

ALCHEMY OF HERBAL MEDICINE

700 Natural Remedies
To Cure Diseases



SPENCER GARRET

Volume 2

Alchemy of Herbal Medicine – Volume 2

700 Natural Remedies to Cure Diseases

**By
Spencer Garret**

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700 Natural Remedies to Cure Diseases

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The Alchemy of Herbal Medicine Volume II is a continuation of the volume I. This book is composed of about 700 of herbal remedies that taken spending months going through hundreds of reports and studies and actually investigating the findings on real people by many natural healing clinics all over the world. A high number of those herbal remedies are effective and work like magic! Majority of them can give you almost immediate relief from your diseases.

Herbal Remedies Example One: Did you know that if each woman in America and elsewhere in the world would take just one nutrient each day breast cancer rates would go down drastically to almost 50 percent?

Herbal Remedies Example Two: Did you know that you can produce a natural laxative that performs several times better for constipation than any of the synthetic laxatives? Just consume 4 prunes two times a day and you will experience the most effective and calmest herbal remedy for constipation.

Herbal Remedies Example Three: Are aware you that, six cherries have equal effect as 1 aspirin? In addition, the cherries are so rich in antioxidants!

Create your own natural hair care products and save a fortune in hair treatments.

Take care of and manage dandruff with an herbal conditioner for dandruff. Fix split ends with your own essential oils for split ends. Put your hair to its natural PH balance with a hot oil treatment for dry hair.

Save lots of money preparing your own henna protein fantastic preparation.

Prevent hair loss with this 400 year old herbal hair loss formula.

This is not limited to these, a lot more are contain in this book.

To start with you will know a way to clean a wound or a sting with a topical wash for bites and stings.

Discover how to prepare an emergency insect bite lotion that alleviates pain and inflammation.

Discover an all herbal fast healing ointment.

Treat ant and nettle with a top secret ancient herbal medicine.

Also prevent bites and stings with this repellants:

- Herbal insect repellent.
- Other natural insect repellents.
- Mice repellent.

Learn how to treat:

- Dog bites.
- Sunburn.
- Broken bones.
- Bruises
- Burns
- Poison ivy
- And more

Various very special herbal remedies for children.

Know how to control ADD naturally through the usage of a Hyperactivity Herbal Remedy.

And numerous easy –to- prepare and effective childhood diseases' herbal remedies as well as your recipes to prepare an itching and blister remedy.

If you are troubled about antibiotics you're not by yourself but you can give your child a better health by using this herbal antibiotic.

As regards babies you will equally learn how to produce your own *diaper rash cream* and at the same time prevent rashes by making all natural baby oil.

You will be able to kiss Menstrual Pain and PMS Symptoms Good Bye forever. You will know how to make menstrual cramp oil and control bleeding by preparing a menstrual bleeding control tincture.

You should know that it is very much easier to treat and cure yourself effectively without the use of harmful drugs using the natural herbs that the ancients have used to maintain and sustain their health scores of centuries ago.

The herbal medicine is a potent and strong force against all types of ailments with practically no side effects ever!

If you are tired of swallowing medications which do not help cure your sicknesses, embrace herbal remedies that will free you from all forms of diseases.

The side effects of medications are far too numerous. The side effects may include symptoms such as recurrent headaches, sluggishness, regular fatigue, constipation, allergies, and several other disorders. Majority of

which, you perhaps are not even know that they are the consequence of taking too much drugs.

In fact, drug medications are chemical substances that are poisonous to your body and when accumulated in your system, they do damage. The symptoms that you have been experiencing are just the tip of the iceberg of what actually going on in your body.

It is crystal clear that modern medicine is disappointing its patients. Regardless of improvements in modern medicine and medical technology, there are increased cases of cancer and diseases that are defying medical treatments. You may you know someone, a neighbor or a loved one, who has a life threatening disease or a severe ailment that is “incurable”. Therefore, does this imply that we are ruined? Are there truly no cure and no solution at hand?

The simple truth is that there is. And this has been preserved from time immemorial. The major pharmaceutical companies have always kept the secrets of herbal medicine from the public in other to protect their ‘*business interest*’. Pharmaceutical companies never ever want anyone to know that, in herbal medicine lays every solution to all medical conditions which have hitherto appeared “*not curable*”.

The reality is that herbal medicines are one of the several natural cures that can effectively take the place of conventional drugs. Down the ages herbs were an essential part of healing. Herbal remedies are truly nothing new in this modern age.

For several years gone by, man have been making use of herbs to tackle successfully illnesses ranging from the ordinary cold to severe autoimmune deficiencies. However, those that live in the modern city, such as you, have been weaned on medications and hence, possess no understanding of the healing power of herbs. But with better awareness about the dangerous effects of drugs, more people are seeking succor in herbal medicines as an effective and efficient alternative form of natural healing for treating and preventing disease.

If you are enthusiastic about how to bring back your health, it is never too late to adopt herbal remedies as a way of life.

This book is packed with useful and helpful information about herbal remedies. You should know that herbal remedies exist for just about anything that affects people. Essentially, you can also use herbal remedies to prevent disease. Similarly, the medical doctors are becoming more informed about

the potency of herbs in the treatment of diseases. This book is an excellent herbal medicine guide on your journey to sound body and mind.

- Gain knowledge of what herbal remedies are and how you can use them to take care of mental, physical and spiritual complaints.
- Know how to use aromatherapy to deal with the common cold, relieve chronic headaches and so on.
- Find out about our complete guide of symptoms and solutions to common herbal remedies for healthier life challenges that herbs can handle.
- Learn what age-long herbs help build up memory and improve your circulatory system.
- Discover what natural herbs that can help to hinder the appearance of aging and improve your skin complexion. There is no need for invasive surgery!
- Learn how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.
- Be aware of how a natural plant may help strengthen and tone your uterus, enhancing your fertility and easing child labor and recovery.
- Get to know the calming and soothing herb for gastrointestinal troubles, digestive signs and even bloating.

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HERBAL REMEDIES FOR ECZEMA (DERMATITIS)

Eczema is also referred to as dermatitis, is an assemblage of skin disorders. Atopic eczema, adult seborrhoeic eczema, varicose eczema, allergic contact dermatitis, irritant contact dermatitis, infantile seborrhoeic eczema, and discoid eczema are different kinds of eczema. *Atopic dermatitis* is the most widespread kind of eczema. It primarily occurs among infants and little kids. Apart this, there are equally *dyshidrotic eczema* that is common in warm weather and *nummular eczema* that affects individual during the winters. These could be found any part of the body specifically hands, feet and chest regions. More than 90% cases of eczema affect children below 5 years of age. It is a non communicable disease. The skin being the largest organ in the body and the most apparent, as such any condition affecting it is not possible to disregard. The skin is opened to burns, bruises, cut, and scrapes. It can equally develop diseases like any other area of the body.

Eczema is an inflammatory skin condition that initiate blisters, flaking, thickening, crusting, redness, scaling, color changes and itching that can be very disturbing. Several times dermatitis is allergic in nature mostly through contact with different materials, chemicals or plants, like rubber, latex, soap, cosmetics, perfumes, gold, silver, poison ivy and so on.

Those that have thin dry skin are susceptible to have eczema and other skin problems. Another cause of eczema is sensitivity or allergy to particular foods. According to studies people with low stomach acid are sensitive to specific types of foods therefore making them prone to have some kind of skin disorder.

Persons being affected by eczema is sensitive to certain of the items mentioned above and should be watchful of their condition and shun contact with any of the irritant. Lengthened exposure to the materials may aggravate the symptoms and make the eczema to spread.

Another type of eczema known as *atopic dermatitis* (AD) affects the elbows, knees and face. It is exceedingly itchy. Also *nummular dermatitis* attacks legs and arms. It produces circular lesions brought by contact with nickel.

Causes of Eczema

- Eczema could be compounded by irritants such as chemicals, detergents, solvents, smoke, etc.
- Weather conditions could worsen the condition.
- Excessive stress, heat and emotional stress also compound the symptoms of eczema.
- Though eczema is not contagious, personal hygiene is very vital. Remains from detergents may settle on your clothes and this can either cause or make worse Eczema symptoms. Ensure that you use the precise amount of detergent, and not more than, when washing your attire. Also be sure that you clean your clothes well to reduce detergent remains. If your skin is sensitive, you can make use of warm water for the last cleaning because it will help to minimize remains from detergents.
- When using cleaning liquids and solvents, take caution by using gloves to protect your hands. Also make sure that these liquids do not come in contact with your skin and if they do, see to it that you wash the area very well with a mild soap and cleaning water.
- To reduce irritation caused by residue of smoke, ensure that you have a quick shower whenever you have been exposed to too much of smoke or soot.
- Severe temperatures can equally aggravate skin irritation and thus it is essential to stay cool in summer and warm in winter.

Tips for Eliminating of Eczema

- Sunbathing is beneficial because it kills harmful bacteria.
- Soaps, chemicals and other drying agents should be kept away from.
- Boost your intake of vitamin B6
- Perform exercise, meditation and relax your mind
- Use fragrance-free only bathing products.
- Vitamin B complex is essential for healthy skin.
- Undergo exercise, meditation and lighten up your mind
- Use bathing products that are fragrance-free.
- Eat a healthy diet and shun foods such as dairy products, mushrooms, or crustacean meat for instance ,lobster, shrimp, clams or oysters that may have allergens and exacerbate the condition · Bathe in cool or warm

water, never hot and always apply a moisturizer to your skin afterwards to seal in moisture

- Use a mild soap only when washing
- Moisturize every day to prevent dry skin.
- Steer clear of irritants such as, detergents, perfumes, soaps, household cleansers, gasoline or turpentine that may compound your skin problems.
- Put on plastic or vinyl gloves whilst working in water.
- Keep nails short to prevent scratching or rubbing the itchy area.
- Do not get involved in activities that may make your skin to get hot and sweaty.
- Put on cotton or cotton mixed clothing and do not wear wool and synthetic fabrics because they can irritate the skin.
- Individual should use protective coverings for mattresses or pillows if they allergic to dust or dust mites.
- Become skilled at how manage stress by employing relaxation techniques like deep breathing exercises, meditation or listening to music.
- Keep pets outside and avoid giving them access into the bedroom.

Herbal remedies

1. A light mudpack used over the place of eczema is very beneficial.
2. Apply the superior paste of 1 teaspoonful of **camphor** and 1-teaspoonful of **sandalwood** on the affected eczema spot.
3. Prepare a fine paste by mixing one tablespoon of **turmeric powder** and one tablespoon of **bitter neem leaves**. Then apply this paste on affected areas.
4. Using **spearmint leaf juice** to treat Eczema is considered beneficial.
5. Crush **almond leaves** in water and apply on the area. It is helpful in the treatment of eczema.
6. **Papaya seeds** pounded and applied on eczema areas. This prevents itching of the skin experiencing eczema.
7. 25 grams of Neem Tree bark and mango bark should be boiled in one liter of water. Allow the vapor to stimulate the affected area. After the stimulation, the affected area should be creamed with ghee.
8. Mix an equal amount of carrot juice and spinach juice thoroughly together. And apply it on the affected eczema part.

9. Apply the nutmeg paste gradually rubbing it on smooth stone with little water.

10. Add two cups of colloidal oatmeal into a tub of tepid water and bath with this water correctly.

11. 25 grams of Babul Tree bark and mango bark should be boiled in one liter of water. Let it the vapor to stir up the affected area. After this stage, the affected area should be creamed with ghee.

12. Blend the following ingredients:

1 teaspoonful of **white oak bark**.

1 teaspoonful of **slippery elm bark**.

2 cups of water.

1 teaspoonful of **comfrey root**.

Boil all of them for 35 minutes. Then use it to wash the affected part.

13. Put Vitamin E of natural origin on the affected area because it calms the itching. Avoid using synthetic vitamin E due to inability of body to utilize it. *Note that Synthetic vitamin E has a dl instead of a d in front of its description: dl-alpha tocopherol.*

15. Take Zinc orally and apply it directly on the eczema.

16. The cartilage of Shark reduces inflammation.

17. Use a cool moisturizing lotion prepared from cucumber juice and sweet almond oil in the summer months. And during the winter you can use a warming lotion prepare from little drops of ginger essential oil blended with one spoon of olive oil and small coconut milk or water.

HERBAL REMEDIES FOR DIABETES

Diabetes Mellitus can be described as a chronic metabolic disorder that hinders the body from utilizing glucose totally or partially. It is characterized by increased in glucose concentration of the blood. The pancreas synthesizes a hormone referred to as insulin that controls the quantity of glucose in the blood. If insulin is absent, the blood sugar increases because the body cannot utilize or store up glucose. The most widespread screening tests for detecting diabetes are:

1. The determination of the fasting blood glucose level
2. The blood glucose level tested 2 hours after a meal. The standard fasting blood sugar content is 80-120 mg/100 ml of blood; this move up to a level of 160 mg/100 ml of blood 2 hours after meals. Whatever above these levels can be considered as *diabetic levels*. Diabetes is widespread among older and obese individuals.

Types of Diabetes:

Insulin-dependent diabetes mellitus (IDDM) or Type 1 occurs when the pancreas fails to produce sufficient insulin. It generally happens in childhood or adolescence although it can develop at any age. These kinds of patients need insulin daily.

Non-insulin dependent diabetes mellitus or Type 2 occurs when cells of body develop resistance to insulin. This is more popular among adults, particularly those who are overweight and above 40 years of age. These categories of people are able to exercise control on their blood sugar levels through constant exercise, weight control, and a well-balanced diet. Certain people need insulin injection or oral medications to reduce blood sugar. Diabetes is a disease that comes up, as a result of a problem with the hormone, insulin, manufactured by the pancreas. Insulin controls the sugar in the blood, and the amount of glucose is assimilated by the cells; which in turn utilize glucose to generate energy. When insulin is not available, or the body is not using it correctly, glucose cannot enter the cells, thus accumulates in the bloodstream giving rise to hyperglycemia (excess blood sugar) in the blood.

The symptoms for either of diabetes are: abnormal hunger and thirst, excessive urination, weight loss, fatigue, the white part of the eye becomes yellowish, easy bruises, and wounds take lengthen time to heal.

If not attended to appropriately, diabetes can have very destructive results, such as, amputation of foot or leg, retinopathy, blindness, cardiovascular disease and kidney disease. Diabetes is so dangerous; as such it needs to be monitored by a physician. But in this book you will discover how to manage your *diabetes type II*, without synthetic drugs, using only **herbs, vitamins** and good **nutrition**. Though type I diabetes with time can also be managed and controlled using herbs, correct diet and vitamins but at the initial stage, an individual required to adhere strictly with the instructions of a physician.

Women may have gestational diabetes as a result of the changes that occur within the body during pregnancy. Although this condition usually disappears after delivery, nevertheless it is a clear signal that the woman is at risk of having Type II diabetes later in life and is liable to experience gestational diabetes in future pregnancies.

Symptoms of Diabetes

Diabetes can and mostly goes undiagnosed because the symptoms can appear harmless and at times normal.

There are two kinds of diabetes symptoms which include:

Symptoms of Type 1 diabetes

- Increased fatigue
- Irritability
- Blurred vision
- Recurrent urination
- Too much thirst
- Severe hunger
- Bizarre weight loss

Symptoms of Type 2 diabetes

- Fuzzy vision
- Cuts or wound that are so slow to heal
- Itchy skin and yeast infections
- Increase in thirst
- Dryness of mouth
- Desire to urinate regularly
- Pain in the Leg

Management Tips for Diabetes

- **Regular Exercise:** It has been shown that those who exercise from time to time are 50% less likely to have Type 2 diabetes. If you have diabetes, it is still vital to remain active, but just ensure you considered the type of physical exercise you do and its affect on you. Overly demanding activities may cause abrupt low blood sugar levels and should hence be done away with.
- · **Consume plenty of green vegetables and fresh fruit as well as whole grain foods, which have Vitamin B and Chromium.**
- **Address issue of overweight.** Obesity is one of the key risk factors in Type 2 diabetes.
- **Managing diabetes begin with healthy eating.** Reduce your consumption of processed and refined foods containing high fat and sugar levels.
- **Monitoring your sugar levels is vital so endeavor to adopt constant testing as a daily routine as soon as possible.**
- **Diabetes is a process, so coping with that takes time. Learn to be optimistic.**

Herbal remedies

1. Take **Alpha lipoic acid**. It helps to control glucose level in the blood. Alpha lipoic acid is seen as the elite general purpose antioxidants.
2. Consuming one cup of herbal made **curd** helps to reduce the development of diabetes induced by high fructose administration.
3. Using **Bitter gourd Juice** or **bitter gourd** in any form aid control of diabetes.
4. **Black berries seeds** should be powdered and taken often. And also the consumption of Black berries assists to control diabetes.
5. Pieces of stem scraped from **Red kino** tree (*Pterocarpus marsupium*) should be boiled in water. Filtered this decoction and drink regularly to control diabetes.
6. Chewing few leaves of Sweet neem each morning equally helps to reduce diabetes.

7. Eating an **Indian gooseberry** daily helps in reducing diabetes.
8. Mixed **Indian gooseberry powder** with **Turmeric powder**; taken in an empty stomach also helps to control diabetes.
9. Soak Fenugreek seeds overnight and in the morning eat them in an empty stomach or alternatively use fresh **fenugreek leaves** in cooking because this cures diabetes.
10. Drinking of '**Lemon water**' in the morning helps in controlling diabetes.
11. Bel fruit consume in any form equally help in reducing diabetes.
12. Salted Buttermilk take in the morning helps to manage diabetes.
13. Use Garlic in capsules it helps the circulation of blood and the regulation of glucose level.
14. **Huckleberry** promotes the synthesis of insulin.
17. A tea prepared with **lima beans, kidney beans, white beans, northern beans** and **navy beans** eliminates toxins from the pancreas.

HERBAL REMEDIES FOR DIARRHEA

Stools that are loose and lacking consistency are known as diarrhea. It is an effective way for the body to remove an unwanted substance; this may be accompanied with symptoms such as vomiting, stomach pain, thirst, fever, nausea dehydration. Diarrhea may be dangerous in children as well as people of age 65 and older.

Diarrhea and vomiting are usually responsible for the loss of fluids; though fluids required to be replaced. In some situations, diarrhea is an offshoot symptom of another problem, although in most cases it is caused by food poisoning, bacteria in food or water, food allergies, or a virus. Also, too much alcohol, laxatives, caffeine can also cause diarrhea. Certain drugs can trigger off diarrhea, antibiotics such as tetracycline, penicillin etc. the presence of blood or mucus in the stool is an indication of infection or parasites.

Some well known drugs will stop diarrhea but they tamper with the natural process of cleansing that the body urgently needs. With herbal remedies we may assist ourselves feel better without preventing the immune system from performing its job.

Your body utilize diarrhea to drive out bacteria or viruses you might have taken in through the consumption of poor food. Hence, it might be improper to stop diarrhea too early. Though, diarrhea does not work that way at times and if it continues for many days, dehydration and loss of essential nutrients may take place, which can be risky especially in kids. That is why we recommend the use of herbal remedies for diarrhea in contrast to the over-counter –drugs. Herbs can stop diarrhea and equally tackle the cause.

Causes of Diarrhea

Most times, diarrhea occurred as a result of our diet – eating fruit excessively or spicy food, a radical change in diet, or temperature. Acute diarrhea is normally linked to a bacterial, viral, or parasitic infectivity. Chronic diarrhea is related to digestive disorders like irritable bowel syndrome or inflammatory bowel condition. As it is common with vomiting, diarrhea make the body to lose essential amounts of fluids, and accordingly dehydration is always a key concern. Consult your doctor if you or children go through lengthened periods of diarrhea, if it is followed by pain in the stomach, or blood in the stools.

Symptoms of Diarrhea

Often individual experience two bowel movements daily, and have solid stools. Each time stools are watery and very loose – and this take place three or more times per day, it is referred to as diarrhea.

Precautionary Tips to Avoid Diarrhea

- Shun caffeine, milk products, and foods that are oily, rich in fiber, or so sweet, because these categories of foods tend to complicate diarrhea.
- Gradually add soft insipid foods to your diet, for instance plain rice, boiled potatoes, cooked carrots, bananas, and baked chicken devoid of the skin or fat.

Herbal Remedies

1. A glass of water should be boiled and cooled down. A little sugar and salt should also be added. Drinking this water regularly helps prevention dehydration during diarrhea.

3. Drinking **lemon of juice** 4 to 5 times per day helps to control diarrhea.

4. Boiled **Pomegranate leaves** in water with sugar and then sieved. Drinking this decoction three times in a day will cure you of diarrhea.

5. Drinking half cup of **Mint juice** in every two hours helps to take care of diarrhea.

6. Endeavor to grind **Walnut** with water to produce paste. Applied this paste in the navel to help cure diarrhea.

7. Drinking of **Basil juice** that is blended with **Betel juice** helps to cure diarrhea.

8. Mixed orange juice with milk taken helps to cure diarrhea. This is especially good for kids.

9. Eating a spoon of **Coriander powder** with black salt after meals is useful in getting rid of diarrhea.

10. Pour hot into **Ginger juice** and drinking this once in an hour will bring relieve from diarrhea.

11. A spoon of pure **Ghee** (produced from cow milk or buffaloes milk) taken when hot both in the morning and in the evening give an individual ease from diarrhea.

12. Take **blackberry** tea for mild diarrhea.

14. Use **cayenne** in capsules to get immediate relieve from diarrhea.

15. Wild **oregano oil** is an antibacterial, anti parasitic and anti viral; the properties make it an excellent substance for curing diarrhea.

16. **Ginger tea** can prevent cramps and pain associated with diarrhea.

17. Drink plenty of fluids, but avoid caffeine and alcohol. Drinks such ginger ale or carrot juice is excellent for making the stools less watery.

18. Charcoal has been used for absorbing and expelling intestinal gas for several decades. Charcoal can equally be used for alleviating several ailments, like high cholesterol, indigestion, nausea, vomiting, diarrhea and intestinal bloating. Charcoal has capacity to absorb and hinder substances from reabsorbing into the body. This makes it a popular choice for detoxifying the liver and the kidneys.

19. Boil brown rice and water for just 45 minutes. Then eat the rice (it is rich in Vitamin B) and drink the water.

HERBAL REMEDIES FOR DIZZINESS

Dizziness is usually described as a feeling of wooziness, unsteadiness and the sensation that you are about to faint. Dizziness is also generally connected with the feeling that you or your surroundings appear to be rotating endlessly. This kind of dizziness is known medically as *vertigo*. Dizziness fundamentally interferes with the balance and orientation of the individual. The sense of balance depends squarely on an array of information processed by the brain after getting inputs from eyes, inner ears and the nervous system. Loss of balance or feeling dizzy is encountered in the event of signals passed to the brain not being processed as a result of contradiction in messages or mal- function in sensory systems. There are several causes that trigger dizziness. Dizziness can be a single short experience or occasional or repeated spells. Although it is not a severe disorder, it is essential to analyze the cause and get rid of the reason.

Dizziness is a disorder that connotes the impairment of spatial perception and a serious compromise of stability. It is noticeable with signs of light-headedness, loss of balance feeling faint and being unsteady. Dizziness mostly occurs when your brain does not get sufficient blood and can equally be caused by a drastic drop in your blood pressure or even dehydration often caused by bouts of vomiting, diarrhea or fever. Sometimes factors such as the flu, hypoglycemia, common cold and common allergies are also reportedly caused dizziness. Severe headaches and dizziness most times do co-occur together. Treatment of dizziness is thus not always necessary and depends on the symptoms of dizziness and causes; because origin of dizziness and lightheadedness can vary significantly.

Vertigo is a condition used to describe a state in which individual go through a spinning sensation and is often occur along with other side effects such as vomiting and nausea. The person goes through a feeling of being in motion whereas in actuality they are motionless.

Vertigo is regularly caused by factors such as vestibular migraine, Meniere's disease, vestibular neuritis and benign paroxysmal positional vertigo. Excessive drinking of alcoholic beverages is also known to cause some symptoms connected with vertigo. Vertigo is generally typified into *peripheral* or *central* as a result of its source and nature. *Peripheral vertigo* is linked with unevenness in the inner ear and vestibular system while

central vertigo is principally connected with the balance centers of the brain. Peripheral vertigo is milder in comparison with the Central vertigo. Dizziness and vertigo cause serious headaches and the treatment or cure would depend essentially on the symptoms. It is common to find disorders of the inner ear engineering dizziness.

Dizziness may also be caused by a cardiovascular accident which is responsible for about 0.7% of all causes of dizziness in emergency rooms. It may also happen sometimes as a result of hyperventilation. Chronic dizziness and anxiety may be linked with depression and could also lead to fatigue and headaches.

There are several other situations also associated with abrupt dizziness and they can be divided into categories as follows:

- ☐ 40% peripheral vestibular dysfunction,
- ☐ 10% central nervous system lesion,
- ☐ 15% psychiatric disorder,
- ☐ 25% presyncope/dysequilibrium,
- ☐ 10% nonspecific dizziness.

Conditions such as vestibular neuronitis, Labyrinthitis, Otitis media, Acoustic neuroma, chronic motion sickness, Ramsay Hunt syndrome, migraine, low blood pressure or low blood oxygen benign paroxysmal positional vertigo, Meniere's disease, multiple sclerosis and hyperventilation can equally kick start the dizziness. Specific hormonal changes like thyroid disease, menstruation or pregnancy are also known to trigger spells of dizziness. Dizziness and nausea are not usually signs of severe health concerns and normally happens during pregnancy, during menstrual periods, in the mornings, when standing up and also during exercises. Symptoms of dizziness during pregnancy are pretty common and do not actually deserve any treatment because symptoms are characteristics of morning sickness and will be over by the third trimester.

Basic Tips for Preventing and Managing Dizziness

Going through dizziness is not only distressing and disorientating, but it can also lead to severe falls or injuries and can be potentially hazardous if the root cause is not treated.

Do the following if dizziness occurs:

- Sit or lie down the moment when you feel dizzy to prevent losing your balance or encountering a fall.
- Avoid driving or participating in dangerous activities such as operating any risky machinery, or mounting a step-ladder.
- Stay away from substances such as nicotine, salt, caffeine, and alcohol because they reduce flow of blood and may worsen the conditions.
- Avoid sudden changes of position or head movements and by standing or sitting up little by little.
- Seek medical advice if dizziness cannot be explained and persistent.
- Individual should minimize the amount of intake of salty nuts and particularly sweet treats.
- Drinking of diet drinks is usually connected with the feeling of dizziness and should be reduced to a barest minimum or avoided completely.

Herbal remedies

1. General causes of dizziness are short blood sugar and cardiac problems. In the case of low blood sugar, it is recommended to instant drink non-carbonated liquids. Several fluids such as fresh lime water with sugar, coconut water, and fruit juices are recommended to increase the blood sugar levels.

2. **Gingerroot capsules** provide certain amount of ease. Similarly **black tea** mixed with **crushed ginger** helps take care of the disorientation and the nausea. **Chamomile** or even **peppermint** is good substitution for ginger.

3. Pregnancy related dizziness can be handled by combining two teaspoons of **wheat germ** with **tepid milk**. This is known to help relieve the pain associated with morning sickness.

4. Vitamin A and C rich fruits such as **Indian gooseberry** are known to be of help. Soak about five grams of the gooseberry fruit overnight with coriander seeds. Drink the water after sieving out the residue. Sugar may be added to sweeten it, if it is too bitter.

5. Anemic-induced dizziness, the diet of the patient deserves special attention. Iron, folic acid and vitamin B12 are essential and as such should be taken in adequate quantities. Iron is generally available foods such as fish, poultry and lean meats and even dairy products. Green leafy vegetables are high in folic acid and are also exceedingly recommended.

7. Taking a cup of hot water mixed two spoons of **lemon juice** gives immediate relief from Dizziness.

8. Drinking water blended with **lemon juice**, **Jaggery** or **sugar**, **Cardamom powder** gives a momentary relief from dizziness.

9. Drinking **Basil Juice** mixed with Sugar brings relief from dizziness problem.

10. **Coriander seeds** boiled in water with Sugar candy, sieved and drinking this decoction gives immediate ease from dizziness.

11. Two spoons of **Carom leaves juice** taken each day helps to conquer dizziness.

12. Taking pineapple juices with salt provides instant relief from Dizziness.

NOTE: All the cures and remedies mentioned in this work are effective to the extent where the symptoms being experienced are not signs of bigger disease.

If the symptoms of dizziness continue for long periods or are recurrent; please immediately consult a medical doctor.

HERBAL REMEDIES FOR EAR INFECTION

The human ear is made of:

- The inner ear.
- Middle ear.
- The outer ear.

Infection of ear can affect any of these areas and one area can generally infect the rest. Often external otitis affects the outer ear; at times it occurs after cold or flu or some other types of upper respiratory infection.

The area from the eardrum to the outer part get inflamed and is very painful, occasionally a fever may crop up; Otitis media affects the part inside the eardrum and all the tiny bones. The air pressure is regulated in this region by the auditory tube running from the ear to the back of the nasal cavity, whenever bacteria or a virus gets in this part; the different parts get inflamed with fluid, leading to pressure and exceptionally sharp pain in the ear with fever. If the infection is left unattended it can cause perforation in eardrum allowing all pressure out and alleviating pain, although a perforated eardrum connote hearing loss and fluid discharge. This sort of ear infection is very widespread in infants as a result of the position of the baby while feeding allowing milk bacteria to grow in the auditory tube.

Fundamental Tips to Eliminate Problems of Ears

- Sunbathing is beneficial because it kills harmful bacteria.
- Soaps, chemicals and other drying agents should be done away with.
- Boost your intake of vitamin B6.
- Make use of ear buds to cleanse your ears after head bathing.
- Cleanse your ears every day with water while taking bath, this save you from ear ache and infections.
- When you have bath or return home from outside, you should try to clean your ears very well by rubbing tenderly with your fingers and then clean with ear buds to prevent dust formed in or close to ears.

- If you cannot hear accurately, then close your ears for a split second and open it lightly to hear appropriately. This will help you to hear correctly when attending any meetings.

Herbal remedies

1. Take Vitamin C to help enhance the immune system and combat infection.

3. Zinc is also useful in reducing the infection of the ear.

4. If the infection is just starting out, take an alcohol free **Echinacea**.

5. Blend **lobelia** and **garlic oil** or **olive oil**, apply little drops in the ear and plug it with cotton. This will ease the pain.

6. If the ear is red, hot and painful particularly after experiencing cold temperature, apply Aconite to take care of the condition. This herbal remedy is excellent for ear infection.

7. If the cheek of the same side of the ear affected is red and the individual is not able to put up with the pain then take **Chamomile**.

8. Applying about 8 to 10 drops of **Indian hemp leaves juice** in ears can help to destroy germs in your ear. Also helps to cure ear ache condition. This is one of most effective the herbal remedy for ears problem.

9. If you have ear infection, apply three to five drops of **coconut oil** in your affected ear and close with a small cotton wool before moving to bed.

