Atlas of Home Remedies

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Do Free Home Remedies Really Work?

Common illnesses are usually resolved by simple solutions which do not require medical attention. Moreover, they may not be supported by medical studies and may not necessarily apply standard methodologies and practices.

Normally, these remedies use natural substances such as herbs. It might sound primitive, but they are actually used for immediate cure in many parts of the world, and even in America.

They were first developed and used by old societies. Since then, the effects of natural remedies were recorded in order to be used by the following generations. However, with the advanced development of modern medicine, home remedies were taken aside and left for those who still have faith in their effects.

However, they have been rising again to popularity because they prove to be less dangerous and cheaper. This is due to the fact that they are very accessible and safe in terms of cleanliness. They are free of harmful effects and they treat the problem from its roots.

Moreover, **home remedies are more accessible,** which means that you do not have to go to the doctor and pay a lot of money on a treatment which you can very well do at home with natural ingredients. Simply open your cabinets and use what you have!

In case you do not have the ingredients in your home, you can easily purchase them from your local market, which is far more accessible than medication. In the early years, people normally had medicinal plants planted right in their own backyards. And that's because they have therapeutic effects and are widely used as the basis for many modernized medicines.

The growing popularity of capsuled herbs can be best attributed to the fact that they can create more effective results without the dangerous side effects.

In addition to this, they have mild but direct results. Unlike prescribed medication, these treat directly the cause of the disease. They may contain strong components, but since they are natural, they won't harm you.

Some of the well-known and practiced home remedies are used to cure the following conditions:

- Skin problems (acne and acne scars, pimples, age spots, wrinkles, cuts, bruises, bites, stings, baldness, burns, skin allergies, stretch marks, sun burns, warts, and eczema)

- Sores (sore throat, cold sores, sore or pink eyes, and canker sores)

- Aches (toothache, backache, headache, and stomach ache)

- More severe ailments like colds, blood pressure, bronchitis, indigestion, food poisoning, high blood pressure, migraine, constipation, sinusitis, depression, flu, hemorrhoids, and rheumatism)

- General problems like acidity, bad breath, heartburn, athletes foot, head lice, dandruff, snoring, cramps, weak memory, fat hips and thighs, tired eyes, infection, ring worms, and water retention)

Why Should You Choose Home Remedies?

Home remedies have been part of our lives since ancient times and today there is a great movement towards using them as cures and treatments for all kinds of diseases.

They involve the use of natural elements such as common herbs, fruits, vegetables and other resources that are available to us. Moreover, they are used because they hold special medicinal properties that can help treat all kind of conditions. The main lure of these remedies is that they do not contain harmful chemicals and do not produce worrying side effects, both of which are often associated with modern day medical treatments and medicines.

This is why many people trust what they can produce themselves from the herbs and plants which they either grow in their gardens, or that they buy from the growing and forever expanding, health food stores around us. From cures to the management of diseases and conditions such as hypertension, arthritis to acne, home remedies have their place not only in the kitchens and cabinets of many of those who use them, but in their hearts, too.

Besides that, a reason given by some people who use home remedies is that the medical profession has become too overly reliant on the use of certain medicines, particularly antibiotics which can have a negative effect

on the body. Not only their side effects affect the immune system, but the overuse of antibiotics has also been sighted for the growth in some super bugs and bacteria that have gone on to become resistant to antibiotics. Therefore it is a vicious circle: the bacteria gets stronger and more difficult to kill and the antibiotics have to increase in strength and potency to try and eradicate it.

Then there is the environmental impact that producing medical treatments and medicines bring. For some people, once there is an understanding of the medicine-making process and the truth behind it, that can turn into another good reason for choosing remedies at home.

Home remedies are often treatments of choice for those who believe in treating the whole body as opposed to isolated symptoms and diseases. For example, Arthritis is known to be connected with constipation. Guanidine, a toxin found abundantly in the liver of arthritics, accumulates as a result of constipation or cell trauma. It can move from the liver into the bloodstream, where it affects the pH of blood. Because it is an alkaline substance, it causes calcium to move out of the blood and create calcium deposits in the joints. This means that one natural cure to ease the pain is by using herbs, raw fruits and vegetables.

Rest assured that a vast majority of the remedies that start at home have been tested by many generations who have found them to be worthwhile and that are why they have passed the test of time.

In the following pages, you will learn how to correctly apply different types of natural remedies, depending on your disease.

I. Bones, Muscles and Joints

1. Backache

Backaches can be considered one of the most common problems faced by people around the world. It is also a common symptom for different kinds of illnesses. The pain is mainly located in the center of the back, along the spine or in both sides of the spine.

The primary reasons for backaches are strain, fatigue and lack of balance. Backaches can be caused due to an accident or injury to the spine or some other kinds of diseases. Other reasons for backache can be as simple as the way you sit in your office to increasing age, pregnancy, ulcer of the stomach, liver congestion, gallstones, cystitis, high-heeled shoes,

unstable nervous system and many other for which we would have to write a new topic altogether.

Home Remedies for Backache / Back Pain

- Use a heating pad or a hot water bottle and apply it on the hurting area to ease the pain. You can also massage the ice on your back, but not directly. Whichever makes you feel better you can try it either hot or cold.

- Stopping smoking can prevent backaches.

- Garlic is a great remedy, too. Having two to three cloves of garlic every morning may give you the required results.

- Garlic oil rubbed on our back also works to provide you a positive result.

- A mixture of powdered dry ginger, sweet soda and salt if consumed with hot milk or water can alleviate your backache problems.

- Fish oil consumed daily is also a great way to combat this problem.

- Keep yourself warm and eat hot food.

- Make a concoction by boiling ten tulsi leaves in one cup of water. Keep boiling until the water is reduced to half. Once this solution is cooled, add salt and consume it every day. If suffering from severe backache problems have it twice a day.

- Massaging eucalyptus oil or mustard oil is also very efficient.

- Consuming half a teaspoon Guggulu with warm water after your meals is also a good cure.

- Make a mixture of five black pepper corns, five cloves and one gram dry ginger powder to be mixed in your tea and consumed at least twice a day.

- Mix half a gram of cinnamon powder with one teaspoon of honey and eat this mixture at least twice a day for best results.

- Another way to reduce acute lower back problem is to get a good number of laps in a warm pool of water.

- Fresh yarrow juice is a great way to strengthen the back muscles. This may help in preventing the back problem.

2. Arthritis

Arthritis refers to the inflammation of joints, which is commonly called rheumatism. Causes include injury which leads to degenerative arthritis, abnormal metabolism (such as gout), inheritance, infections and an overactive immune system (such as rheumatoid arthritis).

Arthritis has been classified as follows:

- **Arthritis caused by infection**
- **Arthritis resulting from rheumatic fever**
- **Rheumatoid arthritis**
- **Degenerative arthritis**

- **Arthritis due to joint injuries**
- **Arthritis caused by gout**

- **Arthritis originating from the nervous system**. Rheumatoid arthritis and arthritis caused by rheumatic fever are classified as collagen disease.

- **Rheumatoid arthritis and degenerative arthritis are the two most common types.** Millions of men and women are affected by them. However, good medical treatment started in time and continued faithfully can often do much to alleviate the pain, crippling and disability.

Rheumatoid arthritis

It is a disease not of the joints, but of the whole body, and it has to do with the connective tissues. This tissue reacts sensitively to substances present in the body. Stress and overthinking make it worse. During rainy

season and winter months, pain in the joints becomes most severe.

Rheumatoid arthritis may appear suddenly or gradually. Fatigue and loss of weight are some of the early signs. Sometimes it may cause an acute fever and pain, swelling and disability in many joints. Any joint can be involved including those of the spine, but the hands and feet are most commonly affected. There may be vague or fleeting pains in early stages; it may rise in the morning and at the end of the day.

Women appear to be affected more than men. Believe it or not, children can suffer from it, too. Rheumatoid arthritis usually strikes at early ages unlike other types of arthritis. It appears during winter months and Americans are among the chronic sufferers from this disease.

Fresh raw fruit and vegetable juices offer an excellent treatment for rheumatoid arthritis. It is believed that garlic, mosambi, orange, carrot and beet juice may give early cure.

Signs and symptoms of Arthritis

- Severe pain in the affected joints.
- Muscles, ligaments and cartilage become inflamed.
- Movement of the joint becomes extremely painful, especially in cold, windy and damp weather.

Home Remedies for Arthritis

- Drinking water kept overnight in a copper container accumulates traces of copper, which is said to strengthen the muscular system. A copper ring or bracelet is worn for the same reason.
- Half a teaspoon of turmeric powder with warm water helps cure arthritis.
- Taking alfalfa tea twice a day makes a good cure.

- Lime has also been found beneficial as a home remedy for arthritis. The citric acid found in lime is a solvent of uric acid which is the primary cause of some types of arthritis. The juice of one lime, diluted with water, may be taken once a day, preferably first thing in the morning.

- Exercise the affected joints in tub full of hot water.

3.Knee Pain

A knee injury can affect any of the ligaments, tendons or fluid-filled sacs that surround your knee joint as well as the bones, cartilage and ligaments that form the joint itself. This type of injury may occur by the repeated overuse or injury of the knee, by the presence of a damaged cartilage under the kneecap or by the buildup of uric acid.

As time passes, many of us do not realize the amount of things that our body goes through. Did you ever imagine that getting up from a sitting position could be a bone wrenching experience? When joint and knee pains are ignored over a period of time, it can impair your life to a great extent. Immediate attention can clear this problem in no time.

Home Remedies for Knee Pain

- **Lose that excess weight. Join a gym, go swimming or running**. Exercising keeps your body in shape and maintaining a decent weight helps your knees a lot. Don't let them carry more than they should.

- **Exercise the joints to strengthen the muscles supporting them.** This will help in the process of pain alleviation. Stronger muscles mean stronger joints. Some of the most common exercises you can do are swimming, biking or rowing. These are useful for your health without straining your knees.

- **Buy a good pair of shoes that give support and absorb impact well**. Wearing the right shoes help your body maintain its correct walking and standing position, as well as sparing your knees from extra effort.

- Apply an ice compress over the sore knee for not more than 20 minutes for every hour. You can use Bromelain, which is made from pineapple, a natural anti-inflammatory to speed up healing. For pain relief, take three tablets a day until you have recovered. Bromelain can cause dermatitis in some people, so if the itching begins, stop the dosage immediately.

- You can also make a warm paste by using **wheat, castor and turmeric mixed in goat's milk or ghee** (a type of clarified butter) on the affected area.

4. Sprains and Strains

Sprains are mainly caused by stretching or tearing of ligaments, resulting in restriction of your movement. The prime reason for this injury is the sudden change of direction or due to a collision. The common parts

affected are the ankles, wrists and knees.

On the other hand, sprains can also be caused by the tearing and stretching of the muscles. If they are overworked, it can turn into a chronic strain. This type of occurrence is called pulling of the muscle.

Self-Care Measures

Resting is the best thing to do during this time. Any kind of activity which may cause pain, swelling or any other discomfort should be avoided. You can still exercise to rejuvenate other muscles which need to be conditioned.

Ice packs are great for reducing pain, inflammation and swelling. Keep the ice packs on the affected area for 15-20 minutes and repeat it every two to three hours to minimize the pain.

Compression is the most common used method in order to tighten the strained or sprained area to avoid further injury. Elastic tapes, bandages, special boots and air casts are just a few of the things that can be used in this aim.

By keeping **the injured part elevated** you can help in decreasing the swelling. The best position to keep the injured part elevated is above your heart level.

Home Remedies for Sprains and Strains

- You can expect to get well soon from the agonizing sprain by making pineapple part of your diet. The contents of pineapple have Bromelain, an enzyme which quickens the healing process. The side effects of Bromelain causes dermatitis, so if your skin itches due to the pineapple diet, stop it immediately.

- Massaging the affected area with comfrey oil or cream can help in alleviating the pain.
- Five drops of thyme oil diluted either in bathwater or some other oil can be used as a compress to get rid of

swelling.

- Arnica balm or ointment can be used as cream or a compress for the affected area.
- Horse chestnut is also very useful for such injuries. Due to its anti-inflammatory properties and presence of a compound called aescin it becomes beneficial for all kinds of injuries. You can spread this gel on the affected area every two hours until the pain subsides.

II. Skin

1. Acne

Acne appears when a pore in our skin clogs. This clog begins with dead skin cells. Normally, dead skin cells rise to surface of the pore, and the body sheds the cells. When the body starts to make lots of sebum (oil that keeps our skin from drying out), the dead skin cells can stick together inside the pore.

It is well known that a lot of people suffer from acne. Anyone with this issue has one goal in mind: to get rid of it. The severity of the condition can vary between people, just as the effectiveness of certain treatments. You shouldn't have to deal with the embarrassment of

blemishes on your face. The prescription and over-the-counter medications vary in price and effectiveness towards your skin. But why not try a few acne home remedies first? You may find something that works for you from your very own bathroom or kitchen.

The main purpose of an acne treatment is to unclog your pores and calm the inflammation. Home remedies are usually not for extreme cases, but more aimed at the mild to occasional blemishes. Common remedies include: salt water, toothpaste, egg whites, ice, apple cider vinegar, steam, or wheat germ.

Home Remedies for Acne

- Washing your face with warm, mild salt water dries up excess acne-inducing oils. The advantage of using this instead of a normal soap to wash your face is that it is less likely to aggravate the acne or your skin.

- Applying a bit of toothpaste on a visible pimple before you go to sleep helps reduce swelling. It also keeps the area free of oils that could make the spot worse. Be sure to use an actual paste because a gel will not have the same effect. This is the most common of all the acne home remedies.

- Dab egg whites on a pimple that is already on the surface. If you leave it on overnight, it will draw out the infection and speed up the healing process.

- Holding a cube of ice on acne before bed should visibly decrease the inflammation and swelling. It may also reduce the chances of scarring after your skin has cleared up.

- Placing a cotton ball into apple cider Vinegar and then applying it to your infected area will almost instantly reduce swelling. This works especially well for large inflamed spots.

- You are always advised not to squeeze any pimples; however, blackheads will not go away on their own. Opening your pores using steam can assist you when you are cleaning your face. Take a hot shower or put your head over the vapors of a boiling pot of water.

- Wheat germ, which can be found in most stores, is one of the only acne home remedies taken internally. Taking wheat germ with one meal a day can clear your acne and leave your skin softer than it was before because it is rich in vitamins.

The most commonly effective acne home remedies are found in most homes. The benefit of experimenting with these on your blemishes is that you don't have to go out and buy anything. If it doesn't work, you didn't waste any money in the process. If it does help the condition of your acne, then you have a great, cheap solution to your problem.

2.Sunburns

Spending time in the sun is always a pleasant and relaxing way of taking your mind off of everything. However, it also has some side effects if done over the limit!

Sunburn is one of the short-term damages of sun exposure. It ranges from redness and pain to swelling, and in some serious cases, blisters can occur. However, if you expose yourself more than you should, you might develop serious conditions, one of them being skin cancer.

If you are suffering from sunburn, but do not want to go to the doctor, there are several home remedies that you can use to treat your condition. In many cases, these home remedies can provide you with better treatment than anything that you would get from your doctor.

Home Remedies for Sunburns

One of the best home remedies for sun burn is to apply cold water to the affected areas. This can be done by simply placing cold compressions on the area for 10 to 15 minutes at a time. If you are looking for a more long term solution, you can have a cold water bath. This may be a bit uncomfortable on the rest of your body, but it will feel great on your sunburn.

