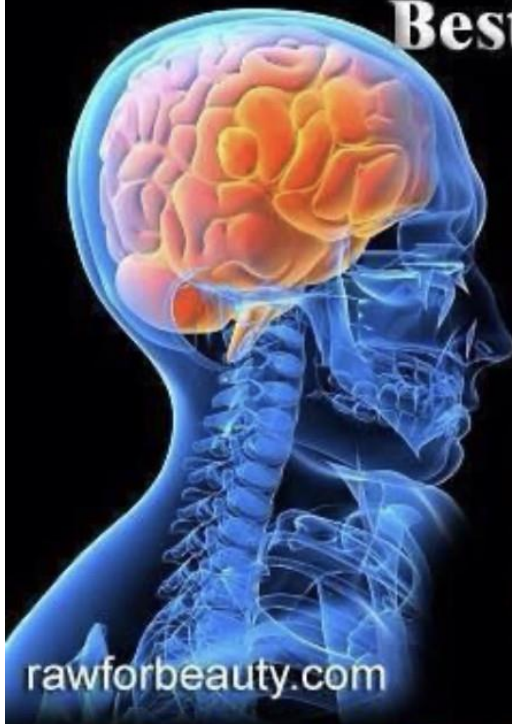


# Best Foods for your BRAIN



**Almonds**



**Walnuts**



**Hazelnuts**



**Brazil nuts**



**Broccoli**



**Blueberries**



**Pomegranate**



**Avocado**



**Sage**



**Sesame seeds**



**Flax seeds**



**Pumpkin seeds**

# ANTI-AGING COLOR CHART



detoxifies to  
prevent our  
complexion  
from dulling

---



antioxidants  
neutralize  
damaging  
free radicals

---



avocado oil  
strengthens  
skin while  
hydrating it

---



vitamin C  
produces  
collagen to  
fight wrinkles

---



beta-carotene  
turns to  
vitamin A  
for smooth skin

---



lycopene  
protects  
skin from  
sun damage

# Herbs That **Kill Viruses** And **Clear Lungs**



**Oregano**

Proven to drastically reduce viral activity in just 15 minutes and to attack the respiratory syncytial virus (RSV).



**Licorice**

It helps loosen the mucus in your body and flush it out by making you cough. As a known anti-inflammatory, it also fights sore throats.



**Rosemary**

Rosemary naturally attacks viruses and fights off everything from hepatitis to influenza, thanks to its oleanolic acid.

# YOU ARE WHAT YOU EAT

Foods that resemble organs they're good for



**Carrot**



**Eyes**



**Walnut**



**Brain**



**Grapes**



**Lungs**



**Tomatoe**



**Heart**



**Ginger**



**Stomach**



**Figs**



**Strotum**



**Citrus**



**Breast**



**Sweet  
potatoe**



**Pancreas**



**Kidney  
Beans**



**Kidney**



**Bones**



**Celery**



**Hearing**



**Mushroom**



**Avocado**



**Uterus**

f / Funinventors

# Cold and Flu Drink



Apple Cider Vinegar  
1 Tablespoon



1/2 a Lime



2 Garlic Cloves



2 Slices of Ginger

For Quick relief: Mix these together with a small amount of water and drink anytime you're under the weather.

# FASTING.



Fasting (when done correctly and for the right reasons) does something to you that cannot be explained with human language. You become very aware of just how habitual the act of eating has become. Many of us do not eat for hunger, we eat for pleasure. Absence of perpetual pleasure seeking (in all forms) exposes you to the emotions you mask with your habits, and you are finally exposed to who you truly are. This is where healing starts. Physically, emotionally, and spiritually. ❤️

@anewme\_a.w

# 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

# Black Seed Oil

"There is within the black seed a cure for every disease except death"  
From the statements of the Prophet (peace be upon him), Sahih al-Bukhari, Chapter on medicine.

"For the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod." (Isaiah 28:25,27 NKJV)



Research shows that black seed oil & seed exhibits an anti-cancer, anti-tumor, anti-histamine, anti-bactericid, anti-oxidant, anti-biotic, anti-mycotic, anti-mycotic, anti-broncho-dilating, antimicrobial, anti-viral, anti-inflammatory, anti-analgesic, antipyretic, anti-microbial, anti-neoplastic, anti-parasites, anti-malarial, anti-hypertensive, anti-ulcer, anti-allergic, anti-bacterial, anti-animistic, anti-carcinogenic, anti-poisons, anti-oxidative, anti-leukemia, anti-analgesic and anti-metastatic effect.\*



# 19 HEALTH BENEFITS OF APPLE CIDER VINEGAR



improves digestion

lowers blood sugar levels

improves insulin sensitivity

helps you lose weight

improves hair health

anti-aging properties

makes you feel fuller

helps reduce acne

reduces belly fat

reduces bloating

aids heartburn

lowers blood pressure

improves heart health

decreases cancer risk

kills bacteria

lowers cholesterol

improves heart health

contains antioxidants

just 3 calories per tablespoon

DRINK WATER STORED IN A  
**COPPER BOTTLE**  
TO REAP NUMEROUS HEALTH BENEFITS



# DID YOU KNOW?

@HERBSOVERMEDS



Studies proved **cilantro** can remove an average of 87% lead, 91% mercury and 74% aluminum from the **body**.

@HERBSOVERMEDS

# GUIDE TO USING MULLEIN

Mullein has been used medicinally since ancient times  
Its use and popularity continues

In the Appalachia region of the United States, the plant  
has historically been used to treat colds and upper  
airway infections

## 5 PROPERTIES THAT MAKE MULLEIN SO POTENT

- 1 Well established emollient and astringent properties, making it an excellent choice for temperamental ear ailments
- 2 Anti-inflammatory
- 3 Disinfectant can treat both internal and external infections
- 4 Both an antioxidant and anti-inflammatory that helps to treat joint issues, rid the body of mucus and soothe the raw, inflamed tracts of your system
- 5 Bacteria killer



### PREPERATIONS OF MULLEIN CAN BE

  
INGESTED

  
APPLIED TOPICALLY

  
SMOKED



The leaves, flowers and roots of the mullein plant are used medicinally for the treatment of various ailments, such as:

INFLAMMATORY DISEASES  
DIARRHEA  
ASTHMA  
COUGHS  
EAR INFECTIONS  
INFLUENZA

HERPES VIRUSES  
RESPIRATORY INFECTIONS  
BRUISES, BURNS  
HEMORRHOIDS  
GOUT  
BURSITIS

# herbs you can grow in water all year

@witches.of.insta



ROSEMARY



OREGANO



SAGE



THYME



BASIL



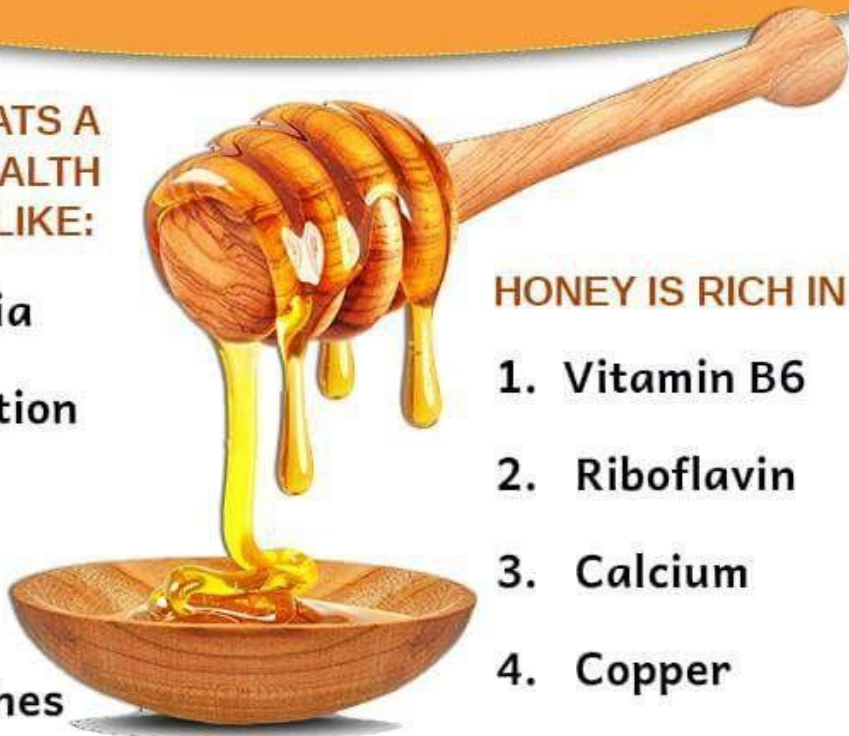
MINT

You can grow delicious and medicinal herbs in a jar or vase that contains nothing more than water. You won't need any soil, just a little H<sub>2</sub>O. Plus, you'll always have fresh, organic, and nutritious herbs at your disposal

# WHY YOU SHOULD HAVE MORE HONEY

HONEY TREATS A  
HOST OF HEALTH  
PROBLEMS LIKE:

1. Insomnia
2. Indigestion
3. Coughs
4. Colds
5. Headaches
6. Fatigue
7. Anemia
8. Acne
9. Ringworm
10. Eczema



HONEY IS RICH IN:

1. Vitamin B6
2. Riboflavin
3. Calcium
4. Copper
5. Iron
6. Magnesium
7. Phosphorous
8. Potassium
9. Sodium
10. Zinc

# Magnesium may treat depression better than antidepressant drugs.

Foods high in magnesium include:



- Spinach



- Swiss chard



- Pumpkin seeds



- Dark chocolate



- Almonds

OrganicConsumers.org



# THE HEALTHIEST FOODS ON THE PLANET

AVOCADO



LEMONS AND LIMES



ONIONS



GINGER



BROCCOLI



SPINACH



WATERCRESS



ARUGULA



GARLIC



KALE



TOMATOES



TURMERIC



COCONUT



SOURSOP



GINSENG





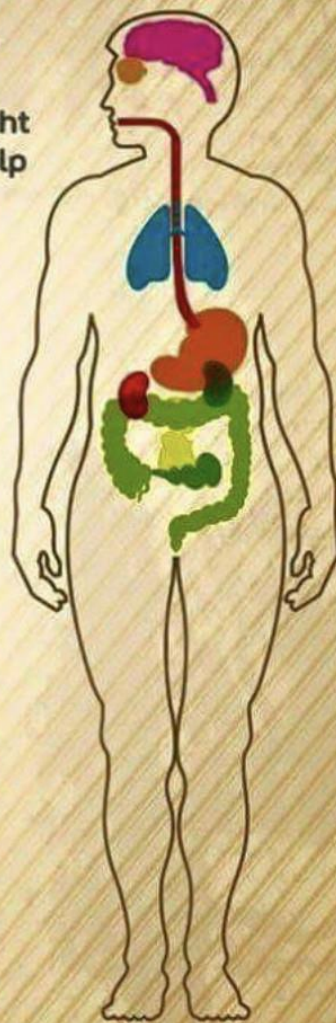
NATURE'S

FitLifeTV

# 11 MOST POWERFUL ANTIBIOTICS

Your first line of defense against any illness or infection is your own immune system! These foods will super-boost your body's ability to fight any nasty bugs that come your way and will help keep you on top of your game all year long.

- APPLE CIDER VINEGAR
- GARLIC
- GINGER
- HORSERADISH ROOT
- ONION
- HABANERO PEPPERS
- OREGANO OIL
- TURMERIC
- ECHINACEA (HERB)
- RAW HONEY
- COLLOIDAL SILVER



# **Mangosteen Fruits**

## **Cancer Killers**



**Studies have shown that the Xanthones in mangosteens have the power to destroy even those cancer cells that are resistant to chemotherapy!**

**[Vegan Blogger.com](http://VeganBlogger.com)**

# Get on the top 10 super foods & super herbs & do your best with ease, grace & flow to get off the rest.

## Top 10 Superfoods & Superherbs



1. CACAO  
(RAW CHOCOLATE)



7. ALOE VERA



2. GOJI BERRIES



8. SEA VEGETABLES  
(KELP, DULSE, NORI, HIJIKI,  
BLADDERWRACK, & CHLORELLA)



3. MACA



9. MEDICINAL MUSHROOMS (REISHI,  
CHAGA, CORDYCEPS, MAITAKE,  
SHIITAKE, LION'S MANE, ETC.)



4. RAW HEMP  
PRODUCTS



10. CAT'S CLAW (UNA DA GATO)  
(ANTI-VIRAL) AND PAU D'ARCO  
(ANTI-FUNGAL)



5. SPIRULINA AND AFA  
BLUE-GREEN ALGAE



6. RAW HONEY, POLLEN  
AND PROPOLIS

David Avocado Wolfe

# 10 TIPS ON HOW TO GET RID OF A HEADACHE



## WATER

Drink a glass of water as soon as you notice the signs of a headache



## PEPPERMINT

Its soothing property makes it a great headache reliever



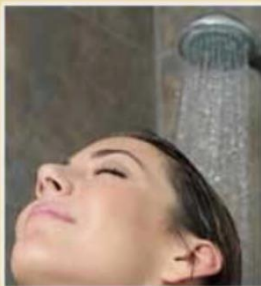
## ICE PACK

Using an ice pack on your forehead helps you numb the pain



## GINGER

Drink some ginger tea 3 times a day



## HOT WATER

Use a hot water to release stress



## EUCALYPTUS OIL

Take some eucalyptus oil and massage it on your forehead for 15 to 20 minutes



## LEMONS

Drink a glass of a warm water which has half a lemon squeezed in it



## CINNAMON

Mix cinnamon in water and apply this paste on your forehead and let it stay for 30 minutes



## APPLE

Take a glass of water and add 2 tsp of apple cider vinegar



## BETEL LEAVES

Make paste and use this paste on your forehead and let it stay for 30 minutes



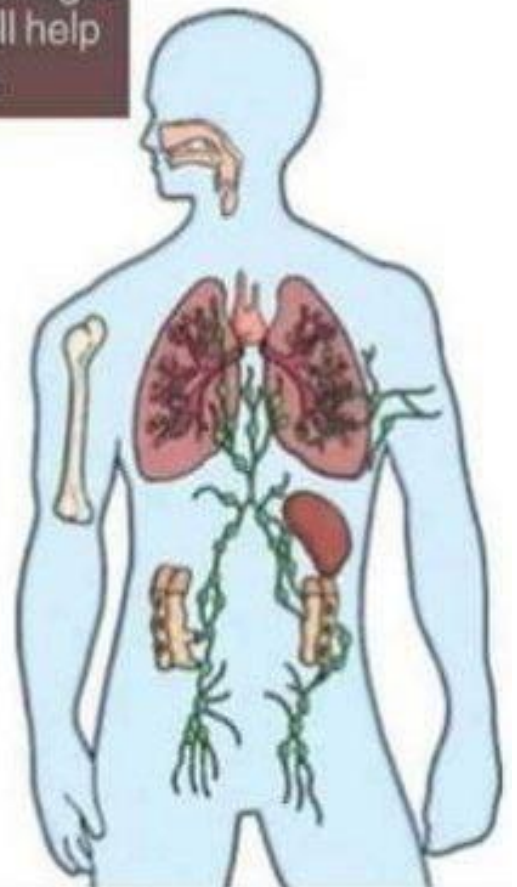
NATURE'S

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- **ONION**
- **HABANERO PEPPERS**
- **OREGANO OIL**
- **TURMERIC**
- **ECHINACEA**
- **RAW HONEY**



## GOD's Pharmacy is Amazing



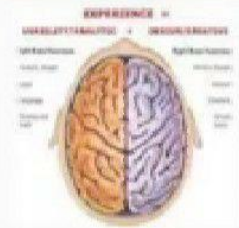
\* A sliced carrot looks like a Human eye and it greatly enhances blood flow to the eyes



\* A tomato has 4 chambers & is red just like the heart. A tomato is loaded with Lycopine that is pure heart & blood food



\* A walnut looks like the brain and helps develop more than 3 dozen neuro Transmitters to enhance brain functions.



