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HOME REMEDIES FOOD FOR POISONING

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Introduction

Food poisoning is a serious issue that affects millions of people around the world each year.

Throughout history, there have been countless outbreaks of food poisoning, many of which have had devastating cons e q uences.

Whether caused by accident, negligence or even on purpose, food poisoning betrays the trust of those consuming a product and has the ability to cause

serious illness and death.

All food organisations and food handlers must practise responsible and careful food safety so as to lower the risk of causing illness or injury. If the proper level of food safety is not maintained, horrible cons e q uences can be the result.

Mad Cow Disease (MCD), officially called Bovine Spongiform Encephalopathy, is the cause of one of the most infamous cases of food poisoning throughout history.

MCD is transferred to humans who consume food contaminated by an infected cow. In humans, it's called Creutzfeldt-Jakob Disease (CJD) and is an incurable and ultimately fatal brain disease.

In 1996, the first variant case of CJD was reported in the UK, which was linked to the death the previous year of 19-year-old Stephen Churchill. As of 2012, CJD has been responsible for the tragic deaths of 176 people in the UK and 49 people elsewhere in the world.

Although the first cow in the UK reportedly died from MCD in early 1985, it wasn't until late 1986 that authorities began to realise the size of the problem. MCD is reported to have killed approximately 179,000 cattle in the UK, with another 4.4 million destroyed as a precaution.

Many countries banned importing British beef on the grounds that it wasn't safe. Since the outbreak, other provisions have been put in place to prevent further cases from occurring.

Mad Cow Disease had far-reaching results, both in the UK and abroad. It changed the way UK surgery and blood donations were carried out, as well as many of the UK's farming laws. Despite these changes though, MCD still remains a persistent food safety concern.

Mad cow disease â€“ a very British response to an international crisis

What Is Food Poisoning?

Food poisoning is an illness caused by eating or drinking food or water contaminated with viruses, bacteria, toxins, parasites, or chemicals. Typical symptoms of food poisoning are vomiting and diarrhea.

The most common signs and symptoms of food poisoning from most causes are as follows:

- Abdominal cramps
- Nausea
- Vomiting
- Diarrhea

However, symptoms of infrequently can get worse. Other serious symptoms include:

- Blood in the stool or vomit
- Dehydration
- High fevers
- Diarrhea that lasts more than 3 days
- Headaches

- Weakness
- Blurry vision
- Numb, tingling, or burning sensations in the extremities
- Bloating
- Liver problems
- Renal problems
- Reactive arthritis
- Seizures
- Death

Symptoms of food poisoning sometimes depend on which organ system the poison effects; for example, the neurological system may be altered by neurotoxins like pesticides and botulinum toxin.

When a group of individuals experiences similar symptoms after eating or drinking similar foods, food poisoning may be suspected.

Some people are at higher risk to develop food poisoning. They include children, older adults, pregnant women and people with medical conditions like diabetes, liver disease, kidney disease and anyone with immunodepression.

Symptoms of Food Poisoning

- Abdominal Pain / Torsion
- Diarrhea (Can Cause Bleeding)
- Chills And Fever
- Headache
- Nausea And Vomiting
- Weakness (May Be Severe)

The main symptom is diarrhoea, often with being sick (vomiting) as well. Diarrhoea is defined as "loose or watery stools (faeces), usually at least three

times in 24 hours". Blood or mucus can appear in the stools with some infections.

Crampy pains in your tummy (abdomen) are common. Pains may ease for a while each time you pass some diarrhoea.

You may feel hot one minute and cold and shivery the next, and achy all over. These are symptoms of a high temperature (fever) which sometimes develops along with the tummy symptoms.

If vomiting occurs, it often lasts only a day or so but sometimes longer. Diarrhoea often continues after the vomiting stops and commonly lasts for several days or more. Slightly loose stools may persist for a week or so further before a normal pattern returns. Sometimes the symptoms last longer.

The vomiting and diarrhoea usually start hours or a very few days after eating the infected food. Afterwards, you often feel drained and washed out for a few days, while you regain your appetite.

Diarrhoea and vomiting may cause lack of fluid in the body (dehydration). Consult a doctor quickly if you suspect you are becoming dehydrated. Mild dehydration is common and is usually easily reversed by drinking lots of fluids. Severe dehydration can be fatal unless q uickly treated because the organs of your body need a certain amount of fluid to function.

What are the Causes of Food Poisoning?

Food poisoning is common and most of us will recognise the scenario. You ate something that looked (or smelled) a little dodgy, or you were abroad in a country where it isn't safe to drink the water, and you had a salad. Washed in the water you know you shouldn't drink. A few hours later you get tummy ache, and

you are being sick (vomiting) and running backwards and forwards to the toilet. There are pet names for it in different parts of the world: Delhi belly, Kathmandu q uickstep, Montezuma's revenge, Karachi crouch. But you can pick it up pretty much anywhere, including your own home.

Bacteria

Campylobacter is the most common germ (bacterium) that causes food poisoning in the UK. Other germs (bacteria) that can cause food poisoning include:

Salmonella

- Escherichia coli (usually shortened to E. coli).
- Listeria.
- Shigella.
- Clostridium perfringens.

Viruses

Some germs (viruses), such as norovirus or rotavirus, can contaminate food and cause food poisoning.

Parasites

These are another type of microbe. Parasites are living things (organisms) that live within, or on, another organism. Examples include cryptosporidium, Entamoeba histolytica and giardia parasites. Food poisoning caused by parasites is more common in the developing world.

