

# BEST 9 HOME REMEDIES



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## **1) Why Home Remedies are Popular?**

Home remedies have proven time and time again that they are incredibly popular. The major benefits that home remedies tends to offer to people means that it is possible to learn some great ways to save money, improve your health and also live a bit of a greener life. In order to really get all of the benefits possible from home remedies it is important to understand some of the most popular reasons for choosing a home remedy.

What you might not realize is that doctors can be extremely expensive. Starting when you are an adult you are going to be responsible for all of the doctor's visits that you need to make. If you are like most adults you are going to attempt to limit these visits as much as possible. In order to do this, it is necessary to skip some visits and even potentially limit the number of times that you are actually getting sick. Small changes such as this can make it possible to stretch your budget and substantially avoid having to mortgage your home again just to cover medical bills.

The world of home remedies also has the benefit of providing many natural cures also. If you go to a doctor, you are likely to leave with a prescription for a drug that has been tested on a plethora of different people and species. Not exactly the most comforting though when you consider some of the side effects that are also accompanied by that prescription. Home remedies on the other hand tend to be free of most side effects, when is the last time you actually heard of a side effect from a home remedy being worse than the initial problem? Most people never encounter this situation, which cannot be said for many of the medications that are distributed by doctors.

Other concerns are frequently the prices of medication. With medication costing as much as thousands of dollars a month it can be virtually impossible for many people to afford the medication that they need. If you are in this position, you are certainly not alone. Working with a home remedy may not resolve all of your ailments; however, it can be extremely effective in helping you to reduce the amount of medications that you do need to obtain from the pharmacy. It is very important to ensure you are still getting the medications that are essential to your livelihood though. Never take a gamble with your actual health.

Many people believe that home remedies are also grossly popular due to the family tradition that is often associated with them. For example, someone is much more likely to try a home remedy if it is something that has been recommended by a family member who has done it for years. This type of comfort can often be compared to traditional holiday habits or the loving gestures that parents made when we were smaller. This is also the time when many people pass along their own ideas to their children as they apply home remedies to their children after their injuries and illnesses.

Working to pinpoint a specific reason why home remedies are popular is virtually impossible. There is no single attribute that can be blamed or praised. With all home remedies, there are some reasons why they are incredibly popular and of course, there are also plenty of other reasons why they are incredibly unpopular. Not all home remedies will manage to draw massive amounts of attention. The vast majority of consumers will typically adopt several remedies that they tend to encourage and will frequently shun others that do not fit into their exact lifestyle. Regardless of whether you have a large arsenal of remedies yourself, the reality that they are growing is a very popular concept. Working to improve the health of everyone in your family is certainly incredibly popular and should never be overlooked.

## **2) Are Home Remedies Better than a Doctor?**

For the simplest issues that can be wrong there are times when a home remedy can be the perfect solution. Trying to decide if a home remedy is the best solution for your needs is something that should be determined based on your own particular situation, rather than trying to compare your situation to that of someone else. It is also extremely important to realize that there are times when a doctor is much better equipped to handle your problem, or another professional. Trying a home remedy is all about saving money, using natural solutions and also ensuring safety.

With this in mind, it can be a lot of fun to venture off to find the perfect home remedy for whatever ails you. Just be very sure that you are looking for a home remedy that is safe. If you are looking towards home remedies that are a bit dangerous, you could find that you are encountering a lot of complications and

also putting your health in severe danger. It is extremely important to closely monitor situations to ensure that safety is a key concern but also ensure that you are giving proper attention to the remedy.

Many people swear by home remedies. They very rarely even venture to the doctor and due to this they can avoid most doctors' visits, ensure that they remain healthy and also reduce the amount of medication they are required to take during their life. It is extremely important to understand that while a home remedy can solve many problems, there are some situations, which will require a visit to the doctor. As long as you are able to safely distinguish between the situations that require a doctor's attention and those which can allow you to use a home remedy you can typically use the remedies quite safely.

The simple reality is that as long as you are dealing with an ailment that is rather small or minor a home remedy can be the perfect solution. It is extremely important however to ensure that you see a doctor for any serious problems. A great home remedy can often be better than a doctor simply due to the ability to be carried out in the actual home, rather than being forced to seek treatment in a doctor's office, which can often be cold and unfriendly. Being able to provide simple treatments in the home is a great way to improve your health as well, rather than having to wait until you are completely ill before seeking out treatment, many people start administering home remedies at the very first signs of problems and sickness.

