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Items in your Kitchen cabinet:

Aloe Vera
Apple Cider Vinegar
Cinnamon
Ginger
Garlic
Hydrogen Peroxide
Kelp
Lemon, Lime
Mayonnaise
Mustard Powder
Olive Oil
Onions
Parsley
Skin Salve
Wildflower Honey

Tinctures & Herbs

Cayenne Pepper
Natural-Antibiotic Tincture
Wormwood
Turmeric
Horehound
Hyssop
Elecampane Root
Grapefruit Seed Extract

ACID REFLUX

Natural Relief – Home Pharmacy

Acid reflux is more than occasional heartburn or indigestion. In fact, some people with acid reflux never even experience heartburn. Some symptoms of acid reflux include:

- Hoarseness.
- Bitter stomach fluid coming into the mouth, especially during sleep.
- Repeatedly feeling a need to clear your throat.
- Difficulty swallowing food or liquid.
- Wheezing or coughing at night.
- Worsening of symptoms after eating, or when bending over or lying down.

Avoid spicy foods and any food that knowingly irritates you. Listed are a few ideas that will help tremendously.

- Don't lie down for at least 3 hours after eating.
- Sleep with your head at least 8" higher than your stomach to let gravity help keep stomach acids from moving up into your esophagus.
- Don't bend over or do exercises for at least 1-1/2 hours after eating.
- Eat 6 small meals instead of 3 large meals. This is much easier on the digestive system.
- Don't drink carbonated beverages.
- Cut out fatty and fried foods.
- Quit smoking.
- Reduce chocolate.
- Don't drink alcoholic beverages (damaging to digestive organs).

- Reduce caffeine-try organic coffee or coffee substitute.
- Eat properly (small meals, avoid buffets) and try to drink at least 4 oz of water every waking hour. This should help prevent constipation.
- Avoid stress and anger.
- Mix 1 tablespoon of Organic apple cider vinegar in a glass of water, and sip this during your meal or squeeze lemon or lime into water and drink with a meal.
- Organic Yogurt (dairy or soy) contains beneficial digestive bacteria. Try to eat 3 cups per week.
- Eat dried figs, fresh pineapple and dried or fresh papaya. These foods are high in digestive enzymes. Pineapple will help most people, and it bothers some - if it bothers you, eliminate it from your diet.

Note: Peppermint, hops or ginger tea, can soothe an upset stomach, aid in digestion, and assist with gas.

ACNE/PIMPLES

To get rid of a new pimple fast, cover it at bedtime with regular toothpaste, (not a gel). Dab it only on the pimple and not over the entire area. In most cases, the pimple will be gone in the morning. If you have already scratched, picked or popped, this remedy will not instantly remove a hole or scab.

If you feel a pimple starting to swell up shortly before a date or important occasion, holding ice to it will take down the swelling and redness. But, ice won't make the pimple stay away forever.

ACNE

Use organic apple cider vinegar to clear up acne. Use a mixture of one part vinegar to two parts water. Apply the vinegar mixture to pimples with a cotton ball. This clears up the acne and helps to get rid of the red marks from past break-outs.

An application of fresh mint juice over the face every night helps control and prevents pimples and skin dryness

For acne that does not seem to respond to anything try using 2-3 tsp. of dried basil leaves to 1 cup of boiled water. Steep 10 to 20 minutes; cool and then apply to the skin with a cotton ball.

ANEMIA

Avoid drinking tea and coffee immediately after meals as the tanning present in these interfere in the absorption of iron from the food. Take freshly prepared apple juice an hour before meals or just before going to bed. For proper absorption of the juice, remember the stomach should be relatively empty when you have the juice and also do not take anything for about half an hour after the juice. Have a rip banana with 1 tablespoon of honey, 1 to 2 times a day. For foods rich in iron include in your diet: honey, almonds, bananas, apricots, raisins, lettuce or salad leaves, onion, spinach, grapes, tomatoes, carrots, beet roots, apples, and pomegranates.

ANIMAL BITES

Mix equal parts of castor oil and lime juice. Massage the affected area with this mixture. Drink 1 cup of warm water with lime juice and honey.⁸

ARTHRITIS

Organic apple cider vinegar mixed with honey can help relieve arthritis symptoms. Add two teaspoons of vinegar and two teaspoons of local wildflower honey to a glass of water, and drink this three times a day. Try to drink about 4 oz of filtered or distilled water every hour throughout the day.

Remember the full affect of this natural remedy will not happen overnight. It may take two to four weeks to relieve the pain. This dosage relieves pain and returns freedom of movement in most people.

You can also get relief by soaking arthritic joints in hot apple cider vinegar. Use a quarter cup of vinegar mixed with one and a half cups of water. For areas too large to soak, you can soak a cloth in this mixture, put it on the affected area, and wrap a towel over the soaked cloth to keep in the heat. Keep the hot mixture on for only ten minutes at a time, this can be repeated after the joint cools for another ten minutes.

Once you feel less pain and have more freedom of movement from the apple cider vinegar, keep moving this helps keep the joints flexible.

If necessary lose weight to take stress off your joints.

Quit smoking.

Boswellia, ginger, and celery seed can help with certain types of arthritic conditions. Tuna oil also helps to give relief of arthritis and other aches and pains.

Make changes in your diet to help arthritis. Certain foods can trigger the pain, anything in the nightshade family, including: white potatoes, eggplant, tomatoes, peppers, spicy foods, citrus fruits. You should also reduce your intake of hydrogenated oils, corn oils, vegetable oils, fried or greasy foods, fats, processed sugar, and table salt. Use sea salt and herbs to season food.

Garlic boosts the immune system, fights certain bacteria and helps reduce the pain of arthritis. Three cloves of garlic per day are important.

Here are some ways to get your daily garlic.

1. Carrot juice drink: juice 5 carrots, 1 apple, 1 clove of garlic
2. Snack: mix together, 1/2 of a diced cucumber, sliced hard boiled eggs, 1/2 of a sweet onion, diced; press 2 cloves of garlic, add lemon juice and a pinch of sea salt.
3. Piece of open water fish 1-2 pressed garlic cloves, season fish with herbs, (parsley, sage, celery seed)

Increase Omega-3 in your diet, and you may reduce inflammation of your joints. Omega-3 fatty acids can be found in open-water fish

(salmon, sardines, and white fish), walnuts, ground flaxseeds, soy, olive oil, raw nuts, and avocados.

Eat plenty of beta carotene rich foods: yellow (carrots, squash); orange vegetables and fruits and green leafy vegetables.

Take a whole food B complex supplement daily. B vitamins can also be found in whole grains, dried beans, split peas, nutritional yeast and lentils.

Add foods rich in Niacin :(limit) organic red meat, cage free eggs, open-water fish, organic poultry, peanuts, grain breads and grain cereals, barley, buckwheat, split peas, (limit) organic coffee, and herbal tea.

Vitamin C: citrus fruits, cantaloupe, broccoli, and Brussels sprouts.

Vitamin E: wheat germ, raw nuts, and green leafy vegetables.

Selenium: raw almonds, barley and oranges.

