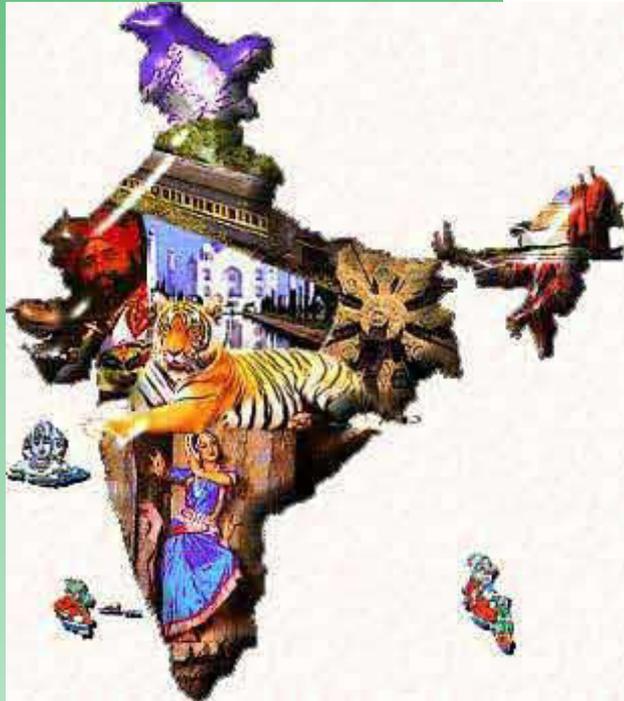


AMK

RESOURCE WORLD

GENERAL KNOWLEDGE



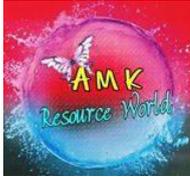
FREE

Home Made Remedies

Book for Various Competitive Exams

(Like KPSC technical Post C, KSRTC, PDO, RRB, SSC, FDAA, SDAA, PSI, PC, CET, etc..)





www.amkresourceinfo.com



Home made Remedies

GLOWING SKIN

ALMOND FACE MASK

Use daily for a fortnight and see the result yourself. Better than any skin care product in the market. Ingredients:

- 3-4 Almonds
- Milk to soak the Almonds.

Preparation:

In the morning soak 3 or four almonds(according to the area on which to be applied may be used for other parts of the body as well) in the milk. At night mash these almonds in the milk you can use some more milk. Mash it to form very fine paste. Apply to the face. Leave for whole night. In the morning wash face with cold water. With this face mask your skin becomes lighter as well as glowing.. For oily skin use twice in the week.

CUCUMBER AND LIME JUICE FACE MASK

Cucumber also has great skin lightning effect. It helps in healing the sunburn too. Combined with limejuice is best skin lightning face pack for oily skin

Ingredients:

- One tablespoon cucumber juice
- One teaspoon lime juice
- One teaspoon turmeric
- One teaspoon glycerine (for dry skin)

Preparation:

Mix all the ingredients and apply on your face can be applied under and around eyes also. Apply with the help of cotton balls. Leave it for 15 minutes. Wash with cold water .For best results use this face mask daily for a week. Best for oily skin. For dry skin add some glycerine .

GRAM FLOUR FACE PACK

Ingredients:

- One tablespoon Gram flour(Besan)
- One teaspoon lime juice
- One teaspoon turmeric
- Rose water for mixing

Preparation:

Mix all the ingredients and make a paste. Apply on your face . Leave it till dry. Wash with cold water . This homemade face mask can be used on all skin types. This home made remedy gives very good result for naturally fair and glowing skin. Also leaves the skin smooth and silky.

BANANA FACE MASK

Ingredients:

- Half a banana mashed
- One egg white
- One tablespoon curd

Preparation:

Mash the banana mix well the egg white and curd in it. Apply on face. Wash after fifteen minutes. Banana is best for glowing skin. It gives the effect of a parlour facial. Try it and you don't have to go to parlour for a glow on your face.

CAMOMILE TEA FACE MASK

Ingredients:

- Camomile tea
- oatmeal powder 1tblsp
- Honey 2 tblsp
- Almond oil 2 drops

Preparation:

Make a mixtuer of chamomile tea and oatmeal in equal proportions (1/4 cup), 2 drops of almond oil and 2 tsp of honey. Use this face mask for getting fair and glowing skin naturally for 10-15 minutes.

FACE MASK FOR FAIR AND GLOWING SKIN INSTANTLY

Ingredients:

- Honey 2 tblsp

- Lemon juice 2 tblsp

Preparation:

Mix both the ingredients and apply on your face for about half an hour. Wash your face with water and find the home remedy for getting fair and glowing skin naturally at home instantly.

CUCUMBER AND WATERMELON FACE MASK FOR FAIR AND GLOWING SKIN

Ingredients:

- Cucumber juice 2 tblsp
- Watermelon juice 2 tblsp
- Yogurt 1 tsp
- Milk Powder 1 tsp

Preparation:

Mix all the ingredients and apply on your face for about fifteen minutes. watermelon helps in clearing the skin. It removes blemishes and act as toner. Cucumber juice is well known for its skin lightening effect. Yogurt softens and tightens the skin. Milk powder act as a binding agent as well as it helps in cleansing the skin and lightening the skin tone. This is a wonder full face mask for fair and glowing skin. You must try it and see its wonderful effects of this home remedy for getting fair and glowing skin naturally at home.

PIMPLES

SUGAR SCRUB:

Skin exfoliation is the most important beauty treatment that you should follow in order to maintain healthy, glowing and pimple free skin. Brown sugar is one of the mildest natural exfoliator. It removes the dead cells, dirt, sebum and impurities from the pores, which causes pimples.

Mix together 3 teaspoons of brown sugar in 1 teaspoon of honey.

Apply all over the face and scrub gently in circular motion.

Once dry after 15 minutes wash off with cold water and pat dry.

NEEM FACE PACK:

Neem is one of the most widely known anti acne home remedies which have been used since ages. They are rich in anti fungal, anti bacterial and blood purifying properties working as a best natural astringent. It cools down the skin and prevents you from getting pimples.

Grind a few neem leaves to form a paste. You can either use fresh leaves or dried leaves. add 1 teaspoon of multani mitti (fuller's earth).

Add ¼ teaspoon of turmeric powder and raw milk to form a smooth paste. Turmeric has anti- bacterial and anti-inflammatory properties.

Apply on the face and leave it for 20 minutes. Rinse with warm water.

POTATO PACK.

Potato is a good absorbent of excess oil and sebum and it also removes dirt and grease from the skin. It reduces dark circles, puffiness under the eyes, blemishes and acne marks. Regular application of potato pack shows effective results. This is another wonderful acne home remedies.

Thin slices of potato can be applied over the pimples. You can also grate the potato and the juice can be applied over the pimples and acne. Sliced potato can be kept over the eyes to reduce the dark circles and puffiness.

CINNAMON PACK.

Cinnamon is another home remedy for pimples that has anti-microbial properties which help to fight pimples and also add a healthy glow on the face.

Grind a few pieces of cinnamon to form a powder. In it add a teaspoon of honey and gram's flour (besan). Apply the pack all over the face and leave it for 15 minutes.

Once dry, scrub the face in light circular motions and wash off the skin.

ORANGE PEEL PACK.

Orange contains large amounts of citric acid and vitamin C, which refreshes skin and relieves the acne. The orange peel as well as its juice can be used to treat acne and pimples.

Grind a few pieces of the orange peel to form a paste.

Apply all over the face and leave it for 15 minutes. Rinse off with cool water.

NATURAL SCRUB.

This homemade scrub will help to clean up dirt, dead cells and oil that tend to build up and block pores, which then lead to pimples.

Take one teaspoon of rice flour in a bowl. In it, add a teaspoon of gram's flour (besan) and ¼ teaspoon of turmeric powder.

