

Appendix 2: Food Groups

This list is confined to plant foods. Every living creature that has ever walked, crawled, flown, hopped or swum has at some stage been eaten by some other creature, and so a complete taxonomy of the animal world is not necessary here. It might be useful to consider, however, that many creatures that we consider as pests are consumed rather than poisoned in other cultures. These include grubs, larvae, locusts and other insects, and even deep-fried tarantulas.

Actinidiaceae: Chinese gooseberry or kiwi fruit (*Actinidia chinensis*)

Algae: agar-agar, carrageen, dulse, kelp or seaweed

Alliaceae: chives, garlic, leek, onion, shallot (all *Allium* species)

Amaranthaceae: Chinese spinach or hinn choi (*Amaranthus tricolor*), grain amaranth (*A. hypochondriacus*), green amaranth (*A. viridis*)

Araucariaceae: bunya nuts (*Araucaria bidwilli*)

Arrowroot family, *Marantaceae*: arrowroot (*Maranta arundinacea*)

Arum family, *Araceae*: ceriman (*Monstera*), dasheen (*Colocasia*), taro, malanga, yautia

Asclepiadaceae: bush banana (*Leichhardtia australis*, *Marsdenia vividiflora*)—leaves, flowers, tubers

Banana family, *Musaceae*: arrowroot (*Musa*), banana, plantain

Basellaceae: creeping spinach or basella (*Basella alba*), ulluco (*Ullucus tuberosa*)

Beech family, *Fagaceae*: chestnut (*Castanea sativa*), dwarf chestnut or chinquapin

Birch family, *Betulaceae*: hazelnut or filbert (*Corylus avellana*), oil of birch (wintergreen)

Bombacaceae: durian fruit (*Durio zibethinus*)

Borage family, *Boraginaceae* (herbs): borage, comfrey (leaf and root)

Buckwheat family, *Polygonaceae*: buckwheat (*Fagopyrum esculentum*), garden sorrel, rhubarb (stems only), sea grape

Buttercup family, *Ranunculaceae*: golden seal

Cactus family, *Cactaceae*: prickly pear

Canna family, *Cannaceae*: Queensland arrowroot

Caper family, *Capparidaceae*: caper

Carpetweed family, *Aizoaceae*: Warragul greens (*Tetragonia tetragoniodes*), various pigface (*Carpobrotus* species)

- Carrot family, *Umbelliferae* a.k.a. *Apiaceae*: angelica, anise, carraway, carrot, celeriac, celery, chervil, coriander, cumin, dill, fennel, gotu kola, lovage, parsley, parsnip, sweet cicely, skirret
- Cashew family, *Anacardiaceae*: burdekin plum (*Pleiogynium timorense*), cashew, mango, pistachio
- Citrus family, *Rutaceae*: lime, lemon, orange, grapefruit, citron (*Citrus* and *Microcitrus* species); cumquat (*Fortunella* species)
- Combretaceae*: kakadu plum (*Terminalia ferdinandiana*), native almond (*T. grandiflora*), nut tree (*T. arostrata*), sea almond (*T. catappa*)
- Composite family, *Compositae* a.k.a. *Asteraceae*: alpine yam daisy, boneset, burdock root, cardoon, chamomile, chicory or endive, coltsfoot, costmary, dandelion, escarole, globe artichoke, goldenrod, Jerusalem artichoke, lettuce, pyrethrum, romaine, safflower, salsify, santolina, scolymus (Spanish oyster plant), scorzonera, shungiku (*Chrysanthemum coronarium*), southernwood, sunflower (*Helianthus annuus*), tansy, tarragon, witloof chicory or French endive, wormwood (absinthe), yam daisy, yarrow
- Conifer family, *Gramineae*: juniper (gin), pine nut (pi-on)
- Custard-apple family, *Annona* species: custard-apple, papaw or pawpaw
- Cyatheaceae*: soft tree fern (*Dicksonia antarctica*)
- Cycad family, *Coniferae*: cycad seed (*Cycas media*), Florida arrowroot (*Zamia*)
- Davidsoniaceae: Davidson's plum (*Davidsonia pruriens*)
- Ebony family, *Ebonaceae*: persimmons (Japanese and American), black plum, date plum (all *Diospyros* species)
- Flax family, *Linaceae*: flaxseed
- Fungi, *Agaricaceae*: yeasts, moulds, mushrooms, truffles
- Ginger family, *Zingiberaceae*: cardamon, East Indian arrowroot (*Curcuma*), ginger, turmeric
- Ginseng family, *Araliaceae*: American ginseng, Chinese ginseng
- Goosefoot family, *Chenopodiaceae*: beetroot, chard, quinoa, silverbeet, spinach, sugar beet, tampala
- Gourd family, *Cucurbitaceae*: bitter melon, choko, cucumber, gherkin, squashes (butternut etc.), pumpkins, sweet melons (cantaloupe etc.), watermelons, zucchini
- Grape family, *Vitaceae*: grapes, raisins, wine, wine vinegar, brandy
- Grass family, *Gramineae* a.k.a. *Poaceae*: barley (*Hordenum vulgare*), corn (*Zea mays*), millet, oats, rice, sorghum, triticale, wheat, bamboo shoots, sugarcane, lemongrass, wild rice, woollybutt grass (*Eragrostis eriopoda*)

