

An amber glass bottle is lying on its side on a white surface. The bottle is tilted, and its opening is visible. Inside the bottle, a single yellow pill is visible. Scattered across the white surface in front of the bottle are numerous small, white, round pills. The background is a plain, light-colored surface.

Natural Home Remedies

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Natural Home Remedies



Ease nausea

Try frozen ginger chips. First, infuse fresh ginger in hot water. Strain, then freeze the concoction in an ice cube.

Natural Home Remedies



Get rid of hiccups

Swallow 1 to 2 teaspoons of sugar. The dry granules stimulate and reset the irritated nerve that is causing the spasms of the diaphragm. Any coarse substance, such as salt, can work in a pinch, but sugar tastes best.

Natural Home Remedies



Soothe a sore throat

Gargle twice daily with a solution of six pressed garlic cloves mixed into a glass of warm (not hot) water. Follow the regimen for 3 days. Research shows that fresh garlic juice has antimicrobial properties that fight pain-causing bacteria. The warm liquid soothes inflamed tissue.

Natural Home Remedies



Reduce a fever

Sip linden flower tea. It stimulates the hypothalamus to better control your temperature and it dilates blood vessels, inducing sweating. Put 1 tablespoon of dried herb in a cup of hot water for 15 minutes, then sip.

Drink three to four cups a day. If you still run hot after a day of sipping tea, seek medical attention.

Natural Home Remedies

A close-up photograph of a man with short, dark hair, wearing a blue and white checkered shirt. He is looking down at a piece of dark chocolate he is holding in his hand. The chocolate is a rectangular bar with a grid pattern. The background is dark and out of focus.

Combat a cough

Indulge in a square or two of dark chocolate. Researchers found that chocolate's theobromine compound is more effective than codeine at suppressing persistent coughs without the side effects of drowsiness and constipation.

Natural Home Remedies



Cool a burn

If you grazed your skin with a hot-from-the-oven pan, apply aloe vera gel to the burn as needed. The soothing and anti-inflammatory gel creates a second skin to protect the burn from air, which irritates exposed nerve endings.

Natural Home Remedies



Ease flatulence

Take two enteric-coated peppermint capsules three times daily. Peppermint kills bacteria that cause bloating and relaxes gastrointestinal muscles for smoother, spasm-free digestion. The peppermint releases and goes to work lower in the gastrointestinal tract, where gas-plagued people need it most.

Natural Home Remedies



Stop smelly feet

Soak feet nightly in 1 part vinegar and 2 parts water to eliminate odoriferous bacteria. Or take a daily foot bath in strong black tea for 30 minutes. The tannic acid in black tea kills bacteria and closes pores, keeping feet dry longer. One caution: only soak your feet if they are free of cuts.

Natural Home Remedies



Cut a cold short

Cut a vitamin C-rich lemon in half and squeeze the juice from one half into a cup. Studies show that vitamin C taken before the onset of a cold shortens its duration and severity. Drop the lemon into the cup. Add boiling water and a teaspoon of organic raw honey, an immunity booster that also coats painful throat tissues. Sip a cupful two or three times daily to fight the bug.

Natural Home Remedies



Sweeten bad breath

Gargle with a small cup of acidic lemon juice to kill odor-causing bacteria. Then eat a bit of plain unsweetened yogurt, which contains beneficial lactobacillus bacteria.

These so-called probiotics compete with and replace the reeking bacteria. This combo instantly kills odor and lasts 12 to 24 hours.

Natural Home Remedies



Soften chapped lips

Rub olive oil on chapped lips two to three times a day to soothe, soften, and lubricate. Your lips will feel immediately better, but it will take a few days before they start to heal on their own.

Natural Home Remedies



Relax a stiff neck

A stiff neck results from slowed circulation and lymph flow to muscle tissues. Use contrast hydrotherapy to get the blood pumping again. In the shower, run hot water over your neck for 20 seconds to increase blood flow, then switch to cold for 10 seconds to constrict blood flow. Alternate three times, always ending with cold water.

Natural Home Remedies



Stop snoring in its tracks

If you snore mostly when lying on your back, try putting a tennis ball in a shirt pocket cut from an old t-shirt and sew it to the mid-back of your tight pajama top.

Natural Home Remedies



Beat insomnia

Before bedtime, eat a handful of cherries (or drink tart cherry juice), which scientists discovered are jam-packed with melatonin, the same hormone created by your body to regulate sleep patterns. In bed, rest your head on a lavender-filled pillow – the fragrance induces sleepiness.

Natural Home Remedies



Revive puffy tired eyes

Black tea is full of astringent compounds called tannins that can help deflate and tighten the bags under your eyes. Activate the tannins in a tea bag by dipping in a cup of hot water for several minutes. Cool in the fridge, then apply the damp bag to the closed eye for 10 minutes.

Natural Home Remedies



Crush a few fresh strawberries and mix with a pinch of stain-removing baking soda and enough water to make a paste. Apply the mixture to a soft toothbrush and polish for a few minutes once every 3-4 months. The astringent malic acid in strawberries helps buff coffee and red-wine stains from teeth.

Natural Home Remedies



Prevent a headache

Try relaxing magnesium to reduce the muscle tension and spasms that can cause your head to throb. Make sure the supplement contains at least 200 mg of active elemental magnesium. Those with kidney problems should consult a health care practitioner before taking magnesium.

Natural Home Remedies



Sidestep a hangover

Because excess alcohol depletes the body of essential B vitamins (they help break down alcohol in the body), take a B-50 complex supplement before going to bed to ensure that the metabolism of alcohol continues apace.

Also, rehydrate by drinking plenty of water.

Natural Home Remedies



Relieve menstrual cramps

Take ½ to 1 teaspoon of crampbark tincture every 2 hours on the days of your worst cramps. Studies show that this North American plant works as a muscle relaxant to quickly relieve painful spasms.

Natural Home Remedies



Heal dry skin rashes and eczema

The avenanthramides in oats are the key compounds that calm inflamed, itchy skin. Put whole oats in a clean, dry sock. Seal the open end with a rubber band, and then drop the sock into a warm or hot bath. Soak yourself for 15 to 20 minutes.