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The MOST HIGH has given us the Herb as the food for the healing of your physical body and not hybrid (seedless) fruits and vegetables,

The purpose of this document is to dispel what has been documented regarding food that look like the body provides a healthful benefit to your body. Therefore, I encourage the reader to do extensive research into herbs and non-hybrid or non-gmo plant foods. Eating healthy is a choice of free will that we all must decide to make for ourselves. You have no one but yourself to blame if you decide to eat the good or bad foods. Your eating focus should be on consuming nature foods and not synthetic or chemical base foods at all. Cut down on food that create a lot of acid and mucous in the body and only consume fruits and vegetables which have seeds and produce no mucous.

The following biblical verses will provide the foundation for what really bring great health to the body and mind. The proper PH balance is essential to maintain the highest vitality of the body and the chart below should help you toward overstand keeping your temple body at its highest peak.

Genesis 1:11 – And the MOST HIGH said, Let the earth bring forth grass, the herb yielding seed, [and] the fruit tree yielding fruit after his kind, whose seed [is] in itself, upon the earth: and it was so.

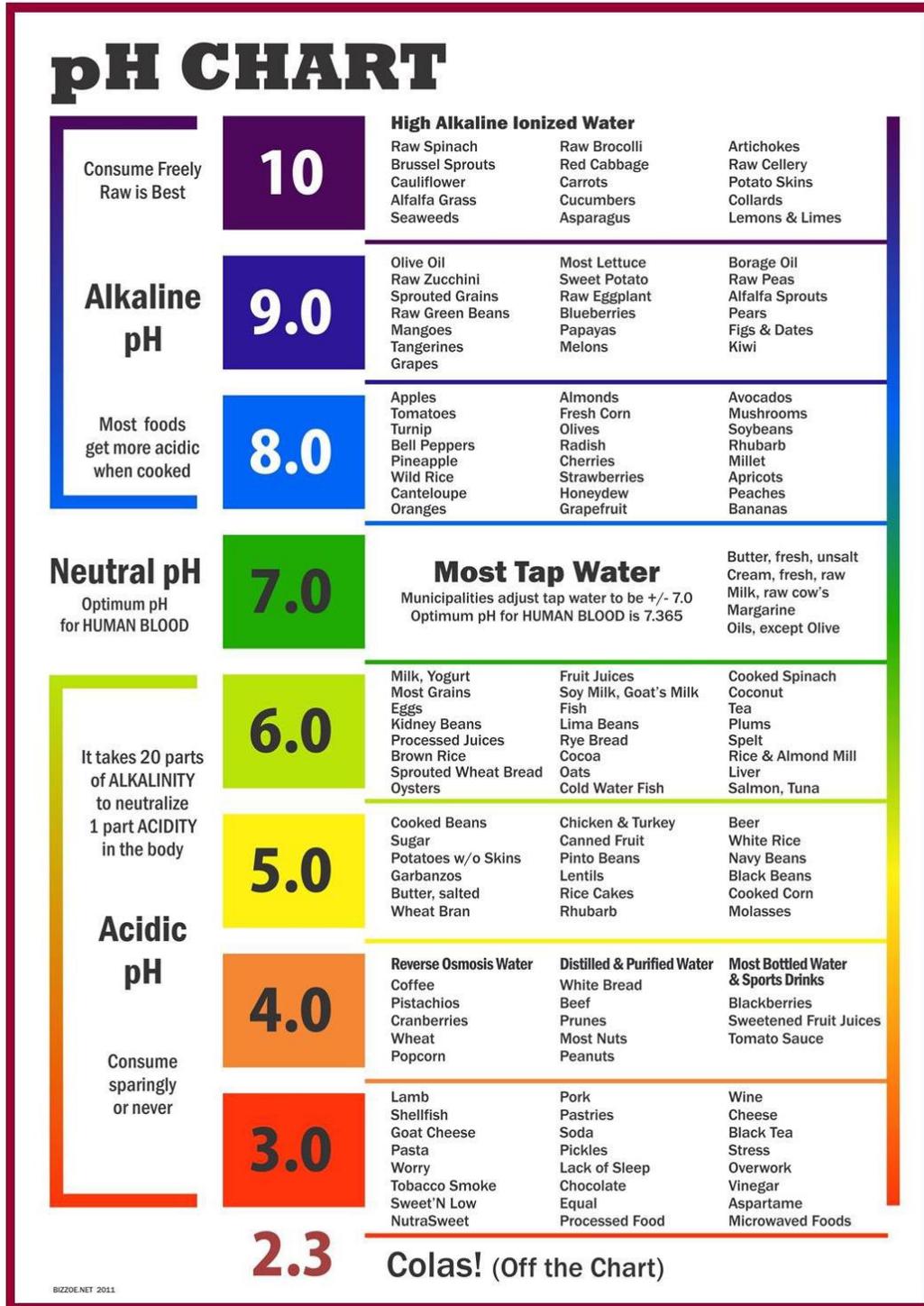
Genesis 1:29 – And the MOST HIGH said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat.

