



Green Onion as Alternative Medicine

Traditional medicine for common cold

Normalizes blood pressure

Increases appetite

Fungus infections

Colon cancer

Stress and tiredness

Reduce inflammation

Topical Application of Green Onion

FOR SORE THROAT

Cut the green onion's white part into pieces. Put it in a cloth bag and steam it for a hot compress. You can also mix the green onion with grated ginger and some salt. Wrap the hot bag in a towel or gauze and place it over the throat, chest, soles, palms and back

FOR SWOLLEN FEET

Boil the whole green onion for a few minutes. Grind it and mix with a little water just enough to make a paste, and then place it to the swollen part of your feet. This simple method is used since hundreds of years ago by our ancestors.

FOR NASAL CONGESTION (RUNNY NOSE)

Mash the green onion and make wet cotton with its juice. Place the wet cotton to your nose.

Source: pyroenergen

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