



Headache caused by summer heat
is cured by consuming watermelon
juice. Just one glass a day
works wonders...



Sucking a piece of Clove
after meal helps in reducing
acidity problem.



**Grated cucumber applied over
the face, eyes and neck for
fifteen minutes is very
beneficial for acne
and blackheads.**



Having pomegranate's juice daily
is good for heart and useful for
people suffering from low
Blood Pressure (Hypotension)



One natural treatment for acidity is chewing a few Basil (tulsi) leaves after a meal. This not just works as an antacid as it helps the body absorb food but also prevents re-flux and the formation of ulcers.



Mix 2 teaspoons of honey with equal quantity of ginger juice. The concoction helps to expectorate mucus, providing relief for the common cold, coughs and sore throat.



Eating an Apple on an empty stomach in the morning relieves migraine pain. This must be done for a few mornings. I have been a migraine patient for past 10 years and this one worked most for me.



Open 6 dates and boil in 1/2 liter of milk for 25 minutes over low heat. Drink three cups a day. This is ultimate dry cough remedy.



FAMILY HEALTH
FREEDOM NETWORK

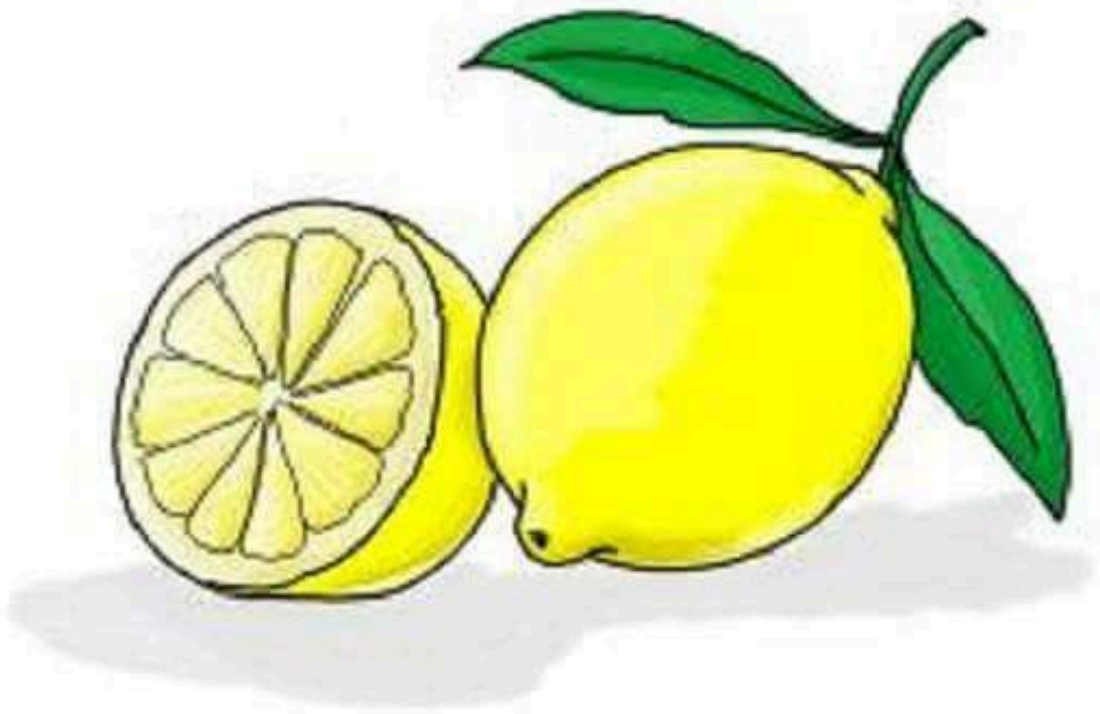
Before breakfast eat half a
cup of cooked beets
if you suffer from chronic
constipation or indigestion.



A simple remedy for Anemia or iron deficiency – Pound 3-4 soft dates with milk and add a little ghee in it. Eating this mixture will help to prevent Anemia.



Ayurveda cough syrup at home. Peel and chop six medium onions. Put the pieces in a container and add four tablespoons of honey. Cover and leave them in a water bath over low heat for two hours. Strain and take one tablespoon every three hours.

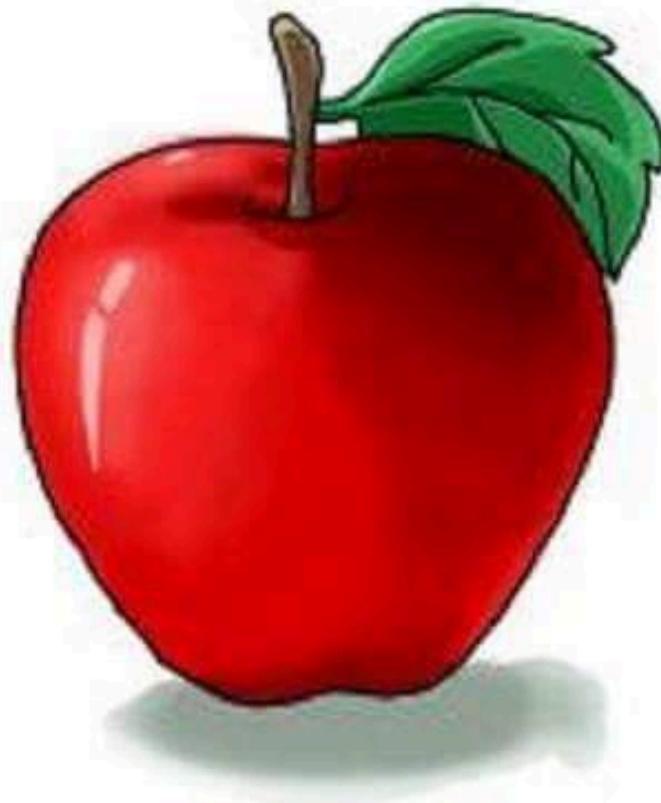


**Lemon: Rich in Vitamin C
acts as a natural bleach by
lightening blemishes**

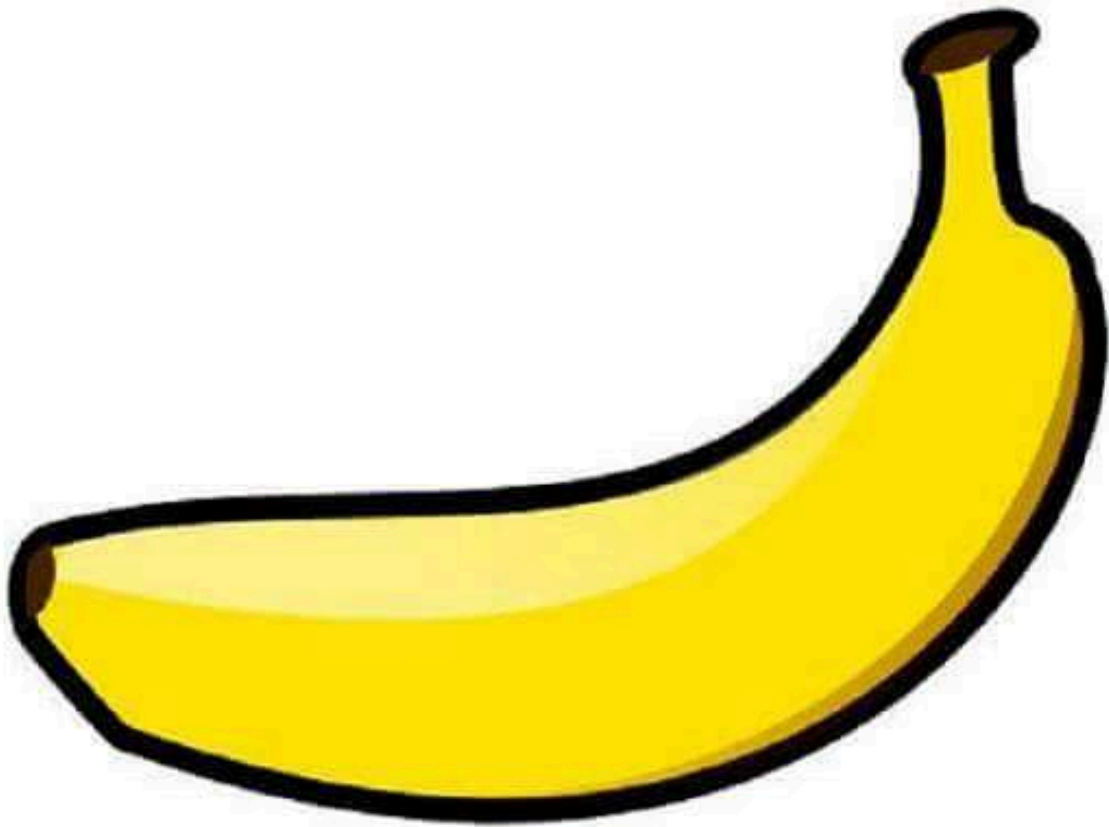


Orange: Again rich in Vitamin C, enhances skin texture and slows ageing

www.wellordie.com



**Apples: High in antioxidant,
they prevent cell and tissue
damage**



Banana - Rich in Vitamin A, B and E, acts as an anti-ageing agent.



