

Four whole onions are arranged on a plain white background. One onion is in the foreground, slightly to the right, showing its characteristic concentric layers. Behind it and to the left are two more onions, and to the right is another one. The lighting is soft, creating gentle shadows.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.