

*Effective* Home Remedies



Heal Common Ailments  
The Natural Way

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**Disclaimer:** Always a consult a physician for any medical problems you may have. This information is not intended as medical advice.

# The Pill Popping Society

As a society, we so easily pop a pill for everything. We tend to want to take medication to get a “quick fix” even for common ailments or minor complaints.

And, this is not an exaggeration, visit your local drug store and take a look at the shelves.

Also, consider the incidence of flesh-eating bacteria (MERSA) and drug-resistant tuberculosis. These infection-causing microorganisms evolved because people use antibiotics indiscriminately. What happened in those cases is that instead of killing bacteria, the bacteria developed resistance to the antibiotics. As a result more powerful antibiotics are necessary to fight these disease-causing organisms.



**We take a pill for everything. Even when there are natural cures.**

**Have trouble sleeping?** Take sleeping pills.

**Have trouble staying awake?** Take uppers, flood yourself with caffeine and harmful energy drinks.

**Have an upset stomach?** Take an antacid.

**Feeling a headache coming on?** Take a pain reliever.

**Have stiff muscles?** Take a muscle relaxant.

**Have back pain?** Take a pain pill.

**Feel anxious?** Take a Valium.

**Can't get enough sunlight?** Take Vitamin D supplements.

**Can't eat enough fish?** Take fish oil capsules.

**Can't drink enough calcium?** Take a calcium supplement.

**And the list goes on...**

This is not to say that modern medicine and prescription pharmaceuticals along with over the counter drugs do not play important and beneficial roles in our modern society. Of course they do.

But, it is true that there are many instances where a more natural alternative can be a better option.

For example, prescription pain killers, opiates, such as, OxyContin, and Codeine are some of the most abused drugs in the United States.

According to the Centers for Disease Control and Prevention (CDC), fatal overdoses from such legal drugs have reached epidemic levels, in fact, they exceed those from heroin and cocaine combined. And prescriptions for them have tripled in the past two decades.

**The CDC reported in 2011 that 40 Americans die every single day from prescription painkiller abuse.**

The United States has some of the highest rates of abuse, at 20% higher than less affected countries.

**In 2010 there were enough painkillers to medicate every single adult American around the clock for one month.**

The truth is that writing a prescription is often the quickest and easiest method to treat a patient. But, the consequences can be devastating.

It should be noted that this does not apply to all doctors, in fact, one California study found that 3% of doctors wrote 62% of all painkiller prescriptions in the state.

That is why so many are turning to holistic medicine that looks to complementary methods of treating ailments and improving general health in more natural ways.

So, while they do not ignore their conventional medical professional's advice, they do look beyond it to get a more holistic and comprehensive approach to treatment that address the whole person and root causes of disease.

And, it is also why many choose to turn to home remedies that are natural and can be as effective today as they were for our grandmas who didn't have a drug store on every corner.

## Natural Alternatives To Western Medicine

Some opt for natural remedies whenever possible and there are many of such that treat a variety of basic ailments and conditions.

For minor aches such as stiffness of the back, sore feet or menstrual cramps due to PMS; or for conditions such as dry skin, sunburn, cuts and skin irritation; or for problems such as bad breath, acne, snoring, insomnia, poor appetite, headaches, constipation, and colds, there are effective remedies to help make you feel better WITHOUT popping a pill.

What's more, these are home remedies that might already be in your kitchen cupboard, refrigerator, spice rack or pantry.

What could be more economical and better for your overall health and well-being?

In fact, these home remedies will probably trigger happy memories of your mother or grandmother taking care of you when you were feeling poorly.

# Home Remedies

Natural Healing

No Side Effects

Save Money



## Home Remedies For Common Ailments

Home remedies are as old as the human race itself, and before modern medicine and pharmacies on every corner, people used all types of ointments, plants, concoctions and tricks to heal various simple ailments.

It is not surprising that these days more and more people are looking for more natural treatment methods, as conventional medicine's options often result in unwanted side effects and huge medical bills that the average family cannot afford.

### Colds and Flu

The most common infections that humans catch are the cold and flu and they are hard to avoid.

There is no vaccine for the cold. As for the flu, the vaccines which are made available do not protect against all possible strains and some people catch it anyway.

The symptoms of the common cold and the flu are often indistinguishable: fever, itchy and runny



nose, sinus pain, itchy and sore throat, headache and body aches.

## Improve Your Immunity

The best remedy against colds and flu is a strong immune system that is supported by a sensible diet:

- Fresh fruits and vegetables
- Fresh fish
- Whole grains
- Lean chicken and meat
- Nuts and legumes



## Disinfect

Another way to deter infection is to wash hands after using the bathroom, after using public transport, a public telephone or even holding on to the handrails on the elevator. This is because the viruses responsible for the common cold and the flu are easily transmitted when we touch things that have been touched by an infected person.

Any droplet of breath or saliva that is virus-laden can be transmitted by hand as it reaches the mucus membranes and will probably lead to infection. So, touching your nose, eyes and lips with unwashed hands can potentially introduce a cold or flu into your body.

