

The Lost Book of



Remedies

By Mary Newman

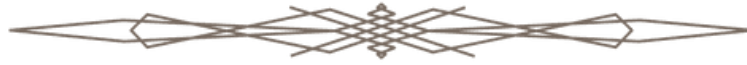
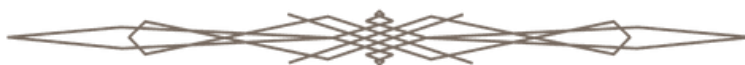


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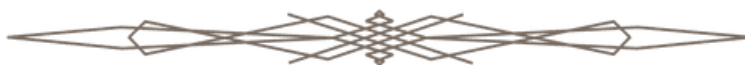
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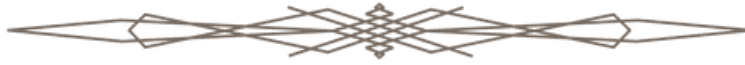


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Introduction

It seems that no matter how old we get, or what era we were born in, the attraction and importance of learning from our forefathers and past generations is always there. It's precisely why children are taught history in school, because learning from those who have already been through it and tried it, can't be beaten. Trying something for the first time isn't nearly as intimidating if there has been some form of trial and error, rather than stepping up to be the guinea pig. So, we pay attention to history, and what past generations have gone through before our time and can now teach us.

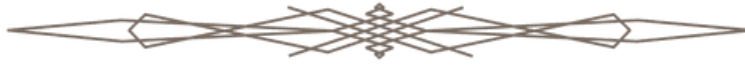
It's a wonderful way to have solid knowledge and expectations when attempting to do something new to you, while not new to others. If someone else has already attempted it, regardless of what that might be, it tends to give us some peace of mind. Even though we can do that to some degree from people of our own generation who have attempted it recently, it doesn't give us the useful and powerful knowledge of what long-term use and abuse could have on us. In other words, learning from our past generations can save us some future misery and discomfort.

Medicine, whether it be a traditional prescription by a licensed medical professional, or a good old-fashioned home and natural remedy, is no different. Whether it's traditional, new, natural, or alternative medicine and remedies, having some well-worn experience and knowledge on it will help you choose a good option for your individual needs, for various circumstances, conditions, and ailments.

However, for this book, we are going to focus on natural, home, and worldwide cures and remedies. In other words, a remedy that you won't need a prescription written out, just examining some information and background on the experiences of our forefathers and past generations.

Some people would classify the information we are going to cover as "alternative". However, while alternative medicine is often described as unorthodox medicine, some of it still requires a medical license or training to administer, such as acupuncture and chiropractic treatments.

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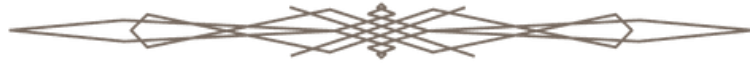


Instead, we are going to focus on treatments and remedies that do **not** require any type of license or degree to administer. However, as with any treatment, make sure to do your own research and know your body and how it reacts to certain ingredients before you try a new treatment. New, to you that is...not to our ancestors.

A natural or home remedy is a treatment or cure for an ailment that utilizes natural ingredients such as vegetables, plants, or spices. These remedies are becoming increasingly more popular due to the expense of traditional medicine, not to mention the hassle of getting in for a doctor's appointment and battling insurance coverage issues. But mostly, people are looking for holistic ways to treat their bodies, rather than masking symptoms.

Another important reason people are seeking natural options is that they don't have the side effects of conventional medicine, which can be horrific for some. One of the most popular natural remedies in the U.S. is chicken soup. It's a common act to bring chicken soup to someone who is sick or make your own when you have a cold. While it is known to help with the common cold, it doesn't have any side effects, such as drowsiness, constipation, or any other unfavorable effect.

An important thing to remember though is that as good as a natural remedy can be, it should not take the place of sound advice and tests from a physician. The remedies we will discuss in this book are not a miracle cure, nor should they be in place of recommended treatments by the medical field for serious conditions. Also, be aware of your own body and what it does and doesn't react to, such as adverse reactions to something you could be allergic to when digested or applied. If any of the remedies talked about in the upcoming chapters lead to your condition worsening or another condition popping up, you should seek professional medical help. In fact, seeking approval from your doctor ahead of time is recommended. Most physicians will see no harm in trying a natural remedy unless it could be contradictory to other medication you might be taking.

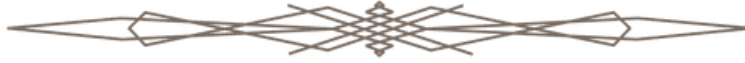


Chapter 1

Tapping into Our Forefather's Wisdom of Natural Healing



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Most people know someone who has passed down their favorite natural or herbal remedy to cure or treat certain ailments, whether that be a grandparent, parent, or your worldly great aunt or uncle, or even family friend. If not, you must have at least heard of a few rumors or what is commonly referred to as an “old wives tale”, right? Memories of mom or grandma mixing up something you would have never before considered digesting or applying to your body are probably popping up in your mind right now. And, the stranger the mixture, the stronger the memory.

And, now more than ever with the world-wide resistance to antibiotics building, we are seeing a resurgence of these old natural remedies and treatments found around the world. But, perhaps you have only heard of 1 or 2 treatments that have been used for centuries. Yet, there are many more to consider that have been generated and used across the globe.

Fortunately, there is a lot of valuable information from our forefathers that we can tap into when it comes to treating ailments such as pain, colds, flu, skin irritations, and more. One example why this is important is that there is an enormous problem with the current antibiotic resistance to bacteria that we are seeing. Stronger strains of staph infections are becoming a real problem to treat as a result. Suddenly, the need for natural remedies has increased to help support our overall health and well-being.

