

# Home Remedies for Simple Illnesses

Chapter 12: Home Remedies for Simple Illnesses · Topic 1

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## Key Concept

Ginger and honey mixed together can help soothe a sore throat and relieve cough symptoms naturally.

Drinking warm water with lemon and honey can help relieve cold symptoms and boost immunity.

Resting, staying hydrated, and eating light, easily digestible food can help the body recover from minor illnesses.

While home remedies can help with minor issues, it's important to see a doctor for serious or persistent illnesses.

## Quick Revision Notes

- Ginger and honey soothe sore throat, cough.
- Warm water with lemon and honey helps colds.
- It also boosts immunity.
- Rest and hydration aid recovery.
- Light, digestible food also helps.
- Home remedies help with minor issues.
- See a doctor for serious illnesses.
- Persistent symptoms need medical attention.

## Practice Questions

- 1 Discuss a home remedy your family uses.
- 2 Research the benefits of ginger for health.
- 3 Discuss why rest is important when sick.
- 4 List two home remedies for a cold.
- 5 Discuss when it's important to see a doctor.
- 6 Discuss why staying hydrated helps during illness.