

Good Health

"NOW BUYING MEDICINE IS A LOT MORE CHEAPER"

Medicines are prescribed our DOCTORS by their brand name and not by their GENERIC name, and what we actually pay is a lot more than its generic value..

Follow these simple steps to SAVE your hard earned money:

1. Log on to **www.medguideindia.com**

2. Click on '**Drugs**'



<https://www.facebook.com/Dr.TrollOnDuty>

3. Click on '**Brand**'

4. Type the brand name which you are using (e. g. Metocard XL (50 mg). The site will also help you with drop down menu) & Click on 'Search'

5. Click on '**GENERIC**'. It will display the ingredients of the tablet.

6. Click on "**Matched Brands with above Constituents**"

7. Don't be surprised to see that same drug is available at very low cost also. And that to by other reputed manufacturer.

e. g. Metocard XL 50 is for Rs. 62.00 & same drug by Cipla (Mepol) is available ONLY @ Rs. 7.00

If you are convinced with the result, do  this message to your near & dear ones.

How to Whiten Your Teeth with Banana peel



Take a piece of the inside of the banana peel and gently rub around on your teeth for about 2 minutes. The amazing minerals in the peel like potassium, magnesium and manganese absorb into your teeth and whiten them.

Its Working.. Try This..

SHARE THIS AS MUCH AS POSSIBLE TO YOUR FRIENDS



Best Natural Deodorant!!!

**slice a lime
apply to the under arm**

**Label it clearly!!!
Store in the fridge.
It can be used for about a week.**

It's that simple and it works great!

Remedy for Removing Dark Eye Circles



=





No Eye
Dark
Circles



* Chop and crush a sprig of mint leaves



* Apply the mashed leaves to dark under eye circles, leave on for 20 minutes then rinse



* Do this twice a week



Health Important Tips +:



  Answer the phone by left ear.




  Dont take medicine with cold water.

  Dont have heavy meals after 5pm.

 Drink more water in morning,  less at night.

 Best sleeping time is from 10 pm to 4 am 

 Dont lie down immediately after taking medicine 

 When battery is down to last bar, Dont answer  the phone, as the radiation is 1000  times stronger.

Forward this to people you care for

DON T CROSS YOUR LEGS.!

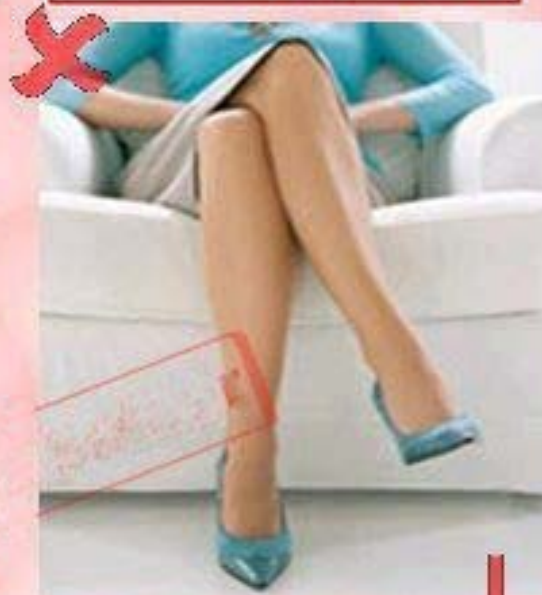
Crossing ankles



Right way

*Crossing legs cause
back pain and
also lack of circulation
which can cause
varicose veins
and spider veins.*

Crossing legs



Wrong way



Care for your heart while you sleep

In which position do you sleep?

If you sleep on your stomach or on your left side, you are putting pressure on your heart with the extra body weight, while the heart has to continue pumping blood as usual.



Share This Info With
People You Care



This additional burden wears the heart out more quickly. Think about it - you spend more than one third of your life sleeping! To reduce the strain on your heart, sleep on your right side, or on your back. This simple technique will add years to your life.