Picking up a secondary infection at the hospital when being treated for something else is common these days. This is reason enough to listen to our forefathers and take lessons on what they have used or continue to use to treat certain ailments naturally, rather than add to the antibiotic resistance.

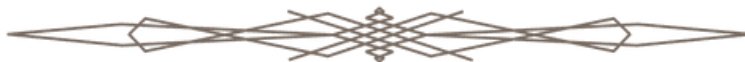
So, how do you go about getting all this information?

How to Tap into a World of Information

You could start by interviewing the elderly in your life, whether it be family or friends. Most people who swear by these remedies will be eager to share it with anyone who will listen. Ask your parents, grandparents, aunts, uncles, neighbors, friends, and anyone you can think of who might have some knowledge on the subject.

Make sure to grab pencil and paper, because the older the person you are interviewing is, the more likely they will share a lot of details. The more information you gather, the better. You can always weed out the unnecessary tidbits they add later. Many ancestors are proud to share anything that worked and

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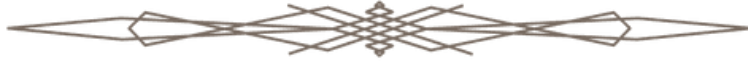


can help others. In fact, they might have had it passed down to them in previous years.

They might not know why it works, just that it does. If you are curious, do some research. With today's technology, it's most likely out on the web somewhere. You will probably find more people discussing it to back up the theory.

You will never know what goldmines your elder family members or neighbors might be sitting on, until you ask..." What home remedies have you used successfully in your day?"..."What herbs or plants have you used to treat conditions that have worked?"..."Have you ever used a spice or herb to treat a cold?" Just start asking. You might be surprised.

Even if you might not be all that interested in studying herbal medicine yourself, or doing the research and interviews, you can still build a significant repertoire of home and natural remedies to help you and your family stay as healthy as possible by warding off infections and other ailments through other sources. That's why this book was written. So, you don't have to do all the interviewing and research yourself. But, don't let this dissuade you from digging deeper in the future though. There is a great deal of information from our previous generations to tap into for our future health.

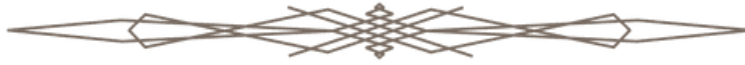


Chapter 2

Why People Want or Need Natural Remedies



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Before we dive into some of the wonderful and natural world remedies that are available for various ailments, let's look at why the popularity of these treatments is gaining among so many people, especially for those over the age of 50. That's right. Men and women are growing increasingly weary of multiple prescriptions and chemicals passing through their systems like water.

It's not uncommon for Pharmaceutical companies to try mimicking what nature can already do for us when it comes to treating some ailments. So, why not go right to the source? There are a few reasons why more and more people are seeking a more natural path, a path that our forefathers have gone down successfully in the past.

Both paths have their own set of pros and cons. But, natural remedies tend to work with the body's natural system, while pharmaceutical treatments often attempt to alter or control the body's system. And, because neither path has found the cure for every ailment, there is room for both in maintaining and achieving optimum health.

However, there are some very good reasons why many people might opt for the natural path.

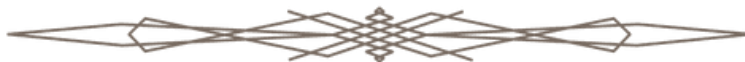
Readily Available

Nature is filled with wonderful ingredients for a natural approach to treating various illnesses and mishaps. Just take a look around you. Land or water, natural supplements and herbs can be found. In fact, the Amazon Rain Forest could easily be considered the unofficial natural pharmacy of the world, with its abundance of raw and unrefined ingredients for remedies, just waiting to be tapped into by someone looking for a non-chemical remedy. And, while this might be new for you, most of it is not new at all. Fortunately, we have past generations who have explored and experimented, paving the path for our benefit today. You might even be digesting some of these ingredients already, and not know they have had a positive influence on your system. However, sometimes it takes more than you get in a normal meal, or combined with another natural ingredient, or consumed in another manner, for it to be fully effective.

Centuries of Experience

Herbal remedies have been used in some form for centuries. Combining raw and unrefined items found in nature for medicinal purposes has been going on throughout the generations. In fact, before modern medicine turned to the lab, it's all people had to use for any ailment. Long before the white coats were hanging in

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the formal laboratories, people were creating and experimenting with the elements found around them in nature. Take Indian tribes, for example. They have been using various herbal remedies for a wide range of ailments for centuries, with remarkable success. If not, there wouldn't be such a large demand for their knowledge and experience today.

Considers the Entire Body

Pharmaceutical medicine typically zeroes in on one part of the body, in hopes to correct or alter that specific part for relief. Unfortunately, that quite frequently only treats the symptom, rather than fixing the problem. Furthermore, the whole body needs to work together for optimum performance and overall health and well-being, which natural remedies typically embrace. The body works better when all parts of the system can work in rhythm, rather than a part of the system altered or masked with pharmaceutical medicines. People who practice natural and whole medicine and remedies realize that just treating only the symptoms is not enough. Using herbal treatments often find a way to zero in on the body's natural rhythm leading to a healthier state of being and getting the body to work together as a whole again.

Embraced by Pharmaceuticals

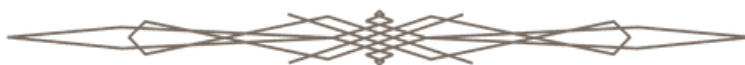
Just because someone might prefer natural remedies, that does not mean that they necessarily exclude or dismiss pharmaceutical medicine altogether. Many people see a need for it when an herb or natural remedy might not work. Certain diseases or illnesses will require more than an herbal remedy. However, both naturalists and pharmaceutical companies recognize the important of blending both at times and that they can work together in healing the body.

