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[The Secret for Popeye's Power](#)

Spinach and health

The brave cartoon sailor based his power on spinach consumption or at least, that's what we know. But what's real the story behind all that? Spinach is an annually cultivated herbaceous plant with a taproot of up to 1.8 m (6 ft) long. The leaves are fleshy and dark green, reach in minerals, nutrients and vitamins. One plant has 8 to 12 of them. 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. Contrary to widespread opinion, spinach is not rich in iron (amongst plant foods, legumes have a relatively higher iron content, but much lower than animal products). The spinach is a good heart tonifier and an anti-cancer, anti-anemia, anti-scurvy and re-mineralizing aliment. Spinach 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 migraine). Because spinach is rich in oxalic acid, it leads to purgation, which ensures a normal function of the intestine. Spinach can be consumed fresh in salads, associated with lemon juice and honey, or as juice (mix in a cup 90 g of spinach juice mixed with 130 g of carrot juice and serve each morning). This vegetable is also recommended in depressions, nervous and physical asthenia, scurvy and senescence and for growth stimulation. In case of depression, a cup of juice made of spinach and garden cress (in equal parts) must be drunk for 21 days, each morning on an empty stomach. A daily dose of 500 ml of spinach juice cures even the most severe constipation rapidly, while at the same time healing the digestive tract. The effect is felt in 6 weeks. In some cases, spinach consumption does a body no good. Boiled spinach increases oxaluria and oxalemia. Spinach must be avoided by hyperuremic persons, as 100 grams of spinach contain 700 mg of uric acid. As the spinach is rich in potassium, which must be excreted by the kidneys, sufferers from kidney issues should avoid it. Spinach is also not recommended in cases of hepatitis, rheumatism, arthritis, gastric and intestinal inflammations and oxalic stones (made of potassium or calcium oxalates).