



25 TOP HOME REMEDIES THAT REALLY WORK

Here are 25 effective home remedies that help manage a wide range of ailments from the comfort of your home without the need for pharmaceutical drugs

01 Sea salt

Use to manage throat pain, toothache, sinus infections, and canker sores.

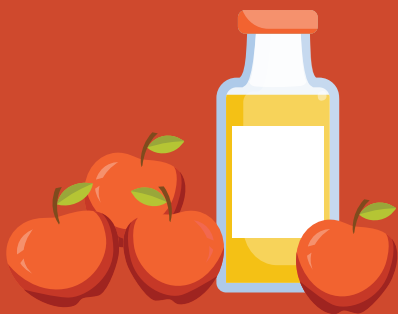
Dissolve one teaspoon of salt in eight ounces of water and gargle the salt water solution several times daily.



02 Apple cider vinegar

Helps with bloating, acid reflux, and indigestion, can stabilize blood sugar levels, and promotes weight loss.

Dilute 1 to 2 tablespoons with water and take before a meal or on an empty stomach.



03 Whole lemon drink

Use to minimize spider veins, relieve swollen gums, boost immune defenses, and prevent kidney stones.

Blend a whole lemon with water and electrolytes (optional) for a vitamin C-rich drink.



04 Extra virgin olive oil

Helps lower inflammation and blood pressure, manage stomach ulcers and gastritis, and reduce rheumatoid arthritis symptoms.

Consume daily in dressings, dips, and drizzles.



05 Baking soda

Use for heartburn, gastritis symptoms, stomach ulcers, acne, and insect bites.

Mix half a teaspoon in water and take twice daily, or apply a baking soda paste to the affected skin.



07 Broccoli sprouts

Helps with H-pylori infections, detoxification, and inflammation. Broccoli sprouts are a rich source of sulforaphane, a potent phytochemical with potential anti-cancer and anti-aging properties.



09 Cloves

Use to relieve toothache, manage sore throat symptoms, and improve motion sickness and nausea.

Chew on 1 to 2 cloves or gargle with clove-infused water several times a day.



10 Cruciferous vegetables

Use to promote hormonal balance, enhance detoxification, and manage menstrual irregularities, cramps, and heavy periods. They can also lower the risk of prostate enlargement and prostate cancer.



06 Garlic

Use to manage and prevent microbial infections, including the common cold and flu viruses, thrush, and food poisoning. Garlic also helps lower blood pressure and reduce heart disease risk.



08 Prolonged fasting

Helps maintain a healthy weight, boosts energy and mental clarity, and stimulates cellular repair mechanisms linked to a lower risk of cancer and heart disease.



11 Kefir

Use to get rid of yeast infections, promote digestive health, strengthen the immune system, and replenish probiotic bacteria after antibiotic use.

Drink one cup of plain, unsweetened kefir daily.



12 Blackberries and kefir smoothie

Use to stop diarrhea, promote regular bowel movements, and increase beneficial gut bacteria.

Blend 1 cup blackberries, 1 cup kefir, stevia (optional), and a handful of ice cubes until smooth.



13 Sauerkraut

Helps with gastrointestinal issues such as bloating, gas, sluggish digestion, constipation, or antibiotic-associated diarrhea.

Consume one cup of unpasteurized sauerkraut daily.



14 Oregano oil

Use for bacterial, viral, yeast, and parasitic infections by adding 1 to 2 drops of oregano oil to meals or topically apply diluted oregano oil to manage acne, fungal skin infections, and dandruff.



15 Iodine

Use to shrink warts, disinfect wounds, and manage skin infections such as impetigo, acne, and toenail fungus. Apply diluted iodine to the affected skin region and cover with gauze.



16 Homemade chicken soup (including bones)

Helps with cold and flu symptoms, soothes a sore throat, clears nasal passages, replenishes electrolytes, hydrates, and can relieve musculoskeletal issues such as joint pain and arthritis.



17 Hydrogen peroxide

Use to make homemade teeth-whitening toothpaste.

Mix 1 teaspoon coconut oil, 1/2 teaspoon baking soda, 1/4 teaspoon hydrogen peroxide (food-grade 3%), and 3 drops of clove oil.



18 Epsom salt

Use for muscle relaxation, pain relief, ankle sprains, arthritis, bruising, and sleep issues.

Dissolve 1 to 2 cups of Epsom salt in a bath and soak for 30 minutes three times per week. (food-grade 3%), and 3 drops of clove oil.



19 Local bee honey

Use to manage and prevent seasonal allergies.

Local honey contains small amounts of pollen, which helps desensitize your immune system to these allergens. Take small amounts daily.



20 Black currant seed oil (GLA)

Helps with premenstrual syndrome and menopause symptoms, can improve skin issues such as eczema and dermatitis, and may be used to alleviate stiff joints and muscle pains.



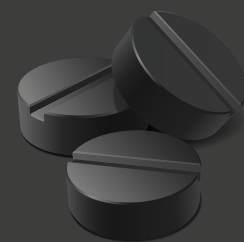
21 Spanish Black Radish

Use for respiratory conditions such as coughs, sinus congestion, allergies, and infections. Its potent expectorant properties help loosen up and expel persistent mucus in the nasal passage.



22 Activated Charcoal

Use for accidental overdoses, exposure to environmental toxins, an upset stomach, and to buffer the toxic effects of alcohol. Activated charcoal in powder form can be used to whiten teeth.



23 Bentonite Clay

Helps with the detoxification of chemicals, mold, heavy metals, and other toxins due to its absorbent properties that bind to and eliminate a wide range of potentially harmful substances.



24 Niacin

Use to lower cholesterol. Also known as vitamin B3, niacin can help improve blood lipid levels and balance cholesterol levels.

Take 1500 to 3000 mg daily, divided into 2 or 3 doses.



25 Sage

Helps manage and prevent excessive sweating and can reduce hot flashes and night sweats during menopause.

Take between 200 and 300 mg of sage daily until symptoms improve.

