



AMAZING ALLIUMS!

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EAT SOME EVERY SINGLE DAY FOR OPTIMAL HEALTH!

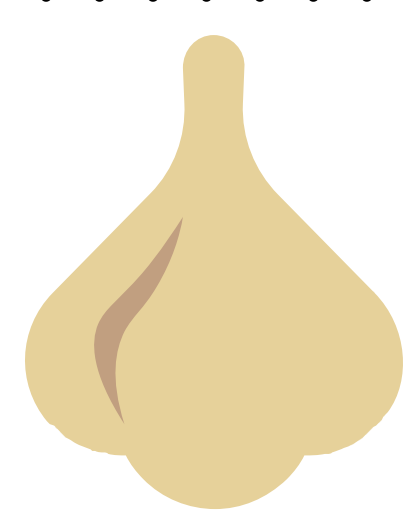
Allium => latin word for garlic

Allium family --> includes 500+ species, most popular are listed here

Allium veg --> source of carbohydrates, fiber, calcium, potassium, iron, and vitamin C, flavonoids, oligosaccharides, arginine, and selenium (an important immune nutrient!)

Most notable *Allium* quality --> bioactive sulfur compounds

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King of the *Allium* Family!

GARLIC

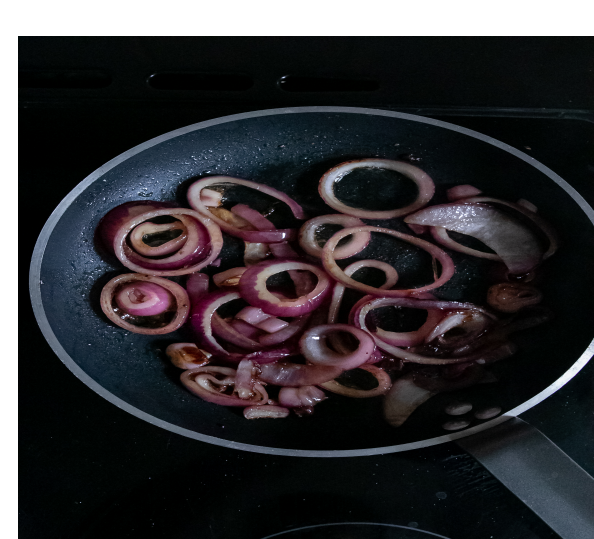
- Medicinal use dates back to 16th century BC
- Used 3500 yrs ago by Egyptians for cancer treatment
- Garlic is antibacterial, antifungal, antiviral, antioxidant, immunostimulating, hypotensive, lipid regulating, blood clot regulating, chemoprotective and anti cancer
 - Main bioactive compound => alliin
 - Main medicinal compound => allicin
- **In order to form allicin, garlic must be chopped, minced, crushed or sliced AND rested for 10 minutes before cooking!**
- Cooking completely inactivates the enzymes needed to create allicin so don't skip this step!
- Garlic vs cancer --> induces cell cycle arrest, apoptosis, enhances detoxification, modulates cellular redox & inhibits carcinogenesis
 - Hate garlic? While whole foods are always best, consider taking Aged Garlic Extract (AGE) which is a powerful antioxidant, anti inflammatory which increases glutathione (our most powerful internal antioxidant), inhibits oxidation of lipids/LDL, suppresses free radicals & protects cells from UV damage/radiation
 - 2009 study -- garlic was the strongest inhibitor of tumor cell proliferation w/ complex growth inhibition of all cancer cells tested (stomach, kidney, prostate, breast, brain, pancreatic and lung cancer)
 - And it's delicious! Make it part of your **DAILY** menu!!
- Garlic stays fresher in the refrigerator (not in the humid crisper drawer though!)
 - Microwaving garlic for just 30 seconds result in 90% loss of cancer fighting compounds so don't microwave garlic!

SHALLOTS

- Look like a cross between onion & garlic
 - Milder taste than onions
- Second only to garlic in cancer fighting properties
- Have 6x the phytonutrients of onions & 2x the quercetin
- Other bioactive compounds: apigenin, gallic acid, catechin, kaempferol, rutin, tannic acids, saponins
- Antibiotic, hypolipidemic, anticancer, antioxidant, hypoglycemic, kidney & liver protective properties
 - Eat raw or cooked