\* Beans are kidney shaped and they heal and help maintain kidney functions.



# AIR-PURIFYING PLANTS

THEINDIANSPOT.COM

*houseplants can filter out harmful toxins and help clean the air.*



SPIDER PLANT

**FILTERS:**  
Benzene  
Xylene



PEACE LILY

**FILTERS:**  
Benzene  
Xylene  
Ammonia  
Formaldehyde  
Trichloroethylene



BOSTON FERN

**FILTERS:**  
Xylene and  
Toluene  
Formaldehyde



BAMBOO PALM

**FILTERS:**  
Benzene  
Xylene and  
Toluene



ARECA PALM

**FILTERS:**  
Benzene  
Xylene  
Ammonia  
Formaldehyde  
Trichloroethylene



WEeping FIG

**FILTERS:**  
Benzene  
Formaldehyde  
Trichloroethylene



SNAKE PLANT

**FILTERS:**  
Benzene  
Xylene  
Formaldehyde  
Trichloroethylene



SNAKE PLANT

**FILTERS:**  
Benzene  
Formaldehyde

# ALKALINE CHART



## HIGHLY ALKALINE



Broccoli, cucumber,  
green drinks, kale,  
kelp, spinach,  
parsley



## MODERATELY ALKALINE



Avocado, arugula,  
beans, beets,  
cabbage, celery,  
chia seeds, ginger,  
lemon, lettuce,  
onions, peppers,  
tomato



## LOW ALKALINE



Artichokes, almonds  
asparagus,  
brussels sprouts,  
buckwheat,  
cauliflower, carrots,  
chives, flax oil, lentils,  
leeks, olive oil



stepintomygreenworld.com



# 10 FOODS THAT NATURALLY KILL PARASITES



Garlic



Onions



Pumpkin Seeds



Papaya Seeds



Coconut



Carrots



Sunflower  
Seeds



Fermented  
Foods



Raw  
Honey



Berries

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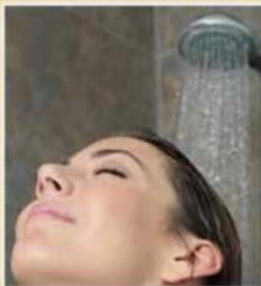
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# DID YOU KNOW?



**PINEAPPLES CONTAIN BROMELAIN, AN ENZYME THAT HELPS DIGESTION AND ARTHRITIS BY EASING INFLAMMATION. THEY ARE ALSO A GOOD SOURCE OF VITAMIN C, WHICH HELPS YOUR IMMUNE SYSTEM.**

# 7 NATURAL PHARMACEUTICAL COUNTERPARTS

BROUGHT TO YOU BY: [www.livelovefruit.com](http://www.livelovefruit.com)

Natural News



HYDROCODONE  
(I.E. TYLENOL)



PAIN

TURMERIC  
GINGER  
BERRIES



STATINS  
(I.E. LIPITOR)



REDUCTION OF LDL  
CHOLESTEROL

TOMATOES  
APPLES  
NUTS



LISINAPRIL &  
NORVASC  
(I.E. ZESTRIL)



REDUCTION OF  
HIGH BLOOD  
PRESSURE

CITRUS FRUIT  
BANANAS  
LEAFY GREENS



SYNTHROID



HYPOTHYROID  
PROBLEMS

SEAWEED  
RADISH  
BANANA



PRIOSEC  
(I.E. OMEPRAZOLE)



ANTACID

GRAPEFRUIT  
SPROUTS  
HONEY



GLUCOPHAGE  
(I.E. METFORMIN)



GLUCOPHAGE  
(I.E. METFORMIN)

BLACK TEA  
VITAMIN D (SUN)  
LEAFY GREENS



AMOXICILLIN



ANTIBIOTIC

VITAMIN D (SUN)  
GARLIC  
TURMERIC



---

# 15 PINEAL GLAND DECALCIFIERS



**MUCUNA**



**REISHI**



**ALGAE**



**PASSIONFLOWER**



**MILK THISTLE**



**ALBIZZIA**



**GINKGO**



**BLUE LOTUS**



**GOTU KOLA**



**NONI**



**SHIZANDRA**



**MORINGA**



**CHAGA**



**ALOE**



**TURMERIC**

# TOP 10

## HERBAL MEDICINE HERBS



### RAW GARLIC

Consuming garlic can help reverse diabetes, fight inflammation, boost the immune system, regulate blood pressure, fight cardiovascular disease, relieve allergies, fight fungal and viral infections, and improve hair loss



### GINGER

The therapeutic benefits of ginger come from gingerols, the oily resin from the root that acts as a highly potent antioxidant and anti-inflammatory agent



### TURMERIC

Several studies indicate that turmeric has potent antioxidant, anti-inflammatory, antimutagenic, antimicrobial and anticancer properties



### GINSENG

Ginseng is used to reduce stress, help with weight loss, treat sexual dysfunction, improve lung function, lower blood sugar levels, boost the immune system and reduce inflammation



### MILK THISTLE

The herb is also used for its anti-inflammatory properties. It can aid digestive function, increase bile production, boost skin health, fight the appearance of aging, lower cholesterol levels and help detoxify the body



### FEVERFEW

For centuries, feverfew has been used for fevers, headaches, stomachaches, toothaches, insect bites, infertility, and problems with menstruation and labor during childbirth



### ST. JOHN'S WORT

St. John's wort uses come from its antidepressant activity, ability to relieve PMS symptoms, improve mood during menopause, fight inflammation, relieve skin irritations and improve symptoms of obsessive compulsive disorder



### GINKGO BILOBA

Ginkgo biloba benefits include its ability to improve concentration and memory, reduce the risk of dementia and Alzheimer's disease, fight anxiety and depression, help maintain vision and eye health, relieve ADHD symptoms, improve libido, and fight fibromyalgia



### SAW PALMETTO

Aside from its ability to relieve conditions triggered by DHT, saw palmetto is also known to fight inflammation, boost immune function, treat respiratory conditions and promote relaxation



### ALOE VERA

In traditional Indian medicine, aloe vera is used for constipation, skin diseases, worm infestation, infections and as a natural remedy for colic; in Chinese medicine, it's often recommended in the treatment of fungal diseases; and in the Western world, it has found widespread use in the cosmetic, pharmaceutical and food industries

# HEAVY METAL DETOX SMOOTHIE

@medicalmedium | @nourishyourself



dulse



spirulina



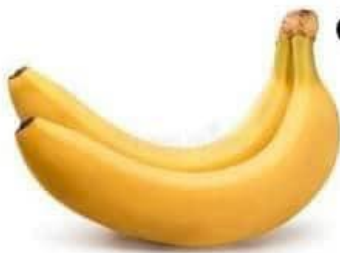
barley grass juice powder



cilantro



orange juice



bananas



wild blueberries

# NATURAL in your kitchen PAINKILLERS



**Garlic for earaches and stomach bugs**



**Ginger for muscle pain and nausea**



**Grapes for back pain**



**Relax painful muscles with peppermint**

@organicperception



**Turmeric for chronic pain/inflammation**



**Cloves for toothache**



**Oats for endometrial pain**



**Horseradish for sinus problems**



# *Cannabis*

- Stops cancer growth
- Reduces neurological impairment
- Relaxes muscles, antispasmodic
- Prevents Migraines
- Treats Glaucoma
- Treats ADD, ADHD
- Reduces IBS, Crohn's Disease
- Cures Epilepsy
- Prevents Alzheimer's
- Treats PMS
- Anti-Psychotic
- Makes bio-degradable plastic
- Makes Paper
- Makes Fuel, solvents, lubricants
- Makes Industrial Textiles
- Makes Consumer Textiles
- Makes Building Materials
- Could end deforestation
- Could end dependence on oil, gas and coal
- Can be grown almost anywhere

PreventDisease.com

**STILL WONDERING WHY IT'S ILLEGAL?**



# DID YOU KNOW?

@HERBSOVERMEDS



Studies proved **cilantro** can remove an average of 87% lead, 91% mercury and 74% aluminum from the **body**.

@HERBSOVERMEDS

# JUICE CURE



**COLD:** Carrot, Pineapple, Ginger, Garlic

**DEPRESSION:** Carrot, Apple, Spinach, Beet or Noni

**HEADACHE:** Apple, Cucumber, Kale, Ginger, Celery

**DIABETES:** Carrot, Spinach, Celery [f/DailyHealthGen](https://www.facebook.com/DailyHealthGen)

**ULCER:** Cabbage, Carrot, Celery

**Asthma:** Carrot, Spinach, Apple, Garlic, Lemon

**High B.P:** Beet, Apple, Celery, Cucumber, Ginger

**Arthritis:** Carrot, Celery, Pineapple, Lemon

**Kidney Detox:** Carrot, Watermelon, Cucumber, Cilantro

**Kidney Stone:** Orange, Apple, Watermelon, Lemon

**Eyes:** Carrot, Celery

**Stress:** Banana, Strawberry, Pear

**Constipation:** Carrots, Apple, Fresh Cabbage

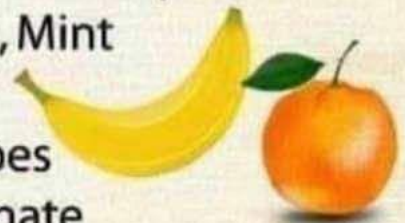
**Fatigue:** Carrots, Beets, Green Apple, Lemon, Spinach

**Indigestion:** Pineapple, Carrot, Lemon, Mint

**Hangover:** Apple, Carrot, Beet, Lemon

**Memory Loss:** Pomegranate, Beet, Grapes

**Nervousness:** Carrot, Celery, Pomegranate



## Genesis 1:29



Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate

Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pineapples help fight arthritis

Blueberries protect your heart



Kiwis increase bone mass



Mangos protect against several kinds of cancer



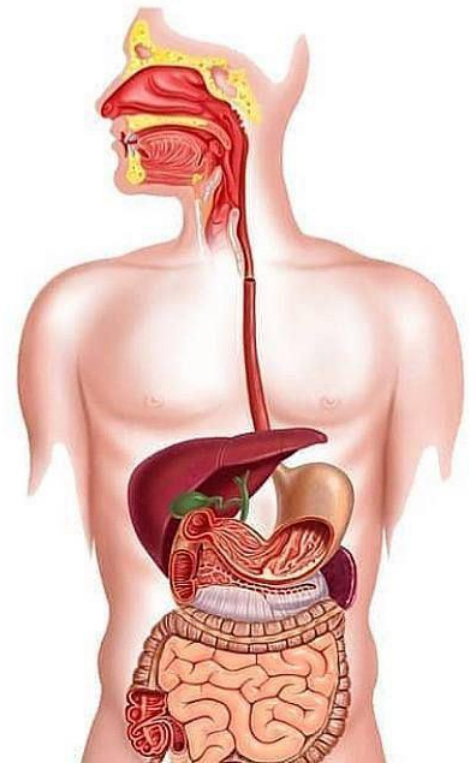
NATURE'S

@HEALTHYBUZZFEED

# 10 MOST POWERFUL ANTIBIOTICS

YOUR FIRST LINE OF DEFENSE AGAINST ANY ILLNESS OR INFECTION IS YOUR OWN IMMUNE SYSTEM! THESE FOODS WILL SUPER-BOOST YOUR BODY'S ABILITY TO FIGHT ANY NASTY BUGS THAT COME YOUR WAY AND WILL HELP KEEP YOU ON TOP OF YOUR GAME ALL YEAR LONG.

