



NATURAL REMEDIES FOR COMMON ILLNESSES

AMAZING NATURAL CURES FOR EVERYDAY
AILMENTS THAT PROMOTE HEALTH & HEALING

TIM RUSSELL

Disclaimer

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Amazing Natural Health Remedies You Need To Know

**Natural Remedies That Heal, Protect & Help
Provide Instant Relief From Everyday Common
Ailments**

Please note for some ailments I recommend more than one remedy. We are all unique. Sometimes different remedies will work for different people.

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INTRODUCTION -

MEDICATION VERSES NATURAL PRODUCTS

There has been a huge shift over recent years to alternative medicine as people get disillusioned with conventional medicine. Natural and herbal remedies are becoming popular as people re-engage with nature. The list of potential side effects from drugs and the rebound effects from withdrawing often make the thought of taking medication unpleasant. Often the promise of how effective the medication is can be exaggerated, or it simply does not have the effect it should because everyone is unique.



Holistic approach –

“I believe that for every illness or ailment known to man, that God has a plant out here that will heal it. We just need to keep discovering the properties for natural healing.”

– Vannoy Gentles Fite, Essential Oils for Healing: Over 400 All-Natural Recipes for Everyday Ailments

Why I recommend Natural Herbal Remedies, Vitamins & supplements.

It's quite simple, they have extra advantages over conventional medicine. Generally they do not have the strength of change within the human body like medication but they make slow subtle changes. The main advantages are –

- Not addictive.
- Most supplement or herbal remedies do not have any side effects or withdraw symptoms.

- On the whole supplements and herbal remedies are quite safe. Just make sure you consult with your doctor first.

Rather than jump straight into strong medication it's much better to try natural products first. They can be easier to obtain and you can easily moderate them yourself. For common ailments it's much better to try this first. Quite often they can make you feel better physiologically even though there may have minimal effect on you physically. This is often called the placebo effect.

A word of caution before we continue.....

It's worth mentioning that just because the list below is produced from naturally occurring substances, it does not mean they are safe. Unfortunately this is not the case. Some herbs are quite powerful and consuming them in large quantities can have side effects as well.

For example in the list below I recommend St John's Wort which can help mild depression and anxiety. However this plant can effect prescription medication including birth control pills and can cause unexpected pregnancies!

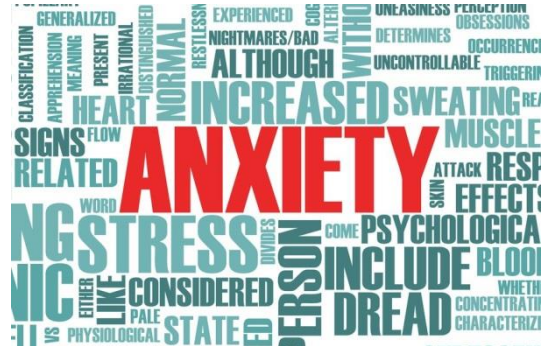
Kava can reduce anxiety and for some it seems to be as effective as prescription drugs but it may take up to 8 weeks to work. However some national health institutions have linked KAVA to liver damage, nerve damage and skin problems. Kava should also not be taken by breast feeding women.

On the whole herbal remedies tend to be safer, but there may be some dietary or interaction risk. The best advice I can give you is make sure you consult with your doctor before taking any supplement, as your doctor will be aware what other medication your taking.

ANXIETY

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying.

These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.



People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation. Here is an indepth look at the natural remedies available.

Homeopathic Supplements for Anxiety

I not going to go into any detail on “homeopathic” remedies as there are literally thousands of mixtures of these liquids, so it’s difficult to actually prove if any of them work. There much more likely to have a placebo effect more than anything else. However the most popular one by far is the [Bach remedies](#). The Bach remedy for stress and anxiety contains a combination of five of the Bach(TM) Original Flower Remedies made from natural flower essences.



It’s called [RESCUE Remedy](#) and is suitable for all the family. It’s available in a dropper or spray. It’s not something I have personally tried however there are

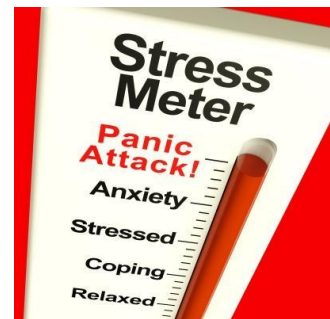
[reviews on Amazon](#) if you wish to read people's experiences using Bach remedies.

The promotional information can be found below -

"Rescue Remedy is world-famous for quickly restoring inner calm and enabling our body to release its own potential to manage daily stress without side effects. It's a natural alternative to other stress relief methods and allopathic medicines with the benefit of being in a liquid format. Rescue is completely natural and contains five of the 38 Bach(TM) Original Flower Remedies; Rock Rose for terror and panic, Impatiens for irritation and impatience, Star of Bethlehem for shock, Clematis for inattentiveness and Cherry Plum for irrational thoughts. Safe for the whole family, to help with everyday stresses. No side-effects or contraindications. Non addictive. Works in harmony with our own body, helping us to release our potential to stay calm and in control when faced with demanding situations. It is portable, discreet and convenient to take. Can be taken anytime, anywhere you feel stressed and anxious."

B Vitamins for Panic Attacks / Anxiety

It's long been known that B Vitamins are essential to nerve function. B-1, B-3 & B-6 are especially important as they are away of removing the lactic acid which can contribute to panic attacks. The B vitamins are sadly lacking in a lot of peoples diets as the process of making white bread means some of the B vitamins are milled out of the



flour. B vitamins play an important role in proper functioning of amino acids and in regulating mood. Since B vitamins are not stored in the body it's essential to have an intake of these if your body is under a lot of stress. Lack of Vitamin B can lead to sugar cravings, insomnia and mood changes.

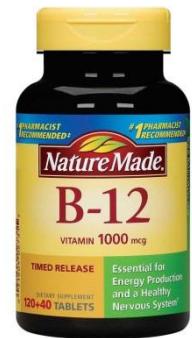
B vitamins work best when they are taken with other members of the B-complex and in-turn with other vitamins as a whole.

Vitamin B1 is good for controlling blood sugar levels which effect panic attack sufferers.

Vitamin B3 plays a major part in the enzymatic processes which helps to produce serotonin which promotes calmness and sleep.

Vitamin B5 helps the adrenal function of the body which is especially important in panic attack sufferers.

Vitamin B12 has been linked to improving depression. Given the link between depression and anxiety it's something that could be beneficial. It also helps to support a healthy heart which tends to get exerted more in stressful people.



Vitamins B supplements can be purchased alone or in combination with other vitamins in capsule form. [Click here for more information and product reviews.](#)

Good food sources of the B vitamins include liver, meat, turkey, whole grains, potatoes, bananas, chillies, legumes, nutritional yeast and molasses.

Does Magnesium help with Anxiety?

Magnesium is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady.

Magnesium is necessary to reduce the effects of constant anxiety and stress. This is especially important if you suffer constant panic attacks (panic disorder). It's also thought it can help in producing new brain patterns of behaviour which are not influenced by fear and compulsive thinking.



Magnesium helps stress because the body uses it for muscle relaxation. It's possible that if you take [extra supplements](#) of this, it may help to reduce muscle tension and relieve anxiety symptoms.

Magnesium is one of the most common elements on the planet. Unfortunately the way in which we produce food today means that magnesium can be wiped out from our diet. Millions of people are not getting enough magnesium in the foods they consume. Although real magnesium deficiency is not very common, it's possible that not getting enough magnesium through a poor diet, can increase the risk of anxiety

and panic attacks. Also it would appear that some conditions related to anxiety can deplete the amount of magnesium in the body –

- Stress could reduce the amount of magnesium
- Hyperventilation appears to decrease magnesium in the body
- Some foods and drinks may lower magnesium levels

Magnesium is involved in more than **300** essential metabolic reactions and is essential for nerve health. There is still much to be learnt about the human body but it may contribute to anxiety and panic attacks if you're not getting enough magnesium.

Taking magnesium isn't going to cure anxiety but it could make you feel better. Make sure you are consuming enough, as your body needs all the help it can get in obtaining vitamins and minerals.

Magnesium has also been shown to protect the arteries and heart which can only be a good thing. A study has shown if B6 and magnesium were taken together it help to relieve **breast tenderness, anxiety-related premenstrual symptoms, and menstrual weight gain and pain.**

A great way of getting more magnesium into your body and it being pleasurable is dissolving [Epsom salts](#) into a bath. The magnesium in the salt will be absorbed through the skin. You could also combine this with [lavender oil](#). The smell of lavender often makes people feel more calm and relaxed.



Magnesium can be obtained through foods such as dark green leafy salads i.e. spinach, cabbages, etc. These are also good for B vitamins. Other food sources of magnesium include legumes, chicken, beef, fish (especially halibut, cod and salmon), seeds, butts, bananas, watermelon, potatoes, figs and green beans.

Magnesium can be bought and consumed as [tables, liquid, flakes or even sprays](#).

GABA and Inositol

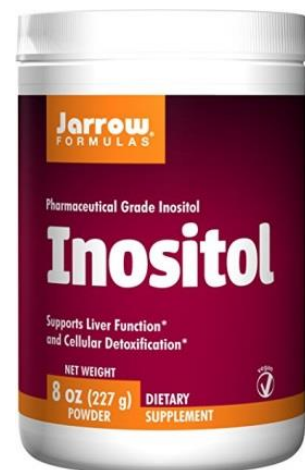
Anxiety and panic attacks have long been known to change your body chemistry. Research has shown that anxious people have insufficient or low neurotransmitter levels. Medication has been designed to improve these neurotransmitters, however there are natural supplements which can also do same. Inositol and GABA can help with this.

Manufacturers of inositol and especially GABA claim it treats anxiety, muscle tension, stress and depression. There have been many studies into Inositol and GABA but none that conclusively reveal they cure anxiety. But you should not rule them out as long as you combine this with other treatments.

Inositol is a carbohydrate, and is found in rice, beans, fruits and grains. These foods contain very low doses of Inositol. Research has indicated that Inositol can play a major role if taken in high doses in controlling mental health conditions such as depression, agoraphobia, obsessive compulsive disorder, and panic disorder.

Inositol

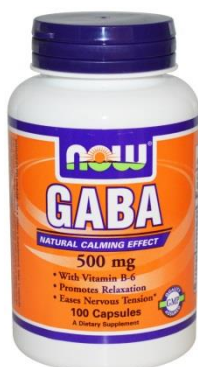
Serotonin has long been known to play a part in mood. [Inositol](#) which is a carbohydrate can help serotonin be produced. If Inositol is beneficial in the serotonin process then could reduce stress, anxiety and panic attacks. Not producing serotonin has been linked to anxiety and has borne medications such as seroxat. Drugs like benzodiazepine (which include Xanax, Valium, and Ativan) also try and reproduce this serotonin reaction but if you can do naturally you're not going to have the addiction risks. These drugs suppress the nervous system and cause drowsiness, sleep problems, impairments, etc. Elderly people especially are more sensitive to these types of drugs and they have been associated with falls in older people.



Inositol is available in [powder and capsule form](#).

Serotonin can also be purchased in [capsule and powder form](#) to enhance mood.

Gamma Amino Butyric Acid



GABA – is an amino acid that can help panic attack sufferers. GABA stands for Gamma – amino butyric acid. GABA protects nerve cells from being ‘burned out’ due to excessive amount of accumulated stress. This is important for panic attack sufferers as they suffer from repeated flight or fight responses which can cause this burning out effect. Research has shown that people who are afraid of their panicky feelings, have empty or deficient GABA Receptors in their brain.

[GABA](#) receptors or neurotransmitters have long been linked to anxiety. It can slow down and reverse the over stimulation of our brains. If you have low levels of GABA it will be more difficult for your mind and body to relax after excitatory neurotransmitters have been released. GABA is one of the brains most important neurotransmitters as it calms down the brain. GABA can help calm you down when you’re stressed or irritable. Valium works in a similar way to GABA, by imitating it to relax our brains. Similarly alcohol and marijuana produce similar reactions in the body which can lead to sufferers self-medicating to overcome anxiety. Research has indicted a whole section of mental issues can be attributed to low GABA receptors. That’s not to say it’s some magic pill because it’s not. Nor does using alcohol, tranquilizers and marijuana because they are all addictive and produce diminishing returns over time, so you have to take more to feel the same benefits.

You can get GABA naturally from [glutamate](#). See food list below.

Free* Glutamate Content of Foods	(mg/100g)
Cow's Milk	2
Human Milk	22
Eggs	23
Beef	33
Fish (Mackerel)	36
Chicken	44
Potatoes	102
Corn	130
Oysters	137

Tomatoes	140
Broccoli	176
Mushrooms	180
Peas	200
Grape juice	258
Fresh tomato juice	260
Walnuts	658
Soy Sauce	1090
Parmesan cheese	1200
Roquefort cheese	1280

GABA does not cross the blood brain barrier and must be formed within the brain. Although more research is needed it would appear if you can increase the GABA levels in the brain it does seem to help and improve anxiety.

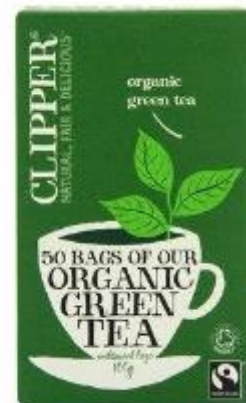
By taking Inositol and GABA through supplements people hope to control their anxiety. The logic here is if you can increase your serotonin and GABA levels you can potentially receive two natural substances not known to have any side effects. One study showed that within just 60 minutes of taking GABA, alpha brain waves (a sign of relaxation) were increased on EEGs. Taking GABA also boosted the immune system, which functions best when you are relaxed.

GABA can be purchased as capsules or just stirred into water. [Click here for more details.](#)

Glutamine, Glycine and Taurine



[Glutamine](#), [Glycine](#) and [Taurine](#) is similar to GABA. These amino acids can promote relaxation in the body.



