

An Introduction To *Natural Home & Herbal Remedies*



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Introduction

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Being In Rhythm with the Body

Just as the earth has seasons and cycles of changes, periods of dormancy and periods of growth, our bodies too have cycles. Some cycles are evident, such as the moon cycle of a woman.

Our sleep is cyclic, our lungs cycle oxygen in and out of the body, our hearts pump with the most powerful muscles of our body to cycle blood to the farthest extremities of our bodies and back again. Our hair and nails and skin, grow and then replenish with new hair and nails and skin.

In fact, most of the body's tissues are constantly renewing. It is estimated that every 7 – 10 years our bodies will have an almost entirely new set of cells and tissues composing them.

It is important to have awareness of and respect for the natural cycles of the body when considering your health. Natural remedies, unlike most medicines and procedures the medical doctors of today are prescribing, do not declare war on the body, they declare: “Oh, body, you know many things, you are a complex and terrifically intelligent organism, and when something is off in you, I know you are trying to tell me something, and I want

to work *with you* (not *against you*) to remedy that.”

Body Awareness

Being aware of your body involves tuning in to your body, directing your awareness to your body, and taking time on a regular basis to listen to what your body wants. You are in charge of caring for your body, just like a gardener is in charge of caring for the plants in a garden.

To tend your body well, you need to be aware of its cycles and seasons, and what is good for it and what is not so good for it. You need to be aware of your body to take good care of it, and so body awareness is an essential key to good health.

Meditation for Body Awareness

- *Sit or lay comfortably on the floor.* Prop yourself up on a pillow if this helps you to feel more relaxed. Give yourself a few deep nourishing breaths in and out, releasing the air completely from your lungs before taking the next breath in.
- Now relax your breathing and notice this cycle of the in-breath and out-breath. Allow it to take

- you deeper within your own body, to a place where you feel very aware of your body and its many sensations.
- Begin in your head, notice any muscle tension there and try to relax it now. Notice any tension in the face, cheeks, jaw and mouth and release that. *Let your mouth slightly gape open*, allow space between your teeth and let your tongue relax inside your mouth. Take a few deep breaths here.
 - Move now into your neck, picture the vertebrae in your neck aligning perfectly and feeling strong and supportive. Feel your neck muscles relax as they release any tension they may be holding. Take a few deep breaths here.
 - *Now, let your awareness go to your shoulders*, the tops of your shoulders, the backs of your shoulders, and the front, near your clavicle. Release any and all muscle tension you feel in the shoulders. Allow yourself to breathe in deeply, sending the breath to the tense areas to help them to relax and melt.
 - Breathe now into your mid-back and then the lower back, letting each breath in massage the muscles in those areas and letting each breath out relax the muscles, releasing every bit of tension from them.
 - *Now picture your entire vertebral column* from the sacrum up to the bones at the top supporting your skull. Picturing the vertebrae in perfect alignment all the way from the bottom to the top of your spine, noticing where any may feel off-centre, breathing deeply into those spaces.
 - *Send your awareness now to your chest and belly, relaxing them, letting go of any extra muscle tension you feel there.* Allow your belly to relax, take a few deep breaths in and out letting your belly rise and fall.
 - Now feel your hips, feel the femur relax in the hip socket. There are many layers of muscle in the hips and buttocks, allow these all to relax. Breathe out and release any tension you are holding onto in the large muscles of the hips and buttocks. *Notice if you feel more tension in one side or the other. Breathe in to those spaces of tension and allow them to release on the breath out.* Notice, especially if laying on your back, if your pelvis feels rather even or if it seems to be pushing into the floor on one side more than others. *Picture your pelvic bones sitting in a perfect, balanced position inside your body.*
 - As you move into your thighs and upper legs, notice where you feel hardness or any pulling

sensations and allow those areas to soften and release. Feel the femur relaxing in each leg, in a natural position, as you release the tension from the surrounding muscles, tendons and ligaments.

- *Now feel your knee caps softening*, feel the pulling from the upper leg muscles soften and stop. Feel the knee caps sitting in a soft and natural position free from all tension.
- Move your awareness now down to your shin bones and the muscles around them in the front of your lower legs, and to the calf muscles around the backside of your lower legs.
- Breath into this area and breath out releasing tension from these muscles. As you do, feel your ankles and feet also begin to relax, since many of the muscles in the lower legs connect down into your ankles and feet.
- *Feel your ankles relax, feel the tops of your feet relax, and feel the bottoms of your feet relax and release all tension.* Again, notice if you feel more tension in one foot or the other. This could indicate that you favour one foot over the other or that you have one leg longer than the other, perhaps even due to a sideways tilt in your pelvis.
- **Finally**, take a deep cleansing breath in, imagining the breath

come up and in through the bottoms of your feet, travelling up your legs cleansing, relaxing and purifying along the way, up through your hips and stomach and back and all the way up your neck, into your head, filling your head and then releasing the breath out of your nose, completely emptying your lungs.

- *Take another deep cleansing breath in in the same manner*, from the bottoms of your feet, up through your body, up to the head, and out. Do this breath one more time or as many times as you feel like doing it.
- *Take a moment to lie in stillness at the end of this body awareness meditation. Begin to bring your awareness back to your surroundings, gently wiggle your fingers and toes, and open your eyes.*



I suggest journaling any impressions or sensations you noticed while doing the body awareness meditation. If you are trying to become more aware of your

body, do this meditation every day for a couple weeks.

Doing this meditation once each week is a great way to stay tuned-in to your body and what it is feeling, and maybe even what it is needing from you to feel its best.

Listening to What Your Body Needs

Our bodies are constantly talking to us. But are we listening? When my lips are dry and cracked I know my body is asking me to drink more water (and probably less coffee too!).

Try this simple exercise if you are learning to listen to and trust your body more. Go to the produce section at your local grocery store and listen to your body instead of your head. You might get a “feeling” looking at a bunch of carrots or a container of blueberries, or maybe you feel drawn to the beets or even the beet greens.

Just go with it, listen to those impulses and just decide you’re going to trust them for that one day on that one trip. Steam the veggies or look online for a recipe when you get home and monitor how your body feels after eating those things. Play with it, you don’t have anything to lose, and you may even find you begin to have a much better understanding your body’s messages.

The meditation for body awareness offered in this chapter can, when practiced on a regular basis, also assist you in listening to and understanding the messages your body is sending you. Just as with any conversation with another person, turning off your own chatter is essential to listening. ***To really listen, you must practice stillness.***

It may help you at first, as you are getting used to listening to your body, to pretend your body is another person you are having a conversation with. You could even journal this conversation if writing it down helps you digest and remember information.

Approach your body as you would a friend: “How are you doing today? What’s been going on? How are you feeling? Is there anything I can do for you?” You may find it much easier to feel or hear a response from your body when you approach it in this way. Maybe you’ll feel like your body wants to get outside and get some fresh air and movement.

Or maybe it will ask for more nutrient-rich foods. Just listen and take note. With practice, listening to your body should become second nature.

Stress

Gauging Your Stress Level

I once heard it said that stress is the root of all disease. While this may be an extreme statement, I do think there is quite a bit of truth to it. Stress is not a good environment for a healthy body. Having a body full of stress could be likened to trying to grow a garden in toxic soil. In fact, stress actually releases toxins in the body and can also deplete the gut of good bacteria.

According to researchers at Harvard University, prolonged toxic stress levels can have a cumulative toll on an individual's physical and mental health, with greater likelihood of developmental delays and health problems such as heart disease, diabetes, substance abuse, and depression.

Here is a simple questionnaire you can do for yourself periodically to gauge your stress level:

1. Have I been taking adequate time for self-care (e.g., hot baths, massage, playtime with friends or family, doing activities I enjoy such as knitting, reading or drawing)?
2. When was the last time I smiled?
When was the last time I genuinely laughed out loud?
3. On a scale of 1 – 10, how good do I feel about my work right now?
4. When was the last time I shared a loving hug or a kiss with a good friend or family member?
5. On a scale of 1 – 10, how peaceful does my home and home-life feel to me right now?
6. When was the last time I felt still, calm, and centred?

The Importance of Self-Care

Self-care may sound selfish, and some of us may have difficulties with the idea of being “selfish”, but at the end of each day, there is only one person responsible for taking care of you, and that is you.

If you are to be a good mother, father, partner, worker, or whatever it is you aim to be, taking care of *yourself* is an essential first step. Before you can take care of business or take care of others, you need to ensure you have the energy, vitality and health to do so.

Otherwise, it's like trying to drive cross-country with no gas in your gas tank. *Fill up your “gas tank” by taking ample time in your schedule to take care of you.* Schedule “me time” if you have to, literally blocking out this time for yourself on the calendar, and protect it as if it is a meeting with the most important business connection ever, or a play date with your child if family is more important to you than your career. Whatever it takes set aside your *you time* and be devoted to it.

Your time can take a number of shapes and forms, all dependent on what makes you happy and helps you to feel relaxed, energized and recharged. Here are some ideas to help you get started if you're new to a self-care regimen:

- Take a hot bath, indulge with luxurious bath salts and essential oils
- Take time to talk on the phone with a best friend without feeling rushed
- Give yourself a foot rub, rub pampering oils or body butter into your feet
- Read a magazine or a book without feeling any rush, take your time and really enjoy it
- Take a walk or go to a yoga class
- Play with your pets or children
- Make your favourite food for dinner, don't think about the cost
- Take yourself shopping and buy yourself something new to wear
- Clean up your house

Hopefully this list will give you a good start and maybe some good ideas for forms of self-care you can begin to exercise regularly. As you can see, self-care can take a variety of forms. It doesn't always mean being solitary, sometimes it means having tea with a good friend or playing with your pets or kids.

You may even be surprised that I put cleaning on the list of self-care activities. Over the years, I have learned that when I take care of my living environment and clean it up, I

am really taking care of myself. It took me a while (and years of messiness!) to learn that, but now that I see cleaning as self-care, I not only do it regularly, I actually enjoy it!

Meditation for Stress Reduction

Sit or lay down in a comfortable position. Take a deep breath in through the nose, breathing the breath down into the belly. Slowly breathe out, breathing the breath all the way out, feeling your body relax and let go completely. Continue to breathe naturally and then for two minutes (set a timer if you like).

On each breath in say:

- I breathe in relaxation.

On each breath out say:

- I release all tension.

Once again, take a deep breath in through the nose, breathing it all the way down into the belly, expanding the belly out and then slowly breathing the breath out completely. Do this as many times as you like and then slowly and gently bring your awareness back to your surroundings.

If you are doing this meditation in an environment, like an office, that is not conducive to making the statements out loud, simply think the statements clearly in your mind as you breathe in and out.

It is also not necessary to close your eyes to do this meditation, though if you are in an environment where that is possible, I do recommend closing your

eyes gently to promote greater relaxation and to enhance your focus

on the mantras and the breath.

Sleep

The Health-Sleep Connection

Sleep is the state when our bodies are given an opportunity to relax, refresh and restore. Most people nowadays work during daylight hours and sleep during the nightfall. However, it wasn't always that way for human beings, and for some it still isn't.

In some cultures, sleeping during the daytime is encouraged, with a long nap during the day and a shorter sleep time at night. ***Research suggests that taking a nap during the day can be a very healthy habit to form,*** if you are able. Just a 20-minute nap in the afternoon can reduce stress levels and restore energy. The revitalizing effects of a nap are most effective for either a short 20-minute nap or a longer 2-hour nap.

Once we sleep past 30 minutes or so our bodies enter a cycle of deeper sleep that if cut short or interrupted can lead to a sluggish half-awake feeling that lasts for hours. This cycle is usually complete within one and a half hours, however, sleeping two hours should ensure you have time to go through the cycle and come out of refreshed.

For night-time sleeping, keep in mind that everybody is different and has different needs at different times. You

may go through a period of several days where you require more sleep than usual, try to recognize when this happens and allow yourself the extra sleep.

In general, it is not recommended to sleep much more than 10 hours straight on a regular basis. If you are always sleeping for 10 hours or more, this can indicate health problems including poor circulation, blood-sugar imbalance, serotonin imbalance, and depression.

Sleeping for too long is often a sign that in your waking hours you are not taking the necessary time to care for yourself and your body. Try taking hot baths daily and going on 30 minute walks twice a day. Remove toxic foods from your diet and eat lots cleansing, purifying whole foods like nuts, fruit and vegetables.

Most “healthy” people sleep about 8 hours each night. You can learn what your healthy sleep cycle is by allowing yourself 1 – 2 weeks free from other obligations (this might mean taking off from work) where you allow yourself to sleep as much or as little as you want, when you want, without any schedule restrictions.

This may not be realistic for a lot of us, but any way you can become more aware of your body's natural needs for sleep, the better. You might try keeping a sleep journal for a few weeks in which you monitor when you go to sleep at night, when you wake up in the morning, and when you take naps.

Note how refreshed you feel or note if you wake up feeling groggy. *The sleep journal is a good idea as well because you can use it to help you identify environmental and dietary factors that may affect your sleep in good, or not so good, ways.*

Sleep Cycles 101

According to researchers at the Harvard Sleep Labs, healthy adults go through four distinct stages of sleep.

In healthy adults, sleep typically begins with a pattern of clear rhythmic alpha brainwave activity associated with wakefulness that gives way to the first recognized stage of sleep.

The first stage of sleep occurs seconds to minutes after the start of the slow eye movements that occur when a person first begins to nod off. This first stage typically lasts only one to seven minutes.

The second stage generally lasts 10 to 25 minutes and is not yet a deep sleep. This second stage gives way to a

deeper slow-wave delta brainwave sleep, which generally lasts 20 to 40 minutes. It is during this stage of sleep that the brain becomes less responsive to external stimuli, and it becomes increasingly difficult to awaken an individual from sleep.

There is then a transitional phase where the sleep becomes a little lighter for about 5 – 10 minutes and then the all-important fourth stage of sleep begins: REM sleep. REM (Rapid Eye Movement) sleep comprises about 20 to 25 percent of total sleep time in healthy adults.

During a typical night of sleep an average adult will cycle back and forth from the fourth stage REM sleep to the third stage delta sleep. One cycle from REM to delta stages can last anywhere from 70 to 120 minutes. It is thought this cycling occurs in order to facilitate physical and mental recuperation and ordering of memory.

Knowing Your Body's Optimal Sleep Pattern

Here is a suggestion for what a page in your sleep journal (mentioned above) may look like. The purpose of tracking your sleep patterns is to identify and become more aware of your own body's needs for sleep and what practices are most conducive to you getting sound, restful sleep.

Date: _____

Time/duration: _____

Strenuous activities today: _____

Exercise today: _____

Foods consumed within two hours prior to sleep: _____

Drinks consumed within two hours prior to sleep: _____

Amount of cigarettes, alcohol, caffeine or other drugs consumed today:

Time to bed: _____

Feelings upon going to bed:

(e.g., Tired? Exhausted? Awake? Excited? Fidgety? Relaxed?)

Time awake: _____

Feelings upon waking:

(e.g., Refreshed? Groggy? Grumpy? Happy?)

Disease

Perspectives on Disease

Culturally, in our day and age, it has been somewhat drilled into us that when we get sick we have to *fight* it. “Fight for the cure!” “Eliminate _____ (fill-in-the-blank)!” declare the slogans of most organizations working to solve the mysteries of any given disease from a modern medical perspective.

When did declaring war on our bodies become not only standard practice but actually seemed like a good thing to do? From a natural medicine perspective, the last thing we want to do when sick is to stress the body more by rolling a bunch of tanks and heavy ammo into it to kill the “bad guys”.

Natural medicine seeks to listen to the body and the messages it gives when it is out of order and to find solutions based on natural remedies, such as diet, exercise, and various herbs and other remedies the earth has to offer. Natural medicine seeks to bring the body back into balance in ways that are naturally harmonious with the body, not destructive to it.

Rather than seeing disease (dis-ease: *not* being at *ease*, *not* being in balance) as an enemy, learn to see it as a friend who is trying to tell you something. Your body give you important messages all the time: I have to pee (please go to the restroom now), I have

to sneeze (please cut this date short, I’m allergic to the chemicals in her perfume), etc.

When we get sick, our bodies are also giving us messages. Maybe it is a message that we need more fresh air and exercise, or it could be a message to slow down. I usually find I get a cold when I’m running around doing a million different things at breakneck speed.

My body slows me down because I’m clearly not listening to anything else, and I’m not doing what’s best for me. Getting enough rest is important. Getting proper nutrition is import. When our bodies aren’t feeling well-rested or well-nourished it is often then we will find ourselves flirting with feeling sick.