## Alternatives To Cold Medications

There are a lot of cold medicines that you can purchase over-the-counter. Some of them actually stall the body's natural healing process because they prevent necessary functions of it, such as, drainage of infection by drying up the nasal passages.

## Steam

If your nose is stuffy, put your head above a bowl of steaming hot water with a towel draped over your head and breathe in the steam deeply. This



really helps to liquefy mucus and facilitate the much needed drainage process naturally.

## Ice Packs

An ice pack placed on the head can relieve a headache from a cold.

## Sinus Relief

Sometimes, a headache results when the sinuses are inflamed. When this happens, the cheeks, nose area and pretty much the entire face can ache and feel like it's going to explode.

### Remedy:

1. Prepare two bowls: fill one with ice water and fill the other with hot water (as hot as you can stand).
2. Soak a small face towel in each of the bowls.
3. Alternate the hot and cold compress on your face, letting the compress stay until the heat or cold from the towel dissipates.

Also, gently massaging the area around the nose can help to loosen mucus build up and bring relief.

## Neti Pot

A Neti pot is a handy little gadget that helps with sinus infections by draining the mucus build up.



## Warm Salt Water

Gargling with warm salty water can alleviate an itchy and sore throat and help with healing. If the itchiness is accompanied by phlegm, add lemon juice as this will loosen phlegm.

## Hot Peppers And Spice

Hot peppers and spicy foods naturally clear up sinuses and stimulate drainage, which speeds the healing process.

### 3 Herbs That Heal Colds

❖ **Licorice Root** - Licorice root has glycyrrhizin a natural anti-viral that studies have shown is effective in fighting the flu. In Ayurvedic medicine, licorice root is an effective expectorant. Check with your doctor if you are taking any medications as licorice can conflict with some.

❖ **Garlic** - Garlic is a natural immunity booster. There are all natural garlic supplements available over the counter, or if you can take it you can eat fresh garlic a few times per day. One way to make this easier is to sprinkle some crushed garlic over scrambled eggs or some other food that you enjoy.



❖ **Thyme** – Fresh Thyme or Thyme essential oil can help during a cold or flu because it is a natural expectorant helping to clear the lungs of mucus, which, speeds healing.

- a. **Tea:** Make a Thyme tea by steeping 2 teaspoons of fresh thyme in a cup of boiling-hot water for 10 minutes.
- b. **Make a thyme steam bowl:** Boil water and place into large bowl. Add some fresh thyme or a few drops of thyme essential oils. Cover your head with a towel and place it over the bowl and inhale the steam.

## Hydration

Drink a lot of pure vegetable, pure fruit juice and water as this will bring fever down and it will keep you from getting dehydrated. Pure means freshly squeezed without added sugar.

## Nutrition

When you have the cold or flu, you will certainly lose your appetite. Eating chicken soup and crackers is a good way to keep your strength up and provide your body with proper nutrition that will give it needed energy for healing. Plus, chicken soup just makes you feel better, ask your grandma.

## Hot Tea With Lemon

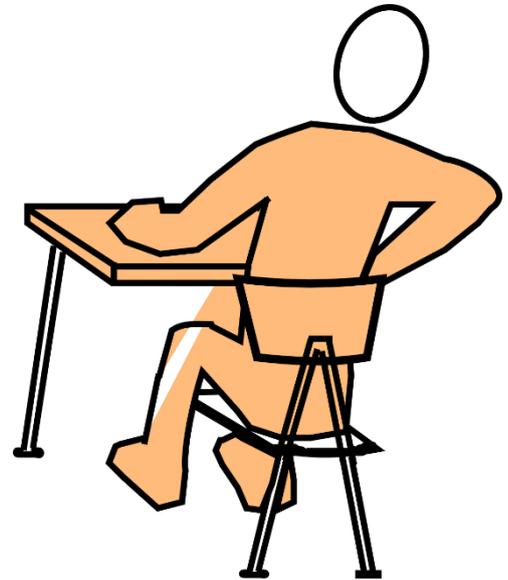
Hot tea with lemon and honey soothes everything and anything associated with a cold or flu, it just feels good going down.



# Back pain

Back pain is a common condition that affects hundreds of thousands of people worldwide. It can be caused by injury, muscle strain, fatigue or improper posture.

It can also be a result of conditions such as scoliosis, degenerative diseases such as arthritis, or neuropathy. Back pain can also occur from simply working too hard or sitting too long in a chair at the office.



When back pain is severe or immobilizing and debilitating, it is important to seek medical care. But, when it is mild, or to complement a doctor's care there are many home remedies that go nicely with any medically prescribed treatment.

Take caution here as painkillers are often prescribed for back pain, while your doctor's advice is crucial, any prolonged taking of prescription opiates, such as, Vicodin, OxyContin, and Codeine is likely to result in a physical dependence (addiction).

Conversely, Ibuprofen is not addictive and can help with severe pain.

## Check Your Mattress

First, check your mattress. If it's very old, or no longer firm, it will not provide proper support, and result in a miserable sleep that results in an achy back.

Also check your office chair and make sure that it is providing the proper support, especially if you sit all day long.

## Sit Up Straight

Next, be conscious of your posture. Sometimes, when we concentrate, we slouch over our work. Bad posture further strains the back muscles.

