

Language	English
Topic	Memories of remedies
Learners	all

Coughs and hoarseness

Traditional remedies handed over by grandparents and great-grandparents



Aims and objectives of the activity

To learn language

To learn traditional remedies

In case of coughs and hoarseness:

- Put some onions in boiling water until they become soft and mushy
- Then press them through a fine-meshed sieve or a permeable cloth and collect the juice
- This juice has to be drunk as it is (no thin down)



Photo: <http://www.bing.com/images/search>

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Earache

Traditional remedies handed over by grandparents and great-grandparents



Aims and objectives of the activity

To learn language
To learn traditional remedies

In case of Earache:

- Take olive oil and warm it up to body temperature
- Let 2 to 3 drops of the warm olive oil drip into the ear



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Fever

Traditional remedies handed over by grandparents and great-grandparents



Aims and objectives of the activity

To learn language
To learn traditional remedies

In case of fever:

- Put a leg compression while lying in a resting position
- Leg compressions consist of cloths, hand towels or bandages made from cotton which were soaked in hand warm water and then – in wet condition - winded around both lower legs
- In addition a second layer of dry cloths is to be winded around in order to absorb the moisture.
- Carry the compression for about 10 minutes and then repeat this procedure one or two times with durations of 20 to 30 minutes.



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Headaches

Traditional remedies handed over by grandparents and great-grandparents



Aims and objectives of the activity

To learn language
To learn traditional remedies

In case of headaches:

- Make black coffee, mix it with the juice of a squeezed out lemon and drink it (take about 1 to 2 teaspoon of lemon per cup)



- Vanilla:
Even the ancient Egyptians discovered that the vanilla could relieve almost every kind of headaches, irrespectively of its intensity or duration. Although they finally did not find out WHY vanilla had such an effect, they described the pain-killing effect as at least three times stronger than that one of Kurkuma. At that time – before discovery of vanilla - the Kurkuma was a frequently prescribed and thus also reliable pain-killer.

See for more information: <http://www.zentrum-der-gesundheit.de/kopfschmerzen-hausmittel-ia.html#ixzz326DbQdsx>

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Sore throat

Traditional remedies handed over by grandparents and great-grandparents!



Aims and objectives of the activity

To learn language
To learn traditional remedies

In case of sore throat:

- Wear woolen socks several hours until they have reached body temperature
- Take the socks off and wind them immediately around the throat (dont use new or just washed socks)
- Wear the socks about 1 to 2 hours



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Toothaches

Traditional remedies handed over by grandparents and great-grandparents



Aims and objectives of the activity

To learn language
To learn traditional remedies

In case of toothaches:

- Chew 2 to 3 untreated cloves in the mouth and grind them between the teeth



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