



The Ultimate
Home
Remedies
Collection

Beauty Health Page

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Our team has over eight years of experience in researching and writing articles about health tips and home remedies. The quality of our content has brought millions of visitors to our website and thousands of subscribers throughout these years.

We have conducted in-depth research of home remedies for the most common health issues today and put them in a book. Our study is based on scientific proofs of how some natural ingredients work with the human body.

IMPORTANT NOTE!

Not all of the handmade remedies are 100 percent effective and that is because they have different results in every person, and for that reason, we can't guarantee you that some recipes will really help you to treat some health disease, illness or condition. Before you start to use any of the homemade remedies from this web page, consult with your medical doctor.

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AGE SPOTS



What are age spots?

Worldwide they are known by two names, and they, believe it or not, don't have anything to do with age. Some say age spots; while others say liver spots. What are they?

Liver spots or age spots represent dark spots on your skin. Their size harms. Or, in short, they tend to appear on areas that are most exposed to the sun.

Age spots usually appear to people who are older than 50, but can be spotted at a younger age as well. It depends on the pigmentation of the skin and the sun exposure.

We all know that slowly, but inevitably, the sun becomes the number one enemy for us. So, they are not caused by getting older; they are caused by the sun.

Ranella Hirsch, MD explained this problem very well. She said that the sun and its sunshine attacks on the skin, and the skin, of course, fights back or defends itself by making pigment. Multiple times she even stated that age spots do not come from aging, and they can never appear on parts of the skin where the sun never hits.

On the other hand, Debra Wattenberg, MD, an assistant professor of dermatology in New York at the medical center, said that the connection between age and age spots is abysmal. For example, she said that the older people get, an enormous amount of sun damage they receive. She suggested that sunscreen and sun avoidance are the keys needed for ignoring age spots.

Causes of age spots

Okay, so you know what the leading cause of age spots is, but you are probably wondering what the sun mainly does.

The sun, or its ultraviolet light, is speeding up the production of melanin, and the melanin happens to make overactive cells. Overactive cells are responsible for the appearance of age spots. In many cases, they can be spotted on the areas of the skin where the sun was very present. They appear even more if the sun exposure is frequent and extended. In short, age spots become frequent on the skin at the moment melanin is produced in significant engrossment.

Do you know how people, especially women, want to look dark, and to accomplish that they often visit beauty salons? If you had no idea, people go into cosmetic or beauty saloons to get tanned. Yes, they want to look browner, but they refuse to go into direct sunlight, so they go tanning instead. Tanning is the process when one person lies down on a bed while tanning lamps with ultraviolet lights are above them. Tanning lamps can also be a reason why age spots appear.

How do they develop on our skin?

When it comes to development, every single person can develop them, but some people are likely to develop them if their hair is red or if their skin is pale and of a lighter color. Also, if someone has a history of often or intense sun exposure or has had a sunburn, then they are more prone to developing them.

Before, I said that they could appear in people with light skin, but there are cases where age spots are developed in childhood.

They usually are black or brown. Age spots can increase their size and can grow from the size of a freckle to about 13 millimeters. In many cases, they form a group and are much more noticeable.

Harmless or not?

I must mention that age spots are harmless and they cannot develop severe illnesses. Yes, they look

like cancerous growths, but as I said, they cannot do any harm, and they do not need treatment.

They may be harmless at first, but if you spot multiple very dark spots and changed appearance, you can go to the doctor. This is not an age spot; this is a sign of melanoma, a form of

skin cancer. In any case, if your spot is increasing in size, it has a dark pigmentation or brings itching, redness or bleeding, please go to a doctor and see what this is about.

Symptoms

Age spots are smooth and occur with enhanced pigmentation. Also, they are generally brown, tan or black and are on the skin that is most exposed to the sun, as I mentioned before.

Age spots vary from freckle-size to about a 13 millimeters beyond and can crowd, offering a more striking appearance.

Visit your doctor if:

- Age spots are pigmented
- Age spots are growing
- Age spots have an unusual edge
- Age spots have a particular mixture of colors
- Age spots are followed by itching, redness, tenderness or bleeding

Diagnosis

You should not be scared because nothing in particular is happening when it comes to diagnosing. Your doctor usually diagnoses age spots only by looking at your skin. Yes, there are cases in which your doctor is not sure about your spots, so he performs a biopsy. If you do not know what a biopsy is, well, it is the process in which they will remove a small piece of skin and check it for cancer or other abnormalities.

Chemical peels come next, and they also include some difficulties. They bring change in color and scarring by using a chemical solution to remove the outer layer of old skin.

Pain, bleeding and swelling is present when a laser resurfacing instrument is used. Nothing good can come out of laser that removes old skin cells.

Process of appearance

Many of you ask yourselves what is happening after ultraviolet lights hit us. Well, they can be harmful to our skin because they speed up the melanin production. I do not know if you know, but melanin makes overactive cells, and these cells are responsible for the appearance of age spots. When our presence in the sun is increased, or it is more frequent than before, then

indeed they will appear, in more significant numbers even.

We all want to look darker, and we all visit beauty saloons to lie down while a direct ultraviolet light is baking us from above. Yes, tanning can represent a cause as well, and it can make further skin complications.

Doctor's visit

As I said before, age spots or liver spots are harmless, and they do not require treatment. But, you can go and visit your doctor if your spots are darkened and have changed their appearance. These signs can be melanoma, and that is a severe form of cancer.

Visit your doctor if:

- Your age spots are pigmented
- Your age spots are increasing
- Your age spots have an unusual border
- Your age spots have a unique combination of colors
- Your age spots are followed by itching, redness, tenderness or bleeding.

Additional prevention

- There are additional prevention steps, and they also do not require much money.
- For example, try to avoid the sun between 10 am and 2 pm. It is known that during this time it's rays are very intense and dangerous. Do not do any outdoor activities.
- Sunscreen can also be very helpful when it comes to sun exposure. Many people use it when they sunbathe, but this can be very practical on regular days as well. 30 minutes before going out, you can apply sunscreen on areas that are visible to the sun. Buy sunscreen that has a protection factor, and apply the sunscreen on your skin every two hours.
- Believe it or not, clothes can be helpful as well. They can provide sun protection, especially if "ultraviolet protection factor" is labeled on them.

Expensive treatments and their side effects

People want to have the perfect appearance and perfect skin. Age spots do not represent a danger to health, but they do pose a threat to the human appearance. That is why most of the people, especially women, go to a doctor's office to seek medical and professional help. The help that doctors offer is not always right because many chemicals are involved in those treatments, and they benefit from it, so of course they will recommend it.

Dermabrasion comes first, and this treatment brings further side effects of scarring, redness, swelling, loss of skin color, tissue destruction and infection. This treatment is high-priced as well, and it is not treated by medical insurance companies because, after all, it is a cosmetic procedure, and cosmetic procedures are not covered by medical insurance.

Chemical peels are following, and they also include some problems. They carry a difference in color and scarring by using a chemical liquid to shed the outer cover of old skin.

Pain, bleeding and swelling is present when a laser resurfacing instrument is used. Nothing good can come out of laser that removes old skin cells.

As for last, comes the topical treatments that are divided into smaller groups. The first one is with hydroquinone (a prescription bleaching cream) or tretinoin (a prescription acne cream). Topical treatments bring pain, swelling, bleeding, scarring, crusting and discoloration.

Many more procedures are not as dangerous than the previously mentioned, bleaching creams for example, but they are still not safe for your skin at all.

Chemical treatments and creams are your choices to make, but I want to tell you that they are not safe or guaranteed because they, as I said, contain chemical components and ask for more than two or three sessions.

For example, doctors usually offer cryotherapy. This word comes from cryo in Greek, which means cold. So basically this is a therapy in which one person is exposed to freezing temperatures in a tank usually to destroy the irritated nerves. Dermatologists offer this treatment as a solution because cryotherapy treats abnormal skin cells as well. This procedure typically requires five to seven seconds freeze time, while the entire process lasts less than a minute.

Besides being expensive, this therapy comes with multiple side effects. I mean, of course it would come with side effects and complications. After all, this is an unusual treatment, and our bodies are not used to low-temperature exposure. This therapy brings skin discomfort afterwards, and it can sometimes cause bleeding. It creates a headache, and sometimes it leads to hypopigmentation. Some people may get one to two treatments or a single session, while others require several. They burn out the skin's outer layers, and that does not end well.

Laser resurfacing is one process that is used to remove the upper layers of the skin. This procedure is done with wand-like laser instrument that has only one goal: to remove the dead cells and to bring the new ones in the “spotlight.” The procedure by itself provokes the skin to produce more collagen levels and stimulates it to look smoother and have a better appearance.

It is an easy, but very costly, procedure with multiple side effects as well. It is considered a cosmetic procedure, so it is not covered by insurance companies at all. Many people get the idea for it from their dermatologists who discuss expectations without mentioning potential risks and outcomes. They are not the same of course, I am not saying that, but they mostly do not care and want to get your money.

First of all, ten days before surgery you need to avoid vitamin E. Ten days is not a significant period, but it still is a lot of time without sun. La-

ser procedure brings discoloration of the skin. Next, it brings a lot of pain, swelling, bleeding and scarring. Many people stated that they experienced crusting and endless infection.

But, as I said before, not every doctor connected to skin recommends treatments that can cause additional problems.

Renée Rouleau, a Dallas-based aesthetician who treats hyperpigmentation, says that people need to consume more vitamin C to remove their age spots. For example, she says that magnesium together with vitamin C will bring wonders and will treat the pigmentation better.

On the internet and in the drug stores there are millions of other treatments and products that according to some can help erase the age spots. These products contain many acids inside of them and acids cannot ever be good for the skin, and they also cannot improve the skin.

Natural and cheap home remedies

Lemon juice, for example, is recommended by many people, and besides oral consumption, you can also apply fresh lemon juice over the spots and rub the spots until they fade away.

Trust me, they will fade away for sure. You just have to be patient and to wait. Patients who have tried it have reported great results after only 2 months of regular use.

What do you have to do?

Well, you need to squeeze fresh juice from one lemon and place it on your age spots at least two times a day. Naturally, the fluid will act and will definitely remove the age spots. You need

to leave the juice on your spots for about ten minutes, and after, you should rinse it with warm water.

Why is it working?

Lemon contains mild acidic agents, and they can toss out dead cells from the skin's outer layer. It can also lighten dark spots on the skin.

Lemon mixed with yogurt acts well also because we already know that the juice serves as an alpha-hydroxy tool and light bleach, while yogurt contains lactic acid that can lighten the skin. Over time, together they provide substances that reduce the appearance of age spots.

First, you can rub yogurt and lemon juice equally on the parts where age spots are present. Start by applying lemon juice early and leave it to dry.

Then, after it dries use pure and whole yogurt in the same places. Tap it on lightly, just enough to cover the spots without slipping off your skin. Leave the yogurt like that for about ten minutes and rinse it with cold water after. You should repeat this a few times daily.

I bet you are frightened by this information, and I must say that you should be because you do not need additional complications and side effects for something that is not even harmful. All you need is slow disappearance, and Mother Nature, fortunately, can offer that.



Without spending many pennies on cosmetic treatments, or without taking a giant step forward with cryotherapy, you can make your age spot disappear with one cheap and easily reachable home remedy.

It is something that you already have in your kitchen, and you often use it as a food supplier.

The appearance of age spots, ladies and gentleman, can be quickly reduced or removed with apple cider vinegar.

Apple cider vinegar is nature's gift to us, and it is a perfect skin product because of its alpha hydroxy acids. These healthy acids will remove the dead skin and will bring new youthful look. Apple cider vinegar will also reduce your pH levels and will cool your skin by removing the inflammation.

All those age spots can be lightened if before going to bed you dab a little of it onto the affected area of your skin. Leave it overnight without thinking twice. Take into consideration that apple cider vinegar can dry your skin so, to avoid



that, you can mix your apple cider vinegar with a little olive oil. Your surface will be smooth and soft afterward. If you repeat this process every

day, for three to four weeks from now, you will see significant results and improvement.



Horseradish and its benefits

Arising Southern Europe and Western Asia, this root is similar to wasabi, mustard, cabbage, and broccoli, so it automatically belongs to the Brassicaceae family. It is mostly used in the spicy form, and it brings flavor in many meals all around the world.

Besides culinary uses, horseradish has medicinal applications, and they are responsible for the fact that more and more people consume it worldwide. It is lightly applied, of course, because of its active ingredients. Many people used it through history for health benefits, and that is why nowadays most of the people know what I am talking about.

The root is rich in nutrients and minerals like fibers that belong in dietary products, many vitamins, folates, etc. Wow, this is a lot I know, but the list doesn't end here. Horseradish contains organic chemical formation of enzymes and oils, like sinigrin, a strong glucosinolate. These elements work mutually to implement the health benefits, which are told above.

As I said, horseradish has many different antioxidants and volatile compounds.

Vitamin C in horseradish decreases the creation of melanin, the substance responsible for skin pigmentation.

You only need to mix (in a blender) horseradish and a bowl of milk for about 20 to 30 minutes and then you need to apply the mixture on the spots. The spots, if you use this combination for a while, will fade away for a concise amount of time.

You can also make a paste from horseradish. You will need to place the paste straight to the skin. Keep it on for 15 to 20 minutes before washing it off. Practice this treatment a few times a week.

Furthermore, the third and last option is equally good as the previous ones. Buy horseradish and cut a four-inch piece off of it. Grate the part and mix it with a cup of apple cider vinegar (for those who do not know, apple cider vinegar is fantas-

tic for the skin and combined with horseradish brings additional skin benefits). Leave the mixture like that in a cold area for two weeks. After 15 days, take the mixture and strain it. Apply it on your skin with cotton ball. Do this solution three times a day for at least one month.

Have you ever heard about dandelion? I bet you did, but you probably think of it as one useless weed. Well, this plant is not meaningless at all, in fact, it helps the skin a lot. Besides treating skin problems like burns, acne, chapped or rough appearance, they can remove dark spots as well.



The following moisturizer is perfect for your age spots and is compatible with all skin types. For the next moisturizer, you will need 1/2 cup of organic coconut oil, 1/4 cup of dried dandelion flowers, 6 to 8 drops of lavender essential oil, one jar, a saucepan and a hand mixer.

Place the coconut oil in the canning jar and add the jar to the saucepan. Fill the saucepan with a little water and place it on low heat until the oil is melted. Add the dandelion flowers once the oil is melted and leave them like that for about two hours. Look at your mixture occasionally because you should not let your water evaporate.

After two hours, the mixture will receive a yellow color, and you should remove the pan from the

heat and leave it for some time to cool down. You can strain the flowers out of the oil next. Add in the lavender essential oil and put the infused coconut oil in the fridge until it's solidifies. Then, mix the mixture with a hand mixer to receive something that looks like butter or frosting.

Place this remedy on your age spots and leave it like that until your skin consumes it.

Dandelion has many different health and beauty backgrounds and really can eliminate dead skin and rejuvenate it. You can also take some dandelions and rub them onto your age spots. Do this twice a day, and you will see how the places will begin to fade and how your skin will be more apparent.

Coconut Oil Can Treat Age Spots Perfectly

Coconut oil is the most used natural remedy. This is because it is very beneficial and moisturizes the skin like nothing else. It is also an

antibacterial and antifungal ingredient, and we all know that these two prevent infections while keeping the skin hydrated all the time.



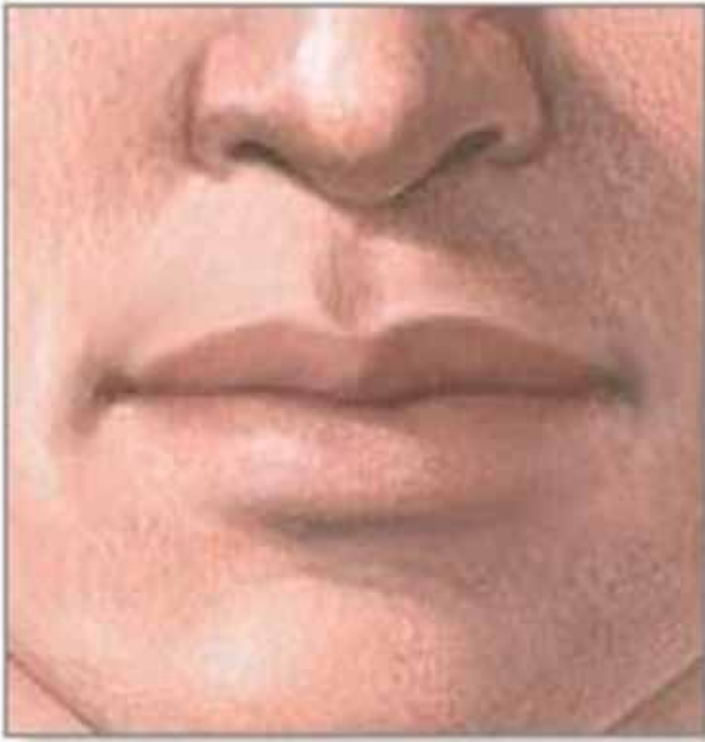
Natural treatment

Do not rinse it off with water from your skin until it dries off. I know this treatment from Diane Irons. She wrote this recipe in her writing called "The World's Best Kept Beauty Secrets." Diane recommends this therapy once per week.

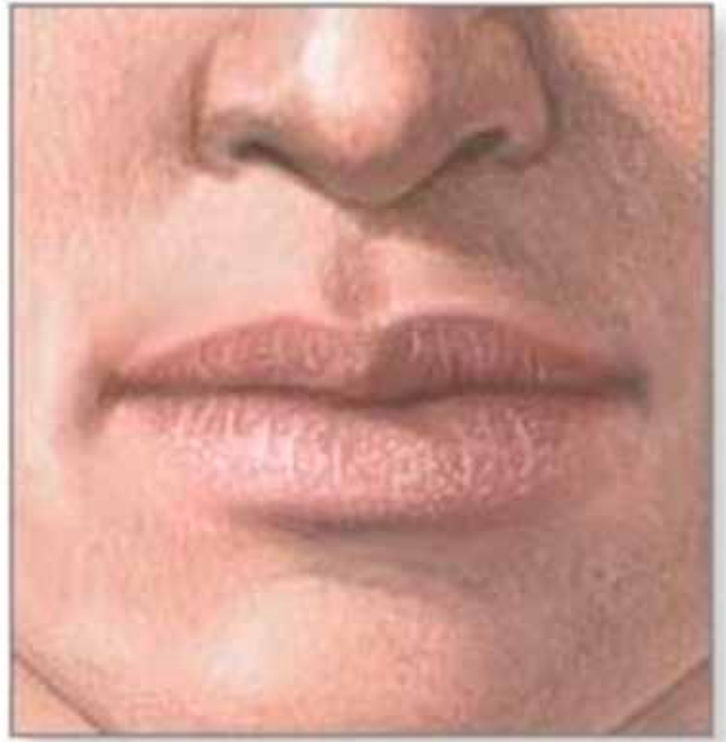
I want you to know that every natural treatment takes time. Use the more usual procedures multiple times a day and use the more complicated ones once per week.

Your liver spots will lighten in time after many weeks of constant use.

Remember: age spots are harmless and do not cause any pain. They can bring some difficulties, but that is very rare. The only thing that they can create is emotional distress.



Normal lips



Chapped lips

CHAPPED LIPS

When the skin around our mouth dries, we say that we have chapped lips. Chapped lips is not a severe health issue, but it is very irritating, and after all, it is inflammation that we want gone right away.

Causes

As I said, the environment is responsible for chapped lips appearance, and by that I mean that heat, hot baths, showers, harsh soaps, detergents, and the weather. As well as wind, dry air, and too much sun exposure.

Everything mentioned above can cause chapped lips and can create a sort of redness and itching around the mouth.

Riboflavin can worsen the problem, iron deficiency can cause complications, and licking your mouth with your tongue is also not good.

There is information that says how a new medication causes the redness of the mouth.

What are the chapped lips and how many of them exist?

Well, this condition represents infection of the corners of someone's mouth. Your lips, due to this disease, become dry, cracked, blistered, painful, or they bleed. Sensitive skin typed people suffer most from this condition, and there are

This problem is uncomfortable as well, and it is mostly caused by environmental factors.

also some of them that are prone to it no matter what.

Eczematous cheilitis, also known as lip dermatitis, is among the different chapped lips conditions. This condition is different than the other conditions because we often do not know the exact reason why it is happening. While infectious cheilitis refers to cheilitis caused by infectious disease, this is something that experts think it is inherited and at the same time is caused by the environment. It is also believed that this condition is mostly happening due to a lip licking habit, and it is presented by dryness, fissuring, edema and crusting. Other cheilitis pieces are needed for this puzzle to be complete, and the environment is responsible for their appearance. Actinic cheilitis, angular cheilitis, granulomatous cheilitis, drug-related cheilitis, exfoliative cheilitis, cheilitis glandularis and plasma cell cheilitis. They all appear due to different factors and are not often present.

Who can be affected?

Anyone. Yes, every human being can be faced with this not so comfortable issue. People that live in dry and low- humidity climates are the

ones most prone to it and can be more affected than others. You can also develop it if your work is involved with water.

Further complications

I said before, and I am going to repeat myself, chapped lips do not represent a serious issue, but they can develop new complications. For example, chapped lips lead to atopic dermatitis, also known as eczema. Eczema is not so pleas-

ant, and with it comes extra redness, inflammation and cracking. This can cause bacteria to develop more and can cause further intense infections.

Doctors' opinions

Dr. Cynthia Bailey is a sincere expert, and that is why I like her opinion on this issue. When it comes to this problem, she says that cracked or chapped lips can be easily solved if someone decides to dedicate some time to the challenge

and find the root cause of the problem. She knows they are painful, but the source needs to be removed and healed before further dryness, blood and cracking occurs.

Yes, our mouth requires special care, and we need to provide that.

Elizabeth Tanzi, MD, a dermatologist and founder of Capital Laser & Skin Care in Washington, D.C., agrees and says that too much scrubbing can definitely be bad for our mouth. She thinks

that by doing this more than usual our situation will be even worse than before, and she says that we should not overdo it with exfoliation. We can do it once a week though. That is not forbidden.

Cosmetic products and moisturizers

I didn't mention before, but I would like to now because this is serious.

Beauty products like anti-aging skin products or acne products can be a reason why your lips are chapped.

All those cosmetic skin care ingredients are bad, and the industry offers them to us to make a profit off of us. They cannot solve the problem at all. Some doctors even agree.

We all know that lip balms are the most used product against this issue. Sadly, they consist of acids, and they can provoke addiction. There is another thing massively used against chapped lips, and I would like to tell you about it.

Carmex is the thing that doctors often recommend against chapped lips. The emollients that this medicine has are used to moisten and soft-

en the dry skin. Also, it is used to prevent dry skin from happening again. I mean come on, do you need something like this for this little issue? Of course not, but you continue doing it. Let me tell you another not so exciting thing when it comes to this drug.

Every drug has rare but harmful side effects. The word "rare" is used by pharmaceutical supporters to receive more and more money out of us. You do not need this drug for your chapped lips because it can bring additional problems. For example, Carmex can bring signs of allergic reactions, rash, hives, itching, swelling, peeling and hoarseness. This drug is also capable of making you avoid sunlight because it will make your skin more sensitive to sunlight and UV rays.

Natural solution

Our lips are susceptible to damage and they protect us. We are entering into winter, slowly but surely, and by the end of it, we are going to have a lot of dead skin on us. Biting, licking, brushing away, cold environment; everything is terrible for our lips and the skin around them, so that is why we need to seek and find natural solutions. I saw something that can be very helpful and something that does not contain side effects as Carmex.

Before I start, let me tell you that The American Academy of Dermatology has stated many times that chapped lips could be cured if you stay hydrated all the time. So, first of all, drink a lot of water during the day, and when it comes to lip balms, use those that have natural ingredients, contains sunscreen and are based on oils.

Also, add a lot of milk, eggs, and meats to your diet because those are rich in iron and riboflavin, and they also contain B2 vitamins, which are good for the health of your lips.

Now, let me back to my home remedy. Have you ever heard of coconut oil and its wonders? I know you have because coconut oil is prevalent and present on many beauty sites and natural remedies.

You will need coconut oil and one to two drops of tea tree oil, grapeseed oil or neem oil. You can pick whichever you like, and you need to mix the one you choose with the coconut oil. Apply this mixture to your lips and do not whip.

Apply the remedy 3 times per day and use it before going to bed.

Why is this working?

This is working, first of all, because it is all natural and because there are no side effects. Second, coconut oil is a famous natural moisturizer and lubricant due to its healthy fatty acids that do not let lips crack. Coconut oil makes your lips soft and supple while the essential oils speeds up the healing process.

I said before that some infections and cracks cannot wait to make your lips their home, and essential oils also prevent this from happening.

Cucumber is another thing that is very beneficial for your lips. Take one slice of cucumber and apply it as a mask on your lips, not just as a cover on your eyes, for a minute or two.

You see? Every problem can be solved in the most natural way possible. You should not spend that much money on lip balms, drugs and moisturizers. Do not make the mistake that other people did.



Essential Oils - Perfect Solution for Chapped Lips



I present you one perfect, natural relief. Essential oils can be used in many different ways, and with their help you are going to be, once again, able to smile without facing any difficulty. Some of them work best individually, while others work best when mixed. There are different methods, and I will tell you every single one of them.

Lavender essential oil, for example, is capable of acting alone, and you should place one or two drops of it on your lips multiple times daily.

Why do they act this well?

