

## WHOLE FOOD SIGNATURE



A sliced Carrot looks like the human eye.

The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red.

The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart.

Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebelums.

Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro- transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look

exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and 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, making them weak. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female - they look just like these organs.

Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervicle cancers. And how profound is this? .... it takes exactly 9 months to grow an Avocado from blossom to ripened fruit. There are over 14,000 phytoytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).