Genesis 1:30 – And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein [there is] life, [I have given] every green herb for meat: and it was so.

Genesis 9:3 – Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

Proverbs 15:17 – Better [is] a dinner of herbs where love is, than a stalled ox and hatred therewith. **Revelation 22:2** - In the midst of the street of it, and on either side of the river, [was there] the tree of life, which bare twelve [manner of] fruits, [and] yielded her fruit every month: and the leaves of the tree [were] for the healing of the nations.

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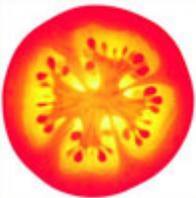


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A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes. Carrots are one of the most widely used and enjoyed vegetables in the world, partly because they grow relatively easily, and are very versatile in a number of dishes and cultural cuisines. Carrots are scientifically classified as *Daucus carota*, and it is categorized as a root vegetable. However, the carrot is a hybrid and it is a crossbreed between a Queen-anne lace and a Wild yam. It is typically orange in color, but purple, white, yellow, and red carrots are out there, just not as common. The taproot of the carrot is the part of the vegetable most commonly eaten, although the greens are still beneficial in salads and other forms. The health benefits of carrots include reduced cholesterol, prevention from heart attacks, warding off of certain cancers, improving vision, and reducing the signs of premature aging. Furthermore, carrots have the ability to increase the health of your skin, boost the immune system, improve digestion, increase cardiovascular health, detoxify the body, and boost oral health in a variety of ways. They also provide a well-rounded influx of vitamins and minerals. Some of the health benefits of carrots include the following:

Prevention of Heart Disease, Blood Pressure, Immune Booster, Digestion, Prevents Cancer, Macular Degeneration, Improves Eyesight, Improves Eyesight, Stroke & Diabetes. Here are the herbs that are good for your eyesight as well; **Eyebright, Ginkgo, Coleus, Cannabis, Green Tea & Bilberry.**



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food. Actually, the tomato is a fruit and Lycopene is not a naturally produced element within the body and the human body requires sources of Lycopene in order to make use of this powerful anti-oxidant. While other fruits and vegetables do contain this necessary health ingredient, no other fruit or vegetable has the high concentration of Lycopene that the tomato takes pride in. The health benefits

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of tomatoes include improved eye sight, good stomach health, and reduced blood pressure, as well as relief from diabetes, skin problems and urinary tract infections. Furthermore, tomatoes can increase digestion, stimulate blood circulation, reduce cholesterol levels, improve fluid balance, protect the kidneys, detoxify the body, prevent premature aging, and reduce inflammation and related conditions. Tomatoes consist of a large number of antioxidants that have been proven to fight different forms of cancer. It is a rich source of vitamins and minerals and exerts a protective effect against cardiovascular diseases. Some of the health benefits of tomato include the following: **Abundant Source of Antioxidants, Rich Source of Vitamins and Minerals, Reduces Cholesterol and Protects the Heart, Counters the Effect of Cigarette Smoke, Improves Vision, Digestive Health, Lowers Hypertension, Manages Diabetes, Healthy Skin, Prevents Urinary Tract Infections & Prevents Gallstones.**



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food. Grapes contain flavonoids that are very powerful antioxidants, which can reduce the damage caused by free radicals and slow down aging. I would highly recommend using the Red and Black grapes with the seeds and stay away from the hybrid seedless green grapes and other seedless grapes. Some of the health benefits of grapes include the following: **Asthma, Bone Health, Heart Diseases, Migraine, Constipation, Indigestion, Fatigue, Diabetes, Dental Care, Kidney Disorders, Blood Cholesterol, Antibacterial Activity, Breast Cancer, Alzheimer's Disease, Macular Degeneration, Prevention of Cataracts & Cancer Prevention Properties.**



A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neurotransmitters for brain function. While this is not exactly true, recent scientific studies have proven that the consumption of walnuts does help in promoting brain function.