Zinc: turnips and corn

ASTHMA

Before bed take a mixture of 1 tsp of honey with ½ tsp. of Cassia Cinnamon.

ATHLETE'S FOOT

Normal, healthy feet will not usually "catch" athlete's foot left in a shower by someone else. Our bodies have "good" bacteria that fight off "bad" bacteria. But, if you use antibacterial soap on your feet, many of the good bacteria are killed, allowing the bad bacteria of athlete's foot left in a shower to take hold on your feet. The more you use antibacterial soap, the more the athlete's foot will worsen. Instead, regular use of a glycerin based soap and water will allow the good bacteria to remain; preventing the return of athlete's foot. Each time an antibacterial soap or cleanser is used on skin or anything else, some of the germs mutate. Eventually good bacteria will not be able to recognize or kill the mutated bad bacteria.

If you are suffering from Athlete's Foot

Take high strength garlic tablets (5,000 to 10,000 mg daily)

Mix Tea Tree Essential Oil in a salve. This is very effective "medicine" for skin problems, including bacterial infections and fungus. Rub the infected areas with the Tea Tree Salve throughout the day. Once the problems seem to be completely cleared up, continue treatment for another two to four weeks to be sure you have killed the fungus. This salve can also be used for fingernail fungus.

A mixture of Lavender and Tea Tree Spray will also fight fungus and bacteria.

Soak the feet with strong coffee or black tea. Fill a large bowl with a quart of boiling water and

add 4 tablespoons of ground coffee or black tea. After the coffee has cooled enough to be comfortable, soak your feet for a half hour or an hour. The tannic acid in coffee or black tea will kill some of the fungus and is soothing for painful, itchy feet.

Soaking the feet in warm salt water for ten minutes can also be helpful. Be careful of cracked or cut skin as this will cause burning.

Organic Apple Cider Vinegar is also helpful. Pour vinegar on the feet and then allow the vinegar to dry. After the vinegar is dry, rinse the feet with water and dry them thoroughly. Using a blow dryer can be helpful.

After showering dry the feet and toes thoroughly, use baking soda (aluminum free) as a powder on the feet and between toes. These things should be done every day until the athlete's foot is gone and continued for at least a month afterward.

Acidophilus contains good bacteria; eating two, 1 cup servings per day of organic goat yogurt. This will also help strengthen the immune system by adding good bacteria to the gut.

After a shower or bath, dry off completely. Then, use a hair dryer on low setting to dry the feet, especially between the toes. Any remaining moisture is enough to allow fungus to flourish.

Wash socks in hot water to kill germs. Or, socks can be micro-waved for a few minutes. This is about the only value of the microwave, certainly not for the cooking food.

BAD BREATH

Boil 1 teaspoon of cinnamon in a cup of water. Store in a clean bottle and use as a mouthwash. Parsley leaves are rich in chlorophyll and is considered nature's own deodorizer. Chew parsley leaves to freshen your breath.

BITES AND STINGS

If a stinger is still in the skin, it must be removed. Trying to pull the stinger out will only pump more poison into the body. The best removal is to flick the stinger off.

Next, wash the area with soap and water, or with 3% hydrogen peroxide or alcohol to get rid of the germs. Hydrogen peroxide does not sting at all but cleans just as well if not better.

Ice can be applied if it is available.

Immediate relief for a bug or mosquito bite, bee sting or wasp sting can be attained from applying a paste made of meat tenderizer and a little water. Leaving this on for at least half an hour, will take away the pain and itch.

You can also use a slice of raw onion or a slice of raw potato.

When part of a stinger remains in the skin, you can apply a poultice to safely draw the stinger out. A good poultice is stale bread wetted with milk, and it may be necessary to repeat this,

adding a new one after the last one dries.

Daily whole food supplements of Vitamin B or Brewer's yeast, Zinc, or Garlic will help keep insects away.

Perfumes, hair spray, and bright colors attract insects.

Other aids are making a paste with Organic Apple Cider Vinegar and baking soda to apply to the bitten area.

Use a salve made with comfrey to soothe the painful area.

Wasp venom is on the alkaline side. To counteract the venom rub some onion juice or organic apple cider vinegar on the bite; or split the leaf of a leek and apply the inside surface to your skin.

Ant bites and bee stings are more acidic in nature. For these you want to neutralize the effect of the venom with a paste of baking soda and very cold water.

Apply straight lemon juice.

A tobacco, clay or mud paste can also be used to draw out the venom. Mix these with a small amount of water to make a paste.

Use a wet tea bag as a poultice: the tannic acid in tea helps with swelling, black tea is the most effective.

Meat tenderizers contain enzymes that when

applied as a paste also draw out the venom and swelling.

Put a slice of cucumber over the area, this is especially effective for ant bites.

To reduce swelling, put on a drop of Lavender essential oil or Eucalyptus essential oil on affected areas.

BLADDER INFECTION

Boil a bag of fresh or frozen cranberries in water until they start to fall apart. Do Not Add Sugar. Cool and drink in small amounts 3 times per day. This is also useful for the kidneys.

BLADDER STONES

Drink this for one month: Boil 2 figs in 1 cup of water; strain and drink.

BUILDING THE IMMUNE SYSTEM

Goldenseal

Wormwood

Potato/Garlic/Turmeric soup. If you are feeling congested, or are suffering from flu like symptoms, try this soup.

Slice 1-3 red potatoes; cover with organic chicken broth, boil until the potatoes are soft. In a pat of butter sauté 9 cloves of garlic. Add garlic to potatoes and place in the blender. Add a teaspoon of Turmeric, a pinch of sea salt and parsley.

Sage use for sore throats. Place 1 teaspoon of ground leaf

Juniper

Grapefruit Seed Extract.

REGULATE BLOODSUGAR

Unfortunately, many people do not know what a good nutritional base consists of. In the past few years diabetes alone has risen about 400 percent, so let's start with a list of foods that regulate blood sugar and stabilize metabolism. Everyone can benefit from these good carbohydrates:

1. An apple
2. Oat Bran, Oatmeal (add cinnamon)
3. Bran Cereals (organic if possible)
4. Rice (wild, long-grain brown, jasmine, basmati)
5. Barley
6. Sweet Potato
7. Lentils, Kidney beans, soy beans
8. Raw Nuts (almonds, black walnut, walnut, pecan)

BOILS

Use flaxseed meal or ground flaxseed; moisten with a small amount of water, enough to make a paste. Apply the paste to the boil and secure with a band-aid. About 3 applications should bring the boil to a head.

BOWEL INFLAMMATION

This simple procedure can be life saving and can also help avoid an operation.

Take 1 tablespoon of organic olive oil and place a hot salt bag over the painful part of your bowels. Two salt bags are needed, to replace one heated one with the other. Change the bags frequently.

Salt Bags: if you do not have a salt bag, use two flannel pillow cases and fill them with rock salt. Tie the bags to secure the salt.

Mix a strong tea with peppermint and elderflowers, in six cups of boiled water, add 4 tablespoons of peppermint dried or fresh and 4 tablespoons of dried or fresh elderflowers. Drink 4 cups throughout the day.

CARDIOVASCULAR STRENGTH

Ceylon cinnamon tea is excellent to promote cardiovascular strength.

