

## **The Top Nine Healthiest Fruits You Can Eat**

*By Dr. Joseph Mercola  
with Rachael Droege*

Fruits can be a healthy part of your diet as they are generally rich in vitamins and antioxidants. But, fruits can also be an extra source of sugar that you may be better off without. To a large extent, whether or not fruits are good for you depends on several factors including:

- Your current state of health
- Your nutritional type
- The type of fruit

If you are overweight, have diabetes or high blood pressure you are best off avoiding fruits or limiting them to a small handful of berries a day. If you are currently healthy, a small amount of fruit should not be a problem as long as you follow the guidelines of your nutritional type.

If you are a protein nutritional type, fruits are generally not beneficial for you with the exception of coconut, which has a higher fat content that is beneficial for protein types. On the other hand, carbohydrate types tend to fare well with fruit and can safely consume moderate amounts. This is an important distinction, and all nutritional types should try to eat primarily the specific fruits that are best for their type.

My new book, Dr. Mercola's Total Health Program, provides a basic test to determine your nutritional type, along with a full understanding of what nutritional type is and why eating according to yours is absolutely crucial if you want to avoid disease and premature aging, optimize your weight and increase energy levels and live longer. The new book also provides you a complete understanding of all the foods in all categories that are ideal for you, including the healthiest animal- and plant-based foods including fruits.

The type of fruit will also make a difference in its nutrient value, as all fruits are definitely not equal in this respect. A great rule of thumb is to avoid hybrid varieties, which are fruits that have been altered by humans. Typically hybrid fruits contain more sugar than regular varieties so they taste sweeter and can be picked out because they don't contain seeds (seedless watermelon, seedless grapes, etc.). Below I've listed some of the healthiest fruits available in terms of nutritional value along with some of their nutritional qualities. You will still want to choose fruits based on your nutritional type, but this list will provide a guideline to some of the generally healthier fruits you can eat.

## **Coconut**

- Lauric acid, the major fatty acid from coconut fat, has antiviral, antibacterial and antiprotozoal functions.
- May help to normalize body lipids, thereby protecting against alcohol damage to the liver and improving the immune system's anti-inflammatory response
- Coconut oil is the healthiest oil you can consume
- Best for protein types if consumed as raw fruit

## **Berries**

- Contain powerful phytochemicals that provide antioxidant protection
- Excellent source of vitamin C, carotenes, zinc, potassium, iron, calcium and magnesium
- High in fiber
- Low in sugar
- Check out Living Fuel Rx Super Berry for a powerful blend of nutritious berries

## **Olives**

- Contain polyphenols that help fight cancer and have an anti-inflammatory effect
- Rich in monounsaturated fat

## **Papaya**

- Rich in antioxidants like carotenes, vitamin C and flavonoids
- Contains B vitamins, vitamin E, folate and fiber
- Rich source of minerals, potassium, magnesium
- Useful for digestion (papaya contains papain, an enzyme that helps with digestion)
- May provide protection against cancer
- Provides support for the immune system
- Has anti-inflammatory effects

## **Avocado**

- Excellent source of raw fat, which many Americans are deficient in
- Rich in monounsaturated fat, which is easily burned for energy.
- An avocado has more than twice as much potassium as a banana.
- Good source of folate, dietary fiber, vitamin C, vitamin E, riboflavin and vitamin B6
- Best for protein types

Use the following fruits with caution if you are a protein type or have problems with excess insulin:

## **Mango**

- Rich source of carotenoids and vitamins B and C
- Contains calcium, iron and potassium
- Good source of phosphorus, selenium, folate and zinc
- Contains some protein and amino acids

## **Pineapple**

- Contains an enzyme, bromelain, which aids digestion, reduces inflammation and swelling and may have anti-cancer effects.
- Rich in antioxidants like vitamin C
- Provides immune support
- Excellent source of manganese, thiamin and riboflavin, which are important for energy production

## **Guava**

- Excellent source of vitamin C, lycopene, carotenoids, folate, potassium, fiber, calcium and iron
- Consumption of guava fruit may reduce LDL (bad) cholesterol
- Has anti-microbial properties that may fight bacteria such as Staphylococcus aureus and beta-streptococcus group A.
- Guava is sometimes used as a treatment for diarrhea by natural medicine workers in the tropics

## **Kiwi**

- Excellent source of antioxidant vitamins C and E, and beta-carotene
- Rich in phytonutrients that appear to protect human DNA from free-radical damage
- Good source of fiber, potassium, magnesium, copper and phosphorous

While all of these fruits above are generally very good, remember that some are far better for you (and some not as good for you) depending on your nutritional type. I highly recommend you consider my new book, Dr. Mercola's Total Health Program, for a full understanding of your nutritional type, and a comprehensive understanding of all the foods that are ideal for you. This book, in fact, presents my entire dietary program that took me over two decades to develop and has literally helped tens of thousands of patients here at my clinic, The Optimal Wellness Center, just outside Chicago. Check out the fantastic special offer on the book right now, and the book's lifetime satisfaction or your money back guarantee.

