

# 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

Crut 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.

