

HEALTH TIPS

Soul Food:

"Live as if you were to die tomorrow. Learn as if you were to live forever." -Mahatma Gandhi &

Why is it that I'm most aware of my body only when it's not working properly?

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Lime: Lime juice is very beneficial in arthritis cases.



Papaya: Papaya removes round worms from stomach. Raw papaya helps cure diabetes, cancer and kidney problems. Raw papaya juice may be taken with milk. It is also helpful in treating skin disorders. Papaya is not advisable for pregnant women.



Chillies: Chillies contain vitamin A which is powerful antioxidant that boosts the immune system



Asparagus: Asparagus contains high vitamin-K which helps to ease menstrual cramps and is also good for gastrointestinal track.



Broccoli: A substance found in broccoli may limit the damage which leads to serious lung disease, US research suggests

Pineapple: Pineapple juice is good for heart. It is also recommended in jaundice cases, anaemia, abdominal disorders and throat. It is rich source of vitamin-C and, therefore, strengthens the immune system. Pineapple juice is not advisable for pregnant women.



Strawberries: They are rich source of vitamin-C and therefore helpful in building healthy immune system



Cabbage: Cabbage juice has anti cancer properties and is effective in treating skin disorders



Rosehips: Rosehips are very rich source of vitamin-C. They have properties to regenerate the joints crippled by arthritis. They level the immune system

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