BEST TIME TO EAT

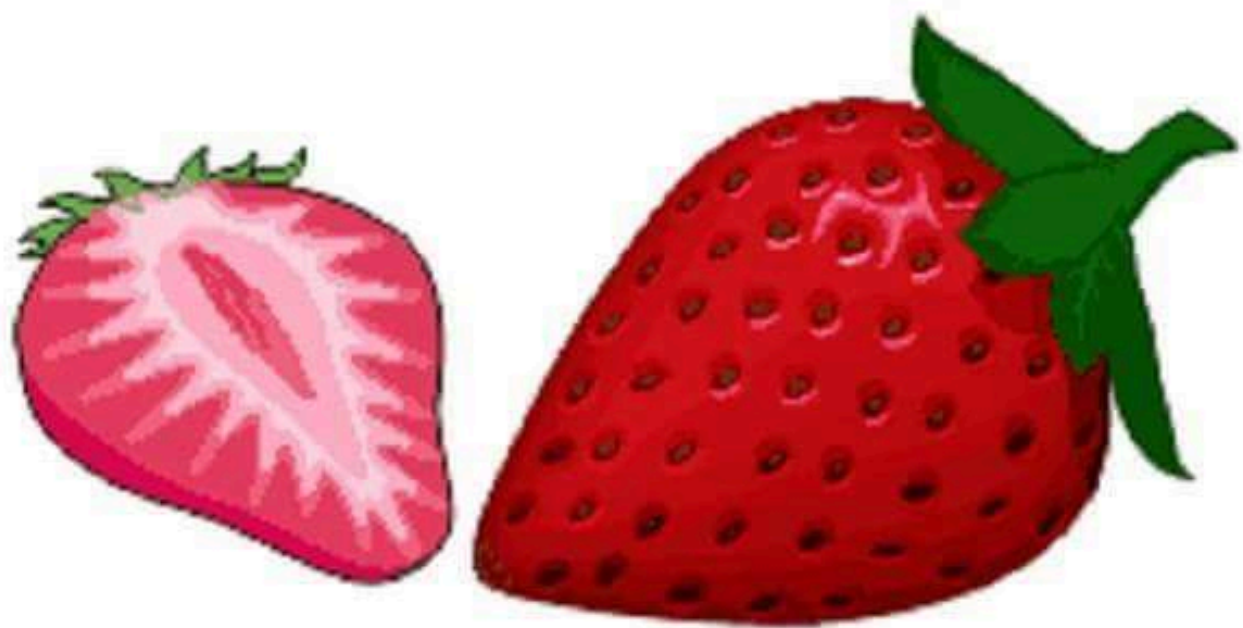
DAY

*Assists in digestion
and soothes the
digestive system.*

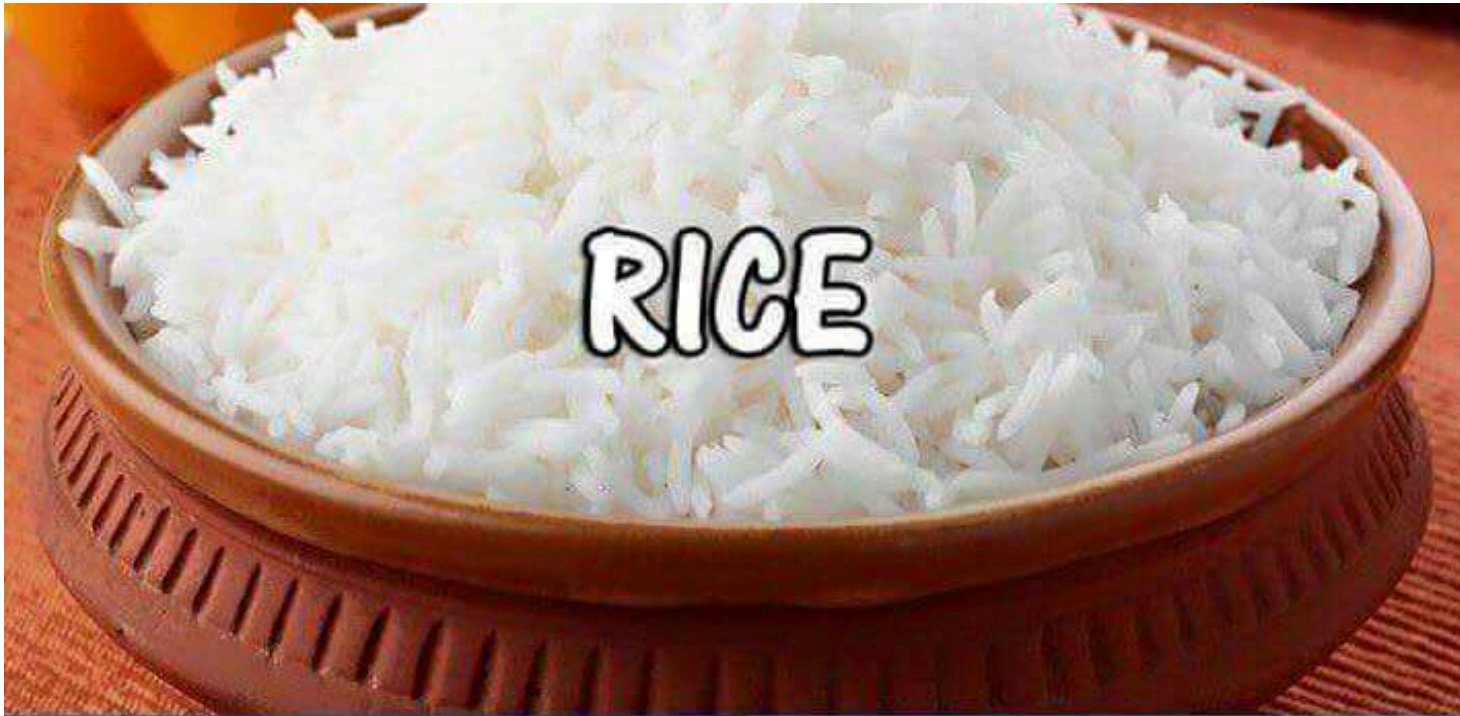
WORST TIME TO EAT

NIGHT

*Especially if you're
prone to cold and cough,
it'll lead to mucus
formation.*



Strawberry: Rich in Vitamin C, it removes fine lines from the skin



BEST TIME TO EAT

LUNCH

Metabolism is higher during the day, giving you ample chance to use up the carbohydrates.

WORST TIME TO EAT

NIGHT

It'll just increase your body fat.



Papaya: Rich in an enzyme called Papain, it removes dead skin cells



BEST TIME TO DRINK

NIGHT

warm milk soothes the body and helps in getting a good night's sleep.

WORST TIME TO DRINK

MORNING

unless followed by lots of physical activity, milk can be heavy to digest and mess with your meal timings.



BEST TIME TO EAT

MORNING

Apple peel has the fiber pectin that helps in bowel movement and prevents constipation. Moreover, it also eliminates carcinogens.

WORST TIME TO EAT

EVENING/NIGHT

Apple's organic acids will increase the acid levels in your stomach leading to discomfort. Moreover, pectin too will burden your digestive system at night.



