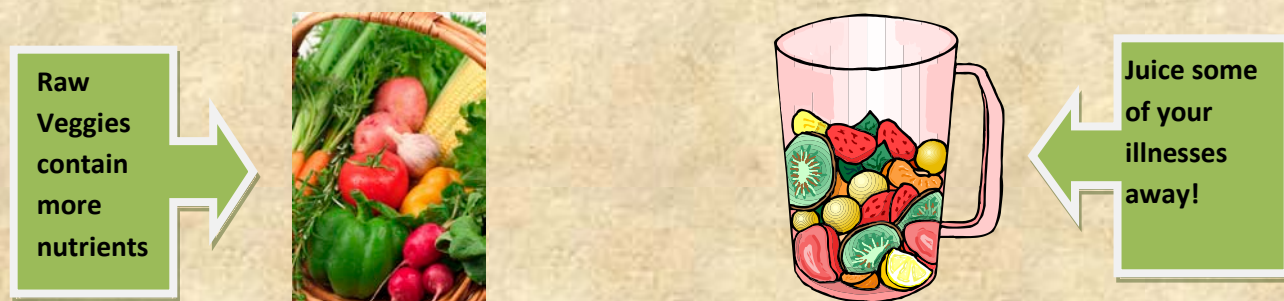


Wellness Weekend 2010 - Health Cures

| Health Issue | Cures |
|---|---|
| High Blood Pressure, Boost Immune System, Colds | 1 TBS of apple vinegar and 1 TBS of raw honey in cup of hot water |
| Hemorrhoids | 1 Garlic clove |
| Rashes | Tea bag |
| Tighten skin - face | Raw Honey |
| Colds and congestion | Rosemary or Thyme tea |
| Waste elimination and gas | Lemon and water |
| Muscle cramps | 1 tsp Mustard |
| Face and hair | Olive Oil |
| Stop blister burns | Apply cold water then toothpaste |
| Helps with circulation | 1 TBS of apple vinegar per day |
| Arthritis and Allergies | Rosemary |
| Digestion System, Liver Detoxification | Horseradish |



| House Uses | Materials |
|--------------------|---|
| Cleaning cleanser | Vinegar and baking soda |
| Remove house odors | Boil apple spice, ginger, cinnamon, lemon juice, cloves |
| Remove of ants | Garlic – rub on surfaces |
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