

Tziporah Avitzur

## Grandma's Remedies

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# *Grandma's Remedies*



Contento De Semrik



# *Preface*

“Grandma” - what does that word remind you of?

“Grandma’s food,” “Grandma’s words of wisdom,” “Grandma’s advice,” “Grandma’s remedies.” These notions are about devotion, love, and wisdom.

We love Grandma’s food. We recall her words with a smile, and her advice and remedies often prove us right.

I do not intend to rule out conventional medicine, and this collection of Grandma’s Remedies does not replace conventional pharmaceuticals. These remedies simply have the advantage of not being harmful while still being helpful.

We often get a prescribed medicine that has negative side effects. Nonetheless, if we look into it carefully, we will find out that, in addition to chemicals, many conventional medications contain natural ingredients. Grandma’s Remedies are based on tradition. There is no guarantee that they will be of benefit to everyone, but conventional medications affect people differently as well.

Before turning to Grandma’s Remedies, please make sure that your medical condition doesn’t require the care of a specialist. Most of the recipes in this collection are based on ingredients that can be found in most homes and can be purchased in supermarkets. I purposely limited myself to handy and simple ingredients.

Stay well!

*Tzipi*





# Head



My relatives from Haifa came for a visit on one of the hottest days in August. We were thrilled to see them and sat them comfortably facing the air conditioner.

“What would you like to drink?” I asked, “Tea, coffee, or perhaps a cold drink?”

They looked exhausted, just about to pass out. My uncle immediately asked for a cold drink, while my aunt never ceases to surprise me.

“I would like coffee with lemon, please.”

I said, “You mean tea with lemon.”

My aunt replied, “No, I have a terrible headache.”

I said, “Sure, the heat probably got to you. Let me make you a cup of tea with lemon.”

“Nothing got to me. I must get rid of my headache. Therefore, please make me half a cup of strong black coffee, then squeeze in half of a medium-sized lemon. Make sure that the drink is as hot as possible - don't worry if it's too hot. I will simply drink small sips. My headache will subside with each sip.”

I rushed to the kitchen and made the coffee, but by the time I picked the right lemon and squeezed it, the coffee got cold.

I apologized. “I am so sorry. The cold lemon turned this unusual coffee lukewarm.”

My aunt has an answer to every problem.

“In that case, put the coffee in the freezer for a few moments. Add one ice cube as soon as it cools off. This drink frightens my headaches away, whether it's hot or cold.”

### My Aunt's Recipe:

Make half a cup of black coffee. Squeeze half a medium-sized lemon and add the juice to the coffee. Drink small sips while the coffee is very hot (as hot as you can tolerate). You can use the same recipe with very cold coffee, just add one ice cube and drink in one sip.



There is an old lady who lives on the ground floor of our building. Those who know her think she's cool.

There is nothing like her homemade baklava. I love drinking coffee with her and listening to her fascinating stories, her remarkable sense of humor, and amazing wisdom.

One sunny morning, I quickly finished my errands and was ready for some quality time with my dear friend. I knocked on her door, and a weird person with messy hair and a folded bandanna on her forehead opened the door. The strong smell of vodka permeated the air.

"What's wrong? It's not like you to look like hell. Have you become an alcoholic?" I was so shocked by the sight that all these questions popped out of my mouth at once. My neighbor answered quietly. "Sit down and please be quiet for a few moments."

I was quiet... and quiet - but for how much longer? Every time I made a sound, she raised her hand and hushed me.

Ten minutes later, which seemed like an eternity, she finally spoke up, this time louder. "I had a terrible headache."

"And now?"

"Now it's subsiding."

I said, "As far as I know, alcohol intensifies headaches."

My neighbor replied, "Sure, sure, it intensifies it, but I am not drinking."

"Well, then, what is this awful smell in your apartment?"

"Do you see this bandanna on my head? It has vodka and ginger on it. It sucks up the headache."

### **My Neighbor's Recipe:**

Fold a bandanna into a headband approximately 1.5 to 2 inches wide. Sprinkle vodka on its center, about 6 inches long. Then spread a layer of ginger and tie it around the forehead, not too tight. In order to get immediate results, you should lie down in a dark room and close your eyes.

*Headache*



Are you familiar with those who, when asked how they feel, give you a long monologue about all their ailments? No matter how hard you try to stay away from them and avoid asking this question, they manage to bring it up.

On the other hand, my friend Hannah always claims that she is as strong as an ox. However, I know that occasionally she gets powerful medicine for headaches, and yet, nothing seems to help.

One day she talked to a very wise man. His advice to her was, "Every time you get a headache, try to remember what you ate 2–3 hours ago." After three attacks, she was amazed to find out that the cause of her excruciating headache was her favorite chicken soup. She gave it up and got rid of her headaches permanently.

### **The Proven Recipe:**

Every time you have a headache, try to remember what you ate just before its onset, including spices. I recommend that you write everything down, and after two–three times, you will find the common denominator that triggers your headaches.



