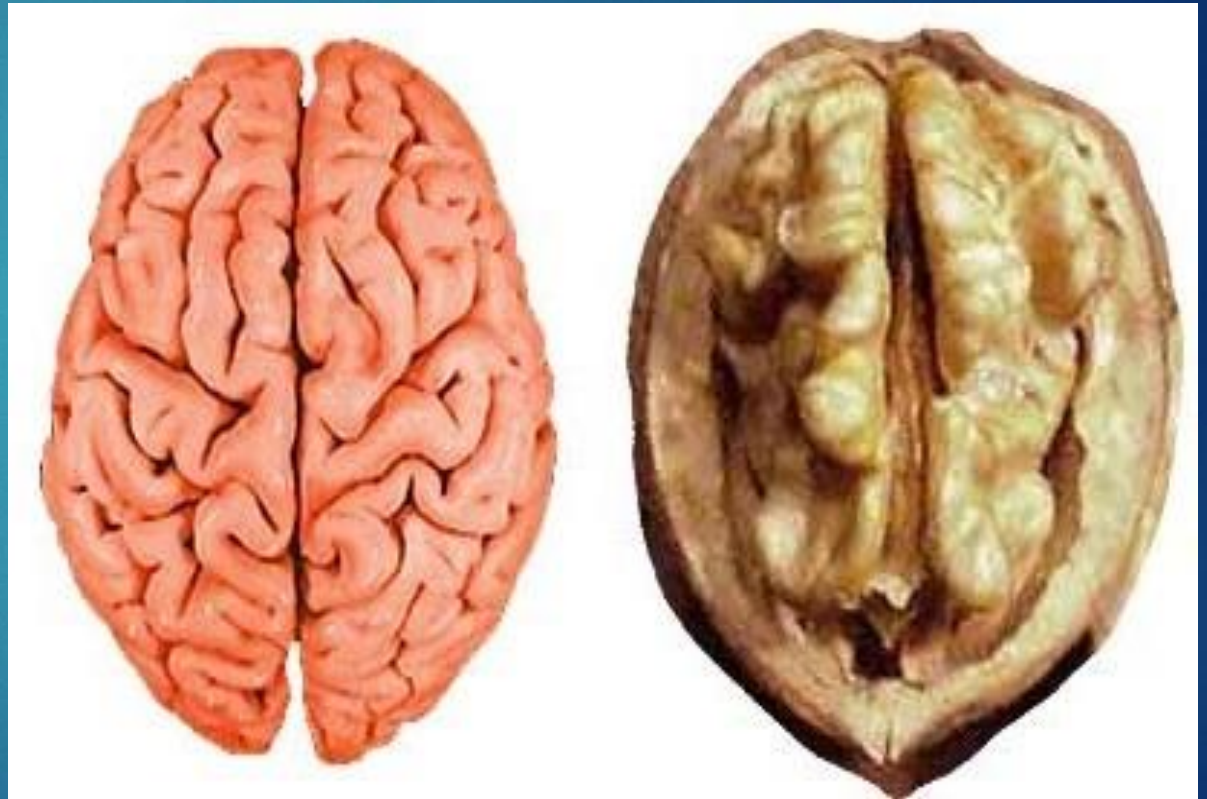


Foods and organs

Walnut-brain

- ▶ Walnut looks like the brain,
- ▶ High in omega 3 fatty acids
- ▶ They also extract and break down the protein-based plaques associated with Alzheimer's diseases.



Carrot-eye

- ▶ Slice a carrot into half it resembles the texture of the human eye,
- ▶ Rich in beta-carotene, a caretonoid,
- ▶ It protects the eye.



Mushrooms-ears

- ▶ Slice a mushroom into half it resembles the shape of the human ear,
- ▶ Could actually improve your hearing,
- ▶ contain vitamin D is important for healthy bones, even the tiny ones in the ear



