



Healthy Food Benefits

VEGETABLES and MORE

Protein: Protein boosts the immune system, creates neurotransmitters, builds muscle mass.

Quinoa: A plant seed that is a nature's superfood! It contains all essential amino acids required to build muscles and repair body tissue. Contains magnesium to relax muscles and lower blood pressure. Excellent source of minerals acting as antioxidants to rid body of cancer and disease causing substances. Helps reduce headaches and migraines.

Asparagus: Asparagus is rich in protein. It's also a good source of Vitamin C, Riboflavin, and folic acid.

Beans: Beans contain calcium, potassium, vitamin B6, magnesium, folate, and alpha-linolenic acid. They are proven to help in the fight against cancer. Beans are high in protein, beneficial to those with diabetes, helps lower cholesterol, promotes normal activity of liver and pancreas, helps relieve rheumatism and gout. They are also beneficial for anemia, hypoglycemia, thyroid ailments, diabetes, skin problems and those who are overweight.

Beets: Beets are an excellent blood builder and body cleanser. They are a great source of amino acids and Vitamins A, C and B6.

Bell Peppers: Bell peppers are rich in silicon, which nourishes your hair and nails. They are helpful for skin blemishes, colic and annoying flatulence. This type of pepper is also shown to prevent clot formation and reduce the risk of heart attacks and strokes.

Broccoli: Broccoli is high in Vitamins A, B, C, potassium, iron, sodium, phosphorus, calcium, B-complex and protein. It is rich in the cancer-fighting substance DIM and aids in detoxification.

Brussels Sprouts: Brussel sprouts are high in Vitamins A, B, C, potassium, iron, sodium, phosphorus, calcium, B-complex and protein. When eaten raw, they are one of the best sources of Vitamin C and beta-carotene. They also aid in detoxification and work as a cancer fighter.

Cabbage: Cabbage is a good source of fiber, vitamins A, C, and B-complex, potassium, magnesium and calcium. It is an effective laxative. Cabbage has been known to improve stomach ulcers, heal the skin and remove toxins from the body.

Carrots: Carrots are one of the best sources of beta-carotene. They also contain Vitamins B, C, D, E and K, calcium phosphorus, potassium, and organic sodium. Carrots are excellent for the skin, hair and nails. They stimulate digestion and help the body get rid of excess water. Carrots also have a tonic effect on the liver and aid in cleansing the liver.

Cauliflower: Cauliflower contains Boron, which helps in the fight against osteoporosis. It has similar benefits to cabbage.

Celery: Celery is rich in Vitamins A, C, B-complex, calcium, potassium, sulfur, magnesium, iron and sodium. It aids in regularity and is a good nerve tonic. It also is useful in lowering blood pressure and normalizing the body temperature during summer months. Celery contains organic sodium, which is essential to the proper functioning of the major body systems.

Cucumber: Cucumbers combat toxins in the body. They are a great energy source for muscles and nerves, fight infection, calm anxiety, promote urinary flow. Cucumbers are also helpful for arthritis, cramps, indigestion, anemia, constipation, gout and rheumatism.

Ginger: Ginger is an excellent carminative--a substance that promotes the elimination of intestinal gas. Ginger relaxes and soothes the intestinal tract and helps to relieve nausea and vomiting.

Kale: Kale improves the blood's ability to carry oxygen throughout the body. It is one of the best suppliers of nutrition for the eyes and has more calcium ounce for ounce than milk.

Lettuce: Lettuce aids normal elimination. It is a natural sedative and is helpful for insomnia. It's also used in the prevention of hair loss and nervous problems. Lettuce also helps with the flexibility of muscles and joints.

Mushrooms: Mushrooms are rich in Vitamins C and D, folic acid, pantothenic acids and phosphorus. They help fight bacteria and aid in stopping further development of blood vessels for tumor growth, apoptosis for cancer cells.

Onions: Onions are rich in vitamin C, copper and iron, as well as sulfur (major detoxification pathway), calcium and phosphorus.

Parsley: Parsley promotes normal digestion and urination and eliminates uric acid. It is helpful for anemia, arthritis, bladder problems, female endocrine problems, kidney problems, liver problems, prostate problems and urinary tract problems.

