## **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.

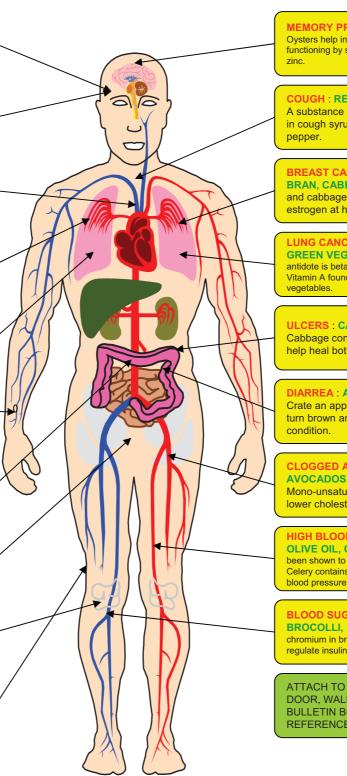
ARTHRITIS : FISH Salmon, tuna, mackerel and sardines actually prevent arthritis.

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.

**DIARREA** : **APPLES** Crate 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 : BROCOLLI, 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.