

“ LET THY FOOD BE THY MEDICINE ”

| VEGETABLES | DIS - EASES |
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| Alfalfa Sprout | Blood, Bone, Eye, Fatigue, Hair Loss, Impotence, Kidney, Liver, Pregnancy & Delivery, Thyroid Gland Regulation, Waste Loss, |
| Artichoke | Blood, Colds, Fatigue, Liver, Waste Loss, |
| Asparagus | Anxiety, Blood, Cancer, Constipation, Eye, Gout, Joint, Kidney, Nervous, Prostate, Skin |
| Bean Sprout | Blood, Bone, Cancer, Fatigue, Fluid Retention, Joint, Malnutrition, Pregnancy & Delivery, Waste Loss |
| Beet & Green | Anxiety, Bladder, Blood, Bone, Breast, Cancer, Circulatory, Colon, Constipation, Digestive, Eye, Fatigue, Gall Bladder, Gall Stones, Hair Loss, Heart, Intestinal, Joint, Kidney, Liver, Lymph Circulation, Menstrual, Pregnancy & Delivery, Skin, Tendentious, Waste Loss, Weak Immune System |
| Bell Peppers | Blood, Bone, Circulatory, Eye, Gum, Hair Loss, Hay Fever, Heart, Joint, Menstrual, Prostate, Respiratory, Skin, Tendentious, Waste Loss, Weak Nails |
| Bok Choy | Cancer, Impotence, Joint |
| Broccoli | Aches & Pains, Anemia, Arthritis, Asthma, Bone, Cancer, Eye, Gum, Hay Fever, Heart, Impotence, Menstrual, Skin, Tooth Problems, Waste Loss |
| Brussel Sprout | Blood, Cancer, Impotence, Joint, Waste Loss |
| Buckwheat Grass | Blood, Circulatory, Heart, Waste Loss |
| Cabbage & Sprout | Anxiety, Bladder, Blood, Cancer, Colon, Constipation, Digestive, Hair Loss, Joint, Kidney, Lung, Headaches & Migraines, Pyorrhea, Respiratory, Skin, Thyroid, Ulcers, Waste Loss |
| Carrot | Aches & Pains, Air Pollutants, Anemia, Angina, Anxiety, Bladder, Blood Sugar Regulation, Bone, Breast, Cancer, Carpal Tunnel Syndrome, Colds, Colitis & Diverticulitis, Constipation, Cramps, Eye, Fatigue, Fluid Retention, Gall Bladder, Gall Stones, Hair Loss, Hay Fever, Heart, High Cholesterol, Insomnia, Intestinal, Joint, Kidney, Laryngitis, Liver, Lung, Menstrual, Headaches & Migraines, Motion Sickness, Pregnancy & Delivery, Prostate, Skin, Sore Throat, Sunburn, Tendentious, Tooth Problems, Ulcers, Waste Loss, Weak Immune System, Weak Nails |
| Cauliflower | Cancer, Impotence, Joint, Waste Loss |
| Celery | Aches & Pains, Air Pollutants, Anemia, Anxiety, Bone, Breast, Bronchitis, Cancer, Carpal Tunnel Syndrome, Colds, Colitis & Diverticulitis, Constipation, Cramps, Digestive, Fatigue, Fluid Retention, Gout, Hair Loss, Headaches & Migraines, Intestinal, Joint, Kidney, Laryngitis, Liver, Menstrual, Nervous, Neuritis, Prostate, Respiratory, Sleeping, Tendentious, Tooth Problems, Ulcers, Waste Loss, Weak Immune System |
| Chard | Anxiety, Blood, Cancer, Lymph Circulation, Menopause, Menstrual, Pregnancy & Delivery |
| Chinese Cabbage | Cancer, Impotence, Joint |
| Collard & Green | Aches & Pains, Bone, Cancer, Gum, Impotence, Joint, Menopause, Tooth Problems |
| Cucumber | Anxiety, Blood, Bone, Colds, Coughs, Digestive, Fever, Fluid Retention, Gall Bladder, Hair Loss, Hay Fever, Heart, Joint, Kidney, Menstrual, Prostate, Respiratory, Skin, Tendentious Waste Loss, Weak Nails |
