

CABBAGE

Food Value

This vegetable is chiefly valuable for its high mineral and vitamin content and alkaline salts. This vegetable can be used raw in the form of salad. It can also be steamed, boiled or cooked. It should be eaten raw for best results as in cooking its valuable nutrients are largely lost. The raw cabbage is also more easily digested than the cooked one. The longer the cabbage is cooked the less digestible it becomes. It can be rectified by adding some asafoetida. The cabbage with green leaves is especially valuable because of its high vitamin A content.

Natural Benefits and Curative Properties

The cabbage has wonderful cleansing and reducing properties. Its most valuable properties are the high sulphur and chlorine content and the relatively large per cent of iodine. The combination of the sulphur and chlorine causes a cleansing of the mucus membranes of the stomach and intestinal tract, but this only applies when cabbage or its juice is taken in its raw state without the addition of salt.

However, cabbage and cabbage juice should never be taken as a main part of the diet. Very excessive intakes have been known to cause the thyroid disease called goitre. It is only in normal amounts that cabbage is valuable nutritionally and that its juice, which is bitter and not delicious, constitutes an important part of the natural treatment of infection, ulcers and other disorders of the digestive system.

Constipation

The cabbage provides the roughage i.e. indigestible material which is essential to stimulate intestines for the proper action of the bowels. A meal of raw cabbage is an excellent remedy for constipation. It acts immediately without any adverse after-effects. This meal can be prepared by adding a little salt, black pepper and lemon juice to finely chopped raw cabbage.

Stomach Ulcers

Duodenal ulcers have responded almost miraculously to the drinking of cabbage juice. The juice contains the antiulcer factor, vitamin U. This vitamin is destroyed by cooking. The treatment consists of taking 90 to 180 gm. of cabbage juice for three times daily followed by a natural diet.

Obesity

Recent research has discovered in cabbage a valuable content called tartronic acid which inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. Taking cabbage salad would be the simplest way to stay slim, a painless way of dieting.

A 100 gms. of cabbage yields only 27 kilocalories of energy while the same quantity of wheat bread will yield about 240 calories. Cabbage is found to possess the maximum biological value with minimum calorific value. Moreover, it gives a lasting feeling of fullness in the stomach and is easily digestible.

Skin Disorders

The cabbage leaves have been successfully used in the form of compresses in healing ulcers, infected sores, blisters and skin eruptions, including psoriasis. They are also valuable in burns and carbuncles. The thickest and greenest outer leaves are most effective for use as compresses. They should be thoroughly washed in warm water and dried with a towel. The whole leaves should be used for large compresses.

Premature Ageing

Research has shown that cabbage contains several elements and factors which enhance the immunity of the human body and arrests its premature ageing. The vegetable is of great value for persons of advancing age. Some of the elements help prevent the formation of patches on the walls of blood vessels and stones in the gall bladder. It has been found that a combination of vitamin P and C in cabbage lends strength to the blood vessels.