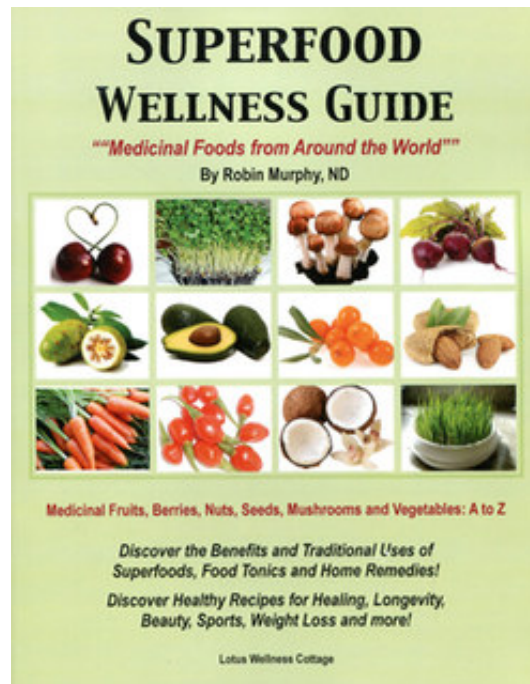


Robin Murphy Superfood Wellness Guide

Reading excerpt
[Superfood Wellness Guide](#)
of [Robin Murphy](#)
Publisher: Lotus Health



<http://www.narayana-verlag.com/b16567>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
<http://www.narayana-verlag.com>



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

Table of Contents

B

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

C

33. Cabbage , (<i>Brassica oleracea</i>).....	111
34. Cacao bean , (<i>Theobroma cacao</i>).....	114
35. Camu camu berry , (<i>Myrciaria dubia</i>).....	118
36. Carob , (<i>Ceratonia siliqua</i>).....	121
37. Carrots , (<i>Daucus carota</i>).....	124
38. Celery , (<i>Apium graveolens</i>).....	127
39. Chaga mushroom , (<i>Inonotus obliquus</i>).....	130
40. Cherries , (<i>Prunus cerasus</i>).....	133
41. Chia seeds , (<i>Salvia hispanica</i>).....	136
42. Chlorella , (<i>Chlorella vulgaris</i>).....	140
43. Cilantro leaf , (<i>Coriandrum sativum</i>).....	143
44. Coconut Oil , (<i>Coco nucia</i>).....	146
45. Collard Greens , (<i>Brassica oleracea</i>).....	149
46. Cordyceps , (<i>Cordyceps sinensis</i>).....	153
47. Cranberry , (<i>Vaccinium macrocarpon</i>).....	156
48. Cucumber , (<i>Cucumis sativus</i>).....	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 peruvianus*)..... 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**, (*Armoacia 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 esculenta*)..... 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, (<i>Abelmoschus esculentus</i>).....	346
104. Olive oil, (<i>Olea europaea</i>).....	350
105. Olives, (<i>Olea europaea</i>).....	353
106. Onions, (<i>Allium cepa</i>).....	356
107. Orange oil, (<i>Citrus sinensis</i>).....	360
108. Oranges, (<i>Citrus sinensis</i>).....	363

P

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

Q

124. Quinoa, (<i>Chenopodium quinoa</i>).....	418
---	-----

R

125. Raisins, (<i>Vitis vinifera</i>).....	421
126. Raspberries, (<i>Rubus idaeus</i>).....	425
127. Reishi mushroom, (<i>Ganoderma lucidum</i>).....	428

S

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

Table of Contents

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

T

138. Tamarind, (<i>Tamarindus indica</i>).....	464
139. Teff grain, (<i>Eragrostis tef</i>).....	467
140. Tomatoes, (<i>Solanum lycopersicum</i>).....	471

U

141. Umeboshi plum, (<i>Prunus mume</i>).....	475
---	-----

V

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

W

143. Walnuts, (<i>Juglans regia</i>).....	483
144. Watercress, (<i>Nasturtium officinale</i>).....	486
145. Watermelon, (<i>Citrullis lanatus</i>).....	491
146. Wheatgrass, (<i>Triticum aestivum</i>).....	495

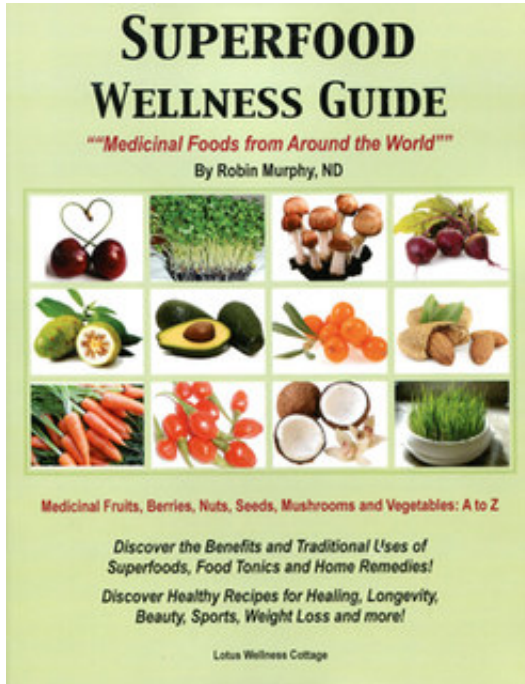
Y

147. Yacon root, (<i>Smallanthus sonchifilius</i>).....	498
148. Yams, (<i>Dioscorea cayenensis</i>).....	501

Z

149. Zucchini, (<i>Cucurbita Pepo</i>).....	504
---	-----

v



Robin Murphy

[Superfood Wellness Guide](#)

Medicinal Foods from Around the World

606 pages, pb

publication 2013



More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com