## Hot And Cold Compress

When back pain is a result of lifting heavy loads it can aggravate the muscles. Put an ice pack on your back as soon as you can after the injury. Continue with the cold compress for up to 48 hours. This relieves any inflammation that might occur.

After the first 48 hours, try a warm compress to soothe the pain. Put hot water in a hot water bottle and wrap it in a towel. Apply this on the sore part of your back.

## Hot Tub And Hot Baths

Take hot baths to soothe sore muscles and whenever possible soak in a hot tub (Jacuzzi) that has jets and sit in a position where those stimulate the soar area.



## Massage

Massage is a great way to relieve sore muscles and loosen the back to find relive from strain. Ask your spouse or older child for a massage, or go to your local spa and get a professional massage.

The latter is not “exactly” a home remedy, but, one visit to a spa can quickly make it become your second home.

## Yoga

If back ache persists despite remedies and prescription pain relievers, try yoga to strengthen the back muscles. Beginners should start by learning proper poses either by using a home workout DVD or by joining a class led by an experienced teacher.

## Meditation

Meditation can help with pain perception, relaxation, and stress reduction that can exasperate pain.

It is also a fitness routine that is comprised of various poses or postures that help to greatly increase strength, and flexibility for all body parts, which, inevitably will improve back strength.



# Foot Pain

Foot pain is another common ailment and can occur as a result of wearing bad shoes, work, wearing high heels for extended periods of time, wearing shoes without proper support in the arch or instep, and most commonly from being on your feet the whole day.



Sometimes, foot pain can be due to twisting your ankle or missing a step on the stairs and landing on the foot too hard.

## Soak

If the foot pain is simply soreness due to fatigue from being on your feet the whole day or from wearing the wrong shoes try soaking your feet in hot water with Epsom salt.

There are also wonderful foot baths available that include jets that can provide blissful relief.

## Sand

Put some sand in a pillow case and fold it to a rectangular shape. Put this “pillow” in the microwave for three minutes on high. Place the soles of your feet on the warm pillow.

If you don't have sand, you can use grains of rice or dried beans or corn. You can also put hot water in a wine bottle. Put the wine bottle on a towel on the floor



and roll your foot on the bottle. This eases the pain of tired arches.

## Rest

Nothing relieves tired feet better than taking all the weight off of them and getting some rest. Simply prop those tired soles on a pillow on the couch, elevate at a 45 degree angle and just relax for as long as possible. During a busy day, as little as 10 to 15 minutes can bring relief and rejuvenation.

## Alternate Hot And Cold Water

Sit on the edge of your tub and run water over the feet alternating between hot and cold.

## Ice Packs

For swollen feet an ice pack or ice cubes wrapped in a towel will bring relief.



## Check Your Toenails

Sometimes foot pain comes from overgrown toe nails that make shoes feel tighter than they should.

## Foot Massage

Nothing feels better for tired and achy feet than a massage. Ask your spouse for a rub.

Another option is to purchase any one of the wonderful foot massagers on the market.

Some offer Shiatsu, others feature rolling balls, and most have heat, which is truly wonderful to relieve aches and pains on a cold rainy night.



## Wear Correct Shoes

There are shoes made for comfort and there are shoes made for fashion.

There are also shoes created for specific type of work that calls for long hours on one's feet. Make absolutely sure that you are wearing the right shoes and they fit properly.

## Menstrual Cramps And PMS

Pre-menstrual symptoms include fatigue, irritability (mood swings), back pain, breast tenderness, bloating, gas pain and cramps. Incidentally, these are actually the same symptoms pre-menopausal women experience.

These symptoms accompany the hormonal imbalance which occurs when estrogen levels fall just before the menstrual flow begins. Here are some great home remedies to treat such symptoms.

### Soy And Tofu

Phytoestrogens found in soy products such as soy milk and tofu actually help balance the estrogen levels. The Vitamin B content in the soy products will also help ease irritability and mood swings.

### Herbal Tea

Hot green tea or herbal tea with lemon and ginger usually helps with bloating. As tea is also a mild diuretic, it will help you excrete more water thereby relieving the water retention of menstruation.



### Rest

Sometimes, stress and fatigue add to the feelings of irritability and the blues that often accompany a woman's menstrual period. If you can, get to sleep earlier than usual at night and take a nap in the afternoon. Even if you cannot sleep, spending a little quiet time in bed in a dark room can calm and relax.

## Heat

Try placing a warm compress or a heating pad on the abdomen area when you are experiencing menstrual cramps.

## Proper Nutrition

Avoid high sugar and high fat food such as chips, pies, ice cream, candy bars and cookies. The sugar will give you a rush, but, after an hour or so, when your body has used up the sugar, you will feel more tired and more “blue”.

Avoid caffeine in coffee and colas because caffeine will irritate the stomach by creating more acid and therefore, more gas. Caffeine can also make you feel edgy and anxious, thereby adding to whatever irritability you are already experiencing.

Peppermint tea is a natural mood lifter that you can drink instead of coffee.

