



ANUUME

SPRING VEGETABLE GUIDE

KALE

- Encourages healthy skin
- Anti-inflammatory
- Prevents Cancer and Diabetes
- Detoxifies Body
- Supports Heart Health

CARROTS

- Improves Vision
- Strengthens the Immune System
- Lowers Cholesterol
- Decreases Risk for Stroke, Cancer, and Heart Disease
- Prevents Cavities and Tooth Decay

BEETS

- Detoxes Liver
- Improves Digestion
- Anti-Inflammatory
- Cancer-Fighting
- Anti-Aging
- Supports Muscle Recovery

SWISS CHARD

- Maintains Bone Health
- Regulates Blood Sugar Levels
- Supports Healthy Brain Function
- Prevents Cancer, Diabetes, Alzheimer's, and Parkinson's

CABBAGE

- Reduces Cholesterol
- Protects against Cancer
- Improves Digestion
- Promotes Weight Loss
- Can Help Treat Ulcers

RADISH

- Helps Treat Urinary and Kidney Disorders
- Increases Metabolism
- Detoxifies Body
- Anti-Congestive