



101

# NATURAL REMEDIES

*Secrets*

ANCIENT CURES, NATURAL TREATMENTS  
AND HOME REMEDIES FOR HEALTH



365 DAILY HEALTH

# 101 Natural Remedies Secrets

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## Disclaimer

All the material in this E-Book has been carefully researched, using combinations of health blogs, online video-hospital and other medical websites.

However, we must make this disclaimer:

The content and information provided in this E-Book, has been written for educational purposes only.

Regarding natural health solutions, the information should never be used to self-medicate or treat any form of physical or mental disease or health problem. It is not recommended to use these products as a substitute for medical care.

The statements regarding health-related benefits of certain ingredients may not been evaluated by the Food and Drug Administration and are in no way intended and should not be construed as medical advice to diagnose, treat, cure, or prevent any disease or health condition. As such it is not intended for you to disregard professional medical advice or delay in seeking medical attention.

The information, which has been researched diligently is not meant to substitute the advice provided by your personal physician or other medical professionals.

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People with severe allergies should be diligent. If it is possible you may have any type of anaphylactic-type reactions to any of the ingredients, do not consume them.

The authors of this material are not liable for any medical situations that may arise, as the disclaimer clearly states caution and self-responsibility.

## Introduction

Mainstream doctors and scientists often have strong opinions about the use of natural solutions to cure or help alleviate many common health problems.

Unfortunately, they tend to forget where some of the prescription medicines currently being used, came from. Researchers spent thousands of hours going to remote areas like the Amazon jungle to find plants with medicinal properties. Those findings were used to create some of the pharmaceutical drugs.

Every country has a long history of civilization and their individual methods, concerning how to deal with illness, developed after time. In North America, the native Indians used sage, American ginseng and willow bark as medicine. In China, cat's claw was used for high blood pressure and in India, the use of turmeric was key in fighting inflammation in the body.

It is hoped that one day, traditional North American medicine and ancient natural solutions will find a common meeting ground as it is key to the health of all. While exploring the use of natural herbs and spices, one does have to be cautious as there may be those who are not entirely interested in their health. These people or clinics could be involved in practices that are based more on the money that can be made, than the actual healing.

Investigating natural methods takes common sense and the use of one's own research to ensure that no harm is caused. With that in mind, it is best to think about whether the general practitioner should also be consulted. For example, if a person is already prescribed a drug to combat an issue, it is best to check and see if a particular spice or herb, may cause an adverse reaction.

The role of natural health solutions is to provide an overall healing to the body and the mind. With that said, the material covered in this E-Book has been carefully researched and the best solutions presented in concise form.

## Chapter 1: The Mind

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Issues with the mind are often caused by overwhelm. In today's society, the fast pace is something that a large part of the population cannot deal with. Dealing with negativity in the workplace and at home, can manifest any number of issues and for the unfortunate few, even double down...such as being so stressed out, that it leads to major depression.

While seeking the doctor's advice is always the first step...one must be cautious and have full trust in the doctor. Remember that doctors are also prone to overwork and stress due to large numbers of patients. Engaging in the use of medical prescriptions may help some, while others will find that the medication has side effects that they are unable to deal with.

In certain cases, the idea of exploring natural home remedies is not only appealing but necessary. Here are some of the issues related to your mind and the most popular natural methods to deal with them.

### **Stress**

*This is something we all feel, although each person's stress levels will be different due to individual circumstances. Many instances of stress can be reduced quickly by using deep breathing techniques. Getting massive amounts of oxygen into your lungs and blood stream will help to slow the heart when it is beating too fast. As a person focuses on deep breathing, it takes their mind away from what is causing anger or frustration.*

- Herbs have been used for centuries as medicine. Many people are astounded at what archeologists find during excavations. Many discoveries have found burial sites with important people from the times, buried not only with treasures but specific herbs. Doing research on this, scientists have found that even as far back as 50,000 years ago, people were using herbs as medicine. In ancient India, the practise of Ayurveda began for treating the ills of the people. Ayurveda healers found that **Ashwaganda** was very helpful in reducing stress. This particular plant produces berries that are combined

with the root of the plant. Ashwaganda can be purchased in capsules or powder form.

- **Lemon balm** has been shown to reduce stress levels and it is easy to consume. It is pleasant tasting and it belongs to the mint family, so it makes a perfect tea for anyone feeling stress. When you purchase lemon balm leaves, you can make tea or cut them in half and add to a large pitcher of water. Plenty of water is also very beneficial to stress reduction and by adding the lemon balm pieces, you can make a nice infused water to drink throughout the day. If you have an indoor or outdoor herb garden, you can grow your own lemon balm to use as described or even chop and add it to your favorite foods as you would with basil or thyme.
- **Stinging nettles** have been proclaimed as one of the best foods to eat for health. It has many attributes and is used in fighting stress. It can be purchased in capsule form or grown in the garden. This plant is also used in cooking and it can be added to your favorite home soups. When handling stinging nettle, you should wear gloves as you would a rose bush and its particular type of thorn. There is a caution, that women who are pregnant should not consume stinging nettles.
- **Aromatherapy** is not new. It has been used for centuries, in different ways. In early days, certain smells invaded the living space and some oils were used to mask the unpleasant odors. It was discovered that certain essential oils, were able to work as mood altering therapies. Everyone reacts differently to scents and in the case of using aromatherapy for stress relief, it is important to test and find what works best for you. A few essential oils to try first are, lavender, jasmine or clary sage.



## Anxiety

*The anxiety issue can be minor or even escalate to what some would call “crippling.” When anxiety is not dealt with, it can lead to withdrawal from society and isolation.*

- **Skullcap** may have a name that gives pause but it has been found to be very beneficial in reducing anxiety. People who suffer from anxiety, report that it can cause pain in various parts of the body. Skullcap is used when the type of anxiety suffered, includes pain, muscle issues in and around the face or overall body tension felt throughout the body and muscles. This particular plant can be grown and consumed. It also is available in a massage oil which can be applied during a relaxing home massage.
- **Chamomile tea** is something that many people have heard of. Chamomile can be found in tincture form. Tincture are concentrated liquids of one or more herbs. Tinctures can purchased or made at home if you have the ingredients necessary. Soaking the leaf or root in vinegar will release the necessary properties of the chamomile or other herb that you have chosen. In treating anxiety, using chamomile will calm down the nervous system and allow for a more relaxed sleep, as anxiety sufferers find their mind in overwhelm.
- In aromatherapy many have reported good success with **frankincense oil**, which has been used for centuries and at one time was more valuable than gold.

The brain is composed of many different systems, including the limbic. The limbic controls the emotions, sexual arousal and your memories. Frankincense has been shown to calm the limbic system and help to increase the oxygen that is supplied to the brain. You can put frankincense in a diffuser to allow it to scent the air or put it in a warm tub of water for you to soak in and let your anxiety go.