# Five “Health Foods” To Avoid

*By Joseph Mercola*

If you woke up this morning and ate what you considered to be a healthy breakfast: wheat toast, orange juice, and eggs cooked in vegetable oil, you’ve just succeeded in eating three of the five “health” foods to avoid. It can be frustrating to determine what truly is healthy with all of the new health claims coming out, not to mention the old, that are just plain wrong but so engraved in our heads that they’re hard to change. The following five foods are widely known as generally “health foods, but as you’ll soon read, you’re much better off without them.

## **Wheat bread:**

The U.S. Dietary Guidelines have recommended that Americans eat 6 to 11 servings of bread and other grain foods daily. The American Academy of Pediatrics even says that whole-wheat bread offers a nutritional advantage over white bread. While this may be true to some extent, wheat bread should not be considered a healthy or necessary part of the diet. Wheat is often contaminated with mycotoxins (fungal poisons) and no matter what form, wheat, whole wheat, cracked wheat, sprouted wheat, and so on, they will be capable of causing the same problems including: Celiac disease, Rheumatoid arthritis, Miscarriages, Headaches, Infertility and Irritable bowel syndrome.

Intolerance to wheat is far more common than doctors typically recognize. Little did I know that wheat, and nearly all other grains, rapidly convert to sugar and rapidly accelerate aging and chronic illness in most, although certainly not all of us.

## **Vegetable Oil**

Polyunsaturated oils, which include vegetable oils like corn, soy, safflower and canola, are the worst oils you can eat, as generally Americans’ intake of omega-6-fat from these vegetable oils is far too high. Omega-3 fatty acids are the healthy fats found in fish oils, but omega-6-are the bad fats (trans fats) that become easily oxidized or rancid when exposed to heat from cooking.

## **Soy**

In recent years soy has emerged as a near perfect food, with supporters claiming it can provide an ideal source of protein, lower cholesterol, protect against cancer and heart disease, and prevent osteoporosis, among other things. However, numerous studies have found that soy products may: increase the risk of breast cancer in women, contribute to thyroid disorders, promote kidney stones, and weaken the immune system. Perhaps the most disturbing of soy’s ill effects on health has to do with its phytoestrogens that can mimic the effects of the female hormone estrogen. These have been found to have adverse effects of the female hormone estrogen. These have been found to have adverse effects on human tissues, and drinking two glasses of soy a month has enough of the chemical to alter a woman’s menstrual cycle. Soy is particularly problematic for infants, and soy infant formulas

should be avoided. It has been estimated that infants who are fed soy formula exclusively receive five birth control pills worth of estrogen every day.

### **Pasteurized Dairy**

Despite the widespread notion that milk is healthy, drinking pasteurized milk is frequently associated with a worsening of health. The pasteurization process creates many problems in milk. As Sally Fallon of the Weston Price Foundation states: "Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer. Calves fed pasteurized milk die before maturity. Pasteurized milk turns putrid and processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk.

### **Orange Juice**

Fruit juice has about eight full teaspoons of sugar per eight-ounce glass. This sugar is typically a fruit sugar called fructose, which is every bit as dangerous as table sugar since it will also cause a major increase in insulin levels. Further, many commercial orange juices are contaminated with mold from damaged fruit that are processed. So if you drink commercial orange juice regularly you will be exposed to these mold toxins. This doesn't mean that you should avoid fruit, just fruit juice because of all the sugar that is added.

## **Overweight and Obesity Rates Still at Alarming Levels**

*Journal of American Medical Association June 16, 2004*

Despite the flood of warnings about the alarming rise of obesity in the United States, a pair of recent studies confirmed Americans haven't gotten the message yet. In fact, the numbers show obesity rates have actually risen slightly.

In one government report of 4,000 adults and an equal number of children, the number of overweight adults for 2001-03 has risen to 65 percent versus 63.5 percent in a similar study of adults in 2000-01. The level of obesity in adults edged upward from 30.5 to 33 percent. The number of adults who were labeled extremely obese grew slightly from 4.7 percent to 5.1 percent.

In a study of teens ages 13 to 17, fast food restaurant chains were again blamed as the prime culprits in the epidemic of obesity among children. During the first phase, in which teens were allowed to eat as many extra-large fast-food portions as they wanted, overweight teens tended to eat more than their slimmer peers.

The second study recorded the participants' food intake on days they ate meals at any of the five leading nation fast-food chains. Researchers found leaner teens compensated for eating fast-food by consuming less during those days but the overweight adolescents didn't. Researchers believe the study didn't prove a cause-effect scenario. They were unsure a high-calorie, fast-food diet was the leading contributor to teen obesity or if people just have an innate ability to overeat. Nevertheless, the findings of the studies support an argument for reducing fast-food marketing to children, eliminating the sale of such foods in schools and promoting the reduced intake of refined starches and extra sugars.

