

---

## Mesonutrients - How To Activate Your Superfoods

Oh hey, have you heard of the new trend, mesonutrients? Meso means middle or inside in Greek. We have micronutrients, which are vitamins, minerals, and trace minerals that the body needs in small amounts. Then, we have macronutrients, which are carbohydrates, protein, and [00:00:30] fat, which the body needs in large amounts. But now, today I'm here to talk to you about a third type of nutrients that is hitting the scene called mesonutrients. They're a new group of nutrients that are being recognized as the keys, the active compounds, which are going to unlock the health benefits of superfoods. Are they new? Not necessarily. But simply said, they're the active compounds found in the [00:01:00] superfoods that we love so much.

So, today we're gonna talk about five examples of the most powerful mesonutrients. The first one is curcumin, which is the active ingredient in turmeric. It has amazing benefits for the brain, such as boosting brain function and lowering the risk of developing brain disease. You need curcumin in your life. It's a fat soluble compound, which also makes it [00:01:30] a great supplement if it's taken or eaten with fatty food items.

The next one you may have not heard of before is called EGCGs. That stands for epigallocatechin gallate, some big, crazy long word that you don't need to remember at all. But what you do need to remember is that is the active compound in green tea, which is what makes high-quality green tea, especially matcha, [00:02:00] a true superfood, because of this active compound or the mesonutrients it contains. Healthy tannins in green tea or in matcha have proven cancer preventing benefits. Also, EGCG has been studied as a known antioxidant that prevents damage caused by free radicals. Free radicals are often the cause of the development of cancer cells because they lead normal [00:02:30] cells into going haywire. EGCGs help in controlling the damages, and thus ensuring that your cells can remain strong, intact, and in optimal health. Even at a low dose, EGCG also tremendously helps with regulating blood sugar levels after meals.

Next, we have our favorite, anthocyanins, that are in these beautiful blackberries. [00:03:00] They're also in blueberries, anything blue or purple. It's another strong antioxidant that not only fights free radicals, it can help induce normal, healthy cellular function. It's a good prevention for viral infections, promotes a stronger immune system, and you're gonna help prevent the formation of chronic diseases such as heart disease. Anthocyanins, these wonderful mesonutrients, are flavonoids that [00:03:30] are often found in anything purple, red, or blue in pigmentation.

Next, we have not a food, but a pill. I brought some berberine to talk to you about. Berberine is found in goldenseal, Oregon grape, and barberry. The bioactive compound in these plants is berberine, which has been clinically proven to support blood sugar regulation, healthy weight loss, and healthy cholesterol. Berberine acts by binding [00:04:00] itself with a cell and restructuring its function, making its health benefits more pronounced. Berberines are known to reduce the buildup within the liver, which can lead to fatty liver disease. Really helpful, a lot of people are getting fatty liver disease. And it's also been known to help fend off microorganisms such as bacteria, viruses, parasites, fungi, from those types of infections. We also use it at The Whole Journey to control SIBO and Candida, two [00:04:30] different intense gut infections. Now, if you struggle with either of these, consider trying 500 milligrams of berberine two to three times a day for three weeks to a month. You wouldn't want to stay on an antibiotic for a long time. You don't want to stay on anti-pathogenics for a long time, either.

The last group of mesonutrients we're talking about is lycopene. This is an antioxidant or a carotenoid and phytochemical found in red foods, red colored fruits and vegetables. [00:05:00] Tomatoes and strawberries and pomegranates, and all of your wonderful red fruits and vegetables are gonna be awesome for cardiovascular health. One of the most well-known mesonutrients is lycopene. It's an antioxidant that fights off oxidative free radical damage, and therefore it helps in preventing the development of certain chronic diseases, such as diabetes, Alzheimer's. It lowers the risk of prostate cancer, and [00:05:30] it's helpful in reducing pain caused by nerve and tissue damage.

At The Whole Journey, our focus is using food as your medicine whenever possible. These are easy mesonutrients to get in your diet in a more concentrated form, so that you don't have to take supplements. You can use food as your medicine. If you want to get them in higher amounts, the only things here that you can take in pill form are gonna be the berberine and the curcumin. [00:06:00] There you have it, friends, five mesonutrients for you to get in your diet to activate the key compounds of your superfoods. Thank you so much for watching, and we'll catch you next time on Food As Medicine TV.