



**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.**



FAMILY HEALTH  
FREEDOM NETWORK

**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

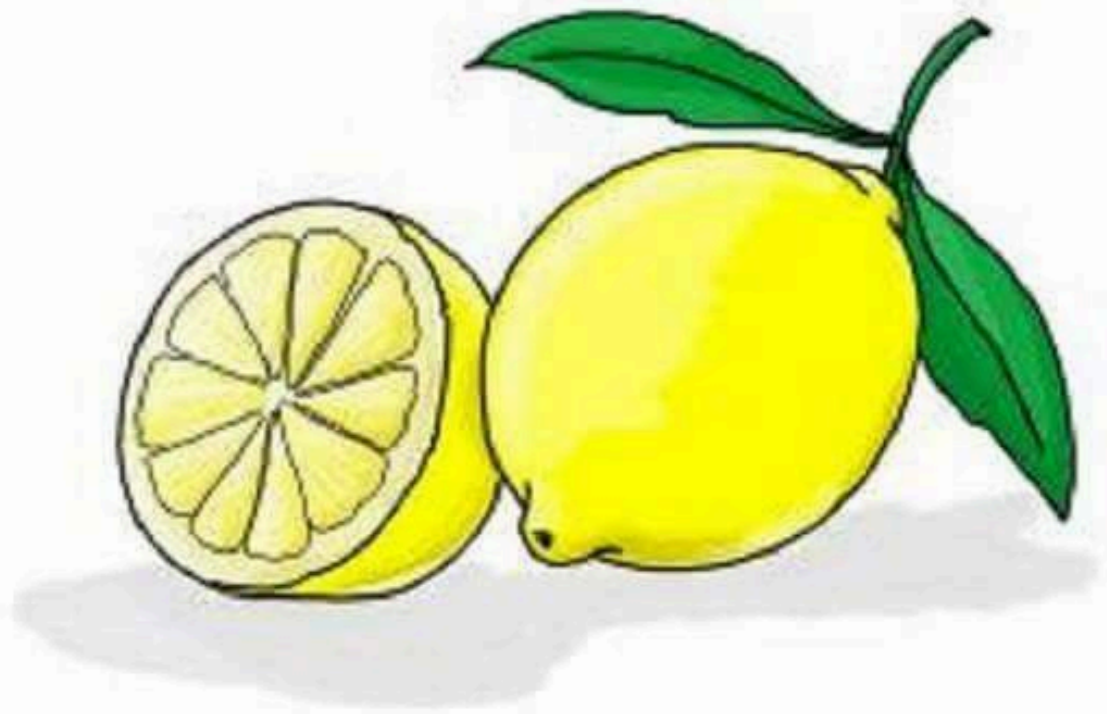
**Before breakfast eat half a  
cup of cooked beets  
if you suffer from chronic  
constipation or indigestion.**



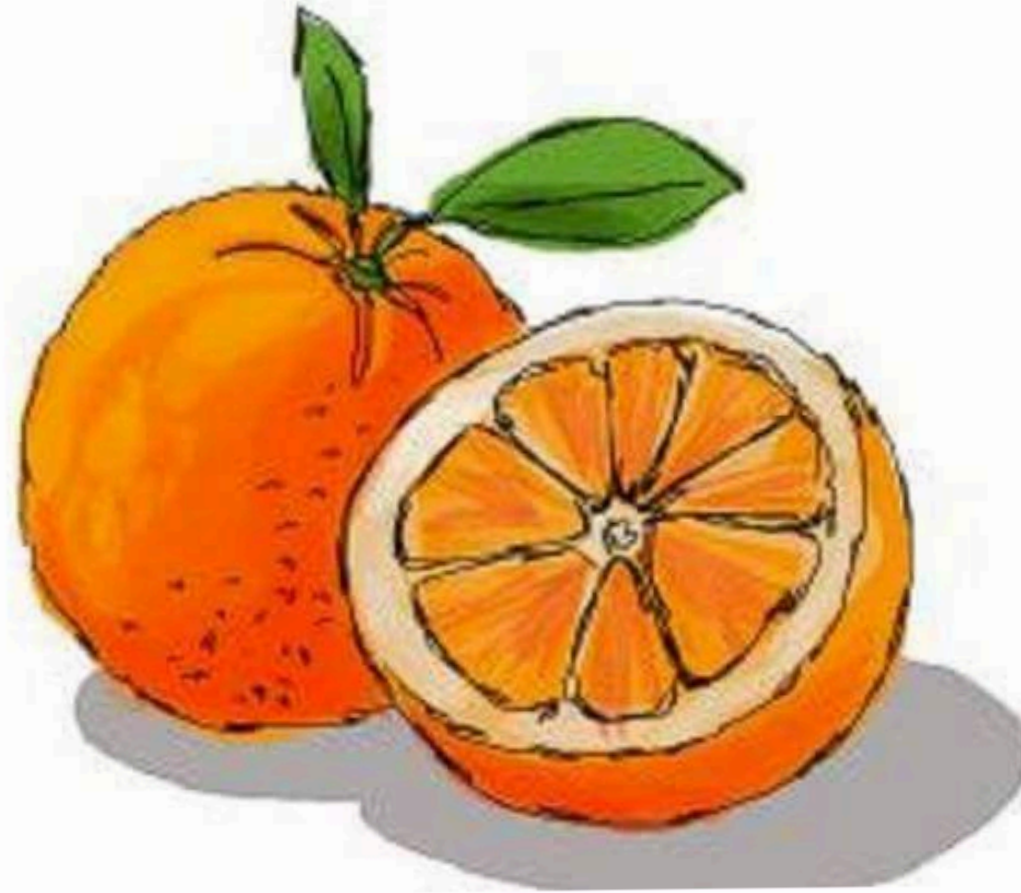
**A simple remedy for Anemia or iron deficiency – Pound 3-4 soft dates with milk and add a little ghee in it. Eating this mixture will help to prevent Anemia.**



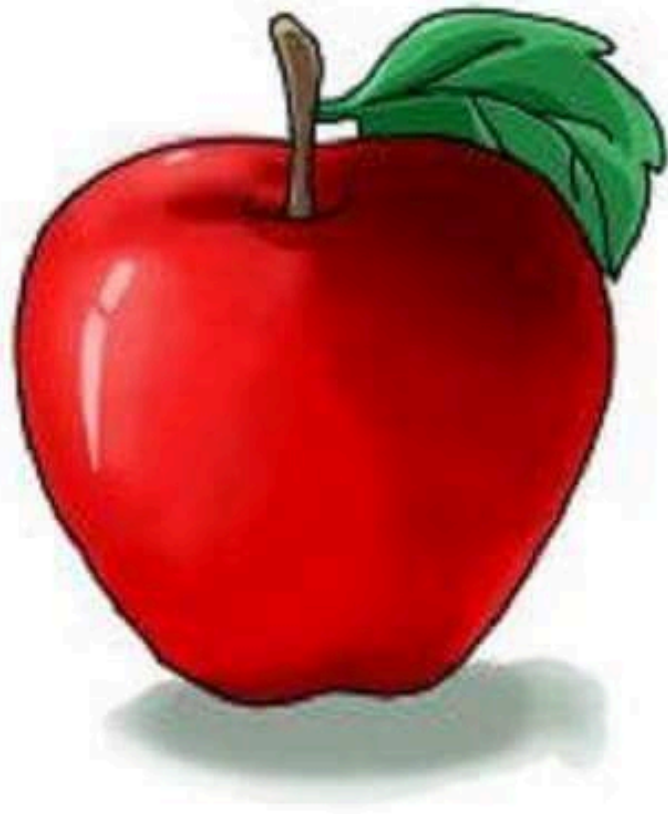
**Ayurveda cough syrup at home. Peel and chop six medium onions. Put the pieces in a container and add four tablespoons of honey. Cover and leave them in a water bath over low heat for two hours. Strain and take one tablespoon every three hours.**



