







Wafa's Unique Salad With 39 Healthy Ingredients Nutritional Health Facts

The quantity herein is to feed almost 50 persons

No.	Ingredients	Quantity
01	Green Lettuce	1 Head
02	Celery	1 Head
03	Arugula	One Pack
04	Chard Leaves	One Pack
05	Parsley	One Pack
06	Coriander	One Pack
07	Purslane	One Pack
08	Green Mint leaves	One Pack
09	Basil	One Pack
10	Green and Red Cabbage	1 Small head each
11	Tomatoes	8 Big
12	White Onions	2 Big
13	Green Onions	One pack
14	Garlic	One Head
15	Bell Pepper	Two Big each
16	Baby Organic Peeled Carrots	One pack
17	Fresh Mushrooms	Two Boxes
18	Broccoli	1 Plate
19	Artichokes	1 Frozen Pack
20	Corn Kernels	1 Frozen Pack
21	Avocado	4 Pieces
22	Red Radish with its leaves	Two Packs
23	Cucumber	6
24	Asparagus	One Pack
25	Pomegranate	One
26	Cut Green Olives	One Small Jar each
27	Cut Black Olives	One Small Jar each
28	Black Seed	5 Eating spoons
29	Black Pepper seeds	4 Eating spoons
30	Sumac	6 Eating spoons
31	Dry Oregano	5 Eating spoons
32	Ground Dried Mint	5 Eating spoons
33	Iodized Salt	Two TS (or without)
34	DXN MycoVeggie	8 Eating Spoons
	<i>Salad Dressing Ingredients:</i>	
35	Lemon	10
36	Olive Oil	1 Medium Bottle
37	DXN Morinzhi	285 ml (full bottle)
38	DXN Vinaigrette	120 ml
39	DXN Cordypine	285 ml (full bottle)

	<p>1) Lettuce Lettuce contains Vitamin A and Beta carotenes. Prevents: osteoporosis and iron deficiency anemia. Protects from: cardiovascular diseases, ARMD, Alzheimer's disease and cancers.</p>
	<p>2) Celery Celery enhances the activity of certain white blood cells, lowers blood pressure, tones the vascular system, effective in cases of migraines, helps to lower cholesterol and prevents cancer by improving detoxification, effective in the treatment of "rheumatism" and used for arthritic and muscular aches and pains.</p>
	<p>03) Arugula It is an excellent source of vitamins A and C, folic acid, calcium, manganese, and magnesium. It's also a very good source of potassium, iron, zinc, riboflavin, and copper. It contains a group of anticancer compounds known as glucosinolates. These compounds exert antioxidant activity, and are potent stimulators of natural detoxifying enzymes in the body. Arugula contains phytochemicals such as carotenes and chlorophyll. Those phytochemicals make it an excellent source of antioxidants.</p>
	<p>04) Chard It is an excellent source of vitamins C, E, and K, carotenes, chlorophyll, and fiber and several minerals including potassium, magnesium, iron, & manganese and many other nutrients including vitamin B6, protein, calcium, thiamine, selenium, zinc, niacin, and folic acid. Chard is one of the most powerful anti-cancer foods due to its combination of traditional nutrients; phytochemicals, chlorophyll, other plant pigments, and soluble fiber. The generous amount of vitamin K that is contained in chard is especially beneficial in the maintenance of bone health.</p>
	<p>05) Parsley It is good source of antioxidants, has anti-cancer activity, it's anti-microbial, it detoxifies and deodorizes, reduce blood glucose levels. Nutrients in parsley include chlorophyll, carotenoids, vitamin K, and volatile oils such as myristicin.</p>
	<p>06) Coriander Coriander health benefits include treatment of swellings, high cholesterol levels, diarrhea mouth ulcers, anemia, digestion, menstrual disorders, small pox, eye care, conjunctivitis, skin disorders and blood sugar disorders.</p>
	<p>07) Purslane It is good for our skin, urinary and digestive systems. It also has a perfect combination between antioxidants, omega 3 fatty acids, potassium, calcium, magnesium and carotene. Purslane helps lose weight, boosts heart health, helps in the proper development of children, treats certain gastrointestinal diseases, prevents certain cancers, protects the skin, boosts vision, strengthen the immune system, builds strong bones, and increases circulation.</p>
	<p>08) Green Mint Leaves Mint is found to be effective in the treatment of digestive disorders, liver disorders, gall bladder disorders, anorexia, vomiting, poor digestion, bleeding diseases and diarrhea. Mint is good for proper digestion, weight loss, relief from nausea, depression, fatigue and headache, respiratory disorders and coughs, treatment of asthma, breast feeding, memory loss, and skin care and pimples problems, oral care by improving the health of a person's mouth, allergies and hay fever (rhinitis) and cancer.</p>
	<p>09) Basil <i>Ocimum basilicum</i> has healing power, fever & common cold, coughs, sore throat, respiratory disorder, kidney stone, heart disorder, children's ailments, stress, mouth infection, insect bites, skin disorders, teeth disorder, headaches and eye Disorders.</p>

