



Your Guide to Natural Remedies

A Collection of Our Most
Popular Natural Remedies



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STRETCH MARKS

Do you suffer from those embarrassing stretch marks? Here are some remedies to cover them up.

- Massage the affected area with any of these oils: Coconut oil, Tea tree oil, Olive oil, Castor oil, Lavender oil, Almond oil. These oils heal and regenerate the skin covering up the stretch marks.
- Make a paste of raw sugar, almond oil and a few drops of lemon juice and apply it on the marks. Follow this process for a month, the marks will lighten over time.
- Aloe vera: Rub aloe vera on the affected area and wash it with warm water after a few minutes. It provides moisture to the skin and makes it smooth.
- Rub lemon juice on the marks and wash it with warm water after 10 minutes.
- Apply cocoa butter twice a day on the marks - Make a paste of cocoa butter, wheat germ oil, beeswax and vitamin E oil. Heat this mixture and apply it regularly.
- Apply egg whites on the area and let it dry. Once it dries up, clean it with warm water.
- Make a paste of aloe vera and jojoba and apply it on the area.



ANAEMIA

Are you anaemic? Anaemia is characterized by a decrease in the hemoglobin count and is usually caused by iron deficiency but can also mean lack of Vitamin B12, B6, Folic acid or Copper. Here are a few remedies to counter anaemia.

- Eat an iron rich diet. Green leafy vegetables, liver, beets, dried fruits, brown rice, lentils, molasses and bread made of whole grain flour.
- Avoid coffee, tea and other antacids as they reduce iron absorption.
- Take an Epsom salt bath or soak your feet for 5-10 minutes.
- Daily consumption of 3-4 figs is an excellent remedy.
- Make sure you eat a proper balanced diet and get all the nutrients needed.
- Consumption of dandelion leaf extract also helps against anemia.

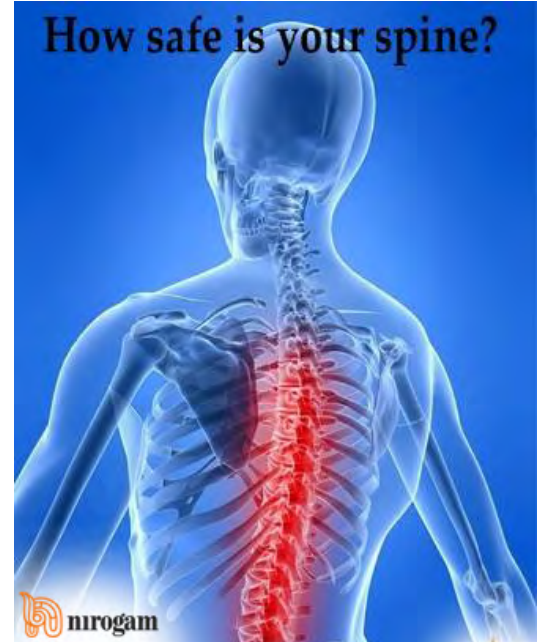


GUARD YOUR SPINE ...

How safe is your spine? Spine health is absolutely crucial to your overall health because it directly connects to the brain and carries signals from the brain to other parts of your body.

Here's what you can and should do to take care of your backbone.

- Maintaining a proper posture is very important. Make sure to keep your shoulders, neck and back as straight as possible and try keeping your head high.
- If you have to lift something, bend your knees and squat if possible but don't bend down directly. This procedure prevents back pain and strain.
- Stretch your back as much as possible.
- Get some proper exercise. Try doing some muscle building exercises as more muscles help keep the spine in place.
- Always sleep on your back or side. Don't sleep on your stomach. And use only one pillow, never more than that.
- Get a proper nutritious diet. Make sure to get plenty of Omega-3, Calcium, Vitamin D and Proteins.



CARING FOR YOUR BONES

Do you know that bones are constantly being broken down and built up to create new bones and there needs to be a perfect balance between these two processes. If you are losing more bone than what is being created, you will be a victim of osteoporosis. So, here are a few ways in which you can strengthen your bones.

- Milk: All dairy products are rich in calcium, which is quintessential for strong bones. Also make sure to get vitamin D along with calcium as it helps in the better absorption of calcium.
- Yogurt: This is a better source of calcium than milk. Eat yogurt every day.
- Fish such as salmon, tuna, sardines have high amounts of calcium in them.
- For the vegans, spinach is a splendid source of calcium. One cup of cooked spinach gives 25% of daily calcium requirement. Kale also provides calcium, though less than spinach.
- Eggs: Eat the whole egg as the yolk has Vitamin D.
- Soybeans, almonds, sesame seeds and paneer are good sources of calcium.



CONSTIPATION

Feeling constipated? Here are some tips.

- Drink water regularly and don't wait till your thirsty. Thirst happens only when the body is already dehydrated.
- Add a pinch of salt in lemon water and drink every day.
- Eating a slice of papaya the first thing in the morning helps.
- Soak a handful of raisins overnight and eat them on empty stomach.
- Guavas, figs, oranges and flax seeds are full of fiber and should be a part of your diet.
- Mix a tbsp. of castor oil in a warm glass of milk and drink it before you go to bed.
- Also make sure to avoid foods made of white flour (maida) and white sugar.
- Get regular exercise every day.
- Caffeine also helps in easy bowel movement but make sure to not overdo it because of its diuretic properties.

5 WAYS TO CLEANSE YOUR COLON

Build up of toxins in the colon can inhibit it from functioning properly. If the toxins are not removed, it can cause various diseases such as heart disease, gall bladder stones, skin allergies and liver ailments. Here is how you can clean your colon.

- Eat fresh yogurt regularly. The good bacteria present in the yogurt fight the bad bacteria. It is also rich in calcium, which protects the cell wall of the colon.
- Boil water with sea salt in it. Drink this mixture in the morning on empty stomach. Make sure to drink lot of water throughout the day.
- Keep away from processed food. Drink fresh vegetable juice as it helps in bowel movement.
- Add lemon juice, salt and honey in warm water and drink the mixture. This will thin the mucus in the bowel.
- Adding flaxseed to the diet is a great way to clean the colon as it is rich in fiber and essential fats.



PROTECTING YOUR BRAIN

6 foods that save you from stroke

When the brain is deprived of blood, it starts failing and that is when you are struck by stroke. But there are a few foods that can save you from having a stroke.

- Tomatoes: Tomatoes contain an anti-oxidant called lycopene, which helps prevent stroke. If you have more lycopene in your body, the chances of developing a stroke decrease dramatically.

- Chocolate: Eating chocolate decreases the risk of stroke.

- Consuming whole grains helps a lot against stroke.

- Low fat dairy is also helpful in reducing stroke risk as the Vitamin D present in the milk helps regulate blood pressure.

- Food rich in magnesium such as beans, lentils, nuts and green vegetables reduce the chances of developing stroke.

- Eating fish every week cuts down the possibility of a stroke. The omega-3s present in the fish work their magic to prevent stroke.



PROTECTING YOUR HEART

Avoid foods that are not good for your heart health:

-MILK! What? Yes! A lot of dairy after a certain age is the enemy of your heart. Skip full fat and go for skimmed milk. Never skip milk completely though (you need calcium and nutrients!).

-Soda! Empty calories and no nutrition, try out iced tea or fresh fruit juices instead.

-Microwaved Popcorn. Delete the trans fats here and replace with airpopped pop corn.

-White Bread/Pizza/White Rice. Excess of refined carbohydrates are bad for heart health. Whole grains are the ideal choice.

Foods Your Heart Says No To!



GOOD CHOLESTEROL

Increase the good cholesterol.

Are your cholesterol levels shooting up? Then, it's time to beat cholesterol with cholesterol. Our body contains both good and bad cholesterol. Bad cholesterol (LDL) is what causes you all sorts of problems whereas the good cholesterol (HDL) is what helps your body.

So, naturally it is good to have more HDL than LDL.

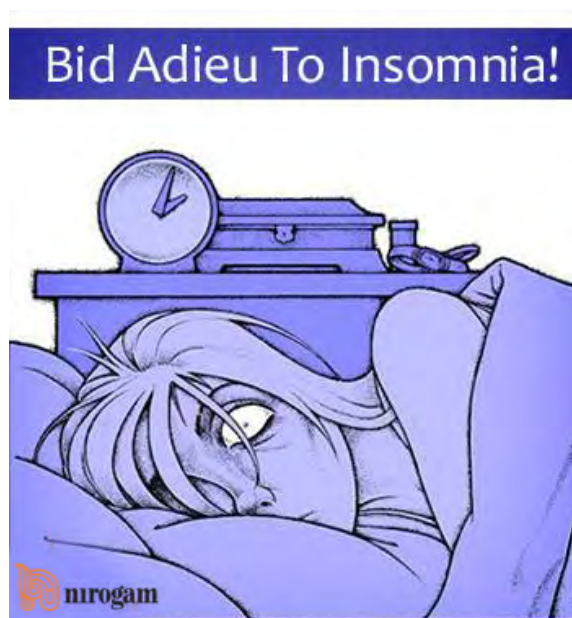
What's more, having more HDL is not only beneficial to the heart but it also decreases the LDL amounts. Here's how you can increase the good cholesterol.

