

# Robin Murphy

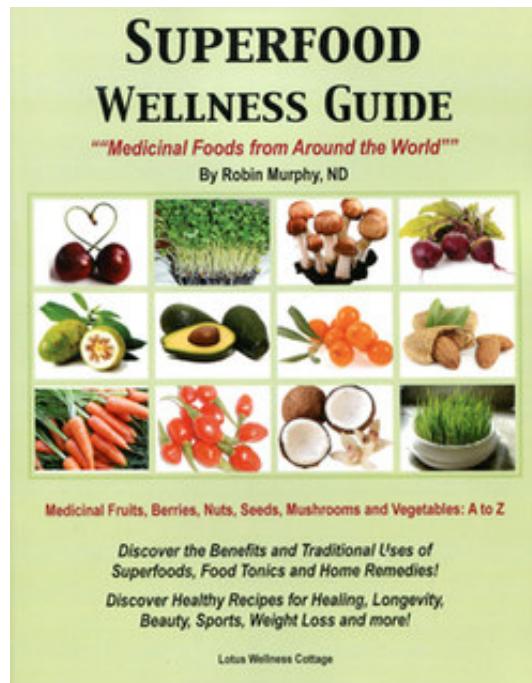
## Superfood Wellness Guide

### Leseprobe

[Superfood Wellness Guide](#)

von [Robin Murphy](#)

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## SUPERFOOD WELLNESS GUIDE

### Table of Contents



### Book Outline

#### Preface

#### Table of Contents

#### Introduction: Superfood Tonics

Part 1: Superfood Wellness Tonics.....1-507

Part 2: Superfood Therapeutic Index.....508-598

### Superfood Tonics A to Z

#### A

1. **Acai berry**, (*Euterpe oleracea*).....2
2. **Agaricus blazei**, (*Agaricus blazei murill*).....5
3. **Alfalfa**, (*Medicago sativa*).....8
4. **Almond Oil**, (*Prunus dulcis*).....11
5. **Almonds**, (*Prunus dulcis*).....14
6. **Amaranth**, (*Amaranth caudatus*).....17
7. **Amla fruit**, (*Emblica officinalis*).....20
8. **Anise seeds**, (*Pimpinella anisum*).....23
9. **Apple cider vinegar**, (*Cider vinegar*).....26
10. **Apples**, (*Malus domestica*).....32
11. **Apricots**, (*Prunus armeniaca*).....36
12. **Artichokes**, (*Cynara scolymus*).....39
13. **Arugula**, (*Eruca sativa*).....43
14. **Asparagus**, (*Asparagus officinalis*).....46
15. **Autumn berry**, (*Elaeagnus umbellata*).....50
16. **Avocados**, (*Persea americana*).....53

### Table of Contents

#### B

17. **Bamboo shoots**, (*Bambusa vulgaris*).....56
18. **Bananas**, (*Musa acuminata*).....60
19. **Baobab fruit**, (*Adansonia digitata*).....64
20. **Basil**, (*Ocimum basilicum*).....67
21. **Basil Oil**, (*Ocimum basilicum*).....72
22. **Beet root**, (*Beta vulgaris*).....75
23. **Bilberry**, (*Vaccinium myrtillus*).....79
24. **Bitter melon**, (*Momordica charantia*).....82
25. **Black cumin seed**, (*Nigella sativa*).....85
26. **Black currants**, (*Ribes nigrum*).....89
27. **Blackstrap molasses**, (*Saccharum officinarum*)....93
28. **Bladderwrack**, (*Fucus vesiculosus*).....96
29. **Blueberry**, (*Vaccinium angustifolium*).....99
30. **Broccoli**, (*Brassica oleracea*).....102
31. **Buckwheat**, (*Fagopyrum esculentum*).....105
32. **Burdock root**, (*Arctium lappa*).....108

