

# Kitchen Cupboard Cures

## Acne

Lemon juice will help clear acne and pimples. So will the pounded pulp of an orange (mixed with water) if applied to the affected area.

*How it works: Lemon juice and orange peel contain acids that cleanse, remove dead skin cells and promote healthy skin growth.*

## Coughs

A spoonful of honey has been shown to be more effective in relieving coughs than most over-the-counter cough medicines. It can also be sipped in a glass of water mixed with lemon juice.

*How it works: Honey coats the throat and reduces irritation while its antibacterial properties fight infection.*

## Digestive Upsets

Stomach spasms, flatulence, lack of appetite, indigestion and diarrhoea can be relieved by thyme. Steep a teaspoon of dried thyme in a cup of boiling water for 1-2 minutes and then drink. Repeat four times a day.

*How it works: Thyme aids digestion. It contains soothing properties that both tone the nervous system and stomach, and reduce spasms.*

## Bad Breath

Add several twigs of coarsely cut parsley and two whole cloves of garlic to two cups of boiled water. Stir occasionally while cooling, and then use as a mouthwash or gargle as often as needed.

*How it works: Parsley works to freshen your mouth, while the garlic's antibacterial properties fight infection.*

## Stomach Ulcers

Stomach ulcers healed in a third of the expected time when sufferers were given concentrated cabbage in capsule form. The same effect can be achieved by drinking a litre of cabbage juice a day.

*How it works: Cabbage contains compounds that strengthen the lining of the stomach, increasing its resistance to acid attacks.*

## Arthritis

Cut a medium-sized potato, skin on, into thin slices. Place in a glass of water and allow to steep overnight. Drink the liquid first thing every morning to relieve rheumatic and arthritic conditions.

*How it works: Potatoes contain antiviral inhibitors, but no one knows for sure how this home remedy works. It has now been used with success for several centuries to counter the pain of arthritis.*

## Cold Sores

Ice held against the skin for 2-4 minutes at the start of a cold sore can nip it in the bud. Repeat every hour.

*How it works: Ice slows down the growth and spread of a cold sore giving your immune system time to get on top of it.*

## Diabetes

Cinnamon helps regulate blood sugar levels and is useful in the treatment or prevention of diabetes. Add ½ - 1 teaspoon of cinnamon a day to food or mix in a glass of water each morning.

*How it works: Cinnamon is one of the most medicinally-potent spices known. One of its compounds, MHCP, assists with insulin and blood sugar regulation.*

If symptoms persist, please see your health care provider.