

## Home Remedies That May Really Work

*Here are some cures for aches, pains, and illnesses that you can find in your own kitchen.*

If your Grandmother was like mine, she had a million home remedies. My Grandma would mix baking soda and water to settle a tummy ache, and cook up a pot of chicken soup to cure a cold. Recent research has found that all those kitchen chemists, like my Grandma, were on to something. Many of their remedies can cure what ails you!

**Chicken soup:** Guess what? It really does work. Studies completed at the Nebraska Medical Center in Omaha found that chicken soup significantly slows the inflammatory process. The more concentrated the soup, the better the results. The researchers couldn't figure out exactly why it worked, but recipes which are heavy on vegetables produce the best results, according to MSN Health & Fitness.

**Hot peppers:** It may be a good idea to include hot peppers in your diet even when you're well. According to recent studies discussed on Oprah's website, the capsaicin found in hot peppers can help with a plethora of aches and pains that include nasal congestion, arthritis, gastric distress, and cancer.

**Curry:** You may or may not have heard about this one from your grandparents, but curries offer a lot more than great flavor. According to the BBC, a study conducted by the University of California at Los Angeles found that turmeric may help slow the progression of Alzheimer's disease.

**Cherry juice:** Drinking cherry juice can help your muscles recover from strenuous workouts. Researchers at the University of Vermont found that drinking twelve ounces of cherry juice twice each day helped reduce inflammation and muscle pain. It has also been found to help with gout by reducing uric acid levels in the blood, according to joint-pain.com.

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