



Home Remedies

by Megan Wilson

Our family's most-used and favorite home remedies for all sorts of ailments. Tried and true from a homesteading family!

www.wilsonhomestead.com

Table of Contents

- 03: Disclaimer
- 04: Links to Ingredients & Supplies
- 06: Elderberry Syrup
- 07: Ear Infections
- 08: Kidney Infections
- 09: UTI Remedies
- 10: Plantain Remedy (for Bug Bites)
- 11: Tooth Remedies
- 13: General Detox
- 15: Kidney Stones
- 16: Wart Remedy
- 17: Headaches
- 18: Diarrhea
- 19: Constipation
- 20: General Cold & Flu Support
- 23: Fevers
- 24: Morning Sickness
- 25: Varicose Veins

Disclaimer

None of the things written in this book should be taken as medical advice. Always consult your doctor, naturopath or other healthcare professional if you have a health concern.

Go to the nearest ER if you have an emergency health concern. This book is only anecdotal remedies for what I have personally used.



Links to the Ingredients & Supplies I Use

[Dried Elderberry](#)

[Dried Cloves](#)

[Cinnamon Sticks](#)

[Fresh Ginger](#)

[Rose Hips](#)

[Astragalus Root](#)

[Fresh Garlic](#)

[Cold-pressed Virgin Olive Oil](#)

[Activated Charcoal](#)

[Dmannose](#)

[Vitamin C](#) (use the code WILSONHOMESTEAD for 10% off)

[Black Walnut Extract](#)

[Mineral Supplement](#)

[Vitamin K](#) (use the code WILSONHOMESTEAD)

[Shilajit](#) (use code WILSONHOMESTEAD)

[Enema Kit](#)

[Mold-free Coffee Beans for Enema](#)

[Infrared Sauna](#) (code WILSONHOMESTEAD saves \$120)

[Castor oil](#)

[Chanca Piedra Tincture](#)

[Thuja Essential Oil](#)

[Ozonated Olive Oil](#)

[Leefy Prana Tincture](#) (code WILSONHOMESTEAD)

[Boiron Kali Phosphoricum Homeopathic Medicine](#)

[Boiron Podophyllum Pelatum](#)

[Boiron Cinchona Officinalis](#)

[Super Phosphozyme](#)

[Sublingual Sprays for Immune Support](#) US link

[International link for Sprays](#)

[Boiron Oscilloccoccinum](#)

[Magnesium Citrate](#) (code wilsonhomestead)

Email me at megan@wilsonhomestead.com if any of these links are not working.

Boiron Aconitum Napellus
Dr. Talbot's Homeopathic Pain + Fever Relief Liquid
Medicine
Magnesium (code wilsonhomestead)
Magnesium oil (code wilsonhomestead)
Witch Hazel
Bee Propolis



Elderberry Syrup

- 2 cups dried elderberries
- 4 cups water
- 1 cinnamon stick
- 1 tsp dried clove
- 1/4 cup dried rose hips
- 1/4 cup dried astragalus root
- 3 tbsp grated fresh ginger
- Raw honey

Measure out the elderberries, water, cinnamon stick, clove, rose hips, astragalus, and ginger into a large pot. Set on the stove and bring to a boil. Once it's boiling, turn the burner to low and simmer lightly for 30 minutes.

After it has finished simmering, turn the burner off, leave the lid on and let it steep for 1 hour.

Strain off the liquid from all the spices and berries. I like to use a muslin cloth so that I can squeeze more of the liquid out. Give the spices and berries to your chickens or compost it.

Measure the elderberry liquid by ounces and add 50% of that amount of your raw honey. So if you have 16oz of elderberry then add 8oz of honey.

Stir it up well and store in a glass mason jar in the refrigerator.

Dosage:

1 tablespoon daily for adults
1 teaspoon daily for kids



Ear Infection Remedy

My mom used this remedy on us kids growing up and I have carried on the tradition with my own kids. It's truly the best ear infection remedy I've ever tried.

Garlic & Olive oil.

