

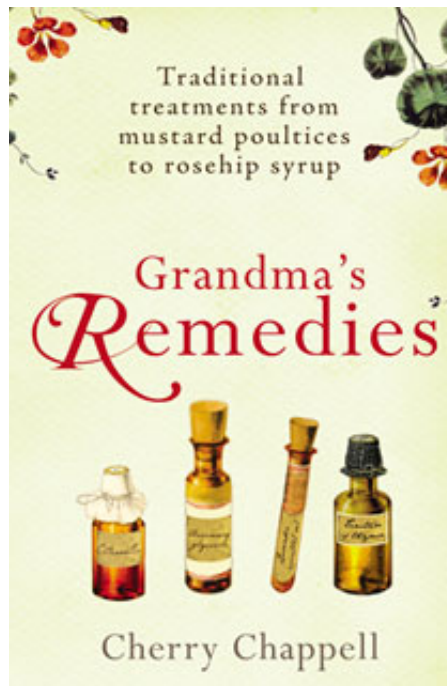
Cherry Chappell Grandma's Remedies

Reading excerpt

[Grandma's Remedies](#)

of [Cherry Chappell](#)

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Haemorrhoids

A traditional remedy in France employs chestnuts to treat haemorrhoids. Chestnut trees (*Castanea*) were introduced into France from India in the fourteenth century, and there are records of chestnuts being used for circulatory problems from the fifteenth century onwards. The trees' anti-inflammatory properties were identified, and the chestnuts, leaves and flowers were all made into capsules. Here is the recipe for a chestnut cream:



Walnut leaves for haemorrhoids.

Add one to two teaspoons of ground chestnuts — either fresh or dried — to a cup of boiling water. Allow it to infuse for ten to fifteen minutes. When cool enough, apply the cream to the haemorrhoids.

In *Kitchen Pharmacy* Rose Elliot and Carlo de Paoli maintain that tea made from walnut (*Juglans*) leaves will provide an enema that can be used for haemorrhoids or piles:

Make a tea using 2 teaspoons of walnut leaves to i pint [fffo ml] of water. Use as an enema, holding the water as long as comfortable before discharging it.

Mrs Hewitt in the Devon WI cookery book points out that distilled witch hazel is astringent and can be dabbed on to reduce swellings and ease haemorrhoids. Certainly witch hazel (*Hamamelis*) has not only astringent but also antiseptic properties.

Another recommendation is to take a nettle tea:

Gather the tender tops of stinging nettles. Cover with water and boil for about 15—20 minutes. Strain and drink the liquid. A small amount of sugar may be added.

Halitosis

There are two major causes of halitosis or bad breath: poor dental hygiene or a digestive disorder. Smoking is another culprit - but we all know the remedy for that.

Dental hygiene is mentioned under Teeth cleaning (see page 148), but there are a number of other ways of freshening the mouth. Rinsing the mouth with warm water to which half a lemon has been added is refreshing. Chewing a few leaves of peppermint (*Mentha piperita*) will freshen both the mouth and breath. An effective mouth-wash, which you can also use as a gargle, can be made by adding 30 drops of a tincture of myrrh to a glass of warm water.

Eating certain foods, such as garlic and strong spices, will give your breath a strong odour, which can be offset by chewing fresh parsley. Other useful herbs include coriander, sweet basil, rosemary, thyme, cloves, fennel and aniseed.

If your halitosis persists it may well be caused by a digestive disorder, in which case it will need further investigation and possibly a visit to a doctor.

See also Constipation; Indigestion; Teeth cleaning.



Cherry Chappell

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