| Dandelion Green | Bladder, Blood, Bone, Circulatory, Eye, Fatigue, Fluid Retention, Gum, Heart, Intestinal, Kidney, Liver, Skin, Sore Throat, Tooth Problems, Waste Loss |
| Endive | Bladder, Blood, Bone, Circulatory, Eye, Heart, Intestinal, Kidney, Liver, Skin, Waste Loss |
| Fennel | Bronchitis, Colon, Digestive, Eye, Gout, Headaches & Migraines, Intestinal, Joint, Kidney, Menstrual, Morning Sickness, Nervous, Waste Loss |
| Garlic | Angina, Asthma, Bladder, Blood, Colds, Digestive, Fatigue, Flu, Hay Fever, High Cholesterol, Liver, Prostate, Weak Immune System |

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| Ginger | Angina, Asthma, Bladder, Bronchitis, Carpal Tunnel Syndrome, Colds, Colon, Flu, Gall Bladder, Gout, Hay Fever, Head Aches & Migraines, High Cholesterol, Impotence, Intestinal, Joint, Laryngitis, Liver, Menstrual, Morning Sickness, Motion Sickness, Nausea, Prostate, Sinus, Sore Throat |
| Horse Radish | Cancer, Impotence, Joint, Sore Throat |
| Jicama | Constipation, Digestive, Hemorrhoids |
| Kale | Blood, Bone, Cancer, Circulatory, Colon, Eye, Hair Loss, Hay Fever, Intestinal, Impotence, Joint, Liver, Menstrual, Pregnancy & Delivery, Pyorrhea, Respiratory, Skin, Tendentious, Ulcers, Waste Loss, Weak Nails |
| Kohlrabi | Bladder, Blood, Bronchitis, Cancer, Circulatory, Eye, Heart, Impotence, Infections, Joint, Liver, Lung, Respiratory, Sinus, Skin, Thyroid, Waste Loss |
| Lettuce | Anxiety, Blood, Cancer, Hair Loss, Heart, Intestinal, Liver, Nervous, Sleeping, Waste Loss |
| Mustard Green | Cancer, Impotence, Joint |
| Parsley | Aches & Pains, Air Pollutants, Angina, Anxiety, Bladder, Blood, Bone, Cancer, Circulatory, Colon, Cramps, Digestive, Eye, Fatigue, Fluid Retention, Gall Bladder, Gout, Gum, Hay Fever, Headaches & Migraines, Hemorrhoids, Infections, Intestinal, Joint, Kidney, Laryngitis, Liver, Menstrual, Motion Sickness, Prostate, Respiratory, Skin, Sleeping, Sore Throat, Tooth Problems, Ulcers, Waste Loss, Weak Immune System |
| Parsnip | Bladder, Bone, Cancer, Eye, Hay Fever, Joint, Liver, Pregnancy & Delivery, Respiratory, Skin, Ulcers, Waste Loss, Weak Nails |
| Potato | Air Pollutants, Cancer, Digestive, Hemorrhoids, Intestinal, Skin, Ulcers |
| Radish & Sprout | Anemia, Cancer, Colds, Fatigue, Gum, Impotence, Joint, Lung, Menstrual, Respiratory, Sinus, Skin, Sore Throat, Thyroid, Tooth Problems, Waste Loss |
| Rutabaga | Cancer, Impotence, Joint |
| Scallion | Blood, Colds, Cough, Fever, Hay Fever, Heart, Heart, Infections, Nervous, Respiratory, Sinus, Skin, Waste Loss |
| Spinach | Aches & Pains, Air Pollutants, Anxiety, Blood, Bone, Cancer, Carpal Tunnel Syndrome, Circulatory, Colon, Cramps, Digestive, Eye, Fatigue, Fluid Retention, Head Aches & Migraines, Heart, Infections, Intestinal, Kidney, Liver, Nervous, Prostate, Pyorrhea, Skin, Tendentious, Thyroid, Tooth Problems, Waste Loss |
| String Bean | Blood, Skin, Thyroid, Waste Loss |
| Summer Squash | Bladder, Kidney |
| Sunflower Green | Bladder, Blood, Cancer, Circulatory, Eye, Heart, Joint, Kidney, Liver, Lung, Respiratory, Skin, Waste Loss |
