

<b>Apple</b>	Good for joints	Increase respiratory capacity	Good for heart	Against diarrhea	For better digestion
<b>Artichoke</b>	Good for liver	stabilizes blood sugar	reduces cholesterol	Good for heart	for better digestion
<b>Avocado</b>	Good for diabetics	for smooth skin	Helping with stroke	Stabilizes blood circulation	reduces cholesterol
<b>Banana</b>	Good for heart	Against coughing	Stabilizes blood circulation	Strenghtens bones	Stops Diarrhia
<b>Beans</b>	For better digestion	Gegen Hemorrhoiden	reduce cholesterol	against cancer	Stabilize blood sugar
<b>Blueberry</b>	against cancer	Good for heart	stabilizes blood sugar	Good for memory	For better digestion
<b>Brocolie</b>	Strenghtens bones	Good for eyes	against cancer	Good for heart	Stabilizes blood circulation
<b>Cabbage</b>	against cancer	For better digestion	Helps reducing weight	Good for heart	Against Hemorrhoids
<b>Carotte</b>	Good for eyes	Good for heart	For better digestion	against cancer	Helps reducing weight
<b>Coli-flower</b>	against cancer (Prostata)	against cancer (Breast)	Strenghtens bones	Smoothes scars	Good for heart
<b>Cherry</b>	Good for heart	against cancer	Against breathing problems while asleep	Against aging	Helps with Alzheimer
<b>Figs</b>	Help reducing weight	Helping with stroke	against cancer	reduce cholesterol	Stabilize blood circulation
<b>Fish</b>	Good for heart	Good for memory	against cancer	Streanthen Immun-system	
<b>Linnen-seeds</b>	For better digestion	Good for heart	Good for diabetics	Against Depression	Streanthen Immun-system
<b>Garlic</b>	reduces cholesterol	Stabilizes blood circulation	against cancer	against Virus+Bakteries	Against fungus infections
<b>Grape-fruit</b>	Good for heart	Helps reducing weight	Helping with stroke	against cancer (Prostata)	reduces cholesterol
<b>Grapes</b>	Good for eyes	Against kidney-stones	against cancer	Stabilize blood circulation	Good for heart
<b>Green Tee</b>	against cancer	Good for heart	Helps reducing weight	against Virus+Bakteries	Helping with stroke
<b>Honey</b>	Heals wounds	For better digestion	against Ulcer	Increases energies	Against Allergies
<b>Lemon</b>	against cancer	Stabilizes blood circulation	for smooth skin	Good for heart	Stops Scurvy
<b>Green Lemon</b>	against cancer	Good for heart	Stabilizes blood circulation	for smooth skin	Stops Scurvy

<b>Mango</b>	against cancer	Good for memory	Regulates Thyroid functions	For better digestion	Helps with Alzheimer
<b>Mushrooms</b>	Stabilize blood circulation	reduce cholesterol	against cancer	against Virus+Bakteries	Strengthen bones
<b>Nuts</b>	Help reducing weight	Good for heart	against cancer	reduce cholesterol	Stabilize blood circulation
<b>Oats</b>	reduce cholesterol	against cancer	Good for diabetics	For better digestion	for smooth skin
<b>Olive-Oel</b>	Good for heart	Good for diabetics	against cancer	Helps reducing weight	for smooth skin
<b>Onion</b>	Reduces risk for stroke	against cancer	reduces cholesterol	against Virus+Bakteries	Against fungus infections
<b>Orange</b>	Strengthen Immun-system	against cancer	Good for heart	Regulates breathing	Stops Scurvy
<b>Pear</b>	For better digestion	against cancer	Helping with stroke		
<b>Peach</b>	slows down Alzheimer	Helps with Alzheimer	Good for eyes	Stabilizes blood circulation	against cancer
<b>Pepper hot</b>	For better digestion	Against sore throat	against cancer	Cleans Sinus	Strengthen Immun-system
<b>Sellerie</b>	Stabilizes blood circulation	against cancer	Strengthen bones	Good for heart	Helps reducing weight
<b>Sugar-melone</b>	Good for eyes	Stabilizes blood circulation	Strengthen Immun-system	against cancer	reduces cholesterol