

HIMALAYA

FOOD & BEVERAGE

Fuji apple has high concentration of bioflavonoids which would protect you from getting heart disease and cancer. They are also essential for maintaining your level of health and beneficial for controlling your weight. According to the book "The Fat Flush Foods", "regular consumption of apples, like Fujis, may reduce your risk of lung cancer significantly".

phytonutrients in Fuji apple would keep your intestines digesting food and keep your heart healthy. Fiber may also reduce your risk of developing cancer and diabetes.

Fuji apple is good source of Vitamin C which is considered essential for maintaining your health, and preventing from common cold. A Fuji apple has a good amount of vitamin C, which is important for preventing infections, diabetes, cancer and would promote healing. Another compound in Fuji apples is called pectin and is associated with cleansing properties to help your body get rid of harmful chemicals and metals and also may reduce how much fat your body is able to absorb, which helps control your weight.

Ginger is remarkable for its ability to ease or eliminate nausea and vomiting and the prevention of vertigo and motion sickness. Ginger is also excellent for stopping internal and external bleeding. When mixed with apple juice it has been valued by midwives and naturopathic obstetric practices for post-partum treatment.

Ginger is the most widely used dietary condiment in the world today. The Chinese and Indians have used ginger to treat ailments for over 5000 years. Whether you have a simple tummy ache or severe morning sickness, ginger has been used for thousands of years as an effective digestive aid and natural remedy for nausea, bloating, constipation and other gastrointestinal disorders. In a study published in the journal *Molecular Nutrition and Food Research*, scientists discovered ginger was *six to eight times more potent* than Prevacid, the drug of choice to treat Gred.

Ayurvedic medicine has praised ginger's ability to boost the immune system. It believes that ginger warms the body, and can help break down the accumulation of toxins in your organs. It's also known to cleanse the lymphatic system, body's sewage system, boost immunity and treats cold.

The *Journal of Microbiology and Antimicrobials* published a study in 2011 that tested how effective ginger is in enhancing immune function, improve breathing and act as antibacterial and helps to relieve pain. University of Minnesota and University of Michigan researchers and a study published in *Cancer Prevention Research* journal found ginger delayed the growth of colorectal and ovarian cancer cells. A 2006 study out of the *Journal of Agricultural and Food*

Chemistry shown ginger not only helps prevent and reverse diabetes but also it protects against and improves diabetic complications like diabetic retinopathy!

Lemon has high alkalizing properties and is revered for its ability to move mucus out of the body. It is high in vitamin C and rich in agents that act as potent antioxidants and anti-inflammatory help within the body.

Lemon is beneficial for skin, it rejuvenates the skin, keeps it shining and young, protects it from infections and reduces body odor due to the presence of a large amount of vitamin C and flavonoids. Those are both class-1 antioxidants, and have antibiotic and disinfectant properties. The high levels of soluble fiber found in lemon make it an ideal dietary aid to help regulate the body's absorption of sugar into the bloodstream, reducing the occurrence of blood sugar spikes that are a serious risk to diabetic patients.

Lemon juice helps keep food moving through your body and gastrointestinal tract smoothly and helps relieve indigestion or ease an upset stomach. The acids found in lemon juice makes your body to process food slowly and increase absorption causing steady levels of insulin and you get more nutrients out of food. Better nutrient absorption means less bloating. Lemon juice benefits the enzyme functions in your body, stimulating the liver and flushing out toxins. And detox body & skin.

Because lemons contain pectin, a type of fiber that helps you feel full longer and help you lose weight.

According to research publish at NCCIH.NIH.GOV just the scent of a lemon has been found to reduce stress level, improve mood and boost energy level. The health benefits of lemon extends to the treatment of throat infections, indigestion, constipation, dental problems, fever, internal bleeding, rheumatism, obesity, respiratory disorders, cholera and high blood pressure, cleanse your stomach, and it is considered a blood purifier. Lemon juice, well known as a useful treatment for kidney stones, reducing strokes. Lemon juice contains flavonoids, which are composites that contain antioxidant and cancer fighting properties and helps to prevent diabetes.

According to American Urological Association and Annals of the Rheumatic Diseases, the health benefits of lemon extends to the treatment of throat infections, indigestion, constipation, dental problems, and fever, internal bleeding, rheumatism, obesity, respiratory disorders, cholera and high blood pressure, cleanse your stomach, and it is considered a blood purifier. Lemon juice, well known as a useful treatment for kidney stones, reducing strokes and lowering body temperature. Lemon juice contains flavonoids, which are composites that contain antioxidant and cancer fighting properties. It helps to prevent diabetes, and can eliminate the occurrence of kidney stones by forming urinary citrate, which prevents the formation of crystals.