

# Grandma's remedies recycled

An Erasmus+ project by class 8c, Gymnasium Altona

## Stomach ache:

Drink lukewarm fennel tea.



## Cystitis:

Put something warm on your kidneys, for example a hot water bottle or a warm lid.



**Diarrhoea:**

**Cut a banana and an apple into small pieces. Eat them slowly and drink a lot of liquid.**

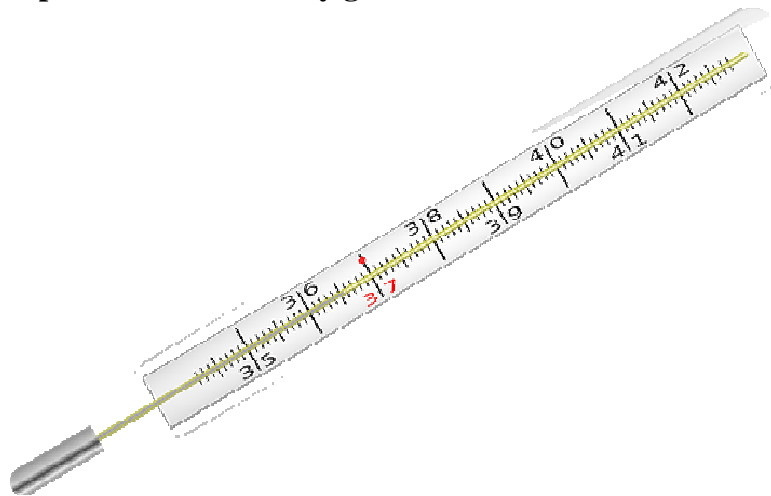


**Cold:**

**Boil a potato until it is soft and mash it. Put it into a cloth and leave it on your breast over night.**

**Fever:**

**Wrap leg compresses with lukewarm water and vinegar (5:1) around your calves. Replace them when they get warm.**



**Sore throat:**

**Wrap compresses with either a boiled potato or warm salt water around your throat.**

**Hoarseness:**

**Eat chives or peel an apple, fry it and eat it with a lot of sugar.**



**Nosebleed:**

**Press a cloth with ice cubes on the root of your nose.**



**Earache:**

**Put a cloth with mashed parsley on the aching ear.**

**Insomnia:**

**Take 100 g lavender flowers and scald them with 2 l boiling water. After 5 minutes, sieve the infusion and add it to your warm bath water. Take the bath 30 to 60 minutes before you go to bed.**



### **Cough:**

**Boil water with peppermint leaves and two slices of lemon. Stir it and drink it every evening.**

**Chop one or two onions into very small pieces and sprinkle 150g raw sugar over it. Mix it. After 5 hours squeeze the mixture through a cotton cloth and fill the juice into a glass receptacle. Let a teaspoon of the juice melt on your tongue every hour. After a few days the cough should ease up.**

### **Headache:**

**Crush juniper berries and put them into a cup of hot water. Let the tea steep for 5 minutes, sieve and drink it.**



**Hay fever:**

**Take the untreated skin and white inner skin of a lemon and an orange and chop them. Add a little water, put them into a pot and let them boil for 10 minutes. Sweeten the broth with honey. Swallow a teaspoon full 3 times a day.**

**Toothache:**

**Soften fresh white cabbage leaves (without the middle ribs) with a rolling pin. Wrap them into a cotton cloth and put it on your cheek above the aching tooth.**

