

KITCHEN CABINET REMEDIES

10 PROVEN NATURAL REMEDIES
YOU CAN MAKE FROM HOME



by Ideahacks.com

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WHY MAKE YOUR OWN REMEDIES

It might seem hard to believe, but there are many health remedies that are hidden right inside a kitchen spice cabinet just waiting to be used for medicinal purposes.

Many spices can be sprinkled directly onto a plate of food or made into a tea to easily treat a bad case of heartburn or tension from a long day at work. A few of them that can even be applied to the skin to help heal wounds or rashes.

They also have a wonderful aroma and flavor to them, which makes them very delicious to consume, especially in comparison to the harsh taste of over-the-counter medicines that are commonly sold.

This makes it easier to get a finicky child to try them. And best of all, they are just as effective as other types of pharmaceutical medicines, but they don't contain any harsh chemicals that can affect someone's health.



**HOW YOU WILL SAVE
MONEY USING
NATURAL REMEDIES**

Most spices have some kind of healing properties to them. And they cost only pennies for each serving of them, which makes them very cost effective natural remedies too.

So a spice cabinet with many types of spices in it offers many potential cures for ailments that can be easily grabbed whenever they are needed without paying a high price per serving.

It is easy to find organic spices for medicinal purposes at a very low price. They are commonly sold in the spice aisle of most grocery stores for just a few dollars per package of them.

Health food stores also sell them cheaply too. Some people even grow their own, so they can keep the cost down even further.

**TAKE CONTROL
OVER YOUR
FAMILIES HEALTH**

Having the ingredients to treat a multitude of ailments at a moment's notice is like having a personal apothecary on hand, but there are no long lines or car trips to deal with.

This is incredibly helpful for times when a child is sick in the middle of the night. It also helps to give someone the peace of mind in knowing that they can handle various minor medical issues without having to call a doctor.

**SIMPLE TIPS BEFORE
YOU GET STARTED**

- *The quality of the spices determines how well that they work. Those that have been sitting in the cabinet for too long will not be as effective as those that are recently purchased. The age of a spice can be determined by checking the “best by” date on its package before purchasing it.
- * Some people prefer to use fresh herbs and spices instead of the dried type. This is perfectly fine to do. A mix of both types can be used as well.
- * It is best to use organic spices whenever possible. They are the healthiest and the most natural of them all. Non-organic spices contain chemicals and preservatives that are not good for people.

Out of all of the types of spices that are available, there are 10 of them that are the most useful, affordable, and easily found. They are so common that you might even already have them in your kitchen right now.

Keep reading for more information about how they can be used to treat a wide variety of health disorders.

**#1. USE SALT TO
HEAL INFECTIONS
FAST**



Bacteria can't live in the presence of salt, so if there is any sign of an infection present, this spice can work fast to clear it up. High concentrations of salt can be irritating to the skin, so it is best to dilute it with water instead of applying it directly to a wound.

It takes ten minutes for this remedy.

You will need the following ingredients and supplies:

- Cotton balls
- Warm water
- Salt

Directions:

1. To treat skin infections, dissolve one teaspoon of salt in a cup of warm water.
2. Dip a clean cotton ball into the solution, and gently dab the wound. It might sting a little. Never put a dirty cotton ball into the water. Use a clean one each time.
3. Be sure to bandage the wound afterwards.

For the best results, clean the infected wound at least two or three times a day. This salt water solution can also be swished in the mouth to heal tooth abscesses, infections, and sore throats.

**#2. GET AN ENERGY
BOOST WITH
GINGER**



Most people know this spice for its ability to ease an upset stomach, but it has other uses too. If it is made into a tea, it is a great substitute for your morning cup of coffee. Ginger boosts energy levels effectively, but it doesn't cause an afternoon slump like caffeine products do.

It takes ten minutes for this remedy.

You will need the following ingredients:

- Warm water
- Fresh or dried ginger root
- Honey

Directions:

1. To make ginger tea, dissolve a teaspoon of dried ginger root in a cup of hot water.
2. Add a little honey to sweeten it if you wish.
3. Drink the tea right away. If you have any fresh ginger root, you can use it instead.

**#3. KEEP YOUR BLOOD
STABLE WITH
CINNAMON**



Cinnamon has been proven to help regulate blood sugar levels. All it takes is a half of a teaspoon of it twice a day to prevent fluctuations of blood sugar that are common in those who are diabetic. It tastes so delicious that most people just sprinkle it into a cup of yogurt to get their daily intake of it. It is also good if it is paired with apples or oatmeal.

It takes ten minutes for this remedy.

You will need the following ingredients:

- Powdered cinnamon
- Apple cider vinegar
- Water

Directions:

1. Combine a half of a teaspoon of cinnamon with a tablespoon of apple cider vinegar in a large glass of water.
2. Drink it right before you go to bed at night for steady blood sugar levels the next day.

**#4. ADD A SPRINKLE OF
TURMERIC TO FIGHT
INFLAMMATION**



Turmeric has a lovely golden hue to it, so it is often used in place of the more expensive spice called saffron. It has anti-inflammatory properties to it that make it useful for easing body aches and pain from arthritis. It is also wonderful at reducing the risk of heart disease, dementia, and cancer.

