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## superfoods cure diseases

Posted by carlovill - 2007/09/07 19:46

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What are some diseases that superfoods can fight with aside from simple flu?

Super Foods

Post edited by: carlovill, at: 2007/09/07 11:48

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## Re:superfoods cure diseases

Posted by Forgive Darkness - 2007/09/08 06:04

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I have never really heard about any of this being proven. Every couple of months on the news I see that they say some food "may" help prevent disease but it is usually refuted after a little bit of research.

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## Re:superfoods cure diseases

Posted by carlovill - 2007/09/08 12:13

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Cereals, breads, potatoes and legumes are great sources for the B-complex vitamins, which bolster metabolism, maintain healthy skin and muscle tone, enhance immune and nervous system function, promote cell growth and division — including that of the red blood cells that help prevent anemia. Together, they also help combat the symptoms and causes of stress, which is important to keep in check when you're nursing your body back to health.

source: [http://www.super-food-guide.com/dangerous/Superfoods\\_to\\_Combat\\_Cirrhosis\\_of\\_the\\_Liver.html](http://www.super-food-guide.com/dangerous/Superfoods_to_Combat_Cirrhosis_of_the_Liver.html)

Perhaps they don't exactly heal the disease but they could help prevent disease from getting worst.

Super Foods

Post edited by: carlovill, at: 2007/09/10 03:26

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## Re:superfoods cure diseases

Posted by Forgive Darkness - 2007/09/08 22:30

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Well it is kind of common sense that eating healthier foods will help you be healthier...I do not know why they always need a study to show the obvious.

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## Re:superfoods cure diseases

Posted by DianaR - 2008/07/14 08:57

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Even though there are substances within plants, that are used as foods, I don't think there are actually foods that cure diseases. It usually requires the active substance be concentrated for it to be curative.

That isn't to say that there aren't foods that can relieve minor problems. We all know what prunes are good for. The Vitamin C in lemons and oranges will prevent or cure scurvy...but that is the action of one substance found within the fruit...Vitamin C, which can be isolated and concentrated for consumption in pill form.

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## Re:superfoods cure diseases

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Posted by Johnson486 - 2011/12/14 19:28

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I have got a lot of useful info from your thread and all replies all are awesome.

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