More extreme diseases can arise over the years if we ignore our body’s simple messages to us. Just like a friend who is trying to tell us something very important, if we don’t listen the first time, eventually they may scream their message to us.

That is what our bodies will do too. If we don’t listen to its little messages (e.g., slow down, rest, eat healthier food, get some exercise, etc.), over time it may scream the message to us in a way we cannot ignore, through an extreme disease like cancer.

Emotions and Disease

Some emotions are difficult to live with, but like it or not, we all have experienced emotions like that or will.

Emotions like anger, grief, frustration, hatred, jealousy, shame and guilt tend to make us not feel good, while emotions such as joy, peace, love, achievement, satisfaction, happiness, fulfilment and confidence tend to make us feel good. Feeling bad causes stress, and as discussed earlier, stress releases destructive toxins in the body that, over time, can lead to disease.

One of the reasons that adults who suffered extreme negative emotions as children have such a difficult time healing from the effects of that negative emotion is that children do not yet have protective barriers and boundaries in place for themselves to protect them from the events that might stir up such negative emotions in them.

One process of releasing negative emotions from the past that are still lingering with a toxic effect in our bodies (and our lives!) is the process of forgiveness. *Forgiveness, at its root, is a cleansing of the negative emotions that arose from an event in your life.*

As many people now understand, forgiveness does not involve condoning bad behaviour or telling the perpetrator that you love them. Forgiveness involves loving yourself enough to let go of those harmful toxic emotions that will only damage you

more emotionally, mentally, and physically as you hold onto them and play them out again and again in your head and in your life.

You put yourself in a state of being the victim when you allow yourself to be victimized by harbouring negative emotions from any event in your life. Letting go of grief and painful emotions is a process.

It is not to be forced, but it is something to consciously let go of for your own greater health and well-being. When you let go of emotions that do not feel good to hold on to, you make room for more positive emotions and more positive experiences to enter your life.

Negative emotions can makes us sick if we hold on to them. Emotions, both positive and negative, unleash actual chemical responses in our bodies. The stress response released by negative emotions is toxic to our bodies and can lead to disease if we are unwilling to work through our negative emotions and release them from our lives.

Meditation for Dealing with Disease

- Allow yourself to sit or lay down in a comfortable position, place cushions around or under you to make yourself very comfortable.
- Gently close your eyes and turn your awareness to the sounds you hear in the environment around you. Focus fully on whatever sounds you can hear, perhaps even only silent sound

like your heartbeat or breathing. *Allow your body to sink into the cushions.*

- Smile, raising the corners of your mouth gently, and notice how this makes you feel. Breathe in now through your nostrils, being aware of each in-breath and out-breath.
- Begin to notice the rhythm of the breath without trying to control it in any way. Maybe it is deep, maybe it is shallow, let it be as it is and notice it.
- Acknowledge any thoughts patiently, allowing them to drift in and out of your consciousness, keeping your awareness focused on the in-breath and the out-breath. Deepen the breath into your belly, allowing it to rise and fall with each in-breath and out-breath. *Allow the body to soften as you give your attention to the breath.*
- Now let the breath guide you inwards to a time in your life when you felt very peaceful. Let yourself remember this moment in detail.
- See the place clearly, who you were with. It could be any time where you felt great peace: when you were out jogging, when you were dancing, when you were holding a baby, playing with a favourite pet, etc. Explore the memory in detail. *What do you*

see? What do you smell? What do you feel? Take in as much sensory detail of the scene as you can. *What can you hear?* Recreate the sounds now.

- Listen to them and allow yourself to experience these sounds again. Maybe there was a taste as well. Picture yourself tasting that now again. Bring all of the feelings alive again in your body through your imagination.
- Now with all of your senses engaged, let the whole experience flow through you and connect every cell of your body to that most peaceful experience. *Allow yourself several minutes to fully experience the memory,* allowing it to come alive in your senses and imagination once again.
- Once you have fully realized this moment of great peace in your senses, allow it to fade, but allow the feeling of great peace to linger still.
- Feel how this peace is ever-present in you, and know you can return to this moment, or any wonderful memory, whenever you wish by simply closing your eyes.
- *Gently open your eyes* and bring your awareness back to your surroundings.

Prevention

Dietary Considerations for Health

You are what you eat is a well-known phrase. Many of us have food choices every day that can either bring health and nutrition to our bodies or possibly compromise the health of our bodies. When choosing what foods to eat and what foods to avoid, a good basic rule of thumb is to choose foods that are as close to nature as possible.

For instance, fresh fruit is closer to nature than canned fruit. *The less cooked, concocted and preserved a food is, the better.* My mother used to say that if a food has more than four or five ingredients in it, it's probably not good for you.

Moreover, any word that is hard to pronounce (like most chemical ingredients) is probably best to avoid. *These are some good basic rules to loosely follow in your day-to-day food choices.*

Home-cooked meals are a great way to ensure the purity of the ingredients as well. Cooking food from fresh, pure ingredients at home will decrease the likelihood of consuming less-than-nutritious empty calories and "filler" foods like processed flours and unhealthy fats like lard.

Fast-food isn't necessarily that cheap anymore and the price you pay for

consuming processed foods and foods that your body has trouble reading the nutritional value of is not worth the penny or two you may save.

The cost of health care down the line is much greater than investing now in foods that are pure, nourishing and chemical-free.

Vegetarian, Vegan, Omnivore

More and more people seem to be opting for vegetarian or nearly-vegetarian diets. While red meat especially, and most other meats as well, are more difficult for our bodies to digest and incorporate, the complete proteins offered through a vegetarian diets rich in protein from nuts, whole grains, seeds, legumes, vegetables and fruits are more easily digested and incorporated into the body.

There are other reasons too to consider a vegetarian diet, including unhealthy factory farming and meat production facilities that lend to potentially hazardous meat products being produced.

Additionally, the use of growth hormone and other chemicals in the treatment of animals bred for meat and dairy production can taint the purity of the foods. If meat is a part of your diet, you may want to seriously consider purchasing meat from smaller

more local production facilities, especially ones that sell “natural” meats free from chemicals.

Free range and grass-fed meats also should mean that the dangers of factory farming should not affect the meat you purchase.

For those who enjoy fish, it is wise to purchase fish from a smaller deli or butcher shop rather than a larger chain supermarket. At the smaller shops the suppliers should let the seller know where the fish was fished so you can make sure your fish is coming from purer waters.

Also, the seller at the smaller shop should be able to tell you approximately when the fish was caught so you can ensure that you are purchasing fish that is only weeks, rather than months, old.

Organic, Natural and Whole Foods

Some foods carry organic certification labels. This means different things depending on the organization that is providing the certification and what they require for a food to be certified as organic.

In most cases, organic certification means a certain quality of soil that has been chemical-free or untreated by pesticides and herbicides for a certain number of years.

It also often means the fruit or vegetable itself has not been chemically-treated during its growth

period or after harvesting when some conventional fruits and vegetables may be irradiated or treated in some way to preserve its shelf-life for a longer duration.

Many foods are not chemically-treated and do not have an organic certification. These foods are often labelled as “natural”, but this can be a grey area and can be difficult to tell. Usually a quick visit to a company’s website, if one is available, can let you know just how natural the product is (free of hormones, chemicals, etc.).

Local farmers markets can be a great place to find non-chemical foodstuffs. Vendors are usually happy to talk to you about their farming practices if you want to ask.

Whole foods are simply foods that are as unprocessed and unrefined as possible before consumption. These include whole grains like rice, wheat berries, barley and quinoa, where the bran, endosperm and germ of the original grain are still intact.

Other whole foods include dry beans, fruits, vegetables, nuts, seeds, pure oils and salt. Basically, whole foods are foods that are *close to nature*, one of the key rules of thumb for making food choices mentioned at the beginning of this chapter.

Supplements

Sometimes it can be difficult to receive all the nutrition our bodies need through our food choices. It can be

helpful to supplement the diet with whole food supplements, natural protein supplements, and vitamin and mineral supplements.

Some people supplement their diets with oils, such as fish oil or flaxseed oil, to ensure good fats are sufficient in the diet. Others supplement with probiotics in tablet or liquid form to help add good bacteria to the gut for digestion.

When shopping for supplements, try to look for whole food supplements that are as close to nature as possible. Avoid supplements that have added sugar or other unnecessary filler ingredients.

Examples of common fillers in supplements are: lactose, sucrose, magnesium stearate, glucose, plant cellulose, and calcium carbonate. Lubricants are sometimes added to supplements and should also be avoided as they are unnecessary for the body and not beneficial except for assisting a pill in being swallowed: silica, talc, stearic acid, and magnesium stearate.

Sometimes a supplement will contain a somewhat natural preserving agent to extend shelf-life such as vitamin A, C, E, selenium, and amino acids. Avoid preservatives such as methyl paraben and propyl paraben.

Avoid supplements that contain the word “artificial flavourings” in the ingredients, there are over 2000 chemicals used to make a wide range

of flavours that fall under this ingredient name.

Movement & Exercise

For some, exercise is an exciting and regular part of their life. For other, it is pure drudgery. Hopefully, most of us fall somewhere in the middle of those two extremes.

A little activity every day is essential to good health. Movement and stretching not only feels good, it keeps the body limber and flexible and also helps the body to pump blood effectively and flush out toxins.

In a day and age where it is possible to work while sitting for many people, taking time in each day for movement and exercise becomes increasingly critical.

General Discussion

When it comes to exercise: to each their own! A moderate-paced 20-minute walk every day should be enough for the average adult, however, there is no need to stop at that if you feel inspired to add more exercise to your life. However, remember moderation.

While exercise can be enjoyable and beneficial to the body, done in excess it can lead to stress, injury, and in some cases disease. Make sure you are giving your body plenty of rest and nutrition, and be smart about exercising. If you are very overweight, going for a run is not a good option.

First, walk off some of your excess pounds. Swim or do exercises that do not put the impact of your weight on your knees, ankles and feet. I have a dear friend who decided to go back to ballet class, 20 years, four children and about 150 extra pounds later.

Sure enough, on the second day, she jumped in the air with all the rest of the ballerinas and came down- crack!- and broke her foot. Two years later, she has still not gone back to ballet class, but she did learn a valuable lesson about the kind of exercise she should do in the meantime.

Yoga

Yoga can be a great way to not only stretch your body but also gain strength, good skeletal alignment, and balance. Yoga is not a competitive sport and should not be about pushing to an extreme.

Yoga is about working with your body where it is at today, right now. Going to a yoga class for the first time may be intimidating to some of us because we will no doubt witness practitioners at a variety of levels in their practice.

Remember, practice makes perfect—and yoga isn't about being perfect anyway, it's about being you! Nowadays there are many yoga studios offering hot yoga classes. If you have dizziness issues or lung or heart issues, you may want to avoid hot yoga classes or just plan to take it easy, take lots of breaks, and bring some extra water.

Otherwise, for an average healthy person, regular hot yoga classes are a great way to help remove toxins from your body and sweat out other impurities. You may even notice that you become leaner and slimmer with a regular yoga practice (3 – 4 days per week).

Moving Meditation

Yoga can be considered a form of moving meditation. Other forms of moving meditation are Qigong and Tai Chi. Moving meditation types of exercise are excellent because not only do they get your body moving and active, they also increase your body awareness, and greater body awareness is a cornerstone to good health, as discussed at the beginning of this book.

Cleansing & Detoxification

Our bodies are exposed to and consume a variety of toxins and chemicals that need to be cleansed from the body for optimal health in addition to general flushing out of waste from the body.

For the Home

Keeping your home environment free and clear of toxins and chemicals is a good plan for your health. Try to use natural products for cleaning your home and washing your laundry. Use dishes that are toxin free.

Some dishes contain heavy chemical dyes and glazes that eventually can seep into food and drinks causing

illness or toxicity. *Use glass dishes or buy local pottery dishes*, or buy dishes online from a number of chemical-free dishware companies.

Many fabrics are chemically treated, so if you buy towels or bed sheets not made from organic fabrics, be sure to wash them at least twice in hot water with a good natural detergent before using them.

Keep your home clean and free from mould, dust and mildew as much as possible. Have the ducts in your home checked periodically and if you have a central heating and air conditioning unit, make sure you are keeping filters clean and having them regularly-maintained to ensure a purer air quality.

For the Body

Taking regular hot baths with salt crystals added to the water, such as Himalaya salt, is an excellent way to help the body detox. Sweating is a great way to purify and cleanse the body as well. Going to a sauna or simply working up a sweat exercising is a great thing to do at least a few times every week.

Cleansing the body can be accomplished through foods as well. Eating lots of raw cilantro for a few days, adding it to salads, soups and with other meals, is a great natural way to help cleanse heavy metals from the body.

A natural colon cleanse can be done by eating nothing but raw apples (with the peels is important) for three days, you can eat as many apples as you want, whenever you are hungry. On the evening of the third day after eating your last apple, take two tablespoons of a very high-quality extra virgin olive oil.

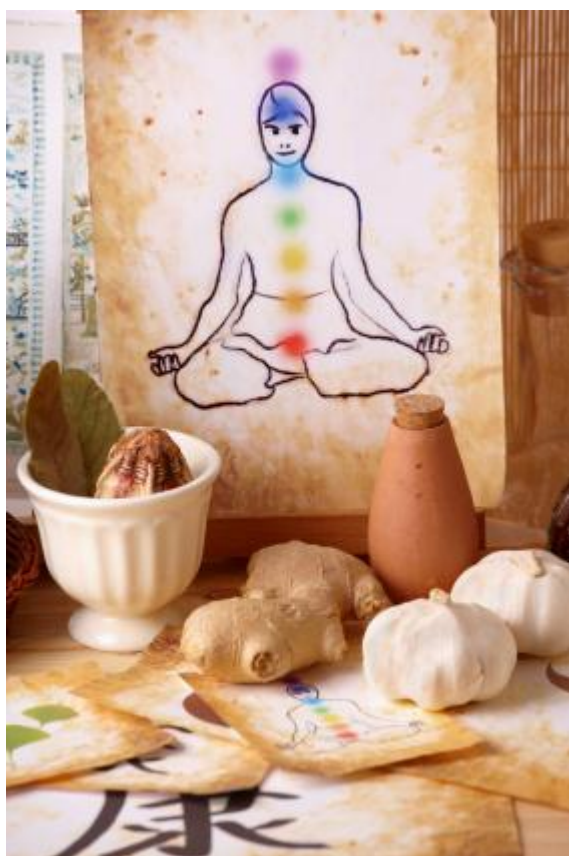
The oil helps the apple peels to slide out of your system, and the peels have a cleaning effect on your entire colon. Another great daily routine for cleansing of the body is to drink the juice of half a lemon in a cup of room temperature water first thing every morning. This stimulates the bowels and cleanses the digestive tract.

Keep the toxins and chemicals you introduce to your body to a minimum by watching that you eat pure and natural foods and use natural body care products as well.

Introduction to Ayurvedic Methods & Massage

Ayurvedic Methods & Wisdom

I begin with Ayurveda because my own alternative healing practice draws much from this science of healing arising out of India.



Ayurveda is an earth-based medicine, meaning that it calls upon the fruits of the earth (e.g., herbs, oils, minerals, and mud) to heal the body. Ayurveda also includes an energetic component and the goal of ayurvedic medicine is to bring the body into balance.

The Three Body Types or Doshas of Ayurveda

Vata is the dosha or body type of air and space. Vata people are characteristically thin-framed and find it difficult to put on weight. Their minds are quick, restless and imaginative and they often learn quickly and forget just as quickly.

The hair and skin of vata people tends to be dry. Their sleep is often a light and interrupted sleep. They are easily excitable, stressed and anxious. Their moods can change quickly. The appetite is irregular.

Pitta is the dosha of fire and water. The pitta person generally has a medium-frame and maintains an average weight most of the time. They tend to have sharp, efficient and perfecting intellects.

Hair is often fine, thinning, reddish, and prematurely grey for pitta people and the skin is soft and ruddy. They have a sound, medium-length sleep. They can anger and become irritated and critical easily. Pittas usually experience sharp pangs when hungry.

Kapha is the dosha of earth and water. Kaphas can tend towards heavier builds and put on weight easily. They tend to be calm, steady and stable with good long-term memories.

Kapha hair is generally thick and oily and the skin is oily and moist. The sleep of a kapha is sound, long and steady. A kapha is not easily excited and can be rather stubborn and unchanging. Kaphas can easily skip meals.

Basic health care the Ayurvedic Way: Diet, Herbs & Oils

Most people are classified as one body type primarily: vata, pitta or kapha. But nearly everyone has some characteristics of the other types. Some people are even about 50/50 on two body types, such as pitta-kapha. Depending on how you are composed of the three doshas, regular care is recommended to help balance your body for optimal health.