Simmer 4 cinnamon sticks in 5 cups of water for 15 minutes. Add a squeeze of orange. Strain and drink throughout the day.

CHIGGERS

If you have been exposed to chiggers take a shower first then rub pure castor oil on your skin. This will help smother the chiggers.

If you grow pennyroyal (an herb in the mint family), use the leaves by crushing them in your hands and then rubbing it on your skin.

Apply a poultice of cooked and cooled oatmeal.

To ease the pain and itching of chigger bites, rub the affected areas with white willow bark powder.

THE COMMON COLD

The common cold is difficult because it is viral and has the ability to take on hundreds of different forms. This makes it almost impossible to formulate a vaccine against the virus.

At the start of a cold take a mixture of 60 drops of Herbal Antibiotic tincture, to a shot glass of water or juice, drink twice a day.

If you do not have the Herbal Antibiotic, boil water, move it off the stove and grate in 3 tablespoons of ginger root, or 2 tablespoons of powdered ginger with 1 teaspoon of cinnamon. Steep for 5 minutes and drink.

AND/OR

At the first sign of a cold, put a few drops of 3% hydrogen peroxide into each ear, one ear at a time. Keep the solution in for 5 minutes or until the bubbling stops. Your temperature should start to drop

NOTE: Do not put liquids into your ears if you have or ever have had a ruptured or perforated ear drum.

AND/OR

Potato and Garlic Soup: add 2-3 sliced red potato to just enough boiling organic chicken broth to cover the potato slices. Sauté 7-9 cloves of garlic

in a pat of butter. When the potatoes are soft add the sautéed garlic. Place in blender, blend add parsley, and celery salt. Sip throughout the day.

AND/OR

place 10 drops of Eucalyptus oil or 2 liquid ginger in a hot bath and soak for about 5 to 10 minutes. After your bath wrap in something warm and go to bed; rest.

CONGESTION

Steep 1 teaspoon of crush fennel seed in 1 cup of boiled water for 15 minutes. Add 1 teaspoon of honey and 1 teaspoon of organic apple cider vinegar.

Onion pack: cut two large slices of onion, lightly sauté on both sides in olive oil. Allow to cool slightly. Rub a thin layer of salve on chest and then place warm onions on chest.

CONJUNCTIVITIS (Pink Eye)

Conjunctivitis is caused by a viral infection. Since this virus does not like heat, use a clean cloth, lean over the sink and use the clean cloth to apply hot water to your eyes, (the water needs to be as hot as you can stand without burning yourself). Do this as much as possible throughout the day (8 to 12 times). If the conjunctivitis is not clear within two days, check your health food store for eye drops that fight pink eye and conjunctivitis.

Take a whole food tablet of Vitamin A and at least 10,000 mg's of Garlic for one week.

CONSTIPATION

Eating more fiber and drinking more water should take care of constipation however, in many cases this does not work. If you are one of the people that suffer from constipation no matter what, try this:

1. Drink one glass of carrot juice daily (4 carrots, 1 green apple, 1 clove of garlic, $\frac{1}{4}$ of a head of cabbage)
2. Try a fruit drink: 4 oz of black cherry juice, 2 oz of prune juice, 2 oz of aloe vera juice, a handful of raspberries, two tablespoons of ground flaxseeds and 1 teaspoon of organic olive oil and a pinch of cayenne pepper. Blend and drink, 1 or 2 times per day.
3. If all else fails drink a mixture of; $\frac{1}{2}$ pound of finely chopped prunes and $\frac{1}{2}$ pound of figs, add a half ounce of cascara sagrada, add enough molasses to make it thick and pasty. Simmer in a glass pan for about 20 minutes. Eat $\frac{1}{2}$ of a cup daily.

Caution: limit the first two drinks to every other day if you suffer from diabetes.

CRACKED HEELS

Cracked heels are caused by more than just overexposure and lack of moisturizing. It is an indication of zinc and omega-3 fatty acid deficiencies.

Blend and drink: 6 oz of almond milk, 1 teaspoon of organic olive oil, 2 tablespoons of ground flaxseed and 1 tablespoon of lecithin.

Signs of omega-3 deficiency include: cracks in your heels, flaky skin, dry hair, split or brittle nails, or bumpy skin on the back of your arms.

A diet low in omega-3 leaves you feeling hungry again after 2 or 3 hours.

Omega-3 fatty acids cannot be produced by your body; therefore it is important to get it from food sources or whole food supplements. Lack of omega-3 has been linked to high cholesterol, heart disease, rheumatoid arthritis, breast cancer, asthma, diabetes, insulin resistance, menstrual cramps, psoriasis, eczema, and stroke.

Elevations in blood sugar and cholesterol levels may occur in some people who take fish oil, so it is important to use either open-water fish or vegetable sources of omega-3.

Apply a salve made with lavender to cuts and scrapes. Application is soothing and the pain from the wound should disappear quickly. Lavender also helps speed healing and kills germs.

OR

Apply a watered down mixture of ginger (1/2 cup of water; 1 teaspoon of grated ginger root) to the cuts and scrapes. The application should not cause pain, but is a natural antibiotic, germ killing, antiseptic that can decrease healing time.

OR

Apply raw honey and cover with a bandage. With a small cut, the pain from the cut is gone after about 30 minutes, but leaving this on overnight is even better. Raw honey has been used for over 2,000 years to prevent and heal infections.

Raw honey has been reported to heal small cuts. Pat raw honey on the infected area, cover with a sterile pad, leave on overnight. In many cases the pain and infection will be gone in the morning.

CRAMPS

Grate 2 tablespoons of ginger, add to one cup of boiled water, allow the ginger to steep for 5 minutes, strain, add 1/2 teaspoon of baking soda and sip.

DAMAGED HAIR

Separate the white of an egg from the yoke, whip it to a peak, add 1 tbsp of water to the yolk and blend until the mixture is creamy. Then mix the white and yolk together. Wet your hair with warm water, remove the excess moisture and apply the mixture to your scalp with your fingertips. Massage gently until the froth is worked into your scalp, and then rinse the hair with cool water. Keep applying the mixture until it is used up and then rinsed until all of the egg is washed away.

DANDRUFF

Use a mixture of half organic apple cider vinegar and half water, or three quarters water to one quarter lemon juice, to rinse the hair after shampooing. This also leaves hair extremely shiny and needing very little conditioner.

OR

Soak your hair with warm Organic natural cider vinegar and cover it with a towel for one hour before shampooing.

If you just want to use shampoo and conditioner, Tea Tree is the natural ingredient of choice for dandruff. Make your own shampoo with 1/2 cup of peppermint Castile Soap, 1/2 cup sweet almond oil or olive oil; add 10 drops of Tea Tree Essential Oil. Shampoo and rinse with the vinegar.

DARK CIRCLES AROUND THE EYES

Take 1 tsp of tomato juice, 1/2 tsp. of lemon juice, a pinch of turmeric powder and a tsp of flour. Make a paste and apply. Leave for 10 minutes and wash off.

DEPRESSION

Vitamin B deficiency can contribute to depression. Include in your diet 3/4 cup of cooked spinach three times per week.

