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# The Orange

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The fruit is technically “hesperidia”, a kind of berry.

Oranges are native to South Eastern Asia and were cultivated in China by 2500 BC. In a number of languages, oranges are known as a “Chinese Apple”. However, in English, Chinese Apple generally refers to the pomegranate.

Principal growing areas outside Europe include the southern United States, Israel and Brazil. The sweet oranges are most commonly grown, such as the navel orange, the blood orange or red navel, and the Valencia orange.

Only about 20% of the total crop of oranges is sold as whole fruit; the remainder is used in preparing orange juice, extracts, and preserves.

Oranges are filled with helpful phytochemicals, such as flavonoids, which act as antioxidants to help protect against heart disease and other common related ailments.

It was Christopher Columbus, who is thought to be the first person to bring orange seeds and seedlings to the New World on his second voyage in 1493.

Three navel orange trees were brought from Brazil and planted in Riverside, California, in 1873. In 1878, the trees started producing oranges. One of those three original

trees is still alive and producing fruit today.

Many nutrition experts rate oranges as #1 concerning nutrition among the five top fruits, and are usually placing them among the healthiest items in the produce section, providing valuable health benefits.

Florida is the number-one citrus producer at 70% of the US crop, with 90% of that going into juice. Arizona, Texas, and California produce lesser amounts, and often with variations in color and peel.

Oranges are best stored at room temperature; if placed in the refrigerator without plastic bags, they may last longer, but some vitamin C and essential nutrients will fade in the storage process. Whole oranges should never be frozen.

Another plus for oranges, and why they are so well-liked, is the easy availability all year round. And don't forget, to most people they taste great.

When eating a whole orange, which is a good source of dietary fiber, remember not to leave out the “albedo” (the white matter under the peel), because the albedo contains the highest amounts of valuable bioflavonoids and other anti-cancer agents.



Aside from the high antioxidant contents of an orange, there are 170 different vital nutrients and more than 60 flavonoids. These healthy essentials are anti-inflammatory, anti-tumor, blood clot inhibiting properties, and much more. Such as, helping to retard the development of hardening of the arteries (arteriosclerosis); plus, a compound deriving from oranges called “liminoid” has been found to fight cancers of the mouth, skin, lung, breast, stomach and colon.

The alkaloid synephrine found under the orange peel can reduce the liver's production of “cholesterol”. Whereas the anti-oxidant fights the oxidative stress that is the main culprit in oxidizing the LDLs in our blood, as well as protecting cells from free radical damages.

As with many foods, the orange taste acidic, but actually has an alkaline effect in the digestive system and helps stimulate the digestive juices, which can relieve constipation.

In this day of increased male infertility issues, an orange a day is sufficient to keep sperm healthy. The vitamin C helps repair damaged sperm and protect sperm from genetic damage that may cause birth

defects.

An orange a day, especially including the albedo for the flavonoids, has shown to cut the risk of heart disease in half. Studies have shown that these flavonoids also lower high blood pressure.

Powerful for the immune system, oranges stimulate white cells to fight infection, naturally building a healthy immune system.

Drinking fresh squeezed orange juice daily can significantly drop the risk of formation of calcium oxalate stones in the kidney.

Oranges have been shown to possess an anti-aging effect by protecting the skin from free radical damage, known to be the major cause of the signs of aging.

Stomach ulcers are helped by eating oranges daily, which lowers the incidence of peptic ulcers, thus reducing the risk of stomach cancer.

Oranges help provide protection against viral infections with an abundance of polyphenols, as shown in studies.

**Nutritional facts:** serving size 180 g

Calories - 85

Calories from fat - 2

% daily value:

Total Fat - 0

Trans fats: Cholesterol - 0

Sodium - 0

Total Carbohydrate - 21 g = 7%

Dietary fiber - 4 g = 17%

Sugars - 17 g

Protein - 2 g = 3%

Vitamin A = 8%

Vitamin C = 160%

Estimated glycemic load = 6

**Inflammation factor** = 9: mild anti-inflammatory

A good source of Thiamine, Folate, Potassium, and a very good source of dietary fiber and Vitamin C.

