

Calendar 2021

Year 2021 - "Health Unlimited"

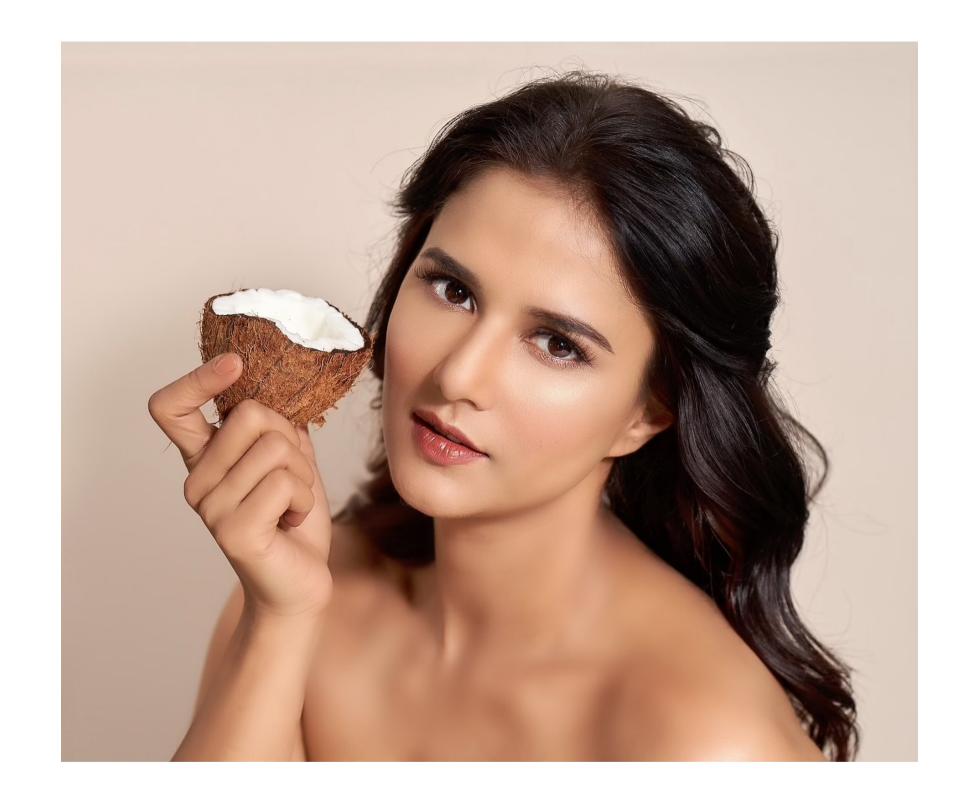


Let us embrace the natural gifts of "Mother Nature" and use these abundantly found natural ingredients in our daily diet for health Unlimited!

