GRANDMA'S REMEDIES

Awesome for the Liver, Kidneys, Heart & Lungs: This Tea Heals Respiratory Viruses Fast

By bestfolkmedicine · 08/11/2020 · 2 min read



Cumin is a type of leafy plant which grows low to the ground in India, China, the Middle East, and the Mediterranean.

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Its fruit is known as cumin seed and it's a popular spice worldwide. It's also been researched for medical purpose and some anecdotal evidence emphasizes a long list of health benefits.

Most of its advantages are associated with the digestion, immunity, and circulation. Cumin is known for its analgesic, anti-bacterial, anti-inflammatory, and antiviral properties.

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It's also praised for its capacity to heal the liver, detox the body, improve the kidney function, regulate the blood pressure, and keep a healthy cholesterol level.

Below, check out a potent homemade remedy made with cumin that can help you fight off bronchitis and coughing.

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DIY Remedy for Bronchitis with Cumin

1 spoon of cumin seeds

1 tsp of chamomile

½ tsp of anise

One cup of lukewarm water

Honey, optional

Prep:

Mix the ingredients with the lukewarm water and leave it for 10 minutes. Then, strain it into a cup, sweeten it with honey if you would like.

How to use:

Drink several cups per day.

What Are the Health Benefits of the Ingredients?

Cumin

Cumin is a natural antioxidant and also has anti-cancer properties, helps with diarrhea, high blood sugar levels, bacteria and parasites, high cholesterol, and surplus weight.

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Chamomile

Chamomile is amazing-it can help with high blood sugar, menstrual pain, osteoporosis, inflammation, cancer, insomnia, colds, and mild skin irritations.

Anise

Anise seed is a potent plant abundant in nutrients and a long list of health advantages.

It possesses antibacterial, antifungal, and anti-inflammatory characteristics and it’s beneficial for stomach ulcers, high blood sugar levels, menopause, and depression.

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Extra Tip:

In case you suffer from asthma, you can try this cumin syrup to ease the symptoms.

You’ll need:

A tsp of cumin seeds

2 garlic cloves, mashed

2 spoons of honey

Prep:

Combine all of the ingredients in a medium jar and store it in a dark and cold place.

Use:

One tsp of the syrup every morning before breakfast for three months.

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Sources:

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