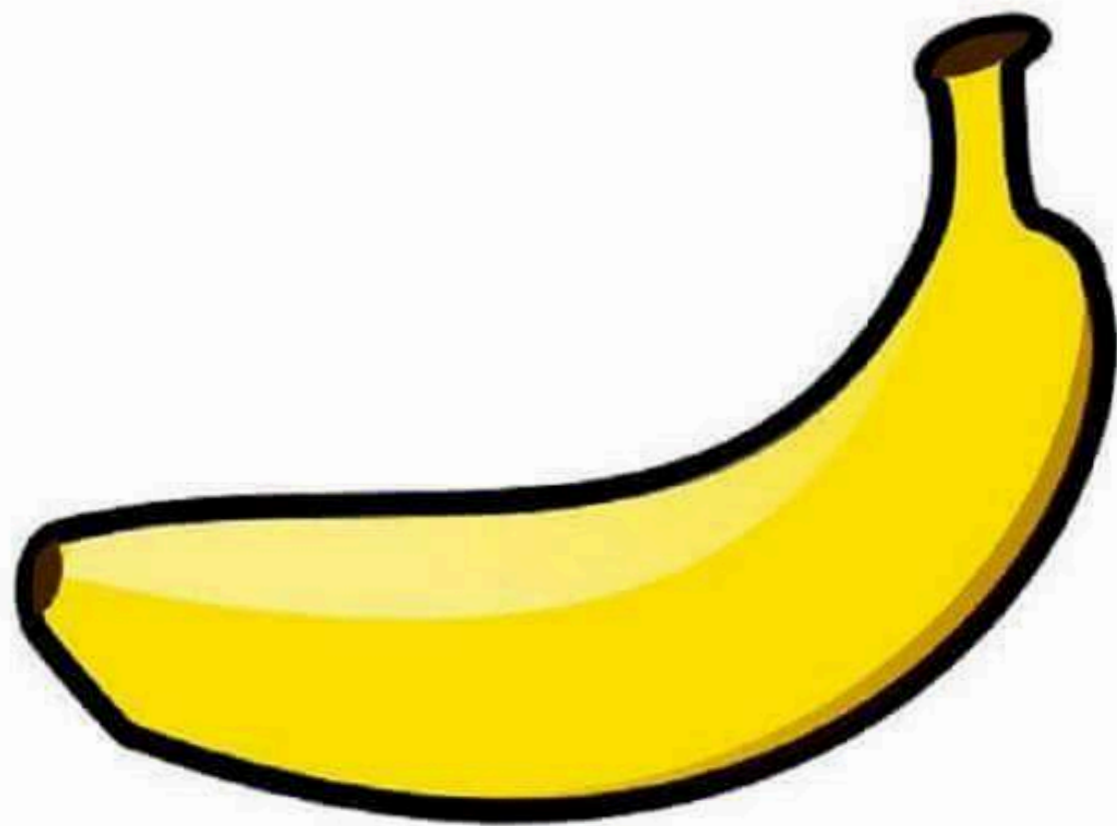
**Lemon: Rich in Vitamin C  
acts as a natural bleach by  
lightening blemishes**



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



**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**

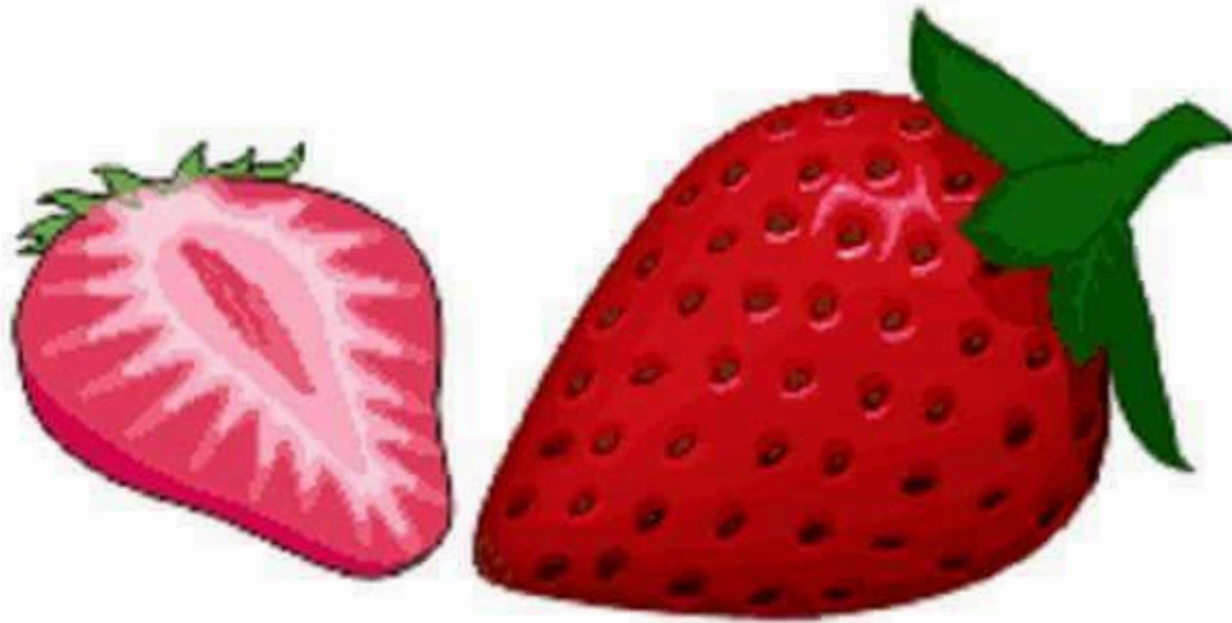
*Assists in digestion  
and soothes the  
digestive system.*