With home remedies offering a much more natural treatment option than most doctors are comfortable following it can also be compared to a much greener lifestyle. Rather than consuming potentially toxic medications, home remedies will almost always allow you to use natural ingredients that are not harmful to the body at all. This makes them extremely safe, and can also allow them to frequently be used even for young children, rather than needing a separate medication to treat children and adults. Of course, home remedies are not for everyone, they will typically require a bit of additional time and patience in order to actually successfully treat the ailments.

As you can imagine, a home remedy can be easily modified to allow a customized solution to your specific problem. Most doctors are simply unable to devote the time and resources to providing each patient a completely customized solution. Due to this, it can be incredibly difficult to work out all of the details that are needed when seeking treatment from a doctor. Many people find that

home remedies are also much easier to fit into their schedules than trying to work out numerous doctors' visits as well. This is just another reason in the growing list why many people feel that home remedies are much better for them than a standard doctor's visit.

### **3) The Difference Between Home Remedies and Aromatherapy**

Alternative medicine may provide treatment for various physiological and psychological conditions. In many cases, the standard medications or other methods of treatment do not produce the desired results. They might also have serious side effects that can actually damage the health instead of improving it. Many people use home remedies and aromatherapy to treat various illnesses or problematic conditions. The two have significant differences that should be noted.

Home remedies are treatments that we can make at home using various ingredients that are found in every house. These can take the form of liquids to drink or solutions to apply topically. In many cases, fruits, vegetables and certain dishes can be used for medicinal purposes. In general, home remedies are accessible to everyone.

Aromatherapy is a form of treatment not recognized by conventional medicine, but it is becoming more and more popular nowadays. Aromatherapy involves the use of essential oils extracted from plants that contain aromatic chemicals. The oils can be distributed via aerial infusion, direct inhalation or topical application. In turn, the beneficial chemical compounds enter the body and produce beneficial effects that can be both physiological and psychological.

The main difference between home remedies and aromatherapy is that they use different types of ingredients. The homemade treatments usually include minerals, herbs and herbal products, such as vinegar. They can involve the use of food substances as well. Aromatherapy, on the other hand, relies on specifically extracted and prepared essential oils. In this respect, this type of treatment does not rely on standard ingredients and this is not the case with home remedies. In turn, it can be safely said that aromatherapy cannot be classified as a type of home remedy.

In general, aromatherapy is a very specific form of treatment. In most cases, it involves the smelling and inhaling of the beneficial aromatic chemicals. Even

though it this type of treatment was invented in ancient times, its popularity grew significantly as late as the 20th century. This is not the case with home remedies that have been widely used since antiquity. In addition, they have been constantly developed. Newer forms of home treatment have been invented and accepted by the public.

Another major difference is that home remedies are more accessible than aromatherapy. They can be easily made and used at home. On the other hand, you need to purchase the essential oils you need from a specialized store. You have to use a diffuser or another type of equipment in order to enjoy the benefits from aromatherapy. In this respect, this type of treatment is much more scientific and complex than the use of popular home remedies. Still, most people practice some kind of aromatherapy at home, even though the massages are usually done in spa centers.

Overall, home remedies and aromatherapy differ in the ingredients used and in the methods for treatment. Despite these differences, both can be used effectively at home. There are different home remedies for the different medical conditions. The same is true for the essential oils used in aromatherapy. Each oil has its own properties and can therefore provide relieve to different ailments. Still, aromatherapy has a much more restricted scope of treatment than the traditional homemade medications. Most people use it primarily for relaxation purposes - for the relief of stress and headaches. This type of treatment is significantly more limited in terms of the conditions it can relieve.

The differences between home remedies and aromatherapy should be understood. It is important for you to have good knowledge about both methods of treatment and to know when and how to use them. When these are not applied correctly, you might not get the desired results. In addition, it is possible for an overdosing to cause side effects. That is why you should be particularly careful, especially with aromatherapy, which is not as well studied as most classic medications prepared with home ingredients.

It is possible for you to use a combination therapy that includes some home remedies and a type of aromatherapy procedure. Generally, the two treatments should not affect one another, but you might want to check for this specifically. As long as you do everything correctly, you will certainly enjoy the desired results.

#### **4) How Do Home Remedies Differ from Herbal Treatments**

Many natural treatments have now become extremely popular. A lot of people prefer not to take prescription or commercial medications for mild medical conditions in order to avoid negative side effects. These natural remedies are also used for additional relief in combination with prescription or over the counter medication. Both home remedies and herbal treatments are considered to be natural. Despite the common misconception, the two terms do not overlap completely. There are some major differences to be noted.

