

FRESH



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NATURAL CURES FOR WINTER CHILLS

It is that time of year when the snuffles, runs, coughs and fevers attack and doctors' bills can run high. However, it is possible, and beneficial to your body in the long run, to fight off these ills with natural ingredients found in any well-stocked kitchen. First and foremost, Vitamin C is the best method of reducing the frequency and severity of the common cold, and research indicates that it also has the following benefits: prevents allergies; forms strong bones, teeth and gums; strengthens the immune system; protects against cancer; is an anti-oxidant, which means that it detoxifies pollutants. The best way of getting Vitamin C is through our food; it is really not necessary to take supplements if you follow a diet high in fresh fruit and vegetables, as the vitamins and minerals contained therein are readily and speedily absorbed into the body in their natural form.



FOODS HIGH IN VITAMIN C:
citrus fruits (oranges, naartjies, grapefruit), guavas,
berries, kiwi-fruit, cabbage, tomatoes, broccoli,
peppers, green vegetables and sweet potatoes.



COUGHS & SORE THROAT

Mix together a tablespoon of honey, a tablespoon of lemon juice, a teaspoon of powdered cinnamon, a few slivers of fresh ginger (optional) and liquorice drops (optional).

Add 1 teaspoon of this mixture to a glass of hot water; take every 2 hours or so. For a mouth and throat gargle, stir a teaspoon of the honey mixture into half a glass of warm water and add a pinch of salt. Gargle well and spit it out.

Use the gargle mixture for sniffing up into the nostrils if they are congested.

You can chew fresh sage or nasturtium leaves, however they taste better with a little honey. The leaves contain natural antibiotics that kill germs.

Chewing a lot of parsley is good for a sore throat as it contains masses of chlorophyll which works like an antiseptic.



PREVENTING COLDS AND FLU

Garlic is one of the oldest and best-known kitchen medicines. Eating one or two cloves of garlic every day is recommended, but chew a lot of parsley afterwards. Try to avoid dairy products, bread, pasta, cakes and sweets because they make the system acidic and this can cause mucous in the nose and chest.

TIGHT CHEST & STUFFY NOSE

To a pot of boiling water, add 1 tablespoon of bicarbonate of soda and 1 tablespoon of hydrogen peroxide. Lean over the pot and inhale the fumes with a towel over your head for 10 minutes. You will feel wonderful afterwards, especially if you splash your face with cold water. Repeat a few hours later. This is a very effective de-congestant and boosts oxygen levels at the same time.

Make a steam inhaler with a pot of boiling water. Add sprigs of fresh thyme and mint to the water. The vapor eases nose and chest congestion. You can also use a few drops of mint or eucalyptus oil.

An old remedy for a tight chest and bad cough is a combination of onions and honey. Grate two onions and place them in a jam jar. Mix in a pinch of salt and a tablespoon of honey. Allow the juice to accumulate at the bottom of the jar and take a few teaspoons of this instead of a cough mixture. Make a new mixture every day.

THE ORDEAL BY FIRE!

Make a drink using hot water, lemon juice and honey and add a little fresh chilli. Chillies help to release thick sticky mucous deposits from the lungs, throat and chest, as they contain the same chemical used in cough mixtures.

Try adding a few fresh chilli slices to your food and gradually build up your tolerance. When your eyes stream and your nose runs, you know it's working!

