

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 stop 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



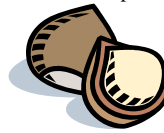
Cauliflower  
Protects against Prostate  
Cancer  
Combats \*\*\* Cancer  
Strengthens bones  
Banishes bruises  
Guards against heart  
disease



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 stop 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 stop 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

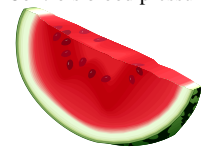


Onions  
 Reduce risk of heart attack  
 Combats cancer  
 Kills bacteria  
 Lowers cholesterol  
 Fights fungus



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

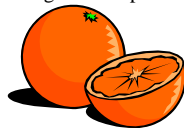
Watermelon  
 Protects prostate  
 Promotes Weight loss  
 Lowers cholesterol  
 Helps stops strokes  
 Controls blood pressure



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



Oranges  
 Supports immune systems  
 Combats cancer  
 Protects your heart  
 Strengthens respiration



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

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

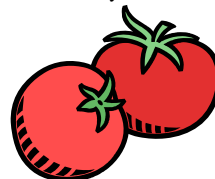
Mushrooms  
 Controls blood pressure  
 Lowers cholesterol  
 Kills bacteria  
 Combats cancer  
 Strengthens bones

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