Balancing Vata

Vata (air and space) is connected to flow and motion in the body. The following signs are commonly indicative of vata imbalance:

- The skin is rough and dry and may appear thin.
- You are underweight and find it difficult to put on weight.
- Your mind is constantly going.
- You worry incessantly.
- You experience restlessness and agitation often.
- You are constipated.
- You have insomnia.
- You have ongoing vaginal dryness.
- You frequently experience forgetfulness.

- There is often discomfort in your joints.
- You are easily fatigued.

If you identify with over half of these statements, you need to balance vata. Vata people can be very flighty and “gone with the wind”. They need extra grounding, like a regular routine, to stay balanced.

Because blowing in the wind can be rather unnerving, vata people also benefit from calming practices such as daily hot baths and massage. Here are some suggestions for balancing vata:

- Drink calming teas such as chamomile, hibiscus, herbal sleep teas, etc.
- Apply calming oils and diffuse them in your environment (valerian, hops, chamomile)
- Season meals with cardamom, ginger, cumin, cinnamon, salt, cloves, mustard seed, and black pepper.
- Massage your body daily with warm sesame oil
- Stay in warm temperatures
- Eat warm, cooked foods (less raw foods)
- Go to bed early and get lots of rest
- Eat warm, oily, heavy foods and sweet, sour, and salty tastes
- Avoid light, dry, cold foods and pungent, bitter and astringent tastes
- Stick to a regular routine with your day
- Avoid stimulants like caffeine

- Try to have regular, daily elimination
- Stay warm in cold, windy weather

In addition to the above suggestions, eat a vata-balancing diet:

- Eat larger quantities of food, but not more than you can digest easily.
- Dairy. All dairy products balance vata. Always boil milk before you drink it, and drink it warm. Don't drink milk with a full meal.
- Sweeteners. All sweeteners are good (in moderation) for balancing vata.
- Grains. Rice and wheat are very good. Reduce intake of barley, corn, millet, buckwheat, rye and oats.
- Fruits. Favor sweet, sour, or heavy fruits, such as oranges, bananas, avocados, grapes, cherries, peaches, melons, berries, plums, pineapples, mangos and papayas. Reduce dry or light fruits such as apples, pears, pomegranates, cranberries, and dried fruits.
- Vegetables. Beets, cucumbers, carrots, asparagus and sweet potatoes are good. They should be cooked, not raw. The following vegetables are acceptable in moderate quantities if they are cooked, especially with oil and vata balancing spices: peas, green

leafy vegetables, broccoli, cauliflower, celery, zucchini and potatoes. It's better to avoid sprouts and cabbage.

- Spices. Cardamom, cumin, ginger, cinnamon, salt, cloves, mustard seed and small quantities of black pepper are acceptable.
- All nuts are good.
- Beans. Reduce all beans, except for tofu, mung beans and dahl.
- Oils. All oils balance vata.

Balancing Pitta

Pitta (fire and water) is primarily in charge of metabolism and transformation in the body. If you have a pitta imbalance, you may notice the following signs:

- You tend to be demanding or critical.
- You are often frustrated, angry or intense.
- Your skin is ruddy and prone to rashes and eruptions.
- You are often irritable or impatient.
- Your hair is prematurely gray or thinning.
- You wake up in the early hours and find it difficult to fall asleep again.
- You feel discomfort in hot weather.
- You are perfectionistic.
- You experience hot flashes.
- You have excess stomach acid.
- You experience loose bowel movements.

If you identify with over half of these statements, you need to balance pitta. Pitta types can easily overheat, so the key to balancing pitta is cooling and calming practices that help the pitta person to simmer down. Here are some suggestions for balancing pitta:

- Drink tea that has a cooling effect such as mint, rose petal and fennel teas.
- Season meals with coriander, fennel, cumin, dill, mint, and turmeric.
- Rub pitta balancing oils on your wrists and temples or diffuse them in the air around you (lavender, lemon, sage, geranium, peppermint).
- Keep cool. Avoid hot temperatures and food.
- Favor cool, heavy, dry foods and sweet, bitter and astringent tastes.
- Reduce pungent, sour, salty tastes and warm, oily and light foods.
- Aim for moderation, avoid overwork.
- Allow for leisure time.
- Stick to regular mealtimes, especially lunch at noon.
- Massage a cooling oil such as coconut oil into your body.

In addition to the above suggestions, eat a pitta-balancing diet:

- Dairy. Milk, butter and Ghee are good for pacifying Pitta. Reduce yogurt, cheese, sour cream and cultured buttermilk (their sour tastes aggravate Pitta).

- Sweeteners. All sweeteners are good except honey and molasses.
- Oils. Olive, sunflower and coconut oils are best. Reduce sesame, almond and corn oil, all of which increase Pitta.
- Fruits. Favor sweet fruits, such as grapes, cherries, melons, avocados, coconuts, pomegranates, mangos, and sweet, fully-ripened oranges, pineapples and plums. Reduce sour fruits such as grapefruits, olives, papayas, and unripe pineapples and plums.
- Vegetables. Favor asparagus, cucumbers, potatoes, sweet potatoes, green leafy vegetables, pumpkins, broccoli, cauliflower, celery, okra, lettuce, green beans and zucchini. Reduce hot peppers, tomatoes, carrots, beets, onions, garlic, radishes and spinach.
- Spices. Cinnamon, coriander, cardamom and fennel are all right. But the following spices strongly increase Pitta and should be taken only in small amounts: ginger, cumin, black pepper, fenugreek, clove, celery seed, salt and mustard seed. Chili peppers and cayenne should be avoided.

Balancing Kapha

Kapha (earth and water) concerns structure and the fluid balance in the body. The following signs are

commonly indicative of kapha imbalance:

- You tend to be overweight even if you exercise and eat an average diet.
- You often feel slow-moving and lethargic.
- You experience sinus problems somewhat regularly.
- You sleep long hours yet wake up feeling unrested.
- Your skin and hair are oily.
- You tend to be possessive and over-attached.
- You feel discomfort in cold, damp weather.
- You feel lazy or complacent much of the time.
- You experience bloating, water retention somewhat regularly.
- You often feel stiff and heavy, especially in the morning.
- You feel congested somewhat often.

If you identify with over half of these statements, you need to balance kapha. Since kapha runs on the slow, cold and sluggish side, the keys to balancing it are warmth and stimulation. Here are some suggestions for balancing kapha:

- Drink earthy teas such as
- Season meals with turmeric, ginger, mustard seeds, cayenne pepper, anise, black pepper, basil and parsley.
- Rub kapha-balancing oils on your belly, lower back and feet, or diffuse them in the air around

you (juniper, clove, cinnamon and eucalyptus).

- Vigorous regular exercise, a little each day.
- Warm temperatures.
- Eat fresh fruits, vegetables and legumes.
- Favor pungent, bitter, astringent tastes and light, dry and warm foods.
- Reduce heavy, oily, cold foods and sweet, sour and salty tastes.
- Seek out variety and new experiences.
- Stay warm in cold, damp weather.
- Put yourself to bed early and wake up early.
- Use a neti pot every day or every other day to clear the sinuses and avoid congestion.

In addition to the above suggestions, eat a kapha-balancing diet:

- Dairy. Low-fat milk is best for kaphas. Heat milk before you drink it, making it easier to digest, and drink it warm. Do not drink milk with a full meal or with sour or salty food. Add one or two pinches of turmeric or ginger to milk when you heat it to make the milk even more kapha-friendly.
- Fruit. Lighter fruits, such as apples and pears, are best for kaphas. Reduce heavy or sour fruits, such as oranges, bananas, pineapples, figs, dates, avocados, coconuts and melons.

- Sweeteners. Honey is excellent for balancing kapha. Reduce all other sugar products, as these put kapha out of balance.
- All beans are fine, except tofu.
- Reduce all nuts.
- Grains. Most grains are fine, especially barley and millet. Do not eat too much wheat or rice, as these put kapha out of balance.
- Spices. All are fine for kapha balance, except salt.
- Vegetables. All are fine for kapha balance, except tomatoes, cucumbers, sweet potatoes and zucchini.

Introduction to Massage

Healing with Bodywork & Energy Work



Massage, bodywork and energywork are wonderful ways to assist your body in relieving stress and maintaining a relaxed and healthy body.

Some bodywork treatments also help correct alignment of the skeleton, reduce or eliminate abnormal or imbalanced muscle tension, and correct various physical abnormalities.

Receiving these hands-on treatments is also a great way to boost awareness of your body, which is key to good health. When a skilled practitioner works on your body, you will notice as they touch you where you feel tension or discomfort. This will assist you in knowing your body better and what it needs to be healthy.

Common Types Available

Chiropractic Adjustment –

Chiropractic work grew out of the bone manipulations developed by osteopathic medicine. Chiropractic doctors use gross manipulations instead of the subtle lighter manipulations of the osteopath. Chiropractors mainly focus on the spinal alignment but also may work on hips, shoulders, legs and feet.

Doctor of Osteopathy (D.O.), Osteopathic Manipulation –

Osteopathic doctors are trained in everything Medical Doctors (M.D.s)

are trained in but with additional training in a holistic medicine approach that recognizes the skeletal structure as an essential foundation to good health in the body. D.O.s are trained in subtle bone manipulation techniques that help realign the skeleton.

Swedish Massage - Probably the most common type of massage, a Swedish Massage uses five basic strokes to increase circulation, decrease muscle tension and increase relaxation. An oil, lotion, or cream is applied to the skin to reduce friction.

Deep Tissue Massage - This form of massage uses techniques to reach deeper layers of muscle and fascia. Sometimes called deep pressure massage, deep muscle massage, or even deep tissue sculpting, these techniques require that the therapist have a good understanding of anatomy, physiology, and myology. Superficial muscles need to be relaxed to reach the deeper layers, so other bodywork techniques are often mixed in throughout the session.

Deep tissue massage can help relieve chronic muscular pain and help achieve better postural alignment.

Acupressure - A traditional Chinese medicine technique that uses the same points throughout the body as acupuncture. However, acupressure accesses these points by applying pressure with fingers, hands, elbows, or sometimes feet. When points are pressed, the body's natural healing

abilities are enhanced, releasing muscle tension and increasing circulation.

CranioSacral Therapy (CST) - With its roots in Cranial Osteopathy, CranioSacral Therapy focuses on the evaluation and enhancement of the craniosacral system. Developed by John E. Upledger, DO, OMM, this gentle form of manual therapy works with the body's natural healing ability and has proven effective in treating a wide range of pain and illness.

Manual Lymph Drainage (MLD) - The most common form of manual lymph drainage is the Dr. Vodder method. Through the pumping and stretching effect on the lymph vessels, the Dr. Vodder method of Manual Lymph Drainage stimulates the contraction of lymph vessels, helping to move the lymph forward and drain the connective tissue.

Myofascial Release (MFR) - This technique involves the application of sustained pressure and movement of the connective tissues in the body known as fascia. After an assessment of fascial movement a sustained pressure/traction is applied to the tissue to release areas of restriction and immobility. It is these areas of restriction and immobility of fascia that can cause pain and decreased range of motion in the body.

Reflexology - In reflexology, specific points on the feet, hands, and/or ears are massaged, squeezed, or pressed with the intention of stimulating healing in other parts of the body.

These points correspond to organs, glands and other tissues in the body. It is believed that working these points stimulates the body's energy flow and natural healing ability.

Reiki - Probably the most known and practiced energy healing art. Reiki means 'universal life energy' or 'universal life force'. The practitioner places his/her hands on the recipient in various positions. The practitioner then offers healing universal energy to flow through him/her and be received by the recipient. The recipient's body may accept this energy and use it to enhance its natural healing abilities.

Rolfing Structural Integration - Usually just called 'Rolfing' this system is designed to address the body's entire myofascial system to improve body awareness, release motion restrictions, improve posture, and re-educate the client on how to properly use his/her body on a daily basis in relation to gravity. Rolfing is usually received in a 10-session series designed to systematically balance the structure and function of the entire body.

Shiatsu - A Japanese form of body work that literally translates to 'finger pressure'. Shiatsu practitioners use their fingers, hands, and thumbs to apply pressure to specific points and sections of the body to correct imbalances and promote health. It can help adjust the body's physical structure as well as its natural inner energies.

Thai Massage (or Thai Yoga Massage) - This modality is practiced on a mat on the floor and not a massage table. The client wears comfortable clothing and lies relaxed on the mat. The practitioner gently moves the client's body into yoga-like positions to deeply stretch the body and open up energy lines through the body. The practitioner may also use his/her hands, forearms, or feet to apply firm, rhythmic pressure to parts of the receiver's body. Sessions can last up to two hours or more.

Visceral Manipulation - Visceral manipulation enhances the normal mobility and tissue motion of the organs of the visceral system. Hypertonicity, displacement, and adhesions can all cause organs to work against each other, creating chronic irritation and fixed, abnormal points of tension.

The visceral organs are dependent on their ability to move freely in the visceral cavity to then work correctly and efficiently. When they are pulled out of their effective positions, they cease to function properly. By freeing each organ to work compatibly with the others, a therapist can potentially alter and improve the structure and functioning of the entire body.

Zero Balancing - By working with bone energy, zero balancing seeks to correct imbalances between energy and structure, providing relief from pain, anxiety, and stress. Zero Balancing was developed by Fritz Smith, MD, and has

its roots in osteopathy, acupuncture, Rolfing, and meditation.

A Zero Balancing session, which consists of gentle acupressure focusing on joints and bones, generally takes thirty to forty minutes and is done through the client's clothing while they lie on a massage table.

Self-treatments

Massaging yourself is not only a great way to nourish your skin with extra oils, it is also a great way to increase circulation and flushing of toxins when practiced daily. You can also do energy work on yourself. Both of these are great ways to increase your body awareness and increase your overall health and well-being.

When massaging yourself, use a pure, natural and nourishing oil such as almond or sesame. On extremities, rub

towards the heart as a general rule, i.e. rub from the wrist towards the elbow on the forearm, and rub from the ankles up to the buttocks on the backs of the legs.

If you sleep on a squishy mattress, laying on a hard floor for several minutes each day can help your spinal alignment tremendously. If you have a tense hip, position a tennis ball on the floor and lay on your side on the floor, pressing the weight of the hip into the tennis ball to help compress and release the muscle tension.

There are many easy self-massage, acupressure and energy healing techniques that you can practice to help alleviate a variety of ailments. Find a book at your local library or do some simple research online and you will find more than enough information about these self-care techniques.

Natural Remedies

IMPORTANT: Read this notice before continuing to read this book!

General Precautions

The information contained in this book is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, or action which results from reading or following the information contained in this book. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider.

Special Precautions

Take extra care in the following cases, being sure to confirm safety with a doctor before implementing any home remedy.

Pregnancy

If you are pregnant or nursing, use especial caution with herbs,

supplements and oils. Always check with your doctor before implementing any use of products that may interfere with infant health.

Dosing for Children

Not all herbal and natural treatments are safe or appropriate for children. Always consult with your child's paediatrician before implementing any use of products or remedies. Children are often more sensitive than adults and smaller doses are usually recommended for children. Always check with a doctor for safe dosage amounts and durations for children before administering any remedy to a child.

Drug Interactions

Herbs, oils and other natural remedies can enter the body and counteract or have negative interactions with drugs and other medications. Check with a knowledgeable doctor to determine any known interactions with drugs or medication you are taking now or have taken anytime in the recent past.

Natural Treatments by Condition, A – Z

For quick reference, this guide has been compiled by condition alphabetically.

Acid reflux

Acid reflux occurs when a valve that is normally closed except when food is entering the stomach remains open longer than necessary or becomes floppy and stomach acid passes through the open valve up into the oesophagus. Symptoms include a burning feeling in the throat and chest (heartburn), and acidic regurgitation.



Some common triggers to avoid when you have repeat bouts of acid reflux are:

- Eating large meals or lying down right after a meal.
- Eating a heavy meal and lying on your back or bending over at the waist.
- Snacking close to bedtime.
- Eating certain foods, such as citrus, tomato, chocolate, mint, garlic, onions or spicy or fatty foods.
- Drinking beverages such as alcohol, carbonated drinks, coffee or tea.
- Taking aspirin, ibuprofen, certain muscle relaxers, or blood pressure medications.

Acid reflux can be brought on by stomach abnormalities such as an ulcer, hernia, or an infection. If your acid reflux persists, be sure to consult a doctor in case a more serious problem needs to be uncovered and addressed.

