

NUTRITION AND HEALTH

Fruits and Vegetables



Carrot + Ginger + Apple - Boost and cleanse our system.



Apple + Cucumber + Celery - Prevent cancer, reduce cholesterol, improve stomach upset and headache.



Tomato + Carrot + Apple - Improve skin complexion and bad breath.



Bitter Gourd + Apple + Milk - Avoid bad breath, reduce internal body heat.



Orange + Ginger + Cucumber - Improve skin texture and moisture, reduce body heat.



Pineapple + Apple + Watermelon - Dispel excess salts, nourish the bladder and kidney.



Apple + Cucumber + Kiwi - Improve skin complexion.



Pear + Banana - Regulate sugar content.



Carrot + Apple + Pear + Mango - Clear body heat, counteract toxicity, decrease blood pressure and fight oxidization.



Honeydew + Grape + Watermelon + Milk - Rich in vitamin C + Vitamin B2. Increase cell activity and strengthen body immunity.



Papaya + Pineapple + Milk - Rich in vitamin C, E, Iron. Improve skin complexion and metabolism.



Banana + Pineapple + Milk - Rich in vitamin with nutrition. Prevent constipation

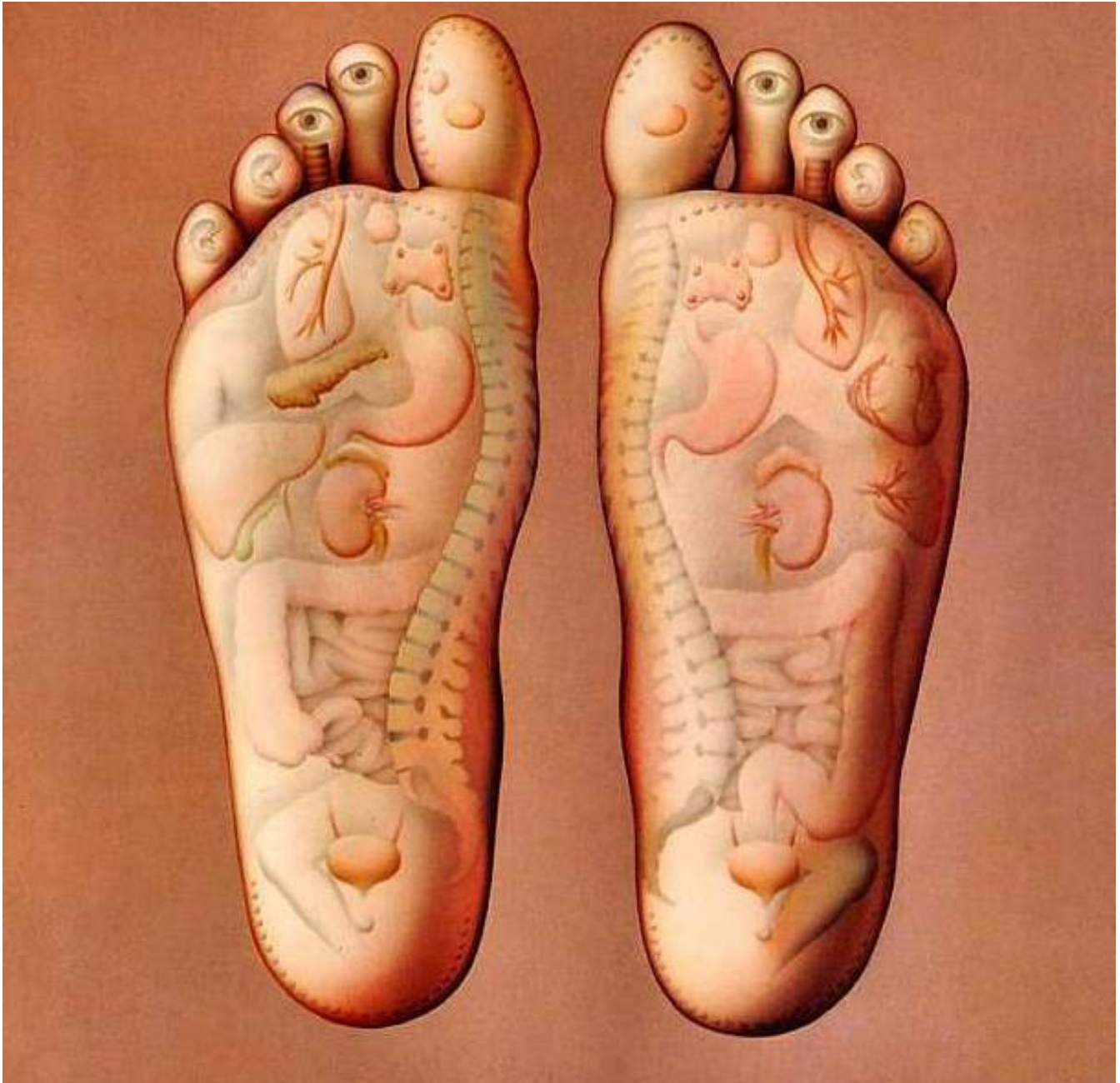
Benefits of Fruits and Vegetables

Fruit	Benefit	Benefit	Benefit	Benefit	Benefit
Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss

Body Parts and Organs

Feet are very important parts of the human body because all the nerves that connect to the human organs end at the feet. The Organs of your body have their sensory touches at the bottom of your feet. If you massage these points, you will find relief from aches and pains. This is covered in great details in Acupressure studies.

