

Home Remedy - Ayurveda

ayurveda

The Science of Life

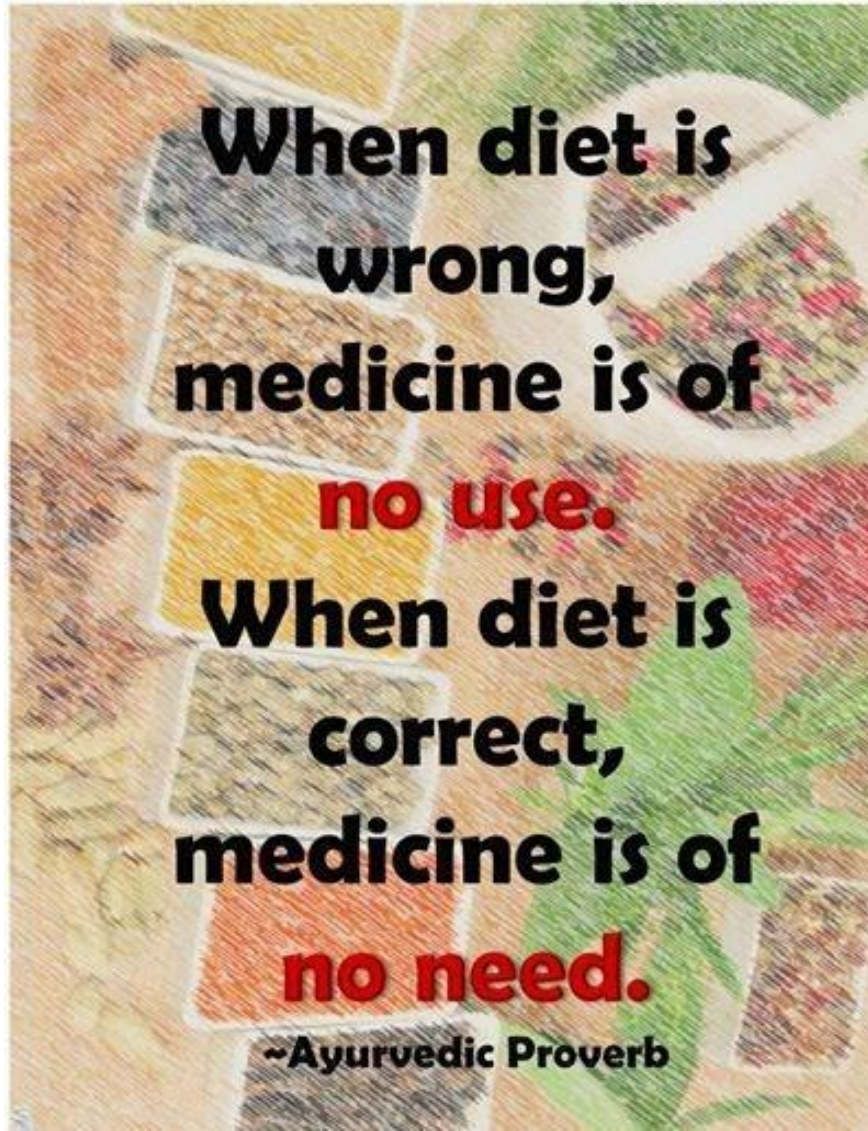


Ayurvedic medicine is a system of traditional medicine native to the Indian subcontinent and a form of alternative medicine, that people in India have used for more than 5,000 years. Ayurveda emphasizes good health and prevention and treatment of illness through lifestyle practices (such as massage, meditation, yoga, and dietary changes) and the use of herbal remedies.

Let Food be
your first
Medicine
and
Kitchen be
your first
Pharmacy



Ayurveda and Doctors claim that digestion is a cornerstone of health.



**When diet is
wrong,
medicine is of
no use.**

**When diet is
correct,
medicine is of
no need.**

~Ayurvedic Proverb

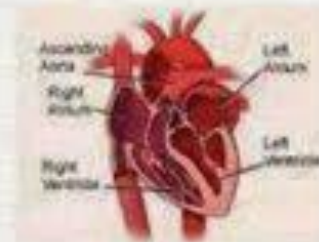
GOD's Pharmacy is Amazing



* A sliced carrot looks like a Human eye and it greatly enhances blood flow to the eyes



* A tomato has 4 chambers & is red just like the heart. A tomato is loaded with Lycopine that is pure heart & blood food



* A walnut looks like the brain and helps develop more than 3 dozen neuro Transmitters to enhance brain functions.



* Beans are kidney shaped and they heal and help maintain kidney functions.



EAT LESS CRAP:

C - CARBONATED DRINKS

R - REFINED SUGARS

A - ARTIFICIAL SWEETENERS & COLORS

P - PROCESSED FOODS

EAT MORE FOOD:

F - FRUIT & VEGGIES

O - ORGANIC LEAN PROTEIN

O - OMEGA 3 FATTY ACIDS

D - DRINK WATER

COUGHING ? Best remedy is to take juice mix of Ginger + Honey + Basil, in the AM and PM on empty stomach.