When you experience occasional non-persistent acid reflux some natural remedies can help you to feel better.

- Avoid large meals. Finish eating for the day at least two hours

before you go to bed. Eat small meals and avoid heavily acidic foods in the evening like red meat, citrus, corn, wheat, most beans, vinegar, coffee and alcohol.

- Move around a little after a meal. Take a light 5 – 10 minute walk after every meal, or do a little light cleaning in a standing position for the same amount of time. Avoid reclining or going directly to a sofa after a meal and sinking in. Just as a baby needs to be patted gently after eating, you should allow yourself a little time gently moving around in an upright position after eating before you sit or recline.
- *Licorice, fennel and turmeric* essentially line the oesophagus and can help protect it from acid. Adding these spices to your meals or taking them in supplement form at the end of meals is a good natural precaution.
- Always wear clothing that is not cinching tightly around your

waist or making you feel uncomfortable on or near your belly.

- Use high-quality nutrient-rich Himalaya salt in your cooking, or a similar salt with a high mineral and nutrient payload.
- Take a digestive enzyme supplement such as papaya enzyme tablets with meals.
- When acid is on the rise, quickly mix a teaspoon of baking soda in a small glass of warm water and drink this before it stops fizzing. As an alternative to baking soda, try 2 tablespoons of aloe vera juice in 1/4 cup of water.
- Another fast-acting acid reflux stopper is raw organic apple cider vinegar. Mix 1 tablespoon of apple cider vinegar in 1/4 cup of distilled water.
- Try to use room temperature water rather than cold water. Avoid drinking cold beverages, do without ice cubes. The cold can be a shock to your digestive processes and can cause upset.

Acne

Acne is largely hormonally influenced, but is also thought to be influenced to some extent by genetic factors, stress, epidermal bacteria and diet. It most often appears in teenage years, around the onset of puberty.

However, there are cases of acne that start during pregnancy or at other times of significant hormonal shift in the body. The majority of medical treatments consist of prescription and over-the-counter chemicals that have antiseptic, antibacterial, anti-inflammatory and hormonal effects.

For treating acne naturally with home-remedies, it is best to treat the acne both externally/topically and internally through diet and supplements.

I will recommend a basic acne treatment plan here, but as each person's body presents a unique balance of hormones and chemicals, you will want to modify this regimen to what works best for your body, according to the severity of the acne.

For internal treatment of acne, eat a diet rich in vitamin A. Eat steamed sweet potatoes and dark leafy greens (especially kale, collard greens, turnip greens, swiss chard and mustard greens). Eat raw or steamed carrots and spinach. If you have a juicer, you can also make juice out of carrots and any of the greens listed here.

Acne Healing Juice

- 1 cup apple juice
- 1 cup carrot juice
- 1/2 cup juiced kale
- 1/2 cup juiced spinach

This juice is delicious and loaded with skin-friendly acne-fighting vitamin A.

Romaine lettuce is also an excellent source of vitamin A, so put it in your salads and on sandwiches instead of other types of lettuce. Or, better yet, try sunflower sprouts on your sandwich instead of lettuce.

Additionally, incorporate about two avocados into your diet weekly. If you've never eaten avocados before or haven't eaten them very often, allow three weeks for your body to adjust to their rich and skin-nourishing fatty acids and vitamin E. *Try them on sandwiches, salads, with beans and rice, in tacos or in smoothies.*

The linoleic acid and the vitamin E in avocados are so good for your skin that some people even recommend smashing a ripe avocado and applying it to acne-prone skin as a masque.

If you want to do this, I recommend adding raw honey to the masque in order to benefit from the antimicrobial effects of honey as well as its sticking power that helps the masque stay put.

Acne-Calming Avocado Honey Masque

- 1 ripe avocado
- 1 TBSP raw honey

Raw honey will have greater antimicrobial activity than heat-prepped honey. Mash the avocado with a fork or mashing implement in a small mixing bowl, use a hand mixer or fork to whip the honey into the avocado evenly.



Apply this masque every three days after steaming the face for a few minutes over a bowl or sink of hot water and washing with a splash of apple cider vinegar and warm water. Leave the masque on the face about 10 – 12 minutes.

If no improvement is seen after three weeks, discontinue application. However, if your skin improves after three weeks, reduce the masque application to once per week for about one month, then every other week for one month, and eventually just once per month.

Supplement with zinc daily according to the recommended dosage on the zinc supplement tablets you purchase. Zinc

plays a role in wound healing and reduces inflammation.

You may also want to try supplementing with brewer's yeast (the specific strain is shown effective in reducing acne is CBS 5926).

While some sources may recommend the use of tea tree oil for treating acne, I simply cannot agree. While it is certainly antiseptic and antibacterial, it is far too harsh for use on sensitive irritated skin and is likely to deplete and dry out the skin.

I highly recommend daily application of 100% pure rosehips oil to any acne prone skin. It is important to apply it daily and not just at times of breakouts because the daily application will slow the rate of your breakouts and may eventually eliminate them altogether.

In addition to reducing acne breakouts, rosehips oil works to reduce any scarring you may experience from acne. It also is an excellent way to hydrate and improve overall skin vitality.

I recommend washing with a splash of apple cider vinegar and warm washcloth before bed and applying the rosehips oil so your skin can benefit as you sleep. Apply a little after anytime you wash the face to help rehydrate and replenish the skin.

During especially bad breakouts, you may want to add about 3 drops of oil of wild oregano to 20 drops rosehips oil to give added antiseptic power to this

treatment. Do not put more than 2 or 3 drops though as oregano oil is very strong like tea tree oil.

I recommend avoiding caffeinated and carbonated beverages when you have acne breakouts. Drink lots of hot teas instead. The following are especially beneficial to the skin and I highly recommend drinking them daily if you are prone to acne:

- rosehips tea
- hibiscus tea
- rooibos tea



Rooibos Tea

Avoid highly-acidic foods such as red meat. I also recommend avoiding milk products, unless it is probiotic-rich yogurt. If you want to drink milk, add a couple small slices of ginger to two cups of milk over low heat on the stovetop. Warm the milk, adding a dash of ground cinnamon and a dash of ground cloves.

Sweeten with a teaspoon or two of 100% pure maple syrup or raw honey. Instead of cow milk, use almond milk. Almonds are a very skin-friendly food rich in vitamin E. Eating a couple raw almonds daily is a great way to nourish and strengthen the skin

Allergies

An allergy, very generally, is an immune system response to environmental factors that may or may not commonly irritate humans.

Allergic reactions can range from mild to severe in nature manifesting as rashes, laboured breathing, swelling and in some severe cases death. Severe allergies are usually, unfortunately, detected through experience. These allergies can be from foods, medications and venom from stings or bites.

Local bee pollen and local raw honey when included in the diet a few times per week just prior to the growing season and during the growing season of your region can help alleviate seasonal allergies arising from the local plant life. You can add a teaspoon of bee pollen to smoothies or make tasty raw bee pollen truffles.

Bee pollen truffles

- 12 dates
- 1/4 cup dark chocolate chips
- 1/4 cup coconut flakes
- 1/4 cup raw rolled oats
- 2 TBSP raw local honey
- 2 TBSP local bee pollen

Mix all the ingredients together in a food processor. Roll into round balls, just smaller than a ping-pong ball. Keep in the fridge and eat one or two a day as a tasty treat.

Some allergies have been successfully treated using hypnosis, especially allergies arising from subconscious



fears and anxiety. Medical hypnosis and other forms of therapeutic hypnosis are practiced by some psychologists, counsellors and other health practitioners. You can usually find hypnotherapists in your area by doing a simple online search.

Anxiety

Everyone gets anxious once in a while: a big meeting, an important performance. But some people actually live with a level anxiety buzzing in the backdrop of their mind all the time.

This anxiety can peak at times of stress causing what are termed panic attacks. A panic attack can sometimes feel like a heart attack, there is often tightness and fluttering in the chest, difficulty breathing, dizziness and in some extreme cases a loss of consciousness.

Prolonged anxiety can often lead into depressive symptoms as well, so it is good to do one's best to recognize anxiety and work to lessen it before it becomes worse. Doctors prescribe anti-anxiety medications and also often recommend seeing a psychologist to work through anxious feelings.

Passionflower tincture has been shown to have similar effects to Valium when a 45-drop daily tincture is taken in a glass of water.

Anxiety can often arise from overactive thoughts and repetitive negative thought patterns arising from past trauma. Meditation that works to calm the mind can be helpful for curbing anxiety.

Look for meditations that focus on a mantra or a phrase. Repeating a mantra or an affirmation will help take the mind off anxiety-causing thought patterns and may even help establish a

new positive pattern of thought if repeated daily over the course of several weeks.

There is a form of meditation referred to as *Karma Yoga* that involves repeating mantras while you go about your daily work. Pick a positive thought or mantra and repeat it throughout your workday. Such as "I am peaceful" or "All is well".

Even if you do not believe the words at first, after three weeks you can actually successfully re-pattern your thoughts in most cases, and you will actually feel more at peace.

Oil for calming nervous tension

Use warm sesame oil with a few drops of myrrh oil. Massage up and down the spine, neck and shoulders, the palms of the hands and the scalp.

Bach Flower Remedies

You may also want to consider Bach Flower Remedies. According to the website <http://www.bachflower.com> the following may be useful:

- **Mimulus:** Fear of anything you can put a name on: Fear of dying, being alone, spiders, losing a job, not be able to pay your bills, fear of flying, fear of a panic attack, fear of small places etc.

- **Aspen:** Fear of the unknown, fear that something bad is going to happen but you can not put a name on it.
- **Red Chestnut:** Fear that something bad is going to happen to your loved ones.
- **Rock Rose:** Frozen fear, terror, the deer in the headlight type of fear.
- **Cherry Plum:** Fear that you may lose control on yourself, explosive anger, the feeling you wish to hurt yourself or others.
- **Elm:** If you feel overwhelmed, too much to do, not enough time.

- **White Chestnut:** If you have repeated unwanted thoughts or worries.

Anxiety/Fear can be cured with the help of Bach Flower Remedies. The Bach Flower Remedies work on the emotional level, removing emotional imbalances such as, depression, anxiety, jealousy, fears, trauma, self-confidence and impatience as an example.

The Bach Flower Remedies are 100% safe with no side effects and when you feel fine again you stop taking the remedies and you will remain fine.

You can purchase flower remedies from Amazon.com for example: [Rescue Remedy \(20ml vial\)](#)

Arthritis

Arthritis is an inflammatory response that affects the joints in the body causing stiffness, discomfort and often pain. When arthritis becomes severe enough it can inhibit normal function, making it difficult to sit, stand, walk or use the hands, depending on the location of the joints where the inflammation settles in.

There are many different classifications of arthritis that may necessitate slightly different treatment plans. This entry will discuss general arthritis and some basic natural remedies to implement or pair with a medical treatment.

Arnica gel or cream (for example: [Nelsons – Arnica Cream – 30 grams \[Health and Beauty\]](#)) is a rather successful ointment for relieving soreness, swelling, reducing bruising, and alleviating arthritic pain. Many mainstream pharmacies are now carrying over-the-counter arnica ointments because they have been found so effective.

In addition to applying arnica ointment topically, I suggest purchasing arnica tablets to be taken internally as well.

If you prefer, you can make your own arnica ointment to apply topically at home:

- You will need to order dried arnica flowers, which can be found online through herb distributors or possibly at a local specialty shop.
- Use a carrier oil such as olive, sesame or flax oil and put about 1/2 cup arnica flowers per 1/2 cup oil.
- I like to infuse my arnica oil in my [French press](#).
- Simply set the flowers and oil in the press, gently mash the flower with a wooden spoon once per day.
- After four days, the oil should be infused with the beneficial properties from the arnica, simply press your French press and pour the oil into a dark-colored glass bottle to store.
- Store the oil in a cupboard, out of direct light and at room temperature.

Another soothing remedy for arthritis is the application of a castor oil pack.

- Use a blend of several drops cinnamon and sage oils mixed with warm castor oil.
- Gently massage the oil into the sore or arthritic joint.

- Take a clean square of natural wool or cotton towel if you do not have wool and apply more castor oil to it, placing it over the affected area.
- Place a heat pack on top of the wool, the heat will amplify the effectiveness of the oils.
- You can fashion a simple heat pack at home out of an old clean sock and some rice. Fill the sock with rice and knot the sock at the top.
- Place it in the microwave no longer than 2 minutes or in the oven on a very low temperature for about 15 min.
- Allow the castor oil pack to sit 30 minutes before rinsing with warm soapy water.
- If left on the skin cinnamon oil can burn.

I would also like to include a brief note on emotional causes of arthritis. It has been noted by various therapists and energy healing practitioners over the years that a bout of arthritis is sometimes linked to long-standing grudges and anger that is held on to by a person. Forgiveness and mantras for self-acceptance and acceptance of others could be a good practice for those with emotionally-rooted arthritic pain.

Athlete's Foot

Athlete's foot is a fungal infection affecting the skin. It thrives in warm moist environments, which is why it most often affects the skin of the feet (enclosed in warm, sometimes moist socks and shoes) and the groin area.

Affected skin becomes scaly, flaky and itchy. Keeping the feet aired out and dry is important to the prevention of athlete's foot. For anyone who has particularly sweaty feet or who spends time in locker rooms or communal showers where the fungus is often picked up, I recommend rubbing about a tablespoon of sesame oil with 7-8 drops of clove oil into the feet every morning or anytime after washing the feet.

The sesame oil provides a protective moisturising barrier to the feet and also has antimicrobial factors in it, while the clove oil is a strong antiseptic oil with antifungal properties. *Moisturising your feet in this way and giving the feet ample opportunities to be shoe-free and air out is an excellent way to prevent athlete's foot from occurring.*

There are several natural remedies for the fungus called athlete's foot. You can try a combination of these, I recommend doing at a minimum the foot soak and the oil rub until symptoms clear:

- Soak the feet in 2 litres of hot water with 1/2 cup apple cider vinegar 10 minutes twice a day. Continue to do this for a few days even after symptoms clear.
- Cut a garlic clove in half and rub it on the infected areas.
- Put 5 – 7 drops cinnamon essential oil into 1 TBSP castor oil and rub on the infected area.
- Rub a tablespoon or two of plain yoghurt into the infected area. Let it sit for several minutes and then rinse off. This treatment has the added bonus of the cold yoghurt feeling soothing on the burning infection.

Bad Breath

One of the most common causes of bad breath is bacteria on the tongue. To eliminate and prevent this, brush the tongue daily or use a tongue “scraper” to clean the tongue.

Many people try to fight bad breath using chemical-filled mouthwashes, toothpastes, chewing gum, and breath mints. But we now know that the tongue houses the vast majority of odour-causing bacteria in the mouth.

Cleaning the tongue daily is a good way to keep the breath smelling clean. You can use a copper tongue scraper from an Ayurveda implement supplier or simply use a toothbrush to get the job done.

Use a soft bristle toothbrush run under some warm water and then dipped in a bit of baking soda. Add 2 – 3 drops of food grade clove essential oil on top of the baking soda for added antibacterial cleansing.

Munch on some fresh parsley to help alleviate bad breath.

Fennel is also excellent for curing bad breath. Cut the stalks from the fennel bulb and eat those or you can even chew on the fronds. Other causes of chronic bad breath can be more serious and include organ failure, digestive disorders and infections. These require more in-depth care and likely the assistance of a knowledgeable medical doctor or naturopathic doctor.

Back Pain

Back pain is a common chronic issue arising from abnormal muscle tension or tears, nerve issues, or issues in the bones and joints. *Back pain can also occur when there are issues with major body organs, such as the liver, kidneys or pancreas.*

Abnormal curvatures of the spine are often easily recognizable through simple visual inspection of the spinal column when standing or sitting in a relaxed upright position, while some causes of back pain such as a slipped or bulging disk may be hard to see without an x-ray or MRI.

Whatever the origin of back pain, there are some simple natural steps that can be taken to help alleviate and possibly even correct the cause of the pain.

Relieve back pain by taking a hot bath in a sore muscle soak. Mix $\frac{1}{4}$ cup Epsom or Himalaya salts into the bath water with 10 -12 drops of eucalyptus, thyme and cinnamon oils. Soak in the hot water for 20 – 25 minutes.

Rub arnica-infused oil into the skin. Make your own arnica oil by placing $\frac{1}{2}$ cup dried arnica flowers in 2 cups olive, sesame or other carrier oil and allowing to set for 4 days, mashing the flowers lightly with a wooden spoon once per day.

You can also buy arnica tablets at the drugstore or natural food store. Both

the oil applied to the painful area topically and the tablets taken internally should help reduce back pain.

