

Fruits and Vegetables that Resembles to Body Organs and have Significant Role on them

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ABSTRACT

The Doctrine of Signatures is an old tradition, or a part of many traditions, that plants (as well as animals and minerals and perhaps even phenomena) have clues or signatures in their shapes and forms and actions and things that tell what their purposes are. It is an ancient European philosophy that held that plants bearing parts that resembled human body parts, animals, or other objects, had useful relevancy to those parts, animals or objects. This makes all wonder if there were fruits and vegetables out there that are good for a certain part of human body and look like that body part as well. All will actually very surprised as to know this, Have you ever wondered to know that there are some foods that look like body parts. Here is the list of these foods that look like body parts they're good for and their benefits.

Keywords: Doctrine of Signatures, fruits and vegetables, body parts, old tradition, plants and animals.

INTRODUCTION

All really don't know the implication of the statement "You Are What You Eat" however; you will discover that good-for-you foods and your body parts have a closer resemblance than you thought after looking at some interesting comparison. If looking at a slice of carrot from a distance, you can easily recognize it resembles an eye. Then see closely and you will find a pattern of radiating lines mimics the pupil and Iris. The sweet potato has resemblance to the pancreas and also promotes healthy function in the organ, ginger resembles stomach. Red wine, a source of antioxidants and poly

phenols, resembles blood. A thin red slice of a tomato has multiple chambers that look like the human heart. Besides, tomatoes are rich in lycopene, which helps reduce risk for heart diseases. Round citrus fruits such as lemons and grape fruits not only look like breast but also are foods for the body part. Clams, which look like testicles, are actually beneficial to men's organs. The light bulb shape of an avocado looks like uterus, celery lean stalks that look like bones and an image of a walnut folds and wrinkles resembles human brain.

AVOCADOES - UTERUS³

The light bulb shape of an avocado looks like a uterus, and it supports reproductive health as well. Avocados are a good source of folic acid. Folate has been found to reduce the risk for cervical dysplasia, which is a precancerous condition. Target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods.

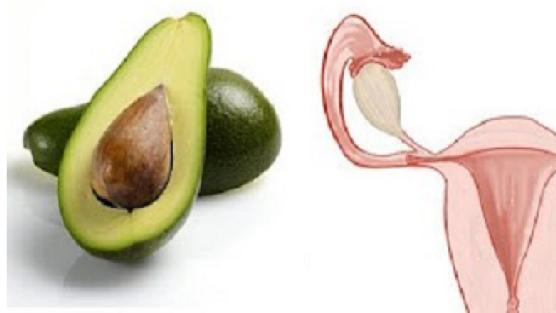


Fig. 1. Avocadoes – Uterus

CARROTS – EYES⁴

Slice a carrot and it looks just like an eye, right down to the pattern of the iris. Carrots are filled with vitamins and antioxidants, like beta-carotene, that decrease the chance of macular degeneration, the leading cause of vision loss in older people. Carrots get their orange color from a plant chemical called beta-carotene, which reduces the risk of developing cataracts. The chemical also protects against macular degeneration an age-related sight problem that affects one in four. It is the most common cause of blindness. But popping a beta-carotene pill doesn't have the same effect. Carrots greatly

enhance blood flow to and function of the eyes.

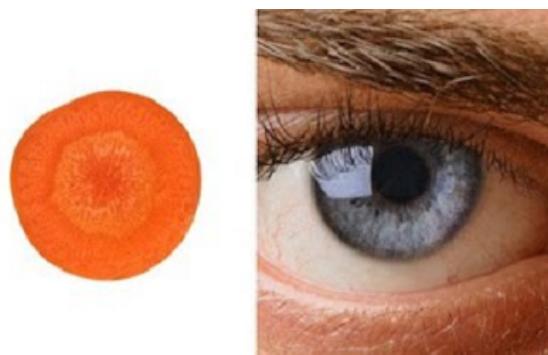


Fig. 2. Carrots – Eyes

CELERY – BONE⁵

Long, lean stalks of celery look just like bones and they're good for them, too. These foods specifically target bone strength. Celery is a great source of silicon, which is part of the molecular structure that gives bones their strength. Another funny bone coincidence: Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

