

Your Kitchen Is Your Medicine Box



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APRIL 14, 2012



Save money on medical bills and doctor's visits and let your kitchen help you become a part time doctor yourself. Soothing minor complaints has never been this easy. You don't need to look any further than your very own kitchen. How? From salt to *haldi*, since times immemorial these around-the-house daily ingredients used in our cooking are some of the best natural cures for everyday health concerns. Sunita Roy Chaudhary, Senior Dietician at Rockland Hospital, New Delhi tells us about the top 10 food items that are easily available in our kitchens and are full of medicinal properties:

Salt

- Good for people with low blood pressure.
- Required for the absorption of glucose.
- It should be used in sweet drinks like sweet lemon water/soda to improve absorbability,

especially for people who are vomiting or have diarrhea.

- Helps maintain the body's electrolyte balance.
- It is also required for proper nerve stimulation.

Tonic Water

- Tonic water is a preparation of quinine and is therefore useful as a treatment for malaria.

Lemon

- Useful to treat coughs.
- It is good against heartburns and other stomach ailments.
- It is helpful in maintaining the electrolyte balance of the body.
- It has antioxidants which help prevent heart diseases and cancer.

Honey

- Good skin cleanser and tonic.
- It boosts immunity.
- It has antioxidant properties, which help prevent many chronic diseases.

- It can be used as a remedy for sore throat.
- It is useful in cuts and burns.

Olive Oil

- It is a good laxative, helps to avoid constipation.
- It lowers the incidence of gall stones.
- It helps prevent heart disease because of its high content of monounsaturated fatty acids.
- It is helpful for curing ulcers and is good for the stomach.

Milk

- It is a good source of protein, calcium and phosphorus.
- It helps prevent osteoporosis.
- Cold raw milk is good for curing acidity.
- It also helps improve the immune system.

Apple Cider Vinegar

- It soothes sunburns and insect bites.
- It is an effective deodorant.

Chamomile Tea

- It is a good cure for anxiety.
- It is also helpful in curing stomach aches, especially menstrual cramps and those related to ulcers.
- It helps cure insomnia and skin rashes.

Baking Soda

- It is useful in treating acne and as a face and skin cleaner.
- It is also good for cleaning teeth.
- Good for curing cracked heels.
- It is a good cleaning agent for hair also.

Ginger

- It is helpful in reducing nausea and vomiting when used with black salt.
- It is also helpful in curing cough.
- It is helpful in many stomach ailments such as indigestion and flatulence.
- It is helpful in curing migraines.