Take two spoons and a fresh clove of garlic. Use the spoons and smash the garlic between them. Get it nice and mashed up and juicy. Pour a little cold pressed virgin olive oil into the spoon over the garlic. Heat over the burner until its starting to bubble. Let it cool. Using a little baby medicine syringe pull some up out of the spoon. Put 1 to 2 drops in the infected ear every couple hours until symptoms resolve.



Kidney Infection Remedy

I have had several kidney infections over the years, most of them when I am early postpartum and my body is weaker.

Over the years I have discovered the best remedies for getting rid of this infection FAST without having to take antibiotics.

Remedy #1: Activated charcoal.

Take 4 capsules of activated charcoal every hour or two until the symptoms disappear. I take two more doses even after that to make sure it's gone. Make sure to drink a lot of water with them because charcoal can make you constipated.



Remedy #2: Herbal tea.

Drink a cup of peppermint and lemon balm tea once or twice a day. Lemon balm is a natural antiseptic. Peppermint has antibacterial and antispasmodic properties and it can help promote urination, which helps flush out the infection-causing bacteria. Drinking tea also increases your water intake which flushes out the infection as the charcoal binds it.

UTI Remedy

Remedy #1: Dmannose.

Take 2 capsules (2500mg total) of dmannose every 2 to 3 hours until symptoms resolve. Make sure to drink lots of water. The dmannose makes the infection release from the bladder wall and then you have to drink a lot of water to flush the infection out.

Remedy #2: Dried cornsilk.

I harvest corn we grow in our garden, or from other local organic farms. I then dry it in the dehydrator and store in a glass mason jar, and make a tea with it for UTIs. Simply take two teaspoons of this herb and steep in boiling water for ten to fifteen minutes before drinking. You can drink this tea up to three times daily.

Remedy #3: Vitamin C.

Take 2 capsules of vitamin C a few times throughout the day with lots of water. I use an acerola cherry vitamin C capsule for a natural form of the vitamin.



Plantain Remedy

There are so many amazing benefits from this so-called "weed". This is one of my favorite things for drawing out poisons. It is the best remedy of all time for wasp stings, spider bites, etc!

Method #1: Use it fresh.

The easiest way to use plantain is freshly picked. As soon as one of your family members gets a wasp sting or spider bite, just head out to the yard and harvest a couple leaves. Chew it up and stick right on the bite. You can use a band aid or something to hold it there for awhile so the herb has time to draw the poison out.

Method #2: Make a tincture.

Of course if you live somewhere that gets cold in the winter this won't be available all year long to use fresh. So it's a good idea to make a tincture to have on hand all year.

Rip the plantain leaves by hand, or grind them in a mortar and pestle (wet or dry), and add them to a sterilized jar.

Pour vodka (grain or potato-based) or brandy (fruit-based), or even apple cider vinegar (raw with the mother) in a 2:1 ratio (2 parts alcohol, 1 part fresh plantain).

Label the jar and seal with a tight-fitting lid. Leave it to sit for 4-6 weeks in a dark place. Strain the leaves out and the tincture is ready to use.

You can use as needed once it's done, place topically on the bite or sting.



Tooth Remedy

I've had several cavities over the last couple years because of how close my pregnancies were, so I've discovered quite a few tips for healing and re-mineralizing. (only for minor cavities, if they have decayed too far down there isn't as much that can be done naturally)

Remedy #1: Prevention with vitamins, minerals and diet.

The first and most important step is to work on replenishing your body and re-mineralizing your teeth.

For awhile I took a mineral supplement, shilajit and vitamin K daily to re-mineralize. Now I'm healed enough that I just take minerals and shilajit in my daily multivitamin, and don't have to add extra.

Vitamin A - Supports the proper development of facial structure and oral mucosal tissues.

Calcium - Increases bone density.

Vitamin K - Helps move the calcium into the bones and teeth.

Vitamin D - We need this for our bodies to absorb calcium.

We can get a lot of those vitamins through eating an ancestral diet. So being really sure to eat organ meats, fermented cod liver oil, bone broth, bone marrow, raw milk, raw cheese, fermented foods, grass-fed meat, local bee pollen, grass-fed butter and other healthy fats. Your tooth health starts in the gut.

A note on the cholesterol myth: don't be afraid of cholesterol and saturated fats! It is important for synthesizing Vitamin D from sunlight.

