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

Garlic Therany



- 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





 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

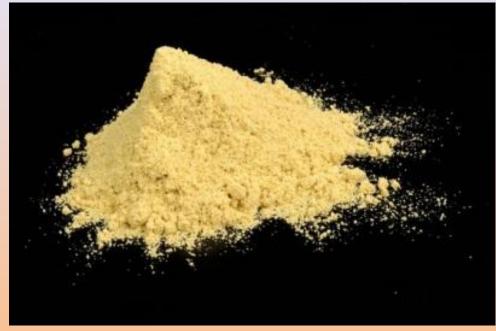


 Beet roots are a staple of Russian cooking. You'll find them as a main ingredient in many dishes, including in a popular soup called borshch.

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

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.