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Apples (mere)	Protects your heart (protejeaza inima)	prevents constipation (previne constipatia)	Blocks diarrhea (opreste diareea)	Improves lung capacity (imbunatateste capacitatea plamanilor)	Cushions joints (protejeaza/intareste/fortifica articulationile)
Apricots (caise)	Combats cancer (lupta impotriva cancerului)	Controls blood pressure (controleaza presiunea sangvina)	Saves your eyesight (protejeaza vederea)	Shields against Alzheimer's (ajuta impotriva bolii Alzheimer)	Slows aging process (incetineste procesul de imbatranire)
Artichokes (anghinare)	Aids digestion (ajuta digestia)	Lowers cholesterol (diminueaza colesterolul)	Protects your heart (protejeaza inima)	Stabilizes blood sugar (stabilizeaza nivelul zaharului din sange)	Guards against liver disease (protejeaza impotriva bolilor ficatului)
Avocados (avocado)	Battles diabetes (lupta impotriva diabetului)	Lowers cholesterol (diminueaza colesterolul)	Helps stop strokes (ajuta la prevenirea accidentelor vasculare)	Controls blood pressure (controleaza presiunea sangvina)	Smooths skin (catifeleaza pielea)
Bananas (banane)	Protects your heart (protejeaza inima)	Quiets a cough (calmeaza tuse)	Strengthens bones (intareste oasele)	Controls blood pressure (controleaza presiunea sangvina)	Blocks diarrhea (Opreste diareea)
Beans (Fasolea)	Prevents constipation (previne constipatia)	Helps hemorrhoids (Ajuta la hemoroizi)	Lowers cholesterol (diminueaza colesterolul)	Combats cancer (lupta impotriva cancerului)	Stabilizes blood sugar (stabilizeaza zaharul din sange)
Beets (sfecla)	Controls blood pressure (controleaza presiunea sangvina)	Combats cancer (lupta impotriva cancerului)	Strengthens bones (intareste oasele)	Protects your heart (protejeaza inima)	Aids weight loss (ajuta la slabit)
Blueberries (afine)	Combats cancer (combate cancerul)	Protects your heart (protejeaza inima)	Stabilizes blood sugar (stabilizeaza zaharul din sange)	Boosts memory (sprijina memoria)	Prevents constipation (previne constipatia)
Broccoli	Strengthens bones (intareste oasele)	Saves eyesight (imbunatateste vederea)	Combats cancer (lupta impotriva cancerului)	Protects your heart (protejeaza inima)	Controls blood pressure (controleaza presiunea sangvina)
Cabbage (varza)	Combats cancer (combate cancerul)	Prevents constipation (previne constipatia)	Promotes weight loss (ajuta la slabit)	Protects your heart (protejeaza inima)	Helps hemorrhoids (Ajuta la hemoroizi)

Cantaloupe (cantalup)	Saves eyesight (apara/salveaza vederea)	Controls blood pressure (controleaza presiunea sangvina)	Lowers cholesterol (scade nivelul colesterolului)	Combats cancer (lupta impotriva cancerului)	Supports immune system (sprijina sistemul imunitar)
Carrots (morcovi)	Saves eyesight (apara vederea)	Protects your heart (protejeaza inima)	Prevents constipation (impiedica constipatia)	Combats cancer (combate cancerul)	Promotes weight loss (ajuta la scaderea greutatii corporale)
Cauliflower (conopida)	Protects against Prostate Cancer (protejeaza impotriva cancerului de prostata)	Combats Breast Cancer (lupta impotriva cancerului de san)	Strengthens bones (fortifica sistemul osos)	Banishes bruises (atenueaza vanataile)	Guards against heart disease (lupta impotriva bolilor de inima)
Cherries (cirese)	Protects your heart (protejeaza inima)	Combats Cancer (lupta impotriva cancerului)	Ends insomnia (pune capat insomniei)	Slows aging process (Incetineste imbatrinirea)	Shields against Alzheimer's (Scut impotriva bolii Alzheimer)
Chestnuts (castane)	Promotes weight loss (ajuta la scaderea in greutate)	Protects your heart (protejeaza inima)	Lowers cholesterol (scade nivelul colesterolului)	Combats Cancer (Lupta impotriva cancerului)	Controls blood pressure (Controleaza presiunea sangvina)
Chili peppers (ardei iute)	Aids digestion (ajuta digestia)	Soothes sore throat (calmeaza durerile de gat)	Clears sinuses (curate sinusurile)	Combats Cancer (Lupta impotriva cancerului)	Boosts immune system (Intareste sistemul imunitar)
Figs (smochine)	Promotes weight loss (ajuta la scaderea in greutate)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)	Lowers cholesterol (scade nivelul colesterolului)	Combats Cancer (Lupta impotriva cancerului)	Controls blood pressure (Controleaza presiunea sangvina)
Fish (peste)	Protects your heart (protejeaza inima)	Boosts memory (imbunatateste memoria)	Protects your heart (protejeaza inima)	Combats Cancer (Lupta impotriva cancerului)	Boosts immune system (Intareste sistemul imunitar)
Flax (in)	Aids digestion (ajuta digestia)	Battles diabetes (lupta impotriva diabetului)	Protects your heart (protejeaza inima)	Improves mental health (Imbunatateste sanatatea mintala)	Boosts immune system (Intareste sistemul imunitar)
Garlic (usturoi)	Lowers cholesterol (scade nivelul colesterolului)	Controls blood pressure (controleaza presiunea sangvina)	Combats cancer (combate cancerul)	kills bacteria (Omoara bacteriile)	Fights fungus (Lupta impotriva ciupercilor)
Grapefruit	Protects against heart attacks (protejeaza impotriva	Promotes Weight loss (ajuta la scaderea greutatii corporale)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)	Combats Prostate Cancer (Combate cancerul de	Lowers cholesterol (scade nivelul colesterolului)

