

1. Miracle Cure!

Miracle Cure For Anything That Ails You Is As Close as your Supermarket!!!		
Illness	Food	Effect
Headaches	Fish	Eat plenty of fish. Fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.
Hay Fever	Yogurt	Eat lots of yogurt before pollen season
Strokes	Tea	Prevent buildup of fatty deposits on artery walls with regular doses of tea.
Insomnia	Honey	Use honey as a tranquilizer and sedative.
Asthma	Onions	Eating onions helps ease constriction of bronchial tubes.
Arthritis	Fish	Salmon, tuna, mackerel and sardines actually prevent arthritis.
Upset Stomach	Bananas, Ginger	Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.
Bladder Infections	Cranberry Juice	High-acid cranberry juice controls harmful bacteria
Bone Problems	Pineapple	Bone fractures and the manganese in pineapple can prevent osteoporosis.
PMS	Cornflakes	Women can ward off the effects of PMS with Cornflakes, which help reduce depression, anxiety and fatigue.
Memory Problems	Oysters	Oysters help improve your mental functioning by supplying much-needed zinc.
Colds	Garlic	Clear up that stuffy head with garlic.
Cough	Red Pepper	A substance similar to that found in the cough syrups is found in hot red pepper.
Breast Cancer	Wheat, Bran, Cabbage	Wheat, bran and cabbage help maintain estrogen at healthy levels.
Lung Cancer	Orange & Green Veggies	A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.
Ulcers	Cabbage	Cabbage contains chemicals that help heal both gastric and duodenal ulcers.
Diarrhea	Apples	Grate an apple with its skin, let it turn brown and eat it to cure this condition.
Clogged Arteries	Avocados	Monounsaturated fat in avocados lowers cholesterol.
High Blood Pressure	Olive Oil, Celery	Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure.
Blood Sugar Imbalance	Broccoli, Peanuts	The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

2. Honey & Cinnamon

It is found that mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a Ram Ban (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients also. A list of diseases that can be cured by Honey and Cinnamon as researched by western scientists is shown below:

No.	Disease	Curing way
1.	<i>ARTHRITIS</i>	Take one part honey to two parts of Luke warm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two. Or arthritis patients may daily; morning and night take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If drunk regularly even chronic arthritis can be cured.
2.	<i>HAIR LOSS</i>	Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found very effective if kept for 5 mines. also.
3.	<i>BLADDER INFECTIONS</i>	Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of luke warm water and drink it. It destroys the germs of the bladder.
4.	<i>TOOTHACHE</i>	Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be done 3 times a day daily till such time that the tooth has stopped aching.
5.	<i>COLDS</i>	Those suffering from common or severe colds should take one tablespoon luke warm honey with 1/4 teaspoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.
6.	<i>CHOLESTEROL</i>	Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, if given to a cholesterol patient; it reduces the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day any chronic cholesterol is cured. As per the information received in the said journal, pure honey taken with food daily relieves complains of cholesterol.

7.	UPSET STOMACH	Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.
8.	GAS	According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.
9.	INFERTILITY	Yunani and Ayurvedic have been using honey for years in medicine to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before sleeping, their problem will be solved. In China, Japan and Far-East countries, women who do not conceive and to strengthen the uterus has been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body.
10.	HEART DISEASES	Make a paste of honey and cinnamon powder, apply on bread or chapatti instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that due to the increasing age the arteries and veins, which lose their flexibility and get clogged, are revitalized.
11.	IMMUNE SYSTEM	Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.
12.	INDIGESTION:	Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.
13.	INFLUENZA	A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

14.	PIMPLES	Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.
15.	LONGEVITY	Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life span also increases and even if a person is 100 years old, starts performing the chores of a 20-year-old.
16.	SKIN INFECTIONS	Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.
17.	WEIGHT LOSS	Daily in the morning, 1/2 hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one-cup water. If taken regularly it reduces the weight of even the most obese person. Also drinking of this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.
18.	CANCER	Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.
19.	FATIGUE	Recent studies have shown that the sugar content of honey is more helpful than detrimental to the body strength. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton who has done research says that half tablespoon honey taken in one glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts decreasing, increases the vitality of the body within a week.
20.	BAD BREATH:	People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.
21.	SINUS & HEADACHES	Drink mix up with honey & lemon juice helps sinus headaches.

3. Vegetables & Anti-Cancer

BROCCOLI

How it combats cancer: Research has revealed that a chemical component called indole-3-carbinol can combat breast cancer by converting a cancer-promoting estrogen into a more protective rite. The phytochemical sulforaphane raises the levels of certain cancer-fighting enzymes that defend the body from cigarette smoke, fumes, pesticides & other known carcinogens.

