

## Home Remedies for Itch, Indigestion and Insomnia

Indigestion, insomnia and itching are very common ailments in everyday life. So common in fact that we don't even take them seriously and they tend to be left untreated. The problem is, when left untreated, they often blow up into something far more serious. So when one is feeling a little down and out due to these conditions and not up to getting dressed and going to the pharmacy to load up on medicine, there are a lot of home remedies that are easy and simple to make. Itching can be caused by a lot of things. It may be due to allergies from food or plants, insect bites, stings, or even poor hygiene. You can either scratch away and leave scratch marks and wounds on your skin or you can try this. An old and trusted home remedy is using a weak carbolic acid lotion or mixing up a solution of bicarbonate of soda (commonly known as baking soda) and applying it over the itchy part.

Indigestion Common home remedies for indigestion are peppermint and ginger. These are also popular in treating other digestion problems. Apple and tea are also used, as are Epsom salts. Another effective way to relieve indigestion is drinking the juice of a raw potato or an egg white. Cloves are also considered treatment for indigestion. Other herbs that help relieve the discomfort that comes with indigestion are meadowsweet and lavender. In traditional medicine, the use of feverfew, fennel and dill as cures for indigestion is common, as well as thyme and speedwell.

Insomnia Insomnia, or the inability to fall asleep or stay asleep, is very common from working individuals with hectic schedules to people in their old age. It is a nagging problem and can cause severe health and work-related side effects. Sleeping pills can be very scary and dangerous to take. So before popping the pill, here are a few tricks you can try. A good and well-known cure for insomnia is very simple - honey. This can be taken in a lot of ways. One teaspoon of honey a night is actually enough to treat insomnia but this can also be taken in a lot of ways too. You can take it with cider vinegar. A popular mix is adding honey to milk with a little cinnamon or nutmeg and drinking this before going to bed. A strange but effective treatment is eating onions during bedtime. This is known to induce sleep. Using either stewed Spanish onions or the garden variety of onions will do. Two or three of them are taken. If you cannot stomach this, turning them into onion soup or onion jelly is a recommended alternative. Onion soup is simple. Onion jelly on the other hand is made by shredding onions and simmering them in a little stock until tender. And then the onions are added into a pot of boiling water with a squeeze of lemon. These are all cooked together.

Other sleep-inducing herbs were used in folk medicine. In the Middle Ages, hops were commonly used. In the earlier days, poppy and valerian were used, as well as woodruff and skullcap. Popular also were dill, peppermint and dandelion. Hawthorn and rosemary induce sleep and are old folk treatments for sleeplessness. Chamomile, lavender and lemon balm are famous for their relaxing effect and were regular cures for insomnia then and now.

## About the Author

All digestion is carried by digestive enzymes that are hydrolytic. ie They chemically add water to larger molecules to break them down into smaller.

Source: <http://www.productsherbal.com>