Benefits of Fruits

Peaches

- Prevent constipation
- Does excellent for skin
- Works as anti-inflammatory
- Reduces kidney related diseases
- Work against cancer and heart disease

Apples

One apple a day keeps the doctor away.

- Cushion joints
- Block diarrhea
- Protect your heart
- Prevent constipation
- Improve lung capacity

Watermelons

- Improves eye health
- Promote bone health
- Reduce inflammation
- Reduce accumulation of fat
- Regulate action of nerves and muscles

Apricots

- Combat cancer
- Save your eyesight
- Slow aging process
- Control blood pressure
- Shield against Alzheimer's

Grapes

- Offered more protection to retinal
- Help support a healthy heart
- Maintain a healthy colon
- help protect brain health
- Control blood pressure

Cantaloupes

- Support immune system
- Control blood pressure
- Lower cholesterol
- Protect eyesight
- Combat cancer