10. If the ear infected is weighed down with an excruciating pain and sensitive to touch use *hepar sulph*.

HERBAL REMEDIES FOR ENT (EAR, NOSE & THROAT)

The ENT system is the combination of Ear, Nose and Throat system. In humans, these systems are unified. This may appear strange, due to different functions that these systems execute.

Though, it is the interconnections that assist them to carry out these functions. For example each of the ears has a membrane that vibrates in response to waves of the sound. The inner part of the ear is joined to the nasal and oral cavities. This gives room for the equalization of the air pressures in the ear canal and behind the membrane. In the absence of this, the membrane would just rupture if there was an abrupt increase in air pressure or a swift burst of sound.

The nasal canal is useful for respiration. It also executes numerous functions that make sure those dangerous substances in the air are trapped by the mucus present in the area. Respiration is connected with the oral cavity also. Also air can be breathed in through the mouth. This usually happens when the nose is blocked with mucus or when the individual is breathing deeply as a result of physical exertion. Also included in the ENT system are the sinuses because they are connected to the ENT system. The throat is the region where both air and food crisscross one another. Air is breathed in either through the mouth or the nose and is passed into the trachea. Food, eaten through the mouth, passes into the food pipe. The throat is also prone to several infections and conditions.

The interrelated nature of these three systems is the *raison d'être* why they are treated by one specialist. Therefore an ENT specialist is one who handles problems associated with the Ear, the Nose and the Throat regions of the body; that is the areas relating to hearing matters, breathing matters and speech related issues.

An ENT disorder is any disorder that affects these parts of the body.

Causes of ENT Disorder

- Infections are the most regular cause of ENT disorders. The human body is persistently being bombarded with various infections; which are airborne or waterborne. Certain infections may also enter the body

through contact. Airborne infections are the most common infections to cause ENT disorders. This is because the mouth and nose are in regular contact with air that passes through these areas. An airborne infection generally causes symptoms such as coughing and sneezing. Individuals who are infected by airborne infections will experience accumulation of mucus in their nasal passages and in the sinuses.

- ENT disorders may also occur if there is certain structural abnormality or blockage in any of the canals. This kind of condition is generally complex to diagnose and may demand far-reaching scanning to be done. There may equally be structural damage to some areas of the ENT system that originates the disorder. This is generally for people who suffer from ear related problems such as hearing loss. Exposure to excessively loud sounds, specifically unexpected explosions of sound can cause structural harm to the ears.
- There are also a number of genetic abnormalities that can cause problems with the ENT system.

This is a regular reason attributed to hearing trouble.

The genetic composition of an individual may also determine his or her proclivity for having health disorder with the ENT system. This is the basic reason why some people are more susceptible to ENT disorders while some are not prone.

Herbal remedies

There are various conditions that can affect the ENT system. Hence, one requires to know the condition first; before seeking a therapy for it. There is a general herbal remedy used to tackle with health disorders that affect the nose, the throat and the ears.

1. Steam inhalation has been used from time immemorial as a method of clearing up blocked passages in the nose and the sinuses. This also has a beneficial effect on the ears because it releases any pressure imbalance that has been caused by an obstruction of air flow through the nasal passages and the sinuses. In several cases, steam inhalation is used with the addition of essential oils or herbs to the boiling water. This adds a satisfying and medicinal aroma to the steam. Steam inhalation is entirely harmless; the more reason it should be used in conditions where there is a sinus blockage.

2. As per ear aches and infections, one might apply warm oil. Garlic oil is regarded as an anti-inflammatory substance. Warm oil may be applied into

the affected ear in little drops. Note this treatment should not be carried out if the oil is excessively hot to touch.

3. Throat infections are in the midst of the most common, and due to widespread and frequent occurrence; it is best to treat them with herbal remedies. Gargling with salt water can help to remove any irritant from the throat. Gargling with salt water also helps to ease the inflammation of the tonsils. The tonsils functions as a barrier to hinder infections from getting into the airways or the esophagus. One can equally consume warm herbal drinks like green teas to help ease an irritated throat. The application of pepper and other condiments can be useful in such a condition.

HERBAL REMEDIES FOR ENDOMETRIOSIS

Endometriosis is a disease in which tissue of the endometrium i.e. the lining of the uterus which ought to have sloughed off during a menstrual period but migrate and implant on the ovaries, tubes, uterine ligaments, bladder, intestines and distant areas like the lungs. Under hormonal influence, as the tissue bleeds in combination with the menstrual period every month, it leads to pain and scarring. The condition can also mess up fertility. It is a disease that affects the reproductive system and pelvic region of a woman's body. The inception of the disease is subtle and mostly goes unobserved, but little by little the symptoms begin to show. Endometriosis is connected with the menstrual cycle and the hormones that initiate menstruation. The disease starts when minute particles that look like the lining of the uterus find their way into the pelvic cavity. These particles begin operating like the uterine lining which is also regarded as endometrium. The endometrium responds to the hormones in the body and get ready for potential pregnancy each month by accumulating blood cells and other vital chemicals. If pregnancy does not occur, the blood is lost through the menstrual period. The particles that go to the pelvic cavity also operate in the like manner and start responding to hormones. Though the blood that is shed from these growths unable to leave the body and this result to internal bleeding and inflammation. This can go on for months and even years before signs of pain and discomfort begin to become known.

Several women only begin to deduce that something is amiss when they experience extreme pain during menstruation.

This condition is considered to be a result of a hyperestrogen state by herbal medicine professionals. It is probably the body is producing estrogen in excess or progesterone produced is insufficient or, most likely, there is a tardy breakdown of active estrogen by the liver. If the liver is burdened with excess work load, the estrogen in the body may not get broken down properly. This is as a result of several activities that liver do perform in the body. In the same vein, if you are a committed meat and dairy consume, the dominance of estrogens used in the food industry to stimulate animal growth contributes even more estrogen to the one in your body.

Causes of Endometriosis

The precise cause of endometriosis has not been actually known up till moment. Though there are certain theories that help to shed more light on why this condition occurs.

- A theory speculates that a little amount of menstrual fluid flows back towards the pelvic cavity from the uterus during menstruation. This fluid is believed to contain endometrium cells. This development is referred to as *retrograde menstruation*. Nevertheless, several studies have revealed that women who encounter retrograde menstruation do not automatically go on to develop endometriosis. This theory also does not clarify why the disease at times develops in the breasts, lungs and other parts of the body.
- Endometriosis may spread through the lymphatic and circulation network
- It was earlier believed that the disease may be transmitted during surgical procedures. Nevertheless, this is not possible in modern times as a result of the improvements in surgical management.
- Treatment like estrogen replacement therapy may induce some cells which then undertake an alteration and look like other types of cells.
- Endometriosis may be in the families' line. There is equally a genetic link to the predisposition to have migrant endometrial cells in the pelvic cavity starting from birth.
- Women who are exposed to environmental toxins are at higher risk of endometriosis. Some chemicals and compounds available in the environment can react harmfully in the body and lead to imbalances within the body system.
- The liver performs dual roles of balancing estrogen levels and removing estrogen from the body. Infections that affect the liver can increase the risk of endometriosis.
- The most reliable theory concerning the cause of endometriosis is that of a connection with auto-immune disorders. These disorders can occur as a result of several genetic and environmental risk factors.

Symptoms of Endometriosis

The signs that individual may have this disease is premenstrual and menstrual pain that becomes worsen every month. You may also experience

pain during intercourse or during defecation. This pain may spread to the thighs and is not generally eased by rest or analgesics. And ultimately, you may be going through difficulty having pregnancy.

Treatment of Endometriosis

The general treatment giving by the physicians to take care of the condition is mostly through surgery and powerful hormones such as birth control pills, progestogens or a pituitary hormone suppressor. The approach of herbal medicine professionals is quite different. There are clearly good results from supporting the liver and digestive system through diet, herbs and nutrient supplements, enhancing pelvic circulation with herbal treatments and slowing down the hyper-estrogen state with herbs. Also the thyroid function should be verified, because the thyroid influences other glandular secretions all over the body.

The process of pregnancy alone gives a relief from the menstrual cycle, as there is no recede and flow of the hormones that bring about the endometrial patches to bleed. If you can accomplish conception, your body complete nine months to relax, and even more time if you decide to breastfeed.

Several women have discovered that there is no recurrence of endometriosis after the birth of their first child.

Nutrition for Endometriosis:

- Decrease or eliminate your consumption of meat and dairy, or eat only hormone-free varieties.
- Avoid all refined foods, coffee and other caffeinated beverages as well as all sources of hydrogenated fats.
- Consume regular meals, but eat more of your calories during breakfast and noon, and have only a light supper in the evening.
- It is a sound idea to have your physician or a licensed nutritionist does a blood chemistry analysis to determine your individual nutritional needs.

Supplements for Endometriosis: You should be using the following amounts of vitamins each day:

Beta carotene: A large dose of 100,000 IU but reduce it to 5,000 IU after ovulation if you are trying to conceive

Vitamin B6: 50-100 mg

Calcium: 1,200 mg

Magnesium: 600 mg

Vitamin E: 800 IU

Folic acid: 800 mcg

Flax oil (Essential fatty acids): 1 tablespoon.

Selenium: 400 mcg

Vitamin C: 1,000-4,000 mg

Herbal remedies

1. Specific herbal preparations are outstanding for supporting liver and digestive system. These are **goldenseal**, **dandelion** (the fresh leaves can be used in salad), **artichoke**, **milk thistle (silybum)**, and burdock (the type known as **gobo root** can be eaten). Take these herbs individually or in combination two times in a day - 2 teaspoonfuls of extract, 2-3 capsules, or 1 cup of infusion.

2. **Xanthoxylon**, **ocotillo**, **goldenseal**, or **witch hazel** is herbs useful for improving pelvic circulation. Take these herbs two times per day - 1 teaspoonful of extract, 1-2 capsules or 1/2 cup of infusion.

3. **Chaste-tree berry** is extremely helpful for balancing the production of estrogen in your body. Take this one or two time per day - 2 teaspoon of extract, 2-3 capsules or 1 cup of infusion.

4. **Cramp bark**, **black haw**, **valerian**, and **wild yam** are exclusively beneficial for easing the pain associated with endometriosis. Take these herbs every two to three hours as required - 1 teaspoonful of extract, 1-2 capsules or 1/2 cup of infusion.

5. Equally any of the herbs mentioned above can be used as a tea, infusion, decoction, capsules or liquid extract.

6. Do Kegel exercises, 50-100 every day in sets of 10 at a given time.

7. Sitz baths, alternating hot and cold water, can be a complementary treatment for endometriosis. Take a seat in hot water covering your hips for 4 minutes and then cold water for 1 minute. Alternate four or five times and complete it with cold. Perform this one or two time in a day for at least 15 days.

8. Castor oil is good for warming the area and encouraging the flow of blood. It also may help in the management of infertility caused by endometrial scarring. Massage castor oil to the lower abdomen and cover with a woolen cloth. Thereafter use heating pad or hot water bottle for 30 to 45 minutes day for at least 15 days. Do not undergo this treatment during menstruations.

9. Applications of clay will also generate heat. Blend clay with water to prepare a thick paste. Then apply to the abdomen 1/4 to 1/2 inch thick, cover with a clean towel, allow to dry and then rinse off. Execute this one time in a day for 15 days. The treatment should not be used during menses.

10. Regular exercise helps to balance estrogen levels in the body and also improve the immune system. Exercise is known to alleviate pain and discomfort during the menstrual cycle.

12. Nutritional supplements such as **rosemary** and **dandelion** extracts are useful in relieving the symptoms of endometriosis. They assist in regulating the levels of hormone. However it is advisable to discuss with your doctor before taking these supplements.

13. **Motherwort** is an herb that helps to improve blood volume in the reproductive system and also stimulates better performance. Thus helps in fighting menstrual disorders like blood clots or poor flow. To make **motherwort** tea, put a teaspoon of the dried herb into a cup of hot water and allow it to infuse for about 20 minutes. Take about three cups of the tea in a day.

14. **Chamomile** helps to ease serious cramping and pain during menstruation which is usually connected with endometriosis. It equally helps to relieve stomach disturbances. The herb may be taken in the form of capsules, tincture or tea.

HERBAL REMEDIES FOR ERECTILE DYSFUNCTION

There are several physical and psychological factors that contribute to erectile dysfunction. Physical factors can be described as disorders that reduce blood flow or narrow arteries; bring about neurological damage and decreased energy levels.

Physical factors are:

- ☐ Marginal nerve disorders
- ☐ Stroke
- ☐ Low levels of testosterone
- ☐ Alcoholism
- ☐ Drug abuse
- ☐ Fatigue
- ☐ Stress
- ☐ Obesity/Overweight
- ☐ Some prescription or recreational drugs
- ☐ Physical idleness
- ☐ Arteriosclerosis
- ☐ Blood clot
- ☐ Diabetes
- ☐ Heart and vascular disease
- ☐ Kidney disease
- ☐ Spinal disease
- ☐ Multiple sclerosis

Psychological factors:

- ☐ Fear of sex
- ☐ Previous sexual abuse or rape
- ☐ Poor sexual orientation.
- ☐ Depression
- ☐ Performance nervousness

- ☐ Shame

Symptoms of Erectile Dysfunction

The symptoms of impotence usually vary from mild to serious. Those who experience mild symptoms of impotence may achieve an erection intermittently. They may encounter difficulty performing intercourse because the erection cannot be sustained. Generally the erect penis is not long, hard or high adequately for insertion. Certain men may stop getting erections during sleep or upon rising in the morning. Those with low testosterone levels may develop loss of energy, enlarged breasts, raised voice pitch, shrinking of testes and muscle mass. Men experiencing from severe erectile dysfunction are seldom able to have an erection.

Tips for Eliminating of Erectile Dysfunction

- ☐ Avoid smoking. Men who smoke experience erectile dysfunction than men who do not.
- ☐ Do not doubt your capacity to satisfy your partner. It will cause psychological erectile dysfunction.
- ☐ Regular exercise on a daily basis. Brisk walking for 45 minutes is the best form of exercise that keeps the cardiovascular system healthy.
- ☐ Eat a healthy and balanced diet rich in fresh vegetables, fruit and fish
- ☐ Exercise regularly to build stamina, enhance circulation of blood and fitness levels
- ☐ If you are obese, lose excess weight in a healthy and natural way
- ☐ Increase your intake of vitamin supplements such as vitamin A and D
- ☐ Control your stress levels by listening to music, running or taking part in a detox program
- ☐ Improve your knowledge about erectile dysfunction, the more you are informed, the better you will be able to get a solution that best fits your lifestyle

- Limit your alcoholic consumption
- Keep away from taking recreational drugs because they contribute to problems of impotency
- Talk openly and honestly with your partner about your condition as you are going to need their unflinching support.
- In conjunction with your partner, seek alternative therapies to drive sexual fulfillment and pleasure

Herbal Remedies

1. Chewed two to three cloves of raw garlic daily. This is a very useful herbal remedy for erectile dysfunction.

2. Onion is an essential aphrodisiac food. It improves libido and strengthens the reproductive system. Hence it is a very beneficial herbal remedy for erectile dysfunction.

3. For good results, about 150 gm of carrots, finely chopped, should be taken with a half boiled egg; dipped in a tablespoon of honey. Use this one time per day for a month or two.

4. Dried **dates** are reputed to be highly valuable for impotency. The **dates** should be grinded and mixed with **almonds**, **pistachio nuts**, and **quince seeds** in equal amounts. About 100 gm should be used per day as an effective medicine for dealing with erectile dysfunction.

5. Cold-water and mud packs treatments are also a beneficial therapy to handle erectile dysfunction.

6. **Chickweed**, **safflower** and **plantain** serve as highly essential herbal remedies for erectile dysfunction by enhancing hormonal imbalance.

7. Blend one part walnuts and one part honey. Drink the mixture 3 times per day, 30 minutes after meals. You have to take milk right after.

8. Combine two tablespoonfuls of ground carrots with a glass of milk and heat it on low heat for ten minutes. Drink 100 ml of the extract three times daily for a week.

9. **Peepal fruits** should be dried in the shade and powder them. This powder is good for treating erectile dysfunction.

HERBAL REMEDIES FOR EATING DISORDER

Medical conditions that entail abnormal eating habits where the individual may either eat inadequate or too much amount of food is addressed as *eating disorders*. Eating disorders are harmful to both the physical and the mental health of an individual. The well known eating disorders in the United States and the Europe are Anorexia and Bulimia. In the United States, Anorexia and Bulimia affect about 5-10 million people. Eating disorders are not actually age or gender precise and can affect just anybody men, women and even kids in certain cases. They generally more common with teenagers because of the embarrassment and self esteem issues that torture them during adolescence. Though cases of eating disorders cut across almost all the globe, studies have revealed that men and women in the western countries suffered most or are at a higher risk of having these disorders in contrast to people in other regions of the world. Eating disorders have also become popular among young individual who are so conscious of their appearances. This is specifically true during puberty when young individual experience several physical and mental changes and are also under more social pressures. Eating disorders such as bulimia and anorexia can lead to sudden fluctuations in body weight, start interfering with everyday life and even destroy vital functions in the body. Those suffering from anorexia are under the regular fear of adding more weight and as such they begin limiting their food consumption by starving, dieting or excessive exercise. In the same vein, people who suffer from bulimia resort to purging and binge eating and also go through fluctuations in weight. They also resort to self induced vomiting and undue use of laxatives.

Diet for Eating Disorder

A diet plan for eating disorders depends on the sort of eating disorder the individual is suffering from. A good diet plan is one that gives sufficient nutrients and calories to the patient's body and also helps normalize eating habits. The diet of the patient plays a key role in the recovery process and also in promoting long term emotional and physical recovery. Consuming regular meals and healthy snacking at similar time's each day is very essential while recuperating from an eating disorder. High protein foods such

as lean meat, fish and eggs should be part of the day to day diet of the patient. Fiber rich foods such as fruits, vegetables and whole grains must be consumed a lot to strengthen the immune system and also assist in digestion and metabolism.

Dietary fats are also essential to enhance nutrient assimilation, brain function and hair and skin health.

Preparing exciting recipes using healthy ingredients is a best way to make food more appealing to the recovering patients and also boost their desire to eat. Apart from making healthy changes in the eating routines of a patient it is also essential to initiate vitamin supplements in the day to day diet. Most patients suffer from various vitamin deficiencies which can be cured with other supplements. Vitamins A, B, C, D, E and riboflavin, folic acid and niacin are exceptionally essential for a recuperating patient and must be administered constantly. It is equally very vital to stick with these dietary and lifestyle changes even after total recovery to prevent relapse.

Herbal remedies

The treatment of eating disorders rest squarely on the seriousness and the kind of the eating disorder. Instead of applying only one method of treatment physicians normally use a combination of treatment options to attain excellent results. Some of the foremost treatment options available are:

1. Cognitive Behavioral Therapy (CBT),
2. Family Therapy,
3. Interpersonal Psychotherapy,
4. Recreation, Art or Music Therapy,
5. Nutritional Counseling, Psychoanalysis and Medications.

Family and friends have very tremendous responsibility to play in preventing eating disorders. Assisting an individual to change the way she/he sees herself/himself is the single step in preventing this disorder. In several cases if the eating habits and the way of life of the parents are healthy, it can help in preventing eating disorders for the kids in the family also. Parents should assist their children to see the good in their body and help them to improve their self esteem; so that eating disorders such as anorexia and bulimia can be done away with. Also healthy eating habits and regular exercises should also be encouraged in the family. Fad diets, fasting, starvation and use of diet pills should be stringently discouraged because they can soon turn into an

obsession that can bring about eating disorders. There are also several herbal remedies that can be used to prevent and recuperate from eating disorders. Healthy food habits like consuming regular smaller meals in the day can hinder a body from starving and also reduces the chances of over-eating or bingeing. It is also useful to eat an array of spicy foods such as peppers, jalapenos chilies and spicy curries and sauces because they can help in controlling a hyper- active appetite. It is always healthier to eat low fat and low carbohydrate foods that will only make you feel heavier and guilty and depressed. Taking licorice when you feel like snacking assists prevent imbalances and also acts as a good diuretic.

HERBAL REMEDIES FOR FATIGUE SYNDROME

In the present times, the common complaint that the physicians have to attend to day to day is fatigue. Fatigue is an offshoot serious medical condition that comes about due to overwork or lack of sleep. To handle fatigue effectively, the underlying causes need to be identified. These underlying causes include liver overload, adrenal exhaustion, chronic intestinal dysbiosis, veiled infections such as yeast, viral or parasitic and food allergies. Common short-term solutions such as tobacco, sugar, caffeine, and other stimulants are eventually harmful for the nervous and hormonal system. That is why herbal remedies for fatigue syndrome are the most excellent long term option to complement your treatment.

Herbal medicines should be focused towards the fundamental causes, though for plain fatigue, tonic and adaptogenic herbs can be depended on. They have the capability to enhance wellbeing and vitality, balancing and improving the function of the body's key control systems— hormonal, cardiovascular immune, and nervous. Hence they are especially appropriate for the effects of protracted stress, both psychological and physical. This category of herbal medicines can assist to balance and surmount the effects of overwork, depression, lengthened illness and recuperation after illness. In this list of herbal remedies for fatigue syndrome you will derive the whole range of benefits. Most advantageous effects will only become known when the tonics are used long term that is, one to six months. Herbal medicines are best taken in chronic illness, rather than acute one and are naturally used in a cycle of three weeks on and one week off.

Herbal Remedies

1. Alfalfa-*Medicago sativa*

- ☐ Alfalfa is known to improve appetite and digestion.
- ☐ It also produces mental intelligibility and well-being.
- ☐ It increases stamina and strength and also augments capacity to respond to stress.

- It is an excellent herb for restoration after long illness and intense stress.
- It reduces toxicity.
- It is rich in phytoestrogens thus stimulates the body's hormone production.

Please note that alfalfa sprouts and specifically seeds are potentially toxic.

2. **Astragalus**-*Astragalus membranaceus*

Astragalus is suitable dealing with for general weakness, fatigue, loss of appetite and shortness of breath.

- It is adaptogenic herb that stimulates immune function and enhances stamina.
- It has an anti-inflammatory, antiviral, antibacterial effects; hence good for flu and cold.
- It strengthens individual with cancer, after radiation or chemotherapy.

3. **Cordyceps**-*Cordyceps sinensis*

- **Cordyceps** builds strength, staying power, vigor and immunity.
- It minimizes fatigue, improves lung and kidney function.
- It Increases flow of blood to the brain and the heart.
- It is known to increase male potency and female vitality.
- **Cordyceps** promotes appetite and sleep.

4. **Ginseng**-*Panax Ginseng*

- Ginseng is a primus inter pares among the herbs that strengthens adrenals, improves vivacity and ability to withstand stress.
- It equally promotes physical and mental performance and improves mood.
- It is well known for increasing visual and motor coordination, hence increases work capacity.
- It is an unequal antioxidant which inhibits formation of free radicals and therefore stimulates immunity.

5. **Gotu Kola**-*Centella asiatica*

Gotu Kola enhances brain and memory function.

- It is an Anti-stress, anti-anxiety and relaxant par excellence.
- It strengthens body's connective tissue and blood vessels and also heals wounds.
- It is a tonic and a rejuvenator, thus improves fertility,
- It has unequalled anti-inflammatory effects.

6. **Licorice**-*Glycyrrhiza glabra*

- It provides steroid-like factors for the body's own synthesis of adrenaline,
cortisol and hence boosts adrenal function and adaptation to stress.
- It is antiviral and immune-improving herb, helpful for weakened states.

7. **Maitake**-*Grifola frondosa*

- **Maitake** is an herb that has immune-stimulating effects and therefore enhances the activity of immune cells (killer cells, etc.), as well as immune-modulating chemicals (interleukin 2).
- It inhibits production of virus and protects cells from attack by toxins.

8. **Oats**-*Avena sativa*

- This is an excellent formula for exhaustion from work, study, illness, drugs, alcohol and sexual excess.
- It has nutritive effect on the brain, quite than temporary stimulatory effect.
- It is exceptionally sharpens mental acuity, focus, memory before an examination etc.
- It alleviates palpitations of the heart,
- It is also effective for insomnia due to over fatigue.

9. **Schisandra**-*Schisandra chinensis*

- It improves adrenal and nervous system ability.

- **Schisandra** counteracts effects of stimulants, coffee.
- It enhances liver function and protects it from toxins.
- It promotes work and efficiency level; improves mood, memory and sleep.
- It re-regulates immune system,
- It helps skin problems,
- It has aphrodisiac effects.

10. **Siberian Ginseng**-*Eleutherococcus senticosus*

- It is an adaptogenic herb, which is excellent for exhaustion, fatigue and immune weakness.
- **Siberian Ginseng** is good for treating the effects of long stress; be it physical, emotional, mental or after illness.
- It promotes mental alertness, work output and athletic performance.
- It improves adrenals, boosts immunity and eliminates toxins.

11. **St. John's Wort**-*Hypericum perforatum*

- It is known to hinder viral activity and replication of herpes virus and Epstein-Barr.
- It also eases depression which is the origin or effect of fatigue;
- It enhances sleep.

12. **Yerba Mate**-*Ilex paraguariensis*

- **Yerba Mate** stimulates just like caffeine, though it does not cause nervousness; but it calms and balances the nervous system.
- It promotes sleep and mood.
- This herb reduces allergy.
- It is an antioxidant, hence increases oxygen to the heart and brain.

HERBAL REMEDIES FOR FEVER

The normal temperature of a human being is considered as 37° C (98.6° F) though it can fluctuates as a result of several reasons. For example, body temperatures measured at different locations of the body differ slightly. Oral temperature can be higher than the rectal temperature. The general body temperature range for babies is between 96.8°F to 98.6°F (36°C to 37°C), for kids is 96.8- 98.24°F, which is approximately the same range as that of adults. Maintain a chart useful of these ranges in order that you can refer to them whenever you or your kid has a fever. A baby that has a fever within the range of 100.4°F to 101.3°F is observed to have high fever and medical intervention should be sought instantly. Fever can be described as an increase in body temperature. As it, it's the body's protective system against infection. Usually the increase in temperature occurs when the immune system is combating bacteria and viruses that could harm the body. Fever is the most powerful weapon in the battle against infections or diseases. There are situations when there are fever symptoms in adults but no fever occur. If you experienced from any of the symptoms mentioned above, but no fever attack occur, you should immediately contact your physician who will then suggest more tests to diagnose what the real cause of the problem. It is essential to do so, despite the fact that you feel better, so as to prevent any health problems later on. It is possible that you had a bacterial infection which has not been cleared up totally. There is also likelihood that you have Sepsis.

Although energetic exercise, during which the muscles produce heat faster than the body can fritter away, can lead to a temporary rise in temperature.

Causes of Fever

□ In most conditions a fever is as a result of a fundamental illness or infection. As the immune system ward off an infection, it produces heat, which leads to an increased body temperature. In the same vein, the hypothalamus, that acts as the body's thermostat elevates the body's base-line temperature.

□ This increased body temperature helps the immune system in getting rid of the body illness because the viruses and bacteria that cause them flourish in cooler environments and usually cannot endure high temperature. The causes of a fever may vary widely from ordinary teething in infants and a fit of flu, to more severe cases such as glandular fever, sunburn, pneumonia, and heatstroke.

□ They may even occur due to certain medications such as some blood pressure medications, antidepressants, antibiotics, and anti-seizure drugs. It is thus always essential to observe a fever and seek medical attention if it increases speedily, or persists, so that a proper diagnosis can be attained.

Tips for Managing Fever

□ Ensure you monitor your kid's fever strictly. This may be done by checking your temperature of your kid at least every 4 hours till it has entirely gone down.

□ Guard against dehydration by making sure your kid drinks adequate fluids and ensure these do not have caffeine.

□ Having lukewarm bath or sponge bath will help to bring down a high fever but avoid using cold water or ice.

□ Do have sufficient bed rest as walking about elevates body temperature even more. Be creative when you are trying to confine a kid to bed so as not to make the child becoming frustrated. You can make use of quiet activities such as playing cards coloring, game books and books on tape.

□ Wear light cotton pajamas for your child so that body heat can escape and avoid bundle your child up during bedtime.

□ Take as much water as you can so as to replace fluid loss. It will also help to cool down body temperature.

□ Rest as much as necessary.

Herbal remedies

1. Provided the fever does not go above 102⁰C let it run its course. This helps the body to tackle infection and remove toxins. The consumption of **cumin seeds (Black Seed)** with jaggery cures the fever, no matter how long.

2. Taking of 20 to 40 grams of **holy black basil** leaves juice can cure anyone of fever. Holy black basil is an excellent herbal remedy for fever treatment.

3. Drinking 30 to 80 grams decoction prepared with the roots of holy black basil plant two times in a day will give you freedoms from all types of fever.

4. Consuming 3 Datura seeds three times in a day cure fever without any hassle. Datura is an exceptional herbal remedy for fever any day any time.

5. Make a Sherbet by boiling by a few **tamarind pulps** in half liter of milk. And then add **cloves, sugar, cardamoms, some dates**, and very minute **camphor**. It reduces the fever.

6. Use **Peepal leaves** as tonic and laxative. They ease feverish feeling.

7. The bark of **Tamarind** is an astringent, a tonic, thus it reduces fever. And also use the bark as laxative to help flush out toxins.

8. Massage a little mustard seeds oil to the body of individual suffering from dengue fever.

HERBAL REMEDIES FOR FIBROCYSTIC BREAST

Fibrocystic breast can be described as a condition that develops when fluid is not being removed quickly enough from the breast leading to the formation of cysts in them. These lumps move about around the breast, develop and shrink, though they are benign. Usually the fluids in the breast are moved out by the lymphatic system. However if there is excess fluid some may get trapped in different parts of the breast, tissue grows around them leading to these lumps. Cysts are harmless, but they should be monitored, and a woman should check constantly her breasts so as to detect and control the cysts. Regular mammograms are recommended as well.

Discomfort, tenderness, and observable growth are usual specifically around menstrual periods when there is change in the levels of estrogen; it is possible that the cysts fade away after the monthly period. Nevertheless if the lump is hard, does not move easily and does not disappear, please consult with a physician without further delay.

Herbal remedies

1. **Coenzyme Q10** is tremendously good for removing toxins from the body, thus help to control fibrocystic breasts.

2. In several studies Primrose oil has been confirmed to reduce size of lumps. Therefore regularly massage your breast with Primrose oil.

3. Take vitamin E being an antioxidant, it protects breast tissue against fibrocystic breasts.

4. Avoid **coffee**, regular **tea**, **colas**, **chocolate** and any other foods that contain caffeine. It has been proven scientifically to increase fibrocystic breasts.

5. Breast Cyst tea.

1 teaspoonful of **Burdock root**.

1 teaspoonful of **Mullein leaves**.

1 teaspoonful of **Dandelion root**.

1/2 teaspoonful of **prickly Ash bark**.

1/2 teaspoonful of Cleavers leaves.

1 quart of water.

Mix all ingredients together and bring to boil. Drink 2 cups per day.

7. Breast compress.

1/2 teaspoonful of calendula flowers tincture.

