

# 6 Health Benefits Of Cloves

## 1. Temporarily treat a toothache.

You can temporarily alleviate the pain by dabbing a little clove oil on a cotton ball and placing it on the sore tooth or on your gums. An added benefit is that it will also pull out any infection.

## 2. Relieve upper respiratory infections.

Ayurveda suggests making a tea to lessen, or prevent, colds and flu. It is also used as an expectorant, making it easier to cough up phlegm. Cloves are a natural painkiller and also attack germs, so they'll help you get rid of that sore throat.

## 3. Reduce inflammation.

Use clove oil to massage sore muscles; some also use it for arthritis and rheumatism.

## 4. Treat scrapes and bruises.

Cloves are pretty strong and can sting, so the best bet is to probably make a poultice with a little olive oil.

## 5. Improve digestion

Cloves help relax the smooth lining of the GI tract, so they help alleviate vomiting, diarrhea, intestinal gas and stomachaches. Just be careful; since they're strong, they can also irritate the stomach.

## 6. Enhance sexual health

Sometimes used as an aphrodisiac, cloves can also help men from reaching orgasm too early.