

Plum

Plums protect against tooth decay and fight constipation.

Pineapple

Pineapple helps your digestive track and has anti-inflammatory properties.

Papaya

Papaya is a tropical fruit rich in antioxidant nutrients.

Lemongrass

Lemongrass treats exhaustion and the oil's aroma relieves stress.

Guava

Guava fights infections, halts diarrhea and has anti-inflammatory properties.

Green Chillies

Green Chillies are an immune system stimulant and ...

Grapes

Diluted grape juice with other additives like pepp...

Grapefruit

Grapefruit lowers cholesterol and prevents kidney ...

Eggplant

Eggplant is nicotine high, treats colon cancer and...

Cucumber

Cucumber has anti-inflammatory and anti cancer pro...