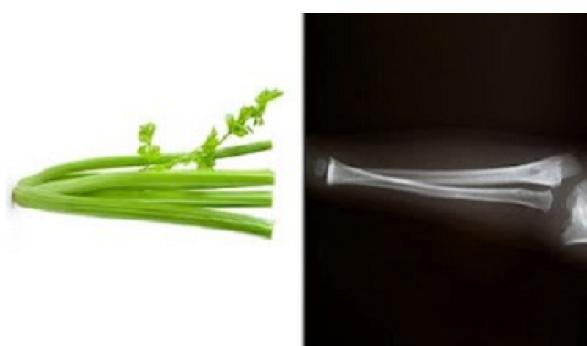


Fig. 3. Celery – Bone

FIGS SEEDS – SPERMS⁶

Figs seeds hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Fig. 4. Figs Seeds – Sperms

ORANGE – BREAST⁷

Orange look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts. The similarity between round citrus orange fruit and grapefruit—and breasts may be more than coincidental. Grapefruit contains substances called limonoids, which have been shown to inhibit the development of cancer in lab animals and in human breast cells.

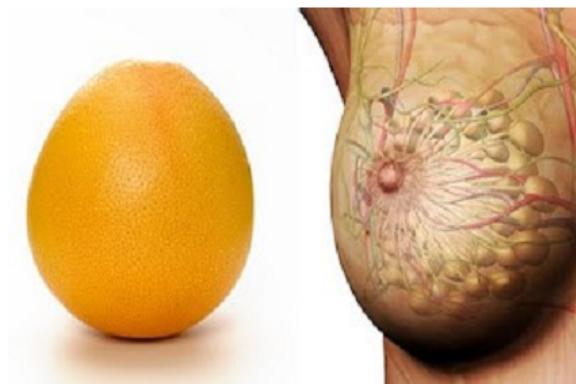


Fig. 5. Orange – Breast

KIDNEY – BEANS⁸

Actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

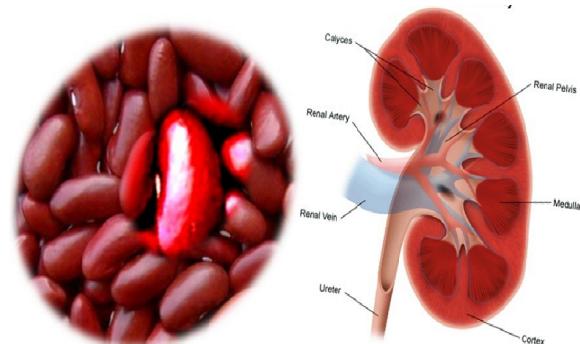


Fig. 6. Kidney – Beans

SWEET POTATOES – PANCREAS⁹

The sweet potato bears a strong resemblance to the pancreas, and also promotes healthy function in the organ. Sweet potatoes are high in beta-carotene, which is a potent antioxidant that protects all tissues of the body, including the pancreas, from damage associated with cancer or ageing and actually balance the glycemic index of diabetics.

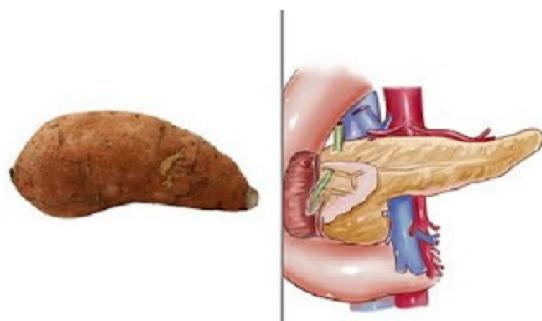


Fig. 7. Sweet Potatoes – Pancreas

ONIONS – BLOOD CELLS¹⁰

Onions look like body cells. Today's research shows that onions help clear waste

materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.



Fig. 8. Onions – Blood Cells

OLIVES – OVARIES¹¹

Olives assist the health and function of the ovaries.



Fig. 9. Olives – Ovaries

TOMATO – HEART¹²

Slice open a tomato and you'll notice the red veggie has multiple chambers that resemble the structure of a heart. Studies have found that because of the lycopene in tomatoes, there is a reduced risk for heart disease in men and women who eat them. And, if you mix them with a little fat, like olive oil or avocado, it will boost your body's lycopene absorption nearly tenfold.

Lycopene, a plant chemical that reduces the risk of heart disease and several cancers. "The Women's Health Study" a research programme which tracks the health of 40,000 women found women with the highest blood levels of lycopene had 30 per cent less heart disease than women who had very little lycopene. Lab experiments have also shown that lycopene helps counter the effect of unhealthy LDL cholesterol. Lycopene prevented coronary heart diseases also.