| Tomatoes | Anxiety, Asthma, Bladder, Blood, Bone, Carpal Tunnel Syndrome, Colon, Fluid Retention, Gall Bladder, Gout, Hair Loss, Hay Fever, Head Aches & Migraines, Kidney, Liver, Menstrual, Prostate, Skin, Tendentious, Ulcers, Waste Loss |
| Turnip & Green | Air Pollutants, Bladder, Blood, Bronchitis, Cancer, Circulatory, Digestive, Eye, Heart, Impotence, Infections, Joint, Kidney, Liver, Lung, Respiratory, Skin, Tendentious, Waste Loss |
| Watercress | Air Pollutants, Bladder, Blood, Cancer, Circulatory, Digestive, Female Endocrine Imbalance, Gout, Hair Loss, Impotence, Intestinal, Joint, Kidney, Liver, Menstrual, Skin, Thyroid, Waste Loss |
| Wheat Grass | Aging, Bladder, Blood, Bone, Bronchitis, Cancer, Circulatory, Colon, Eye, Fatigue, Gout, Hair Loss, Hay Fever, Heart, Impotence, Infection, Intestinal, Breast, Joint, Kidney, Liver, Lung, Menstrual, Nervous, Respiratory, Skin, Ulcers, Waste Loss, Weak Immune System |

| FRUITS | DIS-EASES |
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| Apple | Aches & Pains, Anxiety, Bladder, Blood, Bone, Carpal Tunnel Syndrome, Cancer, Colds, Colon, Digestive, Eye, Fatigue, Fever, Flu, Glaucoma, Gout, Gum, Hay Fever, Head Aches & Migraines, Hemorrhoids, Infections, Intestinal, Joint, Kidney, Laryngitis, Liver, Menstrual, Morning Sickness, Motion Sickness, Nausea, Prostate, Respiratory, Skin, Sleeping, Sore Throat, Tooth Problems, Ulcers, Waste Loss |
| Apricot | Cancer |
| Banana | Anxiety, Bronchitis, Bruises, Colon, Constipation, Eye, Glaucoma, Intestinal, Skin, Sleeping, Ulcers, Varicose Veins |
| Blueberry | Bruises, Eye, Glaucoma, Varicose Veins |
| Cantaloupe | Cancer, Constipation, Digestive, Sleeping, Waste Loss |
| Cherry | Blood, Constipation, Cramps, Digestion, Gall Stones, Gout, High Cholesterol, Joint, Prostate, Tooth Problems, Waste Loss |
| Cranberry | Bladder, Colds, Digestive, Fever, Flu, Fluid Retention, Infections, Intestinal, Kidney, Lung, Prostate, Skin, Ulcers, Waste Loss |
| Grape | Aches & Pains, Anxiety, Blood, Bone, Cancer, Colds, Digestive, Fever, Flu, Gout, Heart, Hemorrhoids, Infections, Intestinal, Joint, Kidney, Liver, Sinus, Skin, Tooth Problems, Waste Loss |
| Grapefruit | Anxiety, Bone, Bruises, Colds, Digestive, Ear, Eye, Fever, Flu, Gall Stones, Heart, Intestinal Blood, Joint, Pneumonia, Pregnancy & Delivery, Pyorrhea, Sinus, Skin, Ulcers, Varicose Veins, Waste Loss |
| Lemon | Anxiety, Asthma, Blood, Bone, Bronchitis, Bruises, Colds, Cough, Digestive, Ear, Fever, Flu, Gout, Hay Fever, Head Aches & Migraines, Heart, Infections, Intestinal, Joint, Kidney, Liver, Pneumonia, Pyorrhea, Sinus, Skin, Sore Throat, Waste Loss |
| Lime | Blood, Bone, Bruises, Colds, Cough, Digestive, Ear, Fever, Flu, Gout, Hair Loss, Heart, Infections, Intestinal, Joint, Liver, Pneumonia, Pyorrhea, Sinus, Skin, Sore Throat, Waste Loss |
| Mango | Colon, Constipation, Intestinal |
| Melon | Bladder, Intestinal, Kidney, Liver, Skin |
| Orange | Aches & Pains, Blood, Bone, Bruises, Carpal Tunnel Syndrome, Colds, Colon, Digestive, Fever, Flu, Glaucoma, Gout, Heart, Intestinal, Kidney, Liver, Lung, Pneumonia, Pyorrhea, Scurvy, Sinus, Skin, Sleeping, Tooth Problems, Ulcers, Varicose Veins, Waste Loss |