**D**o you remember my aunt from Haifa, the one who drinks coffee with lemon? She found a cure for her headaches. However, I have another aunt who lives in Jerusalem. She also gets bad headaches, but so far, she hasn't found any relief for her suffering. I told her about my friend with the chicken soup.

"Try it," I said. "Maybe you will finally get to the bottom of your misery." "Tell me, something," she replied. "Have you ever experienced a strong headache? How can one think and write while in such pain?"

At this point, her reticent neighbor interrupted. "First, get rid of your headache, and then try to remember what you ate. Let me teach you how to get rid of the pain."

### **My Reticent Neighbor's Recipe:**

Prepare a bowl with very hot water, as hot as you can tolerate. Then dip your hands in the water, take them out, and dip them again.

At first, it feels like the headache is getting worse, but it subsides immediately afterward.

*Headache*



During this conversation, my cousin Gail sat next to me and gave us a strange look. There is no doubt in my mind that you all know her type. She always hums, and, instead of walking - she skips. She is always cheerful and full of energy.

Suddenly, I noticed that she looked washed out. "Gail, where's your usual spark?" I asked. "What turned it off?"

"What turned it off is a persistent headache, the kind that simply won't go away. It's hard to think, hard to move, hard to do the easiest things. I haven't been able to function for over a week now."

That's when my reticent neighbor cut in. "Tell me, Gail, do you drink often enough? It's very important to drink a lot; it helps get rid of headaches. I have an idea. Let's visit my mother-in-law. She lives across the street. She knows better than doctors how to cure all sorts of headaches."

We all went over to my neighbor's mother-in-law who welcomed us, and we shared the problem with her.

"It's easy to heal this headache," she said. "Let me give you the first part of the recipe while the teapot is boiling, and I will share the rest later."

### Part One of the Mother-in-Law's Recipes:

Every night, for 1 week, wet a pair of socks, preferably wool. Wring them out, and then wear them. Wear a dry thick pair of socks on top of the wet ones.



*M*y neighbor's mother-in-law knows how to estimate time. As soon as she finished telling us how to wet, wring out, and wear socks for a week, the water boiled. No one ever leaves her apartment without tasting her pastries and drinking her famous espresso or fresh mint tea.

Well... the table was set up with pastries and hot drinks. Trust me, the world would be a better place to live in if only her remedies proved to be as half as good as her refreshments.

We ate and drank, and then came the second part of the recipe that had been divided into two parts.

### **Part Two of the Mother-in-Law's Recipe:**

Add 2 tablespoons of cider vinegar and 2 teaspoons of honey to half a cup of warm water. Mix well and drink.

Mix cider vinegar and water - half and half. Boil the mixture and breathe the steam.

*Headache*



I have a friend Selina who lives in Tel Aviv and claims that meat is poison and that white sugar and white rice are unhealthy. One day I talked my husband into visiting her, even though we knew we wouldn't be welcomed with pastry and chocolate. Instead, we would be served fresh carrots and cucumbers. They would also serve fresh fruits in order to make sure that we wouldn't feel like rabbits. Tel Aviv is not far from us. It's about a 3-minute drive from K'far Saba, but our lifestyles are a few thousand years apart.

While we were driving, I was forced to listen to my husband's complaints about having to end up eating carrots instead of barbecuing a steak.

As soon as we arrived, my husband gave me a look that meant "you and your crazy friends."

My friend was sitting on the sofa. Her forehead was decorated with white earrings, which were tied around her head. I knew right away that it was a beauty mask that helps prevent aging.

I said, "Now I understand why your skin is smoother than mine. You have a secret formula which you won't even share with your best friends."

She replied, "What skin? What on earth are you taking about?"

I said, "Those earrings that you're wearing."

"I simply have a headache. In fact, I had a headache."

"What do you mean?" I asked.

She said, "It means that I had a headache and these slices of potatoes absorbed it."

### **Selina's Recipe:**

Choose a big, juicy, smooth potato. Wash it well, no need to peel. Slice it to half an inch wide. Put them close to each other on the forehead and the temples and bind them not too tightly in place for 20–30 minutes. Lie down in a dark room with your eyes closed to bring faster healing results.



**D**o you remember the Israelites, who left Egypt a few thousand years ago and walked in the desert for 40 years? Those who don't should go back to elementary school or simply look it up in the Bible. If you do remember, you probably remember as well that a few Israelites nagged Moses. They complained, "There is no water or food, while we had meat and bread in Egypt." Their complaints were endless. Did you know that garlic and onions were among the most important things our ancestors remembered from the good old days in Egypt? These two items were important not only as spices but as remedies as well. The Israelites had bad headaches due to the hot sun and the dry winds. They searched their bags, and if they were lucky and found garlic, they were the happiest people on earth. They ground up six or seven big, juicy garlic heads, spread the mixture on a thin piece of fabric, and put it on their forehead. Relief came after 5–10 minutes.

