

Food	Benefits				
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 Throats	Clears Sinuses	Combats Cancer	Boosts Immune System
Figs	Promotes Weight Loss	Helps Stop Strokes	Lowers Cholesterol	Combats Cancer	Controls Blood Pressure
Fish	Protects Your Heart	Boosts Memory	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 Stop 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 Stop 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	Smooths Skin	Stops Scurvy
Limes	Combats Cancer	Protects Your Heart	Controls Blood Pressure	Smooths Skin	Stops Scurvy