

Asparagus is such a great food for health. Asparagus contains a good supply of protein called histones, which act as a cell growth normalizer. The US National Cancer Institute reported that asparagus has the highest glutathione which is a potent anticarcinogen and antioxidant.

Some of the health benefits that are being promoted for this wonderful food are:

- Alkalinizing effect on the body
- Promotes cell growth
- Promotes bone health (high in Vitamin K)
- Helps cardiovascular system
- Natural diuretic
- Promotes healthy gut flora
- Cancer deterrent

Asparagus Therapy:

Canned asparagus – read the label to make sure it is only asparagus, no chemicals, and buy organic if at all possible. (canned is just as good as fresh cooked in this instance)

Place the cooked/canned asparagus in a blender and liquefy to make a puree

Take 4 full tablespoons twice daily, morning and evening. It can be diluted with water and used as a cold or hot drink.

Improvement may be seen in 2-4 weeks.

Store in the refrigerator.

I used this therapy to help reduce Candida after being on antibiotics for Lyme and to get back to a healthy pH level in my body as I was very acidic.

To view all the healthy nutrients in asparagus, visit this wonderful website:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=12>