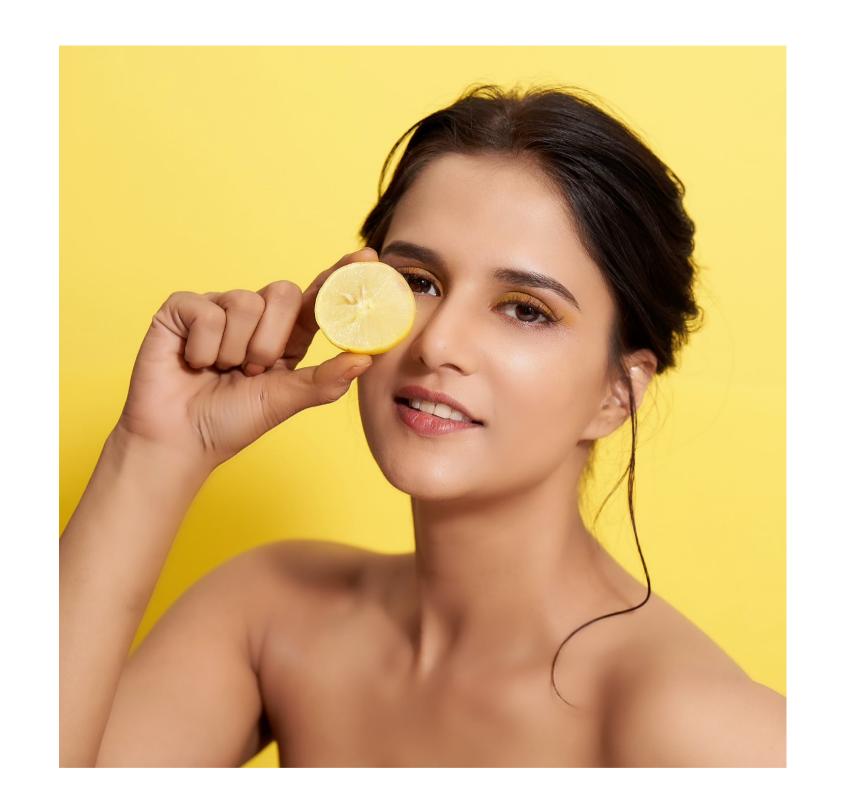
with love Shiprakhawaa

Tomary

S	M	Т	W	Т	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Coconut is high in iron & antioxidants! Use it in form of oil, coconut water or as pulp in chutney, in savoury or desserts & Enjoy Good Health!



