

GIANT BOOK OF NATURAL REMEDIES

*For Over 100 Everyday Ailments
and health conditions Help is just
a page away.*

CURES AND REMEDIES THAT WORK

Included in the book are remedies that have been successfully tested and filtered thorough centuries of experience and generations of use. Many of these have now been "rediscovered" by modern scientific research.

All remedies given in this e-book are based on foods, herbs, vitamins, minerals, and other substances likely to be available in your home or grocery shop.

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Acne

Acne is a common and chronic skin disease. It is an inflammatory condition of the sebaceous glands and hair follicles. The lesions are usually found on the skin of the face, neck, chest, and shoulders. Nearly six out of ten young people between the ages of twelve and twenty-four suffer from some degree of acne. The disease causes a great deal of embarrassment at an age when people tend to be sensitive about their personal appearance.

Acne is characterized by the presence of comedones or blackheads, pimples, small superficial sebaceous cysts, and scars. There are over half a dozen forms of acne, the most common being blackheads. The areas chiefly affected are the forehead, temples, cheeks, chin, chest, and back. In rare cases, almost the entire body may be covered with blackheads accompanied by extensive scarring. All forms of acne have their origin in wrong eating habits, such as irregular hours of eating, excessive consumption of starch, sugar, fried and fatty foods. Chronic constipation is another cause of acne. If the bowels do not move properly, the waste matter is not eliminated as quickly as it should be and the bloodstream becomes surcharged with toxic matter. The extra efforts of the skin to eliminate excess waste result in acne and other forms of skin diseases. Other causes of this disorder are a devitalized condition of the skin resulting from unhygienic living habits, excessive use of tea, coffee, alcohol, or tobacco, and sedentary habits which lead to indigestion and general debility.

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Acne Home Remedy using Onion Juice:

Clean face thoroughly. Apply fresh onion juice to the area. Leave on for 15 minutes. Rinse well. Use daily.

Acne Home Remedy using Thyme:

Because thyme is such a good astringent, it can be used to help clear up acne. Pour 1 1/2 cups of boiling water over 3-4 tablespoons of dried thyme. Let steep 30 minutes. Strain and bottle the liquid. Keep refrigerated. Teenagers with acne problems could use this daily as a facial rinse.

Acne Home Remedy using Baking Soda:

Make a paste of baking soda and water. Apply to the face and leave on for 5 minutes. Rinse off with apple cider vinegar. Rinse again with clear water. Apply a coating of vitamin E oil to your face and leave on overnight.

Acne Blemish Treatment with Strawberries:

Rub the face with a crushed strawberry. Leave it on for about 15 minutes. Rinse thoroughly with warm, then cold water. This will help to clear blemishes.

Caution: Many people are allergic to strawberries. Try a patch test before proceeding to use the facial treatment

Acne Home Remedy using Burdock (Artium lappa):

Burdock is a great astringent, removing excess oil from the skin. Use it faithfully

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every day if your skin is oily. It may take several weeks before you notice an improvement. Put 2 handfuls of burdock roots and leaves in 2 cups of water. Bring to a quick boil using a stainless steel or glass pot. Lower heat and simmer 10 minutes. Dip clean cloth into liquid and use as a compress until the cloth cools. Repeat this, keeping the liquid hot, for about 15 minutes.

Sulphur Paste for Acne:

Make a paste of 1 teaspoon pure sulphur powder, 2 tablespoons Fuller's earth and 1 egg white. Use this mask every day to cure acne.

Some people are allergic to sulphur, so a skin test behind the ear should be conducted before use. If there is no reaction for a few hours, use this mask on the face every day.

Plum Mask for Acne:

Mash the insides of 6 boiled plums and mix with a teaspoon of almond oil. This mask is especially good for acne sufferers.

Acne Home Remedy using Vitamins:

Two vitamins, namely, niacin and vitamin A have been used successfully to treat acne. Vitamin therapy should comprise the intake of 100 mg niacin, three times daily and 50,000 international units of vitamin A, three times daily. Vitamin E, 400 mg, should be taken once daily. This therapy should be continued for a month.

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Acne Home Remedy using Zinc:

Another effective remedy in the area of nutrition that seems to offer new promise of help for acne is zinc. It has shown dramatic results in some cases. Zinc should be taken in therapeutic doses of 50 mg three times a day. Zinc is available in tablet and in capsule form. The patient can take a dose of 50 mg daily up to one month or till there is noticeable improvement and then reduce the dose to 25 mg.

Acne Home Remedy using Orange Peel:

Orange peel has been found very effective in the local treatment of acne. Pounded well with water on a piece of stone, the peel should be applied to the affected areas.

Acne Home Remedy using Lemon:

Lemon has also proved beneficial in reducing pimples and acne. Its juice should be applied regularly to obtain relief.

Acne Home Remedy using Garlic:

Garlic has been used successfully in the treatment of acne. Pimples disappear without scars when rubbed with raw garlic several times a day. Even extremely persistent forms of acne, suffered by some adults, have been healed with this herb. The external use of garlic helps to clear the skin of spots, pimples and boils. The process is further helped by eating three pods of raw garlic once daily for a month to purify the blood stream, so as to secure a long-term clearance of the skin.

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Acne Home Remedy using Coriander and Mint Juice:

A teaspoon of coriander juice, mixed with a pinch of turmeric powder, is another effective home remedy for pimples and blackheads. The mixture should be applied to the face after thoroughly washing it every night before retiring. Mint juice can be used in a similar manner as coriander juice.

Acne Home Remedy using Fenugreek:

Fenugreek is another useful remedy for acne. A paste made of the leaves of this vegetable, applied over the face every night before going to bed and washed with warm water in the morning, prevents pimples and blackheads.

Acne Home Remedy using Cucumber:

Grated cucumber applied over the face, eyes, and neck for fifteen to twenty minutes has been found effective. It is the best tonic for the skin of the face. Its regular use prevents pimples and blackheads.

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Alcoholism

Alcoholism is a chronic disorder in which a person is unable to refrain from frequent and excessive consumption of alcohol.

Alcoholics have a puffy face with bloodshot eyes, hoarse voice and a rapid pulse. They are suspicious, irritable and over-emotional. Vomiting, delirium, impaired judgment, and disturbed sleep are some of the other symptoms that alcoholics suffer from. Excessive drinking damages the liver and gradually leads to cirrhosis. It also leads to disorders of the stomach and bowels. It can cause damage to the brain cells, and also affects the heart, which becomes weak and flabby.

Alcoholism starts with the individual taking an occasional drink. This gradually becomes a habit and leads to a state where the person cannot do without alcohol. Some people drink alcohol to enliven social gatherings under social pressure; for others, it is an escape from the responsibilities or stresses of life.

Alcoholism Home Remedy using Bitter Gourd:

The juice of the leaves of bitter gourd is an antidote for alcohol intoxication. It is also useful for a liver damaged due to alcoholism. Three teaspoons of this juice, mixed with a glass of butter milk, should be taken every morning for a month.

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Alcoholism Home Remedy using Celery:

The juice of raw celery has also been found useful in alcoholism. It exercises a sobering effect on the patient and is an antidote to alcohol. Half a glass of celery juice mixed with an equal quantity of water should be taken once daily for a month.

Alcoholism Home Remedy using Grapes:

The most important home remedy for alcoholism is an exclusive diet, for a month or so, of grapes. Since this fruit contains the purest form of alcohol, it is an ideal yet healthy substitute for alcohol. Alcoholics should take three meals a day of fresh grapes at five-hourly intervals. The success of this treatment depends on the determination of the alcoholic to stop drinking.

Alcoholism Home Remedy using Apples:

Apples are another effective remedy for alcoholism. A generous intake of apples helps remove intoxication and reduces the craving for wines and other intoxicating liquors.

Alcoholism Home Remedy using Dates:

Dates are considered beneficial in the treatment of alcoholism. The patient should drink half a glass of water in which four or five dates have been rubbed together. This remedy should be taken twice daily for a month. It will bring definite relief.

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Allergies

The word “allergy” means an altered or abnormal tissue reaction after exposure to an antigen (also called an allergen). The allergic reaction occurs if the body tissues are sensitive to the allergen. The allergen may reach the tissues by direct contact with the skin or various mucous membranes of the organs or through the bloodstream after absorption. Almost any part of the body can be affected by allergies.

Allergic reactions are caused by a wide range of substances and conditions. These include pollens, dust, cosmetics, and animal hair; poisonous plants, serums, vaccines, and drugs; physical agents such as heat, cold and sunlight, as well as a variety of foods. The foods that commonly cause allergic reactions are oranges, milk, eggs, wheat, fish and other sea foods, chocolates, tomatoes, and strawberries.

Allergic symptoms are manifested in various forms in different organs. These include recurring headaches, migraines, dizziness, irritability, nervousness, depression, neuralgia, conjunctivitis, eczema, hay fever, a stuffy or runny nose, diarrhea, vomiting, asthma, shortness of breath, and swelling of the face and eyes. The same substance can cause different symptoms in different people at different times.

Allergy is an indication of disharmony caused by dietetic errors and a faulty style of living. It is also caused by excessive consumption of refined and processed foods, loaded with numerous chemical additives, many of which cause powerful reactions.

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Emotional and psychological stress can also lead to allergies.

Nutrients for Allergies:

Certain nutrients have been found beneficial in the prevention and treatment of allergies. Often the intake of vitamin B5 or pantothenic acid brings great relief to the sufferer. This vitamin may be taken in a dose of 100 mg daily for a month. In such cases, liberal amounts of pantothenic acid helps even though the recovery takes several weeks. A dose of 400 mg of vitamin E taken daily for four to six weeks is also beneficial as this vitamin possesses effective anti-allergic properties.

Allergies Home Remedy using Lime:

Lime is considered an effective remedy for any kind of allergy. Half a lime may be squeezed in a glass of lukewarm water and sweetened with a teaspoon of honey. It can be taken once daily first thing in the morning for several months. This remedy not only flushes the system of toxins but also acts as an anti toxic and anti allergic agent. However, those who are allergic to citrus fruits should not take recourse to this remedy.

