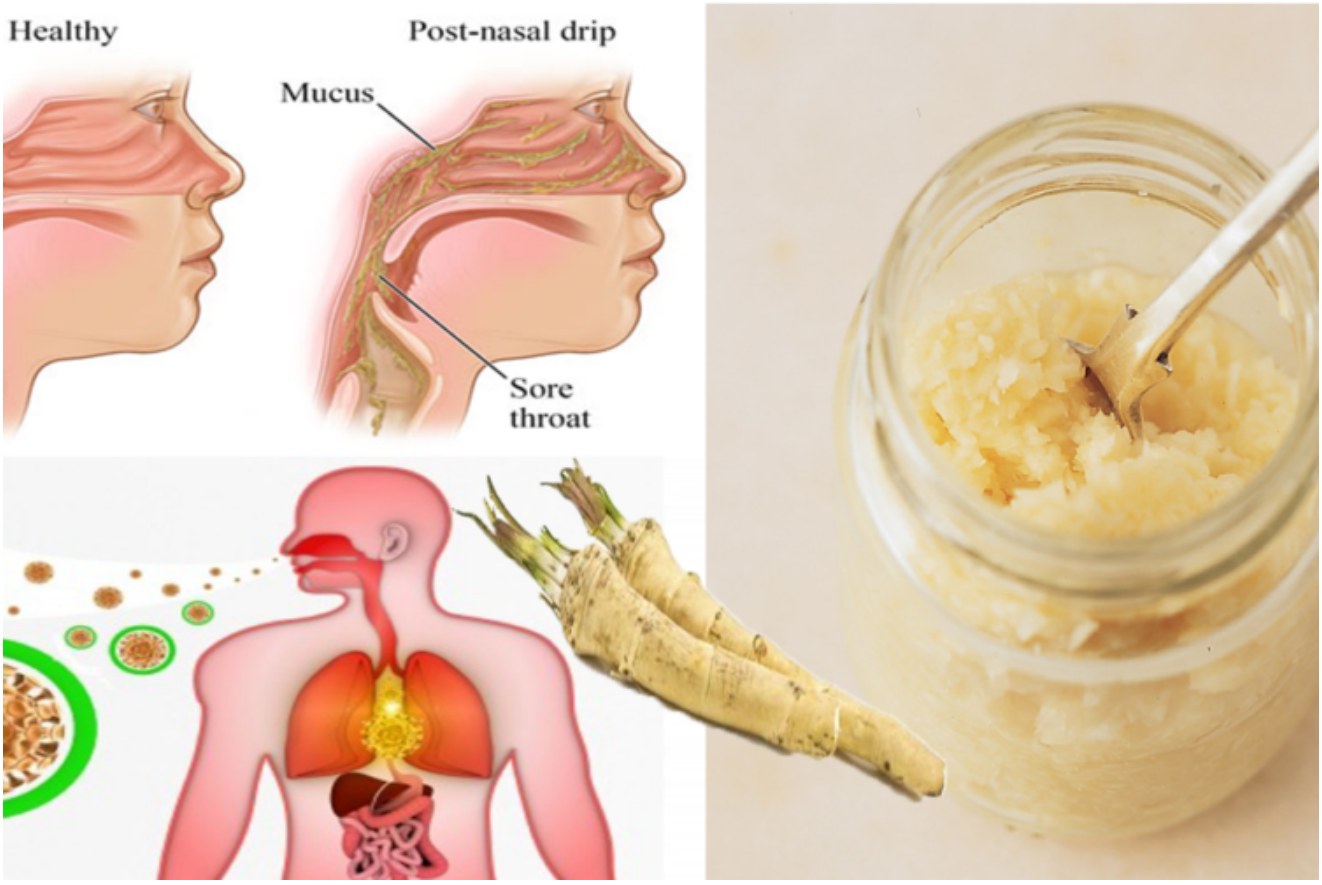
GRANDMA'S REMEDIES

How To Use Horseradish To Help Clear Sinus Infections and Mucus From The Lungs

By bestfolkmedicine · 10/03/2019 · 2 min read



In addition to making the ideal herb for a long list of meals, horseradish is also a potent natural remedy. It is considered to be a beneficial natural antibiotic that helps clear the sinuses and encourage the removal of surplus mucus in the upper respiratory passages. For millennia, people have been using it as a natural cure for different ailments.

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What Is Horseradish?

This is a perennial plant from the family of broccoli and cabbage and it has been long studied for its array of healing properties. Rich in volatile oils like mustard oil, horseradish possesses strong antibacterial abilities and a lot of beneficial nutrients, including potassium, calcium, vitamin C, magnesium, phosphorus, glutamine, glucose, acid sulfate, and essential oils.

Glucosinolates are healing compounds present in the plants' leaves. They are known to soothe the metabolism of hormones and this is why higher intake of veggies from the mustard family may help lower the chance for prostate cancer.

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The Power of Horseradish Does Not Stop Here

Singirin is a potent glycoside in horseradish and it can help reduce water retention by stimulating the blood capillaries. This plant is a powerful agent which stimulates the blood flow below and on the skin's surface. The enzyme present in it known as horseradish peroxidase is commonly used in molecular biology and biochemistry.

Horseradish can be used as a natural remedy for sinus infections as it stimulates the removal of surplus mucus. Consequently, it helps reduce the environment for bacteria to multiply. This being said, when you feel a cold is coming on, take horseradish to avert the depositing of mucus in the sinus cavities.

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Horseradish is also beneficial for the flu and congested lungs. Thanks to its mild antibiotic effect, it will encourage the production of urine and it can alleviate UTIs. When topically applied in the form of a paste, horseradish can reduce arthritis pain and irritated nerves. Plus, it can be of aid to minimize the infection in wounds.

How to Use Horseradish?

Opt for 10 to 15 drops of horseradish to better your digestion and stimulate the removal of gastric and intestinal juices. It also helps restore the health of the digestive lining and restore the intestinal bacteria balance.

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For centuries, it has been used to alleviate lung inflammation, gout, coughing, and scurvy. Horseradish has more glucosinolates than broccoli and it can go a long way in improving your health.

Make sure you add it to different meals and recipes and in smoothies and juices. Your health will thank you!

DIY Horseradish Remedy

You will need:

One horseradish root

Preparation and use: First, wash the horseradish and chop it. Then, put it in a pot of water and boil it. Leave the mixture to cool down and take a tsp during meals.

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Sources:

PREVENT DISEASE

THE EPOCH TIMES

LIVE STRONG

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