| Papaya | Anxiety, Blood, Colon, Digestive, Heart, Intestinal, Kidney, Liver, Skin, Sleeping, Ulcers, Waste Loss |
| Peach | Anxiety, Blood, Digestive, Intestinal, Pregnancy & Delivery, Sleeping, Ulcers |
| Pear | Bladder, Blood, Digestive, Hemorrhoids, Intestinal, Motion Sickness, Nausea, Pregnancy & Delivery, Sleeping, Waste Loss |
| Pineapple | Aches & Pains, Air Pollutants, Anxiety, Blood, Bone, Bronchitis, Bruises, Carpal Tunnel Syndrome, Colds, Colon, Constipation, Digestion, Fatigue, Fever, Flu, Gall Bladder, Glaucoma, Gout, Head Aches & Migraines, High Cholesterol, Infections, Intestinal, Joint, Laryngitis, Morning Sickness, Pneumonia, Prostate, Pyorrhea, Sciatica, Sleeping, Sore Throat, Tooth Problems, Ulcers, Varicose Veins, Waste Loss |
| Raspberry | Anxiety, Bruises, Colon, Eye, Glaucoma, Intestinal, Joint, Skin, Sleeping, Ulcers, Varicose Veins |
| Strawberry | Aches & Pains, Air Pollutants, Anxiety, Blood, Bronchitis, Colds, Fever, Fluid Retention, Gout, Intestinal, Joint, Kidney, Liver, Pneumonia, Prostate, Pyorrhea, Skin, Sleeping, Thyroid, Waste Loss |
| Watermelon | Aches & Pains, Aging, Bladder, Blood, Fluid Retention, Intestinal, Joint, Kidney, Liver, Pregnancy & Delivery, Prostate, Skin, Waste Loss |

| DIS – EASE | VEGETABLE | FRUIT |
|------------------------|---|---|
| Aches & Pains | Broccoli, Carrot, Celery, Collard Greens, Kale, Parsley, Spinach | Apple, Orange, Pineapple, Red Grape, Strawberry, Watermelon |
| Aging Dis-Eases | Wheat Grass | Watermelon |
| Angina | Carrot, Garlic, Ginger, Parsley | Apple, Cantaloupe, Pineapple, Strawberry |
| Anxiety | Asparagus, Beet & Green, Cabbage, Carrots, Celery, Chard, Cucumber, Lettuce, Parsley, Spinach, Tomato | Apple, Grape, Grapefruit, Lemon, Orange, Papaya, Peach, Pineapple, Raspberry, Strawberry |
| Bladder DIS-EASES | Artichokes, Beet & Green, Cabbage & Sprout, Carrot, Dandelion Green, Endive, Garlic, Ginger, Kohlrabi, Parsley, Parsnip, Squash, Sunflower Green, Tomato, Turnip & Green, Watercress, Wheat Grass | Apple, Cherry, Cranberry, Grape, Lemon, Melon, Orange, Pear, Watermelon |
| Blood Dis-Eases | Alfalfa Sprout, Artichoke, Asparagus, Bean Sprout, Beet & Green, Bell Peppers, Broccoli, Brussel Sprout, Carrots, Celery, Cucumber, Dandelion Green, Endive, Garlic, Kale, Kohlrabi, Lettuce, Parsley, Parsnip, Radish, Scallion, Spinach, String Bean, Swiss Chard, Tomato, Turnip & Green, Watercress, Wheat Grass, Wheat Grass | Apple, Cherry, Grape, Grapefruit, Lemon, Lime, Orange, Papaya, Peach, Pear, Pineapple, Strawberry, Watermelon |
| Bone Dis-Eases | Alfalfa Sprout, Bean Sprout, Beet & Green, Bell Pepper, Broccoli, Carrot, Celery, Collard Green, Cucumber, Dandelion Green, Endive, Kale, Parsley, Parsnip, Spinach, Tomato, Wheat Grass | Apple, Grapefruit, Grape, Lemon, Lime, Oranges, Pineapple |
| Breast Dis-Eases | Beet & Green, Carrot, Celery, Wheat Grass | Apple |
| Bronchitis | Celery, Fennel, Ginger, Kohlrabi, Turnip & Green, Wheat Grass | Banana, Lemon, Orange, Pineapple, Strawberry |