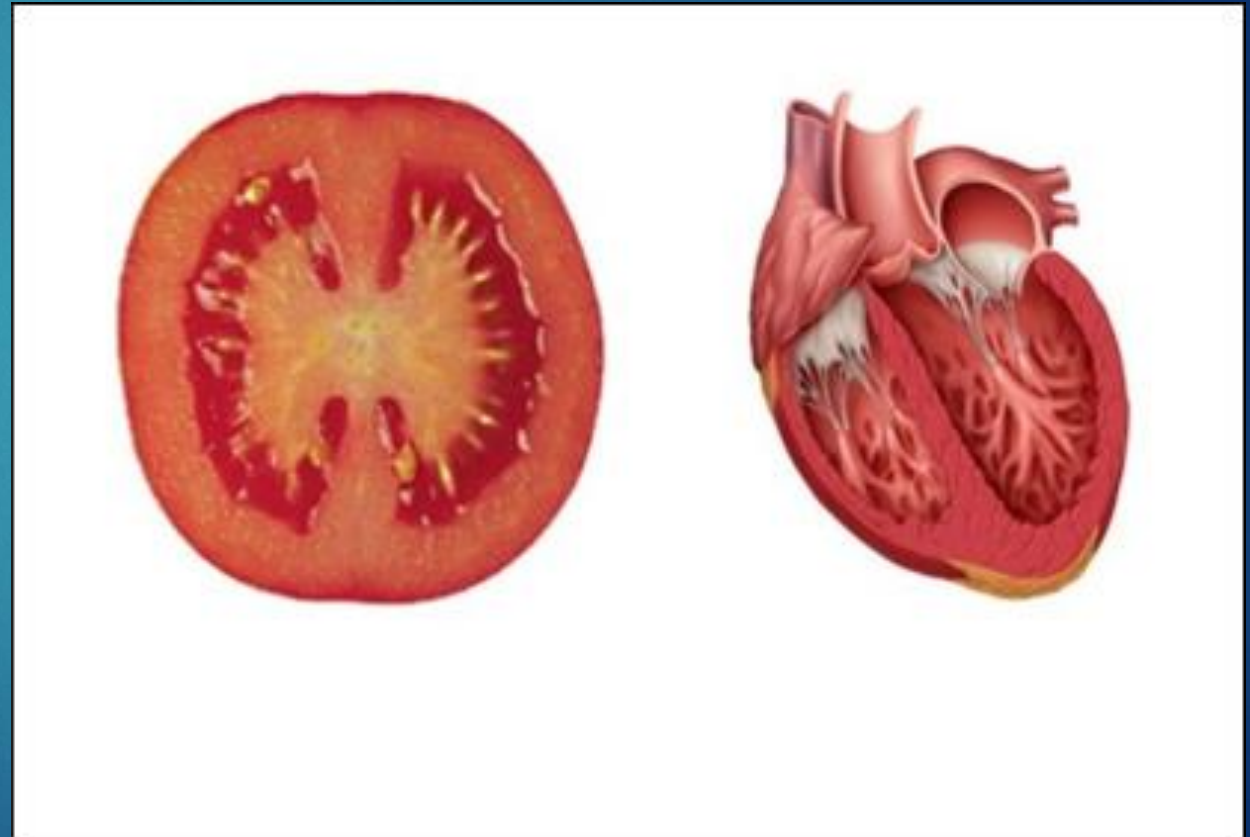
Celery-bones

- ▶ Long, lean stalks look like bones,
- ▶ Bone strength,
- ▶ Bones are 23% sodium
- ▶ Celery is 23% sodium
- ▶ vitamin K, vitamin A, potassium, and vitamin C.