## Depression

*Depression is a common mental health problem that involves a low mood and a loss of interest in activities.*

- **St. John's wort** is used to combat depression. It is a small shrub like plant that produces flowers. It has been used for centuries in Europe to combat the onset of depression. St. John's wort may be consumed in capsule form. Many people enjoy making a tea out of St. John's wort. Typically, the wort is combined with approximately ½ teaspoon of **cinnamon in a boiling pot** of water. Once the mixture has boiled, use a piece of cheesecloth or a very fine tea strainer to remove the leftover pieces of plant and pour into a cup. Add honey as per your own taste buds, as some like the tea to be very sweet.
- **Maca** is a special root that comes from Peru. It has been compared to ginseng for its healing properties. Maca is often combined with ginseng and most health companies produce capsules of maca, mixed with a variety of ginseng. There is also maca powder available and the vegan community will appreciate these particular products. In addition to helping fight depression, maca has been found to increase stamina and help the immune system.
- Try **essential oils** to combat depression. There are a wide variety that have been used repeatedly over the years, and you can try lavender or rose oil for example. One great thing about essential oils, is the different ways that you can use them. Many people inhale the oil directly from the small bottles that they come in. You can apply it to the skin, after mixing it with a carrier oil like jojoba, which can be purchased from health food stores or Amazon. The oils need to be diluted with a carrier oil to avoid irritation to the skin as oils, such as lavender are quite strong.

## **Insomnia**

*Having insomnia can cause other issues as a person is deprived of the deep restful sleep needed. Once insomnia has been experienced, the best thing to do is address it quickly.*

- Saying a **mantra** once the head hits the pillow, has been shown to be very effective. The simple mantra used in yoga is, “Om.” Using the phrase Om repeatedly, is connecting yourself to the universe. As it is the only phrase repeated, it induces deep peace within the body, allowing it to drift off.

Many people prefer to come up with their own mantra, which has a deep meaning to them. Frequently they will journal their thoughts and narrow phrases down until finding the perfect one for their needs. An example of a personal mantra would be, “I am safe while drifting amongst the warmth and light of the heavenly stars.” Along with the mantra, **music** very low in the background is helpful for inducing sleep. The type of music used, should be something along the lines of Gregorian chanting. The repetitive nature of the music has a hypnotizing quality to it.

- Making your own healing tea can be an enjoyable time, as you learn what mixtures work best for you. Even making tea just for general enjoyment, can turn into a bit of a hobby with...different pots, cups and special tea bags to fill with your choices. **Herbal teas** can certainly help with bouts of insomnia. As insomnia needs to be worked on, it is best to make a quantity of tea and store as needed.

For example you can combine one cup each of dried chamomile flowers, dried passion flower, dried lemon balm and dried valerian root finely chopped. Once you have your mixture, store it in a large sealable mason jar. After you prepare your pot of tea, strain the mixture and add honey.

- The **magnesium** that we get from our food, is often not enough. Magnesium helps your tense muscles to relax and has also been shown to combat stress. Both these issues can contribute to insomnia, instead of restful sleep. Magnesium can be introduced several ways. Having a warm bath before sleep is always good and why not try adding magnesium flakes to the bathwater. Your skin can absorb the magnesium and get it into the blood stream. The other method to try is magnesium in capsule form. Make sure to read the prescribed dosages for males and females...as it differs.
- If your natural melatonin production is off, it could be causing issues with your sleep. Melatonin is what the brain releases when we settle down for sleep and the variety of sleep stages we go through. When using **melatonin capsules**, take the lowest amount possible at first and watch for side effects before increasing the dosage. Taking melatonin can cause dizziness or headaches if the dosage is too high.

## Chapter 2: Skin

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The skin is considered to be a large organ and at some point in time in their lives, most people will be affected with a skin issue. Many skin issues are not severe such as the pimples we get as teens. Other issues could be sunburns, exposure to certain plants or minor chemical reactions. In many cases, skin issues are caused by different factors we face, from eating the wrong foods to having a mental trauma that activates an issue with our skin. There are genetic factors that can be involved for some people that end up with a skin condition. Self-awareness of what we eat and how we think can certainly help with many skin issues.

### **Acne**

*Acne can sometimes be influenced by genetic factors. Typically acne starts to set in when the pores become clogged. Each pore is attached to a gland which will produce sebum and that oil attracts the growth of bacteria. The body is designed to protect itself and in that regard, white blood cells will start to wage war against the bacteria, resulting in the red acne you see some people suffering from.*

- **Apple cider vinegar** is known for helping in weight loss but it can also be used as a facial treatment. Apple cider vinegar has organic acids due to being fermented. Applying it to the afflicted area may kill the bacteria and reduce inflammation that in some cases will be left after the acne has disappeared.

The proper way to apply apple cider is to first cleanse your face. Next take a diluted solution of apple cider vinegar and apply to the face using cotton balls or a folded piece of gauze. Never apply the vinegar without diluting it first. The best ratio is 1 tablespoon of vinegar, mixed with three tablespoons of water. The final step is to wait approximately 30 seconds to wash the face with cool water and pat dry with a clean towel. Always pat the face dry as rubbing it dry with a towel can irritate the acne.

- **Honey** is one of the most amazing foods in the world. It also has a lot of health properties and when paired with cinnamon, it can be a great alternative to over the counter topical remedies. The bacteria fighting abilities of both honey and cinnamon are shown to reduce acne and the inflammation that occurs during a breakout.

To use this natural method, mix two tablespoons of honey with one teaspoon of cinnamon. This mixture has a pleasant odour and the next step is cleanse the face and to lather gently the mixture onto the affected areas. Sit back and relax for 20 minutes while the mixture is absorbed by the skin. Afterwards, gently rinse the face with cool water and again...gently pat the face dry.

- It might come as a surprise but the **green tea** you drink, works well at reducing acne flare ups. The green tea packs a double punch with its tannin and flavonoid properties. To use green tea, make one cup and let it sit to cool. Take a clean cotton ball and moisten it with the green tea, before patting each acne point on the face. This is targeting the individual spots but you can also put the green tea in a small spray bottle and apply it overall if you wish. It would be best to lean over the sink and close your eyes before using the spritzer as it will coat your face and run slightly. Just use a clean washcloth to pat up the extra green tea.
- Stress can attack sensitive parts of the body and make things more painful. For example, people who suffer from tendonitis find that when their stress levels go up, so does the occurrence of severe tendonitis. Unfortunately stress can also increase acne production as it make sebum production and inflammation skyrocket. The acne lesions may have difficulty in healing as well because stress has been shown to inhibit the body's ability to close and heal any type of wounds to the skin. Reducing the stress factor by drinking **special tea mixtures**, will help in reducing acne outbreaks.