Herbalism, also known as herbal medicine, is, in fact, a form of science. Various herbs or medicinal plants are used on their own or in different combinations to relieve and cure specific illnesses. These medicines were gradually discovered in ancient times. As the people started to have better understanding of herbal plants, the medications became more complex and specific to prepare.

The home remedies are also part of folklore medicine, at least the older ones we know. However, they do not necessarily include herbs. In fact, a large number of home remedies we use are not herbal. For instance baking soda is used for the relief of various skin conditions as well as an antibacterial drug. Salt is a mineral that is also popular with people who rely on home treatment. The consumption of different vegetables, fruits and foods is also considered beneficial. Hence, these are considered home remedies, but they are not herbal treatments.

Another important difference between the two is that home remedies are actually prepared at home. Various ingredients typically found in the kitchen are used for their preparation. These may or may not include herbs. The recipes are well known and easy to execute at home without the use of special utensils or unconventional methods.

The herbal treatments, on the other hand, may require the use of ingredients that are not present in every home. Some herbs are picked only in specific areas while others appear only during a short time of the year. In addition, the preparation process is much stricter and often more complex. Some herbal ingredients may have to be prepared for a very long time while some treatments may require long fermentation. In addition, herbal medicine is much like modern day medicine. It aims to recognize the individual symptoms and treat them with the use of a combinative remedy. In traditional Chinese medicine, for



instance, the herbalist combines different plants to create a unique medication. It is made to treat the specific symptoms of the sufferer.

The main differences between home remedies and herbal remedies were formed historically. In most communities, there were people who actually practiced herbalism and traditional medicine. In some cultures these were recognized as healers while in others they were shamans. Even nuns and monks practiced herbalism in Europe. Often the administration of an herbal potion was accompanied by the use of spells and enchantments that were thought to aid the treatment. Only special people could be healers.

Home remedies, on the other hand, were accessible to all. The recipes were passed from one person to another and down through the generations. Most of them were actually known as cooking recipes. In turn, the first written records of home remedies are in cookbooks.

At present, the gap between herbal treatments and home remedies is continually growing. Ever since the invention of modern day medications, based on specific chemical substances, people have more or less disregarded herbalism and its medicines. However, as many modern drugs have side effects or are ineffective to cure medical problems, scientists pay greater attention to the plants and the beneficial extracts that can be obtained from them. In turn, more and more modern drugs and topical medications are based on extracts from herbal plants. These are not home remedies, but fully validated medical treatments.

Overall, home remedies and herbal treatments differ to a great extent. Still, you can use both types whenever the need arises. You can purchase various herbal treatment products from specialized stores or you can use ingredients you have at home to make a remedy. It is also possible for you to purchase different herbs and plants oils and use them to prepare herbal home treatments. The important thing is for them to produce the desired effect.

## **5) Home remedies for Urinary Tract Infection**

No one is safe from urinary tract infection. It is more common in children and in women, but men can get it as well, particularly through unprotected sexual intercourse. Thankfully, you can get relief from UTI by using simple and

effective home remedies. There are also other methods that can help you fight this infection.

Cranberry juice is the most recommended natural home remedy for urinary tract infection. It has a superb effect. There are chemical compounds in the berry that prevent bacteria from attaching to cells, in the walls of your urinary tract. In this way, they cannot cause irritation and pain, but most importantly they are naturally flushed outside of the body with your urine. You should have as much cranberry juice as possible for best results.

You can also treat your urinary tract infection with Uva Ursi or bearberry tea. It is known for its antibacterial properties. It has been used for centuries to treat kidney and bladder infections. You can get crushed bearberry tea from your local drugstore and make tea following the instructions for use. It is best to have a cup of this drink no more than three times a day. Keep in mind that bearberry contains some chemicals, which may be potentially harmful to people with a damaged liver, if they are present in great amounts in the body.

Baking soda is one of the most popular home remedies for UTI and for many other bacterial infections. You can dissolve a half of a tablespoon of baking soda into an 8-ounce glass of water and drink the solution. It will make the environment in your urinary tract more alkaline and unfriendly for the growth of bacteria. This remedy for urinary tract infection provides best results when taken during the initial stage of the condition. No more than three glasses of the baking soda solution are recommended per day.

One of the most effective natural ways to get relief from this type of infection is to drink large amounts of fluids throughout the day. In this way, your body will produce more urine and flush out all bacteria causing the infection naturally. You are highly recommended to rely on water, tea and cranberry juice and avoid sugary and soda drinks as well as beer. The beverages from the latter group can actually aggravate the condition.

When you have urinary tract infection, you should make sure your feet are warm and dry at all times. This is not a direct UTI home remedy, but you will not get a cold that will worsen the illness.

