

NATURAL REMEDIES

NAME: Luz Patricia Albores Vazquez

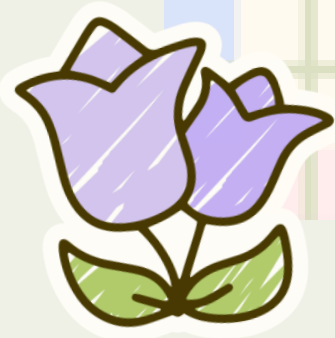
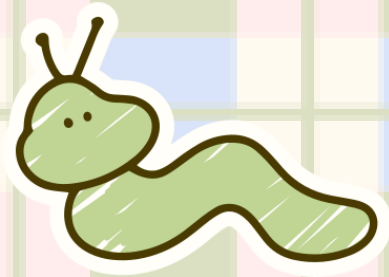
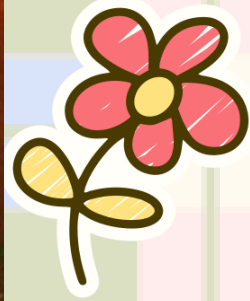
ROLL NUMBER: Five

SUBJECT: English 3

TEACHER'S NAME: Georgina Olivia
Vidal Alfonzo

GRADE: Nursing 3rd

DATE: June 16th



IF I HAD A COUGH

WHAT SHOULD I DO?

Drinking Curcuma Tea



Gargling with salt water



I SUGGEST TO

Perform steam inhalation



Drinking Licorice



IF I HAD AN ANXIETY

WHAT SHOULD I DO?

Drinking Toronjil Tea

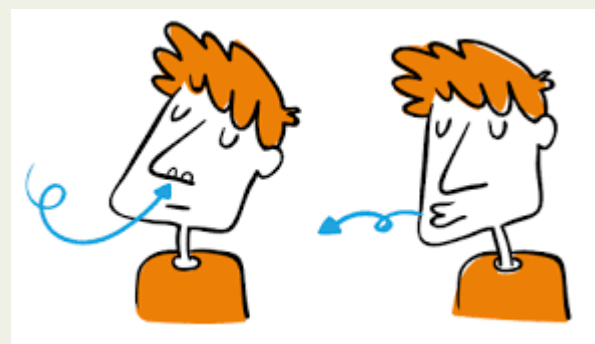


Chewing gum markers

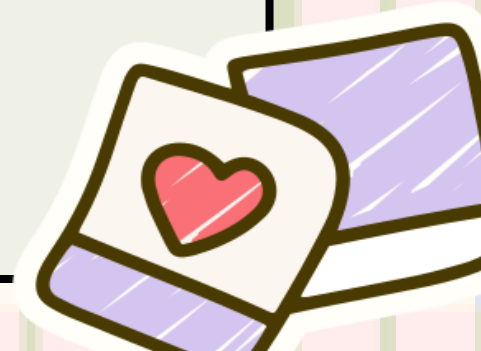


I SUGGEST TO

Exhalation and inspiration exercises



Drinking Lavender Tea



IF I HAD A HYPERTENSION

WHAT SHOULD I DO?

Drinking canary seed Tea



Drinking Linden Tea



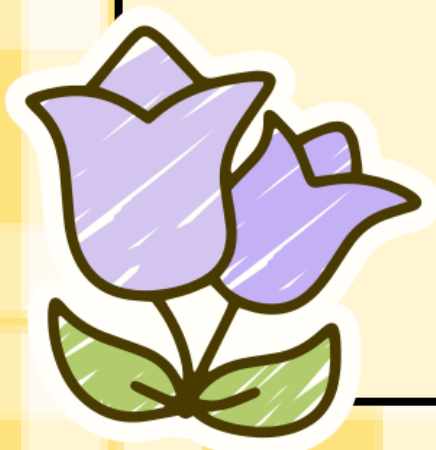
Soak feet in warm water



Drinking garlic water



I SUGGEST TO



IF I HAD A HEADACHE

WHAT SHOULD I DO?

Drinking peppermint Tea



Apply cold compresses to the forehead



Drinking oregano Tea



Perform relaxation methods



I SUGGEST TO



IF I HAD A DIARRHEAS

WHAT SHOULD I DO?

Drinking cranberry Tea



Drinking chamomile with guava leaves tea



Drinking apple and carrot syrup



I SUGGEST TO

Drinking rice water

