

Home Remedies That Will Cure Common Health Problems

You don't need pills or prescriptions or even a doctor to cure some common health problems. Everything you need may be in your home already. Check out these unusual remedies we found in *Prevention* magazine. NOTE: These are NOT intended to take the place of medicine prescribed by your doctor.

- Thirty minutes with your listening to music could help lower your blood pressure. Researchers at the University of Florence in Italy found that people who were on medication for hypertension were able to lower their blood pressure even more after listening to music while breathing slowly. By how much? Systolic readings – the first number or the top number – decreased an average of 3.2 points in a week and were down by 4.4 points in a month.
- What about motion sickness? It can be cured with either olives or lemons. According to some doctors, motion sickness causes you to produce excess saliva, which can make you nauseated. Compounds in olives called tannins can dry out your mouth and soothe the queasiness. If you don't have olives around, sucking on a lemon wedge can do the same thing.
- Let's move on to your feet.
 - If blisters are a problem, try applying Listerine three times a day to the blisters with a cotton ball until the area dries out and no longer hurts.
 - If your feet stink, try vodka. Wipe your feet with a washcloth soaked in vodka. The alcohol works as an antiseptic and a drying agent to destroy the odor-causing fungus and bacteria and dries out the area where they grow.
 - Looking for a way to soften calluses and corns? Dr. Georgianna Donadio, the director of the National Institute of Whole Health, recommends licorice. Grind up a few sticks, mix them with half a teaspoon of petroleum jelly, and rub the mixture into the rough areas of your feet.
 - Finally, cuts can be treated with cloves. Sprinkle powdered cloves on cuts to keep them from becoming infected. Clove oil is rich in a chemical that's both antiseptic and pain killing.

Source: Intelligence For Your Life, <http://www.tesh.com/itrium/visit?path=A1x97x1y1xa5x1x76y1x241fx1x9by1x2424x1y5x1cc13x5x1>