FRUITS & VEGGIES

Onions: The Best Natural Remedy. 8 Beneficial Healing Uses

By bestfolkmedicine · 31/01/2019 · 2 min read



Onions are without doubt one of our favourite veggies ever! They go great in a variety of meals, including flavorful salads, mostly because of their distinctive aroma and taste. But, they are much more than a delicious food- they are a powerful natural remedy with strong antibiotic, antiseptic, and other beneficial properties.

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Thanks to the sulfur present in them, they can be helpful allies for the removal of free radicals from the body and fighting off serious health issues, including cancer. If you still have doubts about why this veggie needs to be a part of your daily diet and medicine cabinet, continue reading this article.

We will present 8 useful healing uses of onions.

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8 Amazing Healing Uses of Onions

- **Relieves cough**

The antibacterial characteristics of onions will help fight off the microbes which are causing the cough. Just peel one onion and cut it in half. On each half, put a tsp of unrefined sugar and eat them on a daily. This will not just reduce the cough, but also fight off inflammation and cleanse the body from toxins.

- **Sore throat**

Boil several onion skins and then strain the mixture into a bowl. Gargle with it several times. Its potent anti-inflammatory capacity will minimize the throat inflammation and the pain.

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- **Reduces vomiting**

Peel and grate an onion and then, use cheesecloth to squeeze out the juice. Have 2 tsp of the juice on a daily basis and then after 5 minutes, take 2 tsp of freshly made peppermint tea. Repeat until the vomiting stops or diminishes.

- **Relieves chest congestion**

For this remedy, you will need an onion and coconut oil. Peel and cut the onion and then mash it together with a tsp or two of coconut oil. When you get a paste-like mixture, apply it onto the chest and lie down and cover the area with a towel. Lie down for 20 to 30 minutes. The vapors from the onions will help dissolve the mucus from the chest causing the congestion.

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- **Alleviates fever**

Peel the onion and cut it into thin slices. Then, apply some coconut oil onto the feet and put one slice on each foot. Wrap it with a plastic foil and put on socks. Leave them overnight and in the morning, remove the compress. This will help eliminate the bad bacteria and toxins out of the body.

- **Helps with bug bites**

Onions' anti-inflammatory capacity will minimize the discomfort, itching, and swelling from insect bites and relieve inflammation. Apply some freshly-made onion juice onto the bite several times per day for optimal relief.

- **Soothe minor sunburns and burns**

Being rich in sulfur, onions can help reduce the burning and redness on the skin. Moreover, it will regenerate the skin. Topically apply onion juice onto the area on the daily.

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- **Reduces colic symptoms**

To calm down a colic baby, give him/her a tsp of onion tea every hour. The onion will enhance the stomach health, relax the muscles, and boost the digestion.

Sources:

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