



KEDAR HEALTH

Whole Foods : Beauty : Consultancy
Your Health Is In Your Hands

TACKLING CHRONIC ILLNESSES

WWW.KEDARHEALTH.COM





KEDAR HEALTH

A Natural Alternative In Healthcare

WEEKLY CATALOGUE

27TH SEPT - 1ST OCT 2021

ARTHRITIS

Arthritis is a disease that affects your joints. It usually involves inflammation or degeneration (breakdown) of your joints and these changes can cause pain when you use the joint.

Arthritis is most common in the following areas of the body:

Feet, Hands, Hips, Knees, Lower Back

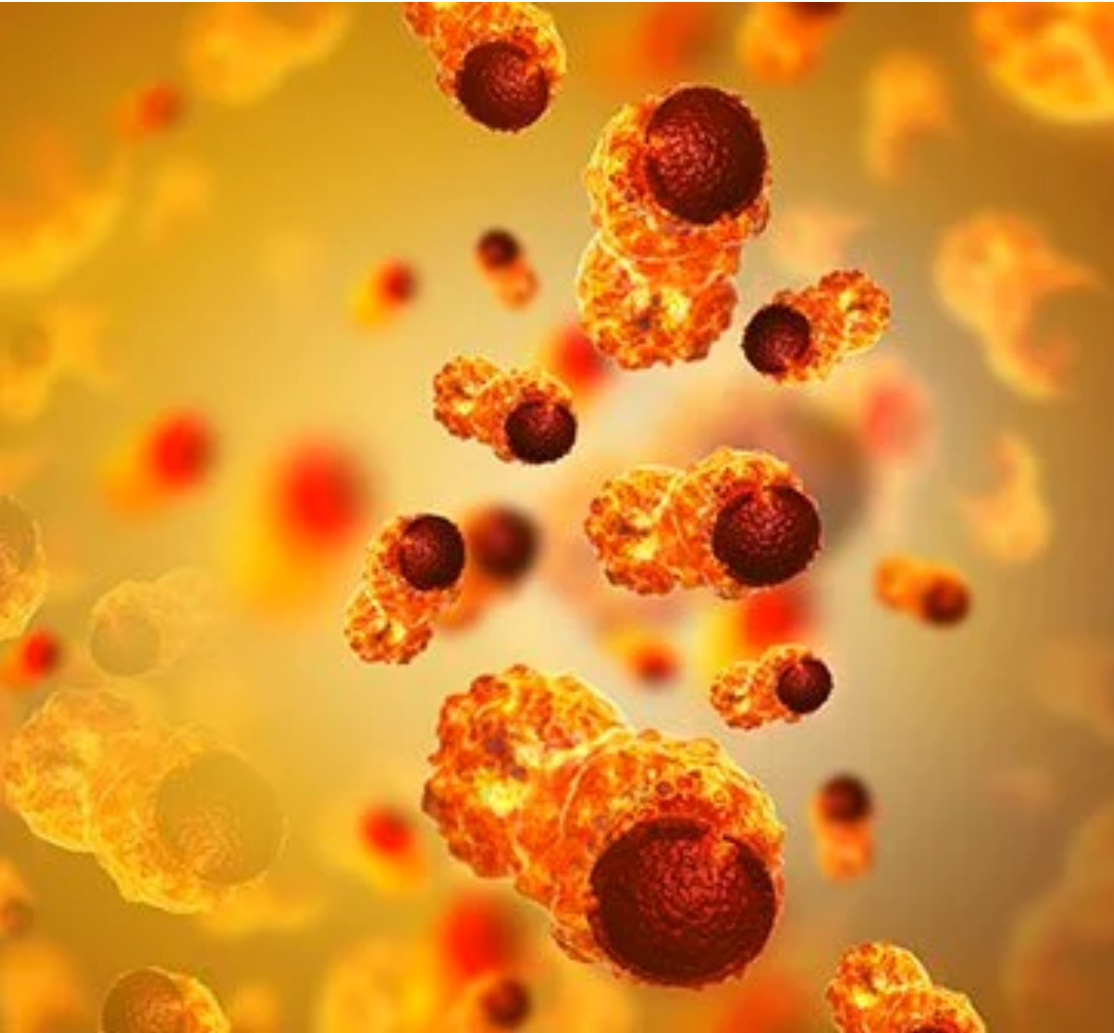


Different types of arthritis have different symptoms and they can be mild in some people and severe in others. Joint discomfort might come and go, or it could stay constant. Common symptoms include:

Pain, Redness, Stiffness, Swelling, Tenderness, Warmth