Grapes (struguri)	atacului de cord) Saves eyesight (apara vederea)	Conquers kidney stones (sfarama pietrele de la rinichi)	Combats cancer (lupta impotriva cancerului)	prostate) Enhances blood flow (Imbunatateste circulatia sangelului)	Protects your heart (protejeaza inima)
Green tea (ceai verde)	Combats cancer (combate cancerul)	Protects your heart (protejeaza inima)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)	Promotes Weight loss (ajuta la scaderea greutatii corporale)	kills bacteria (Omoara bacteriile)
Honey (miere)	Heals wounds (vindeca ranile)	Aids digestion (ajuta digestia)	Guards against ulcers (protejeaza impotriva ulcerului)	Increases energy (Creste energia)	Fights allergies (Lupta impotriva alergiilor)
Lemons (lamai galbene)	Combats cancer (lupta impotriva cancerului)	Protects your heart (protejeaza inima)	Controls blood pressure (controleaza presiunea sangvina)	Smoothes skin (Catifeleaza pielea)	Stops scurvy (Opreste scorbutul)
Limes (lamai verzi)	Combats cancer (lupta impotriva cancerului)	Protects your heart (protejeaza inima)	Controls blood pressure (controleaza presiunea sangvina)	Smoothes skin (Catifeleaza pielea)	Stops scurvy (Opreste scorbutul)
Mangoes (mango)	Combats cancer (lupta impotriva cancerului)	Boosts memory (imbunatateste memoria)	Regulates thyroid (regleaza tiroida)	Aids digestion (ajuta digestia)	Shields against Alzheimer's (Scut impotriva bolii Alzheimer)
Mushrooms (ciuperci)	Controls blood pressure (controleaza presiunea sangvina)	Lowers cholesterol (scade nivelul colesterolului)	Kills bacteria (omoara bacteriile)	Combats cancer (lupta impotriva cancerului)	Strengthens bones (Intaresc oasele)
Oats (ovaz)	Lowers cholesterol (scade nivelul colesterolului)	Combats cancer (lupta impotriva cancerului)	Battles diabetes (lupta impotriva diabetului)	Prevents constipation (Previne constipatia)	Smoothes skin (Catifeleaza pielea)
Olive oil (ulei de masline)	Protects your heart (protejeaza inima)	Promotes Weight loss (ajuta la scaderea greutatii corporale)	Combats cancer (combate cancerul)	Battles diabetes (lupta impotriva diabetului)	Smoothes skin (Catifeleaza pielea)
Onions (ceapa)	Reduce risk of heart attack (reduce riscul atacului de cord)	Combats cancer (lupta impotriva cancerului)	Kills bacteria (omoara bacteriile)	Lowers cholesterol (scade nivelul colesterolului)	Fights fungus (Lupta impotriva ciupercilor)
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens	

(portocale)	(sustine sistemul imunitar)	(lupta impotriva cancerului)	(protejeaza inima)	respiration (Intareste respiratia)	
Peaches (piersici)	Prevents constipation (previne constipatia)	Combats cancer (lupta impotriva cancerului)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)	Aids digestion (Ajuta la digestie)	Helps hemorrhoids (Ajuta la tratarea hemoroizilor)
Peanuts (arahide)	Protects against heart disease (protejeaza de boli cardiace)	Promotes Weight loss (ajuta la scaderea greutatii corporale)	Combats Prostate Cancer (combate cancerul de prostata)	Lowers cholesterol (scade nivelul colesterolului)	Aggravates Diverticulitis (Inrautateste inflamatiile colonului)
Pineapple (ananas)	Strengthens bones (intareste sistemul osos)	Relieves colds (amelioreaza racelile)	Aids digestion (ajuta digestia)	Dissolves warts (Topeste negii)	Blocks diarrhea (Opreste diareea)
Prunes (prune)	Slows aging process (Incetineste procesul imbatranirii)	prevents constipation (previne constipatia)	boosts memory (imbunatateste memoria)	Lowers cholesterol (scade nivelul colesterolului)	Protects against heart disease (protejeaza de boli cardiace)
Rice (orez)	Protects your heart (protejeaza inima)	Battles diabetes (lupta impotriva diabetului)	Conquers kidney stones (sfarama pietrele de la rinichi)	Combats cancer (lupta impotriva cancerului)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)
Strawberries (capsuni)	Combats cancer (lupta impotriva cancerului)	Protects your heart (protejeaza inima)	boosts memory (imbunatateste memoria)	Calms stress (diminueaza stresul)	
Sweet potatoes (cartofi dulci)	Saves eyesight (apara vederea)	Lifts mood (Creste buna dispozitie)	Combats cancer (lupta impotriva cancerului)	Strengthens bones (intareste sistemul osos)	
Tomatoes (rosii)	Protects prostate (protejeaza prostata)	Combats cancer (lupta impotriva cancerului)	Lowers cholesterol (scade nivelul colesterolului)	Protects your heart (protejeaza inima)	
Walnuts (nuci)	Lowers cholesterol (scade nivelul colesterolului)	Combats cancer (lupta impotriva cancerului)	boosts memory (imbunatateste momoria)	Lifts mood (Creste buna dispozitie)	Protects against heart disease (protejeaza impotriva bolilor de inima)
Water (apa)	Promotes Weight loss (ajuta la scaderea greutatii corporale)	Combats cancer (lupta impotriva cancerului)	Conquers kidney stones (sfarama pietrele de la rinichi)	Smoothes skin (Catifeleaza pielea)	
Watermelon (pepene verde)	Protects prostate (protejeaza prostate)	Promotes Weight loss (ajuta la scaderea greutatii corporale)	Lowers cholesterol (scade nivelul colesterolului)	Helps stops strokes (ajuta la prevenirea accidentelor)	Controls blood pressure (controleaza presiunea sangvina)