## Eczema

- One solution that is available is the use of colloidal oatmeal. This is created by taking oats and grinding it to a powder before boiling it down to release the skin healing properties within. **Colloidal oatmeal** comes in a lubricant form like many skin conditioners and is used for itchy skin. For tougher problems like eczema, it is essential to get a good colloidal oatmeal from the health food store. When purchasing from the health store, ensure that it is powered colloidal oatmeal and does not contain any fragrance or has anything else added to it. Use the powdered oatmeal in the bathtub. Fill the bathtub with warm water, enough to be able to lay down in and cover the entire body. The powdered oatmeal is placed in a large piece of cheese cloth and tied off to prevent leakage of the oats. Once in the tub, begin gently squeezing the cheese cloth to release the liquid from the oats. The water will turn a mild milky color from the substance being released. Make sure to hand mix the water and if not laying down in the tub, cup your hands and run the milky water over your body.
- **Tea tree oil** is used in many ways. People suffering from extremely bad breath find that the tea tree toothpaste helps to reduce the bacteria in the mouth associated with bad breath. Tea tree oil is actually extracted from the leaves of a tree found in Australia called the **melaleuca alternifolia**. To use tea tree oil, it is best to dilute it with another oil that is considered to be a “carrier.” One such oil would be olive oil. In a small bowl, thoroughly mix the two oils and then apply to the affected areas, using a cotton ball and gently patting.
- If you prefer creams over oils, then give **calendula** a try. This cream is a long time herbal remedy and works in three ways. It has been found to combat inflammation, skin infections and work to hydrate the skin. You can also use it to sooth burns or help heal minor skin cuts.

## Psoriasis

- There are a number of reasons why **Epsom salts** may work to reduce or eliminate psoriasis. Epsom salts contain magnesium which the body is usually lacking in due to the chemical treatments of the food we eat. By soaking in a bathtub with the salts, the magnesium can be absorbed by the body. Some skin conditions like psoriasis can arise from too much stress. Epsom salts has been shown to be a great stress reliever as well as relieving pain and inflammation throughout the body.
- Adding **turmeric** to a wide variety of the foods you eat, can help with psoriasis relief. The healing properties of this yellow spice are vast and some of them are, inflammation from arthritis and reducing bad cholesterol. Turmeric can be easily added to the food you eat on a regular basis. Try some in oatmeal, stews, soups, spaghetti and chilli. Hot turmeric milk is another option and it is commonly called, “Golden Milk.” Be aware that you need separate pots and glassware to drink from, as the turmeric will stain a pot or porcelain cup.
- Try adding **oats** to a warm bath. The oats have a healing property that can be released as the warm water works to dissolve them. The oats need to be dissolved in the water in order to release a milky colored liquid. Many people put a cup of oats in a blender and grind them slightly, before putting them in piece of cheesecloth. The cheesecloth is then tied off and when in the bath, it is held under water and hand squeezed. Squeeze the cheesecloth until, there is an end to the milky substance coming from the cheese cloth. Hand stir the water around to fully mix the cloudy milk colored substance with the warm water.
- The psoriasis needs lots of **moisture** to heal up. Try putting your favorite cream on the area and then wrap it gently with clear plastic wrap. To keep that in place, you can use a flex bandage roll and then pin that to hold everything in place. Do this before you go to bed, so that the affected area, gets maximum moisture.



## Chapter 3: Respiratory Diseases and Illness's

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A large number of diseases and illnesses related to the throat and lungs, are due to airborne pollution and germs. With any of the content below, the first thing to do is stop smoking. Any form of smoking, whether cigarettes, vapes or marijuana, will aggravate the symptoms. Depending on where a person lives, a mask may be considered as a way to prevent pollution, smoke from large fires or air born germs from entering the lungs.

### *Common Cold and Flu*

- In this case we will be talking about natural ways to relieve the nagging symptoms of colds and flu's. The number one thing is drink plenty of water to stay hydrated, especially if any vomiting occurs. There are a wide variety of teas that can be consumed that are great for colds and flu like symptoms. Try **ginger tea** to start. Cut up a piece of raw ginger and then chop it finely. Add the ginger to a pot of boiling water and then strain the tea to remove the bits of ginger. You can add a dash of honey or lemon if you like. Ginger has amazing healing properties and if the taste does not bother you, chewing on a piece of raw ginger will release the gingerol. This can help with nausea and increasing your appetite for starters.
- In some circles, essential oils get a bad rap. However essential oils have been used for thousands of years and they shouldn't be dismissed. The ancient Egyptian culture is known mostly for the amazing pyramids. In fact, many scholars believe the Egyptians were at the forefront for the use of essential oils for health and for beauty.
- For colds, eucalyptus oil is considered to the best to use because of its antiviral and antimicrobial healing properties. When the flu hits, grab some peppermint oil to reduce the congestion and aid in dropping your temperature. Most people are extremely happy with the scent once they apply the peppermint oil as the over the counter medicinal rubs, tend to be

overpowering. Remember for all essential oils, you need to use a carrier oil like olive oil, to aid in diluting.

### **Laryngitis**

*A case of laryngitis can be really annoying, especially if your job requires a lot of speaking. Laryngitis can stick around for a week or more, so it is important to get on top of it with a treatment.*

- Moisture is your friend here, so boil water and place it in a bowl. Grab the biggest towel you have and place it over your head as you lean over the bowl of steaming water. Close it off as much as possible so the steam can be inhaled. If you find that you suffer from frequent dry throat/nose and occasional laryngitis, consider purchasing a vaporizer. You can purchase vaporizers that will diffuse essential oils and that will help add moisture to the nose and throat area for relief.
- Chewing on **candy ginger** or drinking homemade ginger tea is another method to work on getting rid of the laryngitis. Candied ginger has a pleasant taste and is likely to be more effective than over the counter cough drops. Adding honey to your ginger tea gives it a pleasant taste and the honey also has antibacterial properties.

## Sore throat

- Plenty of liquids like water are essential to keep your throat moist. Try **fenugreek tea** as a method to help a sore throat. This herbal tea has shown to be a pain reliever. It also may work to kill the bacteria in your throat. The pain and itching that you feel in the throat area, comes from bacteria, so fenugreek tea may be the go to solution for you.
- If the sore throat becomes extremely painful, especially when swallowing, then it may be time to hit the spice rack. **Cayenne pepper** can be used as a pain reliever due to the amount of capsaicin it contains. Capsaicin has been well documented in quieting the pain receptors in the body and will work on the throat area. The recommended method of using cayenne pepper is to add some honey and warm water to a glass. You can gargle a short time with this solution and then swallow. Gargling will help coat the throat with the solution.

## Strep throat

*This illness is always caused by a bacterial infection and unlike the common sore throat, you will likely see white spots on the tonsil area at the back of the throat as an example. Gargling is the best method to work on a strep throat as you need to coat the afflicted area.*

- **Thyme oil** has been used for centuries as a solution for this throat problem. You can add one or two drops of this oil to a cup of warm water and gargle 2-3 times a day.
- **Bone broth** is something that is excellent for not only overall health but strep throat as well. When bones are boiled they release minerals and collagen. It is not hard to make bone broth but it takes some time, so it is best to prepare a batch and refrigerate it. When you are recovering from the flu or have that dreaded strep throat, reach for your bone broth. In simple terms, you can boil five or six beef bones with a whole onion and piece of ginger for about 8

hours. Then strain the mixture to capture the broth. If you are having difficulty eating due to the flu or strep throat, bone broth is going to keep your overall strength up.

