Several vegetables act as natural medicine against generally fatal diseases. Vegetables have lots of health properties. For example if we consider carrot (*Daucus carota* subsp. *sativus*) is a root vegetable, belonging to the family-Apiaceae commonly known as gazer, it increases-

1. Eye sights: by its content β-carotene, Lutein which prevents night blindness, cataract, etc. The carrot obtained its characteristic, bright orange colour from β-carotene.
2. Immune system: by its antioxidants and vitamin-C contents.
3. Control blood sugar level: because its carotenoids content reduces blood sugar level.
4. Skin singing: by its antioxidants and vitamin-A and C contents.
5. Healthy digestive system: because it is good appetizer, if we took their juice before twenty minutes of meal.

Beside above, current research conducted by New Cassel University of Britten proofs that Polyacetylenes present in carrots can stop tumor by inhibiting cancer cells.

Ann Cameron by writing a book “Curing Cancer with Carrots” share her own experiences as she cured Stage 4 colon cancer without chemotherapy or radiation, by drinking carrot juice regularly up to 8 months.

So, it is beneficial for our health to ingest vegetable, fruits and several others plants and their products as they are able to restore the body's natural power to regulate growth and kill malfunctioning cells.
I firmly believe carrots cured the cancer. I believe, from personal experience, that carrots can cure cancer rapidly without chemotherapy, radiation, or other dietary changes. I think carrots are worth a try for nearly everyone diagnosed with cancer because the results show up very fast. She said that she was sure that many natural substances are effective against cancer, but that she can’t recommend them because of the lack of formal studies and statistical support. My understanding is that MD’s must rigidly conform to recommending chemotherapy or radiation, and nothing else, lest they fly in the face of proven published research and cause a patient’s injury or death with unorthodox advice which could get them a big medical negligence lawsuit. Many, many natural substances can cure slow-growing cancers which have not spread very much and the patient is newly diagnosed and the patient has never had any chemotherapy, radiation or major surgery. But such cancer patients are rare indeed. Why would someone use the MSM/CS protocol instead of the more potent and cheaper MSM/CD protocol? The chlorine dioxide in the MSM/CD is very hard on the stomach so it is too intense for some patients. In fact, most natural medicine protocols both kill cancer cells, revert cancer cells into normal cells and supercharge the immune system. This is one reason for the protocols because the protocols keep the patient alive to give other treatments more time to become effective.