

The Power of Holistic Home Remedies



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Introduction

“At least you have your health”, is a common saying which conveys that no matter how bad things are, if you have your health, you’ll have the ability to turn things around. That’s why we spend so much time and money trying to keep our health or regain it.

It’s also a national obsession. Our governments spend millions on research, and yet we seem to have reached a plateau. We’re living longer, but not necessarily better, lives because we’re plagued with chronic diseases which severely affect our quality of life.

Americans and other Western societies are rapidly realizing that allopathic medicine can often make you sicker in the long run. The U.S. spends more on healthcare than any other nation in the world yet ranks a dismal number 38 in an index measuring overall health and well-being! Doctors rely on an arsenal of pharmaceuticals, but the side effects from these potent drugs kill more than 100,000 Americans annually.

That's where holistic home remedies come in. Natural therapies are less expensive, significantly safer, and more holistic than traditional medicine. And instead of side effects they often have a host of side "benefits". That’s because just one herb can contain hundreds of compounds that work together synergistically to address a range of health conditions. For example, hawthorn is often used to help control high blood pressure, but it also improves your overall mood and energy levels.

What are home remedies?

The term “home remedies” covers a broad range of healing modalities. It can be as simple as the chicken soup your grandmother made when you had a cold and made sure you finished the very last drop. Or as complex as the healing practices of Ayurvedic medicine. It depends on your culture and background.

Ultimately, it refers to remedies which have been passed down from generation to generation, and which often have a history of hundreds of years, and in some cases longer. These remedies can be comprised of plants, foods, or even therapies and practices such as meditation or acupuncture. They tend to be natural and are sometimes outside the realm of modern medicine.



Who uses home remedies?

The use of home remedies has become widespread since a surge of interest in alternative health practices in the 1990's. Practically everyone from the average person to medical professionals use some form of holistic home remedy whether they realize it or not.

Gargling with saltwater, eating chicken soup when you have a cold, or even taking a teaspoon of honey for a cough, have all been passed down for generations.

What you'll learn:

This eBook will cover not just the basics of holistic home remedies but will also explore the health problems which can be safely and effectively treated with home remedies, as well as specific considerations for seniors and children.

Chapter 1 begins by covering the philosophy and principles of holistic medicine, while also going over the benefits of using home remedies.

In Chapter 2, we prepare you to do the research necessary to ensure that using a holistic remedy is right for you and your condition. You'll be able to determine

whether a home remedy is a better alternative than traditional medicine, or vice versa.

Once you move into Chapter 3, you'll be able to find remedies for specific ailments, from acne to stress.

Chapter 4 will help you stock your own home remedy medicine cabinet. You'll learn about the essential plants and herbs that you should have on hand.

Finally, in Chapter 5, we'll address the use of home remedies for your family.

Chapter 1 - Holistic Remedies 101

Benefits of Home Remedies

There are numerous benefits to home remedies:

- Ease of use – These remedies are often easy to administer and require no special skill.
- Low-cost – Unlike traditional medicine, holistic remedies are based on plants and other ingredients which are relatively cheap.
- Fewer side effects – One of the hazards of modern pharmaceuticals are the dangerous and sometimes deadly side effects. Natural remedies taken correctly don't have these side effects and in fact, often provide additional health benefits.

The Principles of Holistic Medicine

The fundamentals of Holistic healing are centered around the belief that unconditional love and support is the most powerful healer. Other principles of holistic medicine include the following:

- Everyone has the ability to heal from within.
- The patient is being treated, not the disease.

- A team approach involving the patient and doctor is essential for healing. All aspects of a person's lifestyle should be addressed, and healing can involve a variety of treatments.
- It is important to treat the condition, and not just alleviate the symptoms.

The Philosophy of Holistic Remedies

Holistic medicine considers that a person is composed of mind, body, spirit, and emotions, and that all these components are equally important to a person's overall health.

According to the philosophy behind holistic medicine, you can attain peak health, which is the primary goal of holistic medicine practice, by achieving proper balance in all the areas of your life. If one part isn't working properly, all the other parts will be affected as well.



The Types of Holistic Medicine Treatments

Since holistic medicine focuses on every aspect of a person's life, the treatments are based on improving overall health and achieving the highest levels of functioning.

