

## Effectiveness of Home Remedies

Do you have money to throw away? Today's medicines, whether over-the-counter or prescription, can take quite a bite out of your pocket book. Hospitals and clinics cost a lot of money. Hospitalization can be stressful financially as well as physically. Many people these days are turning to options that are more accessible and inexpensive. One of the most popular of the options is the home remedy.

Home remedies are cures and treatments that are made from the things you probably already have in your house. Home remedies may or may not actually have medicinal properties that treat the ailments in question. Many of the more popular home remedies are used out of tradition. They may not always cure the disease – sometimes they simply make you feel better.

Remedies made at home are less expensive than other forms of medicine. They are relatively harmless compared to modern medicine, as they rarely cause harmful interactions or side effects. These natural cures have been used for generations to cure our common ailments.

Many people confuse home remedies with homeopathic medicine. Aside from the fact that both are considered alternative forms of medicine, they are not related. Many homeopathic treatments work for no other reason than the placebo effect. They are nothing like natural remedies.

One of the most commonly used home remedy is chicken soup. Who hasn't enjoyed a nice hot bowl of chicken soup when they've had a cold or the flu? According to recent studies, chicken soup may be effective in treating these upper respiratory ailments because it contains neutrophil chemotaxis. This is a chemical that is effective in fighting infections and inflammation.

There are natural home remedies out there for almost any disease or ailment you can think of. Most of the conditions that are treatable with home remedies are mild in severity. These include but are not limited to: yeast infection, acne, constipation, dandruff, abdominal pain, tooth ache, and headache.

The home remedy for a yeast infection, for example, combats the fungus (yeast) that is responsible for the infection. One treatment is to wash the infected area with apple cider vinegar. Yogurt can also be used in this manner, as it contains bacteria effective in fighting yeast. Drinking buttermilk is another popular way to cure a yeast infection.

Acne is a common complaint among teenagers, but affects adults as well. Home remedies can help to dry the acne up. One effective home remedy is to puree orange peel with a little bit of water and apply it to the acne. Cucumber leaves can also be used in the same manner. Even a raw clove of garlic rubbed across the acne can be effective.

Of the home remedies available for dandruff, the most popular is aloe vera gel. Aloe vera is good for your hair, too – not just the scalp. Lime juice is also effective against dandruff.

Constipation is a very common complaint, and it has many home remedies. Most of these employ foods with laxative properties. Everyone is familiar with the laxative effects of prunes, but were you aware that bale fruit is also helpful? Bale fruit cleans out the intestines and gets the contents of your intestines moving, providing constipation relief. For children and toddlers, an effective treatment for constipation is bran cereal. Eating guava is also an effective treatment.

Home remedies are made from natural ingredients, so they are generally safe and usually won't harm you. For treatment of ailments that are not dangerous, home remedies can provide you the relief you need safely and inexpensively.