

Purslane Portulaca Reglat-hagina A
miracle herb -vegetable

From the book of James Duke: The green
Pharmacy

See my story why I choose Portulaca
,many years ago for flu and
Corona-Covid-19, when this started.

A collection of all benefits from
Portulaca from the book;

Purslane (Portulaca oleracea).

Exceptionally rich in antioxidants,
purslane is the top herb that pops up
in my database when I'm looking for
combinations of the antioxidant
vitamins A, C and E. It's also rich in
the compound
glutathione, which is both a powerful
antioxidant and an immune
system booster

Eat at least one big salad a day. You can use both wild greens—things like purslane, if you have access to them—and a variety of domestic salad vegetables, such as spinach and chicory. Green leaves are chock-full of antioxidant nutrients that help protect you from heart disease, cancer and other degenerative diseases that tend to come on as we age. Usually, the greener the leaf, the more antioxidants it contains, so fill up on those dark, leafy greens

Vegetables rich in glutathione include asparagus, cabbage, cauliflower, potatoes, tomatoes and purslane. Fruits with healthy amounts include avocados, grapefruit, oranges, peaches and watermelon.

Looking for herbs with the largest amounts of anti-asthma compounds, I found that licorice and tea were the big winners. Cacao, cardamom, coffee, cola, onion and purslane looked relatively rich.

Purslane (*Portulaca oleracea*) and other foods containing magnesium. Magnesium is an important mineral for muscles, bones and connective tissues. And since leafy green vegetables are a good source of magnesium, I've created a Magnesium Medley Salad. To make it, include any of the following ingredients to which you have access, in whatever amounts are pleasing to you: fresh purslane, green beans, spinach and lettuce. And throw some poppy seeds into the dressing; they also contain magnesium.

My Cancer Prevention Herbal Salad now includes garlic, onions, red peppers, tomatoes, red clover flowers, chopped cooked beets, fresh calendula flowers, celery, fresh chicory flowers, chives, cucumbers, cumin, peanuts, pokesalad, purslane and sage.

According to estimates I've seen, more than 70 percent of Americans may get insufficient magnesium. Maybe that's why we have so much arrhythmia. Scientists note that magnesium, at doses of 250 milligrams a day, helps prevent cardiac arrhythmia.

Purslane is very rich in magnesium (nearly 2 percent on a dry-weight basis).

Green beans, poppy seeds, oats, cowpeas and spinach are also good sources. In season, I cook purslane like spinach and eat several ounces at a time.

Purslane (*Portulaca oleracea*). Purslane is high in all of the nutrients that help prevent cataracts—vitamin C, vitamin E, carotenoids and other potent antioxidants, notably one known as glutathione. Just a half-cup of fresh purslane contains healthy amounts of beta-carotene and vitamins C and E. Fresh purslane can be awfully hard to come by if you don't grow it yourself. If you have a garden, however, you might consider including it in your next planting. I recently transplanted a thick bed of purslane seedlings to the main part of my garden. I'll eat it in soups and salads or like spinach for the rest of the year.

Purslane (*Portulaca oleracea*) and other foods containing

magnesium. People who advocate juicing for health often stress the importance of getting magnesium from greens to boost stamina and energy. If you want to get

more magnesium, try purslane, string beans, spinach, cowpeas, lettuce, stinging

nettle, poppy seeds, licorice root and coriander.

You could just take a magnesium supplement (the Daily Value is 400 milligrams), but personally, I'd much rather eat a purslane/string bean/spinach salad with poppyseed dressing. With supplements, you get one mineral or a few plant chemicals (phytochemicals), but with whole herbs, you get every therapeutic phytochemical in the plant—possibly hundreds

Purslane {Portulaca oleracea}. Many

people get the urge to eat when they are depressed. And eating just might help—if you eat the right foods. Foods containing the minerals magnesium and potassium have been shown to have antidepressant effects. Purslane, which is very rich in these minerals, is also high in other constituents with antidepressant value, including calcium, folate (the naturally occurring form of folic acid) and lithium. In fact, purslane contains up to a whopping 16 percent antidepressant compounds, figured on a dry-weight basis.

Working with my database, it's clear that purslane is just one of several salad ingredients that might help relieve depression. Hence, my Un-Sad Salad:

lettuce, pigweed, purslane, lamb's-quarters and watercress. I'd also be sure to

use a little thyme in the dressing, as it's very high in the antidepressant mineral lithium.

Purslane (*Portulaca oleracea*). Foods high in magnesium and vitamin C have often been recommended for treating gum disease.

