

## POTATOES AS A REMEDY

Not everyone wants to carry a potato in their pocket or purse, but maybe we should. Potatoes can be used in dozens of cases of sickness or injury. Here are a few proven easy-to-follow home remedies you can try.

**DIABETES** - Many diabetics are overweight. Their bodies must have a steady supply of complex carbohydrates, but not in excessive quantities to avoid creating much sugar in the blood. On a potato diet, diabetics can lose weight without any harmful side effects.

**KIDNEY PROBLEMS** - To avoid having to resort to dialysis, people whose kidneys fail to excrete waste products must eat little protein, which must also be of high quality. Because of its biological efficiency, the potato is good for kidney patients. It is excellent for urinary tract infection as well, alkalizing the mucus membranes and causing bacteria to be passed out in the urine.

**GOUT** - Gout, the so-called "rich man's disease", is caused mainly by consuming too much meat and animal fat. One of the symptoms is the overproduction of uric acid. The most important part of treatment is a diet low in this acid. Potatoes contain very little uric acid and therefore, can be the main ingredient in an anti-gout diet.

**HIGH BLOOD PRESSURE** - When certain bodily functions are disturbed, the kidneys excrete insufficient sodium, which leads to raised blood pressure or hypertension. Sufferers are prescribed an extremely low-sodium diet. This means eating foods naturally low in sodium and avoiding or restricting the use of salt in their preparation. Potatoes are the perfect low-sodium food, so patients with blood pressure are urged to include frequent "potato days" in their diet.

**CELIAC DISEASE** - While doctors say there is no cure for this intolerance of any type of grain, sufferers find potatoes easy to take, and make them a dietary mainstay.

**DIARRHEA** - Eat some unsalted potatoes mashed with water

**INDIGESTION** - Eat potatoes raw, about 1/2 cup

**HEARTBURN AND GAS** - Drink freshly squeezed potato juice first thing in the morning.