Add a teaspoon of raw milk to form a smooth paste and apply over the face. Leave it for 20 minutes and rinse with warm water.

COUGH

LEMON TEA with a dash of ginger may prove to be one of the easiest home based remedies for curing prolonged spells of cough. The medicinal properties of ginger suppress various respiratory ailments like common cough and cold. With its soothing element, it helps to keep the body well hydrated which acts as an antidote to coughing. The ascorbic acid contained in lemon helps to neutralize the phlegm content of coughing. The tea leaves may be boiled with juice of grated ginger being added to it. Thereafter juice of lime may be added on to it to be sipped piping hot.

HONEY with its analgesic (pain killing) properties is also known since time immemorial for its soothingly refreshing effects on patients down with cough. One tea spoon of honey may be added to any hot beverage like tea or milk to be drunk at regular intervals. But honey works wonders if blended with hot water and lemon. Lemon juice may be mixed with honey in proportion of one is to two. The resulting mixture may be mixed with little hot water so that you can have one to two tea spoons of it at least after every hour. The resulting mixture will not only help clear mucus but it will also keep your throat well soothed.

Honey acts as a topical anti biotic suppressing the bacterial causes of cough. If one is prone to the disgusting phenomena of night coughing two tea spoons of raw honey taken after dinner will work significantly towards reducing cough. A spoonful of natural honey may be enriched with black pepper to be had twice a day.

If you are unable to take raw honey, you may add two spoons of it to a glass of carrot juice. Dilute the juice of four to five carrots with water. Drink the concoction at least thrice a day to soothe yourself from cough. Two spoons of honey may be added to a glass full of aloe vera juice purchased from a pharmacist's. The said concoction helps drastically in reducing dry cough.

Inhaling steam will give you a refreshing feeling aiding the release of mucus in the affected passage. Thus it is one of the most scientific processes helping one in the recovery of throat. Inhaling vapor accompanied by sipping the concoction of lime, water and honey will prove to be doubly effective.

Including **GRAPES** in your diet also ensures redemption from cough, because the expectorant nature of grapes helps not only in toning the lungs but also activates the release of mucus from the affected parts of respiratory organs. In cases of cough being triggered on by asthma, grapes play a beneficial role in the healing process with its enriched phytochemical contents. Grape juice with a spoonful of honey will be relieving and effective as well.

GURGLING IN SALT WATER always proves to be beneficial in offering relief to an infected or an itchy throat aggravated by coughing. But for an effective change one may resort to gargling in spinach juice after extracting and warming the same with a dash of salt.

HERBAL TEA enriched with basil and aniseed may turn out to be soothingly effective as a homemade remedy for sore throat.

Nutritionally resourceful **ALMONDS** also play a proactive role in the healing of cough. Paste made out of soaked almonds can be had with a touch of butter for relief from cough.

TURMERIC

A traditional remedy that most people swear by is the use of hot milk with turmeric. According to a study**, it is shown to even have antibacterial properties.

Heat a glass of milk, mix in half a teaspoon of turmeric powder and drink warm to find relief from cough. A turmeric gargle also gives good results. To one cup of hot water, add in half a teaspoon of turmeric powder and half a teaspoon table salt. Use this liquid as a throat gargle and you are sure to experience relief from cough.

For a dry cough, turmeric powder mixed with a teaspoon of honey taken three to four times a day is effective. You could also try preparing turmeric tea by adding one tablespoon of turmeric powder into 4 cups of boiling water. Keep for a few minutes, strain and mix in some lemon and honey to the liquid and drink.

GARLIC

Garlic is an effective antimicrobial and expectorant and this makes it a valuable agent to fight cough. The University of Maryland Medical Center cites one study that suggested that garlic might help prevent colds and lessen their symptoms. People who took a garlic supplement for 12 weeks caught 63 percent fewer colds than people who took a placebo.

Lightly crush about 5 cloves of peeled garlic and sauté in a teaspoon of ghee; consume when still warm for relief from cough and cold. Include crushed garlic sautéed in ghee in other dishes where possible. Do this with *rasam*, and you have a medicinal soup that

soothes your throat and also helps liquefy the thick mucus, making it easier to cough out the phlegm.

WARM LIQUIDS

Drinking warm water is a good way of soothing the inflammation in the throat*, but this does not have any taste and may be unappetizing for most people. A warm soup is a much better solution as is a glass of hot herbal tea.

CONSTIPATION

Constipation is a condition that can cause the person suffering from it a lot of trauma. Although constipation can be a sign of a bigger problem like we explained in our previous post, if your medical check up has cleared you of any serious conditions, you could use simple home remedies to relieve the discomfort. Here are a few of them that can work wonders.

1. **TRIPHALA POWDER** or *Triphala Churna*, consists of three fruits - *Amla* or Indian gooseberry, *Haritaki*(Chebulic Myrobalan) and *Vibhitaki* (Bellirica Myrobalan). It is a great laxative and helps to regulate digestion and bowel movements. You can either have one teaspoon with warm water or mix the powder with honey. Having this mixture either before going to bed or early in the morning on an empty stomach can relieve constipation almost instantaneously. The advantage of this powder is that it is not habit forming and a completely natural alternative to chemical laxatives.

2. **RAISINS (*kishmish*)** are packed with fiber and act as great natural laxatives. Soak a handful in water overnight and have them first thing in the morning on an empty stomach. This remedy also works wonders for pregnant woman, without the side effects of medication.

3. **GUAVAS (*amrood or peru*)** have soluble fibre in the pulp and insoluble fiber content in the seeds. They also help with the mucus production in the anus and with peristalsis (a series of contractions within the intestinal lining that helps the passage of food in the stomach).

4. **LEMON (*Nimbu*) juice** is recommended by most Ayurvedic practitioners. A warm glass of water with lemon and salt, first thing in the morning not only acts as a cleansing agent for the intestines, the salt content helps in quick and easy passage of stool. All you need to do is mix one teaspoon of lemon juice in a glass of warm water. Add a pinch of salt to the solution. Drink this juice on an empty stomach to relieve constipation.

5. **FIGS** (*Anjeer*), either dried or ripe, are packed with fiber. For relief from constipation, boil a few figs in a glass of milk, drink this mixture at night before bed. Make sure the mixture is warm when you drink it. Using a whole fruit for this purpose is much better as compared to syrups that are available commercially.

6. **FLAX SEEDS** (*Alsi*) are known for their fiber content, and can very well help you when it comes to constipation. You can mix flax seeds in your cereal every morning or just have a handful with warm water early in the morning.

7. **CASTOR OIL** (*Arandi ka tel*) has been used for centuries as a sure shot remedy for constipation and has properties that can kill intestinal worms. If drinking a spoon of castor oil alone is not something you'd like to do, you could add a tablespoon of it in a warm glass of milk. Have this mixture at night before bed to relieve constipation.

8. **SPINACH** (*Palak*) have properties that cleanse, rebuild and renew the intestinal tract. You can have about 100 ml of spinach juice mixed with an equal quantity of water twice daily. This home remedy is the most effective method to cure even the most stubborn cases of constipation.

9. **ORANGES** are not only a great source of Vitamin C but also have a large amount of fiber content. Eating two oranges every day, once in the morning and once in the evening can provide great relief from constipation.

10. **Seed mixtures** with 2-3 sunflower seeds, a few flax seeds, til or sesame seeds and almonds ground together to a fine powder can help relieve constipation. Have one tablespoon of this mixture everyday, for a week. You can add it to your salad or cereal every morning. This mixture not only provides the necessary fiber content to relieve constipation but it also helps in rejuvenating the intestinal walls.

Diet tips to avoid constipation.

In order to avoid and cure constipation, it is essential that you maintain healthy food habits. Here are a few changes you could make in your diet to cure constipation:

Avoid foods that contain white flour like *maida*, white sugar and other processed foods.