They act this well, and they are, in fact, beneficial, because essential oils contain moisturizing and healing essence for the compensation of skin complexion and smoothness. Every single one of them is different and is collected from multiple plants. All of them keep our skin moisturized for such a long time, and they make our lips healthy and hydrated as well.

I must also warn you when it comes to essential oils. There are many different types of them in many stores, health stores, markets and online. You must be very careful because they are not created equal, and sometimes their bottles are filled with cheap filler toxic oils.

Second, you can mix one or two drops of melaleuca essential oil and lemon essential oil with approx. Add 1/4 teaspoon of coconut oil and apply the mixture on your lips for multiple times daily as well.

Meanwhile, you can mix your lavender oil with lemon essential oil. Mix two to four drops of lavender essential oil with two to four drops of lemon essential oil and one tablespoon of coconut oil. Shake the mixture to combine it and use it for several times daily.

Also, keep in mind that not all of them can be used internally, so be extra careful.

Note: You should rub your lips with a cucumber slice, that can be very helpful because it will leave your mouth hydrated for a while.

Note 2: Sunscreen can also be used on your lips, but choose your sunscreen very well too.

Note 3: Chapped and cracked lips can indicate a deficiency of Vitamin B. Add a B complex vitamin supplement to your diet.

Lemon and Honey Mixture for Chapped Lips

Honey comes first on the list of natural remedies, and I must admit that it is the best. It helps moisturize the lips and softens them like no other product.

Most people have no idea how it works, well, let me enlighten you.

First of all, honey has antimicrobial and antibacterial characteristics that help to stop the bacteria or microbes causing infection or dryness of your lips. Second, honey happens to be humectant as well, and with this information, you know that honey helps to secure the moisture in the skin cells and, through this, prevents dryness or chapped lips. Third, honey's anti-inflammatory and skin soothing features decrease the

bleeding, swelling, pain or other trouble created by chapped lips. Also, it prevents the skin from getting dry and protects it from outside factors. It gives the skin nutrients that are needed and, due to its natural oils, heals the broken lips caused by chapped lips.

The problem can easily be solved with honey if you do the following procedure regularly.

I am going to tell you today about two very effective honey natural remedies.

The first one includes lemon as well, and, in fact, it is a mixture of lemon and honey.

Lemon and its properties lighten the skin quickly, peel the dead skin cells and stop unnecessary

skin peeling. Honey nourishes the surface of the skin, and, at the same time, it shields it from the outside pollutants and irritants.

Note: Use only raw natural honey from a local farm or healthy food market.

Take 1/2 teaspoon of natural raw honey and 1/2 teaspoon of fresh lemon juice from one organic lemon. Mix the ingredients very well until you get the same compound and apply the mixture to your chapped lips. Massage the lips and the infected area slowly and gently and leave the

compound on your lips overnight. Wash your lips with water the following morning, and do this procedure until you get significant results.

You have to be patient because it takes time, yes, but it doesn't bring any additional side effects.

The second method starts by mixing 1/2 teaspoon of lemon juice with 1/2 teaspoon of raw honey. Next, add 1/2 teaspoon of vitamin E oil (or 1/4 teaspoon of castor oil). Do the same procedure.



Rose petals can be helpful when it comes to chapped lips because they can make lips stay moisturized while also keeping the color. Take a few rose petals and wash them with water. After washing, soak the petals in milk and leave them over there for about an hour. In case you

have problems with dairy products you can soak them in glycerin. Later, mash the petals until you get a thick paste. Apply this mixture on your dry lips two to three times a day. Also, you can apply them every night before going to bed, then rinsing it off with lukewarm water in the morning.

-Why milk? Because the high level of fat in milk cream can be a natural lip moisturizer.

You can start applying milk cream on your lips, and you can leave it on your lips for ten minutes. Take a cotton ball, dip it with lukewarm water

and slowly wash your lips. You should do this a few times a day, and this is going to help your lips heal faster.



What works for you can change anytime, and that is why you need to seek new information, and you need to google new home remedies to solve your problem.

CHOLESTEROL



What is high cholesterol?

For those who do not know, cholesterol is a substance that has a smooth and fatlike appearance. I bet you didn't know, but the body needs high cholesterol to function normally. Cholesterol, same as other chemicals and hormones, is crucial for some of our activities.

High amounts of it is not usually needed, and when there is a higher amount, the body can deposit it along the lining of our artery walls.

When our cholesterol levels become high, then our body can face some serious complications like cardiovascular disease, heart attack, stroke or artery disease.

Food has a lot of influence when it comes to cholesterol levels. For example, processed meat, like bacon, egg yolk and baked goods with animal fats can raise our cholesterol levels.

Why is cholesterol essential for the body?

Our body needs cholesterol because it produces many hormones, vitamin D and bile acids. All of them are helpful. They help the body to better digest fat, and a meager amount of cholesterol is needed inside the body in order for these needs to be achieved.

There are, of course, cases when the cholesterol is high, and when it comes to that, the body deposits the cholesterol in the bloodstream. In fact, there is much more cholesterol in the blood, then it probably will end up in the coronary arteries inside the heart or the carotid arteries inside the brain. Both of these arteries bring blood to legs and intestines.

Cholesterol deposits block the arteries and interfere with the blood supply.

You probably are wondering who the people that have high cholesterol are:

First of all, the lowest high cholesterol rate is present in Japan. Japanese people indeed have low frequencies of high cholesterol, and they rarely develop any heart diseases. When it comes to America, well, 71 percent of Americans develop bad cholesterol, and they do not come from any particular age or background.

Cause of high cholesterol

Diet and an unhealthy lifestyle are the primary causes responsible for developing high cholesterol levels.

There are cases in which high cholesterol is inherited from a relative, but mainly it is happening due to the excess weight. Excess weight increases the LDL, also known as bad cholesterol, and that is why losing weight may lower it.

I know that this is going to sound bad for you,

but you need to lower your alcohol use to a minimum because alcohol can be a reason why your cholesterol is high. It is interesting how one to two glasses of it increases the normal cholesterol but does not reduce the bad one. Alcohol, at the same time, can reduce the jeopardy of heart disease due to the good cholesterol it brings, but at the same time, it can harm the liver and the heart muscle.

Symptoms and signs

There are no symptoms of high cholesterol, and a person can live with it until it causes another complication. For example, high cholesterol can be revealed if someone, out of nowhere, goes to his/ her doctor and asks for screening blood

tests. Screening blood tests can help a lot and can show the current condition of your cholesterol.

Many people have no idea when they should check their cholesterol, and usually, they wait

until they spot some complication caused by it. Doctors and The National Cholesterol Education Program say that every single person that is aged 20 or over needs to go and check their blood cholesterol level.

Your cholesterol levels are going to be measured by lipoprotein profile blood test, and it includes

total cholesterol measurement. After this test, you will know the levels of your high-density lipoprotein (HDL), low-density lipoprotein (LDL) and your triglycerides.

What are the risk factors?

High cholesterol levels can risk someone's life. It can lead to serious heart disease, and there are changes in developing coronary heart disease as well. The risks can be controlled, of course, but only some of them. Some of them cannot be controlled, and I am going to tell you which they are. For example, age is a risk factor that cannot be controlled because that is the process of life. 45 years old for men and 55 years old for women are the most critical periods.

Above, I mentioned family and family history, and that is the second factor that cannot be controlled: the family history of early heart disease (males affected before 55 years of age and females affected before 65 years of age).

And what are the factors that can be controlled? Well, you can quit smoking, you can lower your high cholesterol, you can lower your high blood pressure, you can manage your diabetes and you can lose weight, as I previously said.

Is diet crucial?

Yes, it is according to many doctors and according to the National Cholesterol Education Program. But I must mention that they prescribe medications as well.

When it comes to dieting with pills, they say that in order for someone with high cholesterol to

lower it, they need to consume 50 percent fewer carbohydrates and should consume less than 7 percent saturated fats daily. They say that vegetarian diets are pretty amazing and that they can solve the problem and that they can lower the cholesterol levels.

Medications and side effects

High cholesterol is present in our nation, and it is present worldwide much more than before, and doctors often prescribe drugs against it. American Medical Association, for example, thinks that 1/3 of all adults who suffer from it should take pills to control it. They prescribe it by forgetting that 50 percent of people who die from heart attacks do not even have high cholesterol. So, by taking these medications, you will only give your money away without considering the second option, a better one.

Doctors prescribe statins for humans who suffer from high cholesterol to reduce their risk of having a heart attack, but, as I mentioned before, that is not happening because people receive them even while taking medications.

The statins bring digestive problems, muscle pain and mental fuzziness. In short, they produce more issues and more complications for your health. They have bad chemicals like atorvastatin, fluvastatin, lovastatin, pravastatin and many that are even more dangerous. Statins block a substance that your liver needs to make cholesterol.

Please ask yourself, do you need additional pain? Muscle pain is not something you need at the moment while you are facing high cholesterol. Muscle pain can affect your daily routines and can stop your activities. Also, ask yourself, do you need complications with your liver? No, of course you don't. Sadly, these anti-cholesterol medications bring liver problems because they

increase the level of enzymes that produce liver inflammation.

Some drugs may interact with statins and increase your risk of side effects, and that is why

you need to be careful what you take and what you ask for.

Prevention

It is straightforward. If you practice the following lifestyle changes all the time, you will not only lower your high cholesterol, you will also prevent it from happening at all.

You need to reduce your salt intake and consume many different fruits and vegetables in a significant amount. Also, you need to cut and limit the consumption of animal fats, and you

can consider losing some weight to maintain a healthy life.

Quit smoking because smoking is wrong and nothing good comes out of it. You can drink alcohol, but you need to limit your alcohol intake as well. Find time to workout for at least 30 minutes on most days of the week.

Who has a higher chance of developing liver disease?

Sadly, being female can be a problem when it comes to high cholesterol, and drinking too much alcohol while you have kidney or liver disease can also be a problem.

But some doctors share my opinion and recommend something else as medication.

Why don't you try a more natural approach to the issue?

I suggest that it is time for you to try something new, something better and more powerful that will help you beat the bad cholesterol.

Before telling you about this natural home remedy, I want to mention something else. Nobody can help you until you make some changes.

You have to decrease your salt consumption and consume many mixed fruits and vegetables in a notable number. Also, you need to cut and restrict the use of animal fats, and you can

acknowledge losing some weight to support a healthy life.

Quit smoking because smoking is wrong, and nothing significant comes out of it. You can drink alcohol, but you need to restrict your alcohol intake as well. Find time to workout for at least 30 minutes on most days of the week.

Basil and margosa leaves work great against high cholesterol.

Natural side - better side

Food, indeed can lower your high cholesterol, and I recommend you start eating oats, beans, nuts, apples, strawberries, grapes, soy, fatty fish and orange juice.

When it comes to orange juice, well, you need to seriously consider drinking it because it can reduce the blood cholesterol levels, especially if you drink three cups of it daily. This is happening



because orange juice is rich in vitamin C, folate and flavonoids. Drink at least 750ml of pure orange juice every day, and you will see miracles happen.

Okay, let me tell you another beneficial home remedy. I bet you heard about apple cider vinegar, and I know you know about it because it is already on your kitchen counter. Apple cider



vinegar is very beneficial against high cholesterol because its properties can lower the triglycerides levels and your total cholesterol. It can also reduce your high blood pressure, gout and upper respiratory infections. So, you have many benefits by taking it.

For example, take the full small spoon of organic apple cider vinegar and one glassful of water.

Drink from this simple mixture two or three times a day for a month. You can, of course, increase the amount of vinegar to two tablespoons by the glassful. There is a possibility that you won't like the flavor of apple cider vinegar and I want to tell you that you can combine it with grape juice, orange juice and apple juice.

Why are they working?

Basil possesses a hypolipidemic and antioxidant performance that helps to decrease the cholesterol levels in the blood. Also, inside, there is a lipid-lowering impact that might be due to some

component in oil that can either improve the condition or else meddle with the cholesterol consumption to prevent growing this dangerous thing inside our blood.



Margosa, or neem leaves, dramatically diminish the unwanted cholesterol with its fermented essence that decreases the serum cholesterol to stop the bad levels of cholesterol.



You will need ten to fifteen basil leaves, ten to fifteen margosa (neem, Indian lilac leaves) and one glass of water.

You need to take an equal amount of both types of leaves. Place them together in a bowl and mix them very well. Start crushing them until you get a paste out of them. Next, take a strainer and set this mixture of leaves in it. Extort the juice out of them and add the juice inside the glass of water. Mix it well, and absorb this on an empty stomach to get relieved of the problem.

You need to make and consume this remedy once daily for quite some time. It will reduce the LDL in the blood for sure, and you won't have further difficulties.

Coriander is proven to reduce high cholesterol. It contains many beneficial bioactive compounds, and they help reduce the high cholesterol by a significant amount.



What makes coriander different?

Coriander is declared as safe by many studies and adopted by most people when taken by mouth in appropriate amounts, so there are no side effects of its consumption.

It is reachable in many different forms, like a fresh leaf, volatile oil and tincture.

Coriander contains dietary fiber, manganese, iron and magnesium and is rich in Vitamin C, Vitamin K and protein.

It contains a lot of bioactives such as antimicrobial, anti-epileptic, antidepressant, antimutagenic, anti-inflammatory and anxiety inhibitors.

How does it lower your bad cholesterol levels?

Well, it is, after all, one of the oldest remedies out there, and it is also known as cilantro (leaves and seeds). It acts so well against bad cholesterol levels because it increases the activity of HMG CoA reductase enzyme and increases the bile acids and neutral sterols. These seeds also make the kidneys work better, and therefore they flush out the excess unneeded cholesterol from the body.

Home coriander seeds remedy

Coriander seeds are quite beneficial when it comes to high blood cholesterol. The seeds increase the good cholesterol while, at the same time, they lower the bad cholesterol. You will need one tablespoon of coriander seeds and one cup of water.

Take one empty pan and add the water inside of it. Turn on the heat and place the water on the heat. Right after adding the tablespoon of coriander seeds, wait for the water to start boiling. After it starts, let it simmer on low for about 3 minutes.

(Note: If you cannot find coriander seeds then you will find coriander in powder form. In this case, make this tea by taking two teaspoons of coriander powder for each cup of water.)

Remove from the heat then, and strain the tea through a strainer. You can consume this drink once or twice daily.

It is essential to include coriander in your dishes.

Whole seeds or powder form, it is your choice, just consume it as much as you can.

Mother Nature

Mother Nature takes care of us, and that is why everything we need against some illnesses can be found from the ground outside. While Heart Failure Society of America (HFSA) declared that there are no satisfactory alternative treatments, many people, doctors and clinics agreed that there is more than one cholesterol-lowering supplement and natural remedy that helps and lowers cholesterol.

Healthy habits and a healthy lifestyle can bring improvement as well. First, you have to stop smoking and then you have to lose some excessive weight.

Start exercising more than three times a week, and eat healthy foods, which can be beneficial for your heart. Do not consume saturated fats,

and eliminate trans fats and alcohol. Also, take small but significant steps to reduce stress.

You need to eat:

- omega three fats that reduce the risk of cardiovascular disease
- foods that are high in soluble fiber (fruits, vegetables, nuts and seeds)
- olive oil that raises HDL cholesterol
- Garlic and onions - due to their sulfur, they cleanse the arteries and lower the cholesterol levels.
- Herbs - there are various spices and herbs which are pretty helpful when it comes to this problem. Basil, rosemary and turmeric, for example, contain antioxidants that lower cholesterol levels naturally.

AVOID trans fats, sugar, carbohydrates, alcohol, hydrogenated fats and caffeine.

Dr. Axe, on the other hand, is among the correct doctors, and he also says that the natural way is better. He recommended three essential

oils that are helpful for high cholesterol. Lavender essential, for example, is quite good, and it minimizes any stress; cypress oil because it increases circulation; furthermore, rosemary oil because it does wonders for our cardiovascular system due to its antioxidant properties.



Honey and cinnamon mixture

Honey and cinnamon are very beneficial when it comes to high cholesterol. Why?

Well, cinnamon and honey are among the oldest compounds. Each of them is very strong and powerful, and when combined they do wonders for one's health. Together they fight against many health conditions and diseases.

The University of Pittsburgh Medical Center conducted a study, and, according to their research, honey and cinnamon both have cholesterol-lowering properties. They do not contain any side effects, but people that are allergic to pollen should ask their doctor if they are allowed to use it. Although rare, allergic reactions to honey sometimes occur in people with pollen allergies. That is the only reason why you should wait another day to make the following recipe.

The Chinese people have used this medication for centuries and, according to them, this is their

traditional remedy against many different conditions.

Cinnamon and honey combination brings impressive effects and treats high cholesterol as well.

You only need to mix two tablespoons of honey and three teaspoons of cinnamon to a cup of tea. You can choose the tea by yourself, it doesn't matter. Then, you should drink this mixture every day, and, even in the first hours of consumption, your high cholesterol levels will be reduced by 10 percent.

Keep your cholesterol levels in balance, and stick to the things I told you about. Do not consume medications, exercise regularly and every day drink a cup of the previously mentioned beverage.



DANDRUFF

What is dandruff?

Dandruff represents a skin condition that mostly affects the scalp. Itching, among other things, is present, and it can bring many social prob-

lems. Also, the self-esteem of someone can be reduced, and there are more severe conditions that may include inflammation of the skin as well.

Causes

The causes for it are not so well known, but it is believed that dandruff is happening due to hormone changes. Hormone changes appear somewhere around puberty, but there are additional causes and risk factors as well.

For example, people who suffer from seborrheic dermatitis have oily skin, and their skin can also be very irritable. The skin is often red, greasy and flaky white with yellow scales. It is also connected with malassezia (a type of fungus that feeds from the skin's oils).

Believe it or not, if you do not brush your hair often, you will be faced with dandruff. Yeast and

dry skin can bring additional problems as well as shampoo and skin care products.

Poor hygiene, on the other hand, never was and never will be a risk factor, but illnesses like Parkinson's disease and HIV can cause dandruff.

This is the only condition where males are more affected than females, but redness or inflammation can be rare.

Women lose hair as well, especially after giving birth, but, as I previously said, rarely. Also, people who are under a lot of stress can develop some similar diseases.

Factors

When it comes to problems, age is always one of the most present elements. Dandruff starts in young adulthood and continues through middle age. For some people this issue continues, but for others it stops, it depends.

Psoriasis, eczema and yeast-like fungus are among other causes for this problem. Dandruff is when the skin layers replace itself, die and moments after, they flake. The flakes are tiny to the naked eye.

According to a recent study, everything comes down to three factors. Sebaceous, allergy sensibility and malassezia yeasts.

There is another study that says how about 80 million men and women in America have hereditary dandruff, and this is another type of dandruff.

Most cases of dandruff or hair loss, luckily, can be treated and can be stopped, but only naturally.

When it comes to chemical medications, concerning male users, they can have sexual side effects, according to one recent study. Also, it was revealed that after one person stopped taking the medications, the drugs' side effects

went away for good. This is another reason why you cannot believe and why you cannot put your faith into them.

Medications for hair loss, known as 5-alpha-reductase inhibitors, stop the use of hormone dihydrotestosterone (DHT), an androgen that's more influential than its precursor, testosterone. Also, avoid Propecia, Avodart and Proscar because they can bring difficulties as well. They may reduce the risk of prostate cancer, according to few additional studies, but nothing is proved, and medics are skeptical.

Medications

According to one study, the medicines that are used against dandruff contain bad side effects, and they can interrupt your sexual activity. The investigation also revealed that when people stopped taking the medication, all of the side effects went away.

5-alpha-reductase inhibitors are the drugs that are used for hair loss. They all reduce the production hormone dihydrotestosterone (DHT), an androgen that's more influential than its ancestor, testosterone.

Avodart, Propecia and Proscar are the drugs against dandruff, and these oral tablets have the following common side effects: chills, cold sweats, confusion and dizziness. Sometimes they can indicate some serious complications like skin rash and redness, rapid weight gain, bloating, swelling of the face, tenderness, and swelling of the lips and face. The worst of them all, decreased interest in sexual intercourse is the first to appear, then all of your ability, desire and drive will be gone in a minute. Abdominal and stomach pain are also a side effect, and I should mention that there are back pains, but they are rare.

Doctor's opinion on diets and dandruff

Dandruff, also known as seborrhoea, can target anyone from young to old, and sometimes it leaves pimples, acne and low self-esteem.

I said before that stress and an unhealthy diet are among the causes of this bad appearance. Is there an anti-dandruff diet? Apparently there is, although it is not proven. I am telling you that it is because every serious issue leads back to our food consumption, if you haven't noticed.

Alicia Zalka, MD, associate clinical professor of dermatology at the Yale School of Medicine in New Haven, says that for now there are no official results, but she says that there were some

studies that proved how diet changes could improve, reduce and destroy dandruff.

Furthermore, Jessica Krant, MD, a very influential assistant clinical educator of dermatology at SUNY Downstate Medical Center in New York, agrees. She says that a well-balanced diet can cure dandruff. There are just some rules that need to be followed when it comes to food.

What should you do? Well, we all know how much we are addicted to sweets and sugar. This unhealthy habit must stop, and by cutting sweets and carbs, the inflammation will be significantly lessened in just a few days. Also, you need to find some pretty amazing antioxidant-rich diet that is also able to reduce the previously mentioned issue.

Remember: Curing processed food, refined sugar, fried food, fatty food and gluten will cut the flaking as well.

Adding more fruits and vegetables can improve the condition you have with dandruff because, after all, they are rich in nutrients and fiber. Besides fruits and vegetables, you can add some healthy fats. Foods rich in omega-3 and omega-6 fatty acids have not only been proven useful against dandruff, they can also keep your heart healthy.

Natural way of handling dandruff

Poor eating habits, pollution and an inactive life are among the reasons why our scalp is not getting any nutrition and support to end up with a full, healthy head of hair. That is why our hair breaks so quickly, but, fortunately, this process can be turned back only by the things that nature can enrich our health needs with.

I must admit that there are a lot of treatments that can help against dandruff, and one of them is castor oil. It is proven that castor oil controls hair loss, thickens the hair, repairs the split ends and boosts hair growth.

Start by mixing three tablespoons of castor oil, one tablespoon of jojoba oil and three drops of peppermint or rosemary essential oil. Place all of them in a small bottle with a top. Put the lid on the jar and shake the mixture well. Gently apply

the mixture on your scalp and slowly go to the ends of your hair. Leave it on your hair for about 20 minutes and wash it off after with shampoo. You should do this treatment at least twice a week to get faster results.

You need to know why I told you about castor oil. Castor oil comes from the natural plant that is known as the castor plant, *Ricinus Communis*. It has a pale-yellow color and smells like nuts smoking. It is used in cosmetics, pharmaceutical medicines, perfumes, waxes, polishes and hair treatment products, but sometimes it is chemically processed. When it is not chemically produced, this natural beneficial ingredient is safe for internal consumption as much as it is for external. Skin, hair and nails, all three can benefit entirely from this natural element.

It is beneficial for the hair due to its natural lubricating and waxing properties. It moisturizes the hair, it increases its growth and it prevents hair loss. Both men and women can use it, and it also helps in cases of hormonal imbalance.

Castor oil is the proof you needed. The evidence that proves how you should not spend that much money on expensive hair growth and anti-dandruff products.

This beneficial oil is rich in ricinoleic acid, an acid that is needed by the body and omega-9

as well, a fatty acid that can penetrate into the pores of the skin. This helps the hair to restore growth to a whole other level.

You know, in moments of dandruff, your hair and your scalp are near “death”, and castor oil can bring back the life your hair needs. Besides, it will continue to protect your hair from sunshine and pollution. Castor oil also restores pH levels and cures acne. In short, your whole organism will be restored and back to normal after using it.

What type of castor oil do you need?

Yes, there are different types. Do you remember how previously I told you that castor oil could be chemically processed? Well, yes, you do remember, and you should also not forget that you cannot buy this type of castor oil. There are additional oils known as regular castor oil, organic castor oil and Jamaican black castor oil. All of these can be used for dandruff and hair growth. The difference between the chemical and the natural castor oil is the fact that the natural one is cold pressed from the castor plant. Also, it has a light yellow appearance, or it is colorless. Make sure there is a “100 percent organic” label on it because this type is the most accurate one that will help you with your hair.

Additional solution: baking soda can be helpful in this case as well. It will exfoliate the scalp slowly and won't remove the dead skin cells, and it won't irritate it either. Dr. Sirisha Singh, medical director and consultant dermatologist at The Skin Centre in New Delhi, revealed that baking soda contains many antifungal properties that can reduce the redness and itching of the scalp. You only need to add a little amount of baking soda to your shampoo or to your hair while washing it.



Coconut oil is one healthy compound and can be quite helpful and can treat different issues. When it comes to dandruff, coconut oil can be useful as well, and you can first start by just applying it to your hair.

Mixed with jojoba oil, it will bring even more benefits, and your long problem with dandruff will finally be solved. I mean, jojoba oil is not oil, it

is more a wax ester (an ester of fatty acid and a fatty alcohol). It is beneficial because it is quite similar to the sebum that is produced inside our scalp. It is interesting how this compound can play games with our scalp and can trick our scalp into thinking that there is sufficient oil and reduce production.



We all know that oily scalp leads to dandruff and that is why the following combination is a win against it.

You only need one part of coconut oil and one part of jojoba oil.

Take one container and place both oils inside and gently mix them. Slowly place them onto your scalp and hair. With your hands massage your scalp with the oil mixture to dissolve the sebum. You need to cover every inch of your scalp, so you should massage your scalp for at least several minutes. Next, take one warm towel and cover your hair. Leave your oils on your head for at least thirty minutes.

