

Subject: Healthy, Wealthy And Wise.

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Who's to know, if you eat these foods you may become healthy, wellthy and wise.

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This chart is awesome! Everyone can use it. Please pass it on to others.

Apples Protects your heart Prevents constipation Blocks diarrhea
Improves lung capacity Cushions joints
Apricots Combats c-ncer Controls blood pressure Saves your eyesight
Shields against Alzheimer's Slows aging process
Artichokes Aids digestion Lowers cholesterol Protects your heart
Stabilizes blood sugar Guards against liver d-isease
Avocados Battles diabetes Lowers cholesterol Helps stops strokes
Controls blood pressure Smoothes skin
Bananas Protects your heart Quiets a cough Strengthens bones Controls
bl-od pressure Blocks diarrhea
Beans Prevents constipation Helps hemorrhoids Lowers cholesterol
Combats can-er Stabilizes blo-d sugar
Beets Controls bloo- pressure Combats canc-r Strengthens bones
Protects your heart Aids weight loss
Blueberries Combats cance- Protects your heart Stabilizes blo-d
sugar Boosts memory Prevents constipation
Broccoli Strengthens bones Saves eyesight Combats -ancer Protects
your heart Controls bloo- pressure
Cabbage Combats -ancer Prevents constipation Promotes weight loss
Protects your heart Helps hemorrhoids
Cantaloupe Saves eyesight Controls b-ood pressure Lowers cholesterol
Combats c-ncer Supports immune system
Carrots Saves eyesight Protects your heart Prevents constipation
Combats ca-cer Promotes weight loss
Cauliflower Protects against Prostate Can-er Combats Breast Canc-r
Strengthens bones Banishes bruises Guards against heart dis-ase
Cherries Protects your heart Combats Canc-r Ends insomnia Slows
aging process Shields against Alzheimer's
Chestnuts Promotes weight loss Protects your heart Lowers
cholesterol Combats Can-er Controls blo-d pressure
Chili peppers Aids digestion Soothes sore throat Clears sinuses
Combats Cance- Boosts immune system
Figs Promotes weight loss Helps stops strokes Lowers cholesterol
Combats C-ncer Controls b-ood pressure
Fish Protects your heart Boosts memory Protects your heart Combats
Canc-r Supports immune system
Flax Aids digestion Battles diabetes Protects your heart Improves
mental health Boosts immune system
Garlic Lowers cholesterol Controls bloo- pressure Combats -ancer
Kills bacteria Fights fungus
Grapefruit Protects against heart attacks Promotes Weight loss Helps
stops strokes Combats Prostate Ca-cer Lowers cholesterol
Grapes Saves eyesight Conquers kidney stones Combats -ancer
Enhances -lood flow Protects your heart
Green tea Combats ca-cer Protects your heart Helps stops strokes
Promotes Weight loss K-lls bacteria
Honey Heals wounds Aids digestion Guards against ulcers Increases
energy Fights allergies
Lemons Combats can-er Protects your heart Controls -lood pressure
Smoothes skin Stops scurvy
Limes Combats can-er Protects your heart Controls bl-od pressure
Smoothes skin Stops scurvy
Mangoes Combats canc-r Boosts memory Regulates thyroid Aids
digestion Shields against Alzheimer's
Mushrooms Controls blood pressure Lowers cholesterol Ki-ls bacteria
Combats c-ncer Strengthens bones
Oats Lowers cholesterol Combats c-ncer Battles diabetes Prevents
constipation Smoothes skin
Olive oil Protects your heart Promotes Weight loss Combats ca-cer
Battles diabetes Smoothes skin

Onions Reduce risk of heart attack Combats ca-cer Kil-s bacteria
Lowers cholesterol Fights fungus
Oranges Supports immune systems Combats ca-cer Protects your
heart Straightens respiration
Peaches Prevents constipation Combats cance- Helps stops strokes
Aids digestion Helps hemorrhoids
Peanuts Protects against heart dis-ase Promotes Weight loss Combats
Prostate C-ncer Lowers cholesterol Aggravates Diverticulitis
Pineapple Strengthens bones Relieves colds Aids digestion Dissolves
warts Blocks diarrhea
Prunes Slows aging process Prevents constipation Boosts memory
Lowers cholesterol Protects against heart d-sease
Rice Protects your heart Battles diabetes Conquers kidney stones
Combats ca-cer Helps stops strokes
Strawberries Combats can-er Protects your heart Boosts memory
Calms stress
Sweet potatoes Saves your eyesight Lifts mood Combats -ancer
Strengthens bones
Tomatoes Protects prostate Combats can-er Lowers cholesterol
Protects your heart
Walnuts Lowers cholesterol Combats can-er Boosts memory Lifts
mood Protects against heart dis-ase
Water Promotes Weight loss Combats cance- Conquers kidney
stones Smoothes skin
Watermelon Protects prostate Promotes Weight loss Lowers
cholesterol Helps stops strokes Controls bl-od pressure
Wheat germ Combats Colon C-ncer Prevents constipation Lowers
cholesterol Helps stops strokes Improves digestion
Wheat bran Combats Colon Can-er Prevents constipation Lowers
cholesterol Helps stops strokes Improves digestion
Yogurt Guards against ulcers Strengthens bones Lowers cholesterol
Supports immune systems Aids digestion

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