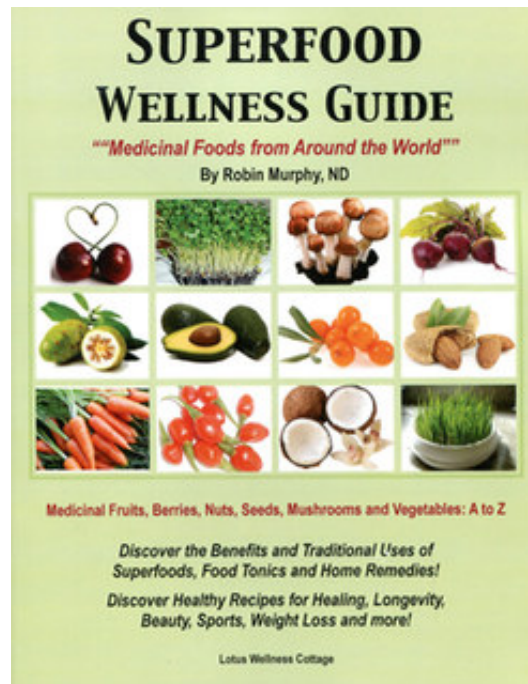


# Robin Murphy Superfood Wellness Guide

Extrait du livre  
[Superfood Wellness Guide](#)  
de [Robin Murphy](#)  
Éditeur : Lotus Health



<http://www.editions-narayana.fr/b16567>

Sur notre [librairie en ligne](#) vous trouverez un grand choix de livres d'homéopathie en français, anglais et allemand.

Reproduction des extraits strictement interdite.  
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Allemagne  
Tel. +33 9 7044 6488  
Email [info@editions-narayana.fr](mailto:info@editions-narayana.fr)  
<http://www.editions-narayana.fr>



## SUPERFOOD WELLNESS GUIDE

### Table of Contents



### Book Outline

Preface

Table of Contents

Introduction: Superfood Tonics

Part 1: Superfood Wellness Tonics.....1-507

Part 2: Superfood Therapeutic Index.....508-598

### Superfood Tonics A to Z

## A

1. <b>Acai berry</b> , ( <i>Euterpe oleracea</i> ).....	2
2. <b>Agaricus blazei</b> , ( <i>Agaricus blazei murill</i> ).....	5
3. <b>Alfalfa</b> , ( <i>Medicago sativa</i> ).....	8
4. <b>Almond Oil</b> , ( <i>Prunus dulcis</i> ).....	11
5. <b>Almonds</b> , ( <i>Prunus dulcis</i> ).....	14
6. <b>Amaranth</b> , ( <i>Amaranth caudatus</i> ).....	17
7. <b>Amla fruit</b> , ( <i>Emblica officinalis</i> ).....	20
8. <b>Anise seeds</b> , ( <i>Pimpinella anisum</i> ).....	23
9. <b>Apple cider vinegar</b> , ( <i>Cider vinegar</i> ).....	26
10. <b>Apples</b> , ( <i>Malus domestica</i> ).....	32
11. <b>Apricots</b> , ( <i>Prunus armeniaca</i> ).....	36
12. <b>Artichokes</b> , ( <i>Cynar scolymus</i> ).....	39
13. <b>Arugula</b> , ( <i>Eruca sativa</i> ).....	43
14. <b>Asparagus</b> , ( <i>Asparagus officinalis</i> ).....	46
15. <b>Autumn berry</b> , ( <i>Elaeagnus umbellata</i> ).....	50
16. <b>Avocados</b> , ( <i>Persea americana</i> ).....	53