## Dry Skin

Often in the winter or fall when the air is cold and dry, exposed parts of the body, such as, the lips get chapped and the skin on the face and the hands become dry. Sometimes, even the parts which are not exposed are also dry such as the skin on the soles of the feet and legs, the knees and the elbows. Here are some great home remedies to relieve dry skin.



## Water

The dryness is generally due to insufficient water intake. This happens because when the weather is cold, we are not hot, so we don't feel as thirsty as often and so we drink less. Make sure to hydrate regularly and sip that water throughout the day.

## Use A Gentle Soap

Dry skin can also be caused by soap that is too harsh on the skin like deodorant soaps that have Sulphur. Switch to a gentle and mild soap that doesn't have perfume, and better yet use a high quality moisturizing body wash.

## Post Shower Moisture

Nothing works better than rubbing a little baby oil into your skin while it's still wet from the shower. As you soon as you step out, gently rub a little of the oil through your entire body and let yourself air dry.

## Vaseline Pack

For dry skin on the soles of the feet and hands, try putting petroleum jelly on your feet and hands and then go to bed wearing socks and gloves. The petroleum jelly will lock in the moisture and result in smoother, more supple skin.



## Homemade Ointments

- **Lemon Juice and Mayo** - Before taking a bath or shower, mix equal parts of lemon juice and mayonnaise. Rub this ointment on the face, neck arms and legs. The lemon juice will help keep the skin tight and remove old skin while the mayonnaise will help restore lost moisture to the skin. This can also be applied on the hair and scalp.
- **Avocado And Egg Yolk** - Try making a moisturizing ointment using mashed avocado, one egg yolk and a bit of milk. Mix these thoroughly until you achieve a smooth creamy consistency. Apply onto dry skin. Wash off after half an hour. This cream can also be used to moisturize the hair.

# Sunburn

Sunblock works, but, sometimes it can wash off with sweat or with a swim and in hot summer months many fair people will inevitably burn. Sunburn is painful and annoying and here are some great ways to alleviate its symptoms using all natural methods.

## Aloe Vera

One of the most effective and natural home remedies for sunburn is Aloe Vera.

Aloe Vera, which belong to the cactus and succulent plant family, can help soothe the burn and increase healing times exponentially. By the way, Aloe Vera, in general, is one of the most wonderful healing plants that can be used for all types of cuts, scrapes, burns and has many topical uses.



It's always a good idea to buy a plant at the local nursery and keep it at home for times when you need effective and natural healing.

### How To:

1. Simply cut or break off a pulpy leaf
2. Cut it lengthwise or peel it so that the gel-like substance inside is exposed
3. Scrape out the gel inside and apply it directly on the burn.
4. Putting the stem in the refrigerator will add to the cooling effect of the gel.

This gel is also great for moisturizing dry skin and it will relieve the itch when the sunburn starts to peel.

Beware of Aloe Vera products sold at stores, some say Aloe Vera but the main ingredient is alcohol. Pure Aloe Vera straight from the plant is your best option.

And, a medium size plant will cost you at most \$10 and can last forever, while store bought products will cost more and be less effective.

## Chilled Milk

You can also get some chilled milk from the refrigerator, put it in a glass and dip some gauze into the milk. Put the soaked gauze onto the sunburned skin. The fat in the milk will be absorbed into the skin and cool the sun burn.

## Homemade Sunburn Ointment

You can also mix some cornstarch or baking soda with a bit of chilled water from the refrigerator or cold water from the tap. Add the cold water little by little until a paste like consistency is achieved.

Gently dab the paste on the sunburn. This relieves the itchy burning sensation as the paste dries. Take a shower afterwards to remove the paste.

# Minor Cuts And Skin Irritations

Minor cuts and scrapes are easily treated at home. But, beware there are conditions when a doctor is required.

### See A Doctor When:

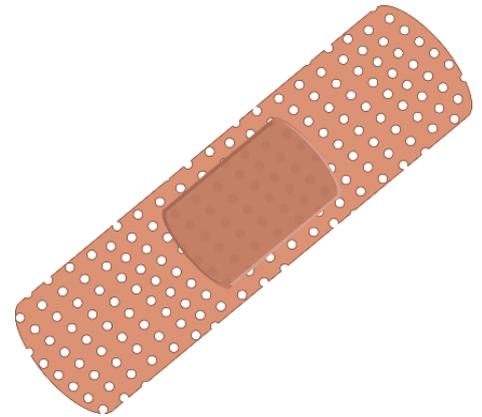
- Wounds are more than 0.25 inches deep or have jagged edges and gaping openings.
- Cuts longer than 0.75 inches.
- Deep cuts and wounds on the hands and fingers.
- Wounds so deep that they go down to the fat, bone or muscle tissue.
- Deep wounds over any joint where you can see through to muscle or bone.
- Any cuts on the face or lip that may be worrisome as far as appearance.
- Cuts on the eyelids.
- Any cut or wound that will not stop bleeding after directly applying pressure for 15 minutes.

## Wash

For a minor cut, wash the wound with a gentle soap and water to remove dirt and debris. Dry the cut with a gauze, wrap the wound and apply pressure to stop the bleeding.

## Antibacterial Ointment

Various over the counter antibacterial ointments, such as, Neosporin, and Bactine help prevent infection and speed healing.



