

Apples	Protect Heart	Prevent Constipation	Blocks Diarrhea	Improves Lung Capacity	Cushions Joints
Apricots	Combats Cancer	Control Blood Pressure	Saves Eyesight	Shields Against Alzheimer's	Slows Aging Process
Artichokes	Aide Digestion	Lowers Cholesterol	Protects Heart	Stabilizes Blood Sugar	Guards Against Liver Disease
Avocados	Battles Diabetes	Lowers Cholesterol	Help Stop Strokes	Control Blood Pressure	Smoothes Skin
Bananas	Protect Heart	Quiets a Cough	Strengthens Bones	Control Blood Pressure	Blocks Diarrhea
Beans	Prevents Constipation	Helps Hemorrhoids	Lowers Cholesterol	Combats Cancer	Stabilizes Blood Sugar
Beets	Control Blood Pressure	Combats Cancer	Strengthens Bones	Protects Heart	Aids Weight Loss
Blueberries	Combats Cancer	Protect Heart	Stabilizes Blood Sugar	Boosts Memory	Prevents Constipation
Broccoli	Strengthens Bones	Saves Eyesight	Combats Cancer	Protect Heart	Control Blood Pressure
Cabbage	Combats Cancer	Prevents Constipation	Promotes Weight Loss	Protect Heart	Helps Hemorrhoids
Cantaloupes	Saves Eyesight	Control Blood Pressure	Lowers Cholesterol	Combats Cancer	Supports Immune System
Carrots	Saves Eyesight	Protect Heart	Prevents Constipation	Combats Cancer	Promotes Weight Loss
Cauliflower	Protect Against Prostrate Cancer	Combat Breast Cancer	Strengthens Bones	Banishes Bruises	Guards Against Heart Disease
Cherries	Protect Heart	Combat Cancer	Ends Hemorrhoids	Slows Aging Process	Shields Against Alzheimer's
Chili Peppers	Aids Digestion	Soothes Sore Throat	Clears Sinusitis	Combat Cancer	Boost Immune System
Figs	Promotes Weight Loss	Helps Stops Strokes	Lowers Cholesterol	Combat Cancer	Control Blood Pressure
Fish	Protect Heart	Boosts Memory	Protect Heart	Combat Cancer	Supports Immune System
Flax	Aids Digestion	Battles Diabetes	Protect Heart	Improve Mental Health	Boosts Immune System
Garlic	Lowers Cholesterol	Control Blood Pressure	Combat Cancer	Kills Bacteria	Fights Fungus
Grapefruit	Protects Against Heart Attack	Promotes Weight Loss	Helps Stops Strokes	Combat Prostrate Cancer	Lowers Cholesterol
Grapes	Saves Eyesight	Conquers Kidney Stones	Combat Cancer	Enhances Blood Flow	Protects Heart
Green Tea	Combat Cancer	Protect Heart	Helps Stops Strokes	Promotes Weight Loss	Kills Bacteria
Honey	Heals Wounds	Aids Digestion	Guards Against Ulcers	Increases Energy	Fights Allergies
Lemons	Combat Cancer	Protect Heart	Control Blood Pressure	Smoothes Skin	Stops Scurvy
Limes	Combat Cancer	Protect Heart	Control Blood Pressure	Smoothes Skin	Stops Scurvy
Mangoes	Combat Cancer	Boosts Memory	Regulates Thyroid	Aids Digestion	Shields Against Alzheimer's
Mushrooms	Control Blood Pressure	Lowers Cholesterol	Kills Bacteria	Combat Cancer	Strengthen Bones
Oats	Lowers Cholesterol	Combat Cancer	Battles Diabetes	Prevents Constipation	Smoothes Skin
Olive Oil	Protect Heart	Promotes Weight Loss	Combat Cancer	Battles Diabetes	Smoothes Skin
Onions	Reduce Risk Of Heart Attack	Combat Cancer	Kills Bacteria	Lowers Cholesterol	Fights Fungus
Oranges	Supports Immune System	Combat Cancer	Protect Heart	Strengthens Respiration	
Peaches	Prevents Constipation	Combat Cancer	Helps Stop Strokes	Aids Digestion	Helps Hemorrhoids
Peanuts	Protects Against Heart Disease	Promotes Weight Loss	Combats Prostrate Cancer	Lowers Cholesterol	Aggravates Diverticulitis
Pineapple	Strengthen Bones	Relieves Colds	Aids Digestion	Dissolves Warts	Blocks Diarrhea
Prunes	Slows Aging process	Prevents Constipation	Boosts Memory	Lowers Cholesterol	Protects Against Heart Disease
Rice	Protect Heart	Battles Diabetes	Conquers Kidney Stones	Combat Cancer	
Strawberries	Combat Cancer	Protect Heart	Boosts Memory	Calms Stress	
Sweet Potatoes	Saves Eyesight	Lifts Mood	Combat Cancer	Strengthens Bones	
Tomatoes	Protects Prostrate	Combat Cancer	Lowers Cholesterol	Protect Heart	
Walnuts	Lowers Cholesterol	Combat Cancer	Boosts Memory	Lifts Mood	Protects Against Heart Disease
Water	Promotes Weight Loss	Combat Cancer	Conquers Kidney Stones	Smoothes Skin	
Watermelon	Protects Prostrate	Promotes Weight Loss	Lowers Cholesterol	Helps Stop Strokes	Control Blood pressure
Wheat Bran	Combat Colon Cancer	Prevents Constipation	Lowers Cholesterol	Helps Stop Strokes	Improves Digestion
Yogurt	Guards Against Ulcers	Strengthens Bones	Lowers Cholesterol	Support Immune System	Aids Digestion