

10
FOODS



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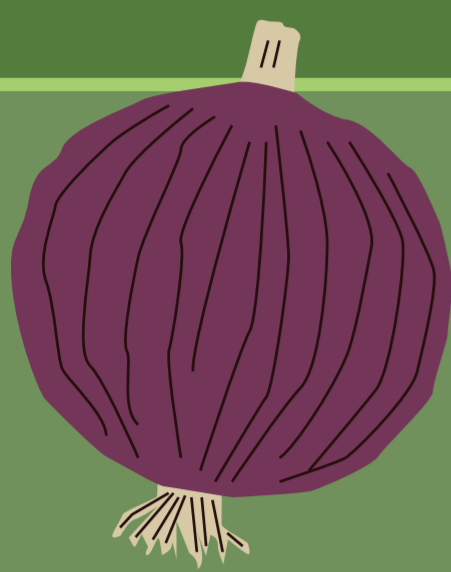
Broccoli is known for keeping your skin radiant and healthy

Broccoli contains vitamin E which revives dead skin cells

It also contains glucoraphanin which reverses the negative effects of the sun



Broccoli



Onions are known for preventing tooth decay and regulating blood sugar

Onions contain the vitamin Chromium which slows the release of sugar to the cells of the body

Chewing raw onions 2-3 minutes will kill all of the germs in your mouth, lips, and throat

Onions

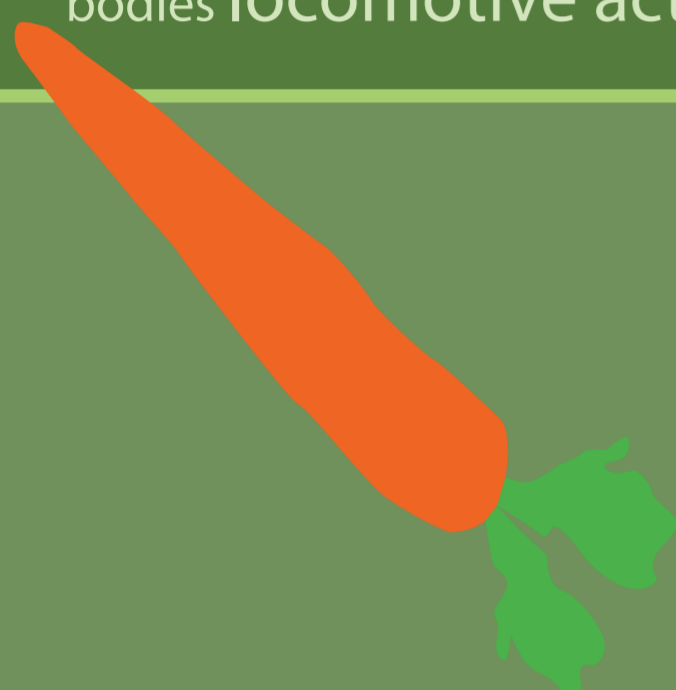
Lettuce is known for improving metabolism and reducing stress

Lettuce contains specific antioxidants that protect your metabolism from free radicals (cells that lack electrons and steal them from other cells)

It also contains anxiolysis, which reduces your bodies locomotive activity and anxiety



Lettuce



Carrots are known for improving eyesight and reducing blood pressure

Carrots are extremely rich in vitamin A which improves eyesight and prevents night blindness

They also are rich in potassium which is a vasodilator (vasodilators relax tension in your blood vessels which increase circulation)

Carrots

Cabbage is known for improving digestion and mental function

Cabbage contains vitamin K which produces sphingolipids (sphingolipids protect the nerves in you brain from damage and decay)

It also contains very high levels of souble fiber which adds bulk to your bowels



Cabbage



Mushrooms are known for reducing weight and cholesterol

Because mushrooms are high in protein and fiber while simultaneously having no fat or cholesterol they can be eaten with no consequence

No cholesterol also means that mushrooms contain lean proteins (lean proteins burn cholesterol and fiber lowers cholesterol levels)

Mushrooms

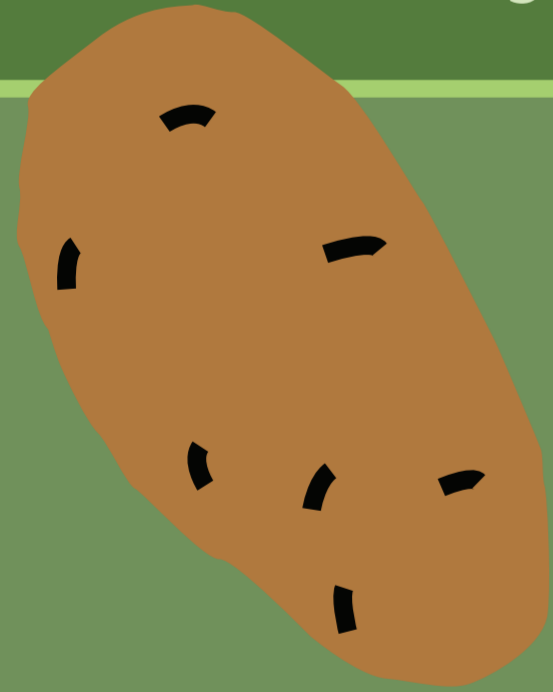
Spinach is known for strengthening the body

Spinach contains Co-Q10 which directly strengthens muscles (especially the heart muscles)

It also contains copper, zinc, and phosphorus which diretly strengthens bones



Spinach



Potatoes are known for stimulating brain function and preventing cancer

Potatoes contain carbohydrates (which prevent brain fatigue), iron (which gathers oxygen for the brain), and potassium (which increase blood flow)

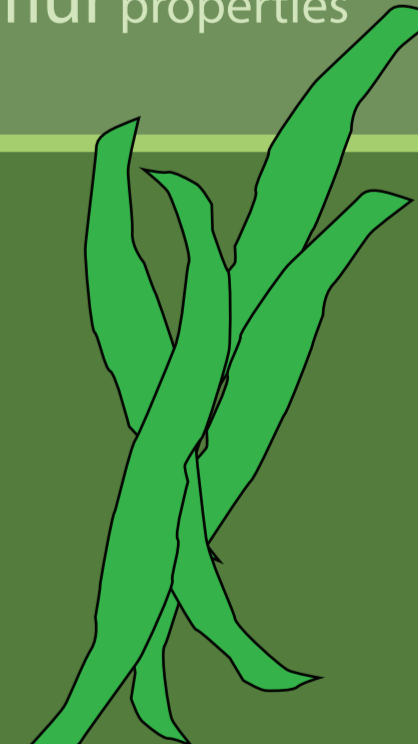
They also contain zeaxanthin, carotenes, and quercetin which are proven to have anti-cancer and anti-tumur properties

Potatoes

Green Beans are known for improving immune system and preventing diabetes

Green Beans contain multiple antioxidants that greatly reduce your chances of getting sick. These include quercetin, kamferol, beta carotene, and lutein

The hypoglycemic properties of green beans naturally regulate and control the negative effects of diabetes



Green Beans



Tomatoes are known for countering the effects of cigarette smoke

Tomatoes contain coumaric and chlorogenic acid which counters the carcinogens gained from inhaling cigarette smoke

A single tomato contains 40% of the daily vitamin C recommendation. Vitamin C is a natural antioxidant that stops cancer causing problems in the body

Tomatoes