### **WORST TIME TO EAT**

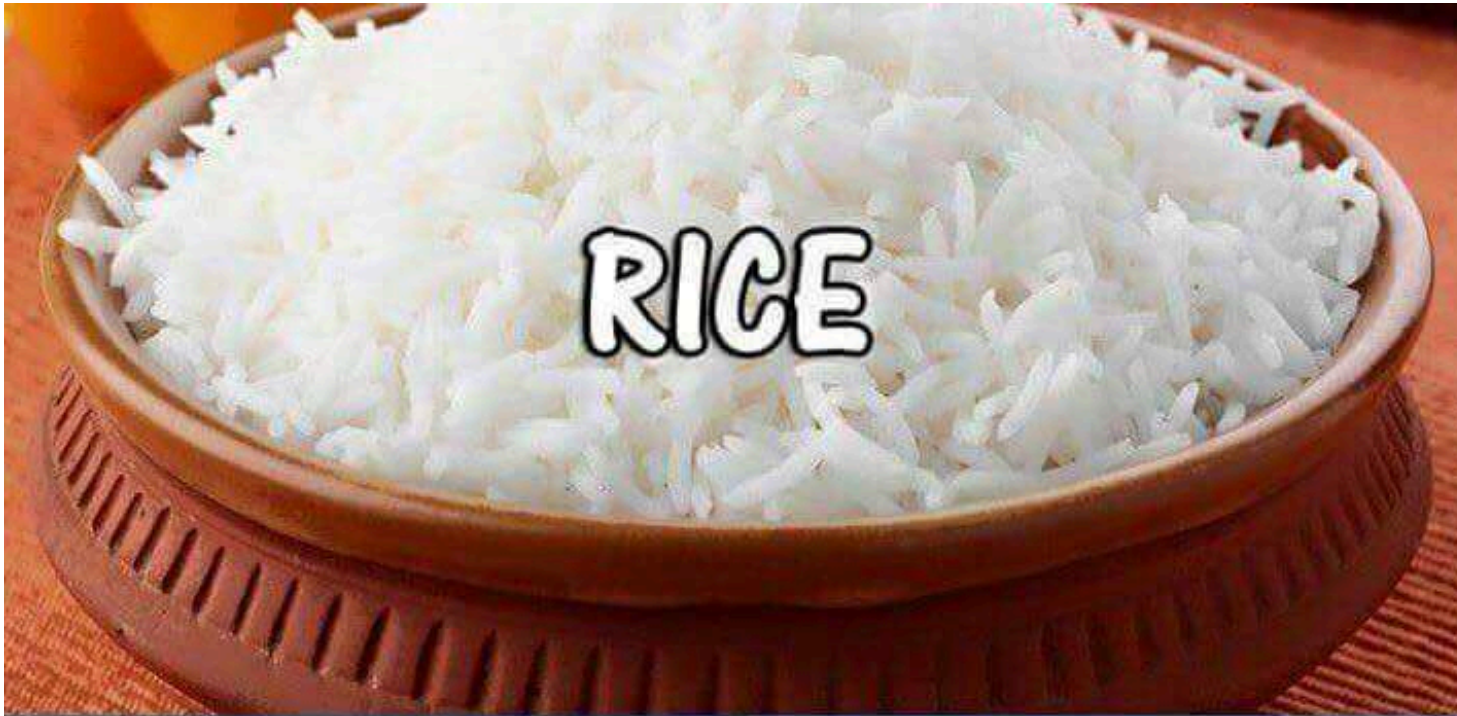
## **NIGHT**

*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

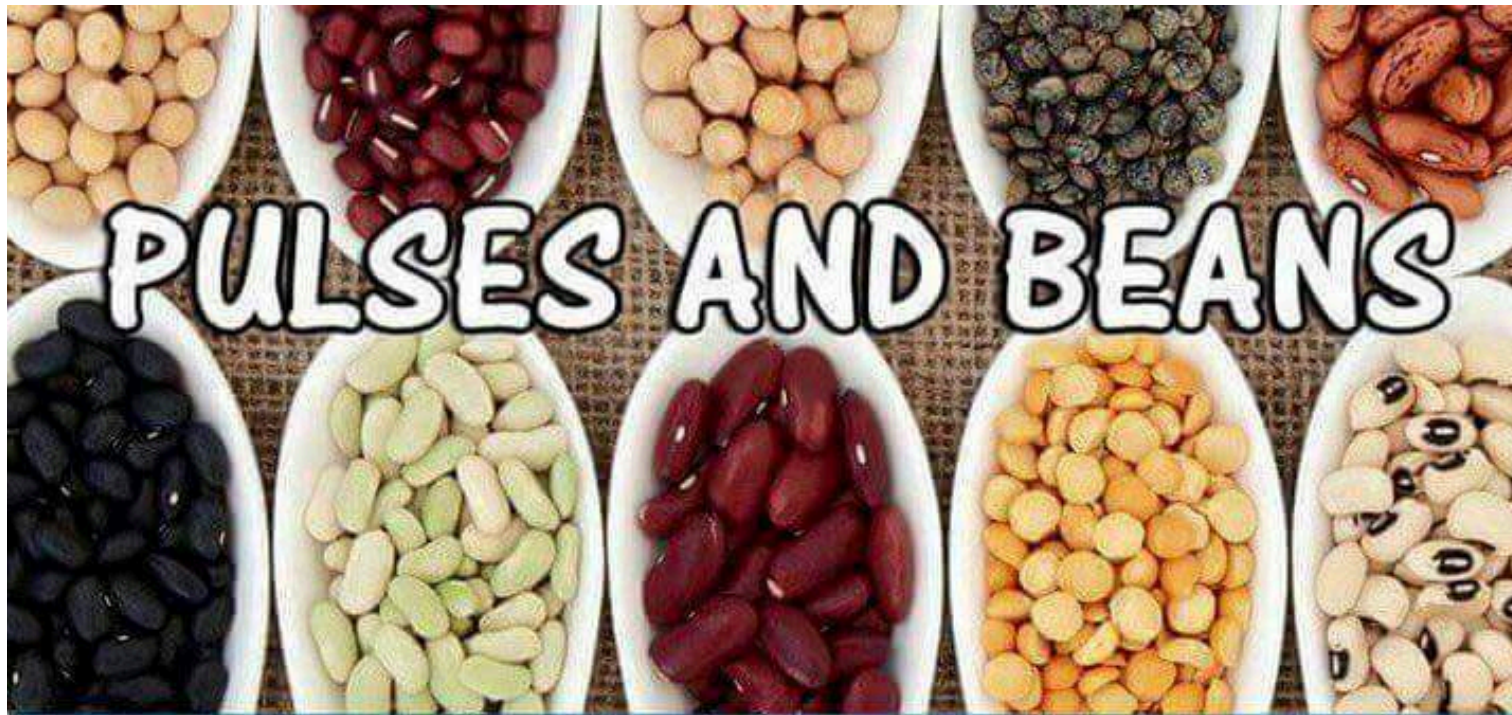
### NOON

*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

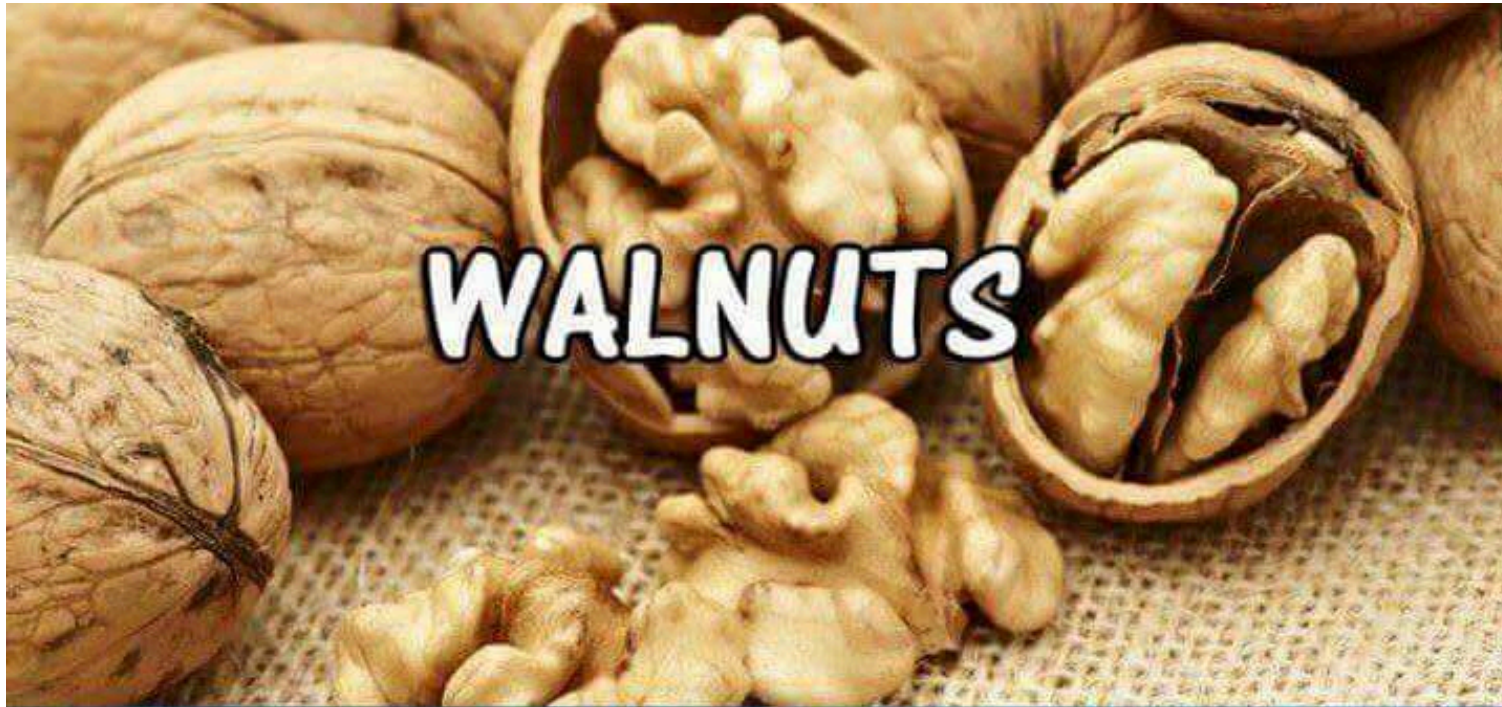
