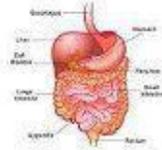


AMAZING BENEFITS OF STRAWBERRIES!



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 helps 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



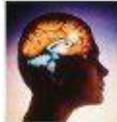
Prevents Osteoporosis



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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