- Nuts: Walnuts, almonds, pecans, peanuts, pistachios, hazelnuts and whatever other nuts are out there! All these nuts help increase the HDL levels.
- Seafood: Fish like tuna, salmon, mackerel, and halibut are high in Omega-3 fats. These fats are much needed to increase the HDL levels.
- Olive oil: Olive oil is also a rich source of Omega-3 fat and hence increases HDL. However, keep it in limit as it is also high in calories.
- Avocado: If you want a good heart, you should eat avocado.
- Spike up your fiber levels as these help increase HDL levels. Oatmeals, rice, bran, barley and dried peas are a good source.
- Last but not the least, garlic, orange juice and chocolate also help in increasing your HDL level.

INSOMNIA

Bid goodbye to sleepless nights with these simple tips:

- Rub a few drops of lavender oil on your forehead and temples at bedtime
- Give sugary and spicy foods a miss after lunchtime
- Take warm milk mixed with almond powder before bedtime
- Turn off your TV and mobile before bedtime
- Avoid stimulants like tea, coffee, chocolate and alcohol
- Exercise daily to tune up the body clock with nature's rhythm



HYPOTHYROIDISM

How to control your under-performing thyroid gland

A lot of people suffer from thyroid problems, which occur when the thyroid gland is either over or under producing.

Thyroid plays an important role in controlling the body's temperature, metabolism and heartbeat.

Hypothyroidism results in lethargy, weight gain, constipation, infertility, dryness of hair and skin to name a few.

Here are a few ways to deal with it.

- Drinking ginger tea is beneficial for hypothyroidism.
- Take iodine rich food such as fish, white onions, potato etc.
- Avoid food such as cabbage, cauliflower, turnip, sweet potatoes, peanuts, spinach etc.
- Increase your intake of food rich in vitamin B complex and A.
- Practice yoga. Sarvangasana is the best posture for thyroid. Ujjayi pranayama is also beneficial.
- Kanchanar guggulu is highly effective in controlling hypothyroidism.
- Use of coconut oil also helps improve thyroid metabolism.



HICCUPS

Hiccups occur due to disturbances in the digestive tract.

Here are 5 easy tips to stop hiccups:

- If hiccups are caused by eating spicy food, drink a glass of water
- Put your finger in your ears to block the airway
- Hold your left arm up for some time to stop hiccups
- Disturb the breathing process by holding breath for longer. Repeat this a few times.
- Gargling with water stops hiccups in some people

Try to find the remedy that works for you! If hiccups do not stop in an hour, it is a sure sign to go to a doctor.

HAIR CARE

Feed your hair – Worried much about your hair falling down like snow in winter? Don't worry. Here's what you can eat to prevent hair loss.

- Start munching on carrots: Carrots provide beta-carotene which makes the hair roots stronger. It helps the scalp produce oils, which keep it healthy. A healthy scalp provides nourishment to the roots, strengthens the follicles and stimulates hair growth.

- Food rich in silica such as baked potatoes, red & green peppers, bean sprouts stimulate blood circulation in the scalp leading to reduction in hair loss.

- Spinach is an excellent source of beta-carotene along with Folic acid, Vitamins B, C and E, iron, magnesium, calcium and potassium, all of which help the production of scalp oil leading to stronger hair follicles.



MORE HAIR CARE TIPS

Here are some more tips on how you can control hair loss.

- Walnuts: The omega 6 fats, protein, zinc, iron and Vitamins B1, B6 and B9 present in walnuts work against hair loss. Not only that, but walnuts also help build a better brain. But a word of caution, have walnuts in moderation.

- Fish: According to a study, excess of testosterone leads to hair loss. And fish provides the kind of protein, which is less in testosterone.

- Eggs: Eggs being rich in omega 6 fatty acids, iron, zinc, proteins and vitamin B12 help reduce hair fall.

Eat healthy, keep your hair healthy!

GINGER

Here's why you should eat ginger:

Ginger is not sweet but it definitely has some sweet benefits and here's why you should eat it.

- It helps prevent colon cancer.
- It gives you quick relief form heart burn.
- If you suffer much from migraine, go get some ginger.
- It provides relief from menstrual cramps.
- It reduces pain and inflammation.
- Be it morning sickness or motion sickness, ginger has the solution for it.
- Ginger helps prevent diabetic nephropathy.
- Ginger also works against flu and cold.

This is why You should eat Ginger



ASHWAGANDHA

Discover the amazing benefits of Ashwagandha plant:

- It rejuvenates the body and strengthens the immune system
- It is very beneficial for nursing mothers as it increases lactation
- It helps in controlling blood sugar levels and keeps cholesterol in check
- Its oil relieves mental stress and induces good sleep
- Its leaves are effective as insect repellent

**Boost Your Vitality
With Ashwagandha!**



SNAKE GOURD

Snake gourd – the many benefits of it!

Do you know of these uses of snake gourd?

- Snake gourd is high in water content and helps cool down the body. It is also low in calories, which makes it a great addition to your weight loss menu.
- It is full of calcium, magnesium, phosphorous, vitamin B complex and fibre. This is very helpful for diabetics.
- The juice of snake gourd leaf helps treat irregular heartbeat.
- An infusion made of snake gourd makes it an effective remedy for jaundice.
- It is filled with anti-inflammatory and antibiotic properties.
- It is also used as a laxative.



MORE ON GOURDS

Let these gourds guard your life! Gourds are among the most ignored yet the healthiest vegetables that should be included in your daily diet. These gourds are life savers with their amazing benefits. Here are a few gourds that you should seriously consider.

- Bitter gourd (Karela): This gourd is not everybody's favourite because of its bitter taste but it helps purify the blood and gives you a glowing skin. This is the best medicine for diabetes.
- Bottle gourd: This gourd benefits you just as a bottle of water. It helps fight urinary problems and weak kidneys.
- Snake gourd (Chichinda): If you are dieting, your dieting is incomplete without this gourd. The high water content of this gourd helps your body stay cool and what's more – it has very few calories.
- Ridge gourd: Rare minerals and nutrients like zinc, magnesium, thiamine and riboflavin are found in this gourd.
- Ivy gourd: This gourd is very important for diabetics as it helps lower their sugar levels.
- Pointed gourd: This gourd is good for heart and liver.

CORIANDER

Coriander is an herb that is used by many. Not only does it look and smell good on your food, it also has many health benefits to offer.

- Coriander helps you digest food better. It prevents gas from forming in the stomach.
- It lowers blood sugar by stimulating insulin production.
- Coriander is a good source of magnesium, iron, calcium, phosphorous, vitamins A and C, phyto-nutrients and flavanoids.
- The anti-inflammatory properties of coriander help against arthritis.
- It helps in lowering the LDL levels. It also helps increase the HDL level.
- Its anti-microbial and anti-septic properties fight against all sorts of infections and ulcers. It is also useful in healing wounds.
- It helps regulate menstrual cycles properly. It is also great for obese people as it helps reduce fat resulting in weight loss.
- Coriander prevents involuntary contraction of muscles and hence as a result there are no body cramps.
- It helps in the proper functioning of the liver and helps prevent cancer
- It also prevents nausea and urinary tract infections.

MORE ON CORIANDER

Discover some more health benefits of fresh Coriander:

- It helps in digestion and improves cardiovascular health
- It helps in removing phlegm and reduces fever
- It is rich in essential oils, Vitamin C and 6 types of acids boost your immunity
- It is helpful in relieving heart burn, colitis and gastric formation
- It helps in lowering cholesterol and aids in weight loss
- Coriander leaves clubbed with buttermilk, cumin powder, pepper and curry leaves is a great coolant in summer

Fresh Coriander
For Great Health!



MINT

Mint Mantra for wellness! Mint or commonly recognized 'pudina' in Hindi, is very effective for curing common ailments. Its benefits are:

- Gargling with fresh mint juice mixed with 1 tablespoon salt will take care of hoarseness of voice.
- Applying fresh mint juice over face every night prevents dryness of skin. It also cures pimples, insect stings, eczema, scabies and contact dermatitis.
- Take 3-4 tablespoons of fresh mint juice twice a day i.e. before breakfast and dinner. It helps in generating new blood cells and cures anemia and low blood pressure.
- Chewing 3-4 mint leaves daily prevents bad breath, tooth decay and pyorrhea. It also makes the gums stronger.
- Drinking fresh mint juice mixed with 1 tablespoon each of honey and lime juice cures indigestion, diarrhea, morning sickness and flatulent colic.
- To prevent bleeding through nose or mouth (gums) due to excessive heat in body, drink fresh mint juice (100ml) mixed with sugar 2-3 times a day.

