

IAN ANDRE LOPEZ SANTIZ

ENGLISH

HOME REMEDIES



**UDS**

## COUGH

YOU CAN PREPARE A TE OF LEMON, CHAMOMILE AND HONEY.

IS NECESSARY DRINK THIS TE WHILE IS HOT

FEVER

WRAP YOUR FEET IN NEWSPAPER WITH VAPORUB AND PUT COLD WATER  
COMPRESSES ON THE FOREHEAD

FLU

DRINK HOT THINGS, LIKE SOUP, TEA, THE TE FOR COUGH DO THE SAME  
WORK

STOMACHACHE

YOU CAN USE COLD WATER COMPRESSES OR USE GINGER IN A TEA

HEADCHACHE

CAN USE A COLD WATER COMPRESSES ON THE HEAD OR USE NATURE  
SOUNDS.