### **Bronchitis**

*It is essential to stay away from items that may enter your lungs and make the condition worse, instead of allowing healing. This means staying out of dusty areas or away from smokers. If you smoke yourself, now is the time to put away whatever you are inhaling. Quitting altogether is the best strategy, yet some will find it difficult, so that means at least stopping until the bronchitis has eased.*

- Drink as much clear fluid as possible, such as water or **homemade chicken broth**. This will help to loosen mucus and make it easier to expel. Making the throat and lungs moist is the optimum thing to do. You can use a humidifier or personal vaporizer to get moisture into your airway.

## Chapter 4: Digestive System

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The food and liquids we ingest do not always agree with our digestive system. Most of the digestive problems cause pain and in some cases can do damage to the body, such as the acid reflux which can damage the esophagus. This occurs because the backwash of foods are mixed with digestive fluids which are used by the body to break down food. Type 2 diabetes has been included in this digestive segment as it is caused by a lack of natural insulin which is normally produced in the pancreas. It can also arise when the body becomes resistant to the insulin produced.

### *Acid reflux*

- When you sleep with one pillow under the head, the stomach is either lined up with or slightly higher than the head. This allows for stomach fluids to backwash into the throat and mouth due to gravity. This can be extremely dangerous as a small amount of this fluid can end up in the throat and lungs, causing severe choking. There will be an extreme burning sensation in the throat and you must clear the material and then dilute what remains in the throat, by slowly sipping water. To avoid the backwash from the stomach, you can purchase **foam wedges** to use instead of stacking pillows. Avoid stacking pillows because this will cause neck pain, while a foam wedge gives your upper back and neck, gentle support.
- **Ginger** is used for upset stomachs and nausea. It can also be used for acid reflux issues, instead of using an over the counter pharmaceutical. Use a 2 inch piece of **ginger root finely chopped**. Add it to a pot of boiling water and then reduce the heat to low for five minutes. Remove the pot from the stove and let it cool to drinking temperature before straining it. Add honey to taste.
- The ancient Egyptians knew the value of **aloe vera**. Yes it is used in skin treatments, but the juice of the aloe vera plant can help with acid reflux and assist with proper digestion of the food you consume. To treat the acid reflux, use a good pure organic aloe vera juice which can be found in your local health food store or Amazon as examples. Make sure to check the labels

for how the juice has been processed. Look for “flash pasteurization,” which means it has not been subjected to extreme heat, reducing how effective it will be.

## Indigestion

- Try to determine what caused the ingestion for starters. If you think that you ate too much acidic food, then **baking soda** is a go to solution. Dissolve some in a glass of warm water and add a couple drops of lemon as a precaution. The lemon is slightly acidic but it still needs to be added as baking soda can be disruptive and the lemon drops will fix that.
- Head to the health food store and ask for **DGL licorice**. This comes in tablet form and you need 1-3 tablets to work on coating the inside of your stomach lining. DGL licorice is recommended for any type of stomach issue, including those who suffer from acid reflux.

## Type 2 Diabetes

*Using a natural method to combat diabetes is desirable, as this disease requires two to three types of pills to keep it under control. And it is possible that after a number of years, you may have to incorporate a needle once a day, to cut down on the dosage of pills and the damage that can occur to some organs with prolonged use. That would of course be up to your doctor. The best thing to do, is once you have been diagnosed with type 2 diabetes, is to have a long conversation with your doctor. It is important to ask if using some natural solutions may prevent you from having to start on the pills used to combat these disease or allow you to use a combination of both.*

- Studies have been done on the idea of using **American ginseng** to reduce blood sugar levels. This particular ginseng has shown better results than ginseng from other parts of the world. Within the ginseng are compounds

called ginsenosides. These compounds go to work on reducing the amount of inflammation and oxidative stress found within the body.

- **Cinnamon** is tasty but most people consume it with sugar, as in cinnamon buns and cinnamon/sugar on toast. It is healthier all round to consume it without sugar, either ground up or in stick form. In addition to reducing glucose levels in the body, cinnamon will work on dropping the triglycerides, lipoprotein and cholesterol levels. The most exciting news is that studies have shown consistent cinnamon use will help with weight loss and insulin control within the body.

Cinnamon can be used in the same way as turmeric, which is another health benefit spice. Just add between around  $\frac{1}{2}$  to  $\frac{3}{4}$  of a tablespoon, to your soups, stews and even your meatloaf...just for starters.

### **Constipation**

*This issue affects many people even when they are young. The elderly tend to suffer from it frequently and studies suggest that one cause may be the lack of hydration as the elderly slow down and are not active enough. Not being active means less water intake as the elderly may not feel thirsty, so they do not hydrate like a middle aged person out playing tennis.*

- Drinking enough water is an issue many people face. While doing sports, they may consume water due to thirst, yet ignore the rest of the day. Having a **glass of warm water** upon waking will help not only with constipation but the overall health. Water consumption should be throughout the day and evening, rather than blasting down 2 litres of water at once. Drinking a large glass of water before dinner, will not only help with the digestive system but also fill you up, so you eat less food, helping you with weight loss issues.

- Constipation issues are more than the inability to eliminate waste daily. It is often accompanied by bloating, pain and excessive gas. While fiber is good for constipation, overdoing it can make the issue worse. Try small amounts of added fibre and then increase as necessary. Once you find the right balance, your constipation issues will lessen. If this solution does not help, try a herbal supplement that you can use daily. **Triphala** is a special blend of 3 herbs, first used in the Ayurveda health systems centuries ago. The special combination of herbs works to keep you regular, without causing harm to your digestive system. You can purchase Triphala at your local health food store.
- Using prunes on a frequent basis will give you the fibre you need. While most people believe this is why prunes are so effective, the real reason is that it contains a natural laxative called sorbitol. The most common consumption of prunes is the dried variety. Prune juice works, however as with any product, you need to check the label for added sugar or any preservatives. To combat constipation and the issues it brings, eat between 5-7 prunes per day as needed.



## Chapter 5: Heart

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It is extremely important to keep an eye on your heart health, even when you are young and in tremendous shape. Any signs of heartburn on a frequent basis, means you need to talk to your doctor. Undiagnosed high blood pressure can damage your arteries. As long term damage occurs, the fat from your diet can come to rest in the damaged areas and then it is possible for heart attacks to occur. Having a home monitoring kit is a great idea to remind you to check your blood pressure on a frequent basis. Young people may feel this is unnecessary but it is not. At the very least, when you shop in a big grocery store that has a pharmacy, check it there. The pharmacy likely has the machine that you can sit at comfortably and check your weight, BMI and blood pressure. By entering your email, you can access all your past tests.

