AMAZING BENEFITS OF STRAWBERRIES!

**Contain Folate**
Folate, found in strawberries, helps keep your blood healthy and keeps you from getting anemia. It has also been found to prevent cancer, Alzheimer's disease and hearing loss as you age.

**Improvement of Inflammatory Bowel Problems**
Salicylic acid, a naturally-occurring anti-inflammatory substance in strawberries help reduce inflammation in digestive tract, thus helping individuals with IBS, or Chron's disease.

**Help Whiten Your Teeth**
The acids in strawberries help remove teeth stains. They remove tartar and strengthens and heals the gums!

**Regulate the Thyroid**
Strawberries are rich in iodine which plays an important role in normal functioning of the thyroid glands and controls the basic metabolic rate of the body.

**Prevents Osteoporosis**
Strawberries contain vitamin K, a mineral most of the population is deficient (like vitamin D). Vitamin K plays an important role in ensuring and maintaining bone health.

**High in Omega-3’s**
Strawberries contain omega-3’s, with just one cup containing 5% of omega-3 fatty acids. Omega-3’s help regulate high blood pressure, blood clotting, inflammation and allergic responses, and are critical for proper brain function.

**Prevent High Blood Pressure**
As we saw with oranges, strawberries reduce the activity of angiotensin I-converting enzyme (ACE), an enzyme whose overactivity increases our risk of high blood pressure. Eating 1-2 cups of strawberries per day over 1-3 months can help lower one’s blood pressure given a healthy diet and exercise are followed.

**Cancer Fighter**
Vitamin C, Folate, Anthocyanin, Quercetin and Kaempferol (flavonoids in strawberries) are potent anti-oxidants that effectively fight cancer. It has been shown that a daily intake of strawberries brings down the growth of cancerous cells.

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