The juice from fresh pineapples with honey can suppress coughs five times more effectively than cough syrup

Healthy on the go



An apple a day= no doctor



3 ltrs of water a day= no diseases



1 lemon a day= no fat



Cup of milk a day= no bone problem

COLDS ? Eat pineapple or have turmeric drink with ginger!

Benefits of **Honey**.

***Honey** is also very good for the heart

and brain, and keeps the mind alert. The juice from fresh pineapples with honey can suppress cold.

Sore Throat: Mix 1 tsp. lime juice and 1 Tbls. honey. Swallow tiny amounts slowly 2-3 times a day.

FIVE RULES FOR BETTER HEALTH



Less Meat,
More Vegetables



Less Sugar,
More Fruits



Less Driving,
More Walking



Less Worry,
More Sleep



Less Anger,
More Laughter

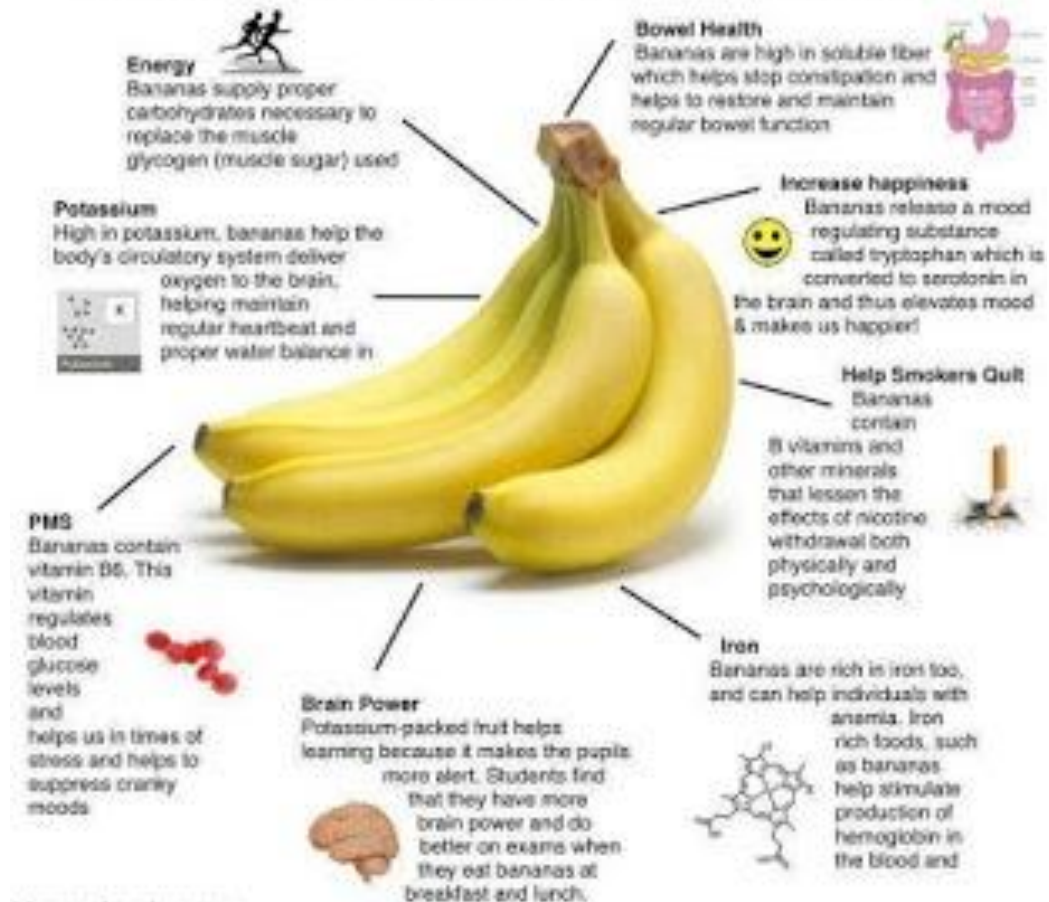


For dry cough, a decoction made of ginger root and black pepper can be taken with half teaspoon of honey. Alternatively, a decoction of cumin, black pepper, cinnamon, lemon grass, along with mulethi (liquorice) is very soothing. These should be taken at least three-four times in a day.



- **STOMACH UPSET ? Eat BANANAS, GINGER!!**
Bananas will settle an upset stomach.
Ginger will cure morning sickness.

AMAZING BENEFITS OF BANANAS



HIGH BLOOD PRESSURE ? Take CELERY AND OLIVE OIL! Banana, and Beetroot too helps.

Olive oil has been shown to lower blood pressure.

Celery contains healthy minerals that lowers blood pressure too.



IMPORTANT HEALTH TIPS

- 👁️ Don't take your medicine with cold water.
- 👁️ Don't eat heavy meals after 5pm.
- 👁️ Drink more water in morning, less at night.
- 👁️ Best sleeping time is 10pm to 4am.
- 👁️ Don't lie down immediately after taking meal.
- 👁️ Answer phone calls from Left ear.
- 👁️ When phone's battery is low to last bar, don't answer the call because the radiation is 1000 times stronger.

