

NEVER SICK AGAIN

HEADACHES : FISH (PROTEIN)

Eat lots of fish as fish oil helps to prevent headaches. So does ginger which reduces inflammation and pain.

HAYFEVER : YOGHURT

Eat lots of yoghurt before pollen season.

STROKES : TEA

Prevents buildup of fatty deposit on artery walls with regular doses of tea.

INSOMNIA : HONEY

Use Honey as a tranquilizer and as a sedative.

ASTHMA : ONIONS (RED)

Eating onions helps ease constriction of bronchial tubes.

ARTHRITIS : FISH

Salmon, tuna, mackerel and sardines actually prevent arthritis.

UPSET STOMACH : BANANAS, GINGER

Bananas will settle an upset stomach. Ginger cures morning sickness and nausea.

BLADDER INFECTIONS :

CRANBERRY JUICE : High-acid cranberry juice controls harmful bacteria.

BONES PROBLEMS :

PINEAPPLE Bones fractures and osteoporosis can be prevented by the manganese in pineapple.

PMS : CORNFLAKES

Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety & fatigue.

MEMORY PROBLEMS : OYSTERS

Oysters help increase your mental functioning by supplying much needed zinc.

COUGH : RED PEPPER

A substance similar to that found in cough syrup is found in hot red pepper.

BREAST CANCER : WHEAT BRAN, CABBAGE

Wheat bran and cabbage help maintain estrogen at healthy levels.

LUNG CANCER : ORANGE, GREEN VEGETABLES

A good antidote is beta-carotene, a form of Vitamin A found in orange & green vegetables.

ULCERS : CABBAGE

Cabbage contains chemical that help heal both type of ulcers.

DIARRHEA : APPLES

Crate an apple with its skin. Let it turn brown and eat it to this condition.

CLOGGED ARTERIES : AVOCADOS

Mono-unsaturated fat in avocados lower cholesterol.

HIGH BLOOD PRESSURE :

OLIVE OIL, CELERY : Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers blood pressure too.

BLOOD SUGAR IMBALANCE :

BROCCOLI, PEANUTS : The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

ATTACH TO REFRIGERATOR DOOR, WALL OR THE BULLETIN BOARD FOR HANDY REFERENCE.

