

Nature's 11 Most Powerful Antibiotics

Turmeric



Ginger



Oregano Oil



Habanero



Onion



Horseradish Root



Echinacea (Herb)



Apple Cider Vinegar



Raw Honey



Garlic



Colloidal Silver



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



Foods That Can Soothe Arthritis Pain

Turmeric

The curcumin content in turmeric has potent healing properties.



Ginger

The anti-inflammatory compounds in ginger can effectively relieve arthritis pain.



Cherries

Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain.



Pineapples

The bromelain content in pineapples has powerful anti-inflammatory properties.



Omega-3-Rich Foods

Fish oil, flaxseeds, and chia seeds can help soothe joint pain.



Raw Apple Cider Vinegar (ACV)

The high acetic content in ACV can negate the effects of inflammation.



3 Amazing Juice Recipes For Better Health



For Improved Heart Health

1. Carrot
2. Oranges
3. Apples
4. Beetroot
5. Kale

For A Complete Detox

1. Apple
2. Cucumber
3. Kale
4. Lemon
5. Ginger
6. Celery



For Increased Energy Levels

1. Apple
2. Cucumber
3. Kale
4. Spinach
5. Lemon





10 Benefits Of Drinking **LEMON WATER** On An Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss



The Right Time To **DRINK WATER**

CureJoy

After Waking Up



1 glass to
Cleanse your organs

Before a meal



1 glass to dilute your
digestive juices

Before a shower



1 glass to lower your
blood pressure

Before going to bed



1 glass to keep
yourself hydrated

Did you know?



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

April is testicular cancer month

**Don't be fooled
rather check your nuts ... like 1, 2, 3 ... done!**

1



Hold the testicle

between your thumb and fingers and roll it gently (with slight pressure) between your fingers.

2



If you notice any of these ...

Hard lumps
Smooth or rounded bumps
Changes in size, shape or consistency
A dull ache in the lower abdomen, back or groin
... don't panic but see your GP immediately!

3



Familiarize yourself

with the spermatic cord & epididymis – tube like structures that connect on the back side of each testicle. It is normal for one testicle to be bigger than the other.

LOVE
YOUR NUTS
Testicular Cancer Education in a Nutshell

Testicular cancer is the most common cancer between 15 to 38
www.love-your-nuts.com

Five Rules For Better Life:



Less Meat
More Vegetables



Less Sugar
More Fruits



Less Drive
More Walk



Less Worry
More Sleep



Less Anger
More Laughter

