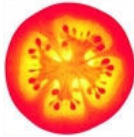


GOD'S AMAZING GUIDE TO FOOD



A sliced carrot looks like the human eye complete with a pupil, iris and radiating lines.

Science now shows carrots greatly enhance blood flow to and function of the eyes.



A tomato has four chambers and is red. The heart has four chambers and is red. It is now known that tomatoes are loaded with Lycopene which is excellent for cardiac functioning



Grapes hang in a cluster that resembles the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food. Hence why a glass of red wine has been shown to be beneficial.



A walnut looks like a little brain complete with a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three dozen neurotransmitters for brain function.



Kidney Beans actually heal and help maintain kidney function



Celery, Bok Choy, Rhubarb and many more look just like bones.

These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak.



Avocadoes, Eggplants and Pears target the health and function of the female reproductive system. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. Interestingly, it takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.

There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in pairs when growing. Interestingly, they are able to increase the mobility and motility of male sperm as well as increasing a man's sperm count.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands and actually assist the health of the breast tissue and the movement of lymph in and out of the breasts.



Onions look like the body's cells.

Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.