

**Nutritional Medicine: Rational of Tamil Cuisine**

**தமிழர் சமயலின் மகத்துவம்**

**MAGICAL HIDDEN HEALERS IN YOUR KITCHEN**  
**Extraordinary activities of ordinary plant compounds**

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# Outline of the talk

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- What you eat and desirable precautions
  - Vegetables
  - Meats
  - Seafood
- How you cook
  - Boiling, a water based cooking where temperature is below 100 C.
  - Frying in fats and oils where temperature is 180 C and above
  - Roast, Bake, Grill or BBQ where temperature is above >180 C
- Spices and Condiments

# GREEN VEGETABLES



- Vitamin K
  - A clotting factor, but particularly essential for women under 45.
  - Reduces fluidity of blood and hazardous for people with cardiovascular diseases, coronary bypass, valve replacements and those on blood thinners such as heparin, warfarin, aspirin, etc.
- Nitrates & nitrites from soil, fertilizers, rain water and urea in farm manure.
  - Nitrates fermented in the bowel by bacteria containing nitrate reductase releases nitrosamines, a carcinogen.
- Nature has however provided a culinary antidote: **garlic** (crushed or bruised)
  - Acts as blood thinner (note: those on blood thinners should be mindful).
  - Reduces activity of nitrosamine compounds.
  - Add to food after removing pot from the fire.



# GREEN VEGETABLES

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- Nature has also provided another culinary antidote.
  - Ascorbic acid found in lime/lemon and citrus fruits.
  - Reduces activity of nitrosamine compounds.
  - Add to food after removing pot from the fire
- **Iron**
  - Ascorbic acid (vitamin C) helps conversion of ferric ions to ferrous ions aiding absorption.
  - Add to food after removing pot from the fire.
- **Chlorophyll** (Plant Haemoglobin)
  - fights cancer, assists wound healing, and acts as an antioxidant.
- **Magnesium** - essential for general health
- **Calcium** - essential for heart, blood, bones and growth.

# MEATS AND MEAT PRODUCTS



## • Iron

- Essential for respiration and anaemia particularly for women under 45
- Improves cognition in Children
- Acts as a catalyst in cancer causing free radical release;  
The higher the amount in the blood, the higher the risk of cancer.

## • Nitrates & nitrites

- Found in grass fed animals that are then consumed as meat
- Found in the preservatives of processed foods
- \* Consider reduced red meat intake

## • Culinary Antidotes

- Ascorbic acid and Garlic as mentioned above
- Paradol, a compound found in ginger which has antioxidant and antitumor properties
- Zingibain, a proteolytic enzyme that tenderises meat and enhances digestion.
- Ginger compounds that increase gastric secretion for improved digestion
- Cinnamaldehyde in Cinnamon that reduces angiogenesis and inhibits tumour formation.



# SEAFOOD - Fish



- **Omega 3 Fish oils**

- Found to lower blood pressure. Prevents and manages heart diseases.

- **Iodine** is an essential chemical for maintaining Basic Metabolic Rate in the body.

- Iodine in higher amounts cause hyperthyroidism.

- You can circumvent its activity by adding fenugreek seeds, a condiment.

- Wasabi or Murunga leaves will arrest iodine .

- Cruciferous vegetables also will depress the effect of iodine

- Organo-Sulphur compounds in crucifers regulate thyroid function.



- **Vitamins A & D** which are essential for pulmonary diseases.

- **Mercury** is present in large ocean fish, suspected to be involved in Autism.

- Selection of small sized fish such as mackerels, sardines will help.

# SEAFOOD- Shellfish



- Crustaceans-Crabs, Prawns, Lobster and other crustaceans
  - Chitin is the major compound in the shell
  - Chitin reduces blood lipids resulting in weight loss.
  - Chitin is also an Allergenic compound causing allergic sensitization.

- Symptoms are, blocked nose, skin eruptions, reddened eyes, swollen lips.

- Culinary antidote- Wasabi or Horse Radish relish.
  - Crabs consumed in excess cause diarrhoea.
  - Moringa leaves and bark cooked with shellfish will nullify the effects.



## • Astaxanthin

- Red/orange coloured pigments found in all crustaceans
- This is a powerful antioxidant, and an anti-inflammatory compound.
- A potent pain killer

# Conclusions

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My philosophy is “Food Is Your Medicine”. Food builds a wonderful bridge between Natural and Allopathic medicine.

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## For further reading

Bone, 2003. A Clinical Guide to Blending Liquid Herbs, Churchill Livingstone

Braun L, Cohen M, 2005. Herbs & Natural Supplements, An evidence-based guide. Elsevier Mosby.

