

**Even  
More**

# Kitchen Cupboard Cures

## Asthma

Mix a teaspoon of raw honey in a glass of warm water or swallow it whole three times a day.

*How it works: Raw honey contains bee pollen and propolis, both of which have anti-allergic, anti-inflammatory, expectorant and immune-boosting properties that relieve asthma.*

## Nausea and Vomiting

Ginger relieves various types of nausea including morning sickness, motion sickness, and nausea from some cancer treatments. Eat it crystallised, as gingerbread, or stir a teaspoon of powder into a glass of warm water.

*How it works: The gingerol compound within ginger suppresses chemicals within the brain that trigger nausea.*

## Arthritis

Arthritic pain can be relieved by mixing a large spoon of apple cider vinegar in a glass of warm water. Sweeten with a little honey and drink each morning as part of your breakfast.

*How it works: While the mechanism is not fully understood, apple cider vinegar will reduce the inflammation and relieve the pain of arthritis.*

## Earache

Bake an onion in the oven until it is soft, then mash and extract some of the juice. Drip this into the ear canal to soothe an earache.

*How it works: Sulphur compounds within onion juice have antibacterial effects that settle inflammation.*

## Warts

Remove unsightly or painful warts by soaking the affected area in diluted vinegar for at least fifteen minutes every day.

*How it works: The acetic acid of vinegar kills the virus responsible for warts.*

## Upper Back Pain

Lie on the floor with a rolling pin under your shoulder blades, so that it makes a T-shape with your spine. Roll up and down over it.

*How it works: The rolling pin will arch your spine and relieve the tension in the muscles causing pain.*

## Eczema

Treat sore and inflamed skin by dabbing it with apple cider vinegar diluted with water.

*How it works: Cider vinegar has anti-bacterial and anti-fungal properties that kill bacteria and fungi that infect and worsen eczema.*

## Hayfever

Wrap cold, moist tea bags and place over your eyelids to soothe itchy eyes caused by hayfever.

*How it works: The tannic acid in tea is thought to help reduce itch.*

## Leg Cramps

Keep a heavy metal spoon beside your bed and place it on the muscle when it cramps at night.

*How it works: The cold metal rapidly draws heat from the muscle and relaxes the cramp.*

If symptoms persist, please see your health care provider.