

# Spinach

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Spinach promotes eye health and strengthens bones

## GEEK TALK

*Spinacia oleracea*

## BUT WE TALK

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Spinach

# DID YOU KNOW?

Owing much of its fame to Popeye's excessive eating of it, spinach has far more benefits than helping you get strong. Native to Asia but popular worldwide, spinach is very popular cooked or even used in some salads or sandwiches.

The three most common varieties of spinach are savoy spinach, flat-spinach, and semi-savoy spinach.

Spinach is another dark leafy green vegetable but its taste separates it from the rest of the pack.

# KITCHEN PHARMACY

- Perhaps spinach's greatest health benefit is that it has been seen as very helpful in preventing aggressive prostate cancer.
- In addition, Spinach can help lower blood pressure, promote good eye health, help strengthen bones and help the skin to prevent wrinkles.