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## HOME TESTED REMEDIES

By

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There is no place like home, even if it is a small hut. Home is where your heart is. And home remedies are always good remedies. A few remedies given below are time tested .I have tried these out with success.

Be it for keeping away cold, for building immunity and for preventing flatulent feeling and water retention – this simple home remedy is the answer: a daily intake of one and a half glass of water which has been prepared from the following ingredients- five to six Tulsi leaves; two or three small pieces of Cinnamon, two or three pods of Garlic. Boil all these ingredients in 2glasses of water for fifteen to twenty minutes. Then allow it to cool and filter it or drink it slightly warm after mixing in it a little Honey or Pepper.

Another well known remedy for curing cold and cough is mixing Honey and Rock salt with pepper. Rasam, the South Indian pungent soup is an antidote to fight a runny nose and other symptoms of cold .

Turmeric with milk has many benefits. One spoon of Turmeric or Haldi powder boiled in milk and drunk at night is good for the body. Its antibiotic properties take care of pain, infections and induce good sleep.

Though there are several scrubs flooding the market, very few can beat the scrub made from simple ingredients of Milk cream, Lemon juice and Sugar. For a clean and light skin and for removing rough skin on elbows, knees and ankles prepare a paste of Milk cream, one spoon of Lemon juice and two spoons of Sugar and scrub gently for ten minutes and see the results  
Another easy way to improve the texture of skin is to prepare a paste with one teaspoon of Haldi, one teaspoon Gram flower, one teaspoon Lemon juice, one teaspoon Honey and one Teaspoon curd and apply it on your face. Keep it on till it dries and then wash it off.

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