The following approaches are used to treat patients:

- Education on lifestyle changes which promote health which may include diet, exercise, treating addictions, or other unhealthy habits.
- Psychotherapy
- Acupuncture
- Chiropractic treatments

- Massage therapy
- Meditation, visualization, or guided imagery exercises
- Naturopathic medicine

Many holistic practitioners also include allopathic or “modern” medical treatments in conjunction with these protocols.

For example, if a patient complains of a migraine headache, a holistic doctor will look at all the factors which may be causing his migraines. This includes sleep habits, diet, personal problems, stress, spiritual practices, and his overall health. The treatment plan may include prescription drugs but also lifestyle modifications designed to help prevent the headaches from continuing.

Are Holistic Medicine Practitioners Medical Doctors?

Holistic medicine refers to the approach used by the health professional, not to the education or certification that he or she may have. Medical doctors, chiropractors, osteopaths, naturopaths, and homeopaths can all provide holistic care.



Chapter 2 - Before you take your first holistic remedy

No medical treatment whether holistic or traditional affects all individuals in the same way. While home remedies are generally safe and effective, it's always important to note that everyone is different. What may cause an allergy in one person, will have no effect on a hundred other people.

That's why it's important to evaluate your situation before you decide to seek an alternative method of treatment.

What's your goal?

It's important to understand what you're looking to accomplish to ensure that you're well-prepared and that your expectations are met.

Perhaps you want to incorporate more natural and non-toxic products into your home. In this case, holistic home remedies are a good choice because they're based on plants and substances which occur in nature and are generally non-toxic in therapeutic doses, unless contraindicated in a person.

There are many cultures which have a rich tradition of folk medicine, and maybe you want to learn more about what your ancestors did and recreate the remedies which they passed down through the family.



Finally, there are the considerations of taking charge of your health. Holistic home remedies allow you to control what goes into your body – you always know what's in the remedies which you take. That's one reason to avoid commercially

prepared remedies and only rely on the ones you prepare yourself with well-sourced ingredients.

Is your life at risk?

When people are faced with unrelenting chronic conditions or terminal illnesses, they often become desperate. They're willing to do anything or try anything in the hopes of a miracle. This isn't the mindset you want when you start exploring alternative health treatments.

A clear head is key so you can do the appropriate amount of research and consult with experts in both traditional and alternative therapies. Some holistic methods work incredibly well with traditional medicine, and others can cause serious side effects when both are combined.

The decision of which treatment to pursue is ultimately yours, of course. But being well-educated and aware of all the possibilities will increase your odds of a positive outcome.

Is modern medicine better?

Modern medicine has made tremendous advances in treating certain illnesses and more breakthroughs are made every day. There's no denying that some conditions require medical intervention of the traditional kind.

In any case where there's a serious illness, or where holistic interventions have been tried but the condition persists, it's imperative to consult a medical professional well-versed in allopathic or



“modern” medicine. He or she can assess the situation and determine what is best for you.

When to Use Holistic Home Remedies?

These simple guidelines will help you recognize when home remedies are more appropriate than allopathic treatments.

As preventive medicine. Herbs are an incredible tool in building and strengthening the body’s natural immunity and defense mechanisms. They’re also powerful adaptogens, meaning they increase the body’s ability to adapt to the ever-changing environment. Used every day, herbs can help prevent ailments from occurring.

In most nonemergency medical situations. Everyday problems such as bruises, sprains, cuts, colds, low-grade fevers, and burns respond well to home remedies.

As therapeutic agents. Alternative medicines are often used in conjunction with allopathic medicine in radical forms of treatment for serious illnesses such as cancer, and auto-immune disorders. Your healthcare provider can help you determine if this approach is right for you.

What does your doctor say?

Many medical doctors and even hospitals and treatment centres are incorporating holistic medicine into their practices.

In order to find a physician who is receptive to this approach, look for doctors who practice integrative medicine. Integrative medicine is a form of medical practice which combines alternative treatments with conventional medicine.



They will be uniquely qualified to guide you in your quest to incorporate holistic practices into your lifestyle and medical treatment.

How will I know if a holistic home remedy is working?

This is both an easy and difficult question. Why? Because it requires an awareness of your body that most people are not used to having. We're conditioned to notice when something is wrong, but when something is going right, we often take it for granted or just chalk it up to being normal.

And even when we do notice when something feels "wrong", the cause is often in the past, and we're unable to pinpoint what it was!

The best way to develop an acute awareness of your body is to keep a journal. It can be an app, or a written journal, it doesn't matter what form it takes.