BAYLEAF

Keep sickness at bay with the Bayleaf!

Bay leaf also known as tej-patta is used in a lot of cuisines and is also present in the famous 'garam masala'.

Bayleaf also works its magic outside the kitchen.

- It helps in treating diabetes, migraine, gastric ulcers, abdominal pains, high blood pressure and bacterial/fungal infections.
- It has anti-bacterial, anti-fungal, anti-inflammatory, diuretic and astringent properties.
- They are also rich in vitamin C, A, B, copper, potassium, calcium, manganese, iron, folic acid, selenium, zinc and magnesium.
- Bay leaf juice helps promote menstruation.
- Bay leaf oil helps against paralysis, muscle pain, arthritis and flu.
- Bay leaves help maintain sugar level in the blood, pulse rate of the heart & improve the immune system of the body.

ASHOKA BARK

Ashoka tree has immense medicinal benefits.

- A decoction from the bark of Ashoka relieves piles and internal bleeding
- It is very beneficial in treating gynaecological disorders in women
- Methanol extract from Ashoka relieves rheumatoid arthritis
- It is anti-bacterial in nature, which fights infections and insect bites
- It is a good blood purifier

Ashoka: The Great Health Connoisseur!



SPINACH

Spinach has very high nutritional value.

Its top 5 advantages are:

- It contains lutein that saves you from cataract and other eye diseases
- It is a rich source of iron and increases haemoglobin levels
- Being anti-inflammatory in nature, it relieves migraine, arthritis, osteoporosis and asthma
- It has antioxidants that help in lowering cholesterol and high blood pressure
- It is very helpful in losing weight due to its high fibre content

TOMATO

Add tangy tomato to your cuisine for its amazing benefits:

- Tomato is biologically a fruit that is famous as a vegetable as it is widely used in cooking
- Chromium content in tomato controls blood sugar
- It has Lycopene that protects your skin against harmful ultraviolet rays
- Tomato juice mixed with carrot juice increases your haemoglobin levels
- Eating 2 ripe tomatoes in the morning helps you lose weight



BEETROOT

Beetroot can boost up your health immensely.

Its topmost benefits are:

- It contains nitrate, which increases oxygen supply in the body and boosts up the energy
- It is a minefield of iron that increases haemoglobin level
- It has a lot of fibre that regulates bowel movement and relieves constipation
- It is rich in folic acid that is good for pregnant women
- It has loads of calcium that makes bones and teeth stronger

RADISH

Crunchy Radish has many health benefits for you:

- Radish is rich in sodium phosphorus, chlorine, magnesium and Vitamins A, B and C
- Gargling with warm juice of radish mixed with a pinch of rock salt relieves pain and swelling in the throat
- Eating raw radish with its leaves cures constipation
- Radish is beneficial in jaundice, diabetes and urinary ailments
- It lowers cholesterol levels and high blood pressure

PEAS

Peas are extremely rich in proteins. Its topmost benefits are:

- Eat raw green peas to cure constipation
- Eat peas roasted in ghee to overcome weakness and build up your stamina
- Put a paste of crushed peas to relieve burning sensation on the skin
- Use peas with garlic and ginger to get relief in gastric ailment
- It is very nutritious for pregnant women and increases lactation after delivery

CAULIFLOWER

Discover the excellent health benefits of Cauliflower:

- Regular intake of cauliflower improves eyesight
- Eat raw cauliflower after meals to treat ulcer
- Eat cauliflower regularly to detoxify blood and heal skin ailments
- Drink juice of cauliflower regularly to alleviate pain in joints
- Wash leaves of cauliflower with warm water, dry them with a cloth and apply them over burns and wounds for healing.



CORN

Add Corn to your platter for its charismatic health benefits:

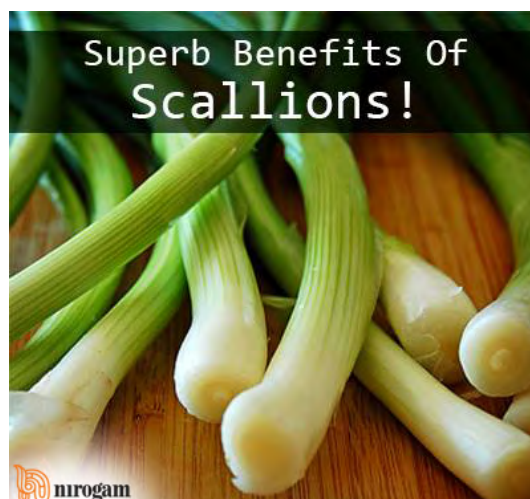
- Corn is full of fibre that prevents constipation, haemorrhoids and colon cancer
- Corn has many nutrients that make the bones stronger and boosts kidney health
- Corn is rich in vitamin B and folic acid that increases haemoglobin
- Corn is a bundle of antioxidants that keep your skin younger
- Corn helps lower the bad cholesterol and enhances heart health



SPRING ONIONS

Enjoy the superb benefits of scallions or spring onions:

- They have loads of Vitamin C, calcium, carotene, potassium, iron, protein and fibre
- They prevent gastrointestinal problems and reduce inflammation
- They help with digestion and stimulate perspiration
- They enhance blood circulation in the body
- They lower the blood sugar level and reduce the LDL cholesterol level
- They reduce the risk of developing colon cancer



MORINGA

Sahjan or Moringa is an excellent way to enjoy splendid health:

- It helps in controlling blood sugar levels and reduces high blood pressure
- It relieves gastric ailment and relieves diarrhoea
- It enhances the immunity level and boosts milk production after delivery
- It increases the haemoglobin level and acts as an aphrodisiac
- It relieves constipation, stomach ulcers, headache and infections



CAPSICUM

Discover the benefits of Capsicum for captivating health:

- It is full of Vitamin C that enhances your immunity levels
- It prevents respiratory ailments like asthma and wheezing
- It contains capsaicin that treats and prevents cancer cells
- It boosts your metabolism by lowering triglycerides and helps you lose weight
- It has loads of antioxidants that help in treating cataract, heart ailments and osteoporosis

Capsicum
For Captivating Health!



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BATHUA

Add leafy lamb's quarters (Bathua in Hindi) to your diet.

Its top 5 amazing benefits are:

- It is rich in vitamin A,B and C, iron, calcium, potassium, phosphorus
- Eat lamb's quarters regularly for a few days to treat constipation and piles
- Wash your hair with water boiled with leaves of lamb's quarters to remove dryness and lice from the scalp
- Drink half a cup of juice of lamb's quarters with a pinch of salt to eliminate worms in your tummy
- Apply a paste of lamb's quarters on burnt skin to relieve the burning sensation

Leafy Lamb's Quarters
For Your Health!



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JATAMANSI

Jatamansi is a perennial herb. Discover its topmost benefits:

- It regularises digestion and prevents constipation
- It is good brain tonic and helps in treating mental disorders
- It reduces restlessness and enhances calmness in the mind
- It boosts the appetite and relieves general body weakness
- Its medicated oil is beneficial for silky and healthy hair

Jatamansi For Marvellous Health!



LOTUS STEM

Discover the benefits of nutritious lotus stem:

- It contains pyridoxine that helps enhance your mood and relieves nervousness, tension and headaches
- Drink lotus stem juice and carrot juice mixed in equal quantities to dissolve the mucus in the body and relieve bronchitis, asthma, cold and cough
- Its juice or soup builds up haemoglobin level in the body especially if taken for 3 days continuously after menstruation
- It is a great source of dietary fibre that relieves constipation and lowers bad cholesterol
- It is rich in B-complex vitamins that lower the risk of heart attacks and increases vitality

Discover The Benefits Of Nutritious Lotus Stem!



SUNFLOWER SEEDS

Add Sunflower seeds in your salads, yogurt, rice and dishes for its superb health benefits:

- Selenium content in sunflower seeds prevents cancer
- They are full of copper and magnesium that keep your bones healthy
- Sunflower seeds are rich in Vitamin E that keeps your skin young and smooth
- They help in protecting against heart ailments, asthma, ulcers and joint pain
- They help in soothing your nerves and help you de-stress and relax

Sunflower Seeds For Superb Health!



POTATO

Potato is profitable for your health. Its topmost benefits are:

- It is rich in magnesium, potassium, zinc and vitamin B complex that is good for your skin
- It is loaded with carotenoids that keep your heart healthy
- It is full of antioxidants that repair body cells and relieves intestinal inflammations
- Apply a paste of mashed raw potato with 1 tsp honey on your face for soft skin
- Chew raw potato slices to ward off heartburn
- To reduce swelling, apply a paste of raw potato on the swollen area
- Boiled or baked potato gives you maximum health benefits

TURNIP

Add turnip to your daily diet for terrific health benefits:

- It contains glucosinolates that lowers the risk of colon, rectal and breast cancer
- It is full of Vitamin K and folate, which prevent heart related ailments
- It is rich in calcium content that checks osteoporosis and rheumatoid arthritis
- It boosts appetite, aids digestion and reduces wheezing in asthma
- It enhances immunity levels and its juice wards off body odour in summer.