## **6) Home Remedies for Sunburn**

Using sunscreen with high SPF is a must during the hot sunny summer days, even if you do not go to the beach. Still, sometimes you can forget about applying the cream or your child can go outside and play without having this protection. It is perfectly natural for fair skin, which has not been exposed to plenty of sunlight, to burn. Sunburn is associated with skin redness, irritation, inflammation, pain and swelling. Thankfully, if you take action immediately, you can experience great relief quickly. Here the most effective home remedies for sunburn you can try.

Plain yogurt is extremely effective for sunburn relief. You should take it directly from the fridge and apply it while it is still cold. Rub it gently on the skin and rest for some time so that the yogurt can get fully absorbed. This home remedy will give you immediate relief from the pain. You will certainly enjoy the coolness. Yogurt has a natural anti-inflammatory and antibacterial action. It will aid the healing of the skin as well.

Apple cider vinegar is also known for soothing pain and inflammation caused by sunburn. You simply need to dip a cotton ball in this liquid and rub it gently over the affected area. You will feel the cooling effect and the consequent relief almost immediately. Generally, you can use any type of vinegar, if you do not have an apple cider one.

A compress from raw potatoes can also relieve the inflammation caused by sunburn. Simply grind one or two of these and put them in a soft thin cloth. Then apply the compress on the affected area and let it stay for as long as necessary. Applying cucumber slices is a good alternative. They contain plenty of water and vitamins that nurture the skin and help it to heal more quickly.

Taking Vitamin C and Vitamin E can also aid you in getting relief from sunburn. Vitamin C boosts immunity and can aid effectively for the quicker and more effective healing of the skin. Vitamin E makes the skin stronger and improves its natural protection from the harmful UV rays of the sun. You can take supplements, but you might also want to try foods rich in these vitamins. These include citrus fruit, kiwi, green peppers, nuts and seeds, leafy greens and egg yolks.

If you do not have any of the topical home remedies for sunburn at hand, you can readily fill a zipped plastic bag with ice and apply it on the affected area. This will help you feel better for the time being.

### **07) Home Remedies for Stress - Effective Natural Treatments**

It is perfectly natural for any person to get stressed out from time to time. However, when tension builds up and you start feeling anxious constantly, you should take serious measures. Stress is accompanied by anxiety and depression. These conditions can affect the body negatively and increase your risk of cardiovascular diseases. There are no straightforward cures for stress, but you can certainly try some home remedies that are extremely effective for its relief. They are all natural and perfectly safe.

Basil is one of the most effective home remedies for stress. It contains various antioxidants that improve your body's functioning on cellular level and protect it from the harmful effects of the environment. Basil is packed with beneficial vitamins and minerals. Vitamin A and Vitamin K energize the body naturally. Magnesium aids for the regulation of the functioning of the cardiovascular system. When your body starts feeling better, you will get relief from the physical as well as from the psychological symptoms of stress.

You should not hesitate to chew up to 12 leaves of fresh basil per day to get rid of stress. You can also add them to any appropriate dishes. Drinking basil tea is also recommended. You can readily make a cup of tea using one teaspoon of dried basil.

Sage is excellent for stress relief. You can use this home remedy in the form of tea. Just soak a teaspoon of dried sage leaves into a cup of pre-boiling water to prepare the drink. Sage contains natural chemical substances that can effectively relieve anxiety and sooth the nerves. The effect is quite powerful - this herb is actually recommended to people with diseases of the nervous system. In addition, sage contains various vitamins and minerals that can effectively revitalize you and give you more energy. You can be certain to feel better by taking around 4 to 6 cups of sage tea per day.

Green tea is another home remedy for stress that you should definitely try. It is true that it contains caffeine, which can agitate you even further, but the amounts of this substance in green tea are very small. They cannot negatively affect a healthy person. Quite the opposite; caffeine can boost your energy and brain activity when taken in small dosages. Still, if you have high blood pressure and use the respective medications for this, you might want to consult your doctor, before using green tea for treating stress.

Green tea is extremely effective because it contains a beneficial chemical compound called L-theanine. It stimulates the brain to produce more serotonin. The secretion of this hormone makes both the mind and body more relaxed. In addition, it stimulates alertness, so you will be able to focus better and think more clearly. 4 cups of green tea per day should help you get relief from stress.

If you are not a fan of herbs and herbal teas, you can readily try a simpler and more common home remedy for stress relief. Simply warm some milk and add a pinch of cinnamon and a teaspoon of honey to it. This drink is much more

beneficial than you think. The warm milk relaxes the nerves. Cinnamon aids for the normalization of the blood sugar levels. Honey is full of nutrients that have healing and energizing properties.

