

Apples
Protects your heart
prevents constipation
Blocks diarrhea
Improves lung capacity
Cushions joints



Apricots
Combats cancer
Controls blood pressure
Saves your eyesight
Shields against
Alzheimer's
Slows aging process



Artichokes
Aids digestion
Lowers cholesterol
Protects your heart
Stabilizes blood sugar
Guards against liver
disease



Avocadoes
Battles diabetes
Lowers cholesterol
Helps stops strokes
Controls blood pressure
Smooths skin



Bananas
Protects your heart
Quiets a cough
Strengthens bones
Controls blood pressure
Blocks diarrhea



Beans
Prevents constipation
Helps hemorrhoids
Lowers cholesterol
Combats cancer
Stabilizes blood sugar



Beets
Controls blood pressure
Combats cancer
Strengthens bones
Protects your heart
Aids weight loss



Blueberries
Combats cancer
Protects your heart
Stabilizes blood sugar
Boosts memory
Prevents constipation



Broccoli
Strengthens bones
Saves eyesight
Combats cancer
Protects your heart
Controls blood pressure



Cabbage
Combats cancer
Prevents constipation
Promotes weight loss
Protects your heart
Helps hemorrhoids



Cantaloupe
Saves eyesight
Controls blood pressure
Lowers cholesterol
Combats cancer
Supports immune system



Carrots
Saves eyesight
Protects your heart
Prevents constipation
Combats cancer
Promotes weight loss



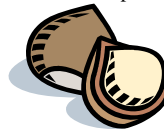
Cauliflower
Protects against Prostate
Cancer
Combats *** Cancer
Strengthens bones
Banishes bruises
Guards against heart
disease



Cherries
Protects your heart
Combats Cancer
Ends insomnia
Slows aging process
Shields against
Alzheimer's



Chestnuts
Promotes weight loss
Protects your heart
Lowers cholesterol
Combats Cancer
Controls blood pressure



Chili Peppers
Aids digestion
Soothes sore throat
Clears sinuses
Combats Cancer
Boosts immune system



Figs
Promotes weight loss
Helps stops strokes

Lowers cholesterol
Combats Cancer
Controls blood pressure



Fish
Protects your heart
Boosts memory
Protects your heart
Combats Cancer
Supports immune system



Flax
Aids digestion
Battles diabetes
Protects your heart
Improves mental health
Boosts immune system

Garlic
Lowers cholesterol
Controls blood pressure
Combats cancer
kills bacteria
Fights fungus



Grapefruit
Protects against heart
attacks
Promotes Weight loss
Helps stops strokes
Combats Prostate Cancer
Lowers cholesterol



Grapes
saves eyesight
Conquers kidney stones
Combats cancer
Enhances blood flow
Protects your heart



Green Tea
 Combats cancer
 Protects your heart
 Helps stops strokes
 Promotes Weight loss
 Kills bacteria



Walnuts
 Lowers cholesterol
 Combats cancer
 boosts memory
 Lifts mood
 Protects against heart disease

Honey
 Heals wounds
 Aids digestion
 Guards against ulcers
 Increases energy
 Fights allergies



Olive Oil
 Protects your heart
 Promotes Weight loss
 Combats cancer
 Battles diabetes
 Smoothes skin



Pineapple
 Strengthens bones
 Relieves colds
 Aids digestion
 Dissolves warts
 Blocks diarrhea



Water
 Promotes Weight loss
 Combats cancer
 Conquers kidney stones
 Smoothes skin



Lemons
 Combats cancer
 Protects your heart
 Controls blood pressure
 Smoothes skin
 Stops scurvy



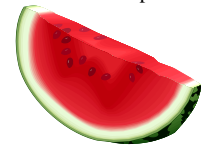
Onions
 Reduce risk of heart attack
 Combats cancer
 Kills bacteria
 Lowers cholesterol
 Fights fungus



Prunes
 Slows aging process
 prevents constipation
 boosts memory
 Lowers cholesterol
 Protects against heart disease

Rice
 Protects your heart
 Battles diabetes
 Conquers kidney stones
 Combats cancer
 Helps stops strokes

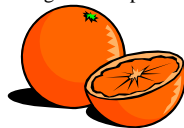
Watermelon
 Protects prostate
 Promotes Weight loss
 Lowers cholesterol
 Helps stops strokes
 Controls blood pressure



Limes
 Combats cancer
 Protects your heart
 Controls blood pressure
 Smoothes skin
 Stops scurvy



Oranges
 Supports immune systems
 Combats cancer
 Protects your heart
 Strengthens respiration



Strawberries
 Combats cancer
 Protects your heart
 boosts memory
 Calms stress



Wheat Germ
 Combats Colon Cancer
 prevents constipation
 Lowers cholesterol
 Helps stops strokes
 improves digestion



Mangoes
 Combats cancer
 Boosts memory
 Regulates thyroid
 aids digestion
 Shields against Alzheimer's

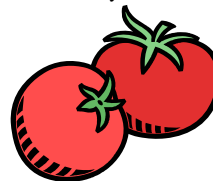
Mushrooms
 Controls blood pressure
 Lowers cholesterol
 Kills bacteria
 Combats cancer
 Strengthens bones

Peaches
 prevents constipation
 Combats cancer
 Helps stops strokes
 aids digestion
 Helps hemorrhoids



Sweet Potatoes
 Saves your eyesight
 Lifts mood
 Combats cancer
 Strengthens bones

Tomatoes
 Protects prostate
 Combats cancer
 Lowers cholesterol
 Protects your heart



Oats
 Lowers cholesterol
 Combats cancer
 Battles diabetes
 prevents constipation
 Smoothes skin

Peanuts
 Protects against heart disease
 Promotes Weight loss
 Combats Prostate Cancer
 Lowers cholesterol
 Aggravates diverticulitis

Wheat Bran
 Combats Colon Cancer
 prevents constipation
 Lowers cholesterol

