GRANDMA'S REMEDIES

This Powerful Homemade Tea Is The Best Remedy For Swollen Legs And Feet

By bestfolkmedicine · 19/04/2019 · 1 min read



In addition to making our meals and drinks tastier, parsley is also one of the healthiest herbs in the world. Abundant in medicinal properties, this herb will supply you with important nutrients, including vitamins A, B, C, and K, as well as iron and potassium.

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

Moreover, it has long been a part of traditional medicine to protect the liver from damage, balance the blood sugar levels, and manage healthy weight.

Parsley was also found to be able to minimize the risk of cancer by fighting off inflammation and to strengthen the immunity and decrease the chance for illnesses like cancer, diabetes, asthma, and atherosclerosis.

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And, it can be beneficial in reducing swollen feet too. Also known as edema, swollen feet is a sign of water buildup and it is a common symptom of some illnesses or it happens during pregnancy.

Other potential causes of edema are sedentary lifestyle, eating too much processed and salt-rich foods, specific meds, PMS, etc. If you are therefore struggling with swollen feet, make sure you check out the remedy below.

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It is made with parsley and it is a great way to remove the surplus water and reduce the swelling.

DIY Parsley Tea to Relieve Swollen Feet

You will need the following ingredients:

¼ cup of fresh parsley, chopped

A cup of boiling water

Preparation: Put the parsley in the boiling water and cover the content. After 5 minutes, strain it into another cup and drink it while warm.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

For optimal results, consume up to 2 quarts of this tea per day.

Sources:

HEALTHY FOOD HOUSE

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