

## 2 Vegetables for Your Diet in 2016

January 7, 2016

As the New Year comes and goes, so do many [resolutions that never get fulfilled](#). Here are 2 foods that can significantly improve your health in 2016

### Garlic

Although most commonly known to [help ward off vampires](#), garlic possess a number of health-promoting properties, including:

- [Maintaining a healthy blood pressure](#)
- [Helping control blood sugar](#)
- [Contribute to a healthy pregnancy](#)
- [Keep cells healthy by scavenging free radicals](#)



### Ginger

The only association I had with ginger when growing was [watching this 'movie star' on television](#). But ginger can improve your health in a number of ways, including:

- [Digestion, nausea, pain, and inflammation](#)
- [Helping runners deal with muscle soreness](#)
- [Dealing with pain after exercising](#)
- [Helping with some side effects of chemotherapy](#)



Have a Question About This Newsletter?

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