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# **Surprising Remedies Offered by Everyday Health Aides**

You probably already know exactly what each and every item in your medicine cabinet is for. You know that if your tummy hurts, you need to take an antacid. You know that an allergy flare up demands the antihistamine. You know that a headache can be dealt with by taking ibuprofen or acetaminophen. But did you know that the items in your medicine box can be used to cure all kinds of other problems too? Check out these uncommon remedies for everyday household problems.

You already know that antacids like Alka-Seltzer can help you fight heartburn or stomach issues. Did you know, however, that Alka Seltzer and other antacids can also be used to alleviate the stinging feelings that come with bug bites? This is because most antacids like Alka Seltzer come with aspirin which helps reduce the pain and stinging you feel when you are bitten. Make a paste out of a smashed up antacid tablet, a small amount of oatmeal and some water. Smooth it on to the area that has the bite and you should see a quick soothing of the bite. This remedy works a lot better than those that are meant for the problem, like calamine lotion.

You already know that you can fight bad breath or halitosis by using mouthwash but did you know that you can use it to fight off athlete's foot too? Alcohol based mouthwashes are particularly assistive for keeping your feet and toes clean and healthy. Soak a cotton ball in the mouthwash and then run the cotton ball over the soles of your feet and between your toes after every shower. The alcohol gets rid of any impending fungal infections that could be building up.

Baking soda has been used for decades to clean your teeth. Also, baking soda works as a tooth whitener and a truly good oral hygiene scrub. But did you know that baking soda can be used to treat a variety of skin conditions like sunburns as well? The properties found in baking soda have a neutralizing effect on skin pH levels. For the most relief, pour a full cup of baking soda into your bath water until it is completely dissolved and then soak in the water for about a half an hour.

You already know that aloe vera is excellent for treating skin burns. It can soothe the skin and help alleviate the pain of everything from sunburns to second-degree burns. Did you know that you can use aloe vera to eliminate canker sores as well? The same properties that help soothe skin burns help heal canker sores. Research has proven that those who treat canker sores with aloe vera heal as much as fifty percent faster than people who use ordinary canker sore cures.

These are just a few of the unconventional ways that you can employ traditional illness and injury remedies. Instead of paying for the latest over-the-counter cures for your ailment, why not try something you have on hand? The cures in your medicine drawer are good for more than one thing each -- make them earn their keeps!