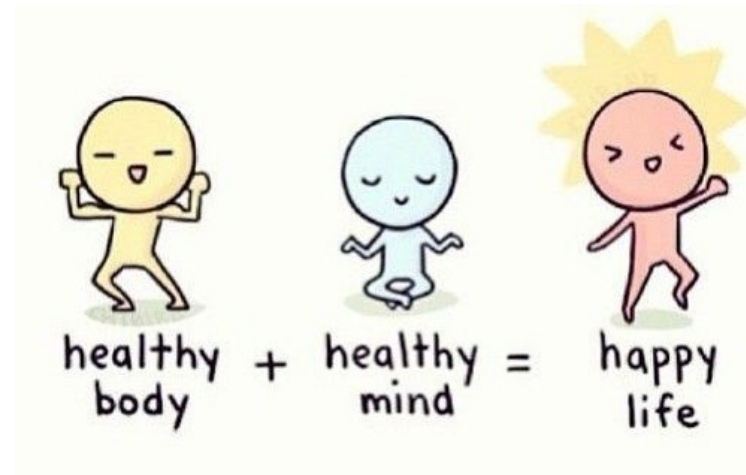




Health is Wealth



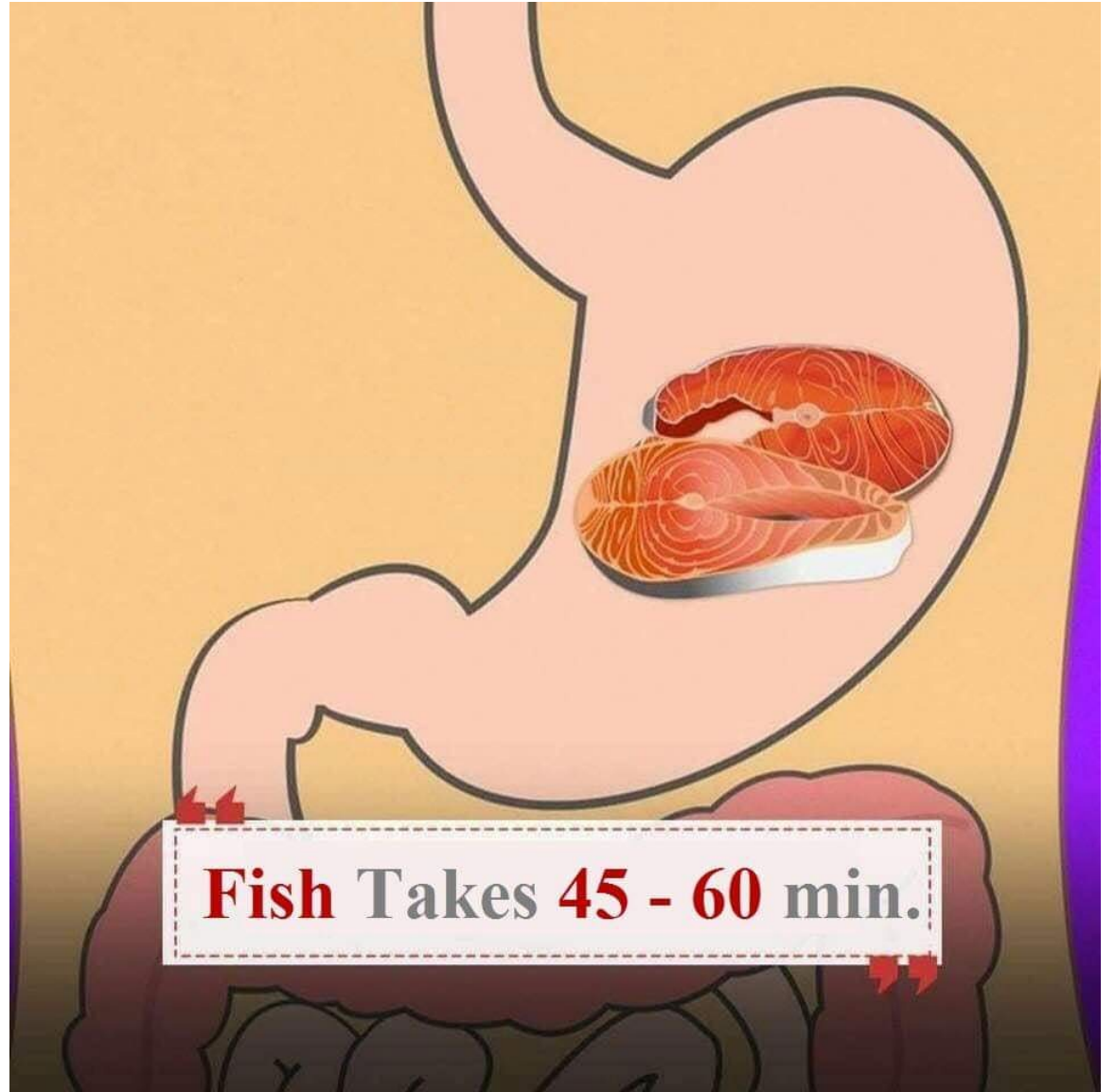
