

## **Traditional remedies**

- If your belly aches, massage it with olive oil. The pain will disappear and you will not have to take any tablets.
- When you have a cold, heat water in a pot and put an onion in it. Sleep next to the pot with the onion and your cold will go.
- If there are lice in your hair, the best way to kill them is to wash your hair with vinegar and leave it on your hair for one hour. In two or three days will have disappeared.

*Alba Rodríguez Martínez*

- If you are tired, you should drink water with lemon juice and bicarbonate.
- People say that in order to avoid cramps, you should carry a cork in your pocket.

*Tania Martínez Clavijo*

### **A TRICK FOR GIRLS:**

If you suffer from awful menstrual colics, you can drink water with cinnamon 2 or 3 times a day. It can help you to calm your troubles.

*Jennyfer Rendón Alzate*

### **CHEWING GUM STUCK ON YOUR HAIR:**

Have you ever had chewing gum stuck on your hair? I have the solution for this problem: when there is chewing gum stuck on your hair, you can remove it by rubbing it with some oil and the chewing gum will disappear.

*Priscilla Coello Bautista*

### **A FERTILIZER FOR PLANTS:**

We need the water used for boiling potatoes or eggs. It can be used many times in a month because it does not contain any harmful substance for the plants. It is a beneficial treatment: we can see the effects in a few weeks.

*Laura Ortega Rodríguez*