

CARROT-A Potent Cancer Curing Natural Medicine

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Several vegetables act as natural medicine against generally fatal diseases. Vegetables have lots of health properties. For example if we consider carrot (*Daucus carota* subsp. *sativus*) is a root vegetable, belonging to the family-Apiaceae commonly known as gazer, it increases-

1-Eye sights: by its content β -carotene, Lutein which prevents night blindness, cataract, etc. The carrot obtained its characteristic, bright orange colour from β -carotene.

2-Imune system: by its antioxidants and vitamin-C contents.

3-Control blood sugar level: because its carotenoids content reduces blood sugar level.

4-Skin singing: by its antioxidants and vitamin-A and C contents.

5-healthy digestive system: because it is good appetizer, if we took their juice before twenty minutes of meal.

Beside above, current research conducted by New Cassel University of Britten proofs that Polyacetylenes present in carrots can stop tumor by inhibiting cancer cells.

Ann Cameron by writing a book “Curing Cancer with Carrots” share her own experiences as she cured Stage 4 colon cancer without chemotherapy or radiation, by drinking carrot juice regularly up to 8 months.

So, it is beneficial for our health to ingest vegetable, fruits and several others plants and their products as they are able to restore the body's natural power to regulate growth and kill malfunctioning cells.