Contributor- Vidya Tadanki







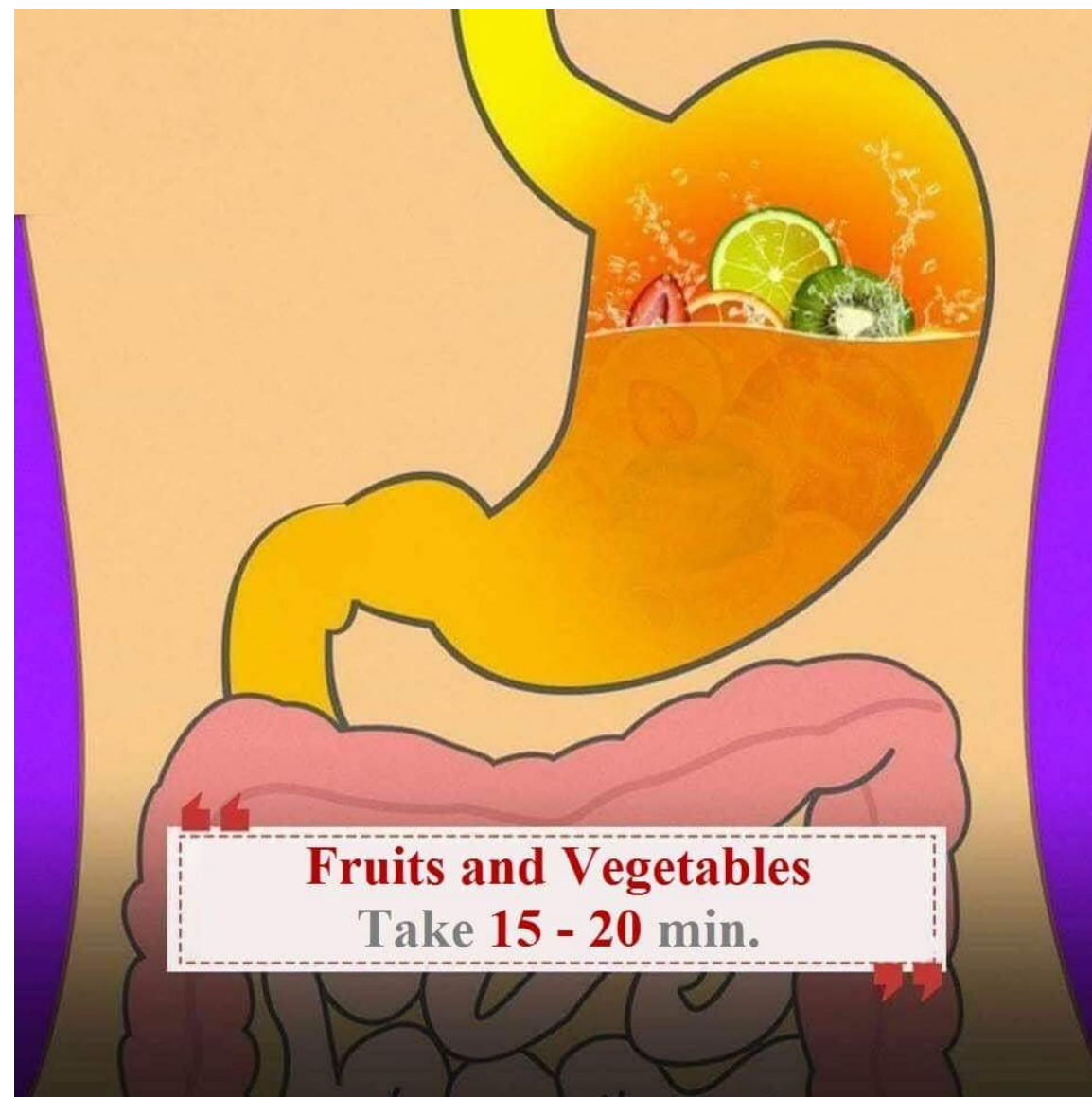
Chicken Takes 90 - 120 min.



