

# Dr. Bob's ABC's

## Dr. Bob's ABC's for Optimal Living



### **A**pples

Start your day by drinking a hot glass of water with lemon and a ½ Red Apple. Eating apples every day can help lower your cholesterol. It's the pectin in the apple that lowers the LDL or bad cholesterol. High levels of flavonoids, quercetin and naringin in apples are believed to help lower the risk of lung cancer.

In addition to lowering cholesterol, apples contain a double fiber combination that can reduce the risk of hardening of the arteries, heart attack and stroke. Also, this start to your day helps promote liver function.



### **B**eets

One-third cup of beets every day can lower your cholesterol by 40%! One-half cup of beets is a mere 37 calories. They're naturally sweet, but have only seven grams of sugar per ½ cup serving. Beets are a good source of vitamin C, potassium and iron. Beets give you the cancer-fighting antioxidant beta-carotene plus two grams of healthy fiber.

I cannot praise beets enough! Beets are critical for liver health. You can lower cholesterol with beets.



### **C**arrots

Carrots are an excellent source of antioxidant agents. As a result, they can help protect against cancer and cardiovascular disease. Carrots can also help reduce cholesterol and are rich in Vitamin A, Vitamin C, Vitamin K and potassium. Improved skin and good vision are benefits of carrots, too.

#### **Carrots Help:**

- Fight cancer (especially lung and pancreas)
- Reduce blood cholesterol level
- Relieve constipation and other colon disorders
- Support skin and tissue health  
Boost immune system
- Stop diarrhea
- Prevent heart and circulatory disease