In the UK, a common cause of food poisoning is Toxoplasma gondii. This is a parasite that lives in the bowels of a number of animals, including cats. Food poisoning can occur if food or water is contaminated with the stools (faeces) of

infected cats, or if raw or undercooked meat from another animal carrying the parasite is eaten. The infection is known as toxoplasmosis. Symptoms of this type of food poisoning include swollen lymph glands and sometimes a skin rash.

Toxins and chemicals

Poisons (toxins) produced by bacteria can also contaminate food, as well as the bacteria themselves. For example, the bacterium Staphylococcus aureus can contaminate ice cream and its toxins can lead to food poisoning. The bacterium Bacillus cereus can contaminate rice. If contaminated rice is reheated and eaten, the toxins produced can lead to food poisoning.

Certain types of fish (including shark, marlin, swordfish and tuna) contain high levels of the chemical mercury. Eating these types of fish is not normally a problem for most people - it does not cause gastroenteritis or food poisoning. But pregnant women are advised to avoid eating shark, marlin and swordfish and to limit tuna. This is because a high level of mercury can damage the developing nervous system of an unborn baby.

Oily fish may be contaminated by chemicals called polychlorinated biphenyls. Again, this does not usually cause a problem or food poisoning for most people. However, you should limit the amount of oily fish you eat in pregnancy because of possible effects of these chemicals on a developing baby. Public Health England recommends no more than two portions of oily fish a week.

Some of the Bacteria that can Cause Food Poisoning

These are explained under the following heading

Name of bacterium, Original source, Risky foods, Time to develop, Symptoms

- ***Bacillus cereus*** soil, cooked rice and pasta; meat products; vegetables, 1-5 hours nausea, sickness and diarrhoea
- ***Campylobacter jejuni*** raw meat and poultry undercooked meat and poultry; raw milk and cross-contaminated food 3-5 days of eating infected food fever, severe pain and diarrhoea
- ***Clostridium botulinum*** (very rare) soil faulty processed canned meat and vegetables; cured meat and raw fish 1-7 days affects vision, causes paralysis and can be fatal
- ***Clostridium perfringens*** the environment large joints of meat; reheated gravies 8-24 hours nausea, pain and diarrhoea
-
- ***Escherichia coli***

E. coli O157:H7 is a very nasty strain and it can be fatal the gut of all humans and animals contaminated water, milk, inadequately cooked meat,

cross-contaminated foods 3â€“4 days inflammation, sickness and diarrhoea

- ***Listeria monocytogenes*** everywhere soft cheeses, pat, pre-packed salad; cook-chill products varies fever, headache, septicaemia and meningitis

- **Salmonella** gut of birds and mammals including humans - spread by faeces into water and food poultry, eggs and raw egg products, vegetables 6-48 hours diarrhoea, sickness and headaches
- ***Staphylococcus aureus*** the skin and noses of animals and humans cured meat; milk products; unrefrigerated, handled foods 2â€“6 hours sickness, pain and sometimes diarrhoea
- **Campylobacter**
- The bacterium Campylobacter is part of the normal flora living in the intestines of healthy chickens and other animals. At the factory when a chicken is killed and gutted, the contents of its intestines, including the Campylobacter, could come into contact with the bird's skin. This means the raw chicken meat could become contaminated with Campylobacter.

How do you Make Sure Chicken is Safe to Eat?

Campylobacter is sensitive to heat so cooking the chicken properly will kill it and make the meat safe to eat. If the chicken is served undercooked, then the Campylobacter could survive and be eaten along with the chicken. After the bacteria have been swallowed they multiply inside the person's intestine and cause the illness known as food poisoning. It takes about 3 days for the symptoms of diarrhoea, stomach cramps and fever to develop. The illness lasts between 2 days and a week.

Cross-contamination is the transfer of microbes from raw foods to prepared and cooked foods, it can take place by:

- raw food touching or splashing on cooked food;
- raw food touching e q uipment or surfaces that are then used for cooke food;

- or people touching raw food with their hands and then handling cooked food.
- To prevent cross-contamination it is important to maintain good kitchen hygiene such as storing cooked and raw food separately and good personal hygiene by washing hands correctly and tying hair back.

Food Poisoning Can Occur For All The Following Reasons, Such As :

- By Cooking Without Washing Hands.
- Using Un-Washed Utensils Or Other Kitchen Utensils.
- Keeping Dairy Products Or Mayonnaise-Free Foods Out Of The Fridge For Too Long.
- From Foods Not Kept At The R e q uired Temperature.
- From Raw Fish Or Oyster.
- Raw Fruits Or Vegetables That Have Not Been Washed Well.
- Unpasteurized Dairy Products, By Consuming Raw Vegetables Or Fruit Juices.
- By Eating Undercooked Meat Or Eggs.
- By Drinking Impure Water From Wells, Ponds, Or Anywhere Else.

How does Food Become Contaminated?

Contamination of food can occur because of problems in food production, storage or cooking. For example:

Not storing food correctly or at the correct temperature. For example, not refrigerating food. This is particularly a problem for meat and dairy products.

Inad e q uate cooking of food (undercooking or not cooking to the correct temperature). Bacteria are often found in raw meat, including poultry. Adequate cooking usually kills the bacteria.

Contamination by someone preparing the food who has not followed food hygiene rules and has not washed their hands properly.

