

Some Simple and Useful Home Remedies

There are home remedies that can be taken regularly for added health benefits.

- ✓ One can take 4-5 curry leaves early in the morning in empty stomach. This practice will help you to keep your weight in check and promote healthy hair growth.
- ✓ Soak 4-5 almonds in water overnight and peel off the skin in the morning, have them in empty stomach. It will help to improve skin complexion and works from within.
- ✓ Squeeze one lemon in a warm glass of water and add one table spoon of honey to it. Take this water every morning in empty stomach, this will help to mobilize the fat in your body and helps to lose weight.
- ✓ Generally, home remedies might not give instantaneous results and the curing time varies from person to person.