

are there specific foods to eat that help?

Posted by Eshaiproductions - 24 Dec 2018 22:36

Hi everyone i was wondering if there are specific foods to eat that can help with us keeping strong in this fight. but I mean healthy ways because ive read somewhere that although eating cooriander/cilantro helps a lot, eating too much will effect the blood brain barrier in our system.

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Re: are there specific foods to eat that help?

Posted by Markz - 25 Dec 2018 02:33

[FOOD-Tip-from-Rav-Brevda](#)

[Rav-Mottels-Kitchen](#)

Maybe there's more. That's what I could find

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Re: are there specific foods to eat that help?

Posted by i-man - 25 Dec 2018 05:11

Hi

Its brought down in Halacha and some gemaras about some foods not to eat before going to sleep as it could cause keri..

For me eating Humble pie helped me tremendously - i got on the phone and called someone and admitted what i do wrong- not fun to eat but once you do you realize how good it really is

Warning: Spoiler!

I dont know if you have or havent done that yet but it will certainly help you

Hatzlachah!

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