

Vashisht

HOMOEOPATHIC PHARMACEUTICALS

NEWS LETTER

GMP CERTIFIED

WELCOME to month of Happiness.

Eating Fruit - this opened my eyes.

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EATING FRUIT...

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's

important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

*Let's say you eat two slices of bread
and then a slice of fruit.*

*The slice of fruit is ready to go
straight through the stomach into the
intestines,*

*but it is prevented from doing so.
In the meantime the whole meal rots
and ferments and turns to acid.*

*The minute the fruit comes into
contact with the food in the stomach
and digestive juices,*

*the entire mass of food begins to
spoil....*

*So please eat your fruits on an empty
stomach or before your meals!*

You have heard people complaining

— every time I eat watermelon I
burp,
when I eat durian my stomach bloats
up,
when I eat a banana I feel like
running to the toilet, etc —
actually all this will not arise if you
eat the fruit on an empty stomach.
The fruit mixes with the putrefying
other food and produces gas and
hence you will bloat!

**Greying hair, balding, nervous
outburst and dark circles under the
eyes**

**all these will NOT happen if you
take fruits on an empty stomach.**

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to

Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans.

Don't even drink juice that has been heated up.

Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice.

If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it.

You can go on a 3-day fruit fast to cleanse your body.

Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your

*friends tell you how radiant you
look!*

KIWI:

Tiny but mighty.

*This is a good source of potassium,
magnesium, vitamin E & fiber.*

*Its 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 vessel-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 lessens the risk of colon cancer.

WATERMELON:

Coollest 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 fiber, which helps prevent constipation.

Papaya is rich in carotene; this is good for your eyes.

**Drinking Cold water after a meal =
Cancer!**

Can u believe this??

For those who like to drink cold water, this article is applicable to you.

It is nice to have a cup of cold drink after a meal.

However, the cold water will solidify

the oily stuff that you have just consumed.

It will slow down the digestion.

Once this 'sludge' reacts with the acid,

it will break down and be absorbed by the intestine faster than the solid food.

It will line the intestine. Very soon, this will turn into fats and lead to cancer.

It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks
HEART ATTACK PROCEDURE':

(THIS IS NOT A JOKE!)

Women should know that not every heart attack symptom is going to be the left arm hurting.

Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack.

Nausea and intense sweating are also common symptoms.

Sixty percent of people who have a heart attack while they are asleep do not wake up.

Pain in the jaw can wake you from a sound sleep.

Let's be careful and be aware.

*The more we know the better chance
we could survive.*

It's a bit difficult, but not impossible. Needless to remind that, Nothing is precious than a healthy Life.

