



# Kitchen Clinic: Good Health Always With Charmaine

*Charmaine D'Souza*

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## **Kitchen Clinic: Good Health Always With Charmaine** Charmaine D'Souza

In India, we all have our own herbal cures that we swear by. But wouldn't it be a relief if you never caught a cold, could prevent getting a stomach infection while on holiday, and generally stayed healthy? The truth is you can. And it doesn't cost the earth to do so.

With a host of celebrity clients like Avanti and Yash Birla, Natasha and Adar Poonawala, Neetu Singh Kapoor, Rani Mukerji, Karan Johar, Siddharth Malhotra, Anita and Naresh Goyal, Ekta Raheja, Manav Gangwani and many others who swear by her, Charmaine D'Souza, for the first time ever, tells us her secrets to good health. How to:

- avoid minor ailments like colds, menstrual cramps, headaches;
- control and prevent major illnesses like heart disease, cancer, and stabilize diabetes.

Kitchen Clinic is a comprehensive and holistic approach to herbal healing that can be done in the comfort of your home.

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