Allergies Home Remedy using Vegetable Juices:

A quantity of 500 ml carrot juice or a combination of carrot juice with beet and cucumber juices has been found beneficial in the treatment of allergies. In the case of mixed juices, 100 ml each of beet and cucumber juices should be mixed with 300 ml of carrot juice to prepare 500 ml or half a liter of mixed juice. This should be taken once daily.

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Allergies Home Remedy using Bananas:

One or two bananas a day are useful for those who are allergic to certain foods and who consequently suffer from skin rashes, digestive disorders, or asthma. The fruit does, however, cause allergic reactions in certain sensitive persons and they should avoid it.

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Anemia

Anemia may be defined as a condition in which there is a decrease in the quantity of hemoglobin or in the number of red cells. Anemia is among the most common ailments affecting human beings.

Nearly half the blood flowing in our veins and arteries consists of red blood cells which carry oxygen to the tissues. Approximately one trillion or 100 million new blood cells are formed daily in the bone marrow. The raw materials required in the production of these cells are iron, proteins, and vitamins, especially folic acid and B12. Of these, iron and proteins are essential in building up the red coloring matter called hemoglobin. A red cell has a lifespan of approximately one hundred and twenty days and is then destroyed and replaced. Each person should have about 15 gm of hemoglobin per 100 ml of blood, and a blood count of approximately five million red cells per millimeter of blood.

The patient usually complains of weakness, fatigue, lack of energy, and dizziness. Other symptoms include a haggard look, premature wrinkles, dull and tired looking eyes, poor memory, shortness of breath on exertion, headache, slow healing of wounds, and palpitations. The skin and mucous membranes look pale.

A diminished formation of red blood cells in the bone marrow, either due to defects in the bone marrow, or due to an inadequate intake of iron, vitamins, and proteins, is one

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of the main causes of anemia. Other important causes are heavy loss of blood due to injury, bleeding piles, or excessive menstruation in women.

Anemia can also occur due to a lack of hydrochloric acid in the stomach, which is needed for digestion of iron and proteins, or Intestinal parasites or worms.

Hookworms, pin worms, round worms and tape worms feed on the supply of blood as well as on the vitamins.

Anemia Home Remedy using Bee Pollen:

Bee pollen is a biological stimulant that increases the red blood cells in bone marrow. You should take 1 teaspoon of bee pollen daily to treat anemia.

Anemia Home Remedy Using Vitamin B12:

Vitamin B12 is needed for preventing or curing anemia. This vitamin is usually found in animal protein, especially in meats such as kidney and liver. There are, however, other equally good sources of vitamin B12 such as dairy products which also contain some B12

Anemia Home Remedy Using Vinegar and Molasses:

Mix 2 teaspoons each of apple cider vinegar and blackstrap molasses with water or tea to strengthen the blood.

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Anemia Home Remedy Using Fenugreek:

The leaves of fenugreek help in blood formation. The cooked leaves should be taken by adolescent girls to prevent anemia, which may occur due to the onset of puberty and menstruation. The seeds of fenugreek are also a valuable cure for anemia, being rich in iron.

Anemia Home Remedy Using Beets:

Beets are very helpful in curing anemia. Beet juice contains potassium, phosphorus, calcium, sulphur, iodine, iron, copper, carbohydrates, protein, fat, vitamins B1, B2, B6, niacin, and vitamin P. With their high iron content, beets help in the formation of red blood cells. The juice of red heel strengthens the body's powers of resistance and has proved to be an excellent remedy for anemia, especially for children and teenagers, where oilier blood-fanning remedies have failed.

Anemia Home Remedy Using Lettuce:

Lettuce is another effective remedy for this ailment as it contains a considerable amount of iron. It can, therefore, be used as a good tonic food for anemia. The iron in it is easily absorbed by the body.

Anemia Home Remedy Using Spinach:

This leafy vegetable is a valuable source of high grade iron. After its absorption, it helps in the formation of hemoglobin and red blood cells. It is thus beneficial in building up the blood, and in the prevention and treatment of anemia.

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Anemia Home Remedy Using Almonds:

Almonds contain copper to the extent of 1.15 mg per 100 gm. The copper along with iron and vitamins acts as a catalyst in the synthesis of hemoglobin. Almonds are, therefore, a useful remedy for anemia. Seven almonds should be soaked in water for about two hours and ground into a paste after removing the thin red skin. This paste may be eaten once daily in the morning for three months,

Anemia Home Remedy Using Sesame Seeds:

Black sesame seeds, as a rich source of iron, are valuable in anemia. After soaking one teaspoon of the seeds in warm water for a couple of hours, they should be ground and strained, and then mixed with a cup of milk and sweetened with jaggery or sugar. This emulsion should be given to patients suffering from anemia.

Anemia Home Remedy Using Honey:

Honey is remarkable for building hemoglobin in the body. This is largely due to the iron, copper, and manganese contained in it.

Anemia Home Remedy Using Soya beans:

Soya beans is rich in iron and also has a high protein value. As most anemic patients usually also suffer from a weak digestion, it should be given to them in a very light form, preferably in the form of milk, which can be easily digested.

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Other Foods for Anemia:

There are several other foods which are rich sources of iron and can be used beneficially in the treatment of anemia. The more important of these are bananas, black grapes, plums, strawberries, raisins, onions, squash, carrots, radish, celery, and tomatoes.

Blood Builder with Brandy:

Add 2 tablespoons of ground orange peel, 1/2 teaspoon of ground ginger, and 2 tablespoons of chamomile to 2 cups of boiling water. Steep until cool. Strain, and add to 1 cup of brandy. Dosage is 1/2 cup in the morning and again in the evening.

Blood Builder with Comfrey:

Put 1 teaspoon each of dried comfrey, fenugreek seed, and dandelion in 2 cups of boiling water. Steep 10 minutes. Strain and add honey as sweetener. Drink after meals.

Iron booster for Anemia:

Leaves of 3 beetroots

3 - 5 carrots

1/2 green pepper

1/2 apple, seeded

Extract the juice from each, and mix well.

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Anorexia

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Anorexia means loss of appetite. It is a symptom of disturbed digestion and common in all diseases which lead to general weakness. This condition results from failure of the activity of the stomach and secretion of gastric juices due to low vitality which, in turn, can be due to various causes.

Persons suffering from anorexia may refuse to eat and suffer from insomnia. In course of time, emaciation becomes severe.

People suffer from anorexia when they habitually take a faulty diet and hardly do any physical work. It may also result from stress and strain such as domestic worry, emotional disturbances, difficult working conditions, and nervous disorders. General body disorders and diseases also lead to this condition.

Anorexia Treatment using Lime:

Lime is also a valuable remedy for restoring a lost appetite. A preparation made from this fruit and ginger has been found very effective in overcoming this condition.

About one teaspoon of the juice of lime should be mixed with an equal quantity of the juice of ginger. One gram of rock salt should be added to this mixture. It should then be placed in sunlight For three days. A teaspoon taken after each meal will tone up the digestive system and improve the appetite.

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Herbal Recipes for Anorexia with CARDAMOM

Ingredients:

Cardamom, powdered 1 g

Water ½ cup

Put the powdered cardamom in 1/2 cup water and bring the mixture to a boil. Boil for one minute, remove from the heat, let it stand for 10 minutes and then strain.

Preparation time: boiling time 1 minute; standing time 10 minutes.

Dosage: 1 table spoon, every 15 minutes till the symptoms disappear.

Herbal Recipes for Anorexia with CHAMOMILE:

Ingredients:

Chamomile Flowers, crushed 1 tea spoon

Boiling water 1 cup

Combine the boiling water and the flowers in a covered container and allow the tea to stand for 5-10 minutes. Discard the flowers by straining the extract through a muslin cloth or any other suitable strainer, and drink the freshly prepared watery extract 3-4 times a day.

Preparation time: 5-10 minutes.

Dosage: 1 cup, 3-4 times a day.

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Herbal Recipes for Anorexia with HOLY BASIL:

Ingredients:

Holy Basil Leaves, crushed 11 g

Water 2 cups

Milk 1 table spoon

Sugar 15 g

Boil- the leaves in 2 cups water in a covered container and cook till the water is reduced to 1 cup. Strain and add milk and sugar and garnish with powdered cardamoms.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day.

Herbal Recipes for Anorexia with JUNIPER:

Ingredients:

Berries, branches, wood finely chopped 1 tea spoon

Boiling water 1 cup

Combine the chopped herb and the boiling water in a container, cover and let the tea brew for 20 minutes. Strain and drink morning and evening.

Preparation time: 20 minutes.

Dosage: 1 CUP twice a day.

Caution: This tea is not recommended for pregnant and nursing women.

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Herbal Recipes for Anorexia with PEPPERMINT:

Ingredients:

Recently dried Peppermint leaves, crushed 15 g

Boiling water 2 cups

Infuse the herb in boiling water for 5-20 minutes, depending on the concentration required. Strain the infusion before drinking.

Preparation time: 5-20 minutes.

Dosage: 1- 2 cups a day between meals, hot or warm.

Caution: This tea should not be given to infants or very young children as they may experience an unpleasant choking sensation.

Herbal Recipes for Anorexia with ROSEMARY:

Ingredients:

Rosemary Leaves, crushed 1 tea spoon

Boiling water 1 cup

To prepare the tea, place the leaves in a container and pour the boiling water over them. Cover the container and let the leaves steep in the water for 10 minutes. Strain, and the tea is ready.

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Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

Herbal Recipes for Anorexia with FENNEL, MINT, ROSE

Ingredients:

Fennel seeds, crushed 6 g

Mint leaves, crushed 6 g

Rose flower, crushed 6g

Boiling water 3/4 cup

Combine the three herbs and pour the boiling water over them. Let the mixture stand in a covered vessel for 30 minutes, then strain the tea and drink twice a day.

Preparation time: 30 minutes.

Dosage: ¾ cup, twice a day.

Anorexia Treatment using Apples:

Apples are another variety of fruit useful in anorexia. They help digestion by stimulating the flow of pepsin, a protein-digesting enzyme, in the stomach.