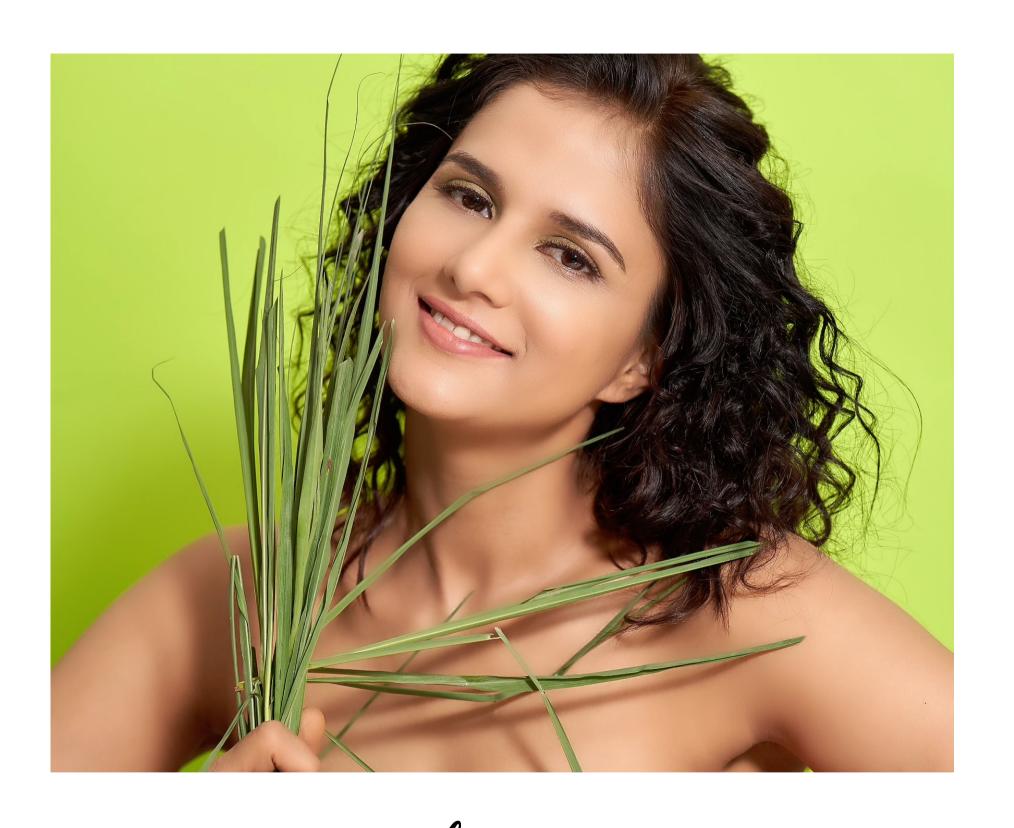
February

S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

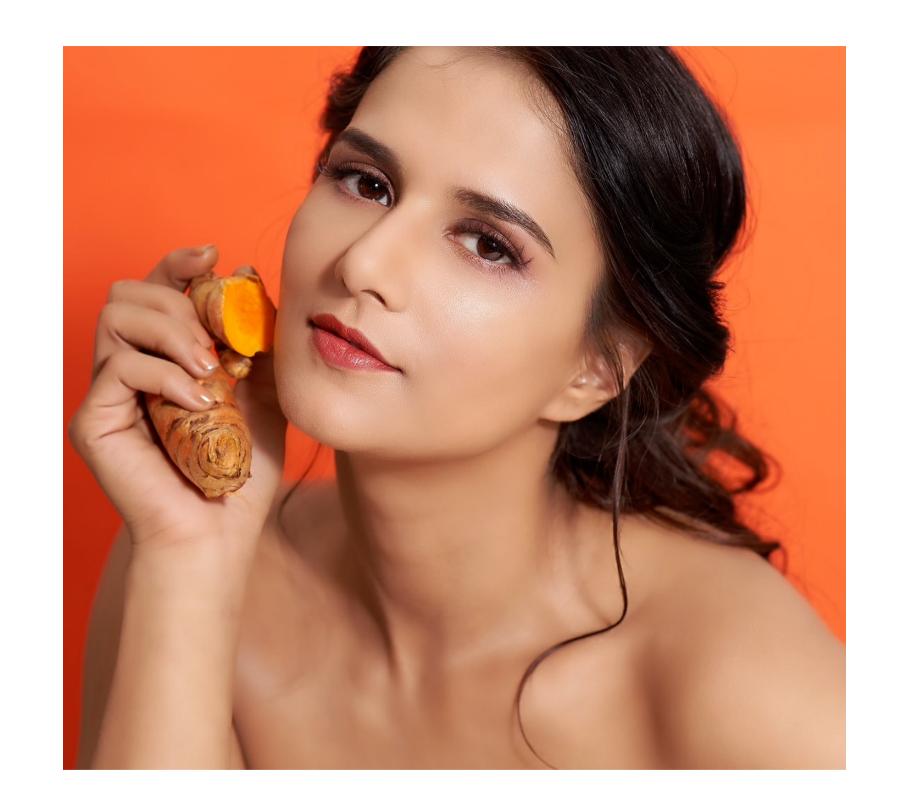
lemon boosts immune system & is loaded with Vitamin B&C complex! Have a glass of warm water, honey & lemon juice in the morning for health unlimited!

March

S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Lemon Grass is loaded with Antioxidants, improves sugar and cholesterol levels, is Antiinflammatory as well! Add lemongrass to a cup of tea & enjoy health Unlimited!



