



“ART OF AWARENESS LIVING” 108 CIRCULAR SERIES.

CIRCULATE DAILY- MULTIPLY NEW FRIENDS

MEDICINAL AWARENESS TIPS OF TOMATO

Tomato is one of the most popular and important vegetable in most parts of the world. Its majority content is moisture, the rest is carbohydrates, protein, fibre, minerals and traces of fats. It contains minerals like calcium, phosphorus, iron and Vitamin C and little B complex. Tomato has numerous curative properties.

- Ø Tomato is an excellent cancer preventor. It works as a best preventor for prostate, pancreatic, rectal, digestical, breast, cervical cancers.**
- Ø It works as a wonderful cure for diarrhea, if you take in soup form.**
- Ø Tomato is an excellent heart friendly. It helps to control blood pressure, ultimately prevents heart related diseases. It protects blood vessels walls from thickening. By making a regular habit of consuming tomato as part of food, cholesterol can be reduced 10 – 15%.**
- Ø It is very good cure for red lines in the eyes. Vitamin C present in tomatoes strengthens eyes blood vessels. Even it reduces eyes irritation. It is a very good prevention for night blindness.**
- Ø Liver is one among the very few prime organs of the body. Tomato is the proven protection for liver. The sulphur presence in the tomato works wonderfully in protecting the liver from the dangerous disease sylvorosis. It is proved in experiments that it protects the leaver whether it is damaged or a part of it is removed surgically.**
- Ø If skin is blackened due to exposure to hot sun, tomato is a suitable remedy. Soak tomato pieces in butter milk, make paste and apply at affected places.**
- Ø Tomato protects gums from bleeding, swelling and all sorts of other diseases.**
- Ø If you apply tomato paste bandage for any sort of wounds or sores, they will cure fast. One has to apply bandage twice a day.**
- Ø Tomato is an excellent energy booster. Old people, patients or people who tires quickly, for them, fresh tomato juice works like energy giving tonic and turns them instant energetic and enthusiastic.**
- Ø It is a great immunizer. By consuming tomato regularly in any form, it improves body immune system.**
- Ø Tomato works as a best beauty aid. Apply fresh tomato crushed paste to face, particularly at black spots, rub the paste for some more time. It also**

cleans and removes pimples on the face. Allow the paste for 20 minutes and wash the face, to see glorious face. Similar way you can use it as body cleanser, by rubbing tomato pieces soaked in butter milk, keep it for 20 minutes and then take bath, to get bright skin.

- Ø **It is a diabetic friendly. It helps to control diabetes. Take fresh tomato juice with salt and pepper every morning on empty stomach. It also controls percentage of sugar in urine.**
- Ø **Tomato works as a wonderful medicine for obesity. To reduce excess body weight, eat two ripped tomatoes every day early morning, without any breakfast. It yields good results on long term.**
- Ø **Eating a tomato every day early morning is a very effective medicine for prevention of formation of urinary stones. It also works as a wonderful medicine against urinary infections.**
- Ø **To cure tuberculosis, before going to bed take two cloves of peeled garlic along with a glass of fresh tomato juice, mixed with a spoon of honey and a pinch of cardamom seeds powder, regularly, very good results will appear steadily. It increases the body resistance power. It also works wonderfully for asthmatic, bronchitis patients as well.**
- Ø **To get great relief from joint pains prepare tomato plants, root, stem, fruit and leaves combindly extracted a cup juice, mix a cup of til oil, boil them together to evaporate entire water content. Preserve the oil portion in a bottle. Applying this oil at affected joints.**
- Ø **Tomato is in general, a great health protection tonic. If you regularly take a glass of fresh tomato juice mixed with little salt and a pinch of pepper, it works as effective remedy for jaundice, indigestion, gastric trouble, morning sickness, constipation, diarrhea, chest burning and many more.**

Tomato can be consumed as raw in salads, juice, sauce, pickle, chutney, curry, soup, fillup in sandwiches etc. Regularly consume tomato in different forms for change and get unlimited health benefits.

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