### NOON

*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**

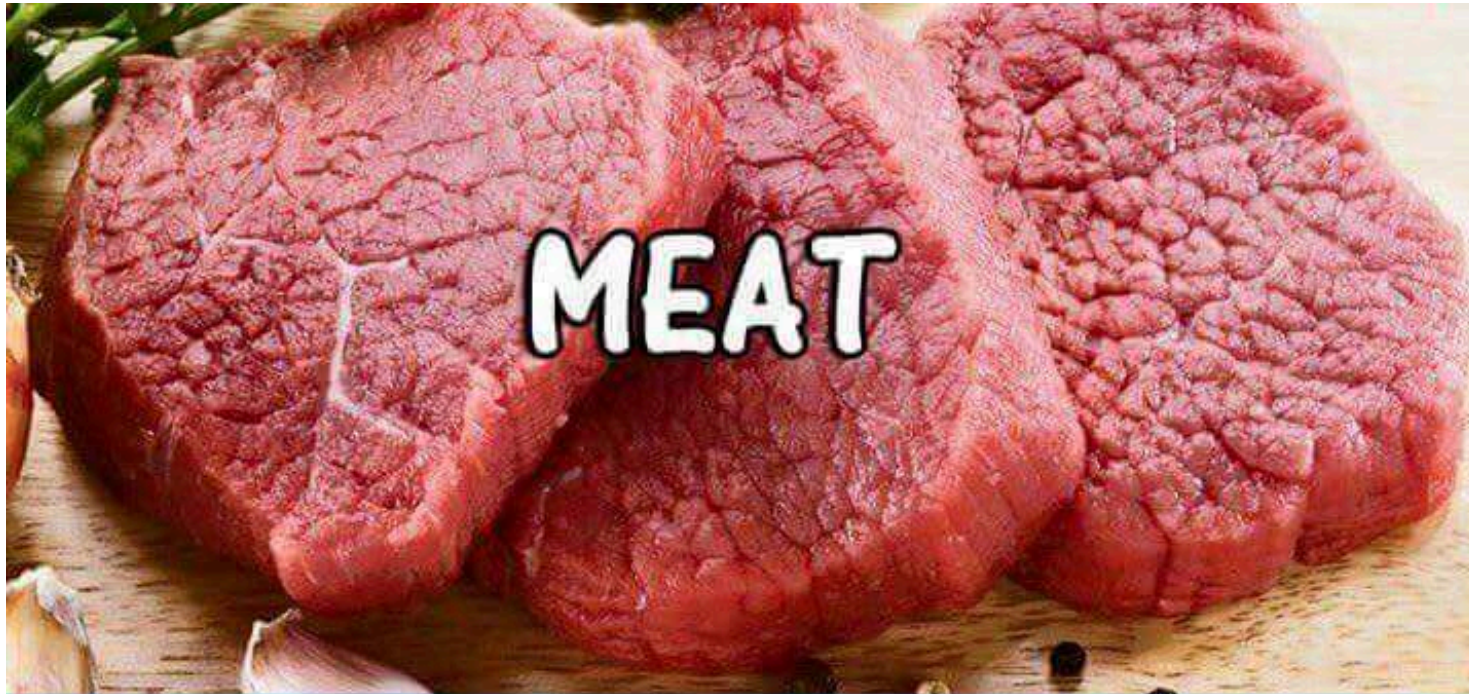
*Walnuts contain a number of beneficial compounds such as Omega-3 fats and antioxidants. They have been proven to help in improving brain health.*