COMMENT: Even though scientists collect data that prove beyond a doubt that fast food restaurants are marketing unhealthy food to kids and adults, they're still dancing around the big issue: Fast food tastes good and is very affordable but the cost of eating badly will affect you ten-fold in the long term. You can only fool your body for so long. If you live on a fast food diet, you'll accelerate the aging process and compromise your health severely. That doesn't even take into account the fact that the overwhelming majority of foods you buy at fast food restaurants are processed. How in the world can a person be healthy if they eat that much processed food?

## **Vital Information to Know if You're Taking Diet Drugs**

*By Dr. Joseph Mercola*

You're likely already aware that diet pills are not going to solve any overweight or obesity challenges you may be facing. Still, the ads are tempting and the claims that you will "Reduce calories and slim down automatically...not only lose weight, but look younger, have improved drive and concentration, and become free of stress and anxiety," as one diet pill ad put it, may sound too good to pass up.

Or, you may want to lose weight so badly that you decide to take your chances and give the pills a try, but the risk with diet pills isn't whether or not they will help you lose weight. The big risk is whether they will result in severe health problems. Some of the more serious side effects of drugs include:

- **Problems with brain function:** Most diet drugs decrease appetite by increasing serotonin or catecholamine – two brain chemicals that affect mood and appetite. However, other functions regulated by serotonin, like sleep, cognition, memory, and mood can also be affected by the drugs.
- **Primary Pulmonary Hypertension (PPH):** The risk of PPH, which limits blood flow to the lungs, can increase 10-fold among those who use appetite suppressants.
- **Heart-Valve Irregularities:** The popular diet drug Fen-Phen was recalled, partly because it was found to cause heart-valve problems in some patients.

- Mental Problems: Depression, mania, hallucinations, and anxiety disorders have all been reported.

The more common side effects include: skin irritation, bruising, rash or hives, numbness on one side of the body, Headaches, insomnia, increased blood pressure, nausea, vomiting, stomach cramps, dry mouth, anxiety or irritability.

You cannot rely on the government to regulate these drugs, as it took 155 deaths and more than 16,500 complaints before the Food and Drug Administration (FDA) announced it would be banning the weight-loss herb ephedra. More than 3 billion doses of drugs containing ephedra, also known as ma huang, were sold in the United States each year, with sales reaching \$7 billion. Many believed ephedra products were safe, as they were sold over-the-counter like many other popular diet drugs, but now the FDA says ephedra is stimulant that raises serious heart problems, strokes and deaths. And according to the Journal of the American Medical Association, “A single dose of a dietary supplement containing ephedra and caffeine can increase blood pressure and cause changes that have the potential to affect heart rhythms.”

Most people want to normalize their weight because of a desire to feel and look better right now, which is why diet pills are so popular, as they promise that you’ll “lose weight and feel great fast.”

Other pills that are touted as being safe still remain on the market, but if you want to lose weight safely, the only way is to change your lifestyle. This will take more effort than simply popping a pill, but it will also preserve your health and give you truly lasting benefits with only positive side effects, such as increased energy and resistance to infection and disease.

## **Lifestyles of the Rich and Gluttonous**

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In almost every other place in the world, the rich build big homes and buy fancy cars. In the world’s wealthiest nation, however, Americans unfortunately are building the biggest bodies. Sadly, the epidemic of obesity in this nation has arrived with unbelievable speed.

- 46 percent of this nation’s adults were overweight a quarter century ago.
- In 2003, that number rose to 64 percent.
- Experts predict virtually all American adults could be rated obese by 2040, if not sooner!
- Some 25 percent of the nation’s population eats in a fast-food restaurant every day.

Americans spend almost half of every dollar budgeted for food that is eaten outside the home where 30 percent of their calories are consumed. Although personal responsibility is a large contributor to the obesity epidemic, Americans live in a toxic consumer-based environment that discourages healthy eating. And a technology that allows us, of all things,

to “nuke” our food in a microwave further supports that mentality. Not surprisingly, TV is driving the epidemic.

Another indicator of the growing trend toward obesity: The huge upsurge in carbonated beverage consumption. Some theorize a human’s sense of sweetness evolved dramatically over time as people were able to detect carbohydrates in food as an energy source.

Attempts by the U.S. government to curb obesity by urging people, for example, to eat more carbohydrates and less fat – the USDA’s Food Guide Pyramid that recommends eating more starches than any other food – have worsened the problem.

Some believe the epidemic to be so irreversible; parents could conceivably outlive their children.

Your doctor may not pay attention to those growing pounds on your body until it is time for them to prescribe a drug for one of its related diseases like diabetes, depression or cancer. The good news is that you don’t have to wait for them to make the first move!