

Cauliflower, Garlic, Celery & Red Fruits

Health Benefits of CAULIFLOWER

Nutrients*

Dietary Fiber 10%
Protein 4%
Carbohydrate 2%
Calories 1%

Vitamins*

Vitamin C 77%
Vitamin K 20%
Folate 14%
Vitamin B6 11%

Minerals*

Manganese 8%
Copper 7%
Magnesium 4%
Phosphorus 4%



Aids in digestion

Reduces risk of abdominal disorders

Prevents bone loss in men and women

Helps prevent cancer and cardiovascular diseases

Effective in protecting skin from UV rays

Reduces progression of neurodegenerative diseases

Helps in maintaining electrolyte balance in body

Boosts immune system and improves brain health

Effective in treatment of recurrent respiratory papillomatosis

Reduces risk of age-related macular disease and cataracts

Caution: Excessive intake may cause gas, anaphylaxis. Reduces effectiveness of anticoagulant drugs like warfarin

*% Daily Value per 100g. For e.g. 100g of cauliflower provides 77% of daily requirement of vitamin C.

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HEALTH BENEFITS OF CELERY JUICE

**BOOSTS
GUT
HEALTH**

**REDUCES
INFLAMMATION**

**CONTAINS
FEW
CALORIES**

**IMPROVES
HYDRATION**

**PREVENTS
URINARY TRACT
INFECTIONS**

**STIMULATES
DETOXIFICATION**

**LOWERS RISK
OF CANCER**

**LOWERS
LDL CHOLESTEROL**

**RELIEVES
ARTHRITIS PAIN**

**STRENGTHENS
BONES**



COLON CLEANSING



FLAX SEEDS

Protects intestinal flora, regulates bowel habits without side effects.



ALOE VERA

Heals and soothes intestinal lining



ALFALFA

Helps to soothe the digestive tract during a cleanse



PEPPERMINT

Alleviates the intestine



SPIRULINA & WHEATGRASS

Aids the body in obtaining more oxygen and eliminating unnecessary toxins



MANGO

Relieves constipation due to its laxative properties



CHICKWEED

Constipation relief and colon cleansing



PROBIOTIC YOGURT

Excellent to restore regularity, use minimally processed



CASCARA SAGRADA

Strengthens the muscle tone of the colon walls



FERMENTED FOODS

Kefir and unpasteurized cultured butter are a great probiotic source.



FENNEL SEEDS

Relieves lower abdominal pain, enhances digestion, reduces gas



ORGANIC FRUITS

Apples, grapes, pineapples, papaya and kiwi are rich in fiber, act as natural lubricants & contain valuable enzymes that help maintain regularity.

Iceberg vs. Romaine lettuce



One cup of iceberg lettuce:

- 8 calories
- 0.5 gram protein
- 0.7 gram fiber
- 10 mg calcium
- 78 mg potassium
- 1.5 mg vitamin C
- 16 mcg folate
- 13.3 mcg of vitamin K
- 164 mcg beta carotene
- 152 mcg of lutein and zeaxanthin



One cup of romaine lettuce has:

- 8 calories
- 0.58 gram protein
- 1 gram fiber
- 16 mg calcium
- 116 mg potassium
- 11.3 mg vitamin C
- 64 mcg folate
- 48.2 mcg vitamin K
- 1637 mcg beta carotene
- 1087 mcg of lutein and zeaxanthin.

Source: The USDA Nutrient Data Laboratory

USES OF GARLIC

Forget apples... a clove of garlic a day keeps the doctor away!

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|--------------------------------------|---------------|-----------|
| High cholesterol | Antioxidants | Warts |
| Athlete's foot | Breast cancer | Stomach |
| Poor digestion | Cold and flu | Diabetes |
| Low energy | Leukemia | Parasites |
| Blood sugar | Anti-fungal | Allergies |
| Blood cholesterol | Vaginitis | |
| Colon cancer | Toothaches | |
| Chronic bronchitis | | |
| Yeast infections | | |
| Respiratory problem | | |
| Boosts the immune system | | |
| Increase absorption of iron and zinc | | |
| Coughing | | |

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Red Fruits and Vegetables

Strawberries
anti inflammatory



Cranberries
beneficial to the eyes

Tomatoes
build strong bones



Red cabbage
rich in vitamin C

Beets
guard against cancer



Raspberries
rich in minerals like
potassium, manganese,
copper, iron & magnesium.

Radishes
rich in folic acid



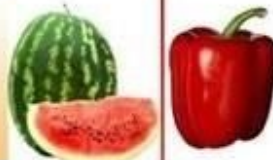
Cherries
brain food

Red apples
antioxidants



Red grapes
anti-aging

Watermelon
92 percent water



Red peppers
support healthy night
vision

Rhubarb
high in calcium



Pomegranates
Heart Health

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