Contamination from other foods (cross-contamination). For example, not washing a board used to prepare raw meat before you cut a slice of bread using the same board. Storing raw meat in the fridge above food that is 'ready-to-eat' and so allowing raw meat juices to drip on to the food below.

Bacteria can also be present in unpasteurised milk and cheese. The pasteurisation process kills the bacteria.

How does water become contaminated?

Water can become contaminated with bacteria or other microbes usually because human or animal stools (faeces) get into the water supply. This is particularly a problem in countries with poor sanitation. In such countries, food may also be washed and prepared using contaminated water. So, for example, in countries with poor sanitation, you should always avoid:

- Drinking tap water.
- Having ice cubes in drinks (as the ice may have been made from tap water).
- Brushing your teeth with tap water.
- Eating salads (as the lettuce, tomatoes, etc, may have been washed in contaminated water).
- Eating uncooked vegetables (as they may have been washed in contaminated water).

How is food poisoning diagnosed and do I need investigations?

Most people will recognise food poisoning from their typical symptoms. If symptoms are mild, you do not usually need to seek medical advice or receive

specific medical treatment.

However, in some circumstances, you may need to seek medical advice when you have food poisoning (see below about when to seek medical advice). The doctor may ask you questions about recent travel abroad or any ways that you may have eaten or drunk contaminated food or water. The doctor will also usually check you for signs of lack of body fluid (dehydration). They may check your temperature, pulse and blood pressure. They may also examine your tummy (abdomen) to look for any tenderness.

Your doctor may ask you to collect a stool (faeces) sample. This can then be examined in the laboratory to look for the cause of the infection. A stool sample is not always needed. Your doctor is likely to suggest one in certain situations, such as:

- If you are very unwell.
- If you have blood or pus in your stools.
- If your diarrhoea is not settling after a week.
- If you have recently been in hospital or had antibiotic treatment.
- If you have another medical condition, particularly one which affects your immune system.
- If the doctor is not sure you have food poisoning or a gut infection (gastroenteritis).
- If your job involves handling food.

The reason a stool sample is not always needed is that in many cases knowing what germ you have does not make any difference to the treatment you need. Most cases of food poisoning get better on their own even before the stool test result is back.

If you are very unwell, you may need admission to hospital. If this is the case, further investigations may be needed such as blood tests, scans or a lumbar puncture. This is to look for spread of the infection to other parts of your body.

If you think your infection may have come from food at a particular restaurant or

shop then inform your local Environmental Health Office. (Find them via the Food Standards Agency website's Report a food problem page.) This is so that the business can be checked out by environmental health officers. Further actions may be taken if there is a problem with their food hygiene practices. This will hopefully help to reduce the chance that other people will get food poisoning. If your doctor suspects or confirms that you have food poisoning, they are also r e q uired by law to report this.

What is the Treatment for Food Poisoning?

Symptoms often settle within a few days or so as your immune system usually clears the infection. Occasionally, admission to hospital is needed if symptoms are severe, or if complications develop.

The following are commonly advised until symptoms ease:

Fluids - have lots to drink

The aim is to prevent lack of body fluid (dehydration), or to treat dehydration if it has developed. (Note: if you suspect that you are dehydrated, you should contact a doctor.)

As a rough guide, drink at least 200 mls after each watery stool (each bout of diarrhoea).

This extra fluid is in addition to what you would normally drink. For example, an adult will normally drink about two litres a day but more in hot countries. The above '200 mls after each watery stool' is in addition to this usual amount that you would drink.

If you are sick (vomit), wait 5-10 minutes and then start drinking again but more slowly. For example, a sip every 2-3 minutes but making sure that your total intake is as described above.

You will need to drink even more if you are dehydrated. A doctor will advise on how much to drink if you are dehydrated.

For most adults, fluids drunk to keep hydrated should mainly be water. Also, ideally, include some fruit juice and soups. It is best not to have drinks that contain a lot of sugar, such as cola or pop, as they can sometimes make diarrhoea worse.

Rehydration drinks are recommended for people who are frail, or over the age of 60, or who have underlying health problems. They are made from sachets that you can buy from pharmacies. (The sachets are also available on prescription.) You add the contents of the sachet to water. Rehydration drinks provide a good balance of water, salts, and sugar. The small amount of sugar and salt helps the water to be absorbed better from the gut (intestines) into the body. They do not stop or reduce diarrhoea. Do not use home-made salt/sugar drinks, as the quantity of salt and sugar has to be exact.

Eat as normally as possible

It used to be advised to 'starve' for a while if you had food poisoning. However, now it is advised to eat small, light meals if you can. Be guided by your appetite.

You may not feel like food and most adults can do without food for a few days. Eat as soon as you are able - but don't stop drinking. If you do feel like eating, avoid fatty, spicy or heavy food at first. Plain foods such as wholemeal bread and rice are good foods to try eating first.

More on Treatment of Food Poisoning

Toxic Food Usually may Not Require Any Medical Treatment And Can Be Cured On Its Own In A Few Days. During This Time, It Is Advisable To Consume As Much Fluid As Possible. Dehydration Is Basically Removed From The Body To Treat Food Poisoning. It Is Said To Consume A Lot Of Fluid, But In Some Cases, It Can Be Done By Drip. In Addition, If The Patient’s Condition Is Serious And The Symptoms Of Food Poisoning Are Increasing, He Can Be Admitted To The Hospital. It Is Important To Keep Children Under Surveillance. Medication Can Be Given In The Following Circumstances:

- In The State Of Vomiting And Diarrhea.
- Case Of Fever.
- Some Rare Circumstances, Antibiotics May Be Given.
- The Antidote Can Be Given In Case Of Mushroom Poisoning Or Eating Toxic Foods With Pesticides

What are the Complications of Food Poisoning?

