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.


Banana + Pineapple + Milk - Rich in vitamin with nutrition. Prevent constipation.
<table>
<thead>
<tr>
<th>Fruit</th>
<th>Benefit</th>
<th>Benefit</th>
<th>Benefit</th>
<th>Benefit</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Protects your heart</td>
<td>prevents constipation</td>
<td>Blocks diarrhea</td>
<td>Improves lung capacity</td>
<td>Cushions joints</td>
</tr>
<tr>
<td>Apricots</td>
<td>Combats cancer</td>
<td>Controls blood pressure</td>
<td>Saves your eyesight</td>
<td>Shields against Alzheimer's</td>
<td>Slows aging process</td>
</tr>
<tr>
<td>Artichokes</td>
<td>Aids digestion</td>
<td>Lowers cholesterol</td>
<td>Protects your heart</td>
<td>Stabilizes blood sugar</td>
<td>Guards against liver disease</td>
</tr>
<tr>
<td>Avocados</td>
<td>Battles diabetes</td>
<td>Lowers cholesterol</td>
<td>Helps stops strokes</td>
<td>Controls blood pressure</td>
<td>Smoothes skin</td>
</tr>
<tr>
<td>Bananas</td>
<td>Protects your heart</td>
<td>Quiets a cough</td>
<td>Strengthens bones</td>
<td>Controls blood pressure</td>
<td>Blocks diarrhea</td>
</tr>
<tr>
<td>Beans</td>
<td>Prevents constipation</td>
<td>Helps hemorrhoids</td>
<td>Lowers cholesterol</td>
<td>Combats cancer</td>
<td>Stabilizes blood sugar</td>
</tr>
<tr>
<td>Beets</td>
<td>Controls blood pressure</td>
<td>Combats cancer</td>
<td>Strengthens bones</td>
<td>Protects your heart</td>
<td>Aids weight loss</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Combats cancer</td>
<td>Protects your heart</td>
<td>Stabilizes blood sugar</td>
<td>Boosts memory</td>
<td>Prevents constipation</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Strengthens bones</td>
<td>Saves eyesight</td>
<td>Combats cancer</td>
<td>Protects your heart</td>
<td>Controls blood pressure</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Combats cancer</td>
<td>Prevents constipation</td>
<td>Promotes weight loss</td>
<td>Protects your heart</td>
<td>Helps hemorrhoids</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Saves eyesight</td>
<td>Controls blood pressure</td>
<td>Lowers cholesterol</td>
<td>Combats cancer</td>
<td>Supports immune system</td>
</tr>
<tr>
<td>Carrots</td>
<td>Saves eyesight</td>
<td>Protects your heart</td>
<td>Prevents constipation</td>
<td>Combats cancer</td>
<td>Promotes weight loss</td>
</tr>
</tbody>
</table>
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
1. Push gently upward.
2. Hold for a 3 count.
4. Repeat x 3.

Effect: Clear thinking, intellectual focus

DECISION MAKING
1. 4 fingers on temple.
2. Thumbs to side of jaw.
3. Gentle pressure to temple areas. Repeat x 3.

Effect: Clarity, resolve, action

CLEAR THINKING
1. Use thumb & index fingers. 2. Pinch bridge of nose. 3. Hold, let go. Repeat x 3.

Effect: Concentration, creative ideas, intellectual focus

DISCRIMINATION
1. Massage sides of nose with index fingers.
2. Increase pressure. Slowly. Repeat x 9.

Effect: Balance, clarity, focus

CREATIVE THINKING
1. Press with both hands against cheekbones.
2. Increase pressure. Hold, let go. Repeat.

Effect: Intellectual focus, sharp mind

TOLERANCE
1. Use thumbs & index fingers of both hands.
2. Slide up & down. Use even pressure.

Effect: Memory, relationships, feeling

FRESH ENERGY
1. Use all fingers.
2. Thumbs behind ears.

Effect: Eases pain, headaches, fresh energy

HEADACHES
1. Hold sides of head in palms.
2. Push in.

Effect: Eases pain, headaches, fresh energy

FRIENDSHIP
1. Place ear between index & middle finger.
2. Press against head. Rub up & down.

Effect: Emotional interaction, tolerance

MEMORY
1. Use fingers to press against shoulder blade.
2. Push elbow into palm of 2nd hand.

Effect: Frees emotions, helps blood-circulation

METABOLISM
1. Hold arm between thumb & fingers.
2. Apply pressure. Move up & down.

Effect: Balance of metabolism, awareness

VITALITY
1. Hold arm between thumb & fingers.
2. Apply pressure. Move up & down.

Effect: Nourishment of entire body

VITALITY
1. Hold hand between thumb & fingers.
2. Hold & shift.

Effect: Distribution of energy through body

CIRCULATION
1. Interlock fingers.
2. Push outward, hold.
3. Pull outward, hold.
4. Hold.

Effect: Energizes, relaxes, cases

CREATIVITY
1. Hold finger between index & middle finger.
2. Pull outward, hold.
3. Pull outward, hold.
4. Apply pressure.

Effect: Mental energy, balance, ideas

CONCENTRATION
1. Push elbow gently against upper leg.
2. Shift position up & down. Repeat.

Effect: Strengthens thoughts & focus

MEMORY

Effect: Strengthens resolve & memory

ENERGY FLOW
1. Hold leg between fingers & thumbs.
2. Apply pressure. Move up & down.

Effect: Helps energy to flow from head to feet

Blood Types

<table>
<thead>
<tr>
<th>Blood type and Rh</th>
<th>How many people have it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>O+</td>
<td>40%</td>
</tr>
<tr>
<td>O-</td>
<td>7%</td>
</tr>
<tr>
<td>A+</td>
<td>34%</td>
</tr>
<tr>
<td>A-</td>
<td>6%</td>
</tr>
<tr>
<td>B+</td>
<td>8%</td>
</tr>
<tr>
<td>B-</td>
<td>1%</td>
</tr>
<tr>
<td>AB+</td>
<td>3%</td>
</tr>
<tr>
<td>AB-</td>
<td>1%</td>
</tr>
</tbody>
</table>

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, jealously, 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 straightforward 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

<table>
<thead>
<tr>
<th>If Your TYPE Is</th>
<th>O-</th>
<th>O+</th>
<th>B-</th>
<th>B+</th>
<th>A-</th>
<th>A+</th>
<th>AB-</th>
<th>AB+</th>
</tr>
</thead>
<tbody>
<tr>
<td>AB+</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>AB-</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>A+</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A-</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B+</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B-</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O+</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>