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Anorexia Treatment using Garlic:

Garlic possesses a special property to stimulate the digestive tone of the system and improve appetite. A soup prepared from this vegetable can be of immense help to a patient suffering from anorexia. Three or four cloves of raw garlic should be boiled in a cup of water. This soup can be reinforced with the juice of half a lemon and taken twice daily.

Anorexia Treatment using Ginger:

The use of ginger is valuable in the loss of appetite. About five grams of this vegetable should be ground and licked with a little salt once a day for the treatment of this condition.

Anorexia Treatment using Sour Grapes:

Sour grapes are another effective remedy for anorexia.

Anorexia Treatment using Oranges:

Oranges are an extremely useful remedy for anorexia. They stimulate the flow of digestive juices, thereby improving digestion and increasing appetite. One or two oranges a day are advised.

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Appendicitis

The appendix is a small outgrowth of tissue forming a lube-shaped sac attached to the lower end of the large intestine. Inflammation of the appendix presents itself in acute and chronic forms and affects both the sexes equally. This disease accounts for about half the acute abdominal emergencies occurring between the ages of ten and thirty.

Appendicitis usually begins with a sudden pain in the centre of the abdomen. The pain may be preceded by general discomfort in the abdomen, indigestion, diarrhea, or constipation. Gradually, the pain shifts to the lower right side, and is usually accompanied by a fever varying from 38 C to 39 C. Nausea is common and the patient may vomit once or twice. In the chronic state of appendicitis, the patient may suffer from recurrent pain in the right lower abdomen, constipation, loss of appetite, and mild nausea.

Appendicitis is initialed by the presence of an excessive amount of poisonous waste material in the caecum. As a result, the appendix gets irritated and inflamed. Inflammation and infection are caused by certain germs which are usually present in the intestinal tract.

When pains as described above are experienced, the patient is advised to consult a doctor immediately. This remedies should be taken only in consultation with a doctor.

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Appendicitis Treatment using Green Gram:

Green gram is a proven home remedy for acute appendicitis. An infusion of green gram is an excellent medicine for treating this condition. It can be taken in a small quantity of one tablespoon three times a day.

Appendicitis Treatment using Fenugreek Seeds:

Regular use of tea made from fenugreek seeds has proved helpful in preventing the appendix from becoming a dumping ground for excess mucus and intestinal waste. This tea is prepared by putting one tablespoon of the seeds in a liter of cold water and allowing it to simmer for half an hour over a low flame and then straining it. It should be allowed to cool a little before being drunk.

Appendicitis Treatment using Vegetable Juices:

Certain vegetable juices have been found valuable in appendicitis. A particularly good combination is that of 100 ml each of beet and cucumber juices mixed with 300 ml of carrot juice. This combined juice can be taken twice daily.

Appendicitis Treatment using Buttermilk:

Buttermilk is beneficial in the treatment of chronic form of appendicitis. One liter of buttermilk may be taken daily for this purpose.

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Arteriosclerosis

Arteriosclerosis refers to the thickening of the walls of the arteries. It has become a common ailment in modern times, accounting for much of the disability and high death rate, more so among older people.

Arteriosclerosis is usually preceded by atherosclerosis, a kind of fatty infiltration in the inner lining of the blood vessel walls. The most risky places for such degeneration are the coronary vessels of the heart and the arteries of the brain. Arteriosclerosis results in the loss of elasticity of the blood vessels and a narrowing of the smaller arteries, which interferes with the free circulation of the blood.

The symptoms of arteriosclerosis vary according to the arteries involved. Signs of inadequate blood supply generally appear first in the legs. There may be numbness and coldness in the feet, and cramps and pains in the legs even after light exercise. If the coronary arteries are involved, the patient may have sharp pains, characteristic of angina pectoris. When arteries leading to the brain are involved, the vessel may burst, causing haemorrhage in the brain tissues. A cerebral vascular stroke, with partial or complete paralysis on one side of the body, may result if there is blockage with a blood clot. It may also lead to loss of memory and a confused state of mind in elderly people. If arteries leading to the kidneys are involved, the patient may suffer from high blood pressure and kidney disorders.

The most important causes of arteriosclerosis are lack of physical exercise, excessive

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intake of white sugar, refined foods, and a high fat diet rich in cholesterol. Hardening of the arteries may also be caused by other diseases such as high blood pressure, obesity, and diabetes. Emotional stress plays an important part, and heart attacks are more common during periods of mental and emotional disturbances, particularly in those engaged in sedentary occupations. Heredity also plays its role and this disease runs in families.

It is imperative that a patient has his condition diagnosed by a physician and resorts to remedies only in consultation with him.

Arteriosclerosis Home Remedy with Garlic and Onions:

Recent investigations have shown that garlic and onions have a preventive effect on the development of arteriosclerosis. They should be included in the daily diet, either raw or cooked, according to individual taste.

Arteriosclerosis Home Remedy with Ishabgul:

The herb ishabgul, botanically known as *Plantago-ovata*, has been found valuable in arteriosclerosis. The oil of the seeds of this plant should be used. It contains fifty per cent of linoleic acid, an unsaturated fat, and is, therefore, helpful in the prevention and treatment of this disease.

Arteriosclerosis Home Remedy with Vegetable Juices:

Beet juice, taken daily, has been found valuable in arteriosclerosis. It is an excellent solvent for inorganic calcium deposits. The juices of carrots and spinach are also beneficial if taken once a day. These juices can be taken individually-500 ml, or as a

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combination. When taken as a combination, they should be in the following proportion: carrots -300 ml and spinach -200 ml to prepare 500 ml of juice.

Arteriosclerosis Home Remedy with Parsley:

Parsley is another effective remedy for arteriosclerosis. It contains elements which help to maintain the blood vessels, particularly the capillaries, and arterial system in a healthy condition. It may be taken as a tea: a teaspoon of dry parsley may be allowed to simmer gently in a cupful of water for a few minutes. This can be taken two to three times daily.

Arteriosclerosis Home Remedy with Honey:

Honey is also considered beneficial in the treatment of arteriosclerosis. It is easily digested and assimilated. The patient should take a glass of water with one teaspoon each of honey and lemon juice in it, before going to bed. He can also take it if he wakes up at night.

Arteriosclerosis Home Remedy with Lemon:

One of the most effective home remedies for arteriosclerosis is the lemon peel. It is believed to be one of the richest sources of vitamin P. It strengthens the entire arterial system. Shredded lemon peel of one lemon may be added to soups and stews, or sprinkled over salads. To make a medicine, the peel of one or two lemons may be cut up finely, covered with warm water and allowed to stand for about twelve hours. A teaspoon may be taken every three hours, or immediately before or after a meal.

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Arthritis

The word 'arthritis' means 'inflammation of the joints'. It is derived from two Greek words: athron, meaning joints; and itis, meaning inflammation. It is, generally, a chronic disease process.

Arthritis occurs in various forms, the most frequent being osteoarthritis and rheumatoid arthritis. Osteoarthritis is a degenerative joint disease which usually occurs in the older age-group. Rheumatoid arthritis is a serious disease which affects not only the joints of the fingers, wrists, hips, knees, and feet, but also the muscles, tendons and other tissues of the body.

The main symptoms of osteoarthritis are pain and stiffness in the joints. The pain usually increases after exercise. Rheumatoid arthritis is often called the 'cooked food disease'. It usually develops gradually over several months, with persistent pain and stiffness in one or more joints. Ultimately the whole body is affected. Symptoms include anemia, colitis, constipation, deformed hands and feet.

Osteoarthritis results from structural changes in the articular cartilage in the joints, usually those which are weight-bearing, such as the spine and knees. Rheumatoid arthritis is due to an inflammation of the synovium or lining of the joints. This is accompanied by swelling and eventually leads to deformity. The condition may be caused by hormonal imbalance, physical and emotional stress, infection, severe fright,

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shock, and injury. Hereditary factors may also be responsible for the onset of this disease.

Arthritis Treatment with Parsley:

Add 1 teaspoon of fresh parsley to 1 cup of boiling water. Let steep 15 minutes. Strain and sweeten. Add 1/2 teaspoon of fresh ginger to the tea and drink hot. Drink at every meal.

Arthritis Treatment with Apple Cider Vinegar:

Mix 4 cups of apple cider vinegar to 4 cups of hot water. Dip a cloth into the hot vinegar water and apply as a compress to the affected area. Put a heating pad over the compress and keep on for 30 minutes.

Arthritis Treatment with Barley Tea:

Barley tea is an excellent way to treat arthritis. Make a tea by soaking 1 cup of unhulled barley in 8 cups of boiling water for 3 hours. Strain and keep refrigerated. Drink 1 cup twice daily.

Arthritis Treatment with Brewer's Yeast:

Put 2 tablespoons of Brewer's yeast in a glass of milk or juice and drink every morning.

Arthritis Treatment with Cod-liver Oil:

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Put 2 tablespoons of cod-liver oil in a glass of warm milk and drink twice daily. This will reduce inflammation of the joint tissue, thus reducing pain.

Arthritis Treatment with Herbs:

Mix 1 tablespoon each of corn silk, broom flowers, skullcap, and boneset. Pour 1 cup boiling water over 1 tablespoon of herb mixture and steep 15 minutes. Strain and sweeten. Drink with meals.

Arthritis Treatment with Potato Juice:

The raw potato juice therapy is considered one of the most successful biological treatments for rheumatic and arthritic conditions. It has been used in folk medicine for centuries. The traditional method of preparing potato juice is to cut a medium-sized potato into thin slices, without peeling the skin, and place the slices overnight in a large glass filled with cold water. The water should be drunk in the morning on an empty stomach. Fresh juice can also be extracted from potatoes. A medium-sized potato should be diluted with a cup of water and drunk first thing in the morning.

Arthritis Treatment with Sesame Seeds:

A teaspoon of black sesame seeds, soaked in a quarter cup of water and kept overnight, has been found to be effective in preventing frequent joint pains. The water in which the seeds are soaked should also be taken along with the seeds first thing in the morning.

