

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Carrots

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Part 1 of 2

Everybody knows that carrots are good for you, but you might be surprised at how many different uses they have. Carrots can aid in healing vision problems, tonsillitis, colitis, appendicitis, anemia, gravel, acidosis, blood poisoning, faulty circulation, ulcers, rheumatism, indigestion, poor teeth, acne, adenoids, and cancer.

IMPORTANT NOTE: Carrots alone, or any other herb, will *not* heal any of these diseases. Carrots, in addition to a healthier lifestyle, can assist your body in healing.

VISION: We have all heard that carrots are good for the eyes – but do you know why? Carrots contain beta-carotene, which converts to Vitamin A in the body. Vitamin A helps vision by forming a purple pigment that the eye needs in order to be able to see in dim light. The pigment, called rhodopsin, is located in the light-sensitive area of the retina. The more Vitamin A you get, the more rhodopsin your body is able to produce. People who suffer from night blindness would benefit from the use of carrots on a regular basis.

TEETH, BREAST MILK QUALITY & PUERPERAL SEPSIS: R. Walker explains in his book, “Fresh Vegetable and Fruit Juices” how valuable raw carrot juice is for the bone structure of the teeth. He also recommends that nursing mothers drink raw carrot juice to enhance the quality of breast milk. He says that in the last months of pregnancy raw carrot juice taken in sufficient quantities would tend to reduce the possibility of puerperal sepsis (also called childbed fever) at childbirth. He states that, “One pint of carrot juice, daily, has more constructive body value than 25 pounds of calcium tablets.”

INFECTIONS, NERVOUS SYSTEM & VITALITY: Walker also refers to carrot juice as a natural solvent, useful in ulcerous and cancerous conditions and goes on to say, “It is a resistant to infections, doing most efficient work in conjunction with the adrenal glands. It helps prevent infections of the eyes and throat as well as the tonsils and sinuses and the respiratory organs. It also protects the nervous system and is unequalled for increasing vigor and vitality.”

DIGESTION: Steve Meyerowitz talks about carrots in his book, “Sproutman’s Kitchen Garden Cookbook.” He says that including whole carrots in our diet is a balanced way to approach the fiber verses no-fiber issue. However, he says that “juice frees the vital nutrients in plants and makes them readily available for digestion.”

Next week we will read how carrot is an excellent aid in cleansing the liver.

