

55 HOME REMEDIES

1. Garlic fights infections. Don't buy expensive capsules – try fresh minced garlic on bread and butter.
2. Herbs help sooth colds and sore throat. Try cough candies and teas made with horehound or mallow. (Retweet!)
3. Clinical proof - Echinacea/sage 63% effective, chlorhexidine/lidocaine 57.8% for sore throat: <http://www.ncbi.nlm.nih.gov/pubmed/19748859>
4. Cut a piece off your aloe vera plant (it won't hurt it) and rub the cut side on your facial skin after cleansing. (Heals acne!)
5. Make a mask of honey for your face. Not only will it heal and soothe your skin, it's also good for clearing up acne.
6. Best on-the-go sore throat remedy: Slippery elm lozenges. (What is your favorite?)
7. Salt dissolved in boiled water is good for wound cleansing and soaking – and as a mouthwash or gargle.
8. Too many nosebleeds? You may need more vitamin K for clotting. Try kale, alfalfa and other dark leafy veggies.
9. Rosewater makes a wonderful toner for sensitive skin. Check the label, however, to make sure it is pure. (Retweet).
10. Never use tap water for nasal irrigation or gargles: Use boiled and cooled water (or distilled water).
11. Natural face masks: Egg white to tighten pores or cooked, fine oatmeal cooled and spread over the face. Try them!
12. 2 tsp. massage oil, 2 drops each peppermint and clove oil. Massage into reflux pain area (relieves pain – and smells wonderful!)
13. Soak licorice root in boiled, cooled water for several hours and use as a gargle for sore throat.
14. Don't use goldenseal, penny royal or milk thistle if you are pregnant. They have been known to cause miscarriage.
15. Cut down on the caffeine if you're sick with a cold – it has a diuretic effect, which counteracts your "lots of fluids".
16. Why does lemon juice work on pimples? The acid has antiseptic properties – but don't use on sensitive skin.
17. Remember that natural remedies are still remedies. Watch out for allergies and never exceed the recommended dose.

18. The herb Marshmallow (*Althea officinalis*) can be used on chapped skin as well as drunk to soothe sore throats.
19. A tonic made of rosemary and nettles is wonderfully stimulating and cleansing for oily hair, when used as a scalp massage.
20. To prevent painful “dry socket” after a tooth extraction, gargle often with salt water. (Reduces post-extraction swelling too).
21. Gingko Biloba extract, tea or tablets can sometimes reduce tinnitus – especially if you have Menière’s disease.
22. Peppermint: Anti-viral, antibacterial and anti-inflammatory too -- plus Peppermint tea can settle tummies.
23. Never combine natural remedies with prescribed, manufactured medication: That’s like taking double pharmaceuticals.
24. Avoid milk products if you have any sort of cold or chest infection: Milk products produce more mucus.
25. Eucalyptus, peppermint, hyssop, sage and rosemary – clinical proof that these herbs work: <http://www.ncbi.nlm.nih.gov/pubmed/19039907>
26. If you’re prone to bladder infections, avoid citrus fruits. They cause alkaline urine, encouraging bacteria.
27. Dried and fresh-cut herbs you use in your home remedies have a shelf life. Don’t keep past the recommended dates.
28. Don’t store dried herbs for your home remedies near light sources – and don’t let them get damp. (Retweet!)
29. Other weird “causes” of pseudo bladder infections: zinc or iron overdose, aluminum cookware and allergies! (Retweet.)
30. Quick self-test for food allergies: Check blood pressure, eat suspect item. Take BP again. If pulse is faster, you’re allergic.
31. Consult a naturopath before trying herbs on Alzheimer’s patients: Reactions can be unpredictable.
32. Lavender, peppermint and chamomile as a combo work well in combatting combination skin. (Retweet!)
33. When adding pure essential oils to the bath, always dilute them first in a little cold-pressed plant oil.
34. Never apply essential oils directly to the skin – they can irritate and burn.
35. If you suffer from canker sores, cut down on animal proteins (fish and meat) and eat leafy greens and onions.

36. Forehead headaches respond well to a little peppermint oil rubbed into the temples. (Dilute with oil and don't get in eyes!)
37. Never use chamomile if you are allergic to ragweed. (They are the same family!)
38. Don't use marshmallow or mallow if you are diabetic: It can significantly decrease blood sugar.
39. Sage tea will gradually darken grey hair if used as a rinse. (Pour boiling water over sage leaves and let steep and cool.)
40. Never, ever combine St. John's Wort with any pharmaceutical anti-depressants – particularly MAOIs.
41. Caffeine can temporarily relieve mild asthma attacks as a last resort if nothing else is at hand. (Hot, black coffee works best.)
42. Herbs that are good as inhalants in steam for sinusitis: Sage, thyme, peppermint (not too strong).
43. Burdock root, juniper berries, damiana and red raspberry bark, leaves and root all interfere with iron absorption.
44. Lavender, bergamot, sage, hops and melissa are wonderful herbs for relieving anxiety. Put your favorite in your bathwater.
45. For a natural room freshener, dot pine cones round your house in strategic spots. Sprinkle with your favorite herbal oil daily.
46. Buried, infected splinter in finger? Spend an hour to sitting with the finger in salt water – as hot as you can stand.
47. If you get a severe headache after drinking herb tea with ginseng or dandelion root, you may have allergies – or high blood pressure.
48. Organic green tea has lowered blood pressure for some hypertensives – but not if you drink more than a cup or two a day.
49. Add some salt to honey, for a quick, gentle but effective facial scrub. (What's your favorite home scrub?)
50. To instantly freshen your breath, try the Middle Eastern trick of chewing just a couple of fennel or caraway seeds.
51. Oil of cloves is a great temporary remedy for certain types of toothache. (So is rinsing your mouth with single malt whisky!)
52. Emergency earache relief: Roast an onion, wrap it in thin linen and when cool enough to bear, hold it in ear with a scarf.
53. Keep peppermint oil – even the smell – away from babies. And don't use it if you're pregnant or hypertensive.

54. Never use apple cider vinegar topically on small children, those with weakened immune systems or the elderly (it can burn!)
55. Run out of baby talcum powder? Try pure cornstarch.



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