

Kitchen Cupboard Cures

Athlete's Foot

Rub a clove of garlic on the affected area before going to bed.

How it works: Garlic is a strong antifungal that will kill tinea fungus.

Burns, Cuts and Grazes

Apply Manuka honey to burns, cuts and grazes to prevent infection.

How it works: Manuka honey contains substances that have a powerful antibacterial effect.

Stuffy Noses

Spicy dishes or food containing curry or chilli can relieve stuffy noses.

How it works: The spice or curry will cause your nose to run, loosening the mucous and expelling viruses.

Coughs and Colds

Dice an onion, place in a bowl and cover with honey. Leave for an hour to marinate, and then take as often as needed.

How it works: The onion juice mixed with honey has a mild homeopathic effect and will soothe sore throats and loosen mucus.

Migraines and Pounding Headaches

Put your feet in a bowl of hot water, and place an ice pack on your head.

How it works: Pressure on sensitive nerves is relieved as the cold constricts blood vessels in your head while the heat draws blood down to the dilated vessels in your feet.

Mouth Ulcers

Swish a spoon full of cold chamomile tea around in your mouth every few hours.

How it works: Chamomile tea contains antibacterial and anti-inflammatory compounds that help mouth ulcers to heal.

Leg Cramps

Drink a glass of tonic water before bed to relieve leg cramps.

How it works: The water contains a natural form of quinine, which prevents cramps.

Nausea

Take a small amount of powdered ginger before air, car or sea travel. Alternately, take a jar of candied ginger on your trip.

How it works: Compounds in ginger contain anti-sickness properties.

Urinary Tract Infections

Drink a large glass of water mixed with a teaspoon of sodium bicarbonate three times a day at the first sign of infection.

How it works: Bicarb will change the pH of acidic urine, discouraging infection and relieving the pain of cystitis.

Insect Bites and Stings

Rub a slice of fresh-cut onion onto wasp stings to reduce swelling and speed healing.

How it works: Onion contains enzymes which reduce inflammation.

If symptoms persist, please see your health care provider.