Teas - Stay away from coffee and tea as it contains caffeine but there are lots of alternative out there. Peppermint and [chamomile](#) are my personal favourites. There is evidence to suggest chamomile can help relax you. [Green tea](#) is also a good alternative as its contains an amino acid which can raise your GABA levels

5 hydroxytryptophan (5-HTP) is an amino acid supplement, which can help boost levels of serotonin which can promote sleep and lift mood levels. It can be purchased in [capsule form](#).



KAVA, KAVA Root



Kava (*Piper methysticum*), is a herb used for thousands of years in the South Pacific islands and is renowned for its ability to cause profound relaxation and an overall sense of well-being.

The roots of the kava plant have long been used to make a drink that has sedative and aesthetic effects. It is consumed throughout the Pacific Ocean cultures of Polynesia, including Hawaii, Vanuatu, Melanesia and some parts of

Micronesia.

In a recent study it was shown to be a potential natural alternative for the treatment of anxiety. The study showed it compared favourably with prescription drugs because it has less risk of dependency and less potential for side effects.

The eight-week study published in the *Journal of Clinical Psychopharmacology* involved 75 patients who had been clinically diagnosed with generalized anxiety disorder. The participants were given either kava or placebo, and anxiety levels were regularly assessed.

Those in the kava group were given tablets twice per day consisting of water-soluble extracted kava (peeled rootstock) for a total dose of 120mg of kavalactones for the first three-week controlled phase. In cases of non-response, this was increased to a double-dose twice per day for the second three-week controlled phase.

Participants in the placebo group took matching dummy tablets in the same manner.

At the end of the study, the kava group showed a significant reduction in anxiety compared to the placebo group. For those diagnosed with moderate to severe GAD, kava had an even greater effect in reducing anxiety.

In the end, 26 percent of the kava group were in remission from their symptoms compared to six percent of the placebo group.

Kava was also well-tolerated. The findings showed no significant difference among the two groups for liver function, which had previously been a concern for kava's medicinal use.

Furthermore, there were no significant adverse reactions that could be attributed to kava and no difference in withdrawal or addiction between the groups.

Kava is one of the most commonly taken natural supplements for anxiety and is the only one to have extensive research done on it. Basically Kava root contains a high dose of kava lactones. This compound in studies has shown to have psychoactive properties. Interestingly there is more than one type of kavactone in kava, but all of them seem to promote calmness.

Kavalactones would appear to improve GABA and dopamine production and to prevent norepinephrine reuptake. This makes them invaluable for controlling anxiety.

Kava on the face of it seems to provide everything one needs from an anxiety, with no addiction risk and it can be favourably compared with benzodiazepines and buspirone. The benefits include –

Mild Sedation

Relaxes the muscles

Pain Reduction

Anxiolytic (anti –anxiety properties)

Kava originally could be purchased in teas and is still sold in [tea](#) form today. However the required dose to have any effect on your body would probably be too low.

Over recent years Kava has been removed from markets across Europe because research has linked Kava with liver damage and toxicity. However further studies tended to dismiss the link between the herb and liver damage. There are probably several reasons for this –



1. Kava seems to have a bad reaction with drugs and alcohol.
2. It depends which part of the Kava plant you use. The root seems to be the more potent.
3. Some supplements use more synthetic kava compounds which make any testing unreliable.

The majority of studies seem to advocate the use of kava along as you're not drinking alcohol and it's under your doctor's supervision.

Kava Kava can be purchased in [capsule, tea or powder form](#) from Amazon USA. As stated above The Food Standards Agency introduced regulations to ban the sale or distribution of kava kava in England on 13 January 2003.

Valerian Root

Valerian is another anxiety-reducing herb.

Valerian root is known for its relaxing effect and it helps to promote sleep. It's commonly used with insomnia sufferers who need help in falling to sleep. So from an anxiety point of view it's not an herb that's mentioned that often.

With its calming effects it's often seen as an answer to stress and tension. Its herbal properties seem to relax the mind and body, and give the sufferer a much needed rest if they combine it with breathing exercises or meditation. It can be bought in [tea form or as pills](#).



Research has been mixed about how well it actually works. However it's proved very popular supplement indicating that for some people it seems to have beneficial effects. You are probably wondering how it works. Well research has been inconclusive, but it would seem valerian root seems to assist the GABA receptors, although it's not clear how.

It has no known major side effects but as with most herbal remedies it's best not taken with alcohol in the system or with other herbal remedies or drugs.

Valerian root is available in [tablets or tea](#) form.

Passion Flower



Taking passion flower for anxiety is another common herbal supplement and is similar to a kava but weaker. There has been some research into passion flower and the majority of studies seem to indicate some light relief from moderate anxiety.

If you're experiencing full blow panic attacks and anxiety it's probably not going to help much. If anxiety is just a small inconvenience in your daily life then this will probably give you that little help when you need it.

The variety of passion flower is the key as some are more effective than others. Some varieties of passion flower contain beta-carboline harmala alkaloids. This

compound has anti-depressant qualities especially in the leaves. The Maypop flower has compared well to the anti-anxiety drug oxazepam in studies.

Passion flower comes in [tablets, liquid or tea form.](#)

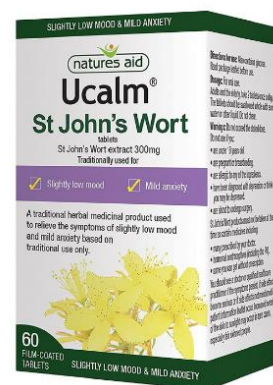
St John's Wort

St John's Wort is a herb that's been used for hundreds of years in mental health treatment and healing wounds. Some people find this to be beneficial especially if they suffer from depression. Depression and anxiety are linked so it's possible this can help anxious people. Some people claim it also helps them to sleep as well.

The plant's Latin name is *Hypericum Perforatum* although it is sometimes displayed as *Hypericum* which comes from the Greek name meaning 'greatest health.' The active ingredient is called 'hypericin' which should be displayed on the package telling you the dosage in the tablet or capsule. It also contains hyperforin which has antibiotic properties.

Studies show you may get a fast response in feeling better if you take St John's Wort compared to other herbs. You may even feel your mood improving within the first week, but don't think you can come off it as fast. St John's Wort is not harmless — it's a reasonably powerful medicine. Taken responsibly, you may see some good results.

St John's Wort comes in [tablet & liquid form.](#)



Catnip

Catnip is quite an unusual herb and is part of the mint family. Catnip may help to treat symptoms associated with anxiety. The benefits attributed to catnip are to alleviate irritations, stomach cramps and spasms which occur when anxiety happens. If you suffer from headaches it may also help the tension which tends to trigger this. Some people have suggested it helps insomnia and improves appetite.

Catnip can be taken as a [tea, capsule or extract \(liquid\) form.](#)



Fennel



Fennel is a plant species in the genus *Foeniculum*. It is a member of the family Apiaceae. It is a hardy, perennial, umbelliferous herb, with yellow flowers and feathery leaves.

It's not that commonly associated with anxiety but it's used to treat similar symptoms such as coughs, indigestion and asthma which may make the anxiety worse. Helping stomach issues is its main advantage by helping reduce flatulence, and abdominal tension. For best results it can be consumed as a tea before or after meals. It has no known side effects. It's a popular tea in Oriental countries such as India.

Fennel can be commonly bought as [teas, capsules, seeds, drinks/drops and even toothpaste.](#)

Chamomile

Chamomile is a natural sedative and will only really have an effect on mild anxiety. It's one herb I would recommend as a substitute to tea or coffee as it can be drunk as [tea](#). It's quite popular and it can often be purchased in main stream coffee shops like Starbucks.

It has calming properties and if you're feeling nervous or agitated it can help. It can also help to settle the stomach, improve digestion and sooth every day stresses.

The studies that have been carried out on chamomile have linked it to reducing headaches, and improving liver and lung health. Chamomile is not addictive and can be used as a replacement for caffeine. Chamomile is also popular for anxiety in children.

Chamomile can be purchased in many forms including [capsules, creams, oils, tea, dried flowers, etc.](#)



Motherwort

Motherwort or *Leonurus cardiaca* is best associated with treating menstrual discomfort. Pregnant women also see Motherwort as a way to manage the stress, tension and anxiety of pregnancy. Read the label if taken when pregnant as it appears it's not recommended in the early stages of pregnancy.



The Greeks gave Motherwort to pregnant women suffering from anxiety; hence the name “mothers herb” or “mother wort”. It can also help –

1. Increases circulation
2. Improves sluggish digestion
3. Good for night sweats and hot flushes
4. Can be effective against heart palpitations
5. Ease cramps

It's commonly sold in [tea form and as drops](#).

Skullcap

Skullcap also known as *Scutellaria lateriflora*, *Scutellaria*, Scullcap, Scute, Blue Skullcap, Mad-Dog Skullcap, and Madweed. It's a perennial mint and produces flowers in various different colours. It became known in the 1700's as Mad dogs weed as settlers thought it could treat rabies.



Skullcap is a comforting herb, traditionally used to alleviate nervous tension and exhaustion. It is used to promote relaxation and emotional wellbeing during times of stress in one's life.

It comes in [tea, capsule and drop form](#).

More recently Skullcap has been used to ease restless leg syndrome, twitchy muscles and it has anti-inflammatory properties. It can help to relax the body because of its sedative effects on the body. Skullcap's relaxing properties makes it

ideal to fight restlessness, insomnia, and rapid heartbeat. Its not to be used by pregnant women.

Vitamin D

Vitamin D is a vitamin found in fatty fish such as mackerel and salmon. It's also found in eggs. The body can make its own Vitamin D from sunlight. If you feel anxiety and depression in the winter months then improving your vitamin D can give you a boost. A study has identified that Vitamin D was linked to anxiety and depression in fibromyalgia patients. This vitamin plays a major part in bone health, immunity and a healthy heart. It also helps to protect against cancer.



Research on vitamin D has shown that many people are deficient in Vitamin D and they are unaware of it.

Vitamin D can be purchased in [capsule, soft gel or even spray form.](#)

Omega Fatty Acids



Omega Oils are essential fatty acids (EFAs). These 'good fats' are vital in maintaining physical and mental health. There are two families of EFA's Omega 3 and Omega 6. They are essentially 'fatty acids'. Research has shown that having a balanced diet of Omega 3 & 6 is essential for your good health, and taking supplements may lessen the strength of the body's flight or fight response. They are predominately sold in [capsule form.](#)

Research indicates that omega-3s from fish oil (EPA and DPH) are useful in treating depression. A study which researched substance abusers who ate little fish found that increasing their diet of fish made them less angry and less anxious. Tuna, salmon and sardines are common foods you can easily incorporate into your diet to get more Vitamin D and Omega fish oils. I personally would not take

omega supplements unless you know you need these extra supplements, as it's easy to increase fish intake into a diet.

Omega 9 fatty acids are not essential in humans because they can be synthesized from carbohydrates or other fatty acids.

They can be easily purchased in [capsule form](#) most supermarkets and health food shops.

Lactium and L-Theanine



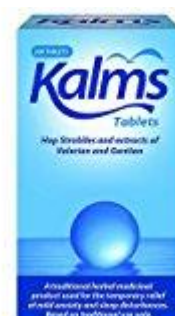
Lactium is a supplement which comes from casein protein in milk. The casein protein has been proven to reduce stress-related symptoms, including anxiety by lowering the stress hormone cortisol. This can also result in lower blood pressure.

Lactium can be purchased in [capsule or chewable tablet form](#).

L-theanine is an amino acid found in tea. It can have a relaxing effect on the individual and can reduce physiological responses to stress. It can improve levels of the calming neurotransmitter GABA. It's also thought to protect against neurotoxins from the environment. L-theanine can be purchased in [tablet form](#).

Kalms

I thought it was worth mentioning [Kalms](#). They are probably the most popular main stream herbal remedy on the market in the UK. They can be purchased in most supermarkets. Kalms are sold in tablet form. They are marketed to help sleep, stresses and strains and to reduce worry. The contents of the tablets include traditional herbal remedies -



Hops Powder 45mg, extract of **Valerian** from 135mg and extract of **Gentian** from 90mg.

Valerian has been discussed above. **Hops** are best known in the fermentation process for beer but they also have good anti-anxiety properties. They promote stomach secretions which can help the digestive system. Hops also contain estrogens which can help women with menopausal complaints and reduce insomnia and hot flashes. As regards anxiety it can reduce stomach cramps and nervous complaints such as indigestion. **Gentian** is a perennial plant that can live as long as fifty years. It has been traditionally used to clean wounds and treat gastrointestinal problems. It is thought to help depression and nervous tension.

Kalms are not expensive and are best used for mild anxiety. They are non-addictive. They can be purchased online [here](#).

AUTOIMMUNE CONDITIONS

How to cure autoimmune diseases naturally?



Autoimmune conditions affect over 50 million Americans, a large percentage of whom are women. Autoimmune diseases are considered a top 10 leading cause of death in women under the age of 65. They come in many different varieties, including rheumatoid arthritis, type I diabetes, thyroid disease, lupus, psoriasis, multiple sclerosis, and more, and can cause many different types of symptoms all over the body that range from mild to severe in nature.

What are autoimmune diseases?

Although there are many different types of autoimmune diseases and they can affect many different organs, at their core they are all similar - the body attacks itself.

What is the natural approach to treating autoimmune diseases?

Try to remove inflammatory foods from your diet. It helps to remove all grain and legumes from your diet. Lectins in grains and legumes have been implicated in autoimmune diseases.

A leaky gut test is a good idea! More than 80% of your immune system is in your gut. If you have an autoimmune disease, then a leaky gut needs to be repaired, otherwise you won't be able to reverse your condition.

Check blood levels for various antibodies and look for hidden or underlying infections.

After all of this, check hidden toxins like mercury and mycotoxins.

Here are some natural solutions to autoimmune diseases -

Eat a whole food, anti-inflammatory diet.

Focus on anti-inflammatory foods like omega-3 wild fish, leafy greens and turmeric, and avoid inflammatory foods, such as sugar and corn oils. ([see my video](#))

Implement supplements.

Nutrients like fish oil, vitamin C, vitamin D, and probiotics can help calm your immune response naturally. Also consider anti-inflammatory nutrients like quercetin, grapeseed extract, and rutin. Popular supplements can be found [here](#).

Exercise regularly.

