

WATERMELON!



Marlenea La Shomb, ND, LMT
Jumpstart Your Health

(406) 333-2332

1201 US Hwy 10W • LIVINGSTON

Every child remembers summer-fun foods—my favorite was watermelon! When my first child was 8 months old, she grabbed my watermelon rind and started teething on it—her first food! Since then, I have watched and studied for information on these wonderful balls of Mother nature's purest water. Here's a sampling.

Starting in 1979, Dr. N.W. Walker, who wrote *Colon Health—The Key to Vibrant Life*, states: "The cause of death is colon neglect. Flush it out! Maintain the water balance in your systems. The human body consists of 65% to 70% water. About one gallon is eliminated every 24 hours and must be replenished."

In 1988, Ann Wigmore, ND, DD, in *The Alchemy of Change*, wrote: "Watermelon is a real treasure! It is classified as both a fruit and a vegetable. It is the most alkaline of any of them. It provides a great aid for overcoming any acid condition. Considering our present hazardous water conditions, watermelon contains the best natural water.

"Watermelon's rind is rich in protein, vitamins A, B & C, enzymes, and minerals. It also contains chlorophyll, which is the ingredient that makes it more easily digestible. Watermelon is beneficial to the urinary tract, bladder and kidneys, helping to eliminate uric acid, and dissolving deposits that have accumulated due to faulty diet and lifestyle."

Interestingly, in 1992, Cherie Calbom, MS, in *Juicing for Life*, wrote: "Watermelon juice is suggested for premenstrual syndrome and cleansing diets."

Jay Kordich, who wrote *The Juiceman's Power of Juicing* in 1993, studied intently under Dr. Walker. He lists melon juice as one of the top, most-important juices and recommends including the rinds, seeds, and all. All melons make delicious, energy-boosting juices, he writes. They have a high density of nutrients in relation to their caloric content. For their full food value, they should be digested without interference from other foods. They are excellent tonics and help with elimination of bodily waste.

Kordich adds that melons contain vitamins A & C, protein, potassium, zinc, and iodine, and vitally important nucleic acids and enzymes that

aid digestion. He then explains the melon-juice advantage, as it fights impotency while it cleanses the urogenital canal, the kidneys, and the bladder, while contributing to a healthy prostate.

Now we go to 1995 and the book, *Curing with Cayenne*, by Sam Biser. He reminds us that the medical expert on dehydration, Dr. F. Batmangelidj, author of *Your Body's Many Cries for Water*, once cured a man of stroke with partial paralysis simply by having him drink water and watermelon juice!

On every level, including biochemically, melon is exactly what our bodies need, since they are balls of purified water. This highly active fluid binds onto poisons of all kinds, flushing them out to allow the immune system to restore itself.

William continues: Having high electrolyte content, melon helps protect the brain and the rest of the nervous system. It reduces heart-attack risk and vascular issues. The water in melon is nearly identical to our blood, making it one of the most hydrating foods we can eat. It is one of the most powerful glucose balancers working to prevent insulin resistance. It is also high in silica, therefore an excellent way to restore ligaments, bones, teeth and hair.

Children love watermelon juice frozen in popsicles or as slushies. How about some watermelon fries? Here is Anthony William's recipe, great for picnics. The lime and chili powder are a great complement, adding zest and flavor.



WATERMELON FRIES:

- One small watermelon cut into "fries"
- Zest from one lime
- One tablespoon lime juice
- One half-teaspoon chili powder

Arrange the watermelon fries on a platter. Add the other above ingredients. Serve immediately.

When enjoying all melons as your favorite summer-fun food, just remember the guideline used by ALL the above authors: "Eat them alone, or leave them alone!" ■

In 1996, Dr. Peter J. D'Adamo, in *Eat Right for Your Type*, emphasizes all chemistries (blood types) do well on watermelon juice and many other melons.

Most recently, in 2020, best-selling author, Anthony William, the Medical Medium, in his latest book, *Cleanse to Heal*, says, "Eating melon is like getting intravenous nutrient therapy, because it leaves the stomach in a very short time, with the rest going immediately into the intestinal tract, fortifying and replenishing the body.