



Article published on April 28th 2012 | [Alternative Medicine](#)

Lifestyle plays a key role in maintaining the health and wellbeing of person. Boils, one among the common skin disorders caused due to staphylococcus can be well cured with proper care and treatment. This infection mainly affects the hair follicles on skin surface. Boils are usually characterized by swelling, pus and inflammations. Treatments for curing boils are suggested according to the actual cause of problem. Milk cream is one among the best recommended herbal remedies for boils. In order to achieve best result, those people suffering from boils are advised to apply a face mask by adding milk cream, turmeric and vinegar as ingredients.

Applying this herbal mixture heals boils naturally without inducing any adverse action on user. At present, milk is included as one among the main ingredients for the preparation of face creams and ointments. This home remedy for boils improves skin texture and delivers glowing skin naturally.

Bitter gourd, one among the common ingredients in food recipes is an effective home remedy for boils. For obtaining optimum result, it is advised to intake a combination of bitter gourd juice and lemon juice in empty stomach. Apart from curing skin disorders, bitter gourd juice is also found to be as an effective cure for treating health disorders like diabetes, coughs and hemorrhoids. As per studies, bitter gourd juice is found to be as a rich source of iron, vitamin A, vitamin B1 and vitamin B2. It improves the immunity power of body cells and minimizes the risk of boils due to staph infections. Similar to bitter gourd, betel leaves is another common home remedy prescribed for treating boils. Those people suffering from boils are advised to apply heated betel leaves on affected skin surface. For attaining fast relief, it is advised to coat betel leaves with a layer of castor oil.

Turmeric is one among the best prescribed home remedies for treating boils. Amazing health benefits featured in this herbal cure makes it as a perfect cure for treating a wide range of health disorders. You can use turmeric powder directly on affected skin surface. It prevents infections and delivers you healthy skin safely. Presence of antioxidants in turmeric delays aging effect and enhances regeneration of new cells. You can also prepare an effective herbal mixture by including turmeric powder in conjunction with lemon juice or natural oils. Some among the common herbal oils used for the preparation of face mask include olive oil, chamomile oil, lavender oil and coconut oil. Those people suffering from boils are advised to include a good amount of turmeric in their diet food items.

Epsom salt bath is a safe home remedy for treating boils. It removes dead cells and improves the growth of new cells without inducing any side effects on user. Nowadays Epsom salt bath is one among the widely prescribed natural cures by health practitioners. Eliminating bad odor, improving hair volume, reducing swellings and relieving body aches are some main health advantages of having Epsom salt bath. Other safe home remedies recommended for treating boils include margosa leaves, garlic, cumin seeds and apple cider vinegar.

Article Source:

<http://www.articleside.com/alternative-medicine-articles/home-remedies-for-boils-natural-remedy.htm> - [Article Side](#)

[Dr Easton Patrick](#) - About Author:

Read about a [Home Remedies for Boils](#). Also know effective a [Home Remedies for Eczema](#). Read

about a [Home Remedies for Hives](#).

**Article Keywords:**

home remedy for boils, home remedies for boils, natural remedy for boils, boils remedies, boils remedy

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!