

# FOOD CHART

<b>Apples</b>	Protects your heart	Prevents Constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
<b>Apricots</b>	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
<b>Artichokes</b>	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
<b>Avocados</b>	Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smoothes skin
<b>Bananas</b>	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
<b>Beans</b>	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
<b>Beets</b>	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
<b>Blueberries</b>	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
<b>Broccoli</b>	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
<b>Cabbage</b>	Prevents constipation	Promotes weight loss	Combats cancer	Protects your heart	Helps hemorrhoids
<b>Cantaloupe</b>	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
<b>Carrots</b>	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
<b>Cauliflower</b>	Protects against prostate cancer	Combats breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
<b>Cherries</b>	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
<b>Chestnuts</b>	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats cancer	Controls blood pressure
<b>Chili peppers</b>	Aids digestion	Soothes sore throat	Clears sinuses	Combats cancer	Boosts immune system
<b>Figs</b>	Promotes weight loss	Lowers cholesterol	Helps stop strokes	Combats cancer	Controls blood pressure
<b>Fish</b>	Protects your heart	Boosts memory	Improves mental health	Combats cancer	Supports immune system
<b>Flax</b>	Aids in digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
<b>Garlic</b>	Lowers cholesterol	Combats cancer	Controls blood pressure	Kills bacteria	Fights fungus
<b>Grapes</b>	Conquers kidney stones	Saves eyesight	Enhances blood flow	Combats cancer	Protects your heart
<b>Green Tea</b>	Kills Bacteria	Promotes Weight Loss	Helps stop stroke	Combats cancer	Protects your heart
<b>Honey</b>	Heals wounds	Aids in digestion	Guards against ulcers	Increases energy	Fights allergies
<b>Lemons</b>	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy

<b>Limes</b>	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
<b>Mangos</b>	Combats cancer	Regulates thyroid	Boosts memory	Shields against Alzheimer's	Aids digestion
<b>Mushrooms</b>	Lowers cholesterol	Controls blood pressure	Kills bacteria	Combats cancer	Strengthens bones
<b>Oats</b>	Lowers cholesterol	Battles diabetes	Prevents constipation	Combats cancer	Smoothes skin
<b>Olive Oil</b>	Promotes weight loss	Protects your heart	Battles diabetes	Combats cancer	Smoothes skin
<b>Onions</b>	Reduce risk of heart attack	Kills bacteria	Fights fungus	Combats cancer	Lowers cholesterol
<b>Oranges</b>	Supports immune system	Strengthens respiration	Protects your heart	Combats cancer	
<b>Peaches</b>	Prevents constipation	Helps stop stroke	Aids digestion	Combats cancer	Helps hemorrhoids
<b>Peanuts</b>	Protects against heart disease	Combats prostate cancer	Promotes weight loss / Helps stop strokes	Aggravates diverticulitis	Lowers cholesterol
<b>Pineapples</b>	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
<b>Prunes</b>	Slows aging process	Prevents constipation	Lowers cholesterol	Boosts memory	Protects against heart disease
<b>Rice</b>	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stop strokes
<b>Strawberries</b>	Protects your heart	Boosts memory	Calms stress	Combats cancer	
<b>Sweet Potatoes</b>	Saves your eyesight	Lifts mood	Strengthens bones	Combats cancer	
<b>Tomatoes</b>	Protects prostate	Lowers cholesterol	Protects your heart	Combats cancer	
<b>Walnuts</b>	Boosts memory	Lowers cholesterol	Lifts mood	Combats cancer	Protects against heart disease
<b>Water</b>	Conquers kidney stones	Promotes weight loss	Smoothes skin	Combats cancer	
<b>Watermelon</b>	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps stop stroke	Controls blood pressure
<b>Wheat Germ</b>	Combats colon cancer	Improves digestion	Lowers cholesterol	Helps stop stroke	Prevents constipation
<b>Wheat Bran</b>	Combats colon cancer	Improves digestion	Lowers cholesterol	Helps stop stroke	Prevents constipation
<b>Yogurt</b>	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune system	Aids digestion

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