Especially when you are suffering from back pain, be sure to consider your mattress. If you are sleeping on too soft a bed this can affect your spinal alignment over time.

Take 20 – 30 minutes each day to lay on a harder surface such as the floor of your home if you are sleeping on a mattress that is too soft.

You may also consider adding a new mattress to your budget. Likewise, the position you sleep in and the pillow you use can also have bearing on back pain. Even if not the root of your back pain, poor sleeping conditions can exacerbate back pain when it strikes.

Massage & Self-Massage for Back Pain

Try massage to soften the muscles in the back in case they are culprit in your back pain. When you have pain, it may not be the best time to have a deep tissue massage, however a type of bodywork that involves pulling and stretching to release deep muscle tension such as myofascial release or Thai massage may be effective.

You can massage your own back using a 6 – 8 inch diameter PVC pipe section (a section about 2 feet wide should

suffice). Wrap an old bath towel around the towel and secure it with a few rubber bands around the pipe.

Laying on the floor, begin with the pipe positioned at the low back, roll up towards the shoulders and back down again several times. Wrap an extra towel around the pipe if your spine is bony and needs more cushioning.

Dietary Considerations for Back Pain

Drink more water and avoid over-caffeinating. Dehydrated muscles can cause pain in the muscles of the back, neck and shoulders. Pain in the low-back, near the sacrum, can sometimes be caused by toxic heavy metal build-up in the body. Because that area is the general centre of gravity in humans, toxins that have no normal way of being processed out of the body tend to congregate there.

Try a heavy metal cleanse to detox your body and remove these toxins from the lower back area. Pain in the lower mid-back is sometimes caused by weakened kidneys. Kidneys can be sensitive to consumption of too much processed sugar, soda pop and caffeine. If you have pain in this area your kidneys may be feeling a little taxed. Try avoiding kidney-unfriendly foods and try drinking tart cherry juice (3 or 4 large glasses a day) for a couple weeks.

Tart cherry juice offers a great kidney-boosting gentle cleanse. Likewise, pain on the liver-side of the mid-back can be a sign that your liver is feeling taxed. The liver can be stressed by excessively fatty deep-fried foods that are full of cholesterol from animal fat like lard.

Excessive alcohol consumption also takes a toll on the liver. Give your liver a break by avoiding these foods for a while and consuming lots of dark leafy greens every day for several weeks. These greens will help cleanse the liver gently. Look for:

- Kale
- Mustard greens
- Collards
- Swiss chard
- Arugula
- Spinach
- Beet greens
- Bok choy

If you still do not have relief from back pain after taking basic steps to relieve it, see a specialist doctor, a chiropractor, or a Doctor of Osteopathy (D.O.) who specializes in manual bone manipulation. Prolonged back pain may be a sign of a more serious condition, or of damage to or misalignment of the spine.

Bites (insect)

You can greatly reduce the appearance and itchiness of most bug bites by simple natural applications. There are also many natural alternatives to chemical insect repellents to prevent bites from occurring in the first place.

Use a blend of:

- [Chamomile oil](#)
- [Lavender oil](#)
- [Tea tree oils](#)

For more powerful itch relief, add a living mineral clay like *montmorillonite clay* (note: montmorillonite clay may be called European or Kanwa clay by some sellers).

Here is a recipe for a bug bite remedy you can keep in a small jar in your medicine cabinet up to several months.

- 2 TBSP [montmorillonite clay](#)

- 1 tsp. [aloe vera jelly](#)
- 3 drops each chamomile, lavender and tea tree oils

Mix these ingredients together in a small bowl, store in a small sealed container at room temperature out of direct sun.

Avoid bug bites by rubbing some pure vanilla extract into exposed parts of your skin, especially the legs, arms and neck area.

You can also try pennyroyal oil or citronella oil to help keep bugs at bay when enjoying the great outdoors. Mix several drops with a tablespoon or two of carrier oil to dilute these strong oils before applying to the skin.

[Goldenseal root powder](#) can also be mixed with a buttery oil such as [coconut oil](#) and rubbed on the skin as an insect repellent.

Bruises

Arnica-infused oil will greatly help to reduce bruising and any associated swelling. ***Make your own arnica oil by:*** placing $\frac{1}{2}$ cup dried arnica flowers in approximately $\frac{1}{2}$ cup carrier oil (I recommend olive, sesame or almond oil for this recipe).

Purchase dried arnica flowers online if they are not available at a specialty shop near you, see the sourcing section for online vendor recommendations. They are also available to purchase from Amazon.com: [Herbs: Arnica Flowers, Whole](#)

Applying clay over bruises for the first few days can also speed healing. The clay increases blood flow to the bruised area, which may seem like it would

exacerbate the bruising, but it actually aids the tissues in repairing faster.

Try leaving a mud paste on a bruise for about 30 minutes once per day for the first three days after receiving the bruise, depending on the severity. For minor bruises just do one application instead of three. Rinse the mud off and rub arnica oil on the bruised area.

Bruising can also occur easily in some people where there is a nutritional deficiency, especially in the case of anaemia, where there is a lack of iron in the blood. If you find you are prone to bruising, you may want to consider increasing your iron intake by consuming ***iron-rich foods like spinach, walnuts and black-eyed peas.***

Cancer (general)

The greatest natural treatment success stories I have heard for cancers, even advanced ones, have been using the famous Amish healer Solomon Wickey's "cancer diet", which is outlined in June Naugle's book *Solomon's Touch*. (Also available on amazon.com: [Solomon's Touch: The life and work of Solomon J. Wickey](#)) In addition to your treatment plan, the following complementary practices have proven very helpful to cancer survivors.

- Drink spring water or distilled water to help flush the body. Drink 7 – 8 glasses each day.
- Exercise every day. A 20-minute moderate paced walk daily is the minimum recommendation. Do not overdo it, make sure your exercise is relaxed and balanced. Pushing it too hard could cause harmful stress to the body at a time when it is important to relax.

- Get 7 – 10 hours of sleep every night. Be in bed ideally by 9:00 and asleep by 10:00.
- Meditate daily. Practice 20 minutes of meditation twice daily at minimum. Let this meditation time be a time when you completely shut down your mind and relax. You can find excellent free guided meditations for those with cancer at meditation expert Elizabeth Blakey's website www.fragrantheart.com. Some say 20 minutes of meditation is as good as 3 hours of sleep.
- Practice visualization and mental imagery techniques. Take 10 – 15 minutes each day to visualize yourself fully cured, well and whole in depth. Feel it in every sense of your being (sight, smell, taste, feel, etc.) as you visualize yourself in this state of wellness.
- Tap into the power of prayer. Many of the world's religions offer prayers or you can make up your own. Prayer offers an opportunity to connect with the greater web of life, to offer heartfelt thanks, and to ask for healing for yourself and anyone who is suffering.
- Forgive others and forgive yourself. Holding on to past hurts causes negative emotions to build up in you like toxins. Detox regularly from negative emotions by practicing forgiveness. There are wonderful meditations for forgiving that can be found online with ease. The practice of ho'oponopono is commonly recommended for forgiveness as well. You can learn more at www.hooponopono.org.
- Find a cancer wellness support group in your community. Others going through cancer will be a great resource for you as well as provide a net of emotional support.
- Seek out a psychologist or counsellor who has survived cancer and schedule regular sessions.
- Receive energy healing or reiki both from yourself and skilled practitioners. More and more nurses and hospitals are offering reiki or other forms of energy healing such as therapeutic touch to cancer patients.
- Live as if you are free of cancer. This means keeping a positive and healthy vision of yourself.
- Focus on what you love and what makes you feel good and give as little time or attention as possible to things like depressing news, negative people or drama.
- Massage warm sesame oil into your skin daily. Not only is this a great, relaxing self-care practice, but sesame oil also contains great antioxidant and antibacterial agents.

Circulation (Poor circulation)

Poor circulation can arise from poor diet, lack of exercise or injury. It's not uncommon for people as they age to experience slower circulation, especially if they are not staying active.

- Be sure to exercise a little every day. Just a moderate-paced 20 minute walk is all that is needed to promote general circulatory health.
- Eat heart-healthy foods. Saturated fats and cholesterol are known to build a layer of plaque in the arteries of the body, causing a slowing or even, in severe cases, stopping of the blood circulation. Eating plenty of whole grains, dark leafy greens and fruit is a great way to keep the body clean and circulating blood efficiently.
- Keep your muscles relaxed with daily light stretching exercises or yoga.
- Do daily self-massage and/or receive massage on a regular basis to improve circulation. Always massage towards the heart when massaging the arms and legs so that you are assisting the return of blood to the heart rather than working against it. Sluggish veins need all the help they can get as they rely on surrounding muscles and the pumping momentum generated by the heart to help the return flow of blood to the heart.
- Sometimes overly tense muscles can pinch off circulation. Keep your muscles relaxed with daily light stretching exercises or yoga.
- Hot baths are an excellent way to promote greater circulation in the body. *Try the following bath soak to improve circulation:*
 - 2 TBSP [Himalaya salt](#)
 - 8 drops [cinnamon oil](#)
 - 10 drops [lemongrass oil](#)

Colds

At the first sign of not feeling well, drink some *eucalyptus tea*. Eucalyptus is antiviral and antibacterial and so should help to fight a cold or a flu. Let the eucalyptus leaves steep for 8-10 minutes. Drink two or three cups per day with some honey.

Ward off a cold or flu by boosting your immune system. Be sure you are taking a good daily vitamin especially when feeling under the weather.

In addition, you can supplement with a *blend of calendula and goldenseal*,

which is thought to especially help prevent colds.

Having extra **vitamin C** can also help your immune system to protect you when colds are going around. ([Nature Made Vitamin C 500mg, 100 Caplets \(Pack of 3\)](#))

Echinacea works to support your immune system, take it as a tea or buy it in tablet form. ([Nature's Way Echinacea Herb, 180 Capsules](#))

Cold sores

Cold sores are caused by the oral herpes virus. Cold sores often come and go again and again in those who carry this virus.

Neem oil ([NOW Foods Neem Oil, 1-Fluid Ounce](#)) is an excellent curative oil suitable for treating viral cold sores. Some people have even reported

complete elimination of cold sores after regular application of neem oil. You can simply apply a drop or two daily to the sores, but as the oil is strong this may cause some irritation.

Mix 10 – 12 drops of neem oil in a tablespoon of olive oil and daub this onto cold sores.

Constipation

Constipation occurs when faeces become hard and difficult to pass from the bowels. Constipation can have many causes but most commonly results from insufficient water intake or poor nutrition, especially inadequate fibre consumption.

Among other factors:

- Stress
- Lack of exercise
- Pregnancy
- Eating disorders
- Cancer
- Hypothyroidism can also contribute to constipation

Understanding the root cause of your constipation is key to long-term relief. To help the bowels to flow, there are a few simple natural remedies.

Magnesium powder in water, or in tablet form is a fast-acting way to help ease the bowels and get things moving along.

Magnesium supplements are widely available in health food stores and grocery stores. ([Nature Made High Potency Magnesium 400 mg – 150 Liquid Softgels](#))

Take about twice as much as the package recommendation to treat constipation. You should have relief within one half-hour. If you do not, then take just a little more magnesium and wait an additional half-hour. You may also try standing up and walking around a bit if the magnesium seems to be delayed in working.

Eating fresh figs such as mission figs can help to relieve constipation. *Prunes and prune juice* may also help to relieve constipation in much the same way as a fresh fig.

Avoid eating apples with the peels on if you are prone to constipation, apple peels can slow down and impede bowel movement.

If you are constipated and having trouble achieving daily regular bowel movements, try taking a couple tablespoons of good, *pure extra virgin olive oil* every night before bed. The olive oil can help lubricate and move matter through the bowels for release in the morning.

Cough

Coughing occurs when the body is trying to clear out foreign debris or mucus from the lungs or upper airway passages. A cough is often accompanied by a cold or flu but may be brought on by things such as allergies, dust, airborne chemicals or smoking.

In general a cough is harmless, but it can be jarring to the body, leading to sore muscles or difficulty sleeping. To help soothe or stop a cough that persists, try the following tea or homemade cough syrup.

Whiskey Honey Lemon Cough Suppressant Tea

- One bag black or green tea
- 3 TBSP whiskey
- 1/2 of a lemon
- 2 TBSP raw honey
- 2 cups water

Method:

1. Heat the water in a tea kettle.
2. In a teacup, squeeze the lemon and drop the half lemon into the cup (you may want to cut it into smaller wedges) with the teabag.
3. Pour the hot water over the lemon and tea and allow to steep 5 minutes.
4. Remove the lemon wedges and add the whiskey and raw honey and drink immediately.
5. Repeat this two or three times per day.

6. You can use rum instead of whiskey, either should suffice.

Elderberry Cough Syrup

- 1/2 cup dried elderberries
- 2 1/2 cups water
- 1/2 cup raw honey
- 1 cinnamon stick, 4 whole cloves

Method

1. Place the water, berries, cinnamon stick and cloves in a saucepan and bring to a boil.
2. Reduce the heat and simmer 25 –



- 30 minutes.
3. Smash the elderberries a bit with the back of a wooden spoon and

- allow this mixture to cool completely.
4. When it has cooled to room temperature, add the honey, stirring together gently.
 5. Be sure to wait for the elderberry syrup to completely cool before adding the honey in order to preserve the bioactive enzymes of the honey.

Elderberries are very curative for colds and boost the immune system. They have been used for centuries in Europe to cure common colds and there are a variety of non-prescription elderberry syrups available in pharmacies.

If you have fluid in your lungs or throat and are experiencing an unproductive cough (one where the mucus or phlegm

is not coming up and out) there are some natural expectorants that will help make the cough productive.

For a severe cough that produces little to no mucus even though the chest is producing mucus, try [antimonium tartaricum](#). This homeopathic remedy can be purchased without prescription in specialty shops or online.

For a short, unproductive and ticklish cough try [belladonna](#). Also a homeopathic remedy, [belladonna tablets](#) can be purchased in specialty shops or online. Be sure to follow the dosing recommendations on the product.

Cramps

One of the most consistent forms of relief I have found from cramps of the stomach, intestines, or the female reproductive system is the *application of heat packs*. You can easily make your own moist heat pack from simple items you likely already have in your home.

- To make a moist heat pack take a clean wool or cotton sock and fill it with a grain such as rice or wheat berries.
- Simply place the sock in the microwave 1- 1 1/2 minutes, or if you do not use a microwave

then carefully set the sock on a glass baking dish at 150°C (300°F) for 10-12 minutes.

- Wrap the heat pack in a hand towel to protect it from getting dirty each use and also to buffer the heat if the pack feels too hot on your skin.
- The moist heat pack can be applied to tense muscles in the neck, shoulder or back. Simply lay on the bed and adjust the pack to where it is needed.

Massage a cooling and calming mix of oils into the region where the cramping

in occurring. *Try a mix of:* 10 drops each hops, valerian and roman chamomile oils in a carrier of 1/4 of a cup of sesame oil.

Cramps are sometimes exacerbated by dehydration, so be sure to stay hydrated and avoid caffeine when you are experiencing cramps.

Cuts and Scrapes

Putting a balm on cuts and scrapes not only helps keep dirt and bad bacteria out once you've cleaned the cut or scrape it also helps the skin heal more quickly and with less scarring when it contains natural ingredients beneficial to the skin.

Before applying a balm, cleanse a cut using mild soap and water followed by the application of an antibacterial agent such as hydrogen peroxide or a few drops of tea tree oil mixed in a 1/4 teaspoon of olive or sesame oil.

Putting a little sesame oil on a minor cut can be a sufficient moisturizer and healing aid to quicken healing and reduce any blemish or scarring. A healing balm can also be made and stored for first aid on minor burns, cuts, rashes or even chapped skin.

First Aid Balm

- 1 cup extra virgin olive oil
- 1/4 cup comfrey (dried)
- 1/2 cup calendula flowers (dried)
- 20 drops oil of myrrh oil
- 1/4 cup chopped up beeswax or beeswax pastilles

Method:

1. You will first need to make an infused oil. This will take four days.
2. Place the dried herbs in the olive oil in a clean glass jar and store out of direct sunlight at room temperature.
3. Gently mash the flowers in the oil with a wooden spoon once each day. After the fourth day, strain the oil to remove the herbs.
4. Add the myrrh oil to the infused oil.
5. Now slowly warm the beeswax in the top of a double boiler, stirring gently with a metal spoon or wire whisk as it begins to melt.
6. Once the beeswax is soft, turn off the heat and slowly add the oil mixing it in with the spoon as you add it.
7. Put the salve mixture into a sealed glass jar and store at room temperature out of direct sunlight.
8. Keep this salve on hand to apply to scrapes and cuts after disinfecting.