Consistent exercise is a natural anti-inflammatory. You don't necessarily need to go to the gym, run on a treadmill, or pump iron to stay in shape. Just start moving around more, use your body more, and have fun.

Practice deep relaxation.

Stress worsens your immune response. Calming techniques including yoga, deep breathing, and massage can reduce stress and anxiety to promote relaxation.

Sleep eight hours every night.

Lack of sleep, or poor sleep, can damage your metabolism, cause cravings for sugar and carbs, make us eat more, and drive up our risk of numerous conditions from diabetes to autoimmune disease. Sleeping well is essential for vibrant health and reversing inflammation.

BACK & LEG PAIN

Natural Cure For Back and Leg Joints

Stresses, poor body posture, sedentary or unhealthy lifestyle, are all factors which lead to pain in the neck, joints, legs, or back.

These conditions are extremely painful and are accompanied by terrible symptoms as well.

The following recipe is a completely natural cure to the pain in the back, legs, and joints:

Ingredients:

- 150gr. [edible gelatin](#) (enough for a month)
- cold water

Method of preparation:

In some cold water, add 5gr. of edible gelatin, and stir well. Then, leave the mixture until the following morning. You can leave it in the fridge, but it will turn into a jelly.

You can add some honey, yogurt, or juice to it, to enrich its flavor.

Use:

Take this miraculous drink on an empty stomach every morning, for a month. The first results will be noticed after a week, but you should finish the treatment.

Afterwards, you can repeat it again, but only after a 6-month break.



The effectiveness of this drink is due to the fact that our tendons, cartilage, bones, and collagen, are actually composed of amino acids which recover the tissues. Moreover, this drink strengthens the ligaments as well and boosts the immune system.

Additionally, the regular use of gelatin may also prevent osteoporosis and osteoarthritis.

Research shows that people with osteoarthritis, joint pain, bone-related problems like osteoporosis, and exercise-related soreness or injuries can all benefit from supplementing with gelatin. In clinical trials, people taking gelatin (around two grams daily) tend to experience less inflammation, less pain in the joints or muscles, better recovery, and even improved athletic abilities compared to people taking a placebo.

There are also various supplements, cushions and devices on the market for back and leg pain that you can check out [here](#).

BAD BREATH



Bad breath, also known as halitosis, is embarrassing and can take a toll on your confidence level. Bad breath can be due to a number of reasons such as eating odorous foods, smoking, dry mouth, medical conditions, gum disease, and sinus conditions.

However, the primary cause of bad breath is the **bacteria that build up on the back of your tongue or between your teeth.**

Maintaining good oral health is essential to controlling bad breath. This includes regular tooth brushing, flossing and tongue scraping.

Here are a few Natural Remedies that may help

Lemon Juice and Yoghurt

Gargle with a small cup of acidic lemon juice to kill odor-causing bacteria. Then eat a bit of plain unsweetened yogurt, which contains beneficial lactobacillus bacteria. These so-called probiotics compete with and replace the reeking bacteria. The lemon-yogurt combo instantly neutralizes odor and lasts 12 to 24 hours.

Fennel

Fennel acts as an excellent mouth freshener that helps control bad breath. It also contains antimicrobial properties that fight the bacteria in the mouth.

Slowly chew a tablespoon of [fennel](#) to freshen your breath and stimulate the production of saliva.

You can also drink fennel tea a couple of times a day. To make this tea, steep one or two teaspoons of fennel seeds in a cup of hot water for 5 to 10 minutes. If you wish you can purchase fennel tea [here](#).

Cinnamon

Cinnamon contains cinnamic aldehyde, an essential oil that not only covers up bad breath, but also reduces the amount of bacteria in your mouth.

Boil one teaspoon of [cinnamon powder](#) in a cup of water.

You may add some bay leaves and cardamom too.

Strain the solution and use it as a mouth rinse to refresh your breath.

Do this twice daily

Fenugreek

Fenugreek tea is highly effective when bad breath is caused by catarrhal infections.

Boil a teaspoon of [fenugreek seeds](#) in a cup of water.

Strain and drink this tea once daily until you get rid of the problem.

Ever heard of oil pulling or oil swishing?

Oil pulling is a folk remedy that originated in India (and appears in an early text of Ayurvedic medicine - traditional form of Indian medicine.) Take a tablespoon of oil,

many people recommend [sesame oil](#) as the number one oil, but others swear by [coconut](#) or [sunflower](#). Swish or pull it around and through your teeth, tongue and gums without swallowing it. Try to avoid putting oil in the back of your throat. Do this for about 20 minutes every morning, then spit it out. By the end, the oil is supposed to go from being clear to a white, milky substance, as it is now loaded with toxins and bacteria it has drawn out via all that swishing.

There are various oral rinses, chewable tablets and toothpastes that claim to help bad breath which can be found [here](#).

BUNIONS



Some inflammatory processes that occur in our bodies can lead to salt deposits known as bunions. Bunions can also appear as a result of wearing tight and uncomfortable shoes.

Bunions appear more in women than in men, but men are also often affected by this unpleasant condition.

Bunions can begin to put pressure on sensitive areas of the foot. This can begin to change the way you walk and also change your taste in heels or even sneakers.

Bunions do not always cause pain, but they can affect the quality of life. They can look unattractive and can lead to the person unable to find suitable footwear.

Bunions can be removed with surgery, but if you do not like the idea of going under the knife, you can use a simpler method. This remedy is completely natural and safe, and will help you eliminate the bunions quickly and painlessly.

Tea Bunion Remedy

For preparation of this tea remedy, you will need 10oz/300ml of water and one tablespoon of crushed [bay leaves](#). Put the bay leaves in the water and let them cook for about five minutes. Then, put the tea into a thermos, and let it stay there overnight. The following morning, strain the tea. This tea is not supposed to be drunk at once. Instead, you should take small sips of it throughout the whole day. Do the same thing every day for one week, always using fresh tea.

This tea will increase your urge for urination, so during this week, you will be visiting the bathroom more often. However, it is a good sign and it indicates that the salt deposits are dissolving and are triggering the bladder.

The first results are going to be visible ten days later. Not only are you going to feel better, but the pain in your joints will also be eliminated. If you want to get rid of bunions for good, try drinking bay leaf tea for two months.

A Paste to Make Bunions Disappear

If you are looking for more of a topical paste to use then try this which is similar to the tea above

Ingredients:

- 100 ml of [96% alcohol](#)
- 5 large [bay leaves](#)
- 3 litres of water
- 1 tbsp. [baking soda](#)

This paste takes an entire week to get right. Mix the bay leaves and the alcohol together and let them sit at room temperature for 1 week in a dry room. Once the leaves have done their magic, soak your feet with warm water and baking soda. Once you soak, rub the organic homemade paste all over the bunion. Put on cotton socks for absorption and lie down while it does its work.

In the meantime before you cure yourself you may want to check out [Bunions Protector sleeves and Toe stretchers/separators](#) that help ease the pain of bunions.

BURNS

Cool a Burn Naturally

When your skin gets hit with something hot, your first thought might be what to put on the burn to soothe the pain and help prevent damage. Probably the most



effective natural remedy is aloe vera. Aloe vera has astringent and tissue-healing properties that can help in healing burns.

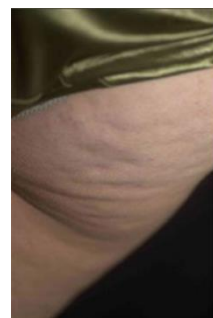
If you have burnt your skin with a hot-from-the-oven cooking pan, cut a small piece of the aloe vera leaf and apply the fresh gel directly on the burn. The soothing and anti-inflammatory gel creates a second skin to protect the burn from air, which irritates exposed nerve endings.

If you do not have an aloe vera plant, you can apply a [cream that has aloe vera or aloe vera gel on the burn](#).

[Jamaican Black Castor Oil](#) has become notorious for its ability to detoxify, cleanse, nourish and moisturize the hair and scalp due to its minerals, vitamins, antibacterial, anti-fungal properties. It's also a great for skin healing and treating eczema, psoriasis, acne and burns. You can read reviews [here](#), but this can also help ease the pain of burning and nourish the skin.

CELLULITE

Coffee is one of the most popular and widely consumed drinks around the globe. It's delicious, energizing and to some, simply irresistible. But did you know that coffee grounds can be quite useful as a part of your beauty routine? It can be used



- in soap to clean your hands and help your skin (click here for [coffee soap products](#))
- in shampoo Coffee can provide all the necessary nutrients and energize your hair. It's especially efficient for dark colored hair, making it vibrant and radiant. (Click here for [Hair Shampoo's](#))
- to help bags under the eyes. Mix some coffee grounds and a bit of olive oil and apply it under the eyes. Coffee is excellent against eye bags and dark circles. It will make your face look fresh and radiant, completely restoring the skin under the eyes.

Coffee For Cellulite

Coffee grounds are an excellent remedy against cellulite. It's no wonder almost every anti-cellulite cream and gel contains caffeine. To make your own DIY cellulite treatment mix [fresh ground coffee](#) to maximize the benefits, as it has more antioxidants and caffeine than used coffee grounds.

Mix 1/4 cup ground coffee with 3 tablespoons hot water and let the mixture sit for 10 minutes to absorb the water and form a paste. Then, mix in 2 tablespoons of olive oil to help bind the grinds. (This will make it easier to spread on, and offer extra moisturizing effects.) Cleanse problem areas in a warm shower, then turn off the water and apply the scrub by massaging in a circular motion for 10 minutes with your hands or a washcloth. Rinse with warm water to remove all grounds, then pat dry and moisturize if desired.

If you want to cheat you can purchase [natural coffee scrubs](#) that work very well.

How it works: The caffeine and antioxidants in coffee help to mitigate the appearance of cellulite in the short term. As a stimulant, the caffeine in coffee dilates blood vessels, which temporarily tones and tightens tissue. Plus it increases circulation and reduces water retention, both of which may also help smooth the rumpled look of cellulite. The antioxidants in coffee may help to release toxins, which is not only helpful for cellulite, but for healthy skin in general.

CHAPPED LIPS

Your lips can become chapped and dry when they're exposed to the sun, wind or cold air. Most people will buy a lip balm containing petroleum or [beeswax](#) will provide a barrier and help seal in moisture. Apart from beeswax, there are other natural options.



- Rub on anti-inflammatory, antioxidant, and moisturizing olive oil two or three times a day to soothe, soften, and lubricate. Your lips will feel immediately better, but it will take a few days before they start to heal on their own.
- Exfoliating dead cells off your chapped lips can also help restore their natural softness faster. Mix two teaspoons of sugar with one teaspoon of honey. Apply the paste to your lips and let it sit for a few minutes. Then use your fingers to gently rub the mixture around on your lips to loosen the dead skin cells.
- Another remedy is to use [Aloe Vera](#) for chapped lips. The herbal benefits of Aloe Vera make it an amazing healing agent for skin. Therefore, to cure chapped lips, try putting a small amount of Aloe Vera gel on your lips daily. NB don't worry if some of the gel goes into your mouth, aloe vera is edible!
- Cucumber is also a very potent soothing agent. Take out a cucumber from the refrigerator and make 3-4 mm thick slices. Apply them on your lips. You can just keep it on the lips or dab on the lips. 5-10 minute of application is enough to get instant relief from the pain of chapped lips.

You can also purchase various [natural lip balms](#) that treat chapped lips with natural oils or bee's wax.

CLOGGED PORES

The skin on your face consists of thousands of tiny pores that feature a hair follicle and a gland that produces sebum--an oily substance that works to keep your skin soft and moisturized. However, hormones can stimulate the gland to produce excess sebum, resulting in clogged pores. Dead skin cells and bacteria also can clog the pores. This can cause pimples, blackheads or whiteheads to form. In order to overcome this try the below remedy.



Steaming



Your face should be clean before starting this method. After that take a bowl or basin with hot water. Now sit down and lean over the bowl and cover your head with towel. You should steam your face for 5 to 10 minutes and you can have a break if you feel that is getting too hot to tolerate for your skin. After finishing with this you should relax for a few seconds or minutes and at the end apply [toner of Apple Cider Vinegar](#) along with moisturizing well with [coconut oil](#).

Natural Cleansers

You can also get natural cleaning kits including healing clays, activated charcoal cleansers and dead sea mud masks – [click here for more info](#).

COLD

Cut a Cold Short

Colds and the flu are caused by viruses, which means antibiotics are not effective treatments and can actually lengthen the time you are sick. Why not give a natural remedy a chance first.



Cut a vitamin C-rich lemon in half and squeeze the juice from one half into a cup. Studies show that vitamin C taken before the onset of a cold shortens its duration and severity. Add boiling water and a teaspoon of organic raw honey, an immunity booster that also coats painful throat tissues. Finally crush a clove of garlic and add it to the mixture and stir. Breathe in the healing vapor to open sinuses, and then drink entirely.

Elderberry Syrup

Another well-known treatment is Elderberry or its botanical name Sambucus. It's a unique American fruit that can help treat conjunctivitis, cold and flu symptoms, reduce congestion, and is also used for detoxification. If the fruit is not available fresh or frozen at your local store, you can buy the [Black Elderberry Syrup](#) online. Elderberries contain lots of flavonoids and free radical-scouring antioxidants.

[Natural cold treatments](#) are often based on these ingredients.

CONSTIPATION



Constipation is caused by many different reasons. The normal solution is [Drugstore laxatives](#). However when consumed too much they can have negative effects which is called laxative abuse. This is often associated with the idea of weight loss idea which can lead to dangerous levels of dehydration and can damage your system. Give these pills a skip, and try natural laxative foods instead, as they not only help you with no side effects, but also add nutrition to your body.

The High-Fiber Remedy

Make laxative jam by using one cup of date palms, one cup of prunes, and five cups of boiling water. Chops the dates and the prunes into little pieces and put them into the boiling water. Cook this mixture until it becomes thick, like a jam. This can be consumed in any way that you would normally eat jam- on toast or with yogurt, or however you choose.

Prunes & dates are very high in fiber, and also have sorbitol, which is a natural sugar that loosens the stool. This eases constipation in a short period of time.

Molasses

One tablespoon of [blackstrap molasses](#) before bed should help ease your constipation by morning. Blackstrap molasses is boiled and concentrated three times, so it has significant vitamins and minerals; magnesium in particular will help relieve your constipation.