Radishes: Radishes are rich in iron and magnesium. They help stimulate the appetite and digestion by having an antiseptic effect on the intestinal tract. The high sulfur content tones the bloodstream and keeps it fresh and clean. Radishes heal and soothe the mucous membranes. They promote gall bladder function, stimulate respiration and calm the nerves. They are helpful for asthma, lung problems, thyroid disorders, eczema and sinus problems.

Romaine Lettuce: Romaine lettuce is one of the most nutritious types of lettuce. It aids normal elimination,

acts as a sedative, is helpful for insomnia, hair loss and nervous problems. It also helps with the flexibility of muscles and joints.

Spaghetti Squash: Spaghetti squash is high in beta-carotene, which has powerful antioxidant and anti-inflammatory properties and helps prevent atherosclerosis. It also supports blood sugar regulation.

Spinach: Spinach contains twice as much iron as most other greens. It is a strong protector against cancer. It also restores energy, increases vitality and improves the quality of the blood.

Sweet Potatoes & Yams: Sweet potatoes and yams are exceptionally rich in carotenes. They are also an excellent source of Vitamin C, calcium and potassium.

Tomatoes: Tomatoes are full of nutrition. Red tomatoes have up to 4 times the amount of beta-carotene as green tomatoes. They are an excellent supply of Vitamin C, carotenes and potassium, but may aggravate arthritis in some individuals. Tomatoes have more nutrients than an apple which has more than 500!

Turnip Greens: Turnip greens improve the blood's ability to carry oxygen around the body. They are one of the best suppliers of nutrition for the eyes. Turnip greens also have more calcium ounce for ounce than milk.

Zucchini: Zucchini contains Vitamin C and Lutein, which promotes eye health. Zucchini helps to lower high homocysteine levels.

Zucchini Squash: Zucchini squash helps cure asthma, as it contains Vitamin C--a powerful antioxidant that has anti-inflammatory properties. Zucchini squash can also help prevent the risk of having multiple sclerosis.

FRUITS and MORE!

Apples: Apples contain more than 500 nutrients. They stimulate muscles and nerves, help eliminate uric acid and reduce cholesterol. Apples also promote normal digestion and liver function. They have laxative properties.

Apricots: Apricots build healthy muscle and nerve tissue, stimulate the appetite, and have a laxative action. They are astringent to the stomach and may be beneficial in treating anemia. Apricots are also stimulating when applied to normal facial skin and they promote healthy skin tone.

Berries: Berries are rich in vital nutrients, yet low in calories. They are excellent sources of potassium, pure water, water-soluble fibers, and flavonoids, which serve as protection against environment stress. Berries alter the body's reaction to allergens, viruses, and carcinogens. They are also a good source of the anti-cancer compound ellagic acid.

Bananas: Bananas are rich in Vitamin B6 and fiber. They help to regulate blood pressure and reduce the risk of high blood pressure and stroke. Bananas are high in potassium, which helps muscles to contract properly during exercise and reduces cramping. They're also helpful in overcoming depression and act as a good mood food.

Cantaloupe: Cantaloupe is a rich source of vitamin A and beta-carotene. They are also rich in vitamin C, which

protects the immune system from free radicals and also helps stimulate white cells to fight infection. Cantaloupe is important for the production and maintenance of new cells, especially during pregnancy.

Cherries: Cherries provide energy, promote natural elimination, enhance digestion and stimulate the bile. They contain Vitamins A, C, and calcium and are very helpful in cases of arthritis and gout.

Grapes: Grapes are a good blood and body builder and a quick source of energy. They can help constipation, gout, rheumatism, skin and liver disorders. They also aid in decreasing the acidity of uric acid and the elimination of the acid from the system, which benefits the kidneys. Grapes also help reduce platelet clumping and harmful blood clots.

Kiwi: Kiwis are rich in many vitamins. They contain more Vitamin C than oranges, as much potassium as bananas and a good amount of beta-carotene. Kiwis benefit the respiratory tract. They are also known as a water-soluble antioxidant that helps protect the body from free radicals and are high in fiber. They prevent asthma, wheezing and coughing and colon cancer. Kiwis also protect DNA from mutations.

Mango: Mangoes contain phenols, which have powerful antioxidant and anti-cancer abilities. They are high in iron, which helps anemia. They are also effective in relieving clogged pores of the skin and are valuable to combat acidity and poor digestion. Mangoes are a rich source of Vitamins A, E and selenium, which helps to protect against heart disease and other ailments.

