

# Miraculous healing ability of spinach, vegetables are often present on the family's tray

Vegetable spinach is welding, heat-dispersing, detoxifying, cool blood, sour taste, diuretic, detoxification, chrome treatment and pimples effectively, beautiful skin ...

Vegetable spinach is a simple vegetable but from a scientific perspective, it is a nutritious food and has the ability to cure many diseases that help our health.

1. The fruits are considered "medicinal herbs" in the US but are wasted by Vietnamese people
2. 5 foods that are both nutritious and effective
3. Apple juice, peppermint, lettuce can defuse bad breath symptoms from eating garlic

According to the study, in spinach containing very high pectin mucus, laxative effect, waste of anti-obesity, suitable for people with fat and high sugar in the blood, and also can prevent many other diseases .



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Here are some effects of spinach.

## **1. Remove heat, detoxify, cure constipation**

Crush a handful of spinach leaves, squeeze the juice and add a little boiling water to cool it once. Constipation will go away after a few drinks. Or eating vegetable soup every day will also make defecation easier and more

comfortable.

## **2. Hold blood when nosebleed**

Take cotton to penetrate into the water after being crushed and then stuffed into the bleeding nostrils, blood will be held immediately.



## **3. Cure bloating, indigestion**

Veggies spinach 50g, 50g jute vegetables, taro 1 tuber (chopped peeled) cooked soup for a few days. Or use vegetable spinach, jute vegetables, vegetables, cheeks with equal amount of soup.

## **4. Cure hemorrhoids**

Crushed a handful of spinach leaves with a few grains of salt and then put them on the swollen hemorrhoids, while cooking soup with the crucian fish eating the whole water and what would cure mild hemorrhoids.



## **5. Cure bad gas, depression**

An evil chicken, a handful of fresh-leafed leaves, a handful of black beans, simmered with hot water and the whole. Eat 1-2 times a week, when effectively adding a handful of soy beans, 2 peanuts. This remedy is also very good for people with stomach pain, heartburn.

#### **6. Increase milk for pregnant women after birth**

Fresh spinach contains iron, mucus, vitamins A3 and B3, saponins should be good for pregnant women and increase milk for pregnant women after birth.

Evil chickens, sponges, black beans security as hot food will help women produce more milk, quickly recover health, smooth black hair, and ruddy skin.



#### **7. Cure bone and joint pain, help the wound heal**

The juice from spinach can help the burn heal quickly.

Spring rolls, spinach, a little wine and stew to eat daily will help treat osteoarthritis pain.

#### **8. Cure weak male physiology effectively**

Vegetables of spinach, vegetables, vegetables, chicken or duck set, cooking hot soup will help increase physiological ability in men.



## **9. Skin care**

Eating veggies to help circulate blood, laxative, help smooth and youthful skin.

For skin care, anti-roughness, smooth wrinkles on the face can crush a few young leaves and a few grains of salt, apply the juice to the face several times before going to bed.

To treat acne, pound the lettuce with some salt seeds and use makeup remover to lubricate the face, especially pimples.

To remove dark, dark spots on the skin, it is possible to remove the juice from the mosquito net mixed with honey and apply it to the eyes, then rinse after 15 minutes.

## **10. Reduce fat, blood cholesterol**

People with high blood sugar and fat should eat plenty of spinach. Because both endogenous and foreign cholesterol are absorbed by the mucus of the spinach and retained in the intestine. Therefore, food fat cannot be absorbed through the intestinal membrane and cholesterol will be excreted.



## **11. Cure painful urination**

Take the juice from the bowl and add a few salt particles and some boiled water to cool down and drink at morning. Fresh vegetable salad is used to cover the lower abdomen.

## **12. Cure hot in person and exhale an unpleasant smell**

Minced vegetable soup soup cooked with copper crabs at noon can cure nasal breathing and exhale the uncomfortable heat.

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