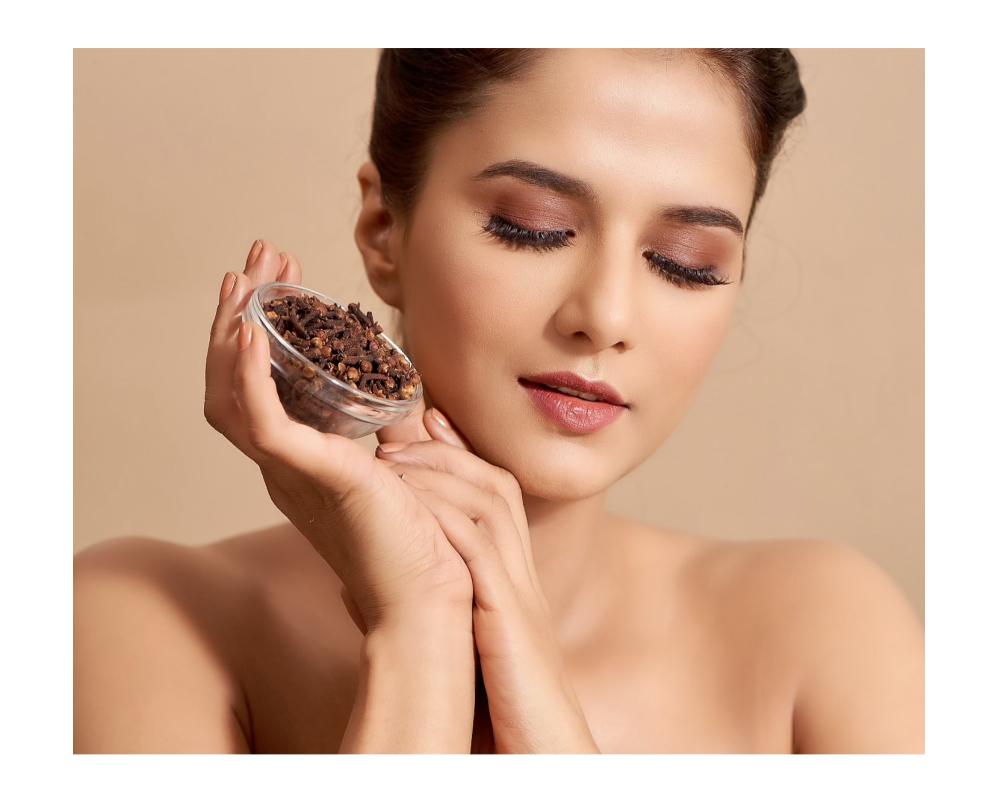


S	M	Т	W	Т	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

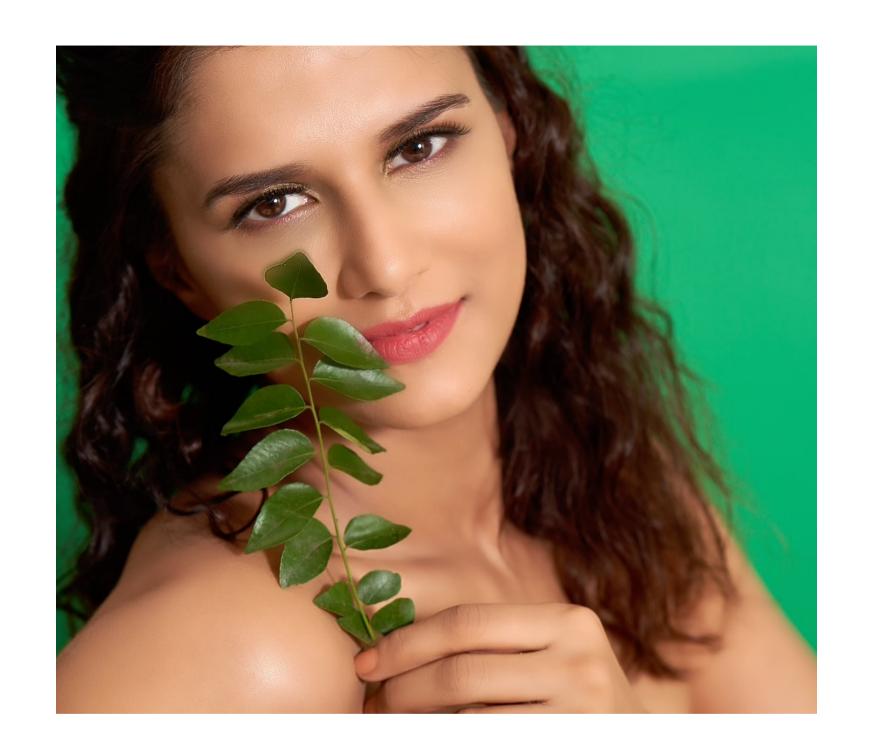
Turmeric is loaded with Antioxidants & is Anti Inflammatory! Have a pinch in warm water with honey every morning to enjoy benefits!

May

S	M	Т	W	Т	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Cloves are Loaded with Arti Oxidarts, Improves liver health & tooth aches add in Biryani, lentils veggies for health benefits!



