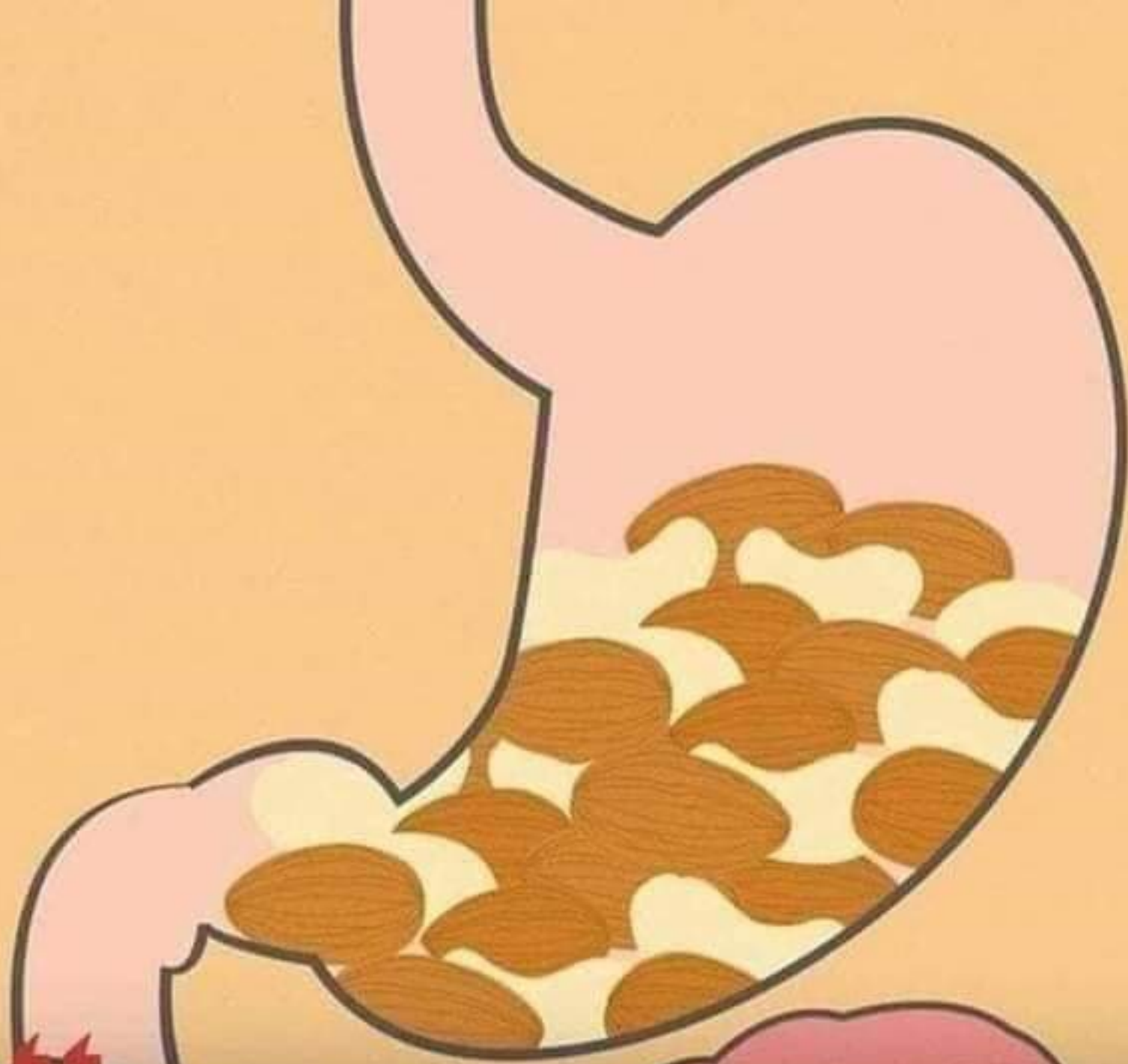




Potato Takes 90 - 120 min.