Arthritis Treatment with Raw Juices:

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One cup of green juice, extracted from any green leafy vegetable, mixed in equal proportions with carrot, celery, and red beet juices is good for arthritis. The alkaline action of raw juices dissolves the accumulation of deposits around the joints and in other tissues. A cup of fresh pineapple juice is also valuable, as the enzyme bromelain in fresh pineapple juice reduces swelling and inflammation in osteoarthritis and rheumatoid arthritis.

Arthritis Treatment with Calcium:

Studies have shown that calcium can help arthritis. Several patients have discovered that joint pains have either been relieved or have disappeared entirely after taking calcium. This mineral should be taken in the form of calcium lactate. Two teaspoons of calcium lactate, each teaspoon providing 400 mg of absorbable calcium, may be taken three times daily in water, before meals for at least four months.

Arthritis Treatment with Garlic:

Garlic is another effective remedy for arthritis. It contains an anti-inflammatory property which accounts for its effectiveness in the treatment of this disease. Garlic may be taken raw or cooked according to individual preference.

Arthritis Treatment with Bananas:

Bananas, being a rich source of vitamin B6, have proved useful in the treatment of arthritis. A diet of only bananas for three or four days is advised in treating this condition. The patient may eat eight or nine bananas daily during this period and nothing else.

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Arthritis Treatment with Lime:

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

Arthritis Treatment with Alfalfa:

A tea made from the herb alfalfa, especially from its seeds, has shown beneficial results in the treatment of arthritis. One teaspoon of alfalfa seeds may be added to one cup of water. Three to four cups of this tea should be taken daily by arthritics for at least two weeks.

Arthritis Treatment with Green Gram Soup:

Another home remedy found useful in relieving pains in the joints is the use of green gram soup. This soup should be prepared by mixing a tablespoon of green gram in a cup of water, with two crushed garlic cloves. It should be taken twice a day.

Arthritis Treatment with Coconut or Mustard Oil:

Warm coconut oil or mustard oil, mixed with two or three pieces of camphor should be massaged on stiff and aching joints. It will increase blood supply, and reduce inflammation and stiffness with the gentle warmth produced while massaging.

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Arthritis Treatment with Raw Juices:

One cup of green juice, extracted from any green leafy vegetable, mixed in equal proportions with carrot, celery, and red beet juices is good for arthritis. The alkaline action of raw juices dissolves the accumulation of deposits around the joints and in other tissues. A cup of fresh pineapple juice is also valuable, as the enzyme bromelain in fresh pineapple juice reduces swelling and inflammation in osteoarthritis and rheumatoid arthritis.

Arthritis Treatment with Copper:

Drinking water kept overnight in a copper container accumulates traces of copper, which is said to strengthen the muscular system. A copper ring or bracelet is worn for the same reason.

Arthritis Liniment with Turpentine:

Mix together 1/2 cup each of apple cider vinegar, rectified turpentine, and either olive or vegetable oil. Rub on the affected joints each night before bed.

Arthritis Treatment with Arthritis Cocktail:

Mix well 2 tablespoons of honey, 1 1/2 cups of water, and 1 ounce apple cider vinegar. Drink once a day. You should be free of symptoms after using daily for 1 month.

Bath Treatment for Arthritis with Epsom Salts:

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Put 1 cup of Epsom salts in your bath water (draw the bath as hot as you can stand it) and soak 20 minutes a day.

Bath Treatment for Arthritis with Sea Salt:

Put several cups of sea salt in hot bath water and soak in the bath for at least 20 minutes every day.

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Asthma

Asthma is an ancient Greek word meaning 'panting' or 'short-drawn breath'. It is an allergic condition resulting from the reaction of the body to one or more allergens, and is the most troublesome of respiratory diseases.

An asthma patient gets frequent attacks of breathlessness, in between which he may even be completely normal.

Patients suffering from asthma appear to be gasping for breath, Actually, they have more difficulty in breathing out than breathing in, and this is caused by spasms or sudden involuntary muscular contractions of the smaller air passages in the lungs. The effect is to blow the lungs up because the patient cannot drive the air properly out of the lungs before he has to take another breath. Most asthmatics have more difficulty at night or early morning.

Asthma is caused by a variety of factors. It may be due to an allergy caused by weather conditions, food, drugs, perfumes, and other irritants. Allergies to dust are the most common. Foods which generally cause allergic reactions are wheat, eggs, milk, chocolates, beans, fish, and sea foods. The disease may also result from psychological factors. According to some studies, about twenty-five percent of young asthmatics have a deep-seated emotional insecurity and an intense need for parental love and protection. Heredity also plays an important role.

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Modern medical system has not been able to find a cure for this crippling disease. Drugs and vaccines have only limited value in alleviating the symptoms. Most of these are habit forming and the dose has to be increased from time to time to give the same amount of relief. The frequent introduction of drugs in the system, while giving only temporary relief, tends to make asthma chronic and incurable. Allergy, which is the immediate cause of asthma, itself is an indication of lowered resistance and internal disharmony caused by faulty eating and bad habits. This is the root cause and the real cure lies in a return to nature.

Asthma Treatment with Aloe Vera:

If you suffer from asthma, boil some of the aloe Vera leaves in a pan of water and inhale the vapors. Put a towel over the head and pan to get the full effects of the vapors.

Asthma Treatment with Coltsfoot:

Add 1 tablespoon each of coltsfoot, mullein, thyme, and lobelia to 2 cups of water. Simmer at least half hour, covered. Strain and add 2 cups of honey. Take by the tablespoon until relief is obtained. Flavoring, such as oil of peppermint, may be added if desired.

Asthma Treatment with Cranberry Juice:

Cranberry juice is very good for treating asthma attacks, as it contains an ingredient that dilates the bronchial tubes. Cook and mash cranberries. Place in a tightly closed

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glass container and refrigerate. When needed during an attack, add 3 teaspoons of the mashed cranberries to a cup of hot water. Sip while the water is hot.

Asthma Treatment with Honeysuckle Tea:

Many people drink honeysuckle tea to help with chronic asthma. Put 1 tablespoon of the grated root of honeysuckle in 1 cup of water. Boil gently for 10 minutes. Strain and sweeten. Drink daily.

Asthma Treatment with Horseradish:

Add several tablespoons of freshly grated horseradish to 1 cup of milk. Simmer for 10 minutes and strain. Drink as necessary to obtain relief.

Asthma Treatment with Irish Moss:

Mix 1 tablespoon each of boneset, Irish moss, coltsfoot, mullein, thyme, rosemary, valerian, and lobelia. Add 1 teaspoon of the herbal mixture to 1 cup of boiling water. Cover and steep for 15 minutes. Strain. Peppermint or cherry oil may be added for flavoring if desired. Drink 4 cups daily to obtain relief.

Asthma Treatment with Mullein Root:

Clean the root of mullein very carefully. Add 1 cup of the chopped root to 2 cups of water. Bring to a boil and simmer until the liquid is reduced by half. Strain well and add 1 cup of honey. Give 2 tablespoons as needed. This is also good to use during colds, as it helps to remove phlegm.

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Asthma Treatment with Honey:

Honey is one of the most common home remedies for asthma. It is said that if a jug of honey is held under the nose of an asthma patient and he inhales the air that comes into contact with it, he starts breathing easier and deeper. The effect lasts for an hour or so. One to two teaspoon fills of honey provide relief. Honey can also be taken in a cup of milk or water. Honey thins out accumulated mucus and helps its elimination from the respiratory passages. It also tones up the pulmonary lining and thereby prevents the production of mucus in future. Some authorities recommend one-year old honey for asthma and respiratory diseases.

Asthma Treatment with Turmeric:

Turmeric is also regarded as an effective remedy for bronchial asthma. The patient should be given a teaspoon of turmeric powder with a glass of milk two or three times daily. It acts best when taken on an empty stomach.

Asthma Treatment with Figs:

Among fruits, figs have proved very valuable in asthma. They give comfort to the patient by draining off the phlegm. Three or four dry figs should be cleaned thoroughly with warm water and soaked overnight. They should be taken first thing in the morning, along with the water in which they were soaked. This treatment may be continued for about two months.

Asthma Treatment with Lemon:

Lemon is another fruit found beneficial in the treatment of asthma. The juice of one

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lemon, diluted in a glass of water and taken with meals, will bring good results.

Asthma Treatment with Ginger:

A teaspoon of fresh ginger juice, mixed with a cup of fenugreek decoction and honey to taste, acts as an excellent expectorant in cases of asthma. The decoction of fenugreek can be made by mixing one tablespoon of fenugreek seeds in a cupful of water. This remedy should be taken once in the morning and once in the evening.

Asthma Treatment with Garlic:

Garlic is another effective home remedy for asthma. Ten garlic cloves, boiled in 30 ml of milk, make an excellent medicine for the early stages of asthma. This mixture should be taken once daily by the patient. Steaming ginger tea with two minced garlic cloves in it, can also help to keep the problem under control, and should be taken in the morning and evening.

Asthma Treatment with Copper:

One of the preventive measures to stop attacks of asthma is to drink water which has been kept overnight in a copper vessel. This water, with traces of copper in it, is believed to change one's constitutional tendency to get respiratory problems.

Aids Breathing for Asthmatics at Bedtime:

Take 1 tablespoon of sunflower or corn oil before retiring for the night. Helps you to breathe easier during the night.

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Special Asthma Treatment with Onions:

Make fresh daily. Cut an onion into very thin slices and place in a bowl. Cover the onion slices with honey and let sit overnight. The next day; scrape the honey from the onion slices and take 1 teaspoon 3-4 times daily.

Potato Treatment for Asthma:

Boil several potatoes. Place in a basin and cover the head and basin with a towel to get the most from the steam.

Other effective Remedies for Asthma

- During the attack, mustard oil mixed with little camphor should be massaged over the back of the chest. This will loosen up phelgm and ease breathing.
- The patient should also inhale steam from the boiling water mixed with caraway seeds. It will dilate the bronchial passage.
- The patient should also follow the other laws of Nature. Air, sun and water are great healing agents. Regular fasting once a week, an occasional enema, breathing exercises, fresh air, dry climate, light exercises and correct posture go a long way in treating the disease.

