

"Conventional mediSIN is NOT !nterested in Finding Nutritional Reasons Behind the Epidemic of cancer, heart disease, allergies, learning disorders, and autoimmune diseases like MS and arthritis.

Far from !t. These prescripshion DRUG-peTdlers Try To PROVE that Nutrition Does NOT Cure these diseases."

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Even IF they Believe a More NATURAL (ALT.) approach Will Work as Well or Even Better Than Conventional mediSIN.

They CANAUT Promote !t Because it Will Harm the (pIG fARMA

Bullion \$\$) BIZnest and they (ducktoreds) Will LOSE their (susPRESTICIOUS KULT-INITIATION) licences in the process."

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"there's nu GOurD" "THERE's NO

(NUU0-7)-SIGNTERRIFIQUEviLDance To PROVE 'd'A L T.heorem'.."

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misc.

# Ripened Bananas Help Prevent Cancer

JAPAN—A recent study conducted in Tokyo and presented in "Liveinthenow.com" found that ripened bananas could help prevent cancer.

The study analyzed several previous studies that looked at the health benefits of bananas, focusing on cancer prevention.

The team found specifically that overripe bananas help stimulate the body to produce a protein called tumor necrosis factor (TNF). TNF helps prevent cancer from spreading by killing bad cells. In addition, they found that as bananas ripen, their antioxidant levels increase as well. This helps boost your immune system and production of white blood cells, which help fight off the cancerous cells.

According to the researchers, to receive these health benefits, it's best to eat bananas with the brown speckles. You can also consume these by putting them in your oatmeal, yogurt, or smoothie.

If you are interested in preventing or fighting off cancer, you might want to consider adding ripe bananas to your daily diet.

Have a healthy day,

Larry Berman







# Habbatus Sauda Benefits, Uses & Cures The Benefits of Habbatus Sauda

The Habbatus Sauda, more commonly known as black cumin, is an amazing wonder plant that continues to cause ripples around the world.

The fennel flower that produces <u>black cumin seeds</u> grows in some parts of Asia. It has incredible curative properties and is used as a natural remedy against an assortment of ailments. Among its amazing benefits is its anti-inflammatory nature. Since a number of diseases stem from some form of inflammation, the oil of Habba Sauda can reduce the adverse effects of such diseases and even cure them.

Black cumin seeds offer a wide range of benefits. Here are some of the ailments that it prevents, soothes or cures altogether:

- · Colds and flu
- Asthma
- · Tooth pain
- Psoriasis
- Muscle spasms
- · Heart complications
- Epilepsy
- Certain cancers

Nigella Sativa is the scientific name for the Habba Sauda plant. Scientists are particularly interested in examining this plant, mainly because of its ability to modify itself into varying biological pathways.

For women who have intense menstrual cycles, the Habbatus Sauda can help ease this condition. The plant controls the bleeding that occurs during menstrual cycles. Patients with arthritis and heart diseases can also benefit from *Nigella Sativa* since it cures inflammation.

The plant possesses a compound called Prostaglandin E1 that helps to improve certain functions in the body. For instance, this hormone-like compound helps to lower blood pressure, activate your immune system, improve brain and nerve function.

#### Black cumin seed oil also has the capacity to prevent liver cirrhosis.

Several tests that were conducted prove that Habbatus Sauda helps reduce the toxicity of Carbon tetrachloride, a dangerous chemical, on the liver. It would help to take black cumin seed oil if you regularly drink alcohol. Another set of tests showed that the fennel flower could help prevent liver cancer.

Did you know that Habba Sauda is a powerful anti-oxidant? This means it has the ability to rid the body of free radicals that roam the body and cause severe tissue damage. This helps prevent ailments such as cancer and atherosclerosis that may be caused by these toxic radicals. The plant also helps protect the stomach walls from damaging influences.

MRSA is a fatal infection that baffles doctors and scientists alike because it is difficult to treat. However, research conducted in Pakistan proved that patients with MRSA could be treated using black cumin seed treatment. Habba Sauda has active anti-bacterial and anti-microbial agents that annihilate any bacteria that may be present in the body. Due to this fact, many health experts have started putting their faith in black cumin seeds to cure diseases caused by resistant bacteria. These diseases include tuberculosis, gonorrhea, HIV and malaria.

If you want a healthy brain, start incorporating the fennel flower seeds into your diet. The plant helps protect your brain from degradation and prevents such diseases as schizophrenia and Parkinson's disease. This is due to its natural inhibitors that allow you to maintain an active brain. Patients who are suffering from lead poisoning can also use black cumin seeds to recover quicker. The seeds have potent compounds which repair the damaged brain cells.

Here are some more uses of Habba Sauda:

# Black Cumin to Prevent Hair Loss

Apart from helping to treat ailments, the Habbatus Sauda plant is also used to prevent hair loss. Black cumin seed oil helps to strengthen your hair by consolidating the roots. It also helps to prevent premature graying and thinning of hair.

## **Black Cumin for Skin Irritations**

The fennel flower also works wonders on your skin. It transforms dry skin into smooth, silky skin that you can proudly show off to your friends. It's therefore not surprising that European queens used black cumin seed oil regularly.

## **Black Cumin to Control Blood Pressure**

The reason Habbatus Sauda works so effectively is because it contains various minerals, vitamins, unsaturated fatty acids and vegetable proteins. These combine perfectly to give you healthy hair, skin and mucous membrane. You also enjoy the production of various hormones as well as blood pressure control.

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Botanical drinks from synergy blends 12 extracts of phytonutrients such as Grape Seed, Green Tea, Pine Bark, Pomegranate, Soursop, Cranberry, Blue Berry, Roselle, Tomato, Acai Berries, Green Algae and Mangosteen.





https://www.amazon.com/Breathing-Secrets-Ancient-Indonesian-Practices/dp/1329126173/