DIAPER RASH

Use NON-antibacterial baby wipes or a washcloth to clean the entire area, even in skin folds. Dry the area with a hand towel or air dry. Apply an organic salve to the entire area, not just on the rash. The rash should disappear after one or two treatments, depending on the severity of the rash.

Diaper rash does come with teething, but sometimes the rash is caused by acidic foods or juices. Of course, leaving baby in a wet or dirty diaper too long can cause a rash. Leaving the baby in soiled diapers is especially bad, since this can start to "digest" the skin.

When diaper rash does not heal quickly with the method above, the baby may be suffering with a yeast infection. A baby on antibiotics or a nursing mother on antibiotics can produce a yeast infection in the baby. If this is the case it may take longer for the baby to clear up however, the salve should still be very safe and affective as it contains natural anti-fungal essential oils. Use Gotu Kola Salve.

If you are using cloth diapers, they will need to be sanitized. Bleaching when you wash them or microwaving them for a minute after they have been washed and dried will kill bacteria and yeast.

Be sure not to use cornstarch baby powder with a yeast infection since yeast thrives on cornstarch.

DIARRHEA

Diarrhea can be caused by a change in diet (with babies a change in the breast-feeding mother's diet), infection, antibiotic use, a number of rare diseases, or teething. Diarrhea caused by an infection or disease can be cleared up sooner by adding an organic yogurt to the diet. Yogurt contains *Lactobacillus Acidophilus* (or *L. Acidophilus*), which is a good bacteria that fights bad bacteria. *Lactobacillus Acidophilus* can also be taken in supplement form.

During the course of diarrhea, babies should eat carrots, rice cereal, bananas, potatoes, and applesauce to help firm the stools.

Avoid: fruit juices, peas, pears, peaches, plums, prunes and apricots until the stools are back to normal. Adults and older children can also eat sesame

crackers, grain breads, brown rice and potatoes. During diarrhea outbreaks, it's best to avoid dairy products, as they tend to make diarrhea worse; milk, butter, creams, and ice cream.

Yogurt is the exception; it will help to stop diarrhea. Also sweet potatoes eaten before bedtime help resolve chronic diarrhea.

If possible, allow the diarrhea to run its course as this is nature's way of ridding the body of toxins. During the time of diarrhea drink plenty of water, blackberry root tea, raspberry leaf tea and ginger tea. Add a banana, pineapple or papaya juice to your diet.

If you do not have any of the above in your kitchen make rice water. Bring to a boil, ½ of a cup of brown rice or wild rice, add 3 cups of water, lightly boil for about 45 minutes. Stir the watery mixture and consume about 3-4 cups per day until the diarrhea stops.

Apply heat to the abdomen to help relieve pain, cramps, and tenderness. Electric heating pads, moist heat wraps, and water bottles can all be used as needed.

Symptoms to watch for (DEHYDRATION)

1. Dry mouth
2. Wrinkled skin
3. Reduced or stopped urination

Contact your Health Care Provider if:

1. Diarrhea lasts more than 2 to 3 days
2. There is blood in the stool
3. Fever is over 101 degrees
4. Severe abdomen pain
5. Very dark stools

ACCIDENTAL DRUG OVERDOSE

You can overdose on prescription drugs or over-the-counter drugs, not just illegal drugs. An overdose can sometimes bring on an opposite expected reaction.

For example, a form of ephedrine is added to cold, allergy and sinus medicines to prevent drowsiness. Taking too much of these medicines can result in lethargy, slurred speech, and a drastic slow-down of the system.

If a drug overdose victim is conscious, have him

drink at least one full glass of fruit juice**. Two to three glasses are best. Fruit juices affect the metabolization of certain drugs by binding with drug ingredients. This either reduces the drugs absorption or speeds the elimination. If there is no fruit juice, add a tablespoon of pure maple syrup to plain water and drink 2-3 glasses, this will help dilute the system.

Overdose symptoms should disappear within a half hour.

NOTES: Do not pour liquids down the throat of anyone unconscious, this will result in drowning.

**Do not give grapefruit juice since it can interact with many different drugs by increasing their potency.

**Do not give cranberry juice for a Warfarin or any other blood thinner, overdose. Cranberry juice can enhance the effects of Warfarin and may cause internal hemorrhage.

Call 911 or Poison Control.

DRY HANDS

Dry, cracked hands can indicate other problems going on in the body

1. Too many good fats have been eliminated from your diet
2. Not enough raw vegetables and fruits in the diet.
3. Drinking less than 4 glasses of bottled or distilled water daily.

Use Natural homemade soap. Wash only the palms of your hands when possible, keeping the

backs from getting wet. Use glycerin soap instead of a chemical or animal based soap. Glycerin is less drying to the skin.

Soak your hands in water for 10 minutes, and then put on a light layer of organic salve. After the salve soaks in, add another layer.

Take a whole food multi-vitamin and mineral daily.

Use a humidifier in the house.

Wear gloves outside in the cold or wind.

Do not use mineral oil based products or Vaseline, these products clog the skin.

EAR FUNGUS

Combine equal parts of Isopropyl Rubbing Alcohol (70%) and organic apple cider vinegar. With a sterile dropper put one drop of the mixture in each ear every few hours for a baby; for older children and adults put two drops. Pull gently on the earlobe to get the mixture into the ear canal, and then lay on each side to drain any excess liquid.

If you have ever had a punctured eardrum, ear surgery, or tubes in your ears, do not administer liquid drops in the ears. For damaged eardrums use an ionic hair dryer on low setting, to dry out each ear. Keep the dryer far enough from the ear to avoid a burn. After drying the ear dip a Q-tip cotton swab in the vinegar and alcohol mixture gently wipe inside the ear. Do not push the Q-tip

in deep or hard; be very gentle.

Continue this for several days even after the ear fungus has cleared up.

NATURAL CURES FOR AN EAR INFECTION

For ear pain, place coarse salt in a glass container, microwave for 2 to 3 minutes, and put salt in a thick clean white sock. Apply the sock to the painful ear; this will help draw fluid out of the ear.

Note: Do not put liquids into your ears if you have a ruptured ear drum.

For the infection, put a few drops of 3% hydrogen peroxide into each ear, one ear at a time. Keep the solution in for 10 minutes or until the bubbling stops.

OR

Start with 1 tablespoon of pure almond oil; add 2 drops of Lavender Essential Oil, 2 drops of Chamomile Essential Oil and 3 drops of Tea Tree Essential Oil. Mix this well, then warm the mixture.

Two drops of this warm mixture can be put inside an infected ear three times a day (if the eardrum has never been punctured or perforated). A secondary method to further ease the pain and pressure, rub some of this mixture onto the inside and outside of the ear itself and on the affected side of the neck; the area of the lymph nodes. Another method to relieve the pain and pressure is to get the mixture hot, add a few drops of this mixture to a little hot water, dip in a clean cloth, and use the cloth as a compress.

Be careful that it is not hot enough to burn the skin.

For a person who has had (ever) a perforated or punctured eardrum, follow the above procedures without adding drops inside the ear canal to achieve much of the healing and pain relief.

