GRANDMA'S REMEDIES

An Impressive DIY Healing Syrup: Restores Your Memory, Improves Your Hearing & Strengthens Your Eyesight

By bestfolkmedicine · 06/11/2020 · 3 min read



If you want to remove surplus fat and water from your body, you definitely have to give this homemade syrup a go. It's really efficient and healing, especially if combined with a healthy diet and cardio.

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In addition to helping you shed pounds, it can also be of aid for improving your brain health and enhancing your memory, hearing, and eyesight.

The star of this healing syrup is horseradish; a veggie that's abundant in nutrients, including potassium, vitamin C, vitamins B1 and B6, iron, magnesium, phosphorus, and more.

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Horseradish is really amazing- from speeding up your metabolism and lowering tiredness to stimulating the development of good bacteria in your belly, it seems that there's nothing that this veggie can't help with!

Homemade Healing Horseradish Syrup Recipe

You'll need:

125 grams of horseradish, rinsed and cut into smaller pieces

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Freshly squeezed lemon juice from 4 lemons

3 spoons of organic honey

2 tsp of cinnamon powder

1 ginger piece, around 4 inches in diameter, ground

Prep:

Add the horseradish and ginger in the blender and pour the lemon juice. Blend for 2 to 3 minutes before you add the honey and cinnamon.

Blend again until you get a thick, syrup-like consistency.

Transfer it in a jar and close it tight.

How to use it:

Consume one spoon of the syrup, twice per day, before meals or before working out. This amount will last around 3 weeks.

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Afterwards, pause for a couple of days and then continue taking it if you think it's suiting you.

The results are really amazing!

What Are the Health Benefits of the Ingredients?

Horseradish

This root veggie is abundant in antioxidants and nutrients which can be of aid in the fight against free radicals. And, early studies note that it can be of aid in the fight against stomach, lung, and colon cancer.

It's also beneficial for reducing inflammation and alleviating symptoms of atherosclerosis. Moreover, it can be of aid in bettering your respiratory health, especially with sinus infections and bronchitis.

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When you consume it, you get some stunning nutrients like zinc, vitamin C, potassium, calcium, folate, and more.

Lemon

This citrus fruit is rich in fiber, vitamin C, and other essential compounds necessary for good health.

This is why lemons are known to support the health of the heart, weight management, and improved digestion.

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It's good for the cardiovascular health, for weight management, lowered risk of kidney stones, protection from anemia, reduced risk of cancer, and better digestion.

Honey

Since ancient times, honey has been used as a healing treatment.

Nowadays, it's touted for cancer and heart illness prevention, lowered risk of ulcers, healthier digestion, balanced blood sugar, and better athletic performance.

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And, it also possesses antibacterial properties and it was found helpful against dozens of strains, including salmonella and E. coli.

Cinnamon

Cinnamon is a delicious spice which has been praised for its medicinal benefits for thousands of years. And, modern science has only confirmed what we've known for ages.

It was found to be rich in antioxidants and being able to protect the body from oxidative damage, to fight against inflammation, lower our risk of cardiovascular disease, improve the insulin sensitivity, help in balancing the blood sugar levels, and be of aid in case of neurodegenerative disease like Alzheimer's and Parkinson's.

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Ginger

This flowering plant is considered to be among the healthiest and yummiest spices in the world.

It has some really impressive health benefits to offer-from helping with morning sickness, weight loss, and osteoarthritis to reducing our blood sugar, treating chronic indigestion, and lowering menstrual pain, it seems that there's not a thing that this plant can't do for us!

Sources:

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