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Walnuts contain **omega-3 fatty acids**, which increase the activity of the brain. Omega-3 fatty acids coupled with **iodine** and **selenium** add to ensuring optimum functioning of the brain. Some of the health benefits of walnuts include the following:

Improvement in heart function, Improved Bone Health, Improved Metabolism, Control of Diabetes, Fight Against Cancer, Anti-Inflammatory Properties, Vitamins E & B Complex.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys. If your kidneys are diseased, you might need to moderate your intake of kidney beans. Kidney bean is a good source of nutrients, vitamins and minerals. Consuming 100 gram of kidney bean offers 35.6 mg of Vitamin C, 0.362 mg of Vitamin B1, 0.273 mg of Vitamin B2 0.174 mg of Copper, 3.024 mg of Vitamin B3, 47 µg of Vitamin B9, 0.89 mg of Iron and 4.83 g of Protein. Moreover many Amino acids like 0.214 g of Isoleucine, 0.248 g of Valine, 0.203 g of Threonine 0.05 g of Tryptophan and 0.135 g of Histidine are also found in 100 gram of the fruit. Some of the health benefits of kidney beans include the following: **Beneficial for digestive health, Cardiovascular Benefits, Cures Acne, Relieves Fatigue, Rheumatoid Arthritis, Treatment of the Common Cold, Alzheimer's disease, Bone Strength, Antioxidants & Anti-aging Properties & Curing Cataracts (Eye Disorder).**



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body. Celery is thought to be beneficial for the digestive tract and cardiovascular system. In addition, the seeds of the plant are also commonly used in medicine to help relieve pain. Other possible benefits include: treating joint pain, lowering blood pressure, and soothing the nervous system. However, there is not enough scientific evidence to fully support the claims. Some of the health benefits of celery include the following:

Lowering blood pressure & Preventing cancer.

Bok Choy is a member of the cabbage family and quite popular in Asian cuisine. Also known as Chinese white cabbage, among other names, it is frequently found in

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wonton soup and many stir-fry dishes ordered in Japanese and Chinese restaurants. Mildly flavored with a tender sweetness, bok choy is a welcome accompaniment to many meals without being overpowering. It can be found fresh year-round in supermarkets. The rich amount of beta-carotene inherent in bok choy can help to reduce the risk of certain cancers. Beta-carotene has also been known to reduce the risk of cataracts. Rhubarb is a strange-looking plant with a very interesting history, and belongs to the *Polygonaceae* family of plants. It is widely considered as a vegetable, but in America, it is considered a fruit, since it is mainly used as a fruit in culinary practices. Some of the health benefits of rhubarb include its ability to aid **weight loss**, improve **digestion**, prevent **Alzheimer's disease**, stimulate **bone growth**, avoid **neuronal damage**, increase **skin health**, prevent **cancer**, optimize metabolism, improve circulation, and protect against various cardiovascular conditions. I recommend reviewing these links to get a better understanding on using herbs, herbal teas and herbal combinations to provide better care of your bones and joints; <http://www.theepochtimes.com/n3/1276757-5-herbs-for-bone-health/> & <http://chakra4online.com/blog/herbs-for-strong-bones-and-osteoporosis>.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them). Avocado helps in keeping eyes healthy and protecting the skin from signs of aging and the harmful effects of UV rays. It also helps in maintaining blood sugar levels and has antioxidant properties. It even helps to increase circulation, boost cognitive abilities, build stronger bones and it does produce mucous on a slightly moderately level. Avocados are also known as **Alligator Pears**, which is mainly due to its shape and the leathery appearance of its skin. It is a fruit that is grown on *Persea Americana*, which is an evergreen tree from the *Lauraceae* family. Eggplant a purple, glossy fruit that is cooked as a vegetable belong to the nightshade family which also includes tomatoes, sweet peppers and potatoes. Eggplants are unusual vegetables that have a unique range of health benefits, including an ability to help build strong bones and prevent **osteoporosis**, reduce symptoms of **anemia**, increase cognitive function, improve

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cardiovascular health, protect the digestive system, help lose weight, manage **diabetes**, reduce **stress**, protect infants from birth defects, and even prevent **cancer**. Pears are valuable fruits that have been widely used and savored for their delicious flavor since ancient times. Beyond being a tasty addition to the diet, pears are also packed with nutrients and nutritional value. Some of the health benefits of pears include their ability to aid in **weight loss**, improve **digestion**, improve **heart** health, regulate the **body's fluid** levels, reduce **blood pressure**, increase **cognitive ability**, prevent cancer, promote **wound healing** and **tissue repair**, defend against **birth defects**, boost the **immune system**, reduce **inflammation**, increase the **metabolism**, improve **circulation**, protect against **osteoporosis**, while guaranteeing healthier **skin**, **eyes**, and **hair**.