#### C

33. **Cabbage**, (*Brassica oleracea*).....111
34. **Cacao bean**, (*Theobroma cacao*).....114
35. **Camu camu berry**, (*Myrciaria dubia*).....118
36. **Carob**, (*Ceratonia siliqua*).....121
37. **Carrots**, (*Daucus carota*).....124
38. **Celery**, (*Apium graveolens*).....127
39. **Chaga mushroom**, (*Inonotus obliquus*).....130
40. **Cherries**, (*Prunus cerasus*).....133
41. **Chia seeds**, (*Salvia hispanica*).....136
42. **Chlorella**, (*Chlorella vulgaris*).....140
43. **Cilantro leaf**, (*Coriandrum sativum*).....143
44. **Coconut Oil**, (*Coco nucia*).....146
45. **Collard Greens**, (*Brassica oleracea*).....149
46. **Cordyceps**, (*Cordyceps sinensis*).....153
47. **Cranberry**, (*Vaccinium macrocarpon*).....156
48. **Cucumber**, (*Cucumis sativus*).....159

**Table of Contents****D**

49. Dates, (*Phoenix dactylifera*)..... 162  
 50. Dill weed, (*Anethum graveolens*)..... 165  
 51. Dragon fruit, (*Hylocereus undatus*)..... 169  
 52. Dulse, (*Palmaria palmata*)..... 173

**E**

53. Eggplant, (*Solanum melongena*)..... 176  
 54. Elderberry, (*Sambucus nigra*)..... 180

**F**

55. Fennel, (*Foeniculum vulgare*)..... 183  
 56. Fenugreek, (*Trigonella foenum-graecum*)..... 186  
 57. Figs, (*Ficus carica*)..... 189  
 58. Flaxseed Oil, (*Linum usitatissimum*)..... 192  
 59. Freekeh, (*Triticum durum*)..... 195

**G**

60. Gac fruit, (*Momordica cochinchinensis*)..... 198  
 61. Garbanzo beans, (*Cicer arietinum*)..... 201  
 62. Garcinia fruit, (*Garcinia cambogia*)..... 205  
 63. Garlic root, (*Allium sativum*)..... 209  
 64. Goji berries, (*Lycium barbarum*)..... 212  
 65. Golden berry, (*Physalis peruviana*)..... 215  
 66. Grapefruit, (*Citrus paradisi*)..... 218  
 67. Grapes, (*Vitis vinifera*)..... 221  
 68. Grapeseed Oil, (*Vitis vinifera*)..... 224

**H**

69. Hemp seeds, (*Cannabis sativa*)..... 227  
 70. Honey, (*Mel millis*)..... 232  
 71. Honey-Garlic-Vinegar..... 235  
 72. Horseradish, (*Armoracia rusticana*)..... 238

**I**

73. Irish moss seaweed, (*Chondrus crispus*)..... 243

**Table of Contents****J**

74. Japanese knotweed, (*Polygonum cuspidatum*)..... 246  
 75. Jerusalem artichoke, (*Helianthus tuberosus*)..... 250  
 76. Jujube Fruit, (*Ziziphus jujuba*)..... 254

**K**

77. Kale, (*Brassica oleracea*)..... 268  
 78. Kelp seaweed, (*Ascophyllum nodosum*)..... 262  
 79. Kimchi, (*Brassica oleracea*)..... 265  
 80. Kiwi fruit, (*Actinidia deliciosa*)..... 268

**L**

81. Leeks, (*Allium porrum*)..... 272  
 82. Lemons, (*Citrus limon*)..... 276  
 83. Lentils, (*Lens culinaria*)..... 280  
 84. Limes, (*Citrus aurantifolia*)..... 284  
 85. Lion's Mane, (*Hericium erinaceus*)..... 289  
 86. Lotus root, (*Nelumbo nucifera*)..... 292  
 87. Lotus seeds, (*Nelumbo nucifera*)..... 295  
 88. Lucuma fruit, (*Pouteria lucuma*)..... 298

**M**

89. Maca root, (*Lepidium meyenii*)..... 301  
 90. Macadamia nuts, (*Macadamia integrifolia*)..... 304  
 91. Maitake mushroom, (*Grifola frondosa*)..... 307  
 92. Mango fruit, (*Mangifera indica*)..... 310  
 93. Mangosteen, (*Garcinia mangostana*)..... 314  
 94. Maple syrup, (*Acer saccharum*)..... 317  
 95. Maqui berry, (*Aristotelia chilensis*)..... 320  
 96. Miracle berry, (*Synsepalum dulcificum*)..... 323  
 97. Molokhia, (*Corchorus olitorius*)..... 326  
 98. Moringa leaf, (*Moringa oleifera*)..... 329  
 99. Moringa oil, (*Moringa oleifera*)..... 333  
 100. Mulberries, (*Morus nigra*)..... 336

