

# homenaturalcures.com

A website covering natural remedies that has repeatedly published false and unsubstantiated health claims, including stories promoting unproven cures for the COVID-19 virus.



Proceed with caution: This website severely violates basic standards of credibility and transparency.

Score: 30/100

## Ownership and Financing

Atchuthen Ponomuthu, one of HomeNaturalCures.com's writers, confirmed in an email to NewsGuard that he owns the website, and said that it was based both in India and the U.S.

Ponomuthu is described on the website as "a septuagenarian, who has a wide knowledge on various health aspects of common ailments and their home remedies, loves to share his knowledge to the younger generation especially on the foods and their health benefits."

The website runs advertisements.

✗ Does not repeatedly publish false content (22points)

✗ Gathers and presents information responsibly (18)

✗ Regularly corrects or clarifies errors (12.5)

✓ Handles the difference between news and opinion responsibly (12.5)

✓ Avoids deceptive headlines (10)

✗ Website discloses ownership and financing (7.5)

✓ Clearly labels advertising (7.5)

✗ Reveals who's in charge, including any possible conflicts of interest (5)

✗ The site provides names of content creators, along with either contact or biographical information (5)

## Content

The site's mission, as described on its About page, is "to enable readers to find the maximum information from a single place" about natural medical treatments and home remedies. HomeNaturalCures.com articles largely cover the health benefits of certain foods and herbal remedies for ailments ranging from salivary stones to spider veins.

The website divides content into several sections including Remedies, Diseases, Food Benefits, and Essential Oil. Typical articles include "Natural methods for unwanted body hair removal," "Top 10 amazing health benefits of drinking hot water," and "Health benefits of boysenberry."

Criteria are listed in order of importance.

[More information.](#)

## Credibility

HomeNaturalCures.com has repeatedly promoted ineffective and unproven treatments, including for the COVID-19 virus. For example, a January 2020 article headlined "Top 10 best coronavirus infection natural treatments" included recommendations to use lavender

oil, garlic, lemon tea, and cinnamon to treat the virus. Garlic is a “natural cure,” the article said, “which can help in the fight against coronavirus.”

The World Health Organization and the U.S. Centers for Disease Control and Prevention have stated there is no specific vaccine or medicine yet approved to treat the COVID-19 virus.

The World Health Organization states on its website that “Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the 2020 outbreak that eating garlic has protected people from the new strain of coronavirus.”

The article also suggested that a mixture of lemon juice and black or green tea “can help to kill the infection from the passageway and it can remove the symptoms of the coronavirus infection, like sore throat.”

The Harvard T.H. Chan School of Public Health says on its website that while vitamin C “is an essential nutrient that can support immune function,” there is no evidence that consuming lemon can protect people from the COVID-19 virus. According to the National

And according to the website of the U.S. National Center for Complementary and Integrative Health, a division of the National Institutes of Health, “there is little scientific evidence of lavender’s effectiveness for most health uses.” The website also said that studies of people “don’t support using cinnamon for any health condition.”

When asked about the claims about lavender and garlic in the coronavirus article, Ponomuthu told NewsGuard in an email that “almost all the articles on the website are based on research which was done at some point in time.” Ponomuthu provided NewsGuard with links to five peer-reviewed studies about garlic and essential oils, all of which were published before the 2019-2020 COVID-19 outbreak. None supported the article’s claims that garlic can be used as a treatment for the COVID-19 virus.

HomeNaturalCures.com later modified its coronavirus article in April 2020 and removed its claims about lavender oil. Ponomuthu told NewsGuard in an email that the website had corrected the story, but no correction notice appears in the article. When asked why the site decided to remove claims about lavender but not about garlic, Ponomuthu said, “We are not giving any false information on COVID.” Ponomuthu did not respond to a follow-up NewsGuard email about the article’s unfounded claims about lemon tea and cinnamon.

HomeNaturalCures.com has also promoted unsubstantiated cancer treatments. A November 2019 article titled “Natural Home Remedies for Pancreatic Cancer” listed a flowering plant called nigella sativa as a remedy. “This is a beneficial home remedy for people who suffer from pancreatic cancer,” the article stated. “It is also known as black cumin and it has been found that it possesses powerful medicinal properties. It has vitamins and minerals which are required for the strengthening of the immune system.”

The article cited no evidence to back this claim. According to the website of Memorial Sloan Kettering Cancer Center, “Black cumin seed has not been shown to treat cancer in humans.”

Ponomuthu defended the article in an email to NewsGuard by sending two peer-reviewed studies on the topic, but neither study demonstrated that nigella sativa could treat cancer in humans. The first study he cited, published in the journal *Advances in Preventive Medicine*, concluded that thymoquinone, an active ingredient in nigella sativa, “has a clinical potential” to prevent cancer recurrence, although it did not say that the ingredient could treat cancer. The second study, published in the *African Journal of Traditional, Complementary and Alternative Medicines*, was a study involving rodents, not human beings.

HomeNaturalCures.com has also touted Epsom salt soaks as a cure for a host of ills, including cardiovascular disease. A September 2018 article, titled

“Epsom salt can prevent heart attack and heart diseases,” said that Epsom salt baths “can reduce your risk of heart attacks, prevent blood clots, protect elasticity of arteries, and improve blood circulation.”