Figs are full of seeds and hang in two's when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility. The health benefits of fig or anjeer include its use as a treatment for **sexual dysfunction, constipation, indigestion, piles, diabetes, cough, bronchitis, and asthma**. It is also used as a quick and healthy way to gain weight back after suffering through an illness. They are effective for helping people quit addictions like smoking, drinking and taking certain narcotics. They are good for the health of the arteries and veins, as they protect their walls against hardening. Some of the other health benefits of figs include the following: **Lower cholesterol, Prevent coronary heart disease, Prevent colon cancer, Protection against post-menopausal breast cancer, Prevention of hypertension, Strengthens bones, Prevent macular degeneration and Relief for sore throat.**



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics. Sweet Potatoes, also known as yams, although **sweet potatoes** are not related to true yams which are tuberous crops with the scientific name *Ipomoea Batatas*. Its plant is a creeper with heart-shaped or lobed leaves. The tubers color vary from purple or red to pale yellow or white, depending upon the variety, soil type, climate and available minerals. Some of the other health benefits of sweet potatoes include the following: **Immune System, Inflammation, Asthma, Bronchitis,**

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Arthritis, Digestion, Cancer, Stomach Ulcers, Diabetes, Water Balance & Weight Gain.



Olives assist the health and function of the ovaries. Olives are a powerful and delicious fruit that can provide the human body with a wealth of health benefits including their ability to prevent bone loss, prevent various cancers, reduce inflammation and arthritis, improve digestion, soothe allergic reactions, improve blood circulation, protect against heart disease, boost cognitive function, defend against infections, and lower blood pressure. Olives are generally an extremely healthy food, however, there are some seasonal allergies associated with olive tree pollen, which can sometimes get into the olives so allergic reactions are not unheard of and it does produce mucous on a slightly moderately level. Some of the other health benefits of figs include the following: **Heart Health Booster, Bone Loss, Cancer Prevention, Reduce Inflammation, Digestion, Allergic Reactions, Blood Circulation, Antibacterial Qualities.**



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts. Citrus fruits have long been thought of as a delicious choice for breakfast or as a snack. Aside from tasting great, citrus fruits can provide a multitude of health benefits as well. There are many members of the citrus family including, oranges, tangerines, grapefruits, lemons, limes, and pomelos. The following citrus fruits are considered hybrid like Rangpur, Tangelos, Blood Oranges, Ugli, Limequat and Yuzu. This wide variety of fruits also have a wide range of health benefits. Some of the other health benefits of citrus fruits include the following: **Contain an abundance of important vitamins and nutrients, Helpful in keeping your heart healthy, Helpful in keeping your heart healthy, Combats weight gain, Reduce stress and anxiety, Improves Cognitive Function, Promotes bone health & Help to reduce the risk of cancer.**



Onions look like the body's cells. Today's research shows onions help

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clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body. Onions have been known to possess curative value since ancient times. Some of the health benefits of onions include their role in substantially relieving a number of diseases including the common cold, asthma, bacterial infections, respiratory problems, angina, and cough. Onions are also known to repel bloodthirsty insects. In other words, you may say that onions are a true gift from nature, even if they do make you cry. Garlic is the oldest known medicinal plant variety or spice in existence. Mankind recognized the curative qualities of this magic herb over 3,000 years ago. Why is garlic so often considered a great, healthy herb? Well, for one, it has the vital chemical compound allicin, which is a wonderful therapeutic ingredient with many medicinal qualities. Some of the other health benefits of onions include the following: **Good Oral Health, Immune System Strength, Treatment for Heart Ailments, Manage Diabetes, Used as Insect Repellent, Prevention of Cancer, Relieving Earache, Glowing Skin, Treatment for Cough, Boosts Sexual Drive, Treatment of Anemia, Relieves Stomach Aches & Treating Urinary Disorders.** Some of the health benefits of garlic include the following: **Diabetes, High Cholesterol Levels, Hypertension, Eye Care, Ear Aches, Intestinal Problems, Cold, Infected Wounds, Digestion, Acne, Asthma, Sexual Problems & Cancer.**

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Other Reference Information

- [Non-Hybrid Vegetables](#)
- [HOW DETRIMENTAL IS CROSSBREEDING AND HYBRIDIZING?](#)
- [Growing and Harvesting Sweet Potatos - New Hope Seed Company](#)
- [10 Unhealthy Foods You Think are Healthy](#)
- [11 Odd Hybrid Fruits and Vegetables](#)