Fish Takes 45 - 60 min.



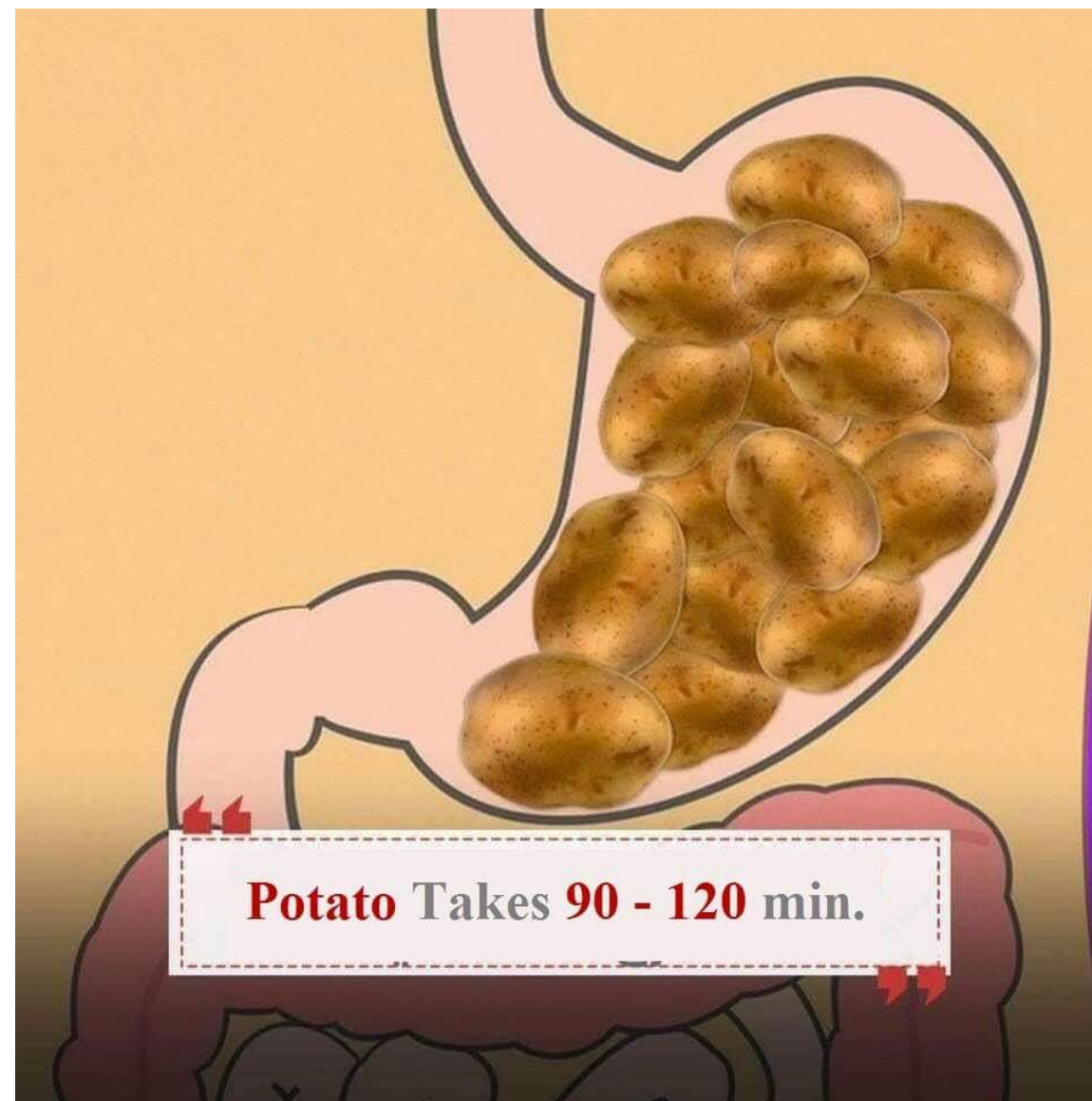
Milk Products Take **120** min.



