

Ancient Egyptians worshipped the onion believing its rings symbolized eternity.



ONIONS

A POWERHOUSE OF QUERCETIN

www.undergroundhealthreporter.com/onions

If you eat onions you can get rid of onion breath by eating parsley.

PREVENT ALLERGIES

Allergies and asthma affect one in every five people in the United States. The health care costs alone are almost 8 billion annually.

Quercetin found in onions stops your immune system from releasing histamines, easing allergen symptoms such as runny nose and watery eyes.

In the middle-ages, Onions were so important that they could be used to pay ones' rent or given as gifts.

REVERSE HEART DISEASE

Quercetin also prevents plaque buildup on the arterial walls.

Plaque buildup is the primary cause of heart attack and stroke. It also lowers LDL cholesterol.

One study showed that quercetin – in combination with an alcohol-free red wine – prevented dangerous cholesterol accumulation in overweight participants who were at risk for heart attack.

QUERCETIN BENEFITS

- Eases the swelling and joint stiffness of arthritis
- Lowers your risk of all cancers and inhibits tumor growth
- Lowers risk of lung cancer in smokers
- Prevents heart disease
- Improves prostate health
- Reduces the severity of bladder infections

Libya has the highest consumption of onions with an astounding average per capita consumption of 66.8 pounds.