Used by herbalists in the Middle Ages, licorice is now often suggested for relief of colds, sore throats and ulcers as well as gingivitis. Because I am a big fan of spinachlike purslane,

I can't help suggesting it as a good source of magnesium. Several other herbs, including coriander, cowpeas, dandelion, licorice root, lettuce leaf, poppy seeds, spinach, stinging nettle greens and string beans are high in magnesium as well. Which brings me to my Magnesium Medley for keeping gingivitis at bay: Steam a mixed mess

of dandelion, stinging nettle greens, purslane and spinach) leaves. (Reminder: You'll need to wear gloves when harvesting nettle greens, but the stinging hairs lose their sting when the leaves are cooked.)

Purslane (*Portulaca oleracea*) and other foods containing magnesium. Nutritionists suggest getting 600 milligrams of magnesium a day if you're prone to headaches. (The Daily Value is 400 milligrams.) I am particularly interested in magnesium's relationship to headache, because magnesium deficiency has been found in people who have frequent tension headaches or migraines.

Also, according to a Gallup survey, an estimated 72 percent of Americans report having a magnesium intake that would result in deficiency. Could

there be a connection between the prevalence of low magnesium and headache? Perhaps. It certainly shouldn't hurt to get more of this vital mineral in your diet.

Besides leafy greens like purslane, legumes and whole grains are good food sources of magnesium. In my database, purslane is the clear leader in this nutrient with nearly 2 percent magnesium on a dry-weight basis, but green beans, poppy seeds, oats, cowpeas and spinach are close behind.

Purslane (*Portulaca oleracea*). I promote tasty, spinachlike purslane at every opportunity, and here's a good one. This easy-to-grow garden vegetable is our best leafy source of beneficial compounds known as omega-3 fatty acids.

Omega-3's help prevent the blood clots that trigger heart attack. They're the

reason that people who eat a lot of cold-water fish like salmon, which is a prime

source of these oils, have low rates of heart disease.

In addition, purslane is extremely well-endowed with antioxidants, which also help prevent heart attack as well as cancer.

Finally, these greens contain calcium and magnesium in a one-to-one ratio.

I've already mentioned that calcium is good for the heart, but calcium is most protective when you take it in a one-to-one combination with magnesium. That's a good argument for eating lots of fresh, leafy purslane. I eat it raw in salads or steam it, just like spinach.

Purslane (*Portulaca oleracea*) and other foods containing magnesium. In a letter to the British

medical journal Lancet some years ago, a British biochemist with MS said that supplemental magnesium by itself worked better for him than all other supplemental vitamins and minerals. He took 375 milligrams a day. (The Daily Value is 400 milligrams.) This is just one man's

story—an anecdote—even though it comes from a biochemist and was printed in a respected journal. Still, from my point of view, it means that purslane and other sources of magnesium are worth trying. I know I would try them if I had MS.

If you'd like your magnesium from an herbal source, purslane is the herb richest in this mineral, at nearly 2 percent on a dry-weight basis, followed by poppy seeds, cowpeas and spinach. I steam purslane like spinach and eat it raw in salads. A heaping serving of steamed greens could

provide as much magnesium as the biochemist took. So would eight ounces of fresh greens.

Purslane is a delicious vegetable. I steam the leaves and eat them like spinach or add them raw to salads and soup

Purslane (*Portidaca oleracea*). This herb has a folk reputation in China for treating herpes. It's a delicious vegetable that's great when steamed like spinach. It's worth a try.

Purslane (*Portidaca oleracea*). Herb advocate Andrew Weil, M.D., professor at the University of Arizona College of Medicine in Tucson and author of *Natural Health, Natural Medicine*, recommends several nutrients for treating psoriasis, including

vitamins A, C and E, plus the mineral selenium and alpha-linolenic acid. In my database, purslane is the best plant source of vitamins A, C and E. If you have access to fresh purslane, you can enjoy it steamed like spinach or use the young shoots in salad

Purslane (*Portulaca oleracea*). Like carrots, purslane is generously endowed with carotenoids. I'm not the facial mask type, but if I were, I might try putting a handful of this useful weed into a blender with a carrot and maybe even some pineapple. This would create an invigorating face mask with healing properties. I'd suggest leaving it on for 20 minutes or so.

Purslane (*Portulaca oleracea*).
Vitamins A (and beta-carotene), C and E

are my personal "ACE in the hole" for supporting the immune system.

You definitely want to give the immune system help when it's fighting a yeast infection of any kind. Purslane is the best food source of all of these nutrients.

I suggest enjoying young shoots of this tasty vegetable in a salad or steaming the leaves like spinach.