



The Intuitive Connection

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Old Wives Tales, Natural Remedies That Actually Work



Most of us have heard at least one old wives tale or home remedy that have been passed down from generation to generation. While some sound crazy, many have been scientifically proven to be effective. Let's take a look at 12 home remedies that actually work.

1. **Apple Cider Vinegar** (ACV) is considered a must when it comes to digestive issues. While it may smell potent, studies have shown it helps to improve digestion and reduce symptoms such as bloating and gas. ACV contains acetic acid which can help to stimulate digestive enzymes and improve the breakdown of food. Add up to 2 tablespoons (it is not recommended to do more) in a glass of water and drink daily to aid digestion. It should be noted that people with low potassium levels or diabetes should consult a doctor before trying the remedy.
2. **Baking Soda** is great for bug bites. Mix with water to form a paste and dab on the affected area. It acts as a cooling balm and relieves the itch. Baking soda can also help neutralize stomach acid and reduce the symptoms of heartburn. Because it is alkaline, it helps balance the pH levels in the stomach. Try a 1/2 teaspoon of baking soda mixed with 1/2 cup water to provide quick relief of heartburn symptoms.
3. **Chamomile Tea** helps to reduce anxiety, and promote relaxation, which can improve the quality of your sleep. It has a mild sedative effect which helps to calm the nervous system, so have a cup of tea before bedtime to wind down and fade into slumber. Or use the teabags as an eye compress to reduce eye irritation and swelling. Steep tea bags in hot water for 5 minutes, then drain the excess liquid (should still be moist) and allow to cool. Apply cool tea bag to clean, closed eyelids for 10-15 minutes.
4. **Epsom Salt** is a natural remedy for muscle pain. Studies show it reduces inflammation and improves muscle function because it contains magnesium. Add 2 cups to a standard sized bathtub and soak for at least 10-15 minutes.
5. **Garlic** isn't just for adding flavor to your foods. It has been used for centuries to fight infections. Rich in allicin, garlic contains antibacterial and antiviral properties. It makes a great remedy for ear infections, ear aches, and tinnitus.

Try these options:

- Add a few garlic cloves to a warm compress and press again your ear to reduce pain and inflammation. Repeat 1-2 times daily until infection subsides.
- Garlic oil is a topical remedy to be dropped in the ears at the onset of pain, pressure, or discomfort related to a cold or flu. It is effective and natural and suitable for children.

Garlic has also been used as a natural remedy for high blood pressure. It contains compounds that can relax blood vessels and improve blood flow. As always, consult your doctor, especially if you are already taking medication for the condition.

6. **Ginger** is a potent remedy for nausea and digestive issues. Used in traditional medicine for centuries, ginger has been scientifically proven to help reduce nausea, motion sickness and morning sickness. Just peel, slice, steep and sip your way to a happy stomach.
7. **Honey** is a great healer for sore throats and coughs. The National Institute of Health has confirmed that honey has antimicrobial properties and soothes irritation. Combine it with lemon for an even more powerful effect to reduce scratchiness. In addition it contains anti-inflammatory properties and when applied to a wound it can reduce the risk of

infection, promote healing and reduce scarring. Manuka honey is best known for its wound healing, and has been recognized by the US Food & Drug Administration as a treatment option in 2015.

8. **Lemon** has an alkalizing effect on the body and is great for flushing out toxins. It is rich in citric acid which helps prevent kidney/bladder stone formations. Add a few slices to your drink and sip throughout the day. Mix juice from one lemon and 1 tbsp. of honey to a warm glass of water and drink every morning to relieve menstrual cramps. Rub a slice of lemon against your temple/forehead to relieve headaches.
9. **Oatmeal** is a natural remedy for eczema, inflamed, dry or itchy skin. Put 1 cup oatmeal into a blender or food processor and grind into a fine, consistent powder. Add it to warm bathwater (if it's fine enough it will float) and soak to soothe your skin.
10. **Onion** helps to draw out ailments. Next time you are feeling ill, place a slice on the bottom of each foot and cover with a sock and let it work its magic. Or try slapping a piece of onion on a bee sting and get instant relief due to the antihistamine properties and sulfur compounds.
11. **Peppermint** can ease an upset stomach, ease a headache, and has a cooling effect on skin. Drink it as a tea for digestion relief, or apply Peppermint oil directly onto the skin and massage in small circular motions to the forehead, temples, back of neck and behind your ears for headache relief. You can also inhale Peppermint oil for one minute to clear sinuses and breathe easier.
12. **Potato** is not just great for fries, but it can reduce a fever because it contains anti-inflammatory properties. Put some slices on your forehead to draw out a fever or place cooled slices over closed eyes for 15 minutes to reduce swelling.

While not all wives tales are backed by scientific evidence, these remedies have been scientifically proven based on research and anecdotal evidence. These home remedies have demonstrated real results for common ailments, not too mention they are way more cost effective than their drug store counterparts. As with all things, not every remedy will work the same for everyone, so results may vary. This is strictly for informational purposes and should not be considered medical advice. Always check with your doctor before making changes to your existing healthcare regime.



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