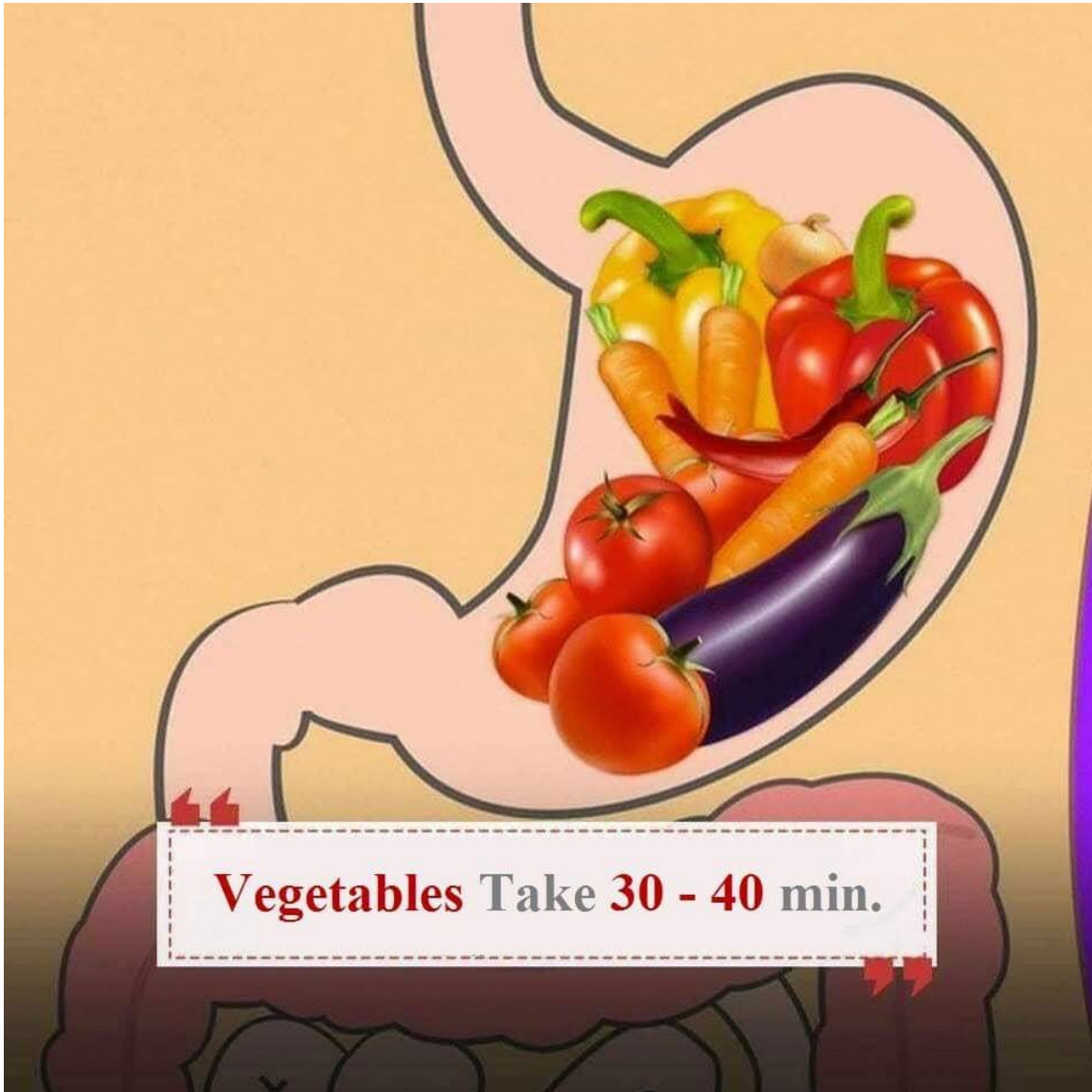
Fruits and Vegetables
Take **15 - 20** min.



