

## Foods that Heal: A - Z

When we were young and full of energy, we could get away with some unhealthy eating habits but when you reach middle age, good nutrition becomes extremely important. There's no better time than right now for you to change your eating habits, especially if you want to live a long, healthy life,

In my on-going effort to be more health conscious, I found out there are a number of foods that are good for the boy in more ways than one. They are my A B C Foods that Heal list:

<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 stops 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>	Combats cancer	Prevents constipation	Promotes weight loss	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	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>fish</b>	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
<b>flax</b>	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
<b>garlic</b>	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus

grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Strengthens respiration	
peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	<b>Aggravates diverticulitis</b>
pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process				

It's a list everyone should have, even if you're not a baby boomer.