

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

- 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



- 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

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

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.