Another remedy that is easy to follow includes nothing more than drinking a lot of water. By loading up on water you will be fighting dehydration, and at the same time speeding up the healing process.

Another good way of treating sunburns is yogurt. Simply put it on the affected area and leave it on for about 3 or 5 minutes. It will calm the burn and the itching by hydrating your skin at the same time.

Potatoes are also great for treating sunburns. Grate two potatoes and put them into a blender. Give them a whirl until they become quite liquid. If they don't seem to be liquid, you can add a little bit of water. Pour out the mixture, soak cotton balls thoroughly in it and apply on the affected area.

However, one of the quickest and simplest ways to treat sunburns is simply applying a cool milk compress on the area which suffers. All you need to do is to leave the compress on your skin for as long as you need! Milk has calming properties for skin and must not be avoided.

Finally, don't forget the ever popular calamine lotion if the itching is killing you. This has been proven to be one of the best ways to take the itching sensation out of sun burnt skin.

3.Blisters

According to our experience, blisters are a very common thing and we come across them very often in our daily lives. They are most often caused by skin being damaged by friction or heat. However, certain medical condition can also cause them. The common forms of blisters are the ones where the blister grows and it is filled with a liquid. These can form on any part of your body, especially on hands and feet.

The different types of blisters are the ones caused by fever, blood blisters, and the ones due to friction (which are the most common blister among the three).

Fever blisters are formed around your mouth, chin, cheeks or nostrils. These can also be found in your mouth, but are smaller than canker sores.

As the name suggests, friction blisters are caused by doing things with your bare hands, wearing a new shoe, due to heat, frostbite, chemical injury or friction. Blood blisters are mainly developed due to a smash or punching injury. This kind of injury makes the blood thicker between the skin layers, causing it to be a blood blister.

Self-Care Measures

- The first thing to do for a blister if it is due to a burn is to place the injured part in ice-water and keep it there for 1-3 minutes.

- How to avoid blisters on your feet? Before wearing your shoes, you can apply Vaseline or petroleum jelly all over your feet to avoid any friction.

- You can wear silk under socks to prevent blisters and save yourself from the agonizing pain.

- Rub baby powder on your feet. This prevents blisters from appearing on your feet.

Home Remedies for Blisters

- You can provide a cool compress to the blister by soaking a towel in a mixture of salt and ice-cold water.

- Apply 10 percent tannic acid to the required areas of the skin, twice daily. Continue this for two to three weeks to make your skin stronger and healthier.

- Sweating causes further inflammation of the blisters. To get your feet dry, soak them in a mixture of Epsom salt and warm water. Do this by the end of the day for five minutes and later soak them dry for best results.

- You can treat broken blisters by applying a few drops of Listerine to disinfect the wound as it is a wonderful antiseptic.

- You can apply aloe Vera gel or vitamin E oil on the blisters to alleviate pain.

- Garlic oil also helps in sterilizing the infected blisters.

4. Body Odor

Many of us may not know this, but perspiration by itself is odorless. When sweat comes in contact with bacteria it gives out a disgusting smell. With so many daily activities in our life we are bound to sweat. However, it is an important function of our body. Excessive perspiration is known as hyperhidrosis and when a person does not have it at all it is calledanhidrosis. As sweating becomes an embarrassing situation, we try to cover it up by using deodorants and antiperspirants.

Body odor refers to hair, feet, crotch, anus, skin, breasts, and armpits, genital and pubic hair. Your odor is triggered by the diet you follow, the gender you belong to, how good is your health, whether on medications or not, the kind of job you have and in what kind of mood you are. Due to puberty, sweat glands become more active. Wearing clean loose clothes everyday keeps you fresh and dry. Moreover, having a bath under runny water helps you clean your body much easily.

To escape the disgusting smell, bring minor changes in your life. Have a daily bath to especially clean the groin and armpit area. Wear natural clothes which help your skin breathe; try to avoid foods like meat, onions, garlic, spices, caffeinated drinks and alcohol. Ban tobacco and smoking as the smell comes not only from your mouth, but also from your skin.

Home Remedies for Body Odor

- Use a small amount of baking soda and squeeze some lemon on it. Use this mixture for

underarms and also the groin area. It proves to be very useful during summer time.

- Rub potatoes slices on your underarms. Make sure that your underarm is clean and dry. Rub it for quite a while and wait until it is dry. Apply your regular deodorant to make a difference.

- In a spray bottle put 3 tablespoons of vanilla extract, 1 cup water and 1 teaspoon rubbing alcohol. Shake this mixture well enough to be sprayed all over your body and clothes.

- Apply magnesia milk under your arms with the help of wet cotton, once you had your bath.

- Apply peanut butter liberally under your arms every night before going to bed. This would help you greatly during summer season.

- You can use alcohol, white vinegar or witch hazel as deodorant for your underarms.

- Applying apple cider vinegar instead of deodorants helps to fight the odor battle.

- Chewing parsley, alfalfa along with other leafy vegetables helps control the body odor.

- Make radish juice from two dozen radishes. Mix it with 1/4 tsp glycerin and use it as a deodorant if put in spray-bottle.

- Rosemary is an anti-bacterial. Put 8-10 drops of the rosemary oil in 1 ounce of water and apply it on the required areas. You can also use tea tree oil for the same recipe.

- Turnip juice minimizes underarm odor for 8-10 hours. Once you have grated turnip, squeeze it to get 2 tsp. juice which should be applied under your arms.

III. Respiratory Conditions

1. Snoring

Snoring can be caused by several conditions such as nasal problems (nasal congestion or a crooked partition between your nostrils – deviated nasal septum), sleep deprivation and sleep position (sleeping on your

back), or even by your mouth anatomy (having a low, thick soft palate can narrow your airway).

It begins at home and it can be healed there, too. There are a number of home remedies for snoring which can allow you to take control over your nights and enjoy the quality of sleep that you deserve.

Home Remedies for Snoring

One of the most effective home remedies for snoring is to **sleep on your side**. If you always find yourself sleeping on your back, you may never guess that your sleeping position is directly linked to snoring. When you sleep on your back, the muscles and tissues are more likely to relax in the back of the throat, restrict your airway passage and cause snoring. In addition, sleeping on two pillows instead of one is among the popular home remedies. The additional elevation may help keep your airways open.

If you suffer from allergies, **try inhaling steam from hot running water** before you go to bed. The heat may help open up the nasal passages and improve breathing. The same is true if you are prone to

sinus infections or have recently been diagnosed with a cold or flu. One of the best home remedies for snoring is to simply improve the quality of air that you breathe. If your airways are restricted, snoring is much more likely. By ridding your home of allergens, you will increase air quality and enjoy the benefits of cleaner air.

The majority of physicians will recommend trying a variety of home remedies for snoring before resorting to invasive surgery. After all avenues have been pursued without success, a doctor may consider a surgical procedure. In addition, if home remedies for snoring do not provide effective results, the sufferer may have sleep apnea.

This is a serious condition which, if left untreated, may result in heart disease, an increased likelihood of a stroke or other medical problem. Sleep apnea occurs when the sufferer's airway passages become completely blocked and they stop breathing completely on multiple occasions throughout the night. Home remedies for snoring are ideal if it is just an inconvenience, but are not intended to cure sleep apnea.

1. Asthma

Asthma attacks occur when there is inflammation of the air passage or bronchial tubes. Asthma is considered to be a chronic health condition, but even if you have it, you can effectively manage and control it with the help of your doctor. Since the airways are affected, you will experience difficulty in breathing. The attacks can be mild or severe, but one thing's for sure, the condition can be deadly when left untreated. In the US, over 20 million people are suffering from asthma.

Asthma is called by different names like reactive airway disease, asthmatic bronchitis, bronchial asthma, and wheezy bronchitis, but they all

mean one thing. Most of the attacks are triggered by inhaling substances such as animal dander, dust, feather, and pollen. Irritants can also trigger the attacks such as cigarette smoke, odors, gases, and dirt. If you had respiratory infections like bronchitis, sore throats, flu, and colds, you are also at risk.

Other factors like emotional stress (excitement and fear), carrying heavy objects, or running (strenuous physical activities), weather conditions (sudden change in temperature or weather) and certain medications (e.g. aspirin) can trigger the attacks as well. Proper management of the disease is required because asthma has no cure. These are the symptoms that you should look out for: chest tightness, breath

shortness, wheezing, and cough; if you have these symptoms, visit your doctor immediately. Once you are exposed to the asthma triggers, the bronchial tubes become swollen and inflamed.

You can't really tell when the attacks might happen, so you need to identify the possible triggers. With the doctor's help, you can stay away from them. Individuals who are already diagnosed with asthma often exhibit the symptoms several times in a week especially if they engage in exhausting activities. Here's the good news: you can also control the attacks by using home remedies!

Home Remedies for Asthma

These are the best remedies that you can use:

- If your asthma is still in its early stage, boil 1 cup of milk and 10 garlic cloves and drink before bedtime. This is great for patients suffering from severe attacks.

- Figs help in draining your phlegm. Wash 3-4 figs and drench them in 1 cup of water. You can eat the figs when your stomach is empty or you can drink the soaked water.

- Soak 1 tablespoon of Fenugreek seeds in 1 cup of water overnight; drink this solution in the evening, preferably before bedtime.

- Mince garlic cloves in hot ginger tea and drink in two times a day.

Use the remedies mentioned above for treating asthma attacks. The ingredients needed are mostly found in your kitchen so you won't have any problem in preparing them.

2. The Flu

Flu is a respiratory infection caused by a variety of viruses. It is contagious and if you're around someone who coughs or sneezes, or get into contact with contaminated objects, you're bound to contract the infection.

Flu symptoms are easy to detect, even though they may appear a few days later. Flu spreads at the slightest contact and before you feel the symptoms on yourself, you might have passed it to others. Symptoms include – body aches, chills, dry cough, fever, headache, sore throat and stuffy nose.

To prevent the flu bug, keep in mind the following:

- If there is flu epidemic in air, avoid crowded places like cinema halls, theatres, shopping centers and so on, as the virus spreads easily.
- Keep distance from people who sneeze and cough.
- Give up smoking and drinking alcohol as it can injure your respiratory tract and impair your resistance, making you more susceptible to flu.
- Wash your hands frequently in order to reduce your chance of infection.

- Include low sweets diet and avoid fried foods.
- Avoid exposure to dust, chemicals as well as sudden and extreme temperature changes.

Home Remedies for Flu

Since flu spreads at the slightest of contact, you should **stay at home until fully recovered**. It is best to rest in bed as you will feel sick and tired to do anything else. If you are doing work despite being sick, you're prone to more complications.

Liquids are important because you can get the much needed nutrients when you don't feel like eating and it also keeps you from being dehydrated. Drink lots of liquids like water, soups and other fluids like fruit juices. For example, fruit juice mixed with water in equal quantity and dash of sugar provides the necessary glucose.

By **humidifying your room** there will be less discomfort of a cough, sore throat or dry nasal passages. If you're blowing your nose continuously, it will be sore and red. Lubricate your nostrils with petroleum jelly products to decrease the irritation. For tired and aching muscles, ease away the pain with a warm compress.

Ensure that your room has a good **fresh air supply** all the time. Prevent chills by wearing warm, close fitting clothes. Ask someone to give you a back rub as it activates the immune system to fight the flu. During flu, you should **eat lightly,** such as fruits, cereals, boiled food and so on.

If a sore or scratchy throat accompanies the flu infection, get relief by **gargling with salt water** solution. It will wash out any secretions collected in your throat.

Take a **warm tablespoon of honey** mixed with lemon at night to get quick relief.

Warm water mixed with lemon and honey is good to loosen phlegm.

Gargle daily with 1 drop of each of tea tree oil and lemon mixed in glass of warm water. Stir well and do not swallow.

Add 10-20 drops of either tea tree, eucalyptus, lemon or lavender oil to your hot water bath. This helps your immune system fight the viral infect and ease your symptoms.

Take 1 tablespoon of lukewarm honey mixed with 1/4 tablespoon of cinnamon powder daily for 3-4 days. It strengthens the immune system and protects the body from bacterial and viral attacks.

Juices of apple, pear, cranberry, pomegranate and dark grapes are often recommended for combating flu as they have properties that work against congestion and running nose.

IV. Inflammation and Blood Vessels

1. Bloodshot Eyes

As the name suggests, bloodshot eyes makes your eyes blood colored. The blood vessels in the white portion of the eyes are enlarged and irritated causing the redness, which can indicate the presence of several different health problems. While some of these are benign, others are serious and require emergency medical attention. Some common reasons for the redness of the eyes are due to coughing, eyestrain, dry air, over exposure to sun, dust, foreign body, an allergic reaction, infection, trauma, fatigue, and alcohol consumption, lack of vitamin B2 and B6 and high blood pressure.

You can get bloodshot eyes by:

Blepharitis – Caused by skin bacteria that leads to itching and turns your eyelid greasy and crusty.

Conjunctivitis – Also known as pink eye, it is caused by a virus, bacteria, and allergy or skin irritation. Furthermore, it is also very contagious.

Corneal ulcers – It is caused by viral infection affecting the outer cover of the eye.

Uveitis – It causes inflammation of uvea, including iris and choroids. It is related to autoimmune disorder, infection or exposure to toxins.

Home Remedies for Bloodshot Eyes

- Reduce the redness by splashing cold water over closed eyes. This soothes the eye and shrinks the blood vessels as in case of an allergic reaction.

- You can apply cold compress to your eyes by using an ice pack wrapped in a towel.
- Use warm compress for red eyes but only if there is no itching.
- Put three drops of rose water in your eyes.

- Soak cotton pad in a mixture of rose water, milk and Aloe Vera juice. Place these cotton pads over your closed eyes for 10-20 minutes in a dimly lit room. This will help in reducing the redness.
- You can try the hot and cold compress on your eyes, alternately.
- Stay away from allergy triggering agents which may lead to bloodshot eyes.
- Goldenseal is a native medicinal plant that contains berberine which compresses blood vessels and helps in reducing the bloodshot effect. You can use it as a compress, or wash to get rid of the pain.

- To get relief from bloodshot eyes, have two ripe tomatoes first thing in the morning on empty stomach. The vitamin C and flavonoids in the tomatoes make the blood vessel walls stronger.

- You can also use non-preservative artificial tears; this helps in soothing your eyes and clearing the redness.

- Wear genuine preservative-free contact lenses. The ones with preservatives can cause redness and other related infections.

2. Dark Circles

Dark circles under eyes are a common beauty problem. They give us an appearance of tiredness or even illness. Even more, they decrease our self-esteem.

What are dark circles under eyes?

The skin below our eyes is very thin and is dotted with oil glands, unlike the rest of our body. Due to various reasons, the skin becomes thin

and dry which makes the veins more visible. This leaves the area with a dark appearance.

What causes dark circles under eyes?

There are various reasons which lead to this unaesthetic appearance. Few of them are listed below.

Heredity:

If others in your family have dark circles, then there are some chances of you getting them, too. The thinness of under eye skin is a hereditary character. It reveals dark veins underneath which lead to this unpleasant effect.

Dark circles may also appear if you use to rub the under eye area a lot. This action will trigger the vessels to become more visible which leads to the unpleasant look.

Lack of Sleep and Fatigue:

Partying all night, lack of sleep, fatigue, sinus infections, pregnancy, all these may cause paleness of skin, which makes blood vessels appear prominently, giving the dark circles effect.

Structure of Bone:

Eyes set deep in skull bones may develop ark shadow under them.

