



STAY HEALTHY  BE NATURAL

INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

Cloves

Taking cloves facilitates digestion, allowing food to pass smoothly along the intestine. This also avoids the accumulation of toxins that cause ailments and diseases. They also boast carminative properties, that is, able to counteract intestinal gas.

They are so powerful that they are also able to reduce any inflammation in progress, killing the harmful bacteria that lurk in this stretch.

Since they are able to facilitate intestinal transit, one of the happy consequences that these spices cause is the ability to reduce gastric acidity due to the reflux of food and acids during digestion. According to some studies, cloves are able to naturally counteract high blood sugar in the blood. In fact, the spice contains some compounds that act in a similar way to insulin, so they are able to restore normal blood sugar levels.

Other studies have shown that it is also useful for those with high cholesterol: regular use allows you to keep levels within normal parameters.

If you suffer from toothache, use cloves: they have an almost immediate analgesic and anesthetic effect. A toothpaste based on cloves is also very effective.

If your wisdom tooth hurts you can try scrubbing your gum with a clove or chewing it. It will also help reduce any swelling.

If you want a kiss-proof breath, you just have to resort to the use of cloves. Having an antibacterial action, it acts as a scavenger of the oral cavity, eliminating the germs that are deposited on the tongue, teeth and palate with food and which can cause breath that is not exactly "clean".

Even in the case of a sore throat, you can use these precious buds: they not only relieve it but also allow the irritating sensation of itching, typical of certain sore throats, to pass.

The pain-relieving effect of cloves is also very useful for soothing joint pain. A quick but effective way to benefit from these amazing gifts of nature is to heat a handful of cloves in a pan. Put them to heat and when they are hot, place them in a folded cotton cloth, close with a lace, forming a small bag, and put it still warm on the painful area. Be careful that they do not burn or you will burn yourself. Once used, they must be thrown away because, when heated, they lose their therapeutic properties.



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If you come home stressed, try putting a few drops of clove essential oil in the bath and soak. You will notice a marked improvement in your state, and you will find yourself much more relaxed and less tired. Don't have a bathtub? Put a few drops of essential oil in a massage oil or vegetable oil and ask your partner to give you a massage. If you have pains here and there, those pains will disappear along with the emotional tensions.

If you use cloves, your skin will also benefit: they have anti-aging properties and are a useful natural remedy able to eliminate imperfections, such as pimples.

If used as an ingredient in your dishes, you will see the skin flourish again: acting as a detoxifying remedy, it cleans the blood and consequently eliminates toxin deposits from the whole body, also freeing the skin of excess toxins.

They also help prevent the signs of premature aging by smoothing wrinkles. Being rich in antioxidants, they help counteract the action of free radicals.

Cloves also help with hair growth, preventing hair loss.

You can make an all-natural conditioner that nourishes them and makes them vigorous by mixing 2 teaspoons of clove powder in a ½ cup of olive or coconut oil. Put in a saucepan and heat, without bringing to a boil, stirring. When the oil is cold, spread it on your hair and leave it on for about 15 minutes. Then rinse off.

As early as the 16th century, doctors recommended drinking clove infusions to take advantage of the aphrodisiac properties of these buds. But just add a few nails to the dishes you are cooking to awaken the desire.

For men they are a double ally: some studies show that they help to combat premature ejaculation.

Some warnings on the use of cloves:

Although cloves are so beneficial and have no particular contraindications, they are not suitable for use as a spice for internal use if you suffer from an ulcer. However, you can use the essential oil for massages or for a relaxing bath.

Eugenol slows down blood clotting, so avoid it if you are taking anticoagulants.

Avoid herbal teas, decoctions and the use of essential oil during pregnancy and breastfeeding.

Essential oil should never be used pure, but always diluted in a vegetable oil. Also avoid ingesting it so as not to run into possible side effects.

The naturopath advises: if you suffer from menstrual pain try the clove foot bath

In case of menstrual pain, a good remedy to relieve it is to take a foot bath. In addition to a few cloves, add a handful of mustard seeds, 1-2 tablespoons of cinnamon powder and ginger. Put them in a basin of hot water (not too much, otherwise you will burn yourself) and soak your feet for 15-20 minutes. It will help relieve period pains