

MEDICINAL FOODS:

Almond: increase HDL, prostate cancer growth suppressor

Amaranth: antifungal

Apple: antiviral, breast cancer inhibitor, prostate cancer inhibitor, skin cancer prevention, breast cancer prevention, esophageal cancer prevention, colon cancer prevention, lowers cholesterol, blood pressure, stabilizes blood sugar, reduces appetite, hair growth promoter

Apricot: breast cancer inhibition, colon cancer inhibition, lung cancer inhibition, pancreatic cancer inhibition

Artichoke: lowers cholesterol, stimulates bile secretion, diuretic

Banana: antiulcer, lower cholesterol

Barley: anticancer, lower cholesterol, relieves constipation, hair growth promoter

Beans: lowers cholesterol, anticancer, controls insulin requirements, lowers blood pressure, relieves constipation

Beet: cardio protective during chemotherapy, lung and skin cancer prevention

Black Eyed Peas: antifungal

Black Raspberry: pancreatic cancer

Blueberry: anticancer, antiviral, stops diarrhea, protects blood vessels, increase anti-inflammatory cytokines, NK cell function

Broccoli: cholesterol and LDL lowering, breast cancer, brain cancer

Buckwheat: anticancer

Cabbage: anticancer, antifungal, immune stimulant, kills bacteria and viruses, cholesterol and LDL lowering

Carrot: anticancer, relieves constipation, lowers cholesterol

Cauliflower: anticancer, antifungal

Celery: hematuria

Cherries: colon cancer growth inhibition, antioxidant

Chili Pepper: decongestant and expectorant, prevents chronic bronchitis and emphysema, dissolves blood clots, kills pain

Cranberry: antibacterial and antiviral, antioxidant, brain cancer inhibition, breast cancer inhibition, cervical cancer inhibition, oral cancer inhibition, prostate cancer inhibition, prevents urinary infection, limits severity of vascular disease

Cucumber: promotes urination

Eggplant: protects arteries, prevents cancer, anticonvulsant, hematuria

Figs: anticancer, kills bacteria and parasites

Flaxseed: anticancer

Garlic: brain cancer inhibition, antifungal, fights infection, reduces blood pressure, reduces cholesterol, reduces triglycerides, relieves chronic bronchitis, increases immune function

Ginger: relieves motion sickness, relieves nausea, lowers cholesterol, prevents cancer, thins blood

Grape: antiviral, anticancer, promotes urination, cough, edema, night sweats, rheumatism, antiarrhythmic

Grapefruit: lowers cholesterol, anticancer, antiarrhythmic, reduces CRP, sTNFR2

Kale: anticancer

Lemon and Lime: anticancer

Mango: lower cholesterol, increase thyroid hormone

Melon: lower cholesterol, increase thyroid hormone

Mung Beans: antifungal, inhibits lung cancer, inhibits stomach cancer (sprouts)

Mushrooms: antiviral, anticancer, lowers cholesterol, increases immune function

Nuts: anticancer, lower cholesterol, regulates blood sugar, reduced risk of sudden cardiac death

Oats: anticancer, lowers cholesterol, regulates blood sugar, laxative

Olive Oil: reduces bad cholesterol, retards cancer and aging, lower risk of death from all causes, lowers blood pressure

Onion: antibacterial, antifungal, decongestant, boosts good cholesterol, regulates blood sugar, thins blood

Orange: combats viruses, lowers cholesterol, lower cancer risk

Papaya: anticancer breast

Peach: anticancer breast, anticancer colon, kidney protection during platinum chemotherapy

Pear: difficult urination, cough, constipation

Peas: antifungal, phytochelatin, prevents cancer, appendicitis, lowers cholesterol, antifertility

Peanut: cholesterol and LDL lowering

Persimmon: thyroid cancer risk reduction

Plum: anticancer breast, anticancer colon

Pomegranate: anticancer breast, pancreas

Potato: anticancer

Pumpkin: antibacterial, antifungal

Radish: promote urination

Red Kidney Beans: antifungal

Rice: lower blood pressure, antidiarrheal, prevents kidney stones, clears psoriasis, prevents cancer

Seaweeds: antibacterial, inhibits cancer, boosts immune system, lowers blood pressure, prevents strokes

Soybean: brain cancer inhibition, breast cancer inhibition, colon cancer inhibition, prostate cancer inhibition, cholesterol and triglycerides reducing, dissolves gallstones, relieves constipation, anti-influenza (black)

Spinach: reduced cancer risk, cholesterol

Squash: lowers cancer risk

Strawberry: anticancer breast, prostate, liver, antiviral, difficult urination

Sweet Potato: anti leukemia

Swiss Chard: inhibits breast cancer

Tangerine: thyroid cancer risk reduction

Tea: reduces cavities, destroys bacteria and viruses, fights infection, prevents cancer, lowers blood pressure, retards atherosclerosis, antiviral

Tomato: anticancer, antifungal, prevents appendicitis

Turnip: lowers cancer risk

Walnuts: decrease LDL, increase insulin response

Water Chestnut: urinary strain

Watermelon: lowers cholesterol, increase thyroid hormone

Wheat Bran: hematuria

Wine: prevents cancer, heart disease, kills bacteria and viruses

Yam: lower cholesterol, cancer risk, frequent urination, cough, diarrhea