

THE POWER OF WHOLE FOODS IN THE BODY

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|--------------------|---|--------------------------------|-------------------------------|------------------------------------|-------------------------------------|
| 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 |
| avocados | Battles diabetes | Lowers cholesterol | Helps stops strokes | Controls blood pressure | Smoothes 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 Breast 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 |
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|----------------------|---------------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------------|
| 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 |
| honey | Heals wounds | Aids digestion | Guards against ulcers | Increases energy | Fights allergies |
| lemons | Combats cancer | Protects your heart | Controls blood pressure | Smoothes skin | Stops scurvy |
| limes | Combats cancer | Protects your heart | Controls blood pressure | Smoothes skin | Stops scurvy |
| 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 |
| oats | Lowers cholesterol | Combats cancer | Battles diabetes | prevents constipation | Smoothes skin |
| olive oil | Protects your heart | Promotes Weight loss | Combats cancer | Battles diabetes | Smoothes skin |
| onions | Reduce risk of heart attack | Combats cancer | Kills bacteria | Lowers cholesterol | Fights fungus |

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| oranges | Supports immune systems | Combats cancer | Protects your heart | Straightens respiration | |
| peaches | prevents constipation | Combats cancer | Helps stops strokes | aids digestion | Helps hemorrhoids |
| peanuts | Protects against heart disease | Promotes Weight loss | Combats Prostate Cancer | Lowers cholesterol | http://www.tqnyc.org/NYC063364/beneficial.htm |
| pineapple | Strengthens bones | Relieves colds | Aids digestion | Dissolves warts | Blocks diarrhea |
| 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 |
| strawberries | Combats cancer | Protects heart | Boosts memory | Calms stress | |
| sweet potatoes | Saves your eyesight | Lifts mood | Combats cancer | Strengthens bones | |
| tomatoes | Protects prostate | Combats cancer | Lowers cholesterol | Protects your heart | |
| walnuts | Lowers cholesterol | Combats cancer | boosts memory | Lifts mood | Protects against heart disease |
| water | Promotes Weight loss | Combats cancer | Reduce kidney stones | Smoothes skin | |
| watermelon | Protects prostate | Promotes Weight loss | Lowers cholesterol | Helps stops strokes | Controls blood pressure |
| wheat germ | Combats Colon Cancer | prevents constipation | Lowers cholesterol | Helps stops strokes | improves digestion |
| wheat bran | Combats Colon Cancer | prevents constipation | Lowers cholesterol | Helps stops strokes | improves digestion |
| yogurt | Guards against ulcers | Strengthens bones | Lowers cholesterol | Supports immune systems | Aids digestion |