Complications are uncommon in the UK. Those who are older are more likely to develop complications. Complications are also more likely if you have an ongoing (chronic) condition such as diabetes or if your immune system is not working normally. (For example, if you are taking long-term steroid medication or you are having chemotherapy treatment for cancer.) Possible complications include the following:

Salt (electrolyte)imbalance and lack of fluid (dehydration) in your body . This is the most common complication. It occurs if the salts and water that are lost in your stools (faeces), or when you are sick (vomit), are not replaced by you drinking adequate fluids. If you can manage to drink plenty of fluids then dehydration is unlikely to occur, or is only likely to be mild, and will soon recover as you drink. Severe dehydration can lead to a drop in your blood pressure. This can cause reduced blood flow to your vital organs. If dehydration is not treated, your kidneys may be damaged. Some people who become severely dehydrated need a 'drip' of fluid directly into a vein. This r e q uires admission to hospital.

Reactive complications . Rarely, other parts of your body can 'react' to an infection that occurs in your bowels. This can cause symptoms such as joint inflammation (arthritis), skin inflammation and eye inflammation (either conjunctivitis or uveitis).

Spread of infection to other parts of your body such as your bones, joints, or the meninges that surround your brain and spinal cord. This is rare. If it does occur, it is more likely if diarrhoea is caused by salmonella infection.

Persistent diarrhoea syndromes may rarely develop:

Irritable bowel syndrome is sometimes triggered by a bout of food poisoning.

Lactose intolerance can sometimes occur for a period of time after food poisoning. This is known as 'secondary' or 'acquired' lactose intolerance. Your bowel (intestinal) lining can be damaged by an episode of bowel infection. This leads to lack of a chemical (enzyme) called lactase that is needed to help your body digest a sugar called lactose that is in milk. Lactose intolerance leads to bloating, tummy (abdominal) pain, wind and watery stools after drinking milk. The condition gets better when the infection is over and the bowel lining heals. It is more common in children than in adults.

Haemolytic uraemic syndrome is another potential complication. It is rare and is usually associated with food poisoning caused by a certain type of E. coli infection. It is a serious condition where there is anaemia, a low platelet count in the blood and kidney failure. It is more common in children. If recognised and treated, most people recover well.

Guillain-Barr syndrome may rarely be triggered by campylobacter infection. This is a condition that affects the nerves throughout your body and limbs, causing weakness and sensory problems.

Reduced effectiveness of some medicines . During an episode of food poisoning, certain medicines that you may be taking for other conditions or reasons may not be as effective. This is because the diarrhoea and/or vomiting means that reduced amounts of the medicines are taken up (absorbed) into your body. Examples of such medicines are those for epilepsy, diabetes and contraception. Speak with your doctor or practice nurse if you are unsure of what to do if you are taking other medicines and have food poisoning.

How Can I Prevent Food Poisoning?

The Foods Standards Agency in the UK has identified the '4 Cs' to help prevent food poisoning:

Cleanliness

- Keep work surfaces and utensils clean.
- Wash and dry your hands regularly but especially after going to the toilet, before preparing food, after handling raw food and before touching 'ready-to-eat' food.
- Don't prepare food for others if you have diarrhoea or are being sick (vomiting).
- Cover any sores or cuts on hands with a waterproof plaster before you touch food.
- Change dishcloths and tea towels regularly.

Cooking

- Make sure that you cook food thoroughly, especially meat. This will kill germs (bacteria). Food should be cooked right through and be piping hot in the middle.
- If you are reheating food, it needs to be cooked right through and be piping hot in the middle.

Don't reheat food more than once.

Chilling

- Food that needs to be chilled or refrigerated should be. If food is left out of the fridge, bacteria may multiply to levels that can cause food poisoning.
- Your fridge needs to be kept between 0°C and 5°C. Also, don't leave the door open unnecessarily.
- Cool leftover food q uickly and then refrigerate. Taking it out of the cooking pot and putting it into a shallow container can speed up the cooling process.

Cross-contamination

This occurs when bacteria pass from foods (commonly, raw foods) to other foods. It can occur if:

- Foods touch directly.
- Your hands or utensils or e q uipment such as knives or chopping boards touch one food and then another.

It is important to:

- Wash your hands after touching raw foods.
- Separate raw and cooked or ready-to-eat foods.
- Keep raw meat in a sealable container at the bottom of the fridge.
- Avoid using the same surface or chopping board for preparing raw and ready-to-eat foods.
- Make sure that knives and utensils are cleaned after preparing raw foods.
- Preventing the spread of food poisoning to others

Some infections causing diarrhoea and vomiting are very easily passed on from person to person. If you have diarrhoea, the following are also recommended to prevent the spread of infection to others:

- Wash your hands thoroughly after going to the toilet. Ideally, use l i q uid soap in warm running water but any soap is better than none. Dry properly after washing.
- Don't share towels and flannels.
- Don't prepare or serve food for others.
- Regularly clean the toilets that you use. Wipe the flush handle, toilet seat, bathroom taps, surfaces and door handles with hot water and detergent at least once a day. Keep a cloth just for cleaning the toilet (or use a disposable one each time).
- Stay off work, college, etc, until at least 48 hours after the last episode of diarrhoea or vomiting.