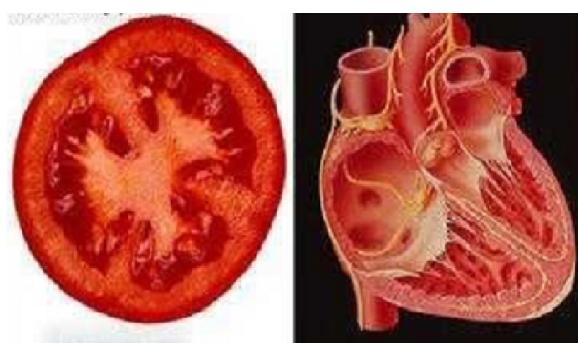


Fig. 10. Tomato – Heart

WALNUT – BRAIN¹³

Walnut looks like the brain, has a left and right hemisphere, upper cerebrums and lower cerebellums. The folds and wrinkles of a walnut resembles to human organ: the brain. The shape of the nut even approximates the body part, looking like it has left and right hemispheres. And it's no surprise walnuts are nicknamed "brain food"—they have a very high content of omega-3 fatty acids, which help support brain function." The wrinkles and folds mimic the neo-cortex. Walnuts develop over three dozen neuron-transmitters for brain function. They may also help head off dementia. Recent study found that walnut extract broke down the protein-based plaques associated with Alzheimer's disease. They found walnuts reversed some signs of brain ageing in rats. Walnuts also appear to enhance signaling within the brain and encourage new messaging links between brain cells.

**Fig. 11.** Walnut – Brain**Fig. 13.** Red Wine – Blood**CLAMS – TESTICLES¹⁴**

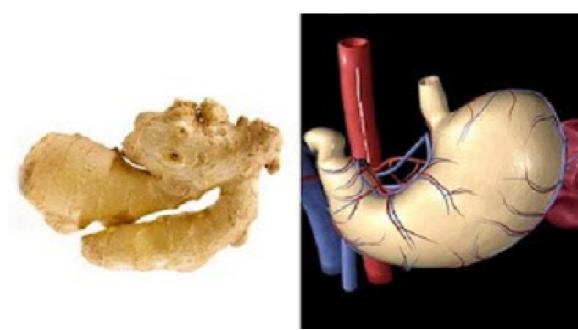
Clams, which bear a resemblance to testicles, are actually good for the male sex organs. Research from the Netherlands has suggested that supplementing your diet with folic acid and zinc & has a significant effect on improving semen quality in men.

**Fig. 12.** Clams – Testicles**RED WINE – BLOOD¹⁵**

Red wine, which is rich in antioxidants and polyphenols, including powerful resveratrol, looks like blood. When you drink it, you're really loading up on the healthy stuff that protects against destructive things in the blood, like LDL cholesterol, which can cause heart disease. There's also a blood-thinning compound in red wine, so it reduces blood clots, which are associated with stroke and heart disease.

GINGER- STOMACH¹⁶

Root ginger, often looks just like the stomach. So it's interesting that one of its biggest benefits is aiding digestion. The Chinese have been using it for over 2,000 years to calm the stomach and cure nausea, while it is also a popular remedy for motion sickness. Anyone who's ever reached for a glass of ginger ale when they've had a stomachache knows about the antinausea effects of ginger. So it's fitting that the herb somewhat resembles the digestive organ. Gingerol, which is the ingredient responsible for ginger's pungent scent and taste, is listed in the USDA database of phytochemicals as having the ability to prevent nausea and vomiting.

**Fig. 14.** Ginger- Stomach**ALMOND - EYES¹⁷**

An almond and a human eye look similar and almond is very beneficial for the health of the eyes. Almond contains vitamin-

E which is an essential nutrient for healthy skin, hair and eyes. Almond is also rich source of monounsaturated fat and helps in lowering cholesterol level. Almonds also have selenium which is an antioxidant and thus reduces the process of aging. Almonds also help in reducing dark circles and sunken eyes

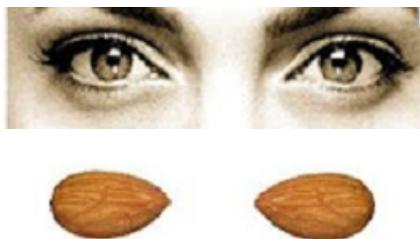


Fig. 15. Almond – Eyes

GRAPES - LUNGS¹⁸

Our lungs are made up of branches of ever-smaller airways that finish up with tiny bunches of tissue called alveoli. These structures, which resemble bunches of grapes, allow oxygen to pass from the lungs to the blood stream. One reason that very premature babies struggle to survive is that these alveoli do not begin to form until week 23 or 24 of pregnancy. A diet high in fresh fruit, such as grapes, has been shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called proanthocyanidin, which appears to reduce the severity of asthma triggered by allergy.