Diet tips: Broccoli leaves actually contain more beta-carotene (i.e. pre-Vitamin A) than the florets - use leaves in purees, soups, stir-fries. To preserve broccoli's valuable nutrients, steam or microwave, being careful not to overcook. Avoid garnishing broccoli with fatty cheeses and creams instead, squeeze on some lemon juice or sprinkle with toasted breadcrumbs.

PAPAYA

How it combats cancer: It's plentiful store of vitamin C works as an antioxidant and may also reduce absorption of cancer-causing nitrosamines from the soil or processed foods. Papaya contains folacin (also known as folic acid), which has been shown to minimize cervical dysplasia and certain cancers.

Diet tips: Choose papayas that are at least half-yellow in the store - fully green ones were probably picked too soon and won't ripen properly. You can serve papaya in fruit salad, add it to a garlic-and-spinach pasta mixture, or just eat it on its own, letting the juice dribble down your arm.

GARLIC

How it combats cancer: Garlic's immune-enhancing allium compounds block carcinogens from entering cells and slow tumor development. Diallyl sulfide, a component of garlic oil, has also been shown to render carcinogens in the liver inactive. Studies have linked garlic - as well as onions, leeks, and chives - to lower risk of stomach and colon cancer.

Diet tips: Add raw garlic to salads, use it fresh in marinades and sauces; rub freshly cut garlic around the insides of salad bowls and over chicken and fish fillets. Avoid dried or powdered garlic, which is less concentrated - and less effective

KALE

How it combats cancer: Research has shown that indoles, nitrogen compounds found in kale and other leafy greens, may help stop the conversion of certain lesions to cancerous cells in estrogen-sensitive tissues. In addition, isothiocyanates, phytochemicals found in kale, are thought to suppress tumor growth and block cancer-causing substances from reaching their targets.

Diet tips: A cruciferous vegetable, kale requires quick cooking - blanching or steaming - to preserve its nutrients. When you're done, save the nutrient-rich cooking liquid for soups or sauces. You can also use whole large leaves to wrap fillings or to layer in lasagna.

SWEET POTATO

How it combats cancer: This nutrient-dense food contains many anticancer properties. It's loaded with beta-carotene, which may protect DNA in the cell nucleus from cancer-causing chemicals outside the nuclear membrane.

Diet tips: Go for freshness when picking potatoes - canned varieties contain less beta-carotene and vitamins C and B. Naturally sweet and creamy, mashed sweet

potatoes can be enhanced with a little apple juice. Or whip the cooked tubers with orange zest or orange juice and season with cinnamon, nutmeg, and ginger.

GRAPEFRUIT

How it combats cancer: Grapefruits, like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body. Some studies show that grapefruit can inhibit the proliferation of breast-cancer cells in vitro. It also contains vitamin C, beta-carotene, and folic acid.

Diet tips: Grapefruit can be sweetened with brown sugar or a drizzle of maple syrup or honey; vanilla extract, fresh mint, and almonds also accent the fruit's flavor. Grapefruit juice will give you the antioxidants and phytochemicals that fight cancer, but it's missing the fiber that fresh, whole grapefruit offers.

AVOCADO

How it combats cancer: Avocados are rich in glutathione, a powerful antioxidant that attacks free radicals in the body by blocking intestinal absorption of certain fats. Ounce for ounce, avocados also supply 60 percent more potassium than bananas and are a strong source of beta-carotene.

Diet tips: Store avocados at room temperature until they soften. If you don't eat the fruit immediately after cutting, sprinkle on some lemon or lime juice to keep it from darkening. Add chunks or slices to salads and sandwiches or spread mashed avocado on bread.

SEAWEED

How they combat cancer: Seaweed and other sea vegetables contain beta-carotene, protein, vitamin B12, fiber, and chlorophyll, as well as chlorophyllones - important fatty acids that may help in the fight against breast cancer. Also, many sea vegetables have high concentrations of the minerals potassium, calcium, magnesium, iron, and iodine.

Diet tips: Sea vegetables come fresh, dried, or powdered. Both the Japanese & the Irish regularly use them as flavorings for broths & soups, stir-fried over rice, or as a wrap for fish and other seafood. Varieties such as dulce, wakame, kombu, and hijiki even appear in pancakes, salads, puddings, and sandwiches.

TOFU

How it combats cancer: Soy contains several types of phytoestrogens -weak, nonsteroidal estrogens that could help prevent both breast and prostate cancer by blocking and suppressing cancerous changes. Genistein, one type of phytoestrogen, also lowers breast-cancer risk by inhibiting the growth of epithelial cells & new blood vessels that tumors require to flourish.

Diet tips: Tofu is made by coagulating the protein in soybeans - much the way cheese is produced. While bland on its own, tofu absorbs other flavors when cooked, making it perfect for stir-fries, dips, spreads, shakes, even cheesecake. It's also a good high-protein substitute for meat, whole milk & mayonnaise.