| Bruises | | Banana, Blueberry, Grapefruit, Lemon, Lime, Orange, Pineapple, Raspberry |
| Cancer | Asparagus, Bean Sprout, Beet & Green, Broccoli, Cabbage, Carrot, Cauliflower, Chard, Chinese Cabbage, Collard Green, Horseradish, Kale, Kohlrabi, Mustard Green, Parsley, Potato, Potato, Radish, Rutabaga, Spinach, Sunflower Green, Turnip & Green, Watercress, Wheat Grass | Apple, Apricot, Cantaloupe, Grape |
| Carpal Tunnel Syndrome | Carrot, Celery, Ginger, Parsley, Spinach, Tomato | Apple, Orange, Pineapple |
| Circulatory Dis-Eases | Beet & Green, Bell Pepper, Buckwheat Green, Dandelion Green, Endive, Kale, Kohlrabi, Parsley, Spinach, Sunflower Green, Turnip & Turnip Green, Watercress, Wheat Grass | |
| Colds | Artichoke, Carrots, Celery, Garlic, Ginger, Parsley, Radish | Apple, Cranberry, Grape, Grapefruit, Lemon, Lime, Orange, Pineapple, Strawberry |
| Colon Dis-Eases | Beet & Green, Cabbage & Sprout, Carrots, Celery, Fennel, Ginger, Kale, Parsley, Spinach, Tomato, Wheat Grass | Apple, Banana, Mango, Oranges, Papaya, Pineapple |
| Cough | Scallion | Lemon, Lime |
| Digestive Dis-Eases | Bean Sprout, Beet, Cabbage, Carrot, Celery, Cucumber, Fennel, Garlic, Ginger, Parsley, Parsnip, Potato, Spinach, Turnip & Green, Watercress | Apple, Cantaloupe, Cherry, Cranberry, Grape, Grapefruit, Lemon, Lime, Orange, Papaya, Peach, Pear, Pineapple |
| Ear Dis-Eases | | Grapefruit, Lemon, Lime |
| Endocrine Imbalance | Parsley, Watercress, Wheat Grass | |

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| Eye Dis-Eases | Alfalfa Sprout, Asparagus, Beet & Green, Bell Pepper, Broccoli, Carrot, Dandelion Green, Endive, Fennel, Kohlrabi, Parsley, Parsnip, Spinach, Sunflower Green, Turnip & Green, Wheat Grass | Apple, Blackberry, Grapefruit, Raspberry |
| Fatigue | Alfalfa Sprout, Artichoke, Bean Sprout, Beet & Green, Carrots, Celery, Chard, Dandelion Green, Garlic, Parsley, Radish, Spinach, Wheat Grass | Apple, Pineapple |
| Fever | Cucumber | Apple, Cherry, Cranberry, Grape, Grapefruit, Lemon, Lime, Orange, Pineapple, Strawberry |
| Flu | Garlic, Ginger | Apple, Cranberry, Grape, Grapefruit, Lemon, Lime, Orange, Pineapple |
| Fluid Retention | Bean Sprout, Carrots, Celery, Cucumber, Dandelion Green, Parsley, Spinach, Tomato | Cherry, Cranberry, Strawberry, Watermelon |
| Gall Bladder | Beet & Green, Carrot, Ginger | Apple, Grapefruit, Pineapple, Raspberry |
| Gall Stones | Beet & Green, Carrots, Cucumber, Parsley, Tomato | Cherry |
| Glaucoma | | Apple, Banana, Blueberry, Orange, Pineapple |
| Gum Dis-Eases | Bell Pepper, Broccoli, Cabbage & Sprout, Collard Green, Dandelion Green, Kale, Parsley, Radish, Spinach | Apple, Grapefruit, Lemon, Lime, Orange, Pineapple, Raspberry, Strawberry |
| Hair Loss | Alfalfa Sprout, Beet & Green, Bell Pepper, Cabbage & Sprout, Carrots, Celery, Cucumber, Kale, Lettuce, Tomato, Watercress, Wheat Grass | Lime |
| Hay Fever | Bell Pepper, Broccoli, Carrot, Cucumber, Garlic, Ginger, Kale, Parsley, Parsnip, Scallion, Tomato, Wheat Grass | Apple, Lemon |
| Headaches & Migraines | Cabbage, Carrot, Celery, Fennel, Ginger, Parsley, Spinach, Tomato | Apple, Lemon, Pineapple |