## WORST TIME TO EAT

### **MORNING/NOON/NIGHT**

*Eating walnuts during these times might reduce its effectiveness.*





### **BEST TIME TO EAT**

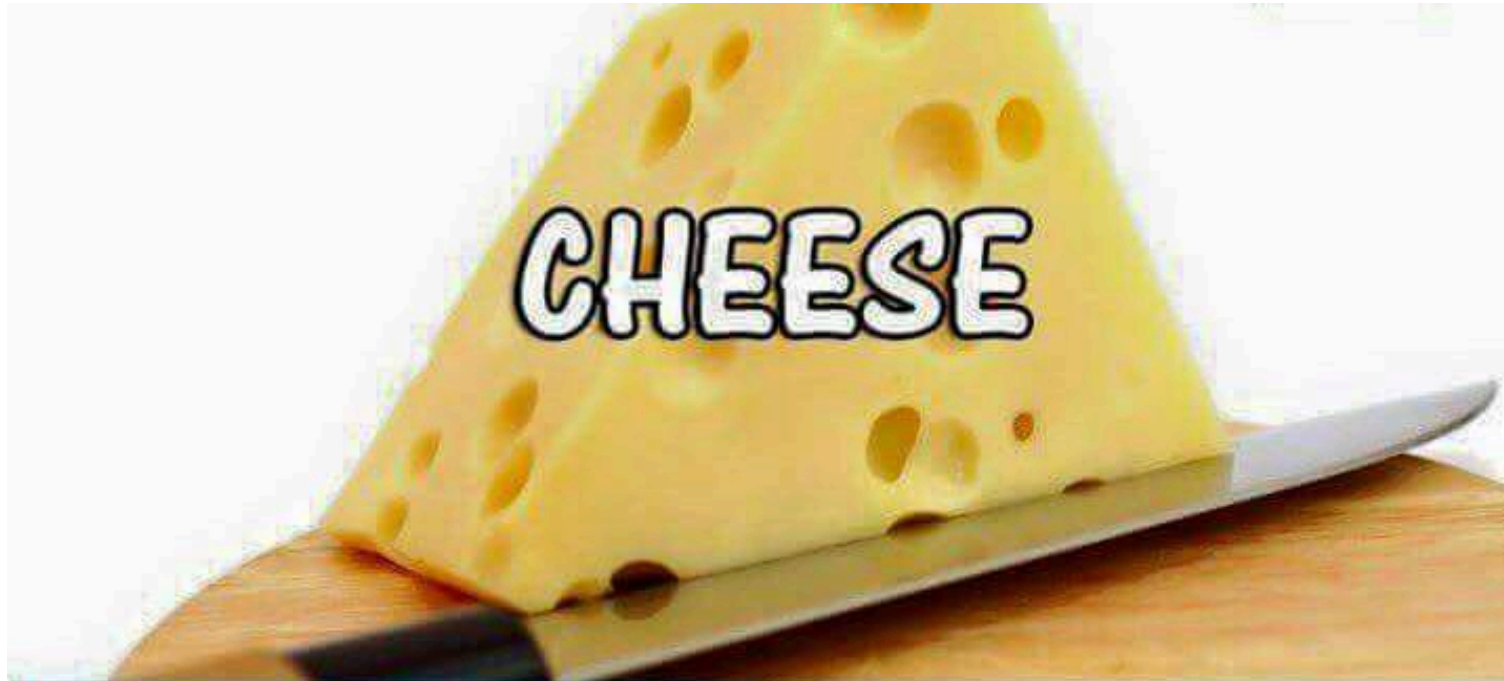
## **NOON**

*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**

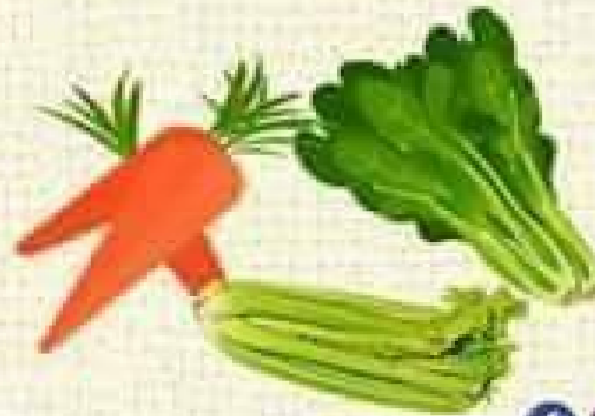
*For vegetarians, cheese is an excellent substitute for meat. If eaten in moderation, it can prevent weight gain and bloating.*

## **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




[f/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.**

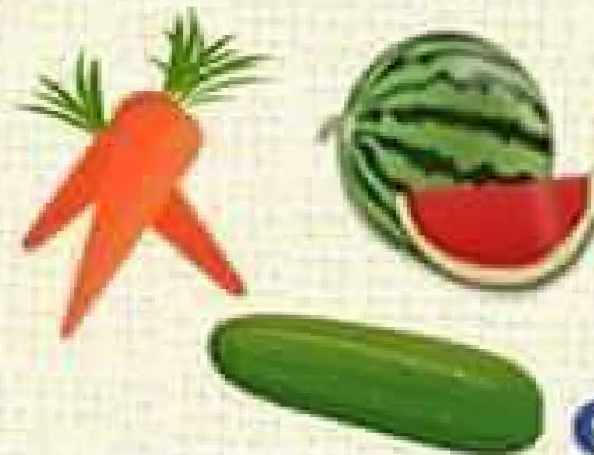
# JUICE CURE STRESS




 /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.

# 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



[fb/learningpetals](https://www.facebook.com/learningpetals)

1 medium  
banana.



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. fb/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:



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.

# 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.

# Apple Honey Mask For Acne:



One Medium-Sized  
Apple



[f/learningpetals](https://www.facebook.com/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.

[fb/learningpetals](https://www.facebook.com/learningpetals)

# 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



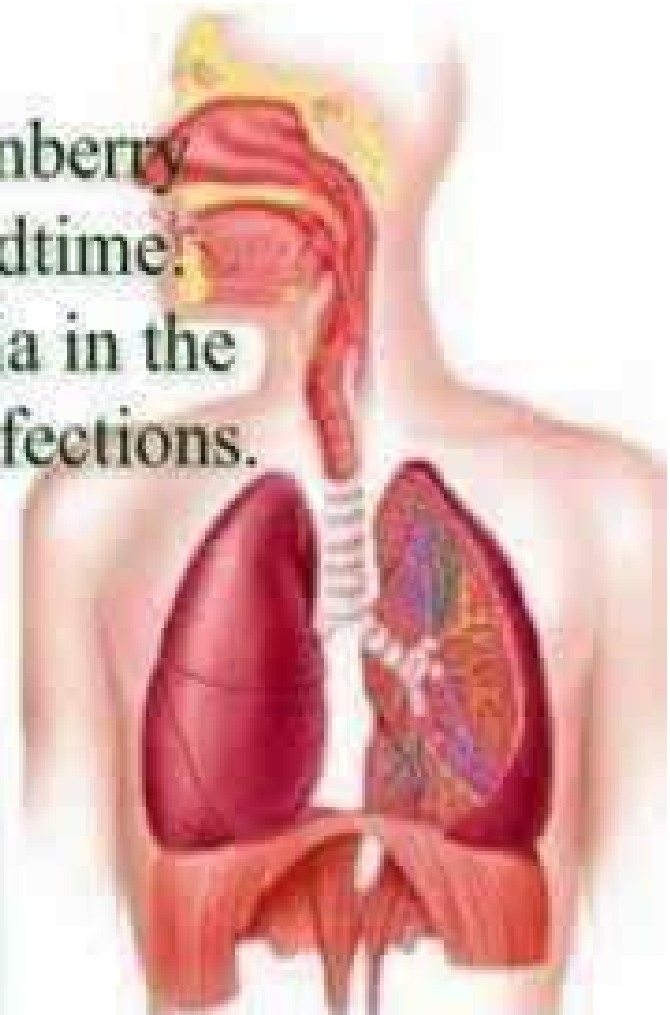
Hot Peppers



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

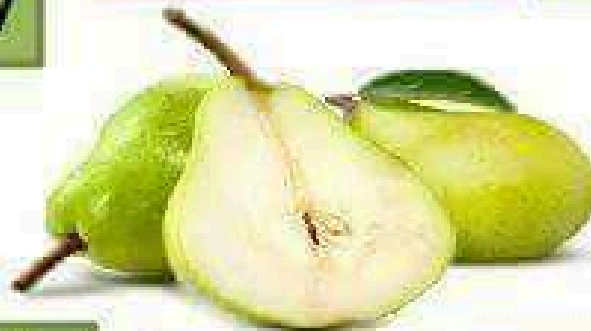
immunity booster

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](http://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