- APPLE CIDER VINEGAR
- GARLIC
- GINGER
- HORSERADISH ROOT
- ONION
- HABANERO PEPPERS
- OREGANO OIL
- TURMERIC
- RAW HONEY
- COLLOIDAL SILVER



# Foods that Help Get Rid of Parasites



## Pumpkin and Sunflower Seeds

Remove the seeds from your pumpkin and expose them to air for a few days to dry them out and eat them raw first thing each morning



## Pomegranates

Destroying worms in the intestinal tract



## Papaya

Destroy worms, including most intestinal worms and tape worm



## Thyme

Cleanse the system of worms



## Cayenne Pepper

Help to repel parasites



## Garlic

Eat a garlic bud first thing every morning



## Coconut

Drink the juice and eat the flesh of one fresh coconut first thing each morning then fast for 4 hours

[RawForBeauty.com](http://RawForBeauty.com)

source: hydroholistic

**COLD** →

Carrot, Pineapple,  
Ginger, Garlic



**DEPRESSION** →

Carrot, Apple,  
Spinach, Beet



**HEADACHE** →

Apple, Cucumber,  
kale, Ginger, Celery



**DIABETES** →

Carrot, Spinach,  
Celery



**ULCER** →

Cabbage, Carrot,  
Celery



**ASTHMA** →

Carrot, Spinach,  
Apple, garlic, Lemon



**HIGH B.P** →

Beet, Apple, Celery,  
Cucumber, Ginger



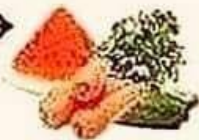
**ARTHRITIS** →

Carrot, Celery,  
Pineapple, lemon



**KIDNEY DETOX** →

Carrot, Watermelon,  
Cucumber, Cilantro



**KIDNEY STONE** →

Orange, Apple,  
Watermelon, Lemon



**EYES** →

Carrot, Celery



**STRESS** →

Banana, Strawberry,  
Pear



**CONSTIPATION** →

Carrot, Apple,  
Fresh Cabbage



**FATIGUE** →

Carrots, Beets,  
Green Apple, Lemon,  
Spinach



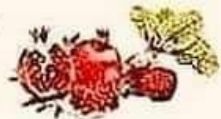
**HANGOVER** →

Apple, Carrot,  
Beet, Lemon



**MEMORY LOSS** →

Pomogranate, Beets,  
Grapes



**NERVOUSNESS** →

Carrot, Celery,  
Pomogranate



**INDIGESTION** →

Pineapple, Carrot,  
Lemon, Mint



@PLANTIFULFACTS

# MEDICINE IS FROM THE EARTH



@organicperception



Fights aging



Improves brain health



Calms nerves



Boosts energy



Promotes weight loss



Helps with PMS



Contains anti-cancer properties



Lowers blood pressure



Regulates blood sugar



Boosts sex drive



Helps with arthritis



Improves gut health



# 6 SIMPLE HOME REMEDIES USING **HONEY**

## **COLD**

1 tbsp. honey  
+  
1 tbsp. lemon juice

## **DETOX**

1 cup herbal tea  
+  
2 tsp. honey

## **SINUS**

2 tbsp. apple  
cider vinegar  
+  
1 tsp. honey



## **WEIGHT LOSS**

1/2 tsp. cinnamon  
+  
1 tsp. honey

## **COUGH**

8 tsp. honey  
+  
4 tsp. lemon juice

## **SORE TROAT**

2 tsp. honey  
+  
1 tsp. lemon juice

# AMAZING WATER REMEDIES

**Rice Water**



**Glowing skin, healthy hair, energy boost.**

---

**Lemon Water**



**Flat tummy, flawless skin, enhanced immune system.**

---

**Fennel Water**



**Weight loss, smooth menstrual cycle, enhanced digestion**

---

**Ginger Water**



**Less bloating, cure for colds and headaches**

---

**Mint Water**



**Full body detox, improved digestion, clear complexion.**

# NATURAL REMEDIES



**ASTHMA:  
RED ONIONS**  
Eating onion eases  
constriction of the  
bronchial tubes



**ARTHRITIS:  
TURMERIC**  
A potent  
anti-  
inflammatory



**BLADDER  
INFECTIONS:  
CRANBERRIES**  
Cranberries fight  
bacteria  
in the bladder



**BLOOD PRESSURE:  
CELERY**  
Celery contains  
phthalides  
which help lower  
blood pressure



**BLOOD SUGAR:  
BROCCOLI**  
Chromium in  
broccoli helps  
regulate insulin  
and blood sugar



**BONES:  
PINEAPPLE**  
Pineapples provide  
support against  
bone fracture and  
osteoporosis



**BREAST  
CANCER:  
CABBAGE**  
Maintain healthy  
estrogen levels



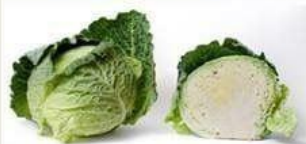
**CLOGGED  
ARTERIES:  
AVOCADOS**  
Mono-unsaturated  
fat in avocados  
lowers cholesterol



**COUGH:  
MULLEIN TEA**  
Loosens trapped  
mucus and  
soothes sore  
throats



**INSOMNIA:  
CHAMOMILE  
TEA**  
Relaxes the  
mind and body



**ULCERS: CABBAGE**  
Cabbage contains  
ample fiber which  
provides support for  
both types of ulcers



**STOMACH: GINGER**  
Ginger relieves  
nausea and  
morning sickness



**HEADACHES: CAYENNE**  
Cayenne pepper relieves  
headaches by depleting a  
neurotransmitter that  
sends pain signals.



**COLD:** Carrot, Pineapple, Ginger, Garlic

**DEPRESSION:** Carrot, Apple, Spinach, Beet or Noni

**HEADACHE:** Apple, Cucumber, Kale, Ginger, Celery

**DIABETES:** Carrot, Spinach, Celery

**ULCER:** Cabbage, Carrot, Celery

**Asthma:** Carrot, Apple, Spinach, Garlic, Lemon

**High B.P:** Beet, Apple, Celery, Cucumber, Ginger

**Arthritis:** Carrot, Celery, Pineapple, Lemon

**Kidney detox:** Carrot, Watermelon, Cucumber, Cilantro

**Kidney stone:** Orange, Apple, Watermelon, Lemon

**Eyes:** Carrot, Celery

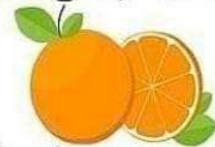
**Stress:** Banana, Strawberry, Pear

**Constipation:** Carrot, Apple, Fresh Cabbage

**Fatigue:** Carrot, Green Apple, Beets, Lemon, Spinach

**Indigestion:** Pineapple, Carrot, Lemon, Mint

**Hangover:** Apple, Carrot, Beet, Lemon



# WALNUTS

## POWERFUL ENOUGH TO BE A CANCER DRUG?

### How Walnuts May Prevent Breast Cancer

Omega-3's found in walnuts also inhibits an anti-inflammatory enzyme that advances breast cancer, and activates two genes—BRCA1 and BRC2 (breast cancer genes 1 and 2)—that help prevent cancer development.



7 It only takes 7 walnuts a day to get all the health 7 benefits! 7



### Cancer Fighting Warriors

The highly potent phytonutrient quinone juglone, abundant in walnuts, destroys cancer and precancerous cells while leaving healthy tissue intact.

The Romans called walnuts "Jupiter's royal acorn" and were reserved for royalty.

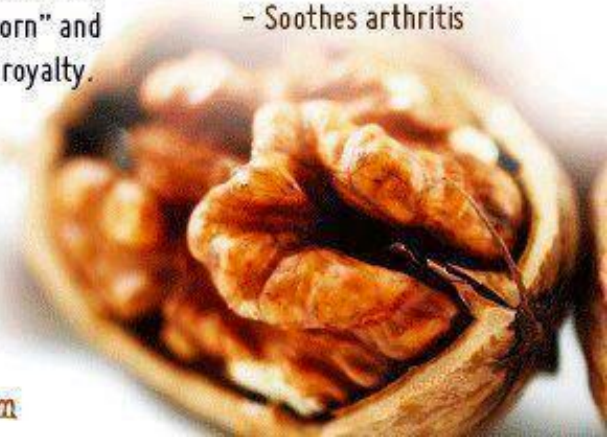


**Eat the skin**, over 90% of the nutrients are found in the skin.

In yet another attempt to suppress our health freedom, the (US FDA) issued a warning to walnut producers stating that their claims for the health-promoting qualities of walnuts—which are all substantiated have moved walnuts from a food to a drug!

### Packed With Essential Omega-3

- Reduces blood pressure
- Lowers cholesterol
- Relieves IBS
- Soothes arthritis



[www.undergroundhealthreporter.com](http://www.undergroundhealthreporter.com)

# Anti-inflammatory Foods



flaxseed



green tea



turmeric



cantaloupe



avocado



walnuts



lemon



berries



pineapple



kale



garlic

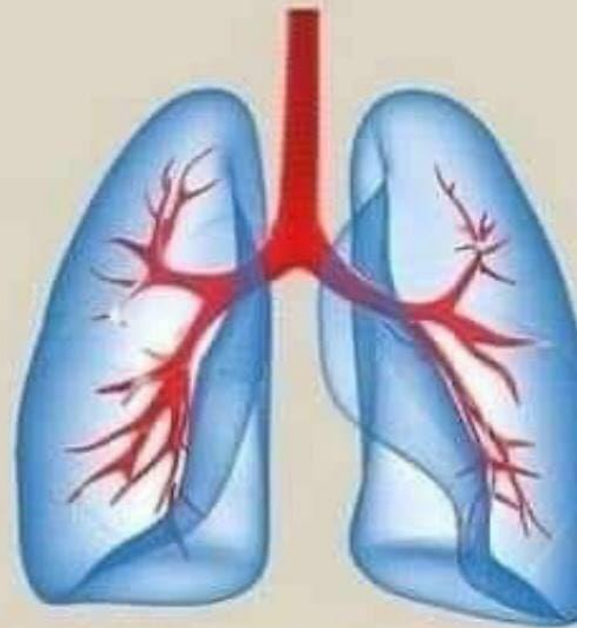


broccoli

# **DID YOU KNOW?**

*When you drink pineapple juice..*

**ONE HEALTHY NATION**



*you help dissolve mucus in the lungs. Pineapple juice is a great cough suppressant, because it contains an enzyme know as bromelain which has strong anti-inflammatory benefits.*

**THIS SIMPLE CLOVE TEA KILLS BACTERIA IN MOUTH, EXPELS MUCUS FROM THE LUNGS & SUPPORTS IMMUNE SYSTEM.**

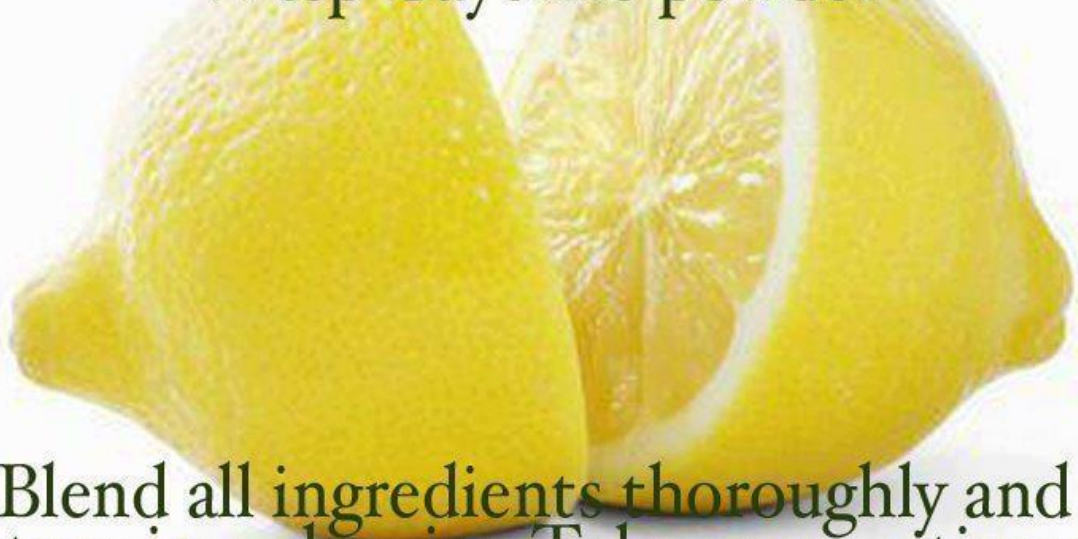


**RECIPE: Place 1/2 inch of ginger, 1 cinnamon stick, and 1/2 tsp cloves into 3 cups of boiling water. Put down to medium boil & Steep for 5 minutes. Strain and allow to cool. Add honey (optional) & enjoy!**



# Natures Flu Shots

Juice of 6 fresh lemons  
1 bulb Garlic  
2 tsp. Ginger powder  
2 Tbsp. Honey  
3 cups Pineapple juice  
 $\frac{1}{4}$  tsp Cayenne powder



Blend all ingredients thoroughly and store in a glass jar. Take 1 cup 4 times a day until the symptoms are resolved.

**DAVE SOMMERS**

**TRUE HEALTH AND HEALING**

Top Plant-Based Sources Of

# Magnesium



pumpkin seeds

hemp seeds

spinach

cashews

swiss chard

sunflower seeds

edamame

navy beans

pine nuts

wheat bran

sesame seeds

almonds

quinoa

oats

black beans

peanuts

spirulina

kidney beans

hazelnuts

walnuts

macadamia nuts

black-eyed peas



[rebeldietitian.us](http://rebeldietitian.us)

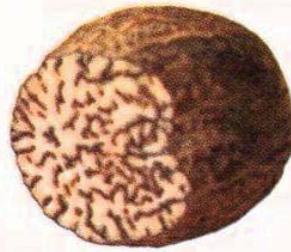
# Six Super Spices

A couple of sprinkles a day can keep the doctor away.



## DRIED RED PEPPER

The compound capsaicin puts the heat in chiles. It may lower the risk of skin and colon cancers; studies show it also helps people eat fewer calories. Try hot pepper on pizza or in pasta.



## NUTMEG

Contains antibacterial compounds that may help fight listeria, *E. coli* and salmonella, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.



## CUMIN

A potent anti-inflammatory and antioxidant that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.



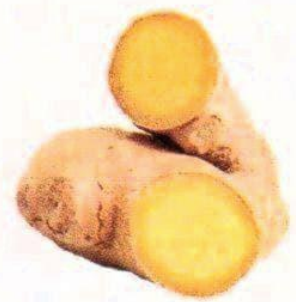
## TURMERIC

Contains an active component called curcumin, which may stop cancer from spreading and help prevent type 2 diabetes. Try turmeric in soups, stews or curry dishes.



## CINNAMON

Just  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon daily lowers blood sugar, LDL (bad) cholesterol and triglycerides in people with type 2 diabetes. Try cinnamon sprinkled on oatmeal or applesauce.



## GINGER

Can stop nausea and may also relieve heartburn and bloating. Try adding a few slices of fresh ginger to stir-fries or salad dressings.

# Healing Herbs

Parsley

Fresh breath  
Antioxidant  
Vitamins K C A  
Digestive aid



Chives

Mild diuretic  
Antibacterial  
Bug repellent



Rosemary

Hair growth  
Anti stress  
Improves memory



Mint

Digestive aid  
Headache relief  
Nausea relief



@blonde.health

Fennel

Bloating relief  
Heartburn relief  
Eye health  
Lowers blood pressure

Thyme

Mood booster  
Sore throat relief  
Vitamins A & C

Basil

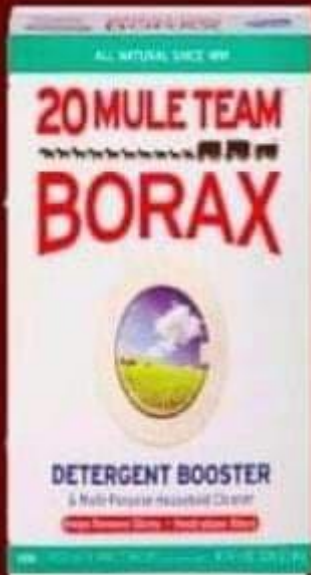
Pain relief  
Immune booster  
Blood vessel health  
Antioxidant

Bay leaf

Improves insulin function  
Minimises candida  
Treats dandruff  
Antioxidant

# BORON MINERAL

## ONLY KNOWN NANOBOT REPLICATION INHIBITOR



**B  
O  
R  
O  
N**

### BENEFITS:

Arthritis  
Hormone Balance  
Decalcify Pineal Gland  
Improved Cell Function  
Absorption of Minerals  
Improved Wound Healing  
Encourages Proper pH:  
(Cancer can't live in an  
alkaline environment)  
Healthy Blood Sugar  
Detoxifies the Liver  
Helps the Heart

This mineral intentionally depleted from agricultural process.