### *Heartburn*

- Heartburn often comes hand in hand with acid reflux. As mentioned before, frequent heartburn means you need to ask your doctor what the issue might be. Once you have heartburn off and on, try **aloe juice**. This can be bought at most grocery stores and has been shown to be very helpful in reducing heartburn attacks. Try drinking ½ glass before a meal, especially if you are eating something that may have caused a heartburn issue before....like spicy chicken wings.
- Bananas have proven to be very effective with reducing the amount of heartburn attacks. Besides being a good source of potassium, bananas have a natural antacid within them. Yogurt is another good choice. Bananas and yogurt can coat the esophagus, reducing the acid that may be backwashing from your stomach. Of course you can combine the two together and eat just before your meal. This will help with any heartburn and cause you to eat less of those tasty chicken wings, which are not the best food choice.

- Herbs are good for heartburn and one company has combined 9 **herbal extracts**, which have shown to be effective in heartburn management. Iberogast comes in 100 ML bottles and can be used for a number of digestive issues.

## *Blood pressure*

- To start with, it is essential to exercise every day and hydrate with water and water rich food, like **watermelon**, bean sprouts and cucumbers for starters. Lower the salt intake and this means get rid of the salt shaker as most foods have added sodium. In fact if you don't prepare beans from scratch, the canned beans you use in your tasty chilli need to be rinsed first to get rid of the sodium laden juices they are packed in.
- Indian 3 spice tea with milk is delicious. One of the key ingredients in this tea is **cardamom**. Cardamom can be used on its own to lower high blood pressure. Two ways that you can use cardamom is add some to your breakfast cereal, such as oatmeal. Green tea has a huge number of health benefits and by adding cardamom to your favorite green tea, you can turn it into a natural way to lower your blood pressure.
- There are a number of supplemental items, that are beneficial to blood pressure and one of the best is fish oil. We are lucky that today, **fish oil** comes in easy to swallow capsules, rather than the tablespoon of cod liver oil that parents dished out 40 plus years ago. Back then children thought cough syrup was a joy to take, in comparison to the taste of cod liver oil.
- **Omega 3 fatty acids**, such as that found in salmon and mackerel have been found to reduce the blood pressure numbers and while eating those types of fish, is wonderful, not many people are willing to have fish 7 days a week. Fish oil is beneficial for reducing bad cholesterol as well and this makes using a daily supplement a wise idea. However if you are currently on high blood

pressure medicine, continue to take it and discuss using supplements as secondary choice with your family doctor.

- Alcohol can cause many issues and one of them is increased high blood pressure. Try skipping the after dinner beers or happy hour with friends. **Lowering or completely eliminating alcohol** can have a major impact on improving your overall health.
- Blood pressure is a sneaky thing. Most times, it is not apparent that the blood pressure is high. Occasionally if it gets very high, you may feel some pressure in the facial region and notice redness as well. Grab two bananas and eat them, followed by water. The high potassium content in bananas will work on dropping the blood pressure and the water will assist with that as well. Eating more potassium in your diet is a good idea if you frequently have blood pressure issues. Try snacking at night on **nuts** and seeds that have high potassium content.

### **Heart Ache**

- Heart ache is slightly different than heart burn. Of course with the heart, you need to be careful. With a heart attack you may feel chest pain and pain at the same time in the arm or lower back. Once you are positive that the occasional heart pain you feel is not a serious issue, then look at what might be causing the issues and the remedies. For example, pain in and around the heart can be caused by muscle strain from doing chest workouts or working in the garden. In this case, holding a **cold compress bag over the heart region** will help to lessen the pain.

- Acid reflux does cause a burning sensation in the esophagus and when a lot of backwash occurs, there may be some choking until you are able to expel any stomach liquids and rinse the mouth repeatedly. This may also cause heart ache and if that is the suspected cause, you can gently sip some **almond milk** or chew a few almonds. Be sure to chew the **almonds** into a fine paste before swallowing to reduce any choking possibility.

## Chapter 6: Urinary System

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Urinary issues can affect anyone, however most often as we age, then we begin to see minor to major issues. Women who have gone through childbirth, end up having changes to the physical structure around the bladder area. This can cause frequent urination and other issues. Older men who start to have prostate problems such as increased size, will find urinating difficult.

### *Urinating issues*

*During the process of passing urine from the body, a person may feel a burning or even a painful sensation. This is an indicator of a urinary tract infection. Due to having a shorter urethra, women are much more prone to urinary tract infections. In comparison, the bacteria which causes this infection has a much more difficult route to travel when it comes to men. The bacteria from the skin around the testicles and from the anal region, has to travel to the tip of the penis, making it more difficult for the bacteria to take hold.*

*While antibiotics are frequently used to attack the bacteria, many people have allergic reactions to the antibiotics and frequent use will lower the effectiveness of the prescribed medicine.*

- One natural solution is drinking **cranberry juice** which has antioxidants. Many urinary tract infections come from E.coli bacteria found in the skin around the anus. Improper cleaning of the area, is one way the bacteria can produce and spread to the urethra. Some studies have shown that frequent use of cranberry juice will make it much more difficult for the bacteria cells to actually pair up with the urinary tract cells.
- **Oregon grape root** is a herb that has been shown to be very effective in treating urinary tract infections. The root has a special alkaloid called, “berberine.” It can be used on its own or combined with echinacea to help repair the immune system and fight against future infections.

- Do you love **yogurt**? If you suffer from urinary tract issues, yogurt can be a great way to combat it. Purchase yogurt with probiotic properties. Check the label and look specifically for probiotic with lactobacilli acidophilus. This yogurt is a triple threat to the bacteria that may be causing the urinary tract issue. Like cranberry juice, this yogurt can help prevent the bacteria cells from connecting to the tissue cells. Secondly, the yogurt can help produce hydrogen peroxide within the urine and it works as an antibacterial in this regard. Lastly, the bacteria has a hard time surviving in low PH and the yogurt can help reduce the PH levels in your urine.

### **Kidney stones**

*Unfortunately kidney stones are all too common, so taking preventive measures to keep them forming is the best thing you can do for yourself. There are four types of stones but in general terms, they are waste material that has become hard and then turned into a form of crystal. Passing large stones in the urinary tract can be very painful. As well the stones when released from the kidney area, sometimes travel elsewhere and can end up lodged in tubes connecting to other organs. In this case they are hard to spot on an ultra sound and a specialist may need to investigate and remove them.*

- **Basil juice** is a natural solution for making it harder to have kidney stones form. The stones can form due to high uric acid levels. Basil juice has acetic acid which goes to work on dissolving stones that are forming or already present. The recommended dosage is one tea spoon per day.
- Acidic fruits like **oranges, limes and lemons** are your friend when it comes to avoiding kidney stones or allowing them to increase in sizes that are very difficult to pass. The citric acid in these fruits acts as a binder and attaches itself to the calcium that is in your urine. When this happens, it makes it much harder for the stones to form. If your body is already in the process of stone production, increasing your acidic fruit consumption will bind the citric acid to the calcium oxalate crystals in your body. These crystals will find it extremely difficult to increase in size when that happens and will be flushed

out in the urine elimination. Due to the very small size, you will likely not feel anything when this occurs.