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- Asthmatics should always eat less than their capacity. They should eat slowly, chewing their food properly. They should drink eight to 10 glasses of water a day, but should avoid taking water or any liquid with meals. Spices, chillies and pickles, too much tea and coffee should also be avoided.

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Back Pain (Backache)

Back Pain is one of the most common ailments prevalent today. Sedentary living habits, hazardous work patterns and psychological conditions associated with emotional stress, which bring about spasm of the muscles, cause back pain. As the back bears the weight of the entire body, overweight persons feel the strain on the back when they have to carry an extra load.

In most cases of back pain, the pain is usually felt either in the middle of the back or lower down. It may spread to both sides of the waist and the hips. In a condition of acute pain, the patient is unable to move and is bedridden.

About ninety per cent of back pain patients suffer from what is called cervical and lumbar spondylosis. It is a degenerative disorder in which the different vertebrae adhere to each other through bony unions. As a result of this, the spine loses its flexibility.

The main causes of back pain and spondylosis are muscular tension, straining of the joints, poor posture, and incorrect nutrition resulting from dietetic errors and lack of exercise. Acute or chronic illnesses like kidney or prostate problems, female disorders, influenza., and arthritis, may also lead to backache. Other causes include stress and strain resulting from sitting for a long time, improper lifting of weights, high heels, and emotional problems which may cause painful muscle cramping.

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Natural Back pain Treatment using Garlic:

The most important home remedy for back pain is the use of garlic. Two or three cloves should be taken every morning to get results. An oil prepared from garlic and rubbed on the back will give great relief. This oil is prepared by frying ten cloves of garlic in 60 ml of oil in a frying pan. Any of the oils which are used as rubefacients, such as mustard oil, sesame oil, and coconut oil can be used according to one's choice. They should be fried on a slow fire till they are brown. After the oil has cooled, it should be applied vigorously on the back, and allowed to remain there for three hours. The patient may, thereafter, take a warm-water bath. This treatment should be continued for at least fifteen days.

Natural Back pain Treatment using Lemon:

Lemon is another useful remedy for back pain. The juice of one lemon should be mixed with common salt and taken by the patient twice daily. It will give relief.

Natural Back pain Treatment using Vitamin C:

Vitamin C has proved valuable in case of severe back pain. About 2,000 mg of this vitamin should be taken daily for treating this condition. Considerable improvement will be noticeable within two days.

Natural Back pain Treatment using Potato:

Raw potato is an ancient home remedy for back pain, characterized by incapacitating pain in the lumbar region, especially in the lower part of the back. Application of raw

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potato in the form of a poultice has been found very effective in this condition.

Herbal Treatment for Backaches:

Mix together 1 tablespoon each of dried yarrow; boneset, and skullcap. Add the mixture to 2 cups of water and simmer 30 minutes, covered. Strain and add 1 tablespoon of the liquid to 1 cup of hot water. Add 1 teaspoon of flavored psyllium. Sweeten with 1 tablespoon of dark corn syrup if desired.

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Bad Breath

Halitosis refers to foul or bad breath, which is not an uncommon condition.

Unfortunately, most people who offend in this respect are completely unaware of their problem.

The most common cause of halitosis is diseased gums. Dental decay at the roots of the teeth may result in abscesses in the gums with foul-smelling pus, giving an objectionable odour to the breath. Even small holes in the teeth may provide a place where germs can multiply and release foul odours.

Other causes of halitosis (bad breath) are any conditions of the nose, throat, respiratory tract, or stomach which are associated with chronic infection or local upsets of one sort or another, such as chronic tonsillitis, lung diseases like chronic bronchitis and bronchiectasis, chronic gastritis, and sinusitis which causes a discharge at the back of the throat. Many cases of bad breath, however, are caused by gastrointestinal disorders, intestinal sluggishness and particularly by chronic constipation.

Bad Breath Treatment with Fenugreek:

Among the several home remedies for halitosis, the use of fenugreek has proved most effective. A tea made from the seeds of this vegetable should be taken regularly for correcting the condition. This tea is prepared by putting one teaspoon of seeds in half a liter of cold water and allowing it to simmer for fifteen minutes over a low flame. It

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should then be strained and used as tea.

Bad Breath Treatment with Avocado:

Another effective remedy for bad breath is avocado which is far superior to any mouth lotion or remedies for this condition. It effectively removes intestinal putrefaction or decomposition which is one of the most important causes of bad breath.

Bad Breath Treatment with Raw Juices:

All fruit and vegetable juices are beneficial in the treatment of halitosis and should be taken liberally by those suffering from this disorder. Juices from green vegetables are especially valuable.

Bad Breath Treatment with Parsley:

Parsley is a valuable cure for bad breath. Two cups of water should be boiled and several sprigs of parsley, coarsely chopped, should be steeped in this water along with two or three whole cloves or a quarter teaspoon of ground cloves. This mixture should be stirred occasionally while cooling. It should then be strained and used as a mouthwash or gargle several times a day.

Bad Breath Treatment with Guava:

Unripe guava is useful in halitosis. It is rich in tannic, malic, oxalic, and phosphoric acids as well as calcium, oxalate, and manganese. Chewing it is an excellent tonic for the teeth and gums. It helps cure bleeding from gums and stops bad breath. Chewing

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tender leaves of guava tree also stops bleeding from gums and bad breath.

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Boils

Boils are localized, tender, inflamed, pus-filled swellings in the skin surrounded by large red areas. They are infections of the hair follicles of the skin. They are quite painful, particularly in areas where the skin is closely attached to the underlying tissues, such as the nose, ears, or fingers. They usually occur in teenagers and young adults. The common sites for boils are the face, neck, buttocks, and thighs.

At first, a painful red nodule appears on the skin. This grows bigger and then breaks down in the middle where the pus collects. The patient experiences a great deal of irritation and itching. There may be a single boil, or several boils in the same area or in different areas at or about the same time, or they may come in successive crops. The swelling may not be limited to one hair follicle but may extend to several follicles. When the boils ripen, they give out a discharge. Fever may sometimes accompany the boils.

Boils are caused mainly by staphylococcus germs which enter the sweat glands or hair follicles. The essential cause of this disorder is thus bacterial. However, several factors predispose the growth of bacteria in hair follicles. Of these, the chief factor is a toxic condition in the blood stream, which is due to a faulty diet and a frenetic pace of living. Boils generally appear when a person is in a run-down and devitalized condition.

Boils Home Remedy with Garlic and Onion:

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Garlic and onions have proved most effective among the several home remedies found beneficial in the treatment of boils. The juice of garlic or onion may be applied externally on boils to help ripen them, break them, and evacuate the pus. An equal quantity of the juices of these two vegetables can also be applied with beneficial results. Eating of two to three pods of garlic during meals will also bring good results.

Boils Home Remedy with Bitter Gourd:

Bitter gourd is another effective home remedy for blood-filled boils. A cupful of fresh juice of this vegetable, mixed with a teaspoon of lime juice, should be taken, sip by sip, on an empty stomach daily for a few months to treat this condition.

Boils Home Remedy with Milk Cream:

Milk cream is beneficial in the treatment of boils. One teaspoon of milk cream, mixed with half a teaspoon of vinegar, and a pinch of turmeric powder, makes an excellent poultice. It helps in ripening the blood boils and in their healing without allowing them to become septic.

Boils Home Remedy with Cumin Seeds:

Cumin seeds are beneficial in the treatment of boils. The seeds should be ground in water and made into a paste. This paste can be applied to boils with beneficial results.

Boils Home Remedy with Turmeric:

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Application of turmeric powder on boils speeds up the healing process. In the case of fresh boils, a few dry roots of turmeric are roasted, the ashes dissolved in a cupful of water, and then applied over the affected portion. This solution enables the boils to ripen and burst.

Heartsease Boil Treatment:

Native Americans used wild heartsease (pansy) to draw boils. It was ground up and placed on the boil, bandaged and left on overnight.

Lemon Juice Boil Treatment:

Soak a piece of bread in lemon juice and apply to the boil. Cover with a loose bandage and try to leave on overnight.

Parsley Boil Treatment:

Take a handful of crushed parsley and wrap in cheesecloth. Apply to the boil and wrap a hot cloth around the area. Repeat, covering the area with the hot cloth for about 15 minutes.

Soften Boils:

Apply linseed oil to the boil to soften and aid in healing.

Bring a Boil to a Head:

To bring a boil to a head, place a small piece of fatty bacon over the boil and bandage

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it. Leave on overnight. The head should be ready to remove by the next morning.

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Bronchitis

Bronchitis refers to the inflammation of the mucous membrane lining the bronchial tubes within the lungs. Bronchitis may be acute or chronic. In chronic cases, the disease is of long duration and more serious.

Due to inflammation in the bronchi, large quantities of mucus are secreted and expelled as phlegm. This phlegm is sticky, semi fluid and may even be purulent. The patient suffers from fever, experiences some difficulty in breathing, and has a cough. Other symptoms are hoarseness, pain in the chest and loss of appetite.

An important cause of bronchitis is smoking. Excessive smoking irritates the bronchial tubes and lowers their resistance, so that they become vulnerable to germs breathed in from the atmosphere. Other causes are living or working in a stuffy atmosphere, use of drugs to suppress earlier diseases, and hereditary factors. Changes in weather and environment hasten the onset of the disease.

Bronchitis Treatment with Turmeric:

One of the most effective home remedies for bronchitis is the use of turmeric powder. Half a teaspoon of this powder should be administered with half a glass of milk, two or three times daily. It acts best when taken on an empty stomach.

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Bronchitis Treatment with Ginger:

Another effective remedy for bronchitis is a mixture comprising of half a teaspoon each of the powder of ginger, pepper, and cloves, three times a day. It may be licked with honey or taken as an infusion with tea. The mixture of these three ingredients has also antipyretic qualities and is effective in reducing fever accompanying bronchitis. It also tones up the metabolism of the patient.

