

## Home Remedies from the Old Country

When I was growing up my mom had millions of home remedies for everything from a cure for an ear ache to a salve for open wounds. Some of them really worked and some of them I think were just smelly placebos to make you think it was working. Here are some of the remedies my mom used to use to get us better fast when we had a cold.

### Lemmon:

My mom always said that Tea with lemon was the best thing for a cold, and many experts now agree with her. The vitamin C in the lemon helps strengthen the body's immune system. They also say that it should be in warm water which is why they put it in tea.

### Chest Cold:

Garlic soup is a great way to help open up the respiratory system and make breathing easier while killing the germs that causes the cold at the same time. The garlic has antiseptic properties that helps the body rid itself of its unwanted guests, the oil in the soup opens the airways, and by adding a tablespoon of onion juice you can flush all the unwanted toxins from your body by sweating them out.

### Reduce a Fever:

It is not uncommon for someone with a cold to have a fever. A good way to reduce the fever is with Ginger. When cut up and boiled in water ginger has been found to lower a fever in a matter of hours. A less bitter way is to put a small piece of ginger into a glass then pour boiling water in the glass, after letting it sit for 2 or 3 minutes put a tea bag in the glass and add some sugar. This method is less effective but tastes much better.

### Lady Fingers

For those who may not know another name for Okra is Lady Fingers. Lady Fingers are great for sore throats because they contain a large amount of mucilage that soothes a sore throat and helps keep the throat moist. Take a ¼ pound of okra, cut them into small pieces and boil in a liter of water. The steam can also be used but it is not as strong as eating the vegetable.

### Tamarind and Pepper:

A great way to relieve a stuffed up nose is Tamarind and Pepper soup.

The soup is made by adding 50 mg of Tamarind into a pot with 1 cup of water. Bring it to a boil then add one teaspoon of hot ghee and half a teaspoon of black pepper. You should have 1 cup of this soup 3 times a day. After drinking you will feel your nose start to run and your eyes will water, but within minutes your sinuses will be cleared out.

### Bitter Gourd Root Paste:

This is not one of my mom's remedies so I have never tried it but I have been told from people that it really does work. This remedy does not cure the symptoms of the cold it goes after the cold itself. Take a teaspoon of the paste and a teaspoon of honey. If taken for a month it will rid the body of the cold germs and help strengthen your immune system.

### End All Cure All:

This really is the best home remedy I have ever seen. Turmeric not only gets rid of the cold in a few days, it also knocks out all the symptoms like sore throat, runny nose and congestion. Turmeric can be bought as a powder, put half a teaspoon of Turmeric in a sauce pan with a cup of milk and bring it to a boil on a low flame. When the milk begins to boil take some good strong sniffs of the steam your nose will almost instantly begin to open up, and after drinking the concoction you will start to feel better. Drink 2 cups a day for 3 days and you will be back on your feet in no time.

These are just a small example of all the home remedies that are out there. I have personally tried several of these methods, and can vouch for their effectiveness.

## About the Author

Growing up as the Daughter of hippies who only used all natural foods and medicines, Ella Philipini rebelled by playing games like [blackjack](#) at [online casinos](#)