Less Costly

The cost of prescription medications in the U.S. has skyrocketed over the years, and there isn't any evidence of that trend ending anytime soon. Many people leave the pharmacy counter in shock, or at times, empty-handed after hearing the price of their prescription. Even with prescription coverage, the cost can be alarming. Herbal alternatives are far friendlier on the pocket book. So, more and more people are looking into natural options for treatments. When there is a natural alternative available that makes sense for the ailment, it also makes sense to go that route.

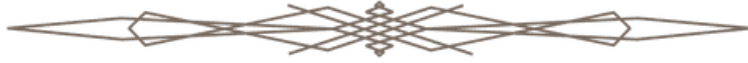
As you can see above, herbal remedies give hope to many people, for various reasons from cost to feeling better overall. Whether it's an outright cure, or an aid

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to help alongside pharmaceutical medicines, natural remedy options are being sought out by more and more people every day.

So, what one is right for your particular ailment? Good question. And, we have answers.

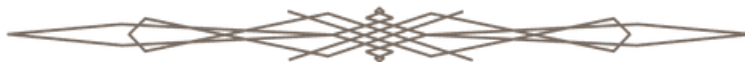


Chapter 3

Pain and Inflammation Relief



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The use and abuse of opioids, prescribed or otherwise, has been setting off alarms for a few years now. And, it's not getting any better. In fact, there has been so much pressure on physicians when prescribing them, that they are in fear to do so at times, even for those who are in severe pain. So, even if you weren't already in the market for natural pain killers, that alone might have you considering it now.

Regardless of your reason, fear or a desire to stay away from pharmaceuticals, you will be happy to know there are several options for relieving pain and inflammation...all natural, found and discovered from around the world.

General Pain

There are all types of pain, located in various parts of our bodies such as a headache, a backache, or a toothache.

Willow Bark

As a great option for treating inflammation, willow bark has been used for centuries. It has gone back as far as the 5th century BC, with Hippocrates writing about the benefits. With willow trees found around the world, it has been widely accepted as a natural treatment for pain and inflammation.

At first, people often simply chewed on the bark to help relieve pain and even fevers. As time and technology progressed, it took on the form of a dried herb that was steeped like a tea, and now a liquid or capsule form.

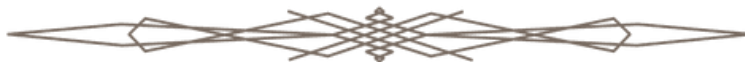
However, it is thought to be risky for children to consume.

Turmeric

A popular Middle Eastern spice, turmeric not only helps to protect our bodies from free radical molecules that can damage tissue and cells but also has been attributed to combat inflammation and pain.

It can be digested, as well as used externally as a topical application for arthritic joints or wounds. Make a paste by mixing 2 tablespoons with water to apply topically. Other ways to use it include digesting up to 1.5 teaspoons of the dried root powder each day, take a 250 mg supplement, or use it often in seasoning your food.

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It has also been reported by many people to help with other conditions such as indigestion, psoriasis, and ulcers.

Wasabi

Even though it might hurt going down, some hot spices are helpful in relieving painful joints. If you can tolerate intense spicy foods, such as wasabi, can mimic pain killers. Wasabi is a plant naturally growing in Japan, along the streams and rivers. It has been cultivated into cuisine since historical times but experienced a surge in popularity in the 1990's.

Fortunately, spicy foods and snacks are trending now, including wasabi flavored items. So, you should be able to find wasabi just about anywhere. Although, you should make sure you can tolerate it in small doses first.

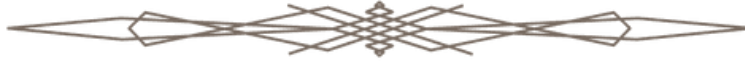
Powerful Oils to Reduce Pain

Oils are being used for more than just cooking now, from aromatherapy to even pain relief. There are several that have been used for centuries around the world, tested early on by our forefathers, such as:

- **Evening Primrose Oil** – Women around the world have been using evening primrose oil to help with painful menstrual cycles. It is rich in the essential fatty acid gamma-linolenic and is known around the world as helpful in balancing hormones. Supplements make it easy to take during the menstrual cycle, typically starting on the first day, and through ovulation.
- **Arnica Oil** – Arnica oil was developed from the arnica plant, most commonly found in Siberia and Europe. Used as a topical treatment, it aides in healing bruises and reducing inflammation and pain by applying to painful joints twice a day. Many carpal tunnel patients are finding enough relief to avoid surgery.
- **Lavender and Peppermint Oil** – Teamed together, these 2 oils have been known to help with ailments such as myofascial pain, headaches, and fibromyalgia. Lavender works to release muscle tension, while peppermint can improve circulation. Mix a couple drops and massage into the temples for a headache, or in other painful areas. Lavender can also help in relaxing simply by the aroma itself.

Essential oils can be found just about anywhere and in a wide price range. The purer it is, the more benefits you will get from them.

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Epsom Salt

When it comes to old world remedies and advice passed down from generation after generation, perhaps Epsom salt comes to mind. In fact, you have probably heard of this one before. If it's not news to you, at least it's a reminder because it's a quick, easy, and reliable remedy.

Epsom salt is rich in magnesium, which is great for using as a natural pain killer in the joints, muscles, and bones. Have a bone spur in your heel? Soak your foot in Epsom salt and water. It's also a useful source for removing slivers, as a good soak will help draw it out.

