

Before meal

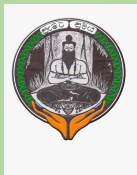
Lemon and gingerly water
Cuminum cyminum

Benefits

Helps to weight loss
Fights off cold and flu
Clears sinuses
Aids digestion
Detox your body
Clear healthy skin
Relieves menstrual cramps

Benefici

Aiuta a perdere peso
Combatte il raffreddore e l'influenza
Cancella i seni
Aiuta la digestione
Disintossica il tuo corpo
Pelle chiara e sana
Allevia i crampi mestruali



STUDIO - tecniche manuali ayurvediche
Suwasahana Ayurvedic Medical Center
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After meal

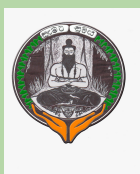
Cumin tea
Citrus limon , Zingiber officinale

Benefits

Improves digestive system
Avoid cancer causing cells
Re-hydrates the body
Prevents heart problems such as heart attacks and strokes
Purifies the blood and clean any sort of blood infections

Benefici

Migliora il sistema digestivo
Evitare le cellule che causano il cancro
Reidrata il corpo
Previene problemi cardiaci come infarti e ictus
Purifica il sangue e pulisce qualsiasi tipo di infezione del sangue



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