



The Observer St. Kitts - Nevis

THE FEDERATION'S POLITICALLY INDEPENDENT NEWS SOURCE

DR. CHARLES' HEALTH CHAT

CABBAGE



A native of Europe and cultivated for 4000 years, cabbage has been of such vital importance for mankind, we often forget what we consider to be a common vegetable. The folklore of cabbage has stood the test of time and scientific analysis.

One wonders how this exceptional vegetable remedy could have been banished to twentieth century obscurity. Cato the Elder declared that, because of cabbage, ancient Romans existed without doctors for six centuries. Hippocrates recommended eating cabbage, cooked with a little salt, for those who suffered from heart and bowel disease. Rembert Dodens, Dutch physician to the Great Emperors Maximilian, wrote: "The juice of cabbage softens the belly and make one go to stool. It cleans and cures old ulcers. Cabbage juice mixed with honey makes a syrup that heals hoarseness and coughing. The leaves when cooked and applied to chronic ulcers, modify and heal them, and aid in the resolution of tumors and wounds."

Cabbage is commonly used as a base in cole slaw and other salads, but its benefits are not as realized as when juiced. For example, Dr. Garnett-Cheney, professor of medicine at Stanford Medical School, published a report concerning the use of cabbage juice in the treatment of gastric ulcer. Of 65 cases reported, 62 were cured at the end of three weeks. A vitamin was discovered in cabbage called "vitamin U," named after its ulcer healing capacities. Because cooking and even exposure to air destroys this vitamin, it must be prepared freshly, from juice, to be effective.

The author recalls the secret press release when former President Reagan went to Germany for treatment of his colon cancer. It was told that several medical press reporters stormed out of the press conference when it was announced. One of the treatments recommended - cabbage juice.

In the treatment of leg ulcers, eczema, acne, cold sores, burns, shingles, and chronic wounds, the application of cabbage leaves has been used since time immemorial. Its preparation is simple. Soak the leaves for a few minutes in water with lemon juice. Remove the leaves, cut out the ribs, and crush on a cutting board with a rolling pin until the juice is extracted. Place the leaves over the wound and bandage for a few hours or until the pain, e.g. shingles, disappears. Sometimes the application causes a valued "flare-up," in which case discontinue and apply Jade Balm to the wound. The response brings a rapid healing.

Cabbage is also of benefit when eaten fresh and raw. The best method is of consuming it as "raw hors d'oeuvre," taken at the beginning of a meal. Shred the leaves into fine slices, lace it with olive oil, sea salt, lemon juice or wine vinegar, and a touch of garlic to taste.

Freshly prepared cabbage juice is of great benefit for those with intestinal problems, constipation, etc. Two to four ounces daily may be a little tough on the newcomer for juice lovers, so add a little carrot and get the benefits. I have never seen it fail to heal and cure a peptic ulcer!

Links

www.privinfo.org

www.schoolofnaturalmedicine.info

© Dr. Charles McWilliams, Nevis Island's Integrated Physician