Cabbage Leaves

Cabbage isn't healthy just for the ridiculously low calories! It has also been celebrated over the years for its anti-inflammatory traits. Eating cabbage, along with its edible cousins Brussel sprouts, broccoli, and cauliflower, is healthy in accelerating elimination of toxins from organisms. So, adding these veggies is a great source of nutrients to help the body stay healthy in general.

But, cabbage leaves can also help with inflammation and pain. Take 2 or 3 leaves, soften them in boiling water until they are pliable. Pat them dry, but brush them with a little oil, then wrap around your neck with a towel, or scarf. You can keep them in place for a couple hours.

Headaches

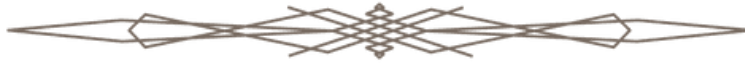
At times, a headache can be debilitating, to the point of not being able to get out of bed for hours, or days. There are plenty of over the counter medicines and prescriptions that you can get. But, if you want to use a natural remedy, there is also help.

Potato Slices

For migraines or headaches, try applying 2 or 3 raw potato slices to your forehead. You can keep them in place with a scarf or headband and leave them on for a couple hours.

If a headache is lingering for a longer period, try drinking a ¼ cup of warm potato water, 3 times a day until it goes away. Simply grate a raw potato, then squeeze the

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natural juice out, and drink up. Potatoes have anti-hemorrhagic and anti-anemic properties, as well as vitamin C, A, K, and sulfur, which all contribute to relieving headaches.

Toothaches

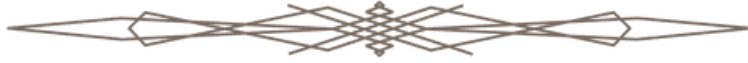
Whether it's a bad tooth, an infection, or something stuck between your teeth, a toothache can be quite aggravating. If the toothache is persistent, seek treatment from a dentist, because it could lead to more serious health concerns, such as heart disease.

Truth be told though, nothing can be more distracting and debilitating to the average day than a throbbing toothache. Fortunately, there are several natural remedies for treating a toothache. And, most of these options have ingredients that can be easily found or already on hand.

- **Garlic** – As a natural anesthetic, garlic can quickly help relieve a toothache by pressing a clove into the problem tooth. If you get frequent toothaches, chew a small amount of raw garlic each day.
- **Onion** – Similar to garlic, onion also has the same effect on toothaches. Chew on raw onion, multiple times a day, if needed.
- **Clove oil** – Generations have been using clove oil for tooth pain for years. Soak a cotton ball in the clove oil, then press it into the tender area.
- **Lemon** – If you get frequent toothaches and discomfort, rinse your mouth each morning upon waking with lemon juice. It works to remove plaque and bacteria build up, creating a healthier environment in your mouth. This is great also for cleaning the teeth and freshening the breath.
- **Salt** – A tried and true remedy for toothaches and sores in the mouth, is to gargle and rinse with warm salt water. Do this a few times a day until the pain or sores are gone.

Of course, these options are not to replace a major problem within your mouth. If none of these work, you probably should get in to see a dentist to permanently fix the problem. An unhealthy mouth can lead to a more serious health crisis, such as heart disease.

Be careful though. All the above-mentioned remedies for pain are not to substitute good sound advice from a trained professional, especially if the pain persists. If the pain does not go away, you should speak with a physician, because there could be a more serious health issue brewing.

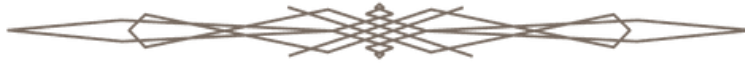


Chapter 4

Coughs, Colds, Flu, and Sore Throats



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Nothing more irritating than the common cold, except for the limited traditional and pharmaceutical aids that are prescribed to rid ourselves of the annoying symptoms of these ailments. More often than not, it will just take time for the cold or flu to run its course and we move on.

However, that does not mean that we must suffer from the symptoms until the pest is ready to leave our system. Then again, some of the medications suggested by doctors can be expensive, and sometimes not the best for us.

Fortunately, there is an abundance of natural treatments and remedies that have been passed down for many generations around the world. The common cold is universal, and so are the treatments.

Common Cold

First, let's take a look at treating the common cold. Later in the chapter, we will look at targeting more specific areas of a cold, such as calming a stubborn cough or soothing a sore throat.

Onion

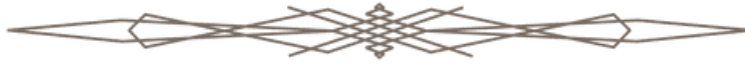
A simple sniff of an onion can bring tears to most eyes and thought of as a problem when cooking. But in Japan, people have grabbed an onion for decades. Try sniffing one a couple times a day while you are congested. It might be enough to clear the sinus passages, at least for a temporary reprieve.

The Japanese also make a drink made from a decent amount of grated ginger, lemon juice, honey, and hot water to help clear up the stuffiness.

Garlic

Thought by some to be nature's antibiotic, garlic is popular in many countries, like Spain, Columbia, and South Africa. Garlic is being utilized in treating symptoms for a cold or the flu. It's already well-recognized as a common ingredient in food around the world. But in times of illness or prevention, maybe we just amp it up a bit. Add a little more to our dishes. In fact, even without symptoms, it's widely accepted to be a healthy addition to our diet. In Spain, it's a widespread practice to add garlic, honey, and lemon to tea for soothing a cough.

