

More!

Kitchen Cupboard Cures

Insect Bites and Stings

Rub a drop of peppermint oil onto the centre of a bite or sting for fast relief.

How it works: The peppermint will cool the bite and increase circulation to the area to quicken the healing.

Low Energy

Increase the magnesium in your diet by eating almonds, hazelnuts, cashews and whole grains.

How it works: Nuts and grains are high in magnesium which plays a vital role in converting sugar to energy.

Headaches

Brew one teaspoon of rosemary in a cup of water and cover. Let it steep for ten minutes, then strain and sip. Drink one cup three times a day.

How it works: Rosemary dilates the blood vessels throughout the body, easing the pressure on vessels in the head which is responsible for the pain of headaches.

Thrush

A single clove of garlic placed in the vagina for 24 hours will clear most cases of thrush. Repeat if needed.

How it works: Garlic is a natural antibiotic with strong antifungal properties that kill thrush.

Plantar Warts

Before going to bed each night, tape the fleshy side of a small piece of banana skin against the wart. Continue until the wart discolours and peels away easily - within one to eight weeks.

How it works: Enzymes within the banana skin kill the wart virus and separate the dead skin from the sole of the foot.

Heartburn

Add turmeric to your meal or mix 1/4 to 1/2 teaspoon in water or juice and drink.

How it works: Turmeric aids digestion and prevents acid build-up by stimulating the movement of food along the digestive tract.

Toothache (1)

Dab the aching tooth and gum with oil of cloves or ground cloves. Alternatively, place a clove stem within the tooth cavity.

How it works: Clove contains a volatile oil called eugenol that has strong antibacterial and analgesic properties that deaden pain.

Toothache (2)

Boil one part sesame seeds with three parts water until the liquid is reduced by half. Cool, and then apply directly to the aching tooth.

How it works: Sesame seed contain at least seven different pain-relieving compounds that relieve toothache.

Congested Throat

Mix ground horseradish and honey together in a glass of water, and gargle.

How it works: Horseradish contains solvents that loosen and break up mucous in the throat and nose.

Hayfever

Salt water sprayed or squirted into the nose, one nostril at a time, can reduce hayfever symptoms and relieve swelling. Make your own solution by mixing 1/4 teaspoon salt and 1/4 teaspoon baking soda with one cup of warm water.

How it works: the salt shrinks swollen nasal passages by drawing out fluid which then flushes away the viruses, bacteria and pollens causing the symptoms.

If symptoms persist, please see your health care provider.