## Table of Contents

## B

17. <b>Bamboo shoots</b> , ( <i>Bambusa vulgaris</i> ).....	56
18. <b>Bananas</b> , ( <i>Musa acuminata</i> ).....	60
19. <b>Baobab fruit</b> , ( <i>Adansonia digitata</i> ).....	64
20. <b>Basil</b> , ( <i>Ocimum basilicum</i> ).....	67
21. <b>Basil Oil</b> , ( <i>Ocimum basilicum</i> ).....	72
22. <b>Beet root</b> , ( <i>Beta vulgaris</i> ).....	75
23. <b>Bilberry</b> , ( <i>Vaccinium myrtillus</i> ).....	79
24. <b>Bitter melon</b> , ( <i>Momordica charantia</i> ).....	82
25. <b>Black cumin seed</b> , ( <i>Nigella sativa</i> ).....	85
26. <b>Black currants</b> , ( <i>Ribes nigrum</i> ).....	89
27. <b>Blackstrap molasses</b> , ( <i>Saccharum officinarum</i> )....	93
28. <b>Bladderwrack</b> , ( <i>Fucus vesiculosus</i> ).....	96
29. <b>Blueberry</b> , ( <i>Vaccinium angustifolium</i> ).....	99
30. <b>Broccoli</b> , ( <i>Brassica oleracea</i> ).....	102
31. <b>Buckwheat</b> , ( <i>Fagopyrum esculentum</i> ).....	105
32. <b>Burdock root</b> , ( <i>Arctium lappa</i> ).....	108

## C

33. <b>Cabbage</b> , ( <i>Brassica oleracea</i> ).....	111
34. <b>Cacao bean</b> , ( <i>Theobroma cacao</i> ).....	114
35. <b>Camu camu berry</b> , ( <i>Myrciaria dubia</i> ).....	118
36. <b>Carob</b> , ( <i>Ceratonia siliqua</i> ).....	121
37. <b>Carrots</b> , ( <i>Daucus carota</i> ).....	124
38. <b>Celery</b> , ( <i>Apium graveolens</i> ).....	127
39. <b>Chaga mushroom</b> , ( <i>Inonotus obliquus</i> ).....	130
40. <b>Cherries</b> , ( <i>Prunus cerasus</i> ).....	133
41. <b>Chia seeds</b> , ( <i>Salvia hispanica</i> ).....	136
42. <b>Chlorella</b> , ( <i>Chlorella vulgaris</i> ).....	140
43. <b>Cilantro leaf</b> , ( <i>Coriandrum sativum</i> ).....	143
44. <b>Coconut Oil</b> , ( <i>Coco nucia</i> ).....	146
45. <b>Collard Greens</b> , ( <i>Brassica oleracea</i> ).....	149
46. <b>Cordyceps</b> , ( <i>Cordyceps sinensis</i> ).....	153
47. <b>Cranberry</b> , ( <i>Vaccinium macrocarpon</i> ).....	156
48. <b>Cucumber</b> , ( <i>Cucumis sativus</i> ).....	159



**Table of Contents**

**D**

49. **Dates**, (*Phoenix dactylifera*)..... 162  
 50. **Dill weed**, (*Anethum graveolens*)..... 165  
 51. **Dragon fruit**, (*Hylocereus undatus*)..... 169  
 52. **Dulse**, (*Palmaria palmata*)..... 173

**E**

53. **Eggplant**, (*Solanum melongena*)..... 176  
 54. **Elderberry**, (*Sambucus nigra*)..... 180

**F**

55. **Fennel**, (*Foeniculum vulgare*)..... 183  
 56. **Fenugreek**, (*Trigonella foenum-graecum*)..... 186  
 57. **Figs**, (*Ficus carica*)..... 189  
 58. **Flaxseed Oil**, (*Linum usitatissimum*)..... 192  
 59. **Freekeh**, (*Triticum durum*)..... 195

**G**

60. **Gac fruit**, (*Momordica cochinchinensis*)..... 198  
 61. **Garbanzo beans**, (*Cicer arietinum*)..... 201  
 62. **Garcinia fruit**, (*Garcinia cambogia*)..... 205  
 63. **Garlic root**, (*Allium sativum*)..... 209  
 64. **Goji berries**, (*Lycium barbarum*)..... 212  
 65. **Golden berry**, (*Physalis peruvianus*)..... 215  
 66. **Grapefruit**, (*Citrus paradisi*)..... 218  
 67. **Grapes**, (*Vitis vinifera*)..... 221  
 68. **Grapeseed Oil**, (*Vitis vinifera*)..... 224