BEST TIME TO EAT

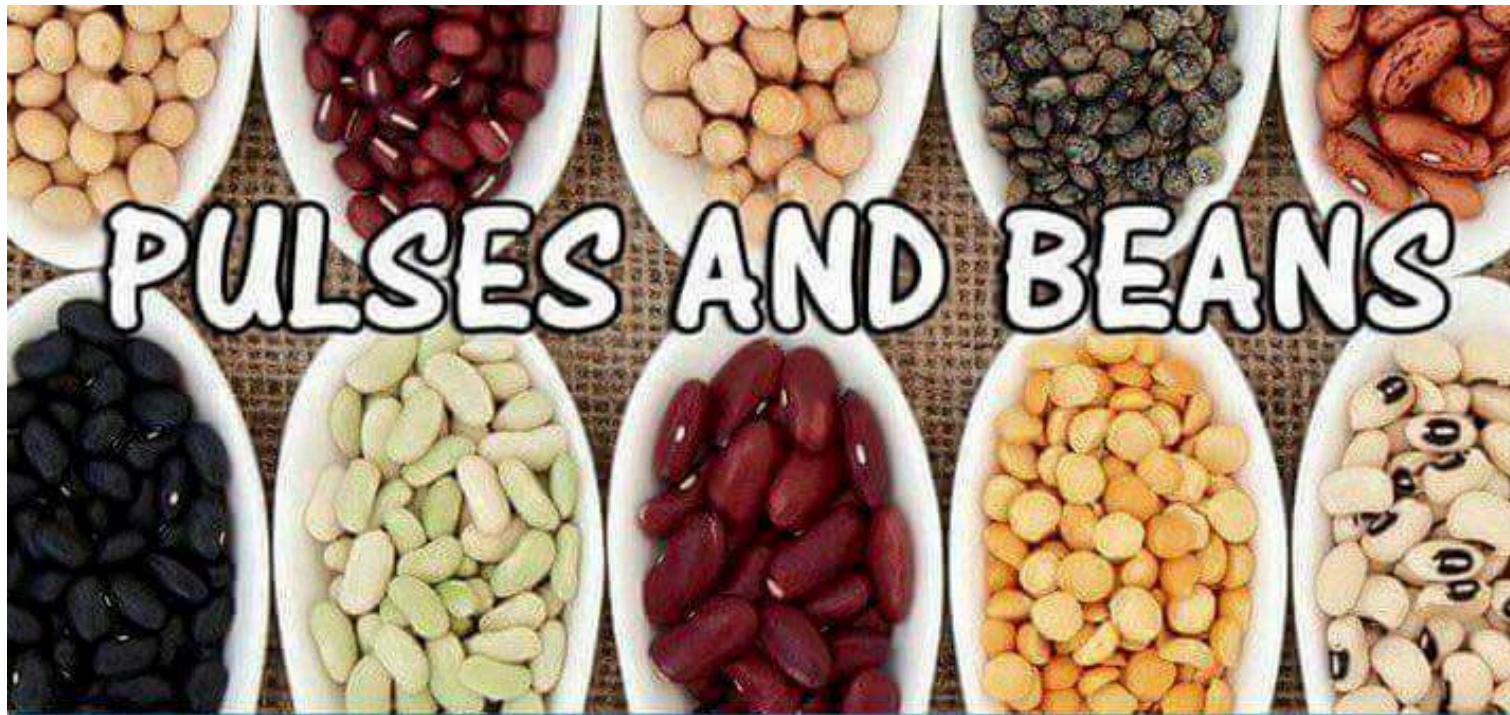
NOON

Highly fibrous, banana helps in digestion. Moreover, bananas work as natural antacid and soothe heartburn.

WORST TIME TO EAT

NIGHT

Eating banana at night can lead to mucus formation and cold. Eating it on an empty stomach can upset the stomach since it's a rich source of magnesium.



BEST TIME TO EAT

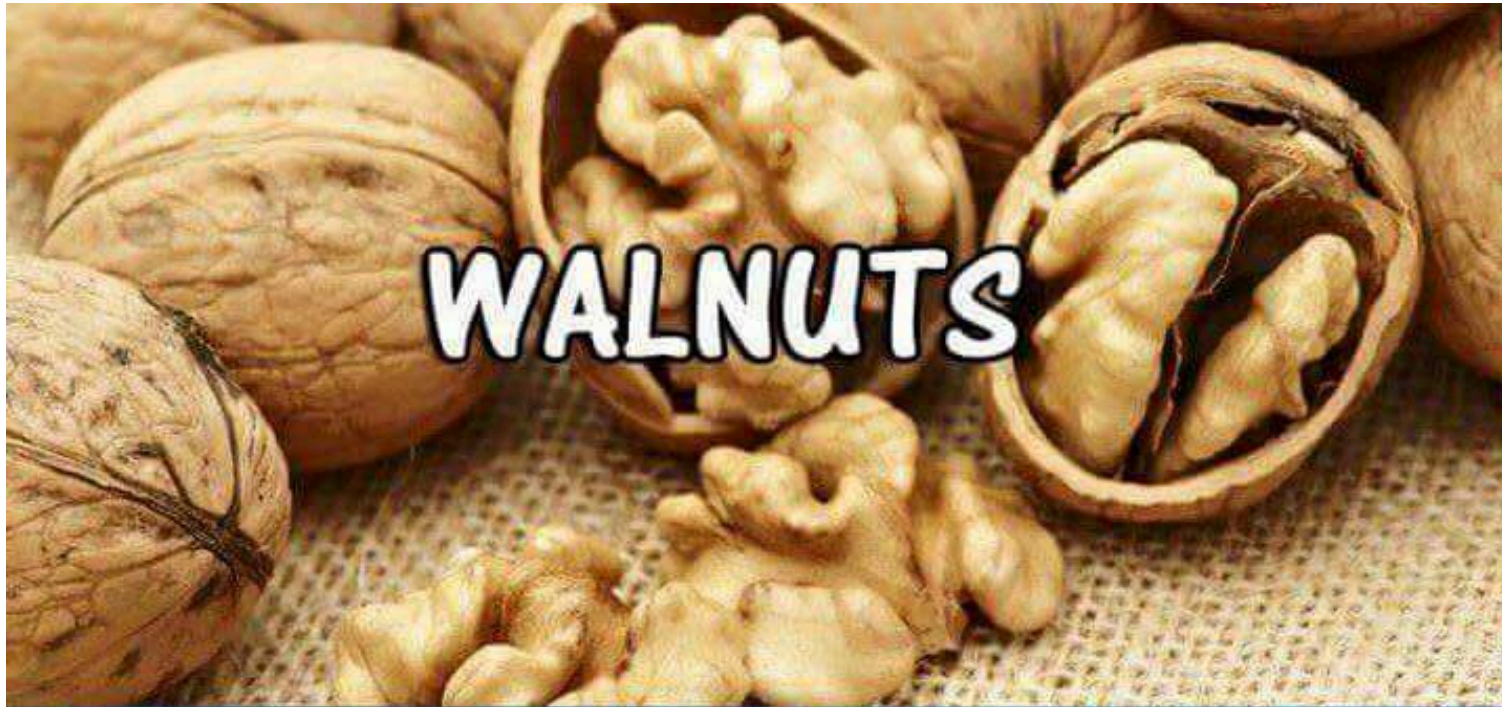
NOON

High in fiber, lentils and beans help in digestion and reduce cholesterol levels. Moreover, they've been proven to assist in getting a good sleep.

WORST TIME TO EAT

MORNING

Eating fibrous foods such as lentils and beans in the morning or during daytime might increase your appetite which could lead you to binge eat.