Bronchitis Treatment with Onion:

Onions have been used as a remedy for bronchitis for centuries. They are said to possess expectorant properties. They liquefy phlegm and prevent its further formation. One teaspoon of raw onion juice, first thing in the morning, is very beneficial in such cases.

Bronchitis Treatment with Asparagus:

Pour 1 can of asparagus in the blender. Liquefy and refrigerate. Drink 1/4 cup every morning and before retiring to bed. Add water to make a hot drink if desired. You should notice quite an improvement in chronic bronchitis in a few weeks.

Bronchitis Treatment with Bee Pollen:

Allergy related bronchitis is best treated with bee pollen. One teaspoon of pollen granules should be taken daily. During an attack, vitamin C should be taken in doses of 1000 mg every hour. Vitamin C has an anti-infection action and will help the immune system to regain balance, enabling it to fight the infection.

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Bronchitis Treatment with Castor Oil and Turpentine:

Mix together 1/2 cup of castor oil and 1/4 cup of rectified turpentine. Warm it before rubbing on the chest at bedtime. Cover with a flannel cloth to keep the area warm. Drink plenty of fluids.

Bronchitis Treatment with Onion Poultice:

Fry onions and apply to the chest after rubbing the chest area with olive oil. Cover with a flannel cloth to keep the area warm. Place a hot water bottle over the chest area to break the congestion fast.

Comfrey Bronchial Infusion:

Put 1/4 ounce of comfrey leaves in 2 cups of boiling water. Cover and steep 30 minutes. Strain and sweeten with honey. Drink at least 2 cups per day.

Bronchitis Treatment with Almond:

An emulsion of almonds is useful in bronchial diseases, including bronchitis. It is prepared by making a powder of seven kernels of almonds and mixing the powdered kernels in a cup of orange or lemon juice. This emulsion may be taken once daily at night.

Bronchitis Treatment with Linseed:

A hot poultice of linseed should be applied over the front and back of the chest. This poultice may be prepared by mixing one cup or sixteen tablespoons of the seeds with

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a quantity of hot water, sufficient to convert them into a moist mealy mass. This should then be applied carefully. Turpentine may also be rubbed over the chest.

Bronchial Treatment with Milk:

Heat 1 cup of milk, add 1 tablespoon dried bee balm to the milk, and allow to steep 15 minutes. Strain and reheat. Drink several glasses a day until improvement is noticed.

Bronchitis Treatment with Spinach:

Fifty grams of fresh leaves of spinach, and 250 ml of water should be mixed with a pinch of ammonium chloride and one teaspoonful of honey. This infusion is an effective expectorant in the treatment of bronchitis.

Special Treatment for Bronchial Cough:

Mix 1 tablespoon each of Irish moss, comfrey, lobelia, wild cherry bark, verbena, and aniseed in 2 cups of water. Boil down to half the liquid. Strain and add 2 cups of honey. Bring to a boil again, then lower heat to simmer for 10 minutes. Remove from heat and add 3 tablespoons of raspberry vinegar before mixing well and storing in the refrigerator. Take 1 tablespoon as needed for cough.

Other Effective Remedies for Bronchitis:

- Another effective remedy for bronchitis is mixture of dried ginger powder, pepper and long pepper taken in equal quantities, three times a day. It may be licked with honey. The powder of these three ingredients have antipyretic qualities and are effective in dealing with fever accompanied with bronchitis.

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They also tone up the metabolism of the patient.

- The liberal use of Vitamin C rich foods has been found valuable in the prevention and treatment of bronchitis. Vitamin C is considered cell protective antioxidant. Food rich in this vitamin can therefore help protect the lungs from damage and consequent debilitating bronchitis.

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Cataract

Cataract is a common eye disease. A cataract refers to an area of the lens of a person's eye that has become whitish and opaque instead of remaining clear. The result is that the person cannot see clearly.

The crystalline lens, through which light travels into the interior of the eye, is situated just behind the iris or colored portion of the eye. In cataract, this lens becomes opaque, hence, seriously hampering the entrance of light into the eye. Blindness ensues when no light rays can permeate the opacity of the lens.

The first sign of cataract is blurred vision. The patient finds it difficult to see things in focus. As the disease progresses, the patient may get double vision or spots, or both. At first, vision in twilight may be better than in full daylight since light is admitted round the more widely-dilated pupil in the dark. In the advanced stage, objects and persons may appear as mere blobs of light, and there is a grayish-white discoloration in the pupil.

There are three factors which contribute to the loss of transparency of the lens. These are deterioration in the nutrition of the lens which diminishes the vitality and resistance of the delicate lens fibres, deposits of acids and salts between the lens fibres which have an irritating effect on the lens tissues and exert an increasing pressure on its delicate fibres, gradually destroying them; and disintegration of lens fibres which

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cloud the entire lens in the absence of appropriate measures.

As in the case of most diseases, poisons in the blood stream due to dietetic errors and a faulty style of living, are the real cause of cataract. The toxic matter in the blood stream spreads throughout the body to find shelter in any available weak spot. It strikes the lens if it has become weak through strain, excessive use of the eyes, and local irritation. The condition becomes worse with the passage of time and then a cataract starts developing. Other causes of cataract are stress and strain; excessive intake of alcoholic drinks, sugar, and salt; smoking; certain physical ailments such as gastro-intestinal or gall-bladder disturbances; diabetes; vitamin deficiencies; fatty acid intolerance; ageing; radiation; side-effects of drugs that have been prescribed for other diseases.

Cataract Treatment with Carrot:

The use of carrots is considered beneficial in the treatment of cataract. The patient should take plenty of raw carrots daily. As an alternative, he may drink two glasses of fresh carrot juice, one each in the morning and evening.

Cataract Treatment with Garlic:

The use of garlic is another effective home remedy for cataract. Two or three cloves should be eaten raw daily. They should be chewed slowly. Garlic helps to clean the crystalline lens of the eye.

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Cataract Treatment with Honey:

The use of unprocessed pure honey is another effective remedy for cataract. A few drops of this honey should be put in the eyes. This is an ancient Egyptian remedy which has benefited many patients.

Cataract Treatment with Almonds:

Almonds are valuable in cataract. Seven kernels should be ground finely with half a gram of pepper in half a cup of water, and drunk after sweetening the mixture with a teaspoon of sugar candy. It helps the eyes to regain their vigour.

Cataract Preventive:

Mix 2 teaspoons each of honey and apple cider vinegar with a glass of water. Drink with every meal. Also said to retard cataract growth, as well as to prevent them.

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Chicken Pox

Chicken pox is a highly contagious disease, occurring usually in children. It usually affects children of three to four years of age. In most cases, the older the child, the more severe the attack.

Chicken pox usually begins with a low grade fever, a mild headache and a feeling of weakness. A rash appears on the skin on the first day of the disease. This is in the form of tiny red spots on the skin, mostly on the upper back or chest. In more severe cases, a rash may appear on the face and lower extremities. The papules turn into blisters and finally become pustules and form scabs, which fall off. They come in successive crops, so that while some are drying, others are beginning to form. The skin clears after a few days and the child feels well again. The duration of this disease ranges from ten to twenty-one days but is usually between fourteen and seventeen days.

Chicken pox is caused by a virus. Many researchers believe that the disease is closely related to a much more serious condition known as shingles or herpes zoster that affects adults. The basic cause of the disease, as in most cases of childhood fevers, is however, persistent wrong feeding of children, which results in diminished defense mechanisms of the body.

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Chicken Pox Remedy using Baking Soda:

Baking soda is a popular remedy to control the itching in chicken pox. Some baking soda should be put in a glass of water. The child should be sponged with this water, so that the soda dries on the skin. This will keep the child away from scratching the eruptions.

Chicken Pox Remedy using Vitamin E Oil:

The use of vitamin E oil is valuable in chicken pox . This oil should be rubbed on the skin. It will have a healing effect The marks left by chicken pox will fade away by this application.

Chicken Pox Remedy using Honey:

The use of honey as an external application has also proved valuable in chicken pox. The skin should be smeared with honey. It will help in the healing of the disease within three days.

Chicken Pox Remedy using Carrot and Coriander:

A soup prepared from carrots and coriander has been found beneficial in the treatment of chicken pox. About 100 gm of carrots and 60 gm of fresh coriander should be cut into small pieces and boiled for a while. The residue should be discarded. This soup should be taken once a day.

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Cholera

Cholera is one of the most severe diseases of the intestines. It is a serious infection involving the lower part of the small bowel. It is a water-borne disease and is common during the monsoon. The mortality rate for this disease has been quite high.

The first sign of cholera may be mild diarrhea. This is followed by sudden violent purging. The stools are loose, watery, and greyish-brown in colour. Diarrhea is usually accompanied by nausea and vomiting. The patient gets severe cramps in the stomach, and feels very thirsty and restless. The temperature rises, but the skin is generally cold and clammy and the pulse is weak. In the next stage, the body becomes colder; the skin dry, wrinkled, and purple; the voice weak and husky; and the urine, scanty and dark. The blood pressure falls, the cramps are agonizing, and signs of collapse appear rapidly.

Cholera is caused by a germ known as *Vibrio cholerae*. This germ produces a powerful poison or endotoxin. The disease is spread by flies and water contaminated by the germs.

Cholera Treatment with Lemon:

The foremost among the many home remedies for cholera is the use of lemon. The juice of this fruit can kill cholera bacilli within a very short time. It is also a very effective and reliable preventive against cholera during an epidemic. It can be taken in the form of a sweetened or salted beverage for this purpose. Taking of lemon with

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food as a daily routine can also prevent cholera.

Cholera Treatment with Onion:

Onions are another valuable remedy for cholera. About thirty grams of this vegetable and seven black peppers should be pounded finely in a pestle and given to the patient in two or three doses during the day. Onions allay thirst and restlessness and the patient feels better.