Eat light regular meals, and make sure you eat at least 3-4 hours before you go to bed.

Include fruits and vegetables into your daily diet.

Adding condiments like *jeera*, *haldi* and *ajwain* in your food while cooking it is a great way to help digestion.

Drink at least eight glasses of water every day. Make sure you have a glass of warm water every morning and before you go to bed.

Constipation is an entirely curable and manageable condition, all you need to do is keep some of these home remedies in mind and you should be well on your way to a happy morning.

STOMACH PAIN

GINGER

In addition to its anti-inflammatory properties and other health benefits, ginger aids in digestion and can ease stomach pains. Fresh ginger is the most potent form, and I recommend making a simple tea with it. While there are many recipes for fresh ginger tea, I suggest peeling and grating the ginger for the best results. If fresh ginger isn't available, there are many varieties of ginger tea on the market.

PEPPERMINT

Like ginger, fresh mint works the best to settle the stomach, and all you need is a cup of warm water and a few sprigs of mint to make a tea. Simply chewing on a mint leaf also works, and because mint is technically a weed, it grows well in most environments. You can also buy the tea or peppermint supplements. Peppermint candy tends to have sugar, so make sure you check the ingredients if you are buying regular mints. Mint also helps with digestion, stimulates the appetite, and it is one of the better remedies for menstrual cramps, particularly if you make tea with fresh mint.

LICORICE OR FENNEL

Although licorice and fennel are two different plants, I have grouped them together because they are very similar in taste. If you do not like the taste of licorice, fennel, or anise, I would recommend using another remedy for an upset stomach. Licorice and fennel are found in many herbal teas, which is perhaps the easiest and most common form; however, they can also be found as supplements. If you like raw fennel, you can chew on a fresh slice of the bulb to ease indigestion or bloating after a meal. Licorice can be known to increase blood pressure and irritate ulcers, but only in large amounts, according to Medline. Many of the natural "stomach ease" teas contain licorice and fennel, so check the ingredients for the amount if you are concerned.

CHAMOMILE

Not only does chamomile tea soothe an aching stomach, it can also calm the nerves. If you are having trouble sleeping in addition to a stomach ache, homemade chamomile tea may be exactly what you need. Dried chamomile flowers are usually sold in health food stores or herbal shops, but you can easily find chamomile tea on the shelf at any grocery store, since it is one of the most common herbal teas. Add lemon for an extra tummy soother and flavor (see lemon water below).

LEMON WATER

Lemon is one of the most versatile fruits you can buy. If you don't have mint, ginger, or other herbs at home, just squeeze half a lemon into a mug of warm water. You can also use lemon juice if you don't have fresh lemon, but you'll only need a few teaspoons.

WARM SALT WATER

I have only used warm saltwater to help with a sore throat, but I have heard that this formula works wonders for an upset stomach. One cup of warm water with a teaspoon of salt is all you need. For best results, drink it as quickly as possible; however, I wouldn't recommend this if you have other health issues, such as high blood pressure.

BAKING SODA

You don't need to buy Alka-Seltzer to ease heartburn or indigestion. Any of the antacids on the market are basically just sodium bicarbonate (baking soda). Mix one teaspoon (or two, depending on how strong you need it) into a cup of warm water, and you get the same results with a common household item.

COLA SYRUP

This is another one I have not tried but was personally recommended. After a little research, I found that it has been used for years to treat an upset stomach, particularly because it tastes good and safe for children. The only issue is that it is a little trickier to find, but you can purchase cola syrup online. While I am partial to The Vermont Country Store, you can also find it at Amazon. I don't know what the secret ingredient is, but it seems to work for a lot of people.

WARM RICE COMPRESS

Heat is one of the best ways to soothe stomach pain, especially cramps. If you don't own a heating pad, all you need is an old sock and some rice. Try to use a thick sock free of holes,

and fill it with uncooked rice. Don't pack it too tightly, so that the grains have room to move around, giving it more flexibility. Tie the end and stick it in a microwave for about a minute. Make sure it isn't too hot before you place it on your stomach. You can also use flax seeds, which take longer to heat than rice, but they stay warmer longer. This works for sore muscles too, or you can put it in the freezer if you need a cold compress. Add dried lavender or chamomile flowers for a relaxing aroma.

BURNED TOAST

Charcoal is commonly used in hospitals for food or alcohol poisoning to help neutralize the toxins in the system. I suggest you go to the hospital if you suspect any kind of poisoning, but if you've just had one too many cocktails, the charcoal in the burned toast may help absorb some of the alcohol and neutralize the toxin. Black tea or anything with tannins (except wine in this situation) also helps neutralize toxins and process the alcohol in your system, which may be the reason coffee is prescribed to sober someone up. Toast is also part of the well-known acronym B.R.A.T. (Bananas, Rice, Applesauce, Toast), which was commonly used to treat children with stomach aches or diarrhea. I would not recommend burned toast in this case. Lastly, if you are concerned about carcinogens in burned food, ask a doctor or visit the website for [The American Cancer Society](#).

ALOE VERA JUICE

During my year in the Wellness Department, Aloe Vera Juice remained one of our most popular supplements. While there are many claims about the benefits to Aloe Vera Juice, many of my customers had excellent results with drinking it for a number of different intestinal problems. But the number one reason people used it was to treat constipation. It can also help with gas, bloating, diarrhea, and cramps.

HEADACHE

GINGER TEA

Crush up an inch of ginger root and add it to boiling water. This homemade tea reduces inflammation in about the same amount of time as it would take an aspirin to work. It has been used for centuries in Asia to treat a number of ailments.

CAPSAICIN CREAM

The active ingredient in this cream is cayenne pepper. Apply a small amount to the inside of your nostril that's on the side of your head where you are experiencing pain. The cream works to block nerve pain signals.

FEVERFEW

In clinical trials, this supplement from the sunflower family has been shown to be effective for treating migraines. It reduces inflammation, which takes pressure off the nerves and can help prevent migraines entirely.

ACUPRESSURE MASSAGE

This ancient Chinese healing method involves applying pressure to certain points on the body to relieve pain. Place your finger in the depression between your first and second toe and press firmly for 3–5 minutes. Another technique is to put your thumb in your mouth on the same side as the pain, reaching up to find the cheekbone. Press that bone up and out. Repeat on the other side. Then place both thumbs on the upper palate (inside the mouth) and press the sides out.

BUTTERBUR

Used medicinally since the middle ages, butterbur extract can be taken daily to help reduce the number and severity of headache attacks. It is available commercially in capsules, powder, tincture, or other forms and is thought to have both antispasmodic effects and anti-inflammatory properties.

MAGNESIUM

Take a multivitamin containing magnesium. The mineral helps to calm nerves, which tend to get overexcited during a migraine. Some studies have found that migraine sufferers tend to be deficient in magnesium. You can also increase your magnesium by eating foods like broccoli, beans, soy milk, nuts, spinach, etc.

HYDROTHERAPY

Stand in water as hot as you can stand for two minutes (this increases blood flow to the skin), then as cold as you can stand for two minutes (this sends blood to the core of the body). Alternate back and forth for 20 minutes to increase blood flow and circulation, bringing nutrients to organs and carrying away toxins.

COLD (OR HOT) COMPRESS

Apply icepack to your head, but make sure not to put the ice directly on your head. You can wrap ice or a bag of frozen vegetables in a towel. Apply heat to the back of the neck with a hot shower, bath, or heating pad. Heat can loosen up the muscles that tighten with tension headaches.

GASTRIC

Gas is not an illness in itself but an indication of some other kind of health problem. **This problem can be annoying and at times embarrassing too.** Gas in the stomach can be formed due to a number of reasons such as excessive intake of alcohol, not chewing the food properly, consumption of spicy food, too much stress, some kind of bacterial Infection, digestive disorders, and so on. Some of the symptoms of stomach gas include bad breath, lack of appetite, coated tongue, abdominal bloating, belching and pain in the stomach.