Yogurt is another simple and effective home remedy for stress. You should eat it every day. In addition, a couple of spoons of yogurt can help you in stressful situations. This dairy product is rich in various vitamins, including Vitamin A, D and B complex. It has calcium as well. These nutrients will help in the relief of tension and give you the desired relaxation. You will be able to focus more easily and enjoy greater energy.

There are different methods for relaxation that are equally effective home remedies for stress. Mastering a type of deep breathing technique will help you relax quickly when you are under large stress. You can also do meditation and yoga. The ancient techniques are effective for relaxing both the mind and the body. Using aromatherapy and massages, in particular, can also aid you in finding the physical and psychological relief from stress. Surprisingly or not, simple hobbies such as gardening are also effective.

### **08) Home Remedies for Sleeplessness - Treat Insomnia Naturally**

You have trouble falling asleep. Even if you do, your sleep is easily disturbed by worrying thoughts, lights and noises and bad dreams. You wake up tired in the morning and you wish you could sleep throughout the day, but you cannot.

Sleeplessness affects many people for different reasons, with the most common ones being stress and depression. The medications for this condition usually produce a quick, but short lasting effect. For this reason, you can readily try some home remedies for sleeplessness. They are perfectly natural and safe and will do you only good. You will get relief from insomnia quickly.

Coriander is a great herb that you can put on a lot of dishes. You can also take it in the form of tea. Take two teaspoons of dried coriander and soak them in a cup of hot water. Strain after five minutes and drink the tea while it is still warm. You should do this every evening one hour before going to bed. Coriander has chemical compounds that aid mental and physical relaxation. It should help you fall asleep quite quickly and have a sound sleep during the night.

Celery is another effective home remedy for sleeplessness. It soothes the nerves and relaxes your muscles. It is easy to prepare. Simply take a large amount of fresh celery and put it in the blender. Strain to make one glass of juice. Drink it before going to bed. If you want to get the best results, you can readily warm the juice just a little bit and add a teaspoon of honey. This ingredient soothes the stomach nerves and has a relaxing effect on the brain.

Dill seeds have very good sedative properties. You can soak one and a half teaspoons of them into a cup of hot water to make tea. Use a tea strainer for quicker preparation. Remove the dill seeds after five minutes and drink the tea while it is still warm before bedtime. You should feel its effect almost instantly.

Aniseed is another effective herbal home remedy for insomnia. It has a great sedative action. You will feel perfectly calm after taking one cup of tea before going to bed. Preparation is standard. Just use two teaspoons of aniseed and soak them in a cup of hot water for five minutes using a strainer.

Surprisingly or not, milk is one of the most effective home remedies for sleeplessness. It contains chemical compounds that relax the nervous system. You should warm the milk for best results. Feeling warm should make you fall asleep more easily and quickly. Adding a teaspoon of honey will also have a superb beneficial effect. A pinch of cinnamon is often recommended as well. It regulates the blood sugar levels and, in turn, the functioning of your entire body.

It is best to have this natural home remedy for insomnia one hour before going to bed.

There is yet another combination remedy that you might want to try as well. Instead of using hot water, soak two teaspoons of aniseeds into a cup of warm milk. Remove the tea strainer after seven minutes and add a teaspoon of honey. Mix well and drink the medication one hour before bedtime.

Valerian is perhaps the most renowned home remedy for insomnia. You can easily take valerian extract from your local drugstore and have as many drops as required before going to bed. This herbal remedy is known to soothe the nerves effectively. It will give you the complete relaxation you desire. There are also other home remedy methods for sleeplessness that you can try. They are equally effective and will give you the relaxation you want. Soaking yourself in a warm bath with some relaxing bath salts will certainly help you fall asleep more easily and sleep like a baby. You can also try aromatherapy. Lavender oil and sandalwood oil can relax the nerves as well as the muscles effectively. You can readily try using aromatic candles or heat these essential oils directly. You can also have a neck and back massage with them for enhanced effect.

Last, but not least, all these home remedies for sleeplessness will work best if you create a beneficial sleeping atmosphere in your bedroom. It should be dark and perfectly quiet.

## **09) Home Remedies for Dry Skin, Oily Skin and Acne**

Many people do not know this, but skin is the largest organ in the body. It is quite complex as well. In addition, it is constantly exposed to the harmful effects of the environment. Given all these factors, it is perfectly natural for skin problems to occur from time to time and even to become permanent. Instead of



relying on costly cosmetic products, you can readily use natural and effective home remedies for skin problems. These treatments are easy to use and make. Moreover, they are totally safe and cannot cause side effects.

