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When and How to Take Beatrice Health Formulas?

Recently we have been asked how and when to take some of our well known Health Recipes. Bellow is an outline of these recipes, and when and how often to take them. Keep in mind, if you don't have the formulas, we have conveniently listed the basic ones on this newsletter. If you want the full versions, go to our Nutrition Recipes web site listed above, and download the PDF data sheets.

Cucumber & Cranberry Cleanser

Purpose- Cleanses the body, and infuses numerous vitamins and minerals in your system

When to take? As often as you like and whenever you feel like, no specifics. Once a month, or once a week is also not a bad idea.

Recipe:

- 1 Pear
- 1 Apple
- 1 Cucumber
- 1 Large celery stalk
- 1 handful of spinach
- 1/2 cup of cranberries

Administration: Mix all ingredients, including purified water to liquefy to satisfaction. Drink either morning or night.

Cayenne, Turmeric & Lemon Juice

Purpose- Prevents strokes, cancer, constipation, high blood pressure, kidney & bladder disorder, and more.

When to take? Take daily, this is one of the most important formulas you can take. Cayenne pepper also helps with body circulation, and increases your metabolism. Also, turmeric is one of the highest anti-oxidants you can take.

Recipe:

- 1 small glass of purified water (carrot juice or tomato juice works for most)
- 1 tsp. Organic cayenne powder (not capsules)
- 1 tsp. Organic turmeric powder (not capsules)
- Juice of one lemon (optional)

Administration: Mix all ingredients, and drink morning or afternoon. Night time okay to drink, but this formula might keep you awake and alert, so up to you.

When and How to Take Beatrice Health Formulas? (cont.)

Honey, Cinnamon & Ginger

Purpose- This is one of our most popular formulas. This formula can be taken whenever you feel like. Some do daily, some do weekly, or when they are feeling sick. This will help with upset stomach, colds, gas, indigestion, fatigue, toothache, hair loss, allergies, and really helps sooth your stomach.

When to take? Take this when you feel like, such as one of the symptoms listed above, or you can take daily as a delicious beverage.

Recipe:

- 1 cup hot purified water
- 1 tsp. Organic cinnamon powder
- 1 tsp. Organic ginger powder
- 2 Tbsp. Honey

Administration: Mix all ingredients, and drink morning, night or anytime of the day.

Gallstone Stones

Purpose- Here is a simple recipe to dissolve gallstones, easily without surgery. Many have used this recipe with much success.

When to take? When it is obvious that you have gallstones.

Recipe:

- 5 quarts of pure unfiltered apple juice, with no added sweeteners
- 2 Tbsp. of Epsom salts
- 4 ounces of olive oil
- 4 ounces of fresh squeezed lemon juice

Administration: Drink one quart of apple juice daily for five days (this will soften up the stones to such an extent that you could squash them in your fingers). On the sixth day, skip dinner and, at 6 p.m., take a tablespoonful of Epsom salts with water. Repeat at 8 p.m. A 10 p.m. make a cocktail of four ounces of olive oil and four ounces of fresh squeezed lemon juice. Shake vigorously and drink right down. In the morning, you will pass green stones as large as your thumb nail. You won't feel a thing, but will be amazed at the results.

One Last Piece of Advice...WATER, WATER, and WATER!

We can not stress this enough, but if you are not getting at least 6 to 8 glasses of water in your diet through out the day, you are doing damage to your brain, kidneys, liver, and not to mention, your blood becomes thickened, which can cause blood clotting. You are also flushing out the toxins in your body. Now, drinking Gatorade, sodas, teas, coffee, or milk does not count as your daily water intake. If you want to keep your skin looking fresh and not like a worn out leather bag, drink water. Water has so much benefit to your body, and so many don't like to drink this original diet beverage. Remember, the human body is comprised approximately of 65% water by mass, and 98% by molecule. You can take all the health vitamins, nutritional exercising, but if you don't do your fair share of water, your body will suffer in the long run 