

# Let Food be your medicine, not medicine be your food!

Anna Beyer

Senior Lecturer at University of Hull Kingston upon Hull, England Metropolitan Area

**\*Corresponding Author:** Anna Beyer, Senior Lecturer at University of Hull Kingston upon Hull, England Metropolitan Area.

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## Abstract:

The human interest in the sense of smell dates back thousands of years. The first information on this question is found in Egyptian papyri. Sekhut Enanuch - the court physician of Pharaoh Sahure (5th Dynasty 2500-2300 B.C.) was a specialist in diseases of the nose, throat and ears. He was an otolaryngologist and dealt, among others, with the sense of smell. Democritus of Abdera (460-370 B.C.), the Greek philosopher believed that "the senses - color, sound, smell and taste, are secondary qualities, dependent on the internal structure of clusters of atoms." Democritus believed that "the world is composed of atoms and the vacuum around the atoms, which makes possible the movement of these atoms, their merging and splitting, the expansion of matter and the change of weight

**Key words:** smell; receptor; depolarization; amplification; g protein

## Introduction:

We should invent the field of nutritional medicine to recover better from illnesses, and prevent them, without the need of chemicals. Nutritional medicine can be applied without side effects for life and is softer on the body and potentially has better outcomes for healing, preventing and longevity, because it is sustainable, organic, and natural.

These tips are partially tested at myself and observed. Not all of them. I work according to self-observation and self-test and analog organic logic and observation of myself and others, and ample reading and deep fascination with nutrition since teenage. Please feel free to test these tips, on yourself with caution or in the lab, before applying widely.

### Tips against Alcoholism

Alcohol is sugar, fermented sugar water in essence. Alcoholics often crave the sugar and the water in alcohol, and maybe the calming effects it has. It is also sometimes used as a painkiller and does reality disturbing effects sometimes (slightly hallucinogenic).

Drink PLENTY of water, with squash if you don't like plain water, with vitamin C added if you are health conscious. If you drink 2 - 4 litres a day (4 litres is not a problem. Only caution should be taken not to drink more than 1 litre per hour, as otherwise this can be deadly) you will be so satiated that you don't want to think of alcohol anymore. I personally found out that my own liking of shiraz came from the fact that I drank a lot of freshly pressed cherry juice from the gardens of my grandmother in childhood. And shiraz does taste a lot like freshly pressed cherry juice. The other alcohols were never such a problem for me. I ordered this as a supplement:

Eat PLENTY of carbs. Eating enough carbs might help fight the sugar cravings. The trick is taken from an AA booklet which recommended eating some cookies when cravings occur. I go big and say: Eat a high carb diet. It is even possible that alcoholism and early stage diabetes are linked, that's where the carb cravings might come from.

For the calming effects, drink plenty of herbal tea (chamomile instead of chai, spicy chai is more energising, as well as cleansing and protecting the body against bacteria and parasites) instead with some honey if wanted. You can also try with medical nicotine (vapes, gum, Swedish pouches are safe, no cancer risk) or Niacin/B3 or frequency music/relaxation/meditation. Deep meditation, especially the more you practice it, can also replace the slightly hallucinogenic effects of alcohol. Meditation, prayer, and

hypnosis are a winning combination. Good YouTube videos to support this exist for free access: <https://www.youtube.com/watch?v=xCJ6z2OPnas>  
<https://www.youtube.com/watch?v=Tg431WRQU7Y>

If serious pain is the problem, such as due to injury, painkillers or medical proper attention for any underlying illness or harm might be needed. For lesser pains, one can try chocolate. Cocoa might have a slight painkilling function. For milder pains, such as emotional pain, a big hot dark cocoa (baking cocoa with milk and sugar or sweetener) might help. Cocoa increases serotonin, which is the happiness and painkilling neurotransmitter.

### Other drugs

Caffeine, the softer cocoa, as legal drugs, versus cocaine, are very similar and fulfil similar functions. Nicotine versus cannabis, the

same. Drug addictions can potentially be remedied by reverting back to the softer drug, even if abuse might occur. Milk is said to be a good anti-hallucinogen for some unknown reason (this is hearsay to me).

### **Nicotine**

The only thing that helped me really with smoking cessation (reduction rather and switching to safe forms for me) was AMPLE SLEEP even if needed LONGTERM and calming meditation music. Niacin might have helped also. When I was on several grams of Niacin a day, I was able to stick to the nicotine gum alone.

Nicotine in itself is not carcinogenic. Nicotine helps brain function (memory, concentration) and mood. The same effects can possibly be achieved with Nicotinic Acid (Niacin, Vitamin B3) which is also used in alternative medicine to treat schizophrenia. Potentially, Niacin could be used as a soft smoking reduction or cessation agent and dementias/ mental disorders treatment agent.

Tobacco-free smoking and artificial nicotine seem to be not causing cancer, no lung cancer and no mouth cancer. The Swedish case (studied more in depth) seems to vouch for this. And nicotine is thought not to cause cancer. If cautious, one can add 1 g or more of vitamin C daily for prevention.