Exposure to Sunlight:

Exposure to sun increases the level of pigmentation and causes tanning. Same thing applies for under eyes skin, it makes it darker and unpleasant looking.

Medications:

Medications which cause dilation of blood vessels cause dark circles under eyes. Dilated blood vessels allow more blood to flow through them and they become more visible.

Nutrition:

A poor diet or the lack of essential nutrients causes discoloration of under eye skin. Your body needs its resources for both maintaining its condition and for its appearance, which means that your diet needs to be rich in proteins and vitamins.

Hormonal Imbalance:

Hormonal Imbalance during pregnancy, menstruation, menopause and many other causes paleness of skin, which leads to appearance of dark circles under eyes.

Age:

As we grow older, the skin under our eyes becomes more dry and wrinkled. The wrinkled skin below our eyes emphasizes and helps the appearance of dark circles.

Home Remedies for Dark Eye Circles

How to get rid of this issue is the question that arises in your mind when you are dealing with this problem. **Here are some solutions:**

- Sleep for sufficiently long hours to prevent formation of dark circles under eyes.

- Do not scratch the under eye skin.
- Have a good, balanced diet rich in nutrients.
- Lightly tap the under eye skin with one or two fingers to increase the blood circulation.

- Grate cucumber (you can also use a potato) and squeeze it in order to obtain the juice. Dip two cotton balls in it and keep them on eyes. This relaxes your eyes and relieves tiredness. It is considered the best remedy for under eye dark circles.
- Apply a paste of lemon juice, tomato puree, orange lentil flour and turmeric powder (if you are not allergic to it) under your eyes. Leave it for 15 minutes and wash it off.
- Drink plenty of water (more than 15 glasses throughout the entire day)
- Eat fresh fruits and green vegetables as they are rich in fiber.

- Reduce stress levels by practicing yoga and meditation.

- Avoid sweets and chocolates.
- Dip two cotton balls in rose water and place them on your eyes, covering dark circles.
- Keep thin cold cucumber slices on eyes as they have rejuvenating effects.
- Use natural facial masks based on vegetables and oils. They moisturize your skin and help with reducing the dark spots under your eyes.

3. Low Blood Pressure

Blood pressure is a measurement of the pressure in your arteries during the active and resting phases of each heartbeat.

Conditions that can cause low blood pressure are pregnancy, endocrine problems, heart problems, dehydration, blood loss and lack of nutrients in your diet. Moreover, athletes and people who exercise regularly tend to have a lower blood pressure and a slower heart rate.

A popular alternative to taking prescribed drugs in order to lower blood pressure are Home Remedies. The ingredients can be found in the local supermarket or even tucked away in the cupboard at home. You only need to know what you're looking for.

One of the most common remedy is garlic; its properties will amaze you. The biggest advantage of taking garlic is that it not only lowers blood pressure, but also helps to reduce the levels of clotting.

However, if your diet includes a lot of fats, eating garlic will not be effective. This is because the high fat content overpowers the properties of the garlic. Drinking alcohol in excess will also have a negative effect on garlics healing properties.

Potassium and magnesium are vital to the control of elevated blood pressure, so another thing to do is adding **bananas, kidney beans, molasses and soy** to your diet.

Fruits such as **watermelon and grapes** may be considered excellent resources of potassium, magnesium and calcium.

4. Strep Throat

Strep throat is inflammation of the throat, tonsils and lymph nodes due to infection with group A streptococcus bacteria. It is very common during the flu seasons and it can be preceded by mild symptoms such as runny nose, sneezing or cough. The incubation period of strep throat is around 3-5 days and most symptoms occur within this period of time. Common symptoms of strep throat are: throat inflammation and swelling,

difficult swallowing, difficult breathing, mucus-producing, cough, fatigue, body weakness, headache, nausea, poor appetite, enlargement of the lymph nodes and tonsils, excessive sweating and fever.

Strep throat is very contagious and the bacteria responsible for causing the illness can be easily transmitted from a person to another by direct touch, sneezing or coughing. In order to prevent infection, it is very important to maintain proper personal hygiene and to avoid entering in

contact with infected people. Anyone affected by strep throat should also take measures in avoiding spreading the bacteria to others.

Untreated strep throat can lead to serious complications and doctors usually recommend a course of antibiotics to most people. With appropriate medical treatment, the illness can be overcome quickly, minimizing the risk of developing complications.

Although they can't replace medical treatments completely, there are various home remedies that can quickly relieve the symptoms and speed up the process of recovery. Coordinated with proper rest, an appropriate diet and plenty of fluids, natural remedies can quickly deal with the undesirable effects of strep throat.

Home Remedies for Strep Throat

Chamomile tea is one of the best natural remedies for strep throat. Its analgesic properties can provide rapid relief for throat pain and headaches. Administered every few hours, it can also reduce fever and prevent dehydration.

Sage is also a very strong natural remedy. It can reduce inflammation, protecting the soft tissues of the throat and respiratory system. Furthermore, it can be used either under the form of tincture or

under the form of capsules. Thanks to its antibiotic properties, garlic is also an appropriate home remedy for strep throat.

Gargling with salt water can fight against bacteria and can reduce throat inflammation and pain, while saline nasal sprays can help decongest the airways clogged with mucus. When suffering from strep throat, it is very important to maintain a warm temperature in your bedroom and to increase the air humidity by using mist humidifiers.

You should avoid exposure to chemicals or irritants such as cigarette smoke and alcohol vapors. You should stay away from any substance with strong, persistent odor in order to prevent further inflammation of the respiratory systems soft tissues and membranes.

5. Hemorrhoids

In order to understand why these simple home remedies can help, we need to look first at the possible causes of the hemorrhoids. Some of the known contributing factors are pregnancy, straining when emptying the bowels, obesity, and chronic constipation. Ironically, frequent diarrhea is also known to contribute.

Hemorrhoids can be either internal or external and are most common in people over 40 as well as pregnant women. It's said that over half of the population over the age of fifty has them.

Home Remedies for Hemorrhoids

With that introduction, let's now look at the simple home remedies. While they are not a substitute for a proper medical advice, they are based on common sense and are more than likely to bring relief.

- **Get more fiber in your diet.**

This can be accomplished by eating more fresh fruit, rolled oats, oat bran, whole grains and other foods high in fiber.

- **Get regular.**

Avoiding constipation by regular visits to the toilet is usually a big help. Not only will it help relieve the discomfort associated with

hemorrhoids, but it will also put less strain on the affected areas, allowing the body to repair some of the damage.

One way to train your body to empty the bowels regularly is to sit on the toilet seat around the same time each day. Make a habit of it and your body will follow. Keeping your stools loose and avoiding constipation will go a long way towards a long term relief from hemorrhoids. It will also be healthier for you for other reasons, beyond the hemorrhoid discomfort.

- **Lose weight.**

Obesity is said to be a contributing factor, and it's not just because of weight. Obese people tend to be more constipated as well. Anyhow, losing weight will have many other benefits for your health.

- **Drink plenty of plain water.**

Water has many benefits. Among other things, it will help clean the toxins out of your body as well as emptying the bowels regularly. Drink plenty of plain, clean water. Also, try to get into a habit of drinking at least one glass of water on empty stomach.

- **Go for regular walks**

This will not only help you lose weight on the long run, but it will also help you go regularly to the toilet. If you follow these five common-sense

tips, you should experience at least some relief. Moreover, it will also be beneficial for your general health.

6. Heartburn

Heartburn occurs when there is an abnormal backflow of stomach juices into the esophagus, the tube that leads from the mouth to the stomach. The backflow or reflux causes a feeling of burning, warmth, or heat beneath the breastbone. The discomfort may spread in waves upward into your neck and you may get a sour taste in your mouth.

Heartburn can last up to 2 hours or longer. Symptoms often start after you eat. They grow worse when you lie down or bend over and improve when you sit or stand up.

Don't be concerned if you have heartburn now and then; nearly everyone does. Following the home treatment tips can prevent most cases of heartburn. However, if backflow of stomach acid into your esophagus

happens regularly, you may have gastro esophageal reflux disease called GERD.

GERD can cause continuous irritation of the lining of the esophagus which can lead to other health problems. It is important to visit a health professional if you have frequent heartburn and home treatments do not relieve the discomfort.

Home Remedies to relieve Heartburn

Marigold Tea

When you have heartburn, Marigold tea is indicated because it soothes the stomach mucosa.

For this tea, you need 40 g of marigold plant per 1 liter of cold water. Simmer the mixture about 15 minutes, then filter and drink more than 3 cups per day, for maximum two weeks. You can take this cure again after six weeks.

Chamomile Tea

When you have heartburn, instead of painkillers from the pharmacy you can use with confidence remedies of chamomile.

You can prepare a chamomile infusion: add a spoonful of flowers per cup of boiling water. Leave it covered for 15 minutes and after you can serve. Drink 2-3 cups a day.

Acacia Tea

Also, an infusion made from acacia is indicated to relieve stomach acidity.

Add a tablespoon of dried acacia flowers in a cup of hot water, and then drink 3 cups of this infusion daily for 1-2 weeks.

Licorice Tea

Another useful remedy for heartburn is licorice tea. For licorice tea, you need 1-2 teaspoons of the grated root. Leave them to soak in a bowl of cold water for 12 hours. Drink one cup per day for 3-4 weeks.

Basil Tea

You can drink basil tea after every meal, no more than a small cup. You can prepare it with 30 g of this herb and 1 liter of boiling water. Leave the tea to brew for 10 minutes, and then

pour it through a strainer and drink it.

Fresh Juice or Carrot Potato

To get rid of heartburn, you can try fresh potato juice or crushed egg shell, which you take in the morning on an empty stomach. Also, you can try the Aloe Vera and carrot juice (2 teaspoons per day both).

Aloe Vera "cure"

It takes three months. Combine one liter of Aloe Vera gel with 20 grams of turmeric. Consume two tablespoons in the morning and evening before meals.

Prevention and Treatment of Heartburn

- Avoid heartburn foods like chocolate, fatty foods, fried foods, peppermint, spearmint, and spicy ingredients.
- Limit drinks like coffee, caffeinated drinks, alcohol, and carbonated drinks.

- If irritant foods and drinks are on the menu, just eat small portions and do not have late night snacks.
- To eliminate the discomfort, drink beverages between meals instead of drinking at the table. Also, stand up approximately an hour after eating and don't eat two or three hours before bedtime.
- Do not lie down for 2 to 3 hours after eating.
- Avoid clothes that have tight belts or tight waistbands.
- Stop smoking. It promotes heartburn.
- If you are overweight, lose the extra pounds.
- If you get heartburn at night, raise your head 15 to 20 cm. Use blocks or foam wedges.
- Avoid aspirin, ibuprofen, naproxen, and other anti-inflammatory drugs that can cause heartburn. Acetaminophen is much easier on the stomach
- Take over the counter heartburn products to neutralize stomach acids or try stomach acid reducers. Ask your pharmacist to help choose a product then follow the package instructions or your doctor's advice.

Try these home remedies before taking antacids or stomach acid reducers to relieve heartburn. If you take medications to relieve your heartburn without doing other home treatments, your heartburn will likely return. If your symptoms cannot be relieved by home treatments or if they last more than two weeks you should see your doctor.

When to Call 911:

- Pain in the upper abdomen with chest pain that is crushing or squeezing and feels like a heavy weight on your chest which could be symptoms of heart attack.
- Signs of shock

Call Your Doctor If:

- There is blood in your vomit
- You suspect that a medication is causing your heartburn. Antihistamine, antianxiety medications, and anti-inflammatory drugs including Aspirin, ibuprofen, and naproxen are potential causes.
- If you routinely have pain when you swallow solid foods.
- If you are losing weight and don't know why.
- If heartburn persists for more than 2 weeks despite home treatments. If symptoms are severe and not relieved by antacids or stomach acid reducers you should see your doctor sooner.

V. Infections

1. Urinary Tract Infection

Even though Urinary Tract Infection (UTI) is a general condition, it is more common among women than men. This issue becomes serious because many women do not follow the most common protocol to prevent or minimize the chances of UTI.

UTI is a key reason because of which we are often told to wipe from front to back after using the bathroom. That's because the urethra (the tube that transports urine from the bladder to the outside of the body) is located very close to the anus. Bacteria from the large intestine, such as E.Coli, are in perfect position to escape it and invade the urethra. From

there, they can travel up to the bladder, and if the infection is not treated, it can continue on to infect the kidneys.

Home Remedies for UTI

- Drink 10-14 glasses of water to protect yourself from urinary infection. Drinking a lot of water flushes out bacteria and other microorganisms which contaminate the urinary tract.
- Do not suppress the urge to urinate, as it may have consequences on your health, possibly leading to a fully-developed urinary tract infection.
- Always wipe yourself from front to back; this stops the entry of the bacteria from the anus into the vagina or urethra.
- Take showers instead of bubble bath to prevent the entrance of bacteria into the urethra.

- Wash your genital area before and after a sexual intercourse. Also urinate before and after it. This avoids the transference of bacteria from one partner to another.
- Scented sprays can cause infection and irritation of the vaginal area. They do not help the cause of alleviating the Urinary Tract Infection problem.

- Drink a good amount of cranberry juice as it is one of the most simple and natural way of treating urinary tract infection. It prevents and heals the infection due to its medicinal properties.
- Stay away from caffeine found in coffee, tea, carbonated drinks, chocolates and many more.
- At the first symptoms, consume vitamin C supplements. It increases the acidity level of urine which helps to decrease the bacteria present in the urinary tract.
- You can apply a warm heating pad or hot water bottle on your abdomen to ease the pain.
- Use of spices like cinnamon and tincture mixture of herbs like buchu, uvaursi and juniper berries can act as antiseptics to clean kidney and bladder.

- Drink one glass of water for every 10 hours of the day. This will help you keep tab on the amount of water you drink.
- Avoid bladder irritants like citrus, tomatoes, aged cheese, chocolate, spicy food, caffeine, alcohol and nicotine. The irritants may differ for some individuals, but these are some of the common ones.

- Avoid tight underwear as it creates an ideal environment for undesirable bacteria to breed.

2. Eye Infection

Different kinds of diseases attack your eyes causing eye infection. It can be due to many reasons but some of the common ones are bacteria, viral or foreign objects. It is known that people who wear contact lenses are more prone to eye infection due to presence of bacteria.

Some common eye infections are:

Pink Eye (Conjunctivitis) – It is one of the most common infections which causes irritation and leads to redness of the eye. It is an air-borne disease so you need to be very careful.

Stye – Medically known as hordeolum, it is a small harmless lump formed at the base of an eyelash or inside the eyelid.

Blepharitis– It is an inflammation that affects the eyelids, causes itching, burning and irritation.

Orbital Cellulitis – It is the inflammation or infection surrounding the eye. This can get very serious, like losing your eyesight if the required treatment is not

provided.

Keratitis (Corneal ulcers) – This is caused due to an injury to the cornea by a foreign body.

Dacryocystitis – An infection which happens to the tear duct.

Some common sign and symptoms are:

- Redness of eye
- Yellow, green discharge
- Irritation of the eye
- Pain in the eye
- Blurred Vision
- Watery eye
- Swelling of eye
- Photophobia
- Constant itching

Home remedies for Eye infection

- To get rid of sty you can use hot compresses on the swollen lump with the help of a hot cloth.
- You can make herbal eyewashes by using 1 tablespoon dried eyebright herb steeped in 1 pint of

boiling water. Cool and strain this liquid and use it as eyewash.

- Avoid swimming in chlorinated water.
- You can make warm compress by using chamomile, lavender or rose oil for conjunctivitis.