9. It is also healing for minor burns, rashes and chapped skin. While application of a Band-Aid can be beneficial at first after cleansing, disinfecting and applying a balm, it is

not recommended to continue to wear a Band-Aid after bleeding has stopped. Airing out a wound is helpful and prevents moisture and infection from forming under the Band-Aid.

Dandruff

Dandruff is usually caused by an overactive cell production and shedding affecting the scalp. It can sometimes also be an allergic reaction to certain products or chemicals used on the hair or scalp.

Natural treatments can be quite effective but it may take one to two weeks of daily treatments before you notice a change:

Add 1/2 cup of apple cider vinegar with 1/2 cup warm water in a squirt bottle and apply this to the scalp daily, massaging it in gently and allowing it to sit for 5 minutes before rinsing the hair.

Condition the hair with black peppercorn-infused olive oil. Black

peppercorn is a traditional Ayurveda treatment for dandruff. ***To make the infused oil:***

- Simply place 1/4 cup black peppercorns in 1 cup extra virgin olive oil in a sealed glass jar.
- Let the oil sit two days.
- Mash the peppercorns with a wooden spoon a couple times each day.
- Strain the oil and massage a couple tablespoons into the scalp after washing the hair.

Applying neem oil with its strong antifungal qualities can also be beneficial when dealing with dandruff. Mix about 50 drops neem oil in 1/2 cup olive oil and massage a tablespoon into the scalp once or twice each day.

Depression

Depression is an imprinted emotion that remains after past trauma which we may or may not consciously remember. In some cases depression seems to be a lifelong condition and may even have genetic links, in others it is a shorter-term condition linked to specific events or situations in life such as the death of a loved one or the loss of a job or a significant relationship.

The use of medication to treat depression is alarmingly frequent, even for shorter-term cases. Effects of drugs are varied, but most have some serious side-effects. While drugs can help manage depression to a point, they are not an ideal long-term solution.

Most people suffering depression also benefit from talking out their feelings with a therapist, and more and more doctors now recommend therapy sessions for their patients who are suffering depression.

Feeling bad can become routine and can even be passed from generation to generation, from parents to children. Depression is nothing to be ashamed of, but it is something to be aware of and to have some tools for dealing with since most people do experience depression at one point or another in their lives.

While there are some herbs that can help alleviate depression somewhat, none seem to be entirely effective. Herbs can work well for mild,

moderate, and shorter-term situational depression, but they are not likely to be



solely effective for more severe and long-term depression.

Herbs may be used by some people in order to avoid the side effects of prescription anti-depressant drugs, or some may determine they do not need the strength of anti-depressant anymore that a prescription drug had been providing them.

Herbal treatment of depression can be helpful as well when tapering off the use of anti-depressant medications, helping to stabilize the mood. I will provide just a little information about two of the most common herbal anti-depressants below.

Saint John's Wort has been taken to help alleviate depression but it has only shown mixed results and the skin becomes very sensitive to light, which

is unfortunate since getting enough sunlight every day can be very curative to depression. It also does not mix with medication so always consult your doctor before supplementing with Saint John's wort.

Schisandra is a berry that has been shown to improve mood, lower anxiety, boost libido and support the adrenal glands and the liver.

B-vitamins are important for countering the effects of depression.

Studies have also shown that many depressed individuals have **low-levels of iron** in their bodies. Eating iron-rich foods and/or supplementing with iron is a good idea when facing depression.

Beyond these supplements, you may like to try aromatherapy as well.

Oils for comforting emotional trouble:

- Rose absolute
- Geranium
- Vetiver
- Myrrh oil helps calm the nervous system.

Oils for stimulating or arousing depressed energy:

- Juniper
- Clove
- Cinnamon
- Eucalyptus

In addition, low liver function is also common in those suffering depression, so be sure that you are eating a diet low in saturated fats and high in

magnesium, iron and folate to support your liver.

A liver cleanse may be beneficial as well. For a gentle home liver cleanse, drink the following tonic first thing every morning three weeks before eating anything in the morning. After drinking the tonic in the morning it is best to have your first bowel movement of the day before eating anything.

Gentle Liver Cleanser

- half a lemon
- 1 clove garlic
- $\frac{1}{2}$ cup water
- 1 TBSP high-quality olive oil

Peel the lemon and garlic and place all ingredients in the blender, drink the tonic straightaway. You may want to follow it with a few sips of pure water if you wish to rinse the taste from the mouth.

Yoga or other forms of moving meditation such as Qigong or Tai Chi are excellent activities to engage in when one is suffering acute or chronic depression.

Exercise in general can be good for helping to lift depression as "happy" chemicals are naturally released in the body with exercise and play. Yoga and moving meditation are especially good for those suffering depression because of the aspect of mindfulness that is taught, and the attention to feeling and being present in the body.

Sometimes depressed individuals can feel bad in their bodies and may even feel somewhat disconnected from their bodies. Coming into their bodies through mindful movement in a positive environment can be a safe way to explore being happier being in the body and being alive.

A pet can be a good way for a person suffering depression to experience more companionship, happiness and the feeling of unconditional love pets often provide.

Most animals do not seem to be burdened by the past and worries about life, so they can be a great learning tool showing us how good it is to be in the moment and not holding on to past trauma or pain.

Meditation can be a good way to alleviate depression. A common theme among long-term depression sufferers is a tendency to think and overthink too much.

Meditations that focus on slowing down the thoughts and focusing on the breath or the heartbeat can be especially good for those suffering depression. When you are depressed, learning to recognize and become aware of the thoughts and their content without focusing your attention on them can be key to taking power back over your mental content.

Recognizing a negative thought pattern is the first step to changing it. Thought replacement meditations can also be beneficial. To do this type of meditation, simply sit or lay comfortably and place your awareness on your mental content.

Not forcing anything, just allow thoughts to come and go as they will, noticing the content. When you find a thought that is judgmental or harsh in regards to yourself, another person, or a situation, extract that thought and repeat it once clearly.

Then state that that thought is not what you choose to believe, and state that you choose to believe that that person or situation is perfect, full of love and only brings good to you and to all. Then let the thought go and move on to the next one.

Often, when depressed, *self-isolating tendencies can set in*. And yet, it is often when we are feeling low that we most need support and love from others. Joining in group activities that feel safe to you can be a good way to reach out and receive support from others.

Try volunteering at an animal shelter or a homeless shelter. It feels good to help those in need, and it also provides some much-needed positive interaction with others.

Diabetes

There are currently three types of diabetes described in the medical literature; all types involve a dysfunction in insulin production resulting in abnormal blood sugar levels. The high blood sugar level experienced by the diabetic causes increased urination, increased thirst and increased hunger.

Type 1 diabetes involves an inability to produce insulin.

Type 2 diabetes involves a resistance in the body to the insulin produced. And a third type occurs in pregnant women who develop a high blood glucose level while pregnant.

While Type 1 diabetes is generally thought to be a permanent condition, there are stories of those who have overcome it through diet and natural remedies. For Type 2 diabetes, many people are able to manage it through exercise and dietary improvements.

Taking fig leaf extract is said to decrease the need for insulin injections in the Type 1 diabetic. Take fig leaf extract first thing in the morning, every morning, with breakfast. You can additionally drink fig leaf tea. **Make fig leaf tea by placing:** 1 tablespoon dried cut fig leaves and 3 cups water in a pot on the stove. Bring to a boil and then reduce to simmer 20 minutes. The tea has a pleasant nutty flavour.

Those with Type 2 diabetes generally need to manage it through regular monitoring of blood sugar levels, diet, exercise and sometimes additionally a prescribed medication. For all people, but especially those who have developed type 2 diabetes it is essential to avoid man-made fats (called trans fats or partially hydrogenated oils).

Cholesterol is an essential lipid in the structure of the cell walls in our bodies. The man-made fats act like cholesterol and begin lining the cell walls like cholesterol normally would in a healthy person. The problem is that the man-made fats do not allow the passage of necessary electrical charges through the cell walls, suffocating the cells and impeding the passage of nutrition and waste in and out of cells.

Insulin is a very large molecule and it is especially difficult for it to pass in and out of the cells lined with the man-made fats. These man-made fats have a shelf-life of 20 years which has implications for the duration of time they remain in the body and cause problems for the cells.

- **Eat a diet rich in seeds and nuts**, especially those rich in omega-3 fatty acids. It is also important to consume omega-6 fatty acids, but not as much as the omega-3.
- **Oils such as flaxseed oil, hempseed oil and fish oil are**

excellent sources of both of these fatty acid chains.

- You want to consume about three times as much omega-3 as omega-6.
- If you eat meat, add more fish and eggs to the diet and eliminate or greatly reduce other meats, especially red meat, in your diet.
- To help the incorporation of the omega-3 fatty acids in your body, supplement daily with vitamin B12.
- As mentioned, be sure to increase nuts and seeds in your diet and also eat cottage cheese and yogurt for added protein and probiotics to assist metabolism of fats in the body.
- To help cleanse the man-made fats from your body, eat lots of fresh parsley and onions every day.

- Steam cloves of garlic and mash those and eat them on toast with a drizzle of flaxseed oil and sea salt.
- Try an onion cleanse by eating half a raw onion every day for seven days. You can, of course, eat the onion in a salad or on a sandwich, but it must be raw.

For those of you who have juicers, try the following juice cleanse.

- 1 cup kale
- 3 carrots
- 5 stalks celery
- 1/2 cup parsley
- 2 cloves garlic

Juice all ingredients, stir together and drink immediately. Make this juice twice per day for three months and you should have cleansed most of the man-made fats from your system. Drink this juice twice per day for six months if you have been diagnosed with Type 2 diabetes.

Diarrhoea

Diarrhoea occurs with three or more loose or liquid bowel movements per day, causing potentially fatal dehydration, electrolyte imbalance and mineral deficiency. It is imperative to rehydrate when suffering diarrhoea.

Coconut water is an excellent electrolyte-rich way to rehydrate, or try this recipe for an electrolyte-rich drink you can make at home.

Homemade Electrolyte Drink

- 1 quart of water
- 2 cups of orange juice
- 3 tablespoons of lemon juice
- 1 tsp. Himalaya salt

Citrus juice is a natural source of potassium ions. Himalaya salt contains over 80 essential trace minerals required by the human body.

Grind the salt crystals to a fine powder and mix all ingredients together in a pitcher using a wooden spoon to stir

until thoroughly mixed. Drink immediately or store in the fridge to drink when needed.

It is important to not only rehydrate but also to address the initial cause of diarrhoea.

*If you feel your diarrhoea is triggered by eating spoiled food, try homeopathic **Arsenicum**. It will allow toxins to pass from the body still while regulating the flow of the diarrhoea.*

In some cases, diarrhoea may be caused by a bacteria, virus or a parasite. **Food grade oregano oil** is antiviral, antibacterial and anti-parasitic. Mix half a dropper-full of oregano oil with a tablespoon of olive oil and ingest this three times per day (morning, noon and late-evening) for one or two days until the diarrhoea subsides.

Dry skin

Dry skin can be caused both by internal factors in the body as well as environmental factors such as dry air, high elevations and exposure to chemicals that strip the skin of its natural oils.

When prone to dry skin, increase your intake of:

- Oil-rich nuts and seeds

Begin supplementing or adding pure natural oils to your daily diet such as:

- Sesame
- Almond
- Walnut

- Flaxseed
- Hempseed
- Coconut and olive oils.

It is preferable to not cook the oils, simply add them to rice, beans, salad or any meal after it is cooked. You can also rub any of these oils directly into your skin to moisturize.

Stay well hydrated, drink plenty of electrolyte-rich liquids such as pure

coconut water, and avoid water-depleting caffeinated beverages.

There is an excellent recipe for an electrolyte-rich drink you can make at home under the entry “Diarrhoea” in this book.

See also the first aid balm under “Cuts and Scrapes”.

Ear Infections / Aches

Ear infections can be quite painful and can cause ringing in the ears and dizziness when the infection affects the sensitive inner ear.

- Put 2 Tablespoons apple cider vinegar in one cup warm water.
- Put a big gulp in your mouth
- Bend over so your head is upside-down and swallow while bent over.
- Do this until the entire glass is finished.
- Repeat up to three times per day until the infection is cleared.

To help sooth the ear and also help clear the infection, apply a soothing ear oil in the ear.

Soothing Ear Oil

- 2 TBSP sweet almond oil
- 8 drops clove oil
- 10 drops eucalyptus oil
- 10 drops myrrh oil
- 5 drops garlic oil

Place all ingredients in a dark glass bottle with a dropper top and shake well before each use.

Put about half a drop of oil in each ear, leaning the head to one side for about 5 minutes after applying the oil in the ear.

It's recommendable to simply lay down so as to avoid kinking your neck for the five minutes.

Eczema

Eczema is an inflammatory response affecting the skin causing itching, redness, dryness and sometimes blistering. It is often caused by an allergic reaction caused by something taken into the body or coming into external contact with the body, or it can also be caused by toxins in the body.

If you develop eczema, it is important to examine the foods you have eaten and determine if there is any allergy or toxicity. Also consider your environment and potential environmental allergens or toxins you may have been exposed to.

You can treat eczema with soothing creams, but if you do not examine and find the root cause, it can continue to be a problem for an uncomfortably long time.

Work to limit chemicals in your environment in your health and beauty care products, cleaning products and laundry soap.

Opt for natural alternatives that are less irritating. Also, be sure to keep your home sanitary and clean. If you have a pet living at home, be extra-diligent in cleaning when you are prone to eczema.

Detoxifying your body through a pure diet is an excellent way to help cleanse and purify potential toxins causing eczema. Eating plenty of:

- Fresh fruit and vegetables
- Grains
- Nuts
- Seeds
- A variety of pure oils
- Avoid man-made oils and processed foods

It often takes several months of a pure diet to cleanse the body. Patience is requisite in many natural treatment methods, but they are generally safe and effective with little or no side effect.

To relieve the itchiness and irritation of eczema while you work to purify and cleanse your body, use the First Aid Balm recipe given in the “Cuts and Scrapes” entry or try this ayurvedic recipe for curing eczema.

Ayurvedic Eczema Ointment

- 2 TBSP neem oil
- 1 TBSP turmeric powder

Mix the ingredients and apply to the affected area.

Eye infections

Eye infections are generally caused by a bacteria, virus or fungus and may affect the eye in one eye or generally. Eye infections are often accompanied by redness, itching, swelling, discharge, pain, or problems with vision.

If your eyes are itchy dry and red consider cleansing them with homemade tears and following up with moisturizing eye drops.

Homemade Tears

- 1 tsp. salt
- 1 litre distilled water

Method:

1. Be sure to use a pure distilled water for the recipe.
2. Place the water and salt in a clean sanitized squirt-top bottle and shake vigorously. Flush the eye with this solution by leaning over a sink and squirting a generous amount into each eye, trying to keep the eye open as much as possible while doing this.

Castor Oil and Green Tea Eye-Moisturizing Drops

For this recipe you'll need a small 30ml (1 fluid ounce) clean bottle with a dropper-style top. To sanitize, boil some salt water on the stove and add

the bottle for 1-2 minutes to sanitize. Draw up some of the hot salt water into the dropper top, shake it vigorously and squirt it out. Do this several times to sanitize the dropper top. Use the dropper top to measure the castor oil for this recipe.

- 3 dropper-tops full castor oil
- 1 teabag green tea
- 1/2 cup boiling water

Method:

1. Add the teabag to the hot water in a small sanitized bowl or teacup.
2. Allow to steep 3 minutes.
3. Using a sanitized metal spoon press the teabag a few times to infuse the water with more of the tea.
4. Add tea water into the dropper bottle until full.
5. Close the top tight on the bottle and shake vigorously.
6. Apply 1-2 drops in each eye up to three times per day until the eye dryness improves. You can store this at room temperature for 1 week or store it in the fridge for up to 2 months. If you are storing the moisture drops in the fridge be sure to let the bottle sit out at least 15 minutes before using.
7. Shake vigorously before each use.

Additionally, you can make a soothing eye pillow to place on sore or irritated eyes.

- You can take a clean cotton sock or sew a special eye pillowcase from scraps of fabric.
- Fill the pillowcase with 3 parts flax seeds and 1 part dried lavender and chamomile flowers.
- The dried flowers are generally available in the bulk teas and

spices at a natural food grocer, but may also be purchased online.

