
HOME REMEDIES

ACNE, BLACKHEADS, & PIMPLES:

Dab a small amount of toothpaste (paste, not gel) on pimples before bed; this helps dry out the pimples.

Mix equal amounts of lemon juice and rose water, apply to face with a cotton ball, and allow to sit for 30 minutes before rinsing. 15-20 days of this application helps cure pimples and also helps to remove blemishes and scars.

Apply fresh lemon juice on the affected area overnight. Wash off with warm water next morning.

For acne that doesn't seem to respond to anything, steep 2-3 tsp. dried basil leaves in 1 cup boiling water for 10-20 minutes, cool, and apply to affected area with a cotton ball.

ANEMIA:

Avoid drinking tea (regular, not herbal varieties) and coffee immediately after meals, as the tannin present in these interferes in the absorption of iron from the food.

Drink a cup of herbal tea mixed with 1/4 cup blackstrap molasses each day. This provides 80% of the iron needed in one day.

Foods high in iron: lean beef, lean pork, skinned poultry, shellfish, fish, liver, organ meats, egg yolks, pinto, kidney, lima, navy, chick peas, black-eyed peas, lentils, split peas, green peas, spinach, kale, collards, beet greens, chard, broccoli, raisins, prunes, figs, dates, dried peaches, dried apricots, nuts, peanut butter, whole grain breads.

Your body absorbs iron from meats easier than fruits and vegetables. To aid in the absorption of iron from fruits and vegetables, eat them with a good source of vitamin C.

ARTHRITIS:

A daily serving of fresh fish or fish oil capsules helps to give relief of arthritis and other joint pains.

3-4 walnuts eaten daily, on an empty stomach, will help.

ASTHMA:

Mix 1 tsp. honey with 1/2 tsp. cinnamon and take it at night before going to bed.

Avoid taking aspirin, as this may invoke an asthma attack.

BAD BREATH:

Boil some cinnamon bark in a cup of water. Store it in a clean bottle in your bathroom. Use it as a mouthwash frequently.

Parsley leaves are rich in chlorophyll, nature's own deodorizer. Chew some leaves regularly and your breath will remain fresh.

You can chew some cardamom seeds to sweeten your breath.

BLADDER INFECTION: Take a bag of fresh or frozen cranberries and boil them in water (they will fall apart). Cool and drink. Don't add sugar! This remedy is also useful for people with kidney problems.

BLADDER STONES: Boil 2 figs in 1 cup of water. Drink daily for a month.

BRUISES: Slice a raw onion and place over the bruise. Do not apply this to broken skin.

COLD & FLU: Here is a delicious recipe for a cold and flu soup: Sauté 6 crushed cloves of garlic in 1 tsp. vegetable oil until golden. Pour in a quart of beef or chicken stock and bring to a boil. Reduce heat and whisk in 2 egg whites. Beat together 2 egg yolks and 2 tbsp distilled white vinegar; pour this mixture into the soup. Season with salt and pepper and top with croutons, if desired.

CONSTIPATION (IN ADULTS):

Eat a few black licorice sticks.

Take apple pectin.

Make sure you're getting enough Folic Acid in your diet.

Drinking ginger tea will help start a bowel movement.

CONSTIPATION (IN SMALL CHILDREN): Soak 6-8 raisins in hot water. When cool, crush well and strain. When given routinely even to little infants, it helps to regulate bowel movement.

COUGHS & ASTHMA: Steep 3-4 cloves of garlic in a cool, dark place for 2 weeks. Use several drops at a time, several times a day for coughs or asthma. Garlic is an exceptional cleanser for the body and has antimicrobial action similar to other antibiotics.

DAMAGED, DRY HAIR: A nourishing conditioner for dry or damaged hair which can be used for all hair types: Separate the white of an egg from the yolk, whip it to a peak. Add 1 tbsp water to the yolk and blend until the mixture is creamy. Then mix the white and yolk together. Wet your hair with warm water, remove the excess moisture, and apply the mixture to your scalp with your fingertips. Massage gently until the froth is worked into your scalp, then rinse the hair with cool water. Keep applying the mixture until it is used up and then rinsed until all of the egg is washed away.