Vitamin C can be taken in tablet form or with the use of 1 or 2 litres of high quality freshly pressed (100% with bits) orange juice a day.

### **Some further general tips**

- 1) Litres of milk a day might help against creaking bones(due to hair cracks or small fractures) and might help bones recovery after major injury. It might also be good for teeth health.
- 2) Vitamin C prevents cancer and all other illnesses in large doses (think 1 to 3 g a day for prevention, or more for treating serious illness) and might even be able to cure HIV. It is an immune booster.
- 3) Red wine might help against anaemia and low blood pressure, particularly in vegetarians and vegans when meat eating is not wanted. Beetroot, pomegranate and other red vegetables might have a similar effect.
- 4) Seawater fish might help weightloss. Iodine is in seawaterfish, seasalt and kelp (seaweed). It controls the thyroid which is responsible for the weight. Maybe eating lots of seafood might help reduce weight, which might be why many Asians are so slim.
- 5) The vegetarian diet is known to prevent cancer. It is also known to prevent heart disease, as moderate red wine consumption does.
- 6) Gelatine (gummi bears) and possibly Omega 3 might be a good remedy for joint problems.
- 7) Magnesium is good for muscles. Hence, it might help with MS and does help with restless leg syndrome (tested on myself).
- 8) Coffee in high daily doses might aid weight loss. Coffee is known to aid weight loss, and it might be responsible for the brown body fat in high consumers, brown body fat is the 'skinny fat' that is responsible for high metabolism. I currently test if high amounts of water daily aid in weight loss if used without any alternative interventions.
- 9) Diabetes might be cured with moving diet into a more protein/vegetable/salad (keto) direction.
- 10) Against intestinal parasites: garlic, citrus, cinnamon, pepper, chillies (see India) and beer (curries with beer). (Possibly to likely, inspired from gardening experiences and my world travel experience, see here: [https:// home.howstuffworks.com/green-living/home-made-organic-gardening-](https://home.howstuffworks.com/green-living/home-made-organic-gardening-sprays.htm)

[sprays.htm](https://home.howstuffworks.com/green-living/home-made-organic-gardening-sprays.htm))

- 11) Against fungi: Milk might help. Not sure. Vinegar maybe. Water and tea fasts. I did not encounter this problem yet.
- 12) Mosquitoes: chilli or hot curries or garlic or cinnamon or all together maybe (that was the food eaten in Nicaragua, chilli con carne each day, for a reason probably. I am not sure they all had to use mosquito nets. Same for India with spicy curries.).
- 13) Dry (steamed) rice (rice cookies, steamed rice, maybe also non-fat popcorn) could help with kidney problems/ kidney failure and overweight due to water. (de-watering/ de-salting).
- 14) Thirst and hunger can induce psychosis. Mohammad's God experiences and Jesus in the desert are examples of psychosis-like experiences and happened in the desert.
- 15) Excess sweet fruit and sugar might cause fly infections. Citrus fruit extracts might help this. Vinegar is used to catch flies.
- 16) Raw onions help bee stings. There is an anti-inflammatory and painkiller in onion. (If I am not mistaken I remember this from my childhood).
- 17) Honey is good for lip care, almond oil good for skin care.
- 18) Cloves, I was told, help tooth pain.
- 19) Honey might be used for anti-inflammatory purposes also and against really very dry skin. But I am not so sure here, I think to remember this from reading about sore joint skin and thinking about what was done in my childhood to trees with broken bark.
- 20) Cheese is probably a sleep aid. That's why most cultures eat it at night.
- 21) Constipation: I use plenty of caffeine, water, and vitamin C to prevent or remedy this. Plenty of fruit and vegetables, the rawer the better, help also. Plenty of fibre (fruit, vegetables, whole grain) is good to prevent bowel cancer, which can develop from lifelong habitual constipation and too much red meat.
- 22) Diarrhoea: Here, the causing agent needs to be found and combatted (hygiene and (maybe mildly) spicy foods with lots of sticky (dry) rice might help. Maybe some moderate beer or alcohol consumption also for adults.) and the nutritional elements that the body needs need to be replenished. I very rarely experience this, but if so, I drink usually a number of cartons of freshly pressed orange juice in such circumstances, and might add a cheese sandwich and maybe some salty crisps: Vitamins, water, minerals, and oils sorted.
- 23) Cocoa might have a slight painkilling function. That is why it is used for heartbreak recovery, because heartbreak is in fact painful. I reckon from self-observation that pure dark cocoa in large doses also potentially could have more painkilling functions, as it increases serotonin (the painkilling happiness neurotransmitter).
- 24) Water with red wine and vitamin C is probably the best blood cleaning concoction. Red wine helps build red blood cells probably, water increases healthy blood pressure, and vitamin C cleanses and helps potentially the formation of the white blood cells. Garlic and the other spices might also have blood cleaning effects.
- 25) For teeth cleaning without brushing (brushing is normally needed, just as an emergency idea): diet coke as drink does not contain sugar and the acid might clean food rests, nicotine gum kills bacteria (I never had caries since I used it), and milk does strengthen the enamel.