PUMPKIN

Pumpkin has amazing benefits for your health:

- It is rich in fibre that promotes probiotic bacteria, which boosts your immunity
- It has low glycemic index and it helps in regulating blood sugar levels
- It has loads of cucurbitacin content that prevents arthritis and lowers cholesterol
- It is full of Omega-3 oils that improve your heart health
- It is a great diet food as it is very low in calories

GREEN CHILLIES

Include Green chilli in small amounts to your daily diet.

Discover its benefits:

- It has Vitamin A that keeps your skin young and improves your eyesight
- It has Vitamin C that enhances immunity and aids digestion
- It steps up the metabolism and helps in weight loss
- It is rich in capsaicin, which is an anti depressant and improves good mood
- It has potassium that keeps high blood pressure in check

HIBISCUS

Hibiscus is a sweet and cooling herb.

Discover its benefits:

- It is very effective for treating dandruff and preventing hair fall
- It is rich in antioxidants and reduces cholesterol and high blood pressure
- It is helpful in treating fluid retention and stomach irritation
- Hibiscus tea has a cooling effect and makes you sleep better
- It is a very good diuretic and a gentle laxative



CURRY LEAVES

Curry leaves form a part of daily cooking in our Indian homes. Its top 5 benefits are:

- Take 1/4 cup juice of curry leaves with juice of half a lemon and a pinch of sugar to treat nausea
- Curry leaves reduce the side effects of chemotherapy
- Curry leaves help in improving the eyesight and prevent cataract
- Boil a few curry leaves with your hair oil and apply it on the scalp for healthy hair
- Curry leaves reduces bad cholesterol and keeps high blood pressure in check

SEM KI FALI

Discover the benefits of Sem ki Fali for splendid health effects:

- Boil whole sem ki fali and eat it with a little salt and spices to get strength
- Its regular intake provides a lot of energy to pregnant women and keeps them active
- Apply a paste of its leaves in the armpits to ward off body odour
- Apply the juice of its leaves on the area of scorpion bite to neutralize the poisonous effect



CUBEB

Discover the fantastic health benefits of Cubeb or Kababchini:

- It helps to relieve cough, sore throat and oral ailments
- It is used in the aromatic oils that relieve joint pains and arthritis
- It is used in treating dysentery, leucorrhoea and asthma
- It is useful in treating dyspepsia and flatulence
- It acts as a stimulant, diuretic and helps singers maintain a clear throat

Discover The Fantastic Benefits Of

Cubeb!



GINSENG

Ginseng also known as Korean Ginseng has great health benefits:

- It stimulates the nervous system, improves your mood and alleviates stress
- It enhances the oxygenation of the cells in the body and relieves fatigue
- It reduces bad cholesterol and keeps high blood pressure in check
- It boosts your metabolism and enhances your immunity against infections
- It helps to detoxify and increases a sense of well being as well as stamina



Pregnant or lactating women, diabetics, hypoglycemics and people under medication should consult with a physician before consuming Ginseng in any form.

SPIRULINA

Spirulina is a micro algae that is full of nutrients to keep you in superb health:

-Spirulina has ten times more beta carotene than carrots, which is good for your vision and eyes

-Spirulina enhances your immunity level and it is full of proteins that help build your muscles

-Spirulina is the highest vegetarian source of vitamin B12 for healthy tissues and nerves

-Spirulina reduces cramps and fatigue as it oxygenates the body cells with its chlorophyll content

-Spirulina improves digestion, lowers bad cholesterol, protects you against cancer and relieves insomnia



BHRINGRAJ

Discover the benefits of Bhringraj to enhance your wellness:

-Bhringraj prevents ageing and helps to rejuvenate bones, teeth, hair, sight and memory

-Bhringraj is the best herb for treating liver ailments like cirrhosis

-Bhringraj oil makes hair black and luxuriant and also reverses balding

-It is a good tonic for the mind and helps you to sleep better

-Bhringraj is effective in preventing repeated miscarriage and also relieves post delivery uterine pain



AMARANTH

Discover the great health benefits of Amaranth leaves:

-Amaranth leaves are rich in Potassium, Vitamin C, Protein and Folic acid

-Juice from Amaranth leaves relieves bronchitis and other respiratory illnesses

-Amaranth leaves are rich in dietary fibre and roughage that aids digestion

-Juice from Amaranth leaves will give you a lot of essential amino acids and proteins

-Amaranth lowers the risk of cancer and reduces bad cholesterol levels

JACKFRUIT

If it's not your favourite already, here are a few facts about jack fruit, which can help you change your mind.

- The potassium content in jackfruit helps prevent high blood pressure and subsequently heart attack and stroke.
- Vitamin C and E present in jackfruit helps strengthen the immune system.
- It protects against cancer as it is rich in phytonutrients, which contain anti-cancer and anti-ageing qualities.
- It boosts your overall energy levels due to the presence of glucose and fructose. It also has no cholesterol in it.
- Copper present in it helps maintain normal thyroid and increases metabolic rate.
- Iron content helps against anemia.
- Its anti-ulcer properties cure ulcers and also the fiber helps prevent constipation.
- Vitamin A in jackfruit helps maintain a clear skin and good eye sight.
- It is also high in calcium and prevents bone loss.

Jackfruit
For Remarkable Health!



MORE ON JACKFRUIT

Add Jackfruit to your diet for remarkable health:

- It is rich in Vitamin C that strengthens your immune system
- It has a lot of Vitamin A that gives you good eyesight and clear skin
- It has loads of iron content that boosts your haemoglobin
- It is a minefield of potassium that lowers high blood pressure
- It improves digestion and thyroid functioning due to high fibre and water content

CHICKOO

The tasty benefits of tasty chickoo!

- The presence of vitamin A in chickoo helps keep the eye healthy and improve eye sight.
- Chickoos are rich in fiber, anti-oxidants and nutrients because of which it prevents many types of cancer. The fiber also helps prevent constipation.
- Chickoos are full of calcium, iron, phosphorous and help in strengthening the bones.
- The Vitamin E and B content in chickoos help keep the skin and hair healthy. Vitamin B also helps against stress and fatigue.
- Chickoos are rich in tannins and hence reduce any inflammation that may be present in the body such as gastritis and bowel disorders.
- This fruit is rich in glucose and acts as an energy booster.
- Chickoos have a high dose of carbohydrates and essential nutrients, which is good for pregnant women
- A decoction made of boiling chickoo in water can help against piles, dysentery and diarrhoea.
- Its diuretic properties help in removing waste from the body.

Add The Sweetness Of
Sapodilla To Your Health!



KIWI

Succulent Kiwi has immense health benefits:

- It boosts your immune system and increases the absorption of iron
- It is full of phytonutrients that repair DNA and protect against cancer
- It is loaded with folic acid that enhances red blood cells during pregnancy
- It prevents hardening of arteries and enhances cardiovascular health
- It has a lot of Vitamin C that keeps your hair, teeth, nails and skin healthy

Succulent Kiwi Fruit
For Amazing Health!



CUSTARD APPLE

Here are some of the benefits that custard apple has to offer.

- The Vitamin A in custard apple helps keep the skin and hair healthy.
- The copper content helps against constipation.
- The high magnesium content in it maintains proper water balance in the body.
- It also removes acids from the joints thereby reducing the symptoms of arthritis.
- It also protects the heart.
- The potassium present in this fruit removes lethargy and makes you feel active.
- If you want to gain weight in a healthy way, eat custard apple.
- Dried and grounded custard apple helps against dysentery and diarrhoea.
- The leaves of custard apple work well against cancer while the bark helps against toothache and gum pain.

MORE ON CUSTARD APPLE

Delicious Custard Apple has immense health benefits for you:

- Custard apple is full of Vitamin A that is good for healthy eyes and hair
- It has loads of antioxidants that help in fighting the free radicals
- It is rich in magnesium content that relaxes the muscles and prevents heart ailments
- It is beneficial in treating arthritis, gout, anaemia, indigestion and nausea
- Its skin is helpful in maintaining healthy gums and teeth

Discover Benefits Of Custard Apple!



GREEN GRAPES

Juicy grapes are great for health. Discover their benefits:

- To relieve migraine, drink the juice from 100gm grapes before sunrise
- To ease teething in toddlers, give them 2 tsp grape juice daily
- Eating grapes daily is beneficial in arthritis
- Grape juice is very useful in treating acidity, indigestion and constipation
- It also increases haemoglobin and relieves anxiety

BLACK GRAPES

Pop a handful of black grapes daily for their immense benefits:

- Eat black grapes regularly to enhance your concentration, reduce migraine and prevent Alzheimer's disease
- Black grapes protect against damage to the heart muscles and help in lowering LDL cholesterol
- They are full of resveratrol that protects you against infections and inflammations
- Lutein and zeaxanthin in black grapes keep your eyes healthy with a good vision
- Black grapes have loads of Vitamin C and E that give you a smooth, young and glowing skin
- It is a good fruit for diabetics as it contains a good amount of fiber because of which it reduces sugar spikes. The fiber also helps in proper digestion.