Note: find a good shampoo with fewer chemicals, which is more beneficial.

Next, wash your hair with shampoo and keep in mind to skip the conditioner if you have an oily scalp.

As I said before, you can massage your scalp with only coconut oil and nothing else. The massage will stimulate your scalp and purge any oil or dirt build-up. Heat your oil, and for ten or fifteen minutes massage your scalp. Let it sit for thirty minutes as the one before.



GOUT

The sudden appearance of gout

Have you ever heard of gout or gouty arthritis? No, I am not talking about goat, I am talking about the joint medical problem called gout.

This problem is a type of arthritis, and it usually is an inflammation of one joint. It is fascinating how gout comes all of a sudden without any warning signs. There are many different symptoms and causes of gout, but mainly it is happening by deposition of crystals of uric acid in joints. Unusual pain or redness comes together with it,

and it can develop further complications such as joint damage, kidney problems and tophi. Often, different types of surgeries are responsible for its appearance and dehydration and sweetened sugar supplies can influence its appearance as well. Among the things that can prevent gout are cherries, in case you didn't know. But, before I start talking about prevention, I must inform you about gout and what kind of issue it represents.

What causes gout?

Sometimes one joint, but other times multiple joints, can be inflamed and can cause gout. It is a type of arthritis and when various joints are involved, the term polyarticular gout is used.

Gout is mainly caused by the accumulation of uric acid crystals in tissues inside the body, and it is caused by too much uric acid in the bloodstream as well. Those acid deposits are respon-

sible and are indicating the inflammation of the joint. This leads to significant pain, redness, heat and, often, swelling.

Uric acid is dangerous, and, often, it cracks the proteins which are known as purines. Blood uric acid level can originate from genetics, obesity, medications and chronic decreased kidney function.

Gout and its risk factors

When it comes to gout, many factors are specific risk factors. For example, surgery, trauma and dehydration bring the appearance of gout together with everything that raises the levels of uric acid in our bloodstream.

Medical author Catherine Burt Driver, MD also says that medications against uric acid can be the cause of gout appearance. Wow, what a

piece of information out of one doctor's mouth. Yes, she says that medications like Zyloprim and Alopriam can be dangerous as well and can cause gout appearance in joints.

You know the magic pill aspirin? Catherine also added that aspirin could be a cause of a gout attack.

Symptoms of gout

The signs of this mysterious illness can be easily spotted. First, they are very visible to the naked eye, and second, the pain that one person is feeling is real and is not going anywhere for a while. Joint redness, heat in the affected area and joint swelling are few of them. They are known as symptoms of an inflamed joint. When

it comes to the pain that someone feels, well, it depends on the inflammation of the joint. The joint will become very sensitive to touch while it will continue swelling to the point where you would want to cut it by yourself.

Also, the attacks are different and are not simple.

Appearance

Gouts usually appear on the lower part of the body, and they are mostly present in the big

toes. Ankles, elbows, wrists, hands and knees can also suffer from this swelling.

You probably noticed that above I mentioned tophi, and I think I need to explain what tophi means to you because you probably do not know. Tophi, also known as tophus, represent clots of uric acid that operate under the skin. They can be present in different locations of the body, and when they are too present, our body becomes rich with uric acid. Tophi appear only if the uric acid level in your bloodstream is high for years. Medications and medical assistance in these cases are required.

It is sad how untreated gout can lead to joint damage and physical deformation. Also, kidney stones may be a sign of gout appearance due to deposition of uric acid crystals in our kidney.

Which doctors treat gout and what do they think when it comes to this problem?

When you have gout, you usually go and seek help from people who are called rheumatologists. These people are specialized in gout, and they can help you more than your internist, general practitioner or family doctor.

Rheumatologists

Rheumatologists are the doctors that are called to help you in case you have gout. Detecting gout is pretty simple because it is visible to the

naked eye, (if it is already developed) and an inflamed joint checkup can also detect it.

Medication - friend or foe?

Foe, if you ask me. Some of them are not even used to treat the hot and swollen joint. They are used to prevent further joint attacks, and this is something very unnecessary because it is filling our body with chemicals.

Drugs against gout are known as nonsteroidal anti-inflammatory drugs (NSAIDs), for example, indomethacin (Indocin), ibuprofen (Advil), naproxen (Aleve), colchicine, colcrys and corticosteroids.

All of them have different side effects and bring additional problems, like muscle pain and weakness; numbness; tingly feeling of your toes and fingers; severe vomiting; a pale and grey appearance of lips, tongue or hands; bleeding; fever; chills; body aches and sometimes flu. Nonsteroidal anti-inflammatory drugs, for example, can

upset our stomach and can produce bleeding ulcers and decreased kidney function. Colchicine can affect your liver condition, while others bring all the effects mentioned above. There are also additional medications that are given in order for uric acid production to be blocked, but this also doesn't end well. It has always been said that the drugs called xanthine oxidase inhibitors, including allopurinol (Aloprim, Lopurin, Zyloprim) and febuxostat (Uloric), can reduce the uric acid production, but, I must admit, I am a skeptic. Why? Because these lessen the liver function and bring rash and low blood counts. Probalan, on the other hand, is used to improve the uric acid removal, but besides this, this medication will cause stomach pain and kidney stones.

How is gout diagnosed?

It can be determined very quickly. In fact, you go and visit your rheumatologist or your orthopedist and you, without thinking twice, have an inflamed joint checkup. Your rheumatologist will

then remove a joint fluid from your inflamed joint to examine the levels of uric acid crystals inside of it.

How can gout be treated?

Doctors and medical experts usually say that medications are a must when it comes to gout,

but I must disagree. They say that healthy diets and significant life changes can be helpful,

but they also say that they are not capable of lowering the serum uric acid enough to control gout. Doctors say that medications are required when tophi are present, for example, and they also state that when joint damage is current, they are a must. Gout medications can be divided into three categories. There are medications that lower the uric acids, there are medications called prophylactic drugs and, finally, there are rescue medications that are used to cause relief from the pain at the same moment that it occurs.

Now I am going to focus on the third category of the gout medications that are used to remove

the pain from it instantly. It is interesting how these medicines are forbidden, but can be prescribed for use. Why are they forbidden? Well, of course, you know why. They are banned due to their side effects.

These medicines are, after all, steroids, and they can cause cataract formation and bone loss. If you have never heard of them, I will gladly tell you their names. If you have experience with gout, please beware of colchicine, NSAIDs and corticosteroids like prednisone, prednisolone and methylprednisolone.

What should you eat to prevent gout?

To remove gout out of your life, you will need to consume the following foods:

- foods high in fiber - fruits, vegetables, nuts, seeds. They reduce the uric acid.
- foods rich in potassium - avocado, raw dairy, coconut water, salmon, bananas and apricots. They are consumed mainly because they balance fluid and relieve gout.
- fresh berries and cherries - as I said before, you need to start consuming a significant amount of these gifts from God that neutralize uric acid.

- fish - fish is rich in omega 3, and omega 3 is known for reducing pain and gout pain.
- lemons - vitamin C is effective in lowering uric acid levels in your blood.
- water - drink water as much as you can. Millions of glasses daily if you are capable.

You Should Ignore:

red meat, shellfish, small fish, mushrooms, organ meats, soybean, corn, canola oil, sodium, alcohol, sugar and other refined carbohydrates.

Home remedies against gout

Of course, you can skip all those medications because of their side effects and, of course, you can choose something that is not expensive and that offers significant improvement.

Before I start explaining, I must tell you one essential thing. You need to start drinking plenty of water, and you need to start eating some cherries, seriously. You need to eat many cherries because they are known worldwide as being effective in treating gout and in lowering uric acid because of their high antioxidant properties. In many studies, it was proven that people who ate cherries, two or even three bowls daily, had 50 percent reduced risk of getting gout. If you, for any reason, hate cherries, you can use a tart cherry extract supplement. There is no bad chemistry involved in this supplement, and it can be quite beneficial, not the same as real ones, but it can be helpful.

Okay, and now let me start with the wonderful home remedies that I wanted to tell you about since we started. Have you ever heard of ginger root? Yes, I bet you have because ginger root is becoming the number one anti-inflammatory ingredient that can fight against any possible illness.

There are many different methods for preparing ginger root when it comes to gout.

For example, start by mixing two equal amounts of fenugreek powder, turmeric powder and dried ginger root powder. Take one teaspoon of the previous mixture together with one glass of warm water. You need to take it twice a day, and significant results will shortly follow.

You know that ginger is a good food supplier, so you can primarily use it in many recipes. Also,



you can eat a raw piece of it, not large, but a small amount daily.

Next, mix one-half teaspoon of grated ginger root to one cup of boiled water. Mix the ingredients well and consume this drink at least once a day.

Ginger can be used as a tea and can be quickly prepared.

Chop a few pieces of ginger and boil them for about 20 minutes. Your tea is ready for consumption.

Those were the internal uses of ginger. When it comes to the external application of it, you can use a homemade paste that is equally beneficial. Take one ginger root, grate it and mix it with wa-

ter. Apply this paste on your affected area, and leave it like that for about half an hour. Make sure you do this once a day as well.

In the end, I want to tell you that you should become more physically active and that you should lower your intake of alcohol. Also, do not stress over everything because sometimes stress can be a cause of gout.

Use the home remedies I gave to you because many people are satisfied and found a solution in them.

Go to your nearest market and buy some ginger roots. In two or three months, according to people who used it, you will say goodbye to your extreme tenderness, inflammation and swelling.

Have you ever heard of apple cider vinegar?

Do you know what one tablespoon of apple cider vinegar in your salad or before a meal can do for your body? Well, it will do everything that pills cannot. That is why many doctors and medical personnel tend to ignore it.

Apple cider vinegar has fantastic anti-inflammatory properties, and it can treat inflammation very well. Its nutrients do it and ACV contains vitamin

C as well, which reduces inflammation, stress and contributes to a healthy immune system.

Dr. Axe is not among those evil doctors. Apple cider vinegar is recommended by this doctor, especially if it is the 100 percent raw one.

Many social media users agree with this, and they voted on apple cider vinegar as one of the best home remedies against gout.

Apple cider vinegar makes our body more alkaline, and the acidity relieves the gout pain.

People that suffer from gout and gout pain drink at least one or two tablespoons of raw organic apple cider vinegar diluted in water. I even read on one profile that people tend to use it at least three times daily to receive better results.

This use is both external and internal. I told you about the internal one, now let me tell you about the external one.

The external use of apple cider vinegar can be performed by placing four cups of hot water in one bucket. Add one cup of apple cider vinegar in this bucket and soak your foot in it for about 30 minutes.

You can even soak a clean cloth in apple cider vinegar and wrap it around the affected area for 15 minutes.

There is information that apple cider vinegar can be mixed with coconut oil and that it can bring

additional benefits. For example, you should mix two tablespoons of apple cider vinegar with one tablespoon of coconut oil. Make cream out of this mixture, and, later, rub your affected joints and your gout with your homemade ointment.

These remedies will do wonders, and you will be very satisfied. You only need to follow my rules and rely on Mother Nature.

Note: I have no idea if I mentioned this above, but I should warn you about stress. I know that we live in a society where stress is inevitable. Do not stress over everything because sometimes stress can be a cause of gout.

Note 2: Go regularly to checkups, and listen to your doctor's advice, as long as it doesn't look like he/ she wants to make a profit off of you.

Note 3: The medicines against gout are, after all, steroids, and they can cause cataract formation and bone loss. Be careful, and consult many doctors if you consider taking these medicines.



You need to start drinking plenty of water, and you need to start eating some cherries, seriously. You need to eat many cherries because they are known worldwide as being effective in treating gout and in lowering uric acid because of their high antioxidant properties. In many studies, it was proven that people who ate cherries, two or even three bowls daily, had 50 percent reduced risk of getting gout. If you, for any reason, hate cherries, you can use a

tart cherry extract supplement. There is no bad chemistry involved in this supplement, and it can be quite beneficial, not the same as the real ones, but it can be helpful.

Okay, and now let me start with the wonderful home remedies that I wanted to tell you about since we started. Have you ever heard of ginger root? Yes, I bet you have because ginger root is becoming the number one anti-inflammatory ingredient that can fight against any possible illness.

There are many different methods for preparing ginger root when it comes to gout.

For example, start by mixing two equal amounts of fenugreek powder, turmeric powder and dried ginger root powder. Take one teaspoon of the previous mixture together with one glass of warm water. You need to take it twice a day, and significant results will shortly follow.

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HEADACHE

Nowadays, people daily face multiple difficulties. It is not the way it used to be when problems were consistent with what to eat and other similarities.

The stress and the issues that come out of pressure bring a lot of headaches. A headache represents the pain in the area of head and neck.

It is interesting how headaches cannot be healed because they are a problem caused by another more significant problem. By this, I mean that you need to find the root of your headache in order to later find a cure and to cure it.

Appearance

Many of us wonder why all of a sudden our head starts to pound. Well, let me tell you, it is not all of a sudden because they appear later due to previous stress. Stress is just the first part of their appearance. Medical disorder, emotional problems and conditions like high blood pres-

Cause

They are rarely present on the same side of the head. Headaches can be present on any part of someone's head, and they can appear out of nowhere due to a problem that is lying inside of us for quite some time. Usually, they are present for two to three hours, and some can primarily continue like that for days.

The International Headache Society says that headaches can be split into two parts. In the first one, the headaches that come out of nowhere are present, and in the second, the headaches that come out of nowhere are more severe conditions.

I know I said that they are headaches that come out of nowhere, but they, in fact, come from over-activity. Changes in blood vessels, muscles

Primary headaches

The first kind of headache is called primary headaches, and they are the ones that come from over-activity or obstacles with compositions in the head that are pain-sensitive. I am talking about the blood vessels, muscles and nerves of the head and neck. They are quite sensitive,

I will tell you a straightforward example. There was one study a few years ago in which the people who participated in it told their doctors how they had a headache. In the end, it was discovered that their headache came from the sinus infection and other additional issues they had.

**Many people think that a headache and a migraine is the same. Let me tell you; they are different, although their causes are somewhat similar.*

sure, anxiety or depression can lead to headaches. Headaches are known to be very painful, and sometimes people cannot attend school or work due to the turbulence they cause to their head.

and nerves of head and neck can cause these headaches. Usually, they are caused by changes in chemical activity in the brain. The first part is accompanied by migraines, cluster headaches and tension headaches, while the second part is caused by something more in-depth, for example, they are happening due to severe problems and issues in life.

When it comes to triggers, hangovers, brain tumors, blood clots, concussions, influenza, panic attacks and stroke are among them. Food allergies can be the main reason for a headache, and environmental causes sometimes play a crucial part.

unlike other things, and that is why when their work is jeopardized or overrun, they result in a headache. They may also occur from variations in chemical activity in the brain. Common primary headaches are also known as migraines, cluster headaches and tension headaches.

Secondary headaches

When it comes to the second kind of headaches, well, they are in fact signs or symptoms of something very much more complicated inside our body. For example, they represent a state that incites the pain-sensitive nerves of the head. In other words, the headache symptoms can be connected to another cause. Various factors cause the second type of headaches, and they include alcohol hangover, brain tumor, blood clot, bleeding around the brain, brain freeze, carbon monoxide poisoning, concussion, dehydration, glaucoma, influenza, panic attacks, overuse of pain medications or stroke.

So, as you can see from the things listed above, headaches can be a symptom or sign of something much more severe. This is why you need to seek medical help, and the headaches become more severe, regular or persistent.

Remember: contact your doctor if a headache is more extreme than previous headaches, or doesn't get better with pills. Visit a doctor as well if the migraine is accompanied by other symptoms such as confusion, fever, sensitivity to light and sound and tingling sensation in the neck.

Types

There are many types of headaches in general, but many know them as headaches or migraines.

Tension headaches usually happen during the day, and someone can experience constant and dull pain. They can either last for a month or about 15 days. There are cases in which they continue for hours, but it depends on many factors.

Migraines, as I said before, are not quite the same as simple headaches, and they are different, for sure. As much as they are similar, they are that much different. Blurred vision, nausea, sensory disturbance, lightheadedness; every single thing mentioned here comes from migraines. Yes, they are pretty bad, and they affect

our health like nothing else. There are rebound headaches that are accompanied by neck pain and restlessness, and there are cluster headaches which are severe and located around one eye.

Cluster headaches are severe in the same way migraines are, but they rarely happen. They bring intense pain, and the pressure can be felt behind the eyes. They last for a couple of weeks to months. They can go away, and they can be back after a certain period.

Sinus headaches come from inflamed sinuses, and, yes, infected sinuses bring pain to the forehead, cheeks and nose. They present themselves with fever, pressure in the ears and facial swelling.

Diagnosis

Headaches do not represent the serious issue, but sometimes they can cause further complications. For you to receive the needed cure, you must go to your doctor's office. He/ she will

give you proper treatment and medication, and the tests usually include x-rays, blood tests and brain scans.

Further complications

Like any other issue, headaches can bring additional problems, but usually the problems are already present, and they are presenting themselves with a headache. For example, chronic daily headaches implicate that someone has severe depression, anxiety or sleep disturbance.

Many other psychological and physical problems are the cause of this constant headache. For example, when you have a migraine, you can develop abdominal pain and serotonin syndrome due to the medication they prescribe you to use.

Medication

Headaches are not so severe at the start, and that is why they can be treated in an entirely different way than the way doctors dictate.

For example, they give us chemicals for things that are not even that serious. Taking chemicals without a serious reason is terrible for a person's

overall health due to the toxins it brings. Your blood is intoxicated, and they can indeed increase the pain you are already feeling. Doctors prescribe acetaminophen called Tylenol, Aspirin and Ibuprofen. Before taking them, you seriously need to think this option over again.

Antidepressants

These hard chemical drugs should only be consumed by the people who have severe mental health issues. I do not want to offend anyone, but some medical personnel prescribe painkillers and antidepressants for a headache. Do you know the side effects of antidepressants? I bet

you don't. Well, they can interfere with your sexual desire, they can also make you gain weight, they will disturb your hormones, and they will definitely bring fatigue, drowsiness, and insomnia. That is not good, and that is not what you need after a headache.

Alternative treatments

Many alternative treatments are proven to be more efficient than pills since they do not contain any side effects. For example, you can try acupuncture, cognitive behavior therapy, hypnosis,

medication and herbal and nutritional health products.

Natural way of treating a headache

There is no reason for you to consume drugs that bring further complications. By consuming them, you won't reduce or remove your headache, you will only make it worse. That is why you need to find out what suits you better and what you should consume.

Magnesium is rarely mentioned on any doctor's visit. Let me tell you that magnesium, in fact, is the most successful headache remedy. It is safer than any antidepressant or painkiller, and you cannot become addicted to it.

Doctor Axe agrees with me, and, thanks to him, I know that humans that experience serious headaches have small magnesium levels.

Many studies prove that magnesium is capable and can reduce a headache and migraine attacks in people.

Sadly, people with diabetes, heart disease and alcohol addiction, as well as those on diuretics for blood pressure, are predisposed to developing small levels of magnesium.

Depression produces visual and sensory changes that are present in migraines, and magnesium is capable of stopping these waves. It is proven that magnesium can stop the pain-transmitting chemicals in the brain.

What should you do?

First of all, you need to find out which food contains the most magnesium because you should take 200 to 600 mg of magnesium daily to reduce your headaches. Slowly, but surely, this method is the only way you will cut them.

You need to eat more fiber to get more magnesium and to increase its levels. I want you to know that you should also practice low-fat dieting, and you need to include the infamous foods rich in magnesium ingredients. Products

that contain low-fat milk can be eaten as well, and you can add some chocolate, but only dark without artificial ingredients.

**I want to add that chiropractic care and posture can also be helpful when it comes to headaches.*

This is a drug-free practice, and you will heal naturally. Chiropractic care acts as an antioxidant, and several clinical trials reported more than 90 percent reduction of headaches due to it.

**Drink a lot of water to keep your body hydrated.*



-When it comes to natural herbal and nutritional health products, I will gladly inform you about one that is quite beneficial when it comes to headaches. Have you ever heard of **cayenne pepper**? I bet you have, but I also know that something spicy is the last thing that sounds helpful to you in moments of headache pain.

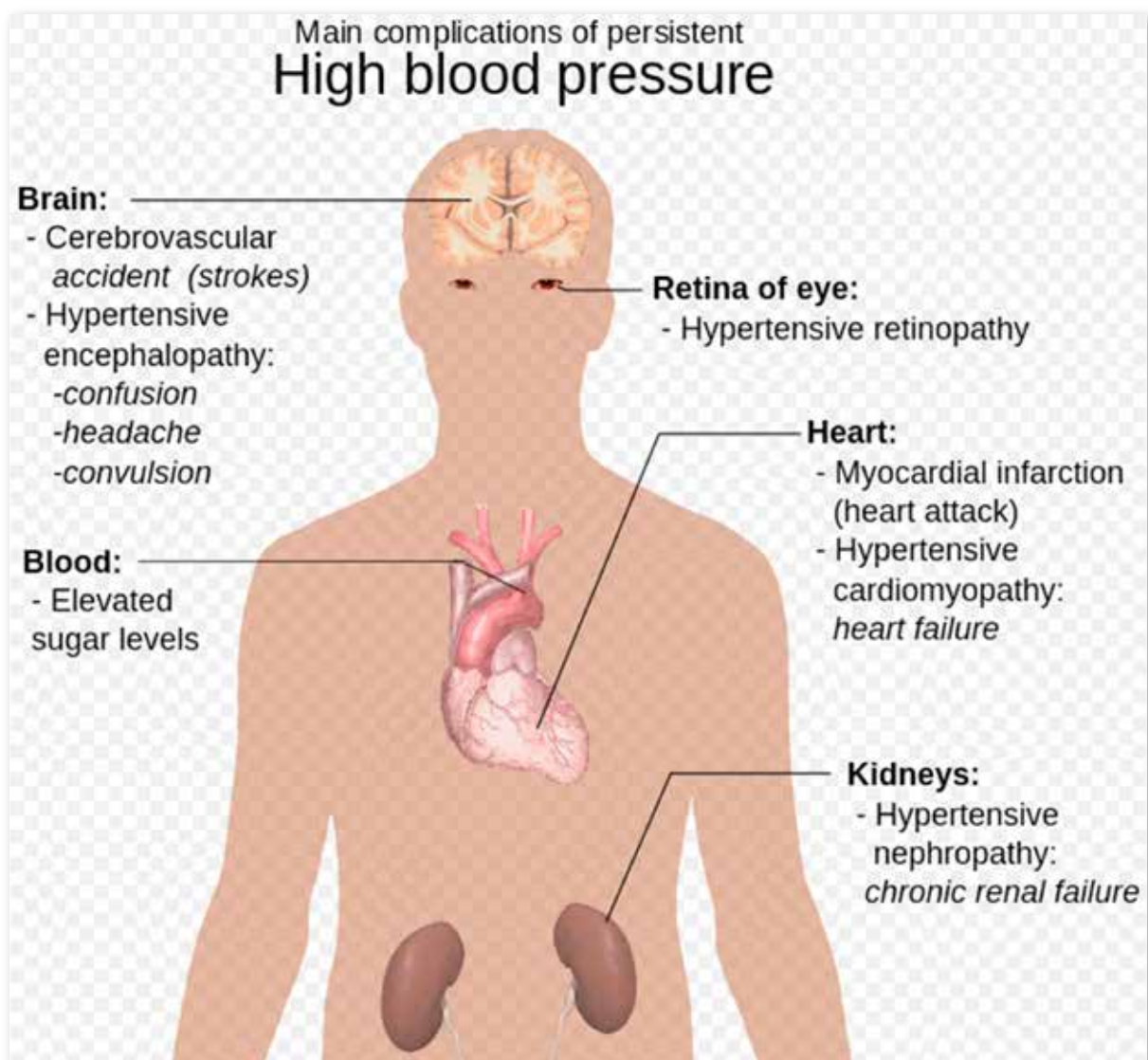
Cayenne pepper is one natural spice that treats pain and inflammation correctly. It all comes down to one ingredient called capsaicin, which affects Substance P, one of the leading elements in pain perception. Substance P is the thing that makes us perceive pain, and capsaicin consumes it. You will need 1/4 teaspoon of cayenne pepper powder, four ounces of warm water and cotton swabs.

First, you need to reduce 1/4 teaspoon of cayenne powder in 4 ounces of warm water. Then,

you need to place the cotton swab deep in the mixture until you reach the powder that is present on the bottom. Kindly divide the cotton swab and place it inside each nostril until you can feel the heat. No, the feeling is not so pleasant at first, but if you feel even a small burning sensation, it means that the remedy is working correctly. Slowly, your headache will reduce, and after a while it will be gone entirely.

Note: I do not know if I said it before, but dehydration is one of the most general causes of a headache. This is why you need to drink as many cold glasses of water as you can after you feel that something is wrong. So, do not reach for medications at the same moment you feel pain, just drink one or two glasses of water.

HIGH BLOOD PRESSURE



Also known as hypertension, high blood pressure is among the worst possible scenarios when it comes to overall health. The pressure, or in this case, the blood pressure, is, in fact, the amount of force exerted upon the walls of the arteries.

In short, if one person is experiencing high blood pressure, it means that this person, or its arteries, are getting too much pressure without pause; they are persistent.

American Heart Association says that in America, about 85 million people suffer from hypertension. The National Institute of Health says that nearly two-thirds of people over age 65 have high blood pressure.

