



Nightshades

Common Nightshade Plants:

- Eggplant
- Peppers of all kinds (bell, cayenne, habanero, etc.)
- Potatoes
- Tobacco
- Tomatillos
- Tomatoes

Symptoms Caused by Nightshade Sensitivity:

- Arthritic pain
- Bradycardia (slow heart beat)
- Central nervous system depression (with severe poisoning)
- Diaphoresis
- Fever
- Gastrointestinal disturbance
- Headache
- Increased generation of free radicals (which manifests as accelerated aging)
- Morning stiffness
- Muscle soreness
- Swelling of joints
- Tachycardia (rapid heart beat)
- Weakness

Additional Info:

- The poisonous ingredient in nightshade plants is either solanine or a related compound. These compounds bind the enzyme that breaks down acetyl choline in the nerve endings. Nerve gas and modern pesticides target the same enzyme.
- Acetyl choline is a messenger molecule that excites nerves. When this molecule is not broken down at an appropriate rate, the nerves can become over-excited.
- This over-excitation is why some people get a rush from eating hot foods (seasoned with peppers) and why nightshade foods are so addictive. This is fine in small doses, but in large doses the over-excitation of nerves can lead to suffocation due to excessive stimulation of the muscles controlling breathing (hence the name "Deadly Nightshade").