Heath family, *Ericaceae*: bearberry, blueberry, cranberry, huckleberry, tree strawberry (*Arbutus unedo*)

Honeysuckle family, *Caprifoliaceae*: elderberry

Horsetail family, *Equisetaceae*: shavegrass (horsetail)

Iris family, *Iridaceae*: orris root, saffron (*Crocus*)

Lamiaceae: bush tea leaf (*Ocimum tenuiflorum*), hairy basil (*O. americanum*)

Laurel family, *Lauraceae*: avocado, bay leaf, cassia bark, cinnamon

Legume family, *Leguminosae*, a.k.a. *Fabaceae*: alfalfa (sprouts), beans (numerous varieties), soy beans, peas (numerous varieties), peanuts, lentils, carob, fenugreek, jicama tubers, tamarind

Lily family, *Liliaceae*: Aloe vera, asparagus, bulbine lily or wild onion (*Bulbine bulbosa*), chocolate lily or grass lily (*Dichopogon strictus*)

Linden family, *Tiliaceae*: basswood or linden, melokhia (*Corchorus olitorius*)

Madder family, *Rubiaceae*: coffee (*Coffea arabica*, *C. canephora*), woodruff

Mallow family, *Malvaceae*: althea root, cottonseed oil, roselle or rosella (*Hibiscus sabdariffa*), okra (*H. esculentus*)

Malpighia family, *Malpighiaceae*: acerola (Barbados cherry)

Maple family: sap of sugar maple (*Acer saccharum*)

Mint family, *Labiatae* (herbs): various mints, basil, bergamot, catnip, chinese artichoke, clary, dittany, horehound, hyssop, lavender, lemon balm, marjoram, oregano, pennyroyal, perilla, rosemary, sage, summer savory, thyme, winter savory

Morning-glory family, *Convolvulaceae*: bush potato (*Ipomoea costata*), sweet potato (*I. batatas*), kangkong (*I. aquatica*)

Mulberry family, *Moraceae*: breadfruit (*Artocarpus incisa*), various figs (*Ficus* species), jackfruit, mulberry

Mustard family, a.k.a. Cabbage family, *Cruciferae* a.k.a. *Brassicaceae*: various rockets (*Cakile* species, *Heperis* species, *Eruca* species), broccoli, brussels sprouts, cabbage, watercress, canola, cauliflower, cress, horseradish, kale, kohlrabi, mizuna, komatsuna, radish, rutabaga, turnip

Myrtle family, *Myrtaceae*:

- nectar: various bottlebrush (*Callistemon* species)
- fruit: lilly pillly, brush cherry, durobby (*Szygium* species), myrtles (*Austromyrtus* species)
- edible sap: cider gum (*Eucalyptus gunnii*)