- Taking magnesium supplements or increasing the foods that contain magnesium, can cut down the possibility of your body creating kidney stones. Foods like **spinach, kale and nuts** all have good levels of magnesium, so be sure to incorporate these into your diet.

## **Cystitis**

- Perhaps you were born into a family that has home remedies passed down from generation to generation. In this case, drinking warm water upon waking and sleeping is considered to be very beneficial and something you have heard of. When we think of warm water, we want to be able to put a finger in the water and hold it there without discomfort. If the water is too hot, it can damage the tongue and throat. Warm water can help in digestion, constipation, weight loss and flushing out the bladder and urethra.
- A natural method you can try is **D-Mannose**, an extract from two types of trees. While maple sap has high sugar content, D-Mannose does not and is fine for your overall diet. The D-Mannose travels through your digestive system and attaches itself to the bacteria causing the inflammation. Then like a life raft, the D-Mannose flows with the urine out of the body. D-Mannose is typically taken in capsule or powder form.
- **Quercetin** is an anti-oxidant which is found naturally in foods like dark berries, such as blueberries, red grapes and cranberries. This anti-oxidant has been shown to be effective in reducing bacteria and the accompanying inflammation. As with over the counter medications, you should be prepared to take Quercetin daily for approximately 3-4 weeks.

- The hot and cold therapy is a method to try out and see what results occur. Purchasing a vinyl hot water bag or heating pad is the first step. When the pain occurs, place the bag or heating pad over it and leave it for 10-15. With heating pads, start with a lower heat in case you drift off to sleep as you don't want to overheat the skin. Alternate back and forth with heat pads or cold ice bags to gain relief.



## Chapter 7: Aches + Chronic Pain

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With chronic pain, there can be a number of factors that cause it. Inflammation in the body, is well known in regards to chronic pain, as is nerve damage. What many people are unaware of...is how much emotions has to do with chronic pain. Many people report that prior to a flare up with lower back pain or fibromyalgia pain, that they were depressed or going through a difficult situation. To reduce the number of aches and chronic pain that occur, it is a best practice to continue daily on managing your emotions. Reducing anxiety, depression or anger, will go a long way in keeping the pain monster toned down.

### *Migraine*

- It is always imperative to understand the food you eat and the benefits or the drawbacks of what is ingested. Migraine sufferers need to avoid certain foods as they can bring on the pain. One major type of food to avoid, is processed meats due to the nitrates they include. While hot dogs may taste great, they are definitely not the best meat to be eating. Other processed meats to avoid are cold cuts and bacon. Pickled foods should also be avoided, so if a person were to have salami sandwich and a couple of pickles, it is a double whammy as far as a possible migraine is concerned.
- **Acupuncture** and acupressure are two natural methods that can be considered for headaches in general and the tremendous pain caused by migraines. Certain points are targeted on the body and once they are accessed, most people find they get relief. Body charts show that there are connections within the body that many people may not be aware of. For example there is a spot on the hand, between the thumb and forefinger that can be pressed to relieve pain and headaches.
- The moment a migraine starts to appear, apply **peppermint oil** to the forehead and temples. Gently massage the peppermint oil in and continue to gently massage while thinking about the pain melting away like snow on a sunny day.

- **Coriander seeds** have been used extensively in Ayurveda Indian medicine. One method is to put coriander seeds in a bowl of hot water and inhale the steam. To get the full effect, put a large towel over your head and lean directly over the steaming water. The seeds can also be chewed or to make a delicious herbal tea.

### **Fibromyalgia**

*Fibromyalgia is a disease that is difficult to diagnosis and treat, as there is no known cure for it. The symptoms are wide ranging and each person will have a different reaction once this disease takes hold. It tends to affect the nerves and muscles of the body, causing pain and discomfort, with some people reporting depression as another symptom. There are approximately up to 15 symptoms that people can experience.*

- Fibromyalgia sufferers do report that living or visiting a warm area, like Florida or the Islands for instance, does have a healing effect on their overall body. As that option is not available to everyone-using an **infrared heat lamp** can bring relief from some of the pain symptoms. The lamps are adjustable, so if the pain on a particular day is showing in the face and neck region, the lamp can be adjusted to target that area.
- **Sandalwood oil** is used for the treatment of fibromyalgia. It is helpful in calming down the central nervous system and also works as an anti-inflammatory. Using it before sleep, will be beneficial as the oil contains santalol which is a natural sleep sedative.
- 5-HTP is a natural amino that has been shown to be helpful with fibromyalgia. Some people report that it worked well in reducing pain and fatigue. Another huge benefit is that it helps the body to produce serotonin, which helps manage mood swings. This is important as sufferers of fibromyalgia often report going from sad to happy, then to anger, without being able to gather control over the swings.

- When the pain of fibromyalgia hits, try using capsaicin cream. **Capsaicin** is the heat element in the hot peppers or cayenne pepper that people love to flavor food with. This cream goes to work calming down the nerve endings in the body that produce pain. Be careful applying it to the facial area and stay away from the eyes.

## Arthritis

- Arthritis pain can be in the hands, knees and feet as examples. **Weight management** is an essential natural method of reducing arthritis pain. Too much fat in the abdomen region can overwork the lower back and glutes, resulting in arthritis flare ups. With fat in the stomach area, it pulls the body forward and the lower back has to compensate to keep a person upright. The knees and feet, need to work to carry the body around and if a person is overweight, it puts an extreme amount of pressure on those areas and causes a great deal of pain. Look for a diet plan that works for you. Everyone responds to weight loss programs differently, so it is imperative to do some research, find a new eating pattern and stick to it.
- The spice we know as **turmeric** is beneficial in reducing the inflammation that ramps up arthritis symptoms. The key ingredient in turmeric is called **curcumin**. Turmeric can be consumed in many ways and that makes it very popular as a natural health solution. It goes very well with most foods that are consumed for breakfast, lunch or supper. It can be added to scrambled eggs, soups, stews, mashed potatoes and much more. It can also be taken in capsule form, if the taste is not to the liking. An extremely popular method of consuming turmeric every day, is making golden milk. There are a variety of recipes and one that can be used is to boil almond milk in a pan. Add in 4 teaspoons of turmeric powder, 2-3 teaspoons of cinnamon, 1 teaspoon of black pepper and finally take about ½ inch of fresh ginger and chop it finely before adding. The black pepper is necessary because it helps to activate the curcumin in the turmeric.

After heating and stirring, pour into a cup that is dark in color, as the golden milk will stain white porcelain. Just let it cool a bit before sipping and if needed after tasting, dust the top of your golden milk with a bit more cinnamon.

