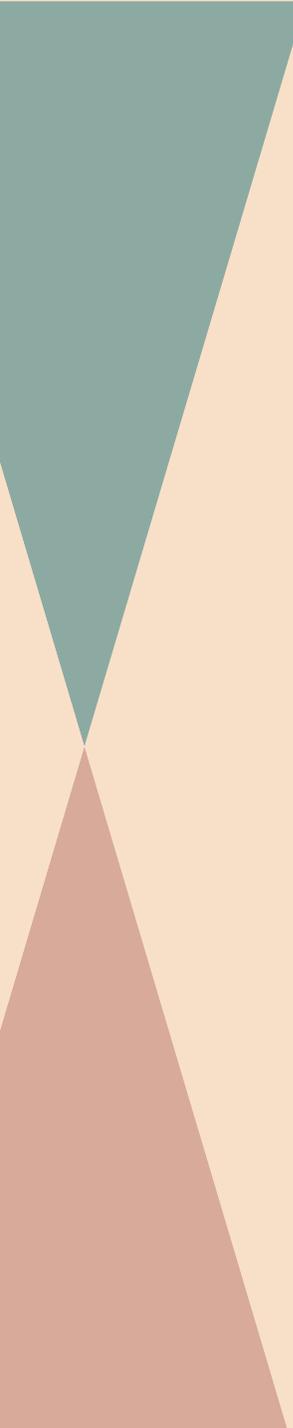


COLLECTION OF ESSENTIAL
NATURAL REMEDIES

Natural Remedies





Natural remedies

When you have parasites

Acid reflux

Sleeping difficulties

Anti inflammatory foods & tips

- The greatest wealth is health -

When you have parasites

Holarrhena is made from a type of bark and used in Ayurvedic medicine as a treatment for a long list of diseases, including bacterias and ameoba infections! Other properties are as anti analgesic, anti diarrhoeal, anti inflammatory, anti haemorrhoidal, and energy booster.

Neem is the most popular natural remedy used in Ayurvedic medicine for parasites infections, as an astringent (anti diarrhoeal), and for dental and hair treatments. You can find it as the main ingredient of many toothpastes and hair lotions, or you can just chew the stem bark to get some of their properties!



Papaya seeds are one of the best cures for parasites and to combat dengue. A couple of spoons a day is enough, and you can eat them fresh or dried. If treating parasites, take the papaya seeds in combination with a sugar-free diet, and include more vegetables, lemon, and water.



Pumpkin seeds contain a substance called cucurbitin, which treats worms and other parasites by paralyzing them so they can be expelled from the body.



Oregano oil has also anti-parasitic effects, but it may be more difficult to find!. Mix 2 or 3 drops of it in water with fresh squeezed lemon, and drink it three times a day.

Garlic is the most popular remedy, but it needs to be eaten raw. Start with one clove of raw garlic crushed or in a juice, and increase the dose slowly if you can!.



Acid reflux

Aloe vera is tasteless, so you can put it in any smoothie or juice, and it is recommended for constipation, stomach ulcers, and acid reflux. Besides this, it is also good for skin conditions applied directly, and as a shampoo or a soap.

Papaya soothes all the digestive tract and heals wounds, so when suffering from digestive problems, it is a great option.

Yogurt is calming for the stomach, easy to digest, and helps to heal and restore the gut bacteria.



Bananas and oatmeal soothe the digestive tract and also heal wounds, so they are good choices for digestive problems, and when you suffer from vomiting or diarrhea.



And when suffering from acid reflux, it is very important not only what you eat, but what you don't eat or reduce! So, try to **reduce the following foods:**

- deep fried foods
- alcohol
- chocolate
- caffeine
- added sugars
- foods high in fat



Sleeping difficulties

The quality of your sleep affects everything in your health, physically and mentally. During sleep, your body repairs itself, and your mind digests the events from the day. So, if you have difficulties with it, it's better to not leave it untreated. You can try the following list of natural remedies before going to sleep, which might help you with your night's rest.

- Hot milk with cinnamon and a tsp of honey
- 1-2 teaspoons of almonds and walnuts
- Fatty fish (e.g. salmon, tuna, or sardines)
- An infusion (e.g. valerian or chamomile)
- Magnesium and zinc supplements
- Enough exercise during the day
- Gentle stretching before bedtime
- A spoon of cottage cheese
- Relaxing music
- A hot shower

Anti inflammatory foods & tips

Turmeric is the most popular and effective anti-inflammatory remedy in Ayurveda, the traditional medicine in India. It is best to take it together with black pepper or a source of good fat, for the body to be able to absorb it better. You can start with the recipe of golden milk: coconut milk, turmeric, honey, and optionally, extra spices like cinnamon, anise, and cloves.



Ginger is a super anti-inflammatory food used in all traditional medicines. You can include it fresh in smoothies, cook with it, prepare a tea, or even add ginger powder in yogurt, porridge, or milk.



Cinnamon is a common spice both in Ayurveda and traditional Chinese medicine, and one of the main reasons is its anti-inflammatory properties. It can be mixed in desserts, yogurts, milk, and porridge, or be used to flavour teas and kombucha.



Omega 3 is a type of fat with anti-inflammatory properties, as you already know. You can review section 2.8, and remember, that good sources of it are walnuts, flax seeds, chia seeds, and oily fish (e.g. salmon, tuna, sardines, and mackerel).



Certain **fruits** also have anti-inflammatory properties, and at the top of this list are pineapple, grapefruit, and blueberries.



Cocoa has anti-inflammatory properties, but make sure it's real cocoa, not the sugary chocolate or chocolate compound used for most cakes and desserts. It's not the same.



Green tea is the king of the teas in Asia and traditional Chinese medicines, and is considered a super food. It 's antioxidant, with anti-tumor, and anti-inflammatory properties, and is also available in concentrated extracts for higher effects.



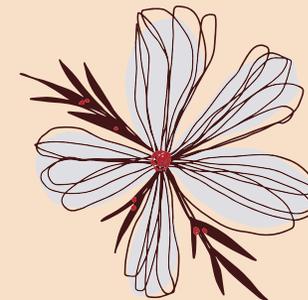
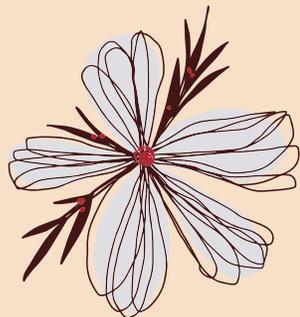
And again, as we already said, the best remedy is not only what to eat, but what to reduce or stop!. And so, these are some common inflammatory foods:

white bread and pasta (sourdough white bread is an exception on this)

- cakes
- processed foods high in added sugars
- industrial pastries
- sweetened drinks
- alcohol



Thank you!!!!

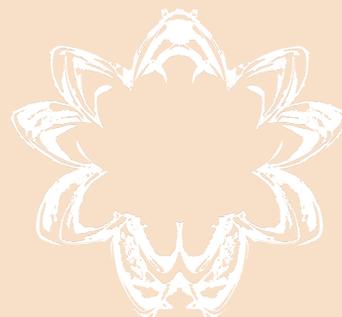


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