



***Russian Folk  
Remedies That You  
Can Try At Home***

# *Garlic Therapy*



- *In Russia, raw garlic isn't just used for eating or cooking.*
- *Russians will chop up raw garlic and leave it on a table so that the whole room fills with the strong odor.*

*Garlic therapy, as the Russians call it, is a*

*Parents of school children have even been known to place small pieces of raw garlic in their kid's pockets as they head out of the house*

# *Hot Milk With Honey*



- ***Remember when you had trouble falling asleep and suddenly started to panic. I have this feelings all the time while growing up and it really stressed me out.***



- ***To help ease my nerves, my dad would heat up milk on the stove and put a little bit of honey in it. It smelled good, tasted good, and made me think that if I thought relaxing thoughts I might just be able to get to sleep before the sun came up.***

# ***Aloe and Beetroot***



- ***Beet roots are a staple of Russian cooking. You'll find them as a main ingredient in many dishes, including in a popular soup called borscht.***

***But in addition to their use as a main ingredient, beet roots can be used in a Russian folk remedy for a stuffed up nose.***

# *Hot Water and Dry Mustard*

- If you're Russian and you have a cold with chills, you'll use hot water with some dry mustard mixed in to warm your feet.





- ***But this is no ordinary foot bath – the water is supposed to come up to the knees. After soaking your legs, you should go directly to bed, put on socks, and stay warm under a thick blanket. Be careful if you’re also got a fever, you might quickly overheat.***

# *Headache*



- To banish a headache, Russian Foods advises massaging your temples gently with grated lemon. A second Russian folk remedy suggests drinking a cup of green tea laced with fresh mint. Green tea contains caffeine, which can be helpful in relieving headaches.*