

Ladies – These foods R4 us

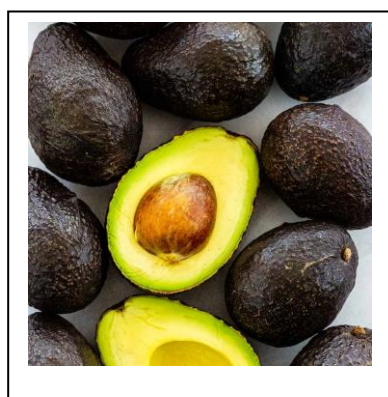
GOD'S PHARMACY IS AMAZING



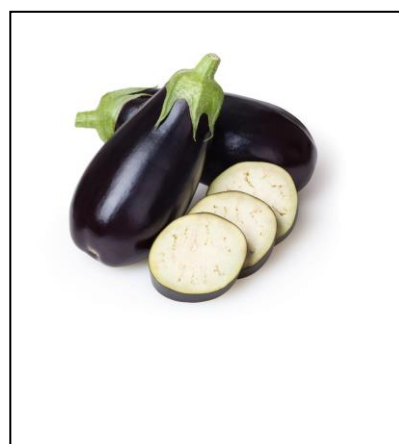
Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs.

Avocados:

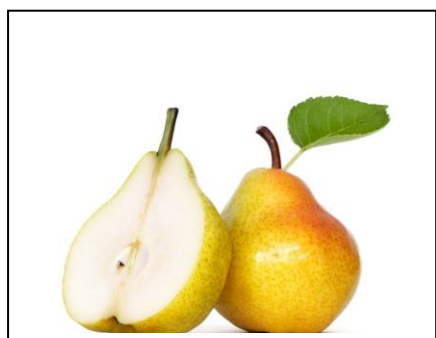
Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit!



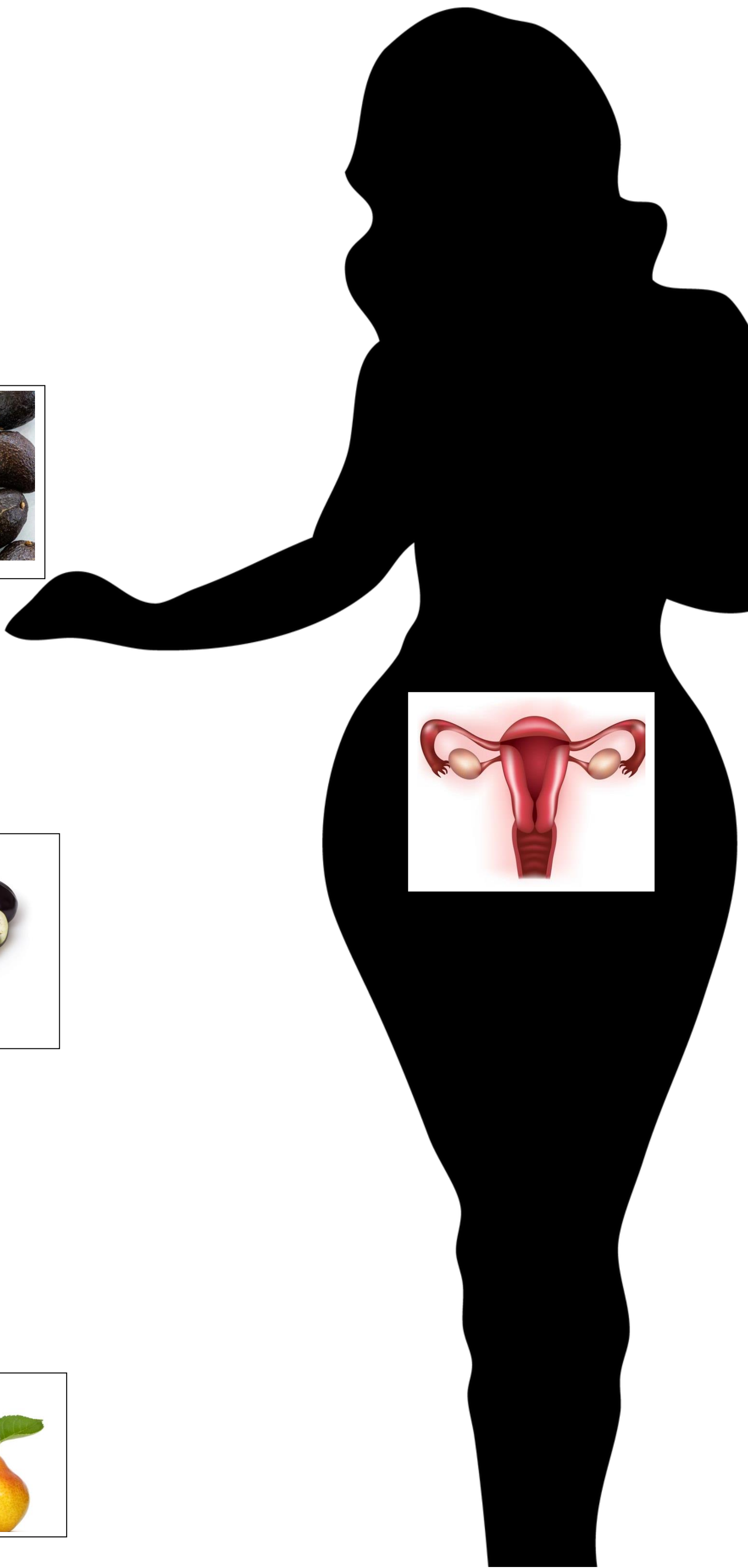
Eggplant is also known as Aubergine and is actually a berry, not a vegetable. It contains folate, (also known as Vitamin B9) which makes it a good dietary option for pregnant women as it prevents birth defects. One cup of eggplant provides about 3% daily value of folate. It is also a great source of Vitamin C, Vitamin K, Vitamin B6, thiamine, magnesium, potassium and much more.



Pears prevent high blood pressure and stroke and they are rich in folic acid, which helps to prevent neural tube defects in babies.



AND... pear shaped women are considered to be more fertile...



Avocado Crab Boats

These boats are wonderful with beans, rice or tortilla chips. They are great for lunches, picnics or potluck. Hot or cold – they're delicious..

Make in 20 minutes

Ingredients

- 5 medium ripe avocados, peeled and halved
- ½ cup mayonnaise
- 2 tablespoons lump crab meat
- 12 ozs lump crabmeat
- 4 Tablespoons chopped Cilantro
- 2 tablespoons minced chives
- 1 serrano pepper seeded and minced
- 1 tablespoon capers drained
- ¼ teaspoon pepper
- 1 cup shredded Pepper Jack cheese
- 1/2 teaspoon paprika
- Lemon Wedges

Instructions

1. Preheat broiler/grill. Place 2 Avocado halves into a large bowl and mash lightly with a fork.
2. Add the mayonnaise and lemon juice; mix until well blended. Stir in crab, 3 tablespoons cilantro, chives, Serrano pepper, capers and pepper.
3. Spoon into remaining Avocado halves.
4. Transfer to a 15x10x1-in. baking pan.
5. Sprinkle with cheese and paprika.
6. Broil 4-5 in from heat until cheese is melted (3-5 mins)
7. Sprinkle with remaining cilantro and serve with lemon wedges.
8. ENJOY!