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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!

Home Remedies By Using Tomato

By Sharon Hopkins

There are many tomato lovers all over the world and they would be more than happy to know the

importance of tomato. The number of qualities tomato possesses is impeccable making it one of the finest fighting machines for cancer. Ketchup is one of the favorite thing kids like to have. If not anything the children would easily lick all the ketchup from the plate. It is one of the best ways to provide the needed anti-oxidants, though having it in excess may not be good for you. These anti-oxidants remove the free radicals which are implicated in causing diseases like cancer.

Other than preventing cancer it also prevents heart attack due to abundance of vitamin C and E. Tomato also contains lycopene – a fabulous anti-oxidant, which prevents bad cholesterol in the blood. This anti-oxidant gives tremendous boost in the fight for cancer. Lycopene happens to prevent cancer of the mouth pharynx, esophagus, stomach, colon and rectum. It also reduces risk of prostate and cervical cancer.

The presence of vitamin C in tomatoes helps it to fight diseases like asthma. It is a useful anti-oxidant which prevents asthma and curbs its development which causes further problems. Children suffering from asthma and problems like constant wheezing can find relief if they have rich vitamin C diet. Vitamin C deficiency causes easy bruising as well as a disease called scurvy. By having fruits and vegetables which are rich in vitamin C can cure many of your health problems.

Home Remedies From Tomato

Tomato is known to treat the skin disease known as eczema. By drinking tomato juice everyday you can see the difference.

If you want to loose weight, have a raw tomato early morning. It would help to remove those extra pounds you been carrying around.

Having raw tomatoes can provide relief from mouth ulcers. Gargling tomato juice 3 to 4 times a day would also help.

Home Remedies By Using Tomato

If you love having a farm but are not sure how to kill those worms here is an easy solution. Use 10 –15 tomato leaves for 1 liter water. Immerse these leaves in the required water for 24 hours. Strain it and use the water as an insecticide especially for cabbage worms.

To remove dark circles under your eyes make a paste by using 1 tsp tomato juice, 1/2 tsp lemon juice, a pinch of turmeric powder and a pinch of gram flour. Apply this paste under your eyes and keep it for 10 minutes. You will notice the difference with regular use.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins, the webmaster of various sites such as

<http://www.home-remedies-for-you.com>

helps

you in your daily life with its simple and easy home care remedies. Tomato as we all know has

innumerable anti-oxidants which help to fight cancer.

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.

Home Remedies By Using Tomato

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.

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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