Nuts Take 180 min



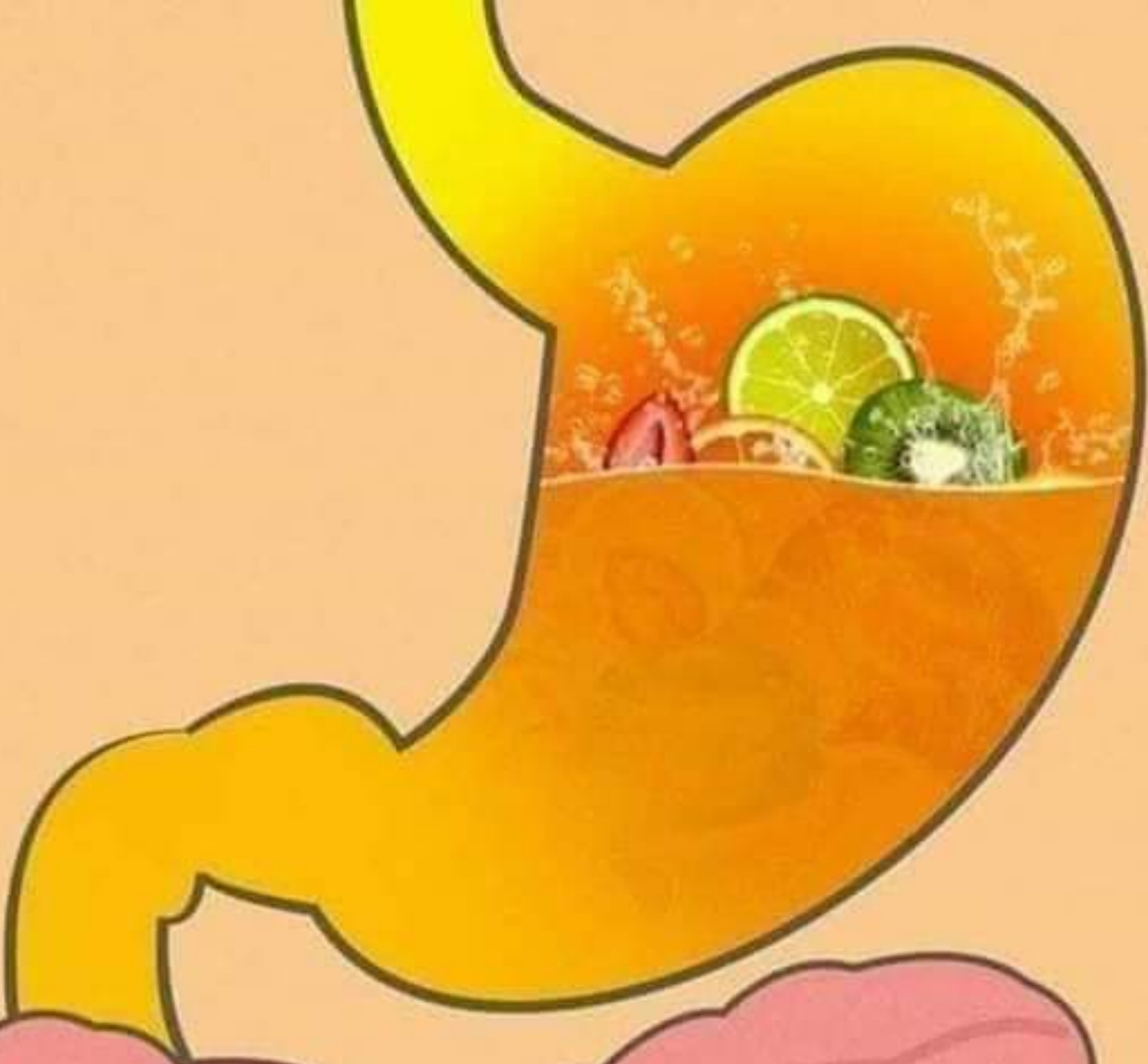
Vegetables Take 30 - 40 min.



