

Tips
APRIL

PER DAY

1
APPLE



1
BASIL
LEAF



1
LEMON



1
CUP
MILK



3
LITRES
WATER



NO

DOCTOR

CANCER

FAT

BONE PROBLEM

DISEASES

Do NOT Skip meals!
When you skip meals your metabolism slows down, and you are not burning calories like you should. Your body thinks that you are starving so when you eat again, your body stores away more than usual resulting in more fat.