

BY PHYTOTHRIVE
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Phyto Facts

The Powers that Plants Provide



Why Phytonutrients?

The meeting ground between Vegans and Omnivores

In the world of Nutrition and food, the only thing that is usually a constant is that it is dynamic. Thoughts change all the time. New research flips old ones on their head. Fat phobia becomes keto. There is the age old battle between Vegans and Omnivores, and everything in between, and everyone trying to convince the other on why they should adopt something else. We all believe today, and sometimes alter our belief tomorrow. Looking at the sheer number of groups and forums on each, I pondered on what is the meeting ground.

Everyone needs Phytonutrients to thrive! Why Phytonutrients?

Top Powers of Phytonutrients

1

ANTIOXIDANTS

The difference between cell recovery and degeneration

2

FIBRE

The major requirement in proper excretion and health

3

ANTI-INFLAMMATORY

Rich range of phytonutrients are anti-inflammatory

Whatever your chosen way of eating, we come together through Phytonutrients

Some Phytonutrients that we will talk about in



this series are:

Carotenoids

Carotenoids are rich in variety and can convert to Vitamin A



Resveratrol

One of nature's most powerful antioxidant for cell recovery



Lycopene

Immune booster

Ultimately we all require phytonutrients. A diet that is rich in

animal protein requires balance with plant foods. A diet that is reliant on plant sources, needs that rich variety to receive ample nourishment.

“You cannot buy health; you must earn it through healthy living.” – Joel Furhman, MD”

Many of the large Neutraceutical companies around the globe, provide supplements for the widest range of conditions and symptoms, many of these companies actually derive the essence of potent power from the very same plant sources.

The Mediterranean diet, so talked about for being healthy, is super charged in plant power. Once upon a time, before the discovery of different continents, countries and places, and before the invention of transport and trade, people everywhere maintained health by eating the plants that grew where they were. One of the main philosophies behind Ayurveda, is eating vegetables and fruits in season, and which are local.



Today we have access to practically every phytonutrient around the globe. While we should try to eat predominantly what we have grown up with, this does give us access to more phytonutrients.

“Whether we are Vegans or Omnivores, let us take a step towards enriching our food and our health with the powers that exist within Phytonutrients”

Follow the Phyto Facts Series to learn more

ABOUT THE PHYTO FACTS SERIES

Phyto Facts will be a monthly column on Phytothrive, Functional Nutrition Redefined, with the thought of bringing the knowledge of the subtlest powers within Phytonutrients to you.

If you are interested in following the series, sign up to our mailing list on www.phytothrive.com or write to us on support@phytothrive.com

If you would like to learn more about any particular phytonutrients, write in with your request. You inspire us to keep our work going.

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