



Granny Therapy

Immunity power

“Health is wealth”, “Prevention is better than cure” – From this proverb we learn about the important of health. Now a day, we have no time for care of our health. And also in modern world, human diet method is not good for our immunity system. So easily affect by many diseases. If you preventing illness, by boosting the immune system’s strength. Vitamins, minerals, antioxidants, and herbs are an important part of making sure your nutritional needs are met. So follow the balanced diet. If we are eating for living, not live for eat. So avoid much more take fast food, fried food and oily food. Drink plenty of water and good exercises to boost your immune system. Natural and herbal remedies can provide strengthening the immune system. There are a number of vitamins, minerals, plant components and herbs that are beneficial to the immune system. We will see some homemade remedies for increase our immunity power.



Leaves:

- Take 5 or 6 leaves of basil. Make its juice and twice a day drink it in empty stomach.
- Take some immature neem leaves, clean and grind it. Mix with half glass of water and drink it in empty stomach. Weekly once in morning drink it.
- Take some Cynodon grass, make its juice and drink with honey often.
- Make dry powder of eclipta Alba leaves. Take 1 teaspoon of this powder, mix with milk and add honey to taste, and then drink it often.
- Take Alternanthera amoena leaves, drumstick vegetable leaves with your food weekly once.
- Eat amaranthua tricolor 2 times per week.

Roots:

- If we eat “ginger and honey” then the immunity power will be increased. Ginger and honey have the capacity to increase the immunity power, so if you take 50g of ginger and a half cup of honey. Just one day, soak the ginger pieces in honey, after that take out the ginger pieces from honey and eat it regularly.
- Take some root of Indian fig. if you cut the under part of the root, milk is come. Collect this milk. If you drink this milk daily 300-400ml in empty stomach, your immunity power will be increase.
- If we eat the “Cyprus root with honey” then immune power will be increased. Take some Cyprus root, Powder it. Mix it with honey and eat.

Herbs:

- Make a day powder of sida plant,. and then eat it every day 2 times, after taking your food.
- Take some [wikipop search=“hybanthus”]spade flower plant[/wikipop] and phyllanthus niruri.



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Clean and powder it. Then take one teaspoon of this powder, eat it.

- Take some *Cissus quadrangularis*. fry with ghee. Then eat it with your food twice a week or make its chutney and eat it often. Your body strength will be increased.
- *Tinospora cardifolia* leaves have a capacity to purify the blood and also increase your body strength, so if you take some *tinospora cardifolia* leaves, clean and boil with water. Then filter it. Add milk and sugar to taste. Then drink it regularly.

Food:

- Take 5 nos of small onion and one piece of garlic and eat it raw in everyday morning, will be increased your immunity powder.
- Brown rice, Millet, Quinoa, Buckwheat, Oats, barley, and other whole grains are a valuable source of the vitamins, minerals and fiber that are an essential part of keeping the immune system healthy.

Flowers:

- If we drink the “buds of hibiscus with milk” then immunity power will be increased. (Take the buds of *hibiscus rosa-sinensis*. Grind the buds of *hibiscus rosa-sinensis*. Mix it with the milk. Drink the milk 1 time before breakfast.)
- Pineapple flower has the capacity to increase the Immunity power, so if you take some pineapple flowers and boil it, then you filter that boiling water and drink it.

Fruits:

- Vitamin C tops the list of immune boosters for many reasons. Vitamin C is a powerful natural antioxidant. The following fruits are containing excellent source of vitamin C:
- Papaya, Guava, Orange, Mango, Strawberries (organic), and Grapefruit (pink or red) and Red banana
- So take often any one fruit in above list.

Vegetables:

- If you take radish with your food, your body strength will be increase. So take radish, cook it and take with your food often.
- Take cabbage often. Sword bean and ladies finger have the capacity to increase the body strength, so if you make soup by using sword bean and ladies finger and drink it regularly.

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