

PROPERTIES OF PEACHES

♥ Peaches contain vitamins A, C, E, and K with seven minerals (calcium, iron, copper, magnesium, zinc, phosphorus and manganese).

♥ They are a source of beta carotene which increases circulation of blood in the body parts improving vision health.

♥ Peaches correspond to the Earth and Wood elements, and have a warming property (mild Yang) according to TCM.

♥ Peaches have anti-aging properties; they increase immunity and help remove toxins from the body. Peaches are also rich in fiber and have a high antioxidant content.