

## HOME REMEDIES

# How to control food poisoning

By Beatrice Nakibuuka

Food poisoning is majorly caused by improper and unhygienic handling of food which can breed and spread harmful bacteria leading to stomach aches, diarrhoea and vomiting.

### Honey

Fausta Akech, a nutritionist at Healthy U, says honey has both antifungal and antibacterial properties that can be effective for treating indigestion and other food poisoning symptoms. Honey as a natural remedy can be taken in its pure form or added to tea.

### Ginger

Ginger, due to its powerful therapeutic and preventive effects is able to treat a number of digestive problems, including food poisoning. "A cup of ginger tea can stop heartburn, nausea and other symptoms associated with food poisoning," she says.

### Lemon

"The anti-inflammatory and antibacterial properties in lemon gives much relief from abdominal pain and nausea. The acid in lemons helps kill bacteria that cause food poisoning," Akech says.

Add a pinch of sugar to one teaspoon

of lemon juice and drink two to three times a day. You can also drink warm water mixed with lemon juice and this will act as a cleanser for your digestive system.

### Garlic

Garlic is very effective in fighting food poisoning due to its strong antiviral, antibacterial and antifungal properties. It also relieves symptoms such as diarrhoea and abdominal pain.

Eat one fresh garlic clove or swallow it with water and if you can tolerate the smell, drink garlic juice to treat the digestive problem.