Dry skin is most common in winter, but some people have this problem permanently. Avocado paste is one of the most effective home remedies for treatment. It contains natural non-saturated fats that can nurture and soften the skin and make it more radiant. This vegetable is packed with various vitamins that are essential for skin health. Just cut one avocado without the peel and make it into a homogenous paste using a mortar and pestle. Then apply the paste on the face, neck and hands and other affected areas and let it take effect for 15 minutes. Then remove the mask gently using warm water.

If you want an even more nutritional face mask for dry skin, you can readily try making a paste from one avocado, a banana and half a papaya. Just cut all ingredients, put them in the blender, take out the mixture and apply it on your skin. Wash with warm water after 15 minutes.

There is yet another great home remedy for dry skin you can readily try. Mix one egg yolk with a teaspoon of honey and add 2 teaspoons of milk powder. Use the homogenous paste as a mask. Let it take effect for 10 minutes and then remove it with warm water. Egg yolk is rich in Vitamin E which naturally nurtures and protects the skin. Honey is full of essential nutrients too and so is milk powder.

Oily skin is often associated with acne. Indeed, the oily skin is more prone to the formation of pimples. For this reason, you can use effectively some remedies that can reduce the oil in your skin and prevent the formation of acne. An oatmeal mask can be used for preventative and treatment purposes as well. You simply need to cook a portion of oatmeal just like you usually do. Then add a

quarter of a cup of honey and mix well. Let the mixture cool completely. You can choose to add two spoons of lemon juice, if you do not have severe acne. Spread the ready mixture on your face and neck, or other acne-prone skin areas, and keep it for 15 minutes. Remove the mask very gently using warm water.

There are also other effective masks that you can prepare on your own to remove oil and clear pimples from your skin. Crush a handful of turmeric leaves and sandalwood leaves to make a paste. Apply it on your face and neck and keep it for 15 minutes. Then remove the paste with cold water. Both types of leaves can effectively reduce the oil in the skin and reduce inflammation that can be caused by acne.

Lemon juice is one of the best cleansers you can use, if you have an oily skin. All you have to do is squeeze half a lemon, dip a cotton ball in it and rub your skin gently. Wash your face with water after 20 minutes. The oil will be removed instantly. The same applies to the annoying shine. Lemon juice is a mild astringent. It has excellent antibacterial properties as well, so it is extremely effective for acne. Still, it might be too strong, especially when applied to inflamed skin. That is why you can “soften” it with rose water, if you have acne. Simply mix equal amounts of the two ingredients. The method for use is the same.

One of the simplest home remedies for oily skin and acne is the tea made from basil. Simply put a teaspoon of dried basil leaves in a tea strainer and make a cup of tea. Let it cool down completely and apply on the face using a cotton ball. Basil can reduce oil in the skin. It has ant-bacterial and anti-inflammatory properties as well.

## **10) Home Remedies for Sinusitis - Get Instant and Lasting**

Sinusitis is much more than just blocked nose. The sinuses of the cheekbones and eyebrow bones are also blocked. This causes inability to breathe as well as strong pain. Strong and lasting headaches are also common. Standard medications often do not provide complete relief from sinusitis quickly. Apart from making you feel better, the home remedies for sinusitis can also aid the overall treatment.

Hot compresses can really help for the unblocking of the sinuses and provide substantial relief. You can use standard warm pads of hot towels, but you might want to apply pouches filled with sea salt instead. This product contains various beneficial minerals, including iodine. Iodine can aid the treatment effectively by relieving congestion. It can help you breathe more easily. Warm the sea salt pouches and apply them to your sinuses and nose. Keep them until they are cooler than the skin on your face. Repeat the treatment for as long as necessary.

You can prepare a homemade cream for sinusitis relief. Take pork grease and melt it. Then drain it to remove any impurities. Let it cool down and once it thickens add as much milk as necessary to make a wax-soft cream. Apply it topically by rubbing it on your nose, cheekbones and around your eyebrows before going to bed. The cream stimulates the greater blood flow to the area and warms it naturally. It will provide you with fast and effective relief.

Garlic can also help for the unblocking of the nose. Crush some cloves using a mortar and pestle. Put the paste in a small bowl and inhale the fragrance for as long as you can. You will feel relief automatically. If you are not uncomfortable about this, you can put some garlic cloves in a small thin pouch and wear it around your neck. In this way, the garlic will be right under your nose and you will inhale its beneficial fragrance all the time.

Ginger is another effective home remedy for sinusitis. You can make ginger tea and drink it, but it is best to use a more concentrated ginger juice and take one or two teaspoons of it every day. This herb is known for its natural anti-inflammatory and antibacterial effect.

