



NAME

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TEACHER'S NAME

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SUBJET

English III

GRADE

Nursing 3rd

DATE

Sunday, June 16th 2024



@unsitioestupendo

SUGGESTIONS

BY NURSE: Daniel Morales



IF I HAD: FLU RECIPE TO FLU

stay hydrated

rest

hot liquids



lemon with honey

take honey

ginger

chamomile

cinnamon



Boil all the ingredients and take twice a day



IF I HAD: STOMACHACHE REMEDY FOR STOMACH PAIN

aloe vera



ginger



figs



drink water



sodium bicarbonate



basil



make a tea with cinnamon, lemon and ginger
and drink every night



IF I HAD: ANEMIA

REMEDY FOR ANEMIA

pineapple juice



plum juice



beet juice



moringa tea



hemp juice with banana



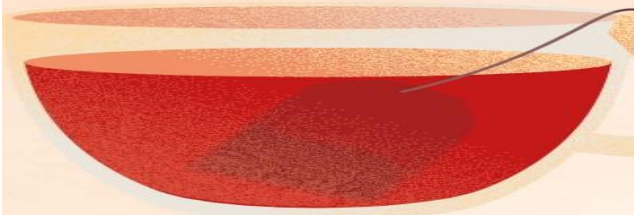
beet salad with carrot



make a different juice and drink it

IF I HAD: DENGUE REMEDY FOR DENGUE

mint tea



serum



cinnamon



chamomile tea



coconut water



lemon



honey



garlic



**make a tea with the ingredients and
drink it in the morning**