- Soak aloe Vera juice in a cloth and place it over your eyes to soothe them. Aloe Vera juice can be used as eyewash by following similar procedure.
- To reduce inflammation and itchiness you can keep cold bread over your eyes.
- Make an elderberry blossom tea and use it as eyewash, to soothe your eyes.
- Use artificial tears to moisten your eyes, to flush out the foreign body.

- For pink eye (conjunctivitis) fill a glass jar with distilled water and in that add 7-8 Jasmine flowers. Cover it with a lid and leave it overnight. The next morning pour drops of water in your eyes with the jasmine flower. Keep repeating until your eyes get soaked. Do this at least three times a day to notice the difference.

3.Sinus Infection

Acute sinusitis usually follows a viral infection in the upper respiratory tract, but allergy-causing substances (allergens) or pollutants may also trigger it. Viral infection damages the cells of the sinus lining, leading to

inflammation. The lining thickens, obstructing the nasal passage which causes pain and discomfort.

You don’t always have to take over-the-counter medication for a sinus infection. If you look in the kitchen, you’ll find some home remedies that you can use to take care of the problem.

Home Remedies for a Sinus Infection

When you have a sinus infection, it is a good idea to boil a pot of water and have some hot tea. Many of these are derived from herbs so you can try Echinacea. There is also astragalus which is also safe for children to drink. Another option is Oregon Grape Root which is known to kill many types of bacteria and also lemon balm.

You can take these herbs separately or mix them together, so play with them and see which one goes well with another. You can also drink orange juice and water. The important thing is to keep your body hydrated.

You can also inhale steam by leaning over a bowl of hot water that you just heated. Those who have a steam vaporizer can also use it and inhale the steam for about 10 minutes. For maximum effect, you can add

mix Vicks Vapo-Rub into the water as this has proven to open the passageways.

Since some people experience pain in the ears when they have a sinus infection, they can get rid of it by using some essential oils.

You could mix together 2 tablespoons of Pure Almond Carrier Oil, five drops of Lavender Essential Oil, five drops of Pine Essential Oil, five drops of Eucalyptus Essential Oil and five drops of Tea Tree Essential Oil in warm water and then put the tincture inside the ear at least three times a day.

If you feel pain at the face level, mix a drop of Eucalyptus Essential Oil, a drop of Tea Tree Essential Oil and a drop of Pine Essential Oil together again with warm water. Dip in a clean cloth and then put the warm compress over your face.

Some people have difficulty sleeping when they have a sinus infection. Fortunately, you can sleep soundly and encourage drainage even during the evening by simply keeping your head elevated. You should also blow your nose when you feel the need, as this will help prevent it from blocking the nasal cavity.

Moreover, you can take garlic juice or garlic capsules for your sinus infection as studies have shown that it has anti-bacterial and anti-fungal

properties. You can chop from fresh garlic and put this in a bowl of hot water. Inhale it two to three times a day.

If you run out of garlic, see if you have a bottle of apple cider vinegar. This helps to decrease mucus production because it contains potassium. Just mix two teaspoons of organic apple cider vinegar in a glass of warm water and drink it up three times a day.

Since sinus infections can happen at any time you should have a few of these remedies stored in your cabinet.

However, keep in mind that there are limits to what home remedies can do against sinus infections. If things get worse, you are advised to see a doctor so they can prescribe something stronger.

VI. Fungi

1.Eczema

The current thinking is that Eczema is caused by a combination of factors that include: genetics, abnormal function of the immune system, environment, activities that may cause skin to be more sensitive and defects in the skin barrier that allow moisture out and germs in.

Moreover, it is not contagious and it is not an allergic reaction. However, there are some substances such as wool or man-made fibers which can lead to irritation of the skin.

Learning to care for your own Eczema and fight against it without needing doctors or specialists can be the one thing that finally tips the scales in your favor. Many people experience no relief through various medical help, so maybe the information below will help you.

Home Remedies for Eczema

Diet

The average person's diet contains a fair degree of acid. Adding more of it to your diet can really damage your health. To prevent this, you have two solutions: systematically cut down on acidic foods, which is tougher than it sounds, or take some kelp supplements. Kelp is very high in alkali, and will help to neutralize some of the acid. This can be very effective, just as visiting a diet expert and having them compile a few meal plans for you.

Vitamin E

Vitamin E has excellent effects on areas affected with Eczema. The main benefit is that it can greatly reduce the itching and discomfort. The way it works is by neutralizing the microbes in the area: these microbes are thought to be the cause

for the irritation which gives the itching. Natural Vitamin E is much more efficient than the synthetic kind, so be careful when buying.

Blueberry Extract

Blueberry leaves have a natural acid in them, which acts as a natural anti-inflammatory. If you use and apply this regularly, it can really help you on the long term. Blueberry leaf extract should be found in your local health store.

Moisturize

If you suffer from Eczema, moisturizing treatments can really be a gift. If you get into a regular moisturizing regime, you can really cut the effects that the condition can have on your life. It is best to moisturize as often as possible, even twice a day. Moreover, it is also best to do it after bathing or showering. Apply the moisturizer when your skin is still slightly damp, and you will be helping to seal it inside your skin.

Eczema is never good news, but most people don't realize they can make a real difference to it if they take some action! Hopefully you will use these tips and find some real freedom.

2. Athlete's Foot

Quite a common skin problem, Athlete's foot affects mostly men and young people. This skin problem can be found in the area between the toes, soles of feet fingernails and toenails.

Athlete's foot is caused by a fungus called tineapedis, living off the dead skin cells and thriving in moist warm places such as gyms, locker rooms, showers and swimming pools. If you come in contact with wet floors or touch infected socks and shoes, you can contact this disease.

Symptoms include burning sensation between affected areas, itching and redness, scaling and blistering.

Preventing Athletes Foot

- To combat athlete's foot, keep your feet dry all the time. After drying your feet, remove any loose skin to allow penetration of medication to the infected area.

- Use medicated powder or baking soda in your shoes and socks to keep your feet dry. It will soak up

some of the perspiration and help neutralize the skin.

- Wear cotton or absorbent socks and wash them in hot water with bleach.

- Give your shoes lots of space to breathe and ample time to dry before wearing them again.

- Wipe the inside of the shoes with white vinegar or spray a disinfectant.

- Use antiperspirants to keep down the sweating.

- Dry your feet thoroughly with towel or hair dryer.

Home Remedies for Athlete's foot

- Add 40 drops of tea tree oil to a small quantity of water or olive oil and soak your feet in it for 10 minutes. Towel dry your feet and blow dry to ensure no presence of any moisture. If you still find that the area is still moist, put few drops of tea tree oil on it.

- Soak your feet in mixture of apple cider vinegar and water for 10 minutes daily until the symptoms disappear. Apple cider vinegar with its

antifungal properties will relieve the itching, peeling and kill the fungus. Instead of soaking your feet, you can also coat the fungus with a cotton ball dipped in apple cider vinegar.

- Soak the feet in a solution of baking soda and water for about 30 minutes daily.

- Boil 4 cups of water, add 8-10 broken sticks of cinnamon; reduce heat and simmer for 5 minutes; remove and steep for 45 minutes. Use as a foot bath. Cinnamon effectively combats both yeast and fungal infections

- Put some freshly crushed garlic on the affected area and leave it on for half an hour; wash with water. Do this once a day for a week. Alternatively you can use diluted garlic juice, garlic powder or a clove of raw garlic. Garlic is an excellent antibiotic that can kill the fungus causing athlete's foot.

- Add one ounce of chopped fresh ginger to one cup of boiled water and simmer for 20 minutes. Let it cool and apply twice a day on your feet.

- Rub raw honey on the infected areas before bedtime. Cover the feet with an old sock and leave it overnight.

- Soak your feet in herbal tea foot bath of goldenseal and thyme once a day.

- Mix 80 – 90 drops of Grapefruit seed extract to two ounce of water and apply to the affected areas with a cotton ball two or three times a day.

- Mix 2 tablespoons of salt to a pint of warm water and soak your feet for 10 – 15 minutes and dry thoroughly. The salt kills the fungus and reduces perspiration.

3.Candida

Firstly, it is important to acknowledge the fact that everyone has Candida already. It is a microorganism that is naturally present in your gut, part of the balanced system that helps you to digest food and stay fit. One of the major causes of this illness is the use of antibiotics. Even though they kill the harmful bacteria from our body, they also destroy beneficial and friendly bacteria that live in your gut. This can leave your body defenseless which makes space for Candida.

Another cause of this illness is stress. This is because one of your body's first reactions to a stressful situation is to release Cortisol, a hormone that suppresses your immune system and raises your blood sugar level. The Candida yeast feeds on the

extra sugar, and it quickly overpowers the balanced mixture of microorganisms in your small intestine.

Other causes include the use of contraceptive pills, the existence of chlorine and fluoride (which kill the beneficial bacteria) and the presence of diabetes.

Most people may not have heard of candidiasis and the ones who do know can tell you the symptoms of the disease can easily be mistaken for an upset stomach, an allergic reaction or simple exhaustion. Unfortunately, if left unattended, candidiasis or infection brought by the fungus candida albicans can cause serious damage to the body.

The good news is candidiasis, in its early stages, may not necessarily mean a trip to the doctor where you would have to pay a lot of money. For the most part, home remedies have proven quite effective in combating the effects of candidiasis. The key is to administer these remedies early on.

Home Remedies for Candida

Tea tree oil mouthwash

For oral use:

- Mix a few drops of tea tree oil (approximately 5 to 8 drops) into a glass of either warm or cold water.

- Gargle with the mixture for about a minute. Let the solution touch all the parts of the mouth (throat, palate, cheek lining). Be careful not to swallow the solution. Do this two times a day (preferably one in the morning and one before sleeping).

For vaginal yeast infection:

- Add a few drops of tea tree oil onto a tampon or sterile gauze and apply on to the affected area.

- Replace every 4 to 6 hours.

Plain yogurt

Make sure it has absolutely no sugar and other ingredients added to it. The yogurt should contain live lactobacillus acidophilus, which are good bacteria that keep candida albicans in check.

For vaginal yeast infection:

Dip tampon in the yogurt and insert into the vagina. Use twice a day until the symptoms clear up and repeat for one more extra day for good measure.

For skin problems (cutaneous candidiasis):

Apply yogurt directly on the affected area. Not only will the yogurt address the fungal infection, but also the yogurt will lend a soothing effect and relieve severe itching and weeping. Let yogurt stand for an hour or so and wash off well. Keep affected area dry. Apply two to three times a day.

Apple cider vinegar

For oral use:

- Mix 2 teaspoons of apple cider vinegar with one cup of cool water. Gargle with solution. Do not swallow.
- After gargling, dip a cotton swab in undiluted apple cider vinegar and apply directly on to the oral sores. Do not rinse.
- Allow to stand overnight.

For vaginal yeast infection:

- Create a douching solution of 1 tablespoon of apple cider vinegar and

2 cups of water.

- Add 1 garlic clove and allow the solution to stand for two hours before using for douching.

Changes in diet

Candida seems to thrive on high-sugar diets. So in order to starve the fungi, go on a low-to-no-sugar diet, using sugar alternatives at best. Continue with this diet for as long as symptoms persist. In addition to the altered diet, make sure you receive sufficient doses of vitamins (A, B-complex, C) as well as minerals (iron and zinc).

This solution works best when the symptoms are becoming systemic, meaning that different parts of the body are affected all at the same time. (For example, in addition to vaginal yeast infection, you have also contracted skin and stomach problems as well.) Diabetics, however, need to consult with a medical professional before undergoing this measure.

Other solutions: Prevention worth a pound of cure

To prevent candida overgrowth, which is the prime cause of the disorders, observe these tips (especially for women).

- Don't douche or clean inside the vagina. Do not use vaginal deodorants or perfumed soaps when washing the external area. You can strip the body of the natural elements that keep the fungus in check. At best, use plain water or a mild, pH-balanced cleanser.
- Avoid tight clothes (including underwear), especially ones made of nylon. These prevent proper aeration (breathing) of the skin. It encourages moisture to form in the body, which is prime breeding ground for fungi.
- Drink plenty of water to keep the body cool and to flush out toxins (including those produced by the candida fungus) out of your body.
- Have a good number of servings of bananas, yogurt, and garlic. These foods have been found to have lots of anti-fungal properties and if part of your regular diet, the chances of avoiding candidiasis are great.
- Do not skip meals and avoid keeping your stomach empty for long periods of time. Having irregular eating habits have been observed to increase the chances of candida overgrowth.

The key to all of these home remedies is early and quick detection. So in order to administer the right remedy, learn to recognize the symptoms.

VII. Common Conditions

1. Constipation

A poor diet and an inactive lifestyle are the most common causes of constipation. A lack of exercise and eating too much junk food can have a big negative impact on your digestive health.

Many people suffer with constipation and though it may appear to be an amusing situation for those looking in, for the person who has to live with this condition it can be a serious problem. Constipation home remedies are often the first port of call and with good reasons; most of these remedies work very well.

The symptoms of constipation can range from nausea, leg pains, headache, flatulence, fever and loss of appetite. All of which should not be underestimated because they can become a problem themselves. It should

be noted at this point, that even if bowel movements are occurring, there could still be constipation.

Home Remedies for Constipation

For everyone who has constipation, their first move when looking for remedies should be to look at their diets. Plainly put, if you eat the right amounts of foods, in the right combinations, then you should not have any kind of problem.

We should all aim **to eat more fruits and more vegetables**. This will add bulk and fiber to the diet which helps with relieving constipation. However, try to avoid those vegetables that are known to encourage flatulence: these include cabbage, sprouts, beans and foods such as nuts and also some dry foods. Processed, fatty food and fried food are also best to be avoided.

Instead, one of the fruits that should be added to the diet is **figs.** Well-known throughout time as one of the constipation home remedies, figs can be soaked overnight in water and be ready for breakfast the next morning.

You can also use them as the base for a homemade blended drink. Simply throw in three or four figs, add **some oat milk and some prune**

juice and blend. This is a super drink that, taken regularly for several days will help to relieve constipation.

Wholegrain breads and cereals should also be added to the diet of anyone who has irregular bowel movements or is constipated. These breads and cereals help to add the necessary bulk that our bodies need to remove the waste. In the same way, the fiber that these foods possess is also vital to keep the bowels healthy and functioning.

Add exercise to your daily regime and drink plenty of water as this will help to keep your system working healthy and encourage the waste to naturally and easily leave the body.

2. Earache

Earache is one of the things that often first occur when we are babies, continues on and off throughout childhood and even occurs as adults. Home remedies for earache can be useful bits of information to have at your disposal to counter this often painful condition.Usually occurring when there is a cold or flu or sinus problems, earaches are the result of the tube between the throat and the middle ear being infected and becoming blocked.

Home Remedies for Earache

- Because of its antibacterial and antiviral properties, garlic is a great home remedy ingredient that helps in a variety of conditions, aches and pains. No surprise, then, that it has its place and uses as one of the remedies for earache. The simplest way is to eat a couple of cloves of raw garlic per day as this will help to kill off the bacteria in the ear canal. Garlic can also be used as an ear drop. However, using concentrated garlic in this way should be avoided because it will irritate the inner ear. What should be mixed with the garlic is oil called mullein.

- Mixing up a massage oil of lavender, tea tree and chamomile and then massaging the outer ear with this oil has been known to offer relief to earache. It can also be applied to the ear itself by dipping a piece of cotton into the oil and then placing it in the ear.