If you suffer from constant ear infections eliminate high allergen foods; dairy products, egg whites, wheat, peanuts, peanut butter and bad fats.

Recurring ear infections may also be due to the overuse of antibiotics causing an overgrowth of Candida (yeast). The Candida can cause a host of problems.

In children yeast usually shows up as diaper rash, asthma or reoccurring ear infections. In adults yeast infections manifest in other ways, athlete's food, jock itch, yeast infections in women, skin conditions and other disorders.

Cutting out sugars and refined carbohydrates from the diet will help, although this can be more difficult with children. Give children organic yogurt and chewable acidophilus tablets to replace good bacteria.

REDUCE FEVER

A baby less than 6 months old should be seen by a doctor if the fever is 101° F or higher for a period of time.

Many doctors do not consider a fever in children to be overly dangerous until it is 103° or higher.

Fever is the body's way of fighting foreign invaders (bacteria, fungal, viral infections) therefore the fever is beneficial unless it gets to high and stays to long.

KEEP FEVER UNDER CONTROL

1. Dress in lightweight clothing; remove socks, shoes, hats to allow heat to escape through the feet and head.
2. Use a lightweight blanket if you feel cold or if you are shivering, but leave the feet exposed.
3. Keep quiet, still and relaxed since activity increases body temperature.
4. Drink plenty of fluids to prevent dehydration. Pure juice, water, ice cubes, or natural gelatin (jello).

If the fever persists prepare a sponge bath: in a pan of water fill about 1/2 full of lukewarm water, add a few drops of liquid or grated ginger or lemon juice or a tablespoon of alcohol.

It is safe to give you baby a few drops of lemon juice in a bottle with a few drops of pure maple syrup. This will help reduce fever in a baby.

To avoid any medication, garlic also works to bring a fever down. Put enough fresh cloves of garlic into a blender to make a paste that will spread about 1/4" thick on gauze. Put a little olive oil on the feet so the garlic will not burn or irritate them. Apply the garlic pads to the soles of both feet and keep them in place by wrapping with gauze. Do not cover the soles of the feet entirely so heat can still escape. Leave the pads on overnight

FLAKY LIPS

Place a small amount of salve on a soft toothbrush. Gently brush your lips back and forth or in circles. The extra skin will come right off without pain or bleeding.

GUM IN HAIR

Soak the gum-coated hair in Coke and it should wipe out easily.

KERATOSIS PILARIS (skin Condition)

Keratosis Pilaris is a skin condition usually found on the upper arms, buttocks and thighs. The skin cells that normally flake off as a fine dust from the skin form plugs in the hair follicles. These appear as small pimples that have a dry "sandpaper" feeling. They are usually white but sometimes rather red. They usually don't itch or hurt.

Keratosis Pilaris is particularly common in teenagers on the upper arms. In babies, it tends to be most obvious on the cheeks. It is usually worse during the winter months or other times of low humidity when skin dries out, and may worsen during pregnancy or after childbirth.

For Keratosis Pilaris, wash with mild homemade soap, this will prevent further drying of the skin.

Apply Gotu Kola Salve for intensive moisturizing. Re-apply the salve several times daily, put on the skin after a shower while skin is still damp.

The second step is to remove the plugged pores. Dry brushing or rubbing the areas with a coarse washcloth will work to exfoliate. Exfoliate before showering, after your shower, apply the Gotu Kola Salve.

Take a good Whole food Multivitamin (Catalyn from Standard Process). Eat carrots, peppers squash and other yellow/orange colored vegetables or fruits also include watermelon, these are providers of, good for the skin, Vitamin A.

Increase the humidity in the bedroom with a humidifier.

Get 15 to 30 minutes of early morning sunshine every day.

FLEAS

Spray Bottle Flea Repellent: quarter a lemon and place it in a pint glass canning bottle. Cover the lemon with boiling water and let it steep overnight. Place some of the mixture in a spray bottle and spray this solution all over your dog. Be careful not to spray in eyes, or other delicate areas on your pet.

Essential Oil Repellent: pour about 1/2 cup water, 1/2 cup of alcohol and 1/2 cup of 3% hydrogen peroxide; add 10 drops of Lavender Essential Oil, 10 drops of Cedar Wood Essential Oil, 5 drops of Eucalyptus Essential Oil, 10 drops of Geranium Essential Oil. Shake well and use a few sprays of this mixture on your dog at least

twice a week to keep the fleas away. This mixture will also help repel fleas by placing a few on a do bandanna or a home made flea collar.

YOUR HOME: Wash your dogs bedding regularly and vacuum your home very thoroughly, sprinkle a fine mist of borax cleaner or regular table salt over carpet and upholster, leave on over night and vacuum again in the morning. Remember to change the vacuum bag

BATHING: A badly infested dog needs to be bathed. Use diluted Peppermint Castile liquid soap, use equal parts of Peppermint soap and water. Mix together and use as shampoo. Rinse the dog off very thoroughly and in the final rinse add a couple of drops of Tea Tree or Lavender Essential Oils.

INTERNAL FLEA REPELLENTS: One clove of garlic twice a week with 1 Brewer's yeast tablet in your dogs food will work well to repel fleas and other insects.

If you just lack everything in your kitchen try diluting water with organic apple cider vinegar. Shake well and spray on your pet.

FLEA CARE FOR CATS

A simple remedy to rid you cat of fleas: Slice a lemon very thin and add it to a pint of water. Heat the water and lemon to the boiling point. Let the mixture sit overnight. In the morning, gently rub the mixture into your cat's fur and skin just enough to dampen it. Repeat this every month as a natural flea killer.

Daily Brewer's yeast is also helpful for skin problems involving fleas. Sprinkle a small amount of Brewers yeast over your cat's food to keep fleas away.

Avoid flea powders containing pyrethrums or other poisons. Most essential oils can kill cats. And, garlic will make them sick.

Don't forget to wash your cat's bedding and all area rugs often. Vacuuming frequently also is a must. Sprinkle some rosemary leaves, powdered rosemary, or eucalyptus leaves under your cat's bedding.

FIGHT THE FLU

Think ginger: have ginger tea, at least 4 cups daily. Grate fresh ginger root steep for 4 minutes in pineapple juice. Take a 10 minute ginger bath for two days. After the bath wrap in something warm and sleep.

Drink 4 oz of water every waking hour throughout the day. To 3 of the small glasses of daily water add 12 drops of Echinacea tincture. The flu symptoms should start to leave within two days.

AND/OR

At the first sign of a flu, put a few drops of 3% hydrogen peroxide into each ear, one ear at a time. Keep the solution in for 10 minutes or until the bubbling stops. Your temperature should start dropping within minutes, and you should start to feel better within 14 hours.

NOTE: Do not put liquids into your ears if you have a ruptured ear drum.

AND/OR

Prepare a seaweed /oregano soup: in a quart of water add 1 squash, 5 cloves of garlic, 1 chopped onion, 2 tablespoons of ground kelp or dulse and 1 tablespoon of oregano, steep until vegetables are soft and then drink the broth.

FOOD STUCK IN THROAT

Occasionally, a piece of hard candy or sharp potato chip - even a large ice cube can slide down the throat before being chewed. In time, most food will dissolve on its own, but while you're waiting, it hurts. For quick relief drink some hot water, or tea, as hot as you can stand without burning the inside of your mouth.