GUAVA

The guava advantage! This common, inexpensive tropical fruit is a super food due to the health benefits it offers.

- Guava helps build the immune system as it is rich in vitamin C. It has 4 times more vitamin C than oranges. It fights infections, cold, cough and flu.
- Lycopene present in guava helps fight tumors. Also, its anti-oxidant properties fight against cancerous cells.
- Guava contains potassium, which helps maintain electrolyte balance and blood pressure. It also reduces the risk of stroke and heart attack.
- Vitamin A in guava promotes eye and skin health.
- Guava also helps in promoting thyroid function as the copper in it helps in production of hormones.
- Guavas are rich in Vitamin B, which help promote blood circulation, which increases brain function.
- Guava also helps in fertility as it supplies folate to the body.



BANANA

Banana is a wholesome fruit, which has many health benefits:

- It has loads of potassium, which helps in reducing high blood pressure
- It boosts the secretion of serotonin that has a soothing effect on nerves
- Eat a ripe banana with curd and sugar to relieve acidity
- Apply banana peels over cuts and wounds for faster healing
- Eat unripe boiled banana to relieve constipation



PINEAPPLE

Juicy Pineapple is a nutritious tropical fruit. Discover its benefits:

- It has lots of manganese that strengthens your bones and teeth
- It prevents macular degeneration (damage to the retina) as it contains beta carotene
- It reduces morning sickness during pregnancy
- It aids digestion of protein and reduces arthritis pain
- It quenches excessive thirst in summers and also helps in weight loss

AVOCADO

Avocado is extremely advantageous for your health:

- Avocado is beneficial in nephritis or kidney ailments as it has very less protein content
- It removes putrefactions in the intestines that cause bad breath and coated tongue
- Avocado oil is an indispensable part of moisturizers, cleansers and anti-ageing creams
- Eat avocado along with ripe papaya to relieve hyperacidity, colitis and duodenal ulcer
- Avocado oil is effective in treating psoriasis



APRICOT

Delicious Apricot adds richness to your health:

- It is full of iron content that improves blood flow and prevents anaemia
- It is rich in dietary fibre that enhances digestion and checks constipation
- It is a storehouse of carotenoids and Vitamins A, C and E, which are good for your eyesight
- It reduces bad cholesterol and keeps your heart healthy
- It is loaded with antioxidants that stop early signs of ageing and keep your skin young

ORANGE

Juicy orange fruit is a rich source of Vitamin C. Its top 5 benefits are:

- It helps in preventing cancer due to its D-Limonene content
- It helps in controlling high blood pressure
- Its juice is good in relieving arthritis pain
- Its antioxidant property keeps the skin smooth and glowing
- It has calcium, which is good for bones and teeth health



SWEET LIME

Enjoy the superb health benefits of Sweet Lime:

- Sweet lime adds luster to your skin as it is rich in vitamin C
- A glassful of sweet lime juice daily alleviates fatigue and insomnia
- A glass of sweet lime juice daily keeps your heart healthy and reduces cholesterol
- Sweet lime juice is very beneficial during pregnancy as it is full of calcium
- Add a pinch of salt and 5-6 drops of ginger juice to a glass of sweet lime juice to treat cold



PLUM

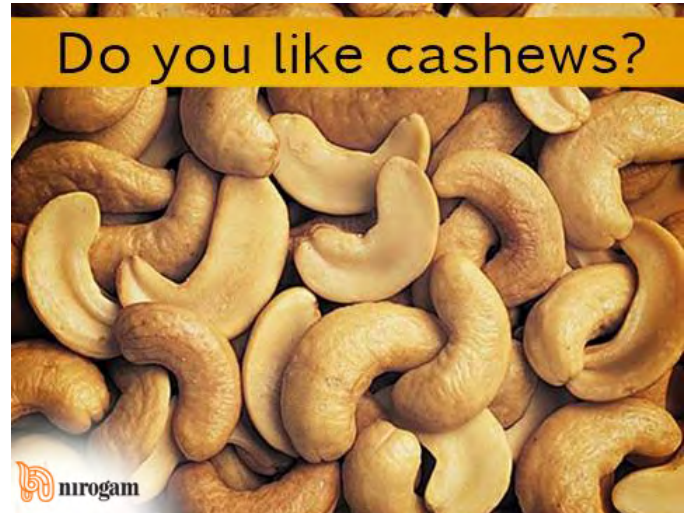
Add the richness of plum to your health:

- It is a rich source of dietary fibre, sorbitol and isatin that improve your digestion and prevent constipation
- It is full of iron and potassium that enhances your haemoglobin and keeps your heart healthy
- It has loads of antioxidants that keep your immunity high and keep you looking young
- It is filled with vitamin A that protects your retina from harmful UV rays and improves your vision
- It has a lot of vitamin C that protects your body from inflammations and infections

CASHEWS

Cashews are a good source of iron, phosphorous, selenium, magnesium, zinc, phytochemicals, antioxidants and protein and offer a lot of health benefits.

- Proanthocyanidins present in cashews stop tumors from growing thereby preventing cancer.
- The presence of copper content makes them fight free radicals and also provides healthy hair and skin.
- There is less fat in cashews and most of it is the healthy form which keeps the heart healthy.
- Magnesium present in cashew nuts helps make the bone stronger and lowers blood pressure.
- It inhibits the formation of gall stones.
- They are dense in energy and high in dietary fiber. Hence they are ideal for managing weight gain.



ALMONDS

The Almond Advantage!

Did you know that –

- Eating almonds soaked in water prevents cancer and diabetes
- Almond is rich in folic acid, which prevents birth defects and constipation in pregnancy
- Almond milk (made by grinding almonds in water) is helpful in weight loss
- Eating almonds daily keeps the skin soft and youthful as it has antioxidants
- Almonds keep the bad cholesterol (LDL) in check and keeps your heart healthy

The Almond Advantage!



WALNUTS

Walnut has amazing health benefits.

Its top 5 benefits are:

- It is rich in Omega 3 fatty acids which is good for nervous system and memory.
- Eating 3-4 walnuts daily lowers the chances of getting breast cancer in women.
- It is very beneficial in eczema, arthritis and asthma.
- It contains lots of antioxidants, so it's very good for wrinkle free skin.
- It helps you sleep better and lose weight as it is a great source of fibre and protein.



PEANUTS

Peanuts are a healthy food choice.

Did you know that:

- It is good for heart health as it lowers the bad cholesterol (LDL) and increases the good cholesterol (HDL)
- It is a rich source of minerals like iron, zinc, magnesium, potassium, manganese, selenium and calcium
- It contains Niacin that increases the flow of blood to the brain and prevents nerve disorders and Alzheimer's disease
- It contains amino acids that promote growth and development
- It reduces the chances of getting stomach cancer and fungal infections



WATER CHESTNUTS

Singhara is the common name for Water chestnut or Paniphal.

Singhara As a Health Food!



Apart from using its flour in fasting, it has many more benefits:

- It is cooling in nature and reduces excessive thirst
- It is beneficial in jaundice (in raw or juice form) and removes bodily toxins
- In raw form, it is rich in fibre and contains very few calories
- It contains manganese and iodine that helps in proper functioning of thyroid gland
- It is helpful in insomnia, fatigue and it is a good appetiser

BLACK PEPPER

Just a pinch of it is all that is needed to bring the zing to your food. Black pepper, used in many parts of the world has a lot more to add than just the flavor.

- Black pepper helps prevent cancer due to the presence of piperine. It also contains vitamin A, C, flavonoids and anti-oxidants which increase its anti-cancerous properties.
- Piperine in black pepper also makes it a great source that aids in digestion and prevents other gastro related diseases. It stimulates the production of hydrochloric acid which takes care of proper digestion.
- Black pepper boosts the metabolism. It burns excess fat and unwanted calories, making itself an important part of diet for weight loss.
- It also takes care of all dental problems and gives quick relief from toothaches. - Piperine also acts as an anti-depressant and stimulates the nervous system.
- Black pepper also helps cure vitiligo and other skin related disorders.
- It provides relief from sinusitis and nasal congestion. It also acts as a remedy for cold and cough.
- Its anti-bacterial properties also heal respiratory problems.
- It also helps get rid of dandruff. Mix a tbsp. of crushed black pepper in curd and apply it to scalp. Rinse after ½ hour. Wash with shampoo the next day.