10 drops of lavender essential oil.

1 cotton cloth.

3 drops of ginger essential oil.

3 drops of chamomile essential oil.

1 cup of warm water.

Mix all ingredients, then soak the cotton cloth in the solution and place it over the spot where the cysts are, for five minutes, then repeat.

HERBAL REMEDIES FOR FIBROMYALGIA

This disorder is estimated to affect about 10 million people in the United States and about 3.6% of the world population is reportedly suffering from this condition. Fibromyalgia becomes notice in the same manner chronic fatigue syndrome, rheumatoid arthritis, chemical sensitivities, and chronic myofascial pain. And because of this, it mostly takes a long time for an accurate diagnosis to be made. Most individual suffering from fibromyalgia equally has an associated sleep disorder refer to as alpha-EEG anomaly. In this case, the individual's deep sleep periods are episodic by bouts of waking type brain activity, leading to poor sleep. Certain individual with fibromyalgia are beset by other sleep disorders too, such as sleep apnea, restless leg syndrome, and sleep myoclonus. People with fibromyalgia often experienced chronic fatigue that can vary from mild to debilitating. The following are other disorders common in people with fibromyalgia:

- ☐ Loss of Memory and trouble in concentrating.
- ☐ Menstrual ache.
- ☐ Sensitivity to dazzling lights or thunderous noises.
- ☐ Sensitivity to dairy goods.
- ☐ Skin sensitivities.
- ☐ Firmness in the morning and, often, when walking
- ☐ Chemical and food allergies.
- ☐ Dizziness and loss of balance.
- ☐ Severe fatigue.
- ☐ Headaches.
- ☐ Irritable bowel syndrome
- ☐ Jaw ache.

Herbal Remedies

1. **Astragalus** and **Echinacea** enhance immunity.
2. **Black walnut** and **garlic** assists in eliminating parasites.
3. **Boswellia** is excellently fine for morning firmness and joint pain.

4. Teas made from **burdock root**, **dandelion**, and **red clover** improves healing by cleansing the bloodstream and enhancing immune system. Combine or interchange these herbal teas, and drink 4 to 6 cups in a day.

5. **Calendula** or **rosemary oil** (or a mixture of the two), diluted with an equal quantity of water or vegetable oil and rubbed into the skin, helps to alleviate pain.

6. **Cayenne (capsicum)** powder mixed with **wintergreen oil** and apply topically, can help in relieving muscle pain. Cayenne has capsaicin, a substance that inhibits the release of neurotransmitters responsible for transmitting pain sensations. Take one part cayenne powder to three parts wintergreen oil. Cayenne can also be used orally, in the form of capsule.

7. Place 4 to 6 ounces of **ginger powder** into a fairly hot bath. This will stimulate sweating and help eliminate toxins from the body. Taken hot **ginger tea** will have equal effect.

8. **Skullcap** and **valerian root** promote sound sleep.

9. **White willow bark** is good for easing pain.

HERBAL REMEDIES FOR FLATULENCE

Flatulence is the discharge of a mixture of gases referred to as 'flatus' present in the intestine. This gas is synthesized by symbiotic bacteria and yeasts present in the gastrointestinal tract. Flatus is normally released under pressure through the anus which generates sound and is usually followed by a stinking odor. Flatulence, several times bring discomfort and pain as a result of bloating, not to talk of social humiliation. An adult generates 2 gallons of flatus or intestinal gas in a day which is passed out, the other is reabsorbed by the body. In other words, flatulence is the abnormal excess gas that is sometimes followed by abdominal swelling and pain occasioned by gas that is ensnared in the folds of the colon. Averagely, it is believed that most human beings expel gas at least fourteen times daily, producing about one to three pints of gas every day. Flatulence alone is never a cause to worry about. It does not constitute any health risk at all but it surely poses a high risk of social shame; which is reason flatulence treatment and herbal remedies for flatulence are so much in need. However it should be pointed out that in most cases of excessive flatulence, it is essential to determine possible primary causes and treat them so as to solve the problem. As excessive flatulence causes would originates from digestive problems that are in mostly mild or easy to treat, individual could easily use diet adjustments as the most potent flatulence remedy to solve the problem. Changes of lifestyle may also be needed and if the case persists it could be as a result of a medical condition that needs extra medical treatment.

It is must be noted that excessive flatulence odor and too much gas can be taken care of through dietary and lifestyle changes. It is essential that you limit your intake of, or avoid eating foods that cause flatulence; you experience relief from flatulence. Lifestyle routines such as timings of meal, regular sleep timings and most significantly regular bowel movements are equally essential. Certain amount of physical exercise is vital for the proficient running of your digestive system. Also ensure you make it a duty to avoid controlling or delaying bowel movements. Treatment with such easy measures can assist to control flatulence odor or excess flatulence. In nearly all cases of excessive flatulence the problem can be dealt with using herbal

treatments. In situations of serious flatulence where such methods fail to take care of flatulence it is recommended to seek a medical diagnosis because they may be some other primary conditions that contribute to the problem.

The common causes of flatulence are:

- Intolerance of Lactose
- The consumption of some foods such as bran, broccoli, brussels' sprouts, cabbage, carbonated drinks, cauliflower, beans, beer (black), onion and milk ; they produced gases that cause constipation.
- Overeating
- Inappropriate chewing of food; large pieces are complex to digest and take longer to ferment.
- Eating with mouth open allow too much air to get in, for example chewing gum, smoking and drinking soda.
- Using baking soda for indigestion can increase the amount of flatus.
- Stress and anxiety
- Allergies
- Certain medications such as laxatives, cholesterol reducers and tranquilizers may promote flatulence.

Herbal Remedies

1. Blend 1/2 teaspoonful of dry **ginger powder** with a pinch of **Asafoetida** and a pinch of **rock salt** in a glass of warm water. Drink this concoction to get relief from flatulence.

2. Mix 2 teaspoonful of brandy with a cup of warm water and drink this before your bedtime.

3. Chew up on some fresh **ginger** slices that are soaked in **lime juice** after meals.

4. A drop of dill oil in a teaspoon of honey used immediately after a meal will help in dealing with gas.

5. Mix 1 teaspoon of dry grind **pepper**, 1 teaspoon of dry powdered **ginger** and 1 teaspoon of **green cardamom seeds**. Add 1/2 teaspoon of this mixture to water. Drink this mixture 1 hour after meal.

6. Chewing peppermint after eating also take care of excess gas. Peppermint has menthol that soothes the digestive muscles. It tremendously good for treating flatulence, bloating and abdominal pain that accompanies flatulence. Combined Peppermint oil with caraway oil should be taken to treat abdominal discomfort caused by flatulence. This mixture has been in use from time immemorial.

8. Consume papaya and fresh pineapple; they contain enzymes that help digestion and prevent flatulence

7. Remove the gas in beans by adding a teaspoon of ginger powder to cold water and pour the water to the dry beans. Boiled and then allowed to rest for an hour; sieved and rinsed. Then cook the beans with fresh water.

8. At each meal, dilute lemon juice or a mixture of two teaspoons of apple cider vinegar and two of honey in a glass of water. Then drink it after meal.

9. Take two **Mustard seeds** with a glass of water before breakfast and then increase the amount of seeds to 12 per hour. As soon as the gases are under control, the number of seeds should be reduced gradually to one or two per day.

12. Drinking tea made from combination of **cardamom**, **chamomile**, **cinnamon** or **cloves**. This tea stimulates digestion and thus reduces the bacteria that produce putrefaction; and also promoting intestinal mobility.

13. Drink, after dinner, one cup of tea prepared with a quart of boiling water and sugar, about 10 grams of **fennel seeds**.

14. Put 1 teaspoon of **oregano** and **lemon verbena** in a cup of water and bring to boil. Cover and allow it to stand for about six minutes. Drink after meals. There is no need to add sugar because the taste is very pleasant.

HERBAL REMEDIES FOR FLU

Influenza or "the flu" is caused by a virus that infects the upper respiratory tract. There are two kinds of influenza, type A and B, which infect the throat, nose, lungs, bronchial tubes, and the middle ear. There are vaccines for the flu but there are several viruses that can cause flu (around 200) though they are regularly mutating, making it so difficult to record success against these kinds of flu viruses. Influenza is one of the frequent common health problems affecting several thousands of men, women and children, living across the world. It can be considered as a viral infection that attacks your respiratory system, which includes organs such as lungs, throat and nose. This type of infection differs from the viruses that cause stomach problems that are usually characterized by vomiting and diarrhea.

Though a seasonal flu can affect just about anyone, it is more common in children or seniors who are above the age of 65. This infection is highly contagious; it has been observed that health professionals and child care personnel are more susceptible to this condition.

The risks of contracting the flu can increase significantly, if one has a compromised immune system. Some of the factors that weaken your immune system and weaken it include conditions such as cancer treatment, HIV/AIDS, and the application of anti-rejection drugs or corticosteroids. In situation you suffer from health conditions, such as heart diseases asthma and diabetes, your chances of flu could also increase tremendously. It has also been noted that pregnant women are prone to have influenza and the complications associated to it, particularly during the second and third trimesters. In most cases the flu is not a serious condition and can be tackled within some days or within a week. However, sometimes it is likely for the flu to last for a longer period, including numerous weeks, or it may recur, largely due to other health problems. Despite the fact that the flu is so rampant, it can bring about some serious complications. Reports from the across the world claim that each year, several tens of thousands of people die due to complications arising from the flu. However, children with severely compromised immune systems or the elderly could have ear infections, pneumonia and bronchitis, because of the influenza.

The symptoms of flu are analogous to those of a usual cold, such as body aches, cough, hot and fatigue, headaches, fever, nausea, vomiting ,cold sweat,

throat pain, lack of appetite. Generally colds last for one week, but the flu can last for up to twelve days, and when all symptoms have gone a relentless cough remains for another week. Influenza is one of the numerous diseases that modern medicine has not been able to find a cure for. Herbal remedies can ease the symptoms effectively. Stop buying any over-the-counter drugs to deal with this virus; a number of medications available today only repress the symptoms and tamper with the self defense mechanism of the body, thus making it more difficult to recover.

Tips for Preventing Flu

- To prevent a flu infection, you need to maintain a healthy immune system.
- Wash your hands regularly, especially underneath your fingernails.
- Do eat immune-improving foods that are chemical-free and organically grown.
- Drink one cup of natural organic yogurt every day can reduce flu.
- Cover your mouth or nose with a tissue whenever you cough and sneeze.
- Drink eight glasses of water each day to cleanse your body's system.
- Increase your supplement usage with Vitamin C and cod liver oil.
- Endeavor to get consistent, adequate sleep and regular exercise to help fight off infections.
- Reduce stress through relaxation techniques, exercising, or listening to music.
- Do not share personal items such as cups with someone who has the flu.
- Reduce your alcohol consumption, because alcohol dehydrates the body and makes you more susceptible to infection.
- Stay away from oily, spicy and tart food. Carbonated drinks, processed food and so on should be entirely avoided.

Herbal remedies

1. Add a few drops of **honey** or **lemon juice** into a cup of warm water, and drink. This soothes the symptoms and equally loosens the phlegm, so that it can be removed from the body. This process should be repeated around 2 or 3 times daily.

2. Boil a tablespoon of **fenugreek seeds** in half liter of warm water to prepare a decoction. Continue boiling the seeds, until the water decreases to one third of its original measure. Then, put a teaspoon of fresh **ginger juice**

to this concoction, as well as little drops of honey, just to make it more appetizing. Drink this mixture once daily.

3. Mix equal amounts of honey and onion juice in a jar. Take about 3 to 4 teaspoons of this mixture once in a day, until the flu disappears.

4. Blend a teaspoon of turmeric powder in a glass of warm milk and drink this remedy at least two or rather three times per day. This helps to strengthen the liver and ease the symptoms of flu.

5. Ginger tea has an excellent effect on the body and helps alleviate the symptoms of the flu. Use 2 to 3 pieces of ginger to prepare this tea and consume it at regular intervals during the course of the day.

6. Take Garlic capsules to reduce the growth of the virus.

7. Prepare a tea:

1 teaspoonful of **bayberry bark**.

1 teaspoonful of grated **ginger root**.

½ teaspoonful of **cayenne powder**.

1 cup of boiling water.

Let it infuse for 20 minutes. Then drink.

8. Take **Bryonia** if you experienced cough, throat and chest pain, dry mouth and lips, very thirsty.

9. Take *Eupatorium perfoliatum* if there is pain in your bones and eyeballs.

10. Take **Gelsemium** if you have chills, aches, fever, without thirsty.

11. *Nux vomica* is useful for taking care of simple cold that has not developed into influenza.

12. If individual experienced fever that is too high, they should use **catnip tea** and ½ teaspoonful of lobelia tincture every 4 hours. Note: It must not be taken if you are pregnant or breast-feeding and should not be given to a child below one year old.

19. Cat's claw reduces the duration of the flu.

HERBAL REMEDIES FOR FUNGAL INFECTION

The word “fungus” is sufficient to make alone go green in the face, but just be rest assured that you are not alone. A number of people get sick at the thought of suffering from a fungal disease. There are several different types of fungi living on our skin at all times. These fungi could live on your skin for years without causing any harm. There are certain factors though, that could cause the fungi to overgrow or change and lead to a disease. Records show that there are more than 50,000 different species of fungi in the surroundings. About 200 species of fungi can be connected with diseases and only around 20 to 25 species cause infection in human beings. A fungal infection can be considered as an attack of one or more species of fungus on the tissues of the body. These infections are normally classified by the kinds of microorganism causing the harm, the area of body that is affected, the deepness to which the body has been penetrated and the appearance that is taken by the fungi. There are several types of fungal infections; they are generally categorized into two types, *superficial infections* and *systemic fungal infections*.

A fungal infection could take place on the skin surface, within a skin fold or any other region that is kept warm by your clothes and shoes. The parts that are susceptible to fungal infections include the lungs, the sinuses, the mucus membranes and injury sites. A number of the most common types of fungal infections include:

- Tinea Versicolor,
- Jock Itch
- Athlete’s Foot,
- Barber’s Itch,
- Ringworm,
- Fungal Nails,
- Intertrigo,
- Oral Thrush
- Vaginal Yeast Infection

Some of these fungal infections are more common than the others. Moreover, men are more likely to suffer from certain infections such as Jock Itch and Athlete's Foot, whereas Vaginal Yeast Infections are clearly prevalent in women.

The seriousness of an infection may vary from an individual to an individual. It is more usual for infections to remain restricted to a tiny area of the skin, such as the toes or nails. However, this does not mean that the infection cannot spread; if left unchecked and untreated it is possible for the fungal infection to spread on to a wider area of the skin. Alternately, the infection could also penetrate deeper into the tissues. In fact, it is absolutely essential to control a fungal infection, because it can also easily spread from one person to the other.

Herbal remedies

1. Apply some **clove powder** or **clove oil** directly on to the skin that is infected. Besides easing the painful symptoms, this herbal remedy equally speeds up the process of healing.

3. **Tea tree oil** is reasonably effective in treating athlete's foot, yeast infections, and ringworm. But this oil is very powerful and may have an undesirable effect on the skin, if applied erroneously. To obtain the best results, mix a few drops of tea tree oil with water and use it on to the affected area.

4. To cure nail fungus or an athlete's foot just soak your hands and feet in a tub of white vinegar. This herbal remedy disrupts the pH balance of the skin, which in turn, tampers with the growth of fungi on the skin.

5. Raw garlic is known to have antifungal and antibacterial properties, as a result of which it is excellent in curing fungal infections. Massage some garlic extract or garlic puree on to the affected area to remove the fungus quickly.

In some individuals there may reoccurrence of fungal infection after using simple herbal remedies. If you observe this problem too, it is entirely essential to seek medical attention as soon you can.

HERBAL REMEDIES FOR GALL BLADDER

The gallbladder is a pear-shaped organ situated on the right side of the body, directly under the liver and about 3 to 4 inch-long. One of the primary functions of the liver is to eliminate poisonous substance from blood so that they can be expelled from the body. The liver excretes all these toxins in a digestive agent known as bile. Bile also has cholesterol, bile salts, lecithin, and other materials. The bile (around one pint of it daily) enters first inside the gallbladder, which keeps it until food comes into the small intestine. The gall bladder then releases the bile, which moves through cystic and bile ducts into the small intestine. Ultimately, the toxins are got rid of the body through the feces.

Unusual concentration of bile acids, cholesterol and phospholipids in the bile can bring about the formation of gallstones. *Cholelithiasis* is a medical term used to describe presence of gall stones in the bile. According to estimate 20 million Americans alone have gallstones. And in other parts of developed world, 10-15% of adults have gall bladder. Africa has the lowest of about 3%. In fact, 1 in 10 people have gallstones without knowing it. Nevertheless, if a stone is pushed out of the gallbladder and traps in the bile duct, this can lead to nausea, vomiting, and ache in the upper right abdominal area. These symptoms often occur after an individual has consumed fatty or fried foods.

Gallstones can vary from the size of a minute grain of sand to a pea-sized mass. 75% of gallstones are cholesterol stones, while the rest 25 percent are pigment stones. Pigment stones are made up of calcium salts. Although the origin of pigment stones is not known, factors like intestinal surgery, cirrhosis of the liver, and blood disorders can heighten the risk. The symptoms of gall bladder disease can be quite painful, with the most fearful being gallstone attacks. The gallbladder is an essential organ that plays a worthy role in the digestive system. The gall bladder is located towards the upper right side of the abdomen just below the liver. Bile, produced by the liver, is vital for digestion, especially of fats. The gallbladder functions as a storage tank for bile and it releases the bile whenever food is eaten to help digestion. Gallbladder surgery is therefore not always the best approach for

gallbladder disease and should only be resorted to when other options fail. In certain cases in fact it has been discovered that gallbladder symptoms continue even after surgical excision of the gallbladder. A proper gall bladder diet can normally alleviate the symptoms and sometimes activates the process of healing. The gallbladder is prone to some common disorders, gallstones is the most common, cholecystitis, and cancer of gallbladder. They are collectively addressed as *gallbladder disease*. Herbal treatments and personal care are an important aspect of treatment.

The presence of gallstones creates a chance that cystitis, inflammation of the gallbladder, may occur. This can cause severe ache in the upper right abdomen and/or across the chest, perhaps follow by fever, nausea, and vomiting. Other signs of gallbladder disease include constant ache underneath the breastbone that extend into the right or left shoulder and spreads into the back. The pain can last from 30 minutes to several hours. The urine may have tea- or coffee-color, and there could be chills, shaking and a yellowish discoloration of the eyes and skin. Gallbladder attacks occur mostly in the evening and can occur intermittently. Abdominal pain that occurs on a daily basis may be a problem not connected to the gallbladder. A gallbladder attack can imitates a heart attack, with serious pain in the chest region.

Inflammation of the gallbladder deserves immediate attention. If left not treated, it can be life –threatening condition. Though the causes of the symptoms of gall bladder disease may be simple to detect, the real causes of gallbladder disease and the factors that increase the risk of having gallbladder disease are much more wide-ranging and at times blurred. As mentioned earlier, one of the most usual risk factors is obesity or overweight. Diet is one of the fundamental factors in terms of the risk of gallbladder disease, for example a high fat diet that is low in fiber is known to amplify the risk of gallstones and other diseases. The role of heredity also cannot be ruled out, but this is a risk factor that cannot be eradicated, but it can be watered down. Studies have also shown that there is a high risk of gallbladder disease occurring among Hispanic or Native American populations. Patients that have sickle cell anemia are also at a risk of getting gallbladder disease. Though obesity is risky and constitutes several health risks, but “crash dieting” and quick weight loss are just as hazardous and increase vulnerability to gallbladder disease.

Herbal Remedies

1a. **Alfalfa** is an herb that cleanses the liver and provides essential vitamins and minerals. Take 1,000 milligrams in tablet or capsule form with a glass of warm water two times a day for two days.

1b. **Peppermint** capsules are also used in Europe to cleanse the gallbladder.

2. An **oil cure** has been developed by some herbal practitioners for the removal of gallstones. Raw, natural, unrefined vegetable oils: olive or sunflower is used. The modus operandi is to take 30 ml of vegetable oil, possibly olive oil, first thing in the morning and immediately add 120 ml of grapefruit juice or lemon juice. This treatment should be taken every morning for several days, even weeks, if essential. Olive oil has been highly revered due to its health benefits since earliest times, especially in the Mediterranean area where it has traditionally cultivated. Olive oil can be used in an array of recipes and is a grand replacement for other unwholesome oils. One could use it as a salad dressing or in cooking. Another one of the well-known gall bladder herbal remedies with olive oil includes a combination of the oil olive with honey and lemon juice. Take one spoonful or two of this mixture about twenty minutes or so before your meals. People can also use **castor oil** soaked in a soft cloth and place it on the abdomen as a compress, it is better applied with a heating pad or hot water bottle. This will reduce the swelling connected to a diseased gall bladder. The gall bladder and spleen are linked and so gallstones can cause damage on the spleen. It is thus essential to shun foods such as chocolate, caffeinated beverages, processed flour, and white sugar because these foods are difficult to digest.

3. **Turmeric** is good for reducing gall stones or to eliminate risk of further problems.

4. These categories of herbs are also beneficial: barberry root bark, cramp bark, dandelion, fennel, ginger root, horsetail, catnip, parsley and wild yam.

5. If individual suffer an attack, they should take 1 tablespoon of **apple cider vinegar** mixed with a glass of **apple juice**. This should ease the pain rapidly. If the ache does not reduce, consult your physician immediately.

6. **Dandelion** has a positive effect on the gall bladder. About 125 ml each of the juices of dandelion and watercress should be used two times per day. Followed with a vegetarian diet, with no much sugar and starch, these juices assist in normalizing the gall bladder.

7. **Dandelion tea** is an excellent herbal remedy for a diseased gall bladder. You may also make an herbal concoction with a blend of **dandelion** and **milk thistle**. Dandelion is known to stimulate and promote bile production, which can be useful for gallstones due to a contraction of the gall bladder making any stones to be driven out. It also leads to an increase in chenodeoxycholic acid, which is greatly beneficial because of its ability to dissolve gall stones.

HERBAL REMEDIES GASTRITIS

Gastritis simply refers to as “inflammation of the stomach.” In most situations the lining of the stomach, encounter wearing down and perforations, at times bleeding. The most common causes of gastritis are alcohol and most pain killers. Beginning Aspirin, Advil, Motrin, Nuprin, to Aleve, and several others bring about irritation of the gastrointestinal tract and this result to ulcers and gastritis. It is a health condition that could be caused by some other disease as a symptom or it could have many other causes. Gastritis is characterized by the occurrence of serious cramping or ache in the stomach or upper abdomen. This symptom of gastritis is usually known as *dyspepsia*. Gastritis is of two types:

1. Acute gastritis
2. Chronic gastritis.

Chronic gastritis can occur as a result of another health condition. Gastritis or stomach disturbances that develop because of the consumption of alcohol or some medications such as aspirin are considered as acute gastritis. The symptoms that show sign of acute gastritis can be disturbing in children, but treatment with herbal recipes should sufficient. In the same manner, bacterial infections caused by bacteria such as *Helicobacter pylori* cause infections of the stomach that may lead to chronic gastritis. Chronic gastritis may also be caused by conditions such as peptic ulcers, but it should also be observed that chronic gastritis can cause an occurrence of ulcers over time. Treatment of chronic gastritis should never be handled with levity because it can also amplify the risk of having stomach cancer. It is recommended that the treatment of chronic gastritis with herbal recipes should be complemented with accurate medical diagnosis.

Anyone suffering from stress is also liable to gastritis, surgery, burns, trauma and other severe medical cases increase the likelihood of developing gastritis. The manner gastritis attacks the stomach walls is by unsettling the mucosa, lining of the stomach. Nevertheless, other kinds of gastritis produce inflammation beneath the stomach lining as a result of anemia or bacteria. These conditions are apt to grow into ulcers. Gastritis in most situations does not cause ache; general symptoms are: vomiting, nausea, bloating, loss of appetite and indigestion, certain people may go through abdominal pain when eating.

Tips for Managing Gastritis

1. The patient should steer clear of alcohol, tobacco, spices and condiments, meat, red pepper, sour foods, pickles, strong tea and coffee.
2. The patient should equally avoid sweet, pastries, rich cakes, and aerated waters.
3. Do away with dairy products from your diet until the digestive system is healed.
4. Drink eight large glasses of water daily.

Herbal remedies

1. **Coconut water** is an outstanding remedy for gastritis. It gives the stomach the needed rest and supplies vitamins and minerals. The stomach is greatly assisted in returning to a normal situation provided that only **coconut water** is given in the first twenty-four hours.

2. The herb **marigold** is also beneficial in the treatment of gastritis. An infusion of the herb in doses of a tablespoon may be used two times day.

7. If your gastritis is induced by anemia, take supplement of chlorophyll two capsules three times in a day. And stick with the recommendations under anemia.

8. **Licorice** can help heal the gastrointestinal tract chew 300 to 600 mg 30 minutes before meals. This herb is also useful for treating ulcers. Licorice is more effective than *Tagamet*.

9. Use **Artichoke** whenever you experience abdominal ache, bloating or to ease vomiting, and nausea.

10. One of the great herbs for treating gastritis is **Ginger**. It alleviates nearly all symptoms including gas and indigestion, rapidly healing stomach and intestinal tissue, decrease inflammation, and ulcerated linings. Ginger is an anti-inflammatory and antibacterial herb. It eliminates nausea, stimulates digestion of fats. It is a natural antibiotic.

11. **Goldenseal** is known to destroy bacteria that cause stomach inflammation, ulcers and gastritis.

12. **Marshmallow** eases gastritis, ulcers, nausea and indigestion.

13. **Peppermint** has volatile oils such as menthol, eases indigestion, gastritis and stomach ulcers.

14. **Papaya seeds** and **pineapple** aid digestion excellently. It should be consumed a little ripe. **Papaya** is so rich in digestive enzymes.

HERBAL REMEDIES FOR GLAUCOMA

Glaucoma is a very severe disease that affects the optic nerve. The pressure inside the eye increase, destroying the nerve and leading to loss of vision and blindness. People above 65 years of age and people with diabetes are at the risk of developing this defect. This condition has no symptoms. Thus, people who suffer glaucoma do not aware until it is very advanced. Glaucoma has probably several causes. Certain medical scientists are of the opinion that; it is associated with poor nutrition, stress and high blood pressure. Also collagen deficiency is linked to glaucoma.

Herbal Remedies

1. **Rutin** is an extremely beneficial bioflavonoid that reduces pain and pressure inside the eye. Use 50 mg for 3 times per day.

2. **Vitamin A** and **carotenoid** are essential to keep healthy eyes and to enhance night vision.

3. Eat **spinach** and take **Lutein** or spinach extract because they have carotenoid essential for retina and eye tissue and sometimes reverse several eye conditions.

4. **Eyebright herb** in drops is tremendously fine for glaucoma. This herb can be used internally and is much more effective and safer than synthetic eye drops.

5. Use **Ginkgo Biloba** because it enhances the delivery of nutrients and oxygen to the eye tissues and it eliminates toxins. It is should be blended with zinc sulfate to slow down gradual loss of vision.

6. **Cayenne** is an anti inflammatory herb that appropriate for the mucus membranes. It should be used in little small quantities, mixed well with water or in eye drop form. It enhances blood flow to the eye.

7. Take Vitamin E. It ejects particles from the lens of eye.

8. **Bilberry** strengthens and protects blood vessels. It also protects the retina, reduces pressure in glaucoma and can stop the growth of cataracts.

9. **Coleus** should be dropped directly into the eye to speed up the flow of blood in the eye and reduces intraocular pressure.

10. Take **Fennel**. It is a very good herb for vision conditions. Each time snakes shed their skin they are momentarily become blinded; they consume

fennel to reinstate their sight back. It can be consumed raw or prepare as a tea and the tea can be applied as an eyewash.

11. **Jaborandi** is an herb that found in the rainforest. It has been used to treatment glaucoma in patients for more than 120 years. The presence of pilocarpine makes an indispensable herb for treating glaucoma.

HERBAL REMEDIES FOR GOUT

Gout is a metabolic condition characterized by abrupt and serious pain in one or more joints -particularly those of the large toe. Gout is caused by the presence of very high uric acid levels in the blood. This occurs may be because the kidneys are not removing enough of the body's uric acid or because too much uric acid is being produced. Gout is basically a kind of arthritis that is associated with rapid bouts of serious ache, inflammation and soreness in the joints, referred to as *gout attacks*.

Due to the powerful link between diets and gout, the case was often considered as a misery of the rich since the ancient times. With improvement economic condition, there are fewer gaps, especially with respect to the foods people eat. Therefore this condition has become more widespread and can affect just anyone, though men are more prone, as well as post-menopausal women.

As uric acid crystallizes, it assumes a needle like shape and, just a needle, the pains deal with the joints. It appears, it prefers the joint of the big toe. Although other joints can be affected also including the mid-foot, ankle, knee, wrist, and the fingers. Uric acid tends to crystallize at lower temperatures, and this the reason why close to 90% of gout attacks deal with cooler extremities such as the big toe. Acute pain is normally the first sign. Thereafter the affected joints get inflamed, red, swollen, hot, and exceptionally sensitive to the touch. Recurrent attacks of gout for a long time can give rise to joint damage.

Emotional stress can activate a gout attack, as well as minor trauma and fatigue. Gout also can be caused by renal deficiency. Gout often used to be known as "rich man's disease" because an attack can be caused by eating diet rich in alcohol or lipids.

- *Risk Factors for Developing Gout:*
- High levels of fat and cholesterol in the blood
- Narrowing of the arteries (arteriosclerosis)
- Abnormal kidney function
- Ancestral history of gout
- . Obesity
- Excessive gain in weight

- Moderate to heavy alcohol usage
- High blood pressure
- Diabetes

Symptoms of Gout

- *Intense joint pain.* If not treated, the joint pain characteristically lasts 5 to 10 days and then ends. The ache subsides slowly in a period of one to two weeks, making the joint actually normal.
- *Inflammation and redness at the joint.* The affected joints are swollen, tender and red.
- *Patients can also suffer fever with the acute gout attacks.*

Management Tips for Avoiding Gout Problem

- ☐ Stay off alcohol and smoking, because they can stimulate the conditions of gout.
- ☐ Never keep your joints fixed in a single place for a long time. Maintain small amount of movement in those joint all the time.
- ☐ Most important of all preventions for gout is to keep the weight under check. This keeps your digestive system working fine and ensures proper expulsion of the waste products from the body.
- ☐ Most fundamental of all preventions for gout is to keep the weight under control. This makes your digestive system functioning well and ensures accurate removal of the metabolic waste products from the body.

Herbal Remedies

1. Prepare an ash by “torching” the **Indian Reed – Mace leaves**. Then blend this ash with **sesame seed oil**. Apply this solution on gout area. It brings relief and also helps to cure gout.

2. There is wisdom behind the saying that an apple a day keeps the doctor away, because truly apple also keep the Gout away. A person experiencing gout attacks must consume at least an apple in day for getting ease.

