

Onions – The Most Important Bulb Vegetable

By Rebecca Tkach, HHP, CST, LMT

In traditional home and folk remedies onions have long been a mainstay in the home remedy chest. Because we also use them in cooking they are conveniently on hand. We have all heard of the benefits of chicken soup on a cold virus. There was actually a study done on chicken soup and the research determined that if you make the soup with chicken (with bone) and onion there are actually antiviral properties in the soup. Using both raw and cooked onion frequently will help you and your family stay healthier.

HEALTH PROPERTIES

- Onions cause the body to sweat which helps to release toxins.
- Onions increases blood circulation and can relax muscles.
- Expectorant and diuretic.
- Helps to reduce serum cholesterol after a fatty meal.
- May provide some protection against cancer.
- Antibiotic draws out infection.
- Strengthens the lungs.
- Cleanses the intestines and helps to maintain a balance of bacteria.

USES

- Apply fresh onion to an abscessed tooth or a boil to draw out infection and help encourage circulation to the area, which will facilitate quick healing.
- Mix onion juice with honey to relieve the symptoms of a cold.
- Eat daily if you are at risk for heart disease or circulatory disorders.
- Onion poultices are used to treat bronchitis and can also help in the treatment of acne.
- Macerated raw onion will help to heal a painful burn. It stimulates circulation and is antiseptic.

For information about us please contact the San Dimas Wellness Center at 909-5926639 or Rebecca@sandimaswellness.com or visit us at www.sandimaswellness.com.