**BORAX:** 1 pinch in 1 pint of distilled water 3 times a day

**FDA max dose:**  
1/8 teaspoon per 100 lbs body weight.  
1/4 teaspoon per 200 lbs body weight.

### NANO DETOX BATH:

1 Cup Baking Soda  
1 Cup Epsom Salt  
1 Cup 20 Mule Team Borax  
1 Cup Pink Himalayan Sea Salt  
or Redman's Salt.

**NEVER** use white depleted-minerals table salt for any reason.

**SOAK AS LONG AS YOU CAN.**

Candida is an always-present fungus in the human body there to help decompose the body after death. Many suffer from it's overgrowth:

### COMMON CANDIDA SYMPTOMS:

Fatigue	Thrush
Brain fog	Joint pain
Digestive issues	Mild depression
Sinus infections	Urinary tract infections
Recurring yeast infection	Other fungal infections.

**BORAX** detoxes Fluoride from your body and brain.  
Raises your pH level from acid to alkaline.  
Cancer/Candida/Fungus/Nanobots cannot survive in a high alkaline pH environment.

---

# COMBATING CANCER WITH BAKING SODA

**DID YOU KNOW ... THAT BAKING SODA HAS BEEN SHOWN TO FIGHT OFF CANCER, STAVE OFF COLDS AND FLU AND EVEN TREAT RADIATION POISONING ... ALL FOR JUST PENNIES A DAY.**

**DR. SIMONCHINI, AN ONCOLOGIST IN ROME ORIGINALLY MADE THE CONNECTION BETWEEN FUNGAL INFECTIONS AND CANCER PROLIFERATION.**

**HE SAW THAT WHEN A TUMOR WAS FLUSHED WITH BAKING SODA (ANTI-FUNGAL), IT SHRANK AND COMPLETELY DISAPPEARED WITHIN DAYS.**

**SOURCE ARTICLE: [WWW.TINYURL.COM/KGNVYFM](http://WWW.TINYURL.COM/KGNVYFM)**

**FB/[DAVE.SOMMERS1](https://www.facebook.com/DaveSommers1)**

**[www.undergroundhealthreporter.com](http://www.undergroundhealthreporter.com)**



# How To Decalcify Your **PINEAL GLAND**

@HolisticBrent



WIDE VARIETY  
OF ALGAE



PURE MSM



@PlantRomance



CHAGA



KANGEN WATER

OIL OF  
OREGANO



BLACK SEED OIL



SHILAJIT



TURMERIC

RAW  
CACAO



ZEOLITE



## FOODS THAT CREATE MUCUS



CORN



ICE CREAM



BUTTER



BREAD



MILK



POTATO CHIPS



CHEESE



FAST FOOD

## FOODS THAT ELIMINATE MUCUS



KEY LIME



WATERMELON



ROMAINE LETTUCE



MANGOES



WALNUTS



ONIONS



ORANGES



GINGER



**TURKEY TAIL**  
improves immune system & is anti-viral



**REISHI**  
strengthens your immune cells & lowers blood pressure



**PHELLINUS LINTEUS**  
helps heal abnormal growth of cells



**LION'S MANE**  
improves memory, focus & reduces feelings of irritability & anxiety



# TOP 10 POWERFUL MUSHROOMS

STUDIED + RESEARCHED

@animamundiherbals

**OYSTER**  
immune support, reduces inflammation in the body



**MAITAKE**  
strengthens immune system



**AGARICUS**  
digestive, heart & liver health



**SHIITAKE**  
boosts immune system, energy & brain function



**CHAGA**  
highest in antioxidants, increases vital force & strengthens immune system



**CORDYCEPS**  
strengthens the body after exhaustion/ long-term illness, immune-strengthening



animamundiherbals 🍄 Food of the Gods 🍄 Medicinal mushrooms have been used in traditional and folk medicine...

# 21 Uses For GINGER



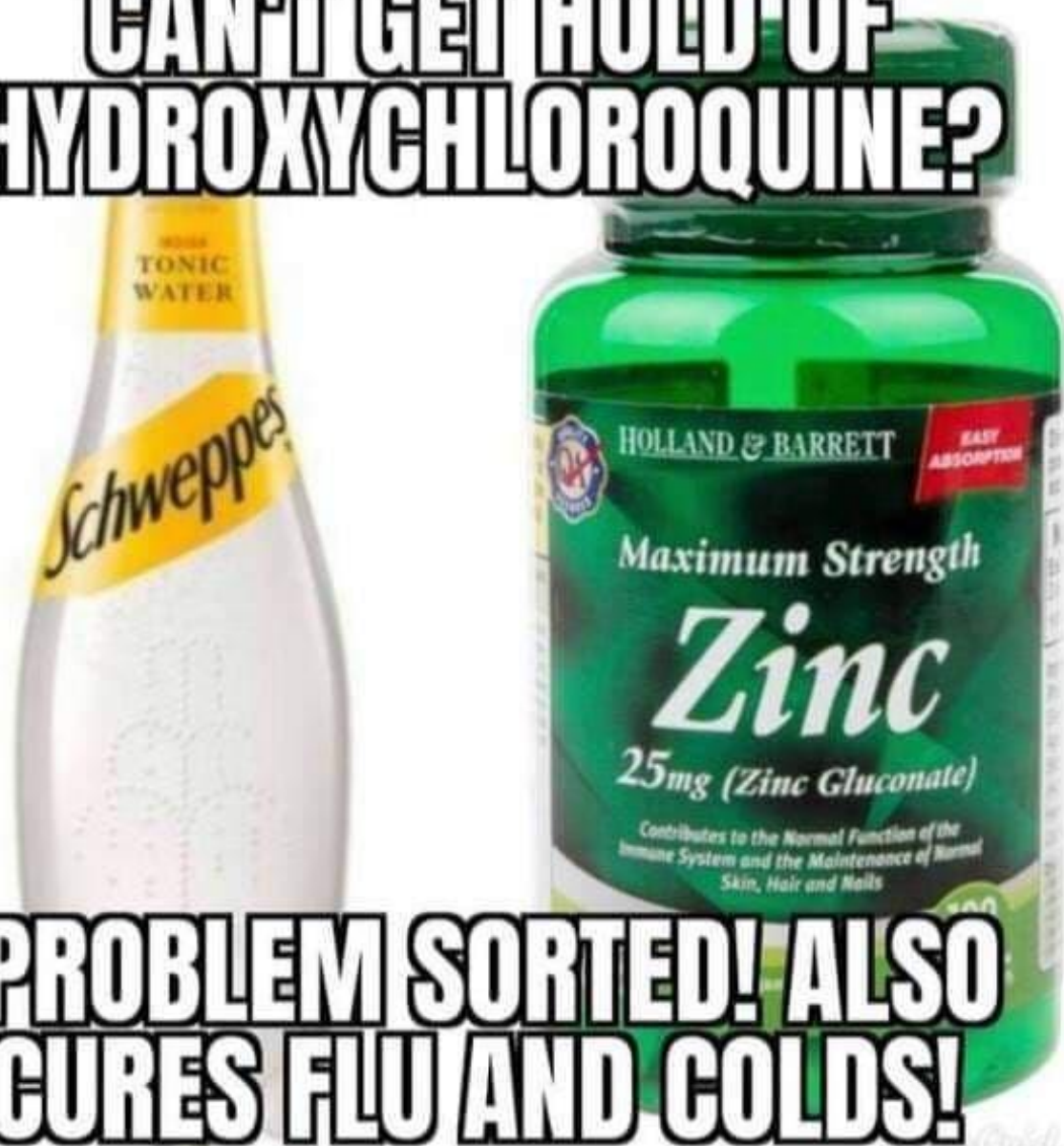
Ginger is one of the world's most useful natural home remedies. Being used medicinally since ancient times by cultures around the world, ginger has now been validated by science to give incredible support and possible benefits for a host of ailments:

- Morning sickness
- Anti-inflammatory
- Ovarian cancer
- Bowel cancer
- Arthritis
- Pain relief
- Migraines
- Cold and flu
- Upset stomach
- Colon cancer
- Obesity
- Diabetes
- Alzheimer's
- Cardiovascular disease
- Heartburn
- Indigestion
- Cough
- Sore throat
- Stuffy nose/congestion
- Toothache
- Swelling



They don't call it 'Tonic' water for nothing. Psst Quinine 😊

**CAN'T GET HOLD OF  
HYDROXYCHLOROQUINE?**



**PROBLEM SORTED! ALSO  
CURES FLU AND COLDS!**

# NATURAL HEALERS

THEINDIANSPOT.COM

INGREDIENTS	BENEFITS	WAYS TO USE
ALOE VERA 	Anti-bacterial and anti-fungal, clear skin, keep hair dandruff-free.	Use the gel as a face cleanser and hair mask.
BAKING SODA 	Deep clean scalp and skin, soften feet, teeth whitener, natural deodorant.	Rub under armpits, mix with water to make a scalp and face scrub.
TURMERIC 	Burns toxins, cure acne, treat cough, cold, heal wound, anti-inflammatory, antiviral, antioxidant.	Use in milk, tea, soup and stew. Make a face mask.
GARLIC 	Antiseptic, antibacterial, relieves cough and cold, detoxifies.	Crush and use directly on wounds, saute with vegetables, add to sauces.
GINGER 	Anti-inflammatory, relieves bloating, headache, menstrual cramps and nausea.	Make ginger tea, add a few slices to stir-fries, soup and salads.
HONEY 	Improve digestion, lose weight relieve nausea, sore throat, acne cure, and promote sleep.	Use as a face cleanser, wash hair, add to warm milk to help you sleep.
LEMON 	Detox, improve digestion, lighten scars and dark spots, relieve cough and sore throat.	Make lemon tea for cough, use the juice as a face toner for clear skin.
COCONUT 	Promote hair growth, clear skin, fade stretch marks, soften feet, treat dry lips and cuticles.	Massage warm oil on skin, hair, lips, feet and nails.
ONION 	Treat cough, relieve stomach ache, promote hair growth.	Consume onion juice to relieve cough. Use as a hair mask.
GREEN TEA 	Maintain body weight, boost digestion, healthy skin, shiny hair.	Use as a hair rinse and face toner. Consume daily to improve health.



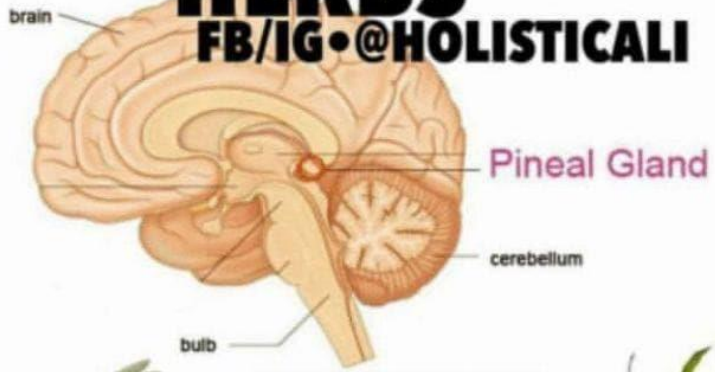
# SUBSTITUTIONS



Ground flax	Chia seed	Soy protein	Agar agar	Ripe bananas	Applesauce	Peanut butter
1 tbsp	1 tbsp	1 tbsp	1 tbsp		1/4 cup	3 tbsp
ground flax	chia seed	soy protein powder	agar agar	1/2 mashed banana	unsweetened applesauce	peanut butter
+	+	+	+	=	=	=
3 tbsp	1/3 cup	3 tbsp	1 tbsp	1 egg	1 egg	1 egg
water	water	water	water			
=	=	=	=			
1 egg	1 egg	1 egg	1 egg			
(blend until mixture is thick, creamy & egg-like)	(mix and let sit for 15 minutes)					



# FLUORIDE CLEANSING HERBS



FB/IG • @HOLISTICALI



**MORINGA**



**TAMARIND**



**KELP**



**TURMERIC**

**TAKE DAILY FOR BEST RESULTS  
ESPECIALLY IF YOU DON'T HAVE  
A FLUORIDE FILTER**

detox sodium fluoride fluoride  
toxic poison cancer neurotoxins  
excitotoxins wakeup truth

The third eye is our greatest gift to connect us to source and remind us of a universe much more mystical than that which we perceive with our physical senses. It's through the awakening of the third eye and its corresponding pineal gland that we're able to attain supernatural feats of telepathy, psychic vision and an intimate connection with God.

# USES OF CHIA SEEDS

## Did you know?

Chia contains five times more calcium than milk, seven times more vitamin C than oranges, three times more iron than spinach, twice the potassium content of banana and eight times more Omega 3 than salmon. Sprinkle it raw onto almost any food or add it to smoothies. It helps thicken smoothies in addition to providing nutrition.