- Arthritis responds well to heat and cold therapy. Most sufferers find that when they wake up, stiffness has set in. It is a good idea to take a hot bath with **Epsom salts** added, first thing in the morning. Throughout the day, if the pain persists, apply gel packs that you can keep in the freezer. A warm shower or bath before bed, will help ease the pain before you sleep.
- Try making your own herbal cream to apply where the arthritis is causing issues. **Cayenne** pepper contains **capsaicin** which is well known for its pain reducing properties. You can mix one tablespoon of cayenne pepper to 4-5 tablespoons of **coconut oil**. The method used, is gently heating the coconut oil in a saucepan. Slowly mix in the capsaicin while leaning back slightly. Capsaicin will irritate the nose, just like the juice of a ghost pepper and it is best not to inhale it or a floating particle of cayenne pepper. Once it is completely mixed, pour into a small mason jar and seal it tight. Let the mixture sit until the next day and then begin applying to the affected spots, three times per day.

## Chapter 8. Personal Issues

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There are issues that people suffer from, that can cause some depression or cause their self-esteem to take a hit. They are likely to avoid talking about these issues, due to embarrassment. It should be noted that as humans, we are not immune to personal health issues and if the conversation comes up, it should be treated with respect. With some of the personal issues like chlamydia and herpes, it is essential to tell any potential sex partners of the issue and spend time discussing and reviewing safe sex to avoid transmitting the disease.

### **Hemorrhoids**

*Hemorrhoids are very aggravating to deal with. Located in the anus region, they can making sitting or walking difficult due to pain and itching. In some cases, these hemorrhoids which are actually veins can break out due to stool elimination and minor bleeding can occur.*

- An alternative therapy for hemorrhoids, is the use of **witch hazel**. It has been shown to work on both pain and itching that occurs during hemorrhoid flare-ups. Aloe vera is typically used just for itching and it is possible to find products that combine both witch hazel and aloe vera. The products available are treated wipes or in liquid form that can be applied to your own personal type of wipe.
- Cold compresses have been used effectively in reducing the swelling that comes with hemorrhoids. To use a cold compress in the anal region, make sure to wrap it in a clean piece of cloth that can be washed. Typically a cotton washcloth would be used due to the softness of the material. Make sure to apply gently and do not rub the hemorrhoids in any fashion.

- Soaking the hemorrhoid area in warm water and **Epsom salts** has been shown to be very effective. Studies have shown that it is best to do this for up to 20-30 minutes after each elimination. It is not necessary to run a full bath. Most large drug stores or healthcare facilities will carry a small insert that will fit over the toilet seat. The insert can be filled with warm water and Epsom salts to provide welcoming relief from the pain and itching.

## *Chlamydia*

- This bacterial infection can be treated naturally using **echinacea**, which comes in a lovely tasting tea or capsule form. Most people associate echinacea tea with the prevention of colds and flu, however it has great antibacterial properties. Sufferers of chlamydia should try taking echinacea in one of the forms, five times a day for up to 10-14 days for relieve of the symptoms.
- **Olive tree extract** is another natural solution that has been used for many years. Chlamydia has been with us for a long time, however it was known by different names in parts of the world. Olive tree extract can be applied to the groin area once it has been thoroughly cleaned. Olive tree extract with its active ingredient of oleuropein can be purchased in other forms such as capsules or a concentrated liquid.
- **Garlic** is considered to be an all-round healer due to its high content of allicin. Allicin had antibacterial and antifungal fighting abilities, which make it a great choice for those suffering from chlamydia. The best method of using garlic is eating two raw cloves a day. Other methods including baking a garlic bundle which causes the garlic to become creamy in texture and can be spread on toast or using garlic capsules.

## Herpes

- Herpes shows as blisters, which are moist and itchy...usually in the groin area. In order to dry out the lesions left by herpes, try making a paste from **cornstarch** or **baking soda**. This will help with the itching. Unfortunately herpes virus stays with the body once it has invaded. Outbreaks will come and go, depending on many factors, including being under a lot of stress. To slow down the number of outbreaks, you can make some dietary changes. Try eating **probiotic yogurt** every day for starters, as the probiotics may help slow down the bacteria production.
- It may also be wise to try **zinc supplements** as studies have shown that increased zinc levels via about 30 milligrams per day, tends to slow down the number of outbreaks. Coating a **zinc cream** to the affected areas has also been described as a method for treating the herpes virus.
- A diet rich in vitamin C will work to speed up the process of healing herpes sores when they appear. Make sure to eat plenty of **raw yellow or red peppers** for side dishes at dinner or for a bedtime snack. Colorful fruits such as **raspberries, strawberries, kiwi** and of courses **oranges** will really help with the vitamin C you need.
- Some herbs have superior antiviral properties. Eating herbs such as **echinacea** and **elderberry** are recommended. These two herbs may reduce the symptoms of herpes or even prevent a new outbreak on the body.

## Chapter 9: First Aid

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Everyone should learn first aid and it is important to get children involved at a very young age as they can help in many ways, including learning how and when to call 911. Every household should have the basic first aid kit and it is a great idea to carry one in the trunk of the car. Common first aid complaints can be treated with natural solutions but remember to consider when and if a doctor or hospital should be consulted.

### *Insects bites*

*When speaking of insect bites, we are mainly discussing the type of bite that does not leave a stinger in. For those, you need to immediately remove the stinger or the actual bug like a tick right away.*

- Mosquito and small fly bites can be treated for minor swelling and itching by using a number of natural methods. If you have **tea bags** in the house, you can make a cup of tea and remove the bag to cool. Once the tea bag is cool enough to place it on the arm, let it sit for approximately 10-15 minutes to draw out any fluid associated with the bite.
- **Tea tree oil** is another effective method to treat bug bites and this should be used if it is possible for the bite to become infected. It is a triple threat in that it also relieves the pain and itching associated with a bite like those issued by horse flies.
- We hear a lot of the uses of **coconut oil** in terms of healthy eating, yet it can also be used to treat bug bites. Coconut oil has antibacterial properties and can help reduce the itchy feeling associated with bug bites. Coating a bite with coconut oil will help keep dirt and dust from infecting any open bug bite and it can be applied just like a sun screen.



## Burns

*Burns, especially those that occur in the kitchen cause a fair amount of pain and usually blistering afterwards. Hotel chefs swear by putting egg whites on the burn, yet it has never been proven to be anything but a placebo. In fact, hospitals frown on putting any heavy creams or essential oils on a burn.*

- The best remedy to reduce the pain is to **run cold water** over the burn and repeat the process. Once you have done that, gently wrap the burn in gauze to keep out any dirt.
- Keeping a herbal cream at home or in your car may be just the answer. If you are out hiking and get sunburned or suffer a minor burn while putting together the camp fire, using the cream will help with the pain and blistering. **Calendula cream** is made from a flower. It has anti-inflammatory properties and has been shown to promote fast healing from burns.
- If the idea of putting something on a burn is weighing on your mind, put a very light coating of **aloe vera** on it. Aloe vera has antibacterial and anti-inflammatory properties. Growing your own aloe vera plant is wise and when needed, snip off a leaf and squeeze the gel out. Lightly pat the burn by applying the gel to a gauze pad and do not rub it in. Leave any gauze wrap off for as long as possible. If you are headed out for the day, then it is a good idea to wrap the burn gently first.