You can make great nasal drops from mustard seeds. Add a teaspoon of them to a cup of water and boil the liquid until it is reduced in half. Once it cools down, put three or four drops of the solution into each nostril to get relief.

### **11) Home Remedies for Low Blood Pressure - Feel Better Fast**

Most people are afraid of having high blood pressure as it can lead to more serious heart problems. However, having low blood pressure is not good for your body either. You might experience dizziness, weakness and increased fatigue. It is also possible for prolonged hypotension to have a negative effect on the cardiovascular system and on other organs in the body. Thankfully, you can increase your blood pressure to the optimal level naturally using different home remedies and techniques.

Sodium and potassium aid for the regulation of blood pressure naturally. It is true that people with hypertension are advised to lower their consumption of sodium to the very minimum. However, its slightly higher concentration can help sufferers from low blood pressure to feel better. You do not have to increase your consumption of salt, but you might want to take a salty cracker when you feel that your blood pressure is falling. Increasing the level of potassium in your body is also easy and totally safe. You can readily have more soy, tofu, apricots and figs that are all rich in this mineral.

Dark chocolate can also increase your blood pressure to the optimal level naturally. The coca powder has an excellent energizing effect on the body. It stimulates brain activity which is also beneficial for the reduction of fatigue. In addition, its antioxidants aid the functioning of all organs in the body, including the heart. Dark chocolate contains very small amounts of sugar that can only be beneficial for your improvement.

Red wine is another effective home remedy for low blood pressure. It should be consumed responsibly to produce the best results. Adults should have no more than half a glass to a glass every evening. When you feel that your blood pressure is falling, just two or three sips should do the trick. It is worth highlighting that the full range of benefits from red wine can be derived only if it is used as a remedy for medicinal purposes. You might want to have it in combination with dark chocolate for best results.

There are plenty of techniques that you can try to raise your blood pressure naturally. Alternating hot and cold showers work effectively. Regular exercising, preferably on a daily basis, will also help you with low blood pressure. Getting a slightly longer night sleep between 9 to 10 hours can also help you feel better. These are not direct remedies that you can use, but these techniques will definitely help you.

## **12) Super Effective Natural Home Remedies for High Blood Pressure**

The causes of hypertension are many and different. It is more common in elderly individuals, but due to obesity and high cholesterol levels, the condition is becoming more widespread among children and young adults. The medications

for high blood pressure are not inexpensive and have a wide range of side effects. You might be obliged by your doctor to take them, but you should also try some effective home remedies for hypertension. They will certainly help you in lowering your blood pressure.

Garlic is probably the most popular of all home remedies for high blood pressure. It can make the blood vessel walls more elastic and prevent them from hardening and narrowing. In turn, your blood pressure will get back to normal. More importantly, garlic contains chemical compounds that reduce the blood's ability to clot. This means that you will be effectively protected from arterial blockages that can lead to heart attack and stroke. In this respect, garlic acts much like aspirin, which hypertension patients are usually prescribed.

You can take garlic supplements, if you wish, but having more of it in your diet is certainly beneficial. You can prepare a variety of garlic cold sauces and use garlic to add flavor to numerous dishes. In addition, you can eat the cloves raw straight away. This can also protect you from colds and the flu.

Green tea is becoming increasingly popular as a natural hypertension home remedy. Having a couple of cups per day will allow sufficient amounts of its powerful antioxidants to enter your body. They have been proven to make the blood vessels more flexible. In turn, your blood pressure will get back to normal. Keep in mind that green tea contains caffeine, so you should not have too much of it.

The increase of potassium and magnesium levels in the body can lead to the significant lowering of blood pressure. You should not hesitate to consume foods, which are rich in these minerals, to get effective and permanent relief from hypertension. Dried apricots, soy, tofu and fish contain large amounts of

magnesium. They can also aid in the lowering of cholesterol. Black beans and spinach are rich in magnesium. The former are an excellent source of antioxidants as well.

Oranges and grapefruit and a diet low in sodium are also effective for hypertension. Mild daily cardio exercising is another super effective natural home remedy for high blood pressure.

### **13) Home Remedies for Depression**

Many people think that the antidepressants are the best solution for depression. They might be necessary in severe cases, but you can do a lot to help yourself in overcoming this condition without taking drugs. You might be surprised to find out that there are various home remedies for depression that you can use to get relief from this condition. Here are the most effective ones.

