

SoutheastHEALTH

A Rainbow of Health



IMMUNE SUPPORT



BEAUTY



CANCER PREVENTION



HEART HEALTH



LONGEVITY



DETOXIFICATION

Immune System
Healthy Colon
Prevents Ulcers
Lowers Cholesterol
Healthy Heart



Cauliflower • Garlic
Onions • Mushrooms
Potatoes • Dates
Daikon Radish
Jicama • Brown Pears
Ginger • White Peaches
Turnips
Parsnips

Healthy Heart
Lowers Cholesterol
Healthy Joints/Tissues
Supports Eyesight
Healthy Skin



Lemons
Corn • Pineapple
Yellow Peppers
Winter Squash
Yellow Summer Squash

Healthy Heart
Immune System
Skin Protection
Supports Eyesight
Antioxidant



Oranges • Grapefruit
Mangoes • Papayas
Carrots • Cantaloupe
Sweet Potatoes
Orange Peppers
Peaches
Golden Beets

Healthy Heart
Decreased Blood Pressure
Skin Protection
Helps Cell Renewal
Prevents Cancer



Red peppers • Tomatoes
Strawberries • Apples
Raspberries Cherries
Watermelon • Grapes
Cranberries • Red Onions
Pomegranate

Healthy Heart
Healthy Blood Vessels
Helps Memory
Anti-aging
Healthy Urinary System



Blueberries • Plums
Blackberries
Red (purple) Grapes
Red (purple) Cabbage
Eggplant • Prunes
Figs • Beetroot

Improves Digestion
Supports Eyesight
Healthy Bones
Immune System
Prevents Cancer



Broccoli • Kale • Arugula
Romaine Lettuce • Peas
Collard Greens • Spinach
Brussels Sprouts • Zucchini
Green Grapes • Asparagus
Green Apples • Avocado
Edamame • Kiwi

