



FRUITS THAT HEAL





Disclaimer

The food items shown in this presentation are among the many options we have to consume.

Please exercise control on consumption of various food items, in case you are allergic to it or have been instructed not to consume by your doctor.

We do not undertake any responsibility, in case of any damage to health due to the practice of information through this presentation.

Compiled through various sources on the World wide web.



APPLES

- Protects your heart
- Prevents constipation
- Blocks diarrhea
- Improves lungs capacity
- Cushions joints



“An apple a day, does keep the doctor away.”

Eat it with the skin for more benefits.



APRICOTS

- Controls blood pressure
- Combats cancer
- Protects your eye sight
- Slows ageing process
- Shields against Alzheimer's



***Apricots are generally used more
in jams and desserts!***



BANANAS

- Protects your heart
- Strengthens bones
- Controls blood pressure
- Relieves constipation
- Helps control diarrhea



The best take along snack, this powerful fruit is indeed the best food choice you have!



GRAPES

- Saves eyesight
- Conquers kidney stones
- Combats cancer
- Enhances blood flow
- Protects your heart

***It's the grapes and not the wine
that give you these benefits!***





MANGO

- Combats cancer
- Boosts memory
- Regulates thyroids
- Helps in digestion
- Shields against Alzheimer's

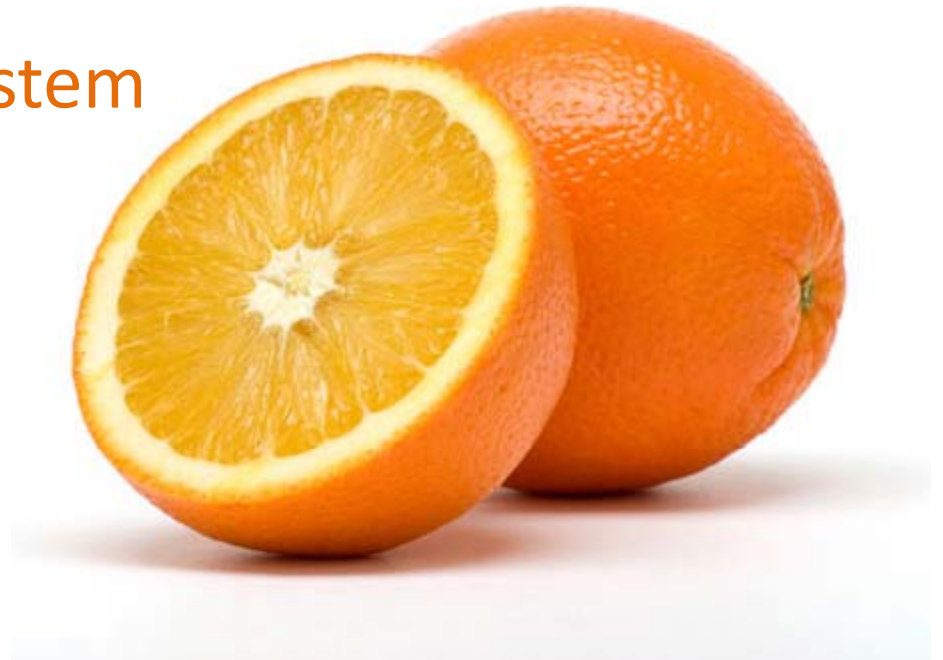


The king of fruits, Mangoes is surely a choice among many.



ORANGE

- Supports the immune system
- Cancer preventive
- Protects your heart
- Reduces blood pressure
- Repairs damaged sperm
- Prevents kidney stones
- Protection against viral infection



Vitamin C rich foods are good for health, but in moderation, excessive of anything is unhealthy.



PINEAPPLES

- Strengthens bones
- Relieves cold
- Dissolves warts
- Good for the gums
- Helps arthritis
- Blocks diarrhea



***Pineapples contains Calcium, Potassium,
Fiber and Vitamin C.***



STRAWBERRIES

- Calms stress
- Helps to detoxify
- Boosts immunity
- Promotes eye health
- Combats cancer
- Decreases arthritis
- Regulate blood pressure



Nutrient rich and packed with Vitamin C, they offer a variety of health benefits.



Hope you enjoyed reading the information.

For further details on health and benefits of a healthy lifestyle, log on to

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