

**Health and Happiness**  
Yesterday at 15:00

This amazing spice is found to be the third most expensive spice in the world and virtually unheard of in the United States, but these little pods possess many amazing health boosting benefits and there are several studies regarding its effects on blood pressure and skin cancer. #cancer #bloodpressure #depression



✔ Reduce Blood Pressure, Alleviate Depression, Fight Cancer, All With This One Amazing Spice!

This amazing spice is found to be the third most expensive spice in the world and virtually unheard of in the United States, but these little pods possess many...

**Health and Happiness**  
3 hrs

Who doesn't love bananas!? #health #bananas

## Benefits of Bananas!

1. Reduce depression
2. Regulate the bowel system
3. Reduce blood pressure & risk of heart disease
4. Help our bones grow stronger
5. Help individuals to quit smoking
6. Help prevent anemia
7. Provide us with energy
8. Reduce menstrual pains
9. Power our brains
10. Help prevent ulcers



**Healthy Holistic Living**  
3 hrs

Ginger, lemon and honey tea is incredible for flushing out toxins, but so are these other 2 recipes you NEED to try today!



✔ 3 Alkalizing Teatox Recipes to Melt Away Stubborn Belly Fat

[HTTP://THEHEARTYSOUL.COM/TEATOX-RECIPES/?T=HHL](http://theheartysoul.com/teatox-recipes/?t=hhl) | BY THE HEART...

## Healing Herbs and Spices Medicine Cabinet in Your Kitchen

<b>OREGANO</b> helps soothe stomach muscles		<b>Thyme</b> relaxes respiratory muscles	
<b>MINT</b> can ease hiccups		<b>TURMERIC</b> anti-cancer	
<b>GINGER</b> anti-nausea remedy		<b>BASIL</b> can relieve gas and soothe stomach upsets	
<b>GARLIC</b> natural antiseptic		<b>BLACK PEPPER</b> help relieve indigestion	
<b>FENUGREEK</b> helps flush out harmful toxins		<b>CAYENNE</b> can stop a heart attack	
<b>Fennel</b> can reduce bad breath and body odor		<b>CINNAMON</b> helps lower blood pressure	
<b>CLOVE</b> anti-microbial		<b>Dill</b> treat heartburn, colic and gas	
<b>SAGE</b> antiseptic and antibiotic		<b>Rosemary</b> antioxidant	



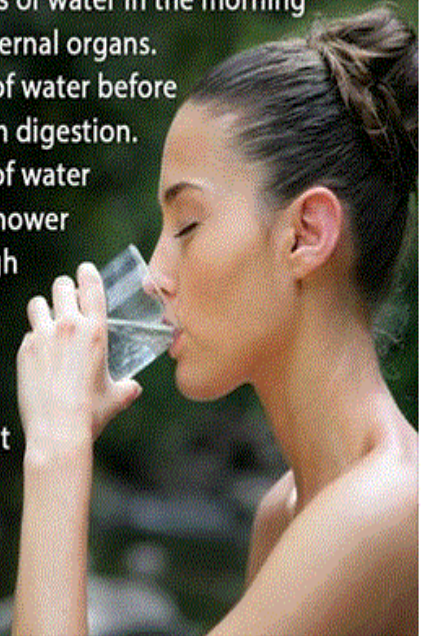
✔ You can Kill the Bacteria That Causes Acne, Tooth Decay, Pneumonia and Tuberculosis by Just One...

Cashews nuts are kidney-shaped seeds observe to the bottom of the cashew apple that grows in the coastal areas of northeastern Brazil. These nuts have...

THEMAGICOFLIFE.INFO

Drinking Water at the Correct Time Maximizes its Effectiveness on the Human Body

- Drinking 2 glasses of water in the morning helps activate internal organs.
- Drinking 1 glass of water before a meal will help in digestion.
- Drinking 1 glass of water before taking a shower helps prevent high blood pressure.
- Drinking a glass of water before bed helps prevent strokes or heart attacks.



PLEASE SHARE

**Must Share Garden Tip**

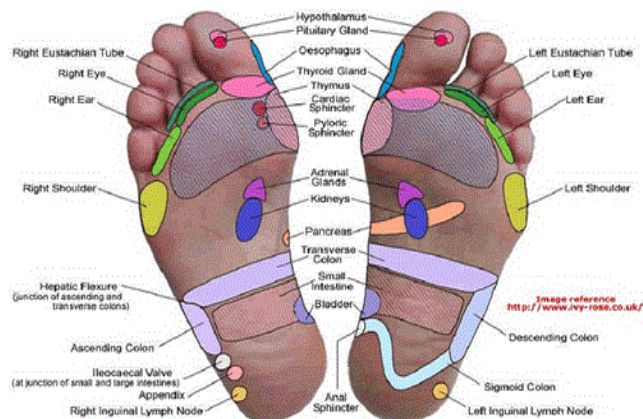
- 1 tsp Epsom salt in 4 c warm water
- Spray on plant and then again 10 days later.
- Produces more fruit due to boost of magnesium especially for tomatoes, peppers and roses.

