



### ANALGESIC ACTIVITY

chili peppers  
cinnamon  
clove  
garlic  
ginger  
licorice  
onion  
peppermint

### ANTICOAGULANT ACTIVITY

amaranth  
cinnamon  
cumin  
fish oil  
garlic  
ginger  
grape  
melons  
mushroom, tree ear  
onion  
Watermelon



### ANTIBACTERIAL ACTIVITY

apple  
banana  
basil  
beet  
blueberry  
cabbage  
carrot  
cashew  
celery  
chili pepper  
chives  
coconut  
cranberry  
cumin  
flaxseed  
garlic  
ginger  
honey  
horseradish  
licorice  
lime  
nutmeg  
olive  
onion  
papaya  
plum  
radish  
sage  
seaweed  
Watermelon  
yogurt



### ANTICANCER ACTIVITY

asparagus  
barley  
basil  
berries  
broccoli  
Brussels sprouts  
cabbage  
cantaloupe  
carrot  
cauliflower  
celery  
chili pepper  
chives  
citrus fruits  
cucumber  
eggplant  
fennel  
fenugreek  
flaxseed  
garlic  
ginger  
lentils  
licorice  
melons  
mints  
miso  
mushrooms  
mustard greens



oats  
olive oil  
onions  
oregano  
papaya  
parsley  
parsnips  
peppers  
potatoes  
rice, brown  
rosemary  
rutabagas  
sage  
seafood  
soybeans  
tarragon  
thyme  
tomatoes  
turmeric  
turnips  
whole wheat  
winter squash

# NATURAL HEALERS

## Pharmacological Activity



### ANTIOXIDANT ACTIVITY

apricots  
asparagus  
avocado  
basil  
berries  
Brazil nut  
broccoli  
Brussels sprouts  
cabbage  
carrot  
cauliflower  
chili peppers  
clove  
collards  
cumin  
fish  
garlic  
ginger  
grapefruit, pink  
grapes, red  
kale  
licorice



### ANTIVIRAL ACTIVITY

apples  
barley  
a black currant  
blueberry  
chives  
collards  
cranberry  
dandelion  
dill  
flaxseed  
garlic  
ginger  
gooseberry  
grapes  
grapefruit  
lemon  
mushroom, shiitake  
onion  
orange  
peach  
pineapple  
plums  
raspberry  
sage  
seaweed  
spearmint  
strawberry



### CHOLESTEROL LOWERING ACTIVITY

almonds  
apple  
avocado  
barley  
beans, dry  
carrots  
garlic  
grapefruit  
mushrooms,  
oats  
olive oil  
rice, brown  
soybeans  
Walnuts

### SEDATIVE ACTIVITY

anise  
celery seed  
clove  
cumin  
fennel  
garlic  
ginger  
honey  
marjoram  
onion  
parsley  
sage  
spearmint