WALNUTS

BEST TIME TO EAT

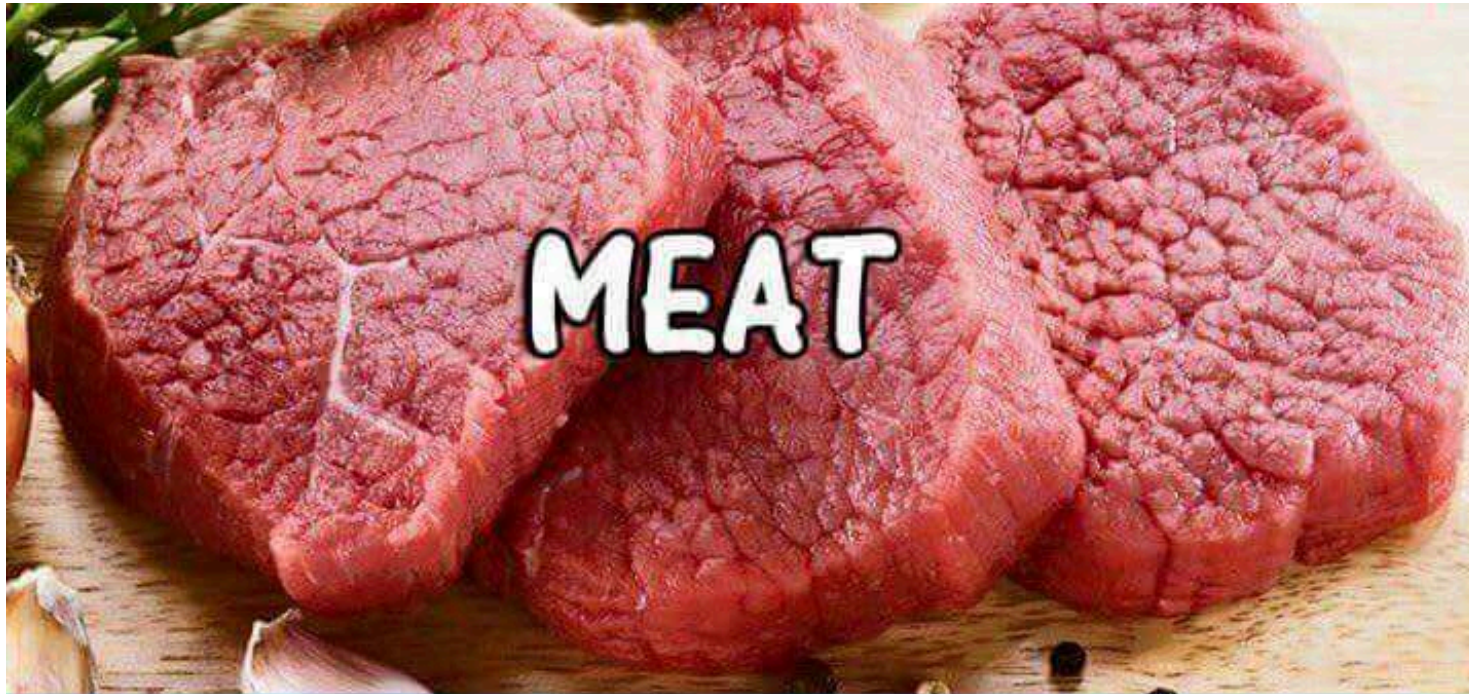
EVENING

Walnuts contain a number of beneficial compounds such as Omega-3 fats and antioxidants. They have been proven to help in improving brain health.

WORST TIME TO EAT

MORNING/NOON/NIGHT

Eating walnuts during these times might reduce its effectiveness.



BEST TIME TO EAT

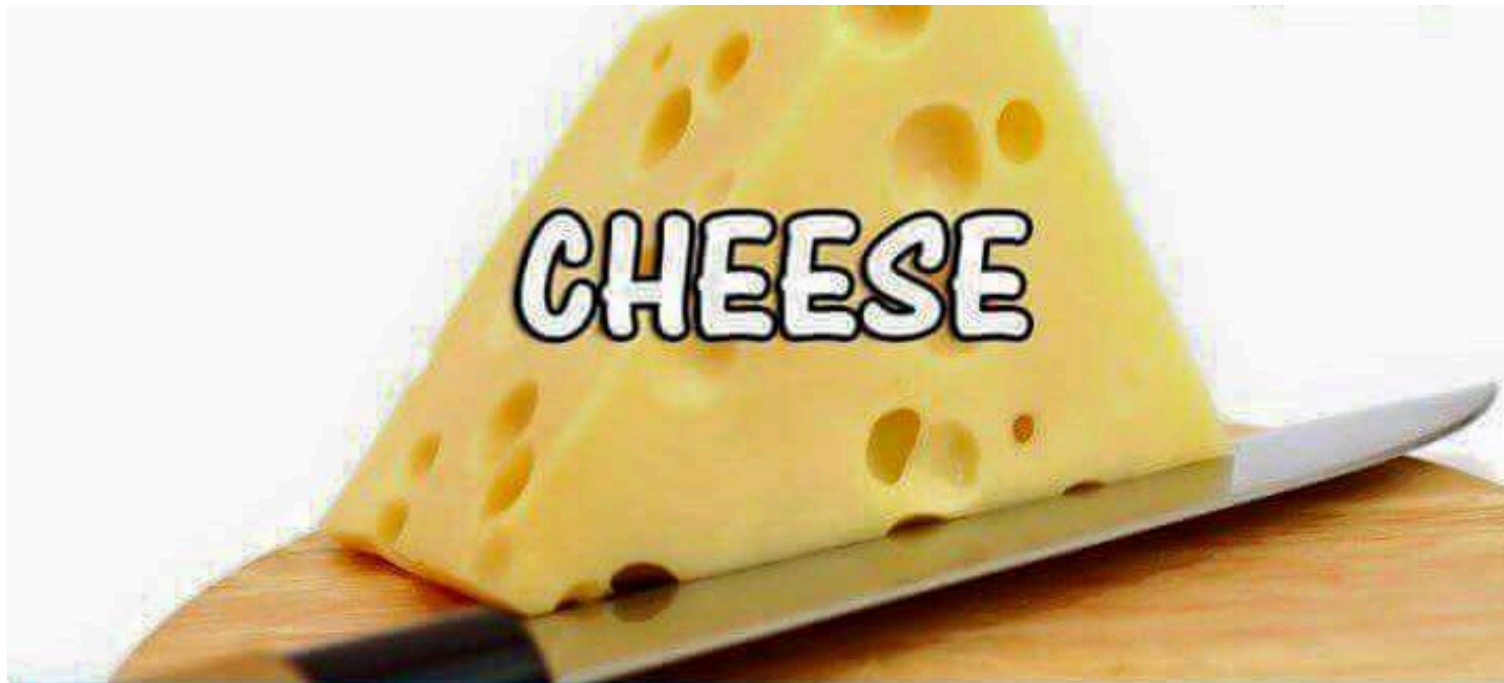
NOON

Meat is a hard food to digest. High in protein, meat helps in gaining physical strength and improves concentration levels if consumed during the daytime.

WORST TIME TO EAT

NIGHT

High in protein, meat might weigh heavy on your digestive system and give you uncomfortable night.



BEST TIME TO EAT

EARLY MORNING

For vegetarians, cheese is an excellent substitute for meat. If eaten in moderation, it can prevent weight gain and bloating.

WORST TIME TO EAT

NIGHT

Being heavy to digest, it can lead to indigestion and fat again..

JUICE CURE DIABETES



 /DailyHealthGen

**For Diabetes :
Carrot, Spinach, Celery.**

JUICE CURE INDIGESTION



 /DailyHealthGen

**For Indigestion :
Pineapple, Carrot,
Lemon, Mint.**

JUICE CURE HEADACHE



[f/DailyHealthGen](#)

**For Headache :
Apple, Cucumber, Kale
Ginger, Celery.**

JUICE CURE HANGOVER



 /DailyHealthGen

**For Hangover :
Apple, Carrot,
Beet, Lemon.**

JUICE CURE DEPRESSION




 /DailyHealthGen

**For Depression :
Carrot, Apple, Spinach,
Beet or Noni.**

JUICE CURE CONSTIPATION



 /DailyHealthGen

**For Constipation :
Carrots, Apple,
Fresh Cabbage.**

JUICE CURE ULCER



 /DailyHealthGen

**For Ulcer :
Cabbage, Carrot,
Celery.**

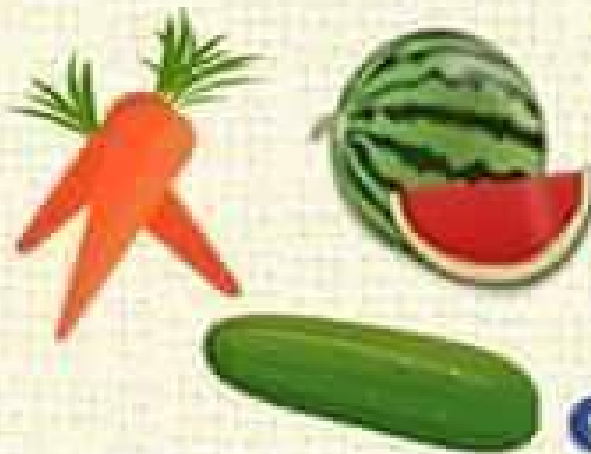
JUICE CURE STRESS



 /DailyHealthGen

**For Stress :
Banana, Strawberry,
Pear.**

JUICE CURE KIDNEYS DETOX



 /DailyHealthGen

**For Kidneys Detox :
Carrot, Watermelon,
Cucumber, Cilantro.**

JUICE CURE COLD



 /DailyHealthGen

**For Cold :
Carrot, Pineapple,
Ginger, Garlic**

JUICE CURE COLD



 /DailyHealthGen

**For Cold :
Carrot, Pineapple,
Ginger, Garlic**

JUICE CURE ARTHRITIS



 /DailyHealthGen

**For Arthritis :
Carrot, Celery,
Pineapple, Lemon.**

JUICE CURE FATIGUE



 /DailyHealthGen

**For Fatigue :
Carrots, Beets, Lemon,
Green Apple, Spinach.**

Five Minutes to Natural Skin Lightening



2 Teaspoons Honey

1/2 Lemon



Five Min + 2 ingredients
= Reduced Dark Spot & Wrinkles

JUICE CURE HIGH B.P



 /DailyHealthGen

**For High B.P :
Beet, Apple, Celery,
Cucumber, Ginger.**

JUICE CURE ASTHMA



 /DailyHealthGen

**For Asthma :
Carrot, Spinach, Apple
Garlic, Lemon.**

Orange peel and sandalwood pack for removing blackheads.