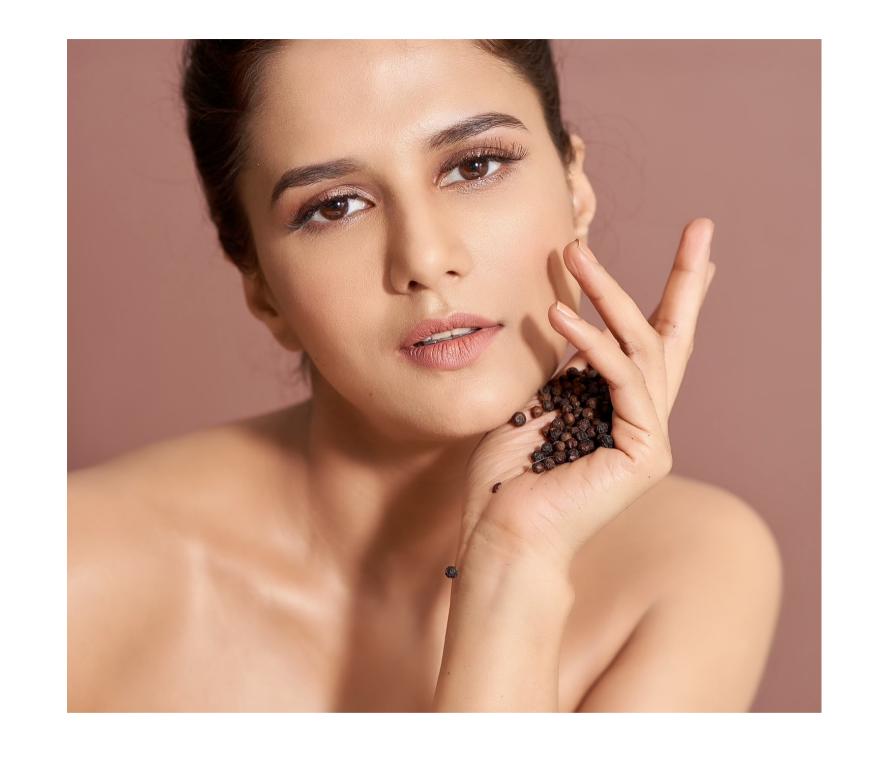
Tune

S	M	Т	W	Т	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Curry leaves are great for weight loss! Use Curry leave to temper leatils and veggies in your everyday meals!

July

S	M	Т	W	Т	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Pepper controls blood sugar, lowers cholesterol and helps sore throat! Sprinkle freshly ground pepper on your salads, eggs and other savoury dishes for health Unlimited!