**The bad:** a large portion of the calories in this food (come) comes from sugars (fructose).

Vitamin A - 405 IU = 8%

Vitamin C - 95.8 mg = 160%

Vit. E (alpha tocopherol) - .3 mg = 2%

Thiamine - 0.2 mg = 10%

Riboflavin - 0.1 mg = 4%

Niacin - 0.5 mg = 3%

Vitamin B6 - 0.1 mg = 5%

Folate - 54 mcg = 14%

Pantothenic Acid - 0.5 mg = 5%

Choline - 15.1 mg

Lutein+Zeaxanthin - 232 mcg

Beta cryptoxanthan - 209 mcg

Beta Carotene - 128 mcg

Alpha Carotene - 9.8 mcg

Fatty Acids: Omega-3 - 12.6 mg,

Omega 6 - 32.4 mg

Minerals: Calcium - 72 mg = 7%

Iron - 0.2 mg = 1%

Magnesium - 18 mg = 4%

Phosphorus - 25.2 mg = 3%

Potassium - 326 mg = 9%

Sodium - 0 mg

Zinc - 0.1 mg = 1%

Copper - 0.1 mg = 4%

Manganese - 0

Selenium - 0.9 mcg = 1%

Water - 156 g

Ash - 0.8 g

Caffeine - 0

Nutrient data provided by the USDA

Oranges are known as one of the best fruits for disease treatment and prevention. They are a major source of vitamin C, calcium, phosphorus, potassium, citric acid, beta carotene, and hesperidins, which is a predominant flavonoid in lemons and oranges that are an essential component that makes up the orange.

Recent clinical studies have shown that subjects who drank a glass of hesperidins-rich orange juice daily for four (4) weeks had a significant increase in their HDL cholesterol levels (the good cholesterol). Also, Folate levels were increased, which has been shown to decline levels of homocysteine -

an amino acid in the blood believed to increase risk of heart disease. Too much homocysteine in the blood plasma is associated with higher risk of stroke and peripheral vascular disease.

The medical community would like you to eat an orange or drink a glass of fresh orange juice after taking medication. Why? Because, it has been proven to enhance the absorption of medications into the body, which improves the effect of "pharmacodynamics" (the biochemical and physiological effects of medicines), though, vitamin C inhibits the effect of some herbs.

Well, I prefer to use it appropriately to absorb our vitamins, minerals, herbs, nutrients and natural remedies into the body (naturacodynamics - the biochemical and physiological effects of nutrients and natural remedies). Of course, "naturacodynamics" is not a real word, but it suits the purpose for you to get the point. And maybe someday it might be a recognized word.

Oranges are suitable for most everyone. Although, as in all things, in excess it can create disturbing imbalances. A good rule of thumb is one orange per day. As a general rule, it is not best to eat before a meal or on an empty stomach, due to the organic acids, which can stimulate the secretion of gastric acid, which of course is not the best for our stomach.

Studies reveal that it is not good to drink milk one (1) hour before or after eating an orange, because of the proteins in the milk will be solidified when it meets with acids in the digestive system. To simplify, I do not suggest anyone consume cow dairy. But that's an entirely different subject - without any good conclusion for cow dairy. 🍊

## February 2011 Special Announcement

### **CANCER IS COMPLEX, BUT NOT THAT COMPLICATED**

**The latest and most comprehensive Cancer Class we have ever presented is this weekend (Friday-Saturday February 18th-19th, 2011) and will be packed with vital information for cancer prevention, causes, and recovery.**

This class will contain varied information from recent discoveries, studies (medical, private, and empirical) on correlations and approaches that yield the highest recovery rates for almost every type of cancer. Just a few common types are: prostate, breast, lung, bone, brain, ovarian, kidney, skin, leukemia, lymphoma, stomach, mouth, colon, and so many others. The protocols will apply for any type of cancer. There will be more handouts than in any previous class of its kind.

This will be informative for the lay person and also for the veteran TKM person and health professional. Whatever approach you choose for prevention, treatment/recovery you will need this information for much more clarity in understanding about cancer, its causes, and treatment options, especially what to do and what not to do to avoid cancer or treat a person diagnosed with cancer.

Concerning cancer risks, are you familiar with the Emotions involved; the EMF environment; the effect of PH; the water you drink; food; fruits; vegetables and other diet related influences; fluoride; the huge factor of teeth; mercury; the clothes worn; jewelry...; sleep habits; probiotics; allergies; cellular phones; geopathic grids; dirty electricity in the home or work place; enzymes; artificial sweeteners; genes; prevention of reoccurrence; bioelectromagnetic energy factors; frequency medicine, and so much more. The point is we want you to be informed.

What have been the odds for the people you've known of in your life that were diagnosed with cancer, especially terminal cancer? Those odds can be tremendously improved for you, your family, clients and patients right now and it starts with education.

The class tuition is \$425 (\$350 + late registration of \$75) to attend in person in Carrollton, Texas. We are also offering this class live online (WebEx – from our website: [www.kinginstitute.org](http://www.kinginstitute.org)) with a reduced tuition of \$275. This is a very small investment in saving lives. Don't procrastinate... act now while there is time!

If you are a TKM student, be sure to have your books with you whether in-person or on-line.

**REGISTER NOW - SEATING IS LIMITED!**