

# Belgian Endive

Belgian Endive fights cataract and prevents Alzhei...

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# Watercress

Watercress prevents DNA damage to blood cells and...

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# Red Beets

Beets can color your food red and prevent cancers...

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# Snowpeas

Snow peas benefits people with asthama, arthritis...

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# Rhubarb

Rhubarb is used as a laxative and prevents diabete...

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# Parsnip

Parsnip protects you against lymphoblastic leukemia...

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# Lettuce

Lettuce acts as a sedative and relaxes nerves...

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# Shiitake Mushroom

Shiitake mushroom may prevent viruses and benefits...

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# Horseradish Root

Horseradish Root acts against bacterial infections...

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# Collard Greens

Collard Green is nutritious, supports vision and p...