

Simple Home Remedies For Common Ailments

There are many simple ways to treat minor health issues without having to see the doctor.

From head lice to bad breath, we all suffer from unpleasant ailments at some point. Here are some great tips for treating these afflictions naturally, and best of all, at home.

Acne

This common skin disorder can strike at any age, but teenage boys are particularly prone to it. The main cause is hormone disturbances that can lead to over-activity of the oil glands. In some people, a dairy-free diet can help to improve the condition. Gentle washing with a medicated cleanser plus topically applying calendula cream can relieve symptoms. The golden rule with acne is no squeezing - it can lead to scarring - and drink lots of water. Traditional Chinese medicine can also help.



Bad breath

If you or the people around you suffer from your continual bad breath, you first need to look at your teeth-brushing skills. If you are not cleaning your teeth properly with a soft toothbrush and fluoride toothpaste for at least two minutes twice a day, and flossing once a day, your bad breath could simply be a result of rotting food accumulating in your mouth.

If you have a love of coffee, garlic or onion that may make your breath a little stinky, try chewing on some fresh parsley to mask the smell.

Bad breath can also be a symptom of something more serious, so if these few simple techniques don't improve your condition, it's important to get it checked out.

Eczema

Eczema is a chronic allergic condition in which the skin develops areas of itchy, scaly rashes. Eczema is particularly common in infants and children. To relieve it, try topically applying aloe vera gel or calendula lotion.



Greasy hair

If your hair always looks unwashed and lanky, despite your best efforts to keep it clean, it could be that your sebaceous glands are working overtime, causing a greasy look.

Ironically, frequent washing can worsen the problem so you may need to reduce this to every second or third day using a gentle shampoo. A weekly vinegar rinse can also be good.

Add a tablespoon of apple cider vinegar to some warm water and pour it over your hair after you have washed it. Leave in or rinse out with warm water.

Haemorrhoids

This often uncomfortable condition occurs when veins around the anus (external hemorrhoids) or just inside the anus (internal hemorrhoids) become distended and inflamed. Common causes of piles are prolonged sitting, constipation, pregnancy, stress or obesity. Depending on the cause, various home remedies are available.

If constipation is the cause, you may just need to up your fibre and water intake. Aloe vera gel can help to heal hemorrhoids. A sitz bath can also help relieve the symptoms; this involves sitting in enough warm water to cover the affected area for 15 minutes several times a day.

Warts

Apply a few drops of tea tree oil directly on a wart to help remove it in 7 to 10 days.



Head Lice

To avoid head lice, add a few drops of tea tree oil to your regular shampoo.

Nose bleed

Apply several drops of apple cider vinegar to a cotton ball and insert in the affected nostril.

Common cold

If you have that nagging feeling that a cold is taking hold, eat a clove of raw garlic and gargle some salty water. It's not pleasant, but it often does the trick of stopping a cold in its tracks. If that doesn't work, have a rest and get someone to bring you a big steaming bowl of chicken soup, which has also been shown to relieve the symptoms of a cold.

If you develop a cough, mix together a clove of garlic (crushed), a teaspoon of honey and a tablespoon of fresh lemon juice or apple cider vinegar and consume a couple of times a day until it clears.

Toothache

If you are suffering from a toothache and there is a delay in getting to a dentist, you can try chewing on some dried cloves to relieve the pain. If you don't have cloves on hand, rub some raw garlic on the offending tooth and gum for a few minutes. It may sting a little but should relieve some of the pain.



PMS

Three out of four menstruating women experience some degree of premenstrual syndrome (PMS). Symptoms can include mood swings, abdominal bloating, anxiety, fluid retention and increased appetite. A teaspoon of apple cider vinegar three times of day before meals can help relieve some of the symptoms of PMS. Low levels of magnesium and calcium can also be responsible for many symptoms of PMS, so a supplement containing these may help. The herb Vitex agnus castus has also been shown to help.

Urinary tract infections

One of the most common health complaints of women is urinary tract infections (UTI) such as cystitis. Women are 30 times more likely to develop a UTI and if you are menopausal, sexually active, taking antibiotics or pregnant your risk is even greater.

Cranberry juice is one of the best things for preventing and dealing with a UTI, as cranberries contain a substance that prevents bacteria from sticking to the bladder walls.

A tea made with the silk from corn can also be drunk to help relieve symptoms. To prepare infusions, pour a cup of boiling water onto the silk from one cob of corn, and let it steep for 10-15 minutes. Strain and drink three times daily.

Ear wax

If you are prone to a build-up of ear wax, and have a healthy eardrum, you can use a drop of olive oil in each ear to keep the ear clean. Never use a cotton bud in your ear as it can just push the wax further in to the ear canal.



Muscle cramps

Reasons for cramps include dehydration, poor nutrition, wearing high heels for an extended time, not stretching properly before a workout or exercising too hard. If you're staying hydrated, another cause of cramps can be a lack of potassium. If you want to avoid taking a supplement, bananas are a great source of potassium. Drinking chamomile tea regularly can also help to keep cramps at bay.



*Taking steps for a
healthier you*

Hiccups

To get rid of hiccups, just give your tongue a good pull or breathe into a paper bag.

Bowels

To relieve constipation, mix half a cup of orange juice with half a cup of olive oil and drink.

Wind

Drink herbal tea containing basil leaves, chamomile, cloves, ginger or peppermint to relieve flatulence.

If your symptoms persist, or you feel you need expert advice, call us on **07 3857 3777** and see one of the holistic specialists at Ubuntu Medical Stafford.

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