

An apple
a day
=
no doctor



1 Lemon
a day
=
no fat



3ltrs of
water
per day
=
no diseases



Tulsi Leaf
a day
=
no cancer



1 cup milk
a day
=
no bone
problem



AMAZING BENEFITS OF BANANAS

Energy

Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used



Potassium

High in potassium, bananas help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat and proper water balance in



PMS

Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to suppress cranky moods



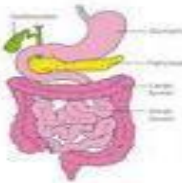
Brain Power

Potassium-packed fruit helps learning because it makes the pupils more alert. Students find that they have more brain power and do better on exams when they eat bananas at breakfast and lunch.



Bowel Health

Bananas are high in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function



Increase happiness

Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood & makes us happier!



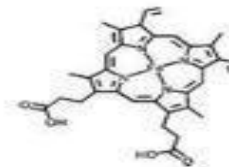
Help Smokers Quit

Bananas contain B vitamins and other minerals that lessen the effects of nicotine withdrawal both physically and psychologically



Iron

Bananas are rich in iron too, and can help individuals with anemia. Iron rich foods, such as bananas help stimulate production of hemoglobin in the blood and



Anti-Cancer Superfruits



Blueberries



Goji Berries



Grapes



Mangosteen



Dragon Fruit



Acai Berries



Avocado



Noni



Soursop



Apple



Citrus



Pomegranate



Strawberries



Kiwi

Juice Combinations: Use the chart below to choose ingredients to create your own juice blend

Follow these
4 Simple steps

Step #1: Pick one item from the **SWEET** column.

Step #2: Pick one item from the **BOLD** column.

Step #3: Pick one item from the **NEUTRAL** column.

Step #4: Juice ingredients in a juicer or blender.



SWEET

Helps to Balance
The Bolder Flavors
of Strong Vegeta-
bles



Apple



Beet



Carrot



Grapes



Melons

BOLD

Bitter Strong &
Spicy. Should be
tampered by other
ingredients.



Cranberry



Broccoli



Rutabaga



Raddish



Grapefruit

NEUTRAL

These are not spicy
nor bitter and so
work well in variety
of combinations



Fennel



Peppers



Chard



Celery



Cucumber

www.healthorganicwellbeing.com

<http://suratiundhiyu.wordpress.com/>

Drinking water at a at the correct time maximizes it's Effectiveness on the body.

2 glasses after waking up - helps activate internal organs.

1 glass 30 minutes before a meal - helps Digestion.

1 glass before taking a bath - helps lower Blood Pressure.

1 glass before going to bed - avoids Stroke or Heart attack.

So, since the recommended daily intake of water is at least twelve (12) glasses of water a day, the remaining seven (7) glasses could be taken in between these suggested time.

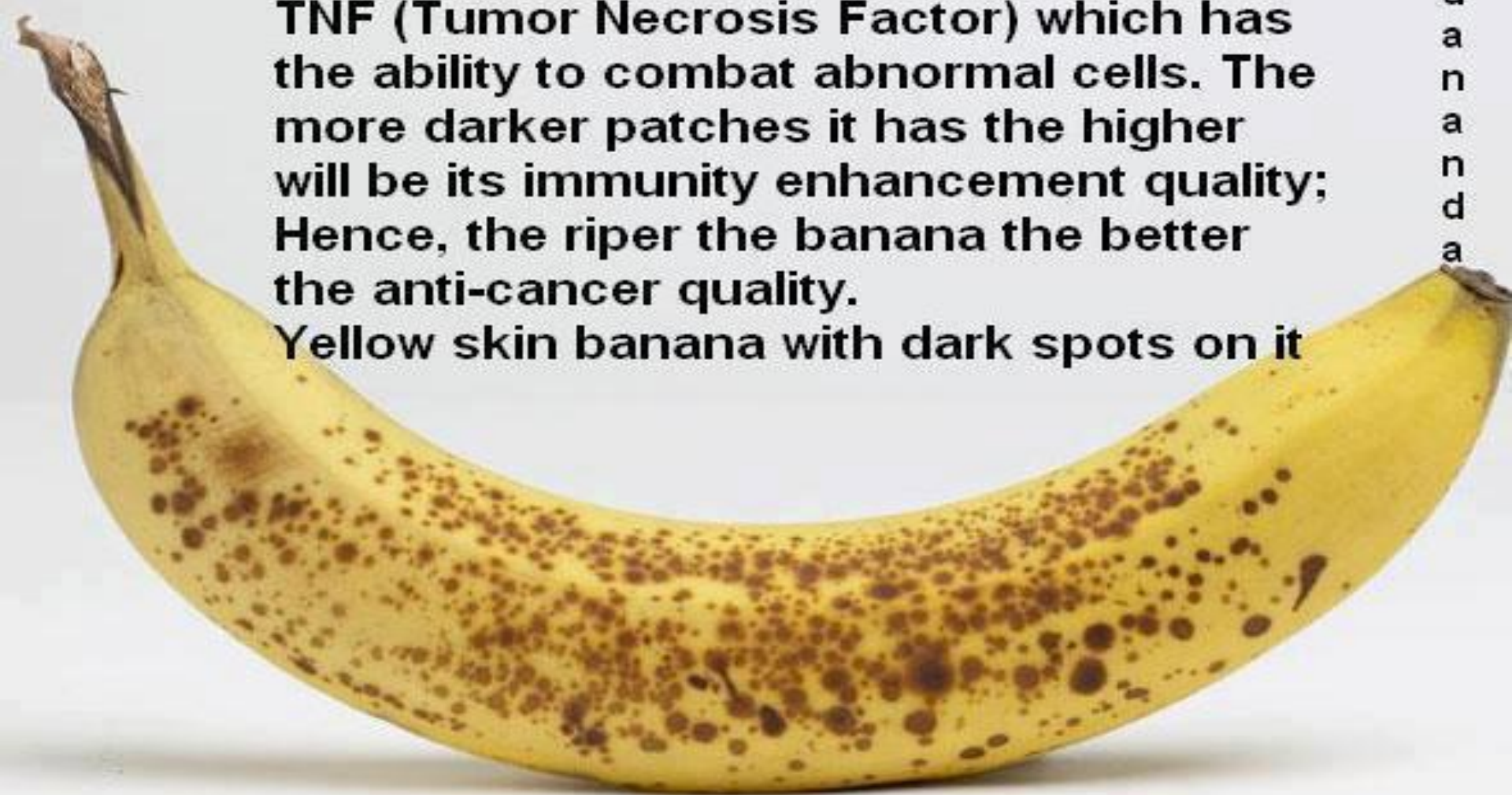
NSL Note: 8 glasses of water is not enough to rehydrate this summer or if you are living in tropical countries, or if you have an active lifestyle, etc.

Source: Adopted from "Correct Time to Drink Water" by Abdul Matin Sattar Khan



Full ripe banana with dark patches on yellow skin produces a substance called TNF (Tumor Necrosis Factor) which has the ability to combat abnormal cells. The more darker patches it has the higher will be its immunity enhancement quality; Hence, the riper the banana the better the anti-cancer quality.

Yellow skin banana with dark spots on it



Please pass/share and stay healthy.