GRANDMA'S REMEDIES

Salt, Lemon & Pepper Alleviate these 8 Health Problems better than Meds

By bestfolkmedicine · 04/05/2019 · 2 min read



Though you may have only used pepper, salt, and lemon as a tasty salad dressing, after reading this article, you will learn that they also make an excellent natural remedy. For a long period of time, people have been using them regularly to relieve numerous health issues, from sore throat to gallstone removal.

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Therefore, you should also learn more about it and start reaping its benefits today!

If you want to learn more about the advantages this potent mixture has to offer, continue reading our article.

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The Best Health Benefits of Pepper, Salt & Lemon Mixture

- **Relieve sore throat**

If you suffer from sore throat, mix a tbsp of lemon juice, ½ tsp of black pepper, and a tsp of sea salt in one glass of warm water. Use it to gargle with it for several times per day for optimal results. This will not just reduce the soreness, but also suppress coughing.

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- **Unclog the nose**

If you have a stuffy nose, this mixture can help you! Combine equal amounts of black pepper, cumin, cinnamon, and cardamom seeds using a mortar and pestle. Grind them well to get a powder. Gradually, begin smelling the mixture. You will begin to sneeze. Repeat several times for optimal results.

- **Encourage weight loss**

To speed up your metabolism and help with weight loss, mix ¼ tsp of black pepper, 2 tbsp of lemon juice, and 1 tbsp of honey in one glass of warm water. The polyphenols in lemon avert weight gain and better the insulin sensitivity and help the body burn more fat.

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- **Alleviates nausea**

To soothe an upset stomach, use black pepper and lemon. You will need a tbsp of lemon juice and a tsp of black pepper mixed in a glass of warm water. Drink the mixture slowly.

- **Reduces cold and flu symptoms**

In a cup of boiled water, squeeze juice from half a lemon. You can leave the pulp and peel steep in the water for 10 minutes. Then, remove them and add a spoon of raw honey. Drink the remedy regularly until you feel relief.

- **Soothes toothache**

Combine ½ tsp of ground pepper and clove oil and apply it gently with your finger onto the sore tooth.

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- **Relieves asthma attacks**

Add 10 grains of black pepper, 2 clove buds, and 15 basil leaves in one cup of boiling water. Simmer for 15 minutes before straining the content into a glass jar. Add 2 tbsp of raw honey and leave it to cool down. Close the jar and store it in the fridge for up to 2 weeks.

- **Treats canker sores**

Canker sores can be really painful and annoying- so, the faster they go away, the better. Combine a mixture of one cup of warm water and a tbsp of Himalayan salt. Swish it in the mouth after meals to remove bad bacteria and speed up the healing processes.

Sources:

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