Food handlers : if you work with food and develop diarrhoea or vomiting, you must immediately leave the food-handling area. For most, no other measures are

needed, other than staying away from work until at least 48 hours after the last episode of diarrhoea or vomiting. Some special situations may arise and sometimes longer time off is needed. If in doubt, seek advice from your employer or GP.

If the cause of food poisoning is known to be (or suspected to be) a germ called cryptosporidium, you should not swim in swimming pools for two weeks after the last episode of diarrhoea.

More onPrevention of Food Poisoning

Toxic Food Can Be Avoided By Keeping The Following Things In Mind:

- Wash Your Hands Thoroughly With Soap Before Eating Anything.
- Wash Hands With Soap After Touching Or Cleaning Raw Meats.
- Thoroughly Clean Utensils Used For Raw Meats, Fish, And Eggs.
- Cook The Non-Veg Completely. Either Way, Avoid Eating It Raw Or Undercooked.
- Do Not Place The Cooked Meats In An Unbaked Dish Containing Raw Meats.
- Keep The Refrigerator At About 40 Â° F (4.4 Â° C) And Your Freezer At A Temperature Of 0 Â° F (-18 Â° C) Or Below.
- Do Not Eat Meat, Chicken, Or Fish That Have Been Left Uncovered In The Refrigerator For More Than 1-2 Days.
- Not Use Foods That Have An Unusual Smell Or A Bad Taste.
- Do Not Drink Contaminated Water From Wells, Ponds, Or Other Places.
- Eating Poisonous Food Can Lead To A Condition That, If Left Untreated In Time, Can Prove Fatal. In This Case, You Can Use A Home Remedy For Food Poisoning.

Home Remedies For Food Poisoning

Even Though Food Poisoning Is Painful, Taking Home Remedies Can Reduce This Problem To Some Extent. By Adopting Home Remedies For Food Poisoning, Its Symptoms Can Be Reduced, But It Is Not A Medical Treatment. Therefore, Only The Doctor Should Be Treated In A Critical Condition. Know In Detail About The Home Remedy For Food Poisoning Below.

1. **Apple Vinegar**

Content :

- One To Two Teaspoons Unfiltered Apple Vinegar
- A Glass Of Lukewarm Water

What To Do?

- Put Two Spoons Of Apple Vinegar In A Glass Of Lukewarm Water.
- Mix It Well And Drink It.
- It Can Be Consumed Twice A Day.

How Does This Work?

As We Have Said, Many Types Of Bacteria Are Caused By Food Poisoning. In Such A Situation, It Is Important To Use Some Remedy That Can Eliminate These Germs. The Use Of Apple Vinegar Can Be Beneficial Here. The Antimicrobial Properties Present In It Are Believed To Eliminate E. Coli, The Bacteria That Cause Food Poisoning, And May Help Reduce The Symptoms Of Food Poisoning.

2. **Lemon Juice**

Content:

- Half A Lemon
- A Glass Of Water
- Honey (Optional)

What To Do?

- S q ueeze Half A Lemon In A Glass Of Water And Drink This Water. You Can Add Honey To The Taste.
- It Can Be Consumed Once In The Morning And Evening.

How Does This Work?

In Some Cases, Bacteria Can Grow In Meats Or Poultry During Processing, Due To Which It Can Cause Food Poisoning. In This Case, Using Lemon Can Treat Food Poisoning. Research Has Confirmed That Lemons Can Be Helpful In Killing Cholera, Which Causes Food Poisoning. Also, While Preparing The Meat, Putting Lemon Juice On It For Some Time Can Help. Doing This Does Not Give The E.Coli Bacteria On The Meat A Chance To Flourish.

3. **Basil**

- Basil Essential Oil

What To Do?

- Take One Or Two Drops Of Basil Oil In A Cup Of Water And Consume It.
- You Can Do This Experiment Twice A Day To Reduce The Symptoms Of Food Poisoning.

How Does This Work?

Basil Essential Oil Can Also Be Used To Treat Food Poisoning At Home. An Article Published By NCBI (National Center For Biotechnology Information) Found That It Has Antimicrobial Properties. These Properties Of Basil Can Help Eliminate Germs That Cause Food Poisoning.

4. **Garlic**

Content :

- Two To Three Peeled Garlic Cloves

What To Do?

- You Can Chew Garlic Buds Directly.
- You Can Also Eat Honey Mixed With Garlic Buds.

- It Can Be Used Once A Day.

How Does This Work?

You May Have Heard A Lot About The Benefits Of Gluten, But Do You Know That It Can Also Be Used To Treat Food Poisoning? Indeed, The Antibacterial Properties Present In Gluten May Be Helpful In Reducing The Effects Of Campylobacter Bacteria That Cause Food Poisoning. Food Poisoning Can Also Be Avoided By Using Gluten In The Preparation Of Vegetables Or Lentils.

5. **Ginger and Honey**

Content :

- One To A Two-Inch Piece Of Ginger
- A Cup Of Water
- A Little Honey

What To Do?

