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If  
you care  
for your



**BRAIN**

Sleep for 8hrs



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If  
you care  
for your



**APPENDIX**

Use lemon frequently.



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If  
you care  
for your

**THROAT**

Use pepper frequently.



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If  
you care  
for your

**NOSE**

eat  
mint regularly.



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If  
you care  
for your

**EARS**

pour garlic mixed  
oil in ears frequency.



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If  
you care  
for your



**HEART**

avoid excess  
salt.



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If  
you care  
for your



**LUNG,**  
avoid smoking.



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If  
you care  
for your



**EYES,**

massage your feet with  
oil before going to bed.



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If  
you care  
for your



**MENSTRUATION,**

Use green gram  
regularly.



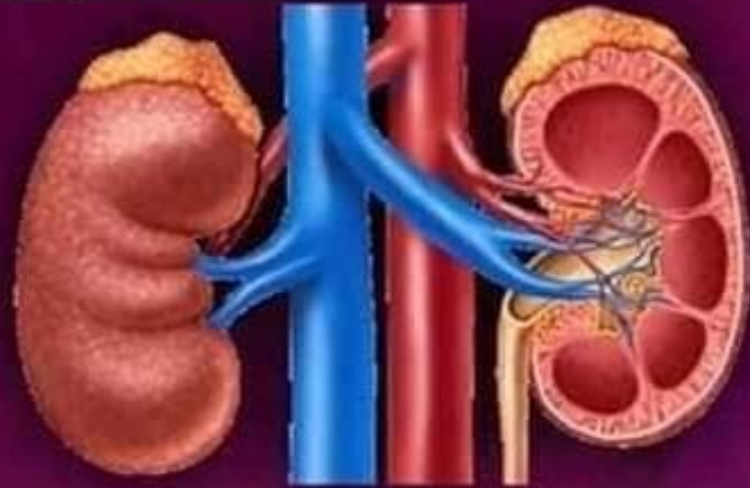
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If  
you care  
for your



**KIDNEY,**

(A) Empty your bladder before  
going to bed.

(B) Drink less water at night.



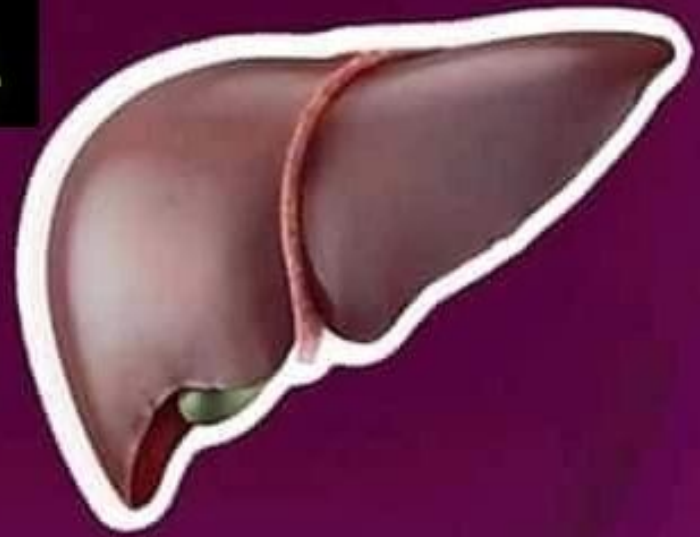
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If  
you care  
for your



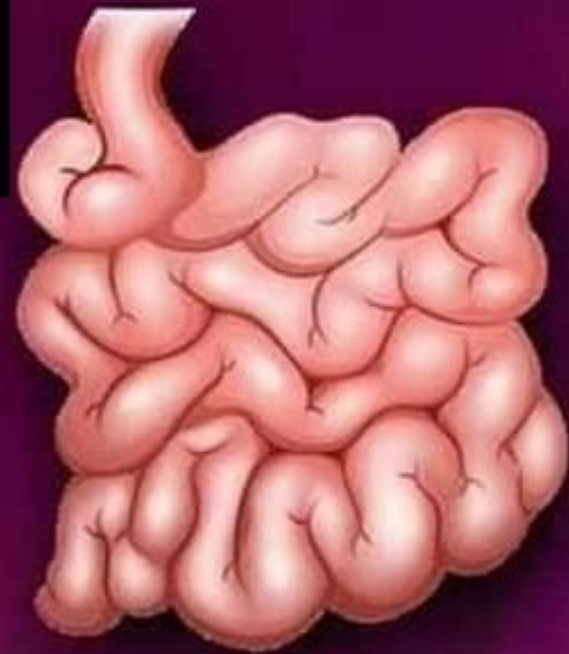
**LIVER**

avoid excess  
fatty foods.



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If  
you care  
for your

# INTESTINES

replace junk foods  
with vegetables.



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If  
you care  
for your



**STOMACH,**

Avoid cold food.



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