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Quercetin is available in supplement form but there are a couple of reasons why getting this flavonoid naturally from onions makes more sense:

One study found that animals received greater protection against oxidative stress when they consumed yellow onion in their diet, as opposed to consuming quercetin extracts.

Quercetin is not degraded by low-heat cooking, such as simmering. When preparing a soup with onions, the quercetin will be transferred into the broth of the soup, making onion soup an easy-to-make super food.

### Onions are beneficial for bones, digestive tract & diabetes prevention

The more we learn about onions, the more it becomes clear that they offer whole body benefits. That is the beauty of eating whole foods because they typically contain many beneficial phytochemicals that enhance your health in numerous synergistic ways. As for onions, research has shown that including onions in your diet may offer the following benefits:

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|--|---|--|
| Prevents inflammatory processes associated with asthma   | Reduces symptoms associated with diabetes                           | Lowers levels of cholesterol and triglycerides                                       |
| Reduces symptoms associated with osteoporosis and improves bone health                                   | Maintains gastrointestinal health by sustaining beneficial bacteria | Diminishes replication of HIV  |
| Reduces risk of neurodegenerative disorders  | Lowers your risk of cataract formation                              | Provide antimicrobial properties that may help reduce the rate of food-borne illness |
| Improved intestinal flora, improved absorption of calcium and magnesium due to the fructans they contain | Provide antibacterial and antifungal properties                     | Lowers the risk of certain cancers   |

### Onions were a prehistoric staple food

If there was any doubt as to how valuable onions have been through the ages, it is thought that wild onions have been enjoyed since the very early ages and was probably a staple in the prehistoric diet.

The National Onion Association stated:

"Most researchers agree the onion has been cultivated for 5,000 years or more. Since onions grew wild in various regions, they were probably consumed for

thousands of years and domesticated simultaneously all over the world. Onions may be one of the earliest cultivated crops because they were less perishable