FENUGREEK

Sweet reasons to use bitter Fenugreek Seeds (Methi dana) for fabulous health:

- They help to lower LDL cholesterol levels
- They help to prevent colon cancer by binding themselves to toxins
- They are full of amino acids that regulate your blood sugar levels, especially in Type II diabetes
- They enhance digestion, bowel movements and help to increase lactation in nursing mothers
- They are highly cooling for the head and induce good sleep

Fenugreek Seeds
For Fabulous Health!



CARDAMOM

Cardamom is the king of spices. Also known as elaichi, it is the favorite of many people in India.

The health benefits offered by it are many

- Regular use of paste made of cardamom powder and honey gives relief from asthma and whooping cough.
- Black cardamom can help against oral disorders such as dental infections, gum infections etc. It also cures bad breath, mouth and throat ulcers.
- Cardamom prevents dangerous blood clots by preventing platelet aggravation. It also detoxifies the body by removing toxins.
- It also acts as a powerful aphrodisiac and helps with erectile dysfunction and impotency.
- Cardamom has diuretic properties and helps clean the kidneys, bladder and urinary tract.
- Consuming cardamom on a regular basis helps those suffering from hypertension by reducing blood pressure.
- Cardamom makes the hair roots stronger thereby providing beautiful and strong hair.

ASAFOETIDA

Asafoetida also known as heeng is a cooking ingredient combined with many medicinal properties. Here are a few:

- The anti-inflammatory and anti-oxidant properties of heeng help reduce problems related to indigestion, intestinal worms, flatulence, IBS etc. It also acts as a laxative.
- It helps diabetics by lowering the sugar levels by increasing the production of insulin.
- It helps thin the blood, prevent blood clots, reduce blood pressure and remove cholesterol.
- Heeng helps fight migraines and headaches.
- Heeng is helpful for women suffering with issues like menstrual cramps, irregular periods and pain.
- It also acts as a nerve stimulant and is used in ailments like hysteria, paralysis, convulsions and syncope.
- Quick use of heeng for toothache: Mix ½ tsp. heeng in 2 tsp lime juice and heat it. Dab a cotton ball in this and place it on the aching tooth for quick relief.

ANISE

This good looking spice is not only famous for its flavor but also for its health benefits.

- Star anise helps treat digestive problems and keeps the digestive system functioning well.
- Its anti-septic properties help it cure many skin diseases and wounds. It is also used in treating scabies and lice.
- It increases libido in both men and women.
- Star anise helps treat asthma, bronchitis and dry cough. It also boosts the immune system and gives relief from rheumatism and lower back pain.
- It has sedative properties and helps get a good night's sleep.
- Shikimic acid present in anise helps cure influenza.

CUMIN

Cumin also known as jeera is indispensable in the kitchen. Along with its flavor, it also offers many health benefits.

- The anti-septic property of cumin helps fight cold and flu. Drinking a cup of water boiled with cumin seeds, ginger, basil leaves and honey is excellent for quick relief.
- Cumin is rich in iron and is essential for anemic patients. Including jeera in everyday meals is a good way to obtain iron.
- The fiber content and laxative properties make cumin ideal for treating piles.
- Cumin also helps digestion and controls stomach pain, indigestion, diarrhea and nausea.
- Cumin seeds are also known to have anti-carcinogenic properties and help fight cancer.

ROCK SALT

Rock salt or 'Saindhav lavana' is a natural salt with many benefits.

Its top 5 benefits are:

- It is a great appetiser and helps in digestion
- It is rich in calcium, copper, iron, magnesium and more than 50 minerals which make the immune system stronger
- It is beneficial in acidity and sinusitis
- It is very useful in treating asthma, cold and allergies
- Lamps made up of rock salt increase oxygen flow in the air and are useful in stress management

MUSTARD

Mustard is found in 3 varieties- yellow, black and white.

Here are benefits of yellow mustard seeds:

- Eat yellow mustard seeds regularly to reduce attacks of migraine
- They prevent rheumatoid arthritis as they contain magnesium and selenium
- They contain phytonutrients that protect against gastrointestinal cancer
- Yellow mustard seeds boost the metabolism of the body and aid digestion
- Put a few mustard seeds in your tea for treating cough

Mustard For Daily Wellness!



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JAGGERY

5 reasons why you should add jaggery to your food list:

- It is a healthy substitute for sugar (except for people with diabetes)
- It has a lot of iron content so it increases haemoglobin level
- Eating a handful of jaggery after meals is good for digestion
- Having milk mixed with jaggery make bones stronger
- It helps in reducing water retention as it contains potassium

Jaggery To Stay Healthy!



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FLAX SEEDS

Add Flax seeds to your diet for fantastic wellness:

- Flax seeds are full of lignans that provide protection against breast cancer, colon cancer and prostate cancer
- Flax seeds are a great source of soluble and insoluble fibre
- Flax seeds act as a mild laxative and improve digestion
- Flax seeds improve heart health as they lower your bad cholesterol
- Pregnant women, mothers who are breast feeding and people with IBS should avoid flaxseeds and if you are on medication consult your doctor before consuming flax seeds

Flax seeds For Fantastic Wellness!



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RICE

Discover the benefits of rice for magnificent health:

- It is low in sodium content that is beneficial in high blood pressure and hypertension
- It is a rich source of carbohydrates that boosts energy levels
- It also stimulates neuroprotective enzymes in the brain and reduces the risk of Alzheimer's diseases
- It is full of nutrients like niacin, vitamin D, calcium, iron, riboflavin and thiamine
- It prevents chronic constipation as it contains lots of insoluble fibre

BROWN RICE

Brown Rice is a good choice over white rice to enjoy superior health:

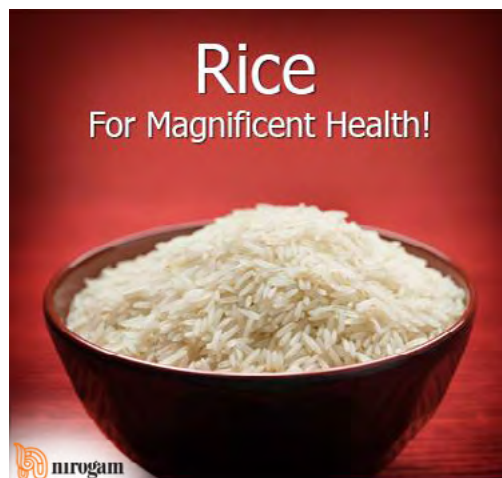
- It is loaded with natural oils that help the body reduce bad cholesterol
- It keeps your blood sugar stabilized as it releases sugar very slowly
- It boosts metabolism and burns fat as it is filling but low in calories
- It is very high in fibre that stabilizes digestion and regulates bowel movements
- It reduces the chances of developing cancer, heart disease and rheumatoid arthritis

OATMEAL

Oatmeal is a nutritious choice for breakfast.

Discover its health benefits:

- It contains a plant chemical called lignans that prevents heart ailments and lowers bad cholesterol
- It is a rich source of fibre that keeps you from feeling hungry for a long time
- It is a great healthy diet food choice as 1 cup of oats has just 130 calories
- It is full of beta-gluten that boosts your immunity levels against infections tremendously
- It lowers the risk of Type 2 diabetes and improves bowel movement



MOONG DAL

Moong dal is advantageous for health.

Discover its benefits:

- It is helpful in reducing high cholesterol and high blood pressure
- It is beneficial in diabetes as it controls blood sugar levels
- It is rich in protein and fibre and helps in losing excess weight
- Apply a paste of moong dal powder and water to remove acne
- Apply a paste of moong dal powder and water to relieve burning sensation

Advantages of Moong!



ARHAR DAL

Discover the topmost benefits of Arhar dal:

- Apply a paste of Arhar dal on the affected part of the body to reduce swelling
- Chewing leaves of Arhar plant with rock sugar relieves cough and cures boils in the mouth
- It is rich in folic acid that prevents brain and spinal birth defects in the foetus
- It is full of dietary fibre that prevents constipation and aids digestion

Benefits Of Arhar Dal For You!



BLACK URAD DAL

Add black Urad dal to your diet for fabulous health benefits:

- It boosts your energy levels, as it is full of iron content
- It acts as a natural aphrodisiac and also enhances digestion
- It lowers your bad cholesterol and boosts heart health
- It is a rich source of plant protein that keeps your bones and muscles healthy
- It increases your hair growth and adds softness to your skin when applied as a pack

Urad Dal For Fabulous Health!



SOYBEAN

Soybean has excellent health benefits to keep you in splendid health:

- It has loads of plant protein that enhances immunity and overcomes fatigue
- It contains isoflavone that alleviates menopausal syndrome and osteoporosis
- It is full of antioxidants that keep your skin free from wrinkles
- It is rich in fibre content, calcium and vitamin B12
- It is low in fat, reduces bad cholesterol and lowers the risk of heart ailments

Soybean
For Splendid Health!