Orange peel powder



Sandalwood powder

Mix orange peel powder and sandalwood powder well in a glass bowl and add some water to it to have a thick consistency. Apply it on clean face and neck, massage for 5 minutes. Leave the pack on the face for 20 minutes and wash off with water.

fb/learningpetals

Get rid of enlarged pores with oatmeal



Half cup of oatmeal

1 tbsp of yogurt

Skin pores which appear larger can be treated with oatmeal mask. Mix half cup of oatmeal in a cup of warm water. Wait for 10 minutes and mash it to make a paste. Add a teaspoon of honey and a tablespoon of yogurt and mix properly. Gently scrub on face and leave it for 20 minutes and wash off with cool water.

Honey and milk packs for acne and pimples.




Take honey and mix it with pure milk in a glass bowl and apply on a clean face. Massage for two minutes in soft, circular motion. Leave the pack on the face for 15 to 20 minutes and wash off thoroughly with water.

Banana Facial Masks For Healthy Skin



1 medium
banana.


 /learningpetals



1/4 cup plain
yogurt



2 tbsp honey

Your skin will have a healthy glow after applying this tropical mask to your face. This mask moisturizes your skin and leaves it looking and feeling softer.  /learningpetals This recipe is designed for all skin types.

Potato pulp and lemon pack for dark spots.



One Potato

juice of one lemon

The pack improves skin tone and lightens dark circles around the eyes.

Take one potato, peel and then grate it into a smooth pulp, squeeze juice of one lemon in it and mix well. Apply the pack on the face and let it stay for 20 minutes.

Wash off with water.

Aloe Vera Anti-Ageing Mask



Crack an egg into the gel of aloe vera and mix it well. Take a flat and soft bristle brush to smooth the paste on your neck area and on the face. Let it dry up for around 15 minutes or till it feels scratchy. The pack has done its work and you can remove this now with cotton that is softened with water or moisturizer. This takes off the wrinkles that you have and also provide protection from reappearing of wrinkles.

Cucumber Face Mask to Tighten Sagging Skin:



/learningpetals

2 Tablespoons of
Cucumber Juice



1 Egg White

Mix 2 tablespoons of cucumber juice, one egg white and a few drops of vitamin E oil to make cucumber mask. Apply this natural skin tightening mask to your face and neck. Leave it on for 15 minutes and rinse it off using warm water.

fb/learningpetals

Cucumber Oily Skin Facial Mask



1/2 cucumber



1 egg white



1 tbsp of
lemon juice

- 1) Puree all ingredients.
- 2) After the ingredients have been blended, place them into the fridge to be chilled.
- 3) Apply the mixture to your face and leave it on for 15 minutes. Relax.
- 4) Remove the facial mask with warm water and then do a final rinse with cool water.

Cucumbers remove excess oils from
face without making skin dry.
Cucumbers should be used for oily and
sensitive skin type.

[fb/learningpetals](#)

Apple Honey Mask For Acne:



One Medium-Sized
Apple



/learningpetals



Five Tablespoons
of Honey

Scoop out the seeds of the apple and run the rest through a mixer to make a fine pulp. Then, add five tablespoons of honey into the pulp. Mix well into a uniform paste, and then your apple honey mask is ready to apply.

TEN BENEFITS CARROT JUICE

WEIGHT LOSS
DIGESTIVE TRACT
CANCER PREVENTION
LESS ACHE/PAINS
IMPROVED EYE SIGHT
IMPROVE CHOLESTEROL
LIVER HEALTH
BONE HEALTH
CELL HEALTH
RICH IN VITAMIN A



DAVE SOMMERS



HEALTH BENEFITS OF DRINKING LEMON WATER

Lemon is a natural energizer; it hydrates and oxygenates the body so it feels revitalized and refreshed!

-  Boosts your immune system
-  Balances pH
-  Flush out unwanted materials
-  Decrease wrinkle and blemishes
-  Relieve tooth pain
-  Blood purifier
-  Cures throat infections
-  Excellent for weight loss

10 Foods That **BOOST** your Metabolism!



Grapefruit



Cinnamon



Green Tea



Celery



Ginger



Broccoli



Garlic



Avocado



Hot Peppers



Berries



400 Milliliters of cranberry juice drink before bedtime. It helps to fight bacteria in the lungs that can cause infections.



Blueberries are powerful antioxidants.



Health Benefits of Grapes

- Rich in flavonoids
- Lowers blood pressure
- Cures migraine
- Prevents cancer
- Anti aging
- Prevents Alzheimer's
- Boosts immune system
- Improves digestion (prevents constipation)
- Purifies blood
- Prevents heart attacks



Benefits of pear/ pear juice

anti-inflammatory

Prevent Osteoporosis

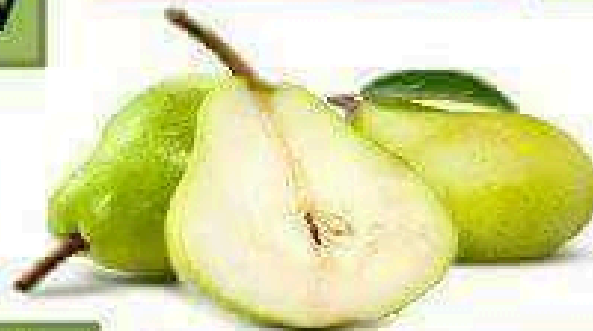
immunity booster

fever relief

energy

constipation relief

colon health



lower cholesterol

dietary fibre

cancer prevention

vocal cord problem

Throat problem

blood pressure

helps in
Shortness of
breathe

Carrot Juice Recipes

Juice: 3 carrots, 3 stalks of celery

Juice: 3 carrots, handful of parsley, 2 stalks of celery

Juice: 2 carrots, 1 cucumber, handful of parsley

Juice: 3 carrots, 1/2 fennel bulb



www.nutrichoice4u.com

Healing Herbs and Spices

Medicine Cabinet In Your Kitchen



OREGANO

Helps soothe stomach muscles



MINT

Can ease hiccups



GINGER

Anti-nausea remedy



GARLIC

Natural antiseptic



FENUGREEK

Helps flush out harmful toxins



FENNEL

Can reduce bad breath and body odor



CLOVE

Anti-microbial



SAGE

Antiseptic and antibiotic



THYME

Relaxes respiratory muscles



TURMERIC

Anti-cancer



BASIL

Can relieve gas and soothe stomach upsets



BLACK PEPPER

Helps relieve indigestion



CAYENNE

Can stop a heart attack



CINNAMON

Helps lower blood pressure



DILL

Treat heartburn, colic, and gas



ROSEMARY

Anti-oxidant

AMAZING BENEFITS OF ORANGES!

Constipation reliever

Oranges, as well as all other acidic fruits have an alkaline effect in the digestive system, stimulating digestive juices and relieving constipation



Repair damaged sperm

Oranges, as we all know, are incredibly rich in Vitamin C. Vitamin C has been found to protect sperm from genetic damage that would otherwise cause birth defects!



Strengthens Immune System



Polyphenols, a type of antioxidant, reduce inflammation

and efficiently combat viruses and other bacteria

Improves mood

Oranges contain vitamin B6, otherwise called the "mood vitamin" as B6 acts in the brain to help produce serotonin and thus makes us happier



Healthy Bones

Oranges are a great source of magnesium, a mineral required for the absorption of calcium in the body, thus helping to maintain and form healthy bones and teeth



Prevents Arteriosclerosis

Arteriosclerosis is the hardening of the arteries. Vitamin C in oranges, if consumed regularly, slows this degenerative process.