- Tie or sew up the end of your eye pillow and place it in the freezer.
- Apply this cool, soothing pillow to your eyes after a long day of work or whenever desired.
- The cool pressure may also help reduce swelling around the eyes.

Eyesight (Poor eyesight)

There are exercises that can be done to help improve the eyesight such as exercises in the popular “*Bates Method*” ([The Bates Method for Better Eyesight Without Glasses](#)) or yogic exercises for improving eyesight.

These exercises usually involve finding a point of focus and then moving the eyes around that point of focus (up, down, left, right, etc.) in order to strengthen and tone the musculature supporting eyesight.

Dietary changes can affect and improve eyesight:

- Vitamins A, C and E and the minerals copper and zinc are especially essential to good eye function.
- Antioxidants such as beta-carotene and lutein protect the macula from sun damage.

- Excellent sources of these antioxidants include dark leafy greens, egg yolks, sweet potatoes and carrots.
- DHA is a fatty acid found in coldwater fish (e.g., salmon, sardines, cod) that provides structural support to membranes essential to good eye health.

Don't underestimate the glare! Computer screens and other electronics such as television screens create images using light and are meant to be looked at by people, sometimes for extended periods of time.

It's best to limit your “screentime”, but if this isn't possible, it's highly recommended to wear glasses that have glare-resistant coating. The extra expense is worth the added protection when your work or life require long hours in front of glaring screens.

Flu

At the first sign of not feeling well, drink some eucalyptus tea. Eucalyptus is antiviral and antibacterial and so should help to fight a cold or a flu. Let the eucalyptus leaves steep for 8-10 minutes. Drink two or three cups per day with some honey.

The lowly potato peel is one of the best antiviral remedies for flu and should be safe for adults and children alike. Make potato peel water by:

- Adding the peel of one potato to 2 cups of boiling water for 2 minutes.
- Pour the water into a mug and salt to taste if desired.

- Drink this 3-4 times per day for 2-3 days and you should be feeling much better.

Ward off a cold or flu by boosting your immune system. Be sure you are taking a good daily vitamin especially when feeling under the weather. In addition, you can supplement with a *blend of calendula and goldenseal*, which is thought to especially help prevent colds.

Having extra vitamin C can also help your immune system to protect you when colds are going around.

Echinacea can also boost your immune system, take it as a tea or buy in tablet form.

Gas

If you're a regular sufferer of gas beyond the occasional release or two when nature calls, I highly recommend examining your diet and carefully testing foods to determine if your gas is arising as a reaction to a certain food.

For example, I cannot eat sautéed or fried onions. I can eat an occasional piece of raw onion or steamed onion, but I learned through a process of elimination that onions were causing me really unpleasant gas.

Everyone's body is different and reacts in different ways to different foods.

Keeping a food journal is a great way to remember and track foods eaten if you're working to eliminate foods that cause you the discomfort of gassiness.

Sometimes a sour or spoiled food will bring on gas. There are some simple natural recommendations. One simple thing to do is to drink a beer, this often helps alleviate the gas, but there are many other effective natural remedies as well.

Eat a 1/2 teaspoon of turmeric in two teaspoons of sesame oil to alleviate gas. If you don't have turmeric, you

can eat a tablespoon of yellow mustard (which contains turmeric) to clear up gas.

If you are in an environment where you can take physical measures to alleviate gas, the best way is to get in a position with your bottom above your head.

Kneel on the floor or a bed and bend down to rest your head and shoulders

on the ground while keeping your bottom elevated up. This will allow the gas to rise up and out more easily with gravity and compression working in your favour.

Peppermint oil can also be used to alleviate gas.

Hair, Premature Greying

Premature greying is said by some natural health practitioners to come from a lack of copper in the diet. Even cases where there is a genetic predisposition to prematurely grey or white hair, there can evidently be a reversal, according to some practitioners, by adding copper to the diet.

To do this, buy a copper cup or a set of pure copper cups (not tin-lined) and drink all of your beverages from these. Even better, buy a copper pitcher and keep pure water in the pitcher for drinking.

Allow the water to sit in the pitcher several hours before drinking to allow the benefits of the copper to sink in.

Headaches / Head Tension

Headaches can be brought on by a variety of influences.

- **Dehydration** is a common cause of headaches (see the recipe for homemade electrolyte drink under “Diarrhoea”).
 - **Stress and lack of sound sleep** can also contribute to headaches.
- Environmental influences** including chemicals and strong

odours as well as low pressure weather systems can also cause headaches.

Energy work, Cranio-sacral therapy and accupuncture can assist greatly in relieving headaches both persistent and acute. Find a practitioner in your area or try some *simple techniques on yourself*:

- Place your right hand palm at the base of your skull, place your left hand palm across your forehead. This may be more comfortable to do while laying down. Hold the hands in place for 3 – 5 minutes trying to take deep and relaxed breaths.
- Move out along the eyebrows still further to the edge and press for 30 seconds. Move back to the center and then back to the inside edge.
- Repeat this several times for 10 – 15 minutes.

Rub a blend of:

Another technique involves:

- Taking the pointer fingers and placing them just inside the eyebrows right above the nose.
- Press in for about 30 seconds with a gentle but firm pressure.
- Move the pointer fingers out along the eyebrows and stop at about the center, above the middle of the eyes, and press again for 30 seconds.
- Rosemary, chamomile and peppermint oil into your temples.
- You can even rub the fingers into the scalp with this oil or simply sniff it to help relieve headache.

Sometimes headaches are brought on by sore or tired eyes. There are some soothing eye treatments in the section “Eye Infections”.

Head lice

Lice are minute insects that infest a host living outside its body off of debris or skin. Head lice live on the scalp and hair of humans and can generally be avoided through regular washing and hygiene and taking care to not share hats and combs with anyone who may be infested with lice or the eggs of lice.

Mix the following ingredients to create a cream that smothers lice. If you do not want to make this recipe, just take two handfuls of room temperature *real* mayonnaise and cover the scalp and

hair with it. Put a shower cap over the hair and leave for two hours.

- 1 cup olive oil
- 1 cup distilled water
- 2 TBSP lecithin
- 10 drops each rosemary oil, eucalyptus oil, and peppermint oil

Method:

1. Blend all ingredients in a blender until creamy like mayonnaise (1-2 minutes)

2. Then smother over scalp and hair, covering with a shower cup and letting sit for two hours as described above.
3. By the end of two hours all of the lice should be smothered to death and then the only task remaining is to shampoo the hair two or three times to remove the oil and the dead lice
4. Then put in a good conditioner and use a fine comb to comb any remaining dead lice out of the hair.
5. You may like to shampoo and condition one last time after combing.

High blood pressure

High blood pressure, also known as hypertension, usually develops over the course of many years and involves excessive pressure of the blood pushing against artery walls that can eventually lead to serious health issues.

- Lowering stress levels and practicing calm are essential to lowering blood pressure.
- Taking daily moderate-paced walks and beginning a calming daily meditation practice such as journaling, knitting, or even more traditional sitting meditations or guided meditations for relaxation will greatly help.
- Teas to lower blood pressure include rosehips and hibiscus teas. Teas with flavonoids, such as black tea, have also been shown to reduce blood pressure. Consider replacing coffee with tea in your diet. Enjoying 2 – 3 cups of tea per day appears to have great benefits for blood pressure regulation.
- Eating more garlic may reduce blood pressure. You can also find garlic supplements if you prefer not to eat garlic.
- Hawthorn extract has been shown to reduce blood pressure. Take 1200 mg of hawthorn extract daily to help reduce blood pressure. It may take 2 – 3 weeks before results begin to show.

Insomnia

Insomnia is characterized by regular interrupted, restless sleep or an inability to fall asleep at all. Common causes of insomnia are:

- Anxiety
- Chronic pain

While anxiety tends to have mental and emotional stressors that cause insomnia, chronic pain is usually a physical stressor that keeps the body in a physically alert “crisis mode” that does not allow sound, solid sleep.

Natural sleep aids have proven very effective for many people, even more so than over-the-counter and prescription sleep aids for insomnia. Insomnia, especially the kind arising from anxiety, can also be addressed through some types of exercise and talking through stressful situations with an insightful therapist.

Valerian, hops and chamomile can be used in oil form or purchased as dry herbs to make a sleep-aid tea. Blend the oils together in equal parts and apply a few drops to the wrists and the forehead, temples and top of the head.

You can make a misting spray from these oils by mixing 10 drops of each oil with 1/2 cup distilled water and spraying this on pillows, bedding and even misting your body before bed. Take the tea a half-hour before going to bed. ***To make the sleep-aid tea:***

- 3 – 4 pieces of whole dry valerian root (one ounce equals approximately 20 – 30 roots)
- 1/4 cup dried hops
- 1/4 cup dried chamomile flowers
- 1 TBSP Himalaya salt

Method:

1. In a pot on the stove heat 4 litres of pure water over medium heat for about 10 minutes, do not boil.
2. Add the valerian root and simmer for 30 minutes over low heat.
3. Add the remaining ingredients, stirring gently for a minute and allow to simmer for an additional 30 minutes.
4. Remove from the heat, strain off the liquid and save it for drinking.
5. Drink this tea about 15 – 30 minutes before going to bed to help sleep and avoid insomnia.

Yoga can be helpful for treating insomnia. Any inversions— postures where the heart is lifted above the head such as “plough”, “bridge” or headstand— are beneficial to help alleviate insomnia.

Doing a series of yoga inversions before bed, holding each posture for an extended amount of time (3-5 minutes) can help with sleep disorders like insomnia.

Everyone should be exercising a little every day, but this is especially important for insomnia sufferers. At the very minimum a moderate-paced 20-minute walk is recommended every day along with mild stretching.

Exercise will help to even out emotional factors influencing insomnia

and also helps balance body cycles, including the sleep cycle.

When suffering insomnia, avoid caffeine, alcohol and nicotine. Drugs like these can alter your body's natural sleep patterns and should be avoided until you are able to return to a more normal, healthy sleep pattern.

Kidney stones

Kidney stones are literally small stones of mineral deposits (often calcium) that build up in the kidneys.

Kidney stones can be quite painful, especially when passing out of the kidney through the small channel leading to the bladder. Passing kidney stones can be excruciatingly painful and may cause bleeding and other irritations in the urinary tract, such as urinary tract infections.

Apple cider vinegar can effectively prevent and cleanse kidney stones: Take 1/3 cup of apple cider vinegar in 1 cup of warm (room temperature) water once per day for three days in a row on or around (within the three days before or after) the new moon.

Practical natural wisdom dictates the optimal time to do a cleanse of this type is at the new moon when the gravitational pull between the earth and

moon is even more supportive of passing things out of the body.

Kidney stones can form for a variety of reasons, but one common reason many people might not readily consider is drinking water.

If you have recently moved or switched the type of water you are drinking, your body may take time to adjust to the new mineral content in the new water.

Make sure if you are drinking tap water that is not pure spring-fed tap water that you are at the very least filtering it using a faucet-attached filter or a filtering pitcher before drinking. This will help remove excess particles from the water that could lead to deposits forming in the body, like kidney stones.

If you have experienced the pain of kidney stones, you probably want to

avoid having them again at all costs. Fortunately, the cost is simple.

You can do the same three-day apple cider vinegar cleanse described above

every month or every couple of months as a preventative measure, helping to clear out any deposits forming in the kidneys before they become a painful problem.

Mouth Dryness

While dehydration can be an obvious culprit in dry mouth, other common causes include medications, radiation, menopause and smoking. While some of these causes can be easily avoided, others cannot. There are some natural ways to help deal with dry mouth.

Restore hydration by drinking an electrolyte-rich drink such as pure coconut water, or make your own electrolyte drink at home (see the recipe in the section “Diarrhoea”).

Snack on celery sticks, fennel sticks and watermelon slices to help your body rehydrate. Sprinkle sea salt on the watermelon slices before eating for extra rehydrating benefits.

Try swishing the mouth with a couple tablespoons of aloe vera juice a few times each day and drinking it.

Papaya enzyme is often very successful at treating dry mouth. Take several tablets a day until conditions improve.

Nail fungus

Nail fungus mainly occurs under the nails of the toes, where the dark sometimes damp conditions inside socks and footwear are conducive to fungal generation.

Fungus under toenails can seem nearly impossible to do away with once it has settled in. Some people suffer with it for decades, others lose their toenails to it.

One requirement for permanently removing toenail fungus is persistence. If you are dealing with fungus under your toenails you are going to *have* to treat it every day until every last bit of it has grown out from under your nails.

This will take about as long as it takes for your nails to grow out, so the actual rate varies from person to person. It may take 2 months, or it may take a year or longer.

Your nails grow from the base up to the tip, and so you have to especially treat the nail at the base, the idea being that you want the new nail growth coming in to remain fungus-free. There are several natural anti-fungal oils:

- I am suggesting clove oil.
 - Others suggest tea tree oil.
 - Oregano oil blended with tea tree oil is also sometimes suggested for battling toenail fungus. Just pick one and stick with it.
1. Soak the feet in 2 litres of hot water with 1/2 cup apple cider vinegar for 10 minutes first.

2. Next dry the feet with a towel and apply 2 drops of clove oil to the base of each nail under which fungus has set in.
3. Do this at least twice every day.
4. After a few weeks you should notice a bit of fungus-free nail growth coming up at the base of the nail.
5. Keep with it until the nails appear completely fungus-free.
6. I suggest sticking with the regimen an additional month after you appear to be in the clear just to be certain it's done for.

Nausea

Nausea is a sensation of discomfort in the upper stomach often accompanied by an involuntary urge to vomit.

It can be brought on by abnormal or excessive motion, which is why it is sometimes referred to as “motion sickness”, but nausea can also be caused by eating bad food, offensive smells, disturbing visual stimuli and a variety of other factors.

Raw ginger is very strong but very effective at curbing nausea. Simply chop off a small piece or two of ginger root, chew it and swallow.

If that is simply too strong or not to your taste, you can make an equally effective tisane by chopping one

tablespoon of fresh ginger root and steeping it in 2 cups hot tea water for 10 – 12 minutes.



Chopped Ginger Root

Peppermint also alleviates nausea. You can chew on fresh peppermint leaves or have a tea made from dried peppermint leaves.

Nerve Disorders (General)

The nervous system is responsible for so many functions in our bodies and yet can sometimes be neglected through improper nutrition, stress and lack of movement or exercise.

- Take a hot bath in a mineral-rich salt such as Himalaya salt to help support and balance nerves.
- Apply an oil for calming nerves use warm sesame oil with a few drops of myrrh oil. Massage up and down the spine, neck and shoulders, the palms of the hands and the scalp.
- Stay well-hydrated, drink electrolyte-rich drinks such as coconut water.
- Avoid depleting caffeinated beverages such as coffee.
- Also, it is recommended to avoid recreational drugs, alcohol and tobacco if you have a nerve disorder.
- Be sure to sleep soundly and get plenty of sleep. If you are a light sleeper or have trouble falling asleep and staying asleep, try playing some of the music from the Center for Neuroacoustic

Research. They have tracks shown specifically to help induce deep refreshing sleep. Many of the tracks are available on common music selling sites online under the name of the centre's founding researcher, Dr. Jeffrey Thompson. e.g [Delta Sleep System](#)

- For a simple nerve-calming tonic, boil one minced clove of garlic in a cup of milk and drink it hot.
- Eat plenty of dark leafy greens, seeds, nuts and pure natural oils like fish oil, flaxseed oil, hempseed oil and walnut oil.

Nerve Support Tisane

- 2 TBSP chamomile flowers
- 1/4 cup liquorice root
- 1/4 cup oatmeal
- 1/4 cup mallow roots.

Place all ingredients in a pot with 4 quarts water and bring to a boil. Reduce to a simmer 20 minutes and strain the liquid. You can keep this tea in the fridge and drink when needed.

Parasites

Most people have a number of parasites living in their bodies at any given time. If the population spikes or becomes too much of a burden on the body, depleting the body of the nutrients it needs, disrupting circulation, or causing constant fatigue, a cleanse may need to be administered to rid the body of harmful parasites.

Practical natural wisdom dictates the optimal time to do a cleanse of this type is at the new moon when the gravitational pull between the earth and moon is even more supportive of passing things out of the body.

Begin the cleanse a few days before the new moon.

To cleanse parasites from the body, follow this regimen (recommended every 6 months):

For 7 days:

- Do not consume sugar, coffee and alcohol. Lots of processed foods contain hidden sugars, so try to stick with whole grain bread and unprocessed foods during the seven days.
- Drink a heavy infusion of cloves 3 – 4 times per day. To make the infusion, prepare a stockpot on the stove with about five litres of water and $\frac{1}{2}$ cup whole cloves. Bring to a boil and then simmer for 30 minutes. You can store the liquid in a pitcher in the fridge. Warm it or let it come to

room temperature before drinking.