Walking is an excellent exercise. When you walk, you press on these pressure points and thus keep these organs activated at all times. **KEEP WALKING!!**























SHIATSU SELF MASSAGE

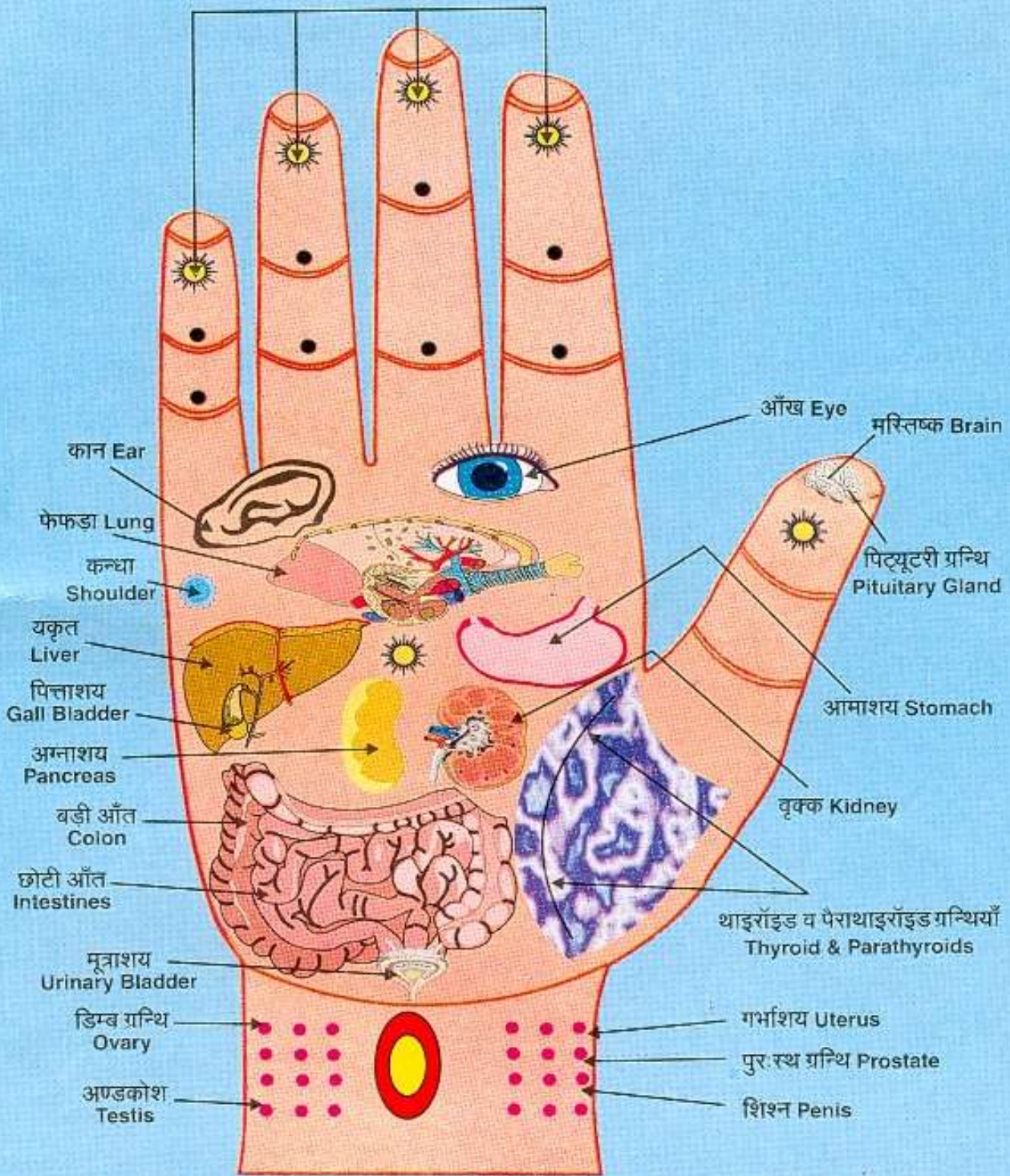


The coloured dots indicate the approximate positions of specific pressure points. Each colour refers to the following meridians:

- Bladder Meridian
- Heart Governor
- Liver Meridian
- Lung Meridian
- S. Intestine M.
- Spleen M.
- Kidney Meridian
- Triple Heater
- Gall Bladder M.
- Large Intestine M.
- Stomach M.
- Heart M.

