Recently there was a documentary on the BBC about the effectiveness of many pharmacy medicines available without prescription, sold to cure or reduce the symptoms of some of the common everyday ailments we experience. Things like coughs and colds, sore throats, indigestion and acne.

The conclusion of the BBC documentary was that many of the expensive medicines we purchase to treat these ailments are ineffective, with little if any evidence they doing us any good; in fact many of these medicines have side effects so they could in fact be doing us harm. The ‘take-away’ of the documentary was that you won’t go far wrong trying - tried and tested traditional home remedies, before running out to the pharmacy.

With the above in mind, we've had this home remedy infographic created that lists some of the most common home remedies, together with instructions on how to use them.

Update: if you are suffering with a minor UTI, check out our new post on UTI home remedies.
Share the Herbal Remedy Infographic On Your Site

Simply copy the code in the box below and then paste it where you want it to appear on your website.

Please include attribution to knowledgeweighsnothing.com with this graphic.

There are 10 home remedies for common ailments on the infographic above. Please refer to our home remedy infographic for instructions on how to use each of the remedies.

1. Oatmeal for acne
2. Garlic for earache
3. Salt & Pepper for toothache
4. Coconut oil for dandruff
5. Salt water for sore throat
6. Apple cider vinegar for indigestion
7. Olive oil for constipation
8. Thyme for coughs
9. Spiced tea for common cold
10. Lavender for headaches

(Home remedies image from: Sammy JayJay)