- The use of warm olive oil dropped into the ear has been used as a good home remedy for earache. All that is required is for the oil to be warmed slightly and then a few drops, dropped into the ear. This keeps the ear lubricated and helps with any irritation within the ear.

- Some particularly good home remedies for earache involve solutions to stop the pain as soon as it begins. It often happens that a plane journey triggers an earache. This is because of the changes in pressure as the plane lands and takes off. We are often told to swallow at this point in the journey and for good reasons. Swallowing helps to equalize the pressure within the ear and the atmosphere we're in. Further flying tips that will help to equalize pressure in the ear and the environment include chewing gum.

- Above all, avoid poking around in the ear and placing foreign objects inside it. The ear is a delicate and important organ and should be looked after and cared for with this in mind.

3. Motion Sickness

When you experience nausea or vomiting while being on an airplane, automobile or any rides from an amusement park it is known as motion sickness. This is related to the sense of balance and equilibrium. It occurs when the motion messages are not as they should be. There are two such messages:

One message comes from the inner ear that controls the balance while the second one comes from the eyes. When you change your position, these two do not match and the result is motion sickness.

Home Remedies for Motion Sickness

- Cover your nose from any kind of odor that makes you feel nausea. It can be engines smoke, smell of dead fish or even the odor coming from the person sitting next to you.

- Try traveling at night as you may avoid the movement of vehicles.

- Get fresh air by opening the window of your car. Get down from the bus when it stops. Reach the deck and smell the ocean or sea when you are on a boat or a ship. Turn on the vent when in plane.

- While traveling avoid drinking too much alcohol as it makes your head twirl. If you are planning to drink, have it in a small quantity.

- Sleep well before you travel as lack of sleep might give you one more reason to suffer from motion sickness.

- If in a car, sit in the front seat and focus on the road helping you to have a proper balance of your body and eyes.

- Motion sickness is partially psychological, so try to be more positive when you are traveling. Be stress-free and think of things that make you happy.

- Avoid reading as it is one of the major causes for motion sickness no matter which mode of transport it is.

- Look at something stationery as it helps to keep the balance.

- Avoid eating too much before you travel as it increases your chances of triggering a motion sickness.

- You can try making ginger tea by pouring hot boiling water over chopped ginger; you can also add brown sugar to it. Ginger works great against motion sickness as it absorbs acids and blocks the nausea in your gastrointestinal tract.

- Eating couple of olives at the first sign of nausea would surely help. As olive contains tannins to make your mouth dry and it does not trickle into your stomach.

- You can also eat lemons to prevent this problem.

4. Bruxism

Bruxism or teeth grinding is one of the most damaging forms of dental disorders. This condition is usually difficult to detect in the early stages as the patient is completely oblivious of this habit. It leads to clenching and grinding of the teeth along with extreme jaw movements. You can suffer facial pain due to the clenching – clamping the top and bottom teeth together. This stressful act puts pressure on the muscles,

tissues and the areas around the jaw. It can lead to serious problems like jaw joint disorders, jaw pain, headaches, earaches, damaged teeth and many others.

This continuous form of grinding damages the teeth completely. It is a very common condition among children, but it is not only restricted to them. It is very frequent among people with Fibromyalgia Syndrome. The teeth clenching and grinding may lead to Temporomandibular Joint Dysfunction (TMJ).

Home Remedies for Bruxism

Before going to bed you can chew on an apple, cauliflower or carrot. This will calm your overactive mouth and prevent grinding.

To relax your jaw muscles use a warm washcloth around the sides of your face. Continue doing this for some time. This will relax the clenched muscles that cause head pain. Do it before bedtime to have better results.

Be relaxed and avoid stress by taking warm baths and massages. Massage your neck muscles, shoulders and face to relax peacefully. Stress relieving exercises should also help. Squeeze a tennis ball; it may come in handy.

Sleeping on your side or your stomach may increase your chances of bruxism. The best position to sleep is on your back to reduce the stress.

Use contoured pillow if you can't sleep on your back. Place it under your face and the ordinary pillow between your arms. Sleeping in this position reduces the strain on your jaw and neck and prevents you from rolling over onto your face.

Avoid the consumption of alcohol as it affects your sleep and increases the movement of your jaw, which causes clenching. Cut down on caffeine and carbohydrates like candy and pastries.

Try acupressure, it may help you relax for a good night sleep, thus avoiding any incidents of teeth clenching or grinding.

5. Dizziness

Dizziness is a body condition when you get faint or even feel lightheaded or wobbly. It is accompanied by vertigo– a feeling that the whole world around you is spinning, and you feel as if you are going to fall on the floor the very next moment.

Symptoms

- False senses of motion, like spinning, or things around you are revolving.
- Feeling of faintness (lightheadedness)
- Unsteadiness that causes disequilibrium (imbalance in body)
- Changes in vision
- Nausea
- Vomiting
- Chest pain
- Stiffness in the neck

- Shortness of breath
- Weakness in the limbs

Home Remedies for Dizziness

As a natural remedy for treating dizziness is recommended to make a tea from the following plants:

- Virna
- Thyme
- Lemon balm leaves

You must drink a cup of tea every day.

Dizziness can also cause focus weakening. In this case, you can drink a tea prepared with the following plants:

- Arnica flowers
- Yarrow
- Rattles

To obtain beneficial effects, you should drink three cups a day.

6. Anxiety

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feeling of dread over anticipated events, such as the sense of imminent death.

Anxiety is not the same as fear, which is a response to a real or

perceived immediate threat, whereas anxiety is the expectation of a future threat.

Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused.

It is often accompanied by muscular tension, restlessness, fatigue and problems with focus. Anxiety can be appropriate, but when experiencing it regularly the individual may suffer from an anxiety disorder.

Home Remedies for Anxiety

If you are suffering from this disease you should drink two cups of hot tea every evening prepared with the followings:

- Valerian root
- Lemon balm leaves
- Rosemary leaves
- Rattles

Symptoms of this disease can be both psychical and behavioral, the most common being: negative thoughts, sweating, tremors, palpitations,

breathing problems, nausea, and the tendency to avoid many situations.

7. Stress

You're constantly worried about all sort of things, and your mind seems to play tricks on you. All you want is to be able to relax, and there's nothing you wouldn't do to achieve that state of tranquility. There are plenty of safe, non-pharmacological remedies, from simple techniques that help your mind and body, to calming and soothing herbal teas. Some of them offer immediate results while others can treat stress over time.

The miraculous chamomile

When you're feeling nervous and stirred, try drinking a cup of chamomile tea. It will give you the relaxation you need because the substances this plant contains go directly to the brain receptors, without any side effects.

Green tea and L-theanine

Studies have shown that the amino acid in the green tea called L-theanine helps reduce the cardiac rhythm and the blood pressure. Moreover, this compound alleviates all manifestations of anxiety.

The hop is incredible for aromatherapy

This natural remedy includes a sedative compound, which is actually a volatile oil that is found in extracts and tinctures. The buds of hops are successfully used in aromatherapy sessions.

Hop tea can only be consumed in combination with chamomile or mint because it has an extremely bitter taste. This plant is often used as a

sedative in order to combat insomnia and for this purpose, it is mixed with valerian. Do not resort to medicinal herbs in case your doctor prescribed tranquilizers.

Valerian makes you feel sleepy

This plant is a sedative supplement that offers you a good night's sleep in case you're experiencing sleep disorders. Its smell is not very nice. That's why many people take it as capsules or tincture. It's better if you take it before bedtime and not in the morning, before going to work.

Peppermint is good for everything

It is used to reduce stress, anxiety and sleep problems. Studies show that healthy people that consume mint extracts are calmer than those who are prescribed anti-stress medication. However, specialists warn us that if we consume an excessive quantity of mint, we could become even more stressed and agitated.

Physical exercises for body and spirit

Sports is great for the bran and is also a powerful antidote for depression, stress, and anxiety. It's a proven fact that regular physical exercise increases the self-esteem and keeps you healthy.

The passionflower is a powerful sedative

This plant can reduce anxiety as much as prescribed drugs and medicines. It is used to treat insomnia, but it cannot be mixed with valerian, hops, peppermint or other sedative plants. It cannot be consumed for more than a month.

The therapeutic lavender

Its perfume is an emotional anti-inflammatory. According to a study conducted by a group of researchers, the patients waiting to enter the dentist's office, are less anxious if there is a lavender perfume floating round the room. Another study showed that students that inhaled the lavender scent before an exam were less stressed.

Hold your breath

Yoga breathing exercises are extremely efficient when it comes to reducing stress and anxiety. In his book, *Spontaneous Happiness,* Andrew Weil introduced a technique called respiration 4-7-8. The reason why it works is because you can breathe deeply and be agitated at the same time.

The 4-7-8 technique involves inhaling on your nose and exhaling on your mouth while counting to four. Hold your breath as you count to seven; then release the air through your mouth, counting to eight. Repeat this at least two times a day.

Breakfast

A lot of stressed people skip their breakfast. Wrong! This important meal of the day is one of the most efficient remedies to reduce anxiety. Eggs are the best option because they contain choline. Low levels of choline are associated with an increased risk of anxiety.

8. Anemia

Anemia is a decrease in the number of red blood cells (RBCs) or hemoglobin in the blood.

It can also be a lowered ability of the blood to carry oxygen.

When Anemia comes on slowly, the symptoms are often vague and may include: feeling tired, weakness, shortness of breath or reduced ability to exercise. Anemia that comes on quickly often has greater symptoms which may include: confusion, feeling like you are going to pass out, loss of consciousness, or increased thirst. Anemia must be significant before a person becomes noticeably pale.

Ask your doctor and drink this mixture of plants for increasing appetite:

- Narrow plantain 10g,
- Wormwood 5 g,
- Rattles 10 g,
- Lady's mantle 10 g ,
- Calamus 45 g,
- Germander root 10g,
- Linden with big leaf 10 g,
- Marguerite flowers 10g,
- Sea nettle leaves 10g,

- 10 g walnut leaf,
- Lemon Balm 45 g;

Put this mixture into a bottle with 2 liters of red wine and let it stand in a dark place for 14 days.

Drink a small glass of this mixture every day to stimulate your appetite and blood formation.

9. Spring Asthenia

Spring asthenia is a condition that is installed due to lack of vitamins after a long winter or due to the lack of sunlight.

The best plants that help cure this asthenia are artichokes, apricots, chestnuts, onions, chicory, mushrooms, fennel, wild strawberries, lemon tree, blackberry, apple, and barley.

People who go through this state of fatigue should also consume three cups of hot tea from the following mixture of plants:

- Dandelion roots and leaves
- Yarrow
- Celandine

10. Anorexia

Anorexia is a possible sign of a disease such as stomach cancer, tuberculosis, or ulcers.

The existence of one of these diseases is the leading cause of anorexia. It might have psychological substrates like mental strain, stress or fatigue.

Usually, people with anorexia lose weight considerably.

The following herbal teas stir your appetite and help you revitalize your body.

It is recommended to drink three cups of hot tea every day prepared with:

- Calamus Roots
- Watercress
- Silur
- Marjoram
- Wormwood

Or from the following mixture of plants:

- Lemon balm leaves
- Wormwood
- Centaury
- Yarrow

It is recommended to drink one cup of this tea before you eat.

11. Bloating

Bloating is a sign of disease. If symptoms persist, consult a doctor, and if they are temporary you can drink the following teas:

Drink a hot cup of tea after lunch and evening before bedtime from the following mixture of plants:

- Cardamom Fruits
- Rhizomes Calamus
- Valerian Root
- Mint Leaves
- Chamomile flowers

In case of bloating accompanied by expulsions of gas, you should drink three cups of hot tea during the day made by the following mix plant:

- Chamomile Flowers
- Mint Leaves

- Valerian Root
- Cumin Seeds
- Aniseed

If the bloating has a tendency to constipation drink three cups of hot tea during the day made from the following mix plant:

- Aniseed
- Fennel Seeds
- Mint Leaves
- Chamomile Flowers
- Buckthorn Bark

If the bloating has a tendency to diarrhea, you should drink three cups of hot tea during the day that contains the following:

- Wormwood
- Horsetail
- Yarrow
- Germander roots

The plants that have beneficial effects on bloating are anise, caraway, chamomile, watercress, calamus, allheal, dandelion, wormwood, plantain, parsley, sage, elder, marjoram, celery, garlic, and raspberries.

12. Decreased Ability to Focus

Ability to focus may decline for several reasons. The most common are age, stressors, strong emotional feelings, social factors, but also an advanced arteriosclerosis.

If this decreased ability to think and concentrate lasts long times you should go and talk with a specialist.

An effective natural remedy in increasing focus can be a tea from lemon balm and wormwood.

For maximum effect, it is recommended to drink this tea every day.

13. Nightmares

A nightmare is a dream that causes an unpleasant and overwhelming state. It occurs while we sleep and can manifest differently in each person.

Nightmares occur for various reasons, mainly social, physical and emotional stress being to blame.

Also, people who eat more at dinner and late night may have bad dreams bringing them an ailment that can occur throughout the next day.

In this case, an efficient natural remedy is the tea of valerian root. It has soothing properties, dispelling nightmares if you drink two hot cups before you sleep.

14. Climacteric

Climacteric disorders can occur in both women and men.

In women, this is manifested by menopause, and, therefore, cease of menstruation.

These disorders are manifested by numbness in hands and feet, weight gain women, headache, the appearance of spots on the skin, hot flushes, insomnia, palpitations, and problems with the joints.

In the male climacteric, these disorders can manifest themselves in depression, irritability, headache, tremors, decreased ability to focus, and feeling chills.

They usually appear after the age of 50 years. Natural medicine recommends some natural teas for treating the symptoms that accompany the climacteric disorders in men and women.

Thus, to eliminate this disturbance you should drink (in the morning and evening) a cup of hot tea daily prepared by mixing:

- Tail Cancer,
- Celandine
- Yarrow
- Arnica Flowers

Or

- Lemon balm

- chamomile flowers
- rosemary leaves
- Lady's Mantle
- horsetail

It is recommended to drink three cups of this mixture throughout the day.

If alongside climacteric disorders installs chronic constipation, the natural remedy for dealing with this problem is the mixture of these plants:

- Fig/ Ficus
- Dwarf root
- Buckthorn bark
- Buckthorn fruit

The recommended dose consists of cups of this hot tea daily.

15. Stomach Cramps

Stomach cramps create malaise and discomfort. It may be due to the existence of gastritis or gastric ulcer.

The reasons may vary; cramps can appear as a result of the resence of toxic substances in the stomach.

Specialists recommend a herbal treatment from the following mixture:

- Anise seeds
- Fennel seed
- Caraway seeds
- Mint leaves

Drink three cups of this tea daily.

The oldest method of treating stomach cramps is to apply warm compresses to the abdomen with plain water or salt water.

16. Poor Digestion

Today people accuse digestion problems often.

These problems may lead to inadequate nutrition, stress, and disordered life which can lead to constipation and inflammation of the stomach lining.

Herbs recommended to regulate digestion are: kelp tail Cancer, Buber, chicory, fennel, quince, hops, hyssop, horseradish, mint, elecampane, yams, mustard, carrots, allheal, calamus, barley, oats, wormwood, shock, comfrey, and white horehound.

If people accuse a slow digestion, plants that will yield the best results are quince and rhubarb.

Drink the tea made from the following mixture of plants:

- Fennel
- Dandelion roots
- Grassroots
- Chicory root

If you drink two to three cups every day it's an excellent remedy in solving all problems related to digestion.

17. Diarrhea

Diarrhea can be acute (installed shortly), or it can have severe forms such as dysentery, thyroid fever A or B, and typhus.

