



MIGUEL DE JESÚS GARCÍA ALBORES

GEORGINA OLIVIA VIDAL

BACHILLERATO EN RECURSOS
HUMANOS

INGLÉS IV

CUARTO CUATRIMESTRE

COUGH

Prepare a ginger tea with 20-40 grams of fresh ginger slices to a cup of hot water. Let it cool for a few minutes before drinking. Add honey or lemon juice to improve the taste and further soothe a cough.

Marshmallow root.

Water gargle with salt.

Take a hot shower or bath and let the bath fill with steam. Stay inside for a few minutes until symptoms improve

Prepare a slippery elm tea and add a tablespoon of the dried herb to a cup of hot water.



Place cloths wet with cold water on the forehead or back of the neck.

Drink plenty of water and frequently.

Fenugreek tea or fenugreek infusión.

Take a warm bath.

Extract the juice of two lemons and mix it with two liters of cold water. Consume a glass at the first sign of fever and distribute the rest for several feedings.

FEVER



Orange juice with lemon and propolis strengthens immunity, helping to fight the flu virus.

Ginger tea with lemon contains gingerol, vitamin C and zingerone, compounds with anti-inflammatory, antimicrobial and antioxidant action that help relieve flu symptoms.

Stay resting. Staying at rest is essential, as it allows the body to rest.

Increase fluid intake.

Drink lemon, echinacea, garlic, linden or elderberry tea.

FLU



STOMACHACHE

Ideally, take a cup of warm chamomile with a little honey and lemon to prevent and treat stomach pain.

Baking soda has the property of acting as a natural medicine for indigestion thanks to its alkaline action that immediately eliminates acidity.

You can prepare an infusion with mint leaves, honey and lemon or chew a couple of raw leaves.



To take advantage of aloe vera, we recommend eating a teaspoon of its crystal once the discomfort has started.

Relieving diarrhea, cramps and stomach cramps is possible by taking an infusion of turmeric or mixing a teaspoon of this species in a glass with warm milk.

HEADACHE

Some relaxation techniques can help reduce stress and prevent headache episodes.

Use cold compresses.

Electrical stimulation.

Breathing exercises.

Massages to relieve headache pain.

