

## Herbal Remedies From Your Crisper Drawer

Here are some herbal remedies that you can make from things you probably have right in your own crisper drawer.

**Cabbage**The next time you have acid indigestion, don't reach for the Tums reach for cabbage instead. simply mix a pound of cabbage with a big carrot and grind it in a blender along with a tablespoon of sugar. You will need a high powered blender to turn this into a shake. Drink this half hour before your meals and it is said to be believed gastric acid problems.

**Avocado**The next time you slice it into a yummy avocado, don't throw away that seed! The seed can be used for a temporary filling for cavities when you can't get to the dentist right away. Simply slice off a piece of the seed and plug the hole. You should replace the filling twice a day and see your dentist as soon as possible.

**Ginger**If you have a sore throat, chewing on a small piece of ginger can act as a soothing lozenge. Ginger has other great healing properties as well so you can only benefit from using this when you have a cold.

**Guava**Guava can be used to treat many ailments. Chopping up the leaves and boiling them in two glasses of water for 15 minutes to make a tea that can help alleviate diarrhea. Crushing the leaves can help alleviate nausea and fainting spells - simply crush up the leaves and inhale the aroma. If you have a sunburn or prickly heat rash boil some guava leaves in 2 gallons of water, let it cool and apply to the affected area.

**Oregano**Not only is a good spaghetti sauce, but oregano can also make a good cough suppressant. Boil one cup a fresh oregano leaves in two glasses of water to make a tea. Adults should drink a half a cup of tea three times a day but when the children to a teaspoon.

**Papaya**Papaya is very high in fiber and therefore can help alleviate constipation. It is also a natural exfoliant that can help treat acne and keep your skin looking great. To use topically, mash up papaya and mix it in a three to one ratio with lemon juice. Slathered on your face and the mask. Leave on for half hour and rinse for water. You can also add a little to this mixture if you want to use it as a scrub.

**Pineapple**Got intestinal parasites? Pineapple is known to get rid of pinworms quite effectively. Eat two to three slices with every meal for a week and you're intestinal parasites should be gone.

**Radish**Radish is great for treating athlete's foot. You'll need to mash it up and somehow extract the juice then apply that to the affected area twice a day.

**Eggplant Leaves**An eggplant leaf tea can help relieve symptoms of gingivitis. Boil three egg plant leaves with two glasses of water and use as a mouthwash. Eggplant leaves can help soothe gingivitis. Simply boil 3 chopped eggplant leaves in 2 glasses of water for 10 minutes and use the concoction as a mouthwash as needed.

Having a lot of fruits and vegetables in your refrigerator is a good idea to stay healthy, not only by eating them to ingest the antioxidants, minerals and vitamins but also to have them around to make healthy herbal remedies.

## About the Author

This is a seminar in the law, history and culture of remedies. It surveys the dominant legal doctrines for providing redress, the relationship.

Source: <http://productsherbal.com>