



## **Natural Remedies for Good Health**

### **Lola Berry 22/03/10**

Many foods have the potential make you healthier and feel and look better.

- Use apple cider vinegar in your hair to get rid of dandruff.
- For glowing and moisturised skin, cut the bottom of a lettuce and use the sap on your skin (silica allows toxins and grime to be removed and promotes healthy, glowing skin).
- Use strawberries mashed onto your face. The antioxidants help to keep skin looking young.
- Grated ginger in your meals keeps your hands and feet warm. Ginger stimulates our circulatory system so it gets the blood pumping around the body at a faster rate.
- In replacement of sugar, Stevia (which comes from a plant) has 0 calories, 300 times sweeter than sugar and helps prevent tooth decay. It's also used to settle an upset stomach.
- Upset stomach, suck on a raw slither of ginger (combats nausea and upper stomach upset).
- To relieve stress, eat dark leafy greens or dark chocolate. The magnesium is a muscle relaxant.
- Include lycopene in your diet to help sun damage. It can act as an internal sunblock. Lycopene is found in any fruit or vegetable that is red in colour - tomato, strawberries, watermelon. Rub paw paw on skin to aid sunburn
- To help breaking nails, eat foods that contain silica (celery, cucumber, zucchini), omega 3 fatty acids (flaxseeds, deep sea fish) and protein (nuts and seeds, eggs, meats).
- Raw chilli helps to speed up metabolism. Gives your body a kick-start as it's a circulatory stimulant.
- Headaches, can't concentrate or foggy, up the water!

#### **Some other remedies:**

- Use cucumber or raw potato on your eyes to rehydrate and make eyes look fresh. They're both good sources of silica which we need for fresh skin. On top of that they have a great source of water content so they help to rehydrate the eye.
- Berries mashed onto your skin allow for anti-aging due to antioxidants preventing free radical damage which causes formation of wrinkles and skin ageing.
- For bruises, grate apple and put on topically to reduce inflammation. Apple is very cooling on the body and a high source of pectin and fibre, which is soothing on the body.
- To burn alcohol at a quicker rate, drink tomato juice (high in fructose, fruit sugar)