**To SAVE this idea, be sure to click SHARE so it will store on your personal page. Remember to do this in your gardens.**

**GROW, FOOD, NOT LAWN**

DIY Foot Reflexology: 7 Pressure Points To Reduce Stress & Promote Weight Loss

April 30, 2015 By Admin — Leave a Comment



Reflexology soothes you into a state of deep rest and relaxation. It works similarly to hypnosis where you enter a receptive place, allowing for healing.

There are thousands of nerves in these areas – 15,000 nerves in your feet alone! That's why the effects of reflexology are so calming and soothing.



## Benefits of Cucumbers!

1. Relieves joint pain (arthritis/gout)
2. Reduces Cholesterol
3. Aids in Weightloss
4. Promotes Digestion
5. Prevents Headaches
6. Fights Cancer
7. Rehydrates & Remineralizes the body
8. High silica content for silky hair
9. Cures Diabetes
10. Controls blood pressure

# NATURAL ANTI-DEPRESSANT

**2 HANDFULS OF CASHEWS IS THE THERAPEUTIC EQUIVALENT OF A PRESCRIPTION DOSE OF PROZAC**

### WHERE TO FIND ANTIOXIDANTS

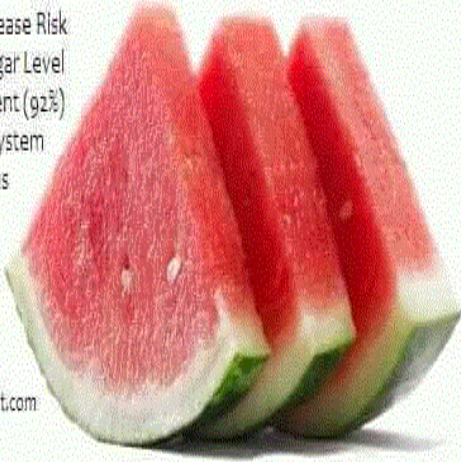
- VITAMIN E**
  - nuts
  - whole grains
  - vegetables
  - vegetable oil
  - liver oil
- VITAMIN C**
  - citrus fruits
  - tomatoes
  - green leafy veggies
  - strawberries
- VITAMIN A**
  - sweet potatoes
  - cantaloupe
  - broccoli
  - carrots
  - kale
  - apricots
  - squash
  - collards
  - prunes
- BETA-CAROTENE**
  - pumpkin
  - sweet potatoes
  - carrots
  - squash
- SELENIUM**
  - brazil nuts
  - fish/shellfish
  - red meat
  - grains
  - eggs
  - garlic
  - milk
- FLAVONOIDS**
  - soy
  - red wine
  - horopigonath
  - strawberries
  - blueberries
  - tea
- LIGNAN**
  - flax seed
  - barley
  - rice
  - oats


<p><b>Cinnamon</b></p> <p>gingivitis metabolic ulcers cholesterol sexual stimulant exhaustion kills all germs!</p> 	<p><b>Peppermint</b></p> <p>headache fever hot flashes stomach ache memory nausea shock increase oxygen</p> 
<p><b>Grapefruit</b></p> <p>cellulite weight loss cleansing depression addictions jet lag fatigue obesity joint support emotional cleansing</p> 	<p><b>Ginger</b></p> <p>motion sickness morning sickness indigestion diarrhea colic cooking alcoholism sinusitis impotence</p> 
<p><b>Rosemary</b></p> <p>asthma bronchitis diuretic mental clarity dandruff hair loss</p> 	<p><b>Lemon</b></p> <p>detoxification strengthens nails digestive problems sore throat odors disinfectant cold and flu allergies stress</p> 

10 Health Benefits of...

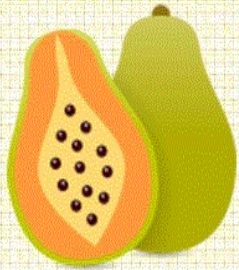
# Watermelon

1. Highest Alkalisng Fruit!
2. Reduces High Blood Pressure
3. Reduce Heart Disease Risk
4. Reduce Blood Sugar Level
5. HIGH Water Content (92%)
6. Boosts Immune System
7. Strengthens Bones
8. Produces Energy
9. Cleans Kidneys
10. Fights Cancer




 EatHealthyLiveFit.com

## Guava & Papaya



**Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation. Papaya is rich in carotene, this is good for your eyes. (also good for gas and indigestion)**

 /DailyHealthGen

## HEADACHE - EAT FISH!



**Eat plenty of fish -- fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain....**

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