The hot water or tea should dissolve stuck foods such as these, and one swallow may be all that is necessary. A few more sips will help be sure that the food can get to your stomach safely and without pain.

If the piece of food particle was large enough to cause injury to the throat, the best thing to do for this is to gargle with a little hydrogen peroxide in water, or swallow a tablespoon of honey in lemon juice or water. These solutions are good germ killers to prevent your throat from getting infected.

GALLSTONES

Drinking a daily cup of organic coffee will help prevent gallstones.

Consuming raw nuts, which are loaded with unsaturated fats, can prevent gallstones.

Eating a pat of unsalted organic butter a day will help empty the gallbladder of stones.

Fiber rich foods: raw nuts, fruits, vegetables, whole grains and rice bran.

Exercise at least 4 days a week for 30 minutes.

Eat green apples; about 3 daily to soften stones

Drink at least 8 glasses of distilled water per day.

THINGS TO AVOID:

Refined carbohydrates

Animal Fats

Sugary foods

HANGOVER: STOP DRINKING!!

Alcohol depletes the body of B vitamins and causes dehydration, while damaging the liver, brain and other organs. To get over a hangover, start by taking a whole food Vitamin B tablet with a full glass of water when you have finished drinking alcohol. This will help prevent most of the hangover symptoms. When you get up in the morning drink a large glass of fruit juice; have a glass of peppermint tea with a tablespoon of honey or eat honey on crackers. This will help

your body burn the alcohol faster. The fructose in the honey will help to flush the alcohol from the body's system.

HEAD LICE

Even the cleanest families can contact lice and there are natural, non-poisonous ways to get rid of it.

Killing Lice

Lice can be killed quickly, easily, cheaply and safely with a cheap jar of mayonnaise. Grab a jar of mayonnaise (not Miracle Whip) from your kitchen shelf or local grocery store, (refrigerated mayonnaise will be too cold). Spoon out a handful and cover all of the hair, be sure to get behind the ears and down the neck. Cover the head with a plastic shower cap to keep the mayonnaise from dripping. Leave the mayonnaise on for two hours to smother the lice and developed eggs. Then, remove the shower cap and throw it away. Wash your hands thoroughly with a good natural soap, and shampoo and rinse the hair thoroughly.

If you don't have mayonnaise, use a cheap bottle of olive oil or coconut oil. Add a few drops of Peppermint or Eucalyptus Essential Oil or a few drops of Peppermint Castile Soap, mix and place on hair, head and ear areas. Place plastic cap on hair and leave on for 1 to 2 hours. Wash with a natural shampoo and rinse well.

CAUTION: The respiration of a baby can be slowed down or even stopped if Peppermint or

Eucalyptus Oil is close enough for the baby to breathe
High blood pressure may be elevated by
Peppermint Essential Oil.
Peppermint may be harmful during pregnancy.

Loosen the Eggs

After shampooing, rinse the hair and scalp with vinegar. This loosens the glue that holds the eggs onto the hair shafts. Rinse with very warm water.

Repeat this process every third day for the next two weeks.

Eyebrows and Eyelashes

If there are any nits on the eyelashes or eyebrows, coat them thoroughly with salve. This should be re-applied four times a day.

Cleaning: Clothes, Bedding, Hair supplies

Everything that has been worn or used for the past two weeks should be washed in hot water or placed in plastic bags for 1 to 2 weeks. Soak combs and brushes in hot water with vinegar or bleach. Vacuum the carpet, mattress, couch, chairs, rugs, floors, car seats, car rugs, and upholstery. Don't forget to dispose of the vacuum bag.

Natural Lice Spray

The vacuum cleaner should have picked up the lice however if you feel there are spots that could not be reached by the vacuum you can make your own lice killing spray. Place three tablespoons of

Pure Olive Oil, one tablespoon of water, one teaspoon of each of the following Essential Oils: Tea Tree, Rosemary, Peppermint, Sandalwood and Eucalyptus. This spray should be safe to use on furniture and other areas in your home.

**CAUTION: DO NOT SPRAY OIL MIXTURE
NEAR INFANTS**

HEARTBURN AND INDIGESTION

Menthol is the active ingredient in Peppermint Oil and it is the menthol that relaxes the valve between the stomach and esophagus after a big meal that causes indigestion. Peppermint Oil is useful for indigestion but, Peppermint tea should be used for heartburn.

One cause of hoarseness is GERD or Gastro-Esophageal Reflux disease. Researchers have found that many cases of adult asthma and hoarseness are caused by the regurgitation of stomach juices into the throat and lungs. Those

suffering from heartburn or digestive problems and who are hoarse should start by improving the digestive imbalance.

Another way to prevent heartburn is to take 3 teaspoons of organic apple cider vinegar in a glass of distilled water, swallow a teaspoon of honey with the mixture before meals. Organic apple cider vinegar promotes digestion, assimilation and elimination; it also helps to neutralize any toxic substance taken into the body.

Eating organic yogurt which contains Lactobacillus Acidophilus will prevent indigestion.

Eating several raw almonds will relieve heartburn.

Eating lemons or lemon rind before meals can prevent heartburn.

Dried figs, papaya and fresh pineapple are full of digestive enzymes to help control indigestion.

HEADACHE

Eat 8 to 12 almonds, the equivalent of two aspirins, for the starting of a migraine headache. Almonds are less likely to upset the stomach.

HEART ATTACK

Stir one dropper full of cayenne tincture in warm water; have the heart attack victim drink the water quickly. Call 911.

HEMORRHOIDS

Fry a cup of Green Catnip Tea in 1 stick of unsalted butter (do not scorch). Strain and cool. Use as an ointment, applying inwardly to the rectum, or apply Gotu Kola Salve to hemorrhoids

HICCUPS

Hiccoughs are usually caused by a tickle in the uvula, (a piece of skin that hangs down from the back of the top of the mouth).

Here are a few ideas to stop the hiccups:

1. Eat a spoonful of peanut butter
2. Suck the juice from a lemon or lime
3. Sing as loud as possible (if you're not in a public place)
4. Mix a packet of sugar in a small amount of water and drink quickly
5. Place a paper bag over your nose and mouth and breathe in and out for about 30 seconds.

HIGH BLOOD PRESSURE

Keep your weight under control.

Don't smoke.

Cut table salt from your diet.

Take a good whole food multi-vitamin.

Eat lots of fruits and vegetables; cold-water fish such as salmon, tuna, herring, mackerel and halibut for their beneficial omega-3 fatty acid; onions; celery; and whole grains. Make sure that your diet includes large amounts of fruits and vegetables high in potassium, which helps the body to get rid of excess sodium. Some of these foods are bananas, avocados, dried fruits, and lima beans. High-fiber fruits like apples and pears are also said to decrease blood pressure by lowering cholesterol.

Take organic apple cider vinegar to water with lemon juice once with 10 drops of cayenne pepper tincture.