Nuts Take 180 min



Potato Takes 90 - 120 min.



Vegetables Take 30 - 40 min.

The Right Time To **DRINK WATER**

CureJoy

After Waking Up



**1 glass to
Cleanse your organs**

Before a meal



**1 glass to dilute your
digestive juices**

Before a shower

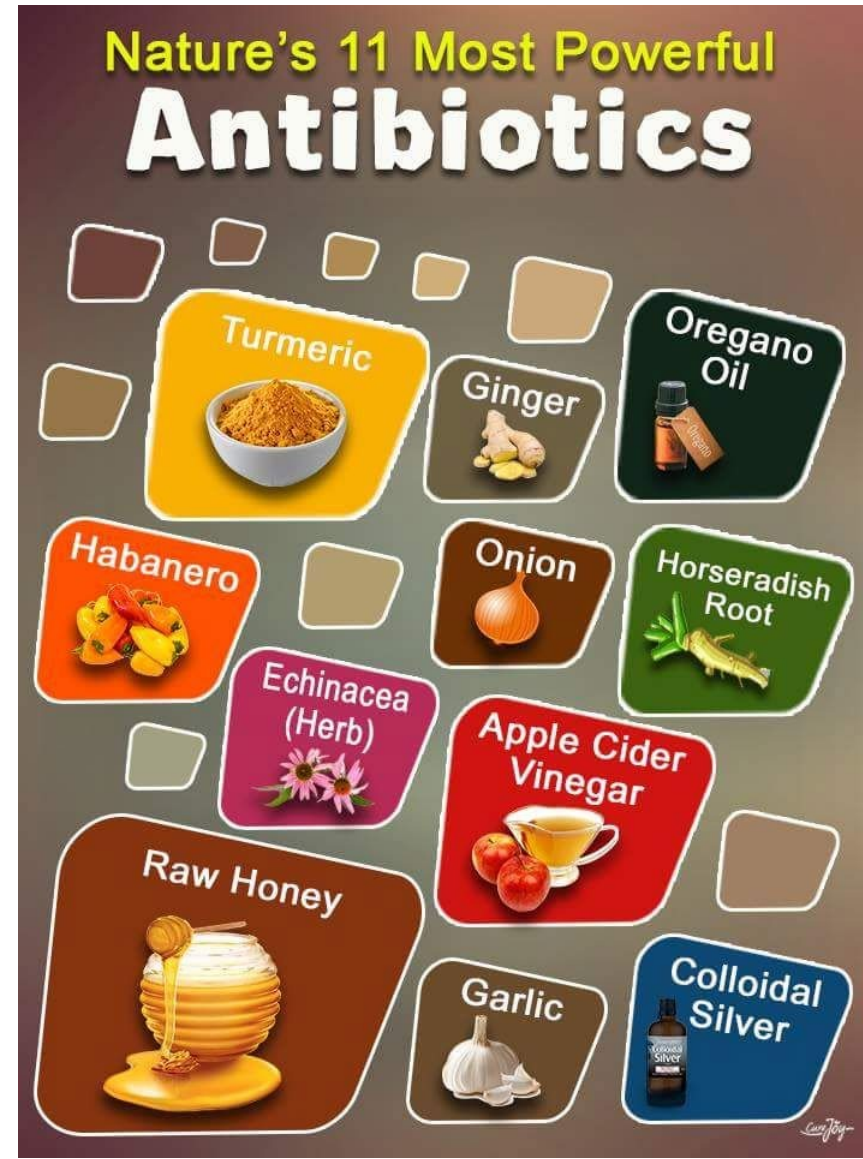


**1 glass to lower your
blood pressure**

Before going to bed



**1 glass to keep
yourself hydrated**



Choose The Right Tea For Every Condition



Headache



Cinnamon

Cough



Thyme

Sore Throat



Lemon

Stomach Ache



Chamomile

Fatigue



Peppermint

Insomnia



Passionflower

Foods That Can Soothe Arthritis Pain

CureJoy

Turmeric

The curcumin content in turmeric has potent healing properties.



Ginger

The anti-inflammatory compounds in ginger can effectively relieve arthritis pain.



Cherries

Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain.



Pineapples

The bromelain content in pineapples has powerful anti-inflammatory properties.



Omega-3-Rich Foods

Fish oil, flaxseeds, and chia seeds can help soothe joint pain.








Raw Apple Cider Vinegar (ACV)

The high acetic content in ACV can negate the effects of inflammation.



Top Natural Painkillers

CureJoy

Earache Garlic		Toothache Cloves
Heartburn Apple Cider Vinegar		Chronic Pain Turmeric
Joint Pain Cherries		Bloating Pineapple
Sore Muscles Peppermint		Sinus Pain Horseradish
Injury Pain Water		Urinary Tract Infections Blueberries