GINGER

Ginger is used in indigestion treatment and it is also a great ingredient to get relief from gas problem. To prevent gas from forming, always chew a fresh piece of ginger after meals, regularly. Else you can add small amounts of dried or fresh ginger to your food. Drinking ginger tea is also a great way to control the formation of gas inside the stomach. To make the tea, take a tablespoon of grinded ginger and boil them in water for a few minutes. Drink this tea two to three times a day. Another option is to add a few drops of ginger essential oil to any kind of carrier oil and rub it on your stomach.

CARAWAY SEEDS

Caraway seeds help in indigestion, cramping and stomach gas. When caraway seed tea is consumed on regular basis it stimulates proper digestion. You can make caraway seed tea by adding one teaspoon of the seeds to a cup of boiling water. Cover the cup and allow it to steep for a few minutes. Strain the seeds and then drink the tea before eating your lunch or dinner. For better result, consume this tea three to four times a day. You can also chew some roasted caraway seeds mixed with rock salt to get some relief.

GARLIC

The pungent heating quality present in garlic helps in stimulating the gastric fire and thus offering relief from stomach gas. Those suffering from stomach gas must try some garlic soup which can reduce gas and help in proper digestion. For best results, use fresh garlic. Else you can take some grinded garlic and boil them in water for a few minutes after adding small amount black pepper and cumin seeds. Strain it and allow it come to room temperature. Drink this solution two to three times a day to get better results in a few days.

FENNEL

Fennel is surely the best ingredient available in your kitchen that can give you fast relief from bloating and gas. For stomach gas, add a few fennel seeds in a pot of hot water, and then boil it for five minutes on a low temperature. Strain the solution and then drink it. You can also chew the fresh fennel leafy plants if you can bear the taste.

PEPPERMINT

Peppermint can be used in two different ways to treat gas problem. Peppermint tea is good for the stomach and you can drink it to get instant relief from stomach gas. You can make the tea by adding some fresh pepper mint leaves in a cup of boiling water and allow it to steep for a few minutes. Strain it and add some honey before drinking this herbal tea. You must drink peppermint tea two to three times a day. Else you can also chew some peppermint leaves to get quick relief from gas. Secondly, you can mix two drops of peppermint oil in half cup of cool water and drink it once or twice daily.

APPLE CIDER VINEGAR

Apple cider vinegar used in the treatment of indigestion can also help with your gas problem. Take two tablespoons of apple cider vinegar and add it to a glass of warm water. Allow the water to come to room temperature before drinking it. You will get instant relief from your gas problem as this drink will be very soothing to the stomach. In case apple cider vinegar is not available at home then you can try normal vinegar.

BAKING SODA AND LEMON

One conventional home treatment for gas is the use of lemon and baking soda. Put the juice of one fresh lemon in a glass and then add some baking soda to it. This will lead to fizzing. Add some more baking soda and finally add a cup of water and stir properly to allow the baking soda to dissolve properly. Drink this solution slowly and soon you will get relief as this drink will work as an effective antacid. For instant relief from stomach gas you can add a small amount of baking soda in one glass of water and drink it on empty stomach.

ASAFETIDA

Asafetida is also an effective remedy against gas. Just add a pinch of asafetida to a glass of warm water, mix it well and drink it two to three times a day. You can also make a paste of asafetida by adding a little water. Apply this paste on the stomach and allow it to dry for a few minutes. Soon your stomach gas problem will vanish away. Else you can insert a small amount of asafetida into a ripe banana and eat it twice a day.

CARDAMOM

This is another kitchen spice that can speed up the process of digestion and give you relief from stomach gas. You can add some roasted cardamom powder to vegetables or to rice or lentils before cooking. Else you can also chew whole pods of cardamom two to three times a day to solve the problem of stomach gas. You can make a tea by steeping a few pods of cardamom along with a small slice of fresh ginger and a teaspoon of fennel in boiling water for several minutes. Drink this warm tea several times a day.

HYPERTHYROIDISM

The thyroid is a butterfly-shaped gland located in the neck just below the Adam's apple. It is considered the chief gland regulating the body's energy and metabolism. When the thyroid is overactive and produces excessive amounts of the thyroxin hormone, the condition is known as hyperthyroidism

BUGLEWEED

Prepare an herbal tea by putting one-half teaspoon (or a little less) of bugleweed in a cup of boiling water and allowing it to steep for several minutes. Strain and cool, and then enjoy this tea once daily.

You can also take this herb in the form of tincture (two to six ml per day). Furthermore, a combination of bugleweed, motherwort and lemon balm is highly effective in treating hyperthyroidism naturally.

LEMON BALM

Lemon balm, also known as *Melissa officinalis*, is an herb that can help normalize an overactive thyroid by reducing TSH levels. It contains flavonoids, phenolic acids and other useful compounds that regulate the thyroid.

In fact, it blocks the activity of antibodies that stimulate the thyroid gland and cause Graves' disease, which is a common form of hyperthyroidism. To restore your thyroid activity to a healthy level, drink lemon balm tea.

Add two tablespoons of lemon balm to one cup of boiling water.

Let it steep for about five minutes. Strain it and allow it to cool.

Drink it slowly. Have a cup of this tea three times daily.

You may start the treatment with a lesser dosage, about one-half or one teaspoon of lemon balm, and gradually increase the amount to two tablespoons.

MOTHERWORT

The herb motherwort, also known as *Leonurus cardiaca*, acts as a natural beta-blocker and helps control tachycardia (high heart rate) and palpitations. It has some anti-thyroid activity as well, which makes it even more beneficial for those suffering from hyperthyroid conditions.

1- Steep one-half teaspoon of motherwort in one cup of boiling water for at least five minutes. Strain and cool.

2- Drink this tea three times daily.

It is essential to note that this herb must be avoided if you are taking any kind of sedating medications.

BROCCOLI

Broccoli is a cruciferous vegetable that contains substances known as isothiocyanates and goitrogens, which help restrain the thyroid from producing too much hormone. Therefore, anyone suffering from hyperthyroidism must try to eat uncooked broccoli as much as possible. Other cruciferous vegetables that maybe helpful are brussel sprouts, cauliflower, rutabaga, turnips, kohlrabi, kale, mustard greens, and radishes.

SOY PRODUCTS

Protein-based foods are good for those suffering from hyperthyroidism. Protein transports thyroid hormones to different body tissues. Research shows that a moderate concentration of soy sterols can help improve hyperthyroidism. (4) Hence, eating more soy products can help treat the

condition. If you are not a big fan of soy products, try to include nuts, quinoa, eggs, farmed fish and legumes in your diet.

OMEGA-3 FATTY ACIDS

If your body is not getting enough omega-3 fatty acids, there can be hormonal imbalance, including thyroid hormones. These essential fatty acids are the building blocks for hormones that control immune function and cell growth, and also help improve the ability to respond to thyroid hormones.

SEA VEGETABLES

Sea vegetables are a good source of iodine, an important mineral for thyroid health. The natural iodine present in sea vegetables can normalize thyroid-related disorders like obesity and lymph system congestion. These vegetables also contain a good amount of vitamin K, B-vitamin folate, magnesium, iron and calcium.

CABBAGE

Cabbage is one of the most useful foods that can be used in the treatment of hyperthyroidism. Cabbage contains a good amount of dietary goitrogens, substances that help reduce thyroid hormone production. For best results, eat uncooked cabbage.

BERRIES

Berries are rich in vitamins and various antioxidant properties that can help reduce inflammation of the thyroid gland. You can eat different types of berries such as blueberries, blackberries, strawberries, cherries and others.

