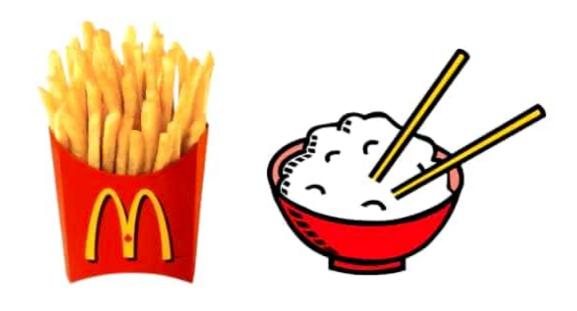


Answer the phone by left ears



Don't take medicine with cold water



Don't have heavy meals after 5pm



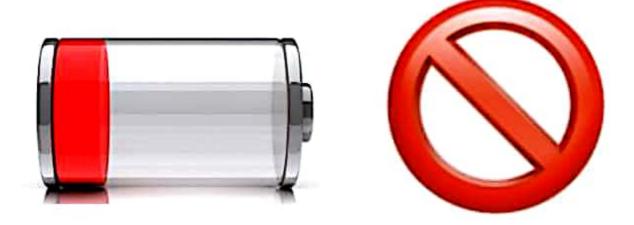
Drink more water in morning, less at night



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.