### **The Garlic Recipe:**

Choose six or seven big, juicy garlic heads. Grind them well and spread on as thin as possible on a piece of fabric. Lie on your back with your eyes closed and put the fabric on your forehead for 5–10 minutes. Do it immediately after you grind the garlic, while it's still juicy and fresh. Warning: Please cover your eyes in order to protect them from burns.

## *Headache*



One day one of the Israelites had a severe headache and knew that all 600,000 Jews ran out of garlic.

If you ever had a severe headache, you can probably empathize with this man who searched all the bags for garlic, to no avail, until suddenly, an onion fell out of one of the bags.

The man grabbed the onion, sliced it, lay on his back, closed his eyes, put the onion slices on his forehead, and tied them with a bandanna in order to keep them from sliding. The headache was gone after 10–20 minutes.

### The Onion Recipe:

Choose a juicy onion (the less spicy kind). Slice to three-fourths of an inch wide. Lie on your back and put the slices on the entire forehead and the temples. (Try to do it as fast as possible while it's still juicy.) Tie with a bandanna, but not too tight.

Warning: Onion juice is good for headaches, not for eyes. Please cover your eyes prior to the treatment.



**D**uring this past week, I had constant headaches. It felt like I carried the entire world on my shoulders. Trust me, you wouldn't want to be in my shoes. Nevertheless, every problem has a solution. The solution lies on my floor, underneath my desk, where there are two large bowls, one with hot water and the other with ice-cold water.

While I am sitting and writing, I am treating my feet in order to get rid of a headache. I rotate them between the hot and the cold water for a few seconds each time. These 15–20 minutes of exercise do the trick of getting rid of headaches while getting in shape at the same time with a little exercise.

### **The Water Recipe:**

Prepare two large bowls, one with very cold water (add a few ice cubes) and the other with hot water. Sit in a chair, dip your feet in the cold water, and immediately after that, place them in the hot water. Repeat for about 15–20 minutes.

*Headache*



Some people love bald heads and think they are sexy, while others simply love smooth skin on their head and shave it every morning. However, most people I know get anxiety attacks when they find a hair or two on their comb. Whoever finds a permanent solution to hair loss will become an overnight millionaire. I don't have a permanent solution, but I witnessed an interesting experiment. One of my cousins started to lose her hair like a tree shedding its leaves in the fall. It got to the point where a wide part of her head began to reflect the light. The race from one dermatologist to another didn't bear fruit, and we even considered a wig. At that point, the aunt from Haifa came for a visit, and we shared the problem with her. A practical person, she sat my cousin on a chair, looked at her head, took a bottle out of her big bag, and said, "No problem."

When she opened the bottle, an unpleasant odor spread in the house. "Hand me a comb," ordered the aunt. "Cover her shoulders with a big towel," she kept on ordering us!

After we followed her orders, she parted the hair all along the head, took a cotton ball, dipped it in the oily liquid from the bottle, and rubbed the scalp. She kept parting the hair and repeated the process until the entire head was rubbed. Then she ordered us to bring a newspaper and a big bandanna.

She covered my cousin's head with the newspaper and tied the bandanna over it. "You should sleep with it on and wash your head well in the morning," she added. We gathered around and asked, "What's in this bottle?"

"Castor oil," answered the hair-treatment expert.

"That's all?" I said.

"Yes," she replied, "but you must repeat it once a week or every 10 days."

"That's all?" we asked.



“Yes. You will see results after five or six treatments.”

And indeed that’s what happened. After a few months, we stopped mentioning wigs, as it was simply no longer necessary.

### The Castor Oil Recipe:

Part your hair, put castor oil on a cotton ball, and massage the scalp well (not the hair). It’s important to let the skin absorb the oil. Repeat all over the head, parting the hair and massaging the scalp. The parts should be as close to each other as possible. Cover the head with only a newspaper. Tie well with a bandanna, wear it overnight, and wash well the next morning. Repeat once a week or every 10 days. Usually, results will appear after five or six treatments.

## *Hair Loss*



Our family loves traveling across the country. When we were younger, we used to walk a lot. Nowadays, it's easier to drive across.

In the old days, we hiked in the most remote creeks and sites wearing a backpack. Nowadays, we visit towns and devote time to visiting friends who are spread all over.

On one of these trips, we stopped in the south. We decided to visit a friend whom we hadn't seen in a long time. We arrived at a beautiful house with a lovely garden. Before we even rang the bell, an amazing woman opened the door. Her hair was pulled straight up, as if it were electrocuted. Even the color was amazing - deep red. It took me awhile before I recognized my old friend.

When she sensed our confusion, she started to laugh. "I'm treating my hair, since I didn't expect any guests."

We smiled with quite a bit of relief. "And we thought you decided to become a punk rocker."

She laughed again. "It's just henna. I've been losing hair lately, and it's been very helpful."

### The Punk Rocker's Recipe:

Buy red, fresh henna. Mix with warm water until it thickens. Part your hair as much as you can and spread it all over the scalp. Leave for 1 hour, and then wash. You may repeat every 10-14 days.

Warning: The hair turns red.