I want to inform you that if high blood pressure is not treated, it can bring additional health problems, like kidney disease, stroke, heart failure and vision loss.

High blood pressure - what does it represent?

Regularly, our heart pumps blood around the body, and the amount of blood that is weak in oxygen is pumped into the lungs, and over there, the oxygen stores are refilled. The blood that is rich in oxygen is then pumped by the heart around the body to supply cells and muscles. The pumping of blood conceives pressure - blood pressure.

Officially, there are five types of high blood pressure. The first is called hypotension, it is also known as low blood pressure, and its systolic

mmHg is 90 or less, while its diastolic mmHg is 60 or less. The second one is the normal one; it is the one where systolic mmHg is 90-119, and diastolic mmHg is 60-79. Third is prehypertension, and its systolic mmHg is 120-139, and its diastolic mmHg is 80-89. Fourth is stage 1 hypertension; this is the pressure where systolic mmHg is 140-159, and diastolic mmHg is 90-99. Last is stage 2 hypertension, and this is the state where systolic mmHg is over 160, and diastolic mmHg is over 100.

Symptoms

Until people reach 180/110 mmHg, the signs of high blood pressure are not present. But, they include a headache that lasts multiple days, nausea, discomfort in the stomach, vomiting, dizziness, blurred and doubled vision, nosebleeds and breathlessness.

There are cases in which children experience high blood pressure, and they suffer from similar symptoms and signs such as a headache, fatigue, blurred vision, nosebleeds and inability to control facial muscles.

Newborn and young babies can also experience this health problem, and their symptoms are different; they fail to grow and experience irritability, they have seizures, they fail to thrive, they possess lethargy and they have respiratory distress.

All three cases must learn that doctor's visits and regular check-ups are required.

Note: If you, in any case, experience these symptoms, please make a doctor appointment at this very moment.

Complications

Yes, there are many, and very severe, complications that come from high blood pressure. It is due to the pressure of the artery walls. That same pressure, sadly, damages the blood vessels and brings illness to the cardiovascular system and many other vital organs.

High blood pressure issues can cause stroke; heart attack, where the heart muscle fails due

to loss of blood supply; blood clot, where some blood turns from a liquid to a solid. Next, aneurysm follows (I know you never heard of it, but this is a severe condition where the artery's wall is weakened and may rupture). Kidney disease, hypertensive retinopathy, metabolic syndrome and cognitive and memory problems also follow.

Cause of high blood pressure

There are two causes of high blood pressure. For the first one, there is no in particular cause, and it is known as essential high blood pressure.

When it comes to the second one, or the one called secondary high blood pressure, the blood pressure occurs due to some underlying issue.

Risk factors

I said before that there is no particular reason why essential high blood pressure happens, but there is a link to some risk factors that are sort of responsible for its appearance.

Age - age is something that cannot be put on pause, and the older you get, the more your risk of high blood pressure increases.

Family history – family history can play a significant role as well, and if some of your closest relatives have hypertension, then you will develop it somewhere in the future, for sure.

Temperature - the temperature outside, according to many studies, can make systolic and diastolic blood pressures change, and, often,

when it is warmer outside, the blood pressure is lower.

Ethnic background - I know this sounds unbelievable, but many studies say that people that have African or South Asian roots are more prone to developing hypertension.

Obesity - of course, obesity is one of the leading risk factors.

Smoking - smoking does terrible things to blood vessels and reduces blood's oxygen as well.

Alcohol intake - alcohol brings higher systolic blood pressure.

Mental stress - yes, mental stress is quite harmful to our overall health.

Diagnosis

Systolic pressure is when the blood pressure of the heart contracts. In fact, the maximum force during contraction is measured, and it occurs in the left ventricle when the heart contracts. Meanwhile, the diastolic pressure is the pressure between heartbeats.

Our blood pressure is determined by a device known as Sphygmomanometer.

In many cases, one exam is not enough, that is why people have several tests done before calling it a high blood pressure condition. There are also additional tests for it. They include urine and blood tests, exercise stress test, ECG, Holter monitoring and echocardiogram.

Treatments

There are a lot of different medications for high blood pressure, and it all depends on the condition and how severe the situation is. For example, if you have slightly elevated blood pressure, then the doctors, for some miracle, won't suggest medications, they will only say that you need to make some lifestyle changes. When it comes to severe high blood pressure, they then support the pharmaceutical industry and prescribe many pills.

First is the angiotensin-converting enzyme (ACE) inhibitors, and they, of course, cause addition-

al side effects, like weakness, headaches, dry cough, dizziness and fatigue. Next are the so-called calcium channel blockers that cause redness of skin, edema and skin rash. Thiazide diuretics follow with their impotence side effects and dysfunctional glucose tolerance. Beta-blockers, the pills that were once number one, cause nightmares, disturbed sleep and slow heartbeat. Last, but not least, are the renin inhibitors with their flu/cold effects.

All these pills do not have a single natural ingredient inside of them, and that is why I do not

recommend their use. Why use something that will make your condition worse? Why use some-

thing that is not healthy while there are many other better solutions?

What are doctors saying?

Doctors, of course, often talk about this issue because due to this problem many people can lose their life. They often talk about healthy diets and reduced intake of sodium. Centers for Disease Control and Prevention (CDC), USA, published frightening results, I must admit. For example, seven in every ten adults in America should consider limiting her/his sodium intake to 1,500 mg a day. That is about two or three teaspoons of salt.

Doctors talk about eating healthy food, and by healthy food I mean eating a lot of fruits and vegetables. Carbohydrates should be eliminated, and health oils should be added. People need to avoid processed foods because their fat can be fatal for people.

I must admit that doctors have it right by recommending these changes in life, but I am pissed off about the fact that they say this after prescribing medications.

Doctors prescribe medications after they check

your BP twice or more. If the BP level is more than 140 in people younger than 60, or if it is more than 150 in people that are 60 and older, then you will probably be prescribed therapy. People usually start by consuming one single drug, but there are cases in which, if their systolic BP and their diastolic BP are above 160, they start using two drugs. Diuretics, beta blockers, angiotensin II receptor blockers and calcium channel blockers are among the drugs used against high blood pressure.

Sadly, like every medicine, there are side effects as well. They may be easy to take, but they have side effects that sometimes go away very quickly, while other times they can become an even bigger problem. High blood pressure medicines can cause a cough, diarrhea or constipation, erection problems, feeling nervous, feeling tired and dizziness. You should know better, and you should start consuming more vitamins and, as I previously said, you need to start changing your nutrition.

Different lifestyle

Consider changing your way of living and eating. I mean, be more physically active and consume foods that are high in fiber, low in sodium, high in potassium and rich in omega 3.

Avoid the following as much as you can: trans fats, omega six fats, caffeine, alcohol, sugar and high sodium foods.

Drink a lot of water, and liquids in general, and try as much as you can to manage your stress. Practice different relaxation methods such as yoga, journaling or art therapy because they are quite beneficial against stress. Also, get better sleep and spend more time with your loved ones.

Natural remedy

When it comes to lowering high blood pressure, garlic does wonders. In fact, garlic brings improvements for your overall cardiac health because of its blood thinning properties. Garlic is also a natural diuretic, and it removes the excess sodium and water from the body.

Note: Many people do not like the taste or the smell of garlic, and that is why they consume odorless garlic supplements. They are excellent. I am not saying no, but you should consider tak-

ing the real deal here because high blood pressure is severe.

You should eat an entire clove of raw organic garlic, or you can also take one slice of it, place it in your mouth and try to suck it for about 15 minutes.

For another beneficial method, you can finely mince 1-2 cloves of garlic, mix it into a glass of water and drink it.



You can also mince garlic and place it on a piece of fruit (you can also add honey).

Adding cloves to your smoothies is never a bad idea.

Why garlic?

Many studies prove that garlic brings significant amounts of allicin, and allicin, or at least 10mg of it, can reduce 11mmHg for the systolic and 5.0 in the diastolic within a 1 to 3-month period. One person needs to consume one to four cloves of fresh garlic a day.

Everything good comes out of garlic due to its sulfur composites, antioxidants, amino acids, vitamins and minerals.

Dr. Stephen Sinatra agrees with me, and he also recommends raw garlic against high blood pressure. Sinatra adds that cooked garlic, according to studies, is also useful, but it is not as effective as the raw one. There are no side effects when it comes to this miracle vegetable, and you will see what it can do for your heart and blood protection.

Why are they important?

First things first. Moringa is known worldwide as the tree of life, and it can be very beneficial for hypertension due to its components called thiocarbamate and isothiocyanate glycosides. Both

of them can lower your elevated blood pressure naturally.



Meanwhile, ginger is a anti-inflammatory compound that can reduce blood pressure. It is a potent blood thinner, and its chemical compounds help reduce hypertension.

You will need 85g of fresh ginger, ten green moringa leaves, one teaspoon of honey (organic) and four cups of water.

Take your ginger root and cut it into thin slices. Boil your slices in water for about ten minutes

and put them aside. Moments after, place the moringa leaves inside and cover your mixture for about ten additional minutes. Later, add honey to taste. It is not necessary, but it is beneficial. You need to consume this medicine in the morning and before going to bed. You need to drink one cup of it in the morning and another before sleeping; this means drinking two cups a day.



Doctors are not so skeptical when it comes to ginger and the use of it when it comes to high blood pressure.

Dr. Sinatra, for example, said many times that ginger is a proven anti-inflammatory agent and blood thinner. He says it can reduce the blood pressure if you regularly consume it. He recommends organic ginger teas that can be found in health stores. Also, he added that people can make organic ginger tea by boiling ginger roots for about five minutes.

Food is essential, and we should consume at least three meals daily. You can skip using ginger for breakfast, but you should never skip us-

ing it for dinner and lunch. Ginger, after all, is a spice, and it is used mostly as a spice. It can spice up any dish, and it especially goes well with salmon, according to Dr. Sinatra.

Stephen Sinatra also recommended the Pan-Asian Modified Mediterranean (PAMM) diet and joined the many doctors who urge salt reduction. Salt is very bad for your health, and there are many more spices that can replace it without knowing that it is added.

Celery and its seed essences have shown outstanding progress in reducing high blood pressure without any side effects.



Why celery? Celery contains phytochemicals identified as phthalides, which lessen the tissues of artery walls. This improves blood flow and decreases blood pressure. Celery includes an important compound called 3-n-butylphthalide (3nB), which lowers blood pressure by loosening tissues and walls of the arteries.

You can consume it with salads, and you can also juice it.

Into a blender, place two celery stalks, 1/2 a beet, two carrots, 1/2 a green apple and the juice of 1 lemon.

Combine and blend the ingredients thoroughly for a few minutes.

Drink this blood pressure lowering juice, and repeat the process once a day for quite some time.

I will never understand the people who bring more additional problems to an issue that they can solve quickly. The natural way of treating high blood pressure is far better than pharmaceutical because it doesn't bring extra problems that can worsen the situation.

You can start by bringing more vitamins and minerals to your table and by limiting your salt intake while you increase your water intake.

Next, I am going to tell you about a few herbs that can prevent or increase the high blood pressure inside your body.

Hibiscus is the first herb you need to know about. There was a study in which people drank hibiscus tea right after they ate a high in fat breakfast. Their high blood pressure received improvement and inflammation reduction moments after consuming it.



Next, is the Hawthorn. I have no idea if you ever heard about this herb, but it is the herb that grows in small, red, white and pink clusters. Rich in many flavonoids, this herb helps the blood flow and dilates blood vessels. It protects the vessels from damage as well. According to one study, using this herb's extract for 16 weeks can significantly lower blood pressure.

Lime blossom follows, and its flowers can be brewed into tea; the drink can also be used against anxiety. The tea that comes out of this herb contains strong diuretic, antispasmodic and sedative properties.



Mistletoe, on the other hand, is capable of neutralizing blood sugar levels and reduces cardiovascular diseases.



Yarrow comes from Europe, and it is high in flavonoids that help digestion.



Together, they make one great tea against high blood pressure, and many people are satisfied for quite some time.

You need one part of mistletoe, two pieces of lime blossom, two slices of Hawthorn and two parts of yarrow. Boil them together, as you do

with any ordinary tea, and consume it three times a day. In time, this beverage is going to regulate your blood pressure.

You can also lose some extra weight that you have by working out. Exercise is great for your health and will help you stay in shape and lead

an active lifestyle. Do yoga, meditation, biofeedback, autogenic training and everything that is mind-body related. Stress can cause high blood pressure for sure, and stress can be relieved through medication.

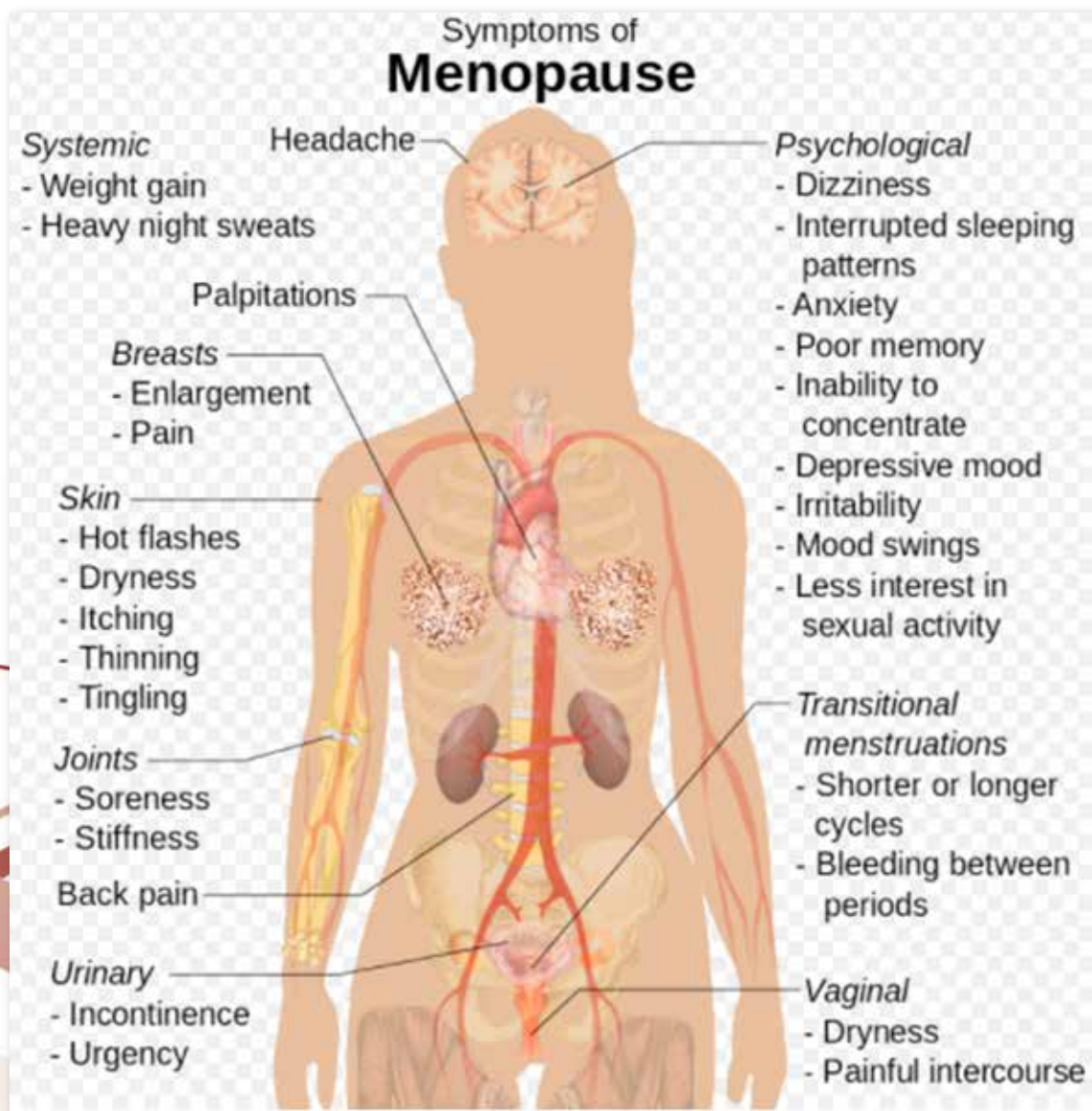
You can also boost your potassium levels because potassium acts well on sodium. I talked about sodium before, but I am going to mention it again because, for real, you need to stop consuming it. Even a small depletion of the salt in your diet can minimize blood pressure by 6 mmHg.

I think that my recommendations are going to be very helpful for you. After all, you are the one that makes the ultimate decision in the end. Scientifically, drugs can help, but only when they are limited. There is no need to take something harmful for you while you have so many other options, natural options that will bring back the shine you once had.

High blood pressure is severe, and you need to understand that.

Exercise, consume better food, make some natural tea and go to check-ups.

MENOPAUSE



Menopause is a natural biological process that affects women in their 40s or 50s. This process is defined as the absence of the menstrual period for one year. Menopause is sometimes called “the change of life”.

There is no escape from this process which does more harm than good. For example, it af-

fects your sleeping habits, crashes your energy and causes emotional stress.

Menopause can be treated with natural remedies, hormone therapies or lifestyle changes.

Symptoms

Menopausal symptoms usually include hot flashes, night sweats, irregular periods and mood changes. During this time, you also may experience sleep problems, slow metabolism, weight gain, dry skin and thin hair. Although these symptoms can be unbearable, they can be different for each woman.

Pre-menopause is the phase that occurs before menopause. It can happen at different ages. It often occurs and skips a few months and then comes back regularly once again. Pregnancy is very possible during this period. However, if you aren't sure that you've started the menopausal transition, take a pregnancy test.

Doctor's visits

No matter what is happening at the moment with your body, you should have regular doctor's visits. You should consult with your doctor about any health problems you might be experiencing. You shouldn't stop visiting your doctor, even after menopause.

You should do tests, such as colonoscopy, mammography and triglyceride screening.

Note: there is a possibility that your vagina may bleed even after menopause. If this happens, please seek medical help immediately.

Cause

Menopause can occur due to four separate reasons. For instance, it happens due to the natural deterioration of reproductive hormones. Estrogen and progesterone, the hormones that, in fact, control menstruation, are limiting as women enter into their 30s. Also, the productivity is weakened, and in your 40s your menstrual periods will be short, while by age 51 your ovaries stop providing eggs, and you will no longer experience periods. Hysterectomy comes next, and this is when your uterus is shed while your ovaries stay (this does not cause direct menopause). You will no longer have periods, of course, but your ovaries will still produce eggs, estrogen and progesterone. On the other hand, the operation, where both your uterus and ovaries get removed, causes menopause instant-

ly. You also will not encounter any menopausal signs and symptoms.

Chemotherapy and radiation therapy is third, and, sadly, there are women all over the world that have cancer that often requires chemo. The chemotherapy frequently causes different bad side effects, and that includes menopause and symptoms like hot flashes.

Primary ovarian insufficiency is the last cause, and this is the method where women, or, if you take into consideration many studies, one percent of women worldwide, endure menopause before becoming 40. In this case, ovaries do not create healthy reproductive hormones, and this result is due to some genetic factors or autoimmune condition.

Further medical conditions

Menopause can cause further complications, and I must admit that they are not good or beneficial for your overall health.

Cardiovascular disease - lower estrogen levels bring an increased risk of cardiovascular issues. I know that you know, but let me remind you that

heart disease is still the leading cause of death all around the world. That is why you need to keep up with healthy diets and live a physically active life.

Osteoporosis - you may experience reduced bone density, and your risk of getting osteoporosis will increase a few years after menopause. Postmenopausal women with osteoporosis are especially susceptible to fractures of their spine, hips and wrists.

Urinary issues - well, we all know that as we grow older, different unwanted things are happen to our body, and menopause brings few of those unwanted things. For example, menopause can cause frequent, sudden and intense

urge to urinate and our vagina and urethra to lose their elasticity.

Sexual function - I said that menopause causes vaginal dryness, which is quite severe when it comes to sexual intercourse.

Note: *if you experience this type of problem, then I recommend using many vaginal moisturizers and lubricants.*

The last thing that menopause does will piss you off, but that is the hard reality, and I am so sorry. Sadly, menopause causes weight gain, and many women tend to gain weight during menopause. To control your weight, you must eat less and be more physically active.

Doctors and treatment

You should go and visit your gynecologist as much as you can, but do not often consume the prescriptions they give to you. Why? Because menopause is a natural process and does not require treatment.

Doctors appoint methods with hormone therapy to eliminate your hot flashes and to reduce your menopausal symptoms.

Estrogen, the most common method suggested, is recommended in the lowest portion, and sometimes there are cases in which progestin is added as well.

Of course, these hormones have serious side effects, and, usually, they can bring various cancer and cardiovascular risks. Hormone therapy is not the best option for you because it is not secure at all.

Vaginal estrogen prescription is next, and this medicine is found in different forms in the market. This treatment releases just a little amount of estrogen, which is incorporated into the vaginal membranes. It causes nausea, vomiting, bloating, stomach pain, breast tenderness, headache, weight change, vaginal itching or discharge.

Doctors also tend to prescribe antidepressants when it comes to menopause, and I need to state that despite the fact that menopause frequently affects the mood, this type of pill should

not be involved if the problem is not critical. They bring extra weight gain, nausea, loss of sexual desire, fatigue and drowsiness, insomnia and blurred vision. Gabapentin, clonidine and several other medications that are designed to treat osteoporosis are prescribed against menopause as well, but infrequently. They have inevitable side effects like the rest, and that is why I want to tell you that the time for you to try something new has come.

Instead of the medicines and their side effects mentioned above, focus on something that can help you.

You can always ask nature, and nature will eternally give you the medication you need.

Hot flashes are not comfortable, and they are persistent. Women everywhere seek help for reduction. They often cannot find it because they ask in the wrong places.

If you do not know by now, hot flashes represent sudden and burning increases in the body temperature that are caused by the change of hormones during menopause.

While I was researching on the internet about menopause, I found out about a book called "Everything You Need to Know About Menopause," written by Ellen Phillips. The author of the book recommends sage tea for hot flash symptoms and their total reduction.

Diagnosis

There is not a stable diagnosis when it comes to menopause, but hot flashes and irregular periods are the factors that confirm it for sure. Tests are not quite used when it comes to menopause, but some medical personnel recommend several blood tests to check your levels of estrogen, follicle-stimulating hormone and thyroid-stimulating hormone because the thyroid can often cause symptoms that are similar to menopause.

Menopause is something that, sooner or later, infects every woman. A woman usually knows that menopause has arrived if her menstrual pe-

riod is gone for about 12 months. Menopause often can happen in the 40s or 50s.

As I said before, there is no escape from menopause because it represents a biological process. Sadly, this natural process does more harm than good at the start. For example, it brings disruption in sleeping, lowers your energy and affects your emotional stress.

Menopause can be treated differently through natural remedies, hormone therapies or lifestyle changes.

Symptoms

Menopause's symptoms usually appear in the months or days that are close to menopause (or pre-menopause). During this period, you may experience periods that are irregular, dryness of the vagina, flashes of heat that are commonly known as hot flashes, chills during nights and days, sweating while sleeping, problems with sleeping, changes in moods, obesity, metabolism issues, hair problems, dehydrated skin and not feeling full. Yes, there are a lot of symptoms, and I must admit that sometimes they are un-

bearable. Also, I must mention that they all are different for each woman. You will also experience significant irregularity in your periods before they end.

According to many women, pre-menopause often happens, skips a month, or several months, and then comes back regularly once again. I must also add that pregnancy is very possible, and if your period has stopped, but you aren't sure you've begun the menopausal change, think about taking a pregnancy test.

Doctor's visits

No matter what is happening at the moment with your body, and regardless of whether you are or aren't in menopause, you need to keep up with your regular doctor's visits. Any health issue can be solved with your doctor, and do not stop going to him/her during or after menopause.

Take tests, such as colonoscopy, mammography, triglyceride screening and thyroid testing.

Note: There is a possibility of bleeding out of your vagina after menopause, and if this happens to you, please consider seeking medical help immediately.

Cause

Menopause can occur due to four different reasons. For example, it occurs due to the natural decline of reproductive hormones. Estrogen and progesterone, the hormones that, in fact, regulate menstruation, are decreasing as a women enter into their 30s. Also, fertility is lower, and in your 40s your menstrual periods will be short, while by age 51 your ovaries stop producing eggs, and you have no more periods. Next is

the hysterectomy, and this is when your uterus is removed while your ovaries stay, and this does not immediately cause menopause. You will no longer have periods, of course, but your ovaries will still produce eggs, estrogen and progesterone. Additionally, the surgery, where both your uterus and ovaries get removed, causes menopause immediately. You also will not experience any menopausal signs and symptoms.

As the third cause, I will mention chemotherapy and radiation therapy. Sadly, there are women all over the world that have cancer, and the chemo treatment often causes menopause and symptoms like hot flashes.

Last is the initial ovarian insufficiency, and this is the process where women, or, according to

studies, one percent of women worldwide, experience menopause before turning 40. This is when ovaries do not produce healthy reproductive hormones, and this happens because of genetics or disease of the autoimmune system.

Treatment

I get furious when it comes to the treatment that doctors recommend. I have said many times, and I will repeat myself once again, menopause is a natural process, and it does not require treatment.

Doctors prescribe treatments with hormone therapy to remove your hot flashes and to relieve your menopausal symptoms. Estrogen is the first one recommended in its lowest dose, and sometimes there are cases in which progestin is added as well. Of course, these hormones have harmful side effects, and often they can bring many cancer and cardiovascular risks. Hormone therapy is not the right choice for you because it is not safe at all.