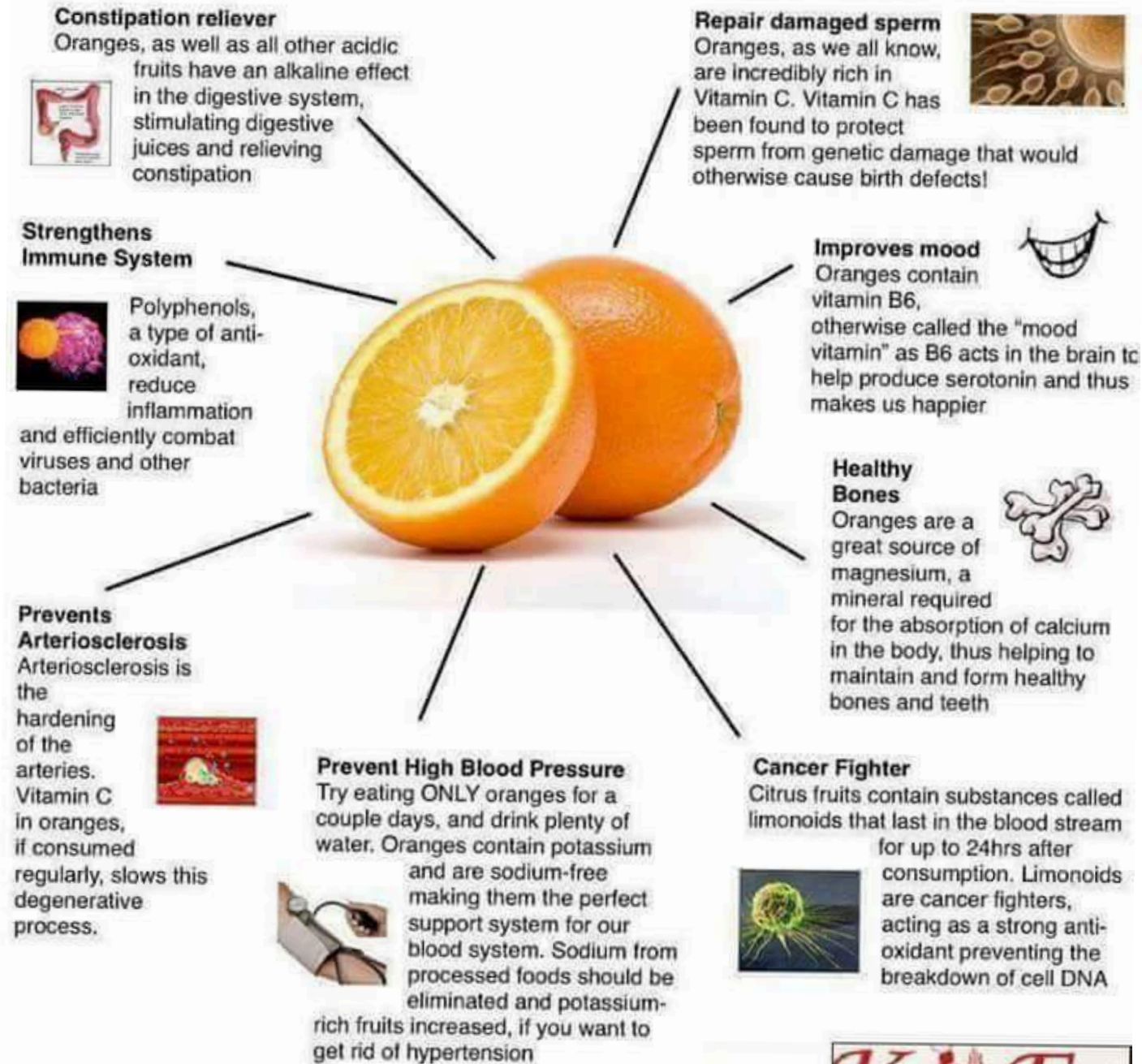
Treat heartburn, colic, and gas



### ROSEMARY

Anti-oxidant

# AMAZING BENEFITS OF ORANGES!



# 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



Brazil Nuts



Hemp Seeds



Barley grass



Broccoli



Sprouts



Figs



Avocado




Romaine Lettuce



Maca




Kale

The image features a central black rectangular area with white text. Above and below this area are photographs of cucumbers. The top photo shows several thin, light-green cucumber slices arranged in a row. The bottom photo shows whole cucumbers on a dark wooden surface, with one cucumber in the foreground being the most prominent. The background of the entire image is a soft-focus view of more cucumbers.


**Need healthy  
hairs?  
Cucumber**





**Have indigestion  
problems?**

**Mustard seeds**

A close-up photograph of green guava leaves and fruit. The top half shows a large, vibrant green leaf with prominent veins. The bottom half shows several round, green guava fruits hanging from a branch. A dark, semi-transparent banner is overlaid across the center of the image, 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 rind, and the green outer skin. The lighting is bright, highlighting the texture of the fruit. A dark, semi-transparent banner is overlaid across the middle of the image, containing white text.

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

**Watermelon**




**Want to kill stomach  
worms?**

**Jamun Fruit**



**Want to lose  
weight?**

**Horse gram**




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

**Pumpkin**



**Want to prevent prostate  
cancer?**

**Tomatoes**

The image features a central text overlay on a background of various grape clusters. The background is a collage of green and red grapes, with some clusters in sharp focus and others blurred. The text is white and set against a dark, semi-transparent rectangular background.

**Want to reduce risk of  
osteoporosis?**

**Grapes**






**Need relief from pain  
due to piles?**

**Pearl millets**



A photograph of three onions: a yellow onion on the left, a white onion on the right, and a red onion in the foreground. A black semi-transparent banner is overlaid across the middle of the image.