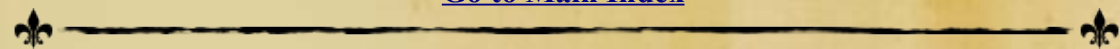
Cholera Treatment with Bitter Gourd:

The fresh juice of bitter gourd is an effective medicine in the early stages of cholera. Two teaspoons of this juice, mixed with an equal quantity of white onion juice and a teaspoon of lime juice, should be given twice daily in the treatment of this condition.

Cholera Treatment with Clove:

Cloves are useful in cholera. About four grams of this spice should be boiled in three litres of water until half of the water has evaporated. The decoction thus prepared should be given to the patient several times during the day. This will reduce the severe symptoms.

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Cholesterol in Blood (High)

Cholesterol, a yellowish fatty substance, is one of the essential ingredients of the body. Although it is essential to life, it has a bad reputation, being a major villain in heart disease. Every person with high blood cholesterol is regarded as a potential candidate for heart attack or a stroke. Most of the cholesterol found in the body is produced in the liver. However, about twenty to thirty percent generally comes from the foods we eat.

Cholesterol is measured in milligrams per 100 millimeters of blood. The normal level of cholesterol varies between 150 - 200 mg per 100 ml. In blood, cholesterol occurs in combination with certain lipids (fats), hence, known as lipoproteins. There are two main types of lipoproteins: a low density one (LDL) and a high density one (HDL). The low density lipoprotein is the one which is considered harmful and is associated with cholesterol deposit in blood vessels. The higher the ratio of LDL to the total cholesterol, the greater will be the risk of arterial damage and heart disease. HDL, on the other hand, plays a salutary role by helping remove cholesterol from circulation and thereby reducing the risk of heart disease.

Hypercholesterolemia or increase in cholesterol is mainly a hereditary disorder. It is also caused by taking rich foods and fried foods; excessive consumption of milk and its products like ghee, butter, and cream; white flour, sugar, cakes, pastries, biscuits, cheese, and ice cream; and non-vegetarian foods like meat, fish, and eggs. Other

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causes of increase in cholesterol are irregularity in habits, smoking, and drinking alcohol. Stress has also been found to be a major cause of increased level of cholesterol.

Home Remedy with Lecithin:

Lecithin, also a fatty food substance and the most abundant of the phospholipids, is beneficial in case of increase in cholesterol level. It has the ability to break up cholesterol into small particles which can be easily handled by the system. With sufficient intake of lecithin, cholesterol cannot build up against the walls of the arteries and veins. Lecithin also increases the production of bile acids made from cholesterol, thereby reducing its amount in the blood. Egg yolk, vegetable oils, wholegrain cereals, Soya beans, and unpasturised milk are rich sources of lecithin. The cells of the body are also capable of synthesizing it as needed, if several of the B vitamins are present.

Home Remedy with Sunflower Seeds:

Sunflower seeds are valuable in lowering high blood cholesterol. They contain a substantial quantity of linoleic acid which is the fat helpful in reducing cholesterol deposits on the walls of arteries. Substituting sunflower seeds for some of the solid fats like butter and cream will, therefore, lead to great improvement in health.

Home Remedy with Vitamins:

Vitamins B6, choline, and inositol are particularly effective in reducing the level of blood cholesterol. Wheat gram, yeast, or vitamin B extracted from bran contain high quantities of these vitamins. Vitamin E also elevates blood lecithin and reduces

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cholesterol.

The patient should take liberal quantities of vitamin E-rich foods such as sunflower seeds, safflower, Soya bean oils, butter, and sprouted seeds and grains.

Treatment using Coriander Seeds:

Regular drinking of a decoction of coriander seeds helps lower blood cholesterol. It is a good diuretic and helps stimulate the kidneys. It is prepared by boiling two tablespoons of dry seeds in a glass of water, and straining the decoction after cooling. This decoction should be taken twice daily.

Treatment using Fiber:

The amount of fiber in the diet also influences the cholesterol levels and LDL cholesterol can be lowered by taking diets rich in fibers. The most significant sources of dietary fiber are unprocessed wheat bran, whole cereals such as wheat, rice, barley, rye; legumes such as potatoes, carrots, beet, and turnips; fruits such as mangoes and guavas; and leafy vegetables such as cabbage, lady's fingers, lettuce, and celery. Oat bran and corn bran are specially beneficial in lowering LDL cholesterol.

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Cirrhosis of the Liver

Cirrhosis of the liver is characterized by a significant loss of cells, so that the liver gradually contracts in size and becomes hard and leathery.

In the early stages of the disease, there may be nothing more than frequent attacks of indigestion, with occasional nausea and vomiting. There may also be some abdominal pain and loss of weight. In the advanced stage, the patient develops a low grade fever. He has a foul breath, a jaundiced skin and distended veins in the abdomen. Reddish hair like markings, resembling small spiders, may appear on the face, neck, arms, and trunk. The abdomen becomes bloated and swollen, the mind gets clouded, and there may be considerable bleeding from the stomach.

Excessive use of alcohol over a long period is the most potent cause of cirrhosis of the liver in adults. The disease can progress to the final stage of hepatic failure if the person does not abstain from alcohol. Poor nutrition can be another causative factor in the development of cirrhosis and a chronic alcoholic usually suffers from severe malnutrition. Cirrhosis may also result from a highly toxic condition of the system in general.

Cirrhosis Home Remedy with Papaya Seeds:

The black seeds of papaya have been found beneficial in the treatment of cirrhosis of

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the liver, caused by alcoholism and malnutrition. A tablespoon of juice obtained by grinding the seeds, mixed with ten drops of fresh lime juice, should be given once or twice daily for about a month as a medicine for this disease.

Cirrhosis Home Remedy with Vegetable Juices:

The juice of carrots, in combination with spinach juice, has been found beneficial in the treatment of cirrhosis of the liver. Spinach juice 200 ml, should be mixed with 300 ml of carrot juice to prepare 500 ml or half a litre of combined juices.

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Colitis

Colitis refers to inflammation of the colon. The disease results from prolonged irritation and inflammation of the delicate membrane which lines the walls of the colon. Chronic ulcerative colitis is a severe prolonged inflammation of the colon or large bowel, in which ulcers form on the walls of the colon.

Colitis usually begins in the lower part of the colon and spreads upwards. The first symptom of the trouble is an increased urgency to move the bowel, followed by cramping pains in the abdomen and, sometimes, bloody mucus in the stools. As the disease spreads upward, the stools become watery and more frequent and are characterized by rectal straining. The loss of blood and fluid from the bowels results in weakness, fever, nausea, vomiting, loss of appetite, and anaemia. Other symptoms are a bloated feeling, constipation alternating with diarrhoea or persistent diarrhea for years together, and insomnia. The patient is usually malnourished and may be severely underweight.

One of the causes of colitis is chronic constipation and the use of purgatives. Constipation causes an accumulation of the hard faecal matter which is never properly evacuated. Purgatives used as a 'cure' only increase irritation. Often colitis results from poorly digested roughage, especially of cereals and carbohydrates, which causes bowel irritation. Other causes of the disease are an allergic sensitivity to certain 'foods, intake of antibiotics and severe stress.

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Colitis Home Remedy with Banana:

One or two ripe bananas taken every day are one of the most effective home remedies for ulcerative colitis. Being bland, smooth, easily-digestible and slightly laxative, they relieve the acute symptoms and promote the healing process.

Colitis Home Remedy with Buttermilk:

A glass of buttermilk taken daily is another effective remedy for colitis. It is the residual liquid left over after the fat has been removed from curd by churning.

Colitis Treatment with Epsom Salts:

Mix 2 cups of Epsom salts in 2 cups of water. Saturate a flannel cloth in the salt solution and place over the abdomen. Keep warm with a heating pad or water bottle for 3-4 hours.

Colitis Home Remedy with Apples:

Steamed apples also aid the healing of ulcerative lesions because of their ample concentration of iron and phosphorus.

Colitis Home Remedy with Rice:

Rice has a very low fibre content, and is, therefore, extremely soothing in colitis. A thick gruel of rice mixed with a glass of buttermilk and a ripe banana, given twice a day, forms a very nutritious, well-balanced diet in this disease.

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Special Colitis Home Remedy with Apple Cider Vinegar:

Dip a flannel cloth in apple cider vinegar and place on the abdomen. Cover with plastic and allow to stay in place for at least 4 hours. This should provide relief.

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Common Cold

A common cold, also known as acute coryza, is an inflammation of the upper respiratory tract caused by infection with common cold viruses. A common cold occurs more often than any other disease - hence, its name. A person may suffer from a common cold several times in a year. A cold usually lasts from three to ten days. The patient feels miserable for the first three days or so.

The initial signs of a cold are a feeling of soreness of the throat and congestion of the nasal passages. Although the disease normally begins in the nose and throat, it affects all parts of the body. Its usual symptoms are a running nose, sneezing, a rise in temperature, headache, sore throat, chill, aches and pains in the body, and loss of appetite. The skin around the nostrils may become sore.

A common cold results from exposure to the virus. Its intensity, however, depends upon the state of health of the person and environmental factors. Low vitality, exposure to cold, lack of sleep, mental depression, fatigue, and factors such as sudden changes in temperature, dust, and other irritating inhalations are important contributory causes.

Common Cold Treatment with Lemon:

Lemon is the most important among the many home remedies for common cold. It is beneficial in all types of cold with fever. Vitamin C-rich lemon juice increases body resistance, decreases toxicity and reduces the duration of the illness. One lemon

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should be diluted in a glass of warm water, and a teaspoon of honey should be added to it. This should be taken once or twice daily.

Common Cold Treatment with Garlic:

Garlic soup is an old remedy to reduce the severity of a cold, and should be taken once daily. The soup can be prepared by boiling three or four cloves of chopped garlic in a cup of water. Garlic contains antiseptic and antispasmodic properties, besides several other medicinal virtues. The oil contained in this vegetable helps to open up the respiratory passages. In soup form, it flushes out all toxins from the system and thus helps bring down fever. Five drops of garlic oil combined with a teaspoon of onion juice, and diluted in a cup of water, should be drunk two to three times a day. This has also been found to be very effective in the treatment of common cold.