1 SHARE = 100 CARE OF YOUR HEART

Anti-Cancer Superfruits

Dave Sommers

Nutrition Solution Lifestyle™



Blueberries



Goji Berries



Grapes



Mangosteen



Avocado



Noni



Dragon Fruit



Acai Berries



Soursop



Apple



Citrus



Pomegranate



Strawberries



Kiwi

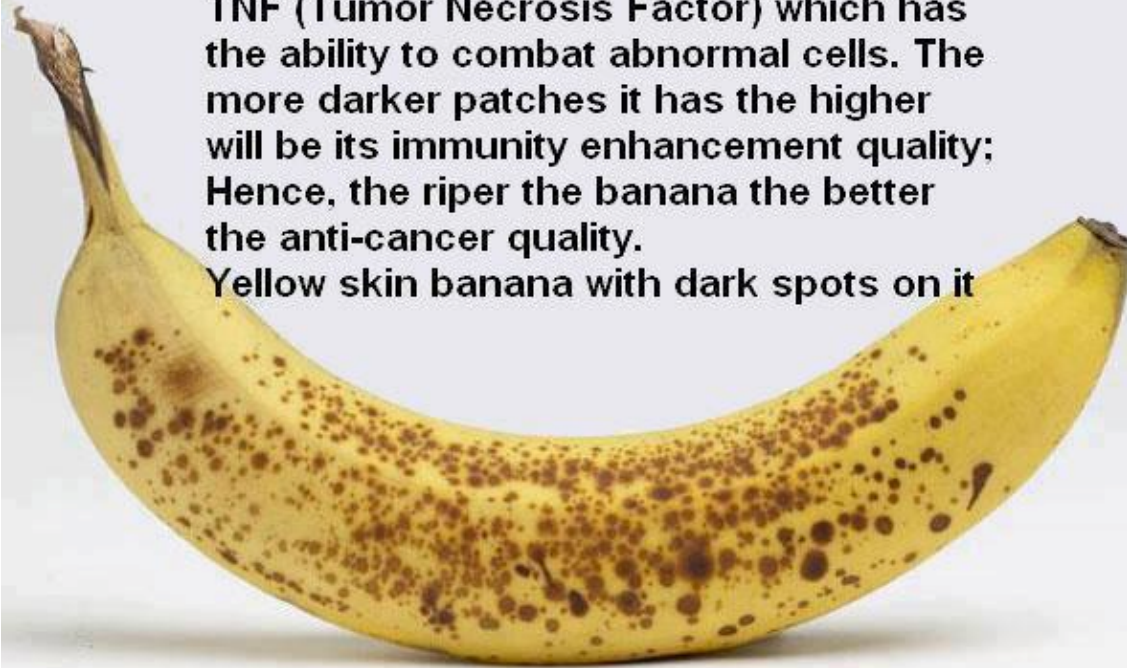
Health Tips

- * 1 Apple / Day - No Doctor**
 - * 1 Tulsi Leaf / Day - No Cancer**
 - * 1 Lemon / Day - No Fat**
 - * 1 Cup Milk / Day - No Bone Problems**
 - * 3 Ltrs Water / Day - No Diseases**
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If you Care .. Please Share it with Friends

Full ripe banana with dark patches on yellow skin produces a substance called TNF (Tumor Necrosis Factor) which has the ability to combat abnormal cells. The more darker patches it has the higher will be its immunity enhancement quality; Hence, the riper the banana the better the anti-cancer quality.

Yellow skin banana with dark spots on it



Please pass/share and stay healthy.



Ball of the foot



don't forget to **SHARE** this



Bunion



Hammer toe



effects of heels

Don't fear the ENEMY
that ATTACKS you,
but the FAKE FRIEND
that HUGS you.