Share this with your Loved ones!!

BEST DIET:

-BREAKFAST should be big 700+- Calories

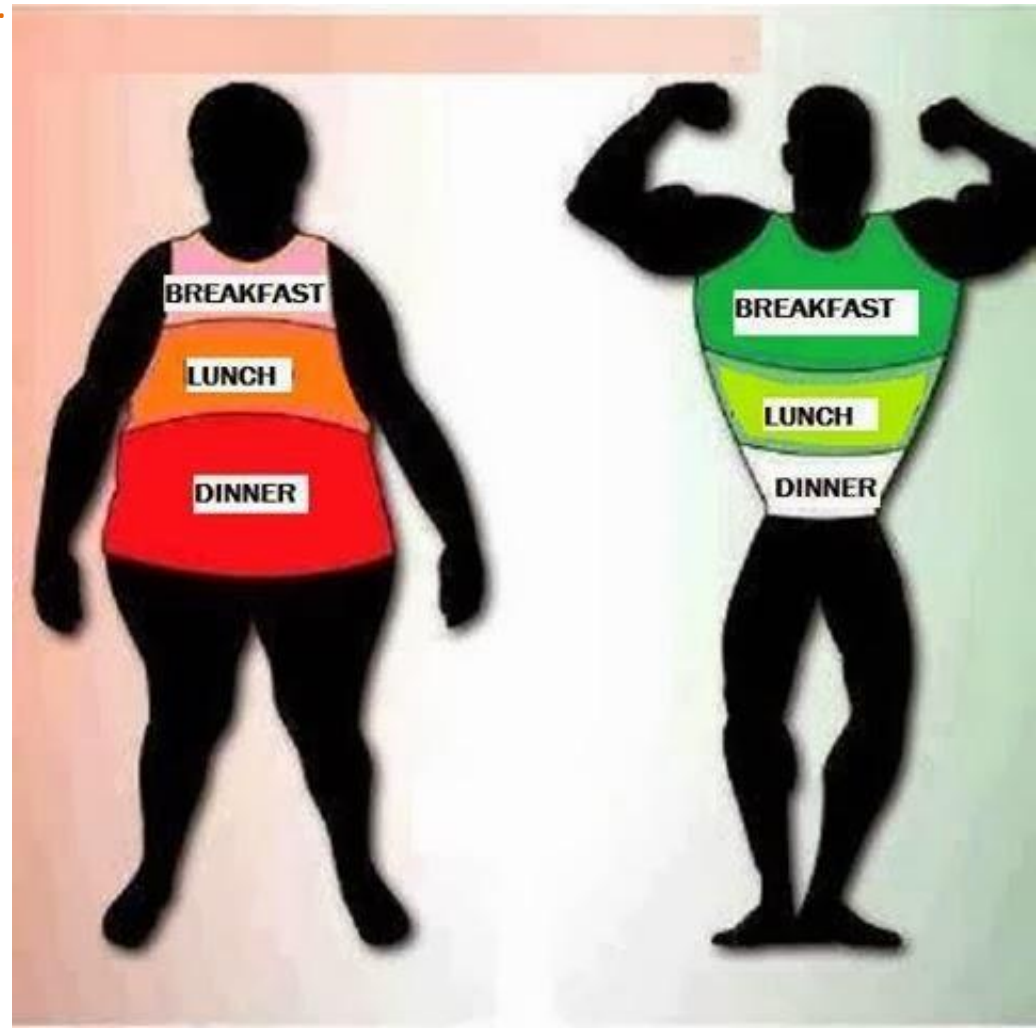
(DO NOT SKIP BREAKFAST. On empty stomach after you wake up early in the morning drink full glass of pure water mixed with lemon juice, honey for taste.

-LUNCH should be average 400+- Calories, take vitamins, fiber, protein

-DINNER should be tiny 300+- Calories. (AVOID Buffets for Dinner).

*Food should be the least priority during dinner times.

*Most importantly, complete your dinner by 7 pm.





SLEEP In Relaxed Position:

- *Sleep at least 8 hours a day.
- *Read an inspiring book before going to bed, it carries good thoughts to avoid bad dreams.
- *Sleep on the left side of body.. like a child sleeps slightly cross in relax position.
- *Keep Head on the East or South (this relaxes mind, stretches body in south due to law of attraction forces).
- *Do not sleep keeping head on North, this disturbs the mind due to law of repulsion forces.

Thanks for your attention

Done: Leonid Matveev

Let your food be your medicine, and
your medicine be your food.



Hugging is good medicine.

It transfers energy and gives the person hugged an emotional lift. You need four hugs a day for survival, eight for maintenance, and twelve for growth. Scientists say that hugging is a form of communication because it can say things you don't have the words for. And the nicest thing about a hug is that you usually can't give one without getting one.