Remedy #2: Black Walnut Extract.

Black walnut extract can be super helpful for actually healing minor cavities.

I use two droppers in a little bit of water. Slush around for a little while and then swallow. I do it after each meal and once before bed.



Remedy #3: Use the right toothpaste.

I would not ever use fluoride toothpaste. Using one with hydroxyapatite accomplishes the same thing but it's actually safe to use, unlike fluoride. As well as mixing in other re-mineralizing things.

Here is a list of things I use:

Hydroxyapatite Toothpaste (code WILSON10)

Prebiotic Toothpaste

Re-mineralizing Charcoal Tooth Powder

Super Re-mineralizing Ozonated Tooth Putty (code WILSONFAMILYHOMESTEAD)



General Detox

With our world being so full of toxins it's important for most people to do some form of detoxing, so their bodies can release all those toxins and not have them sitting in their bodies causing more harm. But remember, go slow with detoxing, don't add every single thing at once.

Remedy #1: Coffee Enema.

Using a coffee enema is a really great way to help your liver detox! You need to get special mold-free coffee beans and an enema kit. I use distilled water and our french press to brew this. Three Tbsp. for a quart of water, brew for 5 minutes, and then press. Let it cool in a mason jar, then pour into the enema bag. You want to go slow with this so you don't get bad cramping. Once it's all inside, set the timer for 15 minutes and watch something to distract yourself. Breathe deeply if it's cramping, and don't feel bad if you can't hold it for the full 15 minutes.

Remedy #2: Infrared Sauna.

Sweating while sitting still (vs. sweating while working out) is a wonderful way to detox your body, especially your lymphatic system. It's pulling toxins out through your skin with your sweat. You experience a productive sweat from your cells as the infrared waves go deep into your skin, and heat your core to expel toxins, rather than just sitting in hot, ambient air that only heats your outer skin.

Remedy #3: Castor Oil Packs.

A castor oil pack will loosen build-up in the digestive tract and allow you to eliminate excess toxins. I like it especially for helping the liver to detox.

I use some really absorbent cloth, you keep reusing this cloth each time and throw away when it's too dirty, and I just keep it in a mason jar in between packs. Soak the cloth well with castor oil. Put the castor oil soaked cloth on your abdomen over your liver. Place a waterproof towel or plastic wrap over top of it. Then place a heating pack on top of that and turn it on high, or medium if that's too hot for you. Let it sit for about an hour. Take it off, put the castor oil cloth in a jar for next time, and wipe off your stomach where all the oil is. You can do this a few times a week or as infrequently as once or twice a month.

Remedy #4: Milk Thistle.

I use milk thistle capsules whenever I am doing a detox to help my liver expel more toxins and also protect it from any damage. It can help the detox be more gentle on your body but also more effective. Take 1 capsule about 30 minutes before starting one of your detox regimens.



Kidney Stones

I had a bout of kidney stones after my second baby was born - another one of those things that made me realize the importance of taking extra good care of my body in pregnancy and not stressing my body out so much.

Remedy #1: Chanca Piedra.

This herbal tincture helps break up stones. I took 1 dropper in a little water, 3 times a day until the stones passed.

Remedy #2: Lemon Juice.

Lemon juice is something that can help shrink the stones, making them easier to pass. Add a couple ounces of lemon juice to your water that you drink through the day. The more you can tolerate the better.

Remedy #3: Lots of Water.

Water is super important for passing stones. It helps flush them out and being hydrated also helps prevent more stones from forming.

Remedy #4: Super Phosphozyme Supplement.

These capsules are very effective at dissolving stones. When I had gallbladder stones I took 4 a day for 3 days. When I had kidney stones I took 3 a day for 3 days and then down to 1 a day for another three days. It is very helpful to work with a muscle tester when taking this, because you don't want to take too much or for too long. Take 2 hours after food and 1 hour before food because it rids the stomach of acid.

Wart Remedy

Years ago I had a super stubborn wart on one of my fingers that refused to leave no matter what I tried Until I learned about this remedy somewhere and tried it, and it finally made that horrible thing disappear for good!