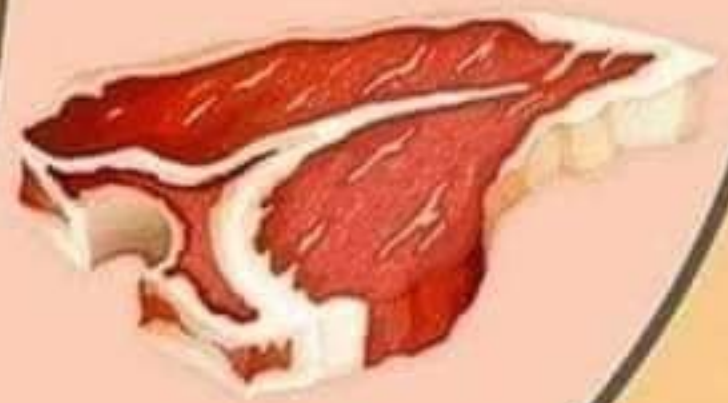
Water Takes 0 min.



Milk Products Take 120 min.



Fruits and Vegetables
Take 15 - 20 min.



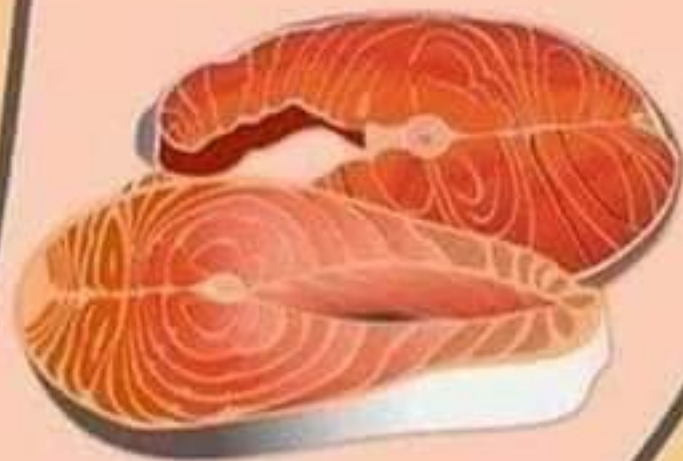
Beef Meat Takes **180** min.



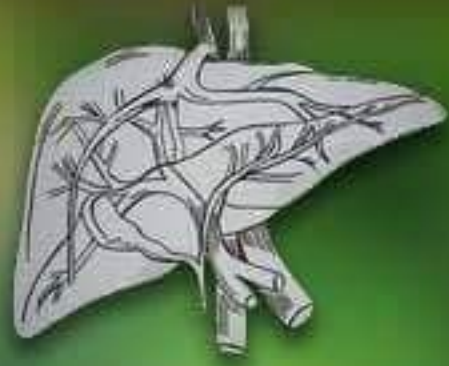
Chicken Takes 90 - 120 min.



Cooked Vegetables Takes 40 min.



Fish Takes 45 - 60 min.



Foods that cleanse the **LIVER**



Grapefruit



Beets



Carrots



Green Tea



Apples



Broccoli



Lemons



Arugula



walnuts



Cabbage



Cauliflower



Avocado



Spinach



Garlic



Turmeric

Nature's 11 Most Powerful Antibiotics

Turmeric



Ginger



Oregano Oil



Habanero



Onion



Horseradish Root



Echinacea
(Herb)



Apple Cider
Vinegar



Raw Honey



Garlic



Colloidal
Silver



Choose The Right Tea For Every Condition



Headache



Cinnamon

Cough



Thyme

Sore Throat



Lemon

Stomach Ache



Chamomile

Fatigue



Peppermint

Insomnia



Passionflower



The Right Time To **DRINK WATER**

CureJoy

After Waking Up



1 glass to
Cleanse your organs

Before a meal



1 glass to dilute your
digestive juices

Before a shower



1 glass to lower your
blood pressure

Before going to bed



1 glass to keep
yourself hydrated

Top Natural Painkillers

CureJoy

Earache
Garlic



Toothache
Cloves



Heartburn
Apple Cider
Vinegar



Chronic Pain
Turmeric



Joint Pain
Cherries



Bloating
Pineapple



Sore
Muscles
Peppermint



Sinus Pain
Horseradish



Injury Pain
Water



Urinary Tract
Infections
Blueberries



Foods That Can Soothe Arthritis Pain

Turmeric

The curcumin content in turmeric has potent healing properties.