Vaginal estrogen treatment comes next, and this medication can be found in cream, tablet or ring form. This treatment releases just a small amount of estrogen, which is absorbed by the vaginal

tissues. It causes nausea, vomiting, bloating, stomach pain, breast tenderness, headache, weight changes, vaginal itching or discharge.

Antidepressants are also very often prescribed when it comes to menopause, and I must say that regardless of the fact that menopause sometimes affects the mood, this type of pill should not be included if the problem is not severe. They bring additional weight gain, nausea, loss of sexual desire, fatigue and drowsiness, insomnia and blurred vision. Gabapentin, clonidine and many medications that are invented to treat osteoporosis are also prescribed against menopause, but rarely. They have side effects, for sure, like the rest, and that is why I want to tell you that the time for you to try something new has come.

Instead of the medicines and their side effects mentioned above, focus on something that can help you.

Lifestyle changes

First of all, you can cool your hot flashes with a pure glass of water. You cannot imagine what one glass of water is capable of doing.

Sleep is something that you need to practice often and longer. A good night of sleep helps a lot, and when it is combined with mild exercise daily, you won't see much suffering. Also, you need to be on a balanced diet, and by that I mean that you need to avoid sugars, saturat-

ed fats and oils. Remember to stop smoking because it increases our risk of heart disease, stroke, osteoporosis, cancer and a range of other health problems. There are many reports in which women tell how smoking made their symptoms worse.

Let me tell you another additional beneficial supplement against menopause: essential oil.

Essential oils and their wonders against menopause

Dr. Eric L. Zielinski agrees with me when it comes to essential oils and their benefits. The

aromatherapy, for example, helps a lot and treats the anxiety, depression and mood swings

3 Essential Oils that Help with Menopause



Cedarwood Wood Oil

Reduces lethargy and restores vitality
Promotes confidence and perseverance

Geranium Leaf Oil
Fosters stability and security
Corrects hormonal imbalances.



Sweet Orange Fruit Rind Oil

Reduces water retention
Encourages a positive outlook



that menopause causes. Essential oils are also connected to phytoestrogens because they have components related to the sex hormones. Massage treatments with different essential oils decrease the infamous flashes, the sleeping problems, nervous feeling, feeling of being weak, multiple headaches and etc.

Lavender oil comes first, and it is known for relaxation and improving mood. People with insomnia and menopause need to be grateful for this ingredient because, for real, it can improve sleep quality as well. Naturally, lavender calms the body and balances hormone levels. During menopause, just add one drop of lavender oil to a cold compress.

Clary sage oil needs to be placed on the back of your neck or your feet. You will only need two drops of it, and you will see how soon your hot flashes will be gone. Thanks to its 5-hydroxytryptamine (5-HT), sage oil can reduce the menopausal symptoms and can also minimize thyroid stimulating hormones.

Peppermint oil helps as well. You can inhale it by holding up a tissue with a few drops of the oil and breathing in slowly.

Basil oil, according to many studies, contains a component that is very similar to estrogen. This makes the basil oil the best for this improvement therapy.

Vitex agnus castus oil, geranium oil and neroli oil can be quite beneficial

What you can do with them:

- combine five to eight drops of each and make your body moisturizer.
- you can also put two drops of your preferred oil on tissue paper and hold it under your nose.
- take purified water and combine the water with two to ten drops. Spray the mixture around your home.
- make yourself a hot bath and place a few drops of oil with half a cup of coconut milk in it for proper relaxation.

Exercise and physical activity will not just improve the madness that menopause causes; it will also improve your overall health. It will reduce

your hot flashes, and it will make you feel less stressed. Stress is a vital problem when we talk about menopause, and that is why stress can make this problem even more intense. Yoga can be quite beneficial for menopause, and I recommend you practice it at least five days a week. I know that this may seem too much at the start, but believe me, it is not. You will feel better, and you will feel relieved. One study even said that women who practiced yoga during menopause received significant results a month after. Aerobics can also be very helpful, I must admit, and maybe some muscle-strengthening.

Have you ever heard of black cohosh? I bet you haven't because I had no idea about this until one week ago.



This herb comes from Europe, and it is quite popular over there, and it is mostly used for reducing hot flashes. North American Menopause Society supports this herb a lot at the moment, but only if it is used for a short time. It treats menopausal problems very well, and there are significant improvements after a year. Sadly, this herb has side effects. People who have issues and significant problems with their liver should

not consume it because of its black cohosh extract.

I know you have heard of essential oils, and I know that you have some of them at your house. Well, it is time for you to visit the corner where they are present and take one in particular.

If you have it, take it, and if you do not have it, go and buy it immediately. Clary sage oil is proven

to be the most effective oil when it comes to menopause problems and balancing hormones. It relieves the menopause symptoms and reduces the anxiety that menopause causes. Also, Roman chamomile oil can reduce the stress you are experiencing, and peppermint oil can cool the body from hot flashes. Thyme oil, same as the first one, can balance the hormones. You should take at least three drops of these oils,

and you need to place the drops on tops of your feet and the back of the neck one to three times a day. The previously mentioned oils are hard, I must admit, so you should consider diluting them with jojoba or coconut oil.

Follow the three simple rules I told you about, and you won't have any problem. I know that menopause is hard, but after all, it is natural and will happen to you sooner or later.

Why sage?

Sage holds flavonoids, volatile oils and tannins. Those medicinal traits have anti-inflammatory, anti-spasmodic and astringent characteristics

that may be helpful for managing, reducing and, later, removing hot flashes.



You will need dried sage, a teacup, a kettle, a pot cover or small plate, a sieve, honey and lemon juice.

Take about 250 milliliters of water, place it into a kettle and boil it. After that, pour the water into a teacup and add four tablespoons of dried sage. Cover the cup with a pot cover or short plate, and let the infusion simmer for at least 4 hours. Strain the tea and add lemon juice or honey to taste.

This beverage should be consumed at least once a day, and the improvement will take place immediately.

Additional information: you can also use fresh sage, add the fresh leaves into your culinary dishes and mix it with different types of beef, seafood, citrus fruits, garlic, beans, mushrooms and nuts.

Another very important stress reliever is sleeping. Yes, sleeping can increase our immunity and can lower the cortisol level. It can also reduce anxiety and depression. Menopause causes different stressful situations and emotions. You need to get at least 7 to 9 hours of sleep every night.

Next, avoid foods that are full of sugar and that contain many carbohydrates. Also, remove refined oils and fried food.

Add omega 3 fats, make a high-fiber diet plan and consume many vegetables and fruits. They will balance your hormone levels and will bring many vital vitamins and minerals.

Lindsey Marcellin, MD, MPH, and Doctor Axe both agreed and confirmed that dietary changes are a must when it comes to menopause. They, same as me, think that you should open your

mind to food that is similar to estrogen additions. For example, soy milk, tofu and edamame are all foods that include large amounts of soy.

Today, I present you with another beneficial superfood against the difficulties of menopause. I am talking about soy and its benefits against

menopausal problems. There are many types of research when it comes to soy. These kinds of research are happening because many women talk about how soy is beneficial against hot flashes and different types of menopausal problems.



For example, I recommend at least 200 grams of tofu every day. Tofu is a compound that is rich in phytoestrogen, and it eases menopausal symptoms. Isoflavones, types of phytoestrogens, are present in many soy products, and they can also reduce hot flashes and vaginal dryness. The recommended amount is 60 mg a day of isoflavones, which is what you'll get by eating 200 to 250 g of tofu.

Note: please be careful while buying tofu. You should buy from those brands that contain genistein and daidzein on their labels.

Flaxseeds contain phytoestrogens as well, so you should consider them too. They include ligands, and they promote fertility while reducing perimenopausal symptoms. Grind flaxseeds of your choice and add one to two tablespoons to a cup of cereal or yogurt. Consume them daily; they will help you.



MIGRAINES



Compared to headaches, they are worse. They represent a big problem to humanity, especially in the 21st century. No one knows where they come from, but everyone knows about them. In case you are wondering, I am talking about migraines.

Migraines are difficult, they are not the same as a headache and they are, I must admit, a very mysterious problem.

Migraines are known to be a throbbing and sometimes a pulsing feeling on one side of the head or in different places on both sides of the

head. Nausea, vomiting and sensitivity to light and sound come hand-in-hand with this issue.

A person can experience many migraine attacks as well, and they are usually present for days or hours. It depends on the pain, and I must admit that the pain is sometimes unbearable. Migraines come in different stages, and many factors are responsible for the suffering that a person experiences. It depends, as I said before, and sometimes the person that suffers from migraines can experience all of them or none of them.

Symptoms

There are several kinds of migraines, and they are put in four different stages. They are prodrome, aura, headache and post-drome. All of the stages are rarely experienced by one person, and usually, the migraines start in childhood, adolescence or early adulthood.

The first stage, known as prodrome, causes food cravings, mood changes, constipation, thirst and yawning.

The second one is called an aura, and it usually happens before or during a migraine. People rarely experience an aura migraine, and it causes movement disabilities and zigzag vision complications. It lasts for about 20 to 60 minutes

and can include vision loss, pins and needles sensations and difficulty in speaking.

The third one is a bit more complicated than the rest of them, and it goes by the name "attack". This migraine can last for about 72 hours, and it all depends on the person that experiences it. Both sides of your head will be in pain and will be sensitive to light. Blurred vision is also guaranteed.

The last one, or the one is known as post-drome, goes hand-in-hand with confusion, moodiness, dizziness and weakness. It happens right after the attack, and you will indeed feel drained.

Causes

For now, all we know is that migraines are somehow connected and are happening due to environmental changes and genetics. There is not one cause in particular for them, and the process is not quite understood, for now. There are different risks factors, and they all have a reason for happening.

For example, the brain chemical imbalance can cause a migraine because serotonin is involved, and serotonin levels are lower during an attack.

Your nerves, as a reaction, release neuropeptides, and they go straight to your brain's outer covering. The result of this process are the pains that are born from a migraine.

Hormonal changes can sometimes be a cause, and, due to this fact, women have a higher

chance of developing it. Estrogen levels create the pain and migraines often happen before one period cycle.

Also, food has a big influence on this problem due to the ingredients we consume daily. When we look through history, people never had many severe problems due to the food they ate. They consumed healthy and organic foods and had no idea about processed food and McDonalds. A migraine attack can be developed by the processed and salty foods we consume, and the compound inside of them called glutamate is responsible for that.

People experience stress all the time, especially at work, and the pressure can be the main reason for migraines.

Family history plays a crucial part, and if someone in your family already has migraines, then you are probably going to develop them somewhere in the future.

Age also plays a part. Migraines can appear in mostly in adolescence, but can begin at any age. All I know for sure is that they stop being frequent and severe after your thirties.

- Alcohol causes migraines as well, especially wine.

- Sensors, like bright lights and sun glare, can cause migraines or can trigger them.
- There are many physical factors, including sexual activity, that may provoke migraines.
- Change in weather and change in barometric pressure can also be a problem.
- Oral contraceptives and vasodilators, such as nitroglycerin, can complicate migraines.

Further complications

Some people develop a chronic migraine or an aura that is present all the time without an infraction, and I must mention that anti-inflamma-

tory drugs do not go well when mixed with a migraine. They can cause abdominal problems and bleeding.

Doctors' opinions

I know that you do not know what kind of doctor is best against migraines. Usually, neurologists are involved in this problem because, after all, a migraine is linked to our brain, and neurologists treat brain and nerve disorders.

Magnetic resonance imaging can detect migraines, and, right after, doctors will prescribe you different pain relievers and various medications. They all prescribe aspirin and ibuprofen and, as I said before, many complications can happen due to mixing painkillers with migraines. The pain won't go away, and additional issues will arise.

Should I tell you what the combination of acetaminophen, aspirin and caffeine can do to you, or you already know? It is fatal, yes, and the pain will be increased.

There are many other types of medications prescribed for a migraine, and among them are triptans that are injected, pill and nasal spray and triptans that include chemicals called sumatriptan, rizatriptan, almotriptan and naratriptan that can bring nausea, dizziness, drowsiness and muscle weakness.

Next comes the ergots that are not as strong as the triptans. This pill can worsen nausea and vomiting related to your migraines, and it may also lead to medication-overuse for headaches. Even different opioid medications are used for nausea, and they, as we know, are narcotics and are very bad for a person's health.

Chiropractic care

I do not know if you know about chiropractic care, but it can be very beneficial, especially because it is a drug-free, surgery-free and natural path to healing. All the oxidative stress present in the body will be gone because it acts as an antioxidant.

Pressure from oxygen can be a cause of the appearance of migraines as it causes damage when free radicals are higher in number than the body's antioxidants. Pressure from oxygen hurts all body cell segments, and migraines follow right after. Dr.

Axe was very clear when it came to chiropractic care and he, along with several clinical trials, said that spinal therapy could treat headaches and migraines. People that received this type of treatment had a significant reduction of migraines. The Canadian Memorial Chiropractic did a study, and the study revealed how chiropractic care is excellent and how beneficial it is for those who suffer from headaches and migraines.

Migraines can result from dehydration, alcohol, sugary drinks and coffee consumption.

That is why you need to increase your consumption of water, and you need to decrease your consumption of coffee, sugary drinks, and alcohol.

You can also stay hydrated all the time by consuming fruits and vegetables like cucumbers, celery, radishes, green peppers, zucchini, eggplant, spinach and watermelon.

What do doctors think and prescribe?

People usually go to a neurologist when it comes to a migraine problem. That is good because, after all, migraines are connected with the brain, and neurologists specialize in treating disorders of the brain and nerves.

They are going to take some blood tests, and they will probably do some magnetic resonance imaging. Right after, they will prescribe you pain relievers, for example, aspirin or ibuprofen, and they will tell you that that is going to help you. Sadly, they are wrong, and I mentioned what can happen after receiving these painkillers. Should I tell you what the combination of acet-

aminophen, aspirin and caffeine can do to you, or you already know? It is fatal, yes, and the pain will be increased.

The second type they prescribe are called triptans, and they are used to keep the pain from getting into the brain. Triptans have side effects, of course, and their side effects are worse than the painkillers'. They are available as an injection, pill and nasal spray. Triptans that include chemicals called sumatriptan, rizatriptan, almotriptan and naratriptan can bring nausea, dizziness, drowsiness and muscle weakness.

Prevention

Many different medical personnel agree on one thing; people should avoid common migraine triggers, although, some triggers cannot be avoided.

Therapy with a similar device as a headband, which is called transcutaneous supraorbital nerve stimulation (t-SNS), is approved and can be used for migraines.

According to multiple studies, you will be able to handle your migraines if you learn how to cope with them.

You have to make a schedule, and you have to

make your daily routine with regular meals and sleep.

You need to be more physically active because it can reduce migraines. Pick any aerobic exercise you enjoy, including walking, swimming and cycling. Start slowly, and slowly increase the movements. I am saying that you need to start slowly because hard exercise can cause headaches.

Note: if you are a woman, please consider lowering your birth control or your hormonal pills because they can make your estrogen levels high and your headaches worse.

Diagnosis

You can diagnose your migraines through a family history of migraines and their history and symp-

toms, by many different blood tests, magnetic resonance, computerized tomography and spinal tap.

Self-care

Self-care is essential, and every person should take of theirselves before carrying for somebody else, especially if this type of issue is involved. Migraine pain can be quickly relieved if a person starts to get a better night sleep and if they start to practice a few activities. Meditation and yoga can be beneficial in cases of migraines, and the practice of many

relaxation techniques can also cause significant results. Relaxation is all you need when you are facing this problem, so try to rest as much as you can, especially in a dark and quiet room.

Massages and acupuncture can also be useful. Acupuncture is beneficial, especially when it

comes to headache pain, and there is not a single reason why it won't work now. Placing disposable needles into several areas of your skin at defined points can also cause excellent results. When it comes to massages, well, the massage therapy is proven to be effective in many types of research, *Annals of Behavioral Medicine* in

2006, for example. Massage your forehead with essential oils (sesame oil is the most useful one).

Remember: buy a diary and to write all of the symptoms you are experiencing. Write down all of your life changes and all of your stressful situations to see when and why the problem occurred.

Natural reliefs

Of course, you can always ask Mother Nature for help, and you should never turn your back on her.

You already know some of ginger's wonders. Yes, it can be helpful in this case as well. *Phytotherapy Research*, in one of their studies in 2013, revealed that ginger is useful, and it

brought many improvements when it was used against common migraines.

Prostaglandins are chemicals that develop muscle contractions, and ginger blocks them, blocks the impact they do to the hormones and also regulates the inflammation in the brain's blood vessels.

What do you need to do?

You need to start drinking organic ginger tea. You can buy organic ginger tea from health stores, or you can make your own.

Take four to six slices of raw ginger, 2 cups of filtered water, lemon juice and raw honey. Place the ginger slices into the boiling water and leave the mixture to simmer for about ten minutes. Squeeze the juice out of your lemon and add the raw honey. You can drink ginger tea about three times a day.

Ginger, besides being an anti-inflammatory and antifungal ingredient, is rich in many different vitamins that are essential for our normal function.

Ginger also blocks COX-2, a chemical in the body that causes pain, and improves your cir-

ulation.

Also, you can chew pieces of ginger throughout the day, and this can also significantly improve your problem. With chewing, nausea and digestive issues will be over in a minute.

Add ginger to your meals. It is entirely up to you. You can consume it raw, you can bake it, you can boil it and you can use it as a powder. As I said, the choice is yours, as long as you are willing to consume it.

Migraines are not easy, and they do represent a complex problem. There is no medical cure, but there is a natural cure, and that is why you need to try it and to give it a chance.

Natural remedy

Nowadays, herbs are often used. This is happening because people have opened their eyes and now they know how they can naturally heal themselves without any side effects.

Feverfew and butterbur are tension-easing herbs, and sometimes the leaves of feverfew are used to make medicine.

Different researchers say that consuming feverfew reduces the frequency of migraine headaches and headache symptoms.

First, feverfew leaves can be made into a tea, and they can be used as a regular tea a few times a day.

Next, you can find fresh leaves from it (if you don't, just start growing your own feverfew, it is straightforward) and only take one or two leaves and eat them in the best way possible for you. They can be chopped up and put in a salad or a sandwich. Consume about three smaller leaves daily.

They are very good fresh or dried. Yes, you can dry them, and you can consume them dried.

Make a tincture from feverfew by taking off the flower heads and leaves, put them in a container, and cloak them with 80-proof alcohol, like vodka, gin or rum. Allow the bottle to sit for 3-6

weeks away from sunlight. Filter the mix and shift into a tincture jar.

Consume two full drops up to 4 times a day to handle migraines and headaches.



Peppermint & lavender essential oil

Essential oils have been a favorite for quite some time, but for the wrong reasons. Do you know that besides relaxing they can calm our inner disturbances?

Peppermint and lavender oil have many effects on a headaches and migraines, and that is why they can relieve them.

First is the peppermint and its amazing cooling effect on the skin and brain. Also, it increases the blood flow inside our forehead and soothes

muscle contractions. Peppermint oil, in combination with ethanol, reduces headache sensitivity.

Lavender oil, on the other hand, stabilizes a person's mood, and it also represents the safe and effective treatment of migraine headaches.

You can use both of these fantastic essential oils for migraine and headache pain. Place a few drops of both of them or a few drops of one of them on your hands and rub your forehead.

Rosemary and eucalyptus

Both of them are used the same way as the peppermint and lavender oils are.

Note: there is a possibility that the peppermint will be too chilling for you, so you can always



dilute it with one or two drops of water. Both oils go very well with almond, grape seed or coconut oil.

Essential oils are useful because they treat the headache trigger and get to the root of the problem. They can and are capable of reducing the pain completely and there are no side effects when it comes to them.

Remember: you need to remember that self-care is a crucial fact when it comes to migraines.

Before taking care of someone else, please make sure you take care of yourself. Sleeping at

night is crucial, and make sure you spend most of your nights in your bed sleeping. You know what is also excellent? Meditation and yoga, of course. Meditation and yoga bring calmness and relaxation. Relaxation is what you need when you are facing this problem, so try to rest as much as you can, especially in a dark and quiet room.

Note: buy a diary and write all of the symptoms you are experiencing. Write down all of your life changes and all of your stressful situations to see when and why the problem occurred.



Take the natural way

You need to start taking the natural road, and you need to begin seeking natural remedies.

People who often suffer from headaches that are painful and intense, usually, cannot correctly do their daily tasks.

Painkillers are not the answer, as we learned above, due to their side effects that badly affect a person's health. I didn't mention this before, but they can also damage the liver, bring issues to your kidneys and increase the risk of stroke and heart disease.

There is always another, better choice to make, and, yes, I am talking about the natural way of dealing with pain. You need ingredients that are already present in your kitchen, that are natural

and that do not contain any side effects. These two components can increase the minerals in your body, and it is good how they can have such a good affect while they are not chemically processed or refined.

Take two teaspoons of Himalayan sea salt, and squeeze the juice out of one lemon. Drink the mixture soon, and after about ten minutes, you are going to feel unbelievable relief.

Yes, that was the Himalayan sea salt and its wonders. Now, I am going to tell you another very great medication. The following medication calms the nervous system, boosts the immune system, cleanses the colon and soothes any head pain.



Take 30 grams of bay leaves, and mix them with 250 ml of olive oil. First, press the leaves, and then pour the olive oil over them, and place the mixture into a glass bottle. Place the glass bottle in a dark and cold place, and shake it occasionally ever day. Wait two weeks, and, after 15 days, remove the medication out of the cold spot, strain it and place it into another suitable container. Use the oil to massage the painful area of your head and rub the sore spots oc-

asionally. Temples should also be massaged because by massaging them you will normalize your condition significantly.

Oh, and last, but not least, you should consider consuming at least one apple a day. Do not forget to do it because one apple a day, indeed, keeps the doctor away. Apples, along with apple cider vinegar, are very useful, and, believe it or not, Dr. Supriya Bali, Max Hospitals, recommended their use as well.



SKIN TAGS

The frequent moments when the skin rubs against a piece of clothing or another part of the skin, sooner or later becomes an issue known as skin tags.

This issue happens a lot nowadays, and both men and women are equally affected. Skin tags are small, and they can be a bit annoying due to physical appearance.

Usually, they appear somewhere in middle age and are also benign tumors of the skin, but they do not represent danger at all. Skin tags are risk-

free. As I said before, they are removed due to cosmetic reasons.

Skin tags are filled with core fibers, ducts, nerve cells and fat cells. People do not always spot them, and they can usually appear on the eyelids, armpits and under the breasts. Some people never even find them, while others experience a significant amount of them, and their big tags may explode under pressure.

Causes

There is not one specific cause why they happen, but it is known that they appear when clusters of collagen and blood vessels remain locked inside pieces of skin. Skin tags tend to

appear on pregnant women and on people that are obese. There are cases where they have appeared to people who have diabetes. Skin tags are often connected to hyperinsulinemia.

Risk factors

People that are obese, pregnant women, people who have diabetes, people that have sex steroid imbalance and those who have human papilloma are all prone to skin tags. Also, I should mention that if many people in your family have already experienced them, you will probably get them as well.

According to many studies, skin tags are mostly present in obese people and in people who have

high blood pressure and high cholesterol levels. The same studies connected skin tags to insulin resistance and elevated high-sensitive C-reactive protein.

Also, another type of studies proved that many endocrine syndromes, metabolic syndromes and hormonal imbalances could also be a factor in their appearance.

Doctors

There is no reason for you to visit your doctor due to them if they do not irritate you. Yes, they

sometimes can cause severe irritation, but this happens rarely.

Diagnosis

They are visible to the naked eye, so the diagnosis will be pretty easy. You won't need laboratory

tests or other studies.

Treatment

Humans suffer from perfection. I know this sounds bad, but it is the reality. Skin tags do not represent or cause any pain or discomfort.

This problem is not that serious, and still, people are doing anything possible to remove them. It is sad how they try to remove them in the worst

way possible: through surgeries. I mean, come on, do you need surgery for something that cannot cause any complication? Thanks to a physician, many people decide and agree to do an in-office procedure, and their skin tags are removed with a knife. Yes, If you are wondering, an anesthetic is present in this scenario.

There are other possible skin tag removals. The next one is called cryotherapy, and it represents freezing of the tissue. This procedure uses liquid nitrogen, and if it is not used well, it can complicate everything.

Cauterization comes next, and by that, I mean burning off a skin tag. Also, this should never be done at home, and the procedure is often practiced by professionals. Medical personnel use a special device that is heated, and they apply it to your skin and remove the skin tags. It is weird how the skin will not fall immediately. You need to wait a little while for it.

Here comes the tying-a-string procedure. Your physician is doing this procedure, and he/she will tie a sterile string around the base to cut off the blood supply, which will cause the skin tag to die. Excessive bleeding follows if he/she by any chance does something that is not planned.

Last, but not least, is the laser removal. You already know how harmful this is, and you already know that there is no need for it. Sadly, but tru-

ly, lasers are used very often when it comes to skin issues. Dermatology offices are proud to say how they have them and how they can perform “miracles” with them. The laser removal includes CO2 lasers and local anesthesia. Treatments with a laser can bring additional problems. In some cases, swelling, irritation and discomfort are present, while others say that their skin became lightened or darkened.

*I know that after reading this you want to remove your skin tag by freezing or burning or cutting it at home by yourself. Do not do this in any case because you cannot believe what type of infections you will get by doing it. If you want to go to surgery or to other things I mentioned, please go to your physician and seek surgical treatment. It is safer like that.