What is important is that you keep track of everything you eat, drink, and any supplements you may be taking. Make note of how much and how well you're sleeping and your general well-being.



Then keep track of the "results", how you feel, and if there's any improvement in your condition or overall health. Don't worry if you don't see results! Some remedies don't work for certain people, if after a week or 10 days, you don't see any improvement, then it's time to try a different approach.

Other factors

If this chapter seems like it's steering you away from home remedies rest assured, it's not meant to. Adhering to the tenets of holistic medicine means that the whole person must be treated and that even traditional medicine can serve an

important function. This chapter is geared towards helping you understand that concept and incorporate it into your decision.

Chapter 3 -Problems and their remedies.

There are hundreds of conditions, injuries, and illnesses which can be treated by holistic home remedies. Here we catalogue a few of the most common situations you or your family may face, and how to treat them naturally and effectively.

Asthma:

Unfortunately, there's no cure for asthma. But some natural therapies may help manage and alleviate some of the symptoms. Incorporating relaxation techniques like deep abdominal breathing, progressive muscle relaxation, and guided imagery, can relieve stress and possibly head off a stress induced attack.

Some studies suggest that a diet rich in omega-3 fatty acids, allows the body to reduce inflammation. This may help people with asthma since air flow in the lungs is obstructed by inflammation in the airways.

Turmeric

Curcumin is a compound found in turmeric and studies have found that it helps control inflammation. It's a popular spice in Indian dishes and is used in preparing curries.

It can be made into a tea by combining 4 cups of water, and 1 tablespoon of turmeric powder, and letting it simmer for about 10 minutes. Strain the liquid and drink this tea every day. You can add honey and tea to taste.



Turmeric paste is made by combining 1 teaspoon of turmeric powder with 2 teaspoons of honey. This paste should be eaten every day.

Honey

One of the oldest remedies for asthma is honey. It contains chemicals which reduce inflammation in the lungs.

- You can mix 1 teaspoon of honey into a cup of hot water and drink this solution 3 times a day.
- Take one teaspoon of honey with ½ teaspoon of cinnamon before going to bed.



Eucalyptus Oil

Research has discovered that pure eucalyptus oil is a powerful decongestion. It helps break up mucus, promotes a healthy immune response, and provides anti-inflammatory effects.

- Place 2 or 3 drops of eucalyptus oil in a pot of boiling water and breathe in the steam.
- Place a few drops of eucalyptus oil on a cloth and keep it by your head so you can breathe in the aroma.

Asthma is a serious, potentially fatal illness. These remedies should never take the place of your asthma treatment plan and you should contact your doctor before using any of these suggestions.

Colds and Flu:

Catching a cold or flu virus is very draining on our bodies. The symptoms often linger for days and they cause sleepless nights which only makes you feel worse. Here are some home remedies to help get you through those awful cold and flu symptoms:

To Reduce High Fevers

1 cup distilled water

1 ounce of dried peppermint leaves

1 ounce of dried elder flowers

Honey

Mix the first 3 ingredients together and then bring the mixture almost to a boil. Use honey to sweeten to taste. Drink as needed to reduce fever.

To Relieve a Sore Throat

Add one teaspoon of salt to a cup of warm water. Use it to gargle with. The salt will help to draw moisture from your mucus membranes and soothe your sore throat.

To Control Coughing:

Honey and onions

Honey has been used for centuries to soothe coughs. Onions are excellent expectorants, so if you have a productive cough, you can slice an onion into a bowl then cover with honey. Let this sit overnight and then remove the onions. Take 1 teaspoon of honey four times a day. This will help loosen the mucus in your chest. You can also eat onions in soups, raw, cooked or baked.



Dark Chocolate

For a truly delicious way to stop your cough, indulge in one or two pieces of dark chocolate. Researchers

found that the theobromine compound in chocolate is even more effective than codeine!

To Reduce Congestion

In a large bowl of steaming water add a cap full of apple cider vinegar then put your head over the bowl and cover with a towel and breathe in the steam. This will help to clear your congested nasal passages. The apple cider vinegar will help kill the virus and thin the mucus out.

You may also be able to head off a cold, by trying the following home remedy:

To Stop or Prevent a Cold

Apple cider vinegar contains essential minerals and is also a natural bacteria and virus fighting agent. Taking 1 teaspoon of apple cider vinegar in a cup of water twice a day can help in lowering your risk of catching a cold or flu virus. Your immune system will be strengthened by the malic acid in apple cider vinegar.