## Cuts

- Our friendly spice, **turmeric** is going to come into play again, when dealing with minor cuts. Applying turmeric powder directly to the wound has been shown to stop the bleeding quickly. The longer that you can leave the wound open to the air, the better. If the bleeding does not stop quickly, apply a gauze pad and apply pressure for approximately 3-5 minutes before wrapping the wound and bandage with gauze. Do not remove the pad as it may cause the bleeding to continue. Drink several cups of golden milk, (made

with turmeric, cinnamon, ginger, pepper and milk) right up until bedtime. Taking the turmeric internally will help the overall healing of the wound.

- **Garlic** can be used in a similar way to turmeric, to add in stopping the bleeding. Take a large flat kitchen knife and once the garlic is peeled, lay the blade against the cloves and flatten them out. Place the cloves on the wound and gently wrap in gauze to hold them in place.

## Sunburn

- Sunburns can be very painful and can sometimes blister quickly. Try putting a stopper that has straining ability in your bathtub. Next up, add some cool water and 2-3 tablespoons of baking soda. After you swirl that around to get it mixed, add a cup of **oats wrapped in cheesecloth**, and again swirl it around. The baking soda will help reduce the amount of damage the sun has done to your skin. Oatmeal has been shown to reduce the amount of irritation that accompanies a sunburn.
- Make sure you are growing that **aloe vera** plant in your dwelling. It has been used for centuries as a natural remedy for sunburn. When you grow your own plant, you know it is pure aloe vera you are putting on your sensitive skin. Clipping the leaf and squeezing out the gel inside, gets you the relief you need. Always remember to pat it on, instead of rubbing it into your skin.

## Chapter 10: Miscellaneous Issues

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### *Nose bleeds*

- The nasal passages need to be kept moist yet it can be difficult depending on weather conditions and the type of heating used in the home environment. Occasional nosebleeds due to dryness in the home environment can be dealt with by using a cool mist humidifier in the bedroom at night. Another method to keep moisture in the nose, is using cotton balls with a coating of petroleum jelly. By gently inserting and slowly rotating the cotton ball in the nostril, it will coat the walls without any discomfort.
- Frequent nosebleeds can be treated with nettle powder capsules or nettle tea. Use either nettle leaves or ground up nettle powder to make your tea.

### *Mild strains*

- If you do manual labor outside the house or are very active in home gardening, there is a good chance you will occasionally suffer from strains in the shoulders, back...or even the legs. Major strains and sprains should be looked at by your family doctor, however a mild strain can be treated in several ways at home. Use a cold pack off and on during your day to reduce inflammation. Buying a reusable cold compact isn't always necessary. You can use a bag of frozen vegetables for 10 minutes and then return it to the freezer. With either the **cold compact or the frozen veggies**, use a very thin cotton cloth to wrap them first. It is better than putting the cold bag against the skin and more hygienic.
- **Arnica** comes from the arnica plant and is a wonderful herbal cream to apply to any muscle strain for relieve and to cut down on the amount of bruising that accompanies a painful strain.

- You can also consider purchasing a personal **TENS machine**. A TENS machine issues electrical pulses which travel down to the pads that you place on the area needed attention. The amount of healing pulse can be dial controlled and the TENS works to active the muscle area and increase blood flow.

## *Ear aches*

- Two oils that can be used to treat ear aches and minor inner ear infections, are **olive oil** and **garlic oil**. With either oil, they need to be warmed but you must be able to dip your finger in and not feel any discomfort. While laying on your side, slowly drip the oil into the ear canal and then put in a cotton ball to keep the cold air from hitting the oil while it works. You must stay on your opposite side for 10-15 minutes to allow the oil to coat the affected area and you can then get up while leaving the cotton ball in place.
- **Alternative hot and cold therapy** has been shown to work well. For the heat part, you can purchase small cotton bags that have seeds inside. After putting the bag in the microwave, lay down on your side and place a clean washcloth over the ear and then place the heat bag on top. Monitor how warm the ear is and if it is too hot, remove and then replace in 60 seconds to test again. With the cold compress, you would start out the same way and use the clean washcloth. With the cold therapy, you don't have to worry about burning the outside of the ear but if it becomes too uncomfortable, remove for a short time and then repeat. Try using the hot and cold therapy throughout the day.

## Bonus Material

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In this E-Book we have covered a wide range of health issues and the natural solutions to eliminate the issue or reduce the occurrences of such issues. There is always the possibility that you want to take it a step further without the use of prescription drugs and for that we will briefly cover two possible solutions that may be the right fit for you.

### *Hypnosis*

The idea of going under hypnosis for relief of some issues should not be dismissed. Many large scale health organizations have started offering hypnosis to their patients as a way to deal with pain from an operation or the lingering effects of chemotherapy. A qualified practitioner of hypnosis can also work with patients who are suffering from anxiety, stress or depression. As noted in this E-Book, stress is often an underlying factor in some health issues like acne and other skin disorders. Self-hypnosis can be done in the comfort of your own home, using guided hypnosis MP3's. You can also find subliminal messaging MP3's that deal with a wide range of issues. Subliminal messaging clears out negative thinking and replaces it with positive thoughts. There are subliminal MP3's specifically for pain management. Here is a link to one such site, however you are not limited to this site, as there are a number of them on the internet... including Amazon.

### *Neuro-Linguistic Programming (NLP)*

NLP is Neuro-linguistic programming, the language of the brain. It was invented by Richard Bandler and John Grinder. The most simplistic way of explaining NLP, is to say that it is a computer code to rewire your brain where you want or must make changes. It combines the use of words and physical movements in many cases. For example, they teach the idea of "anchoring." Using this technique, the new thought that you put into your brain can be triggered at any moment by pressing your index finger to your thumb. There are many ways to set a physical anchor to a thought but in simple form, if you felt depressed, you could anchor your index finger to your thumb, in order to recreate the exact moment that you felt happiness and joy in the past.

There are certified NLP practitioners around the world. Many life coaches, incorporate NLP into their coaching business to give their clients the best service possible. Always do research before you hire a life coach or NLP expert, to ensure you are getting someone who has the right training and clients getting the right results.

## Conclusion

This E-Book has been carefully researched to bring the best information to your fingertips. As a reminder, please do not hesitate to contact a medical professional before attempting any home remedy or therapy. When you do employ a therapy, give it your full attention and assess the results. Consider keeping a journal to record your thoughts and progress. If you are not satisfied, move onto the next suggested options and rinse/repeat until you find success. Natural solutions worked for your ancestors and they can work for you as well.