

WILD FOODS

WILD FOOD ADAPTOGENS

Although I wish I had the perfect “cancer-curing diet”, there are some incredible wild foods that can be highly beneficial to your body, especially during a stressful time. These nutrient-dense foods are packed with adaptogens, as they're crucial to helping our bodies adapt to stressful events that come our way, such as a cancer diagnosis.

Wild foods – or foods so close to their wild form that they provide the same benefits – can transform your health. Here are three of the best wild and near-wild foods you can add to your routine to protect yourself.

WILD BLUEBERRIES

These little gems are the top health tonic you can find. Turn to wild blueberries for immune system support, tissue repair, anti-aging, digestive cleansing, ADHD management, extraction of heavy metals from your system ... the list goes on. You also want these in your toolkit for the prevention of brain diseases such as Alzheimer's. Perfect in smoothies, wild blueberries can be found fresh or frozen at the market.

NETTLE LEAF

Amazing for detoxification, headache relief, and support of the endocrine and central nervous systems, nettle is one of the best herbs for healing and prevention, period. Turn to nettle for alleviation of chronic fatigue, joint and muscle pain, and emotional distress. Its anti-inflammatory properties are astounding, and its vital micronutrients make it an essential part of your regimen. Nettle leaf is readily available as a tea herb, or as capsules.

DANDELION GREENS

The tenacity that makes dandelions a rampant weed is about to make it your new best friend. Rich in protein, dandelion greens are wonderful for cardiovascular support, cleansing the blood, fighting off bugs, and remineralization. They're also a fantastic anti-radiation remedy. Add dandelion greens to stir-fries and salads. You can harvest them locally if you're sure they're from a lawn or garden that has not been sprayed with herbicides or pesticides. Otherwise, find fresh dandelion greens in your grocery store's produce section, or buy it dried and brew dandelion tea.

Other items you can throw into the mix include **thyme, oregano, rose hips, Atlantic dulse, and all (edible) varieties of wild berries.**

- Written by Kathryn Holly Mott, RD, ONC