Nectarine: Nectarines are low in calories and are naturally fat free. They help maintain a healthy immune system and are a great source of antioxidants, which help protect the skin from damaging UV rays by counteracting free radical activity. Nectarines are also a good source of Vitamin A, Beta Carotene and potassium.

Orange: Oranges are recommended as an energy aid. They tone blood vessels and prevent brain fatigue. Oranges are rich in calcium, iodine, phosphorus, potassium, sodium, chlorine and iron and promote normal digestion, combat infection, prevent scurvy and help reduce fever.

Papaya: Papayas are rich in anti-oxidants and fiber. They help promote health of the cardiovascular system and also provide protection against colon cancer. They contain papain, an enzyme that helps treat sports injuries due to swelling, other causes of trauma and allergies. They also help with proper function of a healthy immune system.

Peach: Peaches provide energy, promote normal stomach acidity, aid kidney function, act as a gentle laxative, and can be used against "morning sickness".

Pear: Pears contain vitamins A, B-complex, C, phosphorus, potassium, calcium, chlorine, iron, magnesium, sodium, and sulfur. They stimulate muscles and nerves, eliminate uric acid and help reduce cholesterol. Pears promote normal digestion and liver function. They also have laxative properties.

Pineapple: Pineapples help with digestion in the intestinal tract and protect against macular degeneration. They are high in Vitamin C.

Plum: Plums provide vitamin A, iron, potassium, calcium, magnesium and carbohydrates for energy to muscles and nerves. They have a mild diuretic action that aid in normal elimination and act as a blood cleanser.

Pomegranate: Pomegranates act as a heart stimulant, aid in the removal of plaque build up in arteries, help fight parasitic invasion and relieve diarrhea.

Tangerine: Tangerines have a distinctive sedative virtue due to the high bromine content.

Watermelon: Watermelons are loaded with antioxidants. They help in energy production, protect against macular degeneration, help fight heart disease, reduce the risk of cancer, prevent erectile dysfunction, and are a good source of vitamins and minerals.

Avocado: Avocado is an excellent source of fats and contains oleic acid that helps lower cholesterol. Avocado is also a good source of potassium, which helps regulate blood pressure. It guards against circulatory diseases, like high blood pressure, heart disease or stroke and helps protect against breast cancer.

Almond Milk: Almond milk is rich in Vitamin E and contains high levels of unsaturated fat. It has been associated with lowering the risk of heart attack. Almond milk contains little to no saturated fat and no cholesterol, making it extremely good for those suffering from high cholesterol problems. Unlike regular milk, almond milk does not contain lactose--making it easy to digest and good for those who are lactose intolerant. It is also good for those trying to lose weight.

Brown Rice: Brown rice provides all necessary carbohydrates requirements. It is rich in fibers and helps control blood sugar and cholesterol. Brown rice is beneficial for stomach and intestinal ulcers and diarrhea. It is an easily digested starch food that supplies important nutrients for the hair, teeth, nails, muscles and bones.

Nuts: Nuts help prevent heart disease. They contain the amino acid arginine, which can boost immunity and reduce blood pressure. Some nuts contain tryptophan, which stimulates production of serotonin in the brain. Nuts can also help to alleviate depression and boost relaxation.

Olives: Olives are an excellent source of oleic acid and Vitamin E. They are effective in the prevention and treatment of asthma, cancer and arthritis.

Pumpkin Seeds: Pumpkin seeds contain L-tryptophan, which is effective against depression. They help promote overall prostate health and alleviate the difficult urination associated with an enlarged prostate. Pumpkin seeds are high in Zinc, which helps protect against osteoporosis. They also effectively reduce inflammation and prevent calcium oxalate kidney stone formation. Pumpkin seeds are an excellent source of magnesium, are low in cholesterol and also protects against many cancers.

Sunflower Seeds: Sunflower seeds are packed with healthy fats, proteins, fibers, minerals, vitamin E, and phytochemicals, which are all important to the nutritional quality of the diet and of fundamental importance to human health. They help in memory and cognitive functions and are also excellent in lowering cholesterol.

Extra Virgin Olive Oil: Extra virgin olive oil has a high content of monounsaturated fatty acids and antioxidant substances. It offers protection against heart disease by controlling LDL cholesterol levels while raising HDL levels. It is very well tolerated by the stomach. Its protective function has a beneficial effect on ulcers and gastritis. Extra virgin olive oil activates the secretion of bile and pancreatic hormones and lowers the incidence of gallstone formation.