| Heart Dis-Eases | Beet & Green, Bell Pepper, Broccoli, Buckwheat Green, Carrots, Cucumber, Dandelion Green, Endive, Ginger, Kohlrabi, Lettuce, Parsley, Scallion, Spinach, Sunflower Green, Turnip & Green | Apple, Grape, Grapefruit, Lemon, Lime, Oranges, Papaya |
| Hemorrhoids | Parsley, Potato | Apple, Grape, Pear |
| High Cholesterol | Buckwheat Green, Carrots, Garlic, Ginger, Parsley | Apple, Cherry, Pineapple |
| Impotence | Alfalfa Sprout, Bok Choy, Broccoli, Brussel Sprout, Cabbage, Cauliflower, Collard & Green, Ginger, Horseradish, Kale, Kohlrabi, Mustard Green, Radish, Rutabaga, Turnip & Green, Watercress, Wheat Grass | |
| Infections | Kohlrabi, Parsley, Scallion, Spinach, Turnip & Green, Wheat Grass | Apple, Cherry, Cranberry, Grape, Grapefruit, Lime, Pineapple |
| Intestinal Dis-Eases | Asparagus, Beet & Green, Cabbage & Sprout, Carrots, Celery, Dandelion Green, Endive, Fennel, Ginger, Kale, Lettuce, Parsley, Potatoes, Spinach, Watercress, Wheat Grass | Apple, Banana, Cantaloupe, Cherry, Cranberry, Grape, Grapefruit, Lemon, Lime, Mango, Melon, Oranges, Papaya, Peach, Pear, Pineapple, Strawberry, Watermelon |
| Joint Dis-Eases | Asparagus, Bean Sprout, Beet & Green, Bell Pepper, Bok Choy, Broccoli, Brussel Sprout, Cabbage, Carrot, Cauliflower, Celery, Chinese Cabbage, Collard & Greens, Cucumber, Fennel, Ginger, Horseradish, Kale, Kohlrabi, Mustard Green, Parsley, Parsnip, Radish, Rutabaga, Sunflower Green, Tomato, Turnip & Green, Watercress, Wheat Grass | Apple, Celery, Cherry, Grapefruit, Grape, Lemon, Lime, Orange, Pineapple, Raspberry, Strawberry, Watermelon |
| Kidney Dis-Eases | Alfalfa Sprout, Asparagus, Beet & Green, Cabbage & Sprout, Celery, Cucumber, Carrots, Dandelion Green, Endive, Fennel, Parsley, Spinach, Squash | Apple, Cherry, Cranberry, Grape, Lemon, Melon, Orange, Papaya, Strawberry, Watermelon |

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| Laryngitis | Carrot, Celery, Ginger, Parsley | Apple, Pineapple |
| Liver Dis-Eases | Alfalfa Sprout, Artichokes, Beet & Green, Carrot, Celery, Dandelion Green, Endive, Garlic, Ginger, Kale, Kohlrabi, Lettuce, Parsley, Parsnip, Spinach, Sunflower, Tomato, Turnip & Green, Watercress, Wheat Grass | Apple, Cherry, Cranberry, Grape, Lemon, Melon, Orange, Papaya, Strawberry, Watermelon |
| Lung Dis-Eases | Kohlrabi, Radish & Sprout, Sunflower Green, Turnip & Green, Wheat Grass | Orange |
| Lymph Circulation | Beet & Green, Chard | |
| Mal Nutrition | Bean Sprout | |
| Menstrual Dis-Eases | Beet & Green, Bell Pepper, Broccoli, Carrots, Celery, Chard, Collard Green, Cucumber, Fennel, Ginger, Kale, Parsley, Radish & Green, Spinach, Tomato, Watercress, Wheat Grass | Apples, Grapefruit, Pineapple, Raspberry |
| Motion Sickness | Carrot, Ginger, Parsley | Apple, Pear |
| Muscle Cramps | Carrot, Celery, Parsley, Spinach | Cherry |
| Nausea & Morning Sickness | Fennel, Ginger | Apple, Pear, Pineapple |
| Nervous Dis-Eases | Asparagus, Celery, Fennel, Lettuce, Spinach, Wheat Grass | |
| Neuritis | Celery | |
| Pneumonia | | Grapefruit, Lemon, Lime, Orange, Pineapple, Strawberry |
