



Celebrating Mother's Day with Survivors

BCFE celebrated Egyptian Mother's Day with survivors by organizing a Nile cruise. The day started with distributing gifts to the ladies. The celebration included several activities, including Mother's Day and Spring songs, healthy foods quiz and photo session for survivors and their families.

Sons and daughters shared their mothers' success stories and commended how they overcame the disease. Survivors expressed their happiness and appreciation for BCFE's efforts to provide psychological support. They said these kinds of activities help them bond with other survivors who have had similar experiences.



World
HEALTH
Day



12 Strategies to Strengthen Your Immune System

Modern medicine can help if you get sick, but for the most part it's up to you whether you maintain good health. If you want good health, here are some tips to strengthen your immune system naturally.

Read more: <http://www.motherearthnews.com/natural-health/strengthen-your-immune-system-zmaz10aszraw.aspx#ixzz2x4hxVcn9>

Healthy Breakfast

It's the most important meal of the day, so make sure to eat one of these healthy breakfast recipes in the morning!

Read more: <http://www.allyou.com/food/healthy-breakfast/view-all>



How to dye Easter eggs naturally?

Why dye with natural colors instead of artificial?

According to [Organic.org](https://www.organic.org), “Many food colorings contain color additives such as Red No. 3 and Yellow No. 5, which, according to a 1983 study by the FDA, were found to cause tumors (Red No. 3) and hives (Yellow No. 5).

Natural egg dyes can be made from a variety of ingredients.

RED

3 cans of beets in hibiscus tea (instead of water)
produced a dark reddish hue

PINK

Frozen cherries – made a very light pink

GREEN

Spinach leaves

YELLOW

3 Tablespoons of tumeric produced a great yellow

BLUE

3/4 of a head of red cabbage (chopped) made a beautiful blue

Dyeing Method

Place eggs in a single layer in a large, non aluminum pan. Add the dyeing ingredient of your choice—it’s best not to mix until you are comfortable with experimenting. Cover the eggs and other dyeing “agent(s)” with one inch of water. Add 2 tablespoons of white vinegar per quart to help the color adhere to the egg, and bring to a boil. Next, simmer for 20–30 minutes or until the desired shade is achieved. If you cook the eggs longer than 15 minutes, they will become rather tough.

Contact us:

The Breast Cancer Foundation of Egypt (BCFE)
Address: 33 Kasr Al Aini Street, Cairo 1141
Hotline: (+2) 19417



[Facebook](#)



[Twitter](#)



[Website](#)

Donate on:

CIB Bank Account (EGP): 2590000697
CIB Bank Account (USD): 2590300493
Swift Code: CIB EE GCX025