

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Functional Foods: What They Are And How They Work**

**By D. S. Epperson**

**Functional Foods: What They Are And How They Work**

by: **D. S. Epperson**

In the brain, a typical protein can live for approximately ten days. The thoughts, feelings and memories of a human being are made up of what was in the stomach only a few days before. As you can see, in choosing one's diet, you actually can determine who and what you are going to become.

About 2500 years ago, Hippocrates said, "Let food be thy medicine and medicine be thy food."

Functional Foods and Nutraceuticals are designer foods and supplements that are combined with nutritional value that are disease-preventative and have medicinal benefits. These are usually natural products which may reduce or prevent chronic and acute disease or promote good health.

Many chronic and acute diseases are caused or irritated by nutritional imbalances or deficiency. The link between diet, disease and the ability to process thought are sometimes subtle and complex. Many studies suggest that some 40% of cancers are linked to dietary choices. Unhealthy eating habits are sometimes caused by farming practices, lack of money, and a manufacturing industry that promotes the ignorance of true, beneficial nutrition. There is conjecture and speculation in the field of Nutritional Science that mood and aggressive behavior has more to do with diet than what was first thought. The most effective way to raise neural serotonin levels, which is the chemical that helps the body relax, is to eat a high carbohydrate meal. The insulin released lets more tryptophan cross the blood-brain barrier by moving competing amino-acids out of the blood stream. A high-protein diet will tend to lessen the serotonin function at the expense of norepinephrine and dopamine, with a more aggressive and temperamental reaction from the subject.

Functional Foods and Nutraceuticals work by balancing out the human bodies deficiencies or excessive chemical make-up. When foods are broken down in the mouth and stomach, they become massive ingredients for thousands of chemical reactions. Everything that a human consumes becomes a storehouse for chemical reactions that maintain the bodies life force. An example of this would be the cholesterol lowering effects of eating Oatmeal. How does this work? When a person consumes

## Functional Foods: What They Are And How They Work

oatmeal, they consume carbohydrates called glucans, small fibers that fill the intestines which decreases the ability to absorb carbohydrates, it increases the movement of the food in the intestines and colon, and cleanses the body as it moves out as waste.

The following would be other examples of how functional foods are working:

Erythema may be reduced by eating tomato paste ( Stahl W, Heinrich U, Wiseman S, Eichler O, Sies H, Tronnier H. J. Nutr. 131: 1449–1451, 2001 ).

Tomato and Tomato products may reduce the risk of chronic diseases.

(Sanjiv Agarwal and Akkinappally Venketeshwer Rao Canadian Medical Association Journal 2000; 163(6):739–44. )

Soy may prevent bone loss in menopausal women. (Arjmandi BH, Smith BJ Journal of Nutritional Biochemistry 2002, Vol. 13:130–137 )

Soy with isoflavones can reduce cholesterol. ( Vitolins MZ, Anthony M, Burke GL Current Opinions in Lipidology 2001, 12:433–437)

Garlic may reduce Cancer risk. (Dorant et al., 1993)

Cranberries aid in treatment of Urinary Tract Infection. (Schmidt and Sobota, 1988)

Dairy products aid in the prevention of Osteoporosis and Colon Cancer. (Fuller, 1994)

There are many, many more studies by accredited universities that have been done on a variety of plants and animals for functionality in nutritional therapies.

A diet of Functional foods can not only maintain better health, it can also repair chronic health issues. Functional foods would be foods that help to maintain better glucose control for diabetics, while having components that aid in repairing the pancreas. Foods that help to lower cholesterol levels in heart patients, foods that build the immune system in autoimmune patients.

Functional Food Specialists will be the physicians of tomorrow and those who manufacture functional foods will be the pharmacists that aid in healing the world of chronic and acute diseases.

D.S. Epperson is the top Formulary for Home Blend Gourmet / South Pacific Health, a Manufacturer of Functional Food for 20 years. With an extensive background in Nutritional Biochemistry, she has written reference books on herbs and manufacturing medicines from botanicals, and published articles on health issues, fitness and foods. For more information or articles:

### **Functional Foods Are Becoming More Popular**

**By D. S. Epperson**

Established in 1989 by Stephen DeFelice, "Foundation for Innovation in Medicine" defined "Nutraceutical", as a food, dietary supplement, or medical food that has a medical or health benefit, including the prevention and treatment of disease. Today, it is hard to separate the definition of Nutraceuticals and Functional Foods. In 2002, the Nutraceutical or Functional Food industry had evolved into a lucrative 20.2 billion dollar a year market, and is here to stay.

According to a Business Communications Co, Inc. report, "Functional/Nutraceutical/Wellness Foods and Beverages" (RGA-109R), the Nutraceutical or Functional Food industry could almost double in value by 2007 with sales estimated to be more than 37.7 billion dollars. The reason for this growth:

Increased interest in maintaining better health.

Increased information available regarding the link between diet and health.

Lack of health insurance or limited funds for consumers to spend on health care and prescription medication.

Recent changes in food laws that affect label and product claims.

A growing number of people who are aging and interested in a more healthy lifestyle.

Current health issues also influence the market, consumers are interested in weight loss and weight management, heart disease, bone density, cancer, diabetes, ect., how to prevent or recover from these diseases and lead more nutritious lives.

D.S. Epperson is the top Formulary for Home Blend Gourmet / South Pacific Health, a Manufacturer of Functional Food for 20 years. With an extensive background in Nutritional Biochemistry, she has written reference books on herbs and manufacturing medicines from botanicals, and published articles on health issues, fitness and foods. For more information or articles:

Related Content:

Functional Foods Are Becoming More Popular  
Negative Calorie Effect in Foods  
Supplements and Glyconutritionals?  
Constipation and Natural Remedies  
Chronological vs. Functional Resumes – Which To Choose?

Read more Content at

Related Products:

Obesity and Weight Loss

Baby's First Year –What Parent Needs To Know

101 Recipes For The Deep Fryer

How To FINALLY Stop Smoking...Once and For All!

Complete Library Of Cooking

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**