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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## 5 Safe & Effective Home Remedies

By Daphne Succes

While some ailments require specific medications, others may be treated with simple home

remedies that have withstood the test of time. Generations ago, people began using home remedies and have passed their knowledge on to their families as time progressed. Still, many are unaware of the large number of home remedies that can provide instant, safe and effective relief. Best of all, home remedies do not cause side effects as other conventional medications often do.

Anyone who suffers from allergies or a cold may find themselves increasingly congested throughout the night. In order to relieve breathing and open the airway passages, an individual may find success in running hot water in the sink and slowly inhaling the steam from the running water. This will help to relieve blocked nasal passages and may help the sufferer to breathe easier at any time of day, including at night.

Snoring is a big problem, but few know how to treat it. In addition to a number of anti-snoring devices, medications and even surgery for extreme cases, there are also a number of home remedies that may help to eliminate this nighttime nuisance. Anyone who snores may find that sleeping on their side, instead of their back, may help to eliminate the problem. Adding an extra pillow may also help to curb snoring due to the fact that the head is raised slightly higher and may help to prevent air passages from becoming restricted, which is a leading cause of snoring. In the event that snoring worsens or does not seem to respond to home remedies, it is possible that the individual has developed sleep apnea. This is a serious condition that requires immediate medical attention.

With warmer months just ahead, the bees will be buzzing and this means the potential for bee stings. To lessen the itching of a bee sting, a combination of baking soda and water can be combined to create a paste that will ease some of the discomfort. Many individuals find this to be just another part of summer but to others, it can be life threatening. For people who are allergic to bee stings, medical help are not always close enough. Therefore, over the counter Benadryl is often recommended as a temporary aid to keeping the allergy under control until the bee sting sufferer can get to a doctor or hospital for further treatment. Individuals who are allergic may find that carrying Benadryl with them is a good idea.

## 5 Safe Effective Home Remedies

Everyone is scared of the dentist, but it's a part of life that everyone must face. Whether a recent tooth loss, cleaning or other procedure that may cause bleeding, rinsing with warm salt water on two to three occasions daily will help lessen the chance of infection and will ease soreness.

Anyone who paints their fingernails is probably familiar with the smell of nail polish remover. Well, for anyone who finds the smell unbearable or simply feels lightheaded in its presence, there is a much simpler way to remove nail polish. Simply applying clear nail polish to each nail and allow it to sit for 3–5 seconds before wiping it away with a napkin or paper towel. This will help to remove any trace of nail polish.

Daphne Succes, Writer, Business Owner, Motivator and Self–Starter Independent Consultant for Passion Parties

<http://www.daphnespassion.com>

### **Are There Asthma Attack Home Remedies – Or Just Hot Air?**

**By Mark Walters**

If you have asthma and you start looking for information on the Internet, you'll soon find several websites offering "100% sure" asthma attack home remedies. And it is very probable that you'll feel tempted to buy one of them. No one likes being forced to take corticosteroids on a daily basis and an alternative, sometimes any alternative is always welcome. If effective asthma attack home remedies were really available at your drug store, of course you would buy them.

Do you see a logical problem there? Home remedies are by definition not bought, so avoid buying "asthma attack home remedies". If you're going to take some pills, make sure that you really know what's inside them.

But the fact that some people try to sell asthma attack home remedies doesn't mean that there are no remedies beside advanced chemistry. There are some that can not only prevent, but also stop an asthma attack. Such home remedies can be easily used as a support for a standard treatment, especially in case of mild asthma, but they should never replace standard medications.

Below there are a few asthma and asthma attack home remedies. Some of them work wekk, some of them are just "supposed" to work, but fortunately all of them are completely safe. Generally, all of them are different methods of warming your airways. This often prevents or helps during an asthma attack.

#### **Hot bathroom**

During an asthma attack, some people run into their bathroom, close the door and try to create as much warm steam as possible. Alternatively, they have a very hot bath or try some similar home remedy. The increased air temperature eases the attack and makes breathing much easier, though if you don't suffer from asthma, we might think just the opposite.

## 5 Safe Effective Home Remedies

Of course if your asthma is severe, it is recommended to use your inhaler or nebulizer instead of any asthma attack home remedies.

Hot water or coffee

Another common acne home remedy is drinking hot coffee, tea or plain hot water. On their way down, these drinks warm the airways and can ease the attack. The mechanism of these asthma attack home remedies is similar to the hot bathroom ones, but they are much easier to apply. The only problem is that during an acute attack this might be not enough.

Yes, asthma attack home remedies may seem simple, but often they are very effective.

Mark Walters leads the fight against asthma from his web domain

<http://www.AcneResuce.com>



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