Snippets on Home Remedies

Home Remedies: To treat common cold, stay as hydrated as possible. For fast recovery, drink a glass of turmeric milk to fight against cold. Turmeric has a strong antioxidant that helps in treating many health problems. –Powered By HT Media

Home Remedies: For menstrual cramps, ginger tea is as effective as ibuprofen. Ginger improves blood flow and reduces inflammation in muscles. Apply Neptune krill oil or fish oil to increase blood flow in the area. -Powered By HT Media

Home Remedies: For Dry Skin, a sea salt scrub made at home will treat rough patches on elbows, knees and heels. Mix it with light massage oil. Sea salt is a good exfoliator as its thicker grains clear away the dry skin. -Powered By HT Media

Home Remedies: For Heartburn, avoid trigger foods such as soda, high-fat beef and fried to deal with acid reflux. Include Apples in diet that has pectin, a soluble fibre which absorbs stomach acid to prevent heartburn. -Powered By HT Media

Home Remedies: Insomnia is the biggest problem for teenagers. Avoid intake of caffeine and nicotine before going to bed. Drink a glass of warm milk mixed with honey to induce sleep. It works as a natural sedative. -Powered By HT Media

Home Remedies: To treat sinus headache, take steam and breathe deeply which helps in opening nasal passage to reduce pain. Cinnamon has anti-inflammatory properties that relieve pain. Make paste and apply on forehead. -Powered By HT Media

Home Remedies: To beat the air pollution, either chew or drink fresh sugarcane juice to boost the immune system. Sugarcane helps to detoxify and cleanse the liver. Drink water and other herbal drinks to stay hydrated. -Powered By HT Media

Home Remedies: To protect from heatstroke, drink plenty of water. Water prevents heat strokes and acts as natural air coolant. Drinking coconut water two-three times a day prevents dehydration and improves skin quality. -Powered By HT Media

Home Remedies: For diabetes, green tea is helpful in reducing blood sugar and insulin levels of the body. Jambal fruit proves to be an effective medicine for diabetes knowing its effect on pancreas. -Powered By HT Media

Home Remedies: To fight Dengue, papaya leaves helps in increasing the platelet count and is also rich in anti-malaria properties. Papaya is one of the healthiest fruit known for its healing properties in many illnesses. -Powered By HT Media