Mild diarrhea can be quickly cured with known anti-diarrheal means like germander root, bilberry, and blackcurrant.

If someone has diarrhea the recommendations are:

- The patient will stay in bed;
- Will establish a severe diet without food;

After healing you will follow a consisting diet for recovery.

For the treatment of diarrhea it's recommended to drink three cups of hot tea daily made from the following plants:

- Iceland moss
- Germander rhizomes
- Chamomile flowers
- Oak bark
- Blueberry Fruit

Also, it is recommended to drink three cups of hot tea daily mixing the following plants:

- Wormwood
- Horsetail
- Yarrow
- Germander rhizomes

To treat diarrhea with bleeding tendency drink three cups of tea from the following mixture of plants daily: rhizomes germander, rhizomes knotweed, and shepherd's purse.

To treat diarrhea accompanied by cramps drink three cups of hot tea daily from the following mixture of plants: bark of oak, rhizomes germander, leaves of bilberry, chamomile flowers.

If the diarrhea is accompanied by reduce appetite, it is recommended it is recommended to drink three cups of hot tea from the following mixture of plants: oak bark, horsetail, and lungwort.

Other methods of treating diarrhea:

It can be done through daily consumption of:

- Two to three cups of hot shepherd's purse tea or
- Three cups of hot tea made from germander rhizomes and oak bark.

Another method for treating mild diarrhea is drinking a solution ready-made in pharmacies:

- Sodium chloride 3.5 g
- Sodium carbonate 2.5 g
- Potassium chloride 1.5 g
- Glucose 20 g

Dissolve the above substances in a liter of boiled water. The patient will drink from it several times a day, whenever he/ she feel the need of some liquid.

Treatment with blueberries

For diarrhea put some cranberry leaves and dried fruits and add a few tablespoons of boiled water to obtain a concentrated tea. Drink a glass or a cup of tea several times a day.

Have some fresh blueberries with sugar, rather a laxative!

Other plants with beneficial effects in cases of diarrhea are: cherry and cherry tail Raca, milfoil, bennet, willow bark, thyme, rattle, barberry, quince, mint, elecampane, and candles.

Also, useful to combat it are: birch, moss stone, chamomile, rose hips, blackberry, apple, carrot, marjoram, Roman chamomile, walnut, mallow,

barley, oats, wormwood, plantain, rhubarb, sage, comfrey, shepherd's Purse, nettle, garlic, and raspberries.

18. Dysmenorrhea

Dysmenorrhea or painful menstruation is a syndrome that is associated with menstrual bleeding.

Regarding the torment felt in this syndrome, it is ranging from the feeling of pressure to feeling of pain manifested by twinges.

This pain can mimic angina pectoris in the upper abdomen and upper and lower limbs.

In dysmenorrhea, other events that may occur outside the actual pains are dizziness, fever, tachycardia, headache, diarrhea, vomiting, nausea, and constipation.

Dysmenorrhea may install even due to a vicious position of the uterus, endocrine disorders or inflammation of the cervix.

There are several herbs whose therapeutic qualities can be used as natural remedies for the treatment of dysmenorrhea. These are licorice, shepherd's purse, chamomile, bennet, yarrow, ash, dead nettle, and marigolds.

19. Exhaustion

Nervous exhaustion starts at an older age to more people.

It is the stress of social pressures, problems at work, and mental fatigue.

When this nervous exhaustion reaction manifests rapidly, it means that it exceeded normal limits.

You can identify it by several symptoms: irritability, a decrease in focus, headaches, nausea, heart pain, back pain, tend to laugh or to cry for no reason, gastric disorders, and impaired sexual function.

In this case, nervous exhaustion sufferers are advised by specialists in herbal medicine to consume three cups of hot tea daily made from the following mix plant:

- Valerian root
- Hawthorn fruit
- Lavender
- Big leaf linden blossoms
- Yarrow

VIII. Common Diseases

1. Heart Disease

Heart diseases may have multiple causes.

Among the helpful plants in curing these conditions are horsetail and lavender.

It is recommended to drink three cups of tea every day, prepared from the following plants:

- Pansy
- Mrs. Violets
- Large-leaved linden
- Elderflower

You should consult a specialist before drinking the tea. It can be a natural remedy for this condition.

2. Kidney and Bladder

Urinary kidney, urethra, prostate, and pelvis diseases are becoming more diverse.

You should take the treatment from a specialist.

For kidney diseases lavender, comfrey, and shepherd's purse have beneficial effects. Recognized for their therapeutic effects to combat ureter diseases are: brown algae, oats, and peaches.

For the treatment of prostate disease, you should use brown algae, onions, horsetail, pumpkin, berries, corn, couch grass, parsley, garlic, and raspberries.

For the treatment of urinary tract infections is recommended to drink two to three cups of hot tea every day, from the following mixture of plants:

- Celandine
- Rattles
- Thyme

3. Diseases of the Gallbladder

The gallbladder is where the bile is collected.

Bile is formed in the liver. In the gallbladder stones can form, which depending on their size can cause pain, whose intensity can reach up to violent.

In the treatment of biliary disease, the next tea is considered a natural remedy with beneficial effects on the human body:

- Rhubarb Rhizomes
- Celandine
- Water Clover
- Gentian Root
- Dandelion Roots
- Mint Leaves

Drink this tea every day, 30 minutes before meals.

If biliary diseases are often accompanied by stomach pains, the next

tea is effective for mending them:

- Mint leaves
- Wormwood
- Buckthorn bark
- Dandelion roots
- Turmeric roots

To drain bile drink a tea prepared from chicory root or mint leaves. It is very efficient and has real healing effects, improving the patient's condition.

Biliary pain can be tackled drinking tea from plants:

- Chicory roots
- Juniper fruit
- Dandelion roots

It is recommended to drink it every day, 30 minutes before main meals.

If pain is caused by gallstones you can drink a tea prepared from:

- Pimpernel
- Dandelion Roots
- Mint Leaves
- Yarrow

4. Stomach Diseases

Today, when the stress and irritability dominates, and when the foods are full of chemical ingredients, stomach diseases are very common.

One of the most frequent diseases is gastritis that is an inflammation of the stomach lining. It is caused, in most cases, due to chemicals, nicotine, eating too cold food, ice cream, etc.

There are different forms of gastritis.

Characteristic are the loss of appetite, headache from motion, pain and spasms in the upper half of the abdomen due to an incorrect diet, heartburn, acid regurgitation, nausea, and vomiting.

These are associated with severe pain in the upper center of the abdomen.

The pain is not dependent on food intake, but it can appear usually after you ate. Often vomiting produces a relief.

Centaury is a plant whose effects are well known. It is particularly recommended to make a tea from this plant and drink one hot cup on an empty stomach.

5. Liver Diseases

Liver diseases are very common and should be taken seriously because the liver is a vital organ of the human body.

There are liver diseases that are accompanied by constipation.

Drink two cups of this flavored tea daily with the following plants:

- Bark of buckthorn
- Blessed Thistle
- Yarrow
- Pansy

This natural remedy is beneficial and has healing effects on the human body affected by liver disease.

There are individuals who, along with liver disease even have a heart failure.

For this kind of conditions drink this herbal tea:

- Valerian root
- Flowers of hawthorn

- Root bark of barberry
- Mint leads to tone the heart and helps remove water from the body.

For best results, you should drink one cup of this tea every day.

6. Mental Illnesses

A psychological vulnerability causes mental illnesses.

They can be represented by neurosis, depression, or schizophrenia.

Also, the causes are diverse, primarily mental.

Mental disturbances may happen due to:

- A traumatic event; the psychological point of view,
- Biological, cultural and social factors
- Stress,
- Depression accumulated throughout life,
- Biochemical disturbed air,
- Prominent events from childhood or everyday life
- Frustration;

Mental illnesses represent conditions that are hardly recognizable both for specialist doctors and for the people around the affected person.

Make a tea from lavender. It is not hazardous to the patient, but it is advisable to administer only with your doctor's approval.

7. Diabetes

Diabetes is a clinical syndrome manifested by increasing metabolic glucose and a polymorphism of symptoms and clinical signs. Etiological factors that cause this disease are heredity, obesity, inflammatory lesions, acute or chronic pancreatitis, physical and psychological trauma, endocrine diseases, pathogen agents. Its evolution is constant, finished with various complications like diabetic coma, cataracts, microbial infections in various areas, atherosclerosis, etc.

Signs of this disease are thirst and excess consumption of liquids. The consequences are very frequent urination or even more abundant than usual, and weight loss despite an adequate diet.

The symptoms of diabetes are the peach color face, with a tendency to redness, especially on the forehead. Itching and eczema can appear, especially in the external genitalia. Other symptoms are hair loss, tooth mobility (periodontitis), leg pain, twitter, and blurred vision.

For the treatment of diabetes is recommended to drink tea before each main meal. Drink a hot cup of tea every day from the following mixture of plants:

- Bean pods
- Blueberry Leaf
- Dandelion roots
- Dandelion leaves

You should consume it only with the validation of the doctor!

Another alternative to combat diabetes is to drink a cup of hot tea before meals from the following mixture of plants:

- Bean pods
- Lady's Mantle
- Blueberry Leafs

8. Epilepsy

Epilepsy is a disease that is manifested by seizures that can have many causes. The so-called true epilepsy (congenital) is an inherited disease.

It can be treated today with excellent different specific drugs.

The so-called major crisis of "grand mal" makes life bitter to the sick person and his relatives.

Today it no longer shows any danger if the patient takes medicines regularly.

In case you have this disease, as a help to the treatment you should drink three cups of hot tea during the day from the following mixture of herbs:

- Chamomile flowers
- Leaves lemon balm
- Valerian root

9. Gastritis

Gastritis is an acute or chronic inflammation of the gastric mucosa. Acute gastritis is most often the result of aggression exogenous to stomach: food poisoning after drinking, indigestion after drugs, or other corrosive agents.

Chronic gastritis is a consequence of chronic irritants, constant mistakes in nutrition, digestive allergies, sequel of acute gastritis, and smoking, all occurring in a patient with hereditary predisposition.

Gastritis is possible due to alcohol. Alcoholics often have gastritis, the liver being most affected.

The tea recommended in this case is made from the following plants:

- Licorice Root
- Fennel Seeds
- Lemon balm leaves

Make a tea by mixing these plants and drink three hot cups daily. Alcohol cessation is recommended.

Gastritis can be very painful and can be treated with the following mixture of herbs:

- Siminoc flowers
- Valerian root

- Gentian root
- Calamus roots
- Centaury
- Cumin seeds
- Aniseed
- Fennel seeds
- Chamomile flowers
- Mint leaves
- Yarrow

It is recommended to drink a cup of this tea half an hour before main meals.

10. Herpes

Herpes is dermatitis which often recurs and it is characterized by a rash vesicular bouquet usually caused by a virus.

Usually, herpes occurs when the body is very weak. Symptoms that accompany herpes are mild fever, restlessness, and nervousness, tingling and itching.

The main causes of herpes can be trauma, microbial infection, tooth extractions, and menses.

This rash occurs most often on the lips, cheeks or genitals.

Herpes can be cured using natural remedies based on herbs like peppermint, lemon tree, licorice, walnut, barley, horehound, and pine ointment, black nuts, infusion of lemon balm and hay, shock, apple, rusty cyclamen, bur, and underbrush.

You can treat genital herpes by applying locally hellebore tincture, birthwort tincture or aloe Vera.

11. Warts

Warts mainly affect people who have problems with the proper functioning of the liver.

In this case, the patient should talk to a specialist.

Some natural treatments can dry warts, leading to their extinction.

Among the most used are: anointing them with prepared fluid from celandine stem, or a soak in lemon zest, anointing with fruit vinegar, and white chalk.

From the above, use about two methods, weekly.

Another cure is grinding the medicinal plant “Delphinium Consolida” and applying it on the affected area.

Castor oil applied to warts, do wonders, leading to their disappearance. This treatment should last about 30 minutes a day until the wart withdraws.

12. Poisoning (Suspected Poisoning) in Children

If you suspect poisoning, please talk to your doctor.

You should give to patient syrup of ipecac roots to throw up in the shortest time. Of course, it replaces the pumped stomach method.

Children are often those who are prone to poisoning.

Thus, it is recommended to administer the next syrup: Ipecacuanhae fluid extracts 7 g, glycerin 10 g, and simple syrup (Sugar syrup) 100 g. For

children under two years, it is required to administer a dose of 20 ml syrup, accompanied by 100-200 ml of juice or tea.

Careful! The syrup must be kept away from children.

13. Pinworms And Roundworms

Pinworms and Roundworms are parasitic worms.

The primary place where they grow into adults is small intestine and appendix.

They appear due to the consumption of unwashed fruits and vegetables and due to contact with people who already have these worms.

After infection the patient has itching around the anus, sometimes mild or severe diarrhea.

There are particularly cases when the worms enter the pancreas, oral cavity, esophagus or nasal sinuses, threatening the patient's life.

Plants that constitute an excellent remedy for removing these parasites are anise, basil, yarrow, Buber, horsetail, willow bark, and thyme. Also, wild mulberry, calendula, wheat, hops, hyssop, horseradish, and sea grass are good for these conditions. You can have the same healing effect by using juniper, birch, watercress, sorrel, carrot, chamomile, walnut, allheal, wormwood, plantain, rhubarb, St. John's wort, white horehound, and garlic.

Listed below are some teas from different herbal blends. They are also useful in eliminating pinworms and roundworms.

Drink a cup of hot tea for three days in the morning and evening from the following mix of plants:

- Chamomile flowers
- Tansy flowers, wormwood
- Wild spinach flowers

Another tea from the resulting mix is very good:

- Chamomile flowers
- Buckthorn bark
- Tansy
- Wormwood

It is another way to combat intestinal worms if you drink a cup of hot tea for three-five days, morning and evening.

Pinworms in children

Intestinal worms are considered a general issue for children. They are annoying, so their removal is critical.

For children you should choose a natural, very healthy treatment.

Scrape the pulp of raw carrots and feed it to your kids for a couple of days. It is important to eat only the pulp (no matter the amount), and nothing else.

14. Varicose veins

A varicose vein is a disease more common nowadays due to aging or sitting too long. As our country's population tends to age, more people suffer from varicose veins.

This disease can be hereditary. Blood vessels are too thin, and thus, those profound and superficial veins are dilating and also losing elasticity.

The most commonly affected by varicose veins are mainly pregnant women or people who spend too much time standing or suffer from

hormonal imbalances.

Make a combination of green walnuts mixed with olive oil and keep it in the sun for 40 days in a container. You should anoint with it.

Keep your feet up when you lie in bed.

Nutrition is also a factor that can reduce or favor the appearance of varicose veins.

It is recommended to eat cereals, spinach, cucumber, pumpkin.

In contrast, you should avoid the following: pork, lemon, alcohol, coffee, green vegetables, and vinegar.

Birthwort is a medicinal plant and the necessary ointments for treating varicose can be prepared from its extract.

In this regard, concerned people should avoid eating salt, sweets, high-fat foods, canned food, spices, and pasta.

Tips for treating varicose:

- Do physical exercise in which your arms and legs are up;
- While sleeping you should keep your feet at a superior height from the head;
- You should dress and wear special stockings for varicose treatment only when you're lying down and only during the day.
- You should eliminate foods with high water content from you alimentation;
- Walk 2-3 kilometers every day;
- It is recommended to avoid wearing tight clothes as: suspenders, tight stockings, and socks with rubber band;
- You should avoid physical inactivity
- A sea wave's massage is very beneficial against varicose veins.