## Bandage

Once the cut is clean and disinfected use a bandage to close it off and give it time to heal.

## Aloe Vera

When the blood has clotted, you can put some Aloe Vera pulp onto the cut, burn or irritation. The pulp of the Aloe Vera is highly effective to heal minor cuts and burns, as well as, other skin irritations.

The gel-like substance on the inside of the leaf has antimicrobial properties which help the wound heal faster.

It coats and prevents germs from entering.

It also relieves soreness, itchiness, pain and any burning sensation.



## Bread And Milk Poultice

Back in the 1800's when people didn't have a drug store on every corner they used a bread and milk poultice to treat cuts and prevent blood poisoning. This is especially useful for deeper cuts.

### Directions

1. Heat milk until hot
2. Soak a piece of bread in the milk
3. Place onto a cloth to make a poultice.
4. Apply the poultice to the wound several times per day.



## Iodine

Iodine kills bacteria and viruses that can cause infection in open wounds. Take a gauze or cotton pad and apply iodine directly to the wound.

## Bad Breath

Bad breath can result from skipping meals, especially breakfast. What happens is the stomach acids are released, but, there is no food to digest. The stomach acids, and the gas these produce, often make their way up from the stomach through the esophagus and out through the mouth.

Digestion problems and even constipation can also cause bad breath as these prevent the efficient elimination of body wastes.



Bad breath can also result from cavities or from bad oral hygiene. Then there are also mouth sores or an infection in the throat or sinuses that can cause this common condition. Here are the best natural remedies for bad breath.

## Proper Diet

Often, a diet rich in garlic, onions and other spices can trigger and increase bad breath. So, eating less of such food can curb bad breath. But, the other remedies listed here when used after eating such food, will still allow you to enjoy them whenever you want.

It is also important to eat fruits and vegetables because the fiber in these foods can help ease digestion problems thereby eliminating acid reflux.

## Crunchy Food

Carrots, celery and apples are crunchy foods that are rich in fiber and can fight bad breath in two ways.



1. They can aid in scarping out plaque buildup that often causes bad breath.
2. They help to increase saliva production in the mouth that is known to kill mouth bacteria.

## Water

Excessive smoking, drinking coffee or drinking alcohol can also cause bad breath as these inhibit the production of saliva which holds essential enzymes to fight bacteria in the mouth. One must drink at least 8 glasses of water every day to keep up the production of saliva.

## Brush The Teeth And Tongue Thoroughly

Bad breath can only mean that there is far too much bacteria in the mouth that breaks down into acids that cause bad breath. The mouth must be kept clean by brushing the teeth and the tongue, as well as, flossing in the morning, the evening and even after meals.

There are wonderful little floss gadgets available, pictured on the right that you can take with you wherever you go to quickly floss after each meal.



## Baking Soda

Sprinkle baking soda on the toothpaste that you put on your toothbrush. Baking soda kills bacteria that cause bad breath.



## Homemade Natural Mouthwash

It is important to use a mouthwash. Mix a little bit of salt and about one tablespoon of freshly squeezed lemon juice as a mouthwash and gargle, you can also add Apple Cider vinegar to increase effectiveness.

## Zinc

Zinc deficiency in the body can cause bad breath because it helps to maintain a bacteria-free mouth.

Increase Zinc levels with these foods, listed in order by highest to lowest levels of Zinc:

- Seafood
- Lamb, Beef, Pork, and Chicken
- Wheat Germ
- Spinach
- Cashews
- Cocoa

- Mung Beans
- Mushrooms
- Napa Cabbage
- Hearts of Palm
- Green Peas (raw or cooked)
- Blackberries
- Raspberries
- Avocado

The other option is to take a daily Zinc supplement or a multi vitamin that contains zinc.

## 9 Herbal Remedies For Bad Breath



- ❖ **Tea Tree Oil** – Can be added to a rinse to significantly reduce bad breath by breaking down bad breath causing organisms.
- ❖ **Sage** – Works great to kill bad breath causing bacteria.
- ❖ **Fresh Parsley** – This herb contains chlorophyll that controls bad breath.
  - a. Simply dip fresh leaves into vinegar and chew slowly.

b. Juicing parsley works as well, and you can keep it on hand to freshen your mouth throughout the day.

- ❖ **Peppermint** – Peppermint works great and you can chew it in fresh form after meals.
- ❖ **Apple Cider Vinegar** – A mixture of 1 tablespoon of apple cider vinegar with some water can be drank before meals to prevent bad breath. It can also be used as a mouthwash to gargle with after a meal or in the morning.
- ❖ **Fennel** – This useful herb has antimicrobial properties to fight bad breath. You can chew it slowly and it will stimulate saliva production that kills bacteria. It works great after eating meals with bad breath causing ingredients, like, garlic and onions.
- ❖ **Cinnamon** – This spice has cinnamic aldehyde, which is an essential oil that cures bad breath and reduces bacterial in saliva.

#### **Cinnamon mouth wash recipe:**

1. Boil one cup of water with a teaspoon of cinnamon powder.
2. Strain and cool.
3. Gargle as needed.



- ❖ **Cloves** – Clove is a natural antiseptic.
  - a. Clove Tea - You can make clove tea by placing 3 whole cloves into hot water and letting it steep for 20 minutes. You can drink the tea or use it to gargle throughout the day.
  - b. Chewing fresh clove works too.

