Dr.Patrick Quillin
PhD,RD,CNS

50 POWERFUL HEALING FOODS
that the Drug Companies Would like to Patent



Important Disclaimer:
This guide highlights foods with scientific evidence showing benefits for common health issues, often comparable to or supportive of medications — with fewer side effects in many cases. However, food is not a direct replacement for prescribed drugs. Always consult your doctor before making changes, especially if you have a medical condition or take medications. These are for prevention and support, backed by studies (references available online via PubMed, Healthline, etc.).

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Inflammation & Arthritis Pain

1. **Turmeric (Curcumin)** – Matches ibuprofen/NSAIDs in reducing joint pain (multiple RCTs).
2. **Ginger** – Anti-inflammatory effects rival NSAIDs for osteoarthritis.
3. **Boswellia (Frankincense)** – Resin extract as effective as some pain meds for arthritis.
4. **White Willow Bark** – Natural salicylate similar to aspirin for pain.
5. **Tart Cherries** – Reduce inflammation and gout attacks better than some meds in studies.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Nausea (Morning Sickness, Chemo, Motion)

1. **Ginger –** Often outperforms anti-nausea drugs like Dramamine.
2. **Peppermint –** Soothes stomach and reduces nausea effectively.
3. **Lemon –** Aromatherapy or ingestion calms nausea quickly.

Liver Health

1. **Milk Thistle –** Protects liver comparably to some drugs.
2. **Artichoke –** Supports detoxification.

Bone Health

1. **Prunes –** Prevent bone loss in postmenopausal women.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Cough & Sore Throat

1. **Honey –** As effective as dextromethorphan (cough suppressant) in studies, especially for kids.
2. **Licorice Root –** Soothes throat and reduces postoperative cough.
3. **Thyme –** Herbal tea as good as some syrups for cough relief.

Digestion & Gut Health

1. **Yogurt/Kefir (Probiotics) –** Better than supplements for gut balance.
2. **Sauerkraut/Kimchi –** Fermented for microbiome health.
3. **Pineapple (Bromelain) –** Aids digestion and reduces bloating.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



High Blood Pressure & Cholesterol

1. **Garlic –** Lowers BP and cholesterol naturally, comparable to some meds.
2. **Beets –** Nitrate-rich; lowers BP like some antihypertensives.
3. **Hibiscus Tea –** Reduces BP as effectively as some ACE inhibitors.
4. **Oats (Beta-Glucan) –** Lowers cholesterol better than some statins in diet contexts.
5. **Avocado –** Healthy fats improve lipid profiles.
6. **Hawthorn Berry –** Supports heart health and BP regulation.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Heart Health & Triglycerides

- **Fatty Fish (Salmon, Omega-3s) –** Rivals prescription fish oil for lowering risks.
- **Nuts (Almonds, Walnuts) –** Reduce heart disease risk significantly.
- **Dark Chocolate (70%+ Cocoa) –** Improves endothelial function and lowers BP.

Oxidative Stress & Overall Inflammation

1. **Berries (Blueberries, Strawberries) –** Antioxidant powerhouses rival supplements.
2. **Broccoli (Sulforaphane) –** Detox and anti-cancer properties.
3. **Green Tea (EGCG) –** Strong antioxidant, reduces inflammation.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Blood Sugar & Diabetes Support

1. **Cinnamon –** Improves insulin sensitivity, comparable to some meds.
2. **Berberine-Rich Foods (e.g., Barberry) –** Similar to metformin in glucose control.
3. **Bitter Melon –** Lowers blood sugar in studies.
4. **Fenugreek –** Helps regulate glucose and insulin.

Headache & Migraine

1. **Feverfew –** Prevents migraines like some prophylactics.
2. **Magnesium-Rich Foods (Spinach, Nuts) –** Reduces frequency.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Anxiety & Mood

1. **Saffron –** As effective as some antidepressants for mild depression
2. **Dark Leafy Greens (Folate) –** Support mood via B vitamins.
3. **Fermented Foods (Kimchi, Yogurt) –** Gut-brain axis improves anxiety.

Sleep & Insomnia

1. **Cherries (Melatonin) –** Natural sleep aid.
2. **Bananas –** Magnesium and potassium for relaxation.

Skin Health & Acne

1. **Zinc-Rich Foods (Pumpkin Seeds) –** Heals skin like supplements.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Immune Boost & Infections

1. **Elderberry –** Reduces flu duration better than some antivirals.
2. **Echinacea –** Shortens colds in meta-analyses.
3. **Citrus Fruits (Vitamin C) –** Supports immunity.
4. **Mushrooms (Reishi, Shiitake) –** Beta-glucans boost immune response.

Allergies

1. **Local Honey –** May desensitize like immunotherapy (anecdotal + some evidence).
2. **Quercetin-Rich Foods (Onions, Apples) –** Natural antihistamine.

***

Dr.Patrick Quillin PhD,RD,CNS

50 Powerful Healing Foods that the Drug Companies Would like to Patent.



Energy & Fatigue

1. **Beetroot –** Boosts stamina like nitrates in meds.

Eye Health

1. **Carrots/Lutein Foods (Kale) –** Support vision.

General Wellness

1. **Olive Oil –** Mediterranean diet staple for longevity and reduced disease risk.

***

Dr.Patrick Quillin PhD,RD,CNS

Thank You

Important Disclaimer:

This guide highlights foods with scientific evidence showing benefits for common health issues, often comparable to or supportive of medications—with fewer side effects in many cases. However, food is not a direct replacement for prescribed drugs. Always consult your doctor before making changes, especially if you have a medical condition or take medications. These are for prevention and support, backed by studies (references available online via PubMed, Healthline, etc.).