

Which Foods Perform What Functions

Raphaology® Medicine

Foods that kill bacteria

Raw honey
Barley
Sesame seeds
Cayenne pepper

Kiwi
Thyme
Red potato
Raspberries



Foods that kill virus

Horseradish
Red potato
Leeks
Red beets

Figs
Dark grapes
Apricot
Cantaloupe

Foods that neutralize acids and toxins

Red potatoes
Plums
Raspberries
Real Salt
Goat milk

Avocado
Olive oil
Lemon
Papaya
Avocado



Foods that break addictions

Raspberries
Blackberries
Roma tomato
Papaya
Kale

Swiss chard
Arugula
Red potato
Pineapple
Asparagus

Foods that calm anger and aggressiveness

Lemon
Red potato
Brown rice
Goat milk
Olive oil

Brewer's yeast
Sunflower seeds
Dates
Avocado
Wheat germ



Foods that boost the immune system

Avocado
Cranberries
Kale
Spinach
Spirulina

Brewer's yeast
Sunflower seeds
Royal Jelly
Raw honey
Mushrooms

Duck eggs
Red potato
Goat milk/cheese

Flax seed
Red lentils
Whole wheat

Foods that reduce blood pressure

Real salt
Papaya
Whole wheat
Mushrooms
Brewer's yeast
Avocado

Red lentils
Red onion
Broccoli
Roma tomato
Sea weed



Foods that reduce high cholesterol

Salmon
Olive oil
Bison
Brewer's yeast
Soya beans
Lecithin

Wheat germ
Brown rice
Avocado
Banana
Unsalted butter

Foods that reduce yeast and fermentation

Red potato
Barley
Lemon
Brewer's yeast

Raspberries
Plum
Wheat germ
Strawberries



Foods that boost eyesight

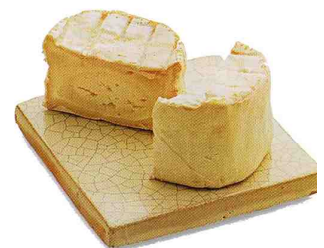
Yam
Broccoli
Blackberry
Asparagus
Endive

Persimmon
Mustard greens
Swiss chard
Sunflower seeds

Foods for diabetics

Brown rice
Olive oil
Raspberries
Goat cheese
Red potatoes

Kidney beans
Papaya
Crock neck squash
Avocado



Foods for weak bones and muscles

Almonds
Figs
Apricots
Blackstrap
molasses

Lemons
Corn
Whole wheat
Soya beans
Brown rice

Broccoli
Spinach
Goat milk

Sesame seeds
watercress



Foods for iron deficiency

Blue grapes
Whole wheat
Swiss chard
Blackberries

Cherries
Beets
Almonds
Red wine

Foods to reduce radiation

Whole wheat
Thyme
Barley
Mushrooms
Roma tomato
Asparagus
Broccoli
Sea weed

