



**Answer the phone
by left ears**



**Don't take medicine
with cold water**



**Don't have heavy
meals after 5pm**



**Drink more water in
morning, less at night**



**Best sleeping time
is from 10pm - 4am**



**Don't lie down
immediately after
taking medicines**



**When battery is down
to last bar don't
answer the phone, as
the radiation is
1000 times stronger**

Daily 1 apple



No doctor

Daily 5 almonds



No cancer

Daily 1 lemon



No fat

Daily 1 glass milk



No bone problem

Daily 4 dates



No weakness

Daily 3 times pray



No tension

Daily 8 hours sleep



Happy day

**Forward it to
your dear
ones. 😊**