

FOOD PROTECTION CHART

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 Avocados	Aids digestion Battles diabetes	Lowers cholesterol Lowers cholesterol	Protects your heart Helps stops strokes	Stabilizes blood sugar Controls blood pressure	Guards against liver disease Smoothes skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans Beets Blueberries Broccoli Cabbage	Prevents constipation Controls blood pressure Combats cancer Strengthens bones Combats cancer	Helps hemorrhoids Combats cancer Protects your heart Saves eyesight Prevents constipation	Lowers cholesterol Strengthens bones Stabilizes blood sugar Combats cancer Promotes weight loss	Combats cancer Protects your heart Boosts memory Protects your heart Protects your heart	Stabilizes blood sugar Aids weight loss Prevents constipation Controls blood pressure Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries Chestnuts Chili peppers Figs	Protects your heart Promotes weight loss Aids digestion Promotes weight loss	Combats Cancer Protects your heart Soothes sore throat Helps stops strokes	Ends insomnia Lowers cholesterol Clears sinuses Lowers cholesterol	Slows aging process Combats Cancer Combats Cancer Combats Cancer	Shields against Alzheimer's Controls blood pressure Boosts immune system Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	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 stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea Honey	Combats cancer Heals wounds	Protects your heart Aids digestion	Helps stops strokes Guards against ulcers	Promotes Weight loss Increases energy	Kills bacteria Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes Mushrooms Oats Olive oil	Combats cancer Controls blood pressure Lowers cholesterol Protects your heart	Boosts memory Lowers cholesterol Combats cancer Promotes Weight loss	Regulates thyroid Kills bacteria Battles diabetes Combats cancer	aids digestion Combats cancer prevents constipation Battles diabetes	Shields against Alzheimer's Strengthens bones Smoothes skin Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches Peanuts	prevents constipation Protects against heart disease	Combats cancer Promotes Weight loss	Helps stops strokes Combats Prostate Cancer	aids digestion Lowers cholesterol	Helps hemorrhoids Aggravates Diverticulitis
Pineapple Prunes	Strengthens bones Slows aging process	Relieves colds prevents constipation	Aids digestion boosts memory	Dissolves warts Lowers cholesterol	Blocks diarrhea Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion

7 don'ts after a meal

- * **Don't smoke**-Experiment from experts proves that smoking a cigarette after meal is comparable to smoking 10 cigarettes (chances of cancer is higher).
- * **Don't eat fruits immediately** - Immediately eating fruits after meals will cause stomach to be bloated with air. Therefore take fruit 1-2 hr after meal or 1 hr before meal.
- * **Don't drink tea** - Because tea leaves contain a high content of acid. This substance will cause the Protein content in the food we consume to be hardened thus difficult to digest.
- * **Don't loosen your belt** - Loosening the belt after a meal will easily cause the intestine to be twisted & blocked.
- * **Don't bathe** -Bathing will cause the increase of blood flow to the hands, legs & body thus the amount of blood around the stomach will therefore decrease. This will weaken the digestive system in our stomach.
- * **Don't walk about** - People always say that after a meal walk a hundred steps and you will live till 99. In actual fact this is not true. Walking will cause the digestive system to be unable to absorb the nutrition from the food we intake.
- * **Don't sleep immediately** - The food we intake will not be able to digest properly. Thus will lead to gastric & infection in our intestine.