- Energy and stamina
- Strengthens the immune system
- Weight loss
- Normalizes blood sugar levels
- Arthritis
- Cleanses the colon
- Gets rid of toxins
- Reduce inflammation
- Promotes sound sleep
- Prevents cancer
- Digestion
- Knee pain
- Hyperactivity disorder
- Joint pain
- Horse feed
- Pet food
- Healthy skin, hair, and nails

**H**erbs  
ealth  
appiness





# Top 12 Benefits of Wheatgrass

1. Potent Detoxifier
2. High in many different Enzymes
3. Improves Digestion & Bowel movements
4. Restores Alkalinity to the Blood, & cleanses and builds the blood
5. Is a Complete Protein (20% protein)
6. Helps with Weight loss
7. Increases Energy Levels
8. Slows down the Aging process
9. Acts as an anti-inflammatory
10. Clears Skin & reduces Body odor
11. Improves blood sugar disorders
12. Helps treatments & prevention of cancer (due to high oxygen content)

[facebook.com/Infolinkzone](https://www.facebook.com/Infolinkzone)





# 11 DETOXING FOODS

VITAFUL



## GREEN TEA

Helps rid the  
body of free  
radicals



## GARLIC

Detoxes the  
Liver



## ONIONS

Detoxes the  
Liver



## GINGER

Detoxes the  
Liver and Helps  
Digestion



## LEMONS

Detoxes the  
Digestive Tract



## APPLES

Detoxes the  
Liver



## GRAPE- FRUIT

Detoxes the  
Liver & Helps  
Prevents  
Kidney Stones



## PINEAPPLE

Cleanses  
The  
Stomach



## KALE

Detoxes and  
Flushes Out  
the Kidney



## ASPARAGUS

Detoxes the  
Liver



## BEETS

Detoxes the Liver  
and Helps Rid The  
Body of Free  
Radicals

@starathletes\_

## Cold Water

## Hot Water



Prevents colds



Tightens the skin



Reduces tension in mind



Stimulates the immune system



Accelerates metabolism



Reduces tiredness



Reduces headache



Relaxes the muscles



Relieves of nasal congestion

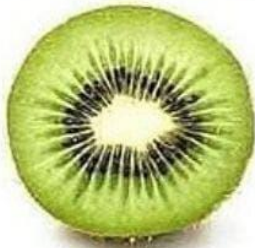


Opens pores and cleanses the skin



# FOODS THAT DEBLOAT

@PLANTYOU



KIWI



CANTALOUPE



BANANAS



ASPARAGUS



LEMON



CUCUMBER



GINGER



PEPPERMINT



TEA



AVOCADO

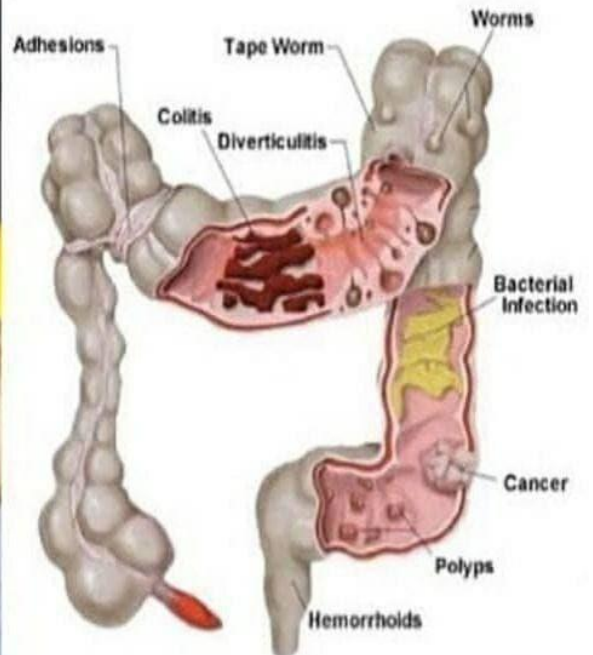


FENNEL



PUMPKIN

# Remove Pounds of Toxins with the "Apple Ginger Lemon Colon Cleanse Juice"

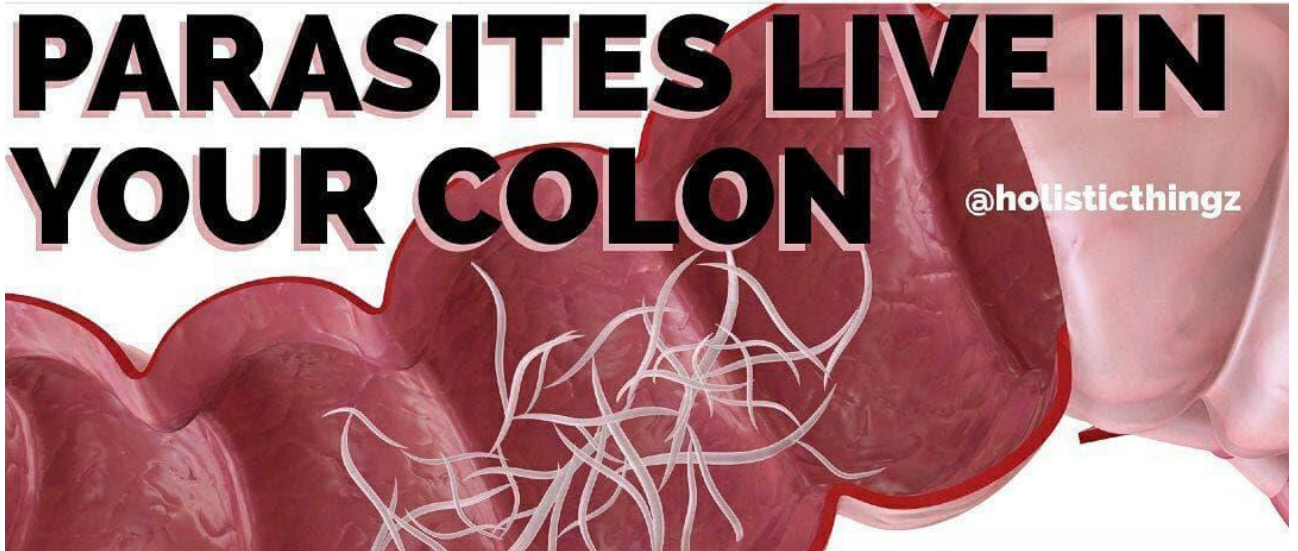


- Ingredients: 3 organic apples. 1 knob of fresh ginger root. 1 lemon or lime peeled. 1/2 tsp. himalayan or celtic sea salt. 1/2 cup warm water
- METHOD: 1. Juice the apples, ginger and lemon. Pour in glass.  
2. Dissolve sea salt in warmed water. Pour in glass.  
3. Combine juice from step 1 with salt water from step 2.

"All disease begins in the gut" ~ Hippocrates

# PARASITES LIVE IN YOUR COLON

@holisticthingz



## THE NATURAL SOLUTION

- **Start Eating Alkaline Forming foods**
  - **Stop Sugar and Alcohol**
  - **Wormwood: Kills the parasite**
  - **Black Walnut: Kills the parasite**
  - **Cloves: contains the most powerful germicidal agent in the herbal kingdom, known as eugenol Which kills Larvae and eggs**
  - **Pumpkin Seeds: Paralyzing parasites so they can be expelled from your body.**
- Mix with Apple Cider Vinegar and drink for 15 days, take 5 days rest and continue for another 15 days.**

# NATURAL COLON FLUSH



**Himalayan Salt**



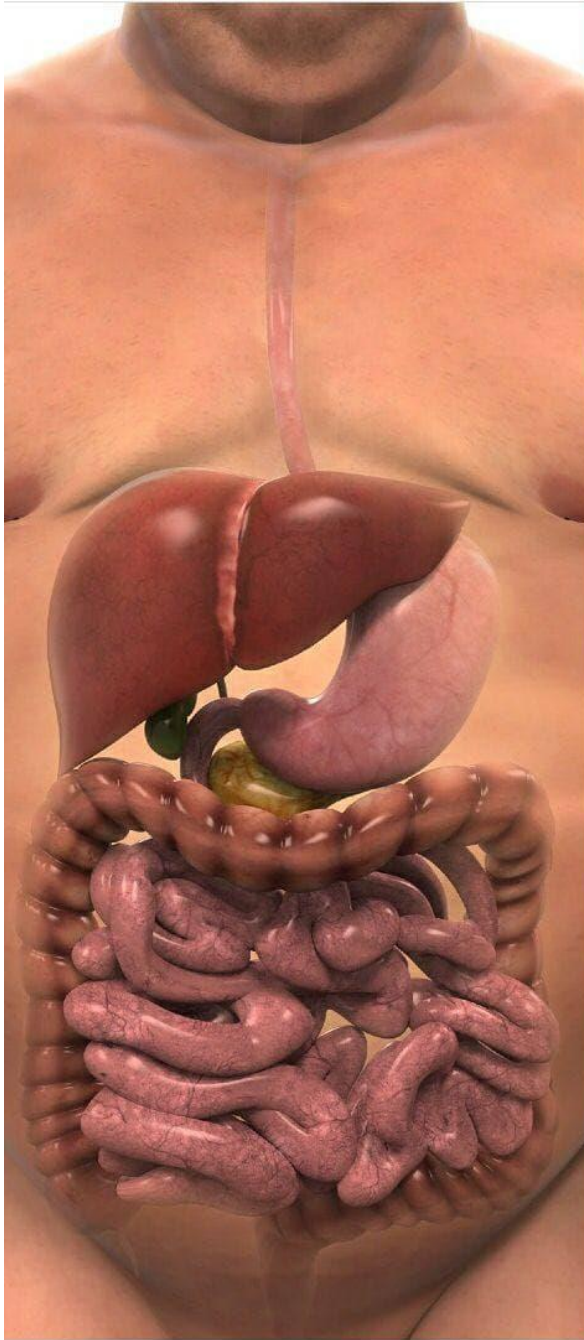
**Lemon**



**Water**



Add 2 Teaspoons of **Salt** and **Lemon** to warm **water** in mason jar, close lid & shake to allow salt to **dissolve**. Drink on an **empty stomach** and relax... **Cleansing** should start within 30 min.



# Cleansing your colon

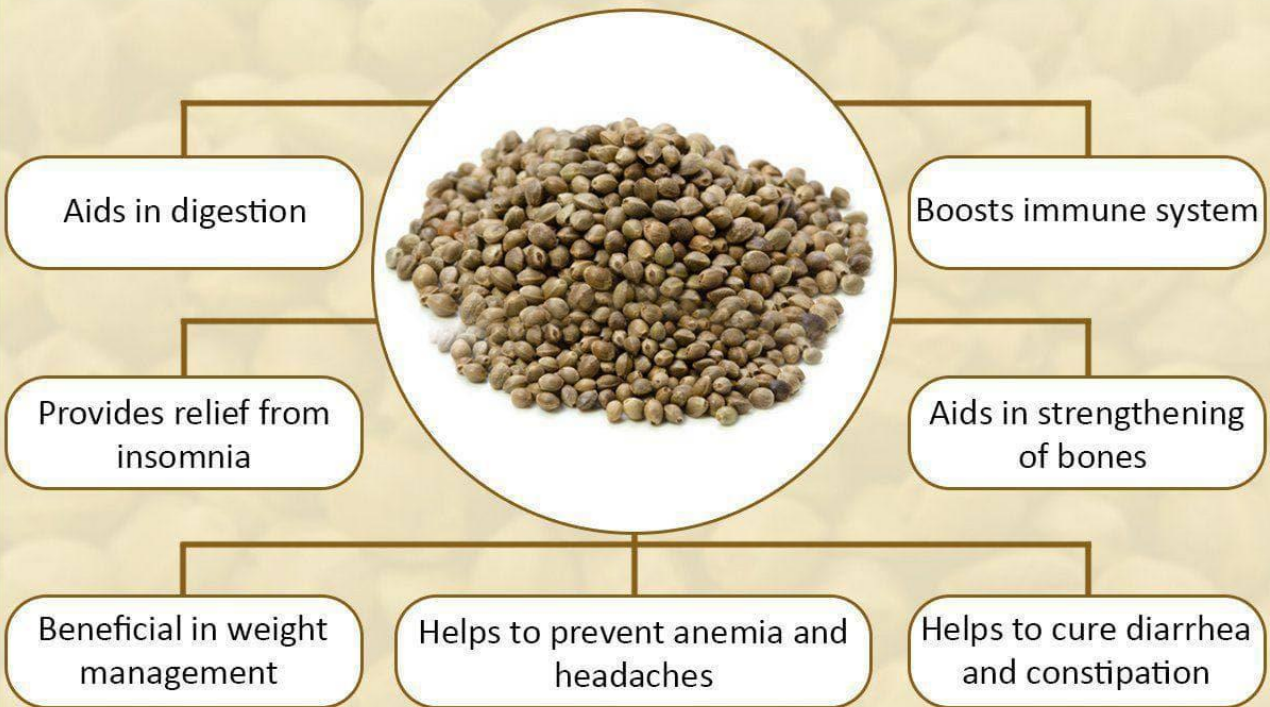
@holisticthingz

1. Take 4 scoops of the powder in water before bed (2 grams of the herbal mix)
2. Chia Seeds you do 1 tablespoon in the morning And 1 tablespoon at night
3. Drink a lot of water, Over 2L of water

## **DIETARY GUIDELINES:**

- Eat greens like Kale, Spinach, Collards Daily
- Eat fruit often and daily
- Eat beans, quinoa, peas, seeds, and nuts.
- Avoid Junk Food
- Avoid Processed Sugar
- Avoid Processed Juice
- Avoid Meat
- Avoid Alcohol

# BENEFITS OF HEMP SEEDS







## HEMP SEED OIL CONTAINS 20% OMEGA 3

Better than fish oil, for you and the environment!

Omega fatty acids like those in hemp seed oil have been shown to:

- Lower BLOOD PRESSURE
- Lower CHOLESTEROL
- Ease ARTHRITIS
- Help treat ADHD
- Improve IMMUNITY
- Improve post-exercise RECOVERY
- Improve CARDIOVASCULAR HEALTH
- Improve MOOD
- Improve METABOLISM
- Improve ORGAN FUNCTION
- Reduce INFLAMMATION
- Improve CARPAL TUNNEL SYNDROME



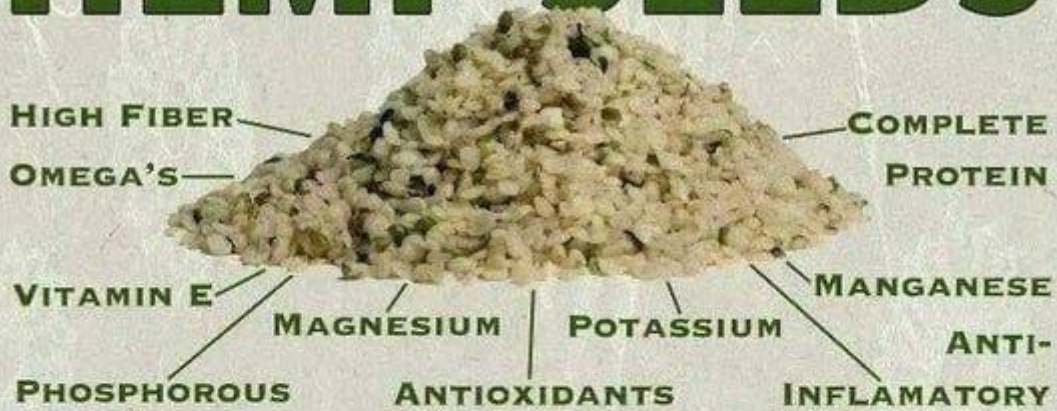
## THE PERFECT BALANCE

Hemp seed oil is rich in the essential fatty acids required for health and vitality. It is nature's most perfectly balanced plant oil, because of its optimal 3:1 ratio of omega 6 to omega 3. Often called the "Good Fats", the omega fatty acids in hemp seed oil cannot be made by your body, so must be included in your diet. Individual results may vary.

## ESSENTIAL FATTY ACIDS Found in Hemp Seed Oil

<b>PUFA</b>	Polyunsaturated fatty acids are the healthiest kind of fat.	80%
<b>ALA</b>	Hemp seed oil is a good source of alpha linolenic acid.	18%
<b>GLA</b>	Gamma linolenic acid has anti-inflammatory properties	4%
<b>SDA</b>	A special PUFA that is only found in a few plant oils.	1%

# HEMP SEEDS



HEMP, THE MOST NUTRITIONALLY COMPLETE FOOD SOURCE IN THE WORLD.

