

Alfalfa: "The Father of Foods"

August 7, 2008

While the word "Alfalfa" frequently evokes [this image](#), alfalfa is known as both "[king of the herbs](#)" and "[the father of all foods](#)" because of its remarkable nutrition.

Alfalfa is high in:

- [Sterols](#) to help lower cholesterol.
- [Flavonols](#) to help maintain heart health
- [Fiber](#) to help keep your blood vessels healthy
- [Vitamin K](#) to help fight inflammation and control blood sugar

Because the roots of the alfalfa plant go 40-60 feet down, they are very high in minerals including

- [Calcium](#) for both bone health and digestive health. Alfalfa is so high in calcium that it can be a substitute for milk.
- [Magnesium](#) to help with blood pressure and colorectal health
- [Potassium](#) for blood sugar health
- [Zinc](#) to provide 3 crucial benefits for your health

If you can't eat alfalfa, I highly recommend [NOW Foods Alfalfa Powder](#) as your most bang-for-your-buck nutrition powder (Thanks to [my brother Mike](#) for the artwork!)



Have a Question
About This Newsletter?

Call (631-352-7654)

or email

[\(PitchingDoc@msn.com\)](mailto:PitchingDoc@msn.com)

Dr. Arnold!