-payong kalbigan fb



RAMANUJAN'S MAGIC SQUARE



22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

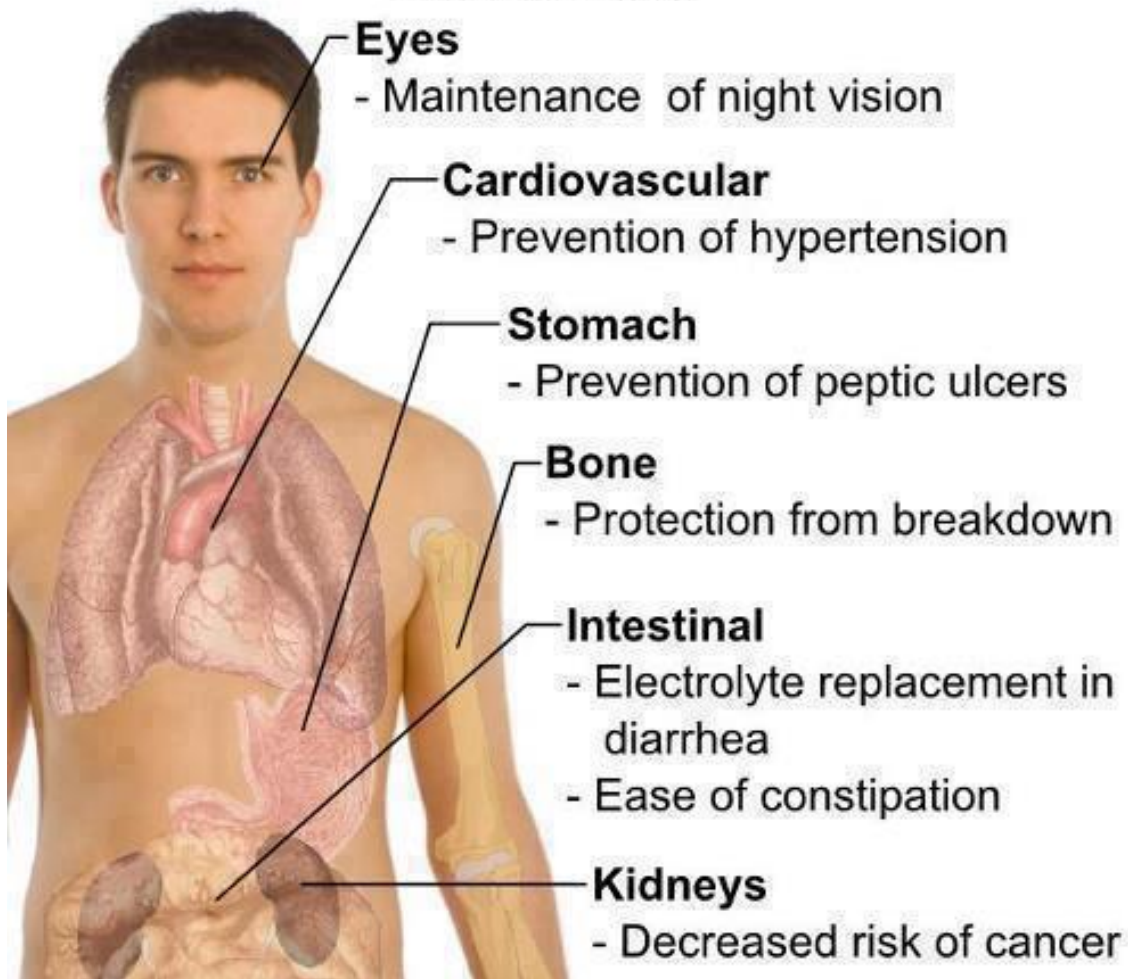
This square looks like any other normal magic square. But this is formed by great mathematician of our country – Srinivasa Ramanujan.

What is so great in it?

EVERY INDIAN MUST SHARE IN YOUR WALL

The number in the first row give the date of birth of srinivasa ramanujan. viz, 22-12-1887. this magic square has the property that the following groups add up to 139:
(1) All four columns (2) all four rows (3) two diagonals (4) Four corners (5) Four middle squares (6) Corners of middle .
It is possible to insert any four arbitrarily chosen numbers in the four cells of the first row and to construct the rest of the magic square by framing 12 simultaneous equations for the 12 unknowns in the 12 cells which remain.