INDIAN GOOSEBERRY

Indian gooseberry, also known as amla, can treat many health problems including hyperthyroidism. Indian gooseberry, due to its ameliorating effects on the thyroid gland, can help to control the production of thyroid hormones. Mix Indian gooseberry powder with honey to make a thick paste and eat it in the morning before breakfast.

WRINKLES

Wrinkles occur as part of the natural aging process, when the collagen and elastin in the connective tissue of the skin becomes weak and breaks down. But other factors can also cause premature or excess wrinkles including too much exposure to sunlight or harsh environments, smoking, use of certain drugs, excessive stress, sudden weight loss, loss of vitamin E, and genetic predisposition.

FENUGREEK

Fenugreek leaves, seeds and even oil work as an antidote for different skin problems, including wrinkles. The leaves are rich in vitamins and minerals that are easily absorbed by the body and help treat wrinkles and fine lines when this remedy is used regularly. Grind a handful of fresh fenugreek leaves to make a thick paste. Apply the paste on your face and leave it on overnight. In the morning, wash it off with lukewarm water. You can also wash your face with water boiled with fenugreek seeds or apply fenugreek oil onto the affected skin area.

ALOE VERA

The aloe vera plant contains malic acid that helps reduce wrinkles by improving the elasticity of your skin.

Simply cut an aloe vera leaf from the plant and extract its gel. Apply the fresh gel onto your skin and leave it on for 15 to 20 minutes. Wash it off with lukewarm water. Another option is to mix one teaspoon of aloe vera gel with the contents of a vitamin E capsule. Apply the mixture to areas where wrinkles are forming. Leave it on half an hour and then wash it off with lukewarm water.

GINGER

Ginger works as an excellent anti-wrinkle remedy due to its high antioxidant content. Moreover, it helps inhibit the breakdown of elastin, one of the main causes of wrinkles and fine lines. Mix a pinch of grated ginger with a tablespoon of honey. Eat this mixture every morning. You can also drink ginger tea twice daily.

WATER

Drinking water is one of the easiest and most effective home remedies for treating wrinkles. Water keeps the body hydrated and maintains the moisture level in the skin. When the body is dehydrated, your skin will generally look older. Be sure to drink pure, filtered water, as unfiltered water may have traces of chemicals that can damage your skin over time. Drink at least 4 to 6 liters of filtered water daily. Have a glass in the morning to kick start your day and then keep a bottle of water beside you throughout the day. Also, avoid alcohol and carbonated drinks, which can cause dehydration.

BANANAS

Bananas are rich in vitamins, minerals and antioxidants that combat the causes of wrinkles and fine lines. Using this remedy twice per week will rejuvenate your skin and treat wrinkles in a natural manner.

- 1- Mash two ripe bananas into a thick paste.
- 2- Apply the paste on the wrinkled areas. Leave it on for at least a half an hour and then wash it off with lukewarm water.
- 3- Follow it with some skin moisturizer.

ALMONDS

Almonds are an excellent source of fiber, vitamin E, iron, zinc, calcium, folic acid, and oleic acid, which combined can delay the aging process and treat wrinkles.

Soak some almonds in raw milk overnight. In the morning, remove the skin and grind the almonds into a thick paste. Apply the paste onto your wrinkles, and even under your eyes to get rid of dark circles. Leave it on for some time and then wash it off with lukewarm water. For best results, do this daily.

You can also massage almond oil into your facial skin to delay the effects of aging.

OLIVE OIL

Olive oil is a good source of antioxidants, like vitamins A and E, which fight skin-damaging free radicals.

Regularly massaging olive oil onto the affected skin area will moisturize, repair and even regenerate skin cells. As the oil penetrates deeply into the skin, it will provide long-lasting protection and keep it moisturized.

You can also mix a few drops of honey with a few drops of olive oil and glycerin. Massage the mixture into your skin twice daily. This will eliminate dead cells and help tighten sagged skin.

CARROTS

Carrots have a high content of vitamin A, which promotes the production of collagen and helps keep the skin smooth.

Grate one large carrot into a paste. Apply it directly on the face. Leave it on for about a half an hour and then rinse it off with lukewarm water. You can also wash your face with carrot juice each morning and evening.

LEMON JUICE

Lemon juice is rich in citric acid that acts as a strong exfoliant and helps get rid of wrinkles. It also works as a deep cleansing agent and astringent that will help fade blemishes as well as wrinkles, fine lines and other signs of aging, like dark circles.

Gently rub a little bit of lemon juice into your facial skin. Leave it on for 5 or 10 minutes and then rinse your face with water. Do this two to three times a day.

Alternatively, you can apply lemon juice mixed with amla powder (Indian gooseberry) onto your face to treat wrinkles and delay aging naturally.

PINEAPPLE

Pineapples have enzymes that promote skin elasticity, moisturize the skin, and help eliminate dead and dull skin cells as well. The fruit is also rich in antioxidants, fibers and vitamins that boost skin health.

Rub pineapple flesh on the affected skin area. Allow it to dry for 20 minutes, and then rinse with warm or cold water.

Apply the juice from a green pineapple onto the skin daily for five minutes before washing off. This is also a very good remedy for treating dark circles around the eyes.

ITCHY SCALP

TEA TREE OIL

Tea tree oil, with its powerful natural antifungal, anti-inflammation and antibacterial properties, can be used to treat itchy scalp. You can use tea tree oil in various ways, for instance:

You can add 10 to 20 drops of tea tree oil to one-half cup of baby shampoo and use it daily until the condition of your scalp improves.

Another option is to dilute two or three drops of tea tree oil in one tablespoon of vegetable oil and massage the mixture onto your scalp. With regular use, this remedy will heal a dry, itchy scalp within a week or two.

LEMON JUICE

Lemon juice will help treat an itchy and dry scalp because of its antiseptic properties. It is particularly useful when dealing with dandruff.

You can simply apply fresh lemon juice thoroughly on the scalp. Leave it on for five minutes and then shampoo your hair. If you do not have dandruff, dilute the lemon juice in water.

Alternately, you can mix lemon juice with yogurt and apply it on your scalp for a few minutes before washing your hair with a mild shampoo. Repeat at least daily until itchiness and dryness disappears.

BAKING SODA

Another readily available ingredient that can relieve an itchy scalp is baking soda. It helps relieve itching by exfoliating the scalp and controlling dandruff caused by overactive fungi.

Make a paste with baking soda and water and apply it directly onto your scalp. For best results, rub some olive oil on your scalp before applying the baking soda paste. Allow it to soak into your scalp for 10 to 15 minutes and then rinse well with water.

APPLE CIDER VINEGAR

Apple cider vinegar has powerful anti-inflammation properties that help kill the yeast and virus that can cause itchy scalp. Also, apple cider vinegar balances the pH levels of the scalp, which may help relieve itching and dryness.

Rinse your hair and scalp with water and allow it to dry. Mix equal amounts of apple cider vinegar and water and pour the mixture into a spray bottle. Apply this mixture directly onto your scalp with the help of cotton balls. Spray it on your scalp. After few minutes, shampoo with normal water.

Follow this remedy once or twice a week.

ALOE VERA

Aloe vera gel contains moisturizing properties, which may relieve excessive dryness and itching. If fresh aloe vera gel is not available, you can purchase the gel.

Spread some fresh aloe vera gel onto your scalp using your fingers.

Allow it to sit for 10 to 15 minutes and then wash your hair with a mild shampoo.

COCONUT OIL

Coconut oil creates a barrier that helps keep skin moisturized and hence it is an effective way to treat an itchy scalp.

Rub a little coconut oil onto the scalp after washing your hair your scalp when it is clean. Leave it on for at least half an hour and then wash it out with a perfume-free shampoo. Follow this simple remedy three times a week.

Another option is to gently heat coconut oil so that it melts, add it to your shampoo before washing your hair.

