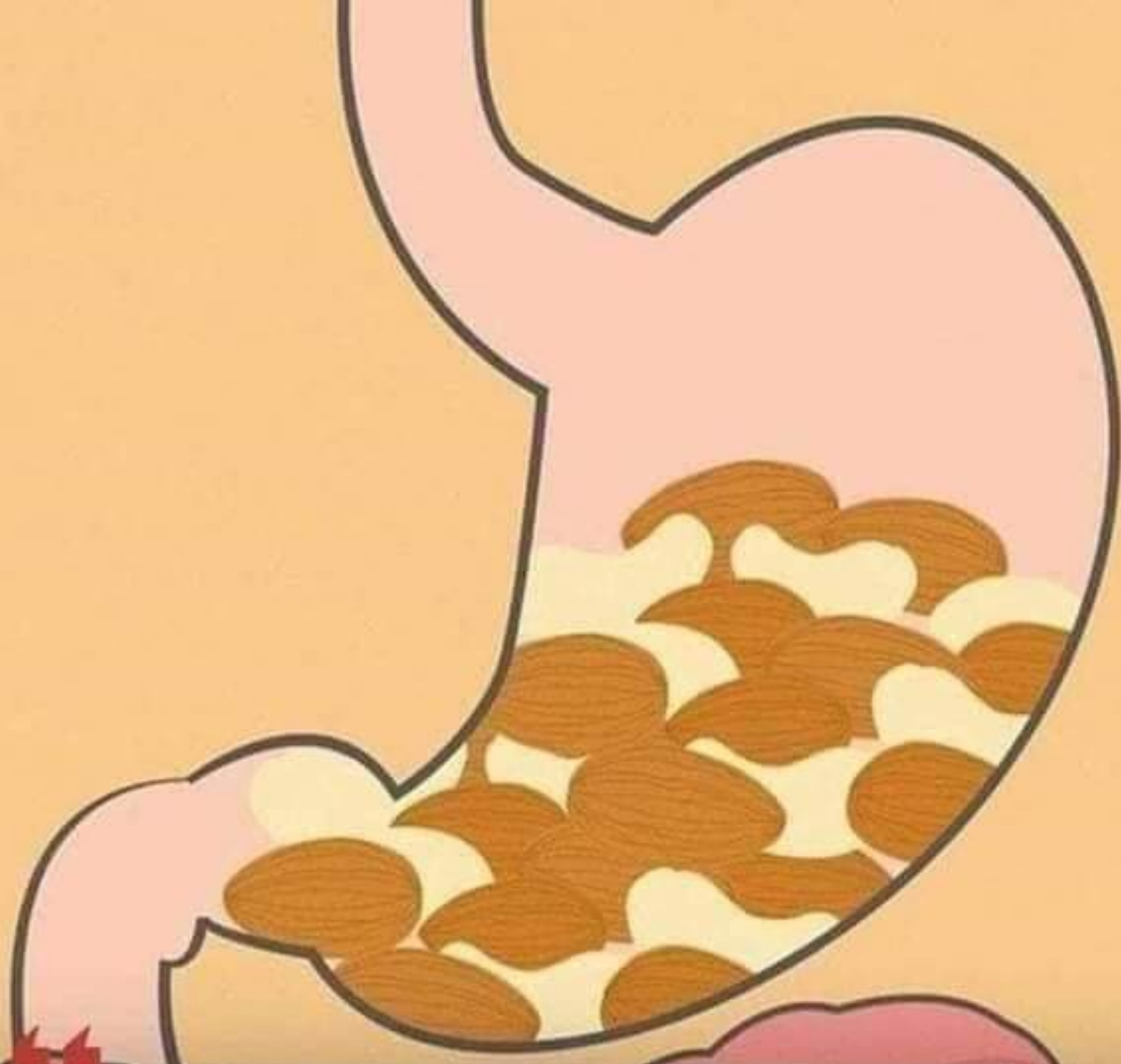




**Potato Takes 90 - 120 min.**



**Nuts Take 180 min**



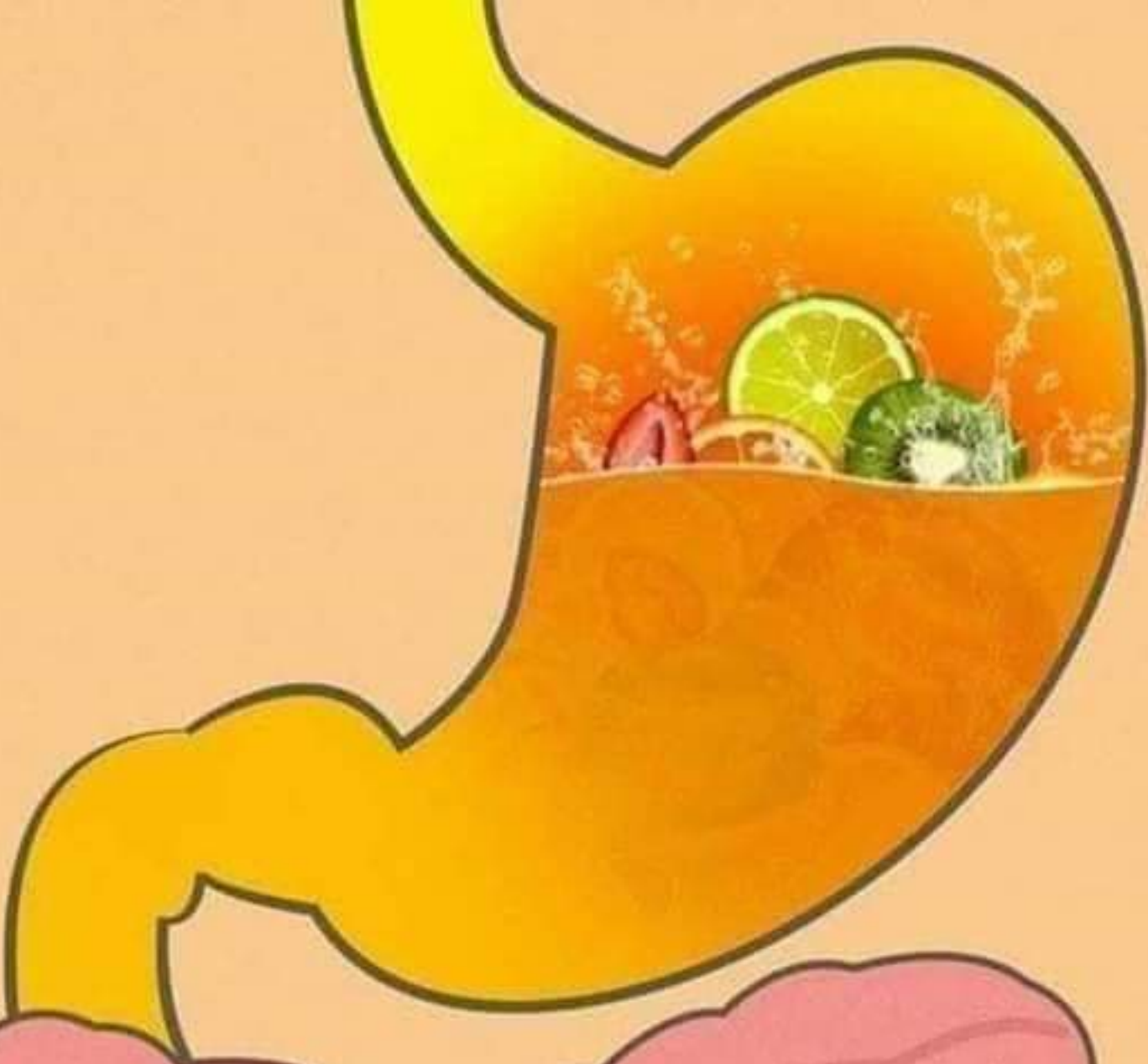
**Vegetables Take 30 - 40 min.**



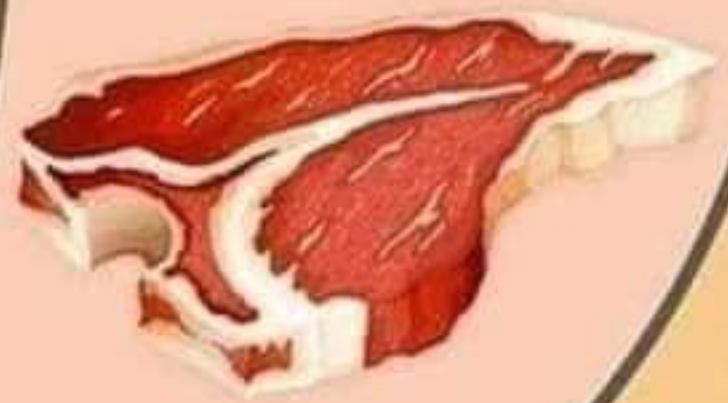
**Water Takes 0 min.**



**Milk Products Take 120 min.**



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




**Beef Meat** Takes **180** min.

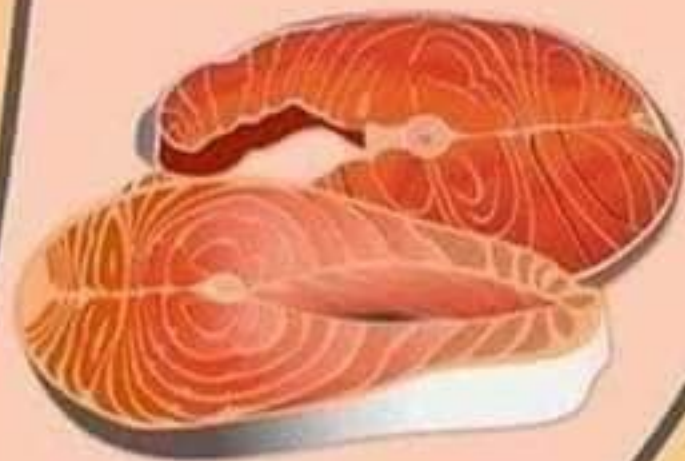


