

NATURAL CUIRES

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

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.

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

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

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

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

BLADDER INFECTIONS:
CRANBERRY JUICE: HIGH-ACID
CRANBERRY JUICE CONTROLS
HARMFUL BACTERIA

MEMORY PROBLEMS: OYSTERS
OYSTERS HELP INCREASE YOUR MENTAL
FUNCTION 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: CABBAGE AND PLANT FIBER
HELP MAINTAIN HEALTHY ESTROGEN LEVELS.

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.

DIARRHEA - LET AN APPLE TURN
BROWN AND EAT IT WHEN HAVING
DIARRHEA.

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 ALSO LOWERS
BLOOD PRESSURE.

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

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SOURCE: EMA'S HERBS