BANANAS

If you like to eat bananas, you will be happy to know that it can also be used to treat an itchy scalp. Bananas will treat your itchy scalp while also conditioning your hair. The nourishing and moisturizing properties in bananas will also reduce flakes, dandruff and inflammation. Simply mash two bananas and mix them together with one ripe avocado.

Apply this mixture to your scalp (and your hair if you want). Allow it to sit for half an hour and then rinse thoroughly.

SESAME SEED OIL

Sesame oil is highly nourishing, healing and lubricating, making it an effective treatment for a dry scalp and give you relief from itchiness. Heat some sesame oil to warm it slightly.

Massage your scalp with the warm oil before going to bed each night. For best results, massage the scalp with your fingertips for at least 10 minutes, wrap your head in a hot towel and leave it on for about 10 minutes before going to bed. When this oil remains on the scalp all night, it provides optimum moisturizing.

Shampoo and rinse your scalp and hair thoroughly in the morning. Continue this treatment as long as necessary.

HAIR LOSS

HAIR OIL MASSAGE

The first step that you can take to reduce hair loss is to massage your scalp with appropriate hair oil. Proper hair and scalp massage will increase blood flow to the hair follicles, condition the scalp, and enhance the strength of your hair's roots. It will also promote relaxation and reduce feelings of stress.

You can use hair oils like coconut or almond oil, olive oil, castor oil, amla oil, or others. Add a few drops of rosemary essential oil to the base oil for better and faster results. Other types of oil that you can use are emu oil, argan oil, and wheat germ oil.

1– Massage any of the hair oils mentioned above onto your hair and scalp by applying light pressure with your fingertips.

2– Do this at least once a week.

INDIAN GOOSEBERRY

For natural and fast hair growth, you can use Indian gooseberry, also known as amla. Indian gooseberry is rich in vitamin C, of which a deficiency in the body can cause hair loss. The anti-inflammatory, antioxidant, antibacterial, and the

exfoliating properties present in Indian gooseberry can help maintain a healthy scalp and promote hair growth.

- 1– Mix one tablespoon each of Indian gooseberry or amla pulp and lemon juice.
- 2– Massage your scalp with the mixture thoroughly. Cover your hair with a shower cap.
- 3– Leave it on overnight and shampoo your hair in the morning.

FENUGREEK

Fenugreek, also known as methi, is highly effective in treating hair loss. Fenugreek seeds contain hormone antecedents that enhance hair growth and help rebuild hair follicles. They also contain proteins and nicotinic acid that stimulate hair growth.

- 1– Soak one cup of fenugreek seeds in water overnight.
- 2– In the morning, grind them to make a paste.
- 3– Apply the paste to your hair and cover with a shower cap. After about 40 minutes, rinse your hair.
- 4– Follow this remedy every morning for a month.

ONION JUICE

Onion juice helps treat hair loss due to its high sulfur content, which helps improve blood circulation to the hair follicles. The antibacterial properties in onion juice also help kill germs and parasites, and treat scalp infections that can cause hair loss.

- 1– Extract the juice of one onion by grating it and then strain it.
- 2– Apply the juice directly onto the scalp. Leave it on for about 10 minutes, and then wash it off with lukewarm water.
- 3– Finally, shampoo your hair.

To make the treatment more effective, you can mix aloe vera gel in onion juice before applying it onto the scalp.

LICORICE ROOT

Licorice root is another herb that prevents hair loss and further damage to the hair. The mollifying properties of licorice roots open the pores, soothe the scalp and help get rid of irritations like dry flakes. This remedy is good for dandruff, hair loss and baldness.

- 1– Add one tablespoon of grinded licorice root to one cup milk with a quarter teaspoon saffron. Mix it thoroughly.
- 2– Apply the paste on bald patches at bedtime and leave it on overnight.
- 3– In the morning, wash your hair.
- 4– Follow this remedy once or twice a week.

CHINESE HIBISCUS

The Chinese hibiscus flower has many natural properties that can help in treating hair loss. In addition to promoting hair growth, this flower can also be used to cure dandruff, prevent split ends, thicken hair and prevent premature graying. To treat hair loss:

- 1– Add 10 Chinese Hibiscus flowers to two cups of coconut oil.
- 2– Heat the solution until charred. Strain it to collect the oil.
- 3– Apply the oil on your hair before going to bed. Wash your hair in the morning.
- 4– Repeat this three to four times a week.

ALOE VERA

Aloe vera contains enzymes that directly promote healthy hair growth. Also, its alkalizing properties can help bring the scalp and hair's pH to a more desirable level, which can greatly promote hair growth.

Regular use can also relieve scalp itching, reduce scalp redness and inflammation, add strength and luster to hair, and alleviate dandruff. Both aloe vera gel and juice will work.

- 1– Apply aloe vera gel or juice onto the scalp.

2– Leave it on for a few minutes and then wash it off with lukewarm water.

3– Repeat the process three to four times a week.

You can also consume one tablespoon of aloe vera juice daily on an empty stomach to enjoy better hair growth.

BEETROOT JUICE

Beetroot juice contains carbohydrates, protein, potassium, phosphorus, calcium and vitamins B and C. All these nutrients are essential for healthy hair growth.

Take two to three beetroots and grate them to extract the juice. Use the juice as a hair rinse to give your hair an extra shine. When used regularly, you'll also notice significant improvement in your hair growth rate. Also, include fresh beetroot juice in your diet. In addition to that, spinach juice, alfalfa juice, lettuce juice, or carrot juice will help keep your hair healthy.

COCONUT MILK

Coconut milk is rich in protein and essential fats that promote hair growth and prevents hair loss. When applied to the hair, coconut milk provides quick results.

1– You can make fresh coconut milk at home by adding a freshly grated coconut to a pan of water.

2– Let it simmer for 5 minutes. Then strain it.

3– Once cool, apply the milk thoroughly onto the scalp and into your hair. Leave it on for about 20 minutes and then shampoo your hair.

To make the treatment more effective, you can mix black pepper and powdered fenugreek seeds to the coconut milk before using it.

SNEEZING

PEPPERMINT OIL

If your sneezing is due to a stuffy nose, peppermint oil's antibacterial properties can help.

1– Boil some water and add five drops of peppermint oil.

2- Cover your head with a towel and breathe in the steam coming from the boiling pot. Inhaling the steam will clear your nasal passages.

You can also inhale steam from boiling water mixed with a few drops of eucalyptus oil to get relief from sneezing induced by nasal irritation and colds.

FENNEL TEA

Fennel has natural antibiotic and anti-viral properties that can fight off any upper respiratory infection, including sneezing.

1- Boil a cup of water, add two teaspoons of crushed fennel seeds and cover the pot. Soak the seeds for 10 to 15 minutes and then strain the liquid.

2- Drink two cups of this tea daily to reduce the frequency of sneezing.

When preparing fennel tea, never boil the water after adding the seeds to it. This will destroy the natural oils in the fennel.

BLACK PEPPER

Something as simple as pepper can be the solution to sneezing and a runny nose.

Mix one-half tablespoon of pepper powder with lukewarm water. Drink it two to three times each day.

Gargling with warm water mixed with pepper also helps get rid of cold viruses and germs. You can also eat soups and salads mixed with black pepper.

CHAMOMILE TEA

A hot cup of chamomile tea is considered as one of the best home remedies for sneezing caused by allergies. It has excellent antihistamine properties that can provide instant relief.

1- Add one teaspoon of dried chamomile flowers to one cup of boiling water, continue boiling the tea for a few minutes. Add some honey to improve the flavor.

2- Drink the tea two times each day to stop your sneezing.

You can also use Echinacea and nettle tea and drink it two times daily.

GINGER

Ginger is one of the oldest and effective home remedies for the treatment of different viral and nasal problems including sneezing. Consume 1 to 2 teaspoons of ginger extract twice a day until the sneezing stops. Another option is to cut a small piece of ginger root into thin slices, put them in a cup of water and boil it for some time. Add a little honey for taste and drink the tea before going to bed. This will prevent sneezing at night.