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The oils found in garlic are so pungent that they are thought to suppress even a stubborn cough, as well as help with congestion. But, even garlic connoisseurs will find out that drinking garlic is not quite the same as eating a warm slice of garlic toast. So, don't expect this to go down as easy as it sounds.

Chickweed Herb and Mullein Leaves

Although not nearly as well known, chickweed herb and mullein leaves are a choice by some people in North America as a natural remedy for that pesky common cold. You can find both items in a health store or online at various online retail stores.

When people use this to treat a cold, they add 2 tablespoons of both mullein leaves and chickweed herb to 1 quart of boiling water, stir gently, then steep for about 30 minutes. It's best to drink the mixture while warm. Drink 1 cup every 3 hours for a day and get plenty of rest.

Hot Rum and Peppermint

Out on the open seas, Scottish seamen were often given a rum and peppermint concoction if they were battling a cold. While confined to a ship, they didn't have the luxury of running out to the local pharmacy. So, they mix a little peppermint with their hot rum to make a nice toddy to help with cold symptoms.

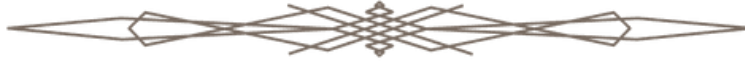
They also rely on sea air, swearing that simply breathing in the salty sea air helps to diminish congestion. Perhaps it's similar to saline sprays that can be purchased over the counter.

Hot Caramel Drink

Yes, you just discovered a good and healthy reason to partake in a little sweetness. In Serbia, it's common practice for people to make a caramel drink to treat their cold, not just because it tastes so good.

To make this, they melt 3 tablespoons of sugar on low heat. After that melts, it will start to darken into a nice caramel color. At that point, add 1 cup of milk and keep stirring until it becomes a smooth and velvety drink. The hotter you can drink it, the better.

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Mustard

It would seem as though eating a spoon of mustard might clear your nasal passages out, at least temporarily. But, this time we aren't talking about digesting it. In Russia, they soak their feet in a mustard mix when suffering from a cough and cold.

They mix the dry mustard powder with hot water, then soak their feet in it, until the water cools. At that point, they cover the feet with a pair of warm and toasty socks, then get some rest.

Turnips

Turnips are a major source of vitamin C, which helps to build up the immune system. In Iran, people with colds often eat turnips to boost their immune system in hopes to fight off the cold and cough.

However, this might not be the quickest way to beat a current cold, keeping up on vitamin C will help fend off future colds.

Calming a Cough

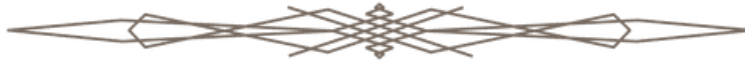
Colds often come with a cough. At times a bad cough can even be very painful. But, at the very least, quite irritating. Finding a natural remedy that works would be very helpful in finally getting rid of a nasty cough and start catching up with your sleep.

Snail Extract Syrup

It might not sound appealing to most, but the use of snails in medicine dates back as far as Pliny and Hippocrates. Back during that era, digesting the snail itself would be the manner used, often wandering down to the water to pick them right off the rocks.

However, in today's modern medicine world, you can find snail extract syrup to help with a cough. Although it might not be easy to find, it's still fairly common in Germany.

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In a Nut Shell

There is perhaps nothing more frustrating with a cold than a stubborn cough, that keeps you awake, interrupts conversations, and can actually become painful. There are plenty of cough syrups on the shelves of pharmacies across the world. But, in addition to not always working, they are costly, and not a natural remedy at all.

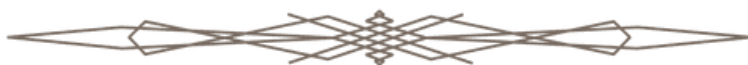
Fortunately, people around the world have been making tea out of nut shells for years to help with their cough. To make this, gather about 5 ounces of nut shells and add water in a pot to boil. Drinking the tea while still hot or warm is best to help loosen up anything contributing to a cough.

Soothing a Sore Throat

Is your throat feeling like you swallowed something sharp, or have been yelling for hours? There are a few natural remedies for soothing an irritated throat, which have been used around the world. Take a look...

- **Black Radish** – A special syrup made with black radishes and sugar is an easy, inexpensive, and healthy alternative to traditional throat lozenges found in pharmacies. Start by making a hole in the middle of a clean black radish. Fill that hole with about 1 teaspoon of sugar, then heat up the filled radish on a stove top or radiator. A syrup should start forming in about 2 hours. Drink that syrup for soothing your throat.
- **Salt Water** – Add about 1 teaspoon of salt to a glass of water, then gargle. The water does not have to be heated, but make sure the salt starts to dissolve before gargling, and that it reaches the back of your throat before spitting it out. If you can't taste the salt, you haven't added enough of it.
- **Pine Syrup** – Gather about 1 cup of pine needles and wash them thoroughly, then finely chop them. Bring just over a half cup of water, 2 tablespoons of corn syrup, and a dash of salt to a boil for about 1 minute, without stirring. After removing from the heat, add the chopped needles, then steep for 2 or 3 hours. Make sure to strain the syrup to remove the chopped needles. This can be kept up to 1 month, if refrigerated.

Other options for a sore throat than what's mentioned above, is gargling with freshly squeezed lemon juice or drinking a mix of honey, vinegar, and warm water.

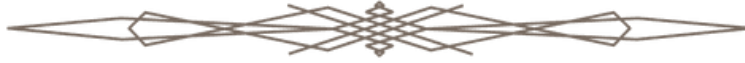


Chapter 5

Skin Irritations and Cuts



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In this chapter, we are going to take a look at various conditions involving the skin, from a rash and itching to cuts and scrapes. In our youth, it was common practice to get a scrape while playing outside, or a rash when getting too close to certain weeds. We might not be playing Red Rover or Kick the Can any longer, but that doesn't mean we don't venture outside either.