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WHEAT

Discover the benefits of Wheat for wonderful wellness:

- It is full of magnesium that prevents heart ailments and controls blood sugar
- It is full of plant lignans that prevents breast cancer
- It helps in lowering bad cholesterol and high blood pressure
- Its betaine content prevents inflammations, osteoporosis and Alzheimer's disease
- It is rich in insoluble fibre and lowers triglycerides or fats in the blood

Wheat
For Wonderful Wellness!



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MUESLI

Have nutritious Muesli for breakfast to boost your health:

- Muesli is full of dietary fibre that keeps your tummy full for a long time
- It is loaded with vitamin B complex vitamins that helps to break down fat in the body and speeds up your metabolic rate
- It is rich in lignans, antioxidants and omega 3 fatty acids that prevent colon, breast, ovarian and prostate cancer
- Muesli controls blood sugar levels and enhances bowel movement as it is full of roughage content
- Its nutritional value is so high that it keeps you energetic throughout the day and improves your concentration

MUSTARD OIL

Mustard oil is extremely beneficial for health. Discover its topmost uses:

- Massage your scalp with warm mustard oil to get rid of stress and dandruff
- It is good for cardiovascular health as it lowers bad cholesterol in the body
- Rub a mixture of 1tsp mustard oil and camphor on your chest to relieve cough and cold
- Massage your body with warm mustard oil to improve blood circulation and hydrate your skin

Mustard Oil Remedies For Wellness!



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WALNUT OIL

Add Walnut oil to your life to experience its wonderful benefits:

- It is an excellent antioxidant and helps you fight wrinkles by external application
- It has omega 3 fatty acids that help fight cell damage and prevents hair loss
- It lowers the cholesterol levels in the body and enhances heart health
- It is helpful in fighting insomnia, psoriasis and dandruff
- It helps you lose fat as it keeps your tummy full for a long time

Walnut Oil For Wonderful Wellness!



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CASTOR OIL

Castor oil is very beneficial for hair health:

- Massage your scalp with castor oil regularly to fight hair fall
- It contains Omega 6 and 9 fatty acids and Ricinoleic acid that boosts hair growth
- It is anti viral, anti bacterial and anti fungal in nature and prevents scalp infections
- Its regular use makes the hair thicker, shinier and free from split ends
- Apply castor oil to condition your hair 15 minutes before using a shampoo



OLIVE OIL

Olive oil is extremely beneficial for our skin and health. 5 top advantages of olive oil are:

- Taking 1 tsp of olive oil at bedtime lubricates the throat and reduces snoring.
- Applying a few drops of warmed olive oil alleviates ear ache, reduces ear wax and ringing in the ear (due to Tinnitus).
- Olive oil contains fatty acids, which help in lowering cholesterol levels and high blood pressure.
- Consuming olive oil regularly lowers the chances of getting colorectal cancer as well as breast cancer.
- Olive oil contains Vitamins A and E which keeps our skin soft, smooth and wrinkle free. It also protects against sun damage.



GREEN TEA

Cheer up your health with a cup of Green Tea!

- Drink green tea twice a day to lose weight as it boosts up your metabolism
- It helps in controlling blood sugar levels in diabetics
- It keeps your skin wrinkle free as it has loads of antioxidants
- It has polyphenol that improves brain health and prevents Parkinson's disease
- It boosts up the energy levels and it keeps your heart healthy

Green Tea
Say Cheers To Good Health!



ORANGE TEA

Discover the amazing benefits of Orange tea:

- It helps to clear blocked arteries and reduces the risk of a heart stroke
- It has loads of antioxidants that prevent cancer and keep your skin glowing
- It expands the air passage in the body that helps in respiratory ailments like asthma

How to make it?

Slice an orange with peels into thin slices and boil it with water on medium heat for 30 minutes. Strain the liquid and add honey according to your taste. Your cup of orange tea is ready!



CHAMOMILE TEA

Chamomile tea is golden in colour and has a fruity flavour.

Discover its health benefits:

- Drink chamomile tea an hour before bedtime to enhance your sleep
- Drink chamomile tea regularly to avoid migraine headaches
- Chamomile tea relieves heartburn, irritable bowel syndrome and menstrual cramps
- Chamomile tea is enriched with antioxidants that give you a young and glowing skin
- Used chamomile tea bags placed under your eyes reduce dark circles and puffiness



WHITE TEA

White tea comes from the same plant as green tea.

White tea leaves are picked earlier than green tea leaves.

Discover its benefits:

- It is full of strong antioxidants that prevent premature ageing and keep your skin glowing
- It lowers high blood pressure and LDL cholesterol and protects against heart ailments and strokes
- It has a lot of fluoride that keeps your teeth strong and healthy and stops plaque formation
- It helps you lose weight by boosting your metabolism and delays the onset of Type 1 diabetes
- It strengthens your immune system and increases your bone density



CRANBERRY JUICE

Delicious cranberry juice has tremendous health benefits for you:

- Drinking cranberry juice regularly prevents persistent urinary tract infection in women especially during pregnancy
- Cranberry juice helps in fighting infections and relieves cold and sore throat
- Fresh cranberry juice is full of organic acids that help you shed excess weight
- Cranberry juice has proanthocyanidine that improves oral health and prevents tooth decay
- Cranberry juice protects against ailments like scurvy, peptic ulcer, kidney stone formation and cancer

**Delicious Cranberry Juice
For Good Health!**



TOMATO JUICE

A glassful of raw tomato juice helps you stay healthy and gorgeous:

- It is rich in sulphur and chlorine content that detoxifies your kidneys and liver
- It contains vitamin B6 that breaks down homocystene compound that may damage your heart
- It is beneficial in regulating bowel movements and prevents constipation
- It is abundant in vitamin B3 that lowers the bad cholesterol level
- It helps in weight loss and improves your vision



WHEATGRASS JUICE

Boost your health with Wheatgrass juice.

It works best when taken fresh on an empty stomach:

-It has 70% chlorophyll that increases your haemoglobin level

-It detoxifies your blood and liver and strengthens your immunity level -Its alkaline nature is effective in treating peptic ulcers, colitis, constipation and diarrhoea

-It relieves itching when applied on the skin especially in eczema

-It promotes fertility and enhances your energy levels tremendously

-Gargling with wheatgrass juice relieves sore throat and toothache

POMEGRANATE JUICE

Have Pomegranate juice daily to boost your health:

-It enhances your haemoglobin level and boosts your immune system

-It prevents the arteries from blockage and promotes blood flow to the heart and brain

-It has a lot of potassium that prevents leg cramps during pregnancy

-It relieves the symptoms of inflammation in the bones and arthritis

-It prevents dark spots, keeps your skin healthy and free from wrinkles

Boost Your Health With Wheatgrass Juice!



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Boost Your Immunity With Pomegranate Juice!



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WATER

Keep yourself well hydrated with water especially in winter:

- You should not wait to be thirsty to drink water
- If you have a sticky or dry mouth or dry lips, it is a sign of dehydration
- Dehydration slows down your blood flow and lowers your energy levels
- Drink 8-12 glasses of water throughout the day in every season
- Water, the elixir of life, cools, cleanses and energises you.

Don't Wait To Be Thirsty !



SOUPS

Top 5 reasons why Soups are healthy for you:

- Soups curb your appetite and check intake of calories
- Soups satiate your taste buds and sends signals to your brain that “yes, I have been eating”
- Soups stimulate the senses and gives you pleasure plus good health
- Soups save money as it is inexpensive and adds protein, vitamins, minerals and fibre to your diet
- You may throw in your favourite herbs, spices and salt-free seasoning to your soups

**Why Soups Are
Healthy For You?**



YOGA

5 amazing reasons to take up yoga:

- Yoga brings about a balance in your physical, mental and emotional health
- Yoga keeps your body flexible and helps you lose weight
- Yoga helps to detoxify the body, improves immunity and relieves stress in the mind
- Yoga rejuvenates you, keeps you energetic and calm throughout the day
- Yoga helps you to enjoy better relationships, increases your awareness and enhances your intuition



VAJRASANA

Practise Vajrasana for 10-15 minutes after meals to boost up your digestion:

Steps to do it:

- Fold your right leg at the knee and place the foot under the right buttock
 - Fold your left leg at the knee and place the foot under the left buttock
 - Sit on the pit formed by the parted heels, keeping your spine erect
 - Place both the palms on the respective thighs
- Vajrasana is also beneficial in relieving back pain and it strengthens the pelvic muscles

Boost Up Your Digestion With Vajrasana!



CHINMUDRA PRANAYAMA

Relax yourself in 2 minutes :

Do CHINMUDRA PRANAYAMA!

Benefits:

It opens the lower lobes of the lungs and relaxes the mind and body.

-Sit in sukhasana (cross legged) comfortably. Keep your spine erect.

-Touch the tip of index finger with the tip of the thumb in both hands.

-Keep the rest of the three fingers together and straight.

-Place the hands on your knees.

-Take long and deep breaths slowly for 2 minutes and relax.



