

## **HOME REMEDIES**

### **ACHY MUSCLES**

Mix 1 Tablespoon of horseradish in one cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief.

### **AGE SPOTS**

Do an herbal liver cleanse.

Limit sun exposure.

Avoid rancid nuts.

Avoid hydrogenated soaps and skin creams.

Cleanse skin with pure olive oil then rinse with lemon juice and water.

### **ARTHRITIS PAIN RELIEF**

Cook 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

### **ATHLETE'S FEET**

Dab tea tree oil on the affected area.

Dust feet with garlic powder.

Bathe feet daily with ½ vinegar & water; then apply pure, unprocessed oil.

### **BLEMISHES**

Cover the skin blemish with a dab of honey and place a band-aid over it. Honey kills the bacteria, keeps the skin, sterile, and speeds healing. Works overnight.

### **BLISTERS**

To disinfect a broken blister, dab on a few drops of Listerine, a powerful antiseptic.

### **BLOATING / GAS**

Add ginger or epazote to beans.

Chew well and eat less amounts of food.

Eat more raw and live foods, they still have active enzymes

Walk at least 900 steps after every meal before being sedentary.

## **BOILS**

Cover the boil with tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

## **BRUISES**

Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds the healing process.

## **DRY SKIN**

Ensure you are drinking adequate amounts of fresh water.

Add more fats from nuts and seeds to your diet.

Add a few drops of lavender oil to water and spritz on skin.

Be mindful of soaps and creams – use only those with natural ingredients.

After bathing, moisturize skin with oils such as almond, olive, coconut or grapeseed.

Vegetable Glycerin, Vitamin E and Panthenol hold in moisture.

Use a humidifier or pan of water near radiator or in arid climates.

## **FATIGUE**

Add to your diet either in capsules or herbal teas: cayenne pepper, dandelion root, rosemary, blessed thistle, ginger, blackberry, raspberry and peppermint.

Spirulina is high in proteins and stabilizes blood sugar. Pop one or two in between meals for an energy boost.

## **HOT FLASHES**

Ingest plants with estrogenic properties: soybeans, tofu, flax seeds, pomegranates, black cohosh and dates.

The herb licorice is also useful, but don't use licorice more than 7 days in a row.

Other herbs that may be helpful: blue cohosh, unicorn root, false unicorn root, anise, sarsaparilla and wild yam root (yams are NOT the same as sweet potatoes).

Decrease foods that are hot such as: cayenne, chili peppers, raw garlic and ginger.

## **MUSCLE STRAIN**

Take one or two valerian root capsules then immediately drink 2 glasses of water and more throughout the day to keep yourself hydrated.

Chamomile acts like cortisone in relieving pain, take a warm bath with epsom salts, you can add a few drops lavender or rosemary essential oil.

## **OSTEOPOROSIS**

Drink red raspberry leaf or comfrey tea.  
Decrease intake of cow's milk products and meats.  
Increase intake of raw, dark, leaf green vegetables.

## **RELAXATION**

Chamomile, hops and rosemary herbal teas help to relax and rejuvenate the body.

## **SORE THROAT**

Mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

## **TOENAIL FUNGUS**

Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

## **WEIGHT LOSS**

Green tea (decaffeinated) regulates insulin levels.  
Chew at least 25 times for each bite of food.  
Cinnamon is a natural appetite suppressant.