There are many natural remedies that were discovered around the world and have been used by our ancestors for years. So, if you have wandered outdoors and accidentally stumbled across some poison ivy, developed a simple rash for various reasons, or scraped your skin, the following natural and inexpensive remedies have been known to help many people for centuries.

Skin Irritations and Rashes

So, maybe you just used a new detergent that doesn't agree with your skin or came across something outside that is causing a little irritation to your skin. Yet, rather than having to buy another prescription or costly over the counter ointment off the shelf, which will just add more chemicals and unnatural ingredients to the mix, you prefer to try a natural remedy.

Great idea, because many of the ideas below are very simple and probably can be made with ingredients currently sitting in your home right now.

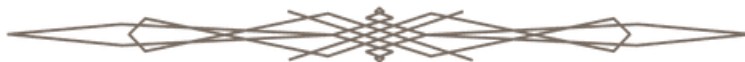
Cinnamon and Honey

For example, in South Africa, people have been using honey and cinnamon for the relief of acne. Now, you might be well out of the acne age by now, but acne can affect all ages, or conditions such as rosacea. Cinnamon is an effective anti-inflammatory, and honey is a healing and antibacterial agent. Combining the 2 ingredients can do wonders for relieving itching and redness and speed up the process of healing the affected area. Simply mix 1 tablespoon ground cinnamon with 2 tablespoons of raw and pure honey, then apply to the area. Leave it on overnight, but make sure to sleep with a towel, especially if your face typically meets the pillow in your sleep.

Potato

Another natural option for itching is using a potato. If you have an irritating mosquito bite that is driving you crazy, grate a raw potato. Apply a bit of the grated and raw potato to the area and let it sit until the itch calms down.

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Walnut Leaves

With the healing and disinfectant properties found in walnut leaves, they make an amazing natural source for healing some rashes. Boil approximately 1 ounce of green walnut leaves with 4 cups of water, for 15 minutes. Once it cools, strain the liquid, soak a piece of sterile gauze, then gently wash the rash with the gauze.

Chamomile Tea

Greeks, Romans, and Egyptians have been taking advantage of the many health benefits of chamomile tea. It is said that it can help in soothing an upset stomach, calm muscle spasms, and aiding in sleepless nights. But, it can also help with rashes, such as those from razor burn. Aside from drinking it, also soak a cotton ball with it and apply it directly to the rash.

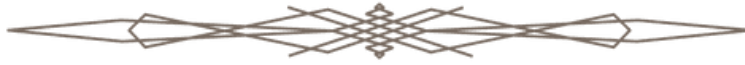
Poison Ivy

Perhaps you didn't notice the pile of poison ivy growing quietly in the area you were walking or working in recently. You start to itch, see the red spots, and now realize that it must be poison ivy that did this to you. It can be maddening to deal with, from the itching, sleeplessness, and embarrassing patchy red spots all over.

Don't worry though. There are several natural remedies to choose from, such as the following:

- **Baking Soda** – This is one of those ingredients found in most homes, making this an easy remedy to make and use on short notice. If you have a poison ivy rash, mix together 1 teaspoon water and 3 teaspoons baking soda, until you form a paste. Apply the paste to the rash, let it dry until it flakes off. If you have oozing blisters, mix 1 quart of water with 2 teaspoons of baking soda, then saturate sterile gauze pads with the mix. Cover your blisters with these soaked pads for about 10 minutes, up to 4 times a day. Just make sure to keep the mix away from your eyes.
- **Banana Peel** – It might seem a bit messy but rubbing the inside of the banana peel directly on the poison ivy rash is a long time old wives tale, that isn't just a tale. The inner part of the peel has some cooling traits that are beneficial to soothe the itch.
- **Cucumber** – The use of cucumber is not surprising at all, considering cucumber is a popular ingredient in skin care for its calming and hydration

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tendencies. In fact, many women will use cucumber slices to place on their eyes to help bring down puffiness and irritation. For poison ivy, you can use slices or a cucumber mash to place over the affected area. Leave it on as long as you want, and apply it as often as needed.

- **Apple Cider Vinegar** – This is something that might not feel as refreshing or smell as appealing as some of the other remedies, but apple cider vinegar has been very effective in treating the irritation of poison ivy. Dab with a soaked cotton ball, or soak a plain brown paper bag in it, then place it right on the rash to help draw out toxins.
- **Oatmeal Bath** – You might have seen “oatmeal bath” kits in the local pharmacy or store to help with itchy skin from various conditions, such as poison ivy. But, why buy a special kit, when you can make your own? Grind 1 cup of dry oatmeal in a blender or coffee grinder, until it’s the texture of a fine powder. Pour the powder into a piece of cheesecloth or the foot of old nylon hose, knot it, then tie it to the end of the bathtub faucet, so that the water will run over it when you fill the tub. Soak in the tub for about 30 minutes. For smaller areas, you can also place the pouch directly on the area.

As you can see, there are many natural remedies to help with poison ivy. If one doesn’t work well for you, try another.

Cuts, Scratches, and Bruises

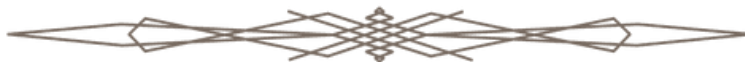
Minor cuts, scratches, or bruises that don’t require stitches or x-rays can be treated at home with natural remedies, quite often with items commonly found in the home already. Quick trips to the doctor’s office or ER are not quick, nor cheap. While the following remedies are not a replacement for deep cuts requiring stitches, a thorough cleaning, or an x-ray, they can be a great alternative for minor mishaps.