	<p>10) Green and Red Cabbage</p> <p>One cup of chopped green cabbage contains 3% Vitamin A, 47% Vitamin C and 2% Iron. One cup of chopped red cabbage contains 19 % Vitamin A, 84% Vitamin C, 3% Iron and Anthocyanins. Your Body Needs:</p> <ul style="list-style-type: none"> - Vitamin A which helps maintain your teeth, skeletal tissue, skin & mucous membranes. - Vitamin C to promote new tissue growth, repair wounds, keep your bones, cartilage & teeth healthy. - Iron to keep your red blood cells functioning properly, carrying oxygen to all of your cells. If you don't get enough iron in your diet, you could suffer from anemia, which can lead to fatigue. - Anthocyanins for Cancer-fighting, memory improvement and healthy weight loss.
	<p>11) Tomatoes</p> <p>They are good for treating urinary tract infections, skin ailments, lowering hypertension, gut health. Lycopene is the red pigment present in tomatoes, acts as a powerful antioxidant which fights cancer cells. Tomatoes help reduce blood cholesterol, protect the heart from cardiovascular diseases, good blood purifiers, congestion of liver and also dissolve gallstones, protect liver from cirrhosis, protect from infections and they contain Vitamin K present in tomatoes help in preventing hemorrhages. Vitamin A in tomato aids in preventing macular degeneration & night blindness, & in improving vision. Daily consumption of tomatoes decreases the oxidative stress in type 2 diabetes.</p>
	<p>12) White Onions</p> <p>Useful herb for the prevention of cardiovascular disease, especially since they diminish the risk of blood clots. Protects against stomach and other cancers, as well as protecting against certain infections. Can improve lung function, especially in asthmatics. The more pungent varieties of onion appear to possess the greatest concentration of health-promoting phytochemicals.</p>
	<p>13) Green Onions</p> <p>They lower blood sugar, decrease high cholesterol and blood pressure levels, reduce the risk of developing colon and other cancers and reduce inflammation.</p>
	<p>14) Garlic</p> <p>Helps in common cold and flu, blood pressure and cholesterol levels.</p>
	<p>15) Bell Peppers</p> <p>All peppers are rich in vitamins A, C, and K, but red peppers are simply bursting with them. Antioxidant vitamins A and C help to prevent cell damage, cancer, and diseases related to aging, and they support immune function. They also reduce inflammation like that found in arthritis and asthma. Vitamin K promotes proper blood clotting, strengthens bones, and helps protect cells from oxidative damage.</p> <p>Red peppers are a good source of the carotenoid called lycopene, which is earning a reputation for helping to prevent prostate cancer as well as cancer of the bladder, cervix, and pancreas. Beta-cryptoxanthin, another carotenoid in red peppers, is holding promise for helping to prevent lung cancer related to smoking and secondhand smoke.</p> <p>Besides being rich in phytochemicals, peppers provide a decent amount of fiber. Both hot and sweet peppers contain substances that have been shown to increase the body's heat production and oxygen consumption for about 20 minutes after eating. This is great news; it means your body is burning extra calories, which helps weight loss.</p>



16) *Baby Carrots*

They are Good for Your Eyes.

Baby Carrots are good source of both Vitamin A and Lutein

Vitamin A is a fat-soluble vitamin that helps keep the surface of your eyes healthy.

