant Content



1/4 cup, freshly chopped

GINGER ROOT

1. Relieves Nausea & Gastrointestinal Distress
2. Reduces Inflammation & Pain
3. Supports Immune Function & Fights Infection



1/4 cup, freshly grated

TUMERIC ROOT

1. Potent Anti-inflammatory
2. Strong Antioxidant
3. Boosts Joint & Brain Health



1/4 cup, freshly grated

BLACK PEPPERCORNS

1. Boosts Nutrient Absorption (especially that of turmeric by 2,000%!)
2. High in Antioxidants
3. Promotes Digestive Health



5 peppercorns

JALEPENO PEPPERS

1. Boosts Metabolism
2. Strengthens the Immune System
3. Reduces Chronic Inflammation & Supports Heart Health



1 hot pepper, chopped

LEMONS & ORANGES

1. Boosts the Immune System
2. Supports Heart Health
3. Improves Digestion



2 to 3 slices of lemon and/or orange

RAW APPLE CIDER VINEGAR (WITH MOTHER)

1. Blood Sugar Management



1/2 cup of raw apple cider vinegar (with the "mother")

Pack ingredients into 8 oz mason jar - Pour vinegar in last - ensure all ingredients are submerged - leave 1 inch of head space in jar

Place parchment paper between lid and jar to prevent corrosion - Steep for 3-6 weeks by letting the jar sit in cool, dry place

Strain the mixture - squeezing all liquid out. Pour into clean mason jar and store in refrigerator for up to 1 year

Take 1—2 Tablespoons daily to support immune system

“You are what you eat.”

BENEFITS OF Wild foraged / Garden Grown / Organic Foods

Prevention & Management of Chronic Diseases

Nutrient rich foods like fruits and veggies and healthy fats directly combat diseases like hypertension, obesity and cardiovascular disease.

***Specific eating patterns are proven to be as effective as, or more effective than prescription medications for certain conditions**

Healing & Inflammation Reduction

Specific foods possess antioxidant and antimicrobial properties that reduce inflammation which is the root cause of many chronic illnesses. Probiotic-rich foods strengthen the gut lining and boost the immune system.

Nutrient-Density & Bodily Function

Foods provide essential vitamins, minerals, **phytonutrients**, and fiber necessary for cellular functions and repairing injuries. Nutrients help regulate bodily processes, improve immunity and even impact energy levels, mood and cognitive function.

Why is food considered medicine?

- Certain foods contain nutrients that prevent and manage diseases (i.e. diabetes, heart disease), will actively reduce inflammation to promote healing, and will support a healthy gut microbiome.
- Dietary changes can be as effective as pharmaceuticals for certain conditions.
- Folk medicine utilizes wild plants and mushrooms or other home grown fruits and vegetables and serves as a precursor to or source for modern pharmaceuticals. For example about 40% of approved drugs are based on natural sources.

Why are wild foraged foods superior to cultivated foods?

- **Phytonutrients** - wild foods contain up to 100 times more beneficial compounds than supermarket produce. This is because, due to environmental stressors, wild plants produce higher levels of protective antioxidants, pigments and bitter compounds (i.e. dandelions or nettles) which are bred out of sweeter, less fibrous cultivated vegetables. Phytochemicals are linked to lower risks of cancer, cardiovascular disease and inflammation.
- Wild foods contain a higher nutrient density, are a more potent antioxidant and anti-inflammatory and have the increased ability to enhance gut microbiome diversity.
- They are free of harmful chemicals and they must be resilient to environmental stressors causing them to produce high concentrations of protective phytochemicals and antioxidants. When consumed these compounds offer humans anti-cancer, neuroprotective and cardioprotective benefits.
- Improved Physical and Mental Well-being because the simple act of foraging or gardening involves physical activity and spending time in nature - which can boost mood, reduce stress and anxiety and improve cognitive function.

Examples:

- Wild dandelions have 7 times more phytonutrients than spinach and the leaves contain more vitamin A than carrots
- Some wild apples have 100 times more phytonutrients than Golden Delicious apples
- A single rose hip contains more vitamin C than a whole orange - a teaspoon of rose hip can hold as much Vitamin C as 5-6 oranges!

Feature	Wild Onion/Scallion	Commercial White/Sweet Onion
Phytonutrients	Very High	Low to Moderate
Taste/Flavor	Strong, Pungent	Mild, Sweet
Vitamin K/A	High	Very Low
Best Part	Entire Plant	Bulb (usually)