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Written by Wally Richards.

## THE DOCTRINE OF SIGNATURES

Recently a reader sent me an email that linked to a web site about the Doctrine of Signatures.

Herbalists in days gone by found that certain whole foods or herbs had a 'signature' which indicated to the wise, what part of the human body that particular food was good for either in healing or to fortify.

The web site gave a range of whole foods and explained what part of the body the food looked similar too and now with modern science we can determine the truth of these ancient beliefs.

Here are some examples:

When you slice a Carrot through the section looks like the human eye. The pupil, iris and radiating lines look just like the human eye. Science now shows that carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart is red and has four Chambers. All of the research shows tomatoes are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the Research today shows that grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and they look exactly like the Human kidneys.

Celery, Bok Choy, Rhubarb and others look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough Sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

Eggplant, Avocados and Pears target the health and function of the womb and cervix of the female - they look just like these organs.

Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 phytochemical constituents of nutrition in each one of these (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries

Grapefruits, Oranges, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

A small raw onion eaten everyday will aid in lowering cholesterol levels. With white

onions chop up and mix with honey or eat a milder red onion.

Bananas, Cucumber and Zucchini target the size and strength of the male sexual organ.

Peanuts have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts. So men, if the need is there, start eating raw peanuts.

Talking along the same lines there is an old Scottish saying that goes something like this; "He is sowing his wild oats" and interestingly oats assist in virility and many Scots love their porridge.

If you put the words, "Doctrine of Signatures" into a search engine on the Internet you will come up with similar to the above and many other examples of where certain foods or their colours, shapes etc pertain to different aspects of the human body.

Happy gardening.

Problems ring me at 0800 466464 (Palmerston North 3570606)

Email [wallyjr@gardenews.co.nz](mailto:wallyjr@gardenews.co.nz)