Mint and Ginger Tea

Mint and ginger are both proven home remedies to help alleviate a range of digestive problems. Peppermint contains menthol, which has an antispasmodic effect that relaxes the muscles of the digestive tract. Ginger is a "warming" herb that causes the inside of the body to generate more heat; herbalists say this can help speed up sluggish digestion. [Dandelion tea](#) is also a gentle laxative and detoxifier.

Bananas

Packed with potassium goodness, bananas are also rich in fibre. Do keep in mind it has to be a ripe banana, as the unripened ones contribute to further constipation. Ripe bananas help restore electrolytes to your intestinal tract as well as helps with the growth of the good bacteria your intestines need.

Aloe Vera

With its many benefits for beauty and health, it's no wonder that aloe vera can help with this problem too. A little slice of aloe vera is filled with nutrients and vitamins that work as a digestive booster. You can slice up pieces of [aloe vera](#) to add to your daily water intake, with [juice](#), or even alternatively raw on its own. Whichever way you choose to consume it, know that you'll reap the benefits.

Coconut Water

Not only does it taste amazing and helps your body cool down, it also helps to improve your digestive system. However do not consume too much of it as it can also cause loose stools. Remember, everything in moderation. Coconut water can be purchased [here](#).

Apple Cider Vinegar

If you don't have apples or are looking for a faster alternative, here's where apple cider vinegar comes in. This concoction is made from raw apples, with an ability to get rid of toxins in your whole body while encouraging growth of good live bacteria in your digestive tract.

Berries

Berries come in many varieties (strawberries, blueberries and raspberries to name a few) and what we love about them is how versatile they are when it comes to their benefits. Due to berries being high in antioxidants, they clean your colon and encourage efficient digestion. You can just pop a few in your mouth as a snack, add them to your yoghurt, or even infuse them in your water. That way you not only get your berry intake, you also have tastier water too.

If you wish you can purchase tablets that combine many of the natural products I have mentioned above, [Click here](#)

COUGH



Cough cure – Here are two quick and easy remedies

Indulge in a square or two of dark chocolate. Researchers found that chocolate's theobromine compound is more

effective than codeine at suppressing persistent coughs without the side effects of drowsiness and constipation.

To calm a nagging cough that keeps you awake at night, take 2 teaspoons of honey (1 to 2 teaspoons for kids; don't give to children younger than 1), along with 500 mg of Ester C 30 minutes before bed. The vitamin C ([nonacidic Ester type](#) won't upset stomachs) and boosts the immune system in the early stages of your cough. Research shows that honey works better than either a cough suppressant or no treatment at all for relieving children's nocturnal cough and promoting sleep.

DARK SPOTS



Dark spots, also known as hyperpigmentation and age spots, are a common skin problem that grows increasingly more common with age. They can be frustrating to deal with as they seemingly appear out of nowhere, and they can also be a somewhat embarrassing indicator of age.

What Causes Dark Spots

Dark spots are the result of the overproduction of melanin, or skin pigment. It's not fully understood why they develop, but aging and UV light exposure - even artificial UV light, like tanning beds - are major causes.

They can develop anywhere, but they are mostly likely to appear on the parts of the body that receive the most sun exposure, including:

- The face
- The backs of the hands
- The shoulders
- The arms
- The back

Here are natural remedies that have positive effects on eliminating dark spots.

Lemons

Mix lemon juice with a bit of water and place it on cotton ball and dab it onto the affected area once a day for a month.

Aloe Vera

On the dark spot put some fresh [aloe vera](#) and leave it on for half an hour. This procedure should be repeated twice daily for a month.

Sandalwood

You should apply the following pack on the spots: 1 teaspoon each of [glycerine](#) and lemon juice, 2 teaspoons of [rose water](#) and 2 tablespoons of [sandalwood powder](#). Do this procedure a couple of times a week and use cold water to wash it off once it's dried. Try for a month and there should be an improvement.

There are also various commercial natural dark spot removers which combine masks and creams which treat black/white heads, wrinkles, etc. You can find them [here](#).

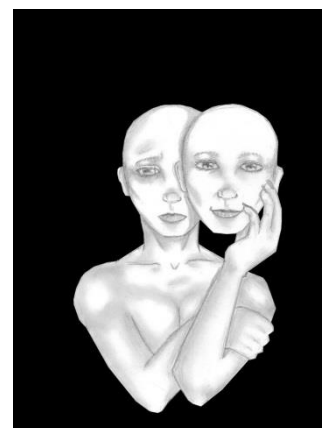
DEPRESSION

Natural treatment for Depression - Turmeric Lemonade

Turmeric lemonade has been found to harbor some of the best medicinal values that can deliver an all-in-one solution to many health conditions.

Turmeric's main claim to fame is its very powerful anti-inflammatory properties. Turmeric is the yellow spice that colors curry and American yellow mustard, Turmeric is also obtaining a growing following for treating depression.

Turmeric to treat depression



According to a recently published review in the Journal of Psychopharmacology, which looked at over 70 studies on turmeric and neuropsychiatric disorders, turmeric truly does have a positive effect on depression symptoms.

“It is concluded that curcumin [the active ingredient in turmeric] is a promising, natural agent”“currently the greatest support for the efficacy of curcumin is for the treatment of major depressive disorder.”

How Does Turmeric Help With Depression?

In addition to lowering inflammation in the body (which helps alleviate the symptoms of many chronic conditions that can cause depressive symptoms to worsen), curcumin can help balance serotonin, dopamine, and other essential chemicals in the body and brain.

How to make turmeric lemonade

There are many different ways you can make turmeric lemonade, but this recipe is one of the most effective and easiest.

Recipe: *4 servings.*

Ingredients

4 cups of cold water.

2 Tbsp of freshly grated or [powdered turmeric](#).

4 Tbsp 100% maple syrup, honey or stevia if you are avoiding sugar.

1 lemon or lime.

Juice from 1 blood orange (optional)

Tiny pinch of black pepper (Always Mix Curcumin With Black Pepper)

Instructions

Mix all the ingredients in a bowl. Stir it and serve it with slices of lemon.

It can be consumed on a daily basis and it goes well with any type of food.

The great thing about this recipe is the fact you can make it home with ingredients you can easily buy. You can also take this drink anywhere.

Apart from its depression fighting qualities -

- It contains natural anti-inflammatory, antioxidant and antiviral properties.
- It is a strong immunity booster that will improve absorption of essential nutrients

You can also [click here to watch a video](#) on the many health benefits of turmeric

Note: Taking turmeric along with certain medications can produce unwelcome side effects. Therefore, we advise you to talk to your healthcare provider before you decide to try this natural home remedy.

Because turmeric and curcumin offer myriad health benefits, including reduced risk of cancer and Alzheimer's disease, they are often recommended as a dietary [supplement](#). However they are poorly absorbed from the G.I. tract, but recent research has shown that absorption is greatly enhanced by the presence of piperine, a compound in black pepper. Many people in India eat foods containing turmeric at almost every meal, and customarily add black pepper to most dishes. This frequent combination likely contributes to the anti-inflammatory and other benefits they apparently receive.



If you want to try turmeric or curcumin supplements to see if they help improve mood, look for products standardized for 95% curcuminoids that also contain piperine or black pepper extract. Follow the dosage instructions on labels. You can purchase turmeric combined with black pepper in capsule form for depression [here](#).

You can take turmeric or curcumin indefinitely and combine them with antidepressant drugs or with natural remedies including [St. John's wort](#), [SAMe](#), and [other herbs](#) that may help support a positive outlook.

However, you shouldn't use turmeric if you have gallstones or bile duct dysfunction, and pregnant women shouldn't use it without their doctors' approval. In rare cases, extended use can cause stomach upset or heartburn.

Bear in mind that the most effective treatment for moderate depression is regular exercise, including walking. Try it for at least 30 minutes a day.

DIARRHEA

We've all experienced bouts of diarrhea at some point in our lives. Common symptoms of diarrhea include frequent watery stools, abdominal cramping and bloating.

Diarrhea is often your body's way of dealing with disruptions in your gastrointestinal system.

You can combat diarrhea with a variety of natural, home remedies to fight the infection as well as provide relief from the symptoms



Blackberries

Tannin-rich **blackberries** have long been used as folk treatments. Make [blackberry tea](#) by boiling one or two tablespoons of blackberries or dried blackberry leaves in 1 1/2 cups water for 10 minutes, then strain. Drink a cup several times a day. [Raspberry tea](#) is also said to be effective.

Psyllium Seeds

Ground-up [psyllium seeds](#) soak up excess fluid in the intestine, making stool bulkier. They are the key ingredient in Metamucil and in many other natural-fibre products. Take one to three tablespoons mixed in water each day.

Fenugreek Seeds

[Fenugreek seeds](#) are highly recommended for treating diarrhea due to their high mucilage content. Mucilage provides a strong antidiarrheal effect.

Chew one teaspoon of fenugreek seeds along with one tablespoon of yogurt.

Alternatively, combine one-half teaspoon each of roasted fenugreek seeds and [cumin seeds](#), add two tablespoons of yogurt and mix it well. Consume this mixture three times a day for quick relief from diarrhea.

Goldenseal

Capsules of dried [goldenseal](#) appear to kill many of the bacteria, such as E. coli, that cause diarrhea. The key compound in the herb is berberine. Take the [capsules](#) daily until the diarrhea improves.

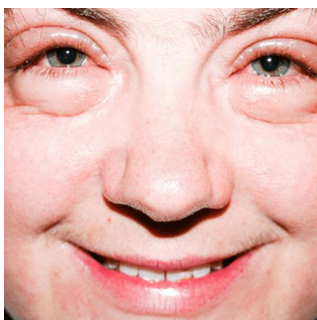
Black Tea

Drink **black tea** sweetened with sugar. The hot water helps with rehydration and tea contains astringent tannins that help reduce intestinal inflammation.

There are various [natural supplements](#) on the market which can help diarrhea. The main one being **Probiotics**. Probiotics are a type of supplement that contains microorganisms intended to make you feel better overall. These supplements do this by introducing helpful or “good” bacteria to your body, specifically in your digestive system.

They help restore gut health, which science has shown is a much bigger deal than was previously realized in medicine. If you want to find out more about products which have probiotics for gut health [click here](#).

EYES –HELP PUFFY TIRED EYES



If you notice that your eyes are often tired especially when you use a computer, then you ought to do something about it.

Modern life today can become quite hectic and a lot of jobs require computer work. This can put a big strain on your eyes and cause some issues.

Tired eyes can happen due to lack of sleep but that is not the only factor.

There are other things that can trigger this issue and they include stress, dehydration, irritation from contact lenses, excessive reading & cigarette smoke.

Sore eyes often go by the name dry eye syndrome and some of the symptoms include:

- Imbalance in the composition of tears
- Redness
- Mucus around the eyes
- Blurred vision
- Fatigued eyes
- Light sensitivity
- Scratchy and dry sensation in both eyes
- Medication that can cause dry eyes

Luckily there are a lot of natural home remedies that can help you treat this issue with non-invasive techniques and ingredients that can benefit the whole body.

Honey

Honey might be the ultimate weapon you can use to treat this issue. It has amazing anti-viral and anti-bacterial properties and can be easily incorporated in the diet.

Take raw honey of any kind and gently coat your whole eyelids and corners of the eye with it. Gently massage it and leave it for about 15 minutes. Repeat this process during the day as much as you like as there can be no bad side effects from honey. It will make your skin feel softer and improve your eyes immediately.

To make life easier you can purchase [honey eye drops here](#).

Incorporate Fatty Acids in Your Diet

Tears are a natural way to lubricate the eye and they contain a lot of omega 3 fatty acids. When you suffer from a dry eye syndrome the secretion of tears is halted and the eyes can get irritated. To prevent this you should incorporate fatty acids in your diet daily.

Foods packed with omega 3 fatty acids: chia seeds, fatty fish, palm oil, soybean oil, flaxseeds, walnuts and eggs. You can purchase them as [supplements](#) as well.

Stay Hydrated

Dehydration affects the eyes too. Keep your body hydrated with enough water throughout the day. The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day

Rose Water

Dip a cotton pad in [rose water](#) and place it over the eyes. Let this remedy sit for about 15 minutes and then rinse.

Cucumber

Try the old trick of beautification and slice some cucumber. Put the slices over your eyes and try to relax with some music. This will take care of the stress and it will also bring ease to the eyes and soothe them.

Teabags

Black tea is chock-full of astringent compounds called tannins that can help deflate and tighten the bags under your eyes. (Not to mention black tea is associated with a lower risk of type 2 diabetes.) Activate the tannins in a tea bag by dipping in a cup of hot water for several minutes. Cool in the fridge, then apply the damp bag as a compress to the closed eye for 10 minutes.

If you want to go even more natural try chamomile teabags.

You can also purchase natural serums containing vitamins, caffeine and berries for tired, puffy eyes. [Click here for more info.](#)

FEVER

Reduce a fever

A fever is your body's way of fighting an infection during a flu or infection. Suppressing a fever is not advised, as the fever will kill the bacteria and virus. However, high



fevers can be dangerous, especially for small children. Natural medicine has numerous treatments to reduce a high fever.

Linden Flower Tea

Sip [linden flower tea](#), which works in two ways: It stimulates the hypothalamus to better control your temperature, and it dilates blood vessels, inducing sweating. Steep 1 tablespoon of dried herb ([available here](#)) in a cup of hot water for 15 minutes, then sip. Drink three to four cups a day. If you still run hot after a day of sipping tea, seek medical attention.

For a high fever (above 102°F), take a tepid bath, which simply cools the body to match the water temperature, then sip linden flower tea to lower it even more.

Basil

Basil is an effective herb for bringing down a fever. This herb is just as effective as many types of antibiotics in the market. Its healing properties will help reduce fever very quickly.

Boil together 20 [basil leaves](#) and one teaspoon of crushed ginger in one cup water, for 10 mins. Add a little honey and drink this tea two or three times a day for three days.

Apple Cider Vinegar

Apple cider vinegar is another very inexpensive and highly effective remedy for a fever. It helps reduce a fever quickly because the acid present in it helps draw heat out of the skin. Plus, it is rich in minerals and helps replenish minerals that get eliminated from the body due to fever.

