



Mi Universidad

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SUBJECT: ENGLISH III

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GRADE: NURSING 3RD

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Suggestions

By Nurse: Clara Gonzalez



IF I HAD: COVID 19



SUGGESTIONS:

**What should I do?
I suggest to:**



- Take rest
- Prepare this tea:
- Lemon Split with peel
- Ginger
- A spring of chamomile
- Seven eucalyptus leaves
- Two tablespoons of honey



**Boil all the ingredients for four minutes,
strain and drink before going to bed**

**RECIPE TO
COMBAT COVID 19**



IF I HAD: COUGH RELIEF RECIPE

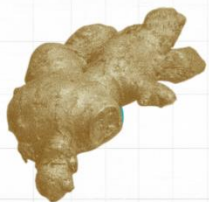
What should I do?

SUGGESTIONS:

-Ginger

I suggest to:

-Marshmallow root



-Mint tea



-Thyme



-Chamomile tea



-Cinnamon tea with honey



IF I HAD: Stomach pain

SUGGESTIONS

What should I do?

I suggest to:

- Herbal infusions
- Apple cider vinegar
- Sodium bicarbonate
- Charcoal
- Rice a water
- Aloe vera
- Do not consume alcohol
- No smoking
- Peppermint



Remedy for stomach pain



IF I HAD: Played for acne

SUGGESTIONS

What should I do?

I suggest to:

- Green apple
- A slice of pineapple
- A piece of ginger
- Lemon without skin
- Cucumber
- Two stalks of celery



AVOID TOUCHING YOUR FACE



Juice recipe for acne



IF I HAD: Deflate the belly

SUGGESTIONS

What should I do?

I suggest to:

- **Gingerinfusion**
- **Peppermint tea**
- **Charmomile**
- **Dandelion**
- **Put a heating pad on the stomach**
- **Drinking wáter**
- **Avoidcertainfoods**



DEFLATE THE BELLY



JUICES THAT HEAL

High pressure

- Apple
- Celery
- Cucumber
- Ginger



Headache

- Celery
- Apple
- Cucumber



Cold

- Carrot
- Pineapple
- Ginger



Diabetes

- Cauliflower
- Broccoli
- Spinach



View

- Paprika
- Carrot
- Morrón
- Celery



Migraine

- Lemon
- Coconut water
- Himalayan salt

