GRANDMA'S REMEDIES

7 Amazing Natural Remedies from Different Parts of the World

By bestfolkmedicine · 19/05/2019 · 3 min read



One thing is for sure- here at Best Folk Medicine, we enjoy eating and trying out international foods. And, meals from the whole world can be found in a lot of Americanized restaurants while a lot of foods have been co-opted by supermarket brands of processed food to the extent that their international origins cannot be recognized, for example, Doritos.

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However, despite our love and appreciation for food from exotic places, a lot of us have scarce or no knowledge about folk medicine from these regions. Consequently, when we have a medical problem, even the mildest ones, most of us turn to pharmaceutical options.

Similarly to the usage of specific ingredients in international foods for optimal taste, there are also ingredients that are regularly part of folk remedies due to their healing potentials.

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With this in mind, we have decided to present the 7 best worth-to-mention natural remedies from different parts of the world and how to use them and improve your health and well-being.

Stay tuned!

7 Amazing International Folk Remedies

- **Ginger and lemon tea for colds and the flu**

This folk remedy is popular in Japan, but in the West too. It is able to reduce the congestion, ache, nausea, and pain linked with colds and the flu. You need to grate 2 inches of a ginger root and boil it in a cup of water for 20 minutes and then remove it from heat. Add some fresh lemon juice and honey and drink while warm.

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- **Apple cider vinegar to relieve sunburns**

This potent cure from Germany has long been used worldwide to alleviate sunburns, even more serious ones. Though vinegar stings at first, it can significantly lower the burning sensation with the help of its alkalinity. Dab a cotton swab with vinegar gently on the sunburn or soak in a bathwater mixed with several cups of white vinegar. This bath can also be used to alleviate fever.

- **Honey and cinnamon against acne**

This remedy originates from South Africa and it is believed to be very powerful in treating acne because of cinnamon's anti-inflammatory capacity and honey's antibacterial and moisturizing abilities. Thanks to this cure, you can minimize itchiness and redness and speed up the healing of acne blemish. Combine 2 tbsp of raw honey and 1 tbsp of cinnamon powder. Apply it onto the affected parts and leave it overnight.

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- **Black currant juice for respiratory infection**

When you are sniffing or wheezing while in Finland, do not be surprised if someone pours you a cup of black currant juice. Thanks to their richness with vitamin C, these berries are believed to have the power to alleviate the cold and flu symptoms.

- **Ayahuasca for different diseases**

This psychoactive combination of two jungle plants from South America known as ayahuasca has long been praised by Peruvians for its spiritual and physical advantages. Considered to be highly cleansing, many people try it out for different health problems, including cancer.

- **Turmeric for diarrhea**

In India, but elsewhere too, curry is accepted for its powerful anti-inflammatory advantages and its ability to help with heart illness, arthritis, etc. And, it can also be of aid for diarrhea. Combine some turmeric powder with milk or water or take it in supplement form to regulate your bowel movements.

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- **Boneset tea for the flu**

If there was a popular remedy among Native American tribes, it is definitely the tea from boneset. It was highly praised for its healing properties and the ability to lower fever, minimise upset stomach, and general ache.

Source:

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