

# Daily Health Tips

January 2014

23 January 2014- **Lemons** are the most powerful citrus fruit known to man; great antioxidants, use to treat gall bladder, kidney problems, antiviral microbial / anti-bacterial effects, and most alkaline of any citric fruit in the world. **MIX WITH GREEN TEA AND IT IS VERY POTENT**. Should be the first thing you drink in the morning!

24 January 2014- Good Morning my website friends "" Pop QUIZ" are YOU ready? What is the name of a green vegetable that have the most beneficial health properties known to man?, Regulate hormones, could be a cure to cancer in some studies, the most vitamins and help with weight loss?

**Answer: "Collard Greens"** are very low in calories only 30 per 100 grams, contains dietary fiber that help control LDL cholesterol levels, offers protection against hemorrhoids constipation as well as colon cancer diseases. Collards share potent anti-cancer properties such as DIM benefits against prostate, breast, cervical, colon, and ovarian cancer by virtue of their cancer cell growth. High in vitamin A also beneficial effects in ALZHEIMER disease patients by limiting neuronal damage in their brain.

24 January 2014- Health Update: **Kale** have some health benefits however do you know by consuming too much kale could become toxic to the human body so be careful not to consume too much.

24 January 2014- Pain Management; chronic pain effect 86 million people a year. You do not have to be in pain and used pain addictive drugs. Try the HACI Acupressure method take 15 minutes eliminate pain back to work.

25 January 2014- Remember this HACI Wuxing Chinese way in pain management, this is a way to help eliminate pain of all kind like Arthritis, Back Pain and more. You do not have to live with chronic pain. Call the office for more information 281-587-8191.

26 January 2014- POP QUIZ Website friends: What natural supplement is the most powerful supplement known to man with antibiotic effects and will cleanse the blood, lower blood pressure ,antiviral, kill parasites, good for migraines, help with arthritis, tinnitus, and much more and herb of life?. What is it?

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Answer: OLIVE LEAF

27 January 2014- TIP OF THE DAY: Try fasting for 24 hours drinking only lemons, green tea and water and see how light your body will feel and revived .A PERFECT DETOX.

30 January 2014- Health TIP: Detox Cleansing to release unwanted matter, fecal-like meat ,trash, that takes as long as a month or longer to get rid of. No wonder cancer auto immune disease, prostate cancer, breast, and more all began in the colon and stomach, where diseases start. **Release Plus** colon cleanse supplement can help, also green drinks will cleanse the blood. Now that will be a start-up for good health....

30 January 2014- Alternative Therapy & Nutrition a one stop shop where can you come to see your Health Care Practitioner, get your natural medicine the office at low cost and have constant contact with your doctor and staff who cares about you no matter what... Call 281-587-8191. **WE WILL SHIP TO YOU NO PROBLEM.**

31 January 2014- Morning Health Tip; Great Doctors treat the Body not the Disease, " **DON'T THAT MAKE SENSE.**"