- Add Water To A Pan And Add Ginger Pieces To It And Boil It.
- Let The Ginger Remain In The Water For Five Minutes, Then Sieve The Water.
- Now Cool It A Little And Then Add Honey And Drink It Immediately.
- A Piece Of Ginger Soaked In Honey Can Also Be Chewed Directly.
- This Can Be Done Twice A Day.

How Does This Work?

We All Have Been Hearing About The Benefits Of Ginger For Stomach Problems. Similarly, Ginger Can Also Be Used To Treat Food Poisoning. It Has Anti-Inflammatory Properties, Which Can Help Reduce Symptoms Of Food Poisoning Such As Nausea And Abdominal Pain. Chewing Ginger Soaked In Honey Can Relieve Nausea. At The Same Time, Ginger Tea Can Relieve

Stomach Aches. In This Way, Food Poisoning Can Be Treated At Home Through Ginger.

6. **Essential Oil**

Content :

- The Essential Oil Of Thyme Or Coriander
- A Glass Of Lukewarm Water

Method:

- Add One To Two Drops Of Thyme Or Coriander Essential Oil In A Little Water And Mix Well.
- Drink This Mixture Twice A Day.

How Does This Work?

Effective Antibacterial Ingredients Are Needed To Treat Food Poisoning At Home. As In What Is Food Poisoning, We Have Told That It Is A Type Of Bacterial Infection. For This Reason, Various Essential Oils Can Be Used To Treat It. Essential Oils Of Thyme And Coriander (Coriander) Are Said To Have Antibacterial Effects, Which Can Help Relieve Symptoms Of Food Poisoning.

7. **Vitamin-C**

Content :

- Vitamin C Rich Foods Or Supplements

Method:

- For Home Treatment Of Food Poisoning, Regularly Eat Vitamin-C-Rich Foods Or Supplements.

How Does This Work?

Vitamin-C-Rich Foods Such As Mango, Papaya, Pineapple, Berry (Strawberries, Blueberries, And Cranberries) Can Also Be Consumed For Food Poisoning Treatment. The Antioxidant Properties Present In Vitamin-C Work Here. These Properties Increase The Effect Of Oxidative Stress On The Bacteria, Which Can Help Relieve These Bacteria. They Have Been Found To Be Able To Treat Food Poisoning In A Non-Toxic Manner.

8. **Grapefruit seed extract**

Content:

- Grapefruit Seed Extract
- A Glass Of Water

Method:

- Put Five To Six Drops Of Grapefruit Seed Extract In A Glass Of Water And Drink It.
- It Can Be Consumed Twice A Day To Treat Food Poisoning At Home.

How Does This Work?

When Asked How Food Poisoning Occurs, Staphylococcus Aureus Bacteria Are Considered To Be The Main Cause. In This Case, The Extract Of Grapefruit Seed Can Be Used To Treat It. This Extract Is Enriched With Polyphenols And May Help Prevent Bacteria From Growing. For This Reason, It Can Be Said That Grapefruit Seed Extracts Can Be Used To Safely Reduce The Effects Of Staphylococcus-Containing Food.

Yogurt AndFenugreek Seeds

Though the combination of fenugreek seeds and yogurt might seem like one of the strangest home remedies for food poisoning, it is one of the fastest acting.

An effective and convenient method to cure food poisoning. Yogurt has antibacterial (bacteria-killing) properties that help fight the bacteria causing food poisoning. Plus, fenugreek seeds have a high content of soluble fiber which absorbs water and adds bulkiness to the stools which helps the food to move along. This lubricating property of fenugreek seeds helps to treat abdominal discomfort.

Consume approximately one teaspoon each of yogurt and fenugreek seeds. It is advised to just swallow the seeds and not chew them.

Mix about one teaspoon of lemon juice with sugar and consume directly. You can dilute it with lukewarm water.

Another way can use this home remedy is stated thus:

What to do :

- Add 1 tsp of fenugreek seeds to 1 Tbsp of plain yogurt.
- Swallow the mixture without chewing the seeds.
- Take every 3 to 4 hours until symptoms subside.

How it works :

The combined antimicrobial properties of fenugreek seeds and yogurt not only kill bacteria, but also bring almost immediate relieve of abdominal pain and vomiting.

Bananas

Eating a banana probably is not the first thing you think of when considering home remedies for food poisoning, but it works.

Bananas are a good remedy to cure food poisoning as they are very light and easy to digest.

Rich in potassium (an important mineral in the body that helps regulate fluid balance, muscle contractions, and nerve signals) and fiber, bananas make for a reliable, q uick, healthy cure for food poisoning.

Consume at least one ripe banana per day or you can also have a glass of banana shake.

Or

What to do :

- Slice a ripe banana and slowly eat it a few slices at a time until you feel your stomach relax.
- Continue to eat more bananas throughout the day until symptoms are gone.

How it works :

Bananas are easy on your stomach and easy to digest. Additionally, bananas are an excellent source of potassium, which helps restore depleted electrolytes.

Honey

Owing to its antibacterial and antifungal properties, honey is one of the most effective food poisoning remedies.

Eat about one teaspoon of honey in its pure form three times a day. Else, you can have it with tea or lemonade.

Apples

As the proverb says â€œAn apple a day, keeps the doctor away"; apples play an

important role in curing food poisoning. Apple considerably reduces reflux and heartburns. It prohibits the formation of bacteria that causes stomach ache and diarrhoea.

Cold Milk

Cold milk soothes your stomach lining by reducing the acidity in the stomach and inhibits acid reflux; hence, gives symptomatic relief in case of food poisoning.

