

# NEVER SICK AGAIN

**HEADACHES : FISH (PROTEIN)**  
 Eat lots of fish as fish oil helps to prevent headaches. So does ginger which reduces inflammation and pain.

**HAYFEVER : YOGHURT**  
 Eat lots of yoghurt before pollen season.

**STROKES : TEA**  
 Prevents buildup of fatty deposit on artery walls with regular doses of tea.

**INSOMNIA : HONEY**  
 Use Honey as a tranquilizer and as a sedative.

**ASTHMA : ONIONS (RED)**  
 Eating onions helps ease constriction of bronchial tubes.

**ARTHRITIS : FISH**  
 Salmon, tuna, mackerel and sardines actually 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.

**BONES PROBLEMS : PINEAPPLE** : Bones fractures and osteoporosis can be prevented by the manganese in pineapple.

**PMS : CORNFLAKES**  
 Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety & fatigue.

**MEMORY PROBLEMS : OYSTERS**  
 Oysters help increase your mental functioning 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 : WHEAT BRAN, CABBAGE** : Wheat bran and cabbage help maintain estrogen at healthy levels.

**LUNG CANCER : ORANGE, GREEN VEGETABLES** : A good antidote is beta-carotene, a form of Vitamin A found in orange & green vegetables.

**ULCERS : CABBAGE**  
 Cabbage contains chemical that help heal both type of ulcers.

**DIARRHEA : APPLES**  
 Crate an apple with its skin. Let it turn brown and eat it to this condition.

**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 lowers blood pressure too.

**BLOOD SUGAR IMBALANCE : BROCCOLI, PEANUTS** : The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

**ATTACH TO REFRIGERATOR DOOR, WALL OR THE BULLETIN BOARD FOR HANDY REFERENCE.**