Add one-half cup of vinegar to lukewarm bath water. Soak in this water for five to 10 minutes. In about 20 minutes you will notice improvement. Repeat again when the body temperature is high.

Mix two teaspoons of [apple cider vinegar](#) and one tablespoon of honey in a glass of water. Drink it two or three times a day.

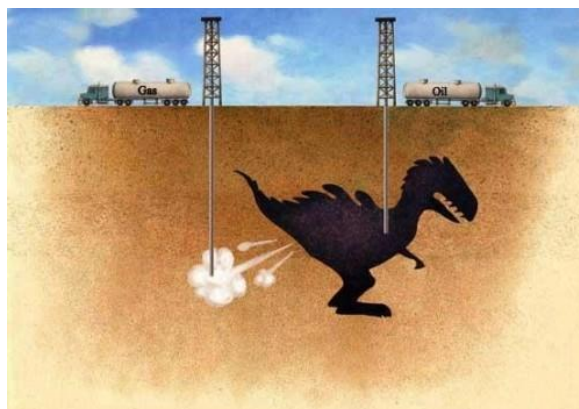
Finally you can get various natural fever homeopathic relievers [here](#). There made with natural ingredients and do not contain aspirin, acetaminophen or ibuprofen.

FLATULENCE

Quiet Flatulence Naturally

If you get flatulence after eating, avoid all the notorious gas-producing foods including beans, cabbage, bran, cauliflower, broccoli, onions, prunes, raisins and brussels sprouts. ...

Avoid sugar-free sweets and chewing gum that contain the sweeteners sorbitol, xylitol and mannitol.



Here is a couple of Natural Remedies for flatulence that works really well.

Fennel

Fennel is a great first choice for curing flatulence. It's incredibly effective and starts working very quickly. Simply chew slowly on a small amount of [fennel seeds](#) or put them in a cup of boiled, hot water for 3-5 minutes and then slowly drink. You should be "gas free" within 5-10 minutes. You should always keep some fennel seeds at home just in case you or anyone else happens to have an unfortunate gas outbreak in the future!

Note: It's recommended that pregnant women consult their health care professional first before consuming fennel.

Peppermint capsules

Take [enteric-coated peppermint capsules](#) (Follow the recommended daily allowance). Peppermint kills bacteria that causes bloating and relaxes gastrointestinal muscles for smoother, spasm-free digestion. The enteric coating

prevents capsules from opening in the stomach and increasing discomfort by causing heartburn and indigestion. The peppermint releases and goes to work lower in the gastrointestinal tract, where gas-plagued people need it most.

There are various natural flatulence relief tablets, teas, etc. on the market. If you want to find out more [click here](#)

FOOT ODOUR



It is not actually the sweat that makes your feet smell, but the bacteria that thrives in the moist environment it creates. Sweat is actually odorless, for the most part, except for the kind that comes from the glands in the armpit/genital area.

The bacteria on your feet give off a kind of gas as they eat, which is the source of your problems. If you can keep your feet dry and

clean, that's half the battle. That's easier said than done though, and when you need a little help, these foot soaks can make it simple for you kick the odor-causing culprits.

You'll see results in a few days to a week if you use one of these remedies. It may be a bit of trial and error to see which one works best for you. One caution: Do the soak only when your feet are free of cuts.

- Soak feet nightly in 1 part vinegar and 2 parts water to eliminate odoriferous bacteria.
- Take a daily foot bath in strong black tea – a few tea bags should be enough, (let it cool first) for 30 minutes. Tea's tannins kill bacteria and close the pores in your feet, keeping feet dry longer; bacteria tend to thrive in moist environments.

- Mix two cups of [Epsom salt](#) into a basin half-full with warm water. Soak your **feet** for 15 minutes twice a day. The Epsom salt acts as an astringent to reduce sweating, and may kill bacteria.
- [Lavender oil](#) not only smells good, it helps kill bacteria. Rub a few drops onto your feet and massage it in before you go to bed at night. Cover your feet with socks. Before trying this remedy, check to make sure the oil won't irritate your skin by putting one drop on a small area.
- Make an odor-fighting foot soak by adding a cup of vinegar to a basin of warm water. For more odor-fighting force, add a few drops of [thyme oil](#). The oil contains a strong antiseptic that kills odour-causing bacteria. Soak your feet for 15 to 20 minutes a day for a week. (Off-limits if you have any open sores or broken skin.)
- You can also get natural Foot Odor Deodorizers / Eliminators using Tea Tree oil and mint which are very effective – [click here](#)

HAIR GROWTH

Do you want Fast Hair Growth and Long Natural Hair? Then Apply this Remedy with Castor Oil!

It is well-known fact that castor oil has many health benefits. Recently its hair growth properties have proven very popular.

Castor oil contains natural compounds that promote hair growth. A large percentage of castor oil contains Ricinoleic acid, one of the essential amino acids required by the human body. It's an Omega-9 fatty acid that can penetrate into the pores of the skin and the hair follicles. It provides nourishment, enabling the hair follicles to restore growth to a normal level.



It's important to use a product that can reach the hair follicles, as the hair shaft itself is dead. There's not much that can be done to treat current hair, other than apply castor oil conditioners, but the hair follicles are what's responsible for creating new hair growth. These follicles can be persuaded to grow healthy, normal hair.

How to Use Castor Oil for Hair Growth?

You can massage this oil into the scalp as well as hair for 10-15 minutes and then let it sit for 4 hours. Then clean it off with a good shampoo as well as a conditioner. If you do again this home remedy 2-3 times in a week then it will provide you astonishing results. [The most popular castor oils can be found here.](#)

See my video [The Benefits of How to Use Castor Oil to Thicken and Regrow Hair, Eyelashes and Eyebrows](#)

HANGOVER CURES

There is this myth that alcohol does nothing but make you happy and give you a good time. The truth is much more sobering. Alcohol can act as a depressant or lead to aggressive behavior and have you waking up with a painful hangover which can include sensitivity to noise and light, a throbbing headache, upset stomach, achy muscles, nausea, and a host of other uncomfortable conditions. For hangovers, you've probably heard of the remedy using a Bloody Mary drink. There is some truth to tomato juice being useful, mostly because it's a fluid that helps repair your dehydration. But here are some better suggestions that really work for cures and prevention.



Because excess alcohol depletes the body of essential B vitamins (they help break down alcohol in the body), before going to bed take a [vitamin B](#) complex supplement, which will ensure that the metabolism of alcohol continues apace. Also, rehydrate by drinking plenty of water.

Electrolytes

Leading on from this whilst sports drinks will help to rehydrate you, water is generally just as good. ... But sports drinks – or juice or milk – do help replace essential body salts (electrolytes), which you need to replace if you become too dehydrated (or in extreme cases if you drink too much water and dilute your electrolytes). Electrolytes are often marketed as a hangover cure and you can find out more [here](#).

Eggs

This is a good source of the amino acid cysteine, which helps to break down some of the toxic byproducts of alcohol metabolism thought to contribute to hangovers. Eggs are also a great source of protein and fats that can help to stabilize blood sugar levels - a much better start to our day than sugary cereal or pancakes with syrup.

Ginger

Chinese medicine has been using ginger for over 2,000 years to settle upset stomachs. Its medicinal benefits extend beyond cracking open a ginger ale for the classic stomach ache; more recently, ginger has been found to pack just the right amount of vitamins and minerals to help treat the occasional hangover.

Ginger grows naturally as a root and can be eaten or drunk in various forms, and although it's more often used for its flavor, ginger is also used to prevent several ailments. Ginger contains magnesium, zinc, and chromium which promotes healthy circulation, which in turn helps prevent chills, fevers and excessive sweating. It can be taken to reduce pain and inflammation in the same way aspirin and ibuprofen are used. For those with a wicked hangover, a [ginger tea](#) may do the trick or a [ginger supplement](#).

HEADACHE CURES



Natural Headache Cures:

A headache usually is a good sign showing your body is missing something maybe you need to take a breather,

drink some water or change the way you eat. You may have a vitamin or nutrient deficiency or a food sensitivity that is causing this built-up tension. Popping pills is often not a solution to this problem.

The common causes for a headache could be stress, fatigue, allergies, eyestrain, poor posture, alcohol or drugs, low blood sugar, hormones, cold or flu, and nutritional deficiencies. Here are ways to overcome a headache naturally!

Magnesium

Magnesium is an essential mineral that our bodies need to function properly. It can improve bone health, stabilize blood pressure, and help maintain a healthy heart rhythm and nerve function. Symptoms of being low in magnesium include fatigue, loss of appetite, nausea, muscle cramping, tingling, and muscle contractions.

Low magnesium is also linked to headaches and migraines. It's estimated that many people don't get enough magnesium through their diets. One study found that about 75 percent of Americans aren't getting enough magnesium. Magnesium, and particularly magnesium oxide, is sometimes used to treat and prevent migraines.

High magnesium foods include dark leafy greens, nuts, seeds, fish, beans, whole grains, avocados, yogurt, bananas, dried fruit, dark chocolate, and more. The current daily value (DV) for magnesium is 350mg. You can purchase magnesium supplements [here](#).

Gluten

In the large majority of patients, identifying food triggers have been a major factor in getting the headaches to resolve, gluten has played a big role. It maybe worth checking if your gluten intolerant by using a [test kit](#). If so, you need to join the growing list of people who follow gluten free diets.

Foods

Headaches come in many forms (tension, migraine, cluster, etc.) and have many different causes. Some stem from postural imbalances, tension, and muscle spasms, some from environmental allergies and sinus congestion. Poor nutrition and food intolerances can also cause or contribute to headaches. Common food triggers for headache include:

- wheat and other gluten containing grains
- chocolate
- caffeine (coffee, tea, OTC remedies, energy drinks, etc.)
- cheese
- citrus fruits
- hot dogs and other processed meats (nitrates)
- monosodium glutamate
- aspartame (aka – Nutrasweet)
- Splenda (aka – sucralose)
- ice cream
- alcoholic beverages

Additionally, certain chemicals in processed foods (marinades, soy sauce, lunch meats, etc.) can trigger a neuro chemical release in the brain that causes the onset of headache. Finding potentiating foods for headaches can often times be difficult because the onset of symptoms does not always occur immediately after eating the trigger food. Successful treatment for food induced headaches is dependent on identifying the culprit factor. It's possible now to purchase [food allergy test kits](#) if you wish.

Non Food Factors

Muscle tension, stress, sedentary lifestyle, and excessive computer work all contribute to muscle spasm in the neck and shoulders. Chronic spasms can lead to long term postural changes that contribute to and cause headaches. When headaches are caused by postural problems, muscular imbalances, and joint restrictions, chiropractic treatment is very effective. Recent research points out that chiropractic care is one of the most efficacious treatments for headaches and chronic neck pain when compared to other forms of treatment.

Chemicals in the environment can also contribute to migraine. Perfumes, household cleaners, shampoos, etc.

Essential Oils for Migraines and Headaches

Peppermint – Peppermint essential oil contains menthol which is known for its cooling, soothing and mind clearing properties. It works great to ease tension-related headaches. Peppermint is your first go-to essential oil when you feel a migraine attack creeping up. Rub a few drops of [peppermint oil](#) on your forehead, temples, and back of your neck at the first signs.

Lavender – [Lavender essential oil](#) has anti-inflammatory properties and has a sedative or calming effect, making it the ideal choice to soothe headaches during the evening or night. This is the best essential oil to cure headaches which are allergy-triggered.

Roman Chamomile – Another great [essential oil](#) to soothe the mind during the evening or night time headaches. It has sedative and anti-inflammatory properties.

Helichrysum – Although it is relatively unknown in the United States, [helichrysum essential oil](#) has been used for many years to treat a variety of medical conditions in countries such as Italy, Spain, Turkey, Portugal, and Bosnia and Herzegovina. Helichrysum has powerful anti-inflammatory properties and has been used for ages to treat migraine or headache related issues

Herbs for Headaches

Willow bark, the bark of several varieties of willow tree, has been used for centuries as a pain reliever. The active ingredient in the medicine made from willow bark is called salicin.

Some people use willow bark as an alternative to aspirin, particularly those that experience chronic headaches or back pain. Willow bark is also used in some products to aid weight loss.

Willow can be consumed in [capsule, liquid or tea form](#)

The recommended dose of willow bark for pain relief is 240 milligrams a day.

Be careful though, Willow bark interferes with certain medications, like blood thinners and beta-blockers.

Butterbur, which is an old folk remedy for ailments, has been recently discovered to be effective for migraine headaches. Migraine headaches are less common but more uncomfortable and debilitating than tension headaches.

The May 2000 journal *Headache* reported rising interest and clinical proof that butterbur was very effective for relieving migraine headaches without side-effects and even preventing future migraine repeat episodes.

Some evidence points to butterbur as effective for even cluster headaches, which generally are short, very intense, and on one side of the head.

One of those clinical trials involved the Albert Einstein College of Medicine's study of 245 migraine sufferers, 68 percent of whom had at least 50 percent reduction of migraine symptoms when using butterbur.

If you wish to try [butterbur](#), make sure it's labelled PA (pyrrolizidine alkaloids) free before you buy it. This indicates liver toxic alkaloids normally in butterbur plants have been removed. **Butterbur is no longer available in the UK for this reason.**

As usual, it's wise to check with your health practitioner to make sure if it's right for you. [Butterbur can be purchased here.](#)

Feverfew has been used with considerable success for migraines and even cluster headaches. It is a member of the daisy family, and its leaves are used to create the herb.

Not much is known about how it works, but it's believed that the anti-inflammatory properties from feverfew's parthenolide inhibit chemicals that cause brain blood vessels to spasm.

A 1997 study by D. G. Palevitch and R. Carasso showed that feverfew significantly reduced pain and alleviated nausea and light sensitivity. Many consider feverfew effective as a preventative treatment for migraines. It can [be purchased here.](#)

Check [feverfew](#) out with someone who knows herbs well.

Skullcap is a safe, effective solution for tension headaches and tension itself. It's available in [extracts or capsules](#). But make sure you're getting the real, unadulterated herb. Sometimes skullcap is mixed or even substituted with germander, a known liver toxin.