Lavender Essential Oil

Lavender is well known for its calming properties and used for relaxing at bath and bed times. But, did you know that it is also a good antibacterial? Used topically, lavender essential oil can help a scratch or scrape heal.

Because it can work as an antiseptic and antibacterial, as well as the soothing ability, more and more people are turning to it for minor cuts and scratches. After applying to the wound, it should help ease the pain and disinfect the wound,

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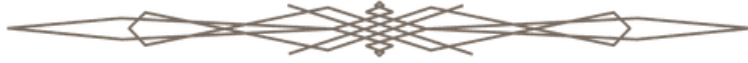
diminishing the chance of infection setting in later. Just add a couple drops to a cotton ball and dab it onto the wound.

Cayenne Pepper

Perhaps you have a small cut that is a bleeder, nothing deep or serious, but just won't completely stop bleeding. The thought of adding a hot spice to it might seem a little intimidating to some people, but don't let that stop you. Many people dating back quite far have stopped a bleeder by adding a little spice to it. In fact, it not only could stop the bleeding, but it also acts as a numbing agent. Sprinkle cayenne pepper directly into the wound, and then bandage it for a couple hours.

Cayenne pepper contains substantial amounts of capsaicin, which helps with pain. But, cayenne also works quickly to equalize blood pressure and will trigger coagulation (clotting the blood). It also acts as a disinfectant. On a side note, cayenne pepper tea is also said to help if a person is in the midst of a heart attack, due to the clotting power of the spice. However, it's best to use an organic spice.

Just keep in mind, this is not to replace stitches or any other form of medical care that might be necessary for deeper wounds, or wounds that need additional attention.

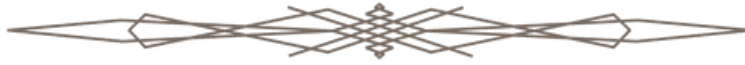


Chapter 6

Miscellaneous Ailments with Natural Remedies



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In previous chapters, we focused specifically on a one topic such as pain, skin, or colds and flu because there are multiple remedies for each of those ailments. However, there are plenty of other intrusive and irritating ailments but might only have one or two natural remedies worth sharing.

Therefore, this chapter is necessary. The conditions we will discuss in this chapter don't necessarily have enough information to warrant its own chapter. But, there is plenty of miscellaneous tidbits of information to share on individual conditions to combine into an important chapter.

Candida or Yeast

We previously discussed cayenne pepper, how it helps with pain and to stop bleeding in some wounds. But, the benefits of the wonder spice do not end there. It also helps to control excessive candida or yeast.

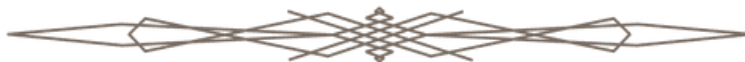
Our bodies normally have some candida. However, at times it decides to multiply to uncomfortable proportions in various areas of the body, including the digestive tract, genital area, or mouth. An overabundance of candida can lead to all sorts of discomfort from itching to joint pain. Fortunately, cayenne pepper can help. In fact, scientists have found that it can actively fight against 16 various fungal strains. If your body has the tendency to over produce candida, increase the spice in your diet, by adding it to recipes, or making a cayenne pepper tea to have daily.

Conjunctivitis

Conjunctivitis, or commonly known as pink eye, is more than just a nuisance. Left untreated, it can cause permanent damage to the eye. If you see early signs of it coming on, there are a few options to consider that are all natural and have some history from our forefathers using them, such as:

- **Cabbage** – Make some cabbage juice and place a couple drops of it in the infected eye. Do this a couple times a day.
- **Fennel Seeds** – Boil 2 tablespoons of (crushed) fennel seeds with 5 cups of water. Wait for it to cool down to room temperature, filter it, then use the liquid as an eye wash, twice a day.
- **Chamomile** – Boil 1 teaspoon of chamomile with 4 cups of water. After cooling, filter the liquid, then use as an eye wash, a couple times a day.

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If the infection does not go away, or is quite severe to begin with, consult a physician. Your eye sight is nothing to mess around with, as it could lead to permanent damage.

Diarrhea

It happens to all of us, and typically with such inconvenient timing. Many times, we don't have the time to let the bug take its course and leave without help. If you have some diarrhea and have an event to get to, a healthy and natural remedy could be your best friend, rather than adding another chemical to your body.

In India, turmeric is often used for diarrhea. In fact, the spice is gaining world-wide recognition for helping for more than just diarrhea. Because of its anti-inflammatory traits, it is being used to help treat arthritis and heart disease.

However, for diarrhea or digestive discomfort, mix 1 teaspoon to 1 tablespoon of ground turmeric with a liquid such as water, juice, or milk, then drink. You can also find it in capsule form in most health stores.

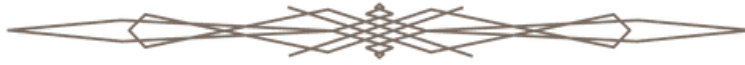
Abdominal Discomfort

Diarrhea isn't the only form of abdominal discomfort. Sometimes it's belly pain or nausea, with or without diarrhea or vomiting. And, sometimes it's a common occurrence. Taking the traditional prescription or an over the counter treatment is not pleasant, because they often come with side effects. Fortunately, there are natural options to consider.

