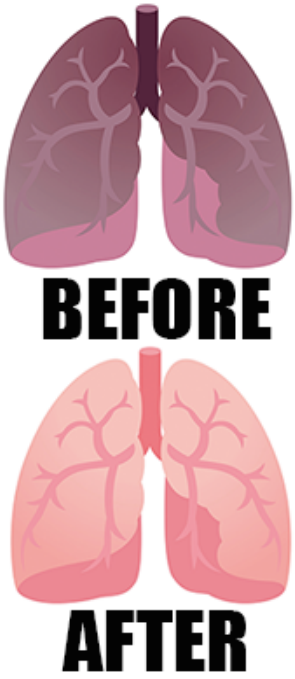
DRINKS & SMOOTHIES

How To Flush Nicotine Out Of Your Body With This Orange Juice Mix

By bestfolkmedicine · 25/07/2018 · 2 min read





If you want to cease smoking, you should be aware that nicotine goes out of your body after 48 to 72 hours. To ease its removal and reduce your dependence on it, we decided to present one of the most powerful natural methods to achieve this, i.e. cream of tartar.

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What Is Cream of Tartar?

This sediment is a by-product from wine making and it has the power to aid you in the removal of nicotine from your body. It is great because it is not expensive and you will not need to spend a small fortune to put an end to this dangerous habit.

The 5 Best Advantages of Cream of Tartar

- **Eases smoking cessation**

In addition to helping you expel the nicotine from your body, this product will also make the cigarette taste unpleasantly. For optimal effect, mix it with some orange juice and consume it. The vitamin C in it will enhance the elimination of nicotine and replenish the lost vitamins. Go with a medium glass of orange juice and ½ tsp of cream of tartar daily for 30 days.

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- **Removes acne**

The acidic characteristics of cream of tartar are highly beneficial in treating acne. Mix a tsp of the cream with 8 oz. of water or orange juice and consume it daily to purify the system and annihilate the acne-causing bacteria.

- **Reduces arthritis pain**

The magnesium in cream of tartar has the ability to modulate the cellular events involved in inflammatory processes. Mix several tbsp of cream of tartar with 3 tbsp of Epsom salt and add it to your bathwater. Soak for half an hour once per day. For localized arthritis, soak the affected area only with half of the amount shown above.

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- **Alleviates UTIs**

Cream of tartar has the capacity to shift the urine's pH levels and make the environment not suitable for the infection-causing bacteria. Combine a cup of warm water with 1 ½ tsp of cream of tartar and several drops of lemon juice and drink the mixture a couple of times every day.

- **It lowers the blood pressure**

As you may know, when the levels of potassium in the body are not high enough, the risk of hypertension elevates. This is where cream of tartar can help because 100 grams of it contain 16,500 mg of potassium! In case low potassium levels are causing your high blood pressure, add a tsp of cream of tartar in a glass of water and drink the remedy before going to bed.

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Source: Valentin Bosioc

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