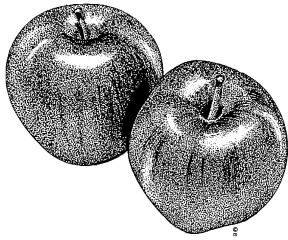


## APPLE

This fruit has an uncanny ability to absorb internal toxins.

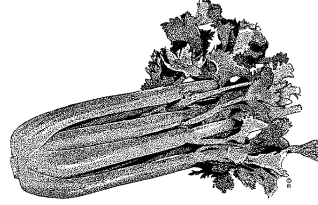
Also, it promotes the elimination of uric acid from the system when ingested. This wonderful food is even recommended for a short fruit fast with excellent results



nutritive food the Creator has blessed man with can be used for infants two months old and upward. Also a good poultice for wounds and infected swellings

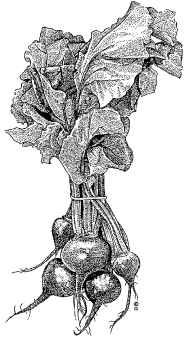
## CELERY

Excellent for promoting the flow of urine and with it uric acids. The juice of the celery is known for it's rejuvenating effects especially when mixed with fresh lemon.



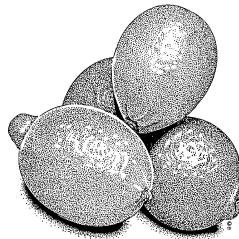
## BEET

The juice of the beet has great restorative effects on the kidneys and is recommended for aiding in improving their function as well providing the system with nutrients for making good quality blood.



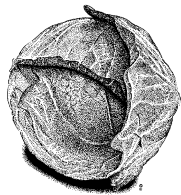
## LEMON

No home should be without fresh lemons! High in Vitamin C and highly antiseptic - it is a bacteria and germ fighter par excellence! Colds, Flu and Fever are held at bay with a proper ration of lemon juice daily taken. This powerful cleanser eliminates morbid matter while strengthening healthy tissue. A diluted drop of lemon juice in the eyes in the A.M. and a drop of Honey in the P.M. will dissolve cataract. Lemon juice and olive oil taken together will aid in dissolving kidney stones. A glass of water with one lemon squeezed therein will cleanse the stomach and stimulate the liver (aiding detoxification). Though considered an acid food, it is unparalleled for promoting alkalinity in the body.



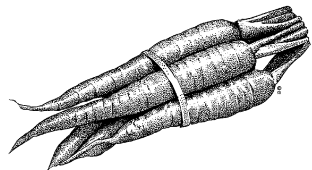
## CABBAGE

Three beaten leaves of fresh cabbage will relieve arthritic pain in joints. Cabbage is also excellent for healing wounds and sores. A leaf heated with a clothes iron and placed over affected area displays remarkable recuperative qualities.



## CARROT

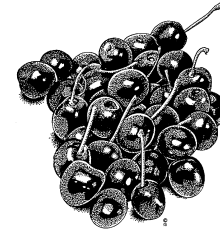
Due to the large quantity of Vitamin A inherent in Carrot, Skin, Blood, and Vision quality is greatly enhanced. The juice of this highly



## CHERRY

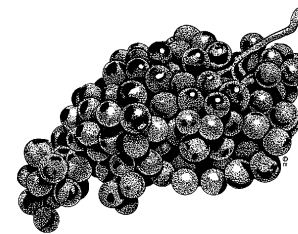
Many will consider cherries a treat rather than a healing food; nevertheless the facts speak for themselves.

Salicylic Acid, found in cherries, produce an anti-inflammatory and anti-arthritic effect. Meals made from fresh cherries or even cherry concentrate to which water is added, therefore, greatly reduce joint pain in arthritis sufferers. Gout also is affected by a cherry regimen, due to its ability to decrease uric acid levels in the blood.



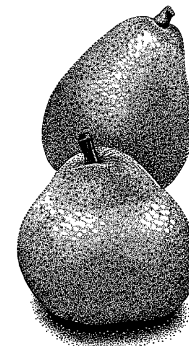
## GRAPES

This masterpiece of nature also exhibits diuretic and laxative qualities Stimulates digestive juices, promotes action of the bowels, cleanses the liver and helps to eliminate uric acid from the body. A rich source of polyphenol anti-oxidants and tannins, grapes contain active anti-viral agents.



## PEAR

A good source of B-complex vitamins, folic acid, phosphorous, potassium and calcium. Rich in pectin, aids digestion and the

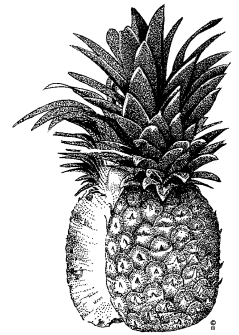


removal of body toxins.

Vitamin B contributes to a healthy heart. The B-complex aids in overall cardiovascular health, and even helps your blood pressure and physical performance.

## PINAPPLE

Extremely rich natural source for vitamins A and C. Natural mineral source for potassium chloride, sodium, phosphorous, sulphur, magnesium, iron, calcium, & iodine. Known to allay symptoms of inflammation. Also aids in expelling parasites from body.



## BERRIES

Strawberry High in vitamin C, iron and potassium. Contains ellagic acid, which neutralizes the effect of "PAH" (study by Dr. Paul La Chance of Rutgers University), carcinogen found in cigarette smoke. The sodium content acts as a tonic for nerves and keeps glands healthy. Rich source of tannins, which support our hormones. Inhibits the growth of viruses. A very rich source of polyphenol anti-oxidants.