Lutein is a carotenoid primarily found in the eye. As an antioxidant it protects your eyes from oxidation and may help prevent cataracts, according to the Memorial Sloan-Kettering Cancer Center.

Good Source of Beta Carotene

Beta carotene is the plant form of Vitamin A responsible for the deep orange color of the baby carrot. Your body is able to convert beta carotene into retinol, the usable form of Vitamin A. In addition, Beta carotene also acts as an antioxidant and may offer protection against certain types of cancer and heart disease. In addition, Beta carotene also acts as an antioxidant and may offer protection against certain types of cancer and heart disease.

The American Heart Association and the American Cancer Society both recommend including food sources of beta carotene in your diet for good health, aiming for five servings of fruits and vegetables a day.

Aid in Blood Pressure Control

Baby carrots are also a good source of potassium. A standard serving contains 201 mg of potassium.

Potassium is a mineral that can help improve your blood pressure by decreasing the effects of sodium on blood pressure. The average adult should aim for 4,700 mg of potassium from natural sources a day. A high-potassium diet is not safe for everyone including the elderly and those with kidney disease. Consult your physician before increasing your intake.



17) *Mushrooms*

Mushrooms help in weight loss. The vitamins C, B6 and B12 found in mushrooms are responsible for boosting your immune system. This helps flush toxins out of your body that could compromise your immune system. They help lower bad cholesterol, while the low carb content helps regulate diabetes.



18) *Broccoli*

Helps in nervous system, blood pressure, and bone health. It contains Vitamin C. Good for immune system, sun damage, vision, diet aid, heart disease and cancer.








19) *Artichokes*

Artichokes are low in saturated fat and cholesterol, while being a rich source of fiber, vitamins and minerals. It contains vitamins which include vitamin C, thiamin, riboflavin, niacin, folate, vitamin B-6, B-12, A, E, D and vitamin K. Artichokes also provide minerals such as calcium, iron, zinc, sodium, potassium, manganese, phosphorus and zinc. Artichokes are good for cancer prevention, heart health, blood pressure, liver health and digestive issues. Artichokes can be a great salve to the liver, and can reduce any blockage, as well as reduce the levels of toxins in the blood by eliminating them quickly from the body.

Artichokes health benefit:

- Help to reduce risk of heart attacks and coronary heart disease,
- Good remedy for providing relief from hangover,
- Reduce risk of osteoporosis by improving bone health and density,
- Improves overall health of live by reducing presence of toxins,
- Helps to prevent prostate cancer, breast cancer and leukemia,
- Stimulates production and secretion of gastric juices and bile juice,
- Aid in improving health and functionality of digestive system,
- Reduces levels of bad cholesterol (LDL) and increases levels of good cholesterol (HDL),
- Helpful in preventing neural tube defects in new born, and
- Beneficial in improving brain health and metabolic processes.

