

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



HEADACHE

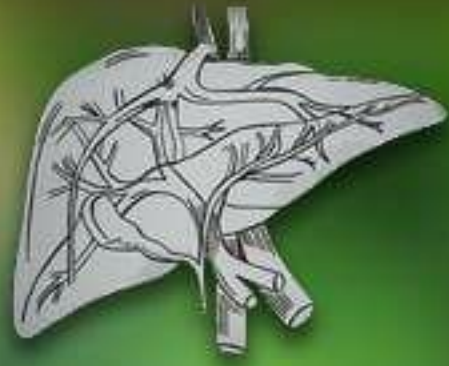


Headache caused by Summer Heat is cured by consuming watermelon juice. Just one glass a day works wonders.

ACIDITY



Sucking a piece of clove after a meal helps in reducing acidity.



Foods that cleanse the **LIVER**



Grapefruit



Beets



Carrots



Green Tea



Apples



Broccoli



Lemons



Arugula



walnuts



Cabbage



Cauliflower



Avocado



Spinach



Garlic



Turmeric

Helpful Tips



A person usually makes a lot of hand gestures when telling a true story. When telling a lie, a person's hands will stay noticeably still.

Cold and Sore Throat



Mix 2 teaspoons of honey with equal quantity of ginger juice. The beverage helps to remove mucus, providing relief for the common cold, cough and sore throat.

Did you know?



Pineapple juice is 5 times more effective than cough syrup. It also prevents colds and the flu.

Nature's 11 Most Powerful Antibiotics

Turmeric



Ginger



Oregano Oil



Habanero



Onion



Horseradish Root



Echinacea
(Herb)



Apple Cider
Vinegar



Raw Honey



Garlic



Colloidal
Silver



Did you know?



If you're coughing uncontrollably, raise your hands above your head and it will stop!

Blood Pressure



Drinking pomegranate juice daily is good for the heart and useful for people who suffer from low blood pressure.

Helpful Tips



At a restaurant?

Wash your hands after ordering. The menu is generally the dirtiest thing you can touch!

Constipation And Indigestion



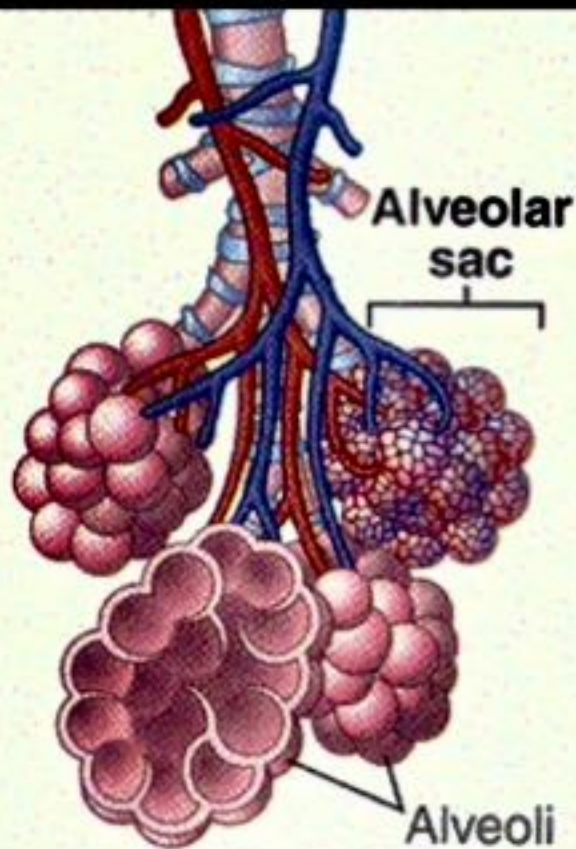
Before breakfast eat half a cup of cooked beets if you suffer from chronic constipation or indigestion.

Garlic For Heart



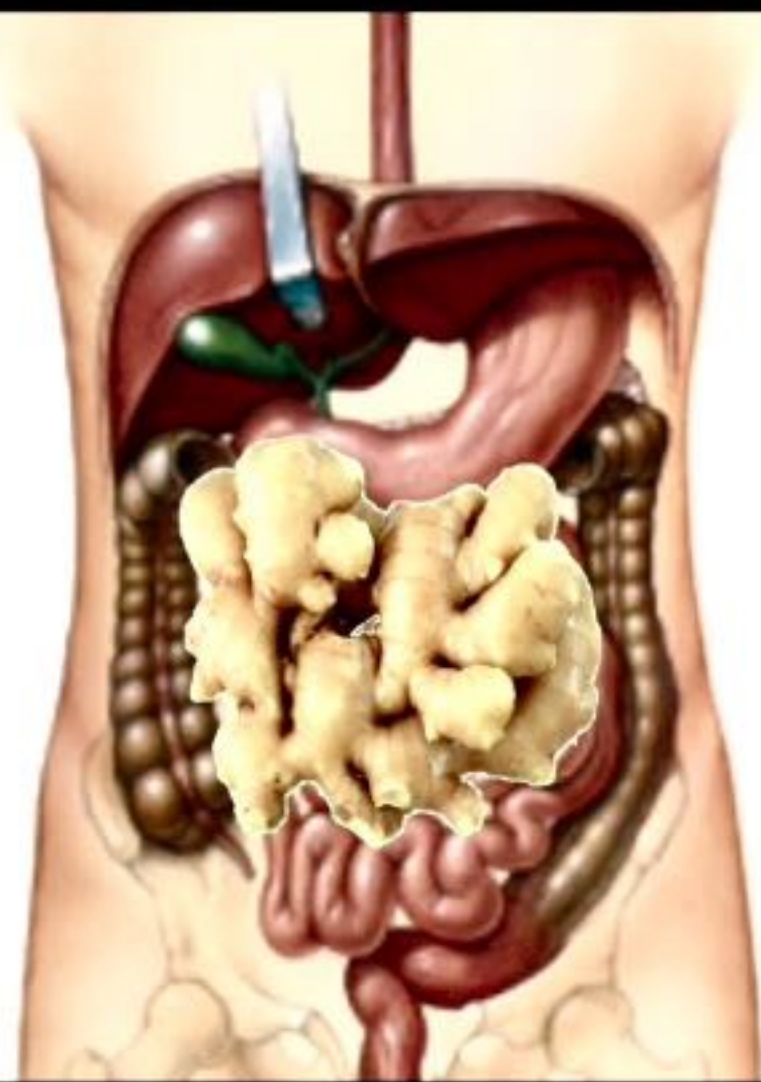
Garlic is used for many conditions related to the heart and blood system such as high & low blood pressure, high cholesterol, coronary heart disease, heart attack, reduced blood flow due to narrowed arteries, and "hardening of the arteries"

Grapes for Lungs



Mostly concentrated in the skins of grapes, this powerful fruit can help aid the lungs

Ginger for Digestive System



Historically, ginger has a long tradition of being very effective in alleviating discomfort and pain in the stomach.

Sweet Potato For Pancreas



Sweet potato is linked to boosting pancreatic function as well as lowering the instance of pancreatic cancer by 50%.

Onion for Cells



Onions contain fiber and folic acid, a B vitamin that helps the body make healthy new cells.

Bhavna's Kitchen
Proudly supports Plant-based diet