**Chicken Takes 90 - 120 min.**

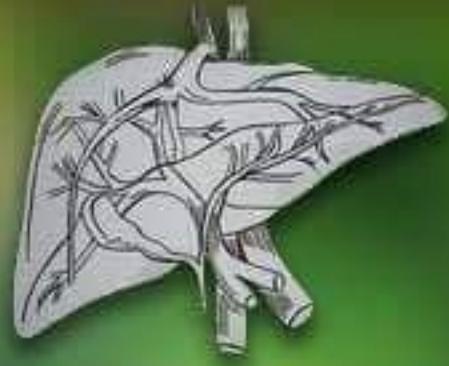


A hand is shown holding a bowl filled with a variety of cooked vegetables. The vegetables include sliced yellow bell peppers, green zucchini, purple onions, and white onions. The bowl is positioned in the upper right quadrant of the image. The background is a light beige color with a decorative purple and pink border on the right side.

**Cooked Vegetables Takes 40 min.**



**Fish Takes 45 - 60 min.**



# Foods that cleanse the **LIVER**



Grapefruit



Beets



Carrots



Green Tea



Apples



Broccoli



Lemons



Arugula



walnuts



Cabbage



Cauliflower



Avocado



Spinach



Garlic



Turmeric

# Nature's 11 Most Powerful Antibiotics

Turmeric



Ginger



Oregano Oil



Habanero



Onion



Horseradish Root



Echinacea  
(Herb)



