



Beatrice Cooke®

Mealtime Adventures

Natural Health Remedies
for:

Beatrice®
Feed & Teach
Nutrition Newsletter™

Cayenne, Turmeric
& Lemon Juice

Nutrition Recipes: Cayenne, Turmeric & Lemon Juice

These statements have not been evaluated by the Food and Drug Administration. This remedy is not intended to diagnose, treat, cure or prevent any disease.

Beatrice®

Facts on cayenne, turmeric & lemon juice:

Turmeric is known as one of most potent antioxidants, and is used in traditional foods in India.

Cayenne pepper is a great spice, and has been used for years as a health benefit for the heart, blood pressure, headaches, and much more.

Lemon Juice is a natural potent source of vitamin C, and also contains bioflavonoids (vitamin P). Lemon juice prevents or restrains influenza, cold viruses and malaria. It is also prevents internal hemorrhage, and helps maintain healthy bones and teeth.

For the complete list of other cures, visit our web site at www.beatriceco.com

©2016 Beatrice Companies, Inc.

Influenza
Cold Viruses
High Blood Pressure
Constipation
Kidney & Bladder Disorder
Strokes Hemorrhage
Malaria
Hearing Loss
Capillaries
Cancer

For basic use, follow this simple recipe:
1 glass of water (organic tomato juice can be used)
1 tsp. Organic cayenne powder
1 tsp. Organic turmeric powder
juice of one lemon

Mix all ingredients, and drink in morning.

Beatrice[®]