Ginger and/or Ginko Biloba are both useful for tension headaches and other types of headache stemming from jaw and sinus problems. The ginger is anti-inflammatory. It can be purchased in [capsules or you can slice up ginger root](#) thinly and boil it as a tea. Simmer for 30 minutes as part of steeping.

[Ginko Biloba capsules or tablets](#) tend to increase mental alertness and improve minor memory issues by dilating blood vessels in the brain. This also helps reduce headache discomfort.

Valerian and passion flower

There are a few other herbal remedies that can be used for headaches, such as [valerian and passion flower](#). Both have sedative qualities and are best used before retiring to sleep.

Regardless of how safe all of them are, consult an herbalist or health practitioner knowledgeable about herbs to ensure optimum results.

Lack of Different types of **vitamin B** has been attributed to headaches. According to a study cited by the National Headache Foundation that was published in "Neurology," very high doses of vitamin B-2 may help to prevent migraine headaches. Vitamin B-6 has also been studied as a possible preventative medication for migraine headaches, especially menstrual migraines, but the results are preliminary.

Food sources: Vitamin B is found naturally in animal products (such as fish, poultry, meat, eggs, or dairy); it is also found in fortified breakfast cereals and of course you can also get it in [supplement form](#).

Detox Bath for Headaches

Lavender, peppermint, lemongrass, frankincense or sandalwood oil have all been associated with a [stress reliving bath](#). Just add a few drops to a bath. Adding two cups of apple cider vinegar to nice warm water also has reputed benefits. The ACV draws excess uric acid out of the body, and it provides joint pain, arthritis, gout and headache relief.

Cayenne for Headaches

Utilizing something spicy may not sound headache helpful, but cayenne is somewhat revered in the kingdom of natural remedies to treat pain and inflammation. The secret behind its success lies in an ingredient called capsaicin, which inhibits something in our body that is one of the main elements in pain perception called Substance P. In short, Substance P is part of what makes us feel pain, and the capsaicin depletes it. Numerous studies, the first in 1998 in *The Clinical Journal of Pain*, support that when applied topically to the nasal passages; people experience a significant decrease in the severity of their headaches, all thanks to capsaicin.

You will need...

-1/2 teaspoon [cayenne powder](#)

-4 ounces of warm water

-cotton swabs

Directions

Dilute a ½ teaspoon of cayenne powder in 4 ounces of warm water. Soak a cotton swab in the solution and stir it around to make sure it's covered as the powder can sometimes sink to the bottom.

Apply the moist swab gently to the inside of each nostril until you can feel the heat. It may be a bit unpleasant at first, but take the burning sensation as a sign that it's working. When it subsides, your headache will hopefully be wiped out, or at the very least better than before.

HEARING IMPROVEMENT IN OLDER PEOPLE



Using garlic helps improve lower cholesterol, circulation and blood sugar levels. It can also be used as a home remedy for hearing loss and deafness.

Researchers in Istanbul, Turkey have found that derivatives of garlic seemed to help hearing loss in rats but it was never proven in humans.

Garlic has potent medicinal properties which are extremely helpful in the treatment of various health issues. This is how to use it to help you recover your hearing however digesting it as part of a healthy diet is a good idea as well. Also the method I'm about to show will help you to remove ear wax.

You will need:

- 3 garlic cloves
- olive oil
- cotton or [gauze](#)
- [dropper](#)

Directions:

-Peel the garlic cloves, wash them, and press them firmly to extract the juice. Try to get as much juice as possible.

-Then, mix the garlic juice with the olive oil and pour the mixture in a dropper.

How To Apply

You should pour 3-4 drops of the remedy in the ear. Close the ear with cotton or gauze. Lie down a bit to help the oil penetrate deeply into the ear. You can expect to see the benefits of this remedy quite soon.

Alternatively you can purchase a very popular product called [Herb Pharm Mullein/Garlic Herbal Ear Oil](#) which combines garlic extract and other natural products to help ear issues,



HICCUPS



Hiccups are the result of an involuntary spasm of your diaphragm, which is a muscle in your chest that plays a role in breathing. As your diaphragm tightens, the space between your vocal cords closes, leading to the characteristic "hic" sound.

As for causes, hiccups are sometimes triggered by external factors, like drinking carbonated beverages, eating too fast (and gulping your food) and chewing gum.

These spasms of your diaphragm muscle are not harmful, but until you find a hiccups cure, they can drive you nuts. So when you're desperate to know how to stop hiccups,

try these remedies.

- Swallow 1 to 2 teaspoons of sugar. The dry granules stimulate and reset the irritated nerve that is causing the spasms of the diaphragm. Any coarse substance, such as salt, can work in a pinch, but sugar tastes best.
- Take a teaspoonful of apple cider vinegar. Its sour taste could stop a hiccup in its tracks.
- Put 1 teaspoon of honey, stirred in warm water, on the back of your tongue, and swallow it. Honey could potentially tickle the vagus nerve to make the hiccups stop. Bonus: Honey is also a known infection fighter and cough soother.

HYDRATION

If you pick up any health book one of the first things that always recommended is to drink plenty of water. Let's recap some of the benefits –



- ✓ Improves Skin Complexion. ...
- ✓ Flushes Out Toxins. ...
- ✓ Increases Energy & Relieves Fatigue. ...
- ✓ Promotes Weight Loss. ...
- ✓ Maintains Regularity. ...
- ✓ Boosts Immune System. ...
- ✓ Natural Headache Remedy. ...
- ✓ Prevents Cramps & Sprains.

Just 6 to 8 glasses every day will help to keep you hydrated and keep your vital organs in their best possible health.

Here is a list of some inventive ways to drink water with an infusion of healthy foods

—

ROSE WATER

Select some fresh, fragrant roses and rinse them. Pull the petals off and discard the rest of the rose. Place the petals into a sauce pan and pour water over them. Cover the pot with a lid and set the heat to “low” for 10-15mins. Place a strainer over a large mason jar and filter.

Benefits: Rosewater helps maintain the skin’s pH balance, and also controls excess oil. Rose water has anti-inflammatory properties that can help reduce the redness of irritated skin, get rid of acne, dermatitis and eczema. You can purchase rose water as a ready-made drink [here](#)

HONEY WATER

Boil some water. Pour the water into a mug and let it cool a little. Add 1 to 2 tablespoons (15 to 30 grams) of honey into the mug. Stir the honey until it dissolves.

Benefits: drinking honey water every morning can help you lose weight. Honey water also gives your immune water a helping hand, reduces allergies, soothes sore throat, treats gas and helps your body detox. Honey water can be purchased ready made [here](#).

RICE WATER

In a large saucepan, combine rice and water. Set aside for an hour or two. Then bring to a boil, reduce heat, and simmer for 30 minutes. Allow to cool. Puree rice mixture in a blender until smooth. Strain through cheesecloth or a fine sieve.

Benefits: Rice water makes hair shiny, skin smooth and clear and is healthy for the body when taken internally. [Rice water](#) also makes a good hair rinse and when mixed with castile soap makes a good natural shampoo. It can be used as a face toner as well.

GINGER WATER REMEDIES

Combine water and ginger in a medium saucepan over high heat; bring to a boil. Reduce heat to low, and simmer 15 minutes and strain.

Benefits: Ginger water has been used as a treatment for, menstrual cramps, indigestion, gas, nausea and vomiting associated with a variety of conditions. Drinking ginger water may help to decrease inflammation, joint swelling and pain experienced in conditions such as osteoarthritis and rheumatism. It's quite popular as a drink and can be purchased [here](#).

CUCUMBER WATER

Remove strips of cucumber skin, creating 1/2-inch-wide alternating bands of peeled and bare cucumber. Trim and discard ends. Halve cucumber lengthwise; cut into 1/2-inch slices. Combine cucumber and water in large pitcher; steep for 1 hour, and serve over ice.

Benefits: It's good for your muscles; Cucumbers contain silica, a trace mineral necessary to keep connective tissue healthy. It's good for your skin too! The silica and antioxidants help your skin stay clear and supple.

[Cucumber water](#) has become a very popular drink and you can even buy a [Full Circle Wherever Water Cucumber Glass Water Bottles](#).



MINT WATER

Pour water into a pitcher. Mix lemon slices and mint leaves together in a bowl; add to water and stir. Refrigerate water mixture, stirring 1 time per day, until flavours have infused, 2 to 3 days.

Benefits: Mint is a great appetizer or palate cleanser, and it promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. When you feel sick to your stomach, [drinking mint water](#) can give you relief.

LEMON WATER

Dilute lemon juice in 8 oz of water; or 1/2 cup lemon juice + 3 tbsp boiling water + rest cold water.

Benefits: Lemons contain Vitamin C, not a spectacularly high amount, but 30-50 mg per lemon. They also contain potassium. Drinking lemon water first thing in the morning gives the body a chance to absorb these vitamins effectively and can provide a little immune boost. Lemon water can be purchased in [bottle or carton form](#).

FENNEL WATER

How to make: Bring 1 litre of water to a boil in a pot, you can also pour boiling water straight from the kettle. When the water begins to boil, throw the [fennel seeds](#) into them and immediately put out the heat. Cover the pot with a lid and let the water cool to room temperature.

Benefits: Fennel water beats bad breath, helps with indigestion, constipation and bloating. Fennel water also is beneficial to relieve menstrual pain. Ready made [fennel drinks](#) can be purchased here

INFECTIONS

Kill Infections Within Your Body with this Natural Cure

This general purpose cure for all things that attack the body's immune system has been around since medieval times. It has antiviral, anti-fungal and healing properties. This drink will boost your immune system, improve the blood circulation, help digestion, and treat cold and flu symptoms. It powerful natural ingredients that when combined gives your immune system a real boost.



Ingredients:

- 700 ml of organic apple cider vinegar
- ¼ cup of finely chopped garlic
- ¼ cup of finely chopped onion
- 2 fresh hot peppers
- ¼ cup of grated ginger
- 2 tablespoons of grated horseradish
- 2 tablespoons of turmeric powder or 2 pieces of turmeric root

Preparation:

At first, put all the ingredients together, without the vinegar. The put the prepared mixture put into a Mason jar. Fill the jar to the top by pouring the apple cider vinegar. You will get two thirds of the jar filled with the dry components, and the rest will be with apple cider vinegar.

Close it well and shake it. This drink should be kept in a dark and cool place for 2 weeks. You don't have to keep it in the fridge, because it won't spoil easily. Every day, or even better several times a day, shake the jar.

Strain the liquid through a gauze after 2 weeks. The mixture has to set free its juices, so make sure you'll squeeze it well.

There are several ways you can take this drink -

You can combine the Tonic with olive oil and you will get a great seasoning for your meal. Also, it can fit well in a salad as dressing or added in your stews.

You can use it as a mouthwash for a few seconds and then swallow.

You can take just a tablespoon of the Tonic every day. When you feel ready increase the dose until you can drink a small glass per day. This is more than enough to make your immune system stronger and to fight colds.

Please note it's not a good idea to dilute the drink as this will make it less effective. Also the tonic has a strong and hot flavour so be careful.

It is completely safe for pregnant women and children but it's best to use it in small doses

Why is this Drink so Helpful in fighting Infections

Apple cider vinegar contains malic acid, which fights bacterial and fungal infections. It soothes joint pain as it dissolves uric acid deposits around the joints.

Turmeric is undoubtedly one of the healthiest spices on the planet, and it soothes inflammation and treats infections. It alleviates joint pain, and has been linked in various studies in helping fight dementia and cancer.

Garlic is also one of the healthiest natural foods, as it is a strong antibiotic with a wide range of uses.

It kills bad bacteria and microorganisms, supports the growth of healthy bacteria, fights fungi, and all kinds of antigen, pathogen, and harmful disease-causing microorganisms.

Its closest relative, the **onion**, has amazing effects on the sinuses and lungs, boosts blood circulation, and treats common colds and flu.

Ginger is rich in healthy nutrients and thus offers various health benefits. It has powerful anti-inflammatory properties and stimulates the blood circulation.

Chili peppers are extremely potent circulation stimulators, and also possess strong antibiotic properties which effectively fight diseases.

Horseradish has an excellent effect on the sinuses and lungs, opens the sinus channels, boosts circulation, and fights common colds and flu

Natural Medication in Supplement Form

Depending on what infection you have there are various natural gels, balms and capsules available – some of which are very effective for infections. Check them out [here](#).

INSOMNIA



In our 24/7 society, far too many people see sleep as a luxury rather than a necessity. They have no problem spending long hours at work and then adding other activities on top of it. Something's got to give. If we delay our mental and physical recharge and skimp on sleep, when we finally do lie down, our busy minds aren't always willing to rest. Try these natural remedies if you want a good night's sleep.

Bedtime routine

Before bedtime, eat a handful of cherries (or drink [tart cherry juice](#)). Scientists have discovered they are jam-packed with melatonin, the same hormone created by your body to regulate sleep patterns. Then steep yourself in a hot bath to relax your muscles and your mind. In bed, rest your head on a lavender-filled pillow—the fragrance induces sleepiness.

Tryptophan

Tryptophan is an essential amino acid needed for general growth and development, producing niacin, and creating serotonin in the body. Serotonin is thought to produce healthy sleep and a stable mood.

It is a well-known fact that **turkey** meat has sedative effects, due to the presence of tryptophan.

A warm glass of milk, is also packed with both α -lactalbumin and tryptophan, and is considerably effective when using it as a sleeping aid. Having a glass of warm milk before bedtime is good psychology as well. [Tryptophan](#) can also be purchased in [tablet form](#).

Quenepa or Spanish lime also contains tryptophan in large amounts. Quenepa is usually eaten raw. It grows in the tropics, around the Caribbean area, South and Central America.

It contains Vitamins A, C, B1, B3, B6, and B12, and minerals, such as: calcium, carotene, and iron

Because of the nutrients packed inside quenepa, the fruit is also popular for boosting your brain function and immune system, lowering your cholesterol levels, healing gum infections, and even removing body parasites!

While you can also take [tryptophan pills](#), carelessly swallowing the pills without the proper dosage can have side effects like heartburn, nausea, and lightheadedness. It's much safer to take it from a natural source instead.