DANDRUFF: Pour distilled white vinegar onto the hair, as close to the scalp as you can manage; massage into the scalp; and allow to dry for several minutes before washing as usual. Repeat daily until the dandruff disappears, usually within a few days.

DARK CIRCLES AROUND EYES: Make a paste out of 1 tsp. tomato juice, 1/2 tsp. lemon juice, a pinch of turmeric powder, and 1 tsp. of flour. Apply around eyes. Leave on for 10 minutes before rinsing.

DEPRESSION: 3/4 cup of cooked spinach a day is enough to give dramatic relief from depression if you are deficient in B vitamins.

DIARRHEA: Eat boiled sweet potatoes seasoned with salt and pepper before bedtime to cure chronic diarrhea.

DRY SKIN: Combine 1 cup oatmeal, 1 cup warm water, 1 tbsp vanilla extract, and 1/2 cup baking soda in a blender or food processor until you have a smooth paste. Pour this paste under the running water while drawing the bath. Very soothing to dry, itchy skin.

EARACHE: Steep 1-2 tsp. chamomile flowers in boiling water for 10-15 minutes. Strain out the water, and apply the hot flowers in a cloth for alleviation of the earache.

ECZEMA: Rub a whole nutmeg against a smooth stone slab with a little water and make a paste. Apply on affected parts. (Note: It is believed by some rural, old fashioned practitioners that instead of water, one's own early morning saliva can be used for better results.)

ENERGIZER: Simmer 1 cup honey and 3 cup water together slowly. Allow 1 cup of the water to evaporate. Strain off the top surface, and put the remaining liquid into a stoneware crock or dark bottle. Put a towel over it so it can breathe, yet be free of dirt. Place in a cool place. You can add cinnamon, clove, or the juice of 2 lemons, if you like.

EYE PROBLEMS: Simmer 1 cup water and 1 tsp. honey for 5 minutes. Dip a cloth in the liquid and apply to the closed eye.

FACIAL CLEANSER: Mix 2 tbsp cornstarch, 2 tbsp glycerin, and 1/2 cup water until smooth. Heat in a small pan placed in a water bath inside another pan. Heat until thick and clear; it will have the consistency of pudding. Do not boil. Cool completely, Use in place of soap to cleanse your skin. (If mixture is too thick, you may thin it by adding a little water, 1 tbsp at a time, until you reach the desired consistency.)

FATIGUE: Take a glass of grapefruit and lemon juice in equal parts to dispel fatigue and general tiredness after a day's work.

GUM IN HAIR: Soak the gum-coated hair in Coke® and it should wipe out easily.

HAIR LIGHTENER: To lighten hair, use 1/4 cup chopped fresh rhubarb to 2 cups boiling water. Cool, strain, and apply as a rinse.

HANG-OVER: Eat honey on crackers. The fructose in the honey will help to flush out the alcohol in your system.

HAY FEVER: Steep 1 tsp. fenugreek seed in 1 cup water, covered, for 10 minutes. Drink 1 cup a day to help hay fever symptoms.

HEADACHE: Eat 10-12 almonds, the equivalent of two aspirins, for a migraine headache. Almonds are far less likely to upset the stomach.

HICCUPS: Drink 1/2 glass water, slowly. Keep a tsp. of sugar in your mouth and suck slowly. Suck 2-3 small pieces of fresh ginger. This helps in hiccups which keep occurring again and again. OR Take a large mouthful of water with out swallowing, plug both ears, and slowly begin to swallow the water. Unplug your ears and you're hiccup free! (Submitted by Mrs T. Falkmann)

HICKEY: Coat area liberally with lotion. Rub with the back of a cold spoon vigorously for as long as you can stand to, changing out spoon for new cold one every 10 minutes. Recommended time for this treatment is 45-60 minutes.

INSECT BITES: Mix water with cornstarch into a paste and apply. This is effective in drawing out the poisons of most insect bites and is also an effective remedy for diaper rash.

MORNING SICKNESS: Mix 1 tsp. each fresh juice of mint and lime, and 1 tbsp honey. Take 3 times a day.

MOSQUITO BITES: Apply lime juice diluted with water on bites with cotton ball.

