



## **TOMATOES**

Tomatoes have so many healing properties, but eating too many can be overly acidic for your body. Fresh tomatoes are best.

Tomatoes:

- are high in lycopene, associated with the prevention of prostate, lung and stomach cancer, and others.
- great for eyesight due to lutein
- stimulate digestive juices
- are rich in Vitamin A, an essential nutrient for the development of healthy bone tissue.