3. Drinking 8 glasses of fluid per day reduces gout attacks and flush out urate crystals from the system and protect you from having kidney stones.

4. Take the half cup juice of **French beans** one or two times every day for a month.

5. **Bananas** are a good herbal remedy for curing Gout. Eat three or four bananas per day.

6. Soak a piece of white flannel cloth in warm **castor oil** and place it over the affected areas. This is one of the excellent herbal remedies to treat Gout

7. Bring one tea-spoon of **pepper** in one cup of **vinegar** and one cup of **water** to boil. Rub this mixture onto the painful joint and allow it for two-three hours.

8. GOUT TEA-No. 1

4 teaspoons of agrimony leaves

2 tablespoons of queen of the meadow root

2 cups of boiling water

Put all the `herbs together in a container and cover with the boiling water; allow it infuse for 30minutes; cool and strain. Take half a cup, up to four times daily.

9. GOUT TEA: No 2

1 teaspoon of **Burdock root**

2 tablespoons of **Dandelion leaves**

1 cup of water

Place all the herbs in a bowl and cover with the water. Subject them to boiling; take away from the heat; let it infuse for 30 minutes and then sieve. Drink up to 1 cup in a day, only 1 tablespoon at a time.

10. **Alfalfa** is a fine source of minerals and other nutrients that will assist in reducing serum uric acid. Use 2,000 - 3,000 milligrams per day in tablet or capsule form.

11. **Bilberry extract** is an excellent source of proanthocyanidins and anthocyanidins —great antioxidant compounds. Use it to take care of gout problems.

12. **Boswellia** and **Turmeric** contain powerful anti- inflammatory properties that are essentially good for treating gout.

13. Mixed **cayenne powder** with sufficient **wintergreen oil** to prepare a paste. Apply the affected areas to alleviate inflammation and ache. At first you may experience a stinging sensation but with recurrent application, the pain will decrease noticeably. Cayenne can also be used in capsule or liquid form.

14. **Celery seed extract** has copious anti-inflammatory compounds that are highly beneficial for curing gout.

15. Make an effort taking **chamomile**, **lady's mantle**, **peppermint**, or **skullcap**, in either tea or capsule form.

16. **Devil's claw** and **yucca** are equally good in relieving pain associated with gout.

HERBAL REMEDIES FOR HAIR LOSS

Generally, hair loss is a situation that shows the state of health of the person. Hair loss is not a precarious disease; millions of individual are frantically looking for a cure for hair loss. Our society drives us to appear healthy and young; hair loss affects our looks and our sense of worth, making people loss their esteem. The medical description of the loss of hair from the head or body, sometimes to the degree of baldness is known as *Alopecia*. Alopecia tends to be involuntary and unwelcome for example androgenic alopecia.

It may also occur as a result of a psychological urge to pluck out one's own hair, a condition medically referred to as *trichotillomania* or the out of the blue penalties of voluntary hairstyling routines, i.e. mechanical "*traction alopecia*" from extremely tight braids or ponytails, or burns to the scalp caused by caustic hair relaxer solutions or hot hair irons.

But why do certain individuals experience hair loss, and others have a head full of hair all through their lives? Ordinarily we lose about 100 hairs in a day, after some months, a new hair develops out of the same follicle. In a number of men, the new hair look thinner than the previous one, and as this one fall the next one is even thinner, till finally the hair follicle stops producing hair.

Women equally suffer from loss of hair as they grow older and attain menopause, although they do not lose much hair as men do. Childbirth is a key causative agent of hair loss. Mothers generally lose a lot of hair during a 6- month period after delivery.

Reasons for hair loss in men and women are:

- ☐ Stress
- ☐ Infection
- ☐ Surgery
- ☐ High fever
- ☐ Diets
- ☐ Over brushing
- ☐ Syphilis
- ☐ Tumors.

There are certain drugs that claim to re-grow hair, but so far they only achieve minimal results and are load with serious side effects. For example, those who have high blood pressure should use a certain “hair re-grow drug”. There is another one that causes sex problems, rash and if used by a pregnant woman it will lead to birth defects in the genital area of the fetus.

Healthy Tips for Preventing Hair loss

- ☐ Take Vitamins A, B6, B12, Folic acid, biotin, and Vitamin C to stop hair loss.
- ☐ Take Silica in capsule form, one per day, makes hair thicker and stronger.
- ☐ Eat adequate green leafy vegetables to prevent hair loss.
- ☐ Eat food that rich in proteins to prevent hair loss. Consuming foods rich proteins helps to stop hair loss and the growth of a healthy hair.
- ☐ Avoid using soaps or shampoo for head bath. Giving your every morning a head bath with cold water will promote circulation of blood in the head and also helps in supplying proteins to the scalp, which leads to better hair growth, strong black hair and prevents hair loss problem. This is incredibly natural hair treatment.
- ☐ Use shampoos and conditioners made of silica and biotin extracts.
- ☐ Do not use hair sprays and gels.
- ☐ Avoid brushing your hair excessively.
- ☐ When towel drying your hair, do not stroke instead pat your hair dry lightly.

Herbal Remedies

1. Apply coconut oil to the hair and wait for one hour. Take head bath, this helps to prevent hair loss.

2. Never comb your hair after taking head bath, allow your hair to dry first. This will help that you not lose any hair.

3. Apply **Coconut milk** to your hair and wash after some time. It prevents hair loss.

4. Put egg yolk and massage gradually into the hair and wait for an hour. Then wash it off.

5. Pound some **Hibiscus plant leaves** to form a paste. Apply this paste to your hair and wait for half an hour and then rinse it off.

6. Mix some **Hibiscus flower powder** with **rose water** to make a paste. Apply it to the roots of the hair and allow it for 30 minutes and wash it off.

7. Blend egg yolk with **henna** and apply to the hair. Allow it to dry, before washing it off.

8. Dried up the **Holy Basil leaves** and **Neem leaves**. And grind them into powder and add little amount of water to it so that they can form a paste. Apply this paste to your hair and leave it for one hour; then rinse it.

9. Wash your hair with a mixture of **apple cider vinegar** and **sage tea** this helps your hair to grow.

10. Ginkgo Biloba is known to improve blood circulation to the scalp, therefore take it

11. Take **Saw Palmetto**, this herb excellently unblocks hair follicles and heals the prostate by reducing residues of dihydrotestosterone in the scalp. It is 3 times more effective than any drug in healing the prostate.

12. **Nettles** can be used externally or internally to stop baldness and stimulate the growth of hair. It contains large amounts of silica.

13. Apply **Rosemary oil** locally to encourage hair growth. It improves the delivery of oxygen to the hair follicles.

14. **Neem** has been used in ayurveda medicine for hundreds of years to promote hair growth. Neem superbly thickens hair, heals follicles and it cleans the scalp.

15. **Horsetail** is rich in silica thus it stimulates hair growth.

16. **Fo-Ti** is a Chinese herb that restores hair color and prevents production of dihydrotestosterone -DHT, stops hair loss and thinning of hair and promotes hair growth.

17. Mix 1 teaspoon of **cayenne**.

1 teaspoon of **yucca root**.

2 cups of boiling water.

Allow the mixture to stand for 30 minutes. Use this solution on the scalp to enhance blood circulation to the area and help with loss of hair.

18. Prepare

1/2 teaspoon of rosemary essential oil.

1/2 teaspoon jojoba oil.

Combine the two ingredients together in a blender and see to that they mix together properly. Massage it on the scalp and leave it for some hours before cleaning it off.

19. *Hair Formula.*

1 cup of Aloe Vera gel.

4 tablespoon of apple cider vinegar.

1 tablespoon of nettle tincture.

1/2 teaspoon of vitamin E oil.

1/2 teaspoon of rosemary essential oil.

Mix all the ingredients together. Make sure they are thoroughly mixed. Use a small quantity on the scalp once daily.

HERBAL REMEDIES FOR HEADACHE

A headache can be referred to any types of pain that take place in and around the head, or in the upper neck. Headaches can occur without being connected to any health condition or disease, or sometimes occur as a sign of other diseases. Everybody does suffer headaches at one stage or the other and it is actually the most common complaints. In some cases, headaches may be a signal that certain things are going wrong within our body. It may a response to stress, sleeplessness, and other conditions.

Practically each one experience a headache at one point or the other. An estimated 17.6 percent of women and 6 percent of men in the United States alone suffer headaches regular, and some 20 million steadily witness huddle and migraine headaches. The number of men and women who daily suffering from headache worldwide is equally alarming. Herbal remedies are the proper way to cure a headache because the herbs are available to get, only that headache difficult to cure just like common cold and flu. General causes of headache are hormonal imbalances; temporomandibular joint (TMJ) syndrome ,trauma to the head; nutritional inadequacies, alcoholic usage, drugs, or tobacco, fever, stress,tension,anxiety, allergies, constipation, consumption of coffee eyestrain, hunger, sinus pressure, muscle tension, and contact with irritants like pollutants, perfumes, or after-shave sprays.

According to reports, 90 percent of all headaches are ‘tension headaches’ and only 6 percent are migraines. Tension headaches, as the name suggests, are as a result of muscular tension.

Cluster headache is another kind of headache. They are serious and repeated headaches that affect more than 1 million Americans, and several millions of people all over the world. They are most painful kind of headache. Taking herbal remedies for headaches is the appropriate manner to eliminate pain without drugs. Individuals who suffer from constant headaches may be response to specific foods and food additives, like sugar, hot dogs, luncheon meats, sulfites (mostly used in restaurants on salad bars), dairy products, nuts, citric acid, fermented foods (such as cheeses, sour cream, yogurt), alcohol, vinegar, wheat, chocolate, monosodium glutamate, and/or marinated foods. Other conditions are anemia, bowel problems, brain disorders such as tumors, tooth-grinding, hypertension hypoglycemia, and sinusitis, and spinal misalignment, toxic overdoses of vitamin A, vitamin B

deficiency, and diseases of the eye, nose, and throat. Dehydration also can trigger headaches—normally followed by a feeling of being famished, a balmy face, and a feeling of heaviness in the head.

Note: Unless otherwise stated, the dosages suggested here are solely meant for adults. For a kid between the ages of twelve and seventeen, limit the dose to three-quarters the suggested quantity. For a kid between six and twelve, use one-half the suggested dose, and for a kid under the age of six, use one-quarter the suggested amount.

The Most Regular Causes and Triggers of Every Day Headaches:

- ☐ Disturbing stress
- ☐ Dejection
- ☐ Rage
- ☐ Nervousness
- ☐ The narrowing of blood vessels or the squeezing of facial and scalp muscle when experience negative emotions can lead to reduced blood and oxygen flow to the brain, which then bring about a headache.
- ☐ Ailments: Dental diseases, viral infections, urinary tract infections, sinus infections, eyestrain, vision difficulties, allergies, and head injuries can all result in headaches.
- ☐ Sleeplessness: The insufficient sleep or sleep disorders can bring about muscle tension, which can lead to headaches.
- ☐ Food sensitivities: Caffeine, dairy products, chocolate, and food additives such as nitrites, nitrates, and monosodium glutamate are established headache triggers.
- ☐ Irregular meals: Skipping of meals and vogue diets can reduce blood sugar levels and bestow you a headache.
- ☐ Dehydration is also a frequent cause of headaches.

- ☐ Alcohol and drugs: The use of alcohol, approved medication, cocaine, amphetamines, and diet tablets can cause headaches.
- ☐ Rebound headaches: Constant intake of certain pain relievers may bring about a rebound headache just as the painkiller starts to wear off.
- ☐ Headaches may also occur as a withdrawal reaction from addictive substances such as drugs, caffeine, and prescription medicines.
- ☐ Other factors: frowning, poor lighting situation, physical hard work, and chemical sensitivities can also be the source of headaches.

Symptoms of Headache

- ☐ Ache in the head
- ☐ Fuzzy vision
- ☐ Nausea and vomiting
- ☐ Hearing injury
- ☐ Irritability
- ☐ Disorder
- ☐ Malaise
- ☐ Anxiety

Healthy Tips for the Prevention of Headache

- ☐ Eat a healthy diet consisted of fresh fruits and green vegetables, and avoid skipping meals for so long.
- ☐ Drink large amount of water so that the body can be hydrated.
- ☐ Exercise often to enhance your circulation
- ☐ Make use of relaxation methods such as deep breathing workout, hands-on-healing, and restorative touch to minimize the rate of a headache.
- ☐ Maintain a headache journal to keep track of each headache – the time it lasts and at what time it occurred and what cause it, to talk about it with your

physician.

- ☐ Place an ice pack on your forehead and a heat pack on the back of your neck to relax stressed muscles.
- ☐ Soak yourself in a hot tub; the hot water will help to loosen the contracted muscles that are the source of the headache.
- ☐ Stay outside to get fresh air or take a stroll on a beach.
- ☐ Reduce alcoholic consumption and drink more water.
- ☐ Decrease number of hours used in front of a computer screen.
- ☐ Do not watch television for a very long time or in a poorly-lit room.
- ☐ Endeavor to sleep very well at night.

Herbal remedies

1. Coenzyme Q10 in addition with Coenzyme A improves oxygenation of the tissue. Take 30 mg two times per day.

2. Calcium and magnesium are minerals that are good for alleviating muscular tension. Use chelated forms. Their deficiency may be the cause of migraines. They relax muscles and blood vessels. Take 1,000 mg in a day.

4. **Cayenne** thins the blood, thus limits pain and allows favorable blood flow.

5. **Chamomile** relaxes muscles and eases tension.

6. **Ginkgo biloba** extract promotes circulation to the brain, and can be useful for certain kinds of headache.

7. **Guarana** can relieve cluster headaches. Taking Steam containing Eucalyptus oil drops helps to eliminate of headache cause by cold congestion or sinus problems.

8. Rubbing **Eucalyptus oil** on the forehead equally helps to reduce headache due to cold.

9. Equal amounts of **Cumin seeds, Black pepper, Coriander seeds, dried ginger** powdered together. Boiled one spoon of this powder in water

with **Jaggery**. It should be taken before sleep so as to help to get relief from head ache caused by cold.

10. Eating an **Apple** daily with salt helps to keep headache at bay.

11. **Cinnamon** grinded with **Lemon juice** massaged on the forehead brings relief from head ache.

12. Chewing dry Coconut with Sugar candy will also give ease from headache.

13. Massaging Castor oil or Ginger oil or Coconut oil on the center of the head give relief from head ache.

14. Combine **Tamarind** and **Jaggery** mixed in water. Then filtered and used two times in a day. This helps to defeat headache that occur as a result of heat.

15. These classes of herbal remedies are suitable for the particular headache you are suffering from in line with the symptoms also.

Belladonna helps with impulsive, serious pain that is worse on the right side of the body.

Natrum muriaticum is suggested for tension headaches and periodic headaches.

Sanguinaria is good for shape and splitting ache.

Arsenicum album, **Pulsatilla**, **Kali bichrornium**, and **Mecurius solubilis**, all of them are good for clearing of the sinuses.

HERBAL REMEDIES FOR HEARTBURN

Heartburn is a burning sensation and pain that occur in the stomach, chest, and behind the breastbone. The symptoms associated with heartburn are: gas, vomiting, shortness of breath, bloating, and/or an acidic or acerbic taste in the mouth and throat. Heartburn occur when hydrochloric acid released during digestion, move up to the esophagus. As it move up the acid ‘burns’ the receptive tissues in the esophagus and throat.

As a rule the esophageal sphincter muscle contracts hence hindering the stomach acid from getting into the esophagus, but in a situation when this muscle is not malfunctioning, the acid can move past it. As this occurs the symptoms of heartburn begin. It is known as Gastro-esophageal reflux disease due the malfunction of muscle; although it is also referred to as dyspepsia, chronic heartburn or acid indigestion. If the needed care is not given, the recurrent acid flow through the esophagus can scar and initiates changes in the cells lining which can lead to cancer later on in life.

Other initiators of heartburn are consumption of alcohol, smoking and the consumption of acidic foods. People that use antacids should be very care because antacids limit the absorption of nutrient, like Iron and elevate blood pressure .Sadly the relief provided by antacids is too short. The most appropriate solution for heartburn is the usage of herbs and vegetables.

Causes of Heart burn

- ☐ Drinking of Alcohol.
- ☐ Avoidable pressure on digestive tract.
- ☐ Certain antidepressants and sedatives.
- ☐ Sleep disorder.
- ☐ Rich and spicy foods.

Tips for Eliminating Heartburn

Take a large glass of water as you as notice the first sign of heartburn, if the symptoms can be tolerated.

Herbal remedies

1. Drinking of **Aloe Vera** juice is known to heal the intestinal tract.

2. Drinking of **Chamomile tea** after meals do bring ease esophageal irritation.

3. Prepare a juice using raw **potatoes**. Wash the potato very well with water but do not peel it. The washed potatoes should be cut into pieces and place it in the juicer. And drink immediately after juicing.

4. Bring **peppermint leaves** to boil in a bowl of water for 4-6 minutes. Then sieve the leave. Mix honey with as it suits your taste and takes a sip of peppermint tea gradually.

5. Consume fresh **Papaya** or take **Papaya** juice because Papaya is a natural heartburn tonic.

6. **Bananas** are natural antacid in the body, thus eat them very well to ease heartburn.

10. **Fennel seed** is an aromatic herb. The presence of 'Anethole made useful in digestive processes. Chew fennel seed half a tea spoon little by little after your meals.

11. Slowly suck a single clove in mouth after meals.

HERBAL REMEDIES FOR HEMORRHOIDS

Hemorrhoids in simple terms are swollen anal varicose veins. These veins can become too wide that they push with excessive force, then split and bleed. The hemorrhoids usually lead to inflammation, irritation, rectal bleeding, pain, burning, and itching, since the swollen tissues are not easy to keep clean.

Hemorrhoids can be internal or external. The *external hemorrhoids* can be seen and it appeared as a soft bluish-purple lump. The *internal hemorrhoids* are not easily noticeable because that they are generally trouble-free. Another type of hemorrhoid is known as *prolapsed*. Prolapsed is an internal and collapsible hemorrhoid. It protrudes outside the anus, usually followed by heavy bleeding and a mucus discharge. They are intolerably painful.

The most usual cause of hemorrhoids is persistent constipation or congested liver. Contributing factors to hemorrhoids are:

- Obesity/Overweight
- Poor exercise/Inactive existence
- Food allergies
- Carrying heavy objects
- Inadequate eating of dietary fiber.

During pregnancy, women can get hemorrhoids as a result of pressure of the growing uterus on the major veins. Constipation during pregnancy may make hemorrhoids more too painful, occasioned by straining during the movement of bowel; because this place so much pressure on the veins around the anus region. It is also regular after childbirth.

Causes of Hemorrhoid

- Constipation and straining during the movements of bowel
- Pregnancy.
- Genetic predilection
- Sitting for a lengthen period of time

- Diarrhea
- Pressure and strain as a result of standing for long time
- Lifting heavy objects
- Sneezing
- Vomiting
- Pregnancy
- Coughing

Symptoms of Hemorrhoid

- Blood covering the stool or on toilet paper after cleaning
- Imperfect bowel movements
- Extreme constipation
- Painful growth around the anus
- Rectal burning

Management Tips for Hemorrhoid

- Drink plenty of water
- Consider fiber supplements
- Exercise regularly
- Have a bowel movement as soon as convenient when you feel the urge
- Increase dietary fiber

Herbal remedies

1. Bring 20g of **Sesame seeds** to boil in 500 ml of water. Drink it the resulting mixture.
2. Taken doses of 60-90 ml of **white radish** juice with a pinch of salt is extremely beneficial in treating hemorrhoids.
3. Prepare a paste of well grounded **radish** with milk. Then apply the paste over irritated piles to get respite from swelling and pain.
4. **Banana** should be mashed and boiled with a cup of milk. Drink this three times per day.
5. Prepare an excellent paste of cumin seeds powder with water. Apply the paste to the affected areas to bring the pain down.
6. Take three to four **Neem** leaves with water, this will grant you relief from Piles.
7. **Aloe Vera** gel should be applied directly on the anus. It relieves pain and soothes the itching sensation.
8. Make a strong, warm tea using **Lady's mantle**. Soak a cotton ball inside the tea and then apply to the hemorrhoids so many times in a day or as needed.
11. **Witch hazel** should be applied with a sterile cotton pad on the hemorrhoids, three times per day to reduce the swollen veins.
12. Prepare a tea from any of these herbs: **Buck thorn bark, Collin Sonia root, parsley, red grape vine leaves** or **stone root**. They are tremendously useful for the treatment of hemorrhoids.

HERBAL REMEDIES FOR HIGH BLOOD PRESSURE

There are several conditions responsible for variation of blood pressure. The blood pressure may be high, low, or normal depending on a variety of factors such as:

- The output from the heart
- The resistance to blood flow by the blood vessels
- The volume of blood
- Blood distribution to the several organs.

All of these factors also can be influenced by the activities of the nervous system and some hormones. Herbal remedies for high blood pressure can take care of several symptoms in order to normalize blood pressure naturally. If blood pressure is increased, the heart will have to work harder to pump a sufficient quantity of blood to all the tissues in the body. In the end, the condition usually leads to any of these “three evils”: kidney failure, heart failure, and stroke. In the same manner, high blood pressure is usually connected with arteriosclerosis, kidney disorders, overweight, diabetes, hyperthyroidism, coronary heart disease and adrenal tumors.

The catalog of circulatory disorders is almost without count, though most severe and notable are: heart disease, strokes, hypertension, and atherosclerosis. These and other circulatory cases are the *numero uno* cause of death in the United States, Europe, Asia and other parts of the world. It is killing about one million Americans each year. Anyone could be a victim of this silent killer, it is therefore recommended to make it a habit to use herbal remedies for high blood pressure to reduce the risks.

As we become adults, the ability of body to maintain an accurate symmetry between blood clotting and blood liquefaction start to spiral out of control. However the delicate balance existing between blood clotting and movement of blood through the blood vessels must be maintained, so the process can go on *pari passu*. When the old age set in the blood tend to become ‘sticker’ and the capacity of blood to move across the blood vessels become reduce.

With this occurrence, the stage has been prepared for blood clots, blocked arteries, strokes, and heart attacks.

Causes of High Blood Pressure (Primary Hypertension)

- For most individual, the cause is not known, primary blood pressure the more prevalent.
- The reason why primary high blood pressure occurs is still shrouded in mystery. Research is still being done though several factors have been suspected. High blood pressure usually runs in families therefore, there is a strong genetic link involved.
- Smoking
- Alcoholism
- High salt intake
- Obesity
- Lack of physical activities
- Excessive stress.

These are conditions known to cause *secondary hypertension*:

- Diabetic nephropathy
- Kidney disease
- Cushing's syndrome
- Hypothyroidism/Hyperthyroidism
- Arteriosclerosis
- Fundamental heart conditions
- Sleep apnea
- Overweight
- Pregnancy, specifically in conditions of Pre-eclampsia
- Adverse effects of some medications

Symptoms of High Blood Pressure

High blood pressure is so deadly because a number of people do not experience any symptoms until it is almost gotten out of control.

The following are symptoms mostly associated with high blood pressure.

- Persistent Headaches
- Dizziness

- Hazy vision
- Nausea
- Elevated nosebleeds

Note: These signs are not always conclusively indicative of high blood pressure they might be different health concerns. It is therefore essential to have your blood pressure checked from time to time.

Tips to Manage High Blood Pressure

- Assume responsibility for your health and do the crucial changes. It is unfortunate that it takes a scary diagnosis to force individuals to adopt positive life changes. Make healthy life-style choices by exercising, take your time to relax, and eat wisely! If you do indulge in smoking, you need to quit naturally. These changes will help to reduce blood pressure, increase energy levels, improve immunity and create a sense of being renewed.
- In case of you are experiencing difficulty in adopting and sticking a healthy eating plan, or have problem losing your weight then you should immediately seek professional assistance from a nutritionist or fitness expert.
- Time to manage your stress levels.
- Take care of other health issues such as sleeplessness or constipation as soon as they crop up because these can compound high blood pressure.
- Closely watch your blood pressure by learning how to measure your own blood pressure at home or getting it frequently checked by a health care professional. Try maintaining a log of your measurements after each check-up and gradually working towards your goals by paying attention what works and what does not.
- Stay away from the herbs **Ephedra** and **Licorice**, because they increase blood pressure.
- Adhere strictly to a salt-free diet. This is fundamental for reducing blood pressure. Reducing your salt intake is not sufficient; do away completely with all salt from your diet is the only way to obtain desirable result.

Examine labels cautiously and shun those food products that contain "salt," "soda," "sodium," or the sign "Na" on the label. .

- Drink steam-distilled water only
- Certain foods and food additives should be avoided totally. These include monosodium glutamate (Accent, MSG); baking soda; canned vegetables (except marked sodium- or salt-free?); commercially manufactured foods; over-the-counter medications that have ibuprofen (such as Advil or Nuprin); diet beverages; foods with mold inhibitors, preservatives, and sugar substitutes; meat tenderizers; softened water; and soy sauce.
- Always consume a high-fiber diet.

Herbal remedies

1. Consumption of **Papaya** every morning will bring high blood pressure under control.

2. **Sweet Neem** should be used constantly in cooking and drinking, because **Sweet Neem** juice helps to control high blood pressure.

3. **Beetroot** should be consumed every day with fresh Lemon juice. This herbal recipe helps to control high blood pressure.

4. **Watermelon** is excellently useful in controlling high blood pressure. The seeds of watermelon help to broaden the capillaries which makes high blood pressure lower. The seeds should be powdered and boiled in water, sieved. This recipe useful to reduce high blood pressure.

5. Prepare **Banana stem** juice by cutting up the stem and pound in a mortar. Squeeze out the juice. Take half cup of juice two times a day will perfectly control high blood pressure.

6. **Lemon** juice helps to make capillaries elastic. Squeeze some fresh lemon juice into hot water. Drink the juice every morning helps to surmount high blood pressure challenge.

7. **Hops** and **Valerian** root are good for soothing the nerves.

8. Drink 3 cups of **Suma** tea (Brazilian ginseng) each per day.

9. Eat a lot of fresh fruits and vegetables, like bananas, broccoli, cabbage, cantaloupe, eggplant, garlic, grapefruit, apples, asparagus, green leafy vegetables, melons, peas, prunes, raisins, sweet potatoes and squash.

10. Cultivate a habit of taking freshly squeeze juices in the diet. The under listed juices are healthy: carrot, celery, currant, cranberry, citrus fruit, beet, parsley, spinach, and watermelon.

11. Eat as much as grains as you can; millet, brown rice, buckwheat and oats are good examples to go for.

12. Take 2 tablespoons of flaxseed oil every day also work wonderfully in lowering high blood pressure.

13. *High Blood Pressure Wonder Tea 1*

1 teaspoon of **burdock root**

1 teaspoon of **goldenseal root**

1 teaspoon of **cayenne**

2 teaspoons of **slippery elm bark**

2 slice of **ginger root**

3 cups of boiling water

Mix these herbs in a bowl, and pour the boiling water on them. Allow them to infuse for 30 minutes, then cool and sieve. Drink up to a single cup daily, 2 tablespoons at a time.

14. *High Blood Pressure Wonder Tea 2*

1 or 2 teaspoons of **Black Cohosh** root

4 teaspoons of **Ginkgo Biloba** leaves

2 or 3 cups of boiling water

Blend all these herbs together in a bowel, and pour the boiling water on them. Soak for 30 minutes. Allow them cool, then sieve. Drink 2 to 3 tablespoons at a time, up to six times per day.

HERBAL REMEDIES FOR IMPOTENCE

Erectile dysfunction (otherwise known as impotence) is common occurrence now. Erectile dysfunction is affecting about 30 million Americans between ages of 30 and 70. And several millions of individuals are also afflicted across Europe, Asia and other parts of the world. About 80% cases of erectile dysfunction are as a result of circulatory problems, drug adverse effects, hormonal imbalance, and prostate challenge. High blood pressure, diabetes, obesity, depression, smoking and excessive consumption of alcohol are also unambiguous causes. In addition a decline in male hormones, increase in male infertility and a global drop in sperm count is largely as a result of the estrogen-like effects of pesticides and other ecological toxins. Therefore infertility which couples experienced is also due to the male about 35% of cases. "*Male menopause*" expressed as a drop in testosterone and associated functions, is also a reality of life.

Certain herbs have the same properties compare to Viagra; improve the rate of circulation to the pelvic area and penis. Others work through mental relaxation or by activating particular brain regions. Notably, adaptogenic and tonic herbs have prolong androgen/testosterone-building effects, stimulating the pituitary, adrenals and gonads to stabilize hormones and promote sex drive. Viagra or any drug does none of these. The end result is usually an enduring improvement in sexual health and the general well being.

Impotence is generally common in men who are suffering from diabetes; the general estimate is that 50% of diabetic men are impotent and that the rest 50 % will turn out to be impotent within a reasonable period of time.

Imbalances in hormone such as small levels of thyroid hormone may also add to the problem. The low levels of the testosterone are seldom the cause of ED. Testosterone is basically in charge of the process of desire, never erectile dysfunction. Though of course, be short of desire could be the quandary. In reality if desire is not there in the first instance, it is problematic to either get or sustain an erection. Loss of sexual desire may be due to depression, illness, or medications, and certainly, a disappearing attraction for one's partner.

Erectile dysfunction may be categorized into *chronic* or *returning*, or it may happen as an isolated occurrence. Usually one or two incidence is hardly considered as impotence, though they may be disturbing at the time.

In the years gone by, impotence was seen fundamentally as a psychological problem. However as at now, a number of therapists and physicians are of the opinion that about 85 percent of all occurrences of impotence have some physical foundation. According to the Association for Male Sexual Dysfunction they are more than 200 drugs that may cause impotence. The most common are anti-hypertensives, blood-pressure drugs, cancer chemotherapy, diuretics, narcotics, nicotine, sedatives, alcohol, antidepressants, antihistamines, steroids (when subjected to abuse), stomach acid inhibitors, and ulcer medications. Atherosclerosis is a kind of arteriosclerosis that constitute a danger to the state of both the heart and the penis (impotence can, as a matter of fact, be an indication of atherosclerosis). Today a high percentage of people are aware that smoking and the consumption of fatty foods lead to the formation of plaques that clog up arteries and block the supply of blood to the heart. These plaques can equally obstruct the arteries carrying blood to the genitals, thus tampering with the capacity to have an erection.

Herbal Remedies

1. Ashwaganda-*Withania somnifera*

This is an ancient tonic for enhancing long life and vigor. It is also good for increasing sperm count. This herb normalizes reproductive hormones and improves endurance and fatigue.

2. Astragalus-Milk Vetch/*Astragalus membranaceus*

Astragalus is known to increase sperm count, vigor, power and sexual function. It enhances nervous and immune functions

3. Chaste Tree-*Agnus castus*

Chaste Tree is good for treating impotence, infertility and emissions, particularly in old age, from sexual overindulgence, too much masturbation or after venereal disease. It regulates the pituitary and increases testosterone.