Prevent High Blood Pressure

Try eating ONLY oranges for a couple days, and drink plenty of water. Oranges contain potassium and are sodium-free making them the perfect support system for our blood system. Sodium from processed foods should be eliminated and potassium-rich fruits increased, if you want to get rid of hypertension



Cancer Fighter

Citrus fruits contain substances called limonoids that last in the blood stream for up to 24hrs after consumption. Limonoids are cancer fighters, acting as a strong antioxidant preventing the breakdown of cell DNA



Benefits of Bananas!

share
with your
friends

1. Reduce depression
2. Regulate the bowel system
3. Reduce blood pressure & risk of heart disease
4. Help our bones grow stronger
5. Help individuals to quit smoking
6. Help prevent anemia
7. Provide us with energy
8. Reduce menstrual pains
9. Power our brains
10. Help prevent ulcers



Beet Juice Benefits

-The Vegetable Jewel



Benefits:

- Conquers Kidney Stones
- Controls Blood Pressure
- Protects your Heart
- Strengthens Bones
- Works for Cancer

Your granny probably used beets to prevent gallstones and to treat gout and jaundice. It has a long history as a valuable elixir for anemia and disorders of the bladder and kidney.

-JuiceUpYourLife.TV

Rawforbeauty

High Protein

Foods

Spirulina

Goji-Berries

Chia Seeds

Spinach

Hemp Seeds

Barley grass

Brazil Nuts

Broccoli

Figs


Avocado

Sprouts


Romaine Lettuce

Maca


Kale

The background of the slide features a close-up photograph of cucumbers. In the upper portion, several thin, light-green slices of cucumber are arranged in a row. Below this, the image transitions into a dark, semi-transparent rectangular area that serves as a backdrop for the text. At the bottom of the slide, more whole cucumbers are visible, resting on a dark, textured wooden surface.

**Need healthy
hairs?
Cucumber**



**Have indigestion
problems?
Mustard seeds**

The background of the image is a close-up photograph of green guava leaves and fruit. The leaves are large, oval-shaped, and have a prominent vein pattern. The fruit is round and green, partially visible at the bottom. A dark, semi-transparent rectangular box is overlaid in the center, containing white text.

**Have bad mouth
odor?**

Green/raw Guava

A close-up photograph of several slices of watermelon. The slices are arranged in a way that shows the bright red, juicy flesh, the white inner rind, and the green outer rind. The lighting is bright, highlighting the texture of the fruit. A dark, semi-transparent rectangular box is overlaid in the center of the image, containing white text.


**Need protection from heart
& skin related diseases?**

Watermelon

A close-up photograph of several dark purple, oval-shaped Jamun fruits. The fruits have a glossy, slightly bumpy texture and are covered with small water droplets. They are arranged in a cluster, with some in the foreground and others slightly behind. A semi-transparent dark grey rectangular box is overlaid in the center of the image, containing white text.


**Want to kill stomach
worms?**

Jamun Fruit

The background of the entire image is a close-up, high-resolution photograph of black lentils. The lentils are small, oval-shaped, and have a matte, slightly wrinkled texture. They are densely packed, filling the entire frame. The lighting is even, highlighting the individual grains and their characteristic shape.

**Want to lose
weight?**

Horse gram

A photograph of several large, ripe orange pumpkins with green stems, arranged on a wooden surface. The pumpkins are the background for the text overlay.

**Want to reduce the risk of
urinary disease?**

Pumpkin



**Want to prevent prostate
cancer?**

Tomatoes

The image is a collage of several bunches of grapes. In the top left, there is a bunch of green grapes with a large green leaf. In the top right, there is a bunch of red grapes. In the bottom left, there is another bunch of green grapes. In the bottom right, there is a bunch of red grapes. A large, dark, semi-transparent rectangular area is centered over the image, containing white text.


**Want to reduce risk of
osteoporosis?
Grapes**



Need relief from pain
due to piles?

Pearl millets



A close-up photograph of three onions. In the foreground, a large red onion is partially visible. Behind it, a yellow onion and a white onion are also visible. The onions are resting on a light-colored, textured surface.

**Want to reduce respiratory
problems?
Onions**



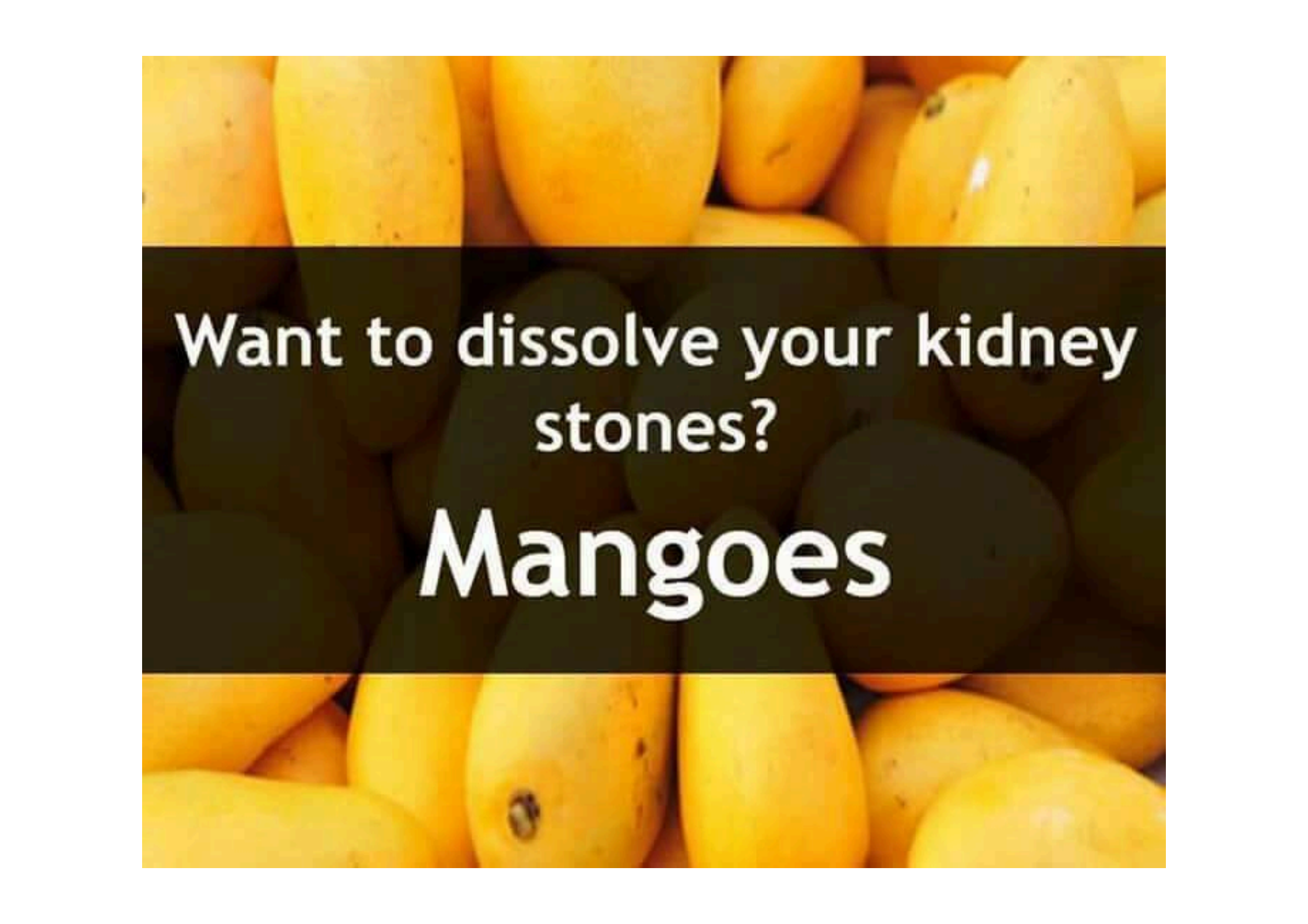
**Want to treat
piles?**

Papaya

A close-up photograph of several guavas. One guava in the center is cut open, revealing a bright pink, fleshy interior with small, light-colored seeds. It is surrounded by several whole, green guavas with a slightly bumpy texture. A semi-transparent black rectangular box is overlaid in the center of the image, containing white text.