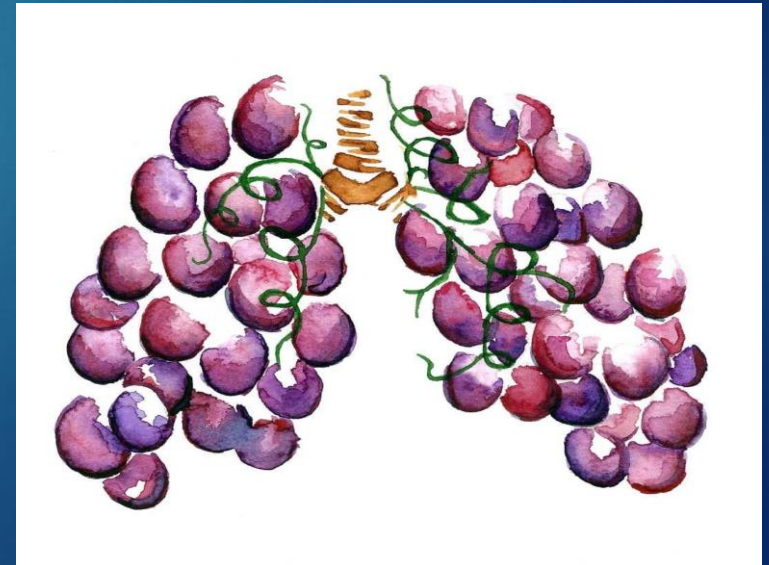
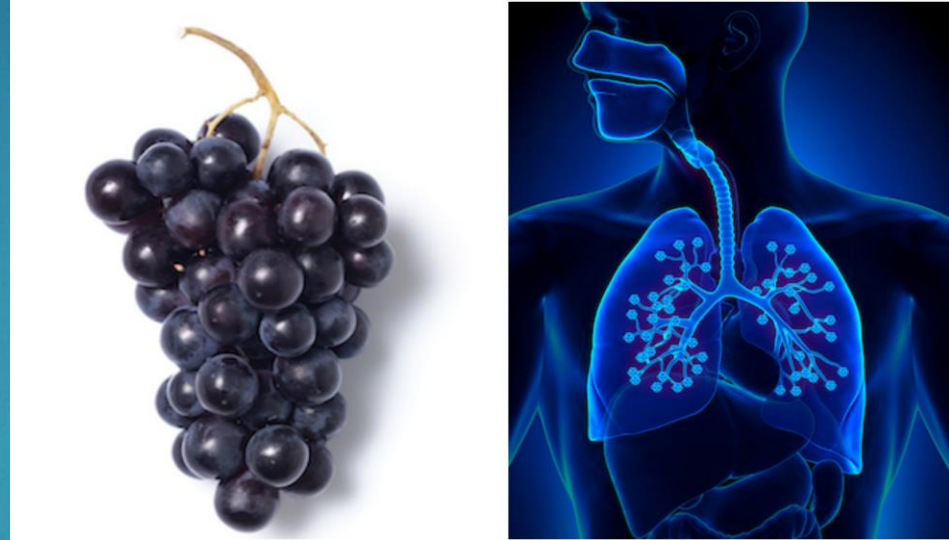
Tomato-heart

- ▶ You slice open a tomato its multiple chambers resemble the structure of your heart,
- ▶ Rich in an antioxidant called lycophene, rich in vitamin b3, it helps to lower the level of cholesterol in your body.
- ▶ Tomatoes are cholesterol free



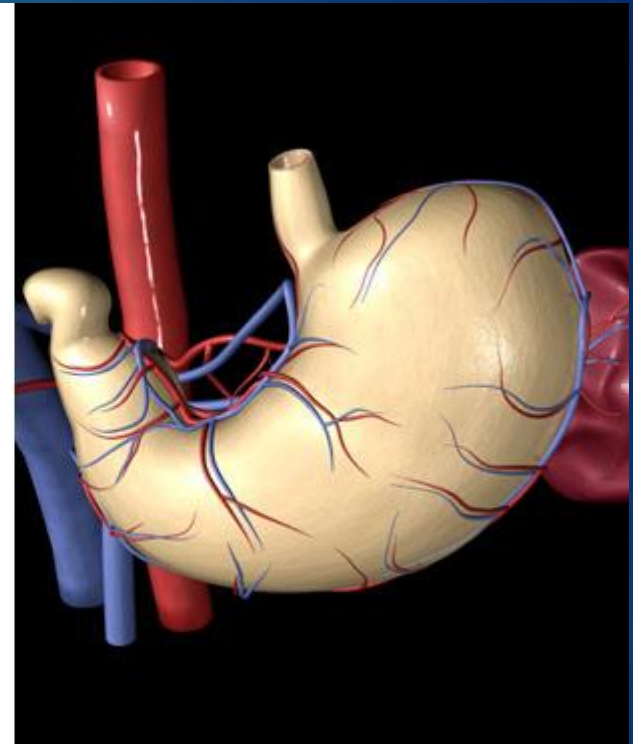
Grape-lungs

- ▶ Grape looks like alveoli of the lungs
- ▶ Alveoli are tiny sacs
- ▶ Red/purple grape reduce the risk of lung cancer.



