GRANDMA'S REMEDIES

This Recipe Will Clear Your Lungs in 3 Days even If You Smoke for more than 5 Years

By bestfolkmedicine · 30/07/2018 · 2 min read



With certainty, smoking is bad for the overall health and it is the main cause for a lot of illnesses and death cases throughout the world. According to Truth Inside of You, more than 5 billion people worldwide are smokers and 5 million die on a yearly basis as a result of some tobacco-caused disease.

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Unfortunately, lung-related issues are not just common among smokers, but among non-smokers as well. What is certain is that a smoker's lungs are in a much worse condition than that of the non-smoker and in order to preserve the health of the lungs, it is pivotal to cease smoking for good.

If you have been struggling to quit smoking, this article is the right one for you. Namely, we decided to present the best natural remedy that will detox your lungs within three days.

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Lung-Detox DIY Recipe

Since a lot of smokers often experience health complications like coughing and bronchitis, it is good to know that this remedy can help you minimize these types of irritations. Let us take a look at how to make it:

400 grams of onion, cleaned and chopped

2 tsp of turmeric powder

1 liter of water

400 grams of brown sugar

A small ginger root

Preparation: Pour the water in a pot and bring it to boil on medium heat. Then, add the sugar, ginger, and onion. Once the sugar has dissolved, add the turmeric. Cook for several minutes and then lower the heat to low. Cook for several more minutes and then turn off the stove. Remove the pot from the heat and leave it to cool down. Transfer it in a proper container and keep it in the fridge.

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Use: Consume a cup of the remedy twice per day, once before breakfast and once in the evening, two hours after dinner.

Source:

TRUTH INSIDE OF YOU

HEALING LIFE IS NATURAL

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