**Power of the Potato**Jim LeBeau Certified Natural Health Care Practitioner

Who would imagine the lowly potato has great power? The potato is a “Heart Healthy Food” says The American Heart Association but they don’t warn that *you must grow and cook it right.* For better control of health small things can make a big difference. Keep reading to learn how to make the potato work for your healthy life and old age, an Idaho spud having only 110 calories per 5.2 oz., no fat, no cholesterol, no gluten no sodium, B6, C, fiber, and potassium.

GROW IT RIGHT – God’s way with natural fertilizers, no pesticides, rich topsoil, 80 trace elements, “organic”. If possible grow your own. There are organic potato farmers but you have to seek them out. If you cannot get organic learn to cook the ones you can buy in your local store right and pray for the day that more of us wake up to God’s way of growing food.

“ALKALINE BROTH” IDEA – to appreciate the potato you need to know that “alkaline broth”, the juice of simmered alkaline vegetables, is recommended by natural healers as a kind of miracle cure for just about everything. The word “alkaline” is the key since pH (concentration of the hydrogen ion) is “one of the most important aspects of homeostasis” per Arthur Guyton M.D. Key minerals are potassium and magnesium. These are the first to go out in urine when under stress. They also go down the drain when you cook a potato or any vegetable and throw the water out. It is reported that “97% of Americans do not meet their daily potassium requirement”. A properly cooked potato has nearly twice the potassium as a banana! With the potato *include the skin* where nutrients are hiding. Getting the potato right will help you avoid cellular dehydration, high blood pressure, and early death.

HOW TO COOK THE POTATO – the worst possible way to cook a potato is by boiling in toxic oil at high temperature - the “french fry” way. The heat turns the starch into acrylamides (carcinogenic) and the oils in deep frying are inflammatory and immunity destroying. Baking is better, but still not ideal. The best way to cook a potato is by boiling in water *but don’t throw the water out* with valuable minerals and nutrients.If you use the potato as part of a stew or soup you get all the blessings, same for other vegetables. The healthiest people on earth in ”blue zones” thrive on stews and soups. The other option is to cook with as little water as necessary without throwing water out then mash with fresh chopped raw onions, a little butter, salt, pepper - a treat everyone loves. The only caution with potatoes is to avoid sprouted eyes and green (not ripened) potatoes for hidden toxins.

The Power of Truth, Listening, Stillness

If you are seriously seeking better health, think simple and whole. How do you cook a potato – eat an apple? What parts do you eat and what gets thrown away? Man does not live by the word of God alone but also by all good things God created to support the health of our bodies, minds, and spirits.

Everyone says “listen to your body”. Not many teach you how to do that. A college degree isn’t necessary, but common sense is. One way to develop more listening power is to develop a *taste for health* with simple things like apples, potatoes, and “alkaline” power in soups and stews This will work to develop deeper powers of listening, maybe even to hear God better. If you still can’t hear or understand what your body is trying to tell you with its aches and pains consider a **Nutrition-For-Life** kit. It can help you learn how to listen to your body by *testing*, not guessing. With just a little testing and knowledge common metabolic and biochemical imbalances can be detected and corrected before morphing into full blown disease. If everyone understood this a cascade of wellness and good health would soon break out all over.

Comments? Send to Jim at lebeaultj@aol.com with “nutrition” in subject box. For a copy of the booklet “Let Your Body Be Your Teacher” that introduces the testing and balancing of key body systems send $5.00 to Perfect Health P.O. Box 132 Waupun WI 53963. For information on **Nutrition-For-Life** kits visit [www.phpower.org](http://www.phpower.org) .