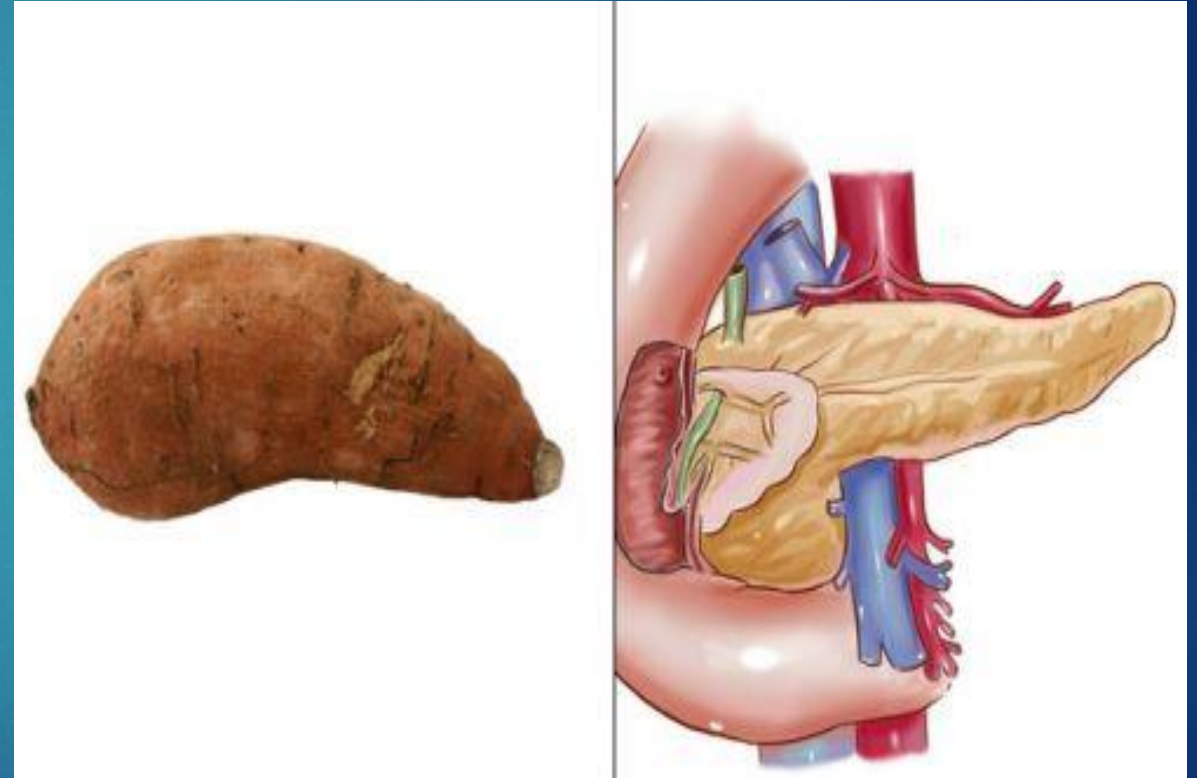
Ginger-stomach

- ▶ Often looks just like the stomach
- ▶ Calm the stomach and cure nausea
- ▶ First sign of nausea you receive, just drink a cup of ginger drink.



Sweet potatoe- pancreas

- ▶ Sweet potatoe looks like pancreas
- ▶ Balance the glycemic index of diabetics
- ▶ vitamin A, vitamin C, vitamin B6.



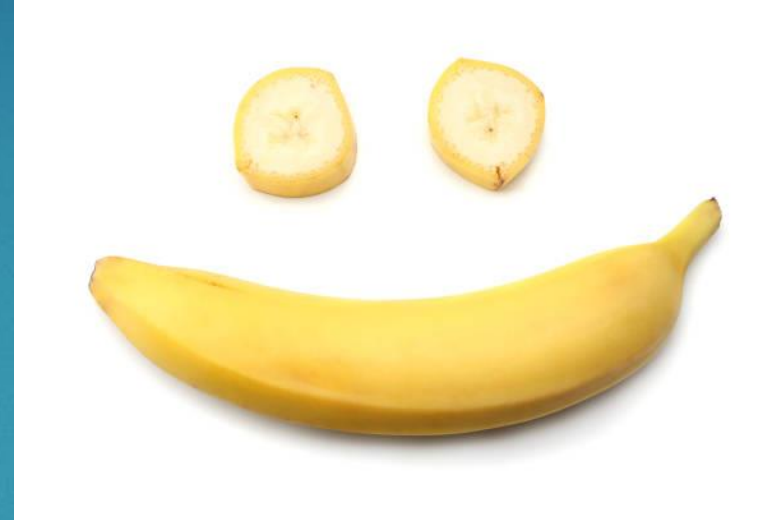
Red wine-blood

- ▶ Looks like blood,
- ▶ Rich in antioxidants and polyphenols
- ▶ Protects you from against destructive things in the blood, like LDL cholesterol, which can cause heart disease.



Banana-smile

- ▶ Bananas contain a protein called "tryptophan,,
- ▶ Tryptophan digested, it gets converted into serotonin
- ▶ **So keep smiling and keep peeling!**





Thank you for your attention!