

the reason your kitchen can

It is all too common for people to seek medication first when they get sick instead of trying to cure it naturally. As soon as people feel even a tiny bit sick they seek out a box of drugs to help stifle their symptoms. What if you could break the habit?

Did you know that you probably have everything you need to feel better in your cabinet? What if you didn't have to go to the store to start feeling better? You have a lot of options available that will help you cure your sickness naturally!

Try some peppers for cold relief. Bell peppers are full of vitamin C and can really help boost your immune system if you eat them regularly. Cayenne pepper can make you healthier as well and it can really clear up your sinuses. Cayenne pepper in tea or in other foods can help you breathe and can cause you to sweat which will help bring down a fever. Using cayenne pepper when you're sick is a fantastic way to induce a sweat which will help your body force out all of the gross toxins and germs that are causing your illness. Ginger has been used for centuries to combat the common cold. Thankfully ginger is something that most people have on hand-either in their spice cabinets or in some of the hot tea varieties that might be hanging out in the kitchen. It certainly can't hurt to increase your ginger intake if you start to feel like you're getting a cold or coming down with the flu. The antiviral compounds will go to work knocking the cold out of your system and helping you heal. Getting sick could become a thing of the past if you regularly eat ginger.

Tea is very healing. Herbal teas are great because they contain ingredients that help people feel better but do not contain caffeine which can slow down the immune system's response to illness. If you are into making your own teas, put some of all three in your tea bag and let it steep for a while. When you drink these teas you usually start to sweat, which is helpful in fighting colds and flues.

You can find quite a few natural health cures to help you get over your sickness. Before you head to the pharmacy aisle, look around at what you already have on hand at home. Natural cures for sickness will often have better results and more quickly than over the counter medication. Try some out; you'll be glad you did!

These particular tips are normally extremely practical with various health concerns and several of them can also be helpful for premature ejaculation. If you are one of those guys that are suffering from ejaculation problems then check out this web page on [ejaculation by command reviews](#) and learn about a very popular step by step system to stop ejaculation problems by natural means.

You can also find more info on this issue at <http://ejaculationbycommandlloydlester.com/>.