4. Cordyceps-*Cordyceps sinensis*

It is an excellent herb for impotence. Also it improves sexual ability and release of reproductive hormones. Cordyceps increases sperm motility and is useful in taking care of fatigue.

5. Damiana-*Turneria aphrodisiaca*

It enhances circulation in the penis and clitoris, thus increases sensitivity.

It enhances bliss, activates sexual performance and eases nervousness.

Damiana improves hormonal and nervous systems. It equally has testosterone-like effects on the body.

6. **Ginkgo**-*Ginkgo biloba*

Ginkgo is known to promote blood circulation to the penis, thus help erectile function. It takes care of impotence due to antidepressant drugs and also effective for depression.

7. **Ginseng**-*Panax ginseng*

Ginseng is an invigorating tonic and adaptogen. This herb excellently assist impotent men have a 60% increase in sex drive and capacity to attain erection.

Ginseng increases production of sperm, growth of testes and testosterone levels.

8. **Maca**-*Lepidium meyenii*

Maca is a time-honored Peruvian aphrodisiac and cure for impotence and infertility. It also increases sex drive and sexual stamina

It equally improves erectile dysfunction and increases sperm count.

It improves physical ability and helps sustain activity in geriatric men.

9. **Muira Puama**-*Ptychopetalum olacoides*

Muira Puama enhances sexual desire and help in maintaining erection.

It also increases production of sex hormone.

It increases libido by 62% and take care of impotence in 51%.

10. **Oats**-*Avena sativa*

Oats is extremely good for treating impotence due to nervous exhaustion, overwork and mental stress. It is a neurological tonic, thus improves libido.

11. **Sarsaparilla**-*Smilax officinalis*

Sarsaparilla has precursors to synthesis of male sex hormones. It is locally used in Central and South America, as well as China and Caribbean. It is a tonic and aphrodisiac herb that increases muscle mass and treats erectile dysfunction.

12. **Schisandra**-*Schisandra chinensis*

Schisandra is a sexual tonic and aphrodisiac that stimulates libido and sexual secretions. It improves stamina and longevity. It neutralizes the effects of stimulants.

13. Siberian Ginseng-*Eleutheroкокcus senticosus*

Siberian Ginseng enhances sexual performance. It increases sperm count. It gives vigor and vitality.

14. Tribulus-*Tribulus terrestris*

Tribulus increases sex drive. It perfectly stimulates libido. It is known to increase testosterone and estriol levels significantly (30% in 5 days).

It should be used in a dosage of 85 -250 mg 3 times per day with meals.

15. Yohimbe-*Pausinystalia yohimbe*

This herb enhances capacity to attain and keep erection.

However it has adrenaline-like activity and potential toxicity.

It a FDA approved herb for impotence, although it requires 6 to 8 weeks for maximum effect.

HERBAL REMEDIES INDIGESTION

Indigestion generally occurs when people eat in excess, so fast, or when they have eaten foods that do not stay well in the stomach – for instance spicy foods. Digestive disorders, like ulcers, can cause indigestion also. Bile reflux and gastritis are also categorized as indigestion. Stress and worry can equally engineer the secretion of excess stomach acids. These acids give rise to hyperacidity; this implied that a pretty mild meal could still lead to indigestion. By and large most cases of indigestion can be associated with improper eating habits – for example, eating excessively fast and swallowing air, which then lead to trapped wind that can be very painful. Carbonated beverages or acidic beverages (like wine) can also create horrible episodes of bloating and indigestion.

Healthy Tips for Preventing Indigestion

- Stay away from foods that you know cause trouble in the stomach. (This could be spicy foods, certain sea foods).
- Consume several little meals all through instead of 1 or 2 enormous meals at a single sitting.
- As much as you can, run away from fatty, oily foods or processed foods that is high in fat and salt content, such as fast foods.
- Eat gradually and make sure you the chew food well.
- Do not drink carbonated drinks with your meal. It is recommended that you wait until 15 minutes after a meal before drinking the beverage – and even then, small sips are best.
- Quit smoking in a natural way.
- Ensure you relax and reduce stress.
- Always allow your body to digest food! Do not get involved in any activity directly after a meal. Endeavor to eat at least an hour before or eat after engaging in sports or being physically active.

Herbal remedies

1. A spoon of **Carom seeds** and **Black salt** taken with hot water eliminates indigestion.
2. Taking salted **Buttermilk** daily helps to decrease indigestion.

3. Consuming a piece of **Ginger** after each meals helps to avert indigestion disorder.

4. Mix **Lemon juice** with Black salt, and then add lukewarm water to it. Drink it. It helps to cure indigestion.

5. Eating **Garlic** or **Asafoetida (Hing)** with meals also helps to eliminate indigestion.

6. Eating one **Banana** after each meals helps to rise above indigestion problem.

7. **White grapes** should be consumed often. It helps to tackle indigestion.

8. Papaya is known to improve digestion and prevents indigestion. Make it a habit of eating it every day

9. **Radish** should be consumed with Salt and **Black pepper** along with meals. This also helps in curing indigestion.

10. Equal amount of **Cinnamon, Dried Ginger, and Cardamom** should be powdered together. Taking a little of this powder helps in treating indigestion.

11. **Orange** and **Black salt** should be taken after meals, this bring relief from indigestion.

12. Whenever you are experiencing indigestion as a result of drinking milk. Add a Long pepper or Ginger piece or little Cumin seeds as you boil the milk.

13. Blend **Mint juice** and **honey** together. Drink this mixture every morning. It will help to get rid of indigestion.

14. **Drumstick** can be eaten in any form. It reduces indigestion.

15. Taking a **spoon of honey** helps to decrease indigestion.

16. **Makoi** leaves and fruits are excellently good for digestion. Eating them from time to time will assist to conquer indigestion.

17. **Brinjal** particularly the long one is appropriate for curing indigestion.

18. **Gooseberry** when consumed everyday helps to hinder indigestion.

19. **Aloe Vera juice** helps to clear and resolve "burning" sensation within the stomach. 1 tablespoon of Aloe Vera juice should be diluted in 6 ounces of water. It should be taken up to three times per day. Use it in moderation; it can be a tough cathartic.

25. **Gentian root** is a bitter herb that has been used for ages throughout the Europe to improve digestion, specifically of proteins and fats. Take 500 milligrams two times in a day, with meals.

26. **Ginger** is an outstanding digestive aid. It helps digestion, enhances absorption, and limit nausea. Take one or two 500-milligram capsules as required.

Note: Ordinary licorice can increase blood pressure, and should not be used on a day to day basis for more than five days in a straight.

28. **Peppermint** is an ancient herb that is very useful for all forms of indigestion. It promotes digestion, increase ease with which the stomach is empty, and decrease flatulence. Take peppermint **tea** with meals.

HERBAL REMEDIES FOR IMPROVE APPETITE

Tips for Enhancing Appetite

- Fruit juice is healthy and 100% pure fruit juice is much beneficial to your health than 'artificial' drinks.
- Prepare smoothies with fresh fruit, milk or yogurt.
- Add boiled egg white to smoothies to increase the protein content but the taste is unnoticeable.

Set a correct example and young children will in due course follow. Endeavor to eat an excellent balanced diet and eat together as a family.

- Evade making your meals time into a power struggle
- Avoid junk foods, they are high in calories but have no nutritive value.
- Use peanut butter (around 100 calories / tablespoon) as a spread.
- Avoid eating in front of the television.

Herbal Remedies

1. Make a habit of eating **Black berries** often; it will improve your appetite.

2. **Coriander juice** should be mixed with water; drink the mixture regularly. It enhances appetite.

3. Some **Carom seeds** and **Black salt** should be taken with hot water. It equally promotes appetite.

4. A piece of Ginger should be consumed before meals. This promotes appetite.

7. Take your time to eat raw Cucumber, raw radish, raw white Onion. All of them are useful in improving appetite.

8. **Tomato, Amaranth, Bitter gourd, Fenugreek** should be eaten on a regular basis; they stimulate appetite.

9. **Tamarind** water should be mixed with Salt and **Black pepper** and taken. This excellently enhances appetite.

10. Eating **Ber fruit** constantly is known to stimulate appetite.

11. Taken **Orange** with **Black salt** is also reportedly useful for improving desire for food.

12. Individual can drink **Apple juice** that has gone sour mixed with Sugar Candy for some days. This stimulates appetite.

13. **Sugar cane juice** should be combined with **Honey**, **Lemon juice** and a pinch of **Clove** powder. This mixture should be taken; it helps to improve appetite.

14. Make a habit of using **Sweet Neem** and **Garlic** on a regular basis in cooking. They are natural appetizer known to mankind from time immemorial.

15. Mixed some amount of **lemon juice**, **Ginger juice** and **Salt**. Then take this preparation with water. It will definitely stimulate your appetite.

HERBAL REMEDIES FOR INSOMNIA

Insomnia basically means a complete absence of sleep. It is usually characterized by a failure to carry out routine activities effectively because of inadequate rest as a result of distressed sleep pattern. This condition has reached shocking proportions in the modern times, particularly among the upper echelon of the society. Insomnia as it is connotes inability to fall asleep or waking up in the middle hour of night and remaining awake. If this condition goes on for more than one month, it is known as *chronic insomnia*. Majority of the cases of insomnia are associated with regular daily fears and stress or merely consumption of caffeine. It is usually not a serious case although it can be very maddening, and can cause inattentiveness and terrible temper. Chronic insomnia is an unusual case and it can obstruct and interrupt a normal life. It is known to contribute to headaches, mental exhaustion, confusion, memory problems, dizziness and emotional flux. Insomnia is not a disease but it can be an indication of a more serious disorder, for instance asthma, stress, kidney, arthritis and heart disease.

Causes of Insomnia

There are several likely causes of insomnia, though it is generally an indication that certain things are out of place in one's life. Generally it has been observed that more than 50 % of the occurrences of insomnia are rooted in psychological origin; for instance anxiety, stress and depression.

- Sleep apnea
- Unsettling snoring
- Diseases of bladder or prostate disorders
- Deficiency of serotonin
- Reduced levels of melatonin in the brain mostly common among the aged.
- “Restless Legs Syndrome” (RLS) or Periodic Limb Movements (PLM)
- Iron or Magnesium deficiency
- Hormonal disproportion
- Too much consumption of caffeine or any other stimulants
- Adverse effect of certain anti-depressant medication
- Hypoglycemia

Preventive Tips for Insomnia

- Endeavor to abide with a specific sleep time routine. Adults also need some kind of sleep routine, and irregular sleep patterns can be disadvantageous to anyone suffering insomnia. Make sure you to bed at the same time every night and wake up at the same time every morning.
- Limit your sleeping hours. Excessive sleep can equally cause insomnia. Try reduced your time in bed by one hour for two weeks and observe if this useful.
- Remove the bedroom clock. To prevent over sleeping set an alarm, but you keeps it in hiding so as not to persistently conscious of the number sleep hours you missed. Ticking clocks are particularly irritating to the insomniac!
- Be active during the day. Do exercise regular for about 30 minutes in a day but do not exercise when your bedtime is close.
- Reduce the amount of your daily work and take time to relax. Seek out ways of limiting your stress and do have a time each night to loosen and relax from the activities of the day. Have a hot bath; take some herbal tea; do a soothing activity that you derive pleasure from like reading, writing, etc.
- Avoid caffeine and other stimulants. Stop taking tea and coffee at least six hours before your bedtime. Nicotine, chocolate, and sugar also act as stimulants and should be done away with.
- Alcohol prevents appropriate deep sleep and often leads to frequent waking up and twitchy sleep.
- Eat food products that contain L-tryptophan, because the presence of L-tryptophan will help you drowsy.
- Make effort to avoid naps during the day like a plague. If it ever become so necessary you must nap, make it a short nap of no more than 20 minutes, and do not nap after 3.00 P.M.

· Make better your sleeping surrounding. Your bedroom should be made conducive for a good night's rest by investing in dark curtains to block out all light, earplugs if night noises disturb you, a comfy mattress. Furthermore make sure that you are neither too hot nor cold at night.

Herbal Remedies

1. Massaging your foot sole with **mustard oil** before going to bed will definitely helps to get rid of insomnia.

2. Soaked **Poppy seeds** in water for an hour then grinded to produce a paste. There after boil the paste with Milk and sugar. You should drink this. It is very useful to surmount insomnia.

3. Individual should consume mango and drinking milk after or in the alternate drinking mango milkshake from time to time during the night. This herbal remedy excellently helps to put insomnia at bay.

4. The consumption of raw **onion** or roasted onion in the night equally helps to overcome insomnia.

5. Mixed **Nutmeg** powder with water. The mixture should then be taken in the night to get rid of insomnia.

6. Eating large amount Curd or taking Curd and Sugar also promote sleep and cure insomnia.

7. Try to drink hot milk with a spoon of **Ghee** and sugar in the night. It helps to get to sleep without any hassle and cures insomnia properly.

8. Take a glass of **carrot juice** each day. It cures insomnia.

9. Mixed one spoon of lemon juice and honey together. Drink this induces sleep and cures insomnia.

10. Grind some **Coriander** leaves with water and add sugar to it. Eating this paste helps to easily sleep and cures insomnia.

11. Boiled **Aniseeds** in water for 10 minutes and then put milk and sugar. Before going to bed drink the mixture. It eliminates insomnia.

12. Rubbed a **Cucumber** piece on the foot sole produces a cooling effect on the body. This helps to get sleep thus eliminating insomnia.

13. Massage **Castor oil** on the head or body oil frequently helps in curing insomnia.

14. **Sprouted horse gram** should be taken regularly because it makes sleep and cures insomnia.

15. **Hop** is known to calm nerves, ease tension. It takes care of insomnia which occurs as a result to indigestion, stress and headaches. It does not

influence the early rising hours of the morning.

16. Take **Kava Kava** a few hours before going to sleep. This herb reduces stress, relaxes muscles tension and anxiety. Kava Kava makes sleep deeply. It is useful as a sedative when take a large dose, as successfully as, benzodiazepines though there are no side effects associated. Use 180 mg per day for only three days at a go.

Note Kava is a very powerful herb thus high doses can have adverse effects on the liver. Do not exceed the recommended dosage.

17. **Valerian** is the one of the most valuable herb for insomnia. It relaxes nerves and muscles. It promotes quality of sleep. Valerian is more valuable than barbiturates but has no side effects or addiction.

18. Combine the following ingredients:

1 teaspoon of Chamomile flowers.

1 teaspoon of Hops.

1 teaspoon of Valerian root.

1 cup of boiling water.

Allow it to infuse for 45 minutes. Then sieve and drink one hour before going to bed.

Note: Valerian should not be taken for more than 3 weeks running. In some individuals, it can cause headaches or stomach upset. Other herbal remedies that can help are the **Catnip**, **Chamomile**, and **Skullcap**. For these and other herbal remedies, seek advice from the professionals.

HERBAL REMEDIES FOR INTESTINAL WORMS

There are several worms that infest human beings. The most common of them are: threadworms, pinworms, tapeworms, whipworms, hookworms and flukes. The following symptoms are connected with intestinal worms: abdominal pain, diarrhea, anemia, weight loss, respiratory disturbances and itching. It is essential that proper sanitation, good hygiene, sufficient toilet facilities, and dirt free water and soil to be in place in order to prevent infestation by worms. Herbs have been used for uncountable years to treat worms. The following herbs as well as those described below are useful for taking care of intestinal worms: Agrimony, Black currants, Blue vervain, Catnip, Elecampane, Ginseng, Hops, Juniper, Lady's slipper, Nettle, and Pipsissewa.

Herbal Remedies

1. 1 teaspoon of **Mirabilla root**

7 teaspoon of **Echinacea root**

2 cups of water

Combine the herbs together in a pot and pour the water to it; bring it to boil for 20 minutes. Then allow it to cool and sieve. Drink half a cup each night at bedtime, for 3 to 4 nights.

2. 1 teaspoon of Blue Cohath root

1 teaspoon of feverfew leave

1 teaspoon of Canadian fleabane leaves

1 teaspoon of horehound leaves

2 cups of boiling water

Put these herbs in a pot and cover with the boiling water. Let it infuse for 30 minutes. Allow it cool and then sieve. Drink half a cup for 4 nights nonstop.

HERBAL REMEDIES FOR ITCHING

Itching can simply be described as a surface sensation in the skin, perhaps occurring at the border between the epidermis and the dermis. Histamine is a chemical substance secreted by body in response to contact with an irritant of certain kind, is believed to be one of the known triggers for itching, though there are other chemical substances in the skin and blood. Pruritus is a medical term; it can be a *localized* or *generalized case*. If it is *localized* it implies that the itch affects a specific and restricted region of the body, while a *generalized type* would cause itching all over the body. A *localized itch* is generally easy to take care of and nearly all treatments can give effective relief. A *generalized itch* on the other hand is somehow upsetting and in most situations the causes of itching are not simple to detect. This constitutes a challenge because for any itching treatment to be effective; it should necessarily be directed towards the root causes of itching.

There are several causes of itching. General causes of acute itching: allergies to plants, cleaning solutions, certain chemicals, pollens, cats, dogs, feathers, perfumes, cosmetics, and smoke. Short-lived skin cases such as fungal infection, lice, scabies, extremely dry skin, and sunburn are also general reasons for itching. Pregnancy can sometimes trigger itching and associated skin problems.

Causes of Itching

The causes of itching are not usually simple to discover because may not have always originated from physiological conditions. Stress and anxiety can most times cause itching and may also aggravate itching, which may be due to symptoms of some other undetected condition. Therefore the causes of itching could be categorized as:

- Psychological factors
- Skin conditions like dry skin or sunburn etc
- Metabolic or glandular disorders, like a thyroid condition or kidney disease etc
- Cancers,
- Adverse drug reactions or an allergic reaction to insect bites, stings, or other irritants.

Preventive Tips for Itching

- Do have a bath in a tub of warm water mixed with baking soda or oatmeal to ease uneasiness and itching
- Use fragrant free cream bars or aqueous cream to wash instead of soap
- Employ cold compresses to the itchy part in other that it may be kept moist and cool.
- Do not be excessively exposed to heat and humidity
- Apply moisturizer or calamine lotion to the skin while it is damp.
- Cut your nails short to preventing scratching
- Take warm baths or showers, stay off hot water
- Clean your clothing with a mild detergent and rinse painstakingly with an un-perfumed fabric softener
- Shun wool or synthetic fabrics instead wear cotton or silk clothing
- Learn to relax by practicing meditation, yoga or visualization exercises

Herbal remedies

1. One tablespoon of hot pure **Ghee** should be taken at once with an empty stomach in the morning. This herbal remedy should be used for some days to eliminate itching. Ghee should be sufficiently hot but bearable.

2. Boil **Neem** leaves in adequate water for 10 to 15 minutes. And then take bath with this water. This helps to cure several skin diseases itching inclusive.

3. Mixed **Dur juice** with **Turmeric powder**. Then applied on the affected spot. It cures itching.

4. Put some **Coriander seeds** to boil in water and then add Sugar. Sieve the preparation. Drink this mixture; it will help to reduce itching.

5. **Mint juice** should be taken and it can also be massage on the body. It perfectly get rid of itching.

6. Pound tender leaves of **guava** and **curd** together to produce paste. Use the paste to massage all parts of the body two hours before having your bath. It will relieve you of itching.

7. Make a habit of eating raw **Cabbage** every day. It cures itching.

8. Bring some **Cumin seeds** to boil in water. Take bath with this water to get ease from itching.

9. Prepare a paste by combining Aloe Vera gel and green clay together. Rubbed on the body, it soothes the skin.

10. Boil Jewelweed in 4 liters of water. Allow it to cool and then sieved. Applied as needed

11. Make an herbal tea consisted of 2 parts each of **Agrimony** and **Chamomile** and 1 part each of **Stinging nettle** and **Heart's-ease**. The tea can be taken three times a day. In the same vein, you can dip a clean cloth into it and use it as a compress to the affected spots for 5 minutes every half hour or as the situation demands.

Note: The following plants contain naturally antihistaminic compounds; hence you can make a 'combination tea' from them also: ginkgo, oregano, tarragon, tea, thyme, basil, fennel, and yarrow. The 'combination teas' should be applied as a compress the affected areas of itchy skin and drink three times per day

12. **Chamomile**, **lavender**, and **rosemary** essential oils should be mixed together. You can measure up to ten drops of any of these oils (or a mixture of them) to water sufficient enough for an aromatherapy bath. They can also be diluted them in carrier oil like jojoba oil and apply it to the itching as a compress.

HERBAL REMEDIES FOR JAUNDICE

Causes of Jaundice

- ☐ Blocked bile ducts due to infection, tumor or gallstones.
- ☐ Viral hepatitis -hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E.
- ☐ Drug-induced cholestasis caused by pools of bile in the gallbladder because of the adverse effects of medications.
- ☐ Drug-induced hepatitis triggered by antidepressants, anti-cancer drugs, steroids, oral contraceptives, testosterone.
- ☐ Biliary restriction.
- ☐ Alcoholic cirrhosis.
- ☐ Pancreatic cancers.
- ☐ Main biliary cirrhosis.
- ☐ Ischemic hepatocellular jaundice due to insufficient oxygen or poor blood flow to the liver.
- ☐ Intrahepatic cholestasis of pregnancy.
- ☐ Hemolytic anemia.
- ☐ Birth defects associated the processing of bilirubin- Dubin-Johnson syndrome, Rotor's syndrome, Gilbert's syndrome, or Crigler-Najjar syndromes.
- ☐ Malaria.

- ☐ Chronic active hepatitis.
- ☐ Autoimmune hepatitis.

Symptoms of Jaundice

- ☐ Yellow discoloration of the eyes, tongue, skin and urine.
- ☐ Dreary pain in liver region.
- ☐ Itching by means of obstructive jaundice.
- ☐ Exhaustion.
- ☐ Headache.
- ☐ Fever.
- ☐ Loss of appetite.
- ☐ Constipation.
- ☐ Nausea.

Herbal Remedies

1. Combine some amount of **Pudina**, **Lime** and **Ginger juice** together and mixed with **honey**. It should be taken regularly.
2. Soak a piece of **Peepal bark** in water all night. Drink the water the following morning. It prevents excess urination in the jaundice patients.
3. Boil some **Tamarind leaves** in water. Drink this infusion as needed. It takes care of jaundice and ulcers excellently.

HERBAL REMEDIES FOR KIDNEY STONE

The kidneys and the bladder have vital roles to play in the body. The primary responsibility of the kidneys is to get rid of excess fluid and waste products from the body. They equally regulate the levels of potassium and sodium in the body as well as pH balance. They synthesize hormones that control other organs, for *erythropoietin* is a hormone that stimulates red blood cell production and renin (which helps the flow of blood). Because of the essential roles of kidneys, any injury or disease that tampers with kidney function has the tendency to be very severe. Kidney disease is really term that connotes diseases varying from kidney stones and urinary tract infections to more severe cases like glomerulonephritis and polycystic kidney disease.

Though each kidney disorder has its own distinct features, certain signs are connected with the bulk of kidney troubles. These are a regular urge to urinate, chills, retention of fluid (distension in the face and limbs or resulting weight increase), back pain (localized under the ribs), nausea, loss of appetite, vomiting, fever, pain and a smoldering sensation during urination. At times the urine may be bloody or cloudy. Generally the two kidneys are typically affected by any kidney disease. If the capacity of the kidneys to strain blood is critically destroyed, surplus fluid and wastes may accumulate in the body. This give rise to symptoms of kidney failure and serious swelling.

The bladder is a concave organ that has muscular walls and a part of the urinary tract. Urine incessantly pours into the bladder from the kidney. In an adult, the bladder can contain almost 2 cups of urine. When the bladder fills, it leads to discomfort; thus the desire to urinate.

Infections and inflammation of the bladder can take place in any area of the bladder. Cystitis is an infection or inflammation of the bladder that is most common.

Symptoms associated with cystitis are: a constant urge to urinate (even when the bladder could be empty), too much night urination and dark urine with a foul odor. Generally lower abdominal pain and a painful, fiery sensation upon urination may follow the infection.

There may be presence of blood in the urine, and you may experience chills, loss of appetite, nausea, vomiting, fever, and pain in the back, mostly localized around the ribs. Apart from the herbs described below, the following herbs are also beneficial: **barberry**, **bilberry**, **horsetail**, **marshmallow**, **sarsaparilla**, and **speedwell**.

Preventive Tips for Kidney stone

- Eat sufficient amounts of fiber. Low fiber consumption is connected with a high risk of stone growth.
- Do not consume large amount of alcohol or fat.
- Steer clear of high-protein and "junk" foods. They excessive raise the acidity of the urine, which can enhance the occurrences of certain kinds of stones.
- Drink at least eight glasses of water each day.
- Avoid dairy products, meats, beet greens, black tea, cocoa, cranberries, nuts, parsley, pepper, spinach, Swiss chard, and particularly rhubarb.
- Avoid purine-rich foods, such as anchovies, herring, mackerel, sardines, shellfish, and yeast.
- Reduce the amount of vitamin C supplement usage to between 2,000 and 4,000 milligrams per day for not more than two weeks at a time. Larger dosages of vitamin C or use of vitamin C at a time of dehydration may add to the formation of stone.

Herbal remedies

1. 1 teaspoon of Oregon grape root
1 teaspoon of wild cherry root
2 cups of water

Put the herbs together in a pot and pour the water also. Subject the mixture to a boiling; reduce heat and allow it to stand for 30 minutes. Then cool and sieve. Put a tablespoon of the tea in an 8-ounce glass of water and mix thoroughly. Drink 1 to 2 tablespoons at a time, maximum of one cup daily.

2.
1 teaspoon of **horse radish root**
1 teaspoon of **queen of the meadow**
1 teaspoon of **parsley**
1 cup of boiling water

Combine these herbs together and cover with the boiling water. Let it infuse for 30 minutes and then filter. Drink 1 tablespoon of the mixture in a glass of apple juice, 3 or 4 times per day.

3.

1 teaspoon of **black currant**

1 teaspoon of **pipsissewa**

1 cup of boiling water

Combine the two herbs and cover with the boiling water. Infuse for good 15 minutes and sieve. It should be taken two to three times in a day for inflammation of the bladder, drink up to three cups a day for full therapeutic benefits, do not exceed three days.

4.

1 teaspoon of **uva urei leave** and **atente**

1 teaspoon of **Oregon grape**

2 cups of water

Put all the herbs in a pot and cover with the water. Boil them for a period of 30 minutes. Then filter. Drink as needed.

5. Also useful for the treatment of kidney stone are the Japanese beverage *lisymachia* or *kinsenso* tea. The teas are available for purchase from Japanese health stores. They increase urination and aids the kidneys drive out small stones. Take 1 to 2 cups per day for 3 to 4 months for complete healing.

6. Use magnesium supplement that is calcium free. Magnesium limits the rate at which the digestive tract assimilates calcium and reduces the concentration of calcium in the urine.

HERBAL REMEDIES FOR LEUCORRHOEA

Leucorrhoea, generally known as whites, connotes a whitish discharge from the female private parts. This is an unusual disease condition of the reproductive organs of women. This situation may go on for weeks or months at a stretch. If not taken of appropriately in the initial stages, it may develop into chronic phase. In a simple term, leucorrhoea implies a commonly devitalized and toxic state of the system, occasioned by erroneous feeding habits. Each time the body is encumbered with toxins and the organs of elimination like the skin, bowels, lungs, and kidneys are not able to remove them, in women body there is copious discharge through the mucous membrane of the uterus and vagina in the variety of leucorrhoea. In women of younger age, leucorrhoea may happen during their inter-menstrual periods as a result of the hardening of the mucous membrane in the reproductive organs.

Herbal Remedies

1. **Amaranth** is an excellent herbal remedy for taking care of leucorrhoea. The rind of the root of this herb should be grinded in 25 ml of water. It should then be filtered and administered to the patient every day, in the morning and in the evening.

2. Lady fingers is another effective herb for this disease. An infusion of this herb is prepared by boiling 100 gm of the fresh vegetable, slice transversely, in half a liter of water for a period of 20 minutes. It should then be sieved and sweetened with some honey. This infusion should be administered in doses of 60ml to 90 ml from time to time. This mixture is useful in all irritable cases of genito-urinary organs, especially leucorrhoea.

3. **Fenugreek seeds** are extremely beneficial for the treatment of leucorrhoea. They are to be used internally in the form of tea, and also applied as a douche. For a douche, the solution should be much concentrated than tea. Add two tablespoons of **fenugreek seeds** into one liter of cold water and allowed to infuse for 30 minutes over a low flame. The decoction should then be filtered; then applied as a douche.

4. The tender leaves of **guava** are useful in the treatment of this leucorrhoea. Boil some tender leaves of guava in water to make an infusion. An infusion should be used as a douche. It is a powerful vaginal astringent.

5. **Mango seeds** are of greater benefit in the treatment of leucorrhoea. Prepare a paste by removing the shell of the seeds and then pound them into paste. A teaspoon of paste can be applied inside the vagina with tremendous results.

6. Make a decoction of **Babul tree bark** by boiling some of the Babul tree bark in hot water for some minutes. Then applied the decoction of Babul tree bark as a vaginal douche.

7. Subject one tablespoon of **Banyan tree bark powder** and **fig tree bark powder** to boil in one liter of water until the 1 liter water is reduced to half a liter. Douche with the lukewarm decoction. It will keep the vaginal tract tissues healthy.

8. Soak **seeds** of **tamarind** in water for one day or two. And then pound the seeds to form paste. Mix some milk with it. Take this paste frequently.

HERBAL REMEDIES FOR LOW BLOOD PRESSURE

In general low blood pressure is not a disease, but this will occurred as a result of the effect of other diseases in the body. There is cause for worry about low blood pressure once you make a friend with natural herbs designed for taking care of low blood pressure.

Herbal Remedies

1. Cultivate habit of drinking **Beetroot Juice** daily. This helps to control low blood pressure.
2. Endeavor to chew 4-5 **Basil leaves** with a spoon of honey in the morning. This helps to take care of any challenges associated with low blood pressure.
3. Soak about 5-10 **Raisins** overnight in water. Consume the Raisins with water in the morning. It excellently controls low blood pressure.
4. Soak about 10 **Almonds** in water overnight and peel off the skin in the morning. These almonds should be consumed in an empty stomach. This also helps to tackle low blood pressure.
5. **Mint juice** exercise restraint on blood pressure. Drinking Mint juice frequently assist immensely in tackling low blood pressure.
6. Mixed **Tulsi juice** with honey and drink. This preparation is equally valuable.

HERBAL REMEDIES FOR MENSTRUAL STOMACH ACHE

For the period of the menstrual cycle, the uterus contracts when the blood moves away from uterus and its lining are shed. The lining of the uterus synthesize a hormone known as *prostaglandins*, this hormone triggers the cramping and pain associated with the menstrual cycle. Certain group of women secrete large amounts of prostaglandins and experience more severe cramps.

Causes of Menstrual Stomach Ache

Various conditions are responsible for secondary dysmenorrhea.