Drinking Water From A COPPER CUP helps



- Kill bacteria
- Stimulate the brain
- Regulate the functioning of the thyroid gland
- Soothe arthritis pain
- Boost skin health
- Slow down aging
- Improve digestion
- Get rid of anemia
- Lower the risk of cancer and heart disease

CureJoy

20 BENEFITS OF WALKING 30 MINUTES A DAY

@BELIEVEPHO

01



REDUCES RISK
OF HEART
DISEASE

02



HELPS TO
MAINTAIN WEIGHT

03



REDUCES YOUR
STRESS LEVELS

04



INCREASES YOUR
ENERGY LEVELS

05



HELPS TO BOOST
YOUR MOOD

06



GETS THE
BLOOD
PUMPING

07



PREVENTS
OBESITY

08



CAN HELP TO
REDUCE
ANXIETY

09



INCREASES
FUNCTIONING
OF THE LUNGS

10



INCREASES THE
BODY'S ACCESS
TO VITAMIN D

11



REDUCES THE
RISK OF
CANCER

12



CAN IMPROVE
QUALITY OF
SLEEP

13



GIVES YOU TIME
TO PRACTICE
SELF CARE

14



IMPROVES
COORDINATION
AND BALANCE

15



IMPROVES
QUALITY OF
LIFE

16



REDUCES
CHANCE OF
DIABETES

17



WALKING CAN
SPARK
CREATIVITY

18



STRENGTHENS
BONES AND
MUSCLES

19



CAN IMPROVE
BLOOD
PRESSURE

20



CAN HELP TO
BOOST YOUR
IMMUNE SYSTEM



"It is health that is
real wealth and not
pieces of gold and
silver."

~ Mahatma Gandhi

A HEALTHY LIFESTYLE NOT
ONLY CHANGES YOUR BODY,
IT CHANGES YOUR MIND,
YOUR ATTITUDE AND YOUR
MOOD

HEALTHY BODY

HEALTHY MIND

HEALTHY SPIRIT

**IT'S UP TO YOU
TODAY TO START
MAKING HEALTHY
CHOICES. NOT
CHOICES THAT ARE
JUST HEALTHY FOR
YOUR BODY, BUT
HEALTHY FOR
YOUR MIND**

– Steve Maraboli

 www.behappy.me