

**☺HEALTH COMPILATION**

**1) Miracle Cure For Anything That Ails You Is As Close**

<b>Miracle Cure For Anything That Ails You Is As Close</b>		
<b>As Your Supermarket Shelves – By Susan Jimison</b>		
<b>Illness</b>	<b>Food</b>	<b>Effect</b>
Headaches	Fish	Eat plenty of fish - fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.
Hay Fever	Yogurt	Eat lots of yogurt before pollen season
Strokes	Tea	Prevent buildup of fatty deposits on artery walls with regular doses of tea.
Insomnia	Honey	Use honey as a tranquilizer and sedative.
Asthma	Onions	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 will cure morning sickness and nausea.
Bladder Infections	Cranberry Juice	High-acid cranberry juice controls harmful bacteria
Bone Problems	Pineapple	Bone fractures and the manganese in pineapple can prevent osteoporosis.
PMS	Cornflakes	Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.
Memory Problems	Oysters	Oysters help improve your mental functioning by supplying much-needed zinc.
Colds	Garlic	Clear up that stuffy head with garlic.
Cough	Red Pepper	A substance similar to that found in the cough syrups 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 Veggies	A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.
Ulcers	Cabbage	Cabbage contains chemicals that help heal both gastric and duodenal ulcers.
Diarrhea	Apples	Grate an apple with its skin, let it turn brown and eat it to cure this condition.
Clogged Arteries	Avocados	Monounsaturated fat in avocados lowers cholesterol.
High Blood Pressure	Olive Oil, Celery	Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure, too.
Blood Sugar Imbalance	Broccoli, Peanuts	The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

## **2) Health Tips – Super Fruits**



**Kiwi** : Tiny but mighty

This is a good source of potassium, magnesium, Vitamin E & fibre. It's Vitamin C content is twice that of an orange.



**Apple** : An apple a day keeps the doctor away?

Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.



**Strawberry** : Protective Fruit

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals.



**Orange** : Sweetest medicine

Taking 2 –4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.



**Watermelon** : Coolest Thirst Quencher

Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene – the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium.



**Guava & Papaya** : Top awards for Vitamin C

They are the clear winners for their high Vitamin C content. Guava is also rich in fibre which helps prevent constipation. Papaya is rich in carotene, this is good for your eyes.

### **Tips of how to stay young.....**

Research has found that people who generally live longer do so partly because of good habits. Here, Dr Vernon Coleman and others provide some of the following good habits for longevity.

- 1) Laugh & fun, don't be gloomy
- 2) Let bygones be bygones. Dwelling on the past inflicts unnecessary stress.
- 3) Early to bed, early to rise, is healthy & wise
- 4) Stay lean, being just 30% overweight is bad.
- 5) Keep learning, reading & socializing – an alert & active mind keeps brain cells healthy.
- 6) Keep working, doing something you like. Don't retire, it slows down your body.
- 7) Be the boss of your own life. Letting others push you around produces stress.
- 8) Too many pills ruin your body, take just what you need.
- 9) Constantly alternating between weight gain & loss is bad
- 10) Exercise, quit smoking and eat less fatty foods
- 11) Do not worry about health & death, just get on with your life and enjoy it.

### **HONEY & CINNAMON**

It is found that mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a Ram Ban (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients also. A famous magazine named Weekly World News published in Canada dated 17 January, 95 has given a list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

The list is show below:

No	Disease	Curing way
1.	ARTHRITIS:	Take one part honey to two parts of luke warm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two. Or arthritis patients may daily, morning and night take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If drunk regularly even chronic arthritis can be cured. In a recent research done at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon cinnamon powder before breakfast. They found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month. Mostly all the patients who could not walk or move around because of arthritis started walking without pain.
2.	HAIR LOSS:	Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found very effective if kept for 5 mins. also.
3.	BLADDER INFECTIONS:	Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of luke warm water and drink it. It destroys the germs of the bladder.
4.	TOOTHACHE:	Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be done 3 times a day daily till such time that the tooth has stopped aching.
4.	CHOLESTEROL :	Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, if given to a cholesterol patient, it reduces the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day any chronic cholesterol is cured. As per the information received in the said journal, pure honey taken with food daily relieves complains of cholesterol.
5.	COLDS:	Those suffering from common or severe colds should take one tablespoon luke warm honey with 1/4 teaspoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.
6.	INFERTILITY:	Yunani and Ayurvedic have been using honey for years in medicine to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before sleeping, their problem will be solved. In China, Japan and Far-East countries, women who do not conceive and to strengthen the uterus have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body. A couple in Maryland, America had no children for 14 years and had left hope of having a child of their own. When told about this process husband and wife started taking honey and cinnamon as stated above, the wife conceived after a few months and had twins at full term.
7.	UPSET STOMACH:	Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.
8.	GAS:	According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.
9.	HEART DISEASES:	Make a paste of honey and cinnamon powder, apply on bread or chappati instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that due to the increasing age the arteries and veins,

		which lose their flexibility and get clogged, are revitalized.
10.	IMMUNE SYSTEM:	Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.
11.	INDIGESTION:	Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.
12.	INFLUENZA	A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.
13.	LONGEVITY:	Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life span also increases and even if a person is 100 years old, starts performing the chores of a 20 year old.
14.	PIMPLES:	Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.
15.	SKIN INFECTIONS:	Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.
16.	WEIGHT LOSS:	Daily in the morning, 1/2 hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup water. If taken regularly it reduces the weight of even the most obese person. Also drinking of this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.
17.	CANCER:	Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.
18.	FATIGUE:	Recent studies have shown that the sugar content of honey is more helpful than detrimental to the body strength. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton who has done research says that half tablespoon honey taken in one glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts decreasing, increases the vitality of the body within a week.
19.	BAD BREATH:	People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.
20.	SINUS & HEADACHES:	Drink mix up with honey & lemon juice helps sinus headaches.