- Endometriosis
- Pelvic inflammatory disease (PID)
- Adenomyosis
- Uterine polyps and Uterine fibroids
- Use of an intrauterine device (IUD)

Symptoms of Menstrual Stomach Ache

- Monotonous pain localized around the lower abdomen
- Nausea and vomiting
- Dizziness or lightheadedness
- Sweating
- Pain that spreads to lower back and thighs

Avoidable Tips for Menstrual Stomach Ache

- Exercise often by walking briskly, cycling or stretching.
- Soak in a warm bath to alleviate pain
- Utilize a heating pad on your lower back or abdomen
- Endeavor to drink **ginger tea** to limit occurrence of nausea and

chamomile tea to ease cramps

- Make yourself as at ease as much as possible.
- Massage the affected spot with aromatherapy oil
- Increase your ingestion of vitamin supplements for example calcium and zinc.
- Lower your intake of salt to help decrease bloating
- Subject yourself to sufficient rest.

Herbal Remedies

1. Eat one spoon of **Fenugreek seeds** with one cup of Buttermilk. This helps to alleviate stomach ache during menstruation.

2. Eat Black Sesame seed powder with hot Milk. It brings relief from stomach ache during menstruation.

3. Boil dried Ginger and Jaggery in a little amount of water. Then filtered and drink this decoction once a cup per day. It reduces stomach ache during menstruation.

6. Mixed half spoon of **Neem leaf juice** with one fourth spoon of **Ginger juice**. This mixture should be taken because it helps to lower stomach ache during menstruation.

7. **Mustard seeds** should be powdered and boiled in water. Then soak a cloth in the hot solution and place it on the stomach. This is excellently reduces stomach ache during menstruation.

8. Consume **Carom seeds** and **jaggery** with pure **Ghee** together. This eliminates stomach ache during menstruation.

9. Boiled **Aniseeds** in water and filtered. This decoction should be taken with a spoon of honey. It helps in ameliorating stomach ache during menstrual cycle.

10. **Guava fruit pulp** without seeds should be mixed with milk and honey. This herbal remedy when taken; it decreases stomach ache during menstruation.

11. Take your time to eat some **Radish** and **Radish** leaves. It will assist you to get rid of stomach ache during menstruation.

12. Some leaves of **Black Cotton** should be pounded and mixed with Milk. When taken it drives away stomach ache during menstruation.

13. Some tender roots of **Banyan tree** should be powdered and combine with its 5 five weight of milk. It should be taken at night for three successive nights.

HERBAL REMEDIES FOR MIGRAINE

Migraine is a term that expresses a serious pain in the head. It can be due to the contraction or dilatation of blood vessels in the brain and the asymmetrical nerve activity basically in the meninges. Migraine occurred as a result of the stimulation of the trigeminal nerve, which discharge a compound that induces inflammation and also send messages to pain receptors in the meninges.

Migraine headaches are raging ailments that are followed by a ruthless headache. The headache is normally restricted to one side of the head. Migraine is closely connected with disorders of sight, digestion and liver. Migraine headaches happen at times owing to great mental pressure and stress. Migraine headache patients are characteristically elegant, firm and discipline. Abrupt migraine attacks may occur due to overstressed muscles in the head and neck and due to incessant stress.

The flow of blood drops because these tight muscles constrict the arteries. As the person all of a sudden relaxes, these tight muscles enlarge and widen the walls of blood vessels. The blood flowed with every heartbeat then shoves the vessels more leading to mammoth pain.

Women tend to experience migraine most frequently, because of the fluctuations in the level of the hormone estrogen. This is the main reason why women witnessed migraines around the period of menstruation, when the levels of estrogen are low.

During pregnancy women also encounter migraines, especially during early pregnancy. The cause may be attributed to hormonal fluctuation, but the headache can be as a result of excess tension also. Individuals who suffer from migraines are usually between the ages of 20 and 30. On the other hand, children can experience migraine too, although their symptoms are revealed as periodic abdominal pains, vomiting, dizziness colic and serious motion sickness. These symptoms will ebb away, focusing in the precise problem, painful headaches. Nearly every individual who suffers from migraines will definitely encounter some symptoms before having one.

Symptoms of Migraine

- · Excruciating pain in half of head
- Eyes turn red and patient experience burning eyes
- Nausea and vomiting

- Loss of appetite
- Patient desires to be all alone during and feels at ease in silent and dark room

- Gloominess and irritability
- Weakness in an arm or leg
- Photophobia

Causes of Migraine

- Stress and troubled state of mind
- Tensions
- Acidity
- Digestive disorders, for example constipation
- Excessive alcohol and smoking
- Low blood sugar
- Low blood pressure
- General body weakness
- Menstrual cycle in women
- Nutritional deficit
- Regular overwork
- Inappropriate sleep and rest

Herbal Remedies

1. **Primrose oil** is an anti-inflammatory substance that keeps the blood vessels from contracting. Therefore massage the affected part of the head with primrose oil.

2. Consume 10-12 **almonds**, for a migraine headache. It is tremendously effective in the treatment of migraine.

4. Drink some juice of **ripe grapes**. It is an excellent herbal remedy for migraine headache.

5. Prepare a solution by adding half a teaspoon of powder of **mustard seeds** and three teaspoons of water. Put the solution into the nostrils. It decreases migraine headache very effectively.

6. Crush some few leaves of the **cabbage**, and then put them in a cloth and tie on the forehead at bedtime or when suitable during the day. The compress should be changed when the leaves dry out. It is immensely effective in relieving migraine.

7. **Lemon crusts** are also very beneficial in the treatment of migraine headache. These crusts should be made into an excellent paste in a mortar. The paste should then be applied, in a plaster on the forehead. It is very useful in curing migraine.

8. A mixture of **Carrot juice, spinach juice or beet juice and cucumber juice**, is also very effective in the treatment of migraine. In the first mixture, 200 ml of **spinach juice** may be blended with 300 ml of carrot juice to make 500 ml or half a liter of the mixed juices. In the second mixture, 100 ml each of beet and cucumber juices may be mixed with 300 ml of carrot juice. The mixture should be taken as required.

9. Garlic is a potent detoxifier. Press out some fresh juice of garlic and applied on the forehead.

10. **Cordyceps**, alleviate anxiety and stress, and equally promotes sleep. Thus it is useful for treating migraine.

11. **Feverfew** eases distress and ache. Caution: Do not use in pregnancy.

12. **Kava** is a very useful herb for migraine. Its characteristics permit a very serene sedative feeling that helps to attain a profound state of relaxation. These effects eliminate migraine headaches, enhances sleep without reducing concentration. Take 180 mg per day for just three days at a go. Kava is a very strong herb; large quantities can have adverse effects on the liver. Therefore do not exceed the recommended dosage.

HERBAL REMEDIES FOR BREAST FEEDING PROBLEMS

Breast-feeding is a naturally process of feeding an infant with milk created by the mother's breast. This has a lot of advantages for the baby because breast milk is healthier. In the same vein, the feeding process of an infant, connote an instant of love during which the infant learns to connect, smell, and caress with her mother as she supply sustenance and warmth. Generally several changes occur in breasts on a regular basis. As a woman, you can notice the changes in your breasts during different stages of life, like the beginning of a menstrual cycle, menopause, pregnancy, breast feeding etc. Regrettably, some of these changes could have an undesirable effect on your breasts. In order to mitigate the risks of any such problems, it is essential for women to stick to an appropriate breast care routine right from the start. Records show that there is a monumental increase in the number of breast cancer cases discovered every year. Reports equally show that about 1 out of 8 women in the U.S., Europe and other parts of the world develops insidious breast cancer at certain stage in her life time. This indicates that this disease is common in almost 12% of all the women in the countries of the world. The disturbing part of it all is that about 70% to 80% of all the breast cancer cases occur in those women who have no family link with this disease. Though, breast cancer is not the only disease that women that affect women, however it is perhaps the most grave. A number of other breast-related conditions are somewhat dangerous too and should be given immediate attention. Consult your health care provider as soon as you detect any abnormal changes in your breasts such as the appearance of cysts and lumps, discharge or bleeding from the nipples, thickening or hardening of the skin and 'drawing in' of the nipple and so on.

It is advisable for women to go in for mammograms and physical examinations of their breasts on a frequent basis, once they reach threshold age of 35. If your results are perfect, you can be repeating the test once in two years. But, if the test reports show that you are certainly at a high risk for breast cancer or other breast-related diseases, you should to take these tests more seriously. It is crystal clear that breast milk is the most excellent food for a newborn; there no equal that can give all the nutrients that the baby will

require later on in life. Breast milk is easier to digest than any 'formula' in the market place. It provides fortification against infections, averts future food allergies, helps the development of healthy teeth, and most essentially it enhances the development of brain. Scientific studies had brought it to light that breast-fed babies are much more intelligent than 'formula fed babies'.

Low quality or quantity of milk

Low quality or quantity of milk can be caused by drugs or a poor diet. Several antibiotics pollute the milk and a diet rich in caffeine may cause colics and sleeping disorders. As for the baby it is very vital that the mother continue eating a well balance diet after putting to bed, and to be on the safer side, foods without traces of pesticides; because these poisons become highly accumulated in the milk. The usage of a breast pump may hinder the secretion of milk, reducing the quantity available to the infant, this gives the false alibi that the infant should be weaned on formula in order that the infant to be pleased, and when in reality the problem is the amount of milk that the mother is secreting. Herbal remedies will excellently take care of these common problems without any hassle.

Herbal Remedies

1. Eat **alfalfa**. It stimulates lactation, enhances quality and amount of milk.
2. **Chaste tree** increases flow of milk, by affecting the secretion of prolactin by the pituitary gland.
3. The Chinese use an herb known as **codonopsis** to enhance lactation and strengthen the blood.
4. **Goat's rue**. This herb has been used by midwives for countless years to promote production of breast milk by as high as 50%.
5. **Vervain** promotes secretion and flow of milk. It also improves assimilation of nutrients from food and takes care of postpartum depression.

Engorgement

Breast engorgement is a very general problem that usually affects the mother in the first two or three weeks after child birth and is more irritating to women with poor elasticity of skin. Engorgement is as a result of milk extremely accumulating in the breast in conjunction with blood and fluid retention in the same region.

Normally the breast appears full, solid, tight, tender, painful, and hot to the touch and a fever may also occur, the baby may experience difficulty in trying to latch on and suck.

Herbal Remedies

1. Get a handful of **Confrey leaves** and steam them for some minutes wrapped in gauze and placed on the breast. It is very helpful in relieving breast engorgement.

2. **Poke roots** is known to reduce swollen breast and pain. It is to be used under the supervision of a physician.

5. **Elder** is an herb renowned for reducing swelling of engorged breast.

6. **Chamomile** provides immediate relieve for inflamed breast.

Blocked duct

This is a condition that develops when the baby does not completely empty the breast during each feeding; the milk left in the duct thickens and blocks the duct ultimately plugging it. Tight bras can cause blocked ducts also.

If there is sore on the breast it might be a symptom of blocked ducts. A blocked duct should be given immediate medical without any further delay; if not so it can turn into mastitis.

Herbal Remedies

1. **Castor oil** is good for taking care of inflammation and pain. Massage castor oil on the affected parts.

2. **Elder** is helpful for reducing swelling of blocked ducts of breast.

3. **Queen's delight** eliminates clogging of lymphatic vessels and stimulates white blood cells to fight off infection.

Mastitis

Mastitis occurs when a plugged duct becomes infected and the breast enlarges because of the entry of bacteria through tiny cracks on the nipples. The breast that is affected by mastitis usually becomes red and painful and secretion of pus. Other symptoms of mastitis are fever, fatigue, vomiting and nausea.

Herbal Remedies

1. **Poke roots** is known to reduce swollen breast and pain. It is to be used under the supervision of a physician.

2. **Queen's delight** eliminates clogging of lymphatic vessels and stimulates white blood cells to fight off infection.

3. Place cold **cabbage leaves** on the affected breast. The raw leaves are known to take out the infection and equally effective in lowering inflammation and pain. And as soon the leaves reach room temperature, they should be removed and replaced with more cold leaves.

4. Prepare a paste by grinding calendula flowers and comfrey leaves together. Warm the paste slightly before applied to the inflamed breast three to four times in a day. This herbal remedy is immensely beneficial.

5. Tincture of **Echinacea root** is equally an effective herbal remedy for mastitis. Apply the tincture to the infected place 4 to 5 times per day.

7. **Belladonna** is an herb that reduces agonizing pain and temperature in the nipples.

8. **Cleavers** is highly good for decreasing swelling.

9. **Prickly ash** is an excellent herb for boosting the immune system.

10. **Bryonia** is a beneficial herb for heavy swollen breasts

11. **Pulsatilla** reduces soreness of the nipples.

Cracked nipples

Cracked nipples occurs when the baby is wrongly position or by making use of damp breast pads. The nipple get irritated, red, and painful; in certain cases bleeding may also happen.

Herbal remedies

1. **Chamomilla** heals cracked nipples.

3. **Pulsatilla** also heals cracked nipples.

Note: One essential thing an individual should take note of is the role of water in the treatment of breast- related disorder. Ensure you drink large amount of water in order to flush out toxins from the body. Water also helps to keep the flow of milk stable. At least 10 to 12 glasses of water should be taken each day. Adequate rest is also essential so that the body is able to recover and heal. It is advisable that the nursing mother should continue to breast feed the baby in respective of occurrence of disease, because continuous breast feeding assists greatly in emptying the affected breast.

HERBAL REMEDIES FOR MEASLES

Measles is an extremely communicable acute viral disease. It is characterized by sneezing, coughing, rash, fever, and tenderness of lymph node. It spreads basically by airborne droplets that move out from the throat, mouth, or nose of an infected person. Measles is a disease caused by the Rubeola virus that has been in existence for a very long time. Before the advent of the measles vaccine in 1963, measles epidemics usually occurred each few years, largely affecting children, because it is a contagion. Measles occur all over the world only that the incidence of cases in the US and Europe has reduced significantly because routine vaccination against the disease started early.

Measles can be classified into:

1. Rubella
2. Rubeola.

Three-day or German measles is *rubella*. The *rubeola*, is sometimes known as the 'seven-day measles'. The disease occurs mostly in children who have succeeded in developing immunity against it and some have also been immunized against its attack.

Apart from United States and Europe where measles is reasonably well put under control because of vaccinations, it is still a major killer throughout the rest of the world, accounting for more than one million deaths each year.

If measles is not given proper treatment it can lead to pneumonia or encephalitis. However, people do recover from measles without any long lasting health problems.

Herbal Remedies

1. Squeeze some **orange** or **lemon** juice and drink at regular intervals during the day. The citrus aroma of these fruits can counterbalance the loss of appetite caused by the infection. Lemon and orange juices also reduce dehydration and boost immunity owing to the presence of vitamin C.

2. Mix some **Turmeric powder** with **honey** or **milk** and drink often. This kick starts recovery process from measles and boosts immunity.

3. 1 teaspoon of **goldenseal root**

1 teaspoon of **marshmallow root**

1 cup of **boiling water**

Put all the herbs together in a pot and cover with the boiling water. Allow it to infuse for 30 minutes then cool and filtered. Drink up to one cup per day, at one tablespoon or two at a time.

4. 2 teaspoons of **Echinacea root**

3 teaspoons of **pau d'arco bark**

1 teaspoon of **mullein leave**

3 teaspoons of **yellow dock root**

1 cup of boiling water

Mix the herbs together in a container. Take one teaspoon of the mixture and add one cup of boiling water to it. Allow it to infuse for 20 minutes and sieved. Drink up to one cup per day, at one tablespoon or two at a time.

HERBAL REMEDIES FOR MUMPS

The virus in charge of a mumps infection spread with ease from one person to another. This is the main reason it is essential to exercise caution if you are infected or if there is a chance for exposure. The infected saliva is the basic medium by which the virus is passed on to others.

Though the chance of contracting the virus through sharing of household utensils or materials with an infected person is so narrow but the possibility is always there. The coughs or sneezes of an infected person is loaded with droplets that contain virus; and when h/she coughs or sneezes in the presence of others those droplets containing virus are released into the air, which may inhaled by people, thus making the virus to go into the body. Several people get mumps after kissing somebody who has been infected by the virus.

The incubation period of virus is about 14 to 24 days, for the full signs of mumps become visible. This implies that after exposure to the mumps virus one may not even aware that h/she are infected for another two to three weeks. At this time, the virus can be passed on to the other people you are in close contact with. The only positive thing about mumps, once you have been infected you cannot experience mumps again, because the body develops an immunity to the virus. The viral infection is more common in children than in adults.

Herbal remedies

1. Pound some dried **ginger** into powder form and mix with some water to form a thick paste. Apply the paste to the swollen area around the areas. It helps to alleviate pain and reduce the swelling.

2. **Aloe Vera** is an excellent herb that is useful for treating several health problems including the mumps. Take some fresh Aloe Vera leaves and cut them into tiny pieces. Pound them in a mortar or use your hands to squeeze out the juice/gel, depending on your take. Massage the gel to affected area, for relieve from the pain and the swelling.

3. Make a **mullein tea** and then soak a clean cloth into it; then place the cloth on the cheeks. It combats inflammation and swelling.

4. Take some equal amount of **Asparagus seeds** and **fenugreek seeds**; pound them together in a mortar. Add little quantity of water into it to make a paste. Apply the paste on the cheeks. You will definitely experience immediate ease from the swelling.

5. Subject some **margosa leaves** and grinded them and add turmeric to it to form a paste. Use this paste to massage the cheeks and areas between below the ears. This acts as anti-inflammatory agent against the mumps.

6. Prepare a thick paste of **Chebolic myroban** by soaking it in water for some time. And then apply it to the swellings.

7. Get some fresh **ginger** and pound in a mortar; add little amount of water to it to form a paste. Rub this paste on the swollen areas. An individual would experience an immediate relive because of the therapeutic properties of ginger.

8. Get some **Banyan leaves** and smear the leaves with some quantity of Ghee; then subject to heating on the flame. Use on the infected area and cover with bandage. Give it some hours before removing them. This herbal remedy is also effective in reducing the swellings.

HERBAL REMEDIES FOR MORNING SICKNESS

Morning sickness denotes symptoms of nausea and vomiting which pregnant women do go through. They general occur at any time of the day, but it is more pronounced in the mornings. Morning sickness differs in intensity. The situation is mostly observed to happen in three quarters of women during the first trimester of their pregnancy. Nearly half of all pregnant women do experience nausea and vomiting. The symptoms generally start during the sixth week of pregnancy, although it may even be noticed in the fourth week. The symptoms then gradually increase over the course of the months.

A lot of women discover that the symptoms becomes reduce and even ebb away completely by the fourteenth week of pregnancy. But for some categories of women, symptoms of pregnancy may continue for some time longer. Episodes of morning sickness may also be occurring in a day on and a day off pattern through the pregnancy, without meticulous routine. The experience of morning sickness can leave you feeling fatigued, but there are ways to alleviate the symptoms. Morning sickness may an individual so tired easily; however there are ways of addressing the associated challenges.

The notable symptoms of morning sickness are nausea, vomiting and tiredness. Additionally several women also suffer constipation, pain in the back, swelling of the breasts and darkening of the areola. Symptoms of morning sickness are not thing to be worried about. These things occur because the body is adjusting to the growing pregnancy. It is a kind of defense system which enables you to understand the changes going on in your body. Every woman adapts to pregnancy in different ways; therefore some women may experience morning sickness while other categories of women may be far from it. This too is not a cause for worry. There is no verifiable scientific evidence that connect absence of morning sickness with problems in pregnancy. The baby cannot be affected in any way by morning sickness. Because of nausea and vomiting, a number of women lose their desire for food and are unable to add weight effortlessly. If there is no weight gain during the first trimester, there is no cause for alarm. Nevertheless it is essential that the body is not deprived of foods. Proper hydration must equally be ensured. In general, women are able to have their appetite restore

in quick time and weight increase begin occurring properly. In situations where nausea and vomiting is serious and unceasing, there may be a possibility of premature birth and low birth weight.

Management tips for Morning sickness

- Eat periodically during the day (at least six small meals in a day), this will keep your stomach full of nutrients.
- Certain class of women experience relief after eating foods rich in carbohydrate while others get better after consuming foods rich in protein rich. The onus lies with an individual woman to eat in line with the kinds of foods that suit her body system.
- Eat healthy so that you and your baby can stay fit and well during pregnancy and after the child birth.
- Resist the temptation of getting out of bed as soon as you wake up. This prevents dizziness most times.
- Avoid foods that trigger nausea and vomiting
- Also steer clear of spicy and fried foods because they can affect digestion.
- Do not drink large amount of fluid at a go.
- For some women eating protein rich foods before their bed time keep the level of blood sugar balanced.
- Insufficient is known to aggravate nausea, therefore ensure you maintain a good level for a whole day.
- Taking your foods in fluids form may aid your digestive process.
- Avoids foods and odors that can induce nausea and vomiting.
- Drink large amount of beverages, though caffeine free. For instance taking ginger ale will enhance removal of gas and the presence of ginger in it soothes the digestive tract.

Herbal Remedies

1. Mix single drops of **ginger**, **fennel** and **peppermint** oils. Then add them together in an ounce of carrier oil. Massage the 'exquisite oil' into the skin; it soothes the stomach.

2. Put little drops of **lavender oil** in the bath tub and immerse yourself in it. This relaxes your muscles and keeps you calm.

3. ½ to 1 teaspoon of **Wild yam root** should be taken each day. This herbal remedy will help you deal with morning sickness.

HERBAL REMEDIES FOR NAIL CARE

Appearing healthy and attractive implies hair and nails look their best. Taking care of your nails, requires that you gives it best care it deserves, because your nails say a lot about your personality. In simplest words, avoid unnecessary and glamorous manicuring of the nails. Always ensure that you moisturize and protect them, like you do your skin and hair, to maintain them at their best form.

The following are some tips for achieving and maintaining healthy, attractive fingernails and toenails:

Healthy Management Tips for Nails

- ☐ Keep the nails and the hands well moisturized at all times. Use moisturizers that contain vitamin E and collagen, they are of great benefit for good nails.
- ☐ Make sure you only file your nails in one direction alone.
- ☐ Adhere strictly to using a fine-textured emery board and stay off a metal nail file.
- ☐ Do not manicure your nails too often or use nail products too frequently.
- ☐ For sensitive nails and skin use fragrance-free, formaldehyde-free nail polishes and non-acetone polish removers.
- ☐ Allow air to blow to your nails from time to time by avoid wearing nail polishes all the time.
- ☐ When you are working in a garden or washing; use protective cotton-lined vinyl gloves.
- ☐ Never bite your nails and do not use them as prying tools.

HERBAL REMEDIES FOR NAUSEA AND VOMITING

Nausea simply refers to as a repulsive feeling that one is about to vomit. It is usually followed by excessive salivation and occasional stomach cramping. Several diseases and situations can cause nausea, for instance food poisoning (and other germ infections), viral infections, excess eating or excess drinking, cancer, gallstones and pancreatitis. It does also happen as a result of morning sickness, headache and pregnancy etc. There are some very powerful home remedies for nausea and vomiting. Sometimes horrid smells or tastes, and even emotional nervousness, can cause nausea.

Apart from the categories of herb discuss in details here, the following herbs can also be used to treat nausea: **chaparral, horehound, Oregon grape bayberry, and bee balm.**

Herbal remedies

1. Take some fresh finger of **ginger**; wash it with clean water to remove dirt from it. Chew it and swallow the juice. Ginger is reputed for its ability to enhance digestive process and equally eliminate unwarranted secretion from the stomach.
2. Putting some **cloves, cinnamon** or **cardamon** into your mouth will help you to exercise control on nausea. These categories of spices perform the role of anti-nausea medications.
3. Add some rock salt to a piece of **lemon**, and then take it. It is excellently useful for the immediate treatment of nausea.
4. Take one tablespoon of **apple cider vinegar** and mix one tablespoon of **honey** to it. Add some amount of water to dilute it. Drink before your bedtime. This herbal remedy is extremely beneficial for the pregnant women.
5. Take some teaspoon of **wheat germ** and mix it with unsweetened milk. Drink. It is good for tackling nausea and morning sickness.
6. Boil half cup of **rice** in one or one-half cup of water. When the rice is done, sieve to separate the rice and the residual water. Then drink the residual water. This wholly eliminates nausea within a jiffy.

7. Take one teaspoon of powdered **cumin seeds (Black seeds)**. This helps to get rid of nausea.

8. Nausea tea –Formula One

1 teaspoon of grated **ginger root**

1 teaspoon of powdered **yerba mama root**

1 teaspoon of peppermint **leaves**

2 cups of boiling water

Combine all the herbs together in a pot and pour boiling water over them; infuse for about 30 minutes. Allow it to cool and then filtered. Drink as needed; one tablespoon at a time up to two cups daily.

9. Nausea tea –Formula Two

1 teaspoon of **Catnip leaves**

1 teaspoon of **Chamomile flowers**

1 cup of boiling water

Mix the together in a nonmetallic bowl and cover with the boiling water. Infuse for 20 to 30 minutes; then cool and filtered. Drink as needed.

10. Cayenne-*Capsicum frutescens*

It is anti-inflammatory herb that relieves nausea, vomiting, gas and indigestion.

It improves digestion, keeps the stomach warm and induces appetite.

Note: It should not be used in acute stages of inflammatory gastritis or stomach ulcer.

HERBAL REMEDIES FOR NERVOUSNESS

All human beings have experienced situations or conditions that made become nervous no matter how small the time frame is. The most common symptoms of nervousness are shaking of hands, trembling voice and a rolling stomach. A number of situations can cause nervousness for instance public speaking or fear of addressing the crowd. This class of herbs list here are also helpful to fight off nervousness: **Blue vervain, Chamomile, Passion flower, and Pulsatilla.**

Herbal Remedies

1. Nerve tea –Formula I

1 teaspoon of **betony leaves**

1 teaspoon of **kava kava root** (powdered)

1 teaspoon of **hops**

1 teaspoon of dried **skullcap**

1 cup of boiling water

Mix all the herbs together. Take one tablespoon of the mixture and cover with the boiling water. Infuse it for 30 minutes. Allow it to cool and then sieve. Take one tablespoon at a time, as may be required, up to one cup per day.

2. Nerve tea –Formula II

1 teaspoon of powdered **ginger**

1 teaspoon of powdered **valerian root**

1 teaspoon of powdered **pleurisy root**

2 cups of boiling water

Combine the all herbs together and cover with the boiling water. Let it infuse for 30 minutes; the cool and filter. Dosage is one tablespoon at a time, as may be needed, up to two cups daily.

3. Nerve tea –Formula III

1 or 2 teaspoons of **peppermint leaves**

1 teaspoon of **valerian root** (powdered)

2 cups of boiling water

Blend the herbs together and cover with the boiling water; infuse for 20 to 30 minutes and then sieve. Take up to one cup in a day, as may be needed.

HERBAL REMEDIES FOR NEURITIS

Neuritis is a general term for inflammation of the nerves, either a single nerve or an array of nerves. There are conditions when numerous diverse groups of nerves in several part of the body may be involved. This condition is referred to as *polyneuritis*. The key symptoms of neuritis are a tickly and smoldering sensation, and piercing pains in the affected nerves. In serious cases, there may be numbness, loss of sensation, and paralysis of the nearby muscles. Thus temporary paralysis, of the face muscles may result from changes in the facial nerve on the affected side. During the acute stage of this condition, the patient may not be able to close his eyes due to a loss of normal tone and strength of the muscles on the affected side of the face.

Preventive Tips for Neuritis

- Ensure you consume food substances rich in vitamin B groups, there are extremely useful in controlling neuritis.
- Avoid wheat bread, sugar and refined cereals. They are known to worsen the conditions.
- Steer clear of fish, tinned foods, coffee, tea and condiments. They compound the problem.
- Engage in light exercises such as walking and other fair physical activities.

Herbal remedies

1. Raw **carrots** and **spinach** are extremely beneficial for treating neuritis. For this, you should have at least half a liter of the mixed raw juices of spinach and carrots. You are to take 300 ml of carrots juice and 200 ml of spinach juice.

2. **Soya bean milk** is renowned for the treatment of neuritis. One cup of soya bean milk should be mixed with one teaspoon of honey. Take this each on constant basis.

4. **Barley brew** is also seen as a good herbal remedy for neuritis. Prepared barley brew by boiling quarter of cup of pearled barley bran in half a cup of water. Keep it on fire until it becomes 1/4th. Then carefully filter it. It is to be mixed with ½ glass of buttermilk and juice of ½ lime when you are using it.

5. Take some **orange flowers** and bring them to boil in water for some minutes. Then filter the water. Drink 2 or 3 cups per day. It should be taken regularly so as to derive full therapeutic advantage. This herbal preparation is highly refreshing and stimulating to nervous system.

6. An individual suffering from neuritis should be given 2 to 3 hot baths with **Epsom salt** in a week.

7. Soak some **Soya beans** in water for good 12 hours and then peel them. Grind them to an excellent paste. Mix water with it and boil and sieve. Drink two cups per day preferably morning and night.

HERBAL REMEDIES FOR OSTEOPOROSIS

Osteoporosis literally denotes ‘thinning of bone’. It is a disease of bone in which the bone mineral density (BMD) is reduced; that is one has a low bone mass and failing bone tissue. The bones get thin, brittle and can be easily broken. Bone density is the amount of bone available in the skeletal structure. The larger the density the stronger the bones. Bone density is powerfully influenced by genetic factors, although they are sometimes changed by environmental conditions and drugs. Failure to tackle osteoporosis on time can lead to bones breaking when subjected to stress. The fractures of the bones mostly occur around the hip, wrist and spine.

The effects of osteoporosis may mess up a person for life. A hip fracture may hinder an individual's ability to walk and may result to permanent disability or even death in spite of Medicare and major surgery. The spinal or vertebral fractures also have severe consequences, such as height loss, intense back pain, and malformation. Osteoporosis can make a person to bend forward and seem to have a bulge on his or her spine. Osteoporosis occurs in men and premenopausal women; the condition is common among postmenopausal women.

Preventive Tips for Osteoporosis

- ☐ Consumption of food products rich in vitamin k will help in the porosity of bones.
- ☐ Eat more of green leafy vegetables.
- ☐ Avoid meat in your diet.
- ☐ Consume manganese in the form of pineapples, nuts, spinach, beans and whole wheat.
- ☐ Shun milk or milk products, because vitamin D present in it will prevent the absorption of calcium, an essential ingredient for strong bones.

- Stay clear of alcohol, smoking and other stimulants. They will contribute more to your woes.
- Vitamin D is good for you, so expose yourself to early morning sun in order that *eregosterol* present in the bones can absorb vitamin D into your system.
- Take high amount of soy products.
- Brussels sprouts provide vital Vitamin K that serves as a bulwark against osteoporosis

Herbal remedies

1. Take one teaspoon of **honey** every day. This will reduce the pain associated with osteoporosis.
2. Endeavor to consume a handful of **sesame seeds** every morning. It is good for taking care of osteoporosis.
3. Take **dandelion tea** very often. It is also said to be good for osteoporosis because it helps to build bone density.
4. Take a lot of **chaste berry** from time to time. It is rich in *vitexicarpin* and *vitricin*. These two substances keep hormone level in balance.
5. Soak some quantities of **almonds** in warm water and peel them. Then mix preferably with soy milk or cow milk and drink. This milk is so rich in calcium.

