

Food Is Medicine

Below is a very general list of foods and some of their health benefits. Many of the foods share the same medicinal properties; however, foods must be combined to reap the benefits. Balance, variety, and moderation are the keys to a healthy life.

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Fights cancer	Controls blood pressure	Saves your eyesight	Protects against Alzheimer's	Slows the aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Protects against liver disease
Avocados	Fights diabetes	Lowers cholesterol	Helps prevent 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	Fights cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids in weight loss
Blueberries	Fights cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Fights cancer	Protects your heart	Controls blood pressure
Cabbage	Fights cancer	Prevents constipation	Promotes weight loss	Protects your heart	Controls blood pressure
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Fights cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Fights cancer	Promotes weight loss
Cauliflower	Protects against prostate cancer	Fights breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats cancer	Ends insomnia	Slows the aging process	Protects against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Fights cancer	Controls blood pressure
Chili Peppers	Aids digestion	Soothes sore throats	Clears sinuses	Combats cancer	Boosts immune system
Figs	Promotes weight loss	Helps prevent strokes	Lowers cholesterol	Fights cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Supports immune system	Supports mental health	Fights cancer
Flax	Aids digestion	Battles diabetes and breast cancer	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Fights cancer	Kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes weight loss	Helps prevent strokes	Combats prostate cancer	Lowers cholesterol
Grapes	Saves eyesight	Conquers kidney stones	Fights cancer	Enhances blood flow	Protects your heart
Green tea	Fights cancer	Protects your heart	Helps prevent strokes	Promotes weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Fights cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
Limes	Fights cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
Mangoes	Fights cancer	Boosts memory	Regulates thyroid	Aids digestion	Protects against

					Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Fights cancer	Strengthens bones
Oats	Lowers cholesterol	Fights cancer	Battles diabetes	Prevents constipation	Smooths skin
Olive Oil	Protects your heart	Promotes weight loss	Fights cancer	Battles diabetes	Smooths skin
Onions	Reduce risk of heart attack	Fights cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune system	Fights cancer	Protects your heart	Straightens respiration	Stops scurvy
Peaches	Prevents constipation	Combats cancer	Helps stop strokes	Aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes weight loss	Combats prostate cancer	Lowers cholesterol	Supports immune system
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	Easily digested
Strawberries	Fights cancer	Protects your heart	Boosts memory	Calms stress	Rich in antioxidants
Sweet potatoes	Saves your eyesight	Lifts mood	Fights cancer	Strengthens bones	Rich in antioxidants
Tomatoes	Protects prostate	Fights cancer	Lowers cholesterol	Protects your heart	Rich in antioxidants
Walnuts	Lowers cholesterol	Fights cancer	Boosts memory	Protects your heart	Rich in antioxidants