For the first 3 days:

- Fast after 4:00 p.m. Do not eat anything except raw seeds like pumpkin seeds and sunflower seeds if you must eat. About 30 minutes before bed, take 6 – 8 capsules of black walnut hull. Take 6 if you weigh less than 150 pounds, take 8 if you weigh more than 150 pounds.
- When you wake in the morning, do not eat until you have had a bowel movement. Drink a glass of warm water to help, if necessary, or take a short walk around the block.

After 7 days of this regimen you should have eliminated most if not all harmful parasites from your body. The closer you follow the regimen the more successful the cleanse.

You should notice a significant change in your energy level one to two weeks after the parasite cleanse. You will find you have more energy and you may even lose some weight.

As an alternative method to the faster-acting clove method above, *try a dropper-full of food-grade oregano oil in 1 cup of warm water three times per day for three months. While taking the oregano, take two tablespoons of pure extra virgin olive oil every night just before bed to help lubricate and flush the bowels.*

Rashes (General)

Basic rash care should be gentle and applied as soon as a rash appears. Since rashes may be caused by external or internal factors, always be sure to rinse the irritated area with warm soapy water first to be sure the area is free of any external irritants before applying the remedy.

The general remedy includes moisturising and reducing inflammation. After washing, apply a poultice of clay containing:

- 2 TBSP montmorillonite clay
- 1 tsp. aloe vera jelly
- 5 drops chamomile oil

1. Place on the rash and then place a washcloth soaked in hot water over the clay.

2. Use a heat pack (see directions for a homemade one below) to keep the area warm and allow the clay mixture to remain for 15-20 minutes before rinsing off with cool water.
3. Allow the area to air dry completely and then moisturize gently with a little almond oil.

To prevent diaper rash on babies, rub the diapered area with almond oil after changing the diaper and cleansing.

Also refer to the First Aid Balm recipe in the “Cuts and Scrapes” section of this book for a balm suitable for applying to rashes.

Sciatica

The sciatic nerve is a large nerve in humans starting in the low back, running through the buttocks, all the way down the leg and to the big toe. Pain caused by a compression or irritation to the sciatic nerve is called sciatica.

Sciatica can be acute (short-term) or chronic (longer than 6 weeks in duration). Acute cases can be brought on by excess muscle tension, coughing, and sneezing.

Longer-term sciatica is often caused by hip and low-back disorders such as herniated spinal discs, degenerating spinal discs, lumbar spinal stenosis, spondylolisthesis, and piriformis syndrome.

Chronic sciatica brought on by vertebral and vertebral disc alignment issues should be taken to a specialist in these alignment issues. If it is possible to regain normal alignment through treatment and other forms of therapy, the chronic sciatica should subside or be completely eliminated.

Sciatic nerve pain brought on by muscle tension or a forceful event such as a sneeze can be greatly alleviated through heat application, stretching and compression massage to deeply release tense muscles.

Some yoga postures are recommended for sciatica sufferers. Spread the legs out to four or five feet wide and then allow the torso to fold down, dropping the head towards the ground. Place the hands or fingertips on the ground centred between the legs and inline with the toes and rest in this position for several minutes.

To compress the muscles of the buttocks and hips try this simple self-massage technique. Lay on your side on the floor and place a tennis ball under your hip or buttocks.

Lean your body weight into the ball and remain here for several minutes allowing the ball to compress the large muscles of the buttocks and hips. Reposition the ball several times if desired to release different places and then switch to the other side.

Make sure you do both sides even if only one seems to be aching, it's always best to aim for balance and there likely is some excess tension in the other side even if you are only noticing the painful side.

Heat can also help to relieve pain see the "Cramps" section of this book.

Sinus Infections Congestion

Cleansing the nasal passages with a neti pot or similar device daily or every other day is recommended for helping to avoid sinus congestion and infections. This is an excellent preventative measure.

Simply mix neti salts (or I like to use Himalaya salt) mixed in warm water and put it in your neti pot or in a squirt bottle that you can gently squirt into one nostril and then the other to cleanse.

You will want to turn your head to one side over a sink as you pour the water into each nostril, allowing the water to go in and up one nostril and then down and out the other, cleansing the nasal passages.

- To quickly open up the sinuses and nasal passages, take a few deep breaths of one of the following essential oils. Simply open the bottle and inhale: eucalyptus, rosemary, pine.
- Turmeric is being noticed by the medical community for its curative effects, including helping to cure sinus infections.

If possible, buy turmeric root at a natural food grocery, otherwise use the dry powder.

1. 2. 2" pieces of turmeric root or 2 TBSP turmeric powder
2. 1 lemon
3. 1 TBSP raw honey
4. a pinch of cayenne pepper
5. 1/2 cup water

You should see total improvement within 3 days of drinking this smoothie.

- Use oregano oil to help cure a sinus infection. Warm some water on the stove. Place 12 – 15 drops oregano oil in a large bowl. Pour the hot water into the bowl and breathe in the vapours, taking care not to burn yourself with the steam. Try to take long, deep breaths through the nose.
- Put 5 drops oregano oil in 1 tablespoon of olive oil and rub it up in the nose with a clean finger or cotton swab. Wash your finger thoroughly after

Smoking (Cessation)

Smoking is perhaps not commonly recognized as an illness or disease, but it is commonly recognized as something contrary to good health and well-being and most pharmacies sell a variety of smoking products from nicotine patches and chewing gum to electronic cigarettes.

Natural solutions to quit smoking are also varied, from hypnosis to herbal replacements.

Medical hypnosis has long been recognized for successfully treating

some cigarette addictions, since the desire to quit is essential to quitting. Hypnosis addresses a deeper level of an individual outside of the part of them that is addicted to cigarettes and can help place new messages or commands in the subconscious level that decrease desire for cigarettes.

IAmShaman dot com sells a variety of herbal replacements for smoking that are non-addictive, supposedly less harmful, and have unique and calming effects.

Stings (Bee, Wasp)

Stings from bees or wasps or similar stinging insects can feel like an electric jolt and leave a welt and unpleasant feeling for days.

- For immediate first aid, cut an onion in half and place it on the sting site. The enzymes in a fresh cut onion can take away some of the sting and prevent excessive swelling.
- Soak a cotton ball in apple cider vinegar and apply it to the sting for 5 – 10 minutes. The acid in

the vinegar helps neutralize the venom from the sting.

- Rub fresh basil leaves on the sting. Rub the head of a marigold flower on the sting. Place a copper coin on the sting for a couple minutes to help relieve some of the burning sensation from the sting.
- For a cooling effect, put some aloe vera jelly on the sting. The aloe vera may also help reduce or prevent swelling.

Sweating (Excessive)

Excessive sweating or hyperhidrosis can be uncomfortable and possibly embarrassing. Hyperhidrosis may just occur on the palms, feet, groin, face or underarms, or it may be generalized across the whole body.

When occurring in just one area, this is called localized hyperhidrosis and appears to be linked to a minor nervous system malfunction. Generalized hyperhidrosis is often the result of a medication or a condition such as diabetes, obesity, alcoholism or pregnancy.

Take 2 teaspoons of white vinegar with 2 teaspoons raw apple cider vinegar three times per day. Additionally, apply raw apple cider vinegar topically under the arms or anywhere you are experiencing excessive sweating. Use a cotton ball or a cotton washcloth to apply the vinegar.

Wheatgrass juice can also be an effective home remedy for excessive sweating. Just one shot of wheatgrass a day can help reduce excessive sweating after only a couple weeks.

Swelling

Swelling generally involves excessive fluid retention in body tissues causing a visible puffiness in the affected area. This can be due to an inflammatory response, injury or poor circulation among other causes.

- Gently massage swollen areas with some arnica oil. Apply a warm castor oil compress with several drops of arnica oil. Arnica oil can be made by placing 1 part dried arnica flowers in 5 parts carrier oil such as almond or sesame oil. Allow the flowers to infuse the oil for two weeks, stirring and pressing the flowers with a clean spoon every couple days.

- Clay application can reduce swelling. Apply a mud of a clay such as bentonite, montmorillonite or Fuller's earth to the area where swelling occurs. Allow it to set for 15 minutes and then rinse off with water.
- Bath to reduce swelling. Add a cup of apple cider vinegar to a hot bath and soak in this 15 – 20 minutes to reduce swelling.
- Aloe vera jelly can also be applied to swelling that is accompanied by hot sensations to help cool the area and reduce swelling.

Toothaches

A toothache is a dull or aching pain in or around a tooth. There can be a variety of causes for toothache such as a cracked tooth, periodontal disease or cavities. There are several natural remedies that can alleviate a toothache fairly quickly. The root cause of toothache should be addressed by a dental professional to avoid reoccurrence.

- We a cotton swab with a few drops of clove oil and apply it to the tooth. The pain should subside after one application, but if it returns repeat as needed.
- Mix equal parts cinnamon and turmeric, daub on the finger or a wet cotton swab and apply it in

the area of the toothache. Repeat several times until the ache subsides.

- Make a saltwater gargle with Himalaya salt ground into a fine powder, about $\frac{1}{4}$; teaspoon in one cup of warm water.
- For additional care, add a minced clove of garlic in the warm water, mashing and stirring it into the water with a wooden spoon or fork. Take a cotton ball and soak it in the salt, placing the cotton ball with some of the minced garlic on the tooth and leaving it there 5 minutes.

Throat (Soreness)

Sore throats can arise from a number of causes. Allergens or irritants in the air can enter the trachea and cause irritation and soreness. Some sore throats arise from viral or bacterial infections.

Often a sore throat of this nature is accompanied by swollen lymph nodes on the sides of the neck below the jaw as they work to fight the infection.

- For sore throats due to general irritations or allergies drink

plenty of pure water. Add the juice of half a lemon to each glass of water you drink and drink several throughout the day.

- Chewing on fresh mint leaves can also soothe sore throats. Drink mint or chamomile tea.
- Eat a tablespoon of raw honey upon waking and before bed while the sore throat persists. Consuming local raw honey is said to help alleviate allergies that are due to local

plant wildlife. Add local raw honey to your daily diet as growing season approaches in your region.

Sore throats from infections should clear up as the infections clears.

- In the meantime, be sure to keep your neck warm, consider wearing a scarf all day long.

- Drink a cup of echinacea tea with a shot of rum, half a lemon, and some honey added to it.
- You can also try swallowing a tablespoon of honey with 3 drops of clove oil on it.

Urinary Tract Infections

(see also the entry *Kidney Stones*)

Urinary tract infections or UTI's are mainly caused by a bacterial infection and can affect the lower urinary tract and bladder and possibly also the upper urinary tract and kidneys.

With infection in the lower urinary tract there is often painful urination accompanied by frequent urination or an urge to urinate. If the infection is also in the upper urinary tract there is often a fever and flank pain. Most UTIs should pass within 1 – 2 days. UTIs that last longer may threaten the kidneys and should be addressed by a doctor.

- Drink 2 tablespoons of raw apple cider vinegar in 1 cup warm water three times per day until the infection subsides.
- Drink several glasses of pure blueberry juice or pure cranberry

juice each day until the UTI subsides.

- The bromelain enzyme found in pineapples may also help to flush out a UTI. Eat a cup or two of fresh pineapple until your infection passes.
- Be sure to drink plenty of water and stay hydrated. Drink hydrating liquids such as coconut water, electrolyte drinks (see recipe under “Diarrhoea”) and soothing hot teas like chamomile and rosehips.
- Up your vitamin C intake to 5000 mg per day until the UTI passes.
- Place a moist heat pack on the lower abdomen to help ease pain. Directions for making your own heat pack can be found under the entry “Cramps”.

Viral Infections (General)

Viral Infections (General)

A virus is an infectious agent that can replicate only inside the cells of a living organism.

- Anti-viral oils include: clove, cinnamon, oregano, tea tree, eucalyptus.
- You can make an infusion of whole cloves and cinnamon bark by simmering 2 tablespoons of cloves and 2 pieces of cinnamon bark in 5 litres of water for 30 – 45 minutes. Drink this infusion daily to help support your body's defences until your viral infection passes.
- Make an infusion of 1 tablespoon dried eucalyptus leaves in 2 cups hot tea water.

Allow the leaves to steep for 8 – 10 minutes. Be careful not to consume any of the leaves as they are toxic. Add some raw honey and enjoy this hot tea until your infection clears. It's probably best not to drink more than two cups of this strong tea per day.

- Rub a couple drops of eucalyptus oil on your neck, around your throat area daily until the infection clears.
- Rub a couple drops of food-grade oregano oil on the tongue, roof of the mouth and as far onto the back of the throat inside the mouth as you can reach. Apply daily until the infection clears.

Warts

Warts are viral and will eventually run their course and disappear, however, this is not always the best solution when it comes to warts on the feet, especially if the wart is in a place on the foot that takes enough pressure to cause some pain when walking.

Treat warts naturally by applying pure clove essential oil. Clove is antiviral, antifungal and antibacterial. Use a

cotton swab to put 1-2 drops clove oil on the wart 3 or four times a day. Be sure to apply it just before bed and upon waking in the morning especially.

Another treatment you can try for warts is to:

- Place a piece of potato peel in boiling water for 1 minute.

- Remove it and after it has cooled just enough to place it on the skin without scalding place the potato peel on the wart.
- Make sure the exterior skin is the side of the peel you place on the wart.
- Keep it there for about 15 minutes and do this in the morning and just before bed for about a week.

Whiplash

Whiplash may be one of the best times to consult a chiropractic doctor who does gentle (15-pound force) manipulations or a Doctor of Osteopathy skilled at manual bone manipulation to help move your bones back to their natural alignment.

Acupuncture can also be beneficial.

Left untreated, whiplash, which is a severe bending in the opposite direction of the vertebrae of the neck usually caused by a sudden blunt-force impact (like a car accident), can lead to severe headaches, moodiness and short-temperedness, extreme fatigue, pain and even dizziness.

To assist in recovery from whiplash, regular massage of the muscles in your

neck, shoulders and upper back is highly recommended. You can do this yourself or have a friend or therapist massage you. You may also consider buying a shiatsu massaging pad.

Other recommendations include:

- Apply a warm castor oil pack to the neck once or twice a day. Simply pour a couple tablespoons of castor oil on a wool cloth, place it on the neck and cover with a heating pad for 15 – 20 minutes.
- Supplement with manganese while recovering from whiplash. Manganese can help your bones hold their alignment.

Yeast infections

Yeast is present on most normal human skin but is limited in its growth by the immune system. When the immune system breaks down or shows weakness, yeast growth can get out of hand and a yeast infection occurs.

Yeast infections often occur in the vagina, but can also occur elsewhere on the skin, in the oral cavity, on the penis, and under toenails. The appearance of the infection is generally irritated-looking skin with a noticeably yellowish blotchy, pussy substance near the surface.

- Rubbing probiotic-rich plain yogurt on the infected area is a great way to help eliminate a yeast infection.
- Take a good probiotic supplement.

- Eat lots of probiotic-rich yogurt, kefir and cottage cheese.
- Avoid caffeine and refined sugars while a yeast infection persists.
- Drink plenty of pure water and try a tea of rosehips.
- While a rosehips tea may not cure a yeast infection, it is a great added support while the body works to eliminate the infection.

Most yeast infections occur in the crotch area of women and sometimes men. For this reason, be sure to wear clean, loose-fitting breathable underwear and clothing when you have a yeast infection in this area. ***Avoid the tight pants!***

Product Sourcing

Amazon – www.amazon

Aura Cacia – www.auracacia.com – Carrier oils, essential oils and blends, bath salts, and more.

Eden Botanicals – www.edenbotanicals.com - Choose from a wide variety of essential oils and carrier oils.

The IAmShaman Shop – www.iamshaman.com - This shop has an incredible selection of dried roots, leaves and flowers of many common and hard-to-find medicinal herbs.

NOW – www.nowfoods.com – A great source for supplements and a variety of food grade oils, NOW also sells essential oils, montmorillonite clay, lecithin and aloe vera.

Mountain Rose Herbs – www.mountainroseherbs.com – Organic and sustainably-harvested herbs, roots, flowers, and more.

Radiant Life Company – www.radiantlifecatalog.com – A great source for bath salts, coconut oil, and other fine food-grade oils.

Simplers Botanicals – www.shopsimplers.com – Essential oils galore! This company also sells several carrier oils.

Spectrum – www.spectrumorganics.com – Purveyors of fine food grade oils that can be used safely for personal care. Organic oils are available.

Conclusion

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