

OLIVE OIL

- Reduces cholesterol
- inflammation
- Helps liver and gallbladder conditions

ONION

- Immune boosting
- lowers cholesterol
- Reduces heart disease

GARLIC

- Anti-parasitic
- Helps blood pressure
- Cholesterol
- Infections
- flu's

CHICKEN

- high protein
- builds muscles
- good source of amino acids
- low fat

PINEAPPLE

- Anti-inflammatory
- Digestive aid
- Helps joints

RED & GREEN PEPPERS

- Vitamin A & C
- Gut mobility

CURRY POWDER

- Anti-inflammatory
- Digestive aids
- Joints
- Brain function - Alzheimers

SALT & PEPPER

- Flavor enhancer
- Good for low blood pressure
- Necessary for life

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