MUCUS IN COUGH: Pour 1 cup boiling water over 1/2 tsp. each of ginger, ground cloves, and cinnamon. Filter. Sweeten with 1 tsp. honey and drink.

MUSCLE CRAMPS: Apply clove oil on the affected body parts.

NAUSEA: Boil 1/2 cup of rice in 1 cup of water for about 10-20 minutes. After it is boiled, drain the water into a cup and sip at the rice water until symptoms are gone.

OBESITY:

Mix lime juice with honey and water; drink a glass of this every morning.

Mix 3 tsp. lime juice, 1/4 tsp. black pepper, 1 tsp. honey, and 1 cup water; drink a glass a day for 3 months.

Mix 1 tsp. lime juice with 1 cup water and drink each morning.

Eat a tomato before breakfast.

OILY SKIN: For oily skin, mix 1/2 cup cooked oatmeal, 1 egg white, 1 tbsp lemon juice, and 1/2 cup mashed apple into a smooth paste. Apply to face and leave on 15 minutes. Rinse.

OVERWEIGHT: Effective at getting rid of fat, drink up to 3 cups of green tea daily. Regular tea can also be used with a lesser effect.

PAIN RELIEVER: Mix 3 tbsp of honey in boiled water and drink. Honey has natural pain-relieving powers.

SMELLY FEET: Soak feet in strong tea for 20 minutes every day until the smell disappears. To prepare your footbath, brew two tea bags in 2 1/2 cups of water for 15 minutes and pour the tea into a basin containing two liters of cool water.

SMOKING HABIT: Lick a little salt with the tip of your tongue whenever you feel the urge to smoke. This is said to break the habit within 1 month.

SORE THROAT: Mix 1 tsp. lime juice and 1 tbsp honey. Swallow tiny amounts slowly 2-3 times a day.

SPLINTERS:

Lay scotch tape over the splinter and pull off.

Soak the area in vegetable oil for a few minutes before removing with tweezers.

STOMACH ACHE: A simple cure for a stomachache is to dissolve 1 1/2 tsp. ground cinnamon in 1 cup warm water, cover and let sit for 15 minutes, then drink it like tea. This remedy can also ease diarrhea and flatulence.

STOMACH ACIDITY:

Drink coconut water 3-4 times a day.

Have a plateful of watermelon and/or cucumber every hour.

SUNBURN: Mix 2 tsp. tomato juice and 1/4 cup buttermilk. Apply to affected area. Rinse after 1/2 hour.

TOOTHACHE & MOUTH PAIN: To ease toothache or other mouth pain, make a tea by boiling 1 tbsp fresh peppermint in 1 cup water and adding a little salt. Peppermint is an antiseptic and contains menthol, which relieves pain when applied to skin surfaces.

VARICOSE VEINS: Take 2-3 tsp. black strap molasses orally daily. This also treats all kinds of circulatory ailments.

VOMITING & NAUSEA:

Sucking a piece of ice controls vomiting.

Eat 1/2 tsp. ground cumin seeds.

Cinnamon and sliced ginger work by interrupting nausea signals sent from the stomach to the brain. If you are an herbal tea drinker, simply sprinkle cinnamon on the tea and drink. To make ginger tea, simmer a few slices of ginger in hot tea water.

WARTS: Try taping a slice of garlic to the wart. Be sure to first protect the surrounding skin with petroleum jelly.

WEAK NAILS: To strengthen and shine nails, combine 2 tsp. salt, 2 tsp. castor oil, and 1 tsp. wheat germ oil and mix thoroughly. Pour into bottle. Shake before using. To use, rub a small amount into your nails. Leave on 3-5 minutes and tissue off. Follow up with more plain castor oil, if desired.

WRINKLES & SKIN FRESHENER:

Combine 2 tbsp vodka, 1 tbsp fennel seeds, and 1 1/2 tsp. honey. Stir well and allow to sit for 3 days. Strain mixture. Use full strength or add 2 tbsp water to dilute. Use a cotton ball to apply to face as a toner.

Apply coconut oil on the portions of skin and face where wrinkles set in and gently massage every night at bed time.

YELLOW TEETH: Mix salt with finely powdered rind of lime. Use this as toothpowder frequently.