

5 'medicinal herbs' will turn into poison if you use the wrong time

Honey, ginger, cheeks, orange juice, green tea ... are considered to be the 'gods' available in the kitchen of every family, but using them properly and at the right time is not everyone knows. .

In our daily life, foods such as honey, ginger, cheeks, orange juice, green tea . These are considered "medicinal gods" very rich in nutrients and extremely beneficial for health. our health. Although known to be healthy foods, many of us do not know how to use them, and choose the wrong time to use them, making these foods lose all nutrients and variables. it turns into foods that contain a lot of toxins, causing the body to accidentally pick up the disease on you without knowing it.

1. Eat these foods when you are hungry, no matter how sick you are
2. Water will become "poison" if taken at 5 times later
3. 3 times gold should eat yogurt is better than taking supplements

1. Orange juice



Orange juice is considered a familiar drink of many people. In oranges provide us with a lot of special vitamins, which are extremely rich in vitamin C, which helps the body increase resistance, prevent obesity and fight skin aging in women. So, this kind of water is very popular and used by many people. However, when using orange juice is reasonable and scientific, not everyone understands.

Many people have a habit of mixing orange juice for sick people to quickly recover. This is not entirely wrong, however, if the patient is using antibiotics, it is absolutely not advisable to use orange juice, because the orange will contain a lot of acid affecting the use of the drug, reducing the effect Healing.

Besides, it is not advisable to drink orange juice before or after drinking milk because it can easily cause stomach pain, diarrhea, bloating, bloating due to orange juice containing tartaric acid, vitamin C will react with protein. of milk, not good for health. You also need to avoid drinking orange juice in the evening because this juice has diuretic effects, which can cause nocturia.

2. Honey



Honey is known as a "medicine god" from nature, bestowed upon our people. Honey contains up to 80% sugar and the remaining 20% ??includes nutrients like iron, calcium, phosphorus and Vitamin C, B and magnesium. So honey has a great use in our beauty and health care.

Many people have a habit of drinking honey when their stomach is hungry, but this job is completely wrong because the rich content of glucose in honey will reverse the effect, causing you to have bloating, bloating. , increasing the pressure on the kidneys, making the excretory system ineffective, in the long term very harmful to health.

3. Water for cheeks



Chubby vegetables are a very benign food, bringing a lot of benefits and delicious food to our health. With vegetables we can prepare a lot of delicious dishes such as vegetable cheek salad, lean meat vegetable soup, . or processing drinks such as vegetable juice, green bean cheeks smoothie .

Chili vegetables are so good, but not always good and healthy. Specifically, we should not drink chubby water at night, as this is a solder, which will make your stomach become cold and lead to mild diarrhea.

Besides, if you are taking anti-insomnia drugs, depression drugs, . Absolutely not eat cheeks, because the substances in the cheeks will react strongly to the compounds in the medicine. Reducing the effectiveness of these drugs brings. So, those who are using these medicines, should limit and consider them before using dishes made from cheeks.

In particular, couples should not use cheeks regularly because it can reduce the possibility of pregnancy, and increase the risk of miscarriage if used during pregnancy.

4. Green tea water



Although green tea is known to be a very healthy tea such as preventing premature aging, preventing the formation of cancer cells and obesity. However, if used incorrectly at the time, this type of drinking water is easy to cause many diseases for users.

Many people often drink green tea immediately after eating rice, this is not really scientific and not good for health, because green tea will make the absorption of nutrients of the body is greatly reduced by the substance Green tea tannin in the stomach will make the protein in food become harder, harder to digest, and more difficult to absorb.

Besides, we should not drink when hungry. If you drink tea when you are hungry, you are at a higher risk of stomach problems, reduced digestive system, and gut rash. Especially when you are hungry to drink in large amounts will make you "drunk" with dizziness, limp limbs, constant contractions in the stomach and make you feel hungry.

5. Ginger



This is a fairly familiar spice in the kitchen of almost all families. Ginger can help reduce the smell and smell of foods, besides it also helps treat some diseases such as stomach pain, nausea, dry cough .

However, when used, we should avoid using ginger at night. Because according to oriental medicine, ginger brings a lot of positive gas, when eating at night will increase positive gas, affect physiological rules, not good for users' health.

When ginger for a long time can be sprouted or withered at this time we absolutely should not use, because at this time the essence of ginger has changed, easy to produce toxins that damage the liver, making Impaired liver function.

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