CHINMAYA MUDRA PRANAYAMA

Relax yourself in 2 minutes with CHINMAYA MUDRA:

-Sit in sukhasana (cross legged position) on a flat surface

-Keep your spine erect and close your eyes

-Touch the tip of the thumb with the tip of the index finger in both hands

-Fold the rest of the three fingers inward to touch the palm in both hands

-Breathe deeply for next 2 minutes slowly and relax with each exhalation

Benefits:

It opens up the middle lobes of your lungs and aids absorption of food in the body



DHANURASANA

Dhanurasana or the bow pose relieves the pressure on your spine and back muscles and tones them. It relieves menstrual discomfort and constipation.

Steps to do Dhanurasana:

- Lie down on your tummy on a mat with your feet apart and arms by your side
- Fold your knees and grab your ankles
- While inhaling lift your chest off the floor and pull your legs up
- Keep your body taut as a bow and keep breathing deeply
- After 15 seconds exhale and bring your chest and legs slowly to the floor and relax

Relax Your Spine With **Dhanurasana!**



PADMASANA

Padmasana or the lotus posture helps in improving concentration, prevents abdominal ailments and brings peace to the mind.

Steps to do Padmasana:

- Sit on the floor on a mat, stretch your legs in front of you and keep your spine straight
- Fold your right leg and place your right heel on your left thigh
- Fold your left leg and place your left heel on your right thigh
- Place your hands on your respective knees with palms facing the ceiling
- You are now sitting in Padmasana, which is the best position for meditating or doing pranayamas

Calm Yourself With **Padmasana!**



If you are not able to sit in padmasana for long, you can also sit in Ardh padmasana with any one heel placed on the opposite thigh

PRANAYAMA

Discover the incredible benefits of Pranayama:

- It enhances the oxygenation of body cells and flushes out toxins
- It increases lung capacity and strengthens your lungs
- It enhances heart health and boosts immunity levels
- It helps you to relax and de-stress yourself and steps up your concentration
- It helps in blood purification and improves the blood flow in the body



BRAHMARI PRANAYAMA

Improve your concentration, lower your high blood pressure and rejuvenate yourself with Bhramari Pranayama.

Steps to do it:

- Sit in a cross-legged position on a flat surface on a mat and plug your ears with both the thumbs and place the index fingers over the eyebrows
- Place the middle fingers on your eyes, ring fingers at the base of your nostrils and rest your little fingers on your cheeks
- Inhale with both the nostrils, exhale slowly and start making a humming sound like a bee
- Keep breathing and humming for the next 2-3 minutes
- Slowly relax, take your hands down and keep your eyes closed for 5 minutes
- Feel the energy flowing in your body and open your eyes with a smile!



AADI MUDRA

Aadi Mudra helps in balancing the sense organs and calms down the nervous system:

Steps to do it:

- Sit in sukh asana (cross-legged posture) on a flat surface keeping your spine erect
- Place your palms (facing the ceiling) on your knees
- Put your thumb at the base of your little finger on both hands
- Wrap the thumb with the fingers lightly
- Take long and deep breaths for 3-5 minutes to balance and calm your nervous system

The oxygen flow to the lungs, throat and head area increases with the use of Aadi mudra.



EK PADA PRANAM ASANA

EK PADA PRANAM ASANA (greetings on one leg pose) improves your concentration, enhances your body balance as well as self confidence.

Steps to do it:

- Stand straight with legs together and relax your body
- Breathe normally and slowly transfer the body weight onto the leg
- Bend the right knee and place the sole of the right foot on the inside of the left thigh
- Join your palms in front of your chest and concentrate on your breath while holding the pose
- Slowly come to the starting position and repeat this exercise with the other leg



WALKING

Step up your health with daily walks.

The topmost benefits of walking are:

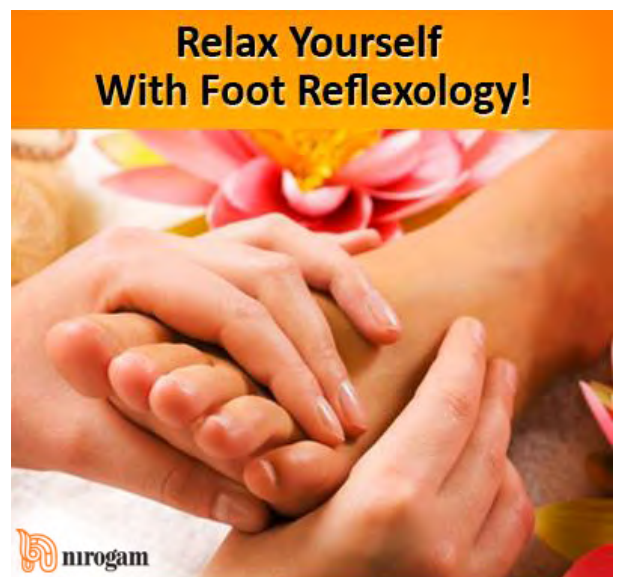
- It improves your muscular strength and builds your stamina
- It strengthens your heart and lowers high blood pressure
- It is a great stress buster and promotes mental well being
- It decreases the risk of Type 2 diabetes, colon and breast cancer
- It is safer for your knees and joints as compared to running



FOOT REFLEXOLOGY

Foot Reflexology Treatment is a great way to de-stress and rejuvenate your mind and body:

- Your hands and feet have zones and reflex areas that correspond to your body organs and glands
- Pressure is applied with hands and fingers on reflex areas on the feet to enhance the flow of energy
- Foot reflexology is a great stress buster and makes your body organs function well
- It relaxes your body and relieves tension by improving your blood circulation



SMILING

Discover the health benefits of smiling many times in a day:

- A smile relieves stress and boosts your immunity
- A smile releases hormones like endorphins and serotonin that make you feel good
- A smile lowers your blood pressure and increases positive energy
- A smile changes your mood and makes you attractive



COLOUR THERAPY

Feeling blue? Use colour therapy to uplift your spirits!

Colour therapy or Chromotherapy uses the positive vibrations of colours to balance chakras or the energy centres in our body

- Colours are energy at various wavelengths and affect us in different ways
- Colour therapy balances the physical, mental, emotional and spiritual states of a person
- Ancient traditional Ayurveda affirms the healing power of colours

**Add Colour
To Your Health!**



PET THERAPY

Own a pet to stay in good shape and great spirits:

- Stroking your pet releases stress busting hormones that keep you relaxed
- Walking and playing with your pet keeps you active and controls your weight and high blood pressure
- Pets provide unconditional love that enhances your mood and helps you fight loneliness blues
- Pets are helpful for autistic children as they can easily relate to pets as compared to people



HEALTHY RECIPES

Barfi Recipe

It is good for eyes and brain health and increases haemoglobin.

Recipe:

Grind seedless dates (250 gm) and figs (250 gm) together. Finely grate almonds (50 gm) and walnuts (50 gm).

Heat a pan and add ghee (100gm), dates, figs, nutmeg powder (1/4tsp) and cardamom powder (1tsp).

Cook on medium heat for a few minutes and add almonds and walnuts to it.

Allow the mixture to cool on a greased plate.

Cut into diamond shaped pieces and serve.



Baked Chips

Everyone loves to munch crunchy potato chips. Discover the other yummy and healthy alternatives:

-Apple chips: Bake thin slices of apple. You can preserve them for some time if stored in an airtight container.

-Turnip chips: Bake slices of turnip and add salt to taste. They are rich in vitamin C.

-Beetroot: Bake thin slices of beetroot and add a little amount of coconut oil. They are rich in Vitamin B, potassium and anti-oxidants.

Munch Your Way To Fitness!



About Nirogam.com

Founded in the year 2002, We at Nirogam India Pvt. Ltd. are renowned for retailing, supplying and exporting of Ayurvedic Herbal Products.

Our herbal supplements and Ayurvedic medicines have gained huge appreciation in India and the worldwide markets including those of USA and UK.

This is due to their purity, accurate composition and the unmistakable natural ability to cure ailments & diseases.

The consumption of these Ayurvedic products may help to reduce unnecessary suffering in the users and enable a healthy and long life.

Through our herbal products, which are both safe and effective, customers all around the world can experience the health benefits of Ayurveda, an ancient science that originated in India.

We purchase these from the reliable market vendors who make sure that products are processed using pure and hygienic ingredients.

In addition, these products adhere to the international quality norms of the industry. Many stringent tests on various parameters are conducted to ensure that our products are hygienically processed and cause no harm or side-effects to its users.

Our products have already gained huge acceptance overseas because of their superior and assured curing properties. For the convenience of our customers we allow immense flexibility in the monetary transaction process.

We are guided by our mentor Mr. Puneet Aggarwal, who is also the Director of Nirogam India Pvt. Ltd.

His knowledge of the industry and motivation has resulted in the timely completion of tasks and in building a huge client-base ..across the nation.

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