[SHOP OUR RANGE OF PRODUCTS TO HELP WITH BONE CARE AND ARTHRITIS >](#)

CANCER



Cancer is the uncontrolled growth of abnormal cells anywhere in a body.

Cancer symptoms and signs depend on the specific type and grade of cancer; although general signs and symptoms are not very specific the following can be found in patients with different cancers: fatigue, weight loss, pain, skin changes, change in bowel or bladder function, unusual bleeding, persistent cough or voice change, fever, lumps, or tissue masses.

You can reduce your risk of getting cancer by making healthy choices like keeping a healthy weight, avoiding tobacco, limiting the amount of alcohol you drink, and protecting your skin.

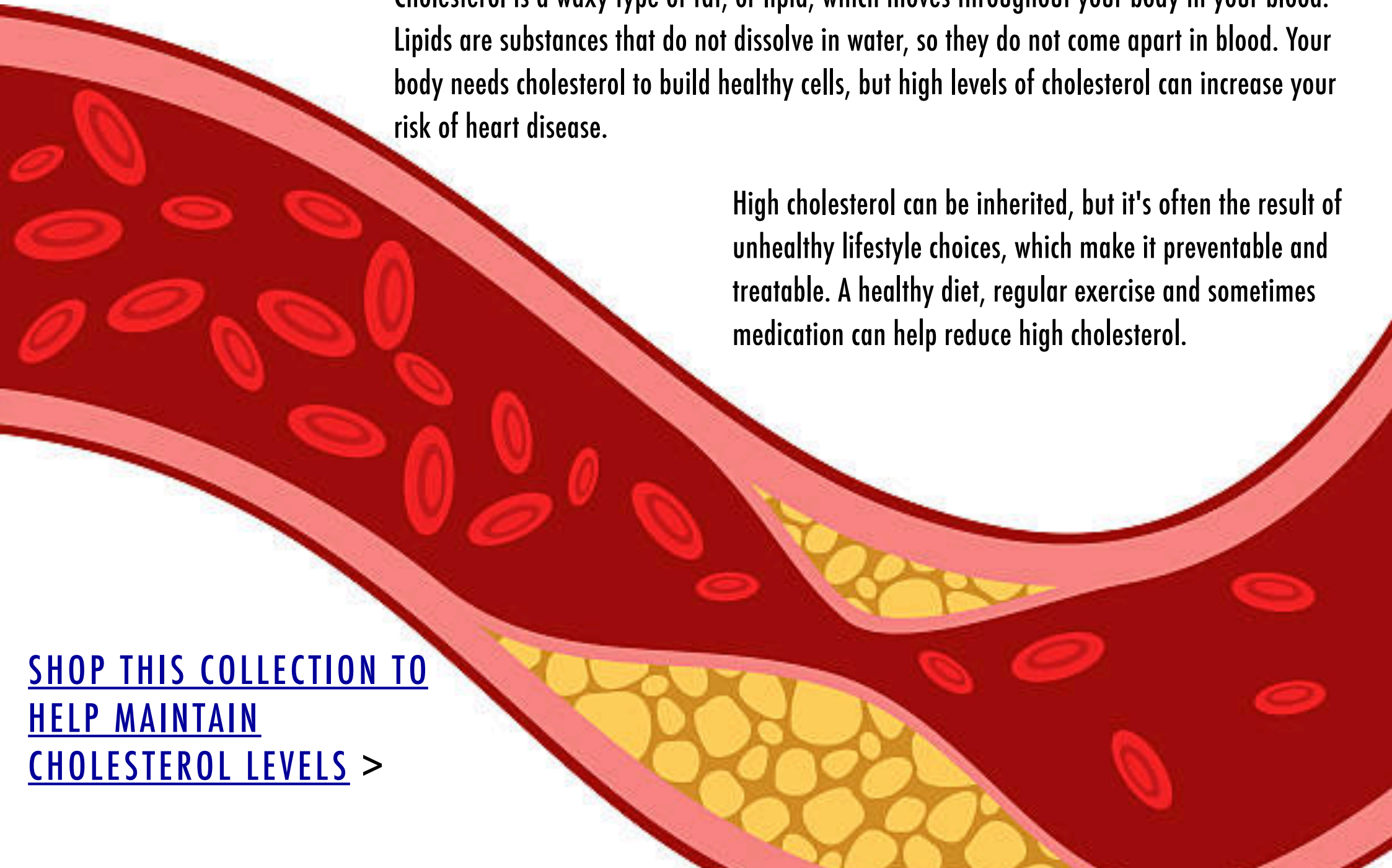
[SHOP PRODUCTS TO HELP WITH AND PREVENT CANCER >](#)