Green tea is known to have an extremely positive effect on the body. Its antioxidants fight the free radicals in the body and help for the relief of the physical symptoms of depression. You will get more energetic. The blood flow to your head and other aching areas will be increased, so you will get relief from headache, back and neck pain. Caffeine, which is contained in small amounts in green tea, can boost your alertness along with refreshing you.

The main benefit of this herb is that it can actually improve your mood safely and naturally. Green tea contains L-theanine. This chemical substance can stimulate the neurotransmitters in the brain and, in turn, the production of serotonin in the brain. This hormone is known as the hormone of happiness. When it is released, you naturally become relaxed and experience an improvement in your mood.

The deficiency of vitamins from the B group in the body is often associated with depression. Increasing your consumption of foods rich in these nutrients can really help you fight this psychological condition. You should have more legumes, green leafy vegetables, liver and beef.

The omega-3 fatty acids have a wide range of health benefits. Scientists have found only recently that they can also affect brain activity positively. These nutrients can boost your alertness and memory. They can also have a positive effect on your mood. You can take supplements, but the natural sources of omega-3 fatty acids, such as the fatty saltwater fish, walnuts and cashews, are more highly recommended.

Selenium is another chemical compound that can aid depression sufferers. The taking of supplements can easily lead to overdosing, which can be potentially dangerous. For this reason, it is best to opt for natural source of selenium. These include seafood, Brazil nuts and beans. It might be surprising to some, but apples contain various chemical compounds, such as glutamic acid, which can prevent nerve cell damage. The improved activity of the brain and of the nervous system can lead to depression relief. Having a number of apples every day can really help you.

#### **14) Can Home Remedies Be Dangerous?**

We perceive home remedies as natural and most of them actually are. However, natural does not always mean safe, even though for many people the two terms are equal. It is easy to find out the dangers associated with the use of medications; they are written on the accompanying leaflet. You have an idea of what to expect and what to do in case you feel unwell because of the treatment. This is not the case with home remedies. We rely on the fact that they have been



used for ages and they have not shown any serious side effect. But are home remedies completely safe?

You cannot put all home remedies in one group. With the easier access to information and to various goods coming from different countries, the number of treatments used at home has grown significantly. With the advance of science, new medicinal properties of different herbs, plants and minerals and their products are constantly being discovered. In turn, they easily pass as safe home remedies just because they are natural.

In reality no one knows whether they are dangerous or not since they have not been fully studied yet. For instance, some evidence has been found recently that saw palmetto, a native North American plant, can be effective for treating hair loss. However, scientists believe that it might have some dangerous side effects that have not been confirmed yet.

The situation with the traditional home remedies is slightly different. In many cases fruits and vegetables and their by-products, such as juices, are used for the treatment of certain conditions, usually gastrointestinal ones. Usually the sufferer has to consume more of these to get the desired results. These home remedies are completely safe. The same applies to the increased consumption of certain foods that can be used for direct relief or as natural sources of vitamins, minerals and other essential nutrients that aid healing.

The use of other home ingredients for home remedies, such as salt, baking soda and vinegar, is also known to be safe. In general, there are no negative effects on the body when these are used in slightly larger quantities than traditionally for a short period of time. Still, the effectiveness of such active ingredients for some conditions has been debated. For instance, a water solution of baking soda is known to be effective for quick heartburn relief. However, its frequent intake

might actually stimulate acid reflux. That is why you should be careful when, how and for how long to use home remedies.

The situation with herbs and spices is somewhat different. Most traditional ingredients that we use are perfectly safe. Some notable examples include chamomile, peppermint, thyme, rosemary, cinnamon and ginger. You use these to make teas or in dishes every day, so taking slightly more of them and in different forms cannot cause you any harm.

However, not all herbal home remedies are perfectly safe to use. Some are known to produce side effects in people with certain allergies and specific medical conditions. It is also possible for herbal chemical compounds to interact with certain medications and cause trouble. The long intake of some herbs or their products in large amounts can also have a negative effect on the body. This is because the different herbs and plants contain various chemical compounds. Some of them are dangerous, but not when taken in small amounts. When these chemicals build up in the body, they can affect different organs and tissue and cause discomfort and/or damage.

There are also cases in which perfectly safe home products can turn into dangerous substances when used as medicines. One notable yet surprising example is the use of butter for treatment of burns. It has a cooling effect on the skin, but it is not sterile. In turn, the use of butter can actually lead to the burn becoming infected. This can lead to serious complications that require medical treatment. Still, this is a very rare case rather than the norm.

In general, you cannot judge all home remedies as a whole. Each should be assessed on its own merits. It is essential for you to find out more about the use of a certain home remedy. In this way, you will know how it can help you and whether there are side effects associated with it.