

## **Natural Healers**

### **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 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 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

### **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  
Smooths skin

### **OLIVE OIL**

Protects your heart  
Promotes Weight loss  
Combats cancer  
Battles diabetes  
Smooths 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  
Aggravates diverticulitis

### **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  
Smooths 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 stop strokes

Improves digestion

**YOGURT**

Guards against ulcers

Strengthens bones

Lowers cholesterol

Supports immune systems

Aids digestion