

HEALTH TIPS

**Soul Food:**

"The best index to a person's character is how a person treats people who can't do them any good or can't fight back"

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Bitter gourd: Juice of bitter gourd if taken empty stomach is beneficial in cases of jaundice, diabetes and piles. There is fear of losing hairs on regular intake of this juice.



Cucumber is very good in arthritis conditions but take with seeds, it also helpful in losing weight and good for diabetic patients. However, cough prakurti patients should not take after 1 pm.



Beet: Juice of beet cleans the stomach; improve the quality of blood and increases weight. Bitter gourd juice may be mixed with carrot juice.



Coconut water is beneficial in urinary problems, also helps in removing **water** kidney stones and may be taken in cholera conditions. Coconut water has nutritional value also.



Carrot: Carrot juice is beneficial in cases of cancer, ulcer, all skin problems, allergies, gout and weak eye sights. Carrot juice removes uric acid from blood.



Amla is very good for uric acid troubles, semen weakness, eye weakness and blood impurities. It should be taken empty stomach in the morning. It is rich source of vitamin-C. The amla juice may be added with other juice.

Guavas are beneficial in cases of lack of vitamins and semen production. Guavas are also antacid for ulcer.



Figs are beneficial in constipation problem, intestine problems and cases of diabetes.



Grapes are beneficial in heart troubles and cancer. Grapes are general tonic and therefore strengthen the nerve weakness.

Jamuns are beneficial in problems of spleen, lever, diabetes, diarrhoea, having burning sensation in kidney. Blackberries are never taken empty stomach.



Lemons have antiseptic properties as rich in potassium. They are good for heart and also good for kidney and bladder disorders.

Oranges being acidic in nature give alkaline properties. They are good for constipation, in fever they are good nutrient, they clean intestine and increases digestive power, in cases of loss of appetite and they are good for memory.