Thuja Essential Oil & Ozonated Olive Oil.

Place a drop of Thuja Essential Oil on the wart, then smear a very small amount of the Ozonated Olive Oil over that. Then put a bandaid over that. You don't want it open to the air, that seems to make it grow back. Keeping it covered and moist is going to make those things penetrate deeper into the wart to kill it. Repeat the process once a day until the wart is gone.

Every now and then, as the top of the wart dies, you can use a clipper to cut off the top, that lets you get even deeper, faster with the remedy.

This can take a long time, so don't give up hope! I also recommend doing it for another few weeks after you think it's gone.



Headache Remedies

Remedy #1: Leefy Prana.

Leefy Prana is a tincture we use for it's amazing anti-inflammatory properties. It has organic turmeric root, organic ginger root, and organic black pepper fruit. Using any of those separately or in another from can help too. Relieving inflammation can help with minor headaches as well as migraines.

Remedy #2: Kali Phosphoricum.

This is a homeopathic remedy that relieves tension headaches. I dissolve 5 pellets under my tongue up to 3 times during a day.

Remedy #3: Peppermint Essential Oil.

Peppermint essential oil has a very cooling and soothing effect. I drop some on my fingers and carefully rub it on my temples, forehead, and the back of my neck. Be careful not to get it near your eyes.

Remedy #4: Hydrate.

Sometimes headaches are just because we aren't hydrated well at a cellular level. Just chugging plain water won't help all the time, so adding a little pinch of mineral salt to your water actually helps make sure your cells are being hydrated and the water isn't just flushing your minerals away.

Diarrhea Remedies

These are some remedies for temporary diarrhea. If you are having on-going diarrhea it is time to look for a deeper root cause. Gut imbalance, colon issues, microbiome, there are so many things that could cause it. So I'd recommend going to see a naturopath and/or kinesiologist.

Remedy #1: Activated Charcoal.

Activated charcoal is actually something that can make you constipated if you're taking it for an infection and you don't drink enough water with it. So it can be helpful to temporarily relieve the symptoms of diarrhea.

Remedy #2: Podophyllum Peltatum.

This is a homeopathic that relieves diarrhea with intestinal growling and pain. Take 5 pellets, hold under the tongue until they dissolve, up to 3 times a day.

Remedy #3: Cinchona Officinalis.

This is a homeopathic that relieves diarrhea with gas and bloating. Take 5 pellets, hold under the tongue until they dissolve, up to 3 times a day.

Remedy #4: Probiotic Yogurt (or Kefir).

Yogurt contains bifidobacterium and lactobacillus acidophilus, which are useful for reducing diarrhea. Also, these good bacteria are high in lactic acid, and can be really effective for treating diarrhea.

Constipation Remedies

Remedy #1: Prunes or Prune Juice.

Eat a few prunes or drink a cup of prune juice to loosen things up. This remedy is my favorite for kiddos because they don't mind drinking the juice.

Remedy #2: Magnesium Citrate.

This form of magnesium can have a laxative effect so that's why I don't like it for general magnesium intake, but it is very effective at loosening up stools, so I keep a bottle on hand just incase.



General Cold & Flu Support

Remedy #1: Elderberry Syrup.

Take extra of your elderberry syrup. Recipe on page 6.

Remedy #2: Vitamin C.

We take the real food vitamin C: Acerola powder when we are sick to help our immune systems start to fight off the cold. It is a powerful anti-oxidant and it also helps increase the absorption of the nutrients taken in through our food. So it helps give our bodies more defenses during a sickness.

Remedy #3: Sublingual Sprays.

I like to use sublingual sprays when we are sick as well. They are easy for kids to take and can be really helpful for anyone with gut issues because the vitamins enter the bloodstream in minutes and bypass the gut. I have on hand C, D, and B sprays. The C spray has zinc, acerola (vit C), echinacea, and elderberry, so it's a wonderful immune support to have on hand!! Link on page 4.

Remedy #4: Extra Hydration and Bone Broth.

It's really important to make sure you are staying hydrated while sick. Drink mineral water to re-hydrate your cells. We like to have homemade bone broth on hand for sipping on also. It is hydrating and it's also giving your body protein, minerals and other nutrients important for healing.

