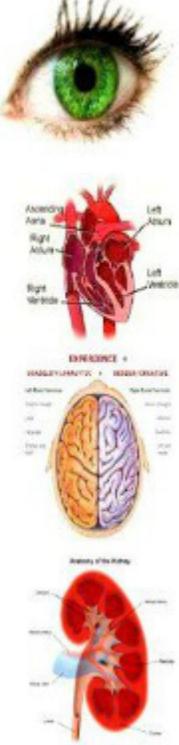


## Health Foods

Here are four healthy foods that look similar to body parts, but they're a lot more than these, check out below....

### NATURE'S AMAZING PHARMACY!

-  \* A sliced carrot looks like a Human eye and it greatly enhances blood flow to the eyes
-  \* A tomato has 4 chambers & is red just like the heart. A tomato is loaded with Lycopine that is pure heart & blood food
-  \* A walnut looks like the brain and helps develop more than 3 dozen neuro Transmitters to enhance brain functions.
-  \* Beans are kidney shaped and they heal and help maintain kidney functions.





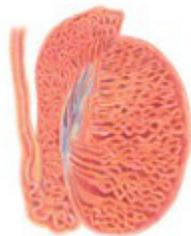
Avocados and Pears resemble the womb & cervix of a women, takes nine months to ripen and when eaten once a week by women, balances the birth hormones.



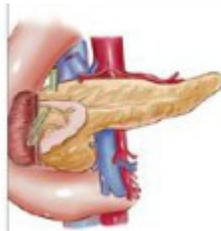
Broccoli, the tiny green tips look like hundreds of tiny cancer cells. Broccoli is believed to reduce the risk of cancer.



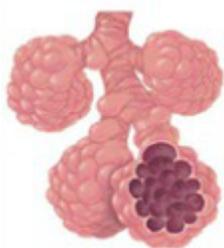
Celery, Rhubarb & Bok-choy look like bone structure. Bones are made up of 23% sodium, if your diet doesn't have enough calcium in it, the body will pull calcium from the bones. These foods have calcium in them.



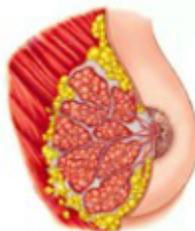
Figs hang in twos when they grow & are full of seeds, same as a mans testicles. Figs increase sperm count, sperm mobility as well as overcoming male sterility.



Sweet potatoes resemble the pancreas and are high in beta-carotene, which is a potent antioxidant, it also promotes healthy functions in the pancreas and prevents damage associated with cancer and aging.



Grapes resemble the inside of the lungs. A diet high in grapes has shown to reduce the risk of lung cancer and emphysema.



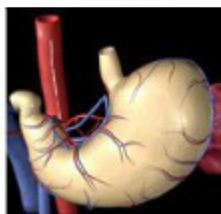
Grapefruits, oranges and other citrus fruit look like the mammary glands of women and actually assist the health of the breast, and the movement of lymph in and out of the breasts.



Olives resemble the ovaries in the female body. Olives, along with olive oil, assist the health and function of the ovaries.



Onions look like body cell's. Onion have been shown to clear waste material from all of the body cells. They also produce tears that wash the epithelial layers of the eyes.



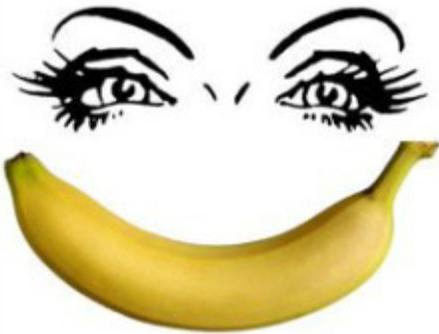
Ginger resembles the stomach and aids in digestion. It also calms the stomach, cures nausea and motion sickness. It also has shown signs of slowing the growth rate of bowel tumors.



