

Fruit that heals!



Nutritional Highlights: A super food, Strawberry is **high in** Anti oxidants, flavonoids, Vitamin C, E, B2, B5 and B6, Potassium, Folic Acid; **Low in** Proteins, Sugar and Calories.

Health Benefits: Strawberries **BOOST IMMUNITY**; this in turn helps in the fruit helping to **FIGHT AGAINST CANCER** as good immunity is a good defense for the body; Improves **EYE HEALTH** and **REDUCES** the risk of **CATARACT**; It helps in keeping the **WRINKLES AWAY**, so a fruit that has **ANTI AGEING** properties; due to low calories, it helps in **WEIGHT MANAGEMENT**; it helps in **REGULATING** the **BLOOD PRESSURE**, it also helps in fighting **BAD CHOLESTEROL**.

Consumption: Strawberries are available virtually throughout the year; preferable to eat **Organic Strawberries**; Non organic strawberries should be soaked in clean water, a cupful of apple cider vinegar and a pinch of sea salt for 10 minutes before consumption, this could get rid of the pesticides!

CAUTION: Sometimes consumption of Strawberry could cause itchiness and other **allergic reactions**, this could be due to a reaction with the **toxins in your body**, reduce toxins through **Oil Pulling** (visit www.healingpressure.com, Downloads for more details) .

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