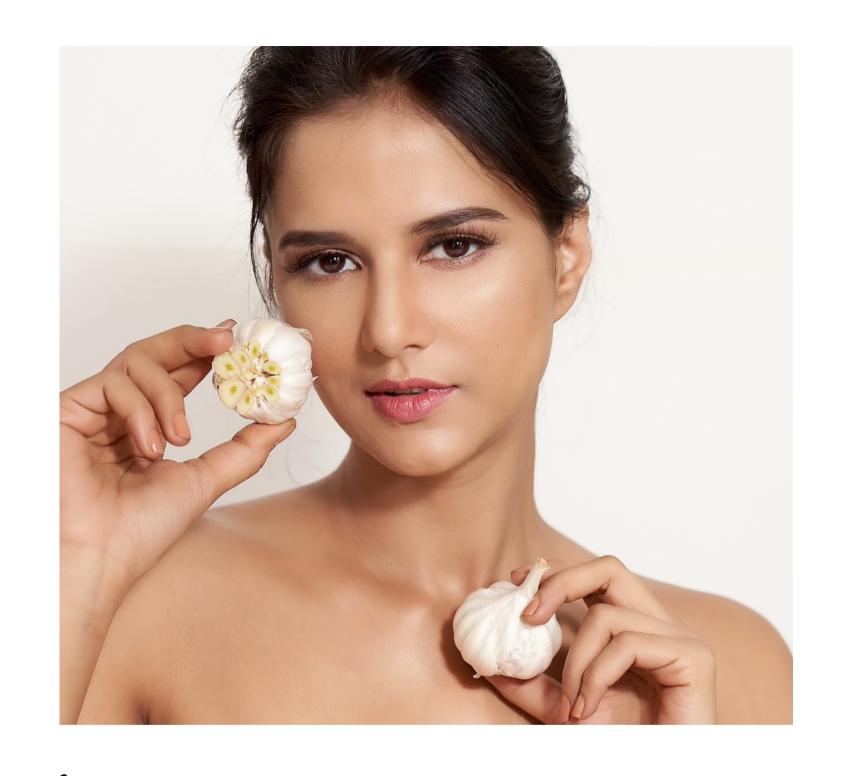
August

S	M	Т	W	Т	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Fresh Ginger helps halt growth of oral bacteria! Add Ginger to your everyday cup of tea or pickle it with apple cigar and salt and store!

September

S	M	Т	W	Т	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Garlic reduces Blood pressure and Improves cholestrol levels! Consume a clove of crushed garlic with warm water everyday & Frjoy good health!



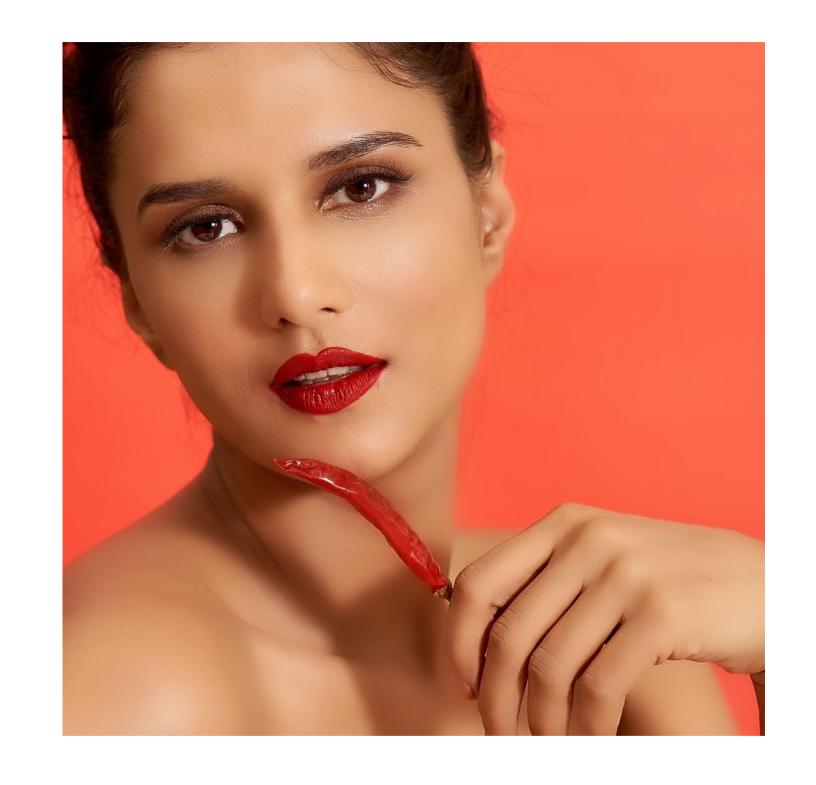
October

S	M	Т	W	Т	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Mint is a summer cooler and relieves from indigestion! Add to salads and summer drinks for health unlimited!

November

S	М	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Red Chillies are loaded with Antioxidants & supports immune system! Make a paste in water, Chillies, garlic, lemon juice & salt Enjoy it as chutney, dip or in curries!



December

S	M	T	W	Т	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Cinnamon is anti inflammatory, lowers blood sugar levels! Grind and keep as powder and sprinkle it over salads, shakes, breakfast cereals & enjoy good health!