Ginger

The anti-inflammatory compounds in ginger can effectively relieve arthritis pain.



Cherries

Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain.



Pineapples

The bromelain content in pineapples has powerful anti-inflammatory properties.



Omega-3-Rich Foods

Fish oil, flaxseeds, and chia seeds can help soothe joint pain.



Raw Apple Cider Vinegar (ACV)

The high acetic content in ACV can negate the effects of inflammation.



20 BENEFITS OF WALKING 30 MINUTES A DAY

RELIEVPHO

01 

REDUCES RISK
OF HEART
DISEASE

02 

HELPS TO
MAINTAIN WEIGHT

03 

REDUCES YOUR
STRESS LEVELS

04 

INCREASES YOUR
ENERGY LEVELS

05 

HELPS TO BOOST
YOUR MOOD

06 


GETS THE
BLOOD
PUMPING

07 

PREVENTS
OBESITY

08 

CAN HELP TO
REDUCE
ANXIETY

09 

INCREASES
FUNCTIONING
OF THE LUNGS

10 

INCREASES THE
BODY'S ACCESS
TO VITAMIN D

11 


REDUCES THE
RISK OF
CANCER

12 


CAN IMPROVE
QUALITY OF
SLEEP

13 

GIVES YOU TIME
TO PRACTICE
SELF CARE

14 

IMPROVES
COORDINATION
AND BALANCE

15 

IMPROVES
QUALITY OF
LIFE

16 

REDUCES
CHANCE OF
DIABETES

17 

WALKING CAN
SPARK
CREATIVITY

18 

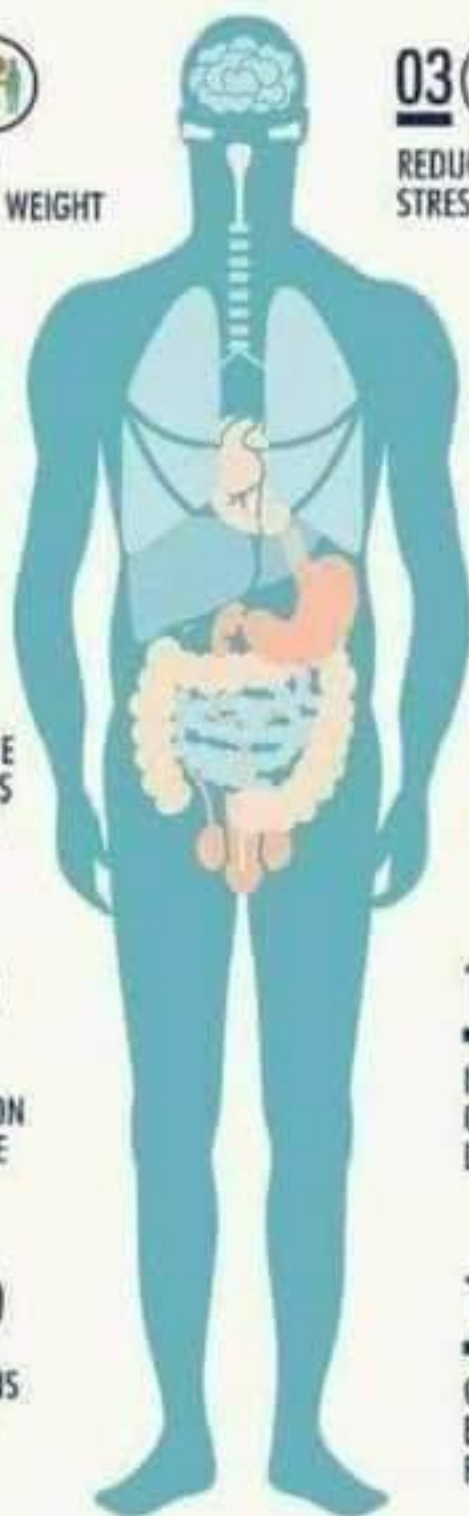
STRENGTHENS
BONES AND
MUSCLES

19 

CAN IMPROVE
BLOOD
PRESSURE

20 

CAN HELP TO
BOOST YOUR
IMMUNE SYSTEM



Why You Should Start Your Day With **Lemon Water**

1. Fresh breath
2. Improved digestion
3. Better hydration
4. Boosted energy levels
5. Stronger immune system
6. Prevention of cough and colds
7. Clearer skin
8. Relief from inflammation
9. Regulated pH levels
10. Steady weight loss
11. Sharper brain function
12. Reduced risk of cancer



Drinking Water From A **COPPER CUP** helps



- Kill bacteria
- Stimulate the brain
- Regulate the functioning of the thyroid gland
- Soothe arthritis pain
- Boost skin health
