

Home Remedies for Fat on the Abdomen, Goitre, Dark Circles Under the Eyes

Fat on the abdomenA sisters writes: I am mother of three children. There are layers upon layers of fat on abdomen; the skin is criss-crossed with furrows. Can you suggest anything, which would do away with the fat?The skin over the abdomen is stretched during pregnancy and lack of exercise after childbirth results in accumulation of fat all over the abdomen. Hipbaths and long walks can deal with the condition. Fast walking for five to seven kilometers, hipbaths and a diet of vegetables and fruit can help reduce fat.**Goitre**How can goiter be cured?Goitre, also known, as bronchocele is a term applied to the swelling on the front of the neck caused by the enlargement of the thyroid gland. It is caused by deficiency of iodine in the diet. It is an endemic disease prevalent in the hill districts of the country. The growth of the thyroid gland is generally unattended by pain but if the goiter becomes large it may cause hoarseness. Too enlarged a goiter interferes with breathing and capacity to swallow.The best way to deal with goiter is to take foods, which contain natural iodine. They are water nut (singhara), lotus reed, stem to the lotus, tuber of the plant *cyperus tuberosus* and pineapple.In addition, the sufferer from goiter must follow the general principles of nature cure and take a natural diet.**Dark circles under the eyes**How can one deal with dark circles under the eyes?Dark circles under the eyes may be due to malfunctioning of the liver and constipation. Late nights may also be a contributing factor. Reduce the amount of fats in the food; deal with your constipation first. Take plenty of exercise and spend restful nights. The dark circles will disappear after some time.

About the Author

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