

Chapter Five: A stand alone dictionary of all the ingredients

Acacia:

- Gum from the acacia tree.
- Dissolves rapidly in water.
- Retards sugar from crystalizing.
- Used as a thickener for candy and gum.
- Prevents chemical break down in foods.
- Gives form and shape to tablets.
- Used for dysentery & diarrhea.

Acerola Extract:

- From the acerola cherry.
- Excellent source of Vitamin C.
- Usually combined with rose hips.
- Anti infection and stress reducing properties.

Acesulfame Potassium(Non-Nutritive Sweetner):

- Low calorie sweetener.
- 200 times sweeter than sugar.
- Healthier alternative to most sweeteners.

Alfalfa (Leaves):

- King of restorative, nourishing herbs.
- Roots of plant are very deep which enables it to reach minerals other plants cannot.
- Great for all chronic and acute digestive problems.
- Excellent for arthritic and rheumatoid conditions as well as bursitis and gout.
- Useful in alleviating allergies.
- Helps anemia.
- Blood purifier.
- Decreases morning sickness.
- Diminishes nausea.
- Helps control diabetes.
- Aids the pituitary gland.
- Promotes healthy teeth.
- May help improve halitosis.
- Good for ulcers.

Alfalfa Extract:

- See "Alfalfa (Leaves)."

Alginate:

- Obtained from seaweed.
- Used to stabilize beverages, ice cream, and deserts, etc.
- A clarifying agent for wines, cheeses, salad dressings, etc.
- Assures a creamy texture in certain foods.

Alkalized Cocoa Powder:

- Contains less acid.
- Used as a flavoring.

Almonds, Ground:

- Seems to have protective properties against heart disease, cancer.
- Aids in bone health, and reproductive health.
- Is cholesterol free.
- Is an anti-oxidant.
- Good source of folic acid, protein, fiber, iron, zinc, and copper.

Aloe Vera:

- Botanical purgative which stimulates the flow and discharge of bile into the small intestine.
- Increases the peristaltic action in the intestinal tract.
- Soothing and healing lubricant for both internal and external use.
- Antibacterial and antifungal properties.
- Helps heal ulcers.
- Has helped clear up acne.
- Wonderful for buns.
- Helps all kinds of skin diseases, i.e. dandruff, dermatitis.
- Helpful in Aids because of its cleansing and the carrisyn in aloe may work like AZT without the side effects.