

Prof. Ivo Bianchi, internal medicine doctor

THE BENEFITS of Cheese

- ▶ Improves structure (calcium) and health (vitamin B) of teeth
- ▶ Cures and prevents Osteoporosis thanks to the minerals, vitamins and proteins it contains
Promotes the growth of muscle mass.
- ▶ Prevents arterial hypertension, thanks to a particular balance of minerals and vitamins
- ▶ Reduces Homocysteine, a factor of cardiovascular risk, thanks to the content found in Vitamin B
- ▶ Helps in the prevention of cancer due to the presence of Linoleic acid and sphingolipids.
- ▶ Useful in the first 3 months of pregnancy as it reduces Pre - eclampsia, gestational diabetes...
- ▶ Reduces symptoms of premenstrual syndrome
- ▶ Improves health and structure of skin and hair.
- ▶ Improves sleep, thanks to the high content of Tryptophan.



Read more about the topic in the specific journal on

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THE BENEFITS of Milk

Helps with weight loss

- ▶ Helps in the prevention of Cancer of the Colon
- ▶ Cures and prevents chronic inflammation at all levels and related illness
- ▶ Immunostimulant, which gives benefits to those suffering from virus, bacteria or neoplastic illness or disease.

Stimulates the growth of healthy cells, in particular those of the bone and immune system

Has anti diabetes effect

Useful as an antifungal, combats the growth of a yeast infection

- ▶ Combats the proliferation of the Helicobacter pylori
- ▶ Stimulates the growth of muscle mass and keeps it healthy after exercise
- ▶ Gives lots of energy and acts as a tonic after illness and prevents physical and mental fatigue



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