It is recommended to have a glass of ice-cold milk to cure your upset stomach. You can add any flavor for taste, but for instant relief, it is recommended to consume plain cold milk.

Rehydration Mixture

Food poisoning is often accompanied by dehydration which extracts out essential fluids and salts from your body. Hence, drinking lime water can hydrate and replenish essential salts in the body.

In a liter of water, mix 2 teaspoons of freshly squeezed lemon juice along with sugar and salt according to taste. Drink it on a daily basis to prevent dehydration.

Water

In summers, water is the universal healer. Drink plenty of water (approx. 2.5 liters to 3.5 liters every day), especially during food poisoning to effectively flush out all the toxins and bacteria from your body.

Cumin Seeds

Cumin seeds or â€˜jeera’ is a very popular home remedy for the treatment of food poisoning. It increases the activity of digestive enzymes (break down food) present in your body, potentially speeding up digestion.

In a cup of water, boil cumin seeds and add freshly extracted coriander juice and consume it twice a day. You can also have a mixture of salt, cumin seeds, and asafoetida (hing). Consume this drink 2-3 times a day.

Coriander (Dhaniya)

Coriander leaves are used as taste enhancers in almost every Indian meal. But very few of you might be aware of its medicinal properties. It soothes your stomach against the injury caused due to stomach infection. It can be consumed fresh or as a powder. Coriander oil is also known to have antibacterial properties.

Throw some coriander leaves in a bottle of water and leave them in the refrigerator overnight. Drink it the next morning.

More on Home Remedies for Food Poisoning Symptom Relief

Peppermint Tea

Peppermint is one of the most soothing home remedies for food poisoning.

What to do :

- Keep peppermint tea on hand for all stomach discomfort.
- Make peppermint tea according to package directions and drink it 3 to 4 times a day.
- If you don’t have peppermint tea, sucking on mint candies, chewing peppermint gum or even a small dap of mint toothpaste can help.

How it works :

Peppermint calms the spasms in the stomach brought on by vomiting and gets you back to being able to keep food down again.

Cumin

Cumin is a common spice found most kitchens; it is a great addition to our list of home remedies for food poisoning.

What to do :

- You can thoroughly chew and swallow 1 tsp of raw cumin seeds several times a day.
- Or make a tea by adding 1 tsp of seeds to a cup of boiling water.
- Allow it to simmer for 3 to 5 minutes and then pour it into a cup.
- Drink the tea several times a day.

How it works :

Cumin seeds help to ease inflammation and discomfort, but also help your stomach digest food easier and get you back to keeping down solid food more quickly.

Activated Charcoal

Activated charcoal is among the best home remedies for food poisoning.

What to do :

- Take 2 560mg capsules every 3 to 4 hours.
- Or, mix 25 to 50 grams of activated charcoal powder in a glass of water. For young children use ½ to 1/3 of the above amount.
- Drink the mixture every 3 to 4 hours.

How Does Activated Charcoal Work?

Activated charcoal works by trapping toxins and chemicals in the gut, preventing their absorption.

The charcoal's porous texture has a negative electrical charge, which causes it to attract positively charged molecules, such as toxins and gases. This helps it trap toxins and chemicals in the gut. Activated charcoal prevents the toxins from being absorbed by your stomach and avoids a worsening condition.

Because activated charcoal is not absorbed by your body, it can carry the toxins bound to its surface out of your body in feces.

Note : Do not use activated charcoal with Sorbitol, as it is a laxative.

Garlic

Garlic is a superfood on every list of home remedies. It is another of the home remedies for food poisoning as well.

What to do :

- Chew on a clove of garlic 2 to 3 times throughout the day.
- You can also take a garlic supplement capsule 2 to 3 times a day.

How it works:

Garlic aids in digestion when you do try to eat again, helps balance the pH in your GI tract and reduces inflammation.

Chicken Broth

Another of the best home remedies for food poisoning is chicken broth.

What to do :

Sip a cup of warm chicken broth several times throughout the day until your stomach has calmed and you’re able to eat regular food again.

How it works :

Chicken broth helps to rehydrate, helps to restore lost electrolytes and helps provide vitamins and minerals to boost your energy again. Besides that, it tends to be soothing in every way.

Ginger Root

Ginger root is an excellent addition to our home remedies for food poisoning symptoms.

What to do :

- Boil 1 cup of water and add 2 Tbsp of grated or sliced ginger.
- Allow it to simmer for 10 minutes.
- Strain the tea into a cup, add lemon and honey, if desired, and sip every 3 to 4 hours.

How it works :

Not only does ginger aid in relieving nausea and indigestion, but it is also a great help for digesting and getting the most out of the foods you eat when you’re finally able to eat again.

Peppermint

Eat anything that contains peppermint or menthol, like hard candies and chewing gum, and consume it for the cure against food poisoning. Peppermint has antispasmodic (suppresses muscle spasm) properties and hence, relaxes the digestive tract to ease your symptoms.

Take approximately a handful of mint leaves, strain it in boiling water and consume three times a day.

Chamomile

Chamomile is a great relaxing, nighttime drink to make you sleep better, but it is also an effective addition to our home remedies for food poisoning.

What to do :

- Chamomile tea is another must have in your home. You can make it from a tea bag following the package directions.
- You can also place 2 to 3 tsp dry chamomile flowers in a cup of hot water.
- Cover it and allow the flowers steep 10 minutes.
- Strain the tea and drink it every 3 to 4 hours.

