**HONEY**

* **USES:**
* Antibacterial
* Anti-inflammatory
* Wound healing and minimizes scarring
* Antioxidant effects
* Alleviate symptoms associated with respiratory tract infections, gastrointestinal disorders, and dermatological conditions
* Stimulates digestion and regulates the acidity of the gastric juices
* **SIDE EFFECTS:**
* Avoid giving honey to babies under the age of 1 year may cause infant botulism.
* Wheezing, Dizziness, Nausea, Vomiting, Weakness, Excessive perspiration, fainting, Irregular heart rhythms (arrhythmias)
* Stinging after topical application.
* Honey might affect blood sugar levels.
* **DOSES:**
* Cough: a single dose of 2.5 mL before bedtime (for children over 1 year old)
* Minor cuts and burns: directly apply raw honey and then place gauze or a bandage over the wound.
* Sedation: 1 tsp of honey in warm milk before going to bed.
* Constipation: mix 1tbsp of raw honey in warm water and drink it on an empty stomach in the morning.

**LEMON**

* **USES:**
* Rich sources of vitamin C
* Anticancer
* Antibacterial activity
* Gastric cytoprotective action.
* Co-administration of lemon fruit juice with RTN or PZL augments their antiulcer effect.
* Prevent scurvy.
* **SIDE EFFECTS:**
* Regular consumption of lemon water or juice (acidic pH) can erode **tooth enamel** and cause dentin hypersensitivity.
* **DOSE:**
* Inhibition of diarrhea-causing pathogenic bacteria: 900 mg/m citrus Lemon juice
* Antioxidant: recommended dietary intake for vitamin C is 90 mg/day for men and 75 mg/day for women
* Not more than 10mg/day in adults, are sufficient to prevent scurvy.

**ALMOND**

* **USES:**
* Lower risk of cardiovascular disease (Decrease total cholesterol, LDL cholesterol, body weight, HDL cholesterol, and apolipoprotein B).
* Improve lipid profiles and reduce cardiometabolic risk factors.
* Hyperlipidemia.
* Fulfill nutrient requirements
* Management of Type 2 Diabetes mellitus (enhance glycemic control, reduce postprandial glucose levels, improve insulin sensitivity, and positively influence gut microbiota)
* Antioxidant
* **DOSES:**
* Lower risk of cardiovascular disease: A serving of 42.5 g of almonds, ∼35 almonds or a 1.5 handful.
* Improve lipid profiles:43 g per day.
* Hyperlipidemia: 50 to 100 g per day.
* Nutrient requirements: 28 g of almonds delivers 7.3 mg of vitamin E, 77 mg of magnesium, and 208 mg of potassium.
* Management of Type 2 Diabetes: 60 g per day
* Antioxidant: 50 to 84 g per day.
* **SIDE EFFECTS:**
* Allergic Reactions
* long-term almond consumption showed adverse effects on insulin sensitivity and glucose metabolism.

**GINGER**

* **USES:**
* Relieves nausea
* Reduces inflammation
* Aids digestion
* Prevents heart disease
* Arthritis
* **DOSE:**
* Nausea and Vomiting: 250 mg daily for 4 days for pregnant women.
* Postoperative Nausea: 0.5-g or 1-g in women undergoing gynecologic surgery.
* Coronary Artery Disease: 10 g reduces platelet aggregation
* **SIDEEFFECTS:**
* **Gastrointestinal issues**: Mild diarrhea, heartburn, and gastric irritation at doses of 6 grams.
* **Allergic reaction**: Ginger dust can trigger IgE-mediated allergy upon inhalation.

**WALNUT**

* **USES:**
* Essential human nutrition
* Antioxidant
* Reduce risk of cancer, diabetes, cardiovascular symptoms and neurodegenerative disorder
* Used as treatment of pain
* Anti -inflammatory
* **DOSES:**
* Diets containing 2 or 6 % walnuts reverse age-related motor and cognitive deficits
* 110–440 mg/kg, have the potential to greatly enhance innate as well as adaptive immunity
* **SIDE EFFECTS:**
* Mutagenic properties
* Cathartic effects at higher doses.
* Allergy and fatal anaphylaxis
* Stomach irritation
* Black walnuts may decrease the body’s ability to absorb other medications. Waiting 1 to 2 hours between taking the supplement is the best way to ensure the efficacy.