



# Health Benefits of Oranges

10 Reasons Why Oranges Are Good For You

# 1. Prevents Sperms from Damage

- Prevents impotence
- Prevents birth defect
- Protects against other genetic damages

## 2. Protection Against Infection

- Improve immunity
- Fight off bacteria build up

# 3. Defies Skin Ageing

- Stimulates collagen production
- Prevents blemishes, sun damage and pimples

## 4. Prevents Development of Kidney Stones

- Stop calcium oxalate formation

## 5. Increase Overall Immunity

- Protects generation of free radicals
- Prevent recurring flu, cough, and colds

# 6. Good for the Eyes

- Keeps eye's mucus membrane healthy
- Contains beta carotene, lutein, and zeathanin
- Prevents cataract & ARMD

# 7. Boosts Brain Functions

- Better focus and memory
- Heightens cognitive ability
- Prevents neurological disorders



# 8. Treats Constipation

- Keeps stomach and intestines healthy
- Regulates digestion and proper bowel movement

# 9. Beautifies your Hair

- Stimulate collagen production
- Healthy, thick, & moisturized hair tissue

# 10. Fights Cancer

- Prevents breast, skin and lung cancer
- Eliminates free radicals

A close-up photograph of a woven basket filled with several bright orange oranges. In the foreground, a bunch of vibrant red chili peppers hangs down. The background is a warm, golden-yellow color, possibly a wall or a piece of fabric. The lighting is soft and focused on the fruit, creating a warm and inviting atmosphere.

# Serving Joy

Inspire Through Sharing