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Michelle Forum

Do You Want Big Muscles? Eat Spinach to Get Them.

At least 1 kg (2.2 pounds) daily will do the trick

In the end, they were right when they gave Popeye, the cartoon sailor, spinach instead of garlic as enhancement for his supernatural powers. For long, spinach was said to be rich in calcium and iron (later researches proved this was just rubbish), but a new research has, for the first time, proved its ability to boost strength, as signaled by NewScientist. The team led by Ilya Raskin, from the Rutgers University in New Jersey, has discovered that out of all the chemicals contained in spinach, phytoecdysteroids (a type of plant steroids) do spur muscle growth by increasing the body's conversion of protein into muscle mass. However, don't rush to the market just yet: these effect could be felt only if humans were to consume over 2.2lb (one kilogram) of spinach daily. Phytoecdysteroids placed on samples of human muscle increased their growth by up to 20%. Rats that had received shots of phytoecdysteroids for an entire month were also more powerful and had increased grip strength. 100 grams of spinach contain 510 mg of sodium, 375 mg of potassium, 49 mg of calcium, 37 mg of magnesium, 29 mg of sulfur, 0.6 mg of manganese, 0.45 mg of zinc, 0.13 mg of copper, vitamins B and C, carotenes (precursors of vitamin A), spinacine, carbohydrates, proteins and lipids. Spinach is also rich in vitamin K, and has been proved to help people stay or become slim, by decreasing the digestion of fat and inducing the sensation of feeling fuller for a longer period of time. This plant can also increase brainpower by keeping the mind alert. Consuming spinach is also good against eye diseases. Spinach is a good heart tonifier and an anti-cancer, anti-anemia, anti-scurvy and re-mineralizing aliment. It also prevents gum and teeth infections, and bleeding - the latter condition being caused by a diet rich in cereals, sugar and starch. This aliment also detoxifies the organism, being beneficial in case of duodenal ulcer, convulsions, nerve degeneration, furuncles, deficiencies of the adrenal and thyroid glands, nephritis, arthritis, abscess, limb swelling, hemophilia, lack of tonus, rheumatic pain, hypo- and hypertension, vision issues and headaches (including migraines).