

**Along with Medical treatment, juices of following eatables are also effective on specified disease.**

<b>Disease</b>	<b>Effective juices &amp; their combinations.</b>
Acidity	1 Cabbage + Carrot   Cucumber + Potato + Apple + Sweet Lime+ Watermelon.
Acne	1 Carrot + Spinach   Potato + Beetroot + Cucumber + Grapes   Watermelon   Papaya   Massage Papaya or Potato juices on the face.
Anemia	1 Mixed juices of leafy vegetables   Beet root   Cabbage   Bitter-gourd   Apricot   Grapes
Asthma	1 Carrot + Beet-Root + Cabbage   Mixture Of Juices Of Leafy Vegetables   Potato + Apple   Garlic   Papaya
Bronchi	1 Warm Water + Ginger + Honey + Lemon Juice   Warm Water + Garlic + Onion   Radish   Cabbage   Beet-root   Cucumber   Carrot.
Cancer	1 Carrot   Grape   Beet-root   Apple   Ginger   Papaya   Tomato   Wheat grass.
Cholera	1 Beelee Fruit + Mint + Garlic + Onion + Warm Water   Coconut water.
Cold	1 Lemon Juice + Warm Water   Ginger   Orange   Carrot   Radish   Garlic.
Cardiac troubles	1 Honey   Coconut water   Papaya   Pomegranate   Pineapple   Garlic.
Colitis	1 Carrot + Spinach   Cucumber   Apple   Beet-root   Papaya   Beelee   Orange.
Constipation	1 Spinach + Carrot   Potato + Cucumber + Apple   Fig   Bilee   Guava   Orange.
Cough	1 Warm Water + Honey + Lemon Juice   A glassful of Carrot juices + T.s each of Garlic + Onion + Basil.
Diabetes	1 Rose apple   Tomato   Cucumber   Lemon   Bitter gourd   Carrot   Cabbage   French bean.
Diarhea	1 Beelee Fruit + Apple + Garlic + Green Turmeric   Beet Root + Pineapple.
Sprue	1 Thick buttermilk   Hold Pineapple Juice in mouth for a while & then swallow.   Warm Water + Garlic + Onion.
Eczema	1 Carrot + Spinach + Leafy Vegetables   Papaya   Watermelon   Potato juice may be rubbed externally on the affected skin.
Eyes	1 Carrot + Leafy Vegetables   Reduce the intake of sugar.
Fever	uWarm Water +Honey + Lemon Juice uWarm Water + Garlic + Onion u Cabbage u Gourd u Basil u Pomegranate u Orange + Sweet Lime.
For beautifying complexion	1 Tomato + Turmeric   Beet Root + Apple   Guava + Papaya   Cucumber juice should be drunk as well as applied externally to the skin.
For freshness and cooling	1 Water Melon   Pineapple   Apple.
Fracture	1 Alfalfa + Spinach + Pot Herb + Fenugreek + Drumstick + Bishops   Water melon   Carrot   Guava   Papaya   Awla.
Gout	1 Warm Water + Honey + Lemon Juice   Warm Water + Garlic + Onion   French beans   Cherry   Potato.
Headache	1 Ginger   Carrot   Beet root   Cucumber   Tomato   Cabbage   Apple.
High blood pressure	1 Garlic + Basil + Wheat grass   Carrot   Beet root   Cucumber   Papaya   Alfalfa   Orange

