

Summer Melon Soup

By SSND Wellness Nurse Mary Tellis-Nayak

Food as Medicine

In the first soup article published in May, I spoke of the many reasons soup is good for you. Before we go into the recipe I have this season for a lovely summer soup, I would like you to consider “Food as Medicine.” I would like to offer an article, [“Five ways to use food as medicine” from the Chopra Center](#), that explains how to start a preventive approach to your health using food. Begin by considering the importance of food and its potential for healing. The article references *Ayurvedic Medicine* which is an ancient form of healing used in India which precedes our current *Allopathic Medicine* by centuries. Perhaps there is something to be learned from other “Medical Models” which can augment and supplement the way we approach our health and wellness today.

Nutritional facts for melons

Like all fruit, melons help protect vision. Studies have shown that eating at least three servings of fruit – such as the cantaloupe and watermelon in this recipe - per day, may lower your risk of age-related macular degeneration by over 35%!

Cantaloupe and watermelon are also heart-healthy, thanks to their high concentrations of the vital antioxidants, vitamins A and C.

Consider the consumption of **vitamin C**-rich foods –

- one cup of cantaloupe has 112% of the Daily Required Value
- one cup of watermelon has 24%

- This is associated with a decreased risk of death from all causes, including heart disease and stroke.

Foods rich in **vitamin A** -

- help prevent free radicals from oxidizing cholesterol in the bloodstream, where it can lead to heart attack or stroke.

Watermelon is also high in amino acid citrulline, a precursor for another amino acid, arginine. Arginine helps to lower blood pressure.

Summer Melon Soup

So here is a simple melon soup you can use for either a cool entrée with a protein-packed salad or as a pleasant dessert. This is quick and easy to make and will stay in your refrigerator for a few days.

Ingredients

4 cups ripe cantaloupe, cut in 1-inch pieces (about 1 large melon, rind and seeds removed)

4 cups watermelon , cut in 1-inch pieces (rind and seeds removed)

Juice of 1 fresh lemon

1-2 teaspoons honey, liquefied (20 seconds in microwave)

¼ teaspoon salt

½ cup blueberries

2 fresh jalapeno peppers, seeded and finely minced (if you want to add a little spark to the soup)

Instructions

Puree the cantaloupe and watermelon together in a food processor blender. Add lemon juice, honey, salt and jalapenos (if desired) to taste. Chill for up to 4 hours. Garnish with fresh blueberries and serve!