CHOLESTEROL

Cholesterol is a waxy type of fat, or lipid, which moves throughout your body in your blood. Lipids are substances that do not dissolve in water, so they do not come apart in blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease.

High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, which make it preventable and treatable. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol.

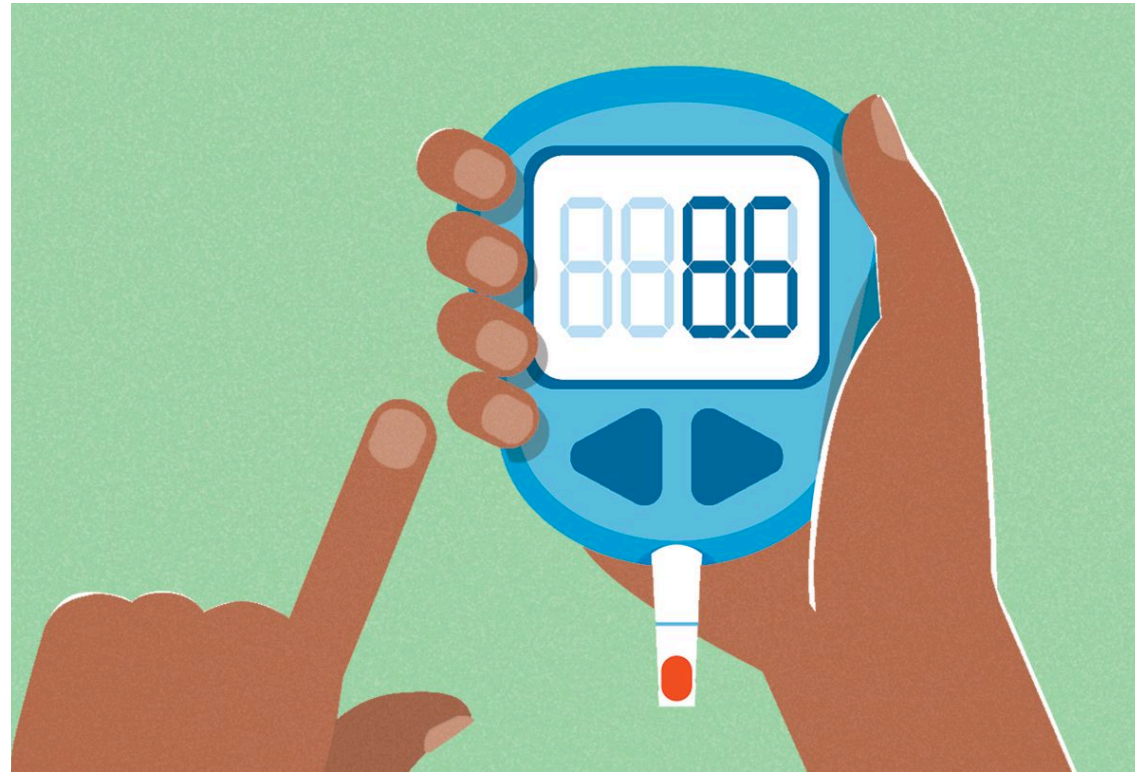
[SHOP THIS COLLECTION TO
HELP MAINTAIN
CHOLESTEROL LEVELS >](#)



