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.

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