**Want to reduce respiratory  
problems?**

**Onions**



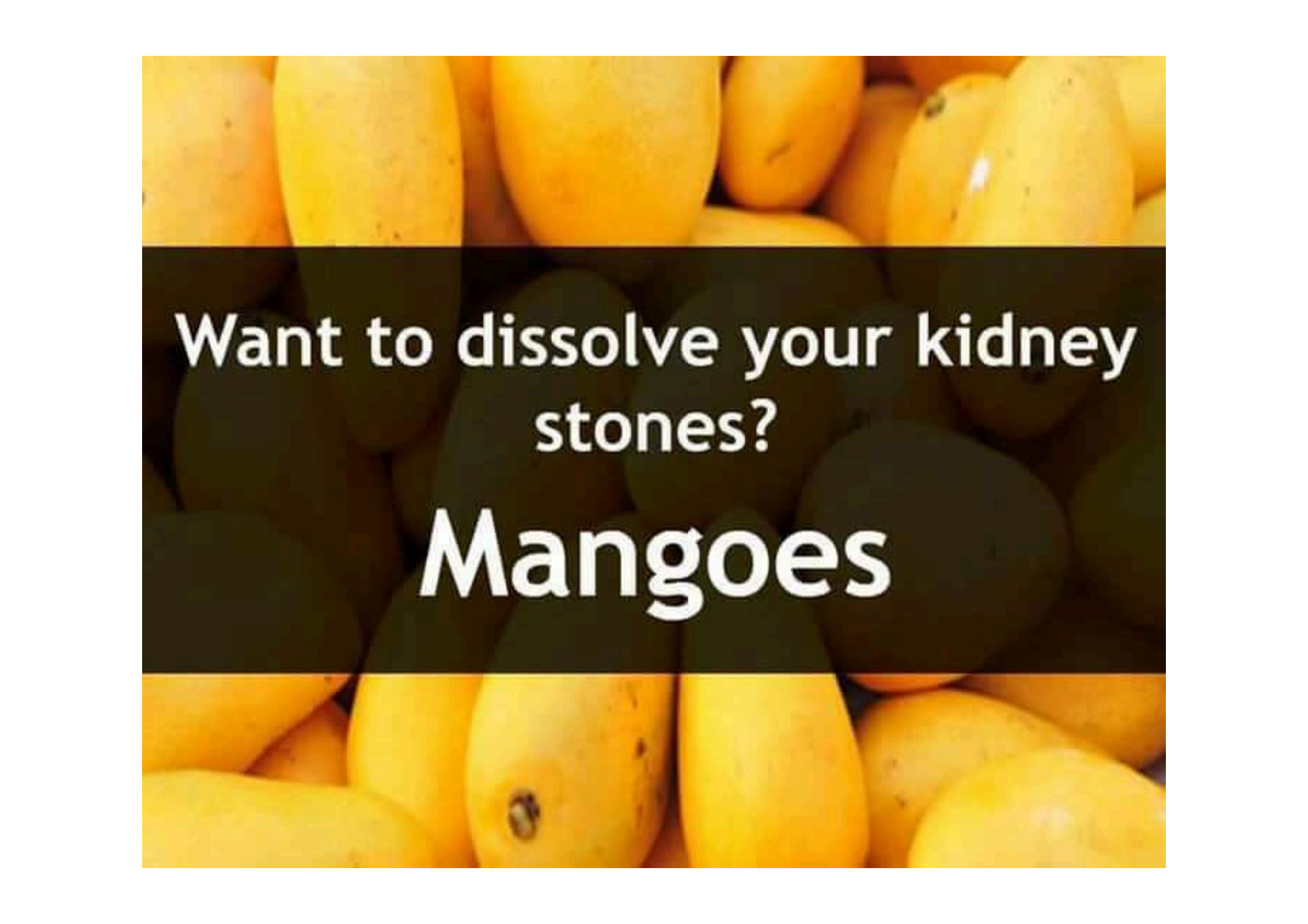
**Want to treat  
piles?**

**Papaya**



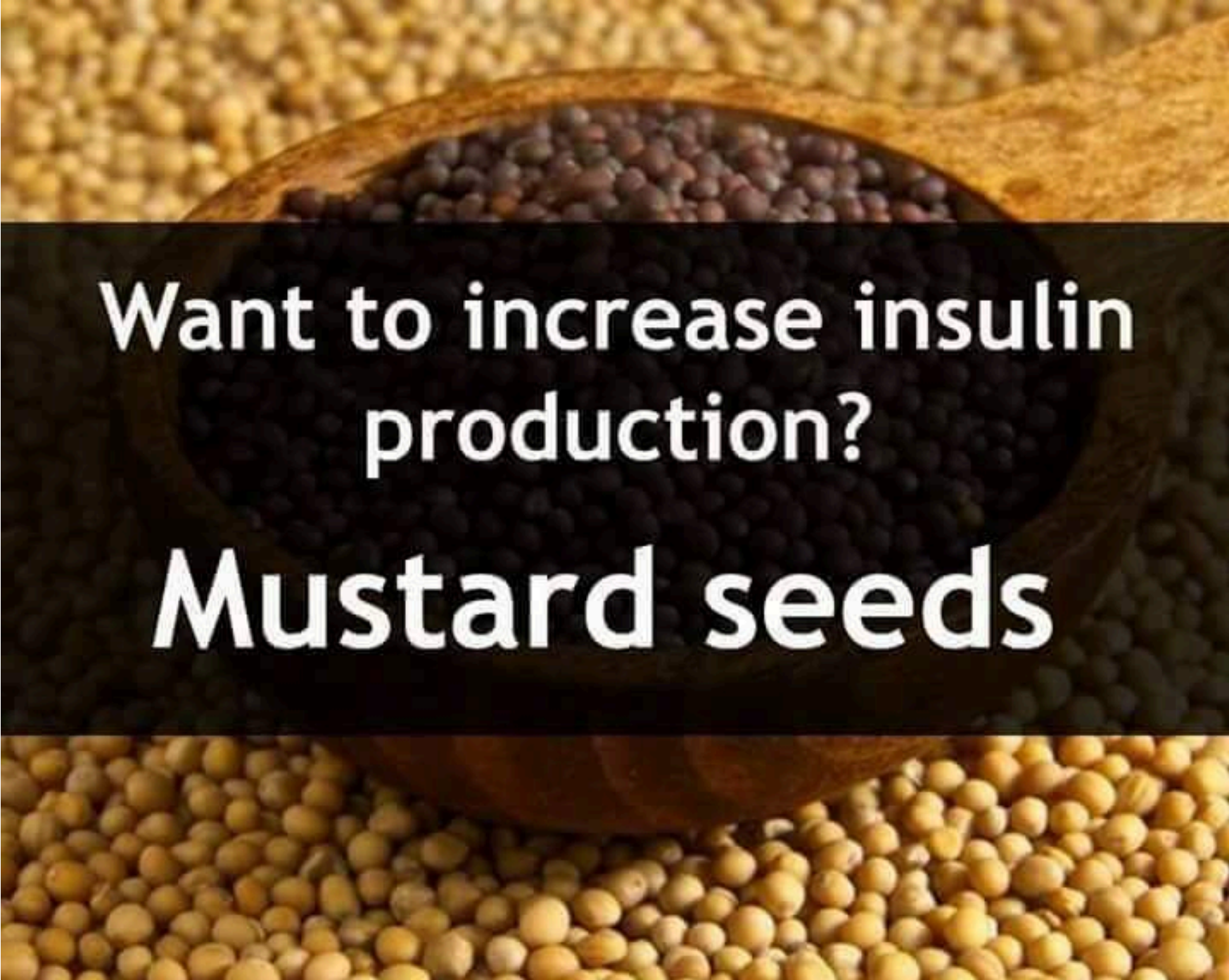
**Suffering from hormonal  
imbalance?**

**Guava**




**Want to dissolve your kidney  
stones?**

**Mangoes**




**Want to increase insulin  
production?**

**Mustard seeds**

A photograph of pomegranates. In the foreground, a pomegranate is cut open, revealing its bright red, jewel-like seeds. To its left is another whole pomegranate. In the background, there are several green, glossy leaves. The entire image is overlaid with a dark, semi-transparent banner containing white text.

**Want to cure  
jaundice?**

**Pomegranate**

A photograph of several oranges and orange slices. One whole orange is on the left, and several slices are arranged to its right. 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

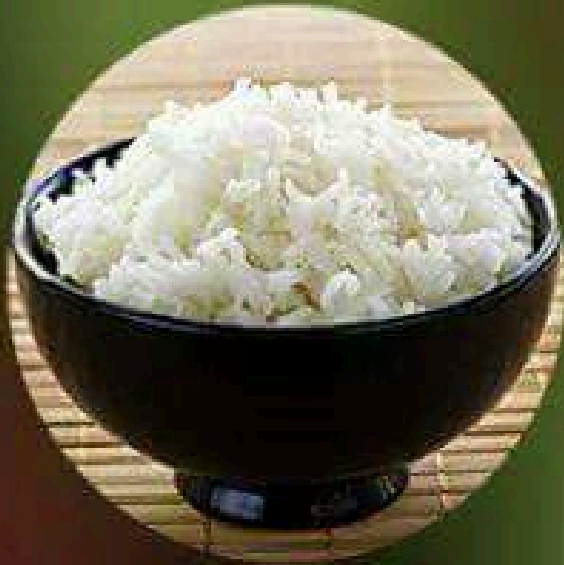
#### NIGHT

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.



The background of the image features several watermelons. In the center, a watermelon is sliced into a star shape, with the red flesh and white rind clearly visible. Other whole watermelons are scattered around it, some in the foreground and some in the background, all with their characteristic green and dark green striped rinds. A dark horizontal band is overlaid across the middle of the image, containing the text.

# WATERMELON

## Diuretic & Kidney Support

A close-up photograph of a wooden bowl filled with cashews. The nuts are light brown and have a smooth, slightly glossy texture. The bowl is made of light-colored wood and is positioned at the bottom of the frame. The background is a plain, light color.

# 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 cracking, with some showing the brain-like texture of the nutmeat. The lighting is warm and focused on the nuts.

