



Turnip is a health medicine for cold days of the year

A senior expert in traditional medicine considered cooked turnips to be the best breakfast for people, especially in winter.

Haniyeh Naseri said: To prevent colds, people can eat turnips several times a week. She said: according to ancient Iranian medicine, turnip is hot and humid.

He stated that the properties of turnip are so many that it can be said that this plant is a cure for any pain, and noted: If people knew how useful this plant is, they would plant turnip in all their gardens and use it every day.

She said that people should try to consume turnips several times a week in winter to prevent colds and respiratory diseases.

Turnip also cleans the body and removes toxic substances from the human body. Raw turnip juice has more properties than cooked turnip, but this is in the condition that people's stomachs are not upset.

She said that boiled turnip is the best medicine for bronchitis and cough relief and advised people with sore throat to gargle boiled turnip juice.

Naseri said that turnip is the most important anti-cancer plant and even stops the spread of cancer. It also cures sexual weakness and increases sperm.