Hay Fever/Allergies:

Honey

Consuming a local variety of raw honey can help desensitize you to the pollen in your area, thereby reducing your hay fever symptoms. Use it to sweeten your drinks, spread it on bread, or just consume it plain in small portions. It should never be cooked since heat will destroy its beneficial qualities.

Ginger

Add a cup of boiling water over a 1" piece of fresh, peeled ginger root. Let it steep for 5 minutes before drinking. You may sweeten it with honey to taste. This drink is a good decongestant and antihistamine. It has anti-inflammatory properties which help contain allergy symptoms.



Burns:

Burns can be caused by sunlight, fire, or chemicals. First- and second-degree burns can usually be treated effectively at home, but you must keep the area clean to prevent infection. If an infection develops, seek medical attention. Third-degree burns should always be treated by a medical professional.

To treat a burn, first cool the area, which will put out the “fire”. Immerse the area in ice water or apply a diluted apple cider vinegar compress to the burned area for at least 30 minutes. Next, choose one or more of the following remedies:

- Apply a cooling disinfectant poultice made of 2 or 3 drops of peppermint essential oil added to ¼ cup of honey.
- Apply Aloe Vera gel, which is a cooling disinfectant, to the burn.
- Take a tincture of valerian to relieve the pain. The dose is ¼ to ½ teaspoon every 30 to 60 minutes until the pain subsides.

Arthritis/Joint Pain:

For people who have suffer the aches and pains that are associated with arthritis and joint pain there are several home remedies to ease these discomforts in a natural way.

Ginger and Turmeric

These are both known to have anti-inflammatory properties which can help to ease the discomforts linked to rheumatoid arthritis and osteo. You can take these in a capsule or make a tea with them. Turmeric is known to lower the levels of 2 enzymes that are connected to causing inflammation. If you want to take these in a tea form all you need to do is boil 2 cups of water and add 1/2 teaspoon of turmeric and 1/2 teaspoon of ground ginger and some honey to sweeten to taste. You can have 2 cups a day.

Epsom Salt Soak

Another way for you to get some relief is to soak your aching limbs in some Epsom salts in warm water. If your hands are sore soak them in a bowl of warm

water with 1/2 cup of Epsom salts. If your legs or other joints are sore, add 2 cups of Epsom salts to a warm bath.

Acne:

Acne can be distressing and uncomfortable. There are many over the counter medications, but the side effects include dry, red, and scaly skin. More severe cases are often prescribed strong prescription drugs which have serious and dangerous side effects.

Fortunately, there are natural remedies which may halt the progression of acne and help you avoid having to use ointments which will cause you dry and scaly skin or prescription drugs which can cause serious adverse effects.

Onion Acne Treatment

Onions are great in the treatment of acne due to their anti-inflammatory, anti-bacterial, and anti-microbial properties.

Mix 1 tablespoon of onion juice and 1 tablespoon of olive oil together and then apply to your face, leaving it on for 20 minutes. Then wash off. Repeat twice daily.



Back Pain:

There are several different ways that back pain can be treated without the need for drugs or surgery. These holistic approaches can provide relief and allow you to continue living an active life.

Here are some of the most effective treatments or lifestyle modifications:

- Acupuncture is especially effective for nerve-related back pain. Relief can last for up to several weeks after completing a round of treatment.
- Massage therapy releases tense muscles allowing the back to relax without the additional use of prescription nerve relaxants. Getting a regular massage can help keep you pain free for up to 6 months.
- Keeping your spine limber is important so regular exercise such as yoga, Pilates, or Tai Chi are good additions to your lifestyle
- Numerous studies have found that chiropractic manipulation is effective in alleviating back pain which isn't nerve related.
- There are several herbal or plant-based remedies which offer temporary relief. Capsaicin cream, which is derived from cayenne pepper, can block pain signals from reaching the brain. White willow is a plant with effects similar to aspirin, taking the extract can help reduce pain.

In addition, teas made from plants with anti-inflammatory properties such as ginger and mullein can help relieve pain by reducing the underlying inflammation.

Migraine:

Migraine headaches are far more severe than tension or vascular headaches and often reoccur. They've been linked to genetic components but can be triggered by allergies, tension, or immune suppression.

Feverfew

This herb has the greatest success rate in treating migraine headaches. It's most effective as a preventative rather than a curative at the onset of the headache. A cup or two of feverfew tea should taken daily for a period of at