Remedy #5: Wet Sock Treatment.

This may sound like a strange one, but using this treatment helps increase circulation which stimulates the immune system and decreases congestion in the upper respiratory passages, head and throat. Start right at the onset of an illness and repeat for 3 nights in a row.

First take a nice warm bath, then get ready for bed. Soak some cotton socks in ice water, then ring out and put them on your feet. Layer a nice thick dry pair of wool socks on top of the wet cotton socks. Go to sleep and allow it to increase your circulation and work it's magic.

Remedy #6: Lower Intake of Processed Foods and Sugars.

Eating processed sugary foods during a sickness, like store-bought ice cream, can feed the bad bacteria and make it harder for your body to heal. Eat lots of grassfed meat, lacto fermented foods, bone broth, bone marrow, raw dairy, to give yourself the proper nutritional support.

Remedy #7: Argentyn 23.

This is a Professional Bio-Active Silver Hydrosol. It has positively charged silver ions and is very effective for immune system support. For short term use during a sickness, take 1 tsp 5 to 7 times a day (only 1/2 tsp for children).

Remedy #8: Boiron Oscillococcinum.

This is a homeopathic remedy for flu symptoms for the whole family. Adults and children 2 years and older dissolve entire contents of one tube in the mouth every 6 hours, up to 3 times a day.

Remedy #9: Bee Propolis.

Bee propolis spray supports your immune system with antioxidants, vitamin C, zinc, iron, B vitamins, and over 300 other beneficial compounds. It naturally contains flavonoids and polyphenols that fight free radicals and combat oxidative stress. It's also amazing for soothing a sore throat.



Fever

My general rule is to just let fevers be if I can. It is your body's natural and effective way of killing whatever virus is attacking. But if they get too high (over 102F) then I have a few remedies on hand to help.

The first line of defense is always eating nourishing foods and staying hydrated.

Remedy #1: Boiron Aconitum Napellus.

This is a homeopathic remedy for high fevers. Dissolve 5 pellets under the tongue 3 times a day until symptoms resolve.

Remedy #2: Chiropractic Adjustments.

During a fever and illness, a chiropractic adjustment can remove some of the stress and interference the central nervous system may be experiencing by getting the spine aligned. When the spine is aligned, the body should be much more efficient and stronger.

Remedy #3: Dr. Talbot's Homeopathic Pain + Fever Relief Liquid Medicine.

I use this homeopathic liquid for my kiddos when they have a high fever. I use this instead of tylenol. Tylenol we have on hand only for dire emergencies.

Morning Sickness

Remedy #1: Eat Right Away.

I find personally that the nausea gets much worse when I let myself get hungry. So eating a little something right away in the morning really helps. Even if it's just a little cup of raw milk.

Remedy #2: Magnesium.

Sometimes pregnancy sickness can be made worse by magnesium deficiency. So taking a magnesium supplement is helpful. Either a topical magnesium oil spray like from Ancient Minerals. Or a magnesium glycinate capsule.



Remedy #3: Ginger and Peppermint.

Sipping on either ginger or peppermint tea through the day is super helpful. Both of those things relieve nausea very effectively.

Varicose Veins

Remedies for Varicose Veins

Some things that can help prevent varicose veins or improve current ones are:

Applying Cypress Infused Oil, Vitamin E, Magnesium Oil and Witch Hazel topically on the varicose veins.

Apply a fresh poultice of comfrey, yarrow, and mullein.

Take medical grade liquid Collagen, get adequate Copper intake, take Quercetin, Vitamin K, Vitamin E, and Magnesium.

Drink nettle and parsley tea.

Get consistent exercise, including brisk walking. Leg inversions can help as well, do inverted yoga poses as well.

Remove seed oils.

Avoid crossing your legs, wearing knee length socks, tight clothing, or high heeled shoes, and straining too hard on the toilet.



Thank you for reading!

You can find us at:

wilsonhomestead.com

Instagram @wilsonfamilyhomestead

YouTube @WilsonHomestead

Email me at

megan@wilsonhomestead.com

PO Box 921
Hamilton, Mt 59840