Home Remedies To Use During Pregnancy

Some of the pregnancy symptoms can be extremely unpleasant and hard to bear. The thing is that as much as you would want to take a pill to calm the nausea, the heartburn or any other bothering problem, you can't. You don't want to harm that little miracle inside you and that's why you begin to search for other remedies. There's no need to worry because Mother Nature is extremely generous and offers plenty of natural remedies for you to combat the uncomfortable symptoms of pregnancy, without putting your baby's health at risk.

Ginger fights morning sickness

Morning sickness is a frequent pregnancy symptom, which manifests differently from one pregnant woman to another. If you are one of those women that are less fortunate when it comes to this problem, you should know that there are several things you can do in order to ameliorate this annoying symptom:

- avoid powerful fragrances, such as perfume, detergents, onion, garlic, as well as fat or spicy foods;
- use acupressure wristbands for stopping nausea;
- consume ginger tea or other products that contain ginger;
- add more iron to your diet;
- aromatherapy pampering with lavender, rose and chamomile;

- take baths with orange, grapefruit or lemon infusions;
- daily walks;
- avoid caffeine;
- eat little and often; 5 instead of 3 meals a day;
- take vitamin B6;
- try homeopathic remedies such as Nux Vomica 30C, Sepia 30C or Ipecuna 30C, three times a day, for 5 days.

Blood sugar level is the causes of dizziness

During the first months of pregnancy, it's highly probable to experience dizziness and faintness, due to the changes that occur in the bloodstream. There are a couple of natural remedies that could help you in this matter:

- avoid standing up for too long;
- improve the blood flow by regularly contracting the muscles of the legs and buttocks;
- avoid sudden moves;
- make sure you maintain an optimal glycemic level;
- don't take hot baths;
- if you're feeling kind of dizzy, lie down on your back and try to hold your head lower than the rest of your body.

Honey and milk for the heartburn

The heartburns come along with the pregnancy, these being caused by the normal hormonal changes. They usually appear towards the end of this period, when the baby starts exerting pressure on the internal organs.

Here are a couple of therapeutic measures you can take in order to feel better:

- eat small portions;
- avoid lying in bed after meals;
- avoid spicy and fatty foods;
- drink milk with honey;
- do not consume fizzy drinks;
- do not wear tight clothes;
- eat a papaya for good digestion;
- try homeopathic remedies such as Arsenicum 6C and Natrum Phosphoricum 6C.

Many remedies for nausea are also great for heartburn.

Fresh fruits combat hemorrhoids and constipation

Hormonal changes are the cause of many symptoms that appear during pregnancy and constipation is one of them. Then, the hemorrhoids appear, which is another frequent problem. If you act in advance and prevent or even treat constipation, you can decrease the risk of hemorrhoids:

- drink plenty of liquids;
- be active;
- drink prune juice;
- avoid postponing or forcing the fecal evacuation because these both favor the occurence of hemorrhoids;
- eat fresh fruits and vegetables every day;

- stimulate digestion by taking Nux Vomica six times a day;
- reduce bloating by drinking water.

Fatigue during pregnancy

Tiredness is specific to the first trimester and even if you are resting enough, you still feel very tired. No need to panic because even if you can't eliminate this state, you can ameliorate it:

- through physical exercise you can regain your energy;
- try sleeping several times in a day even for 15 minutes a sleeping session;
- eat extra 300 calories than usual;
- include more iron in your diet;

Think about the fact that pregnancy lasts for only 9 months and these days when you feel tired, you experience nausea and heartburn will pass sooner than you think. Until then, try these natural remedies that successfully reduce the impact of the unpleasant symptoms of pregnancy.

In case you notice that all these remedies don't work for you, try consulting with your doctor because he's the right person to tell you what to do.

Safe Home Remedies For Children

Natural remedies have been used for thousands of years in order to treat various illnesses. You can use fruits, vegetables and medicinal herbs in order to treat many affections. One thing to keep in mind is that natural remedies are not supposed to replace the classic medical care, instead they are a safe alternative to traditional medicine.

When it comes to kids, during their first ten years of life, they are extremely sensitive and prone to all existing diseases, which are milder or more aggressive.

Infectious diseases

Until the immune system of a child forms its powerful antibodies, a child can get sick very easy. During this period, the natural home remedies can contribute to stimulating the defense forces of the body.

Each kid is unique and reacts to infectious diseases as such. Some seem tired, left with no energy, with fever and headaches, some have a sore throat and others experience earaches and even otitis. Fortunately, there are plenty of natural home remedies that can be used to prevent or to treat and control the infectious diseases in children.

Get rid of a red nose with inhalations

The symptoms of a red nose are nasal discharge and frequent sneezing. The easiest way to treat this condition is to pour two drops of mint, eucalyptus and lemon oil on a handkerchief and make the little one inhale. In just minutes, he will begin to breath easily again.

The respiratory discomfort can also be eliminated by using willow bark, garlic, thyme and also Pulmonaria officinalis leaves that have anti-infective, anti-inflammatory and antifebrile properties.

Treat irritating cough with natural syrups

The whooping cough appears when the cold is extremely aggressive. The doctor will recommend the vaccine because this bacterial disease is very dangerous for little kids and babies. In addition of the vaccine, the alternative medicine can contribute with treatments that ameliorate the cough. Take for example the catnip syrup that works miracles after just three days: boil water and add the catnip herb. Let it infuse for five minutes, then add sugar until the solution gets thick. Give your baby 3 teaspoons of catnip syrup a day.

Another effective remedy is the onion and sugar juice. Cut two slices of onion and insert them in a jar with marmalade, over which you pour 250 grams of brown sugar. Close the jar and put it in the hot oven. Give your kid two teaspoons of this mixture two times a day.

Something sweet for the fever to go

If they experience fever, children should drink lots of liquids, especially the red colored ones such as cherry, blueberry or raspberry juice.

Another effective method is to wrap your child's legs in towels that were previously soaked into cold water. Then cover with an even bigger

towel and leave the feet wrapped like that for 20 minutes. Repeat the procedure after 30 minutes.

If the temperature rises above 39 degrees Celsius, and lasts for too long, it's absolutely necessary to call a doctor.

Strengthening the immune system

A child's cold in not a thing that can be neglected and no parent want to see his baby coughing, having a sore throat or worse, having a fever. Herbal medicine offers healthy alternatives to prevent these unwanted colds. Among these methods are a healthy diet, honey, sea buckthorn syrup, pine or fir buds teas that stimulate the immunity and breastfeeding.

Healthy diet

By making sure you offer your child the opportunity of following a healthy diet, you can make sure that he will stay away from colds. Vitamin C, antioxidants, vitamin D, vitamin E contribute to a strong and healthy system. Betacarotene is also extremely important and can be found in apricots, beets, broccoli, asparagus, carrots, mangoes, kale, bell peppers, peaches and nectarines, pink grapefruit, tomatoes and watermelon. All foods that are offered to kids must be consumed as natural as possible or steamed.

Breastfeeding is the most efficient way of strengthening your baby's immune system. Breast milk contains many enzymes and beneficial

substances that protect your toddler from colds and many illnesses on the long term.

Sea buckthorn is well known for its miraculous properties of treating and preventing diseases. It contains a large variety of vitamins such as E, A, K, B2, B6 and C. Keep in mind that you must consult the doctor before giving your child sea buckthorn because not all pediatricians agree with administering this remedy to children under 3 years old.

Sea buckthorn with honey is very effective and can be made fast and simple: take the fruits and put them in a jar; then pour honey and let the mixture stay for one week. You can give your child one tablespoon of this medicine, once a day, because it will stimulate immunity, the appetite and will bring the necessary amount of vitamins and minerals.

Pine nut syrup is also a great natural remedy for stimulating immunity. You can make it by washing one kg of pine nuts and them boiling them for an hour. The mixture is then let in the fridge for two days and afterwards the fruits are removed. Keep the mixture in bottles in cold and dark places. It's sweet and your child will love to have a teaspoon of the syrup once a day.

Other natural home remedies that you can give your kid are:

- honey and C vitamin with propolis;
- ginger, garlic and horseradish;
- basil tea, thyme tea and cumin tea.

Always check with the doctor before giving your child any kind of remedy to stimulate his immune system because the pediatrician is the only one entitled to decide if your baby is or not too little to consume a certain aliment.

Allergies

When it comes to children, their parents tend to use natural remedies, which they consider safe and healthy. Here are some efficient solutions that can be used to combat allergies in kids:

- Add many fresh fruits and vegetables to your baby's diet because these reduce the impact of the allergic attacks: broccoli, spinach, onions, bananas and apples.
- Give the child foods rich in cobalt and manganese: mushrooms, fish radishes, vegetables and dry grains.
- Burdock root macerated for 10 hours and consumed several times a day is great for skin and nasal allergies.
- Peppermint tea is good for calming the irritated and inflamed mucous membranes. The peppermint oil is excellent as well.
- Washing your baby's skin with baking soda and warm water is a great solution for skin allergy in kids.
- Milk is the best treatment for hives. Apply cold milk on the affected areas and let it act for 15 minutes.
- Honey ameliorates the pollen allergy. Give the baby 1-2 teaspoons of honey every day, before the pollen starts to emerge.
- The caraway heals the allergies to milk and egg proteins.

Natural remedies are, indeed, an excellent alternative to synthetic and pharmaceutical medicines, but you also have to check with the doctor before you give your baby any type of treatment, in order to avoid the occurrence of complications.

Detox Methods

Detoxification for Health

Detoxification is the process of releasing and expelling the stored toxins through the specific organs of your body – the intestines, liver, lungs, kidneys and skin.

Detox and Disease Prevention

Detox Diets are recommended for improving resistance to disease, mental state, digestion, and strengthening the organs involved in detox.

Detox Diets can help prevent serious illnesses such as cancer, ADD, ADHD, chronic fatigue syndrome and multiple chemical sensitivities, as well as treat heart disease, fibromyalgia, an autoimmune disease.

Why Detox

For most of your life, you considered yourself somewhat healthy. Maybe you're not overweight or very slim. Maybe, you usually ate two to three meals per day, not a lot of junky type foods. But, you don't want to learn the hard way that your lifestyle and eating habits are not healthy at all.

If you eat a lot of processed food, and you drink a lot of sodas, not real juice but manmade sugary drinks, fast food and lots of fat foods, then that's a bad sign. If you also smoke two packs of cigarettes per day, and you became less active as time went on, it is even worse.

If you still consider your lifestyle and eating habits perfectly normal, please observe how most people live their lives. What you still don't realize is that all the dyes, preservatives and hydrogenated oils you are consuming, not to mention exhaust fumes, solvents, chemicals pesticides and heavy metals in our environment are affecting your health.

We spray our homes with chemicals to kill off nasty little critters. We walk outside on the grass that has just been sprayed with more chemicals. We put chlorine in our pools, and we can't go outside at any time without being exposed to the exhaust fumes from cars, planes, etc.

Some of our food supplies are deficient in nutrients. We do not eat the way our grandparents and great grandparents ate. Their food was richer in nutrients. We, over an extended period of time, have depleted our soil and the constant deluge of chemicals used to obtain a larger yield of crops is what gets in our system.

What does this all mean? We live in an extremely toxic environment!

There are various types of detox methods that help your body rid itself of its toxic overload.

Detox Foot Patch

A body that is overloaded with toxins cannot perform its normal cleansing job that is required for optimal health. In addition to naturally-occurring toxins, it is estimated that more than 400 man-made chemicals, as well as heavy metals, permeate the body of a person today. Naturally if these toxins are not removed from the body, they can cause chronic health

ailments. It is therefore very necessary to detox and cleanse the body of these toxins and pollutants.

One way that is gaining much popularity as a convenient method to detox is the detox foot patch. The foot patch is simply a patch sachet filled with some natural plant-based ingredients that are applied to the soles of the feet. It has been widely touted as a simple and reasonably effective way to remove waste, toxins, microscopic parasites, heavy metals, chemicals and even cellulite (as some manufacturers claim).

Why detox through the foot? According to Chinese Traditional Medicine, our human body has over 360 acupuncture points, with more than 60 acupuncture points found on the soles of the foot. Known as the "second heart", they reflect the zones of our major internal organs. These areas also indicate potential homes for toxins.

Circulation of blood and lymphatic fluids reach their furthest points on the soles of the feet before being 'pumped' back up into the higher areas of the body.

By applying the patch to the foot, the patch extracts toxins from the body through the blood that circulates in the soles. After putting on the patch for a couple of hours, it turns dark black, with a pungent smell. Changes in the smell and color of the sachet indicate the amount and degree of toxins which have been extracted via the patch.

For a thorough and complete body cleanse, it is still better to go through a proper detox program. But for those who find it difficult to take the time off to detox and cleanse, the detox foot patch is a convenient and

safe option to consider. Just apply the patch to the soles of your foot overnight and look at your results in the morning!

Liver detox

Detox is mandatory for a healthy liver. The best time to cleanse is spring. Of all the things you can do with alternative health, the liver detox is probably one of the most important if you want to be as healthy as possible in today's environment.

We live in an age where our deteriorating natural environment is polluting our bodies with cigarette smoke, pesticides, food additives, smog, chemical toxins, heavy metals, and many more that threaten our intestines, colon, kidneys, liver, and gallbladders. It is best to detoxify your liver and gall bladder twice a year.

One of the primary purposes of the liver detox is to flush all of the gallstones from your body and minimize the chances of their return. A liver detox will improve your digestion and immune system and help keep your whole body healthy.

Body signals that your liver needs detoxification include:

- Chronic constipation
- Irritable Bowel Syndrome (IBS)
- Frequent headaches
- Eczema or skin related disorders
- Flatulence, gas and bloating
- Excess weight

- Food allergies
- Parasites in stool
- Bad breath and body odor
- Constant fatigue and low energy
- Yeast infection
- A yellowish tint to the skin and/ or liver spots on the skin;
- Poor hair texture and slow hair growth;
- Skin itching and irritation. Elevated cholesterol (and all of the problems related to high cholesterol).
- Anemia and large bruise patches indicate severe liver exhaustion

Detox Diets

Diets are very important and are usually the basis for any detox program, whether it is herbs, cleansing or other detox programs. Detox

Diets will eliminate trigger foods, which may cause many problems with digestion and elimination.

First of all, it is important that you have regular bowel movements during a detox because this will lessen the likelihood of toxins being reabsorbed by the body.

A good way to make sure you will regularly eliminate is to take two tablespoons of ground flax seeds in lemon water in the morning and drink lemon water throughout the day. Flax seeds provide the body with fiber, and lemon water has a slightly laxative effect.

It is also important to drink enough fluids to a body cleanse.

You should try to include at least eight glasses of water daily to ensure that you are allowing toxins to be flushed out.

If you are trying a detox for the first time, it is best to take a gentle, gradual approach. The detox diet plan is a basic diet that many people recommend.

If you are a heavy smoker or take drugs regularly, it will be a massive shock to the system to give up at the same time as detoxing. Take one step at a time – giving up your particular vice will be a detox in itself.

You should know that detox diets are quite restrictive, and once you start a detox diet, you should follow it strictly. Detox diets are safe, but you should consult your doctor before beginning.

Foods like wheat and dairy are often the cause of allergies.

You should eliminate sugar because of its empty calories and tendency to produce hyperglycemia.

You should eliminate meats because they may contain hormones, antibiotics and are difficult to digest.

