Medicinal Benefits of Whole Foods

For the first 5000 years of civilization, humans relied on foods and herbs for medicines. In fact, only in the past 50 years have we forgotten our medicinal "roots" in favor of patent medicines. While pharmacologists have their value, we should not forget their non-toxic, inexpensive and healing properties of whole foods. The following list is but a sampling of the health benefits from whole foods.

Apple
• Unique in its ability to slow down, balance blood sugar.
• Helps to absorb calcium.
• Lower cholesterol and inhibit breast cancer.
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Artichoke
• Used in the treatment of liver and gall bladder disorders.
• Very good for disorders of the blood.
• Helps to reduce the risk of cancer and other heart diseases.

Asparagus
• Contains potassium, phosphorus, iron, magnesium.
• High in protein, which is important for blood clotting.
• Helps to lower blood pressure.
• Excellent source of vitamin C.

Avocado
• Exclusively used by the ancient Mayans.
• Rich in vitamin E and selenium.
• Fat-soluble vitamin (A, D, E, K).
• The most protein-rich fruit, containing amino acids.

Banana
• Very high in potassium.
• Very good for the heart and brain.
• Helps to reduce the risk of heart disease.

Barley
• Known as the "heart medicine" in the Middle East.
• Excellent source of vitamin B.
• Low in saturated fat and high in polyunsaturated fat.

Beans
• Contains high levels of fiber, protein, and low levels of fat.
• Very rich in iron and thiamine.
• High in protein for those who are undernourished.

Beets
• One of the best foods for constipation.
• Contains high levels of iron, calcium, and potassium.
• Has the ability to stimulate the digestive system.

Bell Pepper
• High in vitamin C and beta-carotene.
• Helps to absorb iron and zinc.
• High in vitamin A and beta-carotene.

Blueberry
• Has the ability to absorb oral cancer.
• Helps to absorb iron and zinc.
• Has the ability to absorb oral cancer.

Broccoli
• High in vitamin C and beta-carotene.
• Excellent for the cardiovascular system and the liver.

Cabbage
• Powerful against cancer.
• Has the ability to absorb oral cancer.
• Helps to absorb iron and zinc.

Carrot
• Very high in vitamin A and beta-carotene.
• Excellent for the cardiovascular system and the liver.

Cauliflower
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.
• Has the ability to absorb oral cancer.

Celery
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.
• Has the ability to absorb oral cancer.

Chili Pepper
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Cinnamon
• Magical for Type 2 diabetes.
• Helps to regulate blood sugar.

Clove
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Coffee
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Collard Greens
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Corn
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Date
• Helps to absorb iron and zinc.
• Has the ability to absorb oral cancer.

Eggplant
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Fennel
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Flax Seed and Oil
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Figs
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Fish and Fish Oil
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Froth Pops
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Garlic
• Natural antibiotic and stimulates immune and digestive systems.
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Ginger
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Grape
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Green tea
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Honey
• Strong antibiotic properties.
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Kale
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Kiwifruit
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Lettuce
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Lemon
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Lentils
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Lucerne
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Mango
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Melon
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Milk
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Mushroom
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Mustard
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Nuts and Seeds
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Orange
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Pineapple
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Plum
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Pumpkin
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Quinoa
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Raisin
• Helps to reduce the risk of cancer.
• Helps to reduce the risk of heart disease.

Rice
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Soybean
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Spinach
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Spirulina
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Sweet Potato
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Tomato
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Watermelon
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Wheat
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.

Zucchini
• Contains high levels of vitamin C and beta-carotene.
• Helps to absorb iron and zinc.
