

American's Go Crazy on manufactured vitamins while they can protect their health with natural vitamins and antibiotics

Food Item	Protects	Prevents	Blocks	Improves	Guards
Apples	Protects your heart	Prevents constipation	Blocks Diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields Against Alzheimer's	Slows aging process
Artichokes	Protects your heart	Lowers cholesterol	Aids digestion	Stabilizes blood sugar	Guards against living disease
Avocados	Battles diabetes	Controls blood pressure	Lowers cholesterol	Helps stops strokes	Smooths skin
Bananas	Protects your heart	Controls blood pressure	Blocks Diarrhea	Strengthens bones	Quiets a cough
Beans	helps hemorrhoids	Prevents constipation	lowers cholesterol	Stabilizes blood sugar	combats cancer
Beets	Protects your heart	Controls blood pressure	Aids weight loss	Strengthens bones	Combats cancer
Blueberries	Protects your heart	Prevents constipation	Boosts memory	Stabilizes blood sugar	Combats cancer
Broccoli	Protects your heart	Controls blood pressure	Saves your eyesight	Strengthens bones	Combats cancer
Cabbage	Protects your heart	Prevents constipation	promotes weight loss	Helps hemorrhoids	Combats cancer
Cantaloupe	Saves your eyesight	Controls blood pressure	lowers cholesterol	Supports immune system	Combats cancer
Carrots	Protects your heart	Prevents constipation	Saves your eyesight	Promotes weight loss	Combats cancer
Cauliflower	Protects against Prostate Cancer	Banishes bruises	Strengthens bones	Combats breast cancer	Guards against living disease
Cherries	Protects your heart	Ends insomnia	Slows aging process	Shields Against Alzheimer's	Combats cancer
Chestnuts	Protects your heart	Controls blood pressure	Lowers cholesterol	Promotes weight loss	Combats cancer
Chili Peppers	Aids digestion	Soothes sore throat	clears sinuses	Boost immune system	Combats cancer
Figs	helps stops strokes	Controls blood pressure	lowers cholesterol	promotes weight loss	Combats cancer
Fish	Protects your heart	Boost memory		Supports immune system	Combats cancer
Flax	Protects your heart	Aids digestion	Battles diabetes	Boost immune system	Improves mental health
Garlic	Fights fungus	Controls blood pressure	lowers cholesterol	Kills Bacteria	Combats cancer
Grapefruit	Protects against heart attacks	helps stops strokes	lowers cholesterol	promotes weight loss	Combats Prostate cancer
Grapes	Protects your heart	Enhances blood flow	Saves your eyesight	Conquers kidney stones	Combats cancer
Green Tea	Protects your heart	helps stops strokes	Kills bacteria	promotes weight loss	Combats cancer
Honey	Heals Wounds	Aids digestion	Increases energy	fightes allergies	Guards against ulcers
Lemons	Protects your heart	Controls blood pressure	Stops scurvy	Smooths Skin	Combats cancer
Limes	Protects your heart	Controls blood pressure	Stops scurvy	Smooths Skin	Combats cancer
Mangoes	Regulates thyroid	Boost memory	Aids weight loss	Shields Against Alzheimer's	Combats cancer
Mushrooms	Strengthens bones	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer
Oats	Battles diabetes	Prevents constipation	Lowers cholesterol	Smooths Skin	Combats cancer
Olive Oil	Protects your heart	promotes weight loss	Battles diabetes	Smooths Skin	Combats cancer
Onions	Reduce risk of heart attack	Kills bacteria	Lowers cholesterol	Kills bacteria	Combats cancer
Oranges	Protects your heart		Straightens respiration	Supports immune system	Combats cancer
Peaches	helps stops strokes	Aids digestion	Prevents constipation	Helps hemorrhoids	Combats cancer
Peanuts	Protects against heart disease	promotes weight loss	Lowers cholesterol	aggravates Diverticulitis	Combats Prostate cancer
Pineapple	Blocks diarrhea	Aids digestion	Relieves Colds	Strengthens bones	Dissolves warts
Prunes	Protects against heart disease	Prevents constipation	Lowers cholesterol	Boost memory	slows aging process
Rice	Protects your heart	helps stops strokes	Battles diabetes	Conquers kidney stones	Combats cancer
Strawberries	Protects your heart		Calms stress	Boost memory	Combats cancer
Sweet Potatoes		Lifts your mood	Saves your eyesight	Strengthens bones	Combats cancer
Tomatoes	Protects your heart		Lowers cholesterol	Protects prostate	Combats cancer
Walnuts	Protects against heart disease	Lifts your mood	Lowers cholesterol	Boost memory	Combats cancer
Water	promotes weight loss		Conquers kidney stones	Smooths Skin	Combats cancer
Watermelon	helps stops strokes	Controls blood pressure	Lowers cholesterol	Promotes weight loss	Protects prostate
Wheat Germs	helps stops strokes	Prevents constipation	Lowers cholesterol	aids digestion	Combats Colon cancer
Wheat Bran	helps stops strokes	Prevents constipation	Lowers cholesterol	aids digestion	Combats Colon cancer
Yogurt	Strengthens bones	Supports immune systems	Lowers cholesterol	aids digestion	Guards against ulcers