HERBAL REMEDIES FOR OVERWEIGHT/OBESITY

Obesity can be described as a physical condition that results from extreme accumulation of fat in the body. In other word, obesity can be defined as a weight more than 20% above what is seen normal as per the body mass index, which is usually calculated from a person's age, height, and weight. Fat tissue is important as natural energy reserve in the body. However too much fat tissues result in obesity and causes health problems.

Obesity is calculated by: Body Mass index (BMI), Waist Measurement and Combined Measurements. An obese individual has the increased risk of developing type 2 diabetes, hypertension and cardiovascular diseases. The consumption of fats and carbohydrates excessively lead to obesity. Absence of exercise and physical work also assists in the storage of fat in the body. It is on record that excessive fat may also impede the function of the essential organs such as heart, liver, joints and the kidneys. Obesity can equally cause diabetes, asthma, high blood pressure and arthritis.

Take note of this:

- Habitual walk after the meal.
- Regular physical activities.
- Dietary control and management

Herbal Remedies

1. **Honey** is an excellent herbal remedy for obesity. Cultivate a habit of taking honey regularly to ward off unnecessary weight gain.

2. Mix two teaspoons of **lime juice**, one teaspoon of **honey** in a glass of water. Then add some pepper to it and shake the mixture thoroughly. Take it regularly.

3. Endeavor to drink a glass of boiled water in a day after each meal.

4. Spices such as ginger, cinnamon, black pepper and so on are good for losing weight. Drink ginger tea 2-3 times a day. Any of these spices can be taken as good remedy for obesity.

5. Consume **tomato** in the morning and in salad. Make it a regular routine.

6. Mix a teaspoon of **guggul** with **ginger** and **honey** together. The dosage is normally one teaspoon taken two times in a day.

7. Add two teaspoon of **lime juice** to a cup of water, then shake thoroughly so as to blend very well. Drink all at a time.

8. Prepare some salads with mint and vegetables. Eat to your satisfaction.

9. Combine amalaki, bibbitaki and haritaki together to produce triphala. Take it regularly to bring your obesity under control. This is an ancient secret of Ayuverdic medicine for controlling excess fat in the body.

HERBAL REMEDIES FOR PEPTIC ULCER

A peptic ulcer is erosion that occurs in the mucous linings of the stomach or duodenum, the upper part of the intestine, directly under the stomach.

Causes of Peptic Ulcer

Ulcers are in part brought on (and can be aggravated) by the corrosive action of the gastric acids. Gastric juices are mixture of hydrochloric acid and pepsin, an enzyme that aids the breaking down of food into absorbable form. The stomach walls produce a mucus substance to shield the membranes from the corrosive action of the acid in the stomach. However if there is excess acid or insufficient mucus coating the stomach walls, a peptic ulcer may crop up.

External substances can equally irritate the stomach linings, things such as alcohol, tobacco, and certain drugs like Advil, Aspirin, Motrin, etc. are all part of the ulcer-inducing irritants.

Extreme stress and worry also cause peptic ulcer.

Scientific finding has now revealed that a bacterium called *Helicobacter pylori*, can also contribute to the occurrence of ulcers. This bacterium is usually found in the linings of the stomach and is the prime cause of ulcers. It has been discovered that 90% of persons suffering ulcers in the duodenum and 75% of all gastric ulcers are caused by this bacteria. This bacterium attacks the membranes of the stomach and it has been reportedly linked to gastric cancer also.

Men are more prone to develop ulcers than women.

Symptoms of peptic ulcers

The symptoms of peptic ulcers widely vary from one individual to another, some experience a burning sensation in the stomach and others suffer it in the chest. Similarly most individual feel better during meals and others go through hell eating, in any case the pain may be serious enough to cause insomnia and can be induced by stress.

Herbal remedies

1. Consume some **fenugreek leaves** will assist you to get rid of this ailment. It is an effective herbal remedy for stomach ulcer.

2. Boil some **bamboo leaves** and filter the water. Drink one or two cups per day or take as needed. It is beneficial in the treatment of stomach problems.

4. Take 30 grams of pure odorless **castor oil** with 250 grams of lukewarm milk. It is perfect herbal remedy for stomach ulcers.

5. Scientific research has shown that **cabbage juice** cures ulcers in less than ten days. Pound some cabbage in a mortar and squeeze out the juice. Take one quarter a day divided in four doses. Note that the juice must be taken immediately after juicing.

6. Put some brown rice in a pot and bring into boil. Filter the water and drink water as may be needed

HERBAL REMEDIES FOR BENIGN PROSTATIC HYPERTROPHY - BPH

The prostate is the male sex gland and almost the size of a chestnut in the form of a doughnut by which the urinary tract runs. The prostate gland is equally in control of sperm release during ejaculation. Semen is basically consisted of prostatic fluid. Benign prostatic hypertrophy is the slow swelling of the prostate. It is very a widespread condition for men above fifty years of age and 75% of men above seventy years of age are also affected. Its can be traced to changes in hormone as the body becomes old. At the advanced stage of life there is secretion of dihydrotestosterone increase also stimulate of excess production of prostate cell, thus enlargement of prostate.

Herbal Remedies

1. **Saw Palmetto** is an herb generally used in Germany for several years. This herb is good for term treatment for benign prostatic hypertrophy (BPH) because it take cares of inflammation, pain, nocturnal urination, retention, difficulty starting urination, and dribbling. It also beneficial for impotence and restores sex drive. It should be taken for 6 to 12 months and is excellently effective in 99% of patients. Saw Palmetto Extract—320 mg - 60 Soft gels is available in the markets across the world.

2. **Goldenseal** is a potent antibiotic for excellent treatment of prostatitis, destroying most of the bacteria that cause the condition. It soothes and heals the urinary tract and helps reduce an enlarged prostate.

3. **Lycopene** is a bioflavonoid present in tomato. It reduces frequency of urination. It is an effective antioxidant that prevents prostate cancer. Recent studies confirm that the antioxidant lycopene offers health benefits such as reducing macular degeneration and prostate cancer. Take as much of raw tomatoes.

4. **Bee pollen** has a remarkable success improving 80% of the cases and curing 40% of them within 6 months, especially if used in the early stages. It shrinks swollen prostates. American Health Bee Pollen Complex—1000mg - 100 Tabs is obtainable in the health stores.

5. Zinc has been found useful in the treatment of prostate disorders. Take about 30 milligrams of the zinc every day.

6. Vitamin E is immensely beneficial for prostate health. The patient should consume foods rich in vitamin E, for example: wholegrain products, milk green leafy vegetables and sprouted seeds.

7. Take some spinach and pound in a mortar to squeeze out the juice. And the same time, pound some fresh carrot in a mortar and squeeze out the juice. Measure out 300 ml of carrot juice and 200 ml of spinach juice; drink as needed.

8. Pound some raw and fresh carrot in a mortar. Then squeeze out the juice. Drink one cup at a go. You can take according to your need.

Note that vegetable juices are nature's elixir for curing prostate disorders.

HERBAL REMEDIES FOR PSORIASIS

Psoriasis is one of the most well known and most complicated to control of all skin diseases. It affects almost 2 percent of the population globally. Men and women equally affected and generally appear between the ages of fifteen and thirty. Psoriasis is a chronic autoimmune skin disorder that causes irritation and redness on the surface of the skin. The word psoriasis originated from the Greek psora, which means 'to itch'. Lesions of psoriasis differ in size from fractions of an inch in diameter to big plaques covering most of the body and requiring medical care. Places on the body most generally affected by psoriasis are the elbows, knees, scalp, and sacral regions of the body. The nails are also affected in about one half of condition, with pitting, breaking, hardening below the nail, or thickening of the nail itself. Persons suffering from psoriasis usually have broad reddish colored skin with silver white peeling patches refer to as *scales*. Psoriasis can be mild, moderate or severe depending on factors such as total part of the affected skin, action of the disease, reaction to therapies and effect on the health of the patient.

Basically there are 5 main types of psoriasis

1. Plaque
2. Inverse
3. Guttate
4. Erythrodermic
5. Pustular.

Plaque is the most general type of psoriasis and is characterized by white and red flaking patches on the outermost layer of the skin. Plaque psoriasis commonly affects the elbows and the knees though may also be found on the palms, feet, scalp and genitals. It is a chronic skin disorder that may either affect some parts of the body or the whole body. It may even affect the nails on the fingers and toes. Joint inflammation can also be caused by psoriasis which can lead to psoriatic arthritis. It can also cause the inflammation of joints which in turn can cause psoriatic arthritis.

Erythrodermic psoriasis is characterized by an inflammation and exfoliation of the skin all over the body. People affected by this kind of

psoriasis regularly experience pain, swelling and serious itching. It is possible for plaque psoriasis to turn into erythrodermic psoriasis particularly when treatment is abandon before the symptoms begin subsiding. If left not treated erythrodermic psoriasis can equally be deadly as the severe inflammation can prevent the body from regulating temperature. *Pustular* psoriasis is common with bumps filled with pus on the surface of skin and by and large affects arbitrary body parts. *Guttate* psoriasis denotes a small red or pink flaky ‘teardrop shaped’ lesions that are characteristically visible on larger parts of the body such as the scalp, trunk and limbs.

Conversely, between 10 and 30 % of the individual with psoriasis also experience psoriatic arthritis, which can be pretty agonizing. Due to the chronic and complicated nature of psoriasis, professional assistance is required in all but the least serious cases.

There are various reasons why certain class of people develops psoriasis and some do not. It has a tendency to be genetically transmitted—almost one-third of those who are affected, have another family member with psoriasis. Several scientific investigations have established the relationship between specific stresses and the start and spread of psoriasis. Nearly half of all persons with psoriasis indicate that a precise stressful event took place within one month preceding the first occurrence of psoriasis.

Herbal remedies

1. Get some fresh Aloe Vera leaves and press out the gel. Massage the affected skin parts with gel. Do this three times in a day. Reports have it that nearly 83% of patients who applied raw Aloe Vera gel for three times per day become relieve from psoriasis within a period of four weeks. Note that it is more therapeutically beneficial to use the fresh Aloe Vera gel than synthetic cream, because the presence of other harmful ingredients in the cream.

2. Apple-cider vinegar should be diluted with water and used temporarily to help ease itching and scaling. Apple cider vinegar or white vinegar can equally be diluted in three to four times as much lukewarm water and poured over the head, rubbed in, left for one minute, and then rinsed. Alternately you can mix 1/2 cup of cider vinegar to a tubful of bath water and soak yourself in it. This restores acidity to your skin.

3. Use **banana peel** to massage the affected parts of the skin. This is a common practice among Zulu people of South Africa.

4. **Burdock root** can help limit the spreading of psoriasis. Take 20 to 40 drops of tincture three times in a day.

5. **Chamomile** is generally used in Europe for curing psoriasis. It has anti-inflammatory flavonoid substances. However if you are allergic to ragweed, do not take chamomile because it belongs to the ragweed family.

6. Massage **Castor oil** over night on areas of skin affected. This is particularly helpful on thick, small, well-circumscribed lesions. To make process of healing quicker mixed cold-pressed castor oil with baking soda and rub on the affected skin. This has been discovered to exceedingly improve thick and scaly heel skin, provided the skin is not cracked.

7. The regular **figwort** helps to remove psoriatic plaques. The recommended dose is 2 milliliters of tincture. It should be taken two times in a day.

8. **Dandelion tincture** is useful for inducing flow of the bile and eliminating toxins out of the system. It should be regularly combined with **yellow dock** for enhanced performance. The recommended dose is 30 to 60 drops taken two times in a day.

9. **Echinacea** tincture is intermittently used for psoriasis. It is known to boost the immune system, thus it may reduce the incidence of colds, which can lead to flare-ups in certain people. The recommended dose is 20 to 30 drops three times daily for up to a period of 10 days. Stop for two weeks then repeat.

10. **Emu oil** has essential fatty acids and is helpful for psoriasis. Rub it on the skin lesions.

11. **Flaxseed oil** is chemically the same with fish oil and helps to treat psoriasis. Put flaxseed oil on salad dressing is a good method of getting this wonderful supplement into your diet. Take 1/2 tablespoons of flaxseed oil daily. Flax seed oil may be applied directly on the affected skin, usually two times in a day.

12. **Fumitory** contains fumaric acid, which has been reported to be very useful for psoriasis. Prepare a powerful tea from fumitory and apply it to the affected areas with a cotton ball two times in a day.

13. **Garlic** contains a number of sulfur-containing compounds. Sulfur deficiency may induce psoriasis. Take three to six fresh cloves of garlic daily.

14. **Goldenseal tincture** helps to remove toxins from the body of toxins that lead to burst ups. Take 20 to 30 drops two times a day for up to a period

of ten days at a time.

15. **Gotu kola** extract is to ease inflammation and promote skin healing. In ayurvedic medicine, it has been used for psoriasis for uncountable years. Take 200 milligrams three times per day for a single month.

16. **Liquid licorice extract** should be applied directly to the affected areas with a cotton ball.

17. **Avocado, garlic, and walnut oils** massage topically two times in a day to the psoriatic patches, are equally useful for moisturizing and healing.

18. **Milk thistle** cleanses, guards the liver and increases bile flow. It helps in the purification of the blood. It helps to correct the irregular cell replication present in psoriasis. Use 300 milligrams of milk-thistle extract three times per day.

19. **Neem-seed oil** is an Ayurvedic herbal remedy that is highly recommended for people suffering from psoriasis. Massage the affected parts with the oil thoroughly.

HERBAL REMEDIES FOR TOBACCO DEPENDENCY/QUIT SMOKING

Each cigarette contains nicotine, a very addictive substance that causes several changes and hazards to the body. By arousing different areas of the brain nicotine generate a sense of pleasure in the central nervous system (CNS), and also causes the production of adrenaline to increase, thus accelerates the rate of heart and increases blood pressure. It affects the level of some hormones and the temperature of the body. All these abrupt changes caused by the act of smoking are what the smoker considered as a 'feeling of pleasure', and is the fundamental fact that makes quitting smoking so difficult, if we add to this the fact that nicotine is a chemical that is very easy to tolerate, then we have in our hands one of the most influential drugs in the world, that is totally legal and can be purchased from any convenience store. Nicotine induces addiction very swiftly, once hooked if the smoker quits smoking he or she will go through the withdrawal symptoms such as: irritation, nervousness, anger, lack of attention, intemperate appetite, headaches, higher blood pressure and a unceasing craving for smoking.

As already stated, smoking is an addiction that is very difficult to abandon, however each day several thousands of people quit this horrible habit. So can you especially if you follow strictly the instructions mention here and if you use the herbs that we have discovered to eliminate nicotine from the body and to diminish the cravings.

Herbal remedies

1. Take 200 mg two times per day of **Coenzyme Q10**. This is a powerful antioxidant that guards the lungs, the heart and improves the supply of oxygen to the brain.

2. Take **grape seed extract** to restore lung damage.

3. Smoking eliminates vitamin C from body; therefore it is very vital to take 5,000-20,000 mg of vitamin C per day.

4. **Vitamin E** is a very essential antioxidant required to fix cell damage caused by tobacco smoke. Therefore consume a lot of food products rich in vitamin E.

5. Vitamin A is good for repairing the mucus linings damaged by smoking. It is recommended, the person should endeavor to eat plenty of food

rich in vitamin, so as to derive full therapeutic benefits of vitamin A.

6. Cayenne is extremely effective for desensitizing the respiratory membranes to tobacco and chemical irritants. It is an antioxidant that stabilizes lung membranes, thus preventing damage. The warm peppery taste of cayenne reduces cigarette cravings.

7. **Ginger** is an herb that prevents nausea and help in quitting smoking. It also reduces anxiety. **Ginger** produces perspiration which helps to remove toxins generated from smoking. Chew some fresh fingers of ginger and swallow the juice.

8. **Lobelia** is an effective herb for easing withdrawal, irritability, poor concentration and hunger. It has alkaloids compare to those in nicotine, occupies identical brain receptor sites and exerts nicotine like effects without the harm that nicotine causes. And thus this reduces cravings and generates aversion.

9. **Oats** is known to reduce or get rid of tobacco cravings. They equally reduce the quantity of cigarettes desired even in an individual not trying to quit smoking.

HERBAL REMEDIES FOR RASH

An inflammation of the skin is used to depict different kinds of rashes. The skin may itch, flake, thicken, ooze, crust, and redden, solely depending on the form of dermatitis. Rashes can occur anywhere on the body. Definite locations are distinctive for different types of rashes. Atopic dermatitis or eczema is a chronic regular problem that affects several persons and for which there are various therapies. It is naturally believes that when metabolic wastes accumulate and surpass the carrying capacity of the kidneys and liver to eliminate the wastes. It then becomes the responsibility of the skin to remove these wastes from the body. This often results in dermatitis.

Rashes can be classified into:

- Irritant contact dermatitis
- Allergic contact dermatitis
- Photo allergic contact dermatitis.

A regular kind of allergic contact dermatitis is the rash of poison ivy, oak, and sumac.

Herbal remedies

1. **Burdock root.** Take 500 milligrams three times per day with meals.
2. **Goldenseal.** Take 500 milligrams three times a day, with meals.
3. **Pau d'arco.** Take 500 milligrams three times a day, with meals.
4. **Poke root.** Prepare a tea by infusing one tablespoon of the herb in a cup of water. Drink this two times in a day.
5. **Red clover.** Take 500 milligrams three times in a day.
6. Collect some fresh leaves of **Aloe Vera** and some amount of **green clay**. Pound the Aloe Vera leaves in a mortar and squeeze the gel. Mix this gel with and green clay. Ensure the two are blended thoroughly to form a fine paste. Apply this paste to the affected parts of the skin.
7. Bring some **Chickweed** to boil in a pot filled with water. Use the infusion water to bathe the area to prevent itching.
8. Pound some raw **cucumbers** in a mortar. Blend them into an excellent puree. Massage the cucumber puree into the affected parts of the skin for about 5 or 7 minutes to alleviate itching and pain.

9. Collect some **Jewelweed** and boil in a clean pot fill with one gallon of water. Then sieve and let it alone to cool. Massage the affected body parts with this water. However caution should be exercise during collection so as to avoid collecting the annual Jewelweed flower. If you cannot identify this herb seek the attention of an herbalist.

10. Prepare an herbal tea comprising two portions each of agrimony and chamomile and one portion each of stinging nettle and heart's ease. Take this tea three times in a day. It relieves itching with immediate effect. Also soak a clean cloth into the tea and use it to rub the affected areas for 5 minutes every 30 minutes.

The following categories of herbs have natural antihistaminic substances. Any of them can be combined in twos to make a tea; **oregano, tarragon, tea, basil, fennel, ginkgo, thyme, and yarrow**. The teas should be used to massage the itchy areas in addition drink three times in a day.

HERBAL REMEDIES FOR RECTAL ABSCESS/FISSURES

Rectal abscess is associated with burning, stinging, and possible bleeding on the rectum. At times, painful and red swelling occurs at or near the anal opening. Hemorrhoids are enlarged veins in the anus and rectum area. Fissures are ulcers or cracks in the skin which just turn out to crop up in the same spot. The precincts where skin meets the mucous lining can have little tears. This comes up occasionally at the corners of the mouth. Fissures on the rectum are quite similar. A regular cause is the excreting of a big, hard stool.

Preventive Tips

- Avoid constipation. Make sure your diets contain sufficient fibers and drink enough water in a day. Drink 6-8 glasses of water and eat fruits.
- Wipe yourself gently. Do not scratch the spot.
- Avoid diarrhea.
- Sit on something soft

Herbal remedies

1. Apply little amount of **corn starch** on the area after each bath, to keep it dries. Never apply talcum powder for this or anything else. It can cause cancer. Talcum powder is rock dust.

2. A poultice of **Echinacea** may be used directly on the abscess, to disinfect and help bring it to a keen shape, hence it can be opened.

HERBAL REMEDIES FOR RECTAL ITCHING

A number of factors are responsible for rectal itching.

Causes of rectal itching

- ☐ Infection
- ☐ Parasites
- ☐ Poor hygiene
- ☐ diabetes
- ☐ estrogen deficiency
- ☐ Liver disease.
- ☐ Skin diseases, such as psoriasis, seborrheic dermatitis, and eczema can also cause it.
- ☐ Contact dermatitis, owing to perfumed or dyed toilet tissue, deodorants, soap, or underclothing.
- ☐ Food allergies.
- ☐ Pinworms are often the cause in children, but rarely in adults.

Preventive Tips

- ☐ Avoid eating gas-forming foods.
- ☐ Avoid stressful situations.
- ☐ Use wet tissue to clean the area after a bowel movement, but never leave the area wet.

- ☐ Remove moisture from the area
- ☐ Never use anesthetic medications with "caine" in the name. They induce strong allergic reactions, thereby making the condition bad
- ☐ Avoid using soap in the area, because soap is highly alkaline.
- ☐ Avoid tight clothing of any kind in the abdominal area.
- ☐ Avoid drugs, they may irritate the colon, causing pruritus

Herbal remedies

1. Do have a hot sit bath every day. After the bath, apply lemon juice to the area using a piece of cotton.
2. Massage **wheat germ oil** on all affected areas after washing and drying well.
3. A warm tea bag of **goldenseal** may be used on the area for up to 30 minutes. This helps to relieve itching.

HERBAL REMEDIES FOR SORE THROAT

A sore throat also refers to as pharyngitis or tonsillitis is a disease principally found in throat around the tonsils.

Herbal remedies

1. Prepare a glass of hot water mix with 1 teaspoon of **lemon juice** and some **honey**. Drink this and you will definitely experience ease immediately.
2. Make a **chamomile tea** combine with **lemon** and **honey** and drink. It is also a good herbal remedy for sore throat.
3. Cut a **lemon** into two pieces. Take one piece and put little amount of salt and black pepper into it, and then press with a knife in order that the salt and black pepper can go into the lime. Heat the lemon a little to make it warm. Lick this lemon slowly and squeeze it until no juice left there again. Do this two-three times per day.
4. Soak **chives** and **scallions** in water for about 5 minutes. Drink this tea. It is very beneficial in sore throat relief.
5. Take **Echinacea**. This herb it is antiviral and antibacterial and speeds healing
6. **Barberry Tincture** protects the lining of the throat from streptococcus attack. Take 15-20 drops in 1/4 cup of water 3 times in a day for 10 days.
7. **Garlic oil** relieves difficulties associated with swallowing. Take 3-4 drops in 1/4 cup of water one time per day as gargle.

HERBAL REMEDIES FOR DIABETIC RETINOPATHY

Diabetes can bring about retinopathy, a situation that develops when tiny blood vessels linked to the retina start to leak. Thus more blood vessels grow in the affected region causing vision disorders and blindness in thousands of people suffering from diabetes. Due to inability to detect any sign at the initial stage, it is somehow difficult to diagnose until the situation advanced and at this stage the situation get more worrisome.

Herbal Remedies

1. Vitamin A and carotenoid are essential to maintain healthy eyes and to improve night vision. Therefore consume plenty of foods highly loaded with vitamin A and carotenoid.

2. Take **Ginkgo Biloba** to enhance the oxygen supply and nutrients to the eye and to remove toxins. It is very useful in retinopathy.

3. **Bilberry** is known to strengthen and protect veins and blood vessels, guard the retina, limit pressure in glaucoma and harm caused by diabetic retinopathy.

4. **Grape seed extract** contains *procyanidins* that strengthens retinal capillaries and hinders clots or bleeding and supply essential nutrients. It also improves night vision and slow down ageing of eye. It also guards against and cures retinopathy and arteriosclerosis in the eye.

5. Consume **spinach** and take Lutein or spinach extract. They composed of carotenoid required for retina and eye tissue and at times reverse several eye conditions.

Please check the treatment procedure prescribed for diabetes for vital herbs and nutrients essential for treatment of diabetes and to thwart diabetic retinopathy.

HERBAL REMEDIES FOR ROSACEA

Rosacea is a skin disease of the miniature blood vessels of the face. Though it is sometimes known as *acne rosacea*. It is not connected with a prior history of acne. It affects almost 5% of the population, especially menopausal women and those categories of women that are in their forties, particularly those who are light-skinned and of Celtic origin. The face, especially the nose and central face, is affected with a symmetrical red rash, with or without prominent fine blood vessels.

Papules, pustules and firm red nodules that appear like acne lesions are regularly scattered all over the cheeks and nose as well. However, in contrast to acne, rosacea is not characterized by the development of blackheads or whiteheads. In certain cases, a bulbous red nose, or rhinophyma, may grow gradually if the condition is not treated.

Several experts are of the opinion that the cause of rosacea is infectious a result of infection with skin mites, the yeast *Pityrosporum ovale*, which is usually present in hair follicles, or with unknown bacteria or fungi. Others believe that psychological factors, genetics, and connective tissue disorders in the skin are the possible cause. Perhaps a combination of these factors, and probably others, is responsible. Many individuals with rosacea experience blushing or hushing of the face, fundamentally in hot weather, with exposure to sun and after taking spicy foods, alcohol, hot drinks or soup, coffee, or tea.

These conditions that widen local facial blood vessels also exacerbate the acne-like lesions.

Herbal remedies

1. **Flax seed oil** supplies essential fatty acids that help to reduce inflammation. Take 1,000 milligrams or 1 teaspoon three times a day

2. **Cat's-claw extract** helps to limit food sensitivities by re-creating a healthy intestinal environment. Take 500 milligrams three times per day.

Note: Never take this herb if you are pregnant, nursing, or on blood thinners, or if you are an organ transplant recipient.

10. **Gotu kola extract** enhances healing of the skin. Take 100 milligrams three times daily.

11. **Grape seed extract** is an anti-inflammatory and antioxidant herb, and helps the formation of collagen. Take 50 milligrams three times per day.

HERBAL REMEDIES FOR SCARS

Whenever the skin is cut, it does heal with a scar. New scars are usually thick and filled with blood vessels, but over months they become flatter and this reduces blood supply. Scars that remain thick and large but are restricted to the part of the actual injury are known as *hypertrophic scars*. Hypertrophic scars also refer to as *overgrown scars* and they are generally flesh-colored, pink or red, and dome-shaped. These scars generally occupied areas with several major, tiny red blood vessels or spots that are flat and shiny within the elevated and wide scar. Keloids in simple words can be described as a group of scars that become improperly large, in which the scarring process has spin out of control. The growth of Keloids is not only limited to the site of the original injury but also outside it, usually with claw like extensions. Fundamentally, keloids can persistently growing slowly for many years. They are mostly found among black people. Keloids do have a tendency to run in the families.

They typically appear in areas of trauma, like places of preceding acne, cuts, ear piercings, insect bites, burns, or vaccinations. However, certain keloids develop suddenly, particularly on the upper chest in the region of the breastbone. Keloids are usually very soft, shiny, thick, and large. They are not actually associated with symptoms at the earlier stage of occurrence though over time they may be itching or tender to touch. Socially they are so irritating that everybody want to avoid it at whatever price. It is a common dermatological strategy to reduce and minimize the size of scars and keloids.

Herbal remedies

1. Blend together very well one ounce each of **rose hip seed oil** and **essential oils of rose** and **everlasting**. Massage the mixture daily to the scar after bathing. With time this improves the appearance of the scar. Make sure you store, the mixture in a dark glass bottle.

2. **Lavender oil** contains skin-cell-rejuvenating qualities, thus helps with all sorts of scarring. Rub it on the scar or keloid several times per day.

HERBAL REMEDIES FOR SCABIES

Being affected with scabies can make individuals feel out of this world. The truth is the condition is not life threatening and does not actually worth fretting about. Although it is so embarrassing having to scratch your body in the public. This condition is easy to treat, though it spreads so rapidly. Scabies is a very itchy condition that affects your skin. It is a parasitic affliction caused by a small burrowing mite, refer to as *Sarcoptes scabiei*. Generally intense itching does occur in the night. However, it must be pointed out that intense skin itching can be caused by a variety of skin conditions, thus it can be somewhat difficult for one to really diagnose the condition based on this symptom alone. It is advisable that one should be informed about the physical symptoms of the condition, or how a scabies infestation seems like on human skin. The appearance of a rash on the skin usually indicates the presence of *Sarcoptes scabies*. At times a scabies mite infestation result in the appearance of blisters.

Quite naturally, the cause of a scabies infection is the same in both the children and the adults. However children prone to scabies infections because spend a lot of time with their peers and this interaction is more of physical contact. Play schools and nurseries are perhaps the places with highest risk due to prolonged periods that a large number of children spend together in a confined surrounding. Any interaction with an infected person, whether a family member, or a neighborhood child, increases the chance of infection. Generally people do worry about not picking up the parasite for pets, it must made clear that the specific type of mite that infect animals differs from that the type that infects humans.

Herbal remedies

1. Mix small quantities of **margosa oil**, **vitamin E** and **tea tree oil** together. Use this mixture to massage the parts of skin affected by mite.

2. **Margosa oil** is so cherish in ancient Indian traditional medicine. This oil has been found to possess antibacterial and antifungal properties. Margosa oil should be massaged thoroughly on the areas of the skin infested *Sarcoptes scabies*. In addition this wonderful oil is useful for treating varieties of skin disorders such as eczema, psoriasis and acne.

3. **Tea tree oil** is another commonly used ingredient that is popular in some parts as an effective natural cure for scabies. It is believed to be most

effective when used in a mixture, made from 10 ml tea tree oil and 90 ml distilled witch hazel. Studies over the past years into the properties of tea tree oil and its effectiveness as a scabies treatment have been quite promising and documentation of resistance against anti-ectoparasitic compounds is increasing. Prepare a mixture of 10 ml of **tea tree oil** and 90ml of **Witch hazel**

4. Eat a few cloves of garlic during breakfast is also essentially helpful.

5. Get some fresh fruits such as orange, apple and pineapple. Blend them together with some water and mix with a cup of milk to get a smoothie. Drink this smoothie.

NOTE: There are equally several other herbal remedies that are useful for treating scabies, but one need to exercise restraint in this regard. Several herbs are known to have chemicals and toxins that can be dangerous if used inappropriately or constitute a menace of drug interaction.

HERBAL REMEDIES FOR SKIN CANCER

It is becoming worrisome that one in six American is likely to have skin cancer in life time. Skin cancer is the most popular cancer in the world now. It is growing at an alarming proportion that it has even become a pandemic. However, it is must be pointed out most cases of skin cancer are not life threatening and all kinds of cancers are curable with herbs only that the treatment must be begun very early. Cancer can be described as a cluster of diseases in which cells reproduce in an uncontrolled manner; this unrestrained growth of cells is detrimental to the health of body.

The common types of skin cancers are:

- Basal cell carcinomas
- Squamous cell carcinomas
- Malignant melanomas.

All the skin cancers are localized in a different area of the epidermis. For instance, squamous cells are found in the middle of the epidermis and basal cells are located under the outermost surface of the skin.