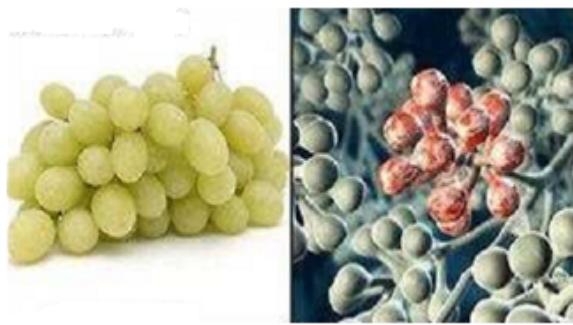


Fig. 16. Grapes-Alveoli

BANANA – SMILE¹⁹

Cheer yourself up and put a smile on your face by eating a banana. The popular fruit contains a protein called tryptophan. Once it has been digested, tryptophan then gets converted in a chemical neurotransmitter called serotonin. This is one of the most important mood-regulating chemicals in the brain and most anti-depressant drugs work by adjusting levels of serotonin production. Higher levels are associated with better moods.

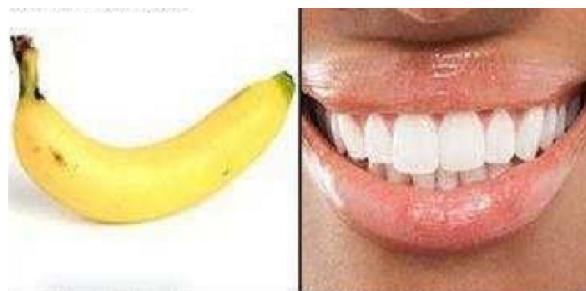


Fig. 17. Banana – Smile

MUSHROOM – EAR²⁰

Slice a mushroom in half and it resembles the shape of the human ear. Adding it to your cooking could actually improve your hearing. That's because mushrooms are one of the few foods in our diet that contain vitamin D. This particular vitamin is important for healthy bones, even the tiny ones in the ear that transmit sound to the brain.



Fig. 18. Mushroom – Ear

BROCCOLI – CANCER CELLS^{18,19}

The tiny green tips on a broccoli head look like hundreds of cancer cells. Recent studies found just a weekly serving of broccoli were enough to reduce the risk of prostate cancer by 45 per cent. In Britain, prostate cancer kills one man every hour.



Fig. 19. Broccoli – Cancer Cells

OYSTERS AND VEGINA^{6,9,18}

Oysters have often been called aphrodisiacs. A study presented to the American Chemical Society revealed that oysters contain two amino acids that raise levels of the sex hormones testosterone and estrogen. Estrogen improves libido of women.



Fig. 20. Oysters And Vegina

A BANANA, CHILLY – PENIS^{3,7,16}

CHILIES: Chilies contain a chemical Capsaicin which increases circulation to get blood pumping. It also stimulates nerve endings. So men feel superb turned on.



Fig. 21. Chilly-Banana

BANANAS: Bananas contain potassium, which is very useful for muscle strength. Men feel a superb sensation in their instruments.

DISCUSSION^{19,20}

This Doctrine of Signatures is an old tradition, or a part of many traditions, that plants (as well as animals and minerals and perhaps even phenomena) have clues or signatures in their shapes and forms and actions and things that tell what their purposes are. All really don't know the implication of the statement "You Are What You Eat" however, you will discover that good-for-you foods and your body parts have a closer resemblance than you thought after looking at some interesting comparison.

Finally my study provides you an undercurrent message that in this god made beautiful nature there are many things (or) articles which resembles to some or the other

things in nature and they may have specific function on them. This doesn't mean each and every article will resemble to another and it have role on it. It's just in some cases. Just it is not a superstitious belief; it's a scientifically proved truth.

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