It takes less than one minute for this remedy.

You will need the following ingredients:

● Powdered turmeric

Directions:

1. Turmeric is fat soluble, and it passes through the digestive tract quickly. This means that little of it is actually absorbed when it is consumed. Because of this, it must be generously sprinkled on foods at least two times a day to be the most effective. This is a spice that can be taken for an extended amount of time without any side effects.

**#5. PREVENT GAS AND
INDIGESTION WITH
BLACK PEPPER**



Most people can't eat a meal without a dash of pepper on their food. But what some might not realize is how much they are helping their body by doing this. Black pepper helps the body to more easily absorb the nutrition that other spices offer. So if it is combined with another spice, such as turmeric, it can help the body get more benefits from it.

It takes less than one minute for this remedy.

You will need the following ingredients:

● Black Pepper

Directions:

1. One of the main reasons that black pepper is eaten with a meal has nothing to do with the flavor. It is a carminative, so it helps to prevent gas from forming. It also helps food to be digested more easily. To get the benefits of black pepper, be sure to add a healthy dash of it to your meals each time that you eat.

**#6. USE SAGE TO
SOOTHE A
SORE THROAT**



Sage is used mainly for flavoring poultry dishes, but it is also beneficial in healing infections. In fact, sore throats disappear fast by using this spice.

It takes five minutes for this remedy.

You will need the following ingredients:

- Fresh or dried sage leaves
- Chicken noodle soup

Directions:

1. Fresh or dried leaves can be chewed up and swallowed to kill any bacteria that is present in the mouth or throat.
2. A small teaspoonful of powdered sage can also be added to a warm cup of chicken noodle soup for a more soothing effect. It works best if it is used at least twice a day for three days.

**#7. HEAL PIMPLES FAST
WITH NUTMEG**



This common pumpkin pie spice is amazing for the skin. If it is applied on a daily basis, pimples and redness will disappear fast.

It takes 15 minutes for this remedy.

You will need the following ingredients:

- Powdered Nutmeg
- Honey

Directions:

1. Mix together a half a teaspoon of nutmeg with one tablespoon of honey.
2. Apply the mixture directly to the face. Let it sit for about ten minutes before washing it off. Nutmeg is a natural anti-inflammatory agent that reduces irritation and swelling, so it can be used internally to help with arthritis and joint pain too.

**#8. PREVENT POOR
CIRCULATION WITH
CARDAMOM**



Cardamom is a spice that works well for increasing blood circulation throughout the body. It is used all over the world for vein and heart health. Some men also consume it daily to help them with impotency or premature ejaculation.

It takes less than one minute for this remedy.

You will need the following ingredients:

- Whole cardamom seeds

Directions:

1. Though it can be used in a powdered form on top of food, the whole seeds are crunchy and tasty, so many people just chew them and eat them whole. Eating just three or four seeds a day this way will also keep the breath fresh and heal any gum or tooth infections.

**#9. DRINK OREGANO
TEA FOR BAD COLDS**



Most cough syrups and cold medicines that are sold in the store are full of chemicals that affect the body in negative ways. A good substitute for them is oregano tea. It reduces the amount of mucous in the lungs, so a person can sleep better at night. And best of all, it doesn't cause drowsiness.

It takes 15 minutes for this remedy.

You will need the following ingredients:

- Powdered oregano
- Water
- Fresh lemon juice

Directions:

1. To make the tea, simmer a tablespoon of dried oregano in two cups of water for five minutes.
2. Let the mixture cool, then strain out the oregano.
3. Add a squirt of lemon to the tea.
4. Then, drink it all right away.

**#10. HEAL EAR INFECTION
FAST WITH GARLIC
POWDER**



Garlic is another spice with antibacterial properties, which makes it very effective for treating an ear infection.

It takes 15 minutes for this remedy.

You will need the following ingredients and supplies:

- Powdered garlic or fresh garlic juice
- Water
- Eye dropper
- Tissues

Directions:

1. Use either a little fresh garlic juice or a pinch of garlic powder dissolved in a bit of water in the ear canal twice a day. Only one or two drops of it is needed at a time.
2. Use an eye dropper to put the drops in while the person lies on their side on the bed.
3. Have them lay still for about five minutes afterwards before they sit up back up. Some juice may drain out, so have a tissue handy.

CONCLUSION.

As you can see, kitchen spices are incredibly versatile. If they are used correctly, they are very effective at treating a wide variety of ailments. Always be sure to buy the best quality of spices that you can afford. Older spices will still help some, but they lose their strength over time.

And remember, you don't have to try all of the remedies at once. Start with just one or two of them at first. But be sure to keep this list of kitchen remedies handy for the next time that you or someone that you know starts feeling ill.

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“All I can say is WOW! I’ve been juicing for some time now and LOVE my fresh green juices but as I’m on the road a lot, it sometimes is hard to get my juices made in time to take with me. Either that or I end up having to pack my wonderful, but heavy, juicer to bring along. Well, I’m thrilled to say I won’t have these issues any longer! Organifi’s Green Juice is fantastic!

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Beth Hulsbrink