L-theanine

This amino acid comes from green tea, and not only helps maintain a calm alertness during the day but also a deeper sleep at night. However, green tea doesn't contain enough L-theanine to significantly boost your REM cycles, and might make you wake up to go to the bathroom. Instead, buy pure, active [L-theanine](#) (some brands have inactive forms of theanine that block the effectiveness), and take 50 to 200 milligrams at bedtime.

Valerian

Valerian is one of the most common sleep remedies for insomnia. Numerous studies have found that valerian improves deep sleep, speed of falling asleep, and overall quality of sleep. However, it's most effective when used over a longer period of time. Keep in mind that about 10 percent of the people who use it actually feel energized, which may keep them awake. If that happens to you, take [valerian](#) during the day. Follow the recommended daily allowance on the product.

Here is 5 ways to Start Sleeping Better

1. Use Essential Oils

Try [essential oils](#), especially lavender essential oil and chamomile essential oil. Chamomile, whether in [tea, tincture or essential oil form](#), is one of the best medicinal herbs for fighting stress and promoting relaxation. Inhaling chamomile vapors is often recommended as a natural remedy for anxiety and general depression, which is one reason why chamomile oil is a popular ingredient in many [candles](#), [aromatherapy products](#) and [bath-soaking treatments](#).

With [lavender oil](#), you can [diffuse](#) that by your bed at night or just take a few drops of [lavender oil](#) and rub it on your neck or pillow. The benefits of lavender oil include having certain aromatic compounds that help relax your body. Also, you can take a warm bath with lavender oil and Epsom salts, which work because they have magnesium.

If you're going to go to bed at 10 p.m. or 10:30 p.m., do a detox bath by starting the process at around 9 p.m. Take about 20 drops of [lavender oil](#), rub it all on your body and get into a warm/hot bath with [Epsom salts](#), and relax there for about 20 to 30 minutes. When you get out, go and read a book for 30 minutes in bed and then fall asleep there at night.

2. Change Your Lifestyle

As a general rule people sleep better in a slightly cooler house than one that's too warm.

Get the temperature in your house below 70 degrees — maybe, upper 60s to mid-60s as necessary. A cooler house will help improve your sleep.

Another thing you want to do is make sure your bed is comfortable. If your mattress is too lumpy or soft, it's time to buy another one. Also, make sure it's dark in your room, as getting some thick curtains can help you fall asleep at night as well.

3. Reduce Stress

Stress can start your mind racing with ceaseless thinking and you're seemingly unable to shut your brain off.

There are several reasons for this. Perhaps you watched TV and that visual stimulus, kept you awake. This doesn't just include the TV screen; it also includes your computer, your iPad or your smartphone, which too often reside next to people's beds. That blue light from the screen actually tells your pineal gland in your brain that it needs to keep running, so it messes with your circadian rhythms and cortisol levels and keeps you from falling asleep at night.

Therefore, switch off your electronics before bedtime and have a bath or some enjoyable reading

If you've had a great day and been happy all day, it actually creates certain hormones in your body known as endorphins that help you fall asleep at night. Exercise is one of the most natural ways to create endorphins, so consider exercise.

I also recommend starting a notebook and start writing things down that really annoy or worry you. The things that keep you from sleeping at night. Work on addressing these as best you can, and then start scheduling things into the week that you love to do.

4. Change Your Diet

Surprisingly for a lot of people, their diets are keeping them from falling asleep. Before you go to bed, you need to really drop your carbohydrate consumption. If you're consuming too many sugars and carbs, your body is burning through those and getting warm, which prevents you from comfortably going to sleep. That means you must lower your sugar, grain and overall carbohydrate intake before bed.

For long-lasting insomnia cures, it's also key to get some healthy fats in your system to help you fall asleep soon after your head hits the pillow. For example, both benefit-rich avocado and organic yogurt (without sugar) can work extremely well here, as those foods are high in magnesium and potassium. Many people aren't aware that they suffer from low potassium or have signs of a [magnesium deficiency](#), as both are crucial nutrients you need to help relax the body and help you fall asleep at night.

5. Take Quality Supplements

Take quality supplements, especially a [magnesium supplement](#), to cure insomnia without drugs. Taking a magnesium supplement, about 400 to 500 milligrams a night before bed, can help you naturally reduce stress and really improve sleep.

In addition, supplements like [melatonin](#) can help, or [valerian root](#) (see above), but I don't recommend doing those on a long-term basis.

There are also other natural supplements to help you sleep – [check them out here](#)

MENSTRUAL CRAMPS



Relieve menstrual cramps

For many women, the menstrual cycle includes at least a few days of uncomfortable symptoms -- including menstrual cramps. In fact, dysmenorrhea or painful menstruation is severe enough to interfere with work or other daily activities in up to 20 percent of women

Why not try some of these natural remedies –

Blackstrap Molasses

A time-tested remedy for menstrual cramps is [blackstrap molasses](#).

Being rich in calcium, iron, potassium, magnesium, manganese, vitamin B6 and selenium, blackstrap molasses helps reduce blood clots and soothe the muscles of the uterine walls. This in turn lessens cramps during menstruation.

Add one to two teaspoons of blackstrap molasses to a cup of warm milk.

Drink it as soon as you start having cramps and continue as long as needed

You can also take ½ to 1 teaspoon of [crampbark tincture](#) (or follow the manufacturers instructions) every 2 hours on the days of your worst cramps. Test-

tube studies show that this North American plant works as a muscle relaxant to quickly relieve painful spasms.

Basil

Basil is another very effective herb for reducing menstrual pain and cramps. The caffeic acid present in basil has analgesic, or pain-killing properties.

Add one tablespoon of [basil leaves](#) to one cup of boiling water. Cover tightly and allow it to cool. Drink this every few hours to ease cramps.

Alternatively, crush a handful of basil leaves to extract the juice. Add two teaspoons of the juice to one cup of warm water. Drink this three times daily while having pain.

You can also add fresh basil leaves to your food.

Cinnamon

Cinnamon has antispasmodic, anticlotting and anti-inflammatory properties that can relieve menstrual pain. Plus, cinnamon is an excellent source of dietary fiber, calcium, iron and manganese.

Make cinnamon tea by stirring one teaspoon of [cinnamon powder](#) into a cup of hot water. Let it sit for up to five minutes, add a little honey and then sip it slowly. Drink two to three cups of cinnamon tea one to two days before your period starts to prevent cramps.

Fennel

The antispasmodic, phytoestrogenic and anti-inflammatory properties of fennel can help relax the muscles in the uterus, which in turn relieves cramping and discomfort.

Add one teaspoon of [fennel seeds](#) to a cup of boiling water.

Simmer the mixture on low heat for five minutes.

Remove from heat and strain the tea.

Add one teaspoon of honey and mix well.

Drink this herbal tea two times daily beginning three days before the expected start date of your cycle. Continue drinking it as needed for pain. Drink it hot for best results.

If you want to try a combination of natural products in capsule form that I have mentioned above, then there are various [homeopathic and supplements available here](#).

MOLES



Moles are harmless but they can make the person who has them feel unconfident if they consider the mole unattractive. Moles are black/brown spots and they can also be flat or raised, rough or smooth, with or without hair. If you notice some unexplained changes in the mole such as changes in its color or shape, you should visit your doctor immediately as this can be a sign of cancer.

You can use these natural remedies in order to help remove them.

Garlic

Place a crushed garlic glove on the mole and cover it with a bandage. Leave it like that for at least 4 hours but for the best results you should leave it to stay over the night. Continue for a week.

Apple Cider Vinegar

Dip a cotton ball in ACV and then place on the affected area and leave it like that over the night. For the next 10 days you should repeat the same procedure.

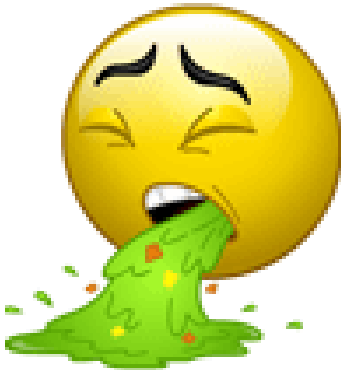
Castor oil & Baking Soda

Rub the mole with a mixture of baking soda and few drops of castor oil. After doing that leave the rubbed area to dry naturally and repeat it twice daily for a month.

If you want to try natural creams that claim to remove moles you can purchase them [here](#). There usually recommended for adults only and some have very good reviews.

NAUSEA

Natural Nausea Remedies



Ginger is one very effective food to ingest when nausea is an issue. Local ginger is stronger than Chinese ginger, so whenever possible seek out locally grown ginger. [Ginger](#) can be eaten in small amounts (raw) when nausea hits. Or you can have a tea with ginger and lemon that is sipped slowly. This will relieve the nausea.

Lemon is another [anti-nausea food](#) that can be consumed in warm water to alleviate the symptoms. Lemon juice is also helpful to aid digestion when you feel bloated, which can add to feelings of gastric discomfort. You can inhale the scent of lemon by scratching the peel, grating it, or diffusing lemon essential oil. This will increase the relief from nausea.

If you freeze lemon slices or wedges and then eat these slowly when nausea hits this will also relieve symptoms. [Frozen fruit popsicles](#) are also very effective against nausea.

Chili peppers – This may sound counter-intuitive since many people can't ingest spicy foods because of their negative side effects. But chili peppers contain capsaicin which is especially effective against nausea.

Peppermint and Spearmint are inexpensive herbs that boost the body's ability to tolerate nausea. If you rub [spearmint or peppermint pure essential oil](#) (mixed with cold pressed coconut oil) on your gums it will alleviate the symptoms of nausea. Inhaling the scent of peppermint also helps to decrease the symptoms. Diffuse peppermint essential oil into the air, or inhale directly from the bottle. Including fresh mint in a salad, smoothie, infused in water, or eaten raw also brings relief from nausea.

Probably the most popular way to take Peppermint is as a tea, so why not try this?

You can also purchase natural nausea tablets, most of which contain ginger extract [here](#)

PORES

How To Get Rid Of Large Pores On The Face, Nose, and Cheeks

Enlarged open pores on face can make your skin look aged and unhealthy. They can also increase other skin care problems, such as acne and blackheads, especially for people with oily skin. Do you want to know how to shrink large pores or reduce pore size?

Large pores are caused by

(i) Protracted Sun Exposure: It can lead to enlarged open pores as it damages the skin collagen, thereby shrinking the elasticity of the walls of the skin pore canals.

(ii) Age Factor: With aging, the open pores tend to enlarge as the skin loses its elasticity.

(iii) Genetics: In some cases heredity is the cause for enlarged pores.

(iv) Excessive Oil Production: If the oil production is normal, the natural oil (sebum) clearly flows through the skin pore lining to get out of the pore and spread over the skin's surface gradually. On the other hand if the oil glands produce too much of oil, the excess oil combines with other substances (like skin dead cells, dirt, and sweat) in the pores to create clogs. Consequently, these clogs render it tough for the oil to flow freely, thereby causing the pores to get enlarged.

To overcome this here are two simple remedies that work really well.....

1. Egg white and lemon juice

Take two egg whites and add a couple of drops of lemon juice in a cup. Make a thick paste of it and apply it to your face, mostly on the affected areas. Leave it on for 15



to 20 minutes. Rinse your face with cool water. The mask helps remove dead skin cells, extra oil and tightens skin pores. [See my video here on Egg White face mask.](#)

2. Water and baking soda

This is a magical combination to make pores disappear. Mix in a cup 2 tbsp of water and baking soda each. Apply it to your face and leave it on for about 15-20 minutes. Rinse off with cool water. It's a great agent to tighten skin pores.

You can also get sprays, serums, moisturizers and healing clays that treat large pores. If you want to find out more [click here](#)

SCIATICA

NATURAL RELIEF FOR SCIATICA

The term sciatica describes the symptoms of leg pain—and possibly tingling, numbness, or weakness—that originate in the lower back and travel through the buttock and down the large sciatic nerve in the back of each leg.

Sciatica Nerve Pain

Sciatica is often characterized by one or more of the following symptoms:

- Pain that is worse when sitting
- Weakness, numbness, or difficulty moving the leg, foot, and/or toes
- A sharp pain that may make it difficult to stand up or walk
- Leg pain that is often described as burning, tingling, or searing (versus a dull ache)
- Constant pain in only one side of the buttock or leg (rarely in both legs)
- Pain that radiates down the leg and possibly into the foot and toes (it rarely occurs only in the foot)



The pain and discomfort can require people to stay in bed, and most of them often take ibuprofen or some other over-the-counter medication for sciatica pain relief.

Herbs And Oils

Nature provides many herbs that have beneficial effects, and many of them can help relieve pain and reduce inflammation. They can be found in capsules, salves, liniments and infused oils. You can also make tea from fresh or dried herbs, or use elixirs, tinctures and essential oils to relieve pain. But, make sure you consult your doctor or a professional herbalist, because some herbs may interfere with medications you may take.

Following is a list of some herbs you can use these to treat nerve pain, inflammation, and improve nerve health:

Turmeric

Turmeric or curcumin (combine it with black pepper to increase its bioavailability) is probably the most popular.

In some cases, sciatica can be caused by inflammation, either of the nerve itself, of from inflammation in the muscles and other tissues surrounding the sciatic nerve.

This is why [curcumin](#) is the perfect choice for sciatica!

Why?

Simply put, curcumin is the strongest natural anti-inflammatory around.

Ingest it as a tea, use it in your cooking, or even apply it topically in a paste for the best benefits. Turmeric supplements can be purchased [here](#).

Essential oils such as [lavender, juniper, eucalyptus and rosemary](#) can be applied topically to soothe pain from the outside.

Jamaican Dogwood

Derived from bark of the dogwood tree, [Jamaican dogweed](#) is a powerful substance used to relieve nerve pain. It can be taken as a [supplement in capsule form](#) or applied as a tincture. Jamaican dogwood should not be used by pregnant or lactating women, however.

