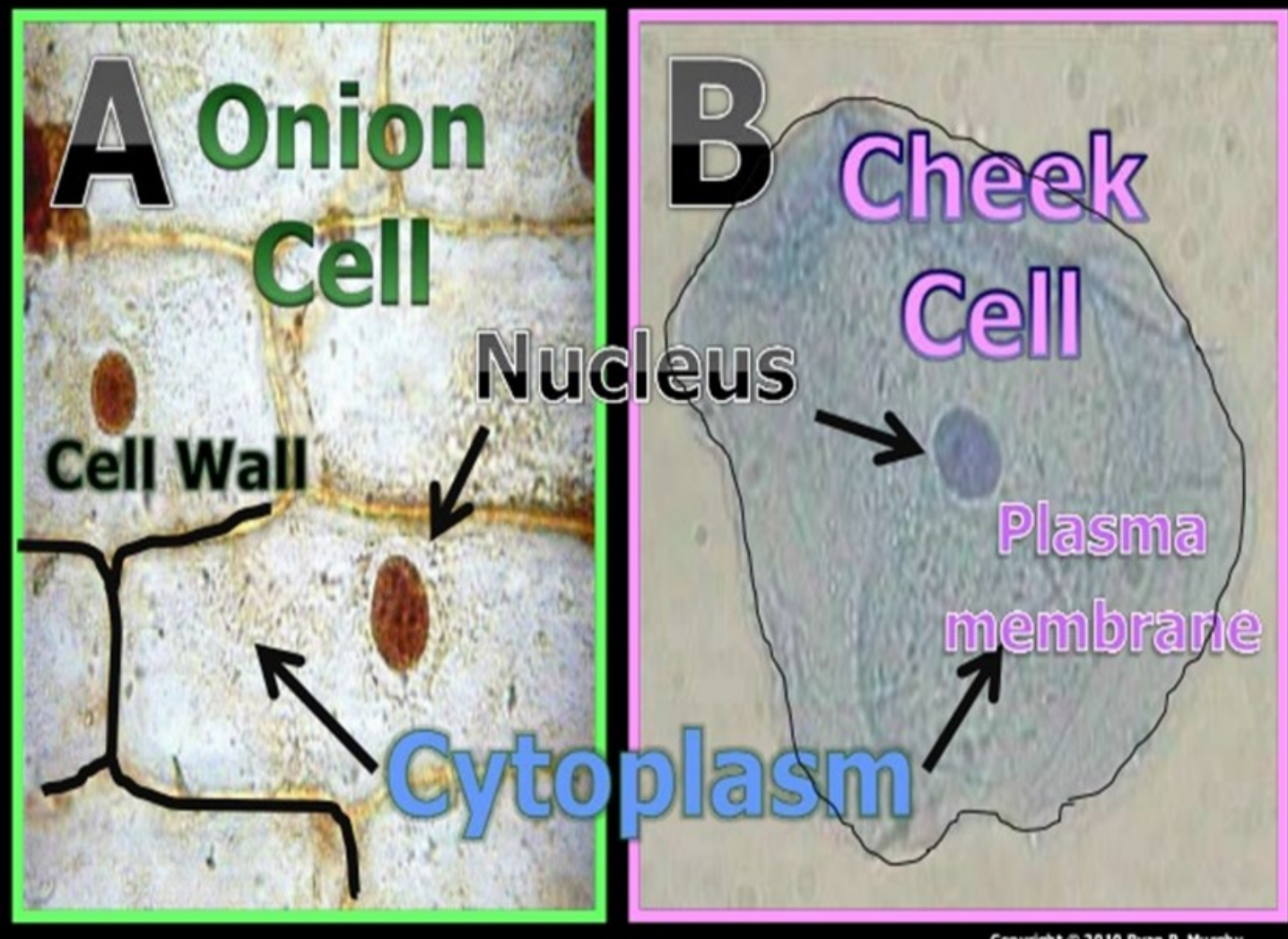


The CELLS

Onions look like the Body's Cells

- Which is a cheek cell, and which is an onion cell? What is the difference?



Recent research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Why add ONIONS to your DAILY diet

Eating vegetables provides health benefits & people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Onion is one such vegetable that contains various vitamins, minerals and potent plant compounds that have been shown to promote health in many ways. In fact, the medicinal properties of onions have been recognized since ancient times, when they were used to treat ailments like headaches, heart disease and mouth sores.



- *Improve heart health
- *Prevent Cancer
- *Rich in antioxidants
- *Antibacterial/Fight infection
- *Contribute to healthy bones
- *1 Onion = 25.3mg Calcium
- *Decrease Bone Loss
- *Prevent Osteoporosis
- *Boost Bone Density
- *Better Skin & Hair (Vitamin C)
- *Support building of Collagen
- *Maintain Collagen
- *Help control blood sugar
- *Boost digestive health
- *Add fiber and prebiotics

TOMATO, CUCUMBER & ONION SALAD

Prep Time 20 mins/Servings: 4

Ingredients

- 1 Cucumber peeled and thinly sliced
- 3 fresh tomatoes, cut into wedges
- 1 sweet onion, thinly sliced
- 1 cup vinegar
- 2 tablespoons vegetable or olive oil
- 1/4 cup water
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions

In a large bowl, combine the cucumbers, tomatoes, and onions. In a medium bowl, whisk together the vinegar, oil, water, sugar, salt, and pepper. Pour the dressing over the vegetables and gently toss to coat. Cover and store in the refrigerator (tossing a few times) for at least 1 hour before serving.

