

Traditional Home Remedies

The ancient alternatives to modern medicines

Owen Jones



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by
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Home Remedies for Teeth Whitening

Although everybody wants whiter teeth, lots of people hate going to the dentist. Until not so long ago, the only way to get your teeth whitened quickly was to go to see the dentist, so a lot of appointments were missed and the teeth whitening sessions were deferred, often for an indefinite period. In fact, professional teeth whitening does not require drills, but then a lot of people are ignorant of the whitening process.

When the manufacturers of teeth whitening products became aware of this fact, they began making home remedies for teeth whitening. Not only did home remedies do away with the fear of the dentist's chair, but it meant that you could undertake your teeth whitening sessions at your leisure. Home remedies are also a great deal cheaper than a visit to the dentist's. The fact is that the principal cost of professional teeth whitening is the dentist's time.

If you go down the home remedies' route, there are two branches you could travel. There are the manufacturers who make bleaching products and there are the original home remedies, which were used many years before chemical whiteners in bottles and tubes became obtainable.

The conventional methods do work and also use fewer 'chemicals' that shop-bought. The only thing with home remedies is that they are less powerful, so they have to be applied more often and on a repetitive basis, say weekly or semi-weekly. Here are a few traditional home remedies for teeth whitening you can try:

Bicarbonate of Soda and Water: bicarbonate of soda can be bought in practically all food shops. Mix some bicarb with a half a tumbler of water and gargle with it, keeping the liquid in contact with your teeth as much and for as long as you can. This should remove a lot of the staining, leaving your teeth cleaner and whiter.

Lemon Juice and Salt: this mixture should be brushed onto the teeth and left to steep a while. Following this process for several minutes, twice a week will lift yellow staining on teeth, but it is not a quick fix, you have to keep at it, just as with all home remedies.

Bay Leaves And Dried Orange Peel: powder the two constituents and brush them onto your teeth. If you feel it is too dry, you could mix the powder in with your regular tooth paste and leave it in place for a minute or two.

Orange Peel Pith: remove the pith from the inside of an orange and brush it on your teeth, it will remove light staining and more with regular use.

The bottom line with all home remedies for teeth whitening is that they take effect over time. They do not work over night, because they do not include harsh chemicals, which many people see as a good thing.

Besides these home remedies for teeth whitening being chemical free, they are also very cheap, if not free. Consequently, you can try them and if they do not work quickly enough for you, you have lost nothing, but a little time. These home remedies for teeth whitening do not have any side effects, unlike shop bought items.

Exercising and Lowering Cholesterol

Cholesterol is something that many people are frightened of, but most individuals do not understand. Individuals are afraid of having ‘cholesterol’, but they do not understand that there are two types of cholesterol and that they have to have some of both sorts.

The problem comes when you have more cholesterol than you require. This is because cholesterol is a waxy, fatty substance that can stick to the walls of arteries, build up and result in obstruction.

This means that the heart has to work more to send enough oxygen and nutrients to where they are needed. This in turn means that an increase in blood pressure, which often leads to heart disease, which in turn leads to heart attacks and strokes.

Luckily, there are three ways out of this problem: diet, exercise and medication. The medication would have to be taken daily and for life, so most individuals would rather strive to reduce their degrees of cholesterol without taking drugs. However, this does mean lifestyle alterations.

A great deal of people have tried dieting to lose weight and failed. Dieting to reduce cholesterol is not exactly the same, but there are similarities and a weight loss diet could be coupled with a low cholesterol diet quite easily.

However, there is another way and that is exercise. You can either exercise a great deal and eat more or less what you want or exercise a bit and be cautious with what you eat as well. If you decide to exercise a lot, the manner that it will work for you is by raising your rate of metabolism and strengthening your heart.

Before embarking on an exercise routine, you should talk to your medical doctor, particularly if you have not carried out much exercise for a long time. Your physician will probably advise you to do mild forms of exercise such as walking for an hour a day (two times thirty minutes) until you are within a stone or so of your goal weight. Swimming in a swimming pool is another good alternative.

Exercise can have a pretty rapid effect on your cholesterol levels. In fact, it will have a faster effect than dieting, but the best way to go is to eat less HDL (saturated fats, trans fats and hydrogenated fats) and exercise as well.

When you are exercising a lot more, bear in mind to hydrate your body by drinking plenty of water. Water, not soda or caffeinated drinks or beer. Merely

water and at least two litres a day, which is roughly eight tumblers full.

You can also drink water by eating watery fruits like watermelons and other fruits, which would kill two birds with one stone as eating fruit is seen as a way of warding off cancer.

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