Wheat germ (germeni de grau)	Combats Colon Cancer (lupta impotriva cancerului de col)	prevents constipation (previne constipatia)	Lowers cholesterol (scade nivelul colesterolului)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)	improves digestion (Imbunatateste digestia)
Wheat bran (tarate de grau)	Combats Colon Cancer (lupta impotriva cancerului de col)	prevents constipation (previne constipatia)	Lowers cholesterol (scade nivelul colesterolului)	Helps stops strokes (ajuta la prevenirea accidentelor vasculare)	improves digestion (Imbunatateste digestia)
Yogurt (iaurt)	Guards against ulcers (protejeaza impotriva ulcerului)	Strengthens bones (intareste oasele)	Lowers cholesterol (scade nivelul colesterolului)	Supports immune systems (sustine sistemul imunitar)	Aids digestion (Ajuta la digestie)

7 Don'ts After a Meal

7 sfaturi ce NU trebuie sa faci dupa masa

Don't smoke - Experiment from experts proves that smoking a cigarette after meal is comparable to smoking 10 cigarettes (chances of cancer is higher).

Nu fumati!- expertii au dovedit ca fumatul unei singure tigari dupa masa este comparabil cu fumatul a 10 tigari (sansa de a te imbolnavi de cancer este mai mare)

Don't eat fruits immediately - Immediately eating fruits after meals will cause stomach to be bloated with air. Therefore take fruit 1-2 hr after meal or 1 hr before meal.

Nu mancati fructe imediat dupa mese – stomacul se va umple cu aer. Mancati fructe dupa 1-2 ore sau cu 1 ora inainte de masa.

Don't drink tea - Because tea leaves contain a high content of acid. This substance will cause the Protein content in the food we consume to be hardened thus difficult to digest.

Nu beti ceai deoarece frunzele de ceai au un continut ridicat de acid. Aceasta substanta va duce la incetinirea digestiei deoarece proteina continuta de mancare se va intari.

Don't loosen your belt - Loosening the belt after a meal will easily cause the intestine to be twisted and blocked.

Nu va dati drumul la curea – slabind cureaua dupa ce ati mancat veti cauza rasucirea intestinelor si blocarea lor.

Don't bathe - Bathing will cause the increase of blood flow to the hands, legs & body thus the amount of blood around the stomach will therefore decrease. This will weaken the digestive system in our stomach.

Nu faceti baie – baia va creste presiunea sangelui in maini, picioare si corp astfel incat. in jurul stomacului va scadea. Acest lucru va conduce la incetinirea procesului de digestie din stomac.

Don't walk about - People always say that after a meal walk a hundred steps and you will live till 99. In actuality this is not true. Walking again will cause the blood to flow to the extremities and will cause the digestive system to be unable to absorb the nutrition from the food we intake.

Nu va plimbati! – Intotdeauna oameni spun ca dupa masa sa mergi 100 de pasi si vei trai 99 de ani. In zilele noastre acest lucru nu mai este valabil. Plimbandu-ne facem ca sangele sa se indrepte spre extremitati si va duce sistemul digestiv in imposibilitatea de a absorbi nutrientii din mancarea pe care am consumat-o.

Don't sleep immediately - The food we intake will not be able to digest properly. Thus will lead to gastric & infection in our intestine.

Nu va culcati imediat! – mancarea tocmai ingerata nu poate fi digerata cum trebuie. Aceasta va conduce la infectii gastrice si intestinale.

FINALLY DON'T JUST KEEP THIS EMAIL.....PLEASE FORWARD IT TO YOUR FRIENDS.

Si, in final nu pastrati acest e-mail- dati-l prietenilor dvoastra.