

# Foods that Heal

<b>apples</b>	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
<b>apricots</b>	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
<b>artichokes</b>	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
<b>avocados</b>	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
<b>bananas</b>	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
<b>beans</b>	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
<b>beets</b>	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
<b>blueberries</b>	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
<b>broccoli</b>	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
<b>cabbage</b>	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
<b>cantaloupe</b>	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
<b>carrots</b>	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
<b>cauliflower</b>	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
<b>cherries</b>	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
<b>chestnuts</b>	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>chilli peppers</b>	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
<b>figs</b>	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>fish</b>	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
<b>flax</b>	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
<b>Garlic</b>	Fights colestrol	Controls blood pressure	Combats cancer	Kills bacteria	Fights fungus
<b>***grapefruit***</b>	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
<b>grapes</b>	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
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	<b>Aggravates diverticulitis</b>
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 your 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	Conquers 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