- 26) Kidney failure, which can be caused by dehydration or decades of drinking only coffee maybe, was helped in me with a slowly increasing water diet only: lots of water, from none, to 2 to 4 litres a day. I increased relatively rapidly, according to personal wellbeing, feeling, and after one week my kidney function was back to healthy. Caution needs to be taken not to drink more than about 1 litre per hour, as this can cause harm. For smaller persons, the 4 litres might be reduced. I am very tall and large, so 4 litres is appropriate, especially when working and in warmth. I do not know what would help if the replenishing with water fails. Probably nothing, as then the kidney is dead.
- 27) Eye health: eyes need vitamin A for health. Vitamin A is in raw carrots. My dad loves to munch raw carrots for this purpose. Also, for failing eyesight due to old age what works is avoiding sitting in front of a screen all the time and instead getting out into wide open space and stargaze or gaze anywhere else far to sharpen the eyes. This is dependent on the natural surroundings you have, but I always believed this is the natural way to sustain eye health. I myself don't use glasses at age 50. It is even possible that the overuse of glasses and the lack of eye training in wide open space weakens eye sharpening strength and makes you ever more dependent on glasses.
- 28) Winter illnesses (colds, flu, black mould poisoning) might be treated with warm dry room air, and steam baths with herbs (mint or chamomile) for the lungs against inflammation, tea with honey for sterilisation, vitamin C tablets or orange juice for general immune health. If you can afford it, you can add saunas.
- 29) Summer illnesses (stroke, sunburn) might be treated with drinking sufficient fluids (more, if not at least double, the normal 2 litres are needed when active in real heat. We were told in Central America that 4 litres a day when physically working are essential not to suffer stroke), cucumber stripe plasters might help soothe burns, and covering yourself simply with wet cloth at day or night does help in heat waves (wet T-shirt in day, wet sheet to cover you at night). For protection against sunburn, it does also help to paint your body with some sort of thick make up (special make ups in shiny colours can be bought, cream cheese/thick dairy made of sort of make ups are an organic natural funny home made solution that potentially can work - dairy to smoothen the skin, thickness and calcium to prevent the burn), as some glacier skiers and African tribes do against the sunshine (Skiers use the former, African tribes use the latter or similar make up for that, for example).

### Conclusion: The ideal diet

Hence, a vegetarian international diet (lots of vegetables and legumes in curries, chilies, with rice, pasta, bread/pizza, fish, all

on occasion, maybe some meat, but I am personally not convinced it is necessary) with vitamin C and/or some fruit if wanted, and some beer or wine in the evenings, and dairy and coffee and plenty of water with juice and vitamin C, or herbal and green or spicy (chai) tea throughout the day, might be ideal.

I dare to go one step beyond my usual courage and guess: Fruit consumption might mainly be necessary for Vitamin C, water and sugar supply (astronauts version of fruit replacement). The other elements in fruit might be fancy but not so much needed. The likely highest amount of the main vitamins needed for health is vitamin C. B vitamins are also important, but can be taken from grains and legumes. And minerals can be taken from the same, fish and dairy, and vegetables.

All bright watery liquids without caffeine are calming and help nerves and mental problems (milk, water, green tea, chamomile tea, herbal tea). Coffee in excess produces 'fire' according to Ayurveda, like meat and alcohol, and maybe too much hot pepper/chilli. It causes anger and aggression, coffee can alone standing cause voice hearing (schizophrenia), helps with weightloss and energy. Together with other too much fire producing agents, it can cause a domineering personality. Standing alone, it can cause anxiety to paranoia. That herbal teas and such are calming is generally accepted.

I personally assume from experience that the daily recommended values for calories and litres for both men and women are too low for a tall modern person. I tried to live on 2 litres and 2000 kcal daily, but it does not work for me, not even when I was skinny. I usually needed at least 3 litres and more than 2500 kcal. I am 177 cm tall. At the moment I am admittedly very overweight due to Covid and the need to spend some longish time in hospital for my mental health when I fell into alcoholism and war occurred in Britain (Brexit) and I became homeless and had nowhere else to go. But even when I was skinny (70kgs for a 177cm lady), I found the sticking to the daily values extremely painful. I am not even convinced that such skinniness is the key to longevity. Some studies suggest otherwise, and from personal observation I guess that rather fitness/exercise levels than body weight might determine longevity. This, at least, is the trans-generational experience and belief in my family.

Weightloss fads also are harmful, I think. The ideal weightloss program is an as healthy diet as possible and as much exercise as the body takes without signalling pain or intensive boredom. Weightloss fads (I sadly fell into them) mess up the metabolism. They themselves contribute to the development of weight problems, maybe even diabetes, because no one follows diets forever. It is better to not start dieting at all, but rather working on the healthiness of one's body. In that, I follow the Instincto diet preferably. It was invented in the 1990ies. It recommends to consume what your appetite tells you, because your body very well knows what is best for you.

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