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subject: English III

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Grade: Nursing 3 rd

CONSTIPATION

suggestions

Dried plum tea



ingredients

- three dried plums without seeds
- 250 ml of water

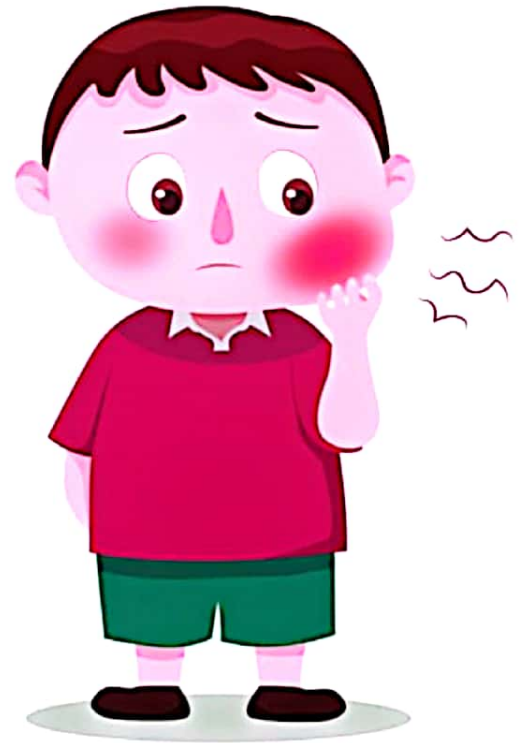
preparation

- add the dried plums in a pot and water
- boil for five to seven minutes
- let it cool and drink it

TOOTHACHE

SUGGESTIONS

BLACK TEA



Apply a bag soaked in hot water to the area of the tooth and repeat it several times a day when the pain reappears.

Black tea contains tannic acid, which has analgesic and anti-inflammatory properties. Therefore, a drink with this infused plant will relieve ailments such as discomfort in the teeth and pain problems in the mouth.

EARRACHE



suggestions

- apply ginger juice (warm)
- ginger heated oil (warm)
- place it around the ear canal

NOSEBLEED

SUGGESTION

Apple vinager



Ingredients

3 tablespoons of apple cider vinegar (30 ml)

2 tablespoons of water (20 ml)

Preparation

Dilute the apple cider vinegar in water, as it can only be a little harsh.

How to use

To begin, moisten a cotton ball with the product and apply it inside the nostril.

Then, let it act for 10 minutes and remove it.

Stomach pain and nausea



suggestions

- boil a cup of mint or mint tea
- smell mint extract
- suck a mint candy
- chew mint leaves