

3 Free Health Reports HealthierRemedy

(Preface)...

A note from the editor

"Friend, welcome. *I am hopeful that the health information found at this site will be of some good use to you, if not a possible improvement of your health (mind, body & SPIRIT), as well. Also, please remember just for coming to this site today; get your **12 Medical Breakthroughs guide**. All free and instantly downloadable!*

*And please find out why this site is dedicated to the Lord Jesus Christ (see **about us**) for the possible salvation of all men (of all mankind; man, woman and child to whom the Lord wills it) because God is not man and **He really does love every one of us.**"*

Your 3 FREE health Reports:

Report # 1.) Drinking water (*plastic bottled water*).

Above, you should find this special free video presentation (Hulu.com feature film- 01:15:09- Air date 07/31/2009) called **tapped**, *once this is viewed, you (like me) should be quite convinced! Because it exposes the corruption of the bottled water companies and moreover, the effects plastic bottled water has on our health.* And my recommendation is this; *if you stop drinking any bottled water that comes in plastic containers, it will probably be better for your health. Instead get either a **filtered water pitcher** or **tap mounted filter**.* And the reason for this is, when it occurred to me to find out *what kind of water quality was in these plastic bottles* that water is typically sold in, *I did purchase two kinds of 1 gallon sized containers, and did conduct tests on both these two and a third single sized bottle with an inexpensive (about a \$4.99- Wardley Junior PH) water test kit (could be any brand), the kind (water test kit) that one would find at a pet shop. And what the findings of these tests were, is that they all tested acidic (acid). But, when I did a test on my house water straight from the faucet (or tap) - it tested at least neutral, if not basic (non-acidic). And wouldn't this be better for everyone's well-being (good health)?* Enjoy your free video (at HealthierRemedy site)! And you may use any of the following links (either above or below) for ready availability. You'll find this link at; HealthierRemedy (link to site below). You may click on the link found at this same site (either above/ below) to view this video (Tapped)! Or visit Hulu.com to sign up for **FREE trial membership** to see it there as well.

Report # 2.) The AB C's of foods and vitamins that have medicinal qualities

(22 kinds of foods & vitamin's- plus eight others covered in report #3, for a total of 30 different kinds.)

- A.) ACAI- Acai is considered the latest 'super food', pronounced "ah-sigh-ee"-Good for the HEART because it is the best for its rich anti-oxidant qualities (Tastes like a mix of CHOCOLATE and BERRY) and also contains potassium and manganese that are *important to help regulate blood pressure*, and helps to **fight acne**.
- B.) BLACK TEA- Good for BONE health helps women to avoid OVARIAN cancer, fights SKIN cancer and STRESS, combats colds & flu, and is helpful for **ANTI CAVITY PROTECTION**.

C.) CINNAMON- Increases BLOOD SUGAR CONTROL (cassia type-cinnamon), and HEART HEALTH (**LDL CHOLESTEROL FIGHTER**).

COFFEE- Fights two kinds of CANCER (LIVER and OVARIAN).

D.) DAIRY- Helps keep BLOOD SUGAR down, burns FAT FASTER, anti-cavity qualities, helps to strengthen BONES, and **fighters COLON cancer**.

E.) EGGS- Heart HEALTH, and help lower cholesterol.

F.) FLAXSEED- Decreases BLOOD PRESSURE, fights HEART DISEASE, and fights or helps to **prevent PROSTATE cancer**.

G.) GARLIC- Fights HEART disease, lowers BLOOD PRESURE, helps to prevent COLON cancer, prevents BLOOD clots and helps to improve BLOOD circulation.

H.) HONEY- Remedy for constipation, fights bacterial infections (manuka type- honey), and fights insomnia.

I.) INULIN- Fights constipation, fights ulcerative colitis (UC), helps keep COLON healthy, helps keep BLOOD SUGAR LOWER, and decreases excessive APPETITE and WEIGHT gain.

L.) LUTEIN & ZEAXANTHIN- Fights VISION loss helps to **avoid cataracts**, and HEART disease.

M.) MAGNESIUM- Helps to regulate BLOOD sugar, HEART and COLON health.

N.) NUTS- Heart health, fights diabetes, and helps to decrease excessive APPETITE and WEIGHT gain.

O.) OLIVE OIL- Raises good HDL CHOLESTEROL, brings down high BLOOD pressure, fights hardening of the ARTERIES and HEART disease, fights osteoarthritis (extra virgin olive oil), fights ulcers, COLON and STOMACH cancer, helps to control diabetes, and helps to lose WEIGHT and KEEP IT OFF. OMEGA3 (FATTY ACIDS) - Helps to prevent cholesterol and prevent BONE loss, and helps to improve symptoms of psoriasis.

P.) PROBIOTICS- Boosts IMMUNE SYSTEM, helps to control BLOOD SUGAR and guards against HEART attack, helps to prevent IBS, IBD and helps to **avoid COLON cancer**.

R.) RED GRAPES- Helps to reduce high BLOOD pressure and improve CHOLESTEROL LEVELS, reduces CIRCULATORY inflammation, and helps to prevent BREAST and COLON cancer.

S.) SELENIUM- Helps to prevent weakening of MUSCLES, helps to avoid COLON cancer, and helps to avoid osteoarthritis (CAUTION*; KEEP TO THE LIMITS OF RECOMMENDED DAILY ALLOWANCE TO AVOID DIABETES).

T.) TOMATOES- Helps to fight high BLOOD pressure and cholesterol (by lowering BAD- LDL, and RAISING GOOD- HDL), helps to strengthen BONES, and helps to fight PROSTATE cancer.

V.) VITAMIN D- Helps to prevent COLON, LUNG, OVARIAN, PANCREATIC and PROSTATE cancer, helps to strengthen BONES and MUSCLES. And helps to avoid arthritis, GUM disease and TOOTH loss, also helps treat COP (chronic obstructive pulmonary disease), asthma and emphysema.

W.) WHOLE GRAINS- Helps to avoid possible causes of high BLOOD PRESSURE, obesity and INSULIN resistance, and helps to fight diabetes.

Z.) ZINC- Makes DNA, helps your body use vitamin A, **fighters free radicals**, heals wounds, also boosts your IMMUNE SYSTEM, and contributes to BONE HEALTH.

And Report #3.) The top ten (10) best medicinal foods.

- 1;** APPLES- Aids in DIGESTION, and helps to prevent HEART disease.
- 2;** AVOCADOS- Helps to prevent deep VEIN thrombosis, and fights high BLOOD pressure.
- 3;** BROCCOLI- Prevents cancer, and fights arthritis.
- 4;** CHERRIES- Fights arthritis.
- 5;** GARLIC- Helps to lower high CHOLESTERL, and fights high BLOOD pressure (Report #2 in-depth).
- 6;** GRAPES- Helps to prevent ALTZHEIMER'S disease.
- 7;** ORANGES- Helps to prevent arthritis.
- 8;** SPINACH- Helps to prevent stroke and osteoporosis.
- 9;** SWEET POTATOES- Good for EYESIGHT, and helps to prevent osteoporosis.
- 10;** TOMATOES- Helps to lower cancer risk.(Report #2- in-depth)

And may God bless you!

Get well soon!
From;
[HealthierRemedy](#)