- Nasturtium family, *Tropaeolaceae*: nasturtium
- Nutmeg family, *Myristicaceae*: nutmeg
- Olive family, *Oleaceae*: olive (green or ripe)
- Orchid family, *Orchidaceae*: vanilla
- Oxalis family, *Oxalidaceae*: carambola or star fruit (*Averrhoa carambola*), oxalis or oca (*Oxalis tuberosa*)
- Palm family, *Palmaceae*: coconut (*Cocos nucifera*), date, palm cabbage, sago palm
- Papaya family, *Caricaceae*: papaya
- Passion Flower family, *Passifloraceae*: granadilla or passion fruit
- Pedaliium family, *Pedaliaceae*: sesame (*Sesamum indicum*)
- Pepper family, *Piperaceae*: peppercorn (*Piper* species)
- Pineapple family, *Bromeliaceae*: pineapple
- Pittosporaceae*: appleberry (*Billardiera scandens*), purple appleberry (*B. longiflora*), sweet appleberry (*B. cymosa*)
- Podocarpaceae*: brown pine (*Podocarpus dispersus*), illawarra plum (*P. elatus*), mountain plum pine (*P. lawrencei*),
- Pomegranite family, *Punicaceae*: pomegranate (*Punica granatum*)
- Poppy family, *Papaveraceae*: poppyseed
- Potato family, a.k.a. Nightshade family, *Solanaceae*: tomato, bush tomato, tree tomato, eggplant, capsicum, chilli, potato, tobacco
- Protea family, *Proteaceae*: geebung (*Persoonia* species), bush nut (*Macadamia tetraphylla*), nectar from various banksias, grevilleas and hakeas
- Purslane family, *Portulacaceae*: pigweed or purslane (*Portulaca oleracea*)
- Rhamnaceae*: Chinese jujube (*Zizyphus jujuba*), Indian jujube (*Z. mauritania*)
- Rose family, *Rosaceae*:
- pomes: apple, azarole, crabapple, loquat, medlar, pear, quince, rosehips
 - stone fruits: almond, apricot, cherry, peach (nectarine), plum (prune), sloe
 - berries: blackberry, boysenberry, dewberry, loganberry, longberry, youngberry, raspberry, strawberry
- Santalaceae*: various ballart (*Exocarpus* species), broad-leaved native cherry (*E. latifolius*), quandong (*Santalum acuminatum*)
- Sapodilla family, *Sapotaceae*: chicle (chewing gum)
- Sapucaya family, *Lecythidaceae*: Brazil nut (*Bertholletia excelsa*), sapucaya nut (paradise nut)

Saxifrage family, *Saxifragaceae*: currant, gooseberry

Sedge family, *Cyperaceae*: Chinese water chestnut (*Eleocharis dulcis*), chufa (groundnut), nalgoo tuber (*Cyperus bulbosus*)

Smilacaceae: sweet tea (*Smilax glycyphylla*)

Soapberry family, *Sapindaceae*: akee apple (*Blighia sapida*), litchi or lychee, longan (*Dimocarpus longan*), rambutan (*Nephelium lappaceum*)

Spurge family, *Euphorbiaceae*: candlenut (*Aleurites moluccana*), cassava or yuca (*Manihot dulcis*, *M. esculenta*), castor bean

Sterculia family, *Sterculiaceae*: chocolate (cacao), cocoa, cola nut, kurrajong tree seeds

Tacca family, *Taccaceae*: Fiji arrowroot (*Tacca* species)

Tea family, *Theaceae*: tea (*Camellia sinensis*)

Valerian family, *Valerianaceae*: corn salad (*Valerianella locusta*)

Verbena family, *Verbenaceae*: lemon verbena

Walnut family, *Juglandaceae*: various walnuts (*Jugland* species), hickory nuts and pecan (*Carya* species)

Waterlily family, *Nymphaeaceae*: lotus (*Nelumbo nucifera*)

Wattle family, *Mimosaceae*: seed and edible gum or sap from various wattles (*Acacia* species), mulga (*A. aneura*)

Winteraceae: dorrigo pepper (*Tasmannia stipitata*), mountain pepper (*T. lanceolata*)

Xanthorrhoeaceae: grass tree (*Xanthorrhoea australis*)

Yam family, *Dioscoreaceae*: various types of yam (*Dioscorea* species)

