Onion juice and honey

Onion juice and honey is considered the onion and honey of the most important natural juices which are used for medicinal purposes and cosmetics at the same time the juice, because both contain many nutrients beneficial to human body. Where it is the preparation of this juice through the era of the amount of the fruits of the onion, mix it with an equal amount of natural honey, eat the mix either oral or topical use as needed. And in this article we will show you the most important benefits of this juice for the body.

Benefits of onion juice and honey

Treat skin problems: This juice contains many disinfectants, which works to eliminate bacterial enemies or fungal that will cause injury acne and various warts, in addition to his work on the treatment of the effects of scars or ulcers and burns the skin, due to the presence antioxidants, both of honey or onions alike, and is also referred to that honey contains many vitamins and materials that will make the skin look more freshness and vitality, and the use of this juice topically on the affected area.

Treat digestive disorders: There are many problems that may affect the digestive tract, causing pain and inconvenience to the infected person, such as constipation, indigestion, as well as swelling and be gas, but it is possible to cure the problem by drinking onion juice and honey, and is referred to that this juice would also eliminate inflammation and enemies that afflict the colon or intestine.

Strengthen the immune system: Contains ingredients are high in antioxidants, as well as various types of mineral salts, vitamins, etc., all of which maintain the body's tissues and protection from diseases that could affect them, especially bacterial enemies or viral, except for