

Anaida's Summer salad

This salad is excellent for people with headaches and hypertension (It also helps blood pressure and blood sugar, for those please remove salt from the mix.)

Headaches could have many causes. Some of the common ones are dehydration, low levels of Potassium and Magnesium. Some could be Hormonal (specially before periods) Next time instead of popping a pill consider adding water , potassium and magnesium rich foods to your diet on regular basis.

This salad recipe includes ingredients that are hydrating and also contain headache relieving properties such as potassium and magnesium. It also helps if you are suffering from a party hangover.

It makes an excellent lunch for weight watchers as well.

Please note: these are not meant to be medical advise. Please consult your physician.

Ingredients

Water melons

Rocket leaves

Walnuts

Feta cheese

Hemp seeds

Sunflower seeds

Balsamic vinegar

Sesame seeds

Olive oil

Salt and pepper

Micro greens (optional. I like to use sunflower micro greens)

Preparation

Cut your watermelons into cubes. Chop rocket leaves o a desirable size and add walnuts, sunflower seeds and sesame seeds.

In a small container mix Olive oil, salt and pepper, balsamic vinegar and your feta cheese to make a dressing. (you can add feta cheese in chunks instead if you so desire)

Roast your hemp seeds in a dish on fire with some salt and add on top of your salad for some awesome crunch. Add micro greens as garnish.

Rocket leaves (Arugula)

This hydrating leafy vegetable is an incredibly powerful green. Packed with nutrients and a unique peppery taste. Eating it raw helps your body absorb the

maximum amount of vitamin C and chlorophyll from this low calorie veggie.
(approx. 0.5 calories per leaf)

90% water it's a hydrating leaf.

It also contains high levels of copper and iron. It is also high in potassium, a mineral that is crucial for life, known best to improve cardiovascular health. Potassium is known to help migraine headaches.

This healthy leaf enhances the sensory system and stimulates the body's touch responses. It was considered a powerful aphrodisiac in ancient Rome.

Watermelon

One of the major causes of headache is dehydration and often we don't realize it until after. Highly hydrating watermelons help in headaches caused by dehydration. They also contain magnesium and potassium which help in relieving headaches.. low-calorie fruit high in some nutrients, especially carotenoids, vitamin C and cucurbitacin E.

Walnuts

Good source of the essential fatty acid omega-3. They also contain iron, selenium, calcium, zinc, vitamin E and some B vitamins walnuts have many benefits. Eating 4 walnuts a day actually can help you lose weight by balancing your metabolism. Rich in headache-soothing magnesium. walnuts contain a fair amount of vitamin E, which helps to control headaches brought on by hormonal fluctuations. Good for heart and brain and bone health, they boost immunity, help inflammation and constipation. Also fabulous for your skin and hair. Eating a small amount of alnuts everyday actually helps in weight loss.

Sesame seeds

These packed with nutrition tiny seeds are rich in vitamin E that helps stabilize estrogen levels and could help prevent migraines prior to your periods. They are rich in Magnesium which helps in preventing headaches and also improve in circulation which adds to its headache relieving powers. It's also rich in L-arginine, a precursor of nitric oxide, the same naturally occurring gas found in cherries, believed to help tension and migraine headaches.

Sunflower seeds

Great source of Vitamin B, Vitamin E, ulron, calcium, Potassium, Magnesium, Zink, manganese, protein, copper and other minerals. They are a power house of good stuff. Contains Selenium which is a great antioxidant and good for thyroid health. Helps support bone health and regulating blood sugar. Supports the

health of your skin. It's a mood elevator due to healthy amount of magnesium as it helps reduce stress hormone cortisol. Helps promote hair growth. Helpful in controlling blood pressure and helps Hyper tension as well. Do yourself a favour and add them to your salads and snacks today!

Balsamic vinegar

Helps weight loss. Helps blood circulation and regulates blood sugar as well as blood pressure. Contains powerful antioxidant called polyphenols which fight cell damage and boost your immune system. Improves digestion. Helps hypertension. Great for skin ,the antioxidant in Balsamic have also the potential to protect against heart disease, cancer, and other inflammatory conditions

Olive Oil

Consumed in its natural form (not heated) is one of the best fats you could treat your body to. Rich in antioxidants it also has strong anti-inflammatory properties. There are many studies showing people who consume Olive oil regularly have a much lower chance of developing strokes. It protects against heart disease. Lowers blood pressure. It's a great oil for people who are weight conscious as it does not cause weight gain and obesity. Some studies claim it helps Alzheimer's disease.. Observational studies and clinical trials suggest that olive oil, combined with a Mediterranean diet, can reduce the risk of developing type 2 diabetes as well. Olive oil is rich in antioxidants , studies are under way for its cancer fighting properties. It has anti bacterial properties and known to particularly help stomach ulcers. It is easily one of the best fats on the planet!

Micro greens

I like to use sunflower seeds micro greens in this, The taste is awesome and it has all the goodness of the seeds multiplied!