If you decide to do it, it is essential to remember that you need to use coconut oil to improve the condition of your sensitive skin.

Possibility

Yes, there is a possibility that skin tags, in fact, represent a warning for increased insulin resis-

tance, metabolic syndrome, atherosclerosis and cardiovascular disease.

Surgeries

There are different types of procedures when it comes to removing skin tags. The most used ones are cauterization (where the skin is burned off), cryosurgery (where the skin is frozen with liquid nitrogen), ligation (where the blood supply to the skin tag is stopped) and excision where the tag is removed with a scalpel.

All of these procedures mentioned above need to be done by a dermatologist or by a person that is a specialized skin doctor.

Note: many people practice these things at home, but we advise you against it.

These treatments are often recommended by dermatologists because they get a profit out of them. Surgeries bring many different side effects that are not so good. For example, cryotherapy brings bleeding, blister formation, headache, hair loss and hypopigmentation, while cauterization brings slight bleeding, infection and pain or

mild discomfort.

There are other natural ways of handling skin tags, but they are not so popular because doctors forget to mention them.

We all know that skin tags have a blood supply, so if you try doing anything to them, they will definitely bleed for hours.

Removal tactics are not advised by many health experts because, after all, they can bring an increased risk of infection. This is why many other natural treatments are promoted, and they can safely remove them.

National Institutes of Health report that very little research has been made when it comes to tree tea oil, but many people that have already used it on their skin tell amazing stories.

Worldwide, people use this essential oil to dry the skin tags and to eradicate them.

How it, in fact, works. It works slowly, and it is drying out the skin tag and stripping it of blood and oxygen, so it eventually falls off.

The mixture of antibiotic, antibacterial, antifungal and antiviral qualities all unite to help remove the

skin tag. It is easy to apply and can often be very useful.

What should you do?

You will need:

- Mild soap
- Tea tree oil (dried or filtered)
- Gauze pads
- Bandage

Well, you should clean your skin tag and the skin that surrounds it with warm water and mild soap. Then, you need to dry the place with a clean towel. Next, take a cotton ball or gauze pad, and add a few drops of undiluted tea tree oil.

Rub the skin tag with the tea tree oil. Don't scrub too hard as this can cause irritability. If the skin

tag is close to your eye, take care to assure no oil gets in your eye. In order for this remedy to work ideally, you need to let the oil dry on your skin regularly, by itself, and you can also use medical tape or a bandage to increase the contact between the tea tree oil and the skin tag.

For better results, in the end, you need to repeat this process at least three times a day. To spot improvement, you need to be patient and to wait several days. You need to do this treatment until the skin tag falls off, and, believe me, it will fall off.

Nature

You can always skip all the medical advice and all the expensive treatments because there is an amazing alternative waiting for you.

You should take your time and learn more about how to remove your skin tags safely with natural treatments. If you ask me, there is no need for further infections due to burn attempt or freeze attempt.

First, and most important, explore the area where your skin tag is present. If your skin tag is on your eyes, for example, you should be very careful because one wrong move can leave you blind. Second, make sure this is a skin tag and not an irregular mole. Moles should be medically

examined, and you should not play around with them. Last, you need to remember that natural treatments act without causing side effects, but they behave differently and more slowly than others.

Note: before I start, I want to tell you that you need to fix your diet. You should not consume any more sweets and meals that are rich in sugar. You need to limit your sugar intake, and you need to have meals that are high in protein if you want to prevent future appearance of skin tags.

Okay, now, let me start with my natural remedy against skin tags.

Have you ever heard of tea tree oil?

I bet you have, and I want to remind you that you should never confuse it with tea plant that is used to make black and green tea. Tea tree oil is something entirely different, and it is incredible for safe removal of your skin tags.

Note: You should never consume tea tree oil. It cannot be ingested.

Because the pharmaceutical industry cannot benefit from it, there is not a lot of much medical evidence about this natural skin tag removal. But, there are some claims and proof of how beneficial tea tree oil is. Clinical tests confirmed what other people that experienced it have been saying for years.



Tea tree oil is an essential oil that is obtained from the tea tree (*Melaleuca alternifolia*) through a process of distillation and evaporation. Sometimes used as a mouthwash to treat gingivitis and bad breath, this beneficial substance should never be ingested. It is also one of the most fantastic skin care substances, and it removes skin tags safely.

After all, it is capable of removing them due to its antibacterial, antiseptic, antifungal and antiviral attributes. You only need to apply it to your skin once, and the results will be stunning.

Before using it on your skin, you need to clean your skin around the affected area. Next, by taking a cotton ball, you need to apply the tea tree oil on your skin tag. Leave it to dry and repeat several times daily.

You can as thoroughly clean the skin around the affected area, apply some drops of tea tree oil on a cotton ball and, with plaster, secure the cotton ball by placing it on the skin tag. Leave for a few hours or as long as overnight.

In many cases, this treatment is proven to be effective, but, in many cases, mixing tea tree oil with other natural oils is an even better approach. It depends, and every result is different for each person that is using it as treatment. You can mix tea tree oil with cashew plant, and the anti-dysenteric, antibacterial, antiulcer and astringent properties will increase twice. You can also combine it with fig plant, great celandine plant and bloodroot.

Samuel Caine, a person that suffered from skin tags for quite some time, stated that tea tree oil helped her a lot and that after a month, her skin tags were removed entirely. She said that people need to be tolerant to achieve the wanted results without further complications. "The best part is that it doesn't even leave any marks behind once the skin tag is extracted, and the method is painless," she said.

So, ladies and gentlemen, ignore freezing, cutting and burning. Go and buy tea tree oil and start your miracle.

Oregano

Oregano is known in pastas and pizzas, but, at the same time, it represents a powerful folk rem-

edy when it comes to the removal of skin tags. Skin tags usually appear on the groin, neck and

armpits, and oregano, especially oregano oil, helps a lot on those areas.

The Skin Center in Laguna Hills, California agrees with me and says that oregano oil is a powerful home remedy against skin tags.

Before doing this, you need to go and visit your doctor. After all, he/she needs to confirm that the growth on your skin is a skin tag.

Next, you are probably wondering why this remedy is so useful.

Well, oregano has antispasmodic and antiseptic properties, and it is, at the same time, a cleansing and a numbing agent. There may be a slight

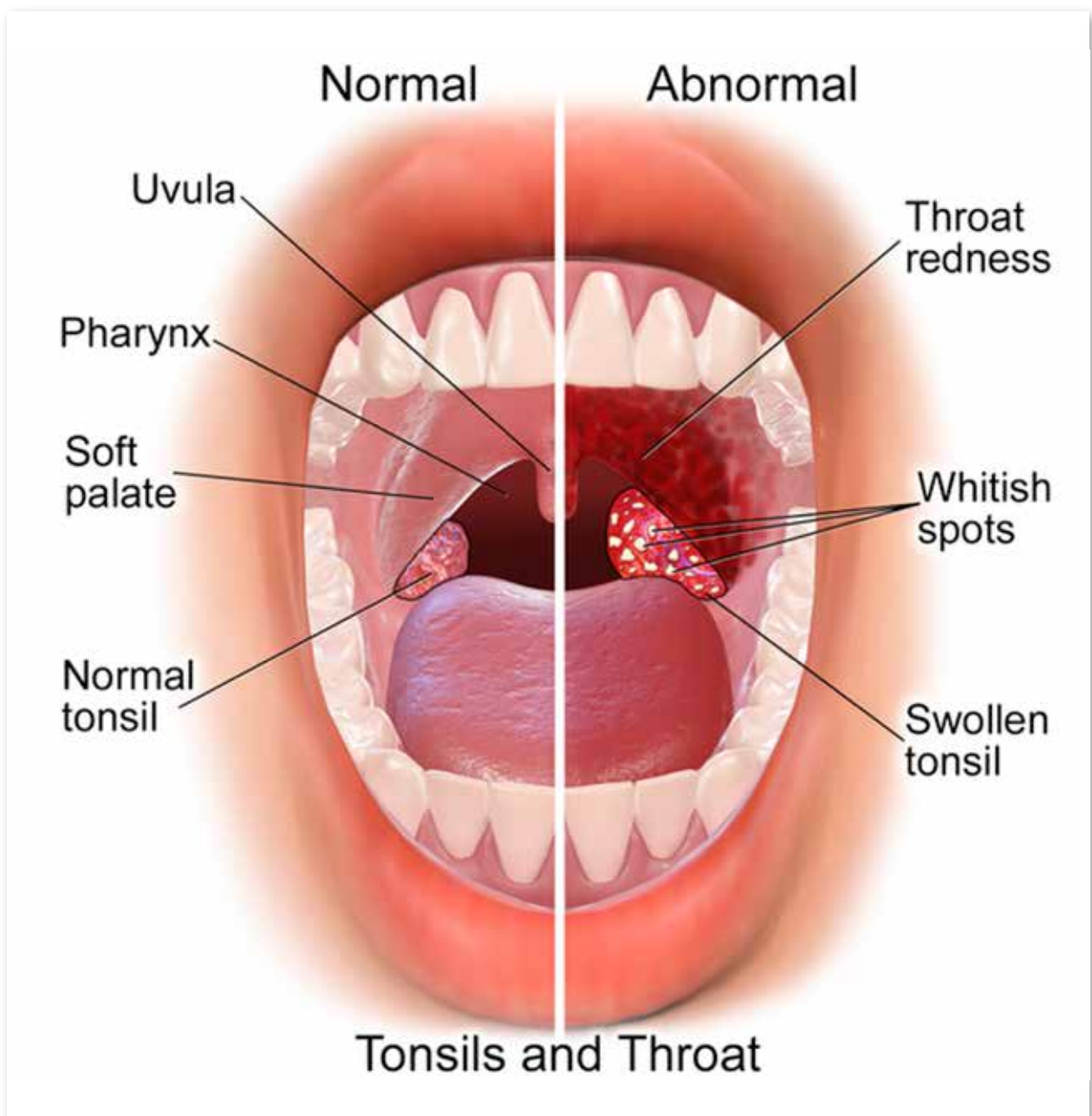
irritation at the start, but after a while, it goes away.

At the start, you should place about five drops of oregano oil directly to the skin tag. You should pull the skin tag to make the base of it more noticeable.

You should take a silk thread and make a bow along the base of the skin tag. You will need to keep the thread in place until the skin tag falls off and, as I told you, you need to apply three to five drops of oregano oil daily until the skin tag falls. You should consider placing a double-knot because it will keep the thread more secure.



SORE THROAT



Sore throat

Sharp pain in the throat is the most common sign when it comes to a sore throat. Sore throat makes about 13 million people go and visit their doctors each year. Yes, it is that often, and infections mostly cause it. Dry air is the most common factor for a sore throat, and as much as it hurts, it quickly goes away on its own.

This issue is divided into three parts. The first one is called pharyngitis, and it happens when the area behind the mouth is affected. Then comes tonsillitis, and that represents swelling and redness of the tonsils and the back of the mouth. Third, and last, is laryngitis, which is swelling and redness of the voice box, or larynx.

Symptoms

Sore throat symptoms depend on the thing that is causing the sore throat in the first place. If your throat is scratchy, burning, raw or dry, then, moments after, you will feel how your throat is becoming irritated and that it may hurt you even more in moments of swallowing or talking.

There are other additional symptoms when it comes to a sore throat. For example, nasal congestion, runny nose, sneezing, cough, fever, chills, swollen glands, headache and trouble swallowing.

Why is a sore throat happening?

There are many reasons why a sore throat can happen. Colds, the flu and other viral infections can increase the complication as well. About 90 percent of sore throats are occurring due to viral infections, and, I must admit, they are not easy to handle at all. Among the viruses that are responsible for sore throats are the common cold, the flu, the mononucleosis, chickenpox and mumps.

Bacterial infections can influence this condition, and the most common out of them is strep throat, which is caused by a streptococcus bacteria.

Allergies also trigger a sore throat, especially pollen, grass and pet dander. The chemicals

that they release cause nasal congestion, watery eyes and sneezing. Throat irritation can be spotted as well.

We all know that chemicals are harmful to us, and we all know that, same as chemicals, cigarettes can cause many problems when it comes to health. Smoke irritates the throat and makes further complications. They bring redness, swelling and irritation.

Air pollution is equally harmful, and about 62 percent of firefighters reveal how they have frequent sore throat infections. 3.2 percent had had sore throats before the World Trade Center disaster.

Where to seek a doctor

A sore throat is something that can be healed by itself in 2 to 7 days if there is not a further complication. You seriously should go seek advice and help from your doctor if you, by any chance, have trouble swallowing, difficulty breathing or pain when you breathe. Yes, it can cause com-

plications in a breath, and you know that breathing is something that cannot be interrupted. If you experience a fever higher than 101 degrees Fahrenheit (38 degrees Celsius), and if you have a painful or stiff neck, then you should also consider medical advice.

How can you diagnose it?

After getting a check-up, you will be asked few questions about your condition, and you will

need to answer them during the exam. You need to tell your doctor everything about your

redness, swelling and white spots. You may consider asking your doctor to see if you have swollen glands.

First, your doctor will take a sample from your throat to test your throat bacteria. Your results

will be given in a minute or so. You probably expected a lab test, well, lab tests only happen when doctors aren't sure about the first signs and because, sometimes, they cannot examine everything and need a few more tests to figure it out the final condition.

Possible complications

Every issue causes a different additional problem. Same goes for a sore throat. Yes, it can develop further complications, like rheumatic fever, glomerulonephritis, meningitis, pneumonia and toxic shock syndrome. I must say that the

complications are rare, but they are possible. The ongoing infection in your throat can bring intense pain to your neck as well.

Are medications necessary when it comes to a sore throat?

There are many medications prescribed by doctors when it comes to this issue in particular. They start with ibuprofen and acetaminophen (simple analgesics), and end up with something bigger. Next comes the aspirin, and when aspirin is consumed for an issue that is not that severe, it can lead, especially in children and teenagers, to a critical illness known as Reye's syndrome.

As I said previously, sore throat is usually caused by viral infections, and that is why there is no need for antibiotics. Sadly, doctors often prescribe antibiotics because they love their pharmaceutical

industry more than they like our health. They will fill our body with unwanted toxins that will not do anything against the viral infection because, after all, the infection is viral, and antibiotics, in these cases, do not act against it, and are not needed to improve the situation.

Fever and body aches can happen as a side effect as well as chills and headaches. You do not need any additional problems because a sore throat can be irritable for everything. Sneezing is also a side effect of these medications, and it can hurt the throat as well.

Frequent appearance and lifestyle changes

Rest, warm liquids, saltwater gargles and over-the-counter pain relievers can help ease the pain of a sore throat; antibiotics are not needed because, as I said, your throat previously could treat itself.

You definitely need to make some changes, especially to your lifestyle. You can start with resting, and by resting, I mean physical rest and voice rest. Yes, your throat should not be forced

all the time. Then, you can buy some massive amount of fluids. They will keep your throat moisturized and will prevent dehydration.

You should avoid irritants, as I said, and I will for sure repeat myself. Stay away from cleaners and cigarettes.

Note: use more cold beverages because they can ease the pain more than warm ones can.

Is there something useful for prevention?

Yes, often times, cases of a sore throat can be preventable, and you merely need to follow a few critical steps. For example, you should avoid

cigarettes, and if you smoke, you need to quit because they will do significant harm to you and your throat. Ignoring airborne chemicals can be

helpful, as well as the carefully chewing food. A simple injury to the throat, no matter if it is big

or small, can cause difficulties and can increase the chances of getting a sore throat.

Mother Nature - the easiest way for reliving pain

Swallowing with a sore throat is impossible. It also hurts, and people get very irritated due to this issue. Imagine your favorite meal destroyed because of something that is not even serious enough to worry about. Yes, I know the problem can be irritating, but many drops and syrups are not the solutions, and they do not deliver the health they promise.

You always need to seek and google different solutions because solutions do not knock on doors.

What do you need?

You first need to boil 200ml of water and 80 grams of ground cumin in a saucepan. You should get a thick paste, and after 15 minutes you should remove the pan from the heat. Strain the mixture and add 50ml of water. Place the dough back on the heat and boil it for a while.

If you are here, that is a good sign, and you will be better after trying something that I am going to tell you about. I present to you, today, one natural remedy that only God knows how old it is, and that is very hidden.

Yes, the pharmaceutical companies do not want this remedy out because it is beneficial. This traditional solution can help a lot, and you will feel relief in the next 4 hours, ladies and gentlemen.

It can be very helpful on winter days and if the weather outside is cold.

When you are done, remove the pan from the fire and add some hard liquor, cognac, whiskey or brandy.

You need to take one tablespoon of your natural home remedy every half hour. You will feel relief after two hours, believe it or not. After only four



hours, your problem will ultimately be over, and you will be able to start eating.

In case you have severe tonsillitis, this will take more than four hours to heal, but do not worry. Just use the remedy until the moment you notice an improvement. And believe me, there is going to be a significant improvement.

Also, you should consume more honey than you usually do because honey has anti-inflammatory properties that help a lot, especially when it comes to night coughs. The honey will also heal your wounds in general. Mix it with tea, mix it with lemon juice or simply consume it raw. Any option is good as long as it ends up on your throat.

Besides the natural remedy that I am going to present you right after, you need to rest,

consume heated liquids and practice saltwater gargles at home.

A sore throat is something that is experienced by many people, and you've also experienced at least one of the previously mentioned symptoms if you had a sore throat. Besides staying hydrated all the time (water is an excellent choice, along with hot teas or soups), you need to make one natural remedy that will heal your sore throat in a minute!

You will probably be shocked from the following ingredient because not many people use it in their kitchens, but it is quite beneficial and helpful when it comes to a sore throat. Ladies and gentlemen, cayenne pepper.

Cayenne pepper has powerful pain-relieving properties that also fight inflammation and bacteria.



The first method is a simple gargle. Yes, you will need a 1/8-1/4 tsp, or whatever amount is acceptable for you of cayenne pepper in warm water every 15 minutes. Many people are satisfied with this remedy for sore throats, and, on social media, they praise the gargle like nothing else.

It all comes down, in fact, to the compound in cayenne. All hot peppers responsible for their incredible capacity to numb pain is called capsaicin.

This ingredient, believe it or not, can be found in every single pepper (except the seeds) and has no dietary value such as calories or additional nutrients.

It heals everything from a sore throat to cancer because it connects to a vanilloid receptor known as TRPV1, which is triggered by heat and also gets signals when cells in the body are physically hurt or injured.

When it comes to the second method, or the second natural remedy, you need to get 1/8 teaspoon of cayenne pepper, and you need to mix it with one tablespoon of raw apple cider vinegar. Take one lemon and squeeze the juice into a cup of warm water. Add one spoonful of honey, stir it and combine the liquid with the cayenne pepper and apple cider vinegar mixture. Leave the beverage for about five minutes. Sip gently, carefully getting the tea in sore areas of the throat. I recommend gargling with this tea before swallowing.

Note: when it comes to children with a sore throat, just combine 1/4 to 1/2 teaspoon of salt

and 8 ounces of warm water, and have your child gargle with it. Children above the age of 6 are usually old enough to gargle without consuming.

You children can also consume warm liquids and warm soups, and babies that are over one year old can have a little honey as well.

Often, something cold, such as ice cream, is used against sore throats, so you can also give them that.

Have you ever heard of licorice root?

Licorice root is a sweet herbal tea known as Egyptian treasure around the world. Yes, this root is the secret for any inflamed throat, and, mainly by consumption, it will soothe, reduce and destroy the infection. This root is a strong

expectorant, and that is why it can easily expel mucus and can ease the pain you feel. The inflammation of the tonsils will be as well gone, and you will be pretty satisfied with it.



Dr. Axe agrees with me and some researchers. According to them, licorice root has antiviral and antimicrobial properties. About 20 triterpenoids and nearly 300 flavonoids are present in licorice root. They play vital roles and reduce the production of bacterial toxins.

You only need to add a few slices of the taproot of the plant into your tea, or you can make tea from it and consume it. You won't make a

mistake, believe me. You are going to create the cure for your inflamed throat, and your problem will be over.

Remember: get a good night sleep, drink a lot of water and consume large quantities of vitamins, especially C.



TOOTHACHE

Having a toothache is pretty bad luck. Every single part of your mouth hurts, and that pain, out of nowhere, goes directly to your whole body.

In most situations, a toothache or tooth pain is occurring because one nerve of the tooth is hurt, but at the same time, there are various other reasons as well.

In some cases, it feels like the pain arises from the mouth, but it's actually transferred pain from an aching tooth. In this case, your pain apparently begins at the jaw joint, ears, nerves, sinuses or muscles.

Symptoms and pain

A toothache, I must admit, is a harrowing experience, there is no middle pain included. The pain that occurs due to it is followed by pressure and remains for more than 15 seconds. In fact, if the pain is long-drawn for more than 15 minutes, then it indicates that a more severe problem is associated with this case.

Doctor's visits

You need to go to frequent examinations with your dentist if your dental discomfort is becoming intolerable.

Also, if you encounter pain for more than two days without ending, and if you have signs and

Medications

Acetaminophen or ibuprofen may reduce some pain. Nevertheless, they may not kill the pain.

Dentists and doctors also appoint painkillers when it comes to this issue, and we all acknowledge that numerous people become addicted to these painkillers.

If there is noticeable swelling, or if the person has a fever, then dentists may prescribe antibiotics.

Dental help

You should ask for dental help if your toothache lasts longer than two days. You can pay him/her a visit if you have a fever or if you

Heart problems can also produce tooth pain, and when it gets to pregnancy, well, it may be a concern because of the fluctuating hormone levels.

A toothache mainly happens when the pulp is endangered. The pulp is the piece in the heart of one tooth, and it is made from existing connective tissues and cells that are called odontoblasts. Toothaches are happening when the central part of the tooth (the pulp) is inflamed. It is happening because the pulp has sensitive endings, and they are tender to pain.

You possibly have a toothache if you have discomfort while chewing, if you feel sensation too hot or cold air or liquids, if you have bleeding or outflow from around your gums, swelling around a tooth or swelling of the jaw or cheek or injury or trauma to the area.

symptoms of infection, such as swelling, pain when you bite, red gums or a foul-tasting discharge, then you should also call your dentist and make an appointment. Fever can be a positive toothache sign, and difficulty in breathing or swallowing are amid the causes.

The pain is often regulated with an injection of a local anesthetic. Painkillers do remove the pain, but, meanwhile, there are some excellent natural solutions. There is no need for painkillers in this case. Painkillers affect the nervous system just like opium or heroin, and that is why people frequently grow addicted to them.

You should start favoring a more natural alternative. Home remedies are very useful, and they are not like all those prescribed pills.

experience severe pain while opening your mouth. I know that most of you are scared of the dentist, but, believe me, you should go be-

cause there are possibilities of further unwanted complications.

Go, take some tests, answer a few questions about your pain and tell your dentist everything that you experienced with your toothache so far. Your dentist will only examine your tongue, teeth, gums and jaw (there are cases in which sinuses are considered as well), and, if it is necessary, you will get an X-ray. It all depends on your problem and the root of it.

I must mention that sometimes a toothache can

come out of nowhere. I do not mean literally out of nowhere, I mean that it can come from a pain underneath. There is a possibility of you experiencing suffering more than two days after having a tooth pulled out. If a socket is not healing correctly, you will have some severe pain, and you must visit your dentist.

Next, comes the wisdom teeth. They may be a sign of a totally reasonable and well-raised person, but they can cause severe pain that leads to infection, which causes swelling.

What is hidden underneath?

A toothache is linked to the teeth, but sometimes it can indicate that something more serious is happening inside your body. For example, there are, after all, many underlying issues inside us.

A toothache that is mixed with fever and chills means that an infection is present in your organism. Also, if you, not so long ago, experienced some head or face injury, and you have a current

toothache together with vomiting and nausea, then, once again, something terrible is underlying here as well.

Low immunity can be presented under a toothache, for sure. For example, a toothache combined with excessive pain while swallowing, or bleeding from gums while swallowing, are signs of low immunity.

Prevention

Proper dental care is the key important factor when it comes to prevention. A person can avoid the painful experience known as a toothache if he/she keeps a healthy diet and removes sugar or starch as well. Why starch? Because bacteria grows and feeds off of it. I must state that you also need to buy a natural toothbrush, and you should start brushing your teeth after every meal.

The fact that good oral hygiene keeps getting more powerful is satisfying. People start learn-

ing the importance of oral health — and its connection to your overall health.

Many different types of research uncovered new reasons to brush and floss. Healthy mouths can help people keep away multiple medical disorders.

On the other hand, an unwashed and unmaintained mouth may inflate your risk of severe health problems. Due to this, people now realize the issue and overcome the fear of the dentist.

Natural relief

Luckily, some dentists appreciate natural solutions more, and they suggest using something different than pills. For example, they recommend peppermint tea bags, vanilla extracts and cold compresses. I listened to my dentist once when he told me that I should rinse my mouth with a salt and water mixture. This treatment was lucky for me, and my pain was gone after 30 minutes.

My dentist cares more about my health than he cares about the pharmaceutical industry, and that is why he told me another very beneficial natural secret that other dentists do not want you to know about.

After he told me the secret about the essential oils and their beneficial properties, I did a little research, and I found out something that was quite helpful.

Journal of International Oral Health once stated that essential oils help to rinse the plaque that makes a toothache happen. They relieve the pain due to their antimicrobial properties against subgingival periopathogens. The best essential oils for reducing pain are cinnamon, spearmint, myrrh, peppermint, clove and tea tree oil.

