

How to Whiten Your Teeth with Banana peel

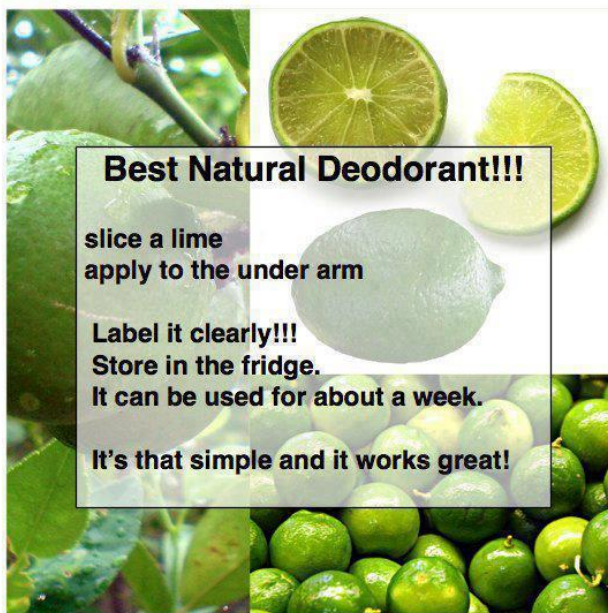
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Take a piece of the inside of the banana peel and gently rub around on your teeth for about 2 minutes. The amazing minerals in the peel like potassium, magnesium and manganese absorb into your teeth and whiten them.

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



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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

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.



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.

Share This Info With
People You Care



1 SHARE = 100 CARE OF YOUR HEART

Anti-Cancer Superfruits

Dave Sommers

Nutrition Solution Lifestyle



Grapes



Mangosteen



Blueberries



Goji Berries



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**

If you Care .. Please Share it with Friends



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."

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.**



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