DIABETES

Diabetes is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it does make.

- Type 1 diabetes is an autoimmune disease. The immune system attacks and destroys cells in the pancreas, where insulin is made. It's unclear what causes this attack. About 10 percent of people with diabetes have this type.
- Type 2 diabetes occurs when your body becomes resistant to insulin, and sugar builds up in your blood.
- Prediabetes occurs when your blood sugar is higher than normal, but it's not high enough for a diagnosis of type 2 diabetes.
- Gestational diabetes is high blood sugar during pregnancy. Insulin-blocking hormones produced by the placenta cause this type of diabetes.



[SHOP PRODUCTS AND SUPPLEMENTS TO HELP TACKLE DIABETES >](#)

GUT HEALTH



There are around 40 trillion bacteria in your body, most of which are found in your gut.

Collectively, they are known as your gut microbiome, and they're incredibly important for overall health. However, certain types of bacteria in your intestines can also contribute to many diseases.

Many factors, including the foods you eat, can impact the type of bacteria found in your digestive tract so it is important to ensure you are eating food that will help, not hinder your gut.

[KEEP YOUR GUT HEALTHY WITH THESE PRODUCTS >](#)

HEART HEALTH

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly, thus highlighting the sheer importance of keeping your heart healthy!

A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease in the future. Lifestyle changes can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage.

[SHOP OUR RANGE OF SUPPLEMENTS AND PRODUCTS TO HELP MAINTAIN A HEALTHY HEART >](#)



LIVER & KIDNEY FUNCTION

The liver and the kidneys are some of the most essential and hardworking organs in the body. They carry out numerous functions such as **excretion of waste, metabolism of many substances**, hormonal regulation, and proper digestion, as well as proper coagulation.

Factors such as maintaining a healthy weight, exercising regularly and eating a balanced diet all contribute to keeping these organs healthy. You should also try using alcohol responsibly, avoiding smoking and being aware of the amount of over-the-counter medication you take, amongst other things.



[PRODUCTS TO HELP MAINTAIN YOUR LIVER AND KIDNEY FUNCTION >](#)

WHOLE FOODS/ HEALTH FOODS
NATURAL BEAUTY PRODUCTS
FRESH VEGETABLE DELIVERY SERVICE
CONSULTATIONS & HOLISTIC ASSESSMENTS
HEALTH & WELLNESS PROGRAMS
LIFE, HEALTH & GRIEF COACHING
LAB TESTING SERVICES
GIFT SERVICES AND MUCH MORE....

Kedar Health brings you a range of whole foods, natural beauty products, health, energy healing, wellness programs and transformational coaching sessions to give you a truly 360 degree natural health solution for all our customers.

Kristyne Twum is a Pharmacist, Wellness Consultant, Energy Healer, an American Board Certified NLP Life Coach, a Transformational Personal Development, Health and Grief Coach as well as a Motivational Speaker.



Contact:



No. 7 Faanofa Road
Kokomlemle
Accra
Ghana



www.kedarhealth.com



hello@kedarhealth.com



050-133-7836
026-437-542



024-218-7523