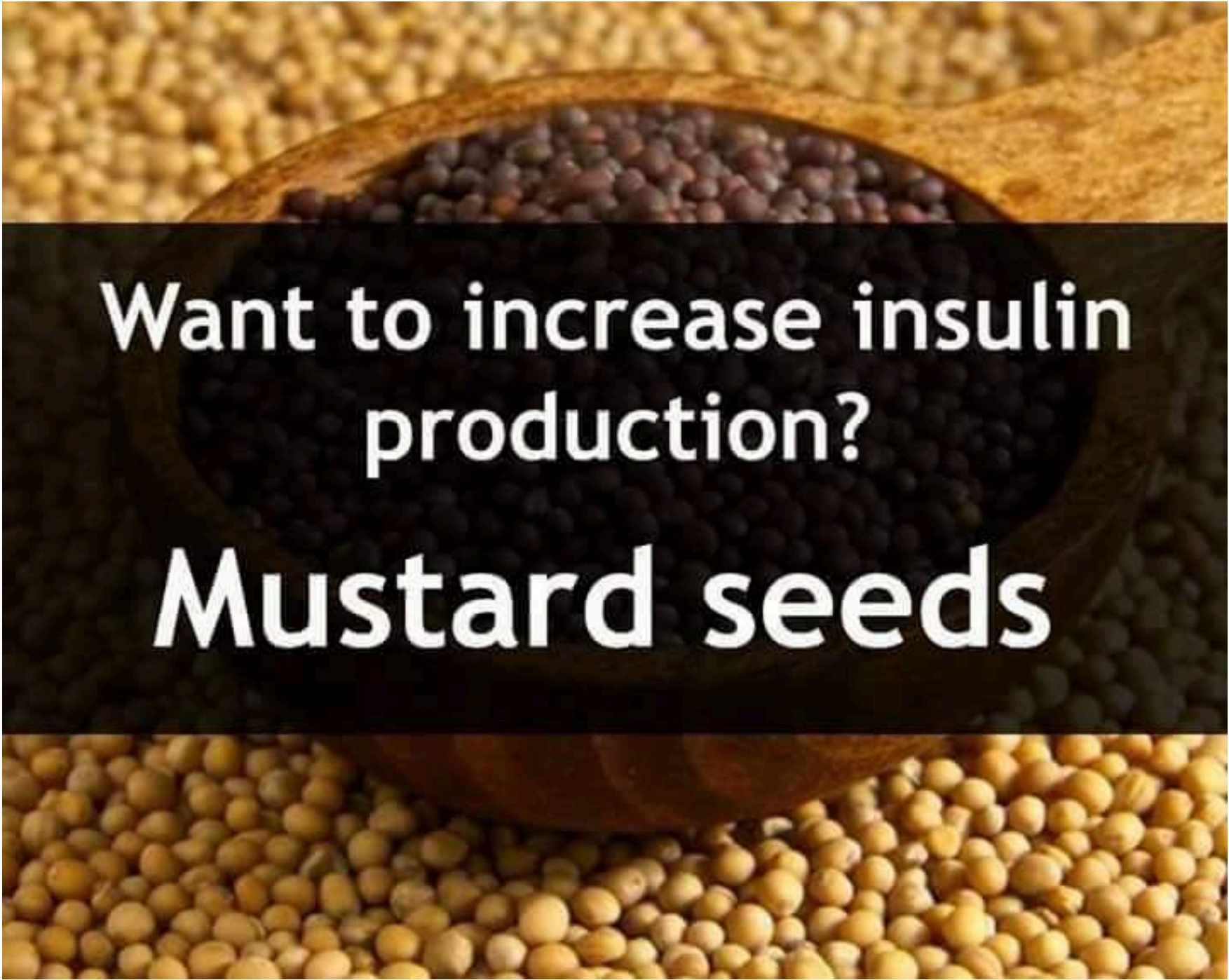
**Suffering from hormonal
imbalance?**

Guava



**Want to dissolve your kidney
stones?**

Mangoes


A wooden bowl filled with dark brown mustard seeds is the central focus. The bowl is surrounded by a large pile of light yellow mustard seeds. The background is a soft-focus field of these yellow seeds.

**Want to increase insulin
production?**

Mustard seeds

A close-up photograph of pomegranates. In the upper left, there are several bright green leaves. To their right is a whole, ripe pomegranate with a reddish-pink skin and a dried, brownish calyx at the top. Below these, a dark, semi-transparent horizontal band contains white text. At the bottom of the image, another pomegranate is shown, partially cut open to reveal its juicy, red, seed-filled interior.

**Want to cure
jaundice?
Pomegranate**

A close-up photograph of several oranges and orange slices. One whole orange is on the left, and several slices are arranged around it, showing the juicy segments and the white pith. The background is a plain, light color.

**Suffering from
pneumonia?
Oranges**



**Need help in reducing
inflammation?**

Pineapple





The Right Time to Eat or Drink Different Foods

MILK

BEST TIME TO DRINK

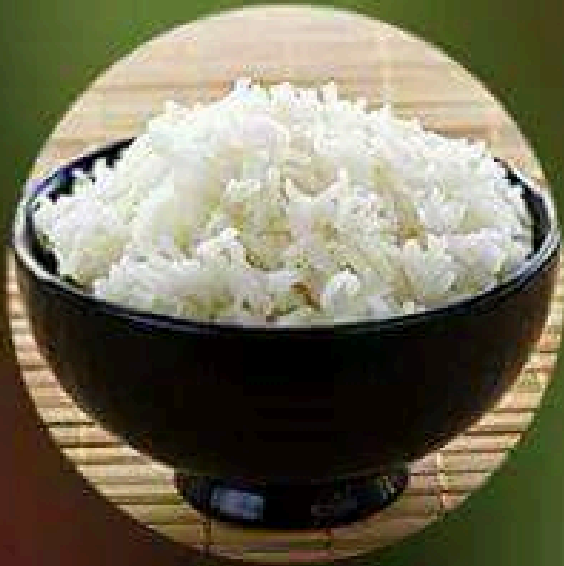
NIGHT

Warm milk soothes the body and helps in getting a good night's sleep.

WORST TIME TO DRINK

MORNING

Unless followed by lots of physical activity, milk can be heavy to digest and mess with your meal timings.



The Right Time to Eat or Drink Different Foods

RICE

BEST TIME TO EAT

LUNCH

Metabolism is higher during the day, giving you ample chance to use up the carbohydrates.

WORST TIME TO EAT

NIGHT

It'll just increase your body fat.



The Right Time to Eat or Drink Different Foods

CURD

BEST TIME TO EAT

DAY

Assist in digestion and soothes the digestive system.

WORST TIME TO EAT

NIGHT

Especially if you are prone to cold and cough. It'll lead to mucus formation.



The Right Time to Eat or Drink Different Foods

APPLE

BEST TIME TO EAT

MORNING

Apple peel has the fiber pectin that helps in bowel movement and prevents constipation. Moreover, it also eliminates carcinogens.

WORST TIME TO EAT

EVENING/NIGHT

Apple's organic acids will increase the acid levels in your stomach leading to discomfort. Moreover pectin too will burden your digestive system at night.



The Right Time to Eat or Drink Different Foods

BANANA

BEST TIME TO EAT

NOON

Highly fibrous, banana helps in digestion. Moreover, banana work as natural antacid and soothe heartburn.

WORST TIME TO EAT

NIGHT

Eating banana at night can lead to mucus formation and cold. Eating it on an empty stomach can upset the stomach since it's a rich source of magnesium.



The Right Time to Eat or Drink Different Foods

PULSES & BEANS

BEST TIME TO EAT

NOON

High in fiber, lentils and beans help in digestion and reduce cholesterol and reduce cholesterol levels. Moreover, they're been proven to assist in getting a good sleep.

WORST TIME TO EAT

MORNING

Eating fibrous foods such as lentils and beans in the morning or during the day time might increase your appetite which could lead you to binge eat.

water you should drink a day



Body weight	Water
45 kgs	1.9 Ltrs.
50 kgs	2.1 Ltrs.
55 kgs	2.3 Ltrs.
60 kgs	2.5 Ltrs.
65 kgs	2.7 Ltrs.
70 kgs	2.9 Ltrs.
75 kgs	3.2 Ltrs.
80 kgs	3.5 Ltrs.
85 kgs	3.7 Ltrs.
90 kgs	3.9 Ltrs.
95 kgs	4.1 Ltrs.
100 kgs	4.3 Ltrs.

A background image featuring several watermelons. In the center, a watermelon is sliced into a star shape, showing its red flesh and green rind. Other whole watermelons are visible in the foreground and background, some with green leaves.

WATERMELON

Diuretic & Kidney Support

Healthy Life Box



CASHEWS

Lower Blood Pressure

Healthy  lifeBox



CASHEWS

Lower Blood Pressure

Healthy  life Box

A photograph of several walnuts in a dark bowl, set against a rustic wooden background. The walnuts are in various stages of being cracked open, with some showing the smooth, light-colored inner shell and others showing the deeply ridged, brown outer shell. The lighting is warm and focused on the walnuts, creating a sense of texture and depth.

