

## HEALING VEGETABLES



[Alfalfa Sprouts](#)



[Asparagus](#)



[Beetroot](#)



[Bitter Gourd](#)



[Broccoli](#)



Beansprouts



Cabbage



Capsicum



Carrot



Celery



Cucumber



Endive



Garlic



Ginger



Leek



Lettuce



Onion



Parsley



Potato



Spinach



Sweet Potato



Tomato



Radish/Daikon



Watercress



Wheatgrass