Apple Cider  
Vinegar



Raw Honey



Garlic



Colloidal  
Silver



# Choose The Right Tea For Every Condition



Headache



Cinnamon

Cough



Thyme

Sore Throat



Lemon

Stomach Ache



Chamomile

Fatigue



Peppermint

Insomnia



Passionflower



# 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**

# 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



# Foods That Can Soothe Arthritis Pain

## 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.





# 20 BENEFITS OF WALKING 30 MINUTES A DAY

RELIEVEPHO

**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** 

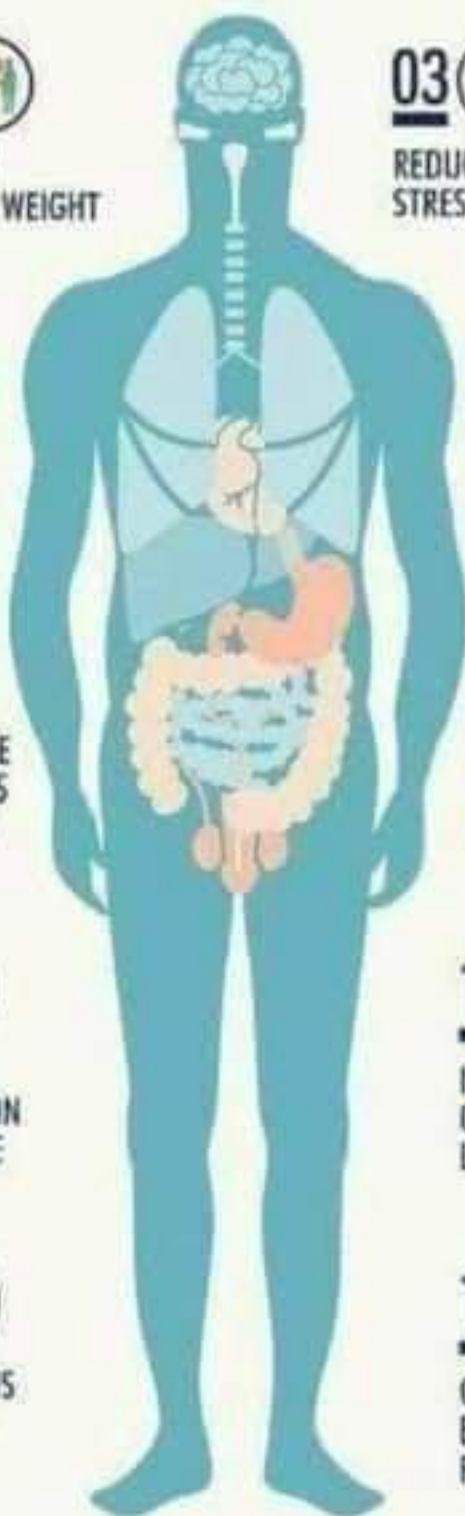
STRENGTHENS  
BONES AND  
MUSCLES

**19** 

CAN IMPROVE  
BLOOD  
PRESSURE

**20** 

CAN HELP TO  
BOOST YOUR  
IMMUNE SYSTEM



# Why You Should Start Your Day With **Lemon Water**

1. Fresh breath
2. Improved digestion
3. Better hydration
4. Boosted energy levels
5. Stronger immune system
6. Prevention of cough and colds
7. Clearer skin
8. Relief from inflammation
9. Regulated pH levels
10. Steady weight loss
11. Sharper brain function
12. Reduced risk of cancer



# 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

# 10 Benefits Of Drinking **LEMON WATER** On An Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss

## HONEY for COLD



- \* 1 tbsp honey
- \* 1 tbsp lemon juice

## HONEY for DETOX



- \* 1 cup herbal tea
- \* 1-2 tsp honey

## HONEY for SINUS



- \* 2 tbsp -apple cider vinegar
- \* 1 tbsp -honey

## HONEY for WEIGHT LOSS



- \* 1 tsp honey
- \* 1/2 tsp cinnamon

## HONEY for COUGH



- \* Honey-8 tsp
- \* Lemon-4 tsp

## HONEY for TOOTHACHE



- \* 1 tsp cinnamon
- \* 1 tbsp of honey

# Benefits Of Pineapple Juice

- 🍍 Boosts immunity
- 🍍 Aids digestion
- 🍍 Relieves cough and sinusitis
- 🍍 Reduces arthritis pain
- 🍍 Strengthens bones
- 🍍 Reduces period cramps
- 🍍 Lowers the risk of cancer



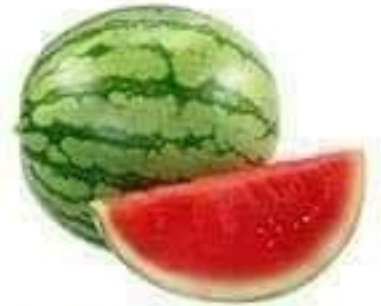
# Want **GLOWING SKIN?** Eat Your Water!



Apples  
84% Water



Strawberries  
90% Water



Watermelons  
92% Water



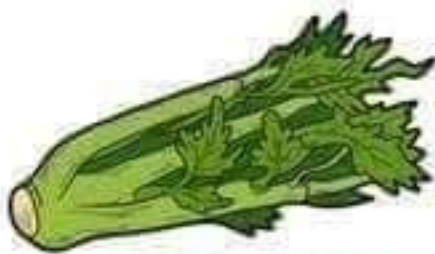
Iceberg Lettuce  
96% Water



Oranges  
87% Water



Spinach  
96% Water



Celery - 95% Water



Grapefruit - 91% Water



Tomatoes - 93% Water



Cucumbers - 96% Water

# Why You Should *Eat* **Fruits** *Every Day*



**STRAWBERRIES**  
Fight aging



**BANANAS**  
Boost your energy



**CHERRIES**  
Calm your nerves



**GRAPES**  
Relax your blood vessels



**PINEAPPLES**  
Relieve arthritis pain



**BLUEBERRIES**  
Strengthen your heart



**WATERMELONS**  
Promote weight loss



**ORANGES**  
Protect your skin  
and vision

**APPLES**  
Help resist infection





# 3 Amazing Juice Recipes For Better Health



## For Improved Heart Health

1. Carrot
2. Oranges
3. Apples
4. Beetroot
5. Kale

## For A Complete Detox

1. Apple
2. Cucumber
3. Kale
4. Lemon
5. Ginger
6. Celery



## For Increased Energy Levels

1. Apple
2. Cucumber
3. Kale
4. Spinach
5. Lemon