GARLIC

Garlic can easily fight off an upper respiratory infection due to its natural antibiotic and antiviral properties. It can be used internally or externally to get relief from excessive sneezing caused by a common cold infection. Crush four to five garlic cloves to make a fine paste and then inhale its strong fragrance. This will help clear the nasal passages that cause sneezing and help you to breathe with ease. It's also helpful to include garlic in your diet. You can add it to your soups, salads and many other dishes.

VITAMIN C

Vitamin C can help lower the production of histamine in your body and hence control sneezing. When suffering from a common cold, drink a glass of lemonade or orange juice to get a good dose of vitamin C. Your diet should also include vegetables that contain bioflavonoid, which works in the same way as vitamin C. Its antioxidant properties similarly control histamine production and thereby reduces sneezing.

FENUGREEK SEEDS

Fenugreek seeds also provide relief from sneezing due to its antiviral properties. Fenugreek has a soothing effect on the mucous membranes relieving irritation and it helps to treat sneezing.

- 1- Boil water with 2 to 3 teaspoons of fenugreek seeds. Wait until the content reduces by half.
- 2- Drain the mixture, and drink it in small sips.
- 3- Do this 2 to 3 times a day until your symptoms are gone.

BITTER GOURD

Bitter melon has medicinal properties and is used in treating sneezing to a great extent.

- 1- Soak about 5 to 6 bitter melon leaves in water for some time.
- 2- Remove the melons from the water, squeeze them and add a little bit of warm water to make juice. You can add some honey to the mixture if you like.
- 3- Drinking this on a regular basis will help get rid of sneezing induced by colds and seasonal allergies.

YELLOW TEETH

BAKING SODA

Baking soda is one of the best ingredients that you can use to get rid of your yellow teeth. You can make a whitening mouthwash with baking soda by mixing two tablespoons of baking soda with one cup of cold water. Now use this whitening mouthwash to rinse your mouth two to three times in a day. This remedy can easily correct minor yellow stains. At the same time you can also scrub your teeth gently for at least two minutes with diluted baking soda for sparkling teeth. Follow this remedy twice a week for the first week, and then follow it in every fifteen days. It is essential to note here that excess use of baking soda can strip your teeth of its natural enamel.

STRAWBERRIES

Strawberries contain good amount of vitamin C, which help in making your teeth whiter. Take a few strawberries and grind them to make a paste. Now use this paste to rub your teeth gently. If done twice daily for a few weeks, the yellow tinge on your teeth will vanish. Another option is to mix the pulp of one strawberry with half a teaspoon of baking soda and then spread the mixture onto your teeth and allow it to sit for a few minutes. Finally rinse out your mouth and brush your teeth with toothpaste to get rid of any residue.

LEMON

The bleaching property present in lemon can also be used to get rid of yellow teeth. In fact, gargling with lemon juice and scrubbing teeth with lemon peel is also one of the best ways to make your teeth white. Take a few drops of lemon juice and add some salt to it. Now apply this mixture on the stained teeth and rub the paste vigorously over your teeth and gums. Leave for a few minutes and

then rinse your mouth properly with normal water. Follow this remedy twice daily for about two weeks to get rid of tartar and yellow tinge.

APPLES

Apple is a kind of crunchy fruit that can scrub your teeth like a toothbrush and make your teeth look whiter than before. Try to eat one or two apples daily to get rid of the yellow stain accumulated on your teeth. When eating an apple make sure to chew them properly so that the acidic nature of apple and the fiber rich rough flesh get ample time to work on your teeth and help to remove the yellow stain. Apart from apples, you can also eat other crunchy food items such as raw carrots, cucumbers and broccoli.

HOLY BASIL

The leaves of holy basil have whitening properties and hence it can be used to make your teeth whiter. At the same time holy basil can also protect your teeth from gum problems such as pyorrhea. Take few leaves of holy basil and keep them in the sun for few hours. Once the holy basil leaves become dry you need to grind them to make some powder. Now mix this powder with your regular toothbrush and then use it to brush your teeth. Another option is to make a paste of holy basil leaves with mustard oil and then use it to clean your teeth.

MARGOSA

You can also use margosa to enjoy white healthy teeth. You can use margosa twigs as a toothbrush to brush your teeth. Chewing margosa branches helps in tackling teeth problems and clears the yellowness from the teeth. At the same time you can use margosa oil and mix it with your regular toothpaste and then use it to brush your teeth. Due to the astringent and antiseptic properties, regular use of margosa oil also help to get rid of bad breath and dental cavities.

SALT

Salt is one of the fundamental dental cleansing agents used since ages as it helps to replenish the lost mineral content of the teeth and help them to regain their whiteness. You can use common salt regularly each morning as a toothpowder instead of toothpaste. Another option is to mix common salt with charcoal and then use it brush your teeth regularly. You can also mix common

salt with baking soda and then use it to rub your teeth gently in order to reduce the yellow tinge accumulated on your teeth. When using salt you need to be extra careful as salt can cause damage to gums and enamel if used roughly.

CHARCOAL

Charcoal is one of the best known home remedies for yellow teeth. Charcoal, has a powerful crystal based chemical which results in teeth whitening. Take some charcoal powder and mix it with your regular toothpaste and use it to gently brush your teeth. Do it twice daily to make your teeth sparkling white. Along with charcoal you can also use the ashes of burnt bread and burnt rosemary in order to make your teeth whiter.

ORANGE PEEL

You can also clean your teeth with fresh orange peel on regular basis in order to reduce the yellow tinge accumulated on your teeth. To make your teeth white, rub orange peel on your teeth every night before going to sleep. The vitamin C and calcium present in the orange peel will combat with the microorganisms all through the night. Within a few weeks you can notice effective results and your teeth will appear more shiny, stronger and whiter. If fresh orange peel is not available then you can use dried orange peel powder.

DIARRHEA

WATER

Staying hydrated is one of the most important things that you need to focus on while suffering from diarrhea. This is mainly because your body loses liquids and electrolytes which can cause dehydration. You can solve the problem easily by drinking plenty of fluids. The best option here is to drink eight to twelve glasses of water daily. For better result add half teaspoon of salt and four teaspoons of sugar into one liter of water and then drink it from time to time. At the same time you can also drink green tea, fruit juices, vegetable juices and even sports drink. Also you must stay away from caffeine and alcohol.

BROWN RICE

You can also consume brown rice to control the symptoms of diarrhea. The high amount of starch and B vitamins present in brown rice can help a lot to reduce the amount of fluid lost, restore intestinal flora and make the stool less watery.

This in turn will help to fasten up the healing process. Take half a cup of brown rice and boil it in three cups of water for about forty five minutes. Once done, you can eat the rice by adding little salt to it and then drink plenty of the water. For the treatment of diarrhea it is highly recommended to use brown rice instead of white rice.

YOGURT

Eating yogurt that contains 'live cultures' is another effective way to deal with the symptoms associated with diarrhea. 'Live cultures' are friendly bacteria that provide a layer of protection in the intestines and help to generate lactic acid to flush out bacterial toxins from within the body. You can eat yogurt as it is or make a smoothie and then have it. You can eat yogurt several times a day. However, health experts say that you should not begin to eat yogurt until the stomach calms down, as consumption of dairy products too early can worsen your condition.

BANANAS

Banana can also be consumed to solve the problem of watery stool. Pectin present in banana is a kind of soluble fiber that helps to absorb liquid in the intestines and thus solve the problem of watery stool. At the same time the high level of potassium present in banana helps to replace electrolytes that may be lost while suffering from diarrhea. Take one mashed ripe banana and add one teaspoon of tamarind pulp and a pinch of salt to it and mix it properly. Have this mixture twice daily to settle an upset digestive system. At the same time it is always a good idea to have one or two ripe banana for breakfast.