LEEKS

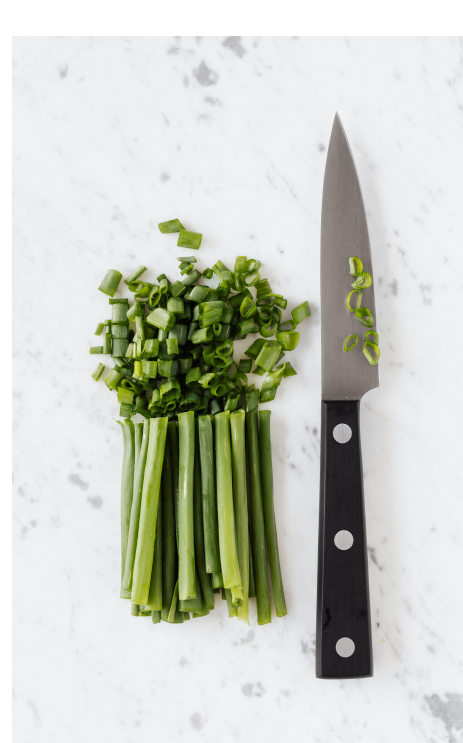
- Mild flavored, tall stalk w/ large bulb (look like large scallions)
- Rich in phytonutrients like kaempferol
- Cytotoxic against various cancer cell lines
 - Most of nutrients are in the green portions of the stalk so buy smaller leeks for more tender greens
 - Leeks are a good source of inulin (prebiotic fiber) to feed the good bugs in our gut
- Leeks lose their antioxidants quickly so use them as soon as you buy them!
 - Eat raw or cooked



ONIONS

EAT THEM EVERY DAY!

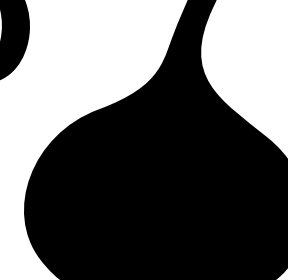
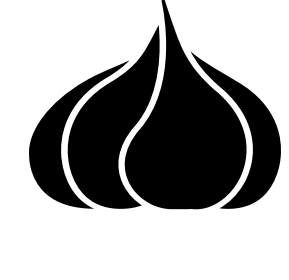
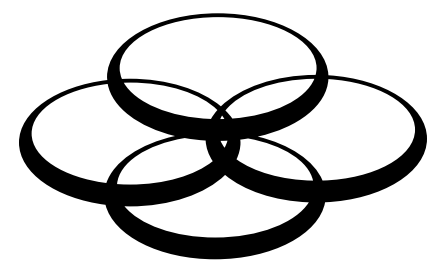
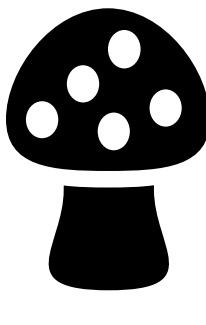
- Bioactive compounds: polyphenols, anthocyanins, flavonoids, gallic and ferulic acids, and quercetin and its glycosides
- Properties: anticholesterolemic, antimutagenic, antioxidant, and antiinflammatory effects
 - Actions: inhibits mutagens/carcinogens, improved enzymatic & cellular signaling, scavenges free radicals, induces apoptosis, and immune system modulation
- The stronger (less sweet) the onion, the more potent its antioxidant levels
- Western Yellow, New York Bold & Northern Red are potent varieties
 - The smaller the onion the greater the phytonutrients
 - Choose red over white/yellow
 - The onion skin contains the highest concentration of nutrients - use them in soups/stews (organic only!)
- Baking, sautéing or roasting onions increases their quercetin content!
- Store in cool dark place, not in crisper drawer (too humid)



SCALLIONS

- *Allium fistulosum* - scallions, green onions, spring onions, salad onions
- Slim white bulb w/ tall green leaves & tassel of roots
 - High antioxidant & antifungal activity
- High in quercetin & D-limonene => cardioprotective, chemoprotective & chemotherapeutic
 - 140x more phytonutrients than common white onions
- Green portions are more nutrient dense
 - Scallions lose their antioxidants quickly so use them as soon as you buy them!
- Men who at at least 10g per day had 50% reduction in prostate cancer risk

The Allium veggies pair well with cruciferous veg as well as mushrooms. Combine all 3 for a powerful anticancer dish!!



INGREDIENTS*

- You can pick more than one in each category & make in quantities that suit your needs!
 - Your choice of *Allium* veg: garlic**, shallots, leeks, onions, etc.
 - Your choice of cruciferous veg: kale, mustard greens, collard greens, Brussels sprouts, broccoli, cauliflower, cabbage, bok choy, etc.
 - Your choice of mushrooms: portabella, white button, shiitake, maitake, crimini, oyster, etc.
 - 1-3 tbs unfiltered, organic EVOO
 - Red pepper flakes - optional
 - Celtic salt & pepper to taste
 - Herbs to taste (parsley, oregano, basil, cilantro, etc.)
- Saute garlic (remember to chop/dice/press then rest first!), red pepper flakes if using & other Allium veg in EVOO over low to medium heat until tender
- Add in cleaned, sliced mushrooms of choice & cook until tender, coving if needed
 - Add in cruciferous veg of choice & cook until tender (being mindful that wilting greens like kale or collards will take much less time than cooking broccoli & that size of veg will dictate cooking time). Add a splash of water or broth to the pan & cover if needed.
 - Season with salt, pepper & herbs to taste
- Enjoy alone or pair with protein for a meal.

*Choose organic whenever possible!

** Always chop/dice/press garlic then rest for 10 minutes before cooking to preserve the medicinal qualities

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