Mushrooms cut in half resemble the ear. Mushrooms contain vitamin D, which is healthy for bones, and the ear has three tiny bones that transmit sound to the brain.



Ginseng roots look like the human body, and will help in the curing of almost all ailments related to the body.



Bananas should put a smile on your face, since it adjusts the level of serotonin production in the brain, which in turn is a mood regulating chemical. Also has potassium, manganese, vitamin C and dietary fiber.

## Foods and Body Parts - 1

### Foods that resemble human body parts

<p> Sliced Carrot resembles the eyeball. Carrots are high in vitamin A, a nutrient essential for good vision. Beta carotene in carrot protects the cells of eyes from free radical damage.</p> <p> Tomato has 4 chambers just like heart. Reduces the risk of cardiovascular diseases. Lowers cholesterol, neutralizes free radical.</p> <p> Orange looks like mammary glands of female. Orange is rich source of Vit-C. Reduces the risk of breast cancer. Citrus flavonoids are effective inhibitors of human breast cancer cell proliferation.</p> <p> Onion is made up of many layers just like human skin. Onion extract is a common ingredient in skin care products. Good for treating scars.</p> <p> Sweet Potato looks like human pancreas &amp; actually balance the glycaemic index of diabetics. Good food for Pancreatitis &amp; reduces the risk of Pancreatic cancer.</p>	<p> Walnut looks a lot like a Human Brain. This excellent brain food has proteins, omega-3, omega-6 fatty acid, Vit-E &amp; Vit-B6. Hence it nourishes the entire nervous system.</p> <p> Olives &amp; Ovaries look same. Good source of antioxidants, Vit-E, monounsaturated fat, iron &amp; fiber. Improves ovarian function.</p> <p> Celery resembles bone. Cholesterol-free, low - salt, low in fat, high in dietary fibre &amp; has Vit-K, Calcium, magnesium &amp; phosphorus. Good for development &amp; maintenance of strong bones.</p> <p> Grapes in cluster looks like heart. Rich in antioxidants. Reduces the risk of hypertension &amp; plaque formation in the arteries. Grapes help in the generation of nitric oxide in the body, which improves heart health.</p> <p> Kidney beans look like human kidney. Has high fibre, low fat &amp; low sodium. It maintains mineral balance &amp; reduces the risk of chronic kidney disease.</p>
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## Foods and Body Parts - 2

### Foods that resemble human body parts that they help

<p> Avocado is packed with nutrients. It is good for pregnant women. Folate helps for the proper growth &amp; development of the fetus &amp; prevents fetal birth defects. Vit B6 helps to reduce nausea associated with pregnancy. It improves fertility by lowering inflammation in the body.</p> <p> Grapes &amp; Pulmonary alveoli resemble each other. Helps to treat respiratory ailments like asthma etc. It helps lungs to retain moisture, thus preventing lungs from inflammations, dryness etc. Lowers the risk of lung cancer. A good expectorant &amp; tones up lungs.</p> <p> Indian ginseng or ashwagandha roots - Wonderful tonic for the body. Anti-aging, anti-inflammatory, adaptogen, antioxidant, immune booster, good for anxiety, depression, insomnia, erectile dysfunction, loss of libido, infertility, &amp; many more....</p>	<p> Figs resemble male reproductive organ. It improves male fertility significantly. It increases sexual power &amp; stamina in men. It is good for premature ejaculation &amp; erectile dysfunction.</p> <p> Ginger and stomach look same. It helps to prevent &amp; treat all types of nausea &amp; vomiting, prevents motion sickness, good for indigestion, relieves heartburn, protects the lining of stomach against inflammation &amp; ulcers.</p> <p> Mushroom (side view) looks like a human ear. It is a wonderful antibiotic, improves hearing, stimulates the function of the immune system &amp; inhibits the tumor growth.</p> <p> Sliced onion looks like a body cell. Onions neutralize the free radicals &amp; protects the cells from damage. It also reduces the risk of cancer.</p>
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