



NAME: MORALES MORENO KARLA JULISSA

ROLL NUMBER: 13

SUBJECT: ENGLISH III

TEACHER'S NAME: GEORGINA OLIVIA

VIDAL ALFONSO

GRADE: NURSING 3RD

DATE: TUESDAY JUNE 11TH 2014



SIGGESTIONS

BUY NURSE: MORALES MORENO KARLA JULISSA



IF I HAD GASTRITIS

INGREDIENTS:

- 1 CUP OF WATER
- 1/2 POTATO



PREPARATION:

- PEEL AND WASH THE POTATO, THEN GRATE IT AND PLACE IT IN THE CUP OF WATER
- LET STAND FOR 20 MINUTES
- STRAIN AND INGEST IMMEDIATELY

WHAT SHOULD I DO?

I SUGGEST TO DRINK FLAXSEED INFUSION
TAKE SOME REST, IT SHOULD BE INGESTED ON AN
EMPTY STOMACH, EATING FRUITS AND VEGETABLES.



IF I HAD DIABETES

INGREDIENTS:

- 2 CUP OF WATER
- 1 CINNAMON STICK

PREPARATION:

- BOIL THE WATER WITH THE CINNAMON
- BOIL OVER MEDIUM HEAT FOR ABOUT 7 MINUTES
- THEN SERVE AND DRINK IT FRESHLY MADE

WHAT SHOULD I DO?

I SUGGEST TO DRINK CINNAMON INFUDION,HAVE PHYSICAL ACTIVITY,HAVE A HEALTHY DIET AND DRINK ENOUGH EATER.



IF I HAD URINARY TRACT INFECTION

INGREDIENTS:

- 1 CUP DICED PINEAPPLE
- 1/2 LITER OF WATER



PREPARATION:

- PLACE THE INGREDIENTS IN A BLENDER
- BEAD UNTIL HOMOGENIZED
- STRAIN AND SERVE

WHAT SHOULD I DO?

I SUGGEST TO DRINK PINEAPPLE JUICE,
DRINK THREE TIMES A DAY, DRINK
ENOUGH WATER AND HEALTHY
EATING





IF I HAD HEADACHE

INGREDIENTS:

2 CUP OF WATER

2 TABLESPOONS OF CHAMOMILE

1 LEMON

PREPARATION:

BRING WATER TO A BOIL

LOWER THE HEAT ONCE IT BOILS AND ADD THE
SPOONFULS OF CHAMOMILE

COVER AND LET STAND FOR 5 MINUTES

WHAT SHOULD I DO?
THEN PROCEED TO STRAIN

FINALLY, ADD THE LEMON JUICE WHEN SERVING.



I SUGGEST TO DRINK CHAMOMILE TEA, TAKE SOME REST, GETTING SOME SLEEP AND DO NOT

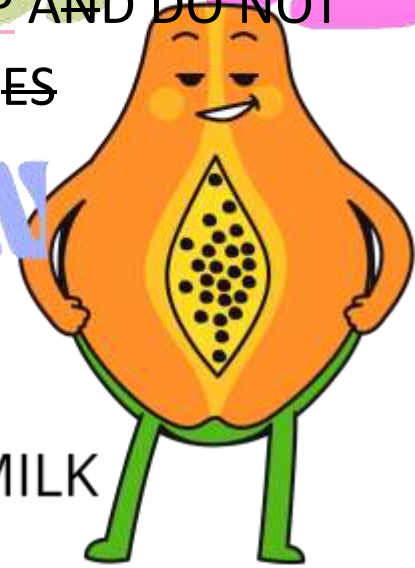
IF I HAD
LISTEN TO LOUD NOISES

CONSTITIATION



INGREDIENTS:

- 1 CUP PAPAYA
- 1/2 GLASS OF ALMOND MILK
- ICE TO TASTE



PREPARATION:

- PLACE THE INGREDIENTS IN A BLENDER
- BLEND UNTIL WELL BLENDED
- SERVE COLD

WHAT SHOULD I DO?

I SUGGEST TO DRINK PAPAYA SMOOTHIE, DRINK WATER, HAVING A BATHROOM NEARBY AND TAKE SOME REST.

