

Dr. Smith **Live**

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Energy Medicine: The New Frontier

Topic: Common sense tips for tuning up your body

- 10 Reasons why pineapples are amazing
- 5 Phenomenal benefits of pumpkin seeds
- Learn why you are more likely to die if you go to a hospital on a weekend

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10 Reasons Pineapples Are Amazing

1. Every Serving Contains 10 Essential Nutrients

That's right, in and around all that yellowy goodness is a ton of different nutrients, including:

- Thiamine: B-1
- Riboflavin: B-2
- Vitamin B-6 (pyridoxine)
- Folate: B-9
- Pantothenic acid: B-5
- Magnesium
- Manganese
- Potassium
- Antioxidants
- Polyphenols (like beta-carotene)

As you get older, people often develop B-vitamin and magnesium deficiencies. Eating pineapple is a great way to combat that trend, while all the antioxidants are great for the health of your heart, cells, and brain.

2. Your Entire Dose of Vitamin C in One Cup

While people typically think of oranges as the best way to get their vitamin C, just one cup of pineapple also gets the job done, giving your immune system a nice boost.

3. The Only Source of Bromelain

The bromelain enzyme breaks down protein and helps to reduce inflammation. Since pineapple is the only known source, it has been eaten for centuries to treat indigestion and inflammation.

4. Reduces Your Risk of Age-Related Illness

Eating more pineapple, and fruit in general, can help with all sorts of age related health problems from macular degeneration to wrinkles. The antioxidants help to fight cancer-causing free radicals, while the nutrients help to prevent harmful deficiencies often caused by old age.

5. Relieves Asthma Symptoms

Beta-carotene is a nutrient found in pineapples that can actually help lower your risk of developing asthma, and can help relieve asthma symptoms. Broccoli, mangoes, pumpkin, carrots, and cantaloupe are also good for the same reason.

6. Improves Fertility

If you are planning to have a baby any time soon, pineapples are a must to have. Vitamin C, beta-carotene, zinc, copper, and folate are all known to help naturally boost male and female fertility and pineapples are full of them.

7. Naturally Lowers Blood Pressure

Bromelain is actually a blood thinner, and so can help you naturally lower your blood pressure. It can even act as a replacement for aspirin, provided you check with your doctor.

8. Gives Your Skin a Healthy Glow

Pineapples are good for you, inside and out. The same things that help your blood pressure, digestion, and immune system, also help your skin. Antioxidants and vitamin C both prevent free radicals from causing skin damage. Plus, vitamin C plays a vital role in forming collagen, which keeps your skin full and elastic.

9. Reduces Inflammation

Since the late 1800s pineapple has been used to treat swelling after surgery, but it can also be used for injuries like sprains and strains, or conditions like tendonitis and carpal tunnel syndrome.

10. Improves Digestion

Pineapples can help with indigestion because of the bromelain they contain and because they are full of dietary fiber. The bromelain helps break down leftover proteins while the fiber can relieve constipation and cleanse the colon.

5 Phenomenal Benefits of Pumpkin Seeds For Your Body

1. Pumpkin Seeds are loaded with Magnesium. Most Americans are magnesium deficient. Being one of the most vital minerals, it is responsible for over 300 different biochemical reactions which are essential for your body to function properly. 1/2 cup of pumpkin seeds contains 92% of your daily value of magnesium.

2. Pumpkin seeds naturally boost testosterone. Pumpkin seeds do wonders for male sexual health. The nutrients contained in pumpkin seeds such as vitamins B, C, D, E, and K play a very important role in libido. Additionally, pumpkin seeds are loaded with zinc which is the power behind high testosterone levels.

3. Pumpkin Seeds Improve Mood and Diminish Hot Flashes. Pumpkin seeds can also help improve your mood as they contain tryptophan which is needed to produce serotonin

in the brain. Pumpkin seeds can also help with hot flashes due to the magnesium, which helps to balance your body temperature.

4. Pumpkin Seeds Can Fight Cancer.

Pumpkin seeds contain compounds known as cucurbitacins (class of bitter steroids, found in plants that is cytotoxic). A New study, found that these compounds are known to fight cancer and kill different types of cancer cells.

5. Pumpkin Seeds can help you with Insomnia. Tryptophan, contained in pumpkin seeds, is an amino acid that aids in the production of melatonin and serotonin, which is responsible for our sleep/wake cycle. Thus, eating pumpkin seeds will help you fall asleep easier.

Shocking study reveals patients who go to the hospital on a weekend are more likely to die within 30 days. The report also showed that weekend admission elevated the odds of a longer hospital stay. According to the researchers, this weekend effect stemmed from a lack of inpatient and outpatient services during weekends. The experts stressed that more seasoned senior doctors were rarely available on Saturdays and Sundays. The report highlighted the staff shortage during weekends, which negatively impacted certain procedures such as x-rays, blood tests, and vital scans.