❖ **Fenugreek** – This healing herb helps to curb bad breath caused by catarrhal infections and can be made into a drinkable tea.

1. Boil a teaspoon of fenugreek seeds in one cup of water.
2. Strain and drink.

## Acne

Acne is very common and effects hundreds of thousands of individuals across the world. Outbreaks can result from bad eating habits, bad sleeping habits, oily skin, stress, sensitive skin or inadequate hygiene. In teenagers, pregnant women or premenopausal women, they result from hormonal imbalance.

### Proper Diet

Generally, eating more fruits and vegetables, whole grains and lean protein, and eliminating junk food will improve the health of your skin and result in less outbreaks.

### Proper Sleep

Getting good sleep regularly will also significantly improve the health of your skin.

## 7 Homemade Acne Ointment Recipes

If your skin breaks out and you get red, swollen pimples, there are natural homemade ointments that are effective.

- ❖ **Lemon** - You can take the juice from one lemon and with a cotton ball, swab it on the affected area.

Leave it on for half an hour or overnight for two weeks.

The Vitamin C in the lemon juice will dry up the pimple.



- ❖ **Honey** - You can also use a little honey and apply it directly onto the affected area. Leave it on for half an hour and rinse off with warm water. Do this regularly and the honey will remove excess oils in the skin.
- ❖ **Toothpaste** - Apply white toothpaste on the affected area and leave it on overnight. This will ease the swelling of the pimple and help to dry it up.
- ❖ **Garlic** - If the acne gets infected (there is pus), you can slice one clove of garlic lengthwise. Then gently rub the garlic onto the affected area. The sulfuric acid inside garlic has antibacterial and anti-inflammatory properties which will ease the infection.
- ❖ **Apple Cider Vinegar** - Apple cider vinegar kills bacteria that causes acne breakouts. It is also incredibly effective at balancing the skin's PH levels, which deters acne bacteria from thriving. It is also an astringent and that means it dries up excess oils on the skin.

### How To:

1. Mix 1 part vinegar to 3 parts of water.

2. Use a cotton ball or makeup sponge and apply directly to the acne.
3. Leave on for a minimum of 10 minutes.
4. Use a moisturizer following treatment to prevent dryness.

❖ **Olive Oil** – Olive oil has some miraculous cleansing properties and can greatly remove impurities and unclog the pores in the skin.

**How To:**

1. Massage a small amount deeply into the skin.
2. Let it sit for about 3 or 4 minutes.
3. Place a hot wet towel over your face and let the towel sit until it cools.
4. Wipe off excess oil.

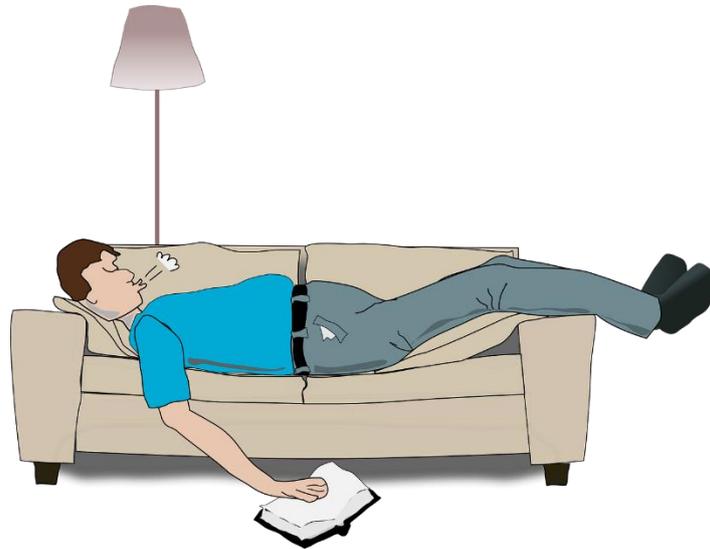


❖ **Baking Soda** - Baking soda is an alkaline substance and so it kills bacteria that cause acne breakouts. It is also an exfoliant, which, means it removes dead skin and opens pores.

**How To:**

1. Create a paste out of baking soda and water, it should be fairly thick so it can be applied to the skin.
2. Work the paste into moistened skin for about 1 minute.
3. Rinse thoroughly with cool water.

# Snoring



Snoring is often caused when the muscles of the mouth and throat are not strong or when fat tissues in the mouth and throat partially cover the air passages.

As the sleeping person breathes, air passes through the opening of the air passages, which, has become partially obstructed by the muscles or the fat tissues which have become too relaxed. If you are taking muscle relaxants or sleeping pills, this may relax the mouth and throat muscles too much and it will induce snoring. Here are some great all natural ways to stop snoring.

## **Weight Loss**

Losing some excess weight will substantially reduce snoring.

## **Sleep On Your Side**

Try sleeping on your side instead of sleeping on your back as this keeps the air passages unobstructed.