WALNUTS

Prevent heart disease

Healthy  LifeBox



APPLE

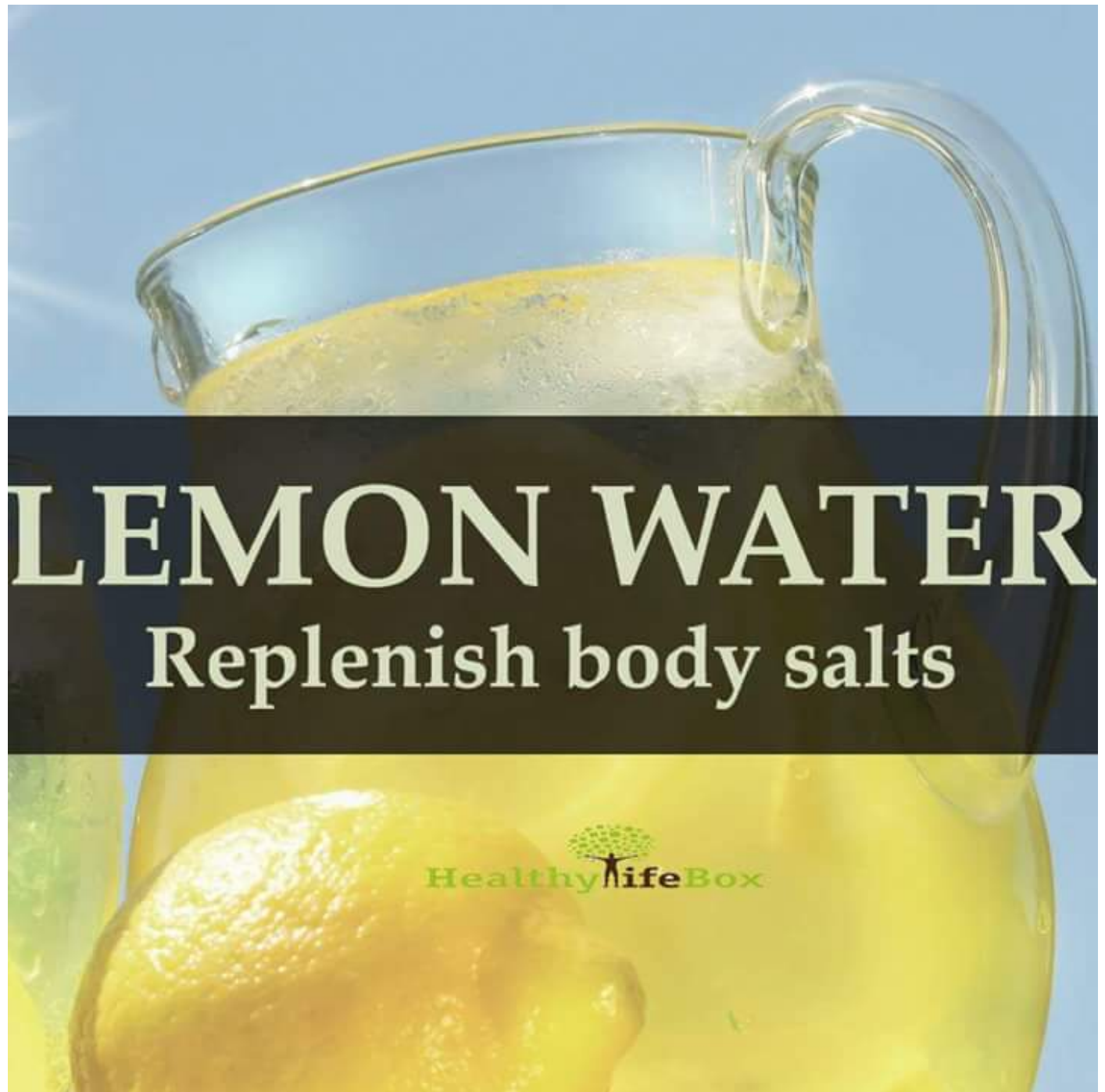
**Reduces cholesterol/
healthier heart**


HealthyLifeBox

CUMIN WATER

Reduces body weight





LEMON WATER

Replenish body salts

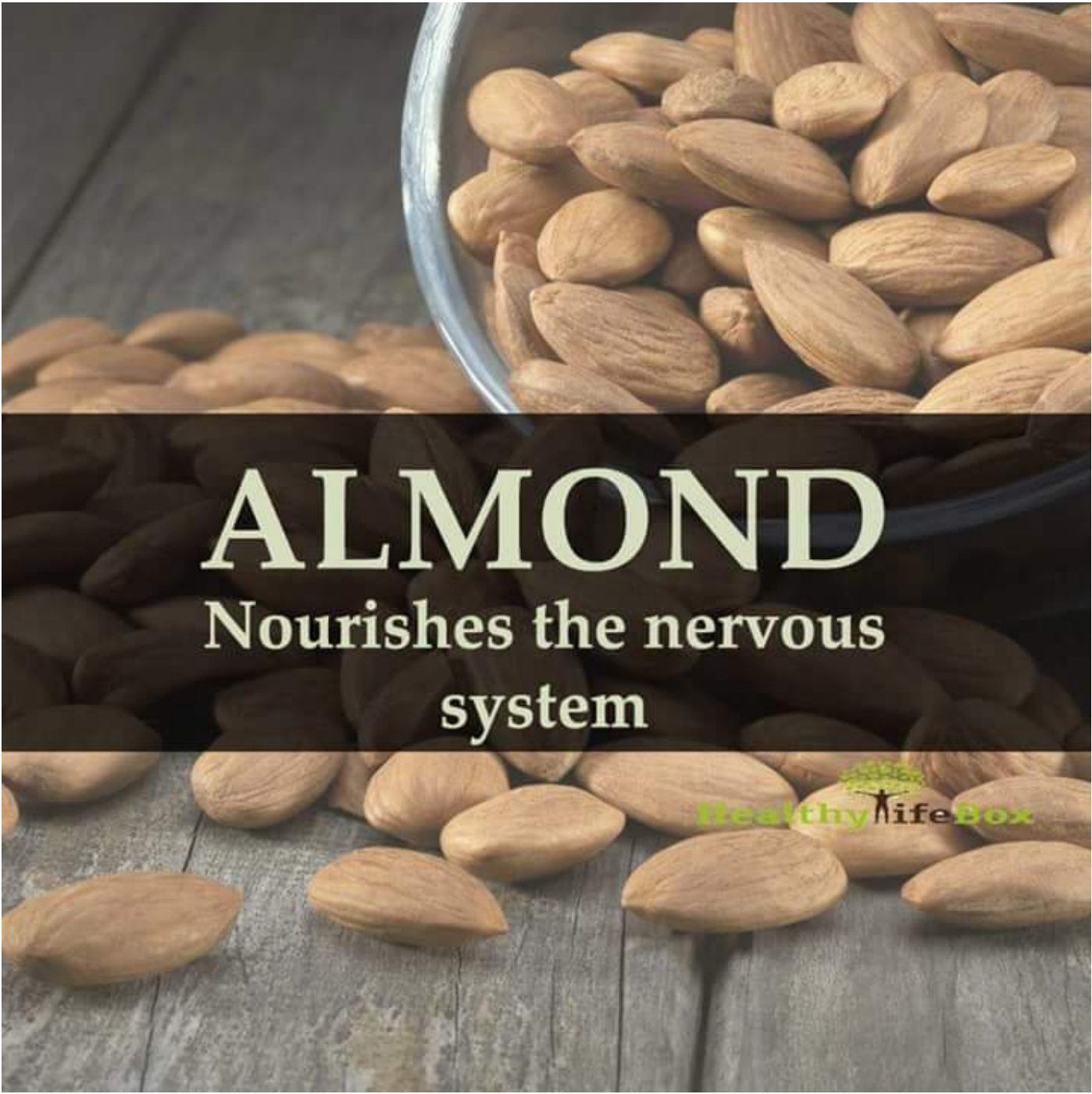
Healthy  lifeBox



APPLE

Boosts immune system

Healthy life box

A photograph of almonds. A glass bowl filled with almonds is in the upper right, and many almonds are scattered on a dark wooden surface. A dark horizontal band across the middle contains text.

ALMOND

Nourishes the nervous
system

HealthyLifeBox



KIWI

Improves digestion with
enzymes

Healthy  Box





HealthyLifeBox

APRICOT

Fights obesity related
diabetes



Healthy life Bqs

BANANA

Stabilizes blood sugar
and reduces nausea

PISTACHIO

Good for cholesterol

ವೀರೇಶ್ ಅರಸಿಕೆರೆ.

ಶಿಕ್ಷಕರು

ದಾವಣಗೆರೆ

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