Epsom salt, also known as magnesium sulfate, has been studied in detail as an oral supplement, but there is no evidence that it can be absorbed through the skin. Increased dietary magnesium intake was shown in a December 2016 BMC Medicine study to reduce patients’ risk of stroke, heart failure and diabetes, but there was no such benefit for Epsom salt baths. A study published in the journal Nutrients in 2017 found the claim that magnesium from Epsom salt can be absorbed into the human body through the skin was “scientifically unsupported.”

Ponomuthu provided NewsGuard with three studies to support the claims in the article, including studies published in the American Journal of Pharmacology and Pharmacotherapeutics, Nutrients, and Circulation. One of the studies involved rats and not humans, and another concluded that treatment with magnesium sulfate, or Epsom salts, was an ineffective treatment for heart arrhythmias, contrary to the article’s claim.

A July 2018 article headlined “Pennyroyal essential oil is anti-arthritic, anti-rheumatic and antiseptic” touted numerous health benefits for pennyroyal essential oil, an extract of a plant related to mint. The article said, “When pennyroyal essential oil is used in very low doses, then it can cure stomach problems and settle the stomach. It can soothe inflammation and irritation in the digestive tract, helps maintain the acid-base balance in the stomach by stimulating secretion of acids and bile into the stomach and it can cure infections in the stomach.”

According to Memorial Sloan Kettering Cancer Center and MedlinePlus, a health information site run by the U.S. National Library of Medicine, there is insufficient scientific evidence to support pennyroyal oil as a treatment for indigestion, colds, headaches and other medical conditions.

The National Capital Poison Center, which is accredited by the American Association of Poison Control Centers, said in a March 2016 article on its website that pennyroyal oil is “a potentially toxic folk remedy” that has been used to induce menstruation and abortion. A January 2014 report from the National Institute of Diabetes and Digestive Kidney Diseases said that “when taken by mouth, pennyroyal oil is highly toxic and has been linked to several instances of toxic liver injury and death.”

The HomeNaturalCures.com article referred to the dangers of the oil, acknowledging that it can be “highly poisonous” and even fatal in small doses, yet continued to tout its health benefits, saying it is effective as a decongestant and a “blood purifier.”

Because HomeNaturalCures.com articles have promoted false and unsubstantiated health claims, NewsGuard has determined the site repeatedly publishes false content and fails to gather and present information responsibly.

The website does not publish a corrections policy. NewsGuard could not find corrections on the website, and numerous false stories remain on the website uncorrected. “If any news updates about any disease or treatments is available, the same will be updated/corrected as and when required,” Ponomuthu said. He did not provide examples of corrections on the website when asked by NewsGuard.

HomeNaturalCures.com makes it clear on its About page that its goal is to promote alternative medicine and home remedies, stating, “Natural Treatments / Home Remedy is one of the best alternatives of medicine therapy which does not have side effects, safe for the body, and will help you live a long life.” Most of its stories reflect that disclosed perspective, which is why NewsGuard has determined that the website handles the difference between news and opinion responsibly.

Articles that contain false and misleading information generally avoid including those claims in headlines. For example, the article that falsely claimed black cumin seed could treat pancreatic cancer was headlined “Natural Home Remedies for Pancreatic Cancer.”

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#### Transparency

HomeNaturalCures.com does not provide any information about its ownership or editorial leadership. Ponomuthu told NewsGuard that he owns and manages the website, “but due to privacy reasons, I’m not interested in disclosing the same on the website.”

Stories on HomeNaturalCures.com are generally credited to an author, with a short biography and contact information provided at the end of the article. A few authors on the site are only identified by their first name. Other authors provide only their first name in the byline while including their full name in their biography at the end of the article. Because most authors are identified by their full name, NewsGuard has determined that the website meets its standard for providing information about content creators.

Advertising is distinguishable from editorial content.

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#### History

The site was registered in 2016, according to internet registry records.

*Editor’s Note: This Nutrition Label was updated on April 20, 2020, to add additional comment from the site’s editor.*

**Written by:** [Anicka Slachta](#)

**Edited by:** [John Gregory](#), [Amy Westfeldt](#)

**Send feedback to NewsGuard:** [Click Here](#)

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#### Sources

Ownership and Financing

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<https://www.homenaturalcures.com/privacy-policy/>

<https://lookup.icann.org/lookup>  
<https://www.whois.com/whois/homenaturalcures.com>  
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Content

<https://www.homenaturalcures.com/category/natural-cure-home-remedy-treatment/>  
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Credibility

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<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/nigella-sativa>

Epsom salt:

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<https://www.ncbi.nlm.nih.gov/books/NBK548196/>

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<https://www.homenaturalcures.com/health-benefits-rosewater-improves-scalp-health-and-reduces-dark-circles-under-eyes/>

<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/pennyroyal>

<https://medlineplus.gov/druginfo/natural/480.html>

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Transparency

<https://www.homenaturalcures.com/contact/>

<https://www.homenaturalcures.com/author/atchuthen/>

<https://www.homenaturalcures.com/terms-conditions/>

<https://www.homenaturalcures.com/author/dr-ramesh-kumar/>

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History

<https://www.linkedin.com/company/home-remedies-&-natural-cures/about/>