Appendix 3: Gut Health

- *Exclude serious conditions:* See your doctor to make sure you do not have coeliac disease, IgA deficiency, food allergies, helicobacter overgrowth, etc. If helicobacter is found to be present in overgrowth, consider the possibility that *low* levels of stomach acid may be the cause.
- *Avoid food that is picked before it is ripe (green harvested):* It will be high in salicylates and will set you up for salicylate sensitivity.
- *Don't make holes in the gut:* Gluten and dairy sensitivity, sugar, aspirin and chlorine—all increase gut permeability and allow large allergenic molecules through undigested.
- *Chew food:* Mechanical grinding by the teeth is the first major step in digestion. Also, there are enzymes in the saliva which occur nowhere else in the gut. This stage of digestion is lost when you bolt food.
- *Sit down to eat:* By doing this you increase hydrochloric acid production, which facilitates digestion and efficient passage to the duodenum. The acid also helps to kill pathogens, control helicobacter levels and denature toxins. You may need vinegar, lemon or hydrochloric acid tablets from the chemist or health food shop to aid this process. *Antacids may make things worse*, while giving temporary relief.
- *(Pancreatic) enzymes:* Many gut conditions respond to supplementation with digestive enzymes. Pancreatic enzymes are derived from animals and are usually expensive. Vegetable enzymes, such as bromelain and papain, are cheap and often adequate.
- *Acidophilus and bifidus:* These friendly bacteria help the digestive and elimination processes, destroy toxins and keep the bowel mucosa healthy. Get advice from your pharmacist or natural health practitioner. Your gut bacteria use lentils, legumes, asparagus, onions and garlic as their own food source, so feed them some of these foods.
- *Avoid things which destroy good gut bacteria:* This list includes chlorine (therefore filter your water), sugar, antibiotics and food preservatives.
- *Consume things which heal the gut:* Honey, especially from the leptospermum plants, has been shown to be kill undesirable bacteria and encourage regrowth of good bacteria. 'Manuka' is a good variety. Sap from wattle trees was a

traditional Australian Aboriginal food, and serves a similar purpose in the gut. Magnesium, molybdenum, zinc, selenium and EFAs all help heal the gut.

Abbreviations

5HT: 5-hydroxy tryptophan

ACE: angiotensin-converting enzyme

ACNEM : Australasian College of Nutritional and Environmental Medicine; it trains doctors in natural medicine and provides a referral service for the public. See <www.acnem.org>

ADD: attention deficit disorder

ADHD: attention deficit hyperactivity disorder

AIDS: acquired immune deficiency syndrome

ARMD: age-related macular degeneration

ASD: autistic spectrum disorders

BCME: bischloromethyl ether

BH4: tetrahydro biopterin

BMR: basal metabolic rate

BPH: benign prostatic hypertrophy

BSE: bovine spongiform encephalitis (mad cow disease)

COX: cyclo-oxygenase (enzyme)

DGLA: Dihomogamma linolenic acid

DHA: Docosahexaenoic acid

DHEA: dehydro-epiandrosterone

DHT: dihydro-testosterone

DNA: deoxyribonucleic acid: the genetic material of nearly all life forms, with four bases, adenine, thymine, guanine, cytosine

EPA: Eicosapentaenoic acid

FHM: familial hemiplegic migraine

GALT: gut-associated lymphoid tissue

GI: glycaemic index

GORD: gastro-oesophageal reflux disease

HDL: high-density lipoproteins

HRT: hormone replacement therapy

IGF-1: insulin-like growth factor

LDL: low-density lipoproteins

MMR: measles, mumps, rubella

mRNA: messenger RNA

MRSA: multiple resistant *Staph aureus* (resistant to many antibiotics)

NHS: National Health Service (UK)

NK cell: natural killer cell

NNT: number needed to treat

NSAID: non-steroidal anti-inflammatory drug

PAF: platelet-activating factor

PAHs: polycyclic aromatic hydrocarbons

PCBs: polychlorinated biphenyls

PCOS: polycystic ovary syndrome

RCT: random controlled trial

RDA: recommended dietary allowance; see Appendix 1

RDI: reference daily intake; see Appendix 1

SAH: s-adenosyl homocysteine (abbreviated as *adohcy* in some texts)

SAMe: s-adenosyl methionine (abbreviated as *adomet* in some texts)

SHBG: sex-hormone-binding globulin

SCFA: short-chain fatty acid

SCN: suprachiasmatic nucleus

SLE: systemic lupus erythematosus; also known as lupus

SNRI: serotonin and nor-adrenalin reuptake inhibitor

SSRI: selective serotonin reuptake inhibitor

THM: trihalomethanes

tRNA: transfer RNA

VLDL: very low-density lipoproteins

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