



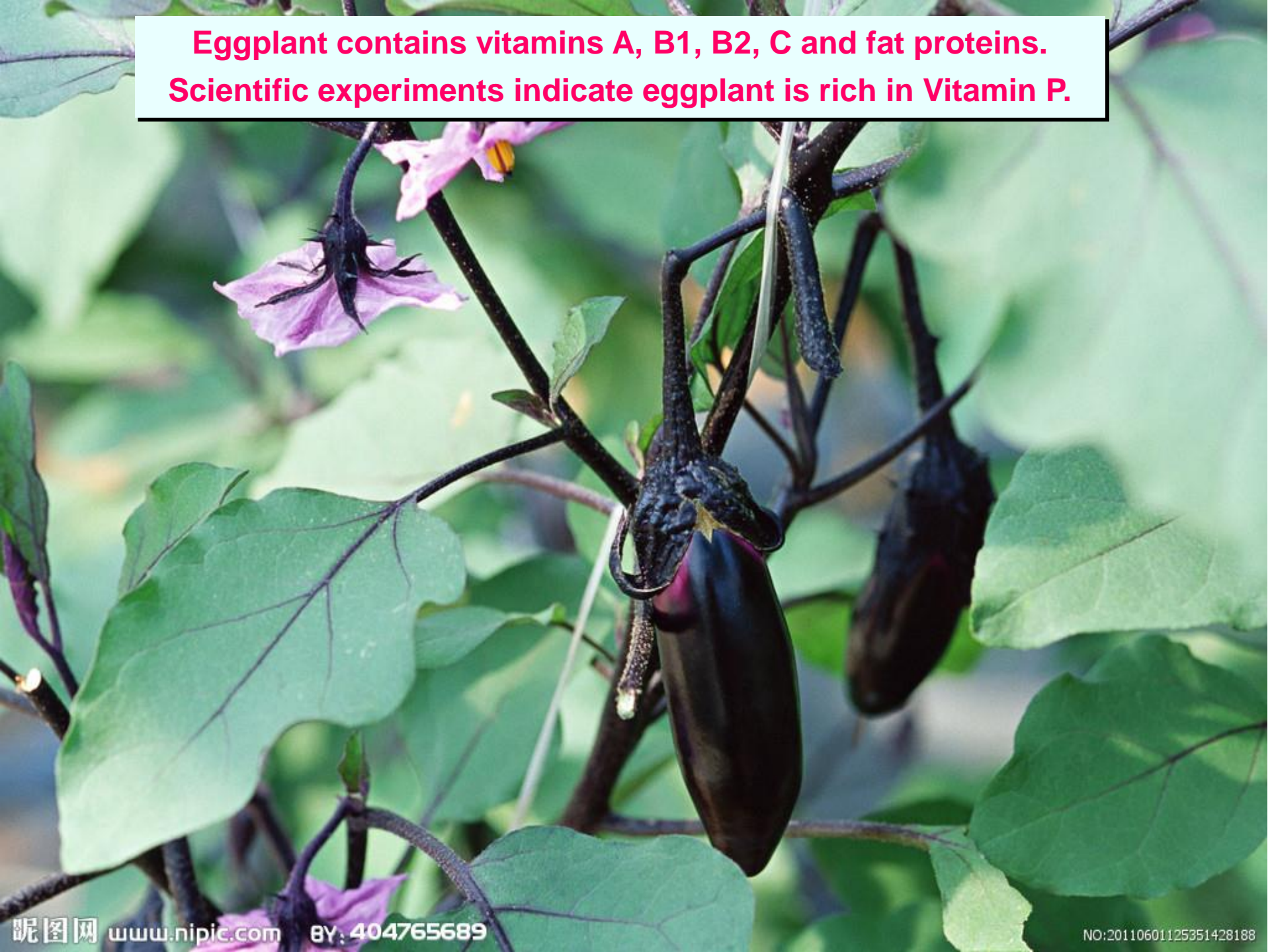
# Eggplant

**Do you know that eggplant and cholesterol are closely related?**

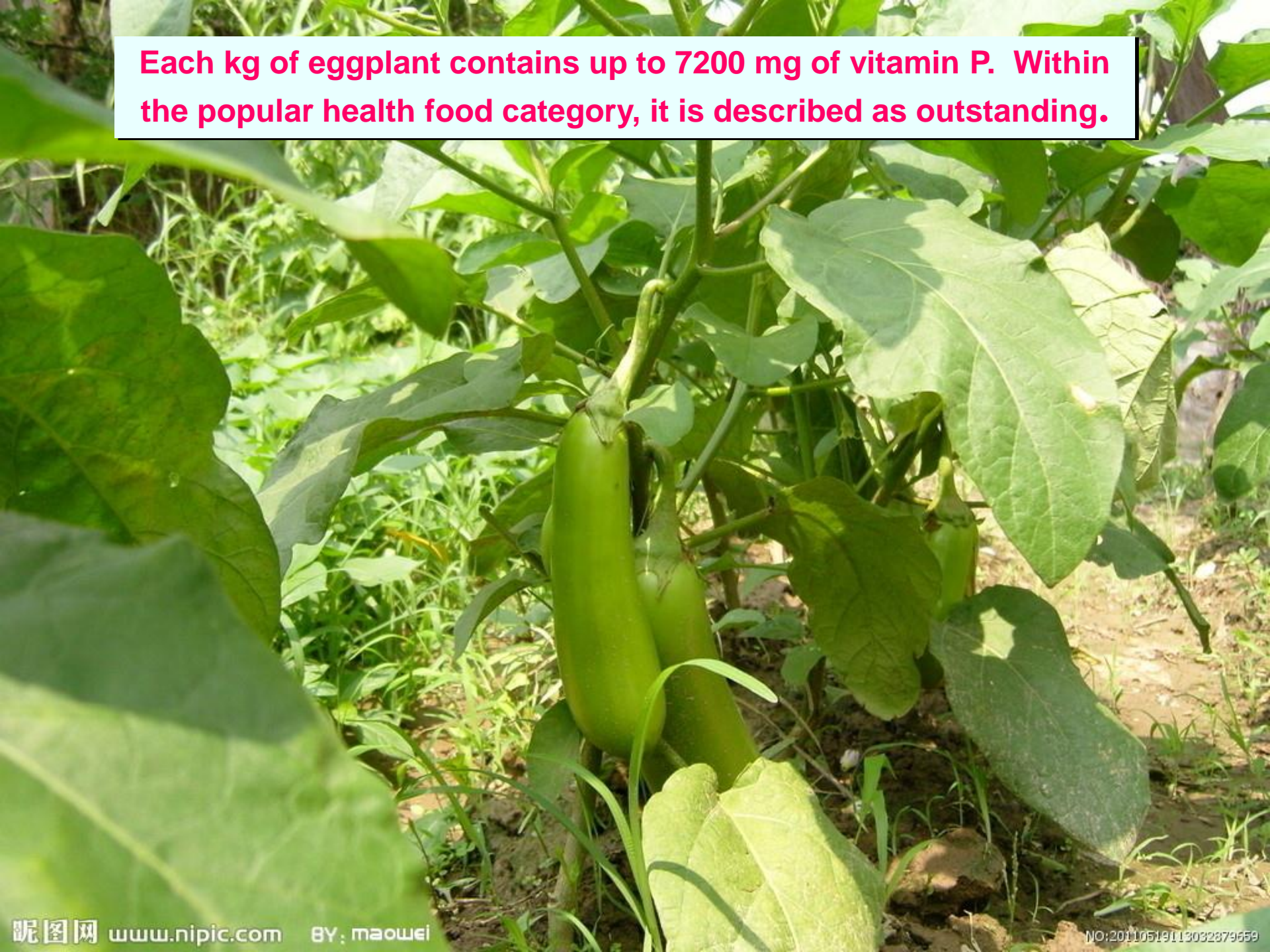
**There are 3 kinds of Eggplant, namely green, white and purple; all have the same capabilities.**



**Eggplant contains vitamins A, B1, B2, C and fat proteins.  
Scientific experiments indicate eggplant is rich in Vitamin P.**



**Each kg of eggplant contains up to 7200 mg of vitamin P. Within the popular health food category, it is described as outstanding.**





**Vitamin P can enhance the adhesion between human cells, lower cholesterol, and maintain the tenacity of microvascular (blood capillary). For the elderly, eating eggplant can inhibit vascular sclerosis; at the same time lower high blood pressure and has the special features of microtubule breakdown prevention.**

**In the American medical profession "The 12 Laws of lowering cholesterol",  
eggplant ranked the FIRST.**





**In fact, eggplant not only can lower cholesterol & high blood pressure, soften blood vessels but also contain anti-cancer ingredients. It is known in modern science that eggplant contain “Solanine“. “Solanine" can inhibit the proliferation of tumor in the digestive system. Experts recommend cancer patient to eat eggplant as a regular food.**

**Eggplant, in the diet category, has more value than above-stated; it also can control hemoptysis, age spots, bad hyperlipidemia and also has certain effectiveness on gout patients.**





The best way to eat eggplant is - preferably not fried. Rinse the eggplant, cut it into slices, put it into the rice bowl and steam. On serving, stir it with chopped ginger & spring onion, garlic, sesame oil, add a little vinegar and soy sauce.



**It is a colorful, delicious & flavor cuisine and,  
also is a healthy food for the elderly!**



The End

