NATURAL CURES

HEADACHES: FISH PROTEIN
EAT FISH, IT PREVENTS HEADACHES AS DOES GINGER, WHICH REDUCES INFLAMMATION AND PAIN

STROKES: TEA PREVENTS BUILDUP OF FATTY DEPOSITS ON ARTERY WALLS, DRINK TEA DAILY.

HAY FEVER: YOGURT
EAT YOGURT OR LOCAL RAW HONEY BEFORE POLLEN SEASON

INSOMNIA: LOCAL RAW HONEY
USE HONEY AS A TRANQUILIZER AND AS A SEDATIVE.

ASTHMA: RED ONIONS - EATING ONIONS HELPS EASE CONSTRICION OF BRONCHIAL TUBES

ARTHRITIS: FISH
SALMON, TUNA, MACKEREL AND SARDINES 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

HIGH BLOOD PRESSURE: OLIVE OIL, CELERY
OLIVE OIL HAS BEEN SHOWN TO LOWER BLOOD PRESSURE. CELERY CONTAINS A CHEMICAL THAT ALSO LOWERS BLOOD PRESSURE.

STRONG BONES:
PINEAPPLE FOR BONE FRACTURES AND OSTEOPOROSIS CAN BE PREVENTED. THERE IS MANGANESE IN PINEAPPLE

ULCERS: CABBAGE
CABBAGE CONTAINS A CHEMICAL THAT HELPS HEAL BOTH TYPES OF ULCERS.

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LUNG CANCER: ORANGE & GREEN VEGETABLES. A GOOD ANTIDOTE IS BETA-CAROTENE, A FORM OF VITAMIN A FOUND IN ORANGE & GREEN VEGETABLES.

BLOOD SUGAR IMBALANCE: BROCCOLI, PEANUTS.
THE CHROMIUM IN BROCCOLI AND PEANUTS HELPS REGULATE INSULIN AND BLOOD SUGAR.

COUGH: RED PEPPER A SUBSTANCE SIMILAR TO THAT FOUND IN COUGH SYRUP IS FOUND IN HOT RED PEPPER.

BREAST CANCER: CABBAGE AND PLANT FIBER
HELP MAINTAIN HEALTHY ESTROGEN LEVELS.

MEMORY PROBLEMS: OYSTERS
OYSTERS HELP INCREASE YOUR MENTAL FUNCTION BY SUPPLYING MUCH NEEDED ZINC.

SOURCE: EMA'S HERBS