Health benefits of **Bananas**



AMAZING FACTS ABOUT HUMAN EYE

- 1. An average person blinks 12 times per minute**
- 2. It is composed of more than 2 million working parts.**
- 3. Our human eye is 576 mega pixel !!!**
- 4. Corneas are the only tissues that don't require blood.**
- 5. It can process 36,000 bits of information every hour.**
- 6. The eyeball of a human weighs approximately 28 grams.**
- 7. It is impossible to sneeze with eyes open**
- 8. About 10,000 blinks/day**



SHARE If You Find Them Amazing



SHARE PLEASE

Health Benefits of Consuming Dates"

- 1) Dates are free from cholesterol and contain very low fat. Dates are rich in vitamins and minerals.
- 2) They are rich source of protein, dietary fiber and rich in vitamin B1, B2, B3 and B5 along with vitamin A1 and C.
- 3) It helps improve the digestive system as it contains soluble and insoluble fibers and different kinds of amino acids.
- 4) Dates are great energy boosters as they contain natural sugars like glucose, sucrose and fructose. To get more advantage add dates to milk and make it a very nutritious snack.
- 5) Dates are very low in calories and are extremely suitable for health conscious people.
- 6) Dates are rich in potassium and reduced in sodium. This helps regulate a healthy nervous system. Researchers have revealed the fact that potassium intake up to a certain extent can reduce risk of stroke.
- 7) Dates also help in lowering of the LDL cholesterol.
- 8) Dates have high iron content and are very useful in treating anemia. The patients can eat many dates for better advantages.
- 9) Dates also have fluorine that slows down the process of tooth decay.
- 10) It helps people suffering from constipation. Soak dates overnight and take it along with water to have added advantage.
- 11) Dates help in weight gain and are beneficial for those who suffer from over slimming problem.
- 12) Dates are excellent for alcoholic intoxication. Cures abdominal cancer.
- 13) It also helps in improving eye sight and helps in curing night blindness as well.

"The best thing is that it does not have any side effect on the body and is completely natural as well as it works better than medicine."

COSMETIC CHEMICALS IN FAST FOOD?!

Sodium Stearoyl Lactylate

Found in shampoo and soap

Reasoning for use: 'dough conditioner' even though bread does not require this, and has been made without SSL for thousands of years

Calcium Disodium EDTA

Found in skin products and hair conditioner (used as stabilizer)

Reasoning for use: Flavor protectant in fast food sauces, dips and dressings

Ammonium Glycyrrhizin

Found in facial mask products

Reasoning for use: Flavor enhancer, flavoring agent, surface-



Disodium Phosphate

Found in mascara and mouthwash

Reasoning for use: Food preservative

Propylene Glycol

Found in shampoo, mouthwash, hand sanitizers

Reasoning for use: Gives most of today's food and beverages their distinctive taste

Benzoyl Peroxide

**Recently banned in China*

Active ingredient in acne creams


Reasoning for use: Bleaching wheat flour white (all fast food breads)

MUST SHARE THIS

10 Ways To Be Happy:

1. Accept the things you can't change. If you can and want to change them, do it.
2. Let go of the people who are holding you down. If you considered them, you already know who these people are.
3. Blast your favorite upbeat song and sing at the top of your lungs, dancing as you go.
4. Go for a run. A nice, long run. Run until you feel good; at the very least, you'll be tired enough that the feelings will seem less major.
5. Call someone you love. Just hearing their voice can make your day better.
6. Smile at a stranger. It will make both of you smile.
7. Send an anonymous compliment.
8. Write down everything you don't like about yourself. Rip it up. Burn it.
9. Watch your favorite movie.
10. **Trust Yourself.**



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- A bunch of approximately seven ripe yellow bananas with green stems, arranged in a fan-like shape on a plain white background.
1. Helps who wants to quit smoking.
 2. Can boost brain power.
 3. Relieves menstrual cramps.
 4. Reduce itchy mosquito bites.
 5. Prevents anemia.
 6. Promotes healthy bones.
 7. Reduce depression.
 8. Lowers risk of heart diseases and hypertension.
 9. Regulates bowel movements.
 10. Helps people with ulcer.

10 Health Benefits of Bananas

SHARE TO ALL

Benefits of Red Fruits:

>The Red Fruits Protect Against Heart Disease
Prevent Blood Clots & Improve Blood Circulation

>Red Fruit is Rich Source of Antioxidants
Which Protect Against Cancer Diseases

>Red Fruits Contain Lycopene
which is Antioxidant and gives Their Red Color

MUST SHARE IN YOUR WALL

(EDITED AND COLLECTED); DR J. VAZ.