While I was searching for tooth pain relievers, I also find out that acupressure can be quite functional. All you have to do is to use your opposite thumb and press the area where you feel pain. The pressure should be on the painful area for about two minutes. You know that a fantastic relief is coming afterward.

Everything that I said before can merely go to water if you refuse to lead a healthy life. By healthy life, I mean keeping a decent oral hygiene.

A water and salt rinse can also be very helpful, as I said before, and you need to use it after every meal. Just mix the salt and water, rinse your mouth with the mixture and the swelling will

significantly reduce. Of course, the bacteria will be gone as well.

The nerve endings that are causing the tooth pain can be quickly alleviated if you use ice cubes. For example, take one small ice cube and take one cotton cloth. Place the ice cube on the cotton cloth and hold it near the infected tooth for some time. Be careful, and remember not to use this if you have exposed nerves because the pain can become more intense.

A toothache, in many cases, can be avoided if people keep ideal oral hygiene, and if they brush their teeth at least two times a day.

Try and use these helpful remedies to stop the situation from getting worse. Natural remedies can temporarily remove the pain, and they can make the pain never come back due to their natural origin. They do not contain any side effects or chemicals after all.

Have you ever heard of wheatgrass?

I bet you have, but I bet you had no idea until now that this represents a natural toothache remedy.

Wheatgrass has been used against toothache ages, and if you never heard of it, this is your

chance. Read about it and start practicing and doing something to relieve your pain.

The juice that comes out of it can be a perfect, natural mouthwash for dental decay and will be the cure for a toothache.



Rich with many antibacterial capabilities, by chewing what grass, you will be able to relieve the pain that it inside your mouth. It will correctly interact with your affected tooth and will allevi-

ate the pain. For example, you can take about 50gm of wheatgrass, and you should chew it slowly for about 5 to 10 minutes.

Grass juice as mouthwash

Take one cup of water and 200gm of wheatgrass. With a mixer, mix the mixture and strain the juice right after. Use this beverage as a mouthwash. Use it at least twice daily.

Keeping your mouth, teeth and gums healthy is a must. Good oral health, as I said before, comes down to good general health. Brush your teeth with fluoride toothpaste twice a day, and floss daily. Avoid tobacco, sugar products and

products that are high in fat.

AVOID ketchup, barbecue sauce, pasta sauce, soda, sports drinks, cereal bars, muffins, flavored yogurt, sweetened ice tea and sugary snacks. All of these bring complications to your teeth and destroy the minerals present inside your teeth. In order to keep your teeth and gums healthy, start a diet rich in vitamin D, calcium and phosphorus.

Are there any other home remedies when it comes to a toothache?

Of course there are. That is why I said what I said before, about the painkillers. Before I tell you the main ingredient against a toothache, I must tell you what you should avoid. Avoid consuming very cold or very hot foods because they can make the pain worse.

You can do a salt water rinse, and many people on social media shared their stories with tooth-

aches, and they all said that this mix helped a lot. Any oral wound and any inflammation around the tooth can go away if you mix 1/2 teaspoon of salt into a glass of warm water and use it as mouthwash.

While I am talking about rinses, there is another very useful rinse with hydrogen peroxide. If you want to kill the bacteria inside your mouth, and if



you are willing to heal your bleeding gums, then mix 3 percent hydrogen peroxide with equal

parts water, and use it as mouthwash. Don't swallow it.

Thyme and its wonders

Have you ever heard of thyme? I bet you have because thyme is often used for cooking. It is, in fact, an aromatic bush, and its leaves are small. Besides bringing fantastic aroma inside your dish, thyme can be used for treating different infections and toothaches. It functions as an antiseptic, which can eliminate and reduce toothaches and the build-up of bacteria in the mouth.

It is a high antibacterial agent due to its active components that reduce unwanted bacteria in the body, including the mouth. It is quite helpful, and that is why most people used it to treat their toothache and avoid the modern medications. Thyme has no side effects and cannot do any damage.



Ways of use

Thyme can be used in different ways. Many people use it dried for making tea. This herbal tea is made from one teaspoon of dried thyme with hot water plus honey (it depends on taste). Drink it two or three times a day (just like any regular tea) to prevent the bacteria that are causing your tooth infection. You can also gargle with thyme herbal tea to relieve the pain you are feeling at that moment.

Thyme can also be chewed after meals. It can keep the pain and the decay away. You just need to chew it properly, and how can you do it? Well, you need to chew thyme leaves on the

other side of your mouth (not on the side of the affected tooth). When you chew, you will make juice out of the leaves, and this will spread to the other side of your mouth, where your affected tooth is located.

Thyme is present in this world as oil as well. Mix a few drops of this miracle essential oil with clean water and gargle the mixture. Also, you can use the oil to rub around the affected tooth to ease the pain.

Note: do not use too much, as it is a powerful essential oil.

Recipe for ointment or cream with thyme essential oil.

First, take one small bowl, and place eight drops of thyme essential oil and add some olive oil. Stir

the mixture, and, by using a clean finger, place a little amount on your tooth.

Cloves

Clove is very powerful, and it is capable of administering toothache relief. The ingredients inside possess antibacterial, antioxidant, anesthetic and anti-inflammatory features that improve and ease tooth pain while combating infection. In the

end, the following mixture destroys the pain and the root of the problem as well. I present to you the needed guidance to use the natural clove remedy.



You will need two whole cloves and a little amount of olive oil. In case your toothache is strong, and you do not have time to go to your local shop to get it, you can use any other vegetable oil instead.

First, you must grind your cloves into powder, and, after that, you need to add a small amount

of olive oil. Mix the ingredients well and apply the paste to your painful tooth. You can use a cotton ball as well; it is a matter of choice. Take one cotton ball and dip it in the clove oil. Slowly rub it on the affected area where the pain is present.

There is another very beneficial use of this remedy

Place a light amount of clove oil straight on your infected tooth. Also, combining a few drops of clove oil in half a glass of water can be a perfect mouthwash mixture. This is, in fact, a long time folk remedy for dental pain.

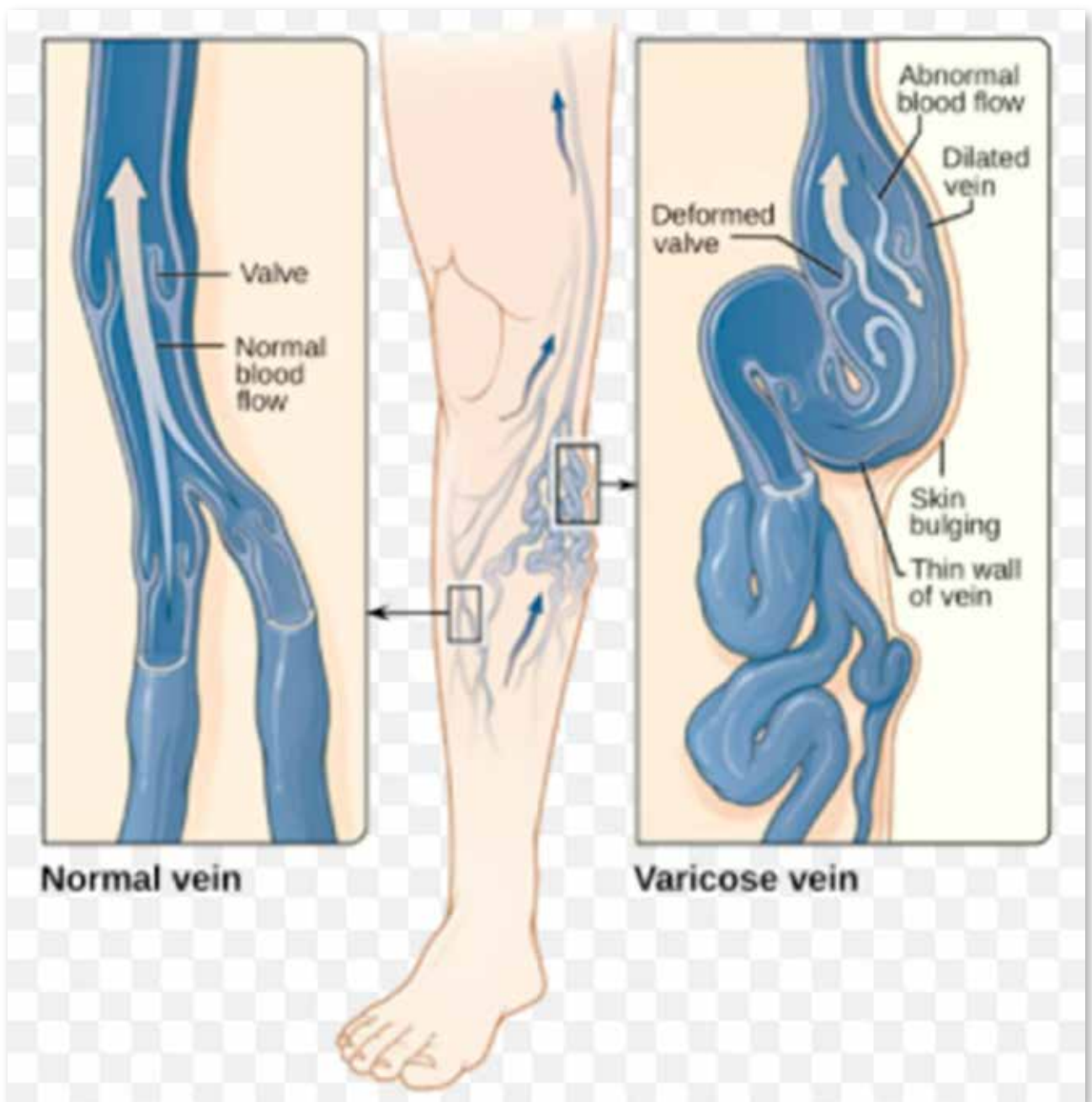
Your pain can also be removed if you use whole cloves. For example, setting a few whole cloves

in your mouth, wetting them with saliva continuously until they dissolve, then brushing them among your non-painful molars to deliver their pain-relieving oil can be helpful. Repeat numerous times per day as needed to alleviate pain.



Beauty Health Page

VARICOSE VEINS



Believe it or not, 25 percent of women and 10 percent of men, nowadays, suffer from different blood issues. One of these blood issues are the varicose veins.

At first, varicose veins do not represent a severe problem, but later they can develop and bring something more severe to human health.

Usually, they appear on legs and feet, and that is because of the pressure our legs receive while

standing or walking. I am not saying that they cannot be present in other body parts, but they are most familiar here.

Many people do not take them seriously because they can be present in our body and not do anything harmful. But, this is not always true because varicose veins can be a dangerous blood problem in the future.

An invisible disease

They do not do any harm at first, and people want them gone due to their physical appearance. Varicose veins tend to have a dark purple or blue color. They sometimes look like cords, and sometimes they look like a spider web. It depends on their cause.

I said that they, for some people, are invisible for quite some time, until the moment that pain knocks. Varicose veins can be as painful as any other issue, and a person with varicose veins

can experience muscle cramps, hard feelings in their legs, itching and swelling. Sometimes they can cause bleeding and inflammation.

There is another lower division of varicose veins that I mentioned before. They are called spider veins, and they are a bit different than varicose veins. They are smaller, and they are blue because of their closeness to the skin. They can be more dangerous in rare cases.

Doctor's visits

Doctors can be visited when a person experiences more itching and pain than before or all

of the sudden.

What causes them?

Do you know what our veins do in the first place? Our veins, for those who do not know, return the blood from our body to our heart. Our lower legs are the pumps that are accompanied with the help of the vein walls. Tiny valves in our veins open as blood flows towards our heart, then they close to stop blood from flowing backwards.

I must say that women more affected by varicose veins than men. There are two major factors for cause, and the first one is our age. Due to age, veins lose elasticity and become weaker. This process allows blood that should be moving towards our heart, to flow backwards.

The second cause, on the other hand, happens due to pregnancy. Not all, but some women develop varicose veins while pregnant because pregnancy increases the volume of blood, but decreases the flow of blood to our legs and pelvis. This is a significant change in our circulatory system, and its side effects are varicose veins. Family history and obesity are considered risk factors as well. Obesity is present everywhere, and it is one of the major causes of health issues, and if other family members have had varicose veins, there's a higher chance that we will too.

Further complications

Although they are rare, they happen, for sure. For example, varicose veins can lead to ulcers,

blood clots and bleeding. Ulcers are usually present near the ankles, and they are caused

by long-term fluid in tissues. A doctor's visit is recommended for this issue. Blood clots, on the other hand, happen when the legs or the veins deep in the legs become increased. This is why the swelling is present as well. Let's not forget

the bleeding, yes, varicose veins can cause bleeding, but the bleeding is minimal. There is a risk that this bleeding may happen more than once, so that is why medical assistance is required.

Doctor's diagnosis and opinions on varicose veins

Ultrasound is one possible detector for varicose veins, but not always. Sometimes you only need to tell your doctor your symptoms and what kind of pain you feel. For example, your doctor, after you tell him, will examine your legs and your visible veins. If it is necessary, some doctors will even do x-rays and a venogram.

When it comes to treatment, doctors are very divided. Some of them think that there is no need for aggressive treatments, while others cheer for aggressive treatments and bash the natural way of handling illnesses.

The doctors that support the pharmaceutical industry recommend compression and surgery. Other less aggressive treatments include sclerotherapy, microsclerotherapy, laser surgery, endovenous ablation therapy and endoscopic vein surgery.

The therapies I mentioned before are rarely present because, as I said, most of the doctors rely on something more natural.

This is the first medical problem that many doctors agree should be treated naturally. Doctors start by saying how a person that is willing to be free of their varicose veins should avoid standing for more time than necessary, should lose weight and should eat a more nutritious diet. Eating high-fiber, low-salt food can certainly help. The ones that want to prevent the appearance of varicose veins should also exercise to get the desired results and should get better rest or sleep.

Elevation of legs and high heels should be avoided as well.

What do I need to do?

Well, every single doctor and medical expert are going to tell you the same thing when it comes to this problem. You need to start exercising, and you need to start paying attention to your weight.

There are many different exercises, and you just need to choose one. Choose the option that you like best. Jogging, yoga, cycling, running, going

to the gym, Pilates, Zumba, etc.; there are millions of possibilities, as I said. By living an active life, you will significantly improve your blood circulation, and you will prevent new varicose veins if you already have them.

Also, move up your legs anytime you sleep or rest and do not use high heels often.

Natural way of reducing varicose veins

The things mentioned above can be beneficial, but there are other additional natural treatments for varicose veins that are even better in the fight.

Many people, experts and doctors agree on this issue because of one report that was published in 2007. The Journal of the Royal College of Surgeons of England made a study and revealed

that people who experienced varicose veins surgeries ended up with some recurrent varicose veins within ten years of their operation. This is not something good for the surgeons. If you ask me, you only need to make an anti-inflammatory diet that will improve your blood flow and will make your varicose veins heal faster.

An anti-inflammatory diet, together with exercise, can also prevent future varicose veins from occurring. So, all the poor food you consume (processed food, alcohol, sugar, caffeine, etc.) should be removed from your meals because besides high blood pressure, it can bring low circulation, hormonal imbalances and weight gain. The Carolina Vascular Institute says that varicose veins can be prevented and reduced by doing several leg lifts, calf raises, bicycle legs and side lunges.

Now I am going to tell you about some rich and high-antioxidant foods.

First of all, there is the category that includes foods that are high in fiber. Consume chia seeds and flax seeds to prevent bloating and increased

pressure on the veins located around abdomen and legs. Eat all the foods rich in omega three because they are also anti-inflammatory. Consider consuming fresh fruit, vegetables and sprouted legumes and ancient grains.

Second is the foods that are rich in antioxidants. They are present in berries, while vitamin C and vitamin E are present in green vegetables and citrus fruits. Vitamin E is also a very known agent that acts against blood clots and acts as a natural blood thinner.

Diuretics follow, but only those that are natural. They increase urination and stop the swelling from happening. Parsley, cilantro, and basil mixed with fennel, dandelion greens, cucumber, asparagus and celery are among them.

Magnesium rich foods can solve the problem with blood pressure and cramps

Spicy foods can help as well, especially cayenne pepper. Cayenne pepper is good for so many things, especially when it is mixed with wild salmon, mackerel and anchovies. All of these

together with sardines and tuna bring omega three fatty acids, which are also crucial for our circulation.

Have you ever heard of apple cider vinegar?

Apple cider vinegar is beneficial for our blood's walls. It is, after all, an anti-inflammatory compound, and it lowers the swelling by improving the appearance of our varicose veins areas.

You can include it in your salads and meals. You can also thoroughly massage your skin gently with undiluted ACV before going to bed or in the morning. Only a few months of the massage are necessary to make your varicose veins will be less visible. Also, add two teaspoons of the vinegar to a glass of water. Stir the mixture very well and then drink it twice a day for at least a month.

Amazing results will follow as well.

I hope that I helped you a lot by saying the things I said and by giving you and explaining to you the information that is necessary for reducing the varicose veins.

They are not a serious issue, but they can represent an aesthetical problem, and people want to remove them due to further complications. Follow my leads, and in a few months you will be amazed by what these beverages can do.

Garlic - God's gift against difficult illnesses

Besides exercise, I know one beneficial ingredient that we all have in our houses. The feelings of burning, throbbing and tingling can be reduced, thanks to the power of garlic.

We all know that garlic has the most significant anti-inflammatory properties, and today we learned that inflammation is one of the few varicose veins symptoms. Of course, garlic is the

ideal ingredient that a person who is facing this problem needs to have. Garlic can also destroy the body's toxins and can improve the circulation.

You will need to slice a few garlic cloves, and put them in glass jar right after. Next, take three oranges, squeeze them and add them to the garlic. Add two tablespoons of olive oil in the mixture and leave it for about twelve hours. Twelve hours later take the jar, shake it and place some drops of it on your fingers. You will need to mas-

sage your varicose veins with this mixture in a circular motion for about 15 minutes. Next, take a cotton cloth and cover the inflamed area with it. Leave the cotton cloth like that overnight, and repeat this massage every night for several months as well.

Garlic is important against varicose veins, and that is why you must consider using it in your meals as well. Garlic can quickly be prepared no matter how you do it; you can bake it, grate it, boil it. You can do whatever you want with it.



You only need to remember to consume it on a daily basis as much as possible.

I know that it smells terrible, but many medical experts say that garlic should mostly be used fresh.



WEIGHT LOSS

Obesity, in general, is pretty severe and people should not lose weight only because New Year's Eve is knocking on our door or because you want to be ready for summer days.

Being in better shape is good for your overall health because being obese can bring many health problems.

What does obesity mean?

Obesity is when a person has too much fat inside the body; muscle fat, bone fat, in fact, no matter what kind of fat it is, it is terrible, and it brings additional unexpected issues.

Sadly, it can happen to anyone that eats more calories than they burn. Everything is different for each person, and eating high-fat foods and not getting enough physical activity are among the

most significant reasons for obesity. Some people say that genetics is involved when it comes to obesity but I must not agree on this.

If you are wondering what type of problems obesity brings, well, let me enlighten you. Obesity brings diabetes, heart disease, arthritis and some types of cancer.

Causes

It is quite simple. I think that the reason why obesity is happening to some people is simple. Usually, it occurs when one person eats more calories than they burn, and for those who have no idea what a calorie is, well, it is the substance

of energy in the food we consume. Our body requires this energy, in fact, to function and to be active. In short, if you take in more energy than your body uses, you will gain weight.

Obesity facts

Different key facts revolve around this problem, and some of them are:

Globally, obesity has approximately tripled since 1975.

In 2016, more than 1.9 billion grown-ups, 18 years and older, were obese. Of these, more than 650 million were overweight.

About 39% of adults, aged 18 years and over, were overweight in 2016, and 13% were obese.

41 million children under the age of 5 were overweight or obese in 2016. This is a pretty concerning problem to start with.

Is obesity preventable?

Of course, it is. This is the only light that exists when it comes to obesity. It is, of course, a very complex problem and different approaches are required to end it. Of course, a person should first consider changing their style of living

and then take their body into action. In short, acknowledging your body mass index (BMI), reaching and keeping a healthy weight and arranging regular physical exercise are all steps that you can take to oppose and end obesity.

Factors

There are different factors regarding why obesity is happening in the first place, but I am going to reveal the most common and important ones. First, habits such as overeating or not getting adequate physical activity, are the most com-

mon and the most significant out of the factors. Believe it or not, second is the environment and last are the genes (although I do not agree with that). Many people say that obesity comes from genes, but that is not as true as some say.

I would like to mention another critical factor that people tend not to talk about due to the stigma that floats around mental health.

Some people, sadly, cannot manage themselves, and the need to eat takes them over. They ignore advice, and all they care about is food. People's requirements for food in this category are severe, and they are often triggered by stress, an emotional problem or any other environmental or mental health issue.

The National Heart, Lung, and Blood Institute talks about this issue and adds that stress, emotional factors, and medications, are several of the causes of this problem.

In case you are wondering how the environment makes us obese, well, it is straightforward.

I will start with the dullest reason. We do not have park areas, sidewalks or affordable gyms. This is the first reason why many people that want to be physically active are not physically

active. Let me remind you that a large number of those people do not have access to supermarkets that sell affordable healthy food because the real food that we all should eat is either far away or too expensive. Marketing is last. Food advertising encourages people to buy unhealthy food; hence they consume things such as high-fat snacks and sugary drinks.

Why does being obese brings more problems than any other issue?

Because it can affect every single organ and tissue. People that are obese are exposed to health issues that are not so easy to fix. Worse is the fact that all of those problems can quickly get out of control. I know I mentioned them before, but let me tell you once; if you are overweight, you may experience the next complications: heart disease, stroke, type 2 diabetes, high blood pressure, arthritis, gallbladder disease or some kinds of cancer.

Treatments

Obesity is a very severe problem and can be solved only by losing weight. Well, when it comes to losing weight there are different paths to take and the decision that is usually final is not always final. Why? Because people are lazy to the point where they will rather go under the knife later than take a walk or run a mile more in the park.

There are also thousands of various medicines when it comes to weight loss. I must add that a few doctors, at the start, do recommend healthy lifestyle changes, but sometimes they are not enough for the people. People often lean on the more accessible way without considering the consequences.

You know how they say that if a person takes one particular action, the reaction and the consequences of that action are chosen at the same moment, as well as when they are following that action?

You seriously need to stop eating, and you need to move and be significantly more physically active than before.

When it comes to medications, they are, in fact, brain medications, and they control the urge

to eat. Your doctor can prescribe them to treat your obesity, but every chemical compound has different side effects, and that is equally as bad for your health as obesity.

They are known as diethylpropion, phendimetrazine, lorcaserin, naltrexone/bupropion, sibutramine and liraglutide, and some of the side effects include restlessness, tremors, dry mouth, upset stomach, sleep problems, increased or decreased interest in sex, impotence, anorexia, runny nose and sore throat. The diet pill, known as orlistat, causes diarrhea, oily stools, gas, flatulence and a decrease in absorption of fat-soluble vitamins.

Surgical procedures are chosen by a large number of people, and, furthermore, they cause further, but more critical, issues to patients. Dumping syndrome, a condition that can lead to symptoms like nausea and dizziness, low blood sugar, vomiting, ulcers, and hernias are among the side effects of different surgical procedures.

Select wisely

We all know that calories and energy are equal. Yes, for those of you that have no idea, calories are the same thing as energy. So, it means that when calories are balanced inside the body, there are no harmful effects.

In short, people's energy balance is the balance of calories applied to eating and drinking compared to calories burned through physical activity.

Yes, weight loss is necessary without consideration, but in the healthiest way possible!

Everything comes down to food. The first thing you need to change is food, and then you need

to start moving your body. Eat smaller portions, do not consume processed foods, eat whole grains and enlarge your amount of proteins, beans, lentils and soy. Reduce salt and dairy products, and make sure they come from heart-healthy sources, such as olive, canola and nut oils.

Second, drink a lot of water, as much as you can, and do not forget to exercise. Take baby steps at the beginning, but increase them in time.

Natural way of solving obesity

There are a million different natural options when it comes to weight loss. Different natural ingredients consist of effectual antioxidants that boost the metabolic rate and help in destroying the fat while melting the excess abdominal fat.

I am going to present you with one combination of a few of the previously mentioned ingredients that is proven by professionals.

This beverage is an effective detox and weight loss drink that is known worldwide. It will boost your metabolism, and we all know that this is a must when it comes to losing weight.

We should all praise the cucumber in here because it has 95 percent water inside and that makes it even more nutritious than plain water. Wow, what a fact right? It is high in nutrients, and it is quite low in calories. Its essential components vitamin C and vitamin K also support collagen production and strengthen bones, skin and hair.

The second compound, grapefruit, holds an enzyme called AMP-activated protein kinase

(AMPK), which stimulates the body to absorb sugar, therefore stimulating metabolism and the shedding of calories.

You will need:

- half a cucumber
- sliced lemon
- medium grapefruit
- mint leaves
- cup of water

Start by chopping all the ingredients, and then put them in a blender. Add the water and blend. Take out the juice and place it in your fridge for a while.

This beverage is natural, and you won't have any problem while consuming. That is why I think that you should make and drink it at least five times a day. You will get rid of your toxins, and you will remove the unwanted calories in just a few weeks.

What should you do?

If you ask me and many other specialists, you need to make some drastic changes when it comes to your lifestyle.