## Per gram, Hemp has

MORE DIGESTABLE PROTEIN THAN SOY



MORE DIGESTABLE OMEGA'S THAN FLAX



MORE DIGESTABLE FIBER THAN KALE



## Highs

CALCIUM  
IRON  
AMINO ACIDS  
FATTY ACIDS  
VITAMIN A  
ENZYMES

## Lows

SATURATED FAT  
CHOLESTEROL  
CARBS

## What is it good for?

BRAIN FUNCTION

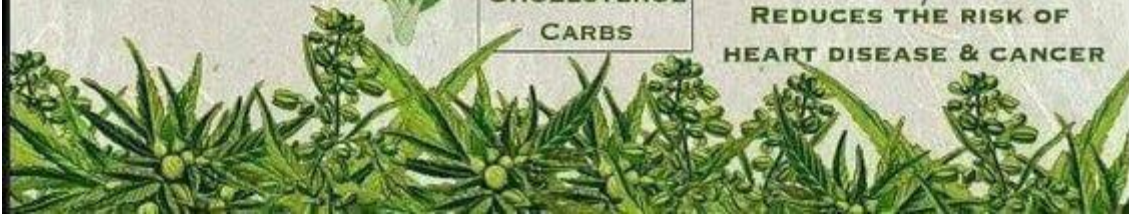
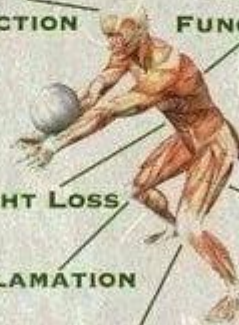
IMMUNE FUNCTION

WEIGHT LOSS

SKIN

INFLAMATION

REDUCES THE RISK OF HEART DISEASE & CANCER



# Why I Love Hemp Seeds

Hemp is very rich in nutrients such as omega fatty acids, amino acids and minerals.

You can make hemp milk out of hemp seeds.

Add a handful of hemp seeds to your smoothie & you will get a creamier, more nutritious and more satisfying smoothie.

Both the complete protein & the essential oils contained in hemp seeds are in hemp seeds are ideal ratios for human nutrition.

65% of the protein content in hemp is in the form of globulin edestin, so that it can actually be used by the body in its raw state.

The seed oil contains 80% essential fatty acids (EFAs), linoleum acid (LA, 50-70%), alphalinolenic acid (ALA, 15-25%) & Gamma-Linolenic acid (GLA, 1-6%).

The hemp plant can be used for three important and usable products as the seeds, the powder of the seeds (hemp protein powder) and the oil, all is highly nutritious. You can also eat the fresh leaves in a salad.



---

# 10 FOODS THAT NATURALLY KILL PARASITES



Garlic



@PharmacyBlack.com

Onions



Pumpkin Seeds



Papaya Seeds



Coconut



Carrots



Sunflower  
Seeds



Fermented  
Foods



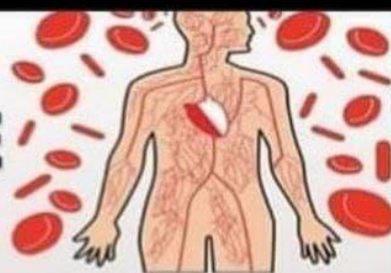
Raw  
Honey



Berries

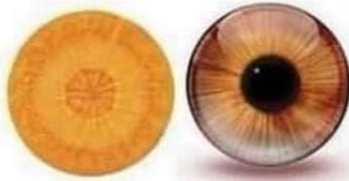


# 102 MINERALS THAT MAKE UP THE HUMAN BODY



1. Hydrogen
2. Helium
3. Lithium
4. Beryllium
5. Boron
6. Carbon
7. Nitrogen
8. Oxygen
9. Fluorine
10. Neon
11. Sodium
12. Magnesium
13. Aluminum
14. Silicon
15. Phosphorus
16. Sulfur
17. Chlorine
18. Argon
19. Potassium
20. Calcium
21. Scandium
22. Titanium
23. Vanadium
24. Chromium
25. Manganese
26. Iron
27. Cobalt
28. Nickel
29. Copper
30. Zinc
31. Gallium
32. Germanium
33. Arsenic
34. Selenium
35. Bromine
36. Krypton
37. Rubidium
38. Strontium
39. Yttrium
40. Zirconium
41. Niobium
42. Molybdenum
43. Technetium
44. Ruthenium
45. Rhodium
46. Palladium
47. Silver
48. Cadmium
49. Indium
50. Tin
51. Antimony
52. Tellurium
53. Iodine
54. Xenon
55. Cesium
56. Barium
57. Lanthanum
58. Cerium
59. Praseodymium
60. Neodymium
61. Promethium
62. Samarium
63. Europium
64. Gadolinium
65. Terbium
66. Dysprosium
67. Holmium
68. Erbium
69. Thulium
70. Ytterbium
71. Lutetium
72. Hafnium
73. Tantalum
74. Tungsten
75. Rhenium
76. Osmium
77. Iridium
78. Platinum
79. Gold
80. Mercury
81. Thallium
82. Lead
83. Bismuth
84. Polonium
85. Astatine
86. Radon
87. Francium
88. Radium
89. Actinium
90. Thorium
91. Protactinium
92. Uranium
93. Neptunium
94. Plutonium
95. Americium
96. Curium
97. Berkelium
98. Californium
99. Einsteinium
100. Fermium
101. Mendeleevium
102. Nobelium

**SEA MOSS HAS 92 MINERALS  
OUT OF 102 MINERALS THAT  
YOUR BODY NEEDS**



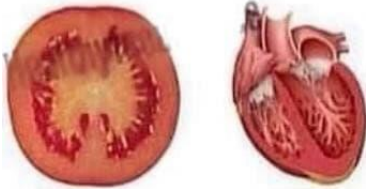
**Carrot Eyes**



**Walnut Brain**



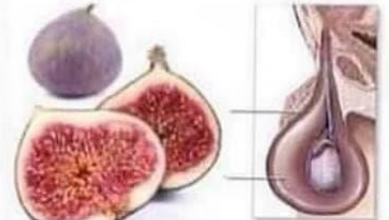
**Grapes Lungs**



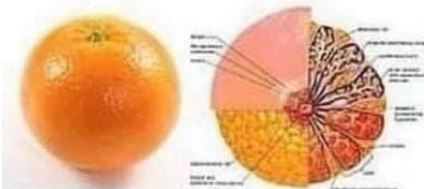
**Tomato Heart**



**Ginger Stomach**



**Figs Scrotum**



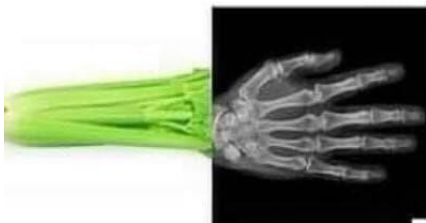
**Citrus Breast**



**Sweet Potato  
Pancreas**



**Kidney  
Kidney  
Beans**



**Bones  
Celery**



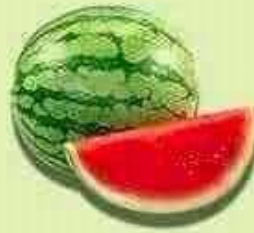
**Hearing  
Mushroom**



**Avocado  
Uterus**



**Lemon:**  
Flushes toxins  
from your body



**Watermelon:**  
Citrulline content  
helps the liver and  
kidneys and get  
rid of ammonia



**Grapefruit:**  
An excellent  
intestinal and liver  
detoxifier



**Apple:**  
Cleanses the  
intestines

# Top 9 Body Cleansing Foods



**Cranberries:**  
Have antibacterial  
properties that help  
prevent UTI



**Pomegranate:**  
Boosts the  
immune system



**Blueberries:**  
Prevent infections  
by blocking  
bacteria in the  
urinary tract



**Fig:**  
Prevents the  
development of  
toxic urine



**Avocado:**  
Lowers cholesterol

# 5 CANCER-FIGHTING SPICES



1. GARLIC



2. GINGER



3. CINNAMON



4. TURMERIC



5. CAYENNE PEPPER



# Healing Elixir

## 3 Ingredient Health Tonic

@HEALTH.WEALTH3



**1 inch  
TURMERIC ROOT**

- Improves Immunity
- Soothes sore throat
- Regulate blood pressure
- Balances hormones
- Reduces fatigue
- Lowers Fever



**juice from  
1 LIME**

- Rich in Vitamin C
- Anti-Inflammatory
- Alkalizes the body
- Increases Blood flow
- Removes mucus
- Improves lungs



**1 inch  
GINGER ROOT**

# BANANA BREAKDOWN

The **DARKER** the banana the **BETTER**.



# FOODS FOR HEALTHY LUNGS



**WALNUT**



**APPLE**



**GARLIC**



**GINGER**



**WATER**



**PINEAPPLE**

# **NATURAL PAIN KILLER**

**By: Juicing-for-Health.com**

## **JUICE RECIPE:**

- **½ a pineapple**
- **2 ribs celery**
- **1 head of Romaine lettuce**
- **A handful of cilantro**
- **A thumb-sized piece of ginger**

# NATURAL REMEDIES



**ASTHMA:  
RED ONIONS**  
Eating onion eases  
constriction of the  
bronchial tubes



**ARTHRITIS:  
TURMERIC**  
A potent  
anti-  
inflammatory



**BLADDER  
INFECTIONS:  
CRANBERRIES**  
Cranberries fight  
bacteria  
in the bladder



**BLOOD PRESSURE:  
CELERY**  
Celery contains  
phthalides  
which help lower  
blood pressure



**BLOOD SUGAR:  
BROCCOLI**  
Chromium in  
broccoli helps  
regulate insulin  
and blood sugar



**BONES:  
PINEAPPLE**  
Pineapples provide  
support against  
bone fracture and  
osteoporosis



**BREAST  
CANCER:  
CABBAGE**  
Maintain healthy  
estrogen levels



**CLOGGED  
ARTERIES:  
AVOCADOS**  
Mono-unsaturated  
fat in avocados  
lowers cholesterol



**COUGH:  
MULLEIN TEA**  
Loosens trapped  
mucus and  
soothes sore  
throats



**INSOMNIA:  
CHAMOMILE  
TEA**  
Relaxes the  
mind and body



**ULCERS: CABBAGE**  
Cabbage contains  
ample fiber which  
provides support for  
both types of ulcers



**STOMACH: GINGER**  
Ginger relieves  
nausea and  
morning sickness



**HEADACHES: CAYENNE**  
Cayenne pepper relieves  
headaches by depleting a  
neurotransmitter that  
sends pain signals.

# Lungs cleanse. Flu, bronchitis, cough. Grandma's recipe

**Mix all /Leave  
overnight**



**Take 3 times/day  
Adults 4 Tbsp  
Kids 2 Tbsp**



**Double lemon's  
quantity**



**No honey for babies!  
Brown sugar for sweet**



**1 RED onion in squares.**

**2 big cloves**



**Apply garlic's quantity**



**Juice of 5 or 6**



**PICCOLLAGE**

# 100 CALORIES IN NUTS

@thehealthguys2020



## 3 Brazil Nuts

Carbs 1.8g

Protein 2.1g

Fat 9.9g

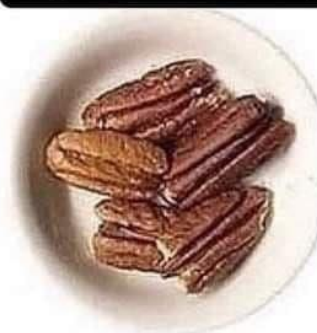


## 14 Almonds

Carbs 4g

Protein 4g

Fat 8g



## 5 Pecans

Carbs 2g

Protein 1g

Fat 10g



## 11 Cashews

Carbs 5g

Protein 3g

Fat 8g



## 4 Walnuts

Carbs 2g

Protein 2g

Fat 10g



## 5 Macadamias

Carbs 2g

Protein 1g

Fat 11g



## 21 Pistachios

Carbs 5g

Protein 4g

Fat 8g



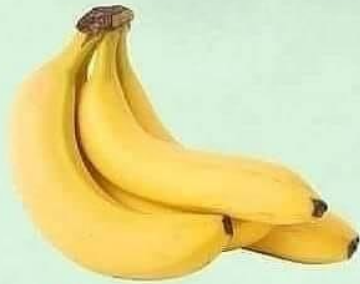
## 10 Hazelnuts

Carbs 3g

Protein 2g

Fat 10g

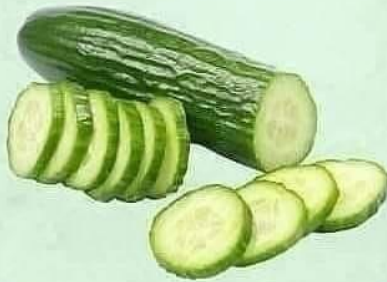
# DID YOU KNOW?



**Just 2 bananas will provide you with enough energy for an intense 90-minute workout.**



**Apples are more effective in waking you up in the morning than coffee.**



**Eating cucumbers before bed time can help you wake up feeling refreshed and headache-free.**



**3 carrots give you energy to walk 3 miles. They were first grown as a medicine, not food.**



# HOMEREMEDIES FOR Excessive Sweating



## Apple Cider Vinegar

1. Mix 2 tsp organic apple cider vinegar in a glass of water.
2. Add equal amount of honey to it.
3. Drink it once daily on an empty stomach.

## Baking Soda

1. Mix 1 tsp baking soda with enough water to make a thick paste.
2. Add 3 or 4 drops of any essential oil.
3. Apply this to your armpits & other parts that sweat a lot. Wash it off after 15 to 20 min.



## OTHER REMEDIES



Sage



Lemon



Black Tea



Coconut Oil



Tomato Juice



Witch Hazel

To explore more, visit [www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

# DID YOU KNOW?



@health.for.happy

Strawberry is a protective fruit. It has the highest total antioxidant power among major fruits, protecting the body from cancer.

