

7 Tips for You to Try from My Goodies Store

Disclaimer: I am not a Health Professional. I have used these tips for years and they have all worked for me. They may not work for everyone that tries them. I cannot guarantee you will get the same results but it won't hurt if you try. If you have a regimen that works for you then you should stick with what you are comfortable with.

Celery & Thyme

Helps Alleviate GAS DISCOMFORT, & BLOATING

Boil Some Water In A Pot Set Aside. Place Some Celery Sticks And A Few Thyme Branches In The Water You Placed Aside. Cover With Lid For 10 to 15 Minutes. Uncover and Drink As Desired.



Have A Cold?

Don't Eat Or Drink Any Dairy Products. Dairy Produces More Mucus Causing Your Cold To Prolong It's Stay.



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UNSALTED ROASTED SUNFLOWER SEEDS

HELPS ALLEVIATE CONSTIPATION



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Lime & Butter

Cough Suppressant

Melt 1 or 2 Tablespoons of Butter In A Pan. Set Aside And Squeeze Fresh Lime Juice With Melted Butter and Drink Mixture. May Be Difficult To Swallow But If You Can, This Mixture Will Suppress Cough For A Few Hours. This is Just A Remedy For Cough Should Not Be Taken Everyday Should Be Done Only Once Or Twice



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SPINACH

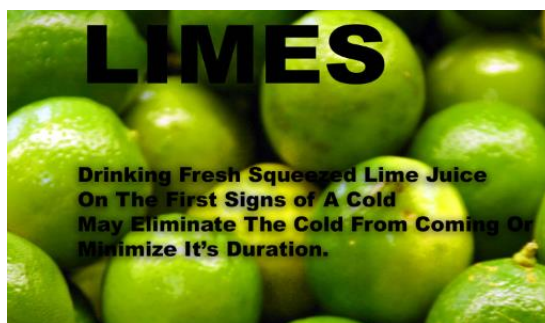
Rich in Magnesium. Can Help Alleviate Headaches



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LIMES

Drinking Fresh Squeezed Lime Juice On The First Signs of A Cold May Eliminate The Cold From Coming Or Minimize It's Duration.



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If You Get Soaked From The Rain Massage The Green Rubbing Alcohol Any Brand On Your Body From Head to Toe. This Will Reduce Your Chances of Getting A Cold.



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