High cholesterol	1 Basil 1 Garlic + Onion.
Impurity of blood	1 Carrot + Spinach 1 Cabbage 1 Beet root 1 Tomato 1 Lemon 1 Apple 1 Bitter gourd 1 Tbs of green turmeric.
Indigestion	1 warm water + lemon juice 1 A spoonful of ginger 1 Papaya 1 Pineapple 1 Cucumber 1 Cabbage 1 Garlic + Beet Root + Spinach.
Infertility	1 Fruits & Vegetable Containing Vitamin E Like 1 Awla 1 Carrot 1 Spinach 1 Apple 1 Tomato etc. 1 Wheat grass.
Insomnia	1 Apple + Guava + Potato 1 Carrot + Spinach (juice should not be taken after 6 p.m.)
Jaundice	1 Bitter gourd (empty stomach) 1 Gourd + Carrot + Beet Root + Cucumber + Apple 1 Papaya + Green Turmeric + Grapes + Orange + Sweet Lime 1 Sugarcane.
Kidney stone/s	1 Carrot 1 Cucumber 1 Beet Root 1 Apple 1 Pumpkin 1 Coconut Water 1 Avoid Taking Juice Of Lea 1 Magnetized Water.
Loss of appetite	1 Lemon Water 1 Bitter Gourd 1 Carrot 1 Ginger.
Menstrual disorders	1 Carrot 1 Papaya 1 Pineapple 1 Grapes 1 Mixed Juices Of Leafy Vegetables.
Migraine	1 Lemon Juice + A Spoonful Of Ginger Juice.
Nausea and Vomiting	1 Pomegranate 1 Papaya 1 Lemon 1 Orange 1 Pineapple 1 Tomato
Nervous disorders	1 Green Leafy Vegetable 1 French beans.
Piles	1 Carrot 1 Potato 1 Fig 1 Leafy Vegetables 1 Onion Juice Is An Excellent Remedy For Oozing Piles.
Pneumonia	1 Warm Water + Garlic + Lemon + Honey 1 Warm Water + Garlic + Onion 1 Basil 1 Sweet Lime 1 Orange 1 Carrot
Pregnancy	1 Take Particular Care To Have Enough Of Vitamins A, D, and C and of Iron. Take Freely Juices Of Carrot, Tomato, Apple, Fig, Beet Root, Gourd And Leafy Vegetables.
Problems regarding teeth	1 Carrot 1 Apple 1 Guava 1 Orange 1 Chew Leafy Vegetable 1 Lemon Juice (minimize the use of sugar).
Prostate gland troubles	1 Pumpkin Juice Is An Excellent Remedy For These Troubles. 1 Beet Root + Pumpkin.
Pyorrhea	1 Carrot, Guava, Apple Before Eating And Also Take Their Juices 1 Lemon 1 Orange 1 Leafy Vegetable 1 Occasionally Make Use Of Garlic + Onion.
Rheumatism	1 Carrot 1 Cucumber 1 Cabbage 1 Grapes 1 Bitter Gourd 1 Apple 1 Coconut 1 Wheat Grass
Scurvy	Juices Of Citrus And Sweet Fruits Like 1 Awla 1 Guava 1 Alfalfa 1 Radish 1 Papaya 1 Potato 1 Lemon 1 Orange 1 Sweet Lime 1 Pineapple 1 Cherry etc.
Skin diseases	1 Carrot + Spinach 1 Beet Root 1 Cucumber 1 Turmeric 1 Watermelon 1 Guava 1 Apple 1 Sweet lime 1 Potato And Papaya Juice.
Sun stroke	1 Am a 1 Tamarind 1 Orange 1 Sweet Lime 1 Watermelon - Melon (mixed or separate juice)
Throat	1 Warm Water + Lemon Juice + Honey 1 Carrot + Beet Root + Cucumber 1 Warm Water +

troubles	Ginger + Garlic + Onion   A Tablespoon Green Turmeric.
Tuberculosis	Carrot   Garlic + Onion + Honey   Necessary Medical Treatment Should Be Taken.
Typhoid	Warm Water + Lemon Juice   A Glassful Of Warm Water + A Tablespoonful Of Garlic - Onion   Pomegranate + Sweet Lime + Orange + Basil.
Weakened sexual drive	Carrot + Spinach   Beet Root + Cucumber + Apple   Pumpkin.
Weight	Carrot   Cucumber   Tomato.
Worms	A Glassful Of Warm Water+ A Tablespoonful Of Garlic & Onion   Pumpkin   Fenugreek + Mint + Papaya.
Peptic ulcers	Cabbage   Cucumber   Papaya   Potato.
Influenza	Warm Water + Lemon Juice + Honey   Warm Water + A Tablespoonful Of Garlic - Onion   Carrot   Orange   Sweet Lime.
Internal Hemorrhage	Apple   Lemon Juice   Carrot.
Osteoporosis	Leafy Vegetables   Radish   Cabbage   Sprouted Pulses   Take Food Rich In Calcium, Vitamins D and C and Protein.
Rejuvenation	Carrot   Orange   Spinach   Wheat Grass   Awla
Renal diseases	All fruits are diuretic. so give relief in the Burning Sensation, Kidney and Urinal Disorders.   Beet Root   Carrot   Cucumber   Melon   Watermelon   Grapes   Pineapple   Coconut.
Splenomegaly	Papaya juice is most effective in this disease   Rose Apple   Lemon   Green Turmeric   Garlic   Onion   Carrot.
Gastric ulcers	Cabbage Juice Daily   Cucumber   Papaya   Potato   Avoid Taking Fibrous Eatables.

**BACK**