How it works :

Chamomile is a natural anti-inflammatory and also aids in relieving bloating, gas, indigestion, inflammation and pain.

Bentonite Clay

Bentonite clay is another of the great home remedies for food poisoning.

What to do :

- In an 8 oz. glass of water, add Â½ tsp of calcium (not sodium) bentonite clay.
- Repeat a 2 to 3 times throughout the day.

How it works :

Bentonite clay works similar to activated charcoal, helping prevent the stomach

from absorbing the toxins and helping you recover more quickly.

Mashed potatoes

Who would have thought that such a great comfort food is also among the home remedies for food poisoning?

What to do :

Prepare mashed potato flakes according to package directions.

- Make your own mashed potatoes from scratch. You can add in basil, garlic, or make them with chicken broth instead of water to make them even more effective.
- Consume the potatoes slowly until you start regaining your energy again.

How it works :

Mashed potatoes, like bananas, are easy to digest. They're also loaded with vitamin B6, which will help boost your energy, plus potassium and other minerals that can help q uickly restore what you lost from vomiting and/or diarrhea.

Recipe to Try at Home for Food Poisoning

Cumin Lemonade

Ingredients:

- 1 tsp spoon Cumin

- 25ml Lemon Juice
- 25ml Honey
- 5 Cloves
- Top with soda

Method :

- Place the cumin and cloves into a cup and add hot water.
- Then add the honey and lemon juice.
- (Optional) Top up with soda if you want it sparkling, or still if you don’t.
- A spin-off to the famous Hot Toddy cocktail recipe. If you want to add a kick to this drink, add 50ml of Whiskey!

Foods to Eat in Food Poisoning

It Is Advisable To Take A Bland Diet During Food Poisoning. The Food Items Mentioned Below Can Be Consumed In This Diet.

- Yogurt Or Buttermilk Low Fat Or Fat-Free Dairy Products And Milk
- Well Cooked Vegetables
- Potato
- Fruit And Vegetable Juices
- Bread, Serial, And Bread Made From Refined Flour, Etc.
- Meat, Fish, Or Chicken With Low Carbohydrates And Fat (Take Care To Cook It Well)
- Creamy Peanut Butter
- Eggs
- Tofu
- Tea

Foods to Avoid in Food Poisoning

In Order To Take Home Remedies For Food Poisoning, It Is Advisable To Avoid Eating Certain Foods While On A Diet. These Are Explained Below.

- High-Fat Milk, Dairy Products, Or Ice Cream
- Raw Vegetables And Salads
- Substances That Can Cause Gas, Such As Broccoli, Cauliflower, Cauliflower, Cucumber, Green Chilies, And Corn Grains
- Dry Fruits
- Whole Grains And Bread Made From It, Serial, And Bread, Etc.
- Pickle
- High Spicy Foods
- High Sugar Foods
- Fried Foods
- Alcoholic Beverages
- High Caffeine Foods

When Should Doctor’s Advice be Taken?

Consult The Doctor In The Following Situations:

- When Pus Or Blood Comes With Stool.
- Inability To Take Fluids Due To Diarrhea And Vomiting And Nausea.
- Adults With A Fever Of 101 Degrees And Children With A Fever Of More Than 100.4 Degrees.
- Signs Of Dehydration (Thirst, Dizziness, And Vertigo).
- Having Diarrhea After Coming Out From Somewhere Recently.

- After 5 Days In Adults And 2 Days In Infants, Diarrhea Has Become Severe And Not Serious.
- If The Child Vomits For More Than 12 Hours.
- Food Poisoning That Results From Eating Mushrooms (Potentially Fatal), Fish Or Other Seafood, Or From Botulism.

Other Tips for Food Poisoning

Taking Care Of Some Other Things At Home During Food Poisoning Can Also Help:

- Keep Drinking Water Once In A While.
- Do Not Take A Whole Food Diet In Case Of Excessive Vomiting.
- Do Not Consume Caffeine And Alcoholic Beverages.
- Once The Feeling Of Vomiting And Nausea Has Stopped, Start Taking Light Food.
- Eat Foods Mentioned For Food Poisonings, Such As Rice, Wheat, Bread, Potatoes, Low Sugar Grains, Low-Fat Meats, And Chicken.

Conclusion

Food poisoning is uncomfortable and frightening when it is severe, in which case, you'll find yourself in an ER. The majority of food poisoning cases can be treated at home using home remedies for food poisoning symptoms. Making use of any one or combination of remedies to get immediate relief and then others to restore what you lost from vomiting and diarrhea can get you back on your feet quickly.

Food poisoning is not only a horrible way to end an evening out or enjoyable lunch, but it can be pretty scary. Even scarier is the fact that an increasing number of the bacteria which cause food poisoning are becoming resistant to conventional antibiotics.

Food poisoning suffers are affected in a number of different way from mild intestinal discomfort to severe dehydration from vomiting and diarrhea. In the most severe cases, people can die from certain types of food poisoning. There are more than 250 diseases, which somehow come into contact with the food that you eat, that can cause food poisoning. The most common types come from the following bacteria:

Campylobacter; Salmonella; Shigella; E. coli O157:H7; Listeria; Botulism; Norovirus.

Home remedies like ginger, garlic, activated charcoal, etc are usually readily available at home, and can easily serve as remedy for food poisoning. In severe cases, you will need to consult your health care provider.