## **Eat Light Before Bed**

Avoid eating heavy meals just before bedtime. Avoid smoking and drinking alcohol before bedtime as well. Alcohol and smoking irritate the muscles of the

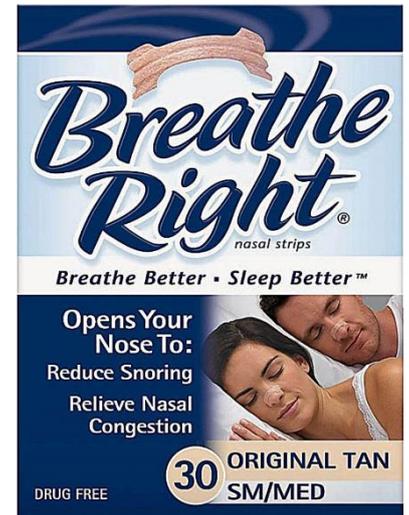
throat and mouth. Heavy meals bloat and overextend our stomachs making it more difficult to breathe while asleep.

## Humidifier

When you have a cold or cough, breathing is difficult so you will snore more. Try sleeping with a humidifier to keep the air in your bedroom moist. This will help you breathe easier and snore less.

## Get An Anti-Snoring Nose Strip

There are wonderful products sold at any drug store that help stop snoring by opening the nasal passages and come in the form of little strips that are placed over the bridge of the nose.



## Insomnia

Insomnia can result from stress, anxiety or depression. It can also be a side effect of drugs or medications you are taking.

There are other causes as well, and those who have chronic insomnia should consult a specialist because long term sleep deprivation can have serious health effects.

Here are some natural and simple ways that can help with insomnia.

### Reduce Stress

If the source of the stress can be pinpointed, then removing this source of stress, anxiety or depression can alleviate the insomnia. If it is a side effect of



medication then stopping the medication or changing it can help, ask your doctor.

Yoga and meditation are known 100% all natural stress reducers and can go a long way to bring the type of peace that is needed for better sleep.

### **Consistent Bed Times**

Going to bed at the same time every night will help you set your circadian rhythm so that you can sleep at night. You must keep active and also fight the urge to take a nap during the daylight hours.

### **Eliminate Spicy Food**

Eliminate spicy foods from your diet especially at dinnertime. Spicy foods can irritate the stomach and keep you awake at night.

### **Avoid Overeating At Bed Time**

Avoid overeating at dinner time. Digesting a big meal makes you feel stuffed and it will be difficult for you to get comfortable enough to sleep.

### **Avoid Caffeine**

Drink only decaffeinated coffee and avoid soda and tea with caffeine as you get close to bedtime. Caffeine should be avoided at least 3 hours before bed.

### **Foods That Induce Sleep**

At night, before you go to bed, you can drink warm milk with a teaspoon of honey or eat a banana. These can stimulate the production of serotonin which naturally helps us sleep.

Drinking chamomile tea can also help with sleep, as well as, many herbal “sleepy time” type teas on the



market that can help.

## Rituals

Rituals can help program the mind and body for certain events, such as, sleep. When done consistently the body will learn that these events mean it is time to rest.

These include, taking a bath, reading a book, drinking warm milk, stretching, meditation and anything that takes you to a place of relaxation and is done on a regular basis.

## Dark Room

Some people cannot sleep where there is too much light. If that is the problem you can buy some black out drapes that completely block out all outside light, and it can make a room look like it's midnight when it's actually 8 am.

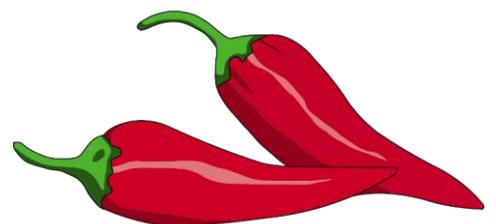
# Poor Appetite

Poor appetite can result from stress, anxiety or depression. It can also result from having digestive problems or after a bout with infection such as influenza or pneumonia and the common cold.

When poor appetite persists and it results in rapid loss of weight or is accompanied by vomiting or diarrhea, you must see a doctor right away to learn the root cause because it might be a symptom of a serious medical condition. For less serious events try these natural ways to increase your appetite.

## Spices

For poor appetite due to a recent bout with sickness, common household spices such as pepper, ginger and garlic, when added to food (especially to soup) can aid digestion and stimulate the palate and taste buds.



Crackers and plain toast sprinkled with cinnamon can stimulate appetite as well.

## Eat Light After Illness

It is always best to go on a soft diet when you are sick or when you have just recovered, so, no steaks for a while. Broth and crackers, chicken soup with macaroni and vegetables with a lot of garlic and pepper will keep up your appetite and meet your nutritional requirements.

## Vitamin C

Eating foods that are rich in vitamin C, such as, oranges, apples and grapes are easy to take, and will provide nutrition without taxing the digestive system.

## Tea

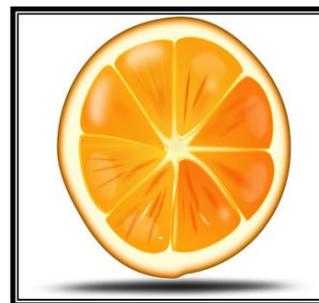
Drinking tea with lemon and ginger can also give a feeling of well-being, as well as, stimulate and aid digestion while supplying you with liquids to avoid dehydration.