ADDITIONAL NOTES

Please note that ALL cruciferous vegetables (like cabbage, broccoli, cauliflower, kale, Brussel sprouts) CANNOT be taken raw as they contain oxalates which, in excessive amounts, can lead to gall stones. To get maximum benefit from these vegetables, please do not overcook them. Just "celuh" and take them with the crispy "krek-krek" taste still intact.

4) Prevent Cancer

The number ONE killer (in Singapore) is cancer (followed by Heart Disease & Stroke). Not all cancers are the same. 1/3 is curable. 1/3 is preventable. Two factors of cancer that cannot be controlled are AGE & FAMILY HISTORY.

Causes of cancer: -

1. Smoking:

Smoking is very often the main cause of cancer. It kills us silently and drains money from us quietly. There're 4,000 harmful chemicals (though in diluted form) in one stick of cigarette. Taking one puff is 600 times worst than inhaling the exhaust fumes from vehicles.

2. Some food that cause cancer are:

- (a) Barbecued Food
- (b) Deep Fried Food
- (c) Overheating Meat
- (d) Food that is high in fat causes our bile to secrete acid that contains a chemical, which is a promoter of cancer cells.
- (e) Food that contains preservatives, too much salt or nitrates (e.g. Canned food, Salted egg & veggies, sausages, etc.)
- (f) Overnight Rice (where Aflatoxin is accumulated)
- (g) Food that is low in fibre: Our body needs 25 gm of both soluble & insoluble fibre daily. We must drink at least 1.5 litres of plain water a day.
- (h) Contaminated Food (e.g. moulded bread causes our body to secrete toxins that may eventually lead to liver cancer in the long run. Never eat bread that is kept in room temperature for more than 2 days especially in a humid weather like Singapore's.

3. Types of fat and which is the best?

- (I) **Highly Recommended for Health:-**
 - (a) Olive Oil - The best of all oils. It does not absorb in our body.
 - (b) Fish Oil - Omega 3 (contained in NI's Circulytes) has poly-unsaturated fat. It's good for our brain cells.
 - (c) Peanut Oil - It contains Vitamin E. A small dosage is recommended only.
- (II) **Not Recommended for Health**
 - (a) Vegetable Fat - Palm oil is worst than coconut oil. It is high in cholesterol and highly unsaturated.
 - (b) Coconut Oil - It has saturated fat.

4. Specific Food & Beverages

- (a) Egg when eaten too much can cause High Colon Cancer. Risk Ovary Cancer, Prostate Cancer.
- (b) Cabbage is highly recommended for health reason.
- (c) Tomato is best eaten raw with a bit of olive oil for better absorption. Other alternative is to take tomato sauce.
- (d) Coffee is good because it contains 2 anti-oxidants. Inhaling the coffee aroma for half each day is equivalent to eating two oranges a day. However, the residue of over-burned coffee is extremely bad for health. It can cause cancer.
- (e) Tea, as long as it is in its original tea leaves and not processed into BOH or Lipton packets, it is good for health. Tea contains 30 anti-oxidants. Recommended dosage is 4 cups a day.

Exercise and be fit

Have a balanced lifestyle. Exercise regularly.

F : Frequency: 3 to 5 times a week.

I : Intensity: Exercise till we sweat and breath deeply.

T : Types of exercises: Find one that suits our age, lifestyle, etc.

Have regular check-up

Once we reach the age of 45 & above, it is recommended that we go for regular comprehensive health examination. **Early detection may save lives.**

5) Health Tips – Super Fruits



Kiwi: Tiny but mighty

This is a good source of potassium, magnesium, Vitamin E & fibre. It's Vitamin C content is twice that of an orange.



Apple: An apple a day keeps the doctor away?

Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.



Strawberry: Protective Fruit

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals.



Orange: Sweetest medicine

Taking 2 –4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.



Watermelon: Coolest Thirst Quencher

Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene – the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium.



Guava & Papaya: Top awards for Vitamin C

They are the clear winners for their high Vitamin C content. Guava is also rich in fibre, which helps prevent constipation. Papaya is rich in carotene, this is good for your eyes.

6) Salt: The cure of Pain

Most of moms always tell us to drink a glass of salt water/rinse our mouth with salt water if we have a sore throat because salt can reduce inflammation. This method has actually been proven (medically) to be really effective and it really can help to reduce inflammation. They have also tested on other medical values of salt and found out that:

If we have pain in your joints/spine/body, we can simply try out this method which can help to relieve the pain (especially for old people who have rheumatism). Simply fry the salt let it settle down for a while before applying on affected areas. And if you have a problem of Hair Loss, you can simply prepare a pail of salt water and rinse your scalp/hair with it (it takes about 2 weeks to a month). It will not help in growing of new hair but can prevent. After tedious/strenuous exercise, soaking your feet with salt water can help to prevent cramps and pain. and also prevent from skin irritation.
