

















## LESSER KNOWN BENEFITS OF THE HUMBLE ONION

Onions are rich in Trace elements, minerals, and sulphur. Onion stimulates the production of saliva and digestive juices, as well as the flow of tears!

**Onion has a rejuvenating effects on the tissues and body systems:**

-  Digestive (as carminative, improves the appetite)
-  Respiratory (Expectorant, stimulating)
-  Nervous (rejuvenation, stimulation)
-  Reproductive (anti spasmodic)
-  Circulatory (disinfectant, purifying)

**Onions are used to treat a broad spectrum of ailments, including but not limited to:**

-  Nerve Rejuvenation
-  Colds
-  Skin Diseases
-  Parasites
-  Bronchial Disorders
-  Asthma
-  Joint problems & Arthritis
-  Cysts & growths
-  Fluid retention
-  Elimination of heavy metals from the body
-  Beneficial for diabetes and cancer patients




### Forms of preparation:

Onions can be eaten raw, cooked, powdered, and juiced or taken as a tea decoction, infusion, in food and as oil.

Benefits can be improved when combined with ginger, black pepper, cumin, coriander and eucalyptus.



### Tips for use:

-  Onions may be used directly on the skin for natural relief from burns.
-  Onion Juice mixed with salt is effective for insect bites and stings.
-  For an antibiotic effect, peel and eat (raw or cooked) one-quarter of one sweet white onion, two to four times a day. The Onion must be chewed, crushed, chopped or bruised to access its antibiotic properties.

**Caution for nursing mothers:** Onion in your breast milk may cause colic pains in your infant.

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