- Slow down aging
- Improve digestion
- Get rid of anemia
- Lower the risk of cancer and heart disease

10 Benefits Of Drinking **LEMON WATER** On An Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss

HONEY for COLD



- * 1 tbsp honey
- * 1 tbsp lemon juice

HONEY for DETOX



- * 1 cup herbal tea
- * 1-2 tsp honey

HONEY for SINUS



- * 2 tbsp -apple cider vinegar
- * 1 tbsp -honey

HONEY for WEIGHT LOSS



- * 1 tsp honey
- * 1/2 tsp cinnamon

HONEY for COUGH



- * Honey-8 tsp
- * Lemon-4 tsp

HONEY for TOOTHACHE



- * 1 tsp cinnamon
- * 1 tbsp of honey

Benefits Of Pineapple Juice

- 🍍 Boosts immunity
- 🍍 Aids digestion
- 🍍 Relieves cough and sinusitis
- 🍍 Reduces arthritis pain
- 🍍 Strengthens bones
- 🍍 Reduces period cramps
- 🍍 Lowers the risk of cancer



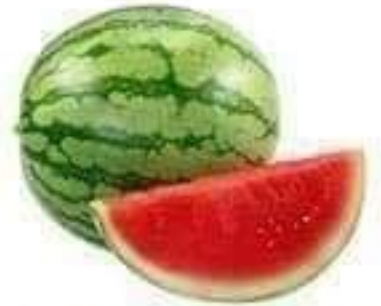
Want **GLOWING SKIN?** Eat Your Water!



Apples
84% Water



Strawberries
90% Water



Watermelons
92% Water



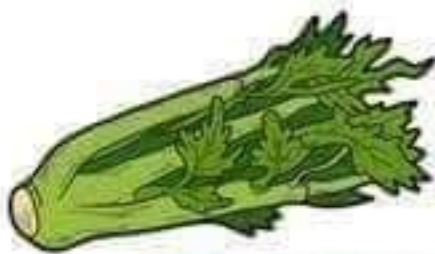
Iceberg Lettuce
96% Water



Oranges
87% Water



Spinach
96% Water



Celery - 95% Water



Grapefruit - 91% Water



Tomatoes - 93% Water



Cucumbers - 96% Water

Why You Should *Eat* **Fruits** *Every Day*



STRAWBERRIES
Fight aging



BANANAS
Boost your energy



CHERRIES
Calm your nerves



GRAPES
Relax your blood vessels



PINEAPPLES
Relieve arthritis pain



BLUEBERRIES
Strengthen your heart



WATERMELONS
Promote weight loss



ORANGES
Protect your skin
and vision

APPLES
Help resist infection



3 Amazing Juice Recipes For Better Health



For Improved Heart Health

1. Carrot
2. Oranges
3. Apples
4. Beetroot
5. Kale

For A Complete Detox

1. Apple
2. Cucumber
3. Kale
4. Lemon
5. Ginger
6. Celery



For Increased Energy Levels

1. Apple
2. Cucumber
3. Kale
4. Spinach
5. Lemon

