

Natural Therapies for Common Ailments

Common Ailments

Headaches, migraines, and head stress
 Stomach aches, gastritis, ulcer, gas
 Digestive problems
 Allergies
 Asthma, difficulty breathing
 Colds, throat irritation, and cough
 Stuffy or runny nose
 Kidney, bladder, or urine problems
 Gall bladder problems
 Constipation
 Diarrhea
 PMS, heavy bleeding
 Menopause
 Hyper/Hypo thyroid function
 Calming to reduce stress
 Sleep promoting
 Anti-inflammation for organs
 Muscle inflammation
 Joint pain or inflammation
 Bruises
 Wound healing
 Bone Healing
 Wart reduction
 Topical wart and hemorrhoid remedy
 Pancreatic problems (diabetes, etc)
 High blood pressure
 Tumor arresting
 Food poisoning, snake bite
 Mouth or gum infection
 Fever Blister (herpes)
 Sticky blood platelets
 Body fever or chills
 Back or muscle ache
 Fatigue, loss of energy
 Dry skin conditions
 Mental fatigue
 Insect Bite

Other Dis-eases

Whooping cough
 Calming for children (MDB) (ADD)
 Overactive children
 Energizing
 Anti-depressing

Natural Therapy

B-Complex, Chamomile, red wine vinegar, Peppermint
 Centaury, Gotu Kola, Cayenne, Anise, red wine vinegar
 Gotu Kola, Ginger, Peppermint, Thyme, Chamomile
 Balance, Yerba Santa, Bee propylus/pollen, Real Salt, Alfalfa
 Breathe Easier, B-Complex, Golden Rod, Lobelia
 Horsetail tea, B-Complex, Blue Flag, Anise, Raw honey
 Lettuce or marjoram inhalation, Blue Flag
 B-Complex, Sarsaparilla, Cranberry, Relations, Passion flwr.
 Gotu-Kola, B-Complex, Alfalfa, Dandelion rt. tea
 Thyme, B-Complex, raw red potatoes, Psyllium husk
 TNF, red potato water, Golden Seal
 Suma, Peace-Luta, Self-Identity, Angelica, pear fruit
 Black currant oil, Evening primrose oil, Suma, Angelica
 Self-Identity, Rosemary, Cayenne, Kelp
 Kava-Kava, B-Complex. Lavender oil
 Hops, Sleep Deeper, Chamomile, Kava-Kava
 Horsetail, Chamomile, Peppermint
 Witch hazel, Chamomile, B-Complex, Lactase
 Juniper Berry, Joint Support, Alfalfa, Horsetail, Nettles
 Witch hazel, Marigold, Arnica, tobacco leaf poultice
 Thyme, Lemon Balm, Golden Rod, B-Complex
 Marigold, lemon juice, Potassium, B-Complex
 B-Complex, AVF, Horseradish, Cranberry, Myrrh
 Latex from dandelion, inside banana peel
 Cayenne, blackstrap molasses, B-Complex, Thyme
 Hawthorn berry, organic sodium, Grass-C
 Red beet, food grade Hydrogen Peroxide, AVF
 Sarsaparilla, TNF
 Myrrh, Chamomile, Bee propylis
 Lemon Balm, L-Lysine, red wine vinegar, beeswax
 White willow bark (instead of aspirin)
 Thyme tea, Real Salt Bath, pineapple, plum, papaya
 B-Complex, mustard plaster, white willow bark
 American Ginseng, Nettles-Iron, B-Complex
 Extra virgin olive oil, aloe vera gel (topical), vit. E oil
 Noni, Marshmallow, Ginko Biloba, B-Complex
 Raw honey (top), food grade hydrogen peroxide, TNF

Suggested Therapy

Blue Flag, Anise, Sarsaparilla, Tea Tree oil
 Kava-Kave, B-Complex, Passion Flower, Lavender oil
 B-Complex, Balance-Wi, SFF,
 B-Complex, Noni (morinda), Thyroid HB
 Noni (better than St. Johns Wort), Mustard