Common Cold Treatment with Corn husks:

Boil 8 corn husks in 4 cups of water for about 30 minutes. Strain and drink. Said to relieve headaches and stuffiness of the nose during a cold.

Common Cold Treatment with Comfrey:

Chop several leaves of comfrey and add 1/2 cup of elderberries. Add 1 cup of honey and 1 cup of water. Simmer for 30 minutes. Strain and take as needed to produce perspiration and reduce fever. The comfrey leaves produce an aspirin-like substance and help to ease the discomforts of a cold, as well as soothe inflamed mucous membranes of the throat. Comfrey is considered a demulcent and an expectorant. The elderberries serve as a diuretic to flush the system.

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Cold Treatment with Lemonade:

Heat a glass of lemonade and add honey to sweeten. This is a good recipe if you have a cold with a fever. It relaxes you and is helpful in relieving discomfort.

Bitter Gourd Roots:

The roots of the bitter gourd plant are used in folk medicine to cure a cold. A teaspoon of the root paste, mixed with an equal quantity of honey, given once every night for a month, acts as an excellent medicine for colds.

Cold Treatment with Milk:

At the onset of a cold, add 1/2 teaspoon each of cinnamon and ginger to 1 cup of scalded milk. Add 1 tablespoon of honey and drink while hot. Very soothing and stimulating.

Cold Treatment with Turmeric:

Turmeric is an effective remedy for colds and throat irritations. Half a teaspoon of fresh turmeric powder mixed in 30 ml of warm milk, and taken once or twice daily, is a useful prescription for these conditions. Turmeric powder should be put into a hot ladle. Milk should then be poured in it and boiled over a slow fire. This mixture should then be drunk by the patient. In case of a running cold, smoke from the burning turmeric should be inhaled. It will increase the discharge from the nose and provide quick relief.

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Congestions with Cold:

If congestion is present, try this comfrey recipe., Add 2 tablespoons of comfrey root (cut up fine) to 1 pint of water. Bring to a boil and then simmer for 30 minutes. Strain and sweeten. Take this 3-4 times daily by the cup. Comfrey reduces the inflammation in the bronchial and alimentary system. It acts as an emollient, demulcent, and expectorant. Not bad for one simple herb. It also has pain-relieving properties, so you are more comfortable while fighting a cold.

Foot Baths for Colds:

Put 1 1/4 cup of dried mustard in 8 cups of boiling water and boil for 10 minutes. Add this liquid to a foot bath to treat colds and respiratory problems.

Royal Mix for Severe Colds:

Mix 1 cup each of dried white yarrow, spearmint, sage, catnip, horehound, verbena, and pennyroyal. Pour 2 cups of boiling water over 2 1/2 tablespoons of the herb mix. Cover and let stand 10 minutes. Strain and sweeten. Reheat and drink 1 cup every couple of hours. Use more often if sweating is desired.

Sweeten Breath during Colds:

Chew fresh parsley during a cold. This not only freshens the breath during a cold, but rids the mouth of any bad odors anytime. Parsley also gives you the extra vitamins you need while suffering through a cold.

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Cold Treatment with Ginger:

Ginger is another excellent remedy for colds and coughs. About ten grams of ginger should be cut into small pieces and boiled in a cup of water. It should then be strained and half a teaspoon of sugar added to it. This decoction should be drunk when hot. Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding the tea leaves, is also an effective remedy for colds and for fevers resulting from cold. It may be taken twice daily.

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Common Fever

Fever refers to a condition of the body in which the temperature goes beyond the normal. It is also characterised by disturbance in the normal functioning of the system. It is a common ailment which occurs both in children and adults.

The average temperature of a healthy body ranges between 36.9 C and 37.5 C, or 98.4 F and 99.5 F. It is liable to marginal variations, depending on the intake of food, the amount of exercise, and the temperature surrounding the atmosphere. The lowest temperature of the body occurs between the hours of 1.30 a.m. to 7 a.m. and the highest between 4 p.m. to 9 p.m.

Fever generally begins with slight shivering, pain in the head and various parts of the body, thirst, and great lassitude. The flow of urine is scanty. As the fever rises, the pulse and respiration become faster. Finally, there is profuse sweating, a copious flow of concentrated urine, and general relief of symptoms.

The term 'fever' has a very wide application. It is the symptom of a body's fight against infection. It is one of the most common features of several diseases. In many cases, it is a secondary symptom of the disordered state of the body with which it is associated. The real cause of all fevers, including common fever, however, is the accumulation of morbid matter in the system due to wrong feeding habits and

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unhygienic conditions of living. Fever is, thus, a natural attempt on the part of the body to rid itself of toxic matter.

Common Fever Home Remedy with Orange:

Orange is an excellent food in all types of fever when the digestive power of the body is seriously hampered. The patient suffers from blood poisoning called toxemia, and the lack of saliva results in the coating of his tongue, often destroying his thirst for water as well as his desire for food. The agreeable flavour of orange juice helps greatly in overcoming these drawbacks. Orange juice is the ideal liquid food in fevers. It provides energy, increases urinary output, and promotes body resistance against infections.

Common Fever Home Remedy with Fenugreek:

A tea made from fenugreek seeds is equal in value to quinine in reducing fevers. This tea should be taken twice daily. It is particularly valuable as a cleansing and soothing 4 Fenugreek seeds, when moistened with water, become slightly mucilaginous, and hence, the tea made from diem has the power to dissolve a sticky substance like mucus.

Common Fever Home Remedy with Holy Basil:

The leaves of holy basil are one of the most effective of several home remedies in the treatment of common fever. A decoction made of about twelve grams of these leaves, boiled in half a litre of water, should be administered twice daily with half a cup of milk, one teaspoon of sugar and a quarter teaspoon of powdered cardamom (chhoti

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elaichi). This will bring down the temperature.

Common Fever Home Remedy with Raisins:

The use of an extract from raisins is beneficial in the treatment of common fever. This extract is prepared by soaking twenty-five raisins in half a cup of water and then crushing them in the same water. They are then strained and the skin is discarded. The raisin water thus prepared becomes a tonic. Half a teaspoon of lime juice, added to the extract will enhance its taste and usefulness. It will act as a medicine in fevers, and should be taken twice daily.

Common Fever Home Remedy with Grapefruit:

The juice of grapefruit is a valuable diet in all fevers. It quenches thirst and removes the burning sensation produced by the fever. Half a glass of grapefruit juice should be taken with an equal quantity of water.

Common Fever Home Remedy with Saffron:

A tea made from saffron is another effective home remedy for fever. This tea is prepared by putting half a teaspoon of saffron in 30 ml of boiling water. The patient should be given a teaspoon of this tea every hour till the temperature returns to normal.

Common Fever Home Remedy using Apricot:

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A cup of fresh juice of apricots mixed with one teaspoon of glucose or honey is a very cooling drink during fevers. It quenches the thirst and eliminates the waste products from the body. It tones up the eyes, stomach, liver, heart, and nerves by supplying vitamins and minerals.

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Conjunctivitis

Conjunctivitis refers to an inflammation of the conjunctiva, the thin transparent membrane covering the front of the eye. This is also referred to as having 'sore eyes' and is a very common form of eye trouble. It spreads from person to person through direct contact. Overcrowding, dirty surroundings and unhealthy living conditions can cause epidemics of this ailment.

The eyeball and underside of the eyelids become inflamed. At first, the eyes are red and itchy. Later, there may be a watery secretion. In more serious cases, there is pus formation, which dries up during sleep, making the lashes stick together.

Conjunctivitis results from bacterial or a virus infection or eye-strain. Prolonged work under artificial light and excessive use of the eyes in one way or the other, no doubt, contribute towards the disease. But its real cause can be traced to a catarrhal condition of the system resulting from general toxæmia due to dietetic errors, and a faulty style of living. The patient generally suffers from colds or other ailments indicative of a general catarrhal condition.

Conjunctivitis Home Remedy with Coriander:

A decoction prepared with a handful of dried coriander in 60 ml of water is an excellent eye-wash in conjunctivitis. It is said to relieve burning and reduce pain and swelling. This decoction should, however, be sparingly used by persons suffering

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from bronchial asthma and chronic bronchitis.

Conjunctivitis Home Remedy with Vitamins:

Vitamins A and B2 have proved useful in conjunctivitis. The patient should take liberal quantities of natural foods rich in these two vitamins. Foods rich in vitamin A are whole-milk, curds, butter, carrots, pumpkin, green leafy vegetables, tomatoes, mangoes, and papaya. Foods rich in vitamin B2 are green leafy vegetables, milk, almonds, citrus fruits, bananas, and tomatoes.

Conjunctivitis Home Remedy with Vegetable Juices:

Raw juices of certain vegetables, especially carrots and spinach, have been found valuable in conjunctivitis. The combined juices of these two vegetables have proved very effective. In this combination, 200 ml of spinach juice should be mixed with 300 ml of carrot juice. Raw parsley juice-200 ml, mixed with 300 ml of carrot juice has also been found beneficial in die 'treatment of this disease.

Conjunctivitis Home Remedy with Indian Gooseberry:

The juice of die Indian gooseberry, mixed with honey, is useful in conjunctivitis. A cup of this juice should be taken mixed with two teaspoons of honey twice daily in treating this condition.

Diet for Conjunctivitis:

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The best way to commence treatment for conjunctivitis is to adopt an exclusive fresh fruit diet for a week. In this regimen, the three meals a day should consist of fresh, juicy seasonal fruits. Bananas should, however, not be taken. Those with acute conjunctivitis should undertake a juice fast for three or four days. The short juice fast may be followed by an all-fruit diet for a further seven days. Thereafter, the patient may adopt a restricted diet, consisting of fresh fruits, raw mixed-vegetable salad, whole meal bread and steamed vegetables, and nuts.

The patient should avoid an excessive intake of starchy and sugary foods in the form of white bread, refined cereals, potatoes, puddings, sugar, jams, confectionery, meats, fatty foods, strong tea and coffee, too much salt, condiments, and sauces which cause a general catarrhal condition as well as conjunctivitis.

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