One of those natural options is Aloe Vera juice. It has great anti-bacterial, anti-viral, and anti-fungal properties, and can easily be digested by drinking it. And, it's quite tasty, with the Aloe Vera chunks making a very tasty and refreshing drink. You can find it in health food stores, or even found in grocery stores in the juice section. Or, you can make your own:

- Cut a large and healthy leaf off your aloe vera plant and allow the natural resin to drip out into a cup when holding the leaf upside down. The thicker gel will not come out at this point.
- Cut the leaf in half, then get the gel out from the inside. Be careful to not get the yellowish substance (near the outer skin), because that is quite bitter.

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- Place the juice and gel in a blender, along with 3 cups of water, fruit juice, or whole fruit. You could even use almond milk or coconut juice, anything you want and blend well.

Drink a glass of it and place any leftover in the refrigerator. Although, there might not be much left after you find out how great it tastes. You might have to get accustomed to drinking a chunky drink, but well worth it!

Another option for an upset stomach includes making a celery tea because celery combats stomach acid buildup. Boil a handful of fresh and rinsed celery leaves. Allow the leaves to steep for a while in the hot liquid, then strain and drink the hot tea. This first became popular in Spain.

In Latin America, people turn to chamomile tea for an upset stomach. They find that making your own through drying chamomile yourself is best. However, buying decent chamomile tea from your local store is not a bad second option either.

Motion Sickness

Since motion sickness is basically an upset stomach, this could have also gone under “Abdominal Discomfort” above. However, for those who travel quite a bit and suffer from motion sickness while flying, riding, or boating, this deserves its own section.

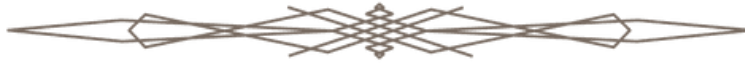
China has been using a natural remedy for centuries, and still stands by the thought that it works better than any prescription. Add 4 slices of fresh ginger to 1 cup of black tea. Drink this prior to travel for best results. Typically, once motion sickness sets in, it's thought that there is no hope. However, some people have had satisfactory results in combating it even after you are feeling the effects of travel.

Calcium Deficiency

As we age, we risk the effects of calcium deficiency, such as brittle bones. A broken hip can be detrimental to our health, and at times lead to death due to immobility. And, we can only eat so much cheese and dairy before the side effects of that take hold.

Fortunately, there's an easy natural remedy that will not cause constipation and clog the arteries like eating a lot of dairy can do to us. Mix 1 teaspoon of sesame mills with a little honey and a couple drops of real lemon juice. Take this concoction

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in the morning, for 20 days a month. If you do this for a minimum of 3 months, you should see your numbers in calcium deficiency improve.

Corns

Corns on the feet can be quite uncomfortable. And, if your feet are uncomfortable, your mobility will most likely suffer, leading to more serious issues. Yes, you can have them taken care of at the doctor's. However, that can be costly, and painful.

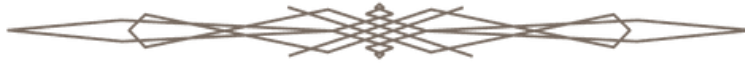
So, boil some hawthorn root in a pot of water, until the water turns brown. Let it cool slightly, but while hot enough to stand it without burning your skin, soak your feet until the water cools significantly. Repeat this daily for approximately 2 weeks. You should start to see some improvement in just a couple days.

Hangovers

If you partake in the spirits, you might be interested in some natural remedies for a good old-fashioned hangover. Hangovers have been around as long as the first brew.

In China, they swear by green tea. Apparently, it's more than just a tea for the health-conscious and yoga crowd. Sipping on green tea when you start feeling the effects of having a bit too much to drink, will help diminish the tell-tale symptoms of a good party. Green tea is not a fad though. The Chinese have been drinking it for medicinal purposes for thousands of years.

Another option comes from the United States. But to some, this option might seem more brutal than the hangover itself. It's often referred to as a "prairie oyster". If that hasn't lost you yet, combine 1 raw egg yolk, 2 teaspoons vinegar, 2 teaspoons of Worcestershire sauce, 2 teaspoons ketchup, 1 teaspoon pepper sauce, and a little bit of salt and pepper. Whisk all the ingredients and drink up!



Conclusion

In concluding this book, we want to recap on a few key points found within the chapters. The first being that we have so much knowledge and experience from our forefathers that we can tap into for our overall health and well-being. Whether that is our own personal family members we reach out to or someone else's, the wealth of information from those who have tried natural or home remedies for years is an unbeatable perk.

Reach out to those around you who are known to rely on herbs and natural ingredients to lead a healthy lifestyle. They are quite often more than willing to share their experiences and advice on what to try, and maybe even what not to try for various ailments.

Or, ask broad questions about natural remedies to anyone who will listen, family or not. People who are willing to try something different are often willing to share their advice and experiences.

Another point made in the book is that there isn't a one-size-fits-all remedy for everyone. Some people have allergies and can't use certain cures or remedies as a result. Fortunately, there is often more than one, sometimes several options per ailment. It's up to you to decide which one would be best for you and your general health.

And finally, when considering your overall health as we just mentioned, it's very important to completely throw out traditional medicine out the window altogether. There will always be a need for traditional medicine such as for more grave ailments and conditions that an herb won't cure, or if you find out that a particular herbal remedy had some significant adverse reactions. Also, it's always best to communicate any natural remedy you decide to try, preferably before you try it. Your doctor can inform you of any possible adverse reactions certain herbs might have on your condition or other medications you may be taking.

We hope you have learned some new treatments found in this book that might work you. We also hope this book has encouraged you to seek more information from your elders and tap into a whole world of health just waiting to help you!