	<p>20) Corn</p> <p>This popular food is high in fiber. In fact, it's notoriously hard to digest. But its insoluble fiber is tops at tackling common digestive ailments (like constipation and hemorrhoids) by absorbing water, which swells the stool and speeds its movement.</p> <p>Corn is source of several vitamins, including folic acid, niacin, and vitamin C. The folic acid prevent neural-tube birth defects, heart disease, buildup of homocysteine, an amino acid, in the body. Long-term elevation of homocysteine has been linked to higher rates of heart disease; folic acid helps break it down.</p>
	<p>21) Avocado</p> <p>Avocado or an avocado extract is good for prevention or treatment of “breast cancer” as well as “prostate cancer. Creamy rich avocado is considered the world's healthiest fruit, because of its nutrient contents such as vitamin K, dietary fiber, potassium, folic acid, vitamin B6, vitamin C, copper, and reasonable calories in it. Avocados contain “oleic acid”, a monounsaturated fat that may help lower cholesterol. Avocado is a good source of potassium, a mineral that helps regulate blood pressure. Adequate intake of potassium can help guard against circulatory diseases, like high blood pressure, heart disease, or stroke.</p>
	<p>22) Red Radish</p> <p>Good for the liver and stomach. It helps to detox and purify blood and thus, very helpful in jaundice. Radishes are good for constipation, and help to get rid of piles faster, very helpful to treat urinary disorders and also helpful in natural weight loss. They help to cure many kinds of cancer, particularly cancers related to intestines, stomach, colon and kidney and help to lower the risk of prostate cancer. They are useful in treating leukoderma.</p> <p>Due to its vitamin C, phosphorus, zinc and vitamin B6 content, health benefits of radish are used in treating many skin disorders. It helps to maintain the moisture of the skin, and also disinfect many rashes, treatment for insect bites, stings of bees, wasps and hornets. The juice of radish helps in reducing pain and swelling, and soothes the affected area. Helps in treating many respiratory system related problems.</p>
	<p>23) Cucumber</p> <p>Cucumbers are 95% water, they keep the body hydrated and help regulate the body's inner temperature. They also help the body flush out toxins. The skin contains a good amount of vitamin C. It can be used to relieve sunburn and mild skin irritations, similar to aloe vera. There is some research indications that cucumbers can stimulate hair growth. Herbalists recommend cucumber juice to reduce puffiness around the eyes and to calm down acne. They are a good source of dietary fiber. Help to regulate uric acid, so it is great for prevention of certain kidney or bladder stones. Because it is rich in potassium and magnesium, it may help to lower blood pressure. Studies by DASH (Dietary Approaches to Stop Hypertension) show eating cucumbers can help lower blood pressure by 5.5 points in some hypertension prone individuals when coupled with a diet of low starch and lean proteins.</p>
	<p>24) Asparagus</p> <p>Asparagus is not only a fat burning food, but it is also full of vitamins and nutrients that allow your body to work more efficiently. The folate and vitamins B found in asparagus help keep your cardiovascular system functioning properly. Asparagus helps regulate blood sugar, it fights inflammation, can help you combat illnesses such as asthma, arthritis, cancer and even some auto-immune illnesses. Antioxidant found in asparagus can help keep your body free of toxins that age you prematurely and promote a healthy immune system. Vitamin C also protects you from some age related sicknesses.</p>



25) Pomegranate

The human body contains free radicals, which are unstable molecules that can damage DNA and cell membranes. This most often leads to cancer and other diseases such as Alzheimer's. Antioxidants fight these free radicals and prevent these diseases. Eating pomegranates, which contain antioxidants such as polyphenols, tannins and anthocyanins, can therefore lower a person's risk of cancer, Alzheimer's and premature aging.

Furthermore, these antioxidants clear arteries of plaque, preventing heart disease and lowering blood pressure and the risk of stroke. They also lower the bad kind of cholesterol (LDL) in the body. Consuming pomegranates or pomegranate products also reduces dental plaque build-up, which helps decrease the chance of bad breath and gum disease.

In addition to antioxidants, pomegranates contain an element that combats the enzyme that eats away at cartilage. This delays the onset of osteoarthritis. The fruit also contains anti-inflammatory qualities which would treat the disease after onset. Recent studies also should that eating pomegranates can increase libido in both men and women.



26/27) Green and Black Olives

Olives are small fruit that grow on olive trees (*Olea europaea*). "Olea" is Latin for "oil," and reflects the very high fat content of olives.

"Europaea" refers to olive's native origin; the Mediterranean region of Europe.

Like cashews, 75 percent of the fat in olives comes from oleic acid, a monounsaturated fat that offers health benefits, such as anti-inflammation and lowering cholesterol. They belong to a group of fruit called drupes, or stone fruits. They are related to mangoes, cherries, peaches, almonds and pistachios.

Olives are very high in vitamin E and other powerful antioxidants. Studies show that they are good for the heart, and may protect against osteoporosis and cancer.