| Pregnancy & Delivery | Alfalfa Sprout, Bean Sprout, Beet & Green, Carrot, Chard, Kale, Parsnip | Grapefruit, Peach, Pear, Watermelon |
| Prostate Dis-Eases | Asparagus, Bell Pepper, Carrot, Celery, Cucumber, Garlic, Ginger, Parsley, Spinach, Tomato | Apple, Cherry, Cranberry, Pear, Pineapple, Strawberry, Watermelon |
| Respiratory Dis-Eases | Beet & Green, Bell Pepper, Broccoli, Cabbage & Sprout, Carrot, Celery, Cucumber, Garlic, Ginger, Kale, Kohlrabi, Parsley, Parsnip, Radish & Sprout, Scallion, Spinach, Sunflower Green, Tomato, Turnip & Green, Wheat Grass | Apple, Cranberry, Grapefruit, Lemon, Lime, Orange, Papaya, Pineapple, Watermelon |
| Sciatica | | Pineapple |
| Scurvy | | Grapefruit, Lemon, Lime, Orange, Pineapple |
| Second Hand Smoke | Carrots, Celery, Parsley, Potato, Spinach, Turnip & Green, Watercress | Pineapple, Strawberry |
| Sinus Dis-Eases | Ginger, Kohlrabi, Radish & Sprout, Scallion | Cherry, Grape, Grapefruit, Lemon, Lime, Orange |
| Skin Dis-Eases | Asparagus, Beet & Green, Bell Pepper, Broccoli, Cabbage, Carrot, Celery, Chard, Cucumber, Dandelion Green, Endive, Garlic, Ginger, Kale, Kohlrabi, Parsley, Parsnip, Potato, Radish & Sprout, Scallion, Spinach, String Bean, Sunflower Green, Tomato, Turnip & Green, Watercress, Wheat Grass | Apple, Banana, Cherry, Cranberry, Grape, Grapefruit, Lemon, Lime, Melon, Orange, Papaya, Pineapple, Strawberry, Watermelon |
| Sleeping Dis-Eases | Carrot, Celery, Lettuce, Parsley | Apple, Banana, Cantaloupe, Orange, Papaya, Peach, Pear, Pineapple, Strawberry |
| Sore Throat | Carrots, Dandelion Green, Ginger, Parsley, Radish | Apple, Grapefruit, Lemon, Lime, Pineapple |
| Sunburn | Carrot | |
| Tendentious | Beet & Green, Bell Peppers, Carrot, Celery, Cucumber, Kale, Spinach, Tomato, Turnip & Green | |
| Thyroid Dis-Eases | Alfalfa Sprout, Cabbage & Sprout, Kohlrabi, Radish & Sprout, Spinach, String Bean, Watercress | Strawberry |
| Tooth Problems | Broccoli, Carrot, Celery, Collard Green, Dandelion Green, Kale, Parsley, | Apple, Cherry, Oranges, Pineapple, Red Grapes |

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| | Radish & Sprout, Spinach | |
| Ulcers | Cabbage & Sprout, Carrot, Celery, Kale, Parsnips, Potato, Spinach, Tomato, Wheat Grass | Apple, Banana, Cranberry, Grapefruit, Oranges, Papaya, Peach, Pineapple |
| Varicose Veins | | Banana, Blueberry, Grapefruit, Orange, Pineapple, Raspberry |
| Waste Loss | Alfalfa Sprout, Artichoke, Bean Sprout, Beet & Green, Bell Peppers, Broccoli, Brussel Sprout, Buck Wheat Green, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Dandelion Green, Endive, Fennel, Kale, Kohlrabi, Lettuce, Parsley, Parsnip, Radish & Sprout, Scallion, Spinach, String Bean, Sunflower Green, Tomato, Turnip & Green, Watercress, Wheat Grass | Apple, Cantaloupe, Cherry, Cranberry, Grape, Grapefruit, Lemon, Lime, Orange, Papaya, Pear, Pineapple, Strawberry, Watermelon |
| Weak Immune System | Beet & Green, Carrots, Celery, Garlic, Onion, Parsley, Wheat Grass | Apple |
| Weak Nails | Bell Peppers, Carrot, Cucumber, Kale, Parsnip | |