Head: {

Sinuses:

1. 3-4 inches of fresh ginger root, washed (not peeled) and chucked into half inch bits, boiled in a few cups of water until it's a nice golden color soup will burn away (at least temporarily) even pretty heavy sinus issues.

Sore throat:

1. Salt water gargle
2. Honey either raw, or in a tea
3. Fresh ginger, raw honey, lemon juice and hot water “tea”
4. Gargle twice daily with a solution of six pressed garlic cloves mixed into a glass of warm (not hot) water.

Hiccups:

1. 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.

Bad Breath:

1. 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

Cough:

1. Indulge in a square or two of dark chocolate
2. Honey (raw or in tea)

Stiff neck:

1. 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.

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Stomach {

Nausea:

1. Try frozen ginger chips. First, infuse fresh ginger in hot water. Strain, then freeze the concoction in ice cube trays. Crush the cubes and suck the icy chips throughout the day to provide your tummy with a steady soothing dribble.

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