Some immature olives are green, and turn black when they ripen. Others remain green even when fully ripe. Olives protect the heart, protect cells from free radicals, reduce inflammation, prevent colon cancer and helps women going through menopause



28) Black seed

- Increases immune function.
- Stimulates bone marrow and immune cells and raises the interferon production, protects normal cells against cell destroying effects of viruses, destroys tumor cells and raises the number of anti-bodies producing B cells.
- Black seed contains valuable unsaturated fatty acids, for example Linoleic and Gamma linolenic acids get into the organism. By that it possible to reach a synthesis of important immune regulating substances derived as from Prostaglandin E1. Linoleic acid stabilizes the cell membranes and Prostaglandin has the effect of inhibiting inflammation. By that the immune reactions are stopped which cause the illnesses and which otherwise could be the start of many chronic illnesses like acne and hay fever right up to cancer.
- Black seed proves to have an anti-histamine, anti-oxidant, anti-biotic, anti-mycotic and bronchodilating effect.
- Black seed is truly a remarkable herb that has been used for over 3000 years. It contains over 100 valuable components. It is a significant source of essential fatty acids, proteins, carbohydrates and other vitamins and minerals. "The seeds are also rich in sterols, especially beta-sitosterol, which is known to have anticarcinogenic activity".
- Black seed tests prove to be genuine universal remedy
- Black seed is a valuable source of protein, carbohydrates, essential fatty acids, vitamins A, B1, B2, C and niacin as well as minerals such as calcium, potassium, iron, magnesium, selenium, and zinc.



29) *Black Pepper Seeds*

- Black pepper could aid digestion, a good remedy for intestinal diseases caused by bacteria, improving overall digestion by reducing gas, diarrhea and constipation.
- Fight with cancer.
- Help in weight loss. Its outer layer contains substances that can boost fat metabolism.
- Could relieve cough and colds by induces sweating and relieves feverish symptoms.
- Decrease susceptibility to skin cancers caused by excess ultraviolet radiation.
- Improve overall health, by promoting the absorption of nutrient to all the body.
- Good in antioxidant.
- As a natural antidepressant.
- Fight tooth decay, provide relief from toothache.
- Reduce inflammation.
- Help for those with poor circulation.
- For studying, it support mental clarity.
- By adding to a tea, help clear all clods up.
- Prevent gas and flatulence.
- Good for dysfunction of kidneys.
- It is antibacterial for meat preservation before refrigerators times.
- Good of manganese and iron.
- Treat sore throats.
- Stimulate the heart, kidneys, circulation and the stomach.
- Absorb vitamins and nutrients more easily from food, when food are eaten with black pepper.
- Treat fatigue and tiredness.
- By preparing in a tea will help clear the chest and lung infections.



30) *Sumac*

It has antioxidant effects. It treats respiratory problems, boosts heart health, aids in digestion and has anti-inflammation properties.



31) *Dry Oregano*

100 g of oregano herb provides:

Dietary fiber- 107% (Percent of RDA) (RDA-Recommended daily allowance), Foliates- 69%, Pyridoxine- 93%, Vitamin-C- 83%, Vitamin-A-230%, Vitamin-K- 518%, Iron- 550%, Manganese-203% and Carotene- β - 4112 mcg.

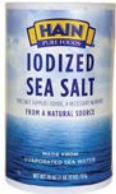
- Disease preventing and health promoting properties.
- Controls blood cholesterol levels.
- Treatment of colds, influenza, mild fevers, indigestion, stomach upsets, and painful menstruation conditions.
- Has anti-bacterial, anti-fungal activities.
- Has been rated as one of the plant source with highest anti-oxidant activities. These compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease process.
- Increases the motility of the gastro-intestinal tract as well as increases the digestion power by increasing gastro-intestinal secretions.
- Excellent source of minerals like potassium, calcium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure caused by high sodium. Manganese and copper are used by the body as co-factors for the antioxidant enzyme, superoxide dismutase. Iron helps prevent anemia. Magnesium and calcium are important minerals for bone metabolism.

Excellent source of antioxidant vitamin, vitamin-C. Vitamin C helps body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.



32) *Ground Dried Mint*

Mint is found to be effective in the treatment of digestive disorders, liver disorders, gall bladder disorders, anorexia, vomiting, poor digestion, bleeding diseases and diarrhea. Mint is good for proper digestion, weight loss, relief from nausea, depression, fatigue and headache, respiratory disorders and coughs, treatment of asthma, breast feeding, memory loss, and skin care and pimples problems, oral care by improving the health of a person's mouth, allergies and hay fever (rhinitis) and cancer.