Do you remember that I said how energy equals calories? Yes, energy is basically calories, but

it only brings good things when it is balanced. In short, our energy balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity. Food and beverage consumption gives you energy, you exercise and you burn energy -



your energy is out. The process is that simple, yes.

Start by including more fruits and vegetables in your diet. Whole grains can be helpful as well, and you need to consume smaller portions. Do not eat processed foods and sweets. Increase your amount of protein, eat beans, lentils and soy. Limit or reduce salt, and buy low-fat dairy products. Fat should be a part of your diet, but you need to make sure they come from healthy sources.

Next, you need to try and to increase your physical activity. Start slowly, and, as time passes, increase your minutes of exercise.

People that are quite obese need to spend at least 150 minutes weekly doing physical activity to prevent additional weight gain. You can walk

some miles, do yard work, go for a bike ride, dance or shoot hoops.

Mind-body therapies, like acupuncture, mindfulness meditation and yoga, can be beneficial as well. They can reduce your body fat and they can bring you peace of mind.

If your obesity is coming from stress, emotional stress or another mental health issue, then you need to consider some lifestyle changes because, after all, it causes additional problems to your physical health. There are many different behavior therapies, and they can be quite beneficial. They will help you to reveal the source from where your current eating habits come from and what types of stresses or situations contributed to your obesity.

Mother Nature and its benefits

You can always lean on Mother Nature because she will give you natural treatments and remedies which do not contain side effects.

The Food and Drug Administration, for example, recommends many herbal remedies, vitamins

and minerals. They recommend supplements with the "NATURAL" label on it because they are beneficial, and, of course, you can always take them even more naturally through food. For example, add cayenne pepper, turmeric, cinnamon, or dandelion.

Aloe Vera

Another very beneficial herbal solution for losing weight is Aloe Vera. It will not cause short-term

weight loss, and it doesn't have any side effects. I must add that according to most studies on



Aloe Vera and weight loss, many people use the gel more than they use the aloe juice.

Obesity Research & Practice in December of 2008 published an animal study in which the power of Aloe Vera against abdominal fat was proven to be effective.

The Aloe Vera plant stimulates our metabolism and increases our energy consumption. Plus, I should mention that it mobilizes unused fat in the body. This plant contains collagen proteins, which makes our body work harder to absorb

more and more proteins. Furthermore, Aloe Vera helps remove toxins from the digestive system and colon.

Citrus fruits are also very beneficial when it comes to losing weight. Oranges, tangerines, lemons, grapefruits and limes are all citrus fruits, and they all can help in burning fat. Why? Because they contain enzymes, and those enzymes present inside of them increase the digestion work. They bring minimal carbohydrates, and those carbs are not harmful at all.



Let me get back to my point

First, you need to take two fresh Aloe Vera leaves. Then, you need to peel them and scoop out of their pulp. Take one cup of citrus juice (orange, grapefruit or whatever you like) and place the citrus juice together with the Aloe Vera gel inside your blender. Blend the mixture for about two or three minutes. You need to consume this beverage every day for at least a month. The results will be amazing, and you will be very proud

of yourself. You have to be patient because good things take time.

Note: if you do not prefer citrus juices, you can always replace your citrus juice with plain water.

Remain focused and patient when overcoming your obesity. Drink water, eat fruits and vegetables and exercise regularly. Stay motivated and take it step-by-step.

Natural relief

Dr. Jonny Bowden, Ph.D., a clinical diet expert, says that a cup of cooked cabbage contains 4 gr. of dietary fiber which is great for our digestion and digestive health. This type of fiber is essential because it encourages you to manage your appetite and keep your blood sugar levels steady.

Cabbage gives an outstanding source of vitamins and additional nutrients that help you lose weight by supporting your metabolism. It also controls the blood sugar levels to regulate your weight.



On the other hand, The American Council on Exercise suggests bok choy if you are attempting to lose weight. If you ask Dr. Bowden, raw bok choy is has almost no calories at all.

What do you have to do?

Take a dish of cabbage and eat it raw or boil it. Consume this before your lunch to burn the fat and do not forget to eat a dish of this cabbage every day to help burn the body fat and control your weight.



You can also make and consume a homemade soup from cabbage. You will need:

- three carrots, chopped
- 3 and a 1/2 cups diced tomatoes
- 1 and a 1/2 cups tomato sauce
- one tsp. dried parsley
- one tsp. oregano
- 4-5 cups vegetable broth
- 1/2 of a small cabbage (4-5 cups), shredded
- one onion, chopped
- 4-5 cloves of garlic, minced

Add all the ingredients in a blender, and, later, start cooking it on high for about 3-4 hours or until the cabbage is soft. Consume it once daily.

Cayenne pepper - does it sound familiar?

I bet it does because many people use it in food. Cayenne pepper is related to bell peppers, and if it is appropriately used, it can help the skin among other things as well. This fantastic creation consists of the capsaicin chemical that is responsible for losing weight and managing diabetes. This compound stimulates our body to burn fat and increases energy as well.

It is also worth mentioning that cayenne pepper stimulates digestion and reduces excess appetite. Usually, excess hunger is caused by malabsorption of nutrients.

You need first to make a cayenne pepper tea. It is straightforward. All you need is hot water and one-tenth of a teaspoon of cayenne pepper. Mix both ingredients well – if you like you can add up to one teaspoon of the pepper. Next, squeeze lemon juice (use half of the lemon), and your tea is made. Consume this drink regularly for at least two months.

The next one consists cayenne pepper, maple syrup and lemon juice. Mix two tablespoons of maple syrup and two tablespoons of lemon juice with 10 ounces of water. Add one tablespoon of cayenne pepper and drink the mixture.

Last, but not least, I must say something about cayenne pepper and your meals. The previous mixture can help indeed, but you can increase the effect by adding and mixing cayenne pepper in every meal of yours. For example, it can

cause beneficial results if it is combined with other spices that are known as weight loss triggers. Ginger, black pepper and mustard seeds can go hand in hand with cayenne pepper and can bring a sweet flavor to your meals.

Additional natural weight loss factor

I need to mention it, and I know you won't like it, or you will refuse to do it.

People are so lazy nowadays that they ignore or refuse to do any physical activity. Exercise is crucial, and I must say necessary in some cases. It can improve your overall health and fitness. It can reduce the appearance of many chronic diseases and can help in losing weight. Inactivity, if you had no idea, is the 4th leading risk factor for global mortality. Choose whatever fits you best...jogging, cycling, Pilates, dancing, gymnastics, running; whatever you like, and it can bring you surprising results. Do not be inactive and always choose what's best for you.

Lemons are nature's gift against many diseases. It can cleanse your body and can refresh it like

nothing else before. This fruit is going to make your metabolism faster and its flavonoids, the ones that contain high antioxidant properties, will detoxify your body and will leave zero harmful compounds. Your cells will be protected from damage and its vitamin C and potassium levels will lower your blood pressure.

Take two lemons, and squeeze the juice out of them, then take three teaspoons of lemon juice and put it in one glass. Next, add one teaspoon of raw honey and one-half teaspoon of black powder in the same glass. Add water and stir. You should drink this mixture every morning on an empty stomach. After a week, you will see a significant change, but consume it for at least three months to get the desired shape.



Do not rely just on this. Drink one glass of lemon juice (squeezed lemons plus warm water) at least two times daily to receive even better results.

Why honey? Honey is a natural product that consists of natural sugar, and that stops the food cravings. You can also use it occasionally, and you can drink one glass of warm water with one tablespoon of honey.

Use lemon every day for the rest of your life. Lemons are also suitable for skin conditions and will drastically boost your immune system. Your

digestion will be improved in the first days of use, and at the same time, your liver will be cleansed.

You should use lemon and its juice only if you cut yourself away from the bad stuff. I mean, you should stop eating bad and processed foods for good.

Also, do not forget to exercise. I know that people are so lazy nowadays and that they do not want to do anything that is linked with physical activity. This should change if you 're going to live a healthy life once again.



A good detox plan, a proper diet, and regular exercise can be the things you want. They can help you lose the excessive weight, but only if you are willing to change and to leave the bad habits behind.

You should ignore stress and stressful situations as well. I know this could be a problem because we live in a society where we are under pressure all the time. Relax yourself as much as you can, and eat as healthy as you can.



WRINKLES



What are wrinkles?

As we get older, we experience different medical conditions. Some of them are visible, while others remain under our skin and operate differently than the first ones.

Aging is a normal process, and with aging, very often, come wrinkles. For those who have no idea what a wrinkle is, well, let me inform you slowly.

Wrinkles represent creases, folds or ridges of the skin. As we get older more and more of them appear on our face.

You know that skin gets older with age as we do, and the skin cells split up more and more slowly. Also, the dermis, also known as the skin's internal layer, begins to thin. This process

is prolonged, as I said before, and that is why the skin's stretchiness and structure begins to collapse as well.

This aging process brings multiple other problems. The skin is not able anymore to hold on to moisture, and it makes less oil and heals slowly.

All of this mentioned above causes the wrinkling process.

Have you ever wondered what causes the wrinkles? Well, they may be part of the natural aging process, but nobody likes this process at all. I mean, it is normal not to want something that causes your skin to become thinner, drier and less elastic.

Causes

Age - as you get older, your skin typically matures and becomes less flexible and weaker.

Exposure to ultraviolet (UV) light - the radiation does pretty bad things to our skin, and UV light is the prime cause for wrinkle development. Also, UV light cuts down your skin's connective tissue — collagen and elastin fibers.

Smoking - it can increase the aging process like nothing before.

Repeated facial expressions - movements and expressions of the face, like smiling or squinting, can also cause wrinkles.

Types of Wrinkles

University Hospital of Liège tells us that there are many types of wrinkles. They say there are crinkle wrinkles that appear on the forehead and disappear the moment you tighten your skin. Second, they talk about the permanent elastotic wrinkles, which occur due to extended sun exposure. Next is the dynamic expression wrinkles that are happening due to facial expressions and loss of elasticity. In the end, there are the gravitational wrinkles which are occurring due to skin's loss of firmness with age.

Symptoms

The symptoms are visible. The lines and creases that appear on your face are known as wrinkles.

Prevention

1. You have to protect your skin from the sun as much as you can. By this, I mean, always wear

protective clothes and sunglasses, plus never forget to take your sunscreen, even if you are out during winter days.

Note: According to The American Academy of Dermatology, people need to start using a broad-spectrum sunscreen with an SPF of 30 or more.

2. Creams and other facial products are essential to us, and they are extremely more critical when it comes to the sun. Yes, you also need to be careful what to place on our face while you are outside. Always choose facial products that have a built-in broad-spectrum sunscreen- in short, products that block the sun.

3. Moisturizers, they are beneficial because they stop the skin from becoming dry. Although, you need to remember that they can't prevent wrinkles, they may temporarily mask tiny lines and creases.

4. Stop smoking immediately if you don't want additional wrinkles.

5. Consume more vitamins and eat more fruits and vegetables as much as you can.

Doctor's visits

There are many natural reliefs when it comes to wrinkles, and, on the other hand, there are another extra "million" solutions filled with different chemicals, especially acids. Your dermatologist will ask you a few questions related to your wrinkles that are connected to your smoking, your cleansers and your moisturizers. Right after,

they will recommend some things that are not entirely beneficial to you or your overall health.

For example, various wrinkle remedy options are available to help smooth wrinkles or make them less noticeable. Dermatologists either prescribe medications or surgical procedures.

Medications

Medications against wrinkles are divided into two parts:

Topical retinoids - these medicines are made and taken from vitamin A and are known as vitamin A, or retinoids — such as tretinoin and tazarotene. According to experts, they can remove wrinkles, blemishes and skin roughness, while they also contain side effects, like burning, redness, itching, peeling and scaling. All the side effects start three or four days after first use.

Nonprescription wrinkle creams - when it comes to them, no one knows which works best because not all of them contain the same active ingredients, and they do not act the same on every person. Antioxidants, retinol and peptides that are present inside of them, may perform well at the start and may reduce the wrinkles, but their effect is temporary, taking into consideration the fact that they contain less of the active ingredients.

When it comes to surgical procedures, they are also divided into multiple groups and techniques. Also, every single one of them contains different benefits and even more frightening side effects.

1. Laser, light source and radiofrequency treatments are the process where the outer skin layer is destroyed by a laser beam. As the wound heals, smoother, tighter skin forms. Many more months are needed for healing, and this surgical procedure can bring scarring and lightening or darkening of skin color.

2. Chemical peel treatments are happening when your dermatologist places acid on the ar-

reas, which consumes the outer layer of your skin to remove wrinkles. The peel can be intense, in fact, it depends on a person's skin, and keep in mind that you may need numerous treatments before you see a difference. This procedure brings redness that remains in the area for many weeks.

3. Dermabrasion, also known as dermaplaning, is happening when your doctor or dermatologist sands the surface layer of your skin with a rotating brush. In this way, the older segment get removed, and new ones grow instead. Redness, scabbing and swelling lasts a couple of weeks.

4. Microdermabrasion is similar to the previous one, but this procedure only removes a fine layer of the skin and demands more than one treatment. The results out of this are also temporary, and it causes slight skin tightness, redness, bruising and sensitivity.

5. Botox injections come next, and I must admit that they are widely used by many people when it comes to wrinkles. In order for your face to remain perfect and without a wrinkle, botox injections are repeated to maintain results because after three to four months, they disappear. Botox, I must admit, is pretty dangerous and brings multiple severe side effects, including bruising, bleeding, pain, redness or swelling around the injection site, fever, headache, dizziness and muscle weakness.

Soft tissue fillers, skin tightening and facelifts, come in the end. They are different procedures, and they need to be repeated every few months.

I previously said that different wrinkle creams and lotions are used by many people. These people are not entirely satisfied and the creams do not prevent the damage that sun causes.

After all, according to The Food and Drug Administration, these creams are not useful and have no effectiveness at all.

That is why you need to start using something else, something that is natural. This gel is mostly used for sunburn, but at the same time, it is perfect for preventing, treating and removing wrinkles.

Aloe vera gel is remarkably beneficial and has a long history of use. Many people use it for cuts, scrapes, burns and other skin issues.

The University of Pittsburgh Medical Center says that Aloe Vera gel treats the effects of aging on a human's skin pretty well. The University of Michigan Health System, on the other hand, adds that it can soothe the skin, stop the damage and can significantly treat dry skin and prevent and reduce wrinkles.

Why is Aloe Vera so useful? Well, if you ask Michigan Health System and its University, the gel that comes from Aloe Vera contains polysaccharides like acemannan and other chemical components that appear to incite skin regeneration and healing. Besides, Aloe Vera contains anticancer and immune system-modulating effects, as well as antioxidant and, of course, anti-inflammatory properties.

We all know that the sun exposure mostly causes wrinkles, and that is why Aloe Vera is so ben-

eficial, it protects the skin from the destructive UV-rays from the sun.

In 90 days, according to Annals of Dermatology, aloe vera gel can bring significant results and can reverse signs of skin aging like nothing else.

This infamous gel, it's 96 percent of water, but it also has over 200 healing phytonutrients.

What do you have to do?

First, you need to find a small number of fresh harvested or high-quality organic leaves, and you need to extract the gel that is inside of them carefully. Next, you have to massage it into your skin in a circular motion for 2-3 minutes. Do it before you sleep because you will release the toxins and you will take in nourishing and healing properties instead.

There are other methods of use as well. For example, mix one teaspoon of Aloe gel and one vitamin E capsule. Apply some of the mixture on the areas where wrinkles are happening.

Before I tell you the last one, make sure you ask your doctor about aloe gel oral use. After getting all the information possible that you need, add 1/4 teaspoon of Aloe gel to your smoothie in the morning. This will increase collagen production and stop collagen breakdown.

Note: there are many different aloe plants all over the world, and the one that you need is called Aloe Barbadensis. Always seek organic Aloe, and make sure the gel you're buying is 100 percent purely organic.

Expensive creams – friend or foe?

There are different treatments when it comes to reducing wrinkles.

Often, people use different creams and lotions. Some of them even go under the knife and are making things even worse than before because we all know the effect that chemicals bring. However, let's start slowly.

When it comes to creams, women, especially, lean on something costly, and they throw away their money away for no reason. They use creams from expensive companies that are developed by their technology. These expensive

creams usually contain anti-aging ingredients known as niacinamide and peptides. Few of them promise even 40 percent increased moisturization. Companies often say that their products offer hydration and smoothness; however, I must mention that these products consist of concentrated hyaluronic acid and retinol as well. Some creams, as people say, do not improve the moisture, but only the texture of the skin. This is a trick, and with this statement, they indicate how you need to buy at least two products for reducing wrinkles.

Since the inventions of skin-care products, every single one of the products that come out sell like cupcakes. I do not know why people continue to ignore the fact that they do more harm than good. As I said before, they consist of acids, and that is why they are mostly harmful. Often, the manufacturers say that their products prevent the UV layers from penetrating, and I do not deny it. They do stop the layers that cause wrinkles, but at that cost, our skin becomes even more vulnerable to sunburn and malignant melanoma. Should I mention the different harmful formulas, or do you already know about them and their lousy effects?

I mentioned melanoma before, and that is why I must talk about few more ingredients that can cause an appearance of these bad blood cells. Many aging creams carry more cancerogenic chemicals known as DEA, TEA and MEA. These three chemicals are used to maintain the pH level of the cream. Doctors and beauty bloggers do not say that these three also can cause can-

cer in the liver and kidneys. Overexposure can cause this deadly illness, and we are the ones paying for it. People that purchase these creams often forget that they do not promise 100 percent safety or efficiency. People who buy these products do not even ask for a professional consultation, and they select their anti-aging cream guided solely by the marketing.

Side effects happen because every person has a different type of skin, and searching for the ideal anti-aging cream can displease people because there is no ideal one.

Are you devastated after reading this? If not, then keep paying attention, and if you are, let me tell you that there is an even better solution when it comes to this huge problem.

It is important for a woman to look good and to feel good at work, at the market or at a parent-teacher conference. That is why I am going to offer you something that every single person on Earth is satisfied with.

Effective natural home remedies

Everything starts and ends with one thing: nature. Yes, Mother Nature can give us what we are looking for, and this is the case here as well.

The aging process is something that we cannot prevent – it's part of our biology.

There are a few great and very beneficial natural home remedies, and I am happy to present you one of them to you.

What makes this home remedy even more interesting is the fact that Doctor Mehmet Oz, MD, a doctor that specializes in cardiology and cardiovascular diseases and a celebrity recommended it. Due to the pharmaceutical industry and their benefits from it, not many doctors agree that people should go with natural remedies.

Doctor Oz also added that this remedy, besides reducing wrinkles, can bring brightness to the skin and could destroy the dull appearance with a fresh one.

You need to provide two spices. The first one is very often present in our kitchens because it is used for making sweets; I am talking about cinnamon. The next one is called nutmeg. Both

of the ingredients can make your skin glow and can soften the lines, while the nutmeg, by itself, can shut down melanocytes. Cinnamon, on the other hand, is known for its ability to plump the skin and to fill the minor wrinkles.

This remedy is used for washing your face, and it is very cheap and skin-rejuvenating. If you have the ingredients, do not wait and start preparing immediately.

Take your coffee machine and place six teaspoons of cinnamon and six teaspoons of nutmeg inside. Run the machine until the mix is gone and start using it.

This natural remedy can be used in different ways. First, you can pour the mixture into warm water in your bath, and you can soak in it. Next, you can place the mixture into water, and you need to allow it to cool for a while. You can use it as a face wash by leaving it to penetrate your skin for about 10 minutes a day. The results can be amazing, and you can now go and throw your anti-aging creams into the garbage. I must mention that there are no side effects when it comes to this remedy, and you can freely use it

once a day for a few months. As I said, 10 minutes only. Yes, 10 minutes are keeping you from a way to keep your skin in excellent condition.

Nutmeg is the better ingredient in this mixture, and I must add that for healthy skin and reduced wrinkles, it can also be mixed with honey or water. The final product should look like a kind of paste and can be safely used on your face.

Natural remedies connected to nutmeg, especially those for skin, can reduce signs of pox and

acne as well. Unlike the chemical-laden skin-care products, they can hydrate the skin and give it a smooth appearance. There are no side effects, and we know that this is not the case with anti-aging creams.

I hope you will start using this natural remedy, and I hope you are going to say no to those bad acids that bring nothing but danger.

Look for the answer to improvement somewhere else!

You can start very simple, actually. You need first to consume more bananas, drink more water and eat carrots and pineapples. Lemon juice is also useful and very refreshing for your body and your face.

Bananas, for example, contain vitamins, minerals and antioxidants. This combination can be

beneficial when it comes to wrinkles and other unnecessary skin lines. The following remedy that I am going to present to you will improve your skin and should be used at least twice a week. You will be surprised by the results.

It is straightforward

You need to take two bananas, and you need to make a thick paste out of them. Apply this paste to your wrinkled area, and leave the paste on your face or other parts of your body for about half an hour. After half an hour, wash the paste off of your face or other parts of your body with lukewarm water.

Also, you can make a mixture out of avocado and mashed banana with some honey. Place this dough on your affected skin as well, and after 20 minutes wash it off.



Why avocado?

Avocado is famous skin friend. It doesn't matter if you eat it or place it directly on your skin because it is useful no matter how or in what way it is used. Avocado contains antioxidants that are beneficial for the our skin including alpha-carotene, beta-carotene, beta-cryptoxanthin, zeaxanthin and lutein, which block every environmental factor that affects the skin. It is also rich in vitamin E, which blocks the previously mentioned UVA and UVB rays.

Place avocado in your diet and look at the wonders it does when it is consumed. It fixes your skin from the inside because its fatty acids inside our body moisturize and soften our skin cells. It brings additional vitamin C to our body and prevents wrinkles.



Why honey?

Honey is good for everything as well, not just for the skin.

Kim Wallace, the founder of kimberlyloc.com and a very infamous beauty expert who is respected worldwide, says that raw honey is the real deal when it comes to skin and skin issues. She says that honey helps the skin in general, not just in the case of wrinkles, because of its antibacterial properties and its antioxidants.

Allison, a 40-year-old woman from Florida, said: "I have been doing a honey mask once a week

for a month and can see a difference. The key is raw honey."

Besides being fantastic together with bananas and avocado, honey can be mixed with apple cider vinegar and cinnamon and can make remarkable skin transformation.

Dr. Amy Wechsler is another dermatologist that believes more in natural treatments than in chemical treatments. She, in her book called, "The Mind-Beauty Connection," praises the honey as a natural humectant for the skin's lay-

ers. Dr. Amy also called the honey “a natural age-fighter.” She approved what historian Victoria Sherrow said about how honey was used in the past to tighten skin and minimize wrinkles.

I told you a few secrets when it comes to wrinkles.

I told you how to reduce them correctly and what to do until they disappear. Trust me, this is

the way it should be done, and do not listen to doctors when they say that harmful chemicals can treat them better.

Drink a lot of water to keep your skin hydrated all the time, and do not forget to cover your body parts (the ones that face sun every day). Also, do not forget sunscreen.



Marine collagen

Collagen is among the essential proteins inside your body, and it has the power to keep you healthy and young for a long, long time. It can reduce the wrinkle production, and, according to a study done from Beijing University's Department of Food and Nutritional Hygiene at the School of Public Health in China, it can play a significant role in skin aging by improving the activity of antioxidants. Marine collagen can be found at your local health store as a supplement or in your local market as food.

If you decide to take a supplement, make sure you find a supplement that is GMO and gluten free, it also needs to be free of fillers, sugars, artificial flavors and artificial preservatives.

I have nothing against marine collagen supplements, but I do not recommend them much. You should eat more eggs, chicken, fish, wild fish, shellfish and jellyfish.

Collagen sourced from organic or wild animals are of higher quality.

Coconut oil and wrinkles

Enough of the internal use, now I am going to talk about the external application. I know you probably heard by now about coconut oil. Late-

ly, people use coconut oil more and more because they see its benefits and how it acts on specific issues.



Why is coconut oil so beneficial?

Well, it is quite beneficial due to its antioxidant, antifungal and antibacterial properties. They act perfectly, and they heal the skin. When it is used as massage oil for the skin, it is a very useful moisturizer and helps the skin a lot. If it is massaged into the skin each night before bed, it will reduce the appearance of wrinkles and will reduce the premature aging as well, but that is just the first method of its use.

The second method is when you mix coconut oil with an egg white and milk. Milk for example, hydrates the skin while the egg tightens it. Mix in a bowl one teaspoon of organic coconut oil and honey, add one egg white and one tablespoon of milk. With your hands, massage the mixture into your skin. Leave it like that for thirty minutes and rinse it after with lukewarm water. You should repeat this treatment at least three times a week. Also, mix coconut oil with argan oil. Argan oil, same as coconut oil, reduces the appearance of wrinkles, and should I tell you how they act together? Well, yes, I will tell you.

If you mix 4 ounces of organic coconut oil with 1 ounce of argan oil and profoundly massage it daily on your wrinkles before bed. In a short amount of time you will see significant results.

When it comes to wrinkles that are present all over your body, you need to massage virgin coconut oil into your skin until the oil is completely absorbed. Leave it like that for about 45 minutes and run a bath. Massage gently and wash with water without soap and pat dry. Repeat it daily to remove your wrinkles entirely.

Lemon juice, carrots and bananas are the holy trinity when it comes to wrinkle reduction. Carrots have a high content of vitamin A, which promotes the production of collagen. Lemon and its citric acids act as a strong exfoliate and help get rid of dead skin cells. Bananas are rich in vitamins, minerals and antioxidants that reduce the causes of wrinkles.



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