

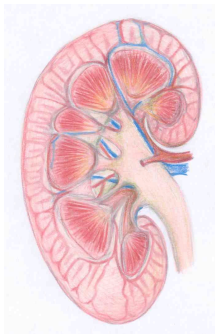
Food & Water: Fighting Back



provided by **Coming Alongside**, an Environmental Services Organization

Keeping the Body Armed Against Pollution

Environmental Pollution in the air we breathe, in the foods we eat, in the water we drink, and the soil we touch has become a grim reality of modern day living. Staying healthy and reducing the risk for long term disease as a result of environmental health threats is all about (a) knowing what they are where you live, work, & play; (b) reducing exposure; and (c) strengthening the capacity of your body to eliminate toxins. Eating the right foods is not only a way to provide balanced nutrition to our bodies; it can also be a way to fight back against environmental pollution. Fight back ... EAT!



Many environmental toxins that enter our body are patiently processed and eliminated by our kidneys and our liver. With equal patience, our immune systems fight off biological intruders. To some extent, the body processes toxins through these priceless internal maneuvers with no ill effects on our health whatsoever. At some point, however, the toxin load can become too

high, triggering disease in the internal organs, cancer, or other extreme health conditions.

The Good News is that some foods, in addition to providing vitamins, nutrients, and fuel to our body's everyday functions, also provide an extra boost to fighting off the effects of environmental pollution. Boosting the body's ability to chase away toxins is especially important for heavily contaminated areas, over-stressed bodies, or long lasting contaminants (such as dioxins/furans and heavy metals).

Every individual can reduce health risk from environmental pollution by eating a little extra of these special foods; many of them are tasty too ... quite a bonus!

What can you do? (some examples)

DILUTE the bad stuff

- Drink plenty of high quality drinking water

BOOST liver and kidney function

- Eat extra of onions, grapes, tomatoes, asparagus
- Pause for a cup of Dandelion Tea

ENHANCE resistance via the immune system

- Eat extra of green peppers & Vitamin C

BREATHE easier (respiratory help)

- Say YES to garlic and turnips

CLEAN the blood

- Snack on Celery and Tomatoes

COUNTERACT pollution

- Leave room for MushRooms!

LAST BUT NOT LEAST

- Eat 'em fresh (before they lose their magic power!)

For more information, please refer to www.comingalongside.org