33) *Iodized table Salt*

It is a source of iodine. Iodine is an essential trace element and an integral component of thyroid hormones. Thyroid hormones are required for normal growth and development of tissues and maturation of our bodies. Iodine deficiency is the most common preventable cause of mental retardation in the world; obtaining iodine through the food supply is therefore paramount.



34) *DXN MycoVeggie*

DXN MycoVeggie is a high fiber food supplement carefully prepared from the finest all-natural ingredients including vegetables, various mushrooms, spirulina, green tea, mulberry leaf, ginkgo leaf, noni leaf, fruits, herbs and a selection of spices. It is low in fat, sugar-free, cholesterol-free and high in both soluble and insoluble fiber, vitamin C, calcium and iron.

It helps body detoxification by gently cleansing the digestive tracts and promoting waste elimination through bowels. It may also be used as a substitute for meals as part of a weight control program.

DXN MycoVeggie is the best of source of high quality fiber, which keeps your digestive system healthy.

Salad Dressing Ingredients

	<p>35) Lemon</p> <p>Health benefits of lemon include treatment of throat infections, indigestion, constipation, dental problems, fever, hair care, skin care, internal bleeding, rheumatism, burns, overweight, respiratory disorders, cholera and high blood pressure.</p> <p>Known for its therapeutic property since generations, lemon helps to strengthen your immunity system and cleanses your stomach.</p> <p>It is not only a blood purifier but also enables body to fight diseases.</p> <p>Useful for treating kidney stones, curing heart strokes and reducing the body temperature, lemonade helps you to stay calm and cool.</p>
	<p>36) Olive Oil</p> <ul style="list-style-type: none"> - Protect You from Heart Disease - Promote Healthy Digestion - Ease the Symptoms of Ulcers & Gastritis - Lower Gallstone Formation - Balance the Fatty Acids in Your Body
	<p>37) DXN Morinchi Juice</p> <ul style="list-style-type: none"> - Improvement in general well-being. - Improve immune system, - Detoxify body toxins, - Eliminate free radicals, - More sustained energy,, - Better digestion and elimination function, - Better sleep, - Improve skin tone, - Healthier hair, - Stronger nails, - Less prone to ailments, - Faster recovery from sickness and injury
	<p>38) DXN Vinaigrette</p> <p>DXN Vinaigrette - It is made from carefully selected glutinous rice and Monascus. The mixture is fermented for years using traditional technique to preserve its distinctive flavour and ensure its finest quality. The goodness of DXN Vinaigrette is further reinforced by Ganoderma Lucidum which regulates your inner systems to achieve a state of well-being.</p>
	<p>39) DXN Cordypine</p> <ul style="list-style-type: none"> - Strengthens the Body's immune system, - Increase the males sexual potency, - Enhances liver functions, - Lowers Cholesterol levels, - Improve symptoms of fatigue, - Enhances Metabolism, - Reduce Phlegm

NOTE

Wash all veggies carefully.

Chop them into small pieces.

Combine all ingredients in a big bowl.

For Dressing:

Combine all measurements, and mix with all veggies.

You may prepare the dressing and keep it at all times in the refrigerator to use it every time you have fresh salad.

In order to make a normal size bowl of salad to serve you and your family, use one portion of all green leafy veggies and quarter piece of other ingredients.

For seasonings and spices, use quarter of a small spoon each.

As for dressing, use half a lemon, one small spoon of all other dressing ingredients. Mix them well and add to veggies. Mix the salad well and serve.

Enjoy a wonderful unique healthy taste.

References

<http://www.nutrition-and-you.com/>

<http://www.organicfacts.net>

<http://hinduism.about.com/od/ayurveda/a/tulsibenefits.htm>

<http://www.livestrong.com/>

<http://www.vegetarian-nutrition.info/updates/onions.php>

<http://www.garlic-central.com/garlic-health.html>

<http://home.howstuffworks.com/peppers3.htm>

<http://www.pyroenergen.com/articles07/avocado-health-benefits.htm>

<http://www.buzzle.com/articles/radish-health-benefits.html>

<http://www.gardeningchannel.com/the-health-benefits-of-cucumbers>

<http://benefitof.net/benefits-of-sumac>

<http://www.globalhealingcenter.com/natural-health/benefits-of-olive-oil/>