## Exercise

Exercise and movement helps to stimulate the appetite and hunger. Walking, biking and swimming are all great options.

## Yoga

Sometimes the loss of appetite can be caused by being out of touch with one's body and what it needs. Yoga can be of great help with this as part of this unique fitness routine is a profound mind and body connection.



## Images Of Food

Everything we do in life is regulated by our brain, looking at images of delicious food will stimulate memories and positive associations about eating that are deeply embedded in our minds. Looking at attractive food images can stimulate the appetite and cravings, encouraging one to eat a good meal.



# Headaches

Most headaches come from tension, fatigue and lack of adequate sleep. Some also have migraine conditions.

They can also be a side effect of drugs or medication you are taking. If it is a side effect of medication then changing medications can ease the headache.

*Caution: frequent headaches can be a sign of something serious, so, it is important to see your doctor if this is the case.*

Here are some great natural remedies that can help regular headaches and migraines as well.



## Don't Miss Meals

Missing or skipping meals can cause a big headache because the blood sugar levels drop drastically.

## Rest

If you are at home, try lying down or sleeping off a headache. If you can sleep or nap with an ice pack on your head, that's even better. If you are at the office close your door, turn out the lights and sit while laying your head back in a chair for a few minutes.

## Warm Bath

Try taking a warm bath or a warm shower before taking a nap. This will decrease the tension around the neck and shoulder muscles which can contribute to a headache.

## Massage

If you can, try to get a back, neck and temple massage to relieve a headache. Another wonderful remedy is a scalp massage, these feel great and can go a long way to relieve headaches.

## Walk And Stretch

Take a walk and breathe fresh air. Increasing blood circulation by doing a mild exercise, such as, walking can relieve a headache. Or, if you are at the office, walk around and stretch your arms way up over your head several times.

## Head and Shoulder Rotation

Tension headaches from over work, and sitting too long at a desk while focusing too hard on paperwork or a computer screen. Releasing that tension can work wonders.

While you are seated at your desk, try gently rotating your head first in one direction and then in the other direction. Rotate your shoulders so as to relax the muscles of the shoulder and the neck.

## 5 Herbal Remedies

❖ **Peppermint** - Peppermint is an ancient headache remedy, and can be used in teas or chewed fresh in leaf form. One word of caution that peppermint is not a good choice for those who are prone to heartburn.

❖ **Cayenne Pepper** - Peppers have capsaicin a natural ingredient that raises the pain threshold. It is well known in the medical industry as a cluster headache aid, and is typically given in the form of a nasal spray.



❖ **Feverfew** - *Caution: Do not use if pregnant or nursing.* Feverfew is a well-known herb for healing and preventing migraines. It contains parthenolide, which, various studies have proven to be effective in

reducing the severity and occurrence of migraines when taken in 250 mg doses daily.

Its healing benefits comes from its ability to reduce inflammation, prevent blood vessel constriction, and prevents serotonin from being released from certain neural pathways.

Feverfew also has minimal side effects. It can be taken dry in the form of a capsule or eaten as a fresh leaf.

- ❖ **Chamomile, Rosemary and Mint** are known natural muscle relaxants that can help with headaches.
- ❖ **Ginkgo Biloba** - Ginkgo Biloba helps with migraines by decreasing inflammation and improving circulation. Additionally, it inhibits the production of a substance known as platelet-activating factor that has been linked to migraine headaches.

## Constipation

Constipation can be due to a lack of fiber in the diet or, poor intake of water, or, because of irregular meals that result in poor toilet habits.

### Water

Make sure that you drink at least 8 glasses of water every day. As soon as you wake up, drink at least one glass of water. This will induce peristalsis or the movement of the muscles in the digestive track.

## Fiber

Eat fruits, vegetables and whole grain foods that are rich in fiber such as oats, barley and bran.

Fresh berries are fiber rich, and so are many green leafy vegetables.

Then there are bananas, peas and oranges.

Drinking pineapple juice the night before can help you move your bowels the next morning.

Eat papaya as dessert the night before as papaya has a laxative effect.

## Fiber Supplements

Fiber supplements are great options, but, be careful and start slow to see how your body reacts.

## Olive And Castor Oil

Try taking at least one tablespoon of olive oil after each meal. This is a natural laxative which can help you pass your stools. If you need to pass stool immediately, take a tablespoon of castor oil.

## Eat Regularly

Eating regular meals at regular intervals helps normalize the movement of the bowels in the morning.



## Relax

Make it a habit to sit on the toilet, read a newspaper or magazine as this will relax you and that enables easier bowel movements (do not strain). Being in a rush to leave in the morning makes you tense and this will not help in moving your bowels.

# Final Thoughts

As you can see there are many natural options for common ailments that can be used at home to speed healing and bring relief.

Keep in mind that conventional medicine and your doctor are invaluable assets for serious conditions, regular checkups and overall optimal health.

But, this does not mean that these home remedies that are not only natural, but, also effective, as well as, economical cannot be used to create a most holistic approach to your health care needs and your overall wellness.

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