CONCENTRATION	DECISION MAKING	CLEAR THINKING
 <p>1. Push gently upward. 2. Hold for a 3 count. 3. Push downward. 4. Repeat x 3.</p> <p>clear thinking, intellectual focus</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. 4 fingers on temple. 2. Thumbs to side of jaw. 3. Gentle pressure to temple areas. Repeat x 3.</p> <p>clarity, resolve, action</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Use thumb & index fingers. 2. Pinch bridge of nose. 3. Hold, let go. Repeat x 3.</p> <p>concentration, creative ideas, intellectual focus</p> <p style="text-align: right; font-size: small;">EFFECT</p>
DISCRIMINATION	CREATIVE THINKING	TOLERANCE
 <p>1. Massage sides of nose with index fingers. 2. Increase pressure. Slowly. Repeat x 24.</p> <p>balance, clarity, focus</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Press with both hands against cheekbones. 2. Increase pressure. Hold, let go, repeat.</p> <p>intellectual focus, sharp mind</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Use thumbs & index fingers of both hands. 2. Slide up & down. Use even pressure.</p> <p>memory, relationships, feeling</p> <p style="text-align: right; font-size: small;">EFFECT</p>
FRESH ENERGY	HEADACHES	FRIENDSHIP
 <p>1. Use all fingers. 2. Thumbs behind ears. 3. Slide outward Use light pressure.</p> <p>eases pain, headaches, fresh energy</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Hold sides of head in palms. 2. Push in. 3. Shift fingers across skull. Press, repeat.</p> <p>eases pain, headaches, fresh energy</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Place ear between index & middle finger. 2. Press against head. Rub up and down.</p> <p>emotional interaction, tolerance</p> <p style="text-align: right; font-size: small;">EFFECT</p>
MEMORY	METABOLISM	VITALITY
 <p>1. Use fingers to press against shoulder blade. 2. Push elbow into palm of 2nd hand.</p> <p>frees emotions, helps blood-circulation</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down.</p> <p>balance of metabolism, awareness</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down.</p> <p>nourishment of entire body</p> <p style="text-align: right; font-size: small;">EFFECT</p>
VITALITY	CIRCULATION	CREATIVITY
 <p>1. Hold hand between thumb and fingers. 2. Apply pressure. Hold and shift.</p> <p>distribution of energy through body</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Interlock fingers. 2. Push inwards, hold. 3. Pull outward, hold. 4. Fold outward.</p> <p>energises relaxes, eases</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Hold finger between index and middle finger. 3. Pull outward, hold. 4. Apply pressure.</p> <p>mental energy, balance, ideas</p> <p style="text-align: right; font-size: small;">EFFECT</p>
CONCENTRATION	MEMORY	ENERGY FLOW
 <p>1. Push elbow gently against upper leg. 2. Shift position up & down. Repeat.</p> <p>strengthens thoughts & focus</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Hold thigh between hands. 2. Push thumbs down. Apply pressure. Move up & down.</p> <p>strengthens resolve & memory</p> <p style="text-align: right; font-size: small;">EFFECT</p>	 <p>1. Hold leg between fingers & thumbs. 2. Apply pressure. Move up & down.</p> <p>helps energy to flow from head to feet</p> <p style="text-align: right; font-size: small;">EFFECT</p>

साइनस Sinus



Blood Types

Blood type and Rh	How many people have it?
O+	40%
O-	7%
A+	34%
A-	6%
B+	8%
B-	1%
AB+	3%
AB-	1%

Does Your Blood Type Reveal Your Personality?

According to a Japanese institute that does research on blood types, there are certain personality traits that seem to match up with certain blood types. How do you rate?

TYPE O	You want to be a leader. When you see something you want, you keep striving until you achieve your goal. You are a trend-setter, loyal, passionate, and self-confident. Your weaknesses include vanity, jealousy, and a tendency to be too competitive.
TYPE A	You like harmony, peace and organization. You work well with others, and are sensitive, patient and affectionate. Among your weaknesses are stubbornness and an inability to relax.
TYPE B	You are a rugged individualist, who is straight forward and likes to do things your own way. Creative and flexible, you adapt easily to any situation. But your insistence on being independent can sometimes go too far and become a weakness.
TYPE AB	Cool and controlled, you are generally well liked and always put people at ease. You are a natural entertainer who is tactful and fair. But you are standoffish, blunt, and have difficulty making decisions.

You Can Receive								
If Your TYPE Is	O-	O+	B-	B+	A-	A+	AB-	AB+
AB+	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
AB-	Yes		Yes		Yes	Yes		
A+	Yes	Yes			Yes	Yes		
A-	Yes				Yes			
B+	Yes	Yes	Yes	Yes				
B-	Yes		Yes					
O+	Yes	Yes						
O-	Yes							