# KETO Food Pyramid



\*Pyramid Based on Portion Size

For more information, visit [reddit.com/r/keto](https://reddit.com/r/keto)  
 For delicious keto recipes, visit [reddit.com/r/ketorecipes](https://reddit.com/r/ketorecipes)

Design by Trey Cox (Reddit: [treycox57](https://reddit.com/u/treycox57)) [treycox57@me.com](mailto:treycox57@me.com)



# Best Food Sources of MAGNESIUM



**1**  
**Rice bran**  
1 cup  
922 mg



**2**  
**Molasses**  
1 cup  
816 mg



**3**  
**Mothbeans**  
1 cup  
747 mg



**4**  
**Hyacinth beans**  
1 cup  
594 mg



**5**  
**Yardlong beans**  
1 cup  
564 mg



**6**  
**Watermelon seed**  
1 cup  
556 mg



**7**  
**Cowpeas**  
1 cup  
556 mg



**8**  
**Mungo beans**  
1 cup  
553 mg



**9**  
**Soybeans**  
1 cup  
521 mg



**10**  
**Sesame seed**  
1 cup  
518 mg

# 1 SPINACH

157 MG | 1 CUP



# 2 CHARD

154 MG | 1 CUP

# 3 PUMPKIN SEEDS

92 MG | 1/8 CUP



# 4 YOGURT OR KEFIR

50 MG | 1 CUP

# 5 ALMONDS

80 MG | 1 CUP



# 6 BLACK BEANS

60 MG | 1/2 CUP

# 7 AVOCADO

58 MG | 1 MEDIUM



# 8 FIGS

50 MG | 1/2 CUP

# 9 DARK CHOCOLATE

95 MG | 1 SQUARE



# 10 BANANA

32 MG | 1 MEDIUM

# DID YOU KNOW?

**A TEASPOON OF CAYENNE CAN STOP HEART ATTACKS IN A MINUTE**



IG/FB@TRUTHISTERRORISM



**Cayenne Pepper helps unclog arteries, and prevents factors that lead to the formation of blood clots, which can help reduce the chances of heart attack or stroke.**

**Cayenne also has the ability to ease upset stomach, ulcers & sore throats. Other benefits include: Clears congestion, migraine headache prevention, digestive aid, Anti-fungal, detox support, joint pain relief, Anti-bacterial, supports weight loss and promotes longevity.**

**"If you master only one herb in your life, master cayenne pepper. It is more powerful than any other." Dr. Schulze**

# Eat The Rainbow



**WHITE**

to strengthen the immune system.



**YELLOW**

to fortify skin elasticity.



**ORANGE**

to prevent inflammation.



**RED**

to improve heart and blood health.



**PURPLE**

to protect the nervous system.



**GREEN**

to detoxify.

# How To Decalcify Your **PINEAL GLAND**

@HolisticBrent



**WIDE VARIETY  
OF ALGAE**



**PURE MSM**



@PlantRomance



**CHAGA**



**KANGEN WATER**

**OIL OF  
OREGANO**



**BLACK SEED OIL**



**SHILAJIT**



**TURMERIC**

**RAW  
CACAO**



**ZEOLITE**





# What Is The Purest Water On Earth?

The water inside of **fruit** and **vegetables** is the purest, healthiest, and cleanest water that exists on Earth



Known as H<sub>3</sub>O<sub>2</sub>. Plants are the only thing that can turn inorganic minerals into organic minerals for the body during its self-filtration process. H<sub>3</sub>O<sub>2</sub> water is living enzyme, alkaline, electric water.

# FOODS <sup>THAT</sup> CLEANSE THE LIVER

*The Farmacy*

**GRAPEFRUIT**



**BEETS**



**CARROTS**



**GREEN TEA**



**APPLES**



**BROCCOLI**



**LEMONS & LIMES**



**ARUGULA**



**WALNUTS**



**CABBAGE**



**CAULIFLOWER**



**AVOCADO**



**SPINACH**



**GARLIC**



**TURMERIC**



**COLD**

Carrot, Pineapple, Ginger, Garlic

**DEPRESSION**

Carrot, Apple, Spinach, Beet

**HEADACHE**

Apple, Cucumber, Kale, Ginger, Celery

**DIABETES**

Carrot, Spinach, Celery

**ULCER**

Cabbage, Carrot, Celery

**ASTHMA**

Carrot, Spinach, Apple, Garlic, Lemon

**HIGH B.P.**

Beet, Apple, Celery, Cucumber, Ginger

**ARTHRITIS**

Carrot, Celery, Pineapple, Lemon

**KIDNEY DETOX**

Carrot, Watermelon, Cucumber, Cilantro

**KIDNEY STONE**

Orange, Apple, Watermelon, Lemon

**EYES**

Carrot, Celery

**STRESS**

Banana, Strawberry, Pear

**CONSTIPATION**

Carrot, Apple, Fresh Cabbage

**FATIGUE**

Carrots, Beets, Green Apple, Lemon, Spinach

**HANGOVER**

Apple, Carrot, Beet, Lemon

**MEMORY LOSS**

Pomegranate, Beets, Grapes

**NERVOUSNESS**

Carrot, Celery, Pomegranate

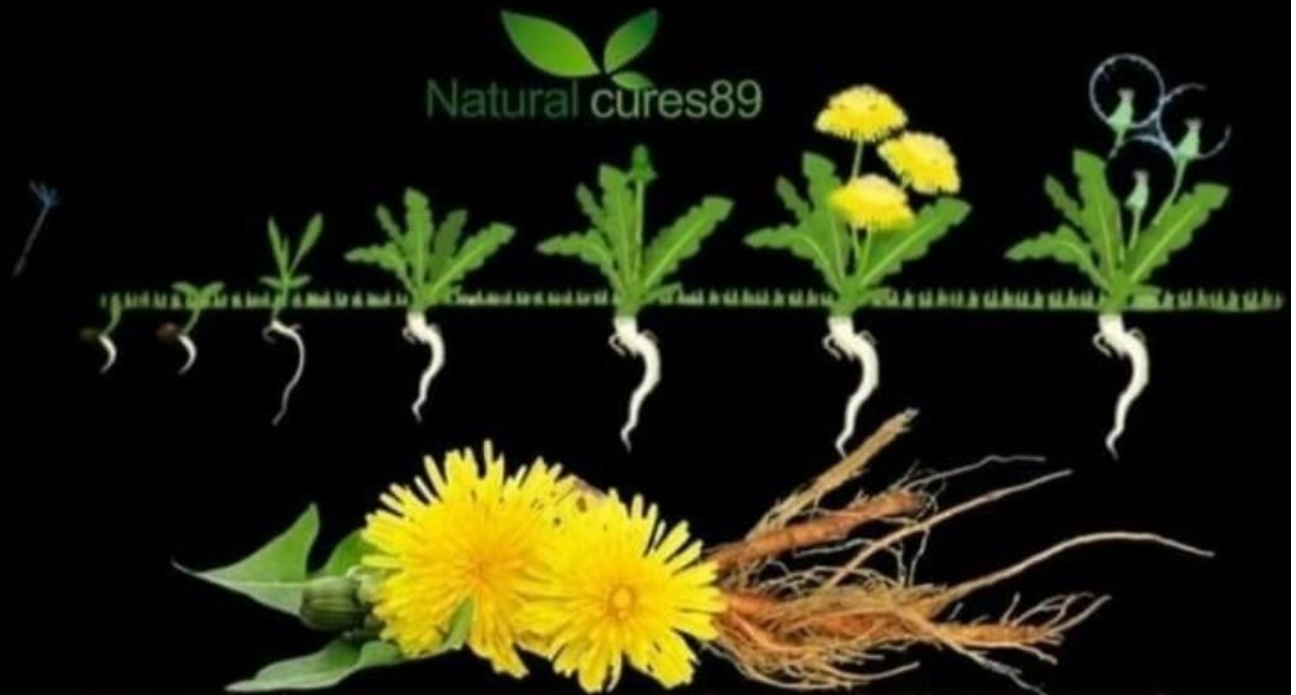
**INDIGESTION**

Pineapple, Carrot, Lemon, Mint



# DID YOU KNOW?

Natural cures89



Dandelion root is able to kill 98% of cancer cells within 48 hours. Not only that, but it acts as a powerful anti-inflammatory, immune booster, antioxidant and organ detoxifier

## Drinking Water at the Correct Time Maximizes its Effectiveness on the Human Body

- Drinking 2 glasses of water in the morning helps activate internal organs.
- Drinking 1 glass of water before a meal will help in digestion.
- Drinking 1 glass of water before taking a shower helps prevent high blood pressure.
- Drinking a glass of water before bed helps prevent strokes or heart attacks.

PLEASE SHARE



# GARLIC

facts of **HEALTH**.com

Helps help keep blood pressure under control

Numerous therapeutic benefits

**12.9%**

Vitamin B6

**15%**

Manganese

Numerous beneficial cardiovascular effects

Ability to lower blood pressure

Able to lower our blood triglycerides and total cholesterol

Helps prevent blood vessels from becoming blocked

Helps prevent heart attack and atherosclerosis

Blood cell and blood vessel protection from inflammatory and oxidative stress

**7.4%**

Vitamin C

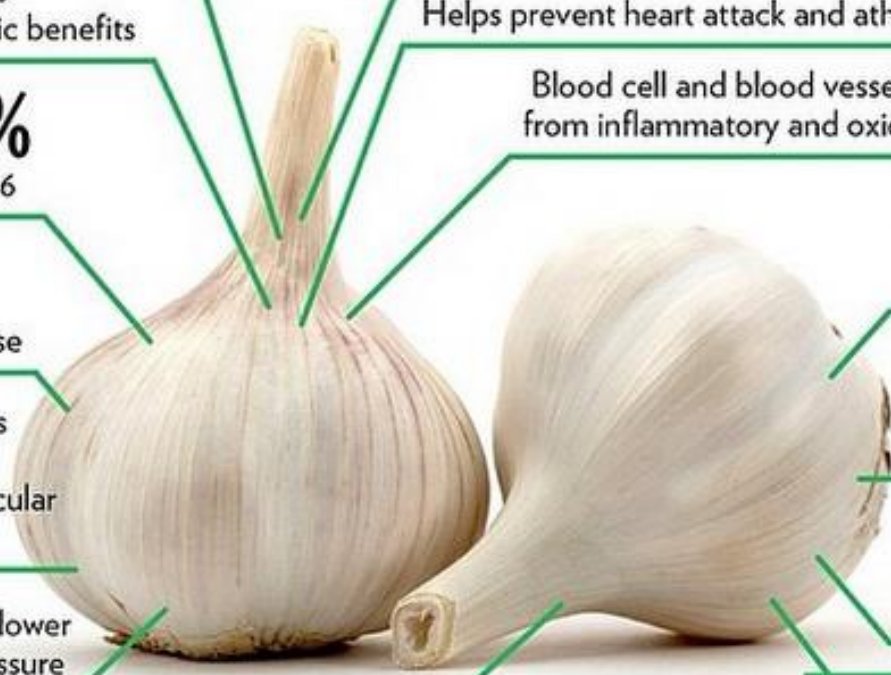
**5.5%**

Copper

**3.2%**

Calcium

Anti-Inflammatory





Tomr's Tonic 200ml

\$9.99

## *Quinine Syrup (Hydroxychloroquine)*

### *Ingredients*

*H2O, Cinchona  
Bark, Citric Acid,  
Zest of Lime, Zest  
of Lemon 🍋,  
Zest of Grapefruit,  
Lemon Grass,  
All Spice Berries,  
Cardamom Pods,  
Salt, Dried  
Lavender Flowers*

# 20 HEALTH BENEFITS OF PINK HIMALAYAN SALT

FitLife.tv



- 1 CONTAINS 80+ MINERALS AND ELEMENTS
- 2 HELPS CONTROL WATER LEVELS IN THE BODY
- 3 HELPS BALANCE ELECTROLYTES
- 4 PROMOTES STABLE PH LEVELS
- 5 BOOSTS BRAIN HEALTH
- 6 HELPS REGULATE BLOOD SUGAR
- 7 ANTIAGING
- 8 BOOSTS ENERGY
- 9 PROMOTES INCREASED ABSORPTION OF NUTRIENTS
- 10 AIDS VASCULAR HEALTH
- 11 SUPPORTS RESPIRATORY FUNCTION
- 12 REDUCES RISK OF SINUS PROBLEMS
- 13 REDUCES CRAMPING
- 14 PROMOTES HEALTHY BONES
- 15 PROMOTES HEALTHY SLEEP
- 16 SUPPORTS LIBIDO
- 17 BOOSTS CIRCULATION
- 18 PROMOTES KIDNEY AND GALL BLADDER HEALTH
- 19 INCREASES HYDRATION
- 20 AIDS METABOLISM



# SUPER HERBS TO CLEANSE YOUR KIDNEYS

## DIY HERB - 1 PARSLEY

- 1 Mix 1 tablespoon of freshly crushed parsley in 1 cup of boiling water.
- 2 Cover it and let it steep for about 5 – 7 minutes.
- 3 Then strain it and drink it to get rid of the problem.
- 4 Regular intake of this parsley tea will help you to strengthen your kidney functioning.



# Did You Know?



Wrapping with cabbage can relieve joint pain, arthritis, inflammation & swelling

# Did You Know?

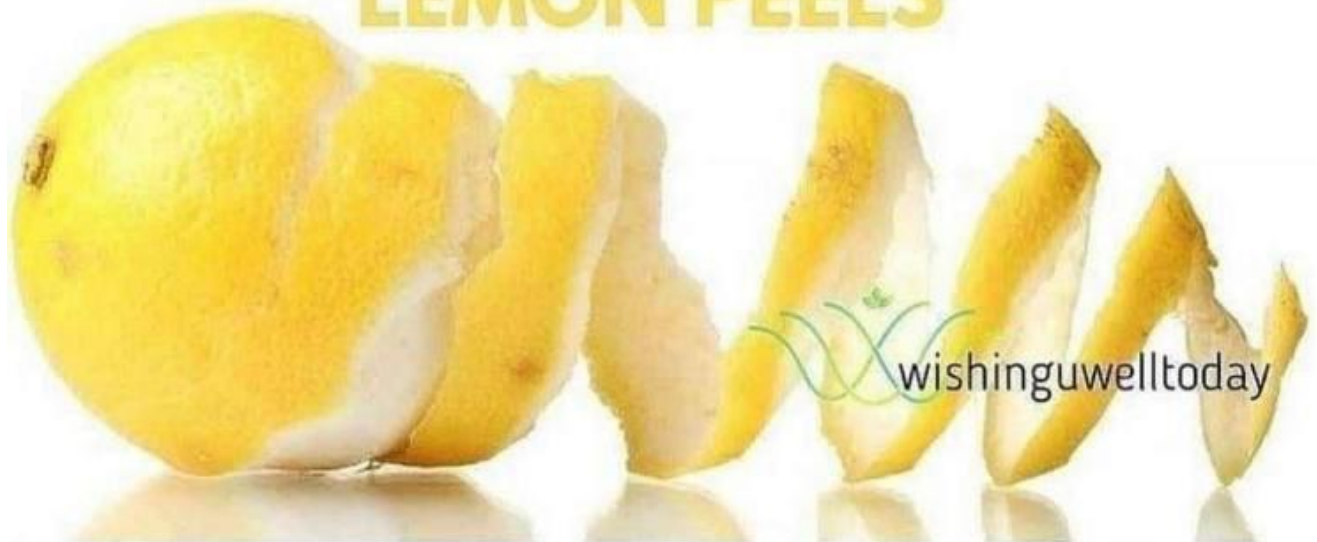


Slice a lime for underarm smell and sweat. Just apply it after your shower. You can Store in the fridge but label it clearly. It can be used for about a week. It's none-toxic and works great!

