

THE BEST NATURAL REMEDIES FOR THIS SUMMER

July 3, 2018

Spending a few days away from home often leads us to abandon our healthy lifestyle habits. We tend to eat worse, we are exposed to sunburn and insect bites and many of us get dizzy on trips or on a boat trip. We present some natural remedies to include in your travel kit:

- **Citronella essential oil:** scare away the dreaded mosquitoes and is known for its effects against their bites, as well as fighting against colds, headaches and fevers. In addition, it relieves anxiety, menstrual pain and muscle spasms, and helps to inhibit inflammation of the liver, stomach and digestive tract.
- **Aloe vera:** it serves to alleviate the discomfort of burns and has antiseptic, bactericidal, anti-inflammatory and skin regenerating function, so it is also used in wounds, cuts, stings, psoriasis or acne.
- **White clay:** it has double efficacy, since it is used to reduce internal heartburn and heal wounds topically. Another of its most curious and effective uses is that it acts as a natural deodorant, since it slows down excessive sweating and odors.
- **Green clay:** can be applied in any bite and also make a poultice that acts against musculoskeletal pain. It disinfects wounds and has depurative and purifying, regenerating, softening and exfoliating, regulating and cleansing action on the skin.



- **Pure extract of propolis:** it is a natural antibiotic that bees produce and that is used against any infection, since it boosts the immune system. It has a disinfectant, anti-inflammatory and healing effect.

- **Ginger root:** a great remedy against dizziness. It is

recommended to take two capsules half an hour before travel or to chew a piece of fresh ginger root or confit during the trip.

- **Flax seeds:** prevent constipation and clean the intestine. In addition, they improve the health of the skin and provide energy.
- **Glycerin suppositories:** they are also used to go to the bathroom, if you suffer occasional constipation. They act locally, without passing into the blood and its effect is rapid: after 15 or 30 minutes.
- **Physiological serum:** to clean wounds or burns, wash eyes and nostrils and avoid problems, such as conjunctivitis.

How does black garlic help our digestive wellbeing?

1. **If you try our product Digest-Detox** you can improve your digestive ailments like slow and heavy digestion, abdominal swelling, halitosis ... It also helps to prevent the absorption of heavy metals, such as mercury, lead or arsenic, pesticides, dioxins and other toxins chemicals that may contain water, some wild fish and seafood, fruits or vegetables that are poorly washed and that accumulate in the body negatively affecting your health. It is composed of concentrated extracts of black garlic and chlorella, making it 100% natural.
2. **Our Depur reference will be a good ally if your problem is liver congestion.** When we are on vacation we usually eat more fatty foods (fried foods, ice cream, snacks ...) or we drink more alcohol than usual, so we overload our liver and suffer from digestive discomfort, headaches and bad mood. Our product will help you digest better, decongest the liver of toxins and improve its function. It contains concentrated extract of black garlic, milk thistle, nettle, black radish and dandelion, so it is also 100% organic.

Check both products on our [website](#). And you, what other natural remedies do you use when you travel?