Basal cell carcinomas are known to account for about 75 percent of all skin cancers, affecting almost one million Americans every year. They are usually lucid, gleaming nodules that may layer, ulcerate, and, at times, bleed. Other signs of a Basal Cell Carcinomas are an importunate sore that refused to heal; a reddened area on the arm, or leg; a flat growth with a high, curled border and a dimple in the center; or a scar like region with badly marked borders. One good thing is that basal cell carcinomas hardly spread to essential organs, but they can harm the surrounding tissues if not handle properly, even damaging a near eye, ear, or nose if left for several years.

Squamous cell carcinomas are much more rare than basal cell carcinomas, though more severe because they deal with deeper tissues and are rather more prone to spread. This is the second well known skin cancer, affecting more than 100,000 persons every year. They are usually elevated, pink, thick nodules and they recurrently ulcerate in the center. A Squamous Cell Cancer can equally appear in the form of a wart like growth or an open

sore that lasts for several weeks. It is fundamentally germane to treat this case, as in a small percentage of cases before it moves to distant tissues and can be quite dangerous.

Malignant melanoma is a very severe kind of skin cancer that usually occurred in moles or in the pigment-secreting cells of the skin. At the early stage it is not that harmful but in the later stage it will spread faster than any other type of skin cancer to other parts of the body. It is life-threatening.

Malignant melanomas are generally brown-black or multicolored patches, or nodules with uneven outlines, bigger than one-quarter inch. They may be layered on the surface or bleed. Individuals who have moles should check them from time to time at least every three months, be on the lookout for signs of melanoma: asymmetry, unequal border, irregular color, and width superior than a pencil cleaner. Cautionary signs that malignant melanoma may be coming up are:

- Changes in size
- Color change
- Change in shape
- Increased elevation
- Multicolored surface
- Intense skin sensation
- There is consistent pigmentation of a new or existing area of the skin.

Another important type of skin cancer is referred to as *mycosis fungoides*. This is really a quite rare sort of lymphoma that begins in the skin and later invades the spleen, liver, blood, lymphatic tissue, and a host of other internal organs. The skin lesions mostly look like red, scaling layers, or as nodules, larger tumors, or ulcers, and may persist for several months to years.

Exposure to the ultraviolet (UV) rays of the sun is accountable for more than 90% of all skin cancers. Clouds and haze reduce as little as 20% of the harmful UV radiation. The nearer to the equator one goes, the more strong the sun's rays are because they strike the earth more directly for a larger part of the year. Ultra Violet radiation also increases by 4 - 5 % for each 1,000 feet you go above sea level. The rays of sun are harmful even if they do not hit you directly. Also concrete, sand and snow are extremely reflective surfaces, reflecting as much as 90% of the sun rays that strike them both

upwards and sideways, thus escalating the quantity of Ultra Violet exposure that people receive. The following are the unimportant important causes of skin cancers: excessive exposure to radiation treatments, arsenic exposure, chronic scarring, and immune suppression caused by taking of some drugs or other severe diseases.

To herbal doctors, cancer is seen as the end result of prolong degeneration as a result of poor circulation blood and lymph. This is believed to be by product of the stagnation of body, mind, and spirit.

Preventive Tips

A. Diet

1. Endeavor to eat at least 5 servings of fruits and vegetables daily particularly those foods loaded with high amount of antioxidants, beta-carotene, vitamin C, and selenium, for example: broccoli, carrots, and citrus fruits. Dr. Harvey Arbesman, Professor of Dermatology of the New York State University makes this recommendation on the premise of more than fifty research studies of basal cell and squamous cell cancer of the skin and nutrition. This recommendation is supported by the research work of Dr. Ken Nelder, also a professor of dermatology at Texas Tech University. Several independent studies also confirmed that people who have cancer of the skin have a reduced amount of vitamin A than normal tissue levels of vitamin A, beta-carotene, and selenium. Evidence abound that increasing the intake of vitamins A, C and E, beta-carotene, and selenium helps to guard against the development of skin cancer. The onus lies on the individuals to consume more of substances that are rich in antioxidants.

2. Make it a part of your diet, large amount of whole grains, sea vegetables, beans and soybeans, hot peppers, green tea, flaxseed, olive oils, white fish, cabbage, tomatoes, onions, rosemary, garlic, grapes, citrus fruits, licorice root, and shiitake, maitake and reishi mushrooms. These foods are known to contain antioxidant, anticancer, and immune boosting qualities.

3. A diet rich in omega-3 essential fatty acids and poor in omega-6 essential fatty acids is fundamentally vital in a bid to guard against melanoma. Thus, you should eat more fish oil and olive oil, and stay away from corn oil, sunflower oil and safflower oil. Higher proportion of omega-6 increases the production of some prostaglandins which equally compound the growth of skin cancers. Therefore eating fish at least two times per week and cooking with olive oil is strongly recommended.

4. Shun red meat, processed foods, red and yellow dyes, monosodium glutamate, nitrites (available in cured meats), caffeinated drinks, aspartame, saccharin, sugar, dairy products, alcohol, and hydrogenated vegetable oils.

5. Take a minimum of eight glasses of filtered water every day, so that metabolic waste can be easily eliminated from the system.

6. Individuals with skin cancers should take more of the following nutrients, as they helpful in treatment as well as cancer prevention:

- *Natural multivitamin and mineral supplements*. Use this daily.
- *Beta-carotene*. Use 10,000 - 25,000 i.u. daily.
- *Vitamin-B complex*. Take a product that contains 100 milligrams of the major B vitamins every day.
- *Vitamin C*. Vitamin C is also known to improve the survivability of cancer patients. Take 1,000 milligrams of vitamin C along with bioflavonoid three times per day
- *Vitamin E*. Scientific evidence has established that the administration of high doses of vitamin E supplement prevented 'ultra violet light-induced' skin cancers . Take 400 international units of vitamin E in a day.
- *Selenium*. This compound is known to reduce free radicals from the body, thus lower the incidence of skin cancer. Take 100 micrograms of selenium per day
- *Zinc*. Take 50 milligrams per day.
- *Calcium and magnesium*. Take 1,500 milligrams of calcium and 750 milligrams of magnesium daily.
- *Folic acid*. Take 400 to 800 micrograms per day.

Herbal remedies

1. Fish oil, flaxseed oil, or olive oil. Take 2 teaspoons every day.

Please take note if you are going to receive radiation therapy or chemotherapy to treat advanced malignant skin cancer, it is essential that you follow strictly the nutritional information provided below. This is necessary because these two therapies exposed healthy cells to harmful free radicals that deplete antioxidants.

If chemotherapy or radiation therapy becomes necessary to treat advanced malignant melanoma, a different regimen of nutritional supplementation is recommended. This is because chemotherapy and radiation therapy expose healthy cells to free-radical damage, depleting antioxidants, enzymes and nutrients. Therefore nutritional support is critical

to provide additional antioxidants and nutrients to guard against these damaging effects.

The under-listed supplements are recommended:

- *Beta-carotene*. Take 100,000 i.u. in a day.
- *Vitamin B17*. Take 1,000 mcg in a day.
- *Vitamin C with bioflavonoid*. Take 3,000 to 8,000 milligrams per day, divided into 3 doses.

- *Vitamin E*. Take 400 to 800 i.u. in a day
- *Selenium*. Take 800 micrograms each day
- *Folic acid*. Use 400 milligrams per day.
- *Flaxseed oil*. Use one to two tablespoons in a day
- *Alpha-lipoic acid*. This is a very powerful lipid- and water-soluble antioxidant that also activates other antioxidants. Take 150 milligrams three times per day.

- *Coenzyme Q10*. It is an amazing antioxidant that has anti-cancer properties. Take 100 milligrams three times in a day.

- *N-Acetylcysteine*. It increases the detoxification of wastes by the liver. Take 500 milligrams two in a day.

- *Pine bark or grape seed extract*. These are strong antioxidants. Take 50 milligrams of either one 3 times in a day.

8. For a comprehensive detoxifying and eliminative mixture, blend equal parts of powdered extracts of **bloodroot**, **burdock root**, **chaparral**, **dandelion**, Echinacea, **frangula**, **ginger**, **licorice**, **red clover**, and **violet leaves**. Measure out the mixture into capsules and use two capsules four times per day.

9. Cat's-claw extract is a known immune-enhancer and equally have anticancer properties also. Use 1,000 milligrams three times per day.

Precaution:

- i. Do not use **cat's claw** if you are a pregnant or nursing mother.
- ii. If you are using anticoagulants -blood-thinners
- iii. If you are an 'organ transplant' recipient.

10. **Milk-thistle** extract is good for detoxification of liver and strengthening of liver, thus cleanse the system. Take 150 milligrams three times per day.

11. **Red-clover** extract hinder the growth of new blood vessels that are required to supply the growing tumor. Take 500 milligrams four times a day will bring relief.

12. Have a soothing bath by adding several drops of essential oils of **chamomile** or **lavender**. This brings calmness for a severe form of skin cancer.

HERBAL REMEDIES FOR SKIN PROBLEMS

1. Aloe Vera

Aloe Vera is a revered herbal plant that is fundamentally beneficial for fighting bacteria. It is an essential antibacterial and anti-inflammatory agent that accelerates the healing of all types of burns, wounds and ulcers, both internal and external. Aloe Vera can be used in an organic form, just cut one finger of Aloe Vera plant and squeeze out the juice; massage the affected skin areas with the juice.

4. Calaguala Fern and Pine Tar

Calaguala fern has been used by the Mayan people since 350 BC for tackling n dry, itchy skin and scalp problems. It can also be mixed with pine tar, so as to double up its functionality. It is should be applied on the affected skin parts.

5. Calendula

Calendula with its range of deep yellow and orange flowers is one of the most excellent all-purpose skin remedies, good for minute cuts and burns, insect bites, dry skin, and acne. It is exceptionally rich in antibacterial and antiviral substances, good for easing inflammation, and speed up wound healing. **Calendula** tea can be applied as an astringent facial rinse, two or three times daily for acne.

6. Chamomile

Chamomile is an anti-inflammatory substance that soothes the skin when applied externally and soothes the bowels when used internally. It equally has a calm tranquilizing effect on the central nervous system, and eases nervous pressure and bad temper. It is usually good for treating eczema and psoriasis. However it is best taken three times a day as herbal tea made from its flowers. Alternatively, a cloth free from dirt can be soaked in the chamomile tea and used to treat the areas of inflamed skin for fifteen minutes; four to six times a day.

7. Comfrey

The leaves and roots of comfrey have been in use for several ages to take care of cuts, burns, and other wounds. **Comfrey** has allantoin, a substance that is speedily assimilated through the skin to stimulate growth of healthy

cell. It also has astringent and soothing actions. **Comfrey** poultices, produced from powdered **comfrey** root and hot water blended together to produce a soft paste that is spread on a cloth, can be used on a surface wound. It should be applied overnight, so that there will be a very quick healing in morning.

Precaution:

1. **Comfrey** is known to contain certain harmful substances which if taken can lead to severe liver damage; therefore it should not be taken orally. Also, it should not be applied on deep wounds because an abscess may crop up if surface healing occurs quicker than the deep tissue healing.

8. **Emu Oil** is excellently good for treating cuts, burns, itching and bites. It should be used topically.

9. **Flaxseed**-Flaxseed originates from the herb flax; it contains those omega-3 essential fatty acids essential for the synthesis of immune and anti-inflammatory substances. It is beneficial for the treatment of skin disorders like eczema and psoriasis, which are connected to inflammatory processes. The dosage is one to two tablespoons of cold-pressed flaxseed oil use per day, advisedly with other foods.

Herbal Cleanser for Dry Skin.

2 ounces of Aloe Vera gel.

1 teaspoon of Vegetable oil or jojoba oil or Saint John's Wart oil.

1 teaspoon of Glycerin.

½ teaspoon of Grapefruit seed extract.

8 drops of Sandalwood essential oil.

4 drops of rosemary essential oil.

Blend all ingredients together and shake thoroughly before application. Apply with cotton wools and wash off with tepid water.

Herbal Toner for Dry Skin.

Herbal toners are useful for improving the shiny outlook of the skin; it also calms and nourishes skin. It can be used by men as aftershave.

2 ounces of Aloe Vera gel.

2 ounces of orange-blossom water.

1 teaspoon of wine vinegar.

6 drops of rose geranium essential oil.

4 drops of sandalwood essential oil.

1 drop of chamomile essential oil.

800 UI vitamin E oil. Alternately just puncture a gel capsule with a needle or a razor)

Combine all ingredients together and shake properly before application.

Herbal Cream for Dry Skin.

3/4 ounces of beeswax

1 cup of vegetable oil.

1 cup of distilled water.

800 UI vitamin E - In the alternate the soft gel.

24 drops of rose geranium essential oil.

Subject the beeswax and oil in a pot until it melts. Though not too hot so that your skin will not be harmed. Warm some quantity of water on fire and then add the mixture to it, as you are pouring you will notice that the preparation is solidifying little by little. Continue to pour the mixture until no more room to accommodate it again. Use a spatula to measure out the cream into your desire containers/ bottles.

Herbal Cleanser for Oily Skin.

2 ounces of witch hazel.

1 teaspoon of vinegar.

1 teaspoon of glycerin.

½ teaspoon of grapefruit seed extract.

6 drops of lemon essential oil.

2 drops of cypress essential oil.

Blend all these ingredients together. Shake thoroughly before application. Use with cotton wools and wash off with lukewarm water.

Herbal Facial Steam for Oily Skin.

3 cups of water.

1 drop of chamomile essential oil.

1 drop of lemon grass essential oil.

1 drop of lavender essential oil.

1 drop of rosemary essential oil.

Bring a little quantity of water to boil in a pot, and then add essential oils. Cover your head with a clean towel and place your head above the pot. Your eyes should be closed and be patient so that the steam will get your face warm. About 15 minutes later, rinse your face with cool water.

Herbal Toner for Oily Skin.

2 ounces of witch hazel.

1 tablespoon of Aloe Vera gel.

5 drops of cedar wood essential oil.

3 drops of lemon essential oil.

1 drop of ylang-ylang essential oil.

Blend all of them together. Shake thoroughly before application.

Herbal Age Spot Remover

Human skin becomes wrinkle as one grow older the body limit the production of hormones that maintain healthy skin; oil, proteins and natural moisturizers. Hence the skin gets drier. Down the ages, herbs have been known as essential factors for the growth of new cells. From time immemorial a number of herbs such as rosemary, rose, fennel, neroli and lavender have been classified as 'anti-aging herbs'. Another important substance for a healthy skin is antioxidants. They are known to hinder the synthesis of free radicals. Free radicals are responsible for aging and thickening of the arteries. Several herbs possess antioxidant properties; thus importance for eliminating free radicals. For instance, witch hazel, essential oil of lavender, marjoram, rosemary and ginkgo.

Herbal Formula for Age Spot Remover.

1 teaspoon of finely cut horse radish root.

½ teaspoon of lemon juice.

½ teaspoon of vinegar.

3 drops of rosemary essential oil.

Blend all these together thoroughly. Avoid contact with your eyes. Apply on the affected skin areas as you desire.

Herbal Toner for Mature Skin.

2 ounces of aloe vera gel.

2 ounces of orange blossom water.

1 teaspoon of vinegar.

6 drops of rose geranium essential oil.

4 drops of frankincense essential oil.

4 drops of carrot seed essential oil.

800 IU vitamin E oil

Blend all the ingredients together very well. It should be applied as required.

Herbal Skin Blemish Remover

1/4 cup of water.

1 teaspoon of Epsom salts.

4 drops of lavender essential oil.

A little piece of clean cloth.

Combine water and the Epsom salt together. As soon as the Epsom salt is dissolved completely; then add lavender essential oil to it. Soak a clean piece of cloth and use it to rub the affected skin parts. Continue to repeat the process again and again until you feel satisfy.

HERBAL REMEDIES FOR TINNITUS

Tinnitus is a condition associated with guzzling sound inside one or the two ears. This buzzing sound may be continuous or on and off. It is generally accompanied with arrays of noises in the ear. This condition is categorized into:

1. *Objective tinnitus*: Besides the patient, individual around him can also hear noise inside the ears.

2. *Subjective tinnitus*: In this case only the patient can hear the noise.

The serious case of tinnitus is exceptionally painful, the individual may find it difficult to sleep or be at ease with himself. It is a word originated from the Latin word “tinnire”; it literally means to ring. It occurs in 1 in 5 of the people in the world and it also affects 33% of the elderly persons. The pains can be discontinuous or continuous in nature, placid or rigorous in intensity, vary from a little or loud sound to the extent that the affected person may find it difficult to hear anything else. Tinnitus is not actually a disease. It is just a symptom that may be due to certain medical conditions.

Causes

- The majority of tinnitus occurs as a result of harm to the minute hearing nerve endings in the inner ear.
- Hearing loss. According to the doctors, those that have different loss of hearing usually have tinnitus. Uncontrolled exposure to deafening noise can lead to tinnitus.
- Prolonged use of some medications. For instance, aspirin taken in large doses, quinine, anti-inflammatory and antibiotics drugs are known to affect the cells of inner ears.
- Temporomandibular joint problems. This is a kind of disorder associated with joint of the jaw; which gives rise to noise whenever the jaw is move.
- Hardening of the bones of the middle ear.
- A fissure in or a split in the eardrum.
- Ear infection. Infection can reduce one's hearing, therefore cause tinnitus.
- Ear wax. Accumulation of excess wax in the ear can limit one's hearing ability.

- Diet can cause tinnitus. Certain foods may activate tinnitus. Foods such as chocolate, tonic water, high fat, high sodium red wine and cheese, can all make tinnitus deadlier in some individuals.

Preventive tips

- Make it habit of taking antioxidants regularly most especially Coenzyme Q10, they are useful for improving immune system and blood circulation to the auditory organs.
- Eat fresh pineapple frequently to reduce inflammation.
- Include in your diet large amount of sea vegetable, garlic and kelp.
- Reduces your stress level

Herbal Remedies

1 Ginkgo biloba reduces wooziness and improve hearing loss associated with decrease flow of blood to the ears.

2. Combine one teaspoon of table salt and one teaspoon of glycerin in one pint of tepid water. Then take a nasal spray container to spray each nostril with the mixture until you experience that the mixture is at the back of your throat. The throat should be sprayed very well. Apply three times per day.

3. Applied 20 to 40 mg of Maidenhair tree extract or Ginkgo biloba into your ears for 4 to 6 weeks. The blood vessels become dilates; thus flow of blood in the ear will increase.

HERBAL REMEDIES FOR TOENAIL FUNGUS

The most well known toenail fungus infections are *Paranoychia* or *Onychomycosis*. Generally mild infection at early phase hardly bring discomfort, however there may be discoloration of toenail, thick nails and nails breakage. Fungal infections occur on the toenails and fingernails. Dermatophytes are class of fungus that is responsible for *Onychomycosis* also known as toenail fungus. They are destructive because during the period of growth, they consume the keratin layer of the toe nail. The big toe and the small toe are mostly affected by *dermatophytes*. The toes are more prone to *paranoychia*. This fungus generally disfigured and discolored nails. Accurate care should be adopted to treating the infection.

Preventive tips

- Ensure you take nutritional supplements most especially acidophilus supplements. Use one teaspoon of acidophilus on an empty stomach two times per day.
- Multivitamins such as B- complex, vitamins A and E are highly beneficial.
- Vitamin C and bioflavonoid increase body's immunity against fungus infection.
- Make it a habit of taking zinc because it increases immunity against fungi.
- Never share your socks or shoes with anyone.
- Ensure that you wash your feet two times a day, and then dry them completely, using a new towel each time.
- Avoid scratching your feet.

Herbal remedies

1. Prepare a cup of chamomile tea and drink this 3 times in a day. The tea can also be applied on the affected toes by using cotton wool.
2. Prepare garlic extract by pounding garlic to make a paste and then squeeze out the juice. Take 6 teaspoonfuls every day. Alternatively, you

can just put that raw garlic into blender and have them crushed to make a paste. Remove dirt from your feet and then dust your feet with garlic extract.

3. Soak some fresh ginger root in eight ounces of water for about 20 minutes. Ginger is known to contain about 20 different anti fungal substances. Take a cup of ginger tea 3 times per day. Also you can apply ginger tea directly to the affected areas; soak a cotton wool into the solution and apply it to the area for about 5 times per day.
4. Apply 5 drops of Goldenseal tincture to juice; drink for three times per day. Also you can soak some dried goldenseal in a cup of water for about twenty minutes to prepare a tea. Sieve the tea and apply with cotton ball to the infected toes three times per day.
5. Make a cup of lemon grass tea; drink three times daily. In the same vein, the tea bag can be placed on the affected parts.
6. Prepare a tea from Pau d'arco and drink three times daily. It improves both the lymphatic and immune systems.
7. Make a mixture of four teaspoon of tea tree, four teaspoon of lavender tincture, four tablespoon of pau d'arco tincture, 4 ounces of vinegar and one-eighth teaspoon of peppermint mixture. Then add this mixture to sufficient amount of warm water. The resulting mixture will serve as a healing solution for your feet. Apply the treatment three times per day. You should make sure that you dry your feet immediately after the treatment.
8. Measure out turmeric oil and water in ratio one to two and mix them together. Apply using a cotton ball immerse in the solution to clean the affected area three times per day. It speeds up the healing process. Also you can use turmeric extra (300mg) orally three times in a day.
9. Prepare a bowl of warm water and add 10 drops of tea tree oil to it. Immerse your feet for about 20 minutes in it and then dry your feet fully. Use little drops of oil to massage the infected feet directly. Caution: This oil should never be taken orally.
10. Make a foot wash by using adding 10 drops of myrrh oil to a bowl of warm water. Immerse your feet in it for a period of twenty minutes. Do this three times daily. Caution: Do not apply myrrh when you are pregnant.

HERBAL REMEDIES FOR TOOTHACHE

A toothache can be described as pain that is localized around the teeth, the jaws and the gums. It is generally has to do with array of conditions like bare tooth rot, gum diseases, dental cavities and a broken tooth. The pain is usually varies from mild to serious one. It may also be intermittent or sporadic in nature. Exposure of toothache to cold or hot substances mostly aggravates the pain in several folds. Toothache can come with severe pain or mild pain and at times it can be intermittent and continuous in nature.

It generally occurs when the decay erodes the two layers that surround the tooth, that is, enamel and dentine. Toothaches are mostly due to gum disease, poor dental hygiene, infection and so on.

Herbal remedies

The underlisted herbal remedies mixtures below are essential oil formulas you can prepare by yourself.

1. Toothache Oil

1/8 ounce of carrier oil

6 drops of tea tree oil

4 drops of chamomile oil

2 drops of myrrh oil

2 drops of peppermint oil

Put the carrier oil in a clean bowl or container and then add the essential oils. Mix them together by shaking the container gently for some minutes, so that they can blend thoroughly. Apply one drop of the mixture on the tooth and affected gum. It should be used as required.

2. Onion has been reported scientifically to possess anti-bactericidal properties. Consuming one raw onion each day will protect you from problems associated with diseased gums and teeth. Eating raw onion for about three minutes is sufficient for eliminating germs in the mouth. Toothache is usually eased off by putting a little size of onion on the affected tooth or the gum.

3. Lime when consumed in a raw form along with the peel will give relief from toothache. The effectiveness of lime for toothaches is rooted in its

rich composition of vitamin C and the lower levels of acidity in contrast to lemons.

4. Some quantities of asafetida should be pounded in a mortar and mix with lemon juice. The mixture should be slightly heated on fire. Then soak a cotton swab in the mixture and place it in the cavity of the affected tooth. This relieves pain swiftly.

5. From the ancient times cloves have been a wonderful herb for treating toothaches. The presence of eugenol, a very powerful anesthetic and antiseptic substance in cloves made them a *numero uno* ingredient in nearly all toothpastes and is generally used in dental hygiene. Make a habit of chewing a few cloves to experience the benefits of the cloves in dental care.

7. Compress for Toothache

1 quart of hot water

2 drops of chamomile oil

A drop of peppermint oil

Procedure

Put the water in a medium size glass bowl or container and spread the oils in the water to make a mixture for toothache. Then soak a clean cloth in the mixture and apply it as a compress to your face close to the painful tooth. Do this as your situation demands.

8. Teething Blend for a Baby

1/8 ounce of sunflower oil

1 drop of chamomile oil

Mix the chamomile oil and the sunflower oil; shake very well so as to blend excellently. Massage a drop of this mixture into the gums of a baby as required.

HERBAL REMEDIES FOR TUBERCULOSIS

Tuberculosis is a severe disease caused by a tiny germ known as *Tubercle bacillus* which causes it. The germ gets into the body generally through the nose, mouth, and the windpipe, and settles down in the lungs. It replicates itself in millions and produces minute raised spots known as tubercles. Tuberculosis may affect any part of the body; usually it is more localized in the lungs, bones, glands and intestines. The most common of tuberculosis is pulmonary tuberculosis. It deals seriously with the body and makes people lose weight, vigor and body color. The following are also symptoms: increase in temperature mostly in the evening, prolonged cough and gruffness, breathing difficulties, shoulders and chest pains, indigestion and presence of blood in the sputum.

Herbal remedies

1. Calcium is a paramount therapeutic substance extremely useful for treating tuberculosis. The richest source of calcium for the body is milk, thus it should be taken very well. Basically exclusive milk diet is invaluable in the treatment of tuberculosis. However it is recommended that fasting should be observed for three days. This is necessary to prepare the body. It is advisable that the fasting should be basically based on raw juices, if possible orange juice before the commencement of milk fast. The method is to drink half a glass of orange juice blend with an equal amount of water every 2 hours starting from 8.a.m to 8.p.m. Alternately, for full milk diet, you should take a full glass of it, every two hours preferably from 8.am in the morning to 8.00p.m. in the night for the first day and it should be followed on the second day with a glass and a half at each hour. The amount can be increased gradually till you drink a glass each half an hour. Generally, it is recommended that 6 six liters of milk should be taken each day but 5 liters is sufficient for the women. Raw milk should be taken to get excellent results; just ensure it is pure and free from contamination. Drink the milk slowly and make sure you mix saliva with it, because it aids proper digestion. About 8 to 6 weeks of complete milk diet is essential for excellent result of the treatment.

Nearly eight to six weeks of full milk diet is necessary for the success of the treatment. A considerable amount of rest is necessary with a milk diet and the patient should lie down for about two hours twice a day.

2. Custard apple is noted as one of the worthy remedies for treating tuberculosis. It contains rejuvenating properties similar to drugs. Generally, in Ayurvedic medicine, it is prepared as fermented liquor known as *sitaphalasava*.

It is excellently good for taking care of tuberculosis.

The procedure:

Make pulp consisting of 2 custard apples and about 25 seedless raisins should be brought to boil in water. However, the water should be subjected to a little fire. As the boiling water is reduced one-third of the content, then filter and blend with it 2 teaspoons of powdered sugar. And then mix with a quarter of teaspoon of cardamom and cinnamon. A table spoon should be taken 3 three times daily.

3. One tablespoon of fresh Indian gooseberry juice and honey should be mixed together thoroughly. This herbal mixture should be taken each morning. The regular use of it will definitely gives vigor and strength to your body in a matter of days.

4. Pineapple juice is an excellent elixir for treating tuberculosis. Pineapple juice is extremely effective in dissolving the mucus and assist greatly in recovery. A glass of pineapple juice is a daily recommendation.

5. Drumstick leaves are good for preparing herbal soup for curing tuberculosis. Just collect a handful of the leaves and add about 200ml of water to it. Bring them to boil. After boiling remove it from the fire and allow it to cool. You can add little amount of salt, pepper and lime juice. This herbal soup should be taken first each morning before anything for effectiveness.

6. Prepare a teaspoon of fresh mint juice and blend with 2 teaspoon of raw malt vinegar and the same amount of honey. Then add 120 ml of carrot juice to the mixture and stirred thoroughly. It should be taken as herbal tonic three times daily. This herbal preparation excellently takes care of sputum, cleanses the lungs and strengthens the body immunity against infection.

HERBAL REMEDIES FOR WARTS

Warts can be described as little growths on the skin brought about by a range of viruses known as Human papilloma virus (HPV). There are almost 60 identified types of HPV. They may occur in single or in clusters. Generally there are three well known warts:

1. Common warts
2. Genital warts
3. Plantar warts.

Common warts usually occur in nearly all the parts of the body although it is generally common on the fingers, elbows, knees, face, the skin of the nails and the forearms.

Plantar warts are found on the soles of the feet and beneath the toes. They are generally soft to touch and burst open if the surface is scratched hard.

Genital warts are naturally soft growths that are located around the anus, penis, groin, vagina and scrotum. They are generally red or pink in nature and they tend to occur in clusters. Genital warts are extremely contagious and mostly transmitted through oral, anal and vaginal intercourse.

Herbal Remedies

1. Apply some raw and fresh juice of aloe vera directly on the warts. Aloe vera is known to dissolve warts and beautifies the skin.

2. Marigold is an excellent herb for treating warts. The juice of marigold should be applied generously over the warts. Equally the sap from the marigold stem can be applied too. In the same manner, soak some handfuls of marigold leaves in warm water for about 20 minutes and then sieve off the water. Put the leaves in a mortar and pound into a thick paste. This paste should then be applied adequately on the warts and make sure you have a clean piece of cloth to hold the paste in place for 2 or 3 hours at a stretch. Then remove the cloth and wash the area with cold water. This wonderful plant brings an outstanding result very fast.

3. The peels of Papaya (pawpaw), pineapple and figs are known to contain proteolytic enzymes. These proteolytic enzymes can dissolve warts perfectly without any hassle. All you need to do is to just massage the area affected by warts with any of this peel to get result. Alternately, you can also tie the peel to warts for several hours and then remove.

4. Milkweed is a popular weed that is common in the North America. Massage the fresh milky juice to warts daily; the outcome is superb. There are no known side effects whatever.

5. Look for a snail or slug in your garden. Massage the warts with its spittle and then allow it to stay on for 24 hours before you clean up the area.

6. Squeeze milky sap from dandelion and apply directly to the warts area two or three times in a day.

7. Crush some pieces of garlic, squeeze the juice and rub the juice on the warts. Allow it for some hours before washing it off with water.

8. Rub the wart with a piece of garlic or garlic juice of four.

9. Cut raw potatoes and massage on the warts many time in a day; usually for the least period of 2 weeks. Similarly the raw potatoes can be crushed to paste and apply directly to the warts. Note that, the juice should be used instantly to avoid oxidation of potato juice with oxygen that tends to reduce its efficacy.

HERBAL REMEDIES FOR YEAST INFECTION

Yeast infection in modern times has attained epidemic proportion in the society generally.

Yeast infection Tincture Formula

1 ounce of tincture of fresh black walnut husk

1/2 ounce of lavender flower tinctures lavender

1/2 of valerian root tincture

1/2 of pau d'arco tincture.

10 drops of tea tree oil.

Blend all of them and shake vigorously so that they can mix thoroughly.
The dosage is two or three teaspoonfuls daily.