St. John's Wort Oil

A yellow-flowered plant used medicinally since the time of ancient Greece, [St. John's Wort](#) has been used throughout history to treat nerve pain. Having anti-inflammatory, astringent, antibacterial, and antioxidant properties, the herb is one of many known for helping to regenerate nerve tissue and relieve pain associated with sciatica. [It can be purchased here.](#)

Sciatic Pain Acupressure Compression Relief

[Sciatic Pain Acupressure Compression](#) Relief helps to relieve lower back pain associated with chronic low back pain, sciatica and piriformis syndrome. It achieves this by gently compressing the acupressure point in the centre of the calf muscle; this intercepts the pain before it radiates up and down the body. There are various straps, braces and Cushions which help you achieve this. [You can find out more here.](#)

You can also get all natural gels and powder that naturally relieve sciatic pain- Again [click here to find out more](#)

SKIN

Heal dry skin, rashes, and eczema



How about bathing in your own breakfast? Although oatmeal is a centuries-old skin soother, researchers only recently recognized the avenanthramides in oats is the key compounds that can calm inflamed, itchy skin. Put whole oats in a clean, dry sock. Seal the open end with a rubber band, and then drop the sock into a warm or hot bath. Soak yourself for 15 to 20 minutes.

SKIN TAGS



Skin tags – A skin tag is a small flap of tissue that hangs off the skin by a connecting stalk. Skin tags are not dangerous. They are usually found on the neck, chest, back, armpits, under the breasts, or in the groin area. Skin tags appear most often in women, especially with weight gain, and in elderly people.

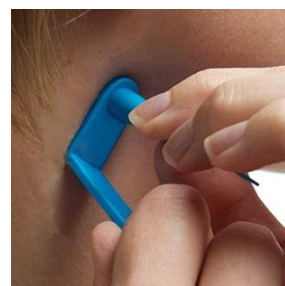
Skin tags usually don't cause any pain. However, they can become irritated if anything, such as clothing or jewellery, rubs on them. Here are some natural remedies in order to fix this problem.

Apple Cider Vinegar – Twice every day dab a cotton ball into ACV and apply it to the skin tag. In 2 to 4 weeks you will notice that the skin tag is gone.

Castor oil and baking soda – You need to make a paste from these two and apply that over the skin tag. Repeat this procedure twice every day, until you notice improvements.

Tea tree oil – Apply 2 to 3 drops of tea tree oil on a cotton ball that has been moistened with water daily, your skin tag should drop off in almost two weeks.

There are also many skin tag creams and tagbands that cut off the blood supply to skin tags. If you would prefer to try these then [click here](#)



SNORING

Snoring Remedy - A Simple and Natural Cure For Snoring



Snoring can be a real issue in the bedroom, and it mostly affects those who hear it rather than the snorers. If your partner snores, then you are well aware of the effects of snoring, as it disturbs your sleep and leads to various other consequences.

Snoring happens during the night and is most often caused by misshapen or congested nose pathways, but it can also be a result of obesity or alcohol consumption.

The excessive amounts of phlegm in the throat and nose can cause snoring as well. Here is a natural remedy recipe which if you use regularly can help you stop snoring!

This is how to prepare the natural juice that will help you resolve this issue:

Ingredients:

- 1 ginger root
- 2 carrots
- 2 apples
- ¼ lemon

Instructions:

You should mix all ingredients in a blender or juicer and blend them well.

Then, a few hours before going to bed, you should drink this juice. Repeat on a daily basis.

This juice is high in vitamin C which cleanses the nostrils and nasal paths. Moreover, the ginger will soothe the pressure in the nose pathways, whilst the apples and carrots will clear the entire area of the nose.

In most cases, snoring is not a serious health issue and can be treated and resolved via a careful diet, natural remedies, and correct breathing. Yet, if it becomes a problem which seriously affects your everyday life and you cannot treat it naturally, you should seek medical help.

Anti-Snoring Ring



You may also like to try this ancient chinese technique.

Good Night Snoring Ring uses tunia acupressure, an unobtrusive and ancient Chinese technique to help significantly reduce the noisy effects of snoring. An hour before sleep, slip the ring onto the little finger, press down to ensure the pressure points are engaged

You can purchase this [product here and read the reviews.](#)

Snore Stopper Nose Vents

Have you ever heard of snore nose vents? There probably the most popular device on the market to stop snoring.



HOW DOES IT WORK?

You insert a plastic device up your nostril before sleep and they expand the nasal passages and maximise airflow, eliminating any vibrations that lead to snoring. Its sounds uncomfortable but the review are fairly positive.

Again you read the [reviews here or purchase the product.](#)

Other practical tips to stop snoring which often work are -

- Change Your Sleep Position. ...
- Lose Weight. ...
- Avoid Alcohol. ...
- Practice Good Sleep Hygiene. ...
- Open Nasal Passages. ...
- Change Your Pillows. ...
- Stay Well Hydrated....

SORE THROAT



Soothe a sore throat with Garlic

This pungent bulb is thought to have “tremendous immune-stimulating effects” as well as antimicrobial (virus-fighting) and antibacterial qualities. So it may help the body to heal the

infections that cause a sore throat while fighting the germs that cause the pain and the irritation. The compound that may be responsible for this is allicin, which is released when raw garlic is cut, crushed, or chewed.

A top trick is to microwave one or two cloves for 10 to 15 seconds to decrease the intensity of the taste, then crushing them in a press and eating the garlic on a cracker. Do this once daily.

Or you can gargle twice daily with a solution of six pressed garlic cloves mixed into a glass of warm (not hot) water. Follow the regimen for 3 days.

Honey

Another great remedy is mix tea with honey or taken straight up is a common household remedy for a sore throat. One study found that honey was even more effective at taming nighttime coughs than common cough suppressants. Other research shows that honey is an effective wound healer, which means it may help speed healing for sore throats.

Licorice root

[Licorice root](#) has long been used to treat sore throats. Recent research shows it's effective when mixed with water to create a solution for gargling. However, pregnant women should avoid this remedy, according to the National Center for Complementary and Integrative Health.

There are other natural products that combine sprays, balms and liquids that you may like to know more about – they can be [found here](#)

STIFF NECK

Relax a Stiff Neck

Many people experience neck pain or stiffness occasionally. In many cases, it's due to poor posture or overuse.



Most of the time, neck pain isn't a serious condition and can be relieved using natural remedies.

1. Hydrotherapy

A stiff neck can cause slowed circulation to muscle tissues. Use contrast hydrotherapy—a quick blast of hot, then cold water—to get the blood pumping again. In the shower, first run hot water over your neck for 20 seconds to increase blood flow, then switch to cold for 10 seconds to constrict blood flow. Alternate three times, always ending with cold. When you get out of the shower, your body will send the blood back out to the skin, which results in a final dilation of blood vessels and—voilà!—a looser neck.

2. Massage

Massage is a good cure for stiff neck. You can use essential oils, like pine, rosemary, lavender or juniper for massaging as it will provide the necessary warmth to the neck muscles along with increasing the blood circulation. A gentle massage greatly helps in relaxing the muscles while reducing the stiffness.

3. Heating Pad

Place a [heating pad](#) over your sore neck. It is a useful remedy which will increase the blood flow while decreasing the stiffness of the neck.

4. Apple Cider Vinegar

Raw and organic apple cider vinegar makes a great poultice for a stiff neck. Soak a cloth with apple cider vinegar and apply it to your neck, warm or cool, depending upon what temperature is soothing to you.

5. Castor Oil

Castor oil can be used topically for pain. Massage castor oil into your neck muscles and spine.

6. Magnesium

Magnesium is necessary for your muscles and helps them to relax and repair. You can take a [magnesium supplement](#), apply a [magnesium oil spray](#) to your neck topically, or even take an [Epsom salt](#) bath. Any of the three will help supply magnesium to your body.

7. Pillows

You can also get an array of pillows that ease stiff necks. They are made as travel accessories, medical devices or inflatable ones. There are many products to suit everyone's needs – [click here for more info](#).

TEETH

Natural remedies – to heal cavities and have healthier teeth.

Tooth decay is a major problem and most people have to deal with this at one point in their life. If you would like to naturally cure this then try this remedy



Use Turmeric, Coconut Oil, Clove Oil and Salt.

Ingredients:

- ¼ teaspoon of Coconut Oil
- ¼ teaspoon of Turmeric.
- 2 drops of Clove Oil.
- A pinch of Salt.

Directions:

- Mix all the ingredients in a bowl.
- Apply the mixture to your toothbrush and brush your teeth gently, targeting the cavities' areas as much as possible
- Give it a break for 5 minutes and brush once more.

- Lastly, rinse the teeth with lukewarm water.

Do this 3 times a week and please don't swallow the mixture

Don't forget to avoid foods which cause tooth decay (like surgery and acidic foods) and replacing them with the ones which improve oral health.

Foods rich in calcium and phosphorous are particularly good for teeth and gums.

* Best sources (calcium) – yogurt, cheese (hard, aged), seafood, milk (low-fat), tofu, almonds.

* Best sources (phosphorous) – pumpkin seeds, fish, Brazil nuts, red meat, eggs, tofu.

You can also get supplements to help teeth and gum health which include chewable probiotics, magnesium, vitamins, bentonite clay and calcium. [Click here to find out more.](#)

If you would like to watch my video on Homemade Toothpaste to Whiten Teeth & Reverse Gum Disease using Turmeric, Coconut oil & Peppermint [then click here.](#)

TEETH WHITENING

Why do teeth get yellow?



To figure out how to whiten our teeth, we first have to know why they get yellow in the first place. There are several factors that play a part, including genetics, what kind of food and drink you consume, and how well you practice oral hygiene.

The enamel and dentin is what play the biggest role in color. The two biggest reasons why our teeth lose their shine is food and drink break down the enamel, and

weaken it with age. As the enamel breaks down, it reveals the yellow dentin underneath. Remember prevention is better than cure.

Bad habits

Smoking or chewing tobacco stains **teeth**. Poor dental hygiene and Inadequate brushing doesn't help. As does drinking lots of tea and coffee.

Good habits

Flossing, and rinsing with an antiseptic mouthwash to remove plaque can help.

How natural remedies can help -

Strawberries

Crush a few fresh strawberries into a scrubbing pulp that you mix with a pinch of stain-removing baking soda and enough water to make a paste. Apply the mixture to a soft-bristled toothbrush and polish for a few minutes once every month. Definitely don't do this more than once a week though, as the acid can damage tooth enamel if applied too frequently. The astringent malic acid in strawberries helps buff coffee and red-wine stains from teeth.

Baking Soda and Lemon Juice Paste

Try Baking Soda. Sodium bicarbonate (its official name) is mildly abrasive; gently scrubbing away surface stains to return teeth to a whiter shade. It's also very alkaline which will reduce the acidity of the lemon juice, which acts as a natural bleach of sorts. As above, you don't want to overdo though.

You will need...

- Several teaspoons of baking soda
- Enough lemon juice or water to form a paste
- A toothbrush

Directions

Mix several teaspoons of baking soda with enough fresh lemon juice (or water) to make a paste. Wipe your teeth and any extra saliva off of them with a paper towel. Put a good amount of paste onto your toothbrush and apply.

Leave the paste on for 1 minute, then rinse, so as to avoid the acid effecting enamel. If you are using just water you can leave it on for up to 3 minutes

Activated Charcoal

Another popular home remedy is activated charcoal. It's MESSY, but it WORKS! It's a great way to whiten your teeth naturally. Activated charcoal safely cleans and polishes your teeth and improves gum health. You can buy ready-made toothpaste [powder here](#).

Videos you may like.....

You can view a popular video I did using baking soda and lemon juice to whiten teeth [click here](#).

Alternatively here is a video of some popular [home remedies to whiten teeth](#).

WARTS

Warts are raised bumps on your skin caused by the human papillomavirus (HPV). Warts have plagued humans for thousands of years — they have been discovered on 3,000-year-old mummies. Although warts are generally not dangerous, they are ugly, potentially embarrassing, contagious, and they can be painful. They can last up to several weeks and even months and in some rare cases even years. Luckily for those who suffer from warts here are natural remedies in order to eliminate them.



Apple Cider Vinegar



ACV is known all over the planet for its benefits because of its anti-inflammatory properties and that is what makes ACV effective against viruses (the reason for causing warts). All you will have to do is to wash the affected area before using this method. Soak a cotton ball in [ACV](#) and put that on the Warts and wrap with a bandage. You should leave that like that for the next 24 hours and remember to replace it every day for a week. And also remember to wash the affected Warts before and after using this method.

Garlic

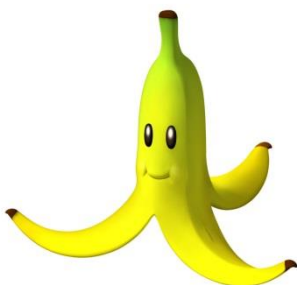
Garlic is another ingredient with powerful anti-inflammatory and antibacterial properties. Mash some garlic and apply it on the wart and cover with a band-aid. It's a good idea to clean the area after using this method because garlic is smelly!

You can also use duct tape to wrap the garlic around the wart. This helps it stay dry. Be care though as sometimes garlic can irritate other areas of your skin.



Repeat the garlic remedy daily for at least 3-4 weeks.

Most people begin to see the wart getting smaller within 6-7 days



Bananas

Bananas – Another method which people state works is to press the inside of the peel over the wart and tape it and leave it on overnight. You will need to repeat this procedure until you notice improvements.

Honey

Pure raw honey – The best raw honey to use is organic [Manuka honey](#) that is harvested in New Zealand. It is really good for warts because it has antibacterial and anti-inflammatory properties. Cover the wart thoroughly in a thick layer of honey and wrap a piece of cloth around it. After one day change the bandage and repeat the same procedure daily for a week.



There are other alternatives as well for treating warts. If you wish to remove warts with homeopathic medicine, natural gels and freezing treatments then [click here](#)

CONCLUSION

I hope you have enjoyed this eBook and learnt something new.

Medicinal herbs can provide natural, safer remedies for dozens of common ailments. Natural remedies can be as effective as traditional treatments, often without the same negative side effects

As with any health issue, always be sure to talk to your doctor before trying a new medicine — including herbal medicines.

Remember we are all unique so different remedies will work for different people. Also if you have found certain remedies did not work or even irritated the condition, then please consult with your Doctor.

Finally, don't forget to subscribe to my [youtube channel](#) for the very latest [Natural Health Remedies](#).