FRUITS & VEGGIES

# No One ever Told You Onions Could Do these Miraculous Things

By bestfolkmedicine · 15/07/2018 · 2 min read



*Without doubt, besides making a great addition to different kinds of meals, onions can be very beneficial as a natural remedy for a long list of health problems, including vomiting and poor immunity. Onion is abundant in sulfur which provides its antiseptic and antibiotic characteristics. It also possesses an antioxidant known as Quercetin which is considered to aid the body in fighting off damaging free radicals.*

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

## How to Use Onion as a Natural Remedy

- **Reduces chest congestion**

Crush an onion and mix it with a bit of coconut oil. Use the paste to coat the chest and then cover it with a clean towel and then a shirt.

- **Treat colic**

Boil a bit of diced yellow onion and then leave it to cool in the water and then strain it. Give a tsp of the onion to the baby every 60 minutes until you notice relief and improvement in the baby.

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- **Alleviates earaches and infections**

Chop an onion and then put it into a thin sock. Tie the sock to close it and place it flat over the painful ear while lying on the opposite side. Cover the area with a hat to make sure the sock is in place. Remove once the pain subsides.

- **Treat minor cuts**

The transparent cover of the onion's skin has the power to cease moderate bleeding because it has an antiseptic effect on the wound.

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- **Relieves coughing**

Peel one onion and slice it in half. Cover each of the onion's with a tbsp of brown sugar. Leave them for an hour and consume it twice per day for optimal effect.

- **Treat fever**

Slice one onion into thin slices. Then, rub your feet's bottoms with coconut oil and then put a thin slice on the arch of each foot. Wrap it with cling wrap and put on socks and wear them overnight. The onion will pull all toxins from the body.

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- **Purifies the air**

Did you know that placing a couple of onion slices on plates and putting them throughout the house will cleanse the air from all bad bacteria and viruses?

- **Ceases vomiting**

Grate one onion and press it with the help of cheesecloth to extract the juice. Then, brew a cup of peppermint tea and wait for it to cool down and drink 2 tsp of onion juice and wait for 5 minutes. Drink 5 tsp of the cooled-down peppermint tea and wait 5 minutes. Repeat this process until the symptoms lower.

Sources:

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