POTATO

Potato is another starchy food that can be used in the treatment of diarrhea. You must frequently consume plain boiled potatoes as it will help to restore the lost nutrients and comfort your upset stomach. Another option is to cook white rice and potatoes together in plenty of water until it has a thick consistency. Then consume it by adding little salt to it. You can have this simple dish for lunch or dinner. When suffering from diarrhea, do not make the mistake of eating French fries or fried and spicy potatoes as it will worsen your condition.

ORANGE PEEL TEA

Orange peel tea is another home remedy that can help to control the symptoms associated with diarrhea. For making a cup of orange peel tea, you need to first wash the orange properly to remove any pesticide content and then remove the peel and gently chop it. Put the chopped orange peel in half cup of boiling water and allow it to steep for some time. Once cooled, add some honey or sugar to sweeten it and then have it. This tea will help in the digestion process. You can drink this tea two to three times a day.

CHAMOMILE

Chamomile is often used in the treatment of various intestinal disorders including diarrhea. The antispasmodic property along with high amount of tannins present in chamomile can give huge relief from the symptoms of diarrhea. To make chamomile tea, take one teaspoon of chamomile flowers and one teaspoon of peppermint leaves and put them in a cup of boiling water. Allow it to steep for about fifteen minutes. Have this herbal tea at least three times a day to fasten up the healing process. You can also make a cup of chamomile tea from packaged tea bags.

BLUEBERRIES

Blueberries contain an element known as anthocyanosides, which have antibacterial as well as antioxidant properties. At the same time blueberries also contain high amount of soluble fiber pectin which can help a lot in dealing with the symptoms associated with diarrhea. The best option here is to chew dried blueberries several times a day. This will help to kill the germ causing diarrhea. Else you can make a cup of tea by boiling crushed dried blueberries in one cup of water for about ten minutes. Drink this tea several times a day. You can also make soup with dried blueberries to control your upset stomach.

GINGER

As ginger is simply good for your digestive system, you can always use it in the treatment of diarrhea. You can use dry ginger or fresh ginger to make a cup of ginger tea. When ginger tea is consumed two to three times a day, it eases the cramps and abdominal pain that sometimes accompany diarrhea. Another option is to take equal amount of ginger juice and lemon juice and crush some pepper into it. Consume this solution at least three times a day to get rid of

diarrhea quickly. You can also take ginger in capsule form or try foods such as gingersnap cookies, gingerbread, or ginger ale.

WARTS

Warts are one of the most common skin problems that can appear anywhere on the body, but they are most commonly found on the hands and feet. **They can grow in clusters or singly and have a rough skin surface; sometimes a black spot is visible in the middle of it.**

GARLIC

Garlic has antiviral, antibacterial, and antifungal properties that fight viral infections.

- 1- Crush a garlic clove and apply it on the affected area. Cover it with a bandage.
- 2- Leave it on for about 20 minutes and then wash the area thoroughly.
- 3- Repeat this treatment twice daily for about a week. The caustic effect of the garlic will cause the wart to blister and fall off. Larger warts may take longer to heal. If you do not like the smell of garlic, you can take garlic capsules three times a day for a week.

APPLE CIDER VINEGAR

Apple cider vinegar also has antiviral, antibacterial, and antifungal properties.

- 1- Dilute two parts apple cider vinegar in one part water.
- 2- Apply this solution on the affected area using a clean cotton ball. Cover the area with a bandage or tape.
- 3- Repeat this simple remedy for a few weeks. Within a few days, the warts will start turning black. Soon after, the warts will fall off leaving a small mark that will gradually vanish.

VITAMIN C

Vitamin C is highly acidic in nature and hence they can help wear the wart away and also fight the virus itself.

- 1- Crush two to three vitamin C tablets or empty the contents of a vitamin C capsule in a bowl.
- 2- Add a little water and mix it to form a fine paste.
- 3- Rub the paste on your warts and cover the area with a bandage. Initially it will cause some burning sensation, but it will quickly go away.

HOT WATER SOAK

Soaking warts in slightly hot water will soften them and help them to heal quickly. A hot water soak will also help fight the virus and prevent infection. Plain hot water is fine, but some white vinegar or Epsom salt can also be added to make the treatment more effective. Before following this remedy, slough the affected skin area with an emery board or pumice stone for best results. Also, make sure the water is not too hot to prevent burning your skin.

BAKING SODA

Due to the antiseptic and strong anti-inflammatory properties present in baking soda, it can help combat viruses and bacteria that cause warts.

Mix one teaspoon of white vinegar with baking soda to make a thick paste. Dab the paste on your warts twice a day (once in the morning and once at night).

You can also mix baking soda and castor oil together to form a paste. Apply it to the wart and cover the area with a bandage. Leave it on overnight and remove the bandage the next morning. Repeat this remedy for several days, until the wart is gone.

ALOE VERA

Aloe vera is known for its anti-inflammatory properties that can be very effective in treating warts.

- 1- Extract the gel from an aloe vera leaf.
- 2- Apply the fresh aloe vera gel on your wart using a clean cotton ball. Then use a bandage or tape to hold the cotton ball over the wart.
- 3- Repeat the process twice daily for two weeks. If you do not have an aloe vera plant at home, you can buy aloe vera gel at the drug store and rub it on the wart several times a day.

TREE TEA OIL

Tea tree oil has strong antiviral properties, making it a great natural ingredient to treat warts.

1- Tea tree oil is very strong and so dilute it with water or aloe vera gel before using it on the affected skin area.

2- Apply the diluted tea tree oil on your warts several times during the day and especially at night before going to bed. The oil is easily absorbed by the skin, so it will immediately fight the virus under your skin.

CASTOR OIL

Pure cold-pressed castor oil can be used to cure various skin disorders, including warts. The main component of castor oil is ricinoleic acid, which is known to have anti-inflammatory and antibacterial properties. Castor oil works best on small, flat warts on the face and the back of the hands.

1- Apply the castor oil on your warts several times a day. Make sure the affected area is thoroughly soaked and covered with the oil.

2- Before going to bed, soak a cotton ball in castor oil and tape it over your wart. In the morning, clean the wart and soak it in warm water for a few minutes. Then rub off the dead skin with a pumice stone.

3- Repeat this remedy for a few days. The wart will become dark and gradually fall off.

BANANA PEEL

Banana peels have strong antioxidant properties that can successfully treat warts. The chemicals and oils present in the banana peel will dissolve the wart and help your immune system fight off the virus that caused it.

Cut a piece of banana peel and tape it over your wart. Do this as often as you can and especially before going to bed, leaving it on overnight. For faster results, use green banana peels rather than peels from ripe bananas.

You can also rub the affected area gently with a fresh slice of banana. Depending on the size and type of wart, you may have to repeat this remedy for several days to several weeks.

BASIL

Basil leaves have antiviral, antibacterial and anti-inflammatory properties that help treat warts naturally.

1- Simply crush some fresh basil leaves gently and rub the leaves on your warts. You can also place the crushed leaves on the warts and cover it with a bandage.

2- Repeat the procedure twice daily for faster improvement

Visit our Website



www.amkresourceinfo.com

-----JOIN US by CLICK here-----



Important Links in our Website

A M K – Free E Resources

<http://amkresourceinfo.com/free-e-resources/>

Daily Newspapers : <http://amkresourceinfo.com/daily-newspapers/>

Job Notifications : <http://amkresourceinfo.com/job-notifications/>

E Books : <http://amkresourceinfo.com/e-books-2/>

E Magazines : <http://amkresourceinfo.com/e-magazines-2/>

Online Buy Books : <http://amkresourceinfo.com/online-buy-books/>

RRB – Group D : <http://amkresourceinfo.com/rrb-group-d/>

And many more...

