

## **Dominica's Healing Foods – by Trudy Scott Prevost**

The fresh local foods found in Dominica are the most healthy, flavourful, nutrient dense foods options available. Some of our nutritional stars are listed below.

**Provisions** - breadfruit, dasheen, tanya, yam, cassava, green kokoy, plantain, and fig. They are all great sources of complex carbohydrates (the fuel your bodies uses to supply energy); fibre, a wide range of vitamins, and minerals plus amino acids. They are the tropical answer to grains.

**Coconut water** – also known as jelly water. It's a natural isotonic beverage with the same level of electrolytes as we have in our blood. "Jelly" water contains vitamin C and some B vitamins, potassium, calcium, phosphorous, magnesium and traces of iron to keep us healthy and boost our immune system.

**Coconut oil.** According to the newest research, coconut oil is an extremely healthy and nutritious oil to use; some experts rate it on par with olive oil for health giving benefits.

**Cacao tea.** Studies have linked drinking minimally processed local cacao to: increased blood flow to the brain; a positive effect on cardiovascular function; healthy cholesterol levels; reduced blood clot formation; lower blood pressure; improved insulin resistance; beautiful skin; the release of endorphins in the brain; increased energy levels; cough suppressing abilities; diuretic abilities; eased menstrual symptoms; lower cancer rates; and enhanced immune system.

**Bush Tea.** Drinking herbal teas regularly contributes vitamins and minerals to the diet as well as phytochemicals that help to prevent disease and illness. Studies are proving that in many cases - the traditional uses of these herbs are justified.

**Spices.** The herbs and spices traditionally added to Creole Foods had many health benefits. Some have a powerful anti-inflammatory effect; others aid digestion or contribute nutritionally to our diet.

**Sea Moss.** This beverage offers a broad range of minerals; iodine; vitamin K, B-vitamins and good amounts of lignans, plant compounds with cancer-protective properties.

**Fruits.** Our wide variety of fresh local fruits contain extremely high levels of vitamins C and A as well as fibre and a wide range of other vitamins and minerals. Their phytonutrients are thought to prevent cancer and host of other diseases.

**Greens.** Spinach, dasheen leaves, sweet potato leaves, purslane and other local greens contain beta-carotene and plant-based omega-3s and folate, which help reduce the risk of heart disease, stroke, and osteoporosis. Spinach is packed with lutein, a compound that fights age-related macular degeneration.

**Pigeon Peas.** A rich source of B vitamins, fiber, protein and complex carbohydrates. They contain: magnesium, phosphorus, potassium, calcium, iron, zinc and the trace minerals copper, manganese, boron and iodine.

Eat local organic food when in Dominica for health and wellness.

Please consult your doctor before beginning any new diet or exercise program.

Trudy Scott Prevost is a Writer, Yoga Teacher, Eco Retreat Planner; Early Education Teacher and Consultant living her dream in Dominica. Researching and promoting healthy living has been a lifetime passion. For more information contact Trudy at [rainbowyoga@yahoo.com](mailto:rainbowyoga@yahoo.com) or check her blog [www.naturallivingindominica.wordpress.com](http://www.naturallivingindominica.wordpress.com)