**N**

101. Nettles, (*Urtica dioica*)..... 339  
 102. Noni fruit, (*Morinda citrifolia*)..... 343

## Table of Contents

### O

- 103. Okra, (*Abelmoschus esculentus*)..... 346
- 104. Olive oil, (*Olea europaea*)..... 350
- 105. Olives, (*Olea europaea*)..... 353
- 106. Onions, (*Allium cepa*)..... 356
- 107. Orange oil, (*Citrus sinensis*)..... 360
- 108. Oranges, (*Citrus sinensis*)..... 363

### P

- 109. Papaya fruit, (*Carica papaya*)..... 367
- 110. Parsley, (*Petroselinum crispum*)..... 371
- 111. Pawpaw, (*Asimina triloba*)..... 375
- 112. Peaches, (*Prunus persica*)..... 378
- 113. Pears, (*Pyrus communis*)..... 381
- 114. Pecans, (*Carya illinoinensis*)..... 384
- 115. Persimmons, (*Diospyros kaki*)..... 387
- 116. Phytoplankton, (Marine phytoplankton)..... 390
- 117. Pickle Juice, (Pickle brine)..... 393
- 118. Pineapples, (*Ananas comosus*)..... 396
- 119. Pinole, (Parched corn)..... 400
- 120. Plums, (*Prunus domestica*)..... 403
- 121. Pomegranates, (*Punica granatum*)..... 407
- 122. Pumpkin seeds, (*Cucurbita pepo*)..... 410
- 123. Pumpkins, (*Cucurbita pepo*)..... 413

### Q

- 124. Quinoa, (*Chenopodium quinoa*)..... 418

### R

- 125. Raisins, (*Vitis vinifera*)..... 421
- 126. Raspberries, (*Rubus idaeus*)..... 425
- 127. Reishi mushroom, (*Ganoderma lucidum*)..... 428

### S

- 128. Sauerkraut, (*Brassica oleracea*)..... 431
- 129. Schizandra berry, (*Schizandra chinensis*)..... 434
- 130. Sea buckthorn, (*Hippophae rhamnoides*)..... 437
- 131. Shiitake mushroom, (*Lentinula edodes*)..... 440
- 132. Spinach, (*Spinacia oleracea*)..... 443

## Table of Contents

- 133. Spirulina, (*Arthrospira platensis*)..... 446
- 134. Star fruit, (*Averrhoa carambola*)..... 449
- 135. Strawberry, (*Fragaria ananassa*)..... 452
- 136. Sunflower seeds, (*Helianthus annuus*)..... 456
- 137. Sweet potatoes, , (*Ipomoea batatas*)..... 459

### T

- 138. Tamarind, (*Tamarindus indica*)..... 464
- 139. Teff grain, (*Eragrostis tef*)..... 467
- 140. Tomatoes, (*Solanum lycopersicum*)..... 471

### U

- 141. Umeboshi plum, (*Prunus mume*)..... 475

### V

- 142. Vinegar, (Acetic acid)..... 478

### W

- 143. Walnuts, (*Juglans regia*)..... 483
- 144. Watercress, (*Nasturtium officinale*)..... 486
- 145. Watermelon, (*Citrullus lanatus*)..... 491
- 146. Wheatgrass, (*Triticum aestivum*)..... 495

### Y

- 147. Yacon root, (*Smallanthus sonchifolius*)..... 498
- 148. Yams, (*Dioscorea cayenensis*)..... 501

### Z

- 149. Zucchini, (*Cucurbita Pepo*)..... 504

# SUPERFOOD WELLNESS GUIDE

*"Medicinal Foods from Around the World"*

By Robin Murphy, ND



Medicinal Fruits, Berries, Nuts, Seeds, Mushrooms and Vegetables: A to Z

*Discover the Benefits and Traditional Uses of  
Superfoods, Food Tonics and Home Remedies!*

*Discover Healthy Recipes for Healing, Longevity,  
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Lotus Wellness Cottage

Robin Murphy

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