Be sure to get enough potassium, and magnesium. When the diet lacks these minerals,

supplementation may improve blood pressure control. Potassium-rich foods include avocados, bananas, cantaloupe, honeydew melon, grapefruit, nectarines, oranges, asparagus, broccoli, cabbage, cauliflower, green peas, potatoes, and squash. Foods rich in magnesium include nuts, rice, bananas, potatoes, wheat germ, kidney and lima beans, soy, and molasses. Organic apple cider vinegar also contains potassium and magnesium.

Garlic appears to lower blood pressure by 5% to 10%. It can also lower cholesterol, reduce triglyceride levels, discourage clot formation, and promote blood circulation. Three cloves of garlic per day should be enough.

Caution: Garlic can thin the blood. It should not be combined with prescription blood-thinners such as Coumadin (Warfarin) or Trental (pentoxifylline) or with natural blood-thinners such as Vitamin E (in large amounts) or Ginkgo. It is also recommended that garlic should not be taken in the weeks before and after any type of surgery.

Exercise regularly for 30 minutes a day. You can do this in three 10-minute segments. Exercise stimulates a substance within our bodies called nitric oxide. Nitric oxide helps to keep blood vessels open. During the early stages of plaque build-up one of the first things to be seen is a reduction in the amount of nitric oxide in the blood vessels. When you exercise, the accelerated pumping of your heart forces more blood to flow through the vessels. As this blood pushes its way

along the lining of the vessels, more nitric oxide is released.

HIVES

Stir a teaspoonful of soy flour or organic flour in a glass of water (4-6 oz.) Repeat 3 times per day. Hives can be caused by too much acid in the blood and the flour counteracts this.

OR

For hives, rinse the skin with cool water or rub an ice cube on affected areas for a few minutes, and massage Gotu Kola salve into affected area three times daily.

Stay in cool areas and wear loose clothing, including shoes. Do not eat tomatoes, shellfish, strawberries, or citrus fruits while you have hives.

OR

Have one glass of carrot/parsley juice daily (5 carrots, handful of parsley)
Parsley inhibits histamine and should help to heal hives.

Wash the skin several times a day with vinegar water: 1/4 quart organic apple cider vinegar to two quarts of water.

If you are having difficult time breathing, get to an emergency room. Hives in the throat can cause the throat to swell and close, bringing on suffocation.

HOT FLASHES

Hot flashes associated with menopause, or even in younger women after having a child, can make you quite uncomfortable. Steep 1 tablespoon of

red raspberry leaves in boiled water, strain and drink daily. This will eliminate hot flashes completely in most women.

INFLAMMATION OF THE SKIN

Wash inflamed area with a natural soap. Apply the white of fresh egg, pat on with your fingers. Allow to dry; this should help stop the itching and inflammation. After rinsing, apply Lavender Salve.

INSOMNIA

Put a few drops of pure Lavender Essential Oil on a cotton ball next to your pillow, on your night clothes, or directly on your temples. Or, you can put the oil in a diffuser in your bedroom. The lavender slows the activity of the nervous system, promotes relaxation, improves sleep quality, and reduces anxiety.

JELLYFISH STING

For jellyfish stings, pour seawater over the affected area for ten minutes to deactivate any remaining poison. Fresh water releases remaining poison instead of deactivating it and will increase the pain, so **DO NOT RINSE WITH FRESH WATER.**

After washing in seawater soak the affected area in vinegar, and then apply ice.

If vinegar is not available, apply baking soda, rubbing alcohol, meat tenderizer, or diluted ammonia.

It is a little gross, but urine contains plenty of

ammonia and will help with the sting, if there is nothing else.

LEG CRAMPS

The quickest way to get rid of leg cramps it is to walk using the cramping leg. If it is to uncomfortable to get up and walk, apply either heat or ice along with massage any of these three will help.

Drink 1/2 of a dropper of Cayenne Pepper tincture in 3 oz of water with 2 tablespoons of blackstrap molasses. This should help to relieve involuntary muscle contractions or cramping in less than a minute.

Leg cramps caused by insufficient fluid intake are prevented by drinking about eight glasses of water each day.

MOLES

Use a mixture of baking soda and castor oil (4 tablespoons of castor oil, 1 tablespoon of baking soda). Soak sterile gauze in this mixture; place gauze over the mole and secure it with adhesive tape. Leave on overnight. This treatment is reported to reduce and possibly remove moles over time.

Moles (and warts) are an external sign of an internal potassium deficiency. The real cure and prevention is to eat enough foods that contain potassium. Organic apple cider vinegar and blackstrap molasses are high in potassium and beneficial for many health problems.

MUSCLE STRAIN

Using ice during the first 24 hours after a muscle strain can be the difference between feeling fine in a few hours and being laid up for a week or two. Put ice into an ice bag and put the ice on the hurting muscle - with a small towel between you and the ice bag. Leave the ice on for no more than 20 minutes at a time, alternating with no ice for 20 minutes (on, off, on, off) several times during the day. Using heat during the first 24 hours will increase swelling and cause more pain.

For an injury over 24 hours old: add two cups of natural apple cider vinegar to your bath water and soak for a half hour. The potassium in the vinegar helps the muscles.

Soak in a tub of very warm water, adding 10 to 15 drops of Rosemary Essential Oil to the water.

NOSE BLEEDS

Sit in an upright position and pinch on the lower end of the nose (the soft fleshy part) closed for 5 to 15 minutes continuously. When the bleeding has stopped, breathe through your mouth for a while. Do not blow your nose or remove any clots for the next four hours.

If pinching the nose is not enough to stop the bleeding put apple cider vinegar on a sterile pad and insert in the nose

To prevent future nosebleeds, use a humidifier to add moisture to a dry environment. You can also

moisten the inside of the nose with Lavender Salve.

POISON OAK OR POISON IVY

If you have touched poison oak or poison ivy, wash the area well with glycerin soap and water, rinse very well. This will remove most if not all of the poison. The same treatment can also be done with rubbing alcohol. If soap is not available, rinsing over and over will at least get rid of some of the poison.

When the rash appears, you can get immediate relief from rubbing it with the rind of a watermelon, lemons, a banana skin, or oranges.

If itching continues, use a paste of water and either baking soda or cornstarch.

RHEUMATISM

Simmer ¼ teaspoon of nutmeg in 10 ounces of water for about 3 minutes. Add 1 teaspoon of molasses or wildflower honey. Drink 2-3 cups daily.

RINGWORM

Soak a clean rag with organic apple cider vinegar; place it on the ringworm at least twice per day for about 15 minutes.

Throughout the day rub Lavender Salve on the ringworm and surrounding areas.

Seems to be gone. Successful treatment often takes 3 to 4 weeks. Ringworm is a highly

infectious fungus and is an indicator of a weakened immune system. Eat properly; the ringworm should be gone in about 3 to 4 weeks.

SHINGLES

Apply a mixture of calendula flowers and organic apple cider vinegar, to the skin where the shingles are located, four times during the day and three times during the night if you are awake. The itching and burning sensation in the skin will leave usually within a few minutes after the vinegar/flower mixture is applied.

Apply Gotu Kola Salve after each vinegar/calendula wash.

Take a whole-food multiple vitamin, and eat plenty of garlic and organic yogurt (two cups daily)

Avoid chocolate, nuts, and seeds since they contain Arginine which counteracts the beneficial effects of Lysine.

