

# Tu B'Shevat and Healing

Nutrition from *Shamayim*

By Dainiel Wasserman



## 1) Maimonides, From "Mishneh Torah" chapter 4, law 1

"A healthy and complete body is of the ways of G-d, for it is impossible to understand or know anything regarding the knowledge of the Creator when a person is sick. Therefore, a person must distance himself from anything that destroys the body and conduct himself towards things that recuperate and strengthen it."

## 2) Mishnah Rosh Hashanah 1:1

The four New Years' (literally: "heads of the year") are:

- 1) On the first of Nisan, the new year for the kings and for the festivals;
- 2) On the first of Elul, the new year for the tithing of animals; Rabbi Eliezer and Rabbi Shimon say, in the first of Tishrei
- 3) On the first of Tishrei, the new year for years, for the Sabbatical years and for the Jubilee years and for the planting and for the vegetables
- 4) On the first of Shevat, the new year for the tree, these are the words of the House of Shammai; The House of Hillel says, on the fifteenth thereof.

## 3) Tractate Brachot 40a

Rav nachman bar Yitzchak said: It was taught: Concerning the type of tree from which Adam the first man ate; Rabbi Meir says: It was a grapevine; for nothing brings as much wailing as wine does. As it is stated: "And, he (Noah) drank from the wine and became drunk." Rabbi Nehemiah says: It was a fig tree; for it stands to reason that through the very thing with caused their downfall, was then used to set them right, as it is stated: "And they sewed together fig leaves and girded themselves." Rabbi Judah says: It was actually a wheat stalk! For a child does not know how to call out to his father and mother until he has tasted grain.

## Grapes

Front Biosci 2012 Jan 1

**Health benefits of wine and alcohol from neuroprotection to heart health.**

Light/moderate wine consumers have lower risks of age-dependent cognitive decline and dementia, including Alzheimer's disease and Parkinson's disease.

Cancer Lett. 2006 Jan 8

**Resveratrol induces apoptosis and inhibits angiogenesis in human breast cancer xenografts in vivo.**

“Resveratrol, a polyphenol found in **grapes** and wine, is considered a potential cancer chemopreventive agent... in breast cancers.”

## Wheat

Abridged Code of Jewish Law, Chapter 32

“The thermodynamically neutral food is whole wheat bread. However, refined flour delays digestion...”

## Figs

J Am Coll Nutr. 2005 Feb

**Dried fruits: excellent in vitro and in vivo antioxidants.**

“Figs and dried plums have highest concentration of polyphenols among the dried fruits, and dates among the fresh fruits.”

**Deuteronomy 8:8**

"A land of wheat and barley and grape vines and fig trees, and pomegranates; a land of olive oil and (date) honey."

## Pomegranates

J Med Food. 2005 Winter

**Anticancer activities of pomegranate extracts and genistein in human breast cancer cells.**

“...pomegranate extracts...inhibit the growth of breast cancer cells through induction of apoptosis ...”

Complement Ther Clin Pract. 2011 May

**The effects of pomegranate juice consumption on blood pressure and cardiovascular health.**

Pomegranate juice consumption may reduce systolic blood pressure, inhibits serum ACE activity, and is convincingly a heart-healthy fruit. Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure.

Cell Cycle. 2006 Feb

**Prostate cancer prevention through pomegranate fruit.**

The outcome of this study could have a direct practical implication and translational relevance to prostate cancer patients, because it suggests that pomegranate consumption may retard prostate cancer progression, which may prolong the survival and quality of life of the patients.

## Dates

Int J Food Sci Nutr. 2003 Jul

**The fruit of the date palm: its possible use as the best food for the future?**

“...potassium can be found at a concentration as high as 0.9% in the flesh Other minerals found in various proportions include boron, calcium, cobalt, copper, fluorine, iron, magnesium, manganese, potassium, phosphorous, sodium and zinc. Selenium, another element believed to help prevent cancer and important in immune function, is also found in dates.”

## Olives

Lipids Health Dis. 2011 Jul

**Olive oil intake is inversely related to cancer prevalence**

It was found that compared with the lowest, the highest category of olive oil consumption was associated with lower odds of having any type of cancer.

Dement Geriatr Cogn Disord. 2009 Oct

**Olive oil and cognition: results from the three-city study.**

Participants with moderate or intensive use of olive oil compared to those who never used olive oil showed lower odds of cognitive deficit for verbal fluency and visual memory.

Nutr Hosp. 2001 May

**Protective effect of monounsaturated and polyunsaturated fatty acids on the development of cardiovascular disease**

“Likewise, an enriched monounsaturated fatty acid diet prevents LDL oxidative modifications more than an enriched polyunsaturated diet... n-3 fatty acids strongly inhibits platelet aggregation and activate thrombolytic processes.”

## Apple

### Song of Songs 8:5

"Beneath the apple tree I aroused you[r love]."

## Carob

J Agric Food Chem. 2002 Jan

### **Antioxidant activity of polyphenols in carob pods.**

Considering most carob pods are discarded and not effectively utilized at present, these results suggested that carob pods could be utilized as a functional food or food ingredient.

Br J Nutr. 1995 Nov

### **Enrichment of an Israeli ethnic food with fibres and their effects on the glycaemic and insulinaemic responses in subjects with non-insulin-dependent diabetes mellitus.**

The effects of various sources of dietary fibre on the high glycaemic index of an Israeli ethnic food, melawach, were investigated in subjects with non-insulin-dependent diabetes mellitus (NIDDM). Locust-bean (*Ceratonia siliqua*) gum significantly decreased the glucose response to, and glycaemic index of, melawach in these diabetic subjects.

## Ethics of the Fathers 3:22

He (Rabbi Elazar ben Azariah) used to say: Anyone whose wisdom exceeds his good deeds, to what is he likened? To a tree whose branches are numerous but whose roots are few; then the wind comes and uproots it and turns it upside down...

But one whose good deeds exceed his wisdom, to what is he likened? To a tree whose branches are few but whose roots are numerous; even if all the winds in the world were to come and blow against it, they could not budge it from its place, as it is said, ‘And he shall be like a tree planted by waters, toward the stream spreading its roots, and it shall not notice the heat’s arrival, and its foliage shall be fresh; in the year of drought it shall not worry, not shall it cease from yielding fruit’ (Jeremiah 17:8).