

## Foods That Look Like Body Parts

Dr. Akilah—Celestial Healing Wellness Center  
The Natural Health and Holistic World According to Dr Akilah El

There's no question that maintaining a nutritious diet can help keep your body healthy. But when it comes to which foods can specifically benefit which body parts, science remains surprisingly sketchy. But nature gives us a big clue as to what foods help what part of our body!

Here are **10 foods that mirror the body parts** they provide nutrients for—for example, brain-boosting walnuts actually look like a brain. Coincidence? Maybe. Though these healthy foods are beneficial to the whole body, the list below is a fun reminder of what to eat to target specific areas. Remember, these are best & more powerful when eaten raw.

**A sliced Carrot** looks like the human eye. According to science, eating carrots greatly enhances blood flow to the eyes. Carrot gets their orange color from a plant chemical called beta-carotene, which reduces the risk of developing cataracts. The chemical also protects against macular degeneration an age-related sight problem that affects one in four individuals over the age of 65. If one tries to pop a pill of beta-carotene it doesn't have the same effect, says scientists at John Hopkins Hospital in Baltimore, USA.

**A Tomato** has four chambers and is red in color, so also the heart is red and has four chambers. Research has confirmed that tomatoes are loaded with lycopene and it is indeed pure heart and blood food.

**Grapes** resembles the alveoli of the lungs. The lungs are made of branches of ever-smaller airways that finish up with tiny branches of tissue called alveoli. These structures allow oxygen to pass from the lungs to the blood stream. A diet high in fresh grapes has shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called proanthocyanidin, which is thought to reduce the severity of asthma triggered by allergy. One reason that premature babies struggle to survive is that, these alveoli do not begin to form until 23 to 24 week of pregnancy.

**A Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are similar to those of the neo-cortex. Scientists claim that walnuts help in developing over three dozen neuron-transmitters within the brain enhancing the signaling and encouraging new messaging link between the brain cells. Walnuts help warding off dementia. They also extract and break down the protein based plaques associated with Alzheimer's diseases, according to a study by Dr. James Joseph of Tuft University in Boston.

**Kidney Beans** actually heal and help maintain kidney function and are shaped exactly like the human kidneys (hence their name). Kidney beans provide a variety of minerals and vitamins, and so are generally beneficial for your health. If your kidneys are healthy, kidney beans can — when consumed as part of a balanced diet — contribute to your kidney health. If your kidneys are diseased, you might need to moderate your intake of kidney beans.

**Celery, Rhubarb, Bok-choy** and more look just like bones structure. These foods specifically target bone strength. Bones are made up of 23% sodium and these foods have sodium in them. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

**Avocados and Pears** are good for the health and functioning of the womb and cervix of the female and look just like these organs. Modern research shows that when a woman eats one avocado a week, it balances the birth hormones, sheds unwanted birth weight and can even prevent cervical cancer. It even takes exactly nine months to grow an avocado from blossom to ripened fruit, just like a human baby! There are said to be over 14,000 photolytic chemical constituents of nutrition in each one of these foods.

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**Figs** are full of seeds and hang in twos when they grow. Studies have shown that Figs increase the mobility of male sperm and increase the sperm count as well as overcoming male sterility.

**Sweet Potatoes** resemble the pancreas and can actually balance the glycemic index of diabetics. The oblong sweet potato bears a strong resemblance to the pancreas, and also promotes healthy function in the organ. "Sweet potatoes are high in beta-carotene, which is a potent antioxidant that protects all tissues of the body, including the pancreas, from damage associated with cancer or aging," says Somer.

**Olives** assist the health and function of the ovaries. An Italian study found that women whose diets included a lot of olive oil had a 30% lower risk of ovarian cancer. The reasons are unclear, but the healthy fats in the oil may help suppress genes predisposed to causing cancer.

**Grapefruits, Oranges, and other citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts. The similarity between round citrus fruits—like lemons and grapefruit—and breasts may be more than coincidental. "Grapefruit contains substances called limonoids, which have been shown to inhibit the development of cancer in lab animals and in human breast cells," says Dr. Moulavi.

Eating a **Banana** will cheer you up and put a smile on your face. This popular fruit contains a protein called tryptophan, when digested it gets converted into a neurotransmitter called serotonin, which is a mood regulating chemical in the brain. Banana can be termed as an antidepressant drug, since it adjusts the level of serotonin production in the brain.

**Onions** look like the body's cells. Research shows onions clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

**Ginger** looks like the stomach and it also aids in digestion. Indians and Chinese have been using it for over 5000 years to calm stomach and cure nausea, and motion sickness. It also slows down the growth rate of bowel tumors.

**A Mushroom** when sliced in half resembles the shape of the human ear. Mushrooms improve hearing abilities, since they contain Vitamin D, which is healthy for bones, especially the 3 tiny bones in the ear that transmit sound to the brain.

**Broccoli** – the close-up of tiny green tips on a broccoli head looks like 100 of cancer cells. A team of researchers at US National Cancer Institute found if a weekly serving of broccoli was enough to reduce the risk of prostate cancer by 45%.

**Ginseng root** looks like a human body, and it is a holistic cure for nearly all ailments.

**Red wine**, which is rich in antioxidants and polyphenols, including powerful resveratrol, looks like blood. "When you drink it, you're really loading up on the healthy stuff that protects against destructive things in the blood, like LDL cholesterol, which can cause heart disease," says Somer. "There's also a blood-thinning compound in red wine, so it reduces blood clots, which are associated with stroke and heart disease."