Allow the affected area to be exposed to morning sunlight for 15 minutes each day.

SKIN SORES

Boil the bulbs of the white Easter lily in whipping cream and use as an ointment on sore area.

OR

Apply Lavender or Gotu Kola Salve throughout the day.

SMELLY HANDS (FOOD ODORS)

After peeling onions or garlic, or working with fish, the odors will not wash off your hands even with soap. To get rid of odors wash with soap and water to remove germs. To remove odor rub your hands thoroughly with lemon juice or salt. Rinse well, the odor should be gone.

SPLINTERS, THORNS, OR CACTUS NEEDLES

For thorns, use a piece of pantyhose to snag and pull them out. Works great for small thorns like those of cactus [needles].

To get out a deeply embedded splinter apply a slice of fresh onion or tomato. Another alternative is to apply some honey.

Another method is to use a bread/milk poultice. Put a small piece of bread over the splinter and moisten the bread with milk. Wrap the area to keep the poultice in place. This may have to be repeated a few times. Either way, the splinter will be drawn to the skin surface.

Apply ice to the area to numb the nerves and use the old sterile needle and tweezers to remove the splinter.

STUFFED UP NOSE

Boil water in a small pan on the stove, turn the water off and add a few drops of peppermint and eucalyptus oil. When the fumes begin to rise from the pan, lean your head over the pan until the fumes are comfortably strong. Inhale for

approximately 40 to 60 breaths. The nasal passages will shortly clear after having inhaled the vapor. This treatment is very effective in removing the congestion in the sinuses, together with any inflammation which may result from this excessive accumulation of mucous.

Upon waking drink a cup of warm mullein tea, & lemon with a teaspoon of honey.

STYE

A sty usually results from a bacterial infection or from a clogging of the oil glands around the eyelashes. It is usually harmless, despite its appearance.

Apply a clean very warm wet washcloth to the infected eye. Hold the compress there for five minutes, and repeat three or four times a day. The heat will draw the pus to the front of the sty, and it will break open and drain. The heat helps the sty drain sooner. Hot compresses also increase blood supply to the eye area, helping the body fight any bacteria.

A hot tea bag is also effective in helping rid you of sties. Run the tea bag through boiled water, cool slightly, place on sty.

SUNBURN

Apply ice or cold water to the sunburn; if sunburn is severe use cold water.

Apply Lavender Salve after the cold water or ice, lavender is excellent for sunburns.

SWIMMER'S EAR

Put three drops of Isopropyl Rubbing Alcohol and 2 drops of 3% Hydrogen Peroxide into each ear, one ear at a time. Leave this mixture for 7 minutes in each ear or until the bubbling stops. The hydrogen peroxide helps kill germs, and the alcohol causes water in the ear to evaporate.

CAUTION: Do not use liquids in your ears if you suffer or have suffered from a ruptured or perforated ear drum. If your ears have been damaged use a hair dryer on low heat to dry out the ear, hold the dryer far enough away as to not burn the ear of skin. Then dip a Q-tip cotton swab into a vinegar and alcohol mixture, gently wipe inside the ears.

This should be repeated for several days to make sure infection does not set in.

TOENAIL FUNGUS

To eliminate toe nail fungus, soak your nails for 15 minutes a day in a basin of half warm water and half organic apple cider vinegar. The natural apple cider vinegar restores the proper pH balance to the skin, making it more resistant to fungal infections. When you are finished soaking, be sure to dry your feet and toes thoroughly. Use a hair dryer on low heat on and in between the toes to be sure that there is no moisture left in which fungus can thrive.

- * Eat 2 cups of yogurt daily
- * Eat or juice 3 cloves of garlic daily, (juice 5 carrots, 1 apple, 1-3 cloves of garlic)
- * Apply Lavender Salve daily until the new nail grows out, 6 to 12 months.
- * Avoid sugar, alcohol, white bread, melons, tea, mushrooms, dried fruits, and berries.
- * Wear sandals as much as possible.
- * Keep your nails cut short, and don't use nail polish.
- * Dry your nails thoroughly after bathing or soaking in water.

TOENAIL, INGROWN

Do not wear tight shoes Cut toenails straight across

Keep salve on the infected toe, the salve will keep the skin moist and soft around the toenail and reduces infection. File the toenail from the top to thin the nail down. Roll a small piece of cotton into a ball and place under the toenail. Eating a nutritious diet is very important as this is usually an immune condition.

TOOTHACHE

Rinse mouth with warm salt water mixture. Mix a paste of cinnamon and clove (1/4 teaspoon of cinnamon, 1/4 teaspoon of clove, add enough water to make a paste, then pack the paste on the aching area.

UNCONTROLLED BLEEDING

For a wound that will not stop bleeding, sprinkle on cayenne or yarrow powder. This helps blood

to clot, heal mucous membranes, and reduces inflammation. Make sure to rinse the powder off after the bleeding stops.

CAUTION: Hay fever sufferers should not use Yarrow since it may cause a serious allergic reaction.

WATER RETENTION

The most common cause of fluid retention or edema is actually a lack of fluids in your diet. Your body is holding on to the water because you are not drinking enough to keep the organs supplied.

Try to drink at least 8 glasses of distilled water per day, add a few drops of lemon juice and cut table salt out of your diet and eat more raw fruits (melons).

Drinking two tablespoons of Organic apple cider Vinegar in 4 oz of water will help the body to rid itself of poisons and gets the system back in balance.

WARTS

Warts and moles are usually an external sign of a potassium deficiency, so it stands to reason that eating more foods rich in potassium is the prevention.

Potassium foods include: blackstrap molasses, organic apple cider vinegar, brown rice, dried fruit, legumes, bananas, organic raisins, nuts and yams

Add 3 tablespoons of blackstrap molasses to 6 oz of soy or almond milk stir well and drink. This has a great taste and lots of potassium.

Wart Removal Methods (one of these should work for your wart)

1. Soak a small cotton ball in organic apple cider vinegar, place it on the wart and secure the cotton with a band aid or surgical tape. It is possible for this to cause some throbbing of the wart area, but the wart should fall off within a week.
2. Mix a $\frac{1}{4}$ of a teaspoon of olive oil with a crushed garlic clove, apply the amount needed to cover the wart; secure the mixture with a corn pad or band-aid, leave on over-night. Repeat application once a week, wart should be gone by the third week.
3. Soak a piece of sterile gauze with a baking soda and castor oil paste. Place this over a mole and leave on overnight until the mole disappears.
4. Pure honey on a wart, covered with a band-aid has also been known to work.
5. This sounds a little strange, but others have had good results. Peel the skin of a potato very thin and rub the Potato side on the wart twice a day. In one week the wart should turn black and start to fall off.

WEAK NAILS

To strengthen and shine nails, combine 2 tsp of salt, 2 tsp of castor oil and 1 tsp of wheat germ oil and mix thoroughly. Pour into bottle, Shake

before using. To use, rub a small amount into your nails. Leave on 3 to 5 minutes and tissue off. Follow up with Gotu Kola Salve.

Additional Holistic Information

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