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ENCYCLOPEDIA OF HEALTH: OUR GRANDMOTHERS' RECIPES

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ALOE VERA GEL

Aloe Vera Gel is a medicinal plant used for burns, irritations and wounds, as well as for many other purposes.

Ingredients:

- Around 3 aloe vera's leaves

How to prepare it?

- Cut the leaves, clean them and remove the thorns.
- Use a knife to extract the pulp, be careful not to take it if it has yellow sap.
- Keep it in the fridge or somewhere that keeps it away from solar light.



TRADITIONAL REMEDY FOR HEADACHES

A typical remedy for headaches is **peppermint tea**, it minimizes tension and improves circulation.

Ingredients:

- 1 tablespoon of ment leaves (10g)
- 1 cup of water (250ml)

How to prepare it?

Firstly, pour the mint leaves into a cup of boiling water. Then, let it steep for 10 minutes and finally consume it.



REMEDY TO CONTROL COLD AND FLU

One of the best home remedies is syrup with **lemon** and **honey**



Ingredients:

- ½ cup of honey (167 g)
- The juice of 1 lemon

How to prepare it?

- You just need to squeeze the lemon juice and mix it with honey.
- Then consume a tablespoon every three to four hours.

REMEDY FOR ECZEMA

Olive oil is one of the best treatments to combat eczema due to its high content of vitamin E and antioxidants.

How to apply it?

All you have to do is rub a little oil on the affected areas, twice a day.

You have to repeat this until the problem is cured.