# WALNUTS

Prevent heart disease

Healthy  Life Box



# APPLE

**Reduces cholesterol/  
healthier heart**

 **HealthyLifeBox**



# CUMIN WATER

Reduces body weight





# LEMON WATER

Replenish body salts

Healthy  life Box

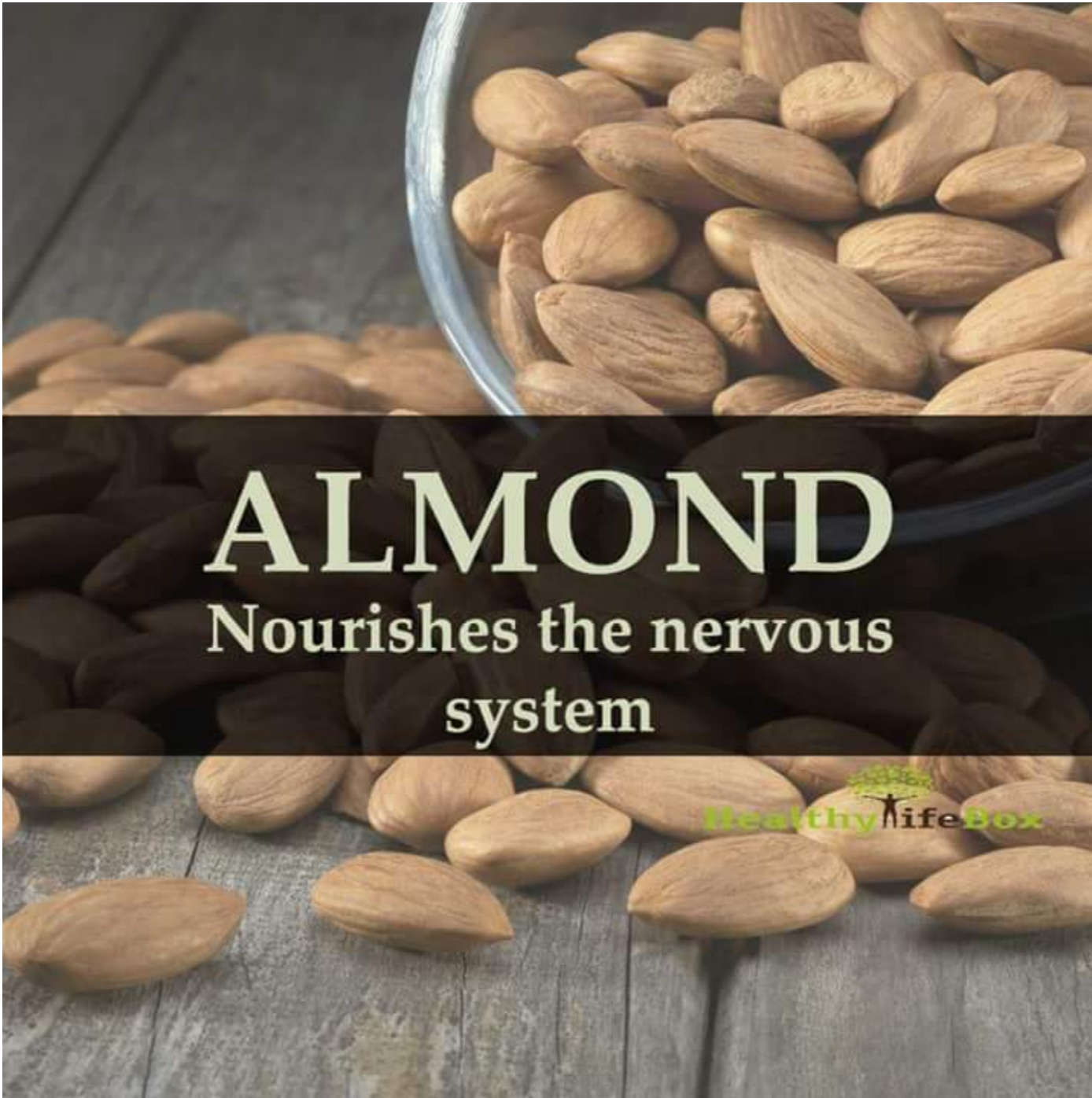


# APPLE

## Boosts immune system







# ALMOND

Nourishes the nervous  
system

HealthyLifeBox



# KIWI

Improves digestion with  
enzymes

Healthy  Box

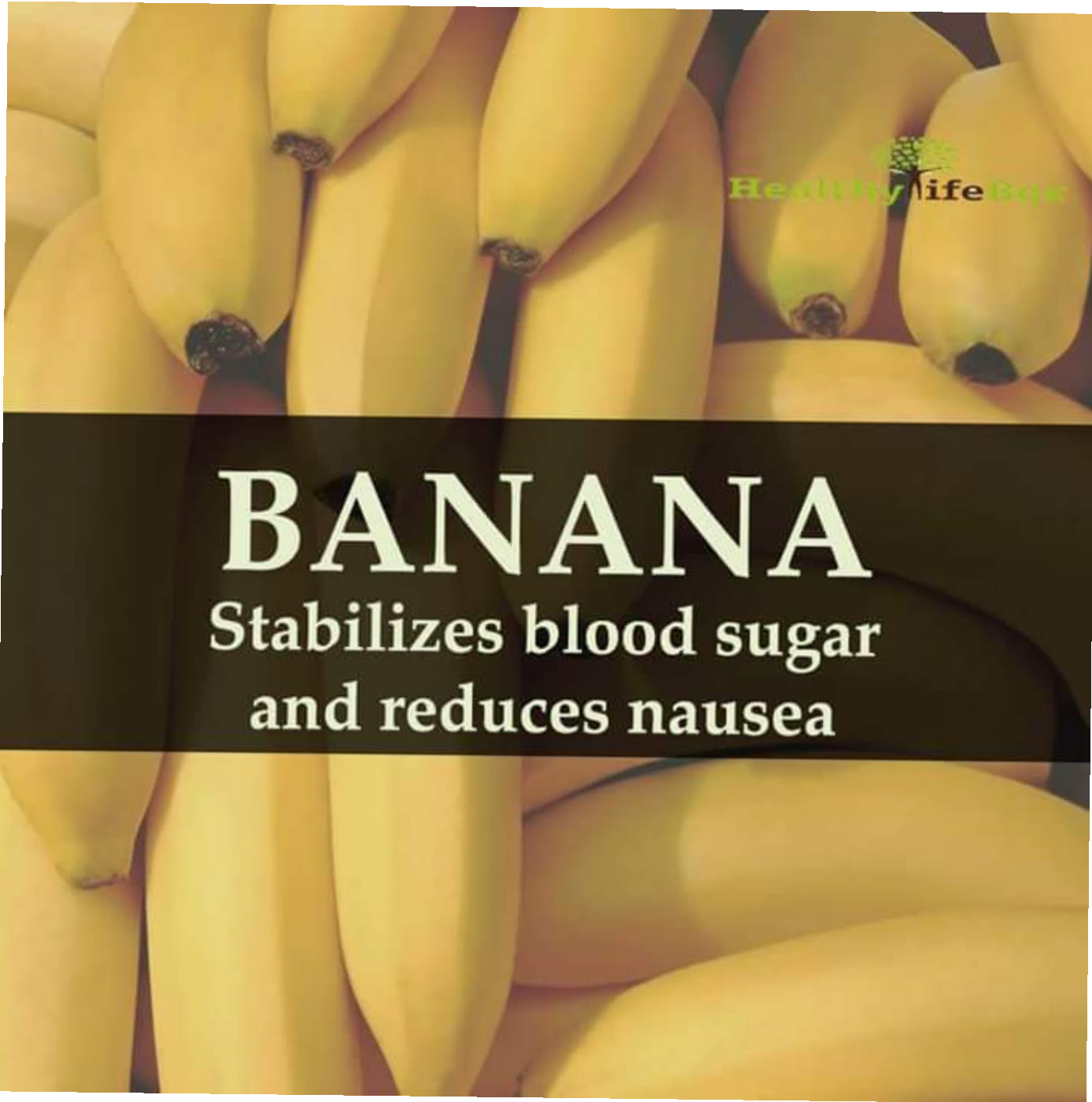




HealthyLifeBox

# APRICOT

Fights obesity related  
diabetes

The background of the entire image is a close-up photograph of several ripe, yellow bananas. The bananas are arranged in a cluster, with their stems pointing downwards. The lighting is soft, highlighting the texture of the fruit's skin.

# BANANA

Stabilizes blood sugar  
and reduces nausea

# PISTACHIO

Good for cholesterol

ವೀರೇಶ್ ಅರಸಿಕೆರೆ.

ಶಿಕ್ಷಕರು

ದಾವಣಗೆರೆ

*whats app no:9535090606*

