

Food Efficacy of Organic food

2022 edition

Acacia Honey- aid wound healing, improve acne, powerful antioxidants, strong natural anti-biotic

Apple- Vitamin C, B complex, calcium, potassium, phosphorus, reduce risk of diabetes, lots of soluble fibers, reduce cholesterol by binding with fat, antioxidants, anti-inflammatory, boost immune system, good for anemia,

Beet- rich in potassium and iron, prevents anemia, good for eye and blood vessels, Superb in cleaning body waste and toxic, ease kidney's work, high fiber helps large intestine's health, anti cancer, anti inflammation, remove cancer and inflammatory matters in the body, anti aging.

Benfotiamine(synth fat soluble vitamin b1)- high glucose suppress vitamin b1
Great for arthritis patients, lowers inflammation and pain. Protects brain from complications, protect heart arteries function,

Blue berries- Antioxidants, Transforms DNA back to near normal, reduces cancer at many sites,

Brussels sprout- best detoxification,

Cashew- Vitamin B6

Carrot- Vitamin B6, Vitamin A, Vitamin C, Vitamin K

Cheese- Highest protein source, vitamin B6

Chicken, turkey- high phosphorus

Chlorella – magnesium, vitamin b12, removes heavy metal particularly good on lead and mercury, high protein, iron, anti cancer

Cilantro- remove heavy metal especially mercury,

Cinnamon- decrease blood sugar, triglycerides, and ldl cholesterol levels.

Egg- Protein, vitamin B6, good cholesterol

Egg plant- make veins healthy, prevents high cholesterol,

Flax seed- Vitamin B6, lowers cholesterol,

Garlic- reduce risk of 56% colon, 73% ovarian prostate, 88% esophageal, 50% stomach and all common cancers, detoxifies carcinogen, anti-inflammatory for arthritis,

Green bean- folate,

Green Tea- not ideal for cancer patients, benefit heart and blood vessels,

Manuka Honey- anti-inflammation, aid healing, Leposperin, DHA, and Methylglyoxal, Hydroxymethylfurfural,

Mushroom- Enhance T cell function, prevent DNA damage, slow tumor growth, cause programmed cancer cell death, prevent angiogenesis. k

Oat- Lower ldl cholesterol, prevent atherosclerosis,

Olive oil (extra virgin oil+)- natural antibiotic, anti inflammation, lowers cholesterol, Make blood vessels function better prevents thrombus and lowers blood pressure,

Onion- lower cholesterol, anti acidification, anti cancer, helps small blood vessels Healthier and flexible, help circulation prevents high blood pressure and thrombus. reduce risk of 56% colon, 73% ovarian prostate, 88% esophageal, 50% stomach and all common cancers, detoxifies carcinogen, anti-inflammatory for arthritis,

Orange- Lowers blood pressure, improve blood vessel function and lower cholesterol,

Pomegranate- Antioxidant, anticarcinogen, anti-inflammatory, prevent cancer esp breast prostate colon leukemia uv skin bacterial infection, lowers blood pressure, reduce kidney infection

Shrimp- zinc(without oxalate from plants)

Seaweed- Iodine, selenium, zinc, iron,

Soy- Highest phosphorus source,

Spinach- iron increase blood count, magnesium

Tea tree oil- natural anti-biotic,

Tuna- protein, omega 3, vitamin B6

Turmeric- anti cancer, prevents arteries from hardening, anti-inflammatory

Walnut- omega 3, phosphorus, vitamin B6

Must eat organic list and reason why.

Berries- they sit low and sponge like nature soak up pesticides very well

Butter- Cows naturally eat grass and has lots of omega3, if not grown organic they are fed with cheap grains that are GMO and has pesticides resulting butter to have bad cholesterol, hormones, and omega6

Carrot- Very good at soaking up nutrient, so with pesticide

Egg- , if not grown organic they are fed with cheap grains that are GMO and has pesticides resulting to have bad cholesterol, hormones, and omega6

Spinach- Sponge like feature makes it hard to get pesticides out.

Special Menu

Detox heavy metal juice- cilantro, chlorella, spinach, coconut water, ginger, fermented chlorella, kiwi,

Gerson orange- green apple, carrot

Gerson green- green apples, watercress, chard, romaine lettuce, green pepper, red cabbage, escarole