---

# HERE'S WHY YOU NEED TO STOP THROWING AWAY

## LEMON PEELS



LEMON PEELS RID THE BODY OF CANCEROUS ELEMENTS. THEY HAVE SALVESTROL Q40 AND LIMONENE, WHICH ARE KNOWN TO FIGHT AGAINST CANCEROUS CELLS. THE FLAVONOIDS IN THE PEEL ALSO WORK TO STOP THE DIVISION OF CANCEROUS CELLS.

A STUDY FROM ARIZONA UNIVERSITY REVEALED THAT CONSUMPTION OF BLACK TEA WITH LEMON PEEL REDUCED THE RISK FOR SKIN CANCER BY 70 %.

---



[www.HealthyHappySmart.com](http://www.HealthyHappySmart.com)

# Turmeric

## Uses + Benefits

Turmeric Coffee

Turmeric Tea

Golden Milk

Turmeric Fat Bombs

Turmeric Healing Paste

Turmeric Lemonade

Turmeric Supplements

Turmeric Soups

Turmeric in Stir Fry's

Turmeric Water

- Anti-Allergy
- Anti-Cancer
- Anti-Fungal
- Anti-Inflammatory
- Anti-Viral
- Heals Wounds Fast
- Helps Control Blood Sugar
- Immunity Booster
- Improves Digestion
- Improves Memory
- Prevents Tooth Decay
- Prevents Alzheimer's Disease
- Reduces Arthritis Symptoms
- Reduces Risk of Heart Disease
- Reduces symptoms of Depression
- Helps with aging
- Promotes a Longer Lifespan
- Natural Painkiller
- Protects Lungs

Recipes + More at : [www.HealthyHappySmart.com](http://www.HealthyHappySmart.com)



**Alkaline pH**

Consume Freely  
Raw is Best!

Most foods  
get more acidic  
when cooked

**Neutral pH**

**Acidic pH**

It takes 20 parts  
of ALKALINE  
to Neutralize  
1 part ACIDITY  
in the body

Consume  
Sparingly  
or Never!

10.0

9.0

8.0

7.0

6.0

5.0

4.0

3.0

- High Alkaline Ionized Water**
- Raw Spinach
  - Raw Broccoli
  - Artichoke
  - Brussel Sprouts
  - Olive Oil
  - Herbal & Green Tea
  - Most Lettuce
  - Borage Oil
  - Raw Zucchini
  - Sweet Potato
  - Raw Peas
  - Apple
  - Almond
  - Avocado
  - Tomato
  - Fresh Corn
  - Mushroom
  - Turnip
  - Olives

- Red Cabbage
- Raw Celery
- Cauliflower
- Carrots
- Potato Skins
- Alfalfa Grass
- Sprouted Grains
- Raw Eggplant
- Alfalfa Sprouts
- Raw Green Beans
- Beets & Greens
- Blueberries
- Pear
- Soybean
- Bell Pepper
- Radish
- Pineapple
- Cherries
- Millet
- Wild Rice
- Strawberries

- Cucumber
- Collards
- Seaweed
- Onion
- Asparagus
- Lemon & Lime
- Mango
- Papaya
- Figs & Dates
- Tangerine
- Melons
- Kiwi
- Grapes
- Apricot
- Cantaloupe
- Honeydew
- Peach
- Orange
- Grapefruit
- Banana

Optimal pH for HUMAN BLOOD is 7.365

**Most Tap Water**

Municipalities add chemicals to maintain tap water at pH +/- 7.0

- Butter, fresh, unsalted
- Cream, fresh, raw
- Milk, raw cow's
- Margarine
- Oils, Except Olive

- Milk, Yogurt
- Fruit Juices
- Cooked Spinach
- Most grains
- Soy Milk
- Coconut
- Eggs
- Fish
- Tea

- Kidney Beans
- Lima Beans
- Plum
- Processed Juice
- Rye Bread
- Spelt
- Brown Rice
- Barley
- Cocoa

- Rice & Almond Milk
- Sprouted Wheat Bread
- Oats
- Liver
- Oysters
- Cold Water Fish
- Salmon
- Tuna
- Goat's Milk

- Reverse Osmosis**
- Cooked Beans
  - Chicken & Turkey
  - Beer
  - Sugar
  - Canned Fruit
  - White Rice

- Distilled & Purified**
- Potatoes w/o Skins
  - Pinto Beans
  - Navy Beans
  - Garbanzo Beans
  - Lentil Beans
  - Black Beans
  - Blackberries
  - Cranberries
  - Prunes
  - Sweetened Fruit Juice
  - Wheat

- Most Bottled Water**
- Butter, Salted
  - Rice Cakes
  - Cooked Corn
  - Wheat Bran
  - Rhubarb
  - Molasses
  - Most Nuts
  - Tomato Sauce
  - Buttermilk
  - Cream Cheese
  - Popcorn

- Coffee
- White Bread
- Peanuts
- Pistachios
- Beef
- Lamb
- Pork
- Wine
- Shellfish
- Pastries
- Cheese
- Goat Cheese
- Soda

- Black Tea
- Pasta
- Pickles
- Stress
- Worry
- Lack of Sleep
- Overwork
- Tobacco Smoke

- Chocolate
- Vinegar
- Sweet 'N Low
- Equal
- Aspartame
- NutraSweet
- Processed Foods
- Microwaved Foods



### ANXIETY RELIEF

- CBD may reduce stress and anxiety behaviors in disorders such as:
  - Post-traumatic stress disorder
  - General anxiety disorder
  - Panic disorder
  - Social anxiety disorder
  - Obsessive-compulsive disorder
- Improves sleep in cases of insomnia



### NEURO-PROTECTIVE

- CBD could help people with neurodegenerative disorders, that cause the brain and nerves to deteriorate over time.
- CBD could potentially prevent people in the early stages of disorders such as:
  - Alzheimer's disease
  - Multiple sclerosis (MS)
  - Parkinson's disease
  - Stroke



### ANTI SEIZURE

- It has anti-seizure properties and a low risk of side effects for people with epilepsy.
- It may help to treat many of the disorders that are linked to epilepsy, such as neuro- degeneration, neuronal injury, and psychiatric diseases.
- It may be safe and effective in treating patients with schizophrenia.



### FIGHT CANCER

- Helps suppress the growth of cancer cells and promote the death of these cells.
- It may help in cancer treatment because of its low toxicity levels.



### RELIEVES NAUSEA

- CBD in low doses decreases nausea and vomiting produced by toxic drugs



### HEALTHY HEART

- CBD Promotes Cardio-vascular Health by causing dilation of arteries, and protecting blood vessel from damage

### NATURAL PAIN RELIEF

- Helps relieve pain and stiffness, including chronic pain.



### QUITTING SMOKING

- It may help people to quit smoking without increasing craving for nicotine.
- CBD may be therapy for substance use disorders



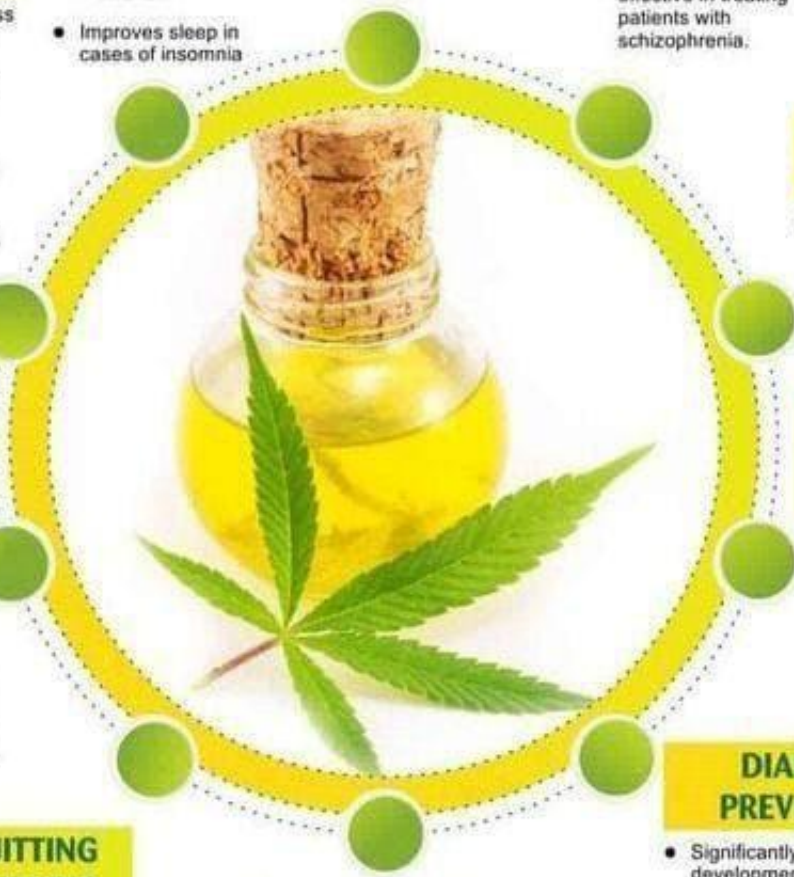
### ANTI-ACNE

- CBD helps to lower the production of sebum that leads to acne, partly because of its anti-inflammatory effect on the body.



### DIABETES PREVENTION

- Significantly reduces the development of diabetes.
- CBD may ease the inflammation in the pancreas in type 1 diabetes. can inhibit and delay the destruction of insulin-producing pancreatic cells and the production of inflammatory cytokines in diabetics.





# 10 Quick Alkaline Transitioning Tips!



@electrifyyolife

1. Drink 1/2 to 1 gallon of water daily.
2. Use Grapeseed oil for cooking and deep frying food.
3. Chickpeas (Garbanzo beans) replace all beans.
4. Drink 2 cups of water when you wake up.
5. Hemp Milk replaces all cow milk.
6. Quinoa and Wild rice replaces all rice.
7. Spelt flour is great for coating foods when frying.
8. Puffed Kamut Cereal replaces all processed cereal.
9. Use Sea Salt, not table salt.
10. Drink fruit smoothies daily for energy and mucus elimination.







# CLEAN EATING INGREDIENT SWAPS!

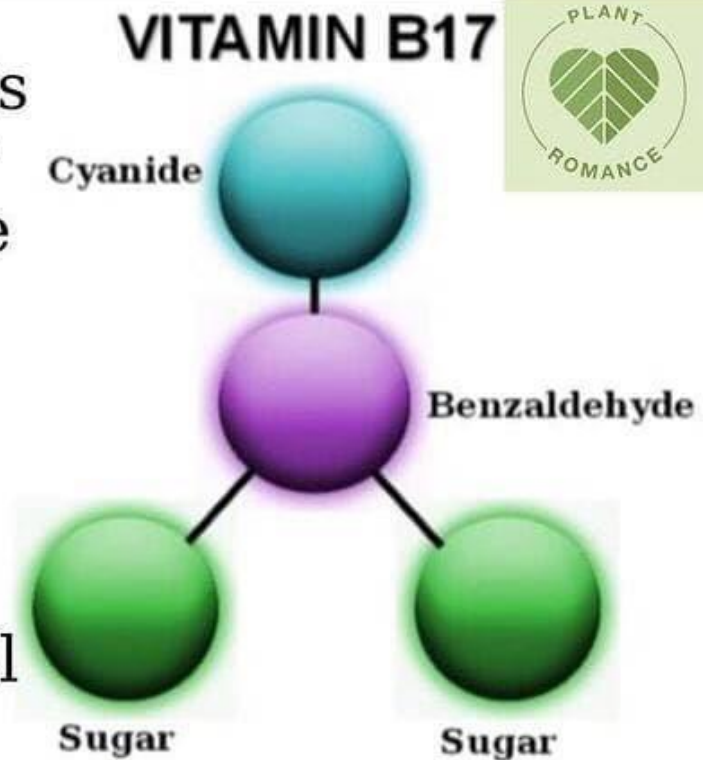


Condiments	Spices
Chocolate Chips	Cacao Nibs
Pasta	Spaghetti Squash
White Rice	Quinoa
White Flour	Black Bean Puree
Tortillas	Lettuce Leaves
Mayonnaise	Mashed Avocado
Sugar	Unsweetened applesauce
Croutons	Walnuts
Breadcrumbs	Rolled Oats
Canned Fruit	Fresh Fruit

The TRUTH About  
**CANCER**™

# Why It's Considered A Cure For Cancer

The B17 molecule is only breakable by Glucosidase. There are hundreds of times, even up to 3000 times more Glucosidase in a cancer cell than there is in a normal cell



Beta-glucosidase is the enzyme that “unlocks” cyanide and benzaldehyde in amygdalin molecules. When this happens, a toxic synergy is created that specifically targets cancer cells and leaves healthy cells untouched and unharmed.



## **CAMOMILE**

*Antiseptic, antibiotic, disinfectant, bactericidal, Anti-inflammatory. Is there anything this oil cannot do?*

[SHOP NOW](#)



## **NETTLE**

*Nettle stimulates hair growth. With its anti-inflammatory and antihistamine qualities, it soothes skin conditions like eczema.*

[SHOP NOW](#)



## **SHEA BUTTER**

*Shea butter is incredibly nourishing. Packed with fatty acids and plant sterols such as oleic, palmitic, stearic and linolenic acids. It is the great healer.*



## PEPPERMINT

*Peppermint soothes sore muscles. It cools you down whilst stimulating the brain and improves creativity.*

[SHOP NOW](#)



## COCONUT

*Coconut is great for dry skin and is anti-aging. It helps with numerous skin conditions, restoring balance and shine.*

[SHOP NOW](#)



## ROSEMARY

*Rosemary improves the thickness of hair. It is great at reducing pain and stimulates memory.*



## ROSE

*Rose relaxes and relieves stress. It is great at improving problem skin.*

[SHOP NOW](#)



## ORANGE

*Orange reduces inflammation and has natural antibacterial properties that keeps your skin looking healthy and youthful.*

[SHOP NOW](#)



## LAVENDER

*Lavender is the great healer and relaxer. Healing and restoring problem skin for centuries.*



## TEA TREE

*Tea tree is anti-fungus anti-bacterial and fantastic at reducing sores and spots.*

[SHOP NOW](#)



## ALMOND

*Almond so mild that even babies can use it. It penetrates the skin, feeding it with vitamin A & E, preventing flare-ups.*

[SHOP NOW](#)



## EUCALYPTUS

*Eucalyptus opens up the airwaves killing bad odors and mold. Can be used to heal infections and cuts. Its antibacterial properties make a great hand cleaner.*