



Health Advice # 27 STRAWBERRIES!

Strawberries, like other berries, are famous in the phytonutrient world as a rich source of *phenols*. In the strawberry, these phenols are led by the *anthocyanins* (especially *anthocyanin 2*) and by the *ellagitannins*. The *anthocyanins* in strawberry not only provide its flush red color, they also serve as potent antioxidants that have repeatedly been shown to help protect cell structures in the body and to prevent oxygen damage in all of the body's organ systems. Strawberries' unique *phenol* content makes them **a heart-protective** fruit, an **anti-cancer** fruit, and an **anti-inflammatory** fruit, all rolled into one. The anti-inflammatory properties of strawberry include the ability of *phenols* in this fruit to lessen activity of the enzyme *cyclo-oxygenase*, or COX. Non-steroidal anti-inflammatory drugs like aspirin or ibuprofen block pain by blocking this enzyme, whose over activity has been shown to contribute to unwanted inflammation, such as that which is involved in rheumatoid and osteoarthritis, asthma, atherosclerosis, and cancer. Unlike drugs that are COX-inhibitors, however, strawberries do not cause intestinal bleeding.

Strawberry Phytonutrients that Promote Optimal Health

The *ellagitannin* content of strawberries has actually been associated with decreased rates of cancer death. In one study, strawberries topped a list of eight foods most linked to lower rates of cancer deaths among a group of over 1,000 elderly people. Those eating the most strawberries were three times less likely to develop cancer compared to those eating few or no strawberries.

Healthy Breakfast and or Lunch for \$ 1.50:

Strawberry Sensation

- 2-tbsp. Formula #1 Wild Berry Herbalife Shake (19 Vitamins, Protein + Fiber)
- 8oz water
- 1 cup strawberries
- 1 apricot
- 3 ice cubes.

Enjoy!

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)
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