Caffeine is wise to avoid since it has many ill effects on the body's digestion. Refined, processed and junk foods are also out for any detox program to work.

Typically, detox diets involve 1 or 2 days on an entirely liquid diet and another 4 or 5 days adding brown rice, fruit, and steamed vegetables (all organic) to the diet. After a week of eating only these foods, you gradually reintroduce other foods – except for red meat, wheat, sugar, eggs, and all prepackaged or junk foods – into your diet.

Detox diets are nutritious plans that use detoxification, which help you lose weight by cleansing out your body and improving your metabolism.

There are several types of detox diets.

- One form of the detoxification diet is one made up exclusively of fresh fruits, fresh vegetables, either raw or cooked, and whole grains, both cooked and sprouted; however, no bread or baked goods, dairy products or alcohol are used. This diet keeps fiber and water intake at high levels and helps colon detoxification. Most people can handle this well and make the shift from their regular diet with a few days of transition.

The lymphatic system is used to bring nourishment to cells and to remove wastes. The lymph nodes, located in the lymph vessels, break down toxins. This breakdown is especially important during infections and other acute illnesses. Deep breathing and movement help keep the lymph moving through the vessels.

There are varied types of detox diets:

- Those in which you can only drink fruit and vegetable juice, and the most severe type where you can only drink water/ fasting – drinking only water, juices or broths, or eating one kind of food for a particular period. Your body starts burning fat for energy.
- You can also do specialized cleansers designed specifically for a certain area of the body, for instance, the liver, kidneys, blood or lungs. However, most detox diets just involve cleansing the entire body.
- Nutritional supplements – intake of good powders, vitamins, and packaged protein snacks.
- Hydrotherapy – detoxifying through your skin pores by taking special baths.
- Specific detox diets – last between 7 and 30 days; there are quick detox diets for one or three days and long detox diets for eight weeks.

One of the most current body cleansing detoxification processes is fasting, either with just water or with a variety of juices. While food is vital in providing the nutrients your body needs for energy and body processes,

sometimes the body uses too much energy digesting and not enough time purging toxins. If you learn how to detox your body through fasting, you can kick-start your body organs to start the cleansing process so that your body can eliminate the toxic build-up.

Fasting

Many people for have used fasting to clean the body for years, and you too can figure out how to detox your body through this process. The question of the day is probably why the body better detoxifies itself during a period of fasting. You expect that you might grow weak without proper nourishment for several days but just think about all the energy your body uses during the digestive process there is no energy left over for cleansing the body.

How to detox your body should start with fasting because it has proven time and again as a successful way to cleanse yourself from inside

out. Because you are not eating food and just drinking water (or juice), your body expends its energy focusing on the different eliminating body organs like the liver, kidneys, intestines and skin.

Just think about when you are sick – you usually do not feel like eating and do not have the urge even though your stomach rumbles. This same principle applies here on how to detox your body. The cleansing process is considered the illness your body must defend itself against – thus cleansing itself of harmful toxins.

Types of Fasting

While you might view it as eating nothing and drinking just water, there are several different types of fasting to solve the problem of how to detox your body. Besides the pure fast where you drink just water, you can learn how to detox your body through juice fasts or what is called a mono-food fast.

With juice fast, you must create your fresh juices each day rather than buying something store bought, unless you know it is all natural and fresh, like through an organic whole foods store. To detox your body through juice fasting is likely more attractive and palatable than the pure form. The rule for juice fasting, though, is to choose only one fruit or vegetable with cleansing properties like carrots, watermelons or anything with antioxidants. It provides the body with the fuel it needs without taxing the digestive system.

Mono-food fasting is another option on how to detox your body and involves eating only one food – either one vegetable or fruit – that has cleansing and antioxidant properties. It works much the same way as juice fasting in that you can only choose that one vegetable or fruit, combinations are not allowed.

Detoxing your body can be quite easy, but it does take some effort to stay faithful to the course as you may become hungry and want to eat. However, if you can stick with the plan for just two or three days, figuring out how to detox your body will become a whole lot easier. Just doing it once or twice a year should be sufficient and provide you significant benefits such as increased energy and fewer incidence of ordinary illnesses like cold and flu.

Prevent Cancer through a Detox Diet

Developing cancer is very common nowadays. It may be a loved one, a relative or your next door neighbor, who has got cancer and is now desperately trying to find a proper cure. Finding a cure when one is already diagnosed with cancer is more difficult and nerve wrenching than adopting good prevention habits in the first place. Learning how to prevent disease is a must for everyone because cancer does not discriminate – anyone can get it.

New ideas are being thrown out there every day to treat and prevent this disease, but all of them are based on living a healthy lifestyle. Going on a detox diet is a newer form of cancer prevention that has taken off.

Preventing this disease is possible if you keep your body healthy and free of toxins. Eating healthy foods is always advisable no matter what disease you are fighting. The reason for this is that healthy foods contain vitamins and have properties that make your body function better. A body that works correctly and at an efficient level stays fitter. That brings us to exercise. Exercise helps your body to burn fat and keeps your muscles toned. It also helps your heart and lungs work better which allows your blood to flow better and keeps waste moving through your body correctly. Following a healthy lifestyle prepares your body to be healthy.

Benefits of a Detox diet

- A detox diet helps your body organs to work at their optimal level and without obstruction.
- It helps contribute to removing toxins from your body and eliminate waste more efficiently.
- A detox program usually involves lots of fiber and water and giving your organs a break.
- Fiber helps your body to remove waste, which frees up your system to digest food better. In return, it gives you more energy.
- Water has an overall effect on your energy levels and how your body functions. Instead of letting waste build up and causing loads of

problems, the detox diet rids your body of waste that frees up your colon.

- In a nutshell, the detox diet lets your colon get back to work and to functioning optimally once again. A colon that is not working can only result in cancer.

Because not all the causes of cancer have been identified yet, just take some time to take care of yourself. If you want to prevent this horrible disease you can do a lot for your health and future outlook.

Consider A Herbal Colon Cleanse

Colon Cleanse

Colon cleansing uses natural health & herbs to help your body to heal health problems which are often related to a disordered colon.

More and more people are suffering from health problems, including pain, constipation, and lack of energy which can be related to a dirty bowel.

The most important thing to do is colon cleansing, because if you have a dirty colon with impacted fecal matter, this will create extra toxins which the other organs then have to continually cleanse and detox.

Colon Cancer

The person on a typical Western Diet holds eight meals of undigested food and waste material in the colon. Everyone would greatly benefit with doing a full colon cleanse at least once per year, with ongoing colon maintenance when necessary. It is recommended that parasite cleanse is taken at the same time as the colon cleanse. For optimum health, our objective should be to cleanse not only the colon but all of the vital inner organs as well.

One of the most frequent bowel problems that people experience today is constipation. Constipation is attributed to a low fiber diet and lack of sufficient water, which cause our fecal matter to become condensed and compressed.

A good cleansing program should always begin by removing the waste in your colon, the last portion of your food processing chain. If you attempt to clean your liver, blood, or lymph system without first addressing a waste filled bowel, the excreted toxins will only get recycled back into your body.

The longer your body is exposed to putrefying food in your intestines, the greater the risk of developing disease. Even with one bowel movement per day, you will still have at least three meals worth of waste matter putrefying in your colon at all times. On top of all this, your system can also become continuously self-polluting by the poisonous gasses that are caused by foods you don't tolerate. These toxic gasses can enter your bloodstream, irritating your organs and joints.

Bran and raw vegetables are so rich in fibrous bulk that they cannot get through the tiny holes remaining for passage of feces in most colons. Instead they back up, fester and contribute further to the problem. There is only one good way to clean yourself out, and that is by cleansing your colon.

Natural Cleansing Products

Herbal colon cleansing may decrease the risks of developing certain health problems. Many people who are affected by a health condition have found that cleansing can help their body rejuvenate itself naturally. The body's immune system is the first line of defense against almost all infections and diseases. If your body has a strong immune system, you will be less prone to infection. The immune system is made up of a vast system of lymphatic channels and lymph nodes. Detoxing your body and your colon with the right herbs and supplements is an all-natural way to remove unwanted toxins and heavy metals from lymphatic system improving the overall immune system.

Toxins from air, food and water tend to accumulate in your body over time. Your liver, colon, small intestines, pancreas, kidneys, gallbladder, spleen and lymph nodes are working in harmony and in balance to eliminate these toxins.

Cleansing with Fiber

Fiber plays an essential role in maintaining the health of the digestive system, and adequate fiber in the diet has significant value in the prevention of cardiovascular disease, cancer, diabetes and other ailments.

Fiber cleanses the digestive tract and enhances its function. Metabolized by intestinal bacteria into substances that prevent colon cancer, fiber dilutes and speeds the removal of carcinogens and other toxins in foods so that they spare the delicate lining of the GI tract.

Fiber helps achieve optimal blood sugar control and cholesterol levels by slowing digestion and maximizing cholesterol excretion.

Is there anyone who should not try a detox diet?

Consult your primary care provider to find out if a detox diet is appropriate for you. A detox diet should not be used by pregnant or nursing women, children, or people with anemia, eating disorders, heart problems, lowered immunity, low blood pressure, ulcers, diabetes, epilepsy, cancer and ulcerative colitis, unless recommended and supervised by your primary care provider.

There are unlimited detox plans you can follow, so chose carefully. Some will advocate complete fasting or juice-only days, but beware of the

health implications and never start such an extreme plan without consulting your doctor or a qualified nutritionist.

Detox Via Sauna

Saunas enhance circulation and oxygenate the tissues. They open the nasal passages and assist the sinuses to drain.

A major eliminative organ, most people's skin is very inactive. Many people do not sweat. It may be due to synthetic or tight clothing that does not allow the skin to breathe.

Sedentary living and sun damage also inactivate the skin. Hundreds of chemicals affect the skin from lotions, soaps, and creams to deodorants. Others are cleaning solvents, detergent residues and chemicals from bathing water.

Heating of the tissues also enhances metabolic processes. Greater cellular energy production facilitates healing. Viruses, tumors, and toxin-laden cells are weaker than normal cells. They tolerate heat poorly. Raising the body temperature causes infections to heal more quickly. Hyperthermia, or fever therapy, helps combat infections and even cancer. Our bodies develop fever when ill to enhance metabolism and help kill germs.

The Mind-Body Connection To Detox

The mind-body connection to detox may open up new forms of drug-free detox treatments. The breakthrough was discovering that certain drug (opiate) receptors in the brain are only found in humans and different types of animals that have spines or backbones. Specific (limbic) systems that control emotions in the brain are affected by stimulating these drug receptors. Drugs stimulate these receptors but so does the physical movement.

Before you start you should know some detox tips if you want to succeed:

- Reduce caffeine and alcohol intake a few days before you start;
- Buy a detox book or pick out some tasty recipes to cook so you don't get stuck for ideas;
- Go shopping in advance – with the right foods at hand you shouldn't go hungry;

- Tell all your friends and family what you are doing in advance. If they know how serious you are, they are less likely to try and force feed you a pint/bar of chocolate/Sunday roast when you next see them;
- If you have any history of cancer, kidney, liver, heart disease or any other disease, are pregnant or younger than 16, do not contemplate detoxing without talking to your doctor.
- You can eat all fresh vegetables except corn, which can be an allergenic food. Great detox foods include broccoli, cauliflower, broccoli sprouts, onions, garlic, artichokes, beets, red and green vegetables.

Detox Benefits

- Improves symptoms of heartburn, constipation, and gas and treats digestive disorders.
- Boosts the immune system.

Do you have any allergies or sensitivities?

By and large, conventional health care only deals with masking the symptoms of allergies and food sensitivities, rather than attempting to resolve them. The first step that many alternative practitioners recommend is a change of diet that cuts out wheat and dairy foods, two common allergens. Doing so is also the first step in “detoxing.” Higher levels of detoxing, as well as additional immune support through nutritional

supplementation, have been known to help many allergy sufferers. Allergies are, however, almost by definition, a very individualized condition.

What happens after the detox?

Many of the foods that were eliminated during this diet can be allergenic. A natural health practitioner can help to reintroduce systematically food groups (wheat, dairy, gluten, corn) and note reactions to identify the food groups that may be aggravating health conditions such as sinus congestion, fatigue, skin conditions, arthritis and bloating and constipation. Flare-ups can occur, so supervision is recommended.

Your body eliminates most toxins, and the rest are stored in body fat.

These stored toxins combined with stress can affect your health in very unpleasant ways:

- Weight gain
- Headaches
- Feelings of fatigue and weakness
- Heartburn
- Sore muscles and skin
- Joint pains

These symptoms will fade when you start to detox. Well, you may feel some discomfort in the very first days, but that is a normal body reaction.

It is because the toxins are released faster than your body can eliminate them. These symptoms will not occur again if you detox regularly.

So, I want to inform you that detoxification helps you a lot but can be painful at first. In the following I will share with you the healing crisis.

What Is a Healing Crisis?

A difficult concept to grasp when undergoing a cleansing regimen is the detoxification symptoms that occur along the way. These unpleasant side effects are merely a necessary part of the healing process that we must endure so that we can experience the real benefits of a clean, healthy body.

The turbulence that our bodies experiences during detoxification can be scary– even horrifying at times. And if the detox occurs too rapidly, the symptoms can be extreme and severe. It is what's called the healing crisis. As the body eliminates the accumulated toxins and waste materials that have been stored for so long, it is natural that this will cause a reaction. We temporarily relive past conditions and illnesses as they are released. The good news is once eliminated and released; we are free of future problems and diseases that arise from an intoxicated body.

Detoxification can be induced through dietary changes such as going vegan or raw; water or juice fasting; and herbal cleanses. The more toxins that have been accumulated, the sicker and more miserable you will be during a detox cleanse.

A healing crisis is usually identified by:

- Intense joint or muscle pain
- Severe headaches
- Fevers and chills
- Skin eruptions (acne, pimples, and rashes)
- Insomnia
- Cramps
- Fatigue
- Mood swings
- Emotional-rollercoaster-type behavior

The fact that must be faced is that there will be some degree of discomfort as the body rids itself of the poisons and toxins that it has been burdened with for so long.

The symptoms are only indicators that everything is working correctly, and the discomfort is temporary. If severe symptoms occur for more than three days or so, you can get some relief by slowing the detox:

- Drink lots of clean, pure water
- Get some sunshine and fresh air
- Slow down and get plenty of rest
- Reduce dosages of herbs if taking teas/capsules

Remember, sometimes things have to get worse before they can get better. It's a difficult time, but don't give up. You'll feel so much better when it's over.

You will have faced the challenge and won a major battle. When you are strong in your body, your body will be strong for you!

Words cannot describe how this victory will impact you on many levels- physically, spiritually, emotionally, and psychologically.

So if you can hold on through the turbulent times and rough patches you'll soon be greeted with radiant health and new possibilities.

Your Health Is In Your Hands!

These are just a small number of the many home remedies out there. It is worth pointing out that even though they have been successful in helping people, they may not work for everyone. In my opinion it is worth giving different things a try as they may just change your life.

The treatments and medications given by your doctor for different illnesses are known to have dangerous side effects. As a consequence, more and more individuals are looking to find natural and safe alternatives. It is empowering to know that many of the common diseases can be treated right in your own home, with natural ingredients that can be easily found and used.

Making a doctor's appointment, getting a prescription, finding a pharmacy and standing in a queue doesn't sound that good anymore! Not to mention the fact that if you do all these things whilst being ill can even

worsen your condition. Now you know that you can leave these all behind and find help in the comfort of your own home!

Enjoy a happy and healthy lifestyle from now on!