**H**

69. **Hemp seeds**, (*Cannabis sativa*)..... 227  
 70. **Honey**, (*Mel millis*)..... 232  
 71. **Honey-Garlic-Vinegar**..... 235  
 72. **Horseradish**, (*Armoacia rusticana*)..... 238

**I**

73. **Irish moss seaweed**, (*Chondrus crispus*)..... 243

**Table of Contents**

**J**

74. **Japanese knotweed**, (*Polygonum cuspidatum*)...246  
 75. **Jerusalem artichoke**, (*Helianthus tuberosus*).....250  
 76. **Jujube Fruit**, (*Ziziphus jujuba*)..... 254

**K**

77. **Kale**, (*Brassica oleracea*)..... 268  
 78. **Kelp seaweed**, (*Ascophyllum nodosum*)..... 262  
 79. **Kimchi**, (*Brassica oleracea*)..... 265  
 80. **Kiwi fruit**, (*Actinidia deliciosa*)..... 268

**L**

81. **Leeks**, (*Allium porrum*)..... 272  
 82. **Lemons**, (*Citrus limon*)..... 276  
 83. **Lentils**, (*Lens esculenta*)..... 280  
 84. **Limes**, (*Citrus aurantifolia*)..... 284  
 85. **Lion's Mane**, (*Hericium erinaceus*).....289  
 86. **Lotus root**, (*Nelumbo nucifera*)..... 292  
 87. **Lotus seeds**, (*Nelumbo nucifera*)..... 295  
 88. **Lucuma fruit**, (*Pouteria lucuma*)..... 298

**M**

89. **Maca root**, (*Lepidium meyenii*)..... 301  
 90. **Macadamia nuts**, (*Macadamia integrifolia*)..... 304  
 91. **Maitake mushroom**, (*Grifola frondosa*)..... 307  
 92. **Mango fruit**, (*Mangifera indica*)..... 310  
 93. **Mangosteen**, (*Garcinia mangostana*)..... 314  
 94. **Maple syrup**, (*Acer saccharum*)..... 317  
 95. **Maqui berry**, (*Aristotelia chilensis*)..... 320  
 96. **Miracle berry**, (*Synsepalum dulcificum*)..... 323  
 97. **Molokhia**, (*Corchorus olitorius*)..... 326  
 98. **Moringa leaf**, (*Moringa oleifera*)..... 329  
 99. **Moringa oil**, (*Moringa oleifera*)..... 333  
 100. **Mulberries**, (*Morus nigra*)..... 336

**N**

101. **Nettles**, (*Urtica dioica*)..... 339  
 102. **Noni fruit**, (*Morinda citrifolia*)..... 343

## Table of Contents

### O

103. Okra, ( <i>Abelmoschus esculentus</i> ).....	346
104. Olive oil, ( <i>Olea europaea</i> ).....	350
105. Olives, ( <i>Olea europaea</i> ).....	353
106. Onions, ( <i>Allium cepa</i> ).....	356
107. Orange oil, ( <i>Citrus sinensis</i> ).....	360
108. Oranges, ( <i>Citrus sinensis</i> ).....	363

### P

109. Papaya fruit, ( <i>Carica papaya</i> ).....	367
110. Parsley, ( <i>Petroselinum crispum</i> ).....	371
111. Pawpaw, ( <i>Asimina triloba</i> ).....	375
112. Peaches, ( <i>Prunus persica</i> ).....	378
113. Pears, ( <i>Pyrus communis</i> ).....	381
114. Pecans, ( <i>Carya illinoensis</i> ).....	384
115. Persimmons, ( <i>Diospyros kaki</i> ).....	387
116. Phytoplankton, (Marine phytoplankton).....	390
117. Pickle Juice, (Pickle brine).....	393
118. Pineapples, ( <i>Ananas comosus</i> ).....	396
119. Pinole, ( <i>Parched corn</i> ).....	400
120. Plums, ( <i>Prunus domestica</i> ).....	403
121. Pomegranates, ( <i>Punica granatum</i> ).....	407
122. Pumpkin seeds, ( <i>Cucurbita pepo</i> ).....	410
123. Pumpkins, ( <i>Cucurbita pepo</i> ).....	413

### Q

124. Quinoa, ( <i>Chenopodium quinoa</i> ).....	418
---	-----

### R

125. Raisins, ( <i>Vitis vinifera</i> ).....	421
126. Raspberries, ( <i>Rubus idaeus</i> ).....	425
127. Reishi mushroom, ( <i>Ganoderma lucidum</i> ).....	428

### S

128. Sauerkraut, ( <i>Brassica oleracea</i> ).....	431
129. Schizandra berry, ( <i>Schizandra chinensis</i> ).....	434
130. Sea buckthorn, ( <i>Hippophae rhamnoides</i> ).....	437
131. Shiitake mushroom, ( <i>Lentinula edodes</i> ).....	440
132. Spinach, ( <i>Spinacia oleracea</i> ).....	443

## Table of Contents

133. Spirulina, ( <i>Arthrospira platensis</i> ).....	446
134. Star fruit, ( <i>Averrhoa carambola</i> ).....	449
135. Strawberry, ( <i>Fragaria ananassa</i> ).....	452
136. Sunflower seeds, ( <i>Helianthus annuus</i> ).....	456
137. Sweet potatoes, , ( <i>Ipomoea batatas</i> ).....	459

### T

138. Tamarind, ( <i>Tamarindus indica</i> ).....	464
139. Teff grain, ( <i>Eragrostis tef</i> ).....	467
140. Tomatoes, ( <i>Solanum lycopersicum</i> ).....	471

### U

141. Umeboshi plum, ( <i>Prunus mume</i> ).....	475
---	-----

### V

142. Vinegar, (Acetic acid).....	478
----------------------------------	-----

### W

143. Walnuts, ( <i>Juglans regia</i> ).....	483
144. Watercress, ( <i>Nasturtium officinale</i> ).....	486
145. Watermelon, ( <i>Citrullis lanatus</i> ).....	491
146. Wheatgrass, ( <i>Triticum aestivum</i> ).....	495

### Y

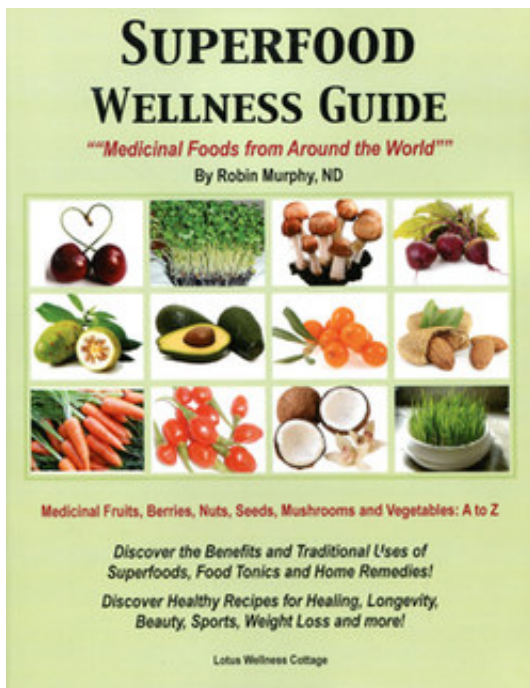
147. Yacon root, ( <i>Smallanthus sonchifilius</i> ).....	498
148. Yams, ( <i>Dioscorea cayenensis</i> ).....	501

### Z

149. Zucchini, ( <i>Cucurbita Pepo</i> ).....	504
---	-----

v





Robin Murphy

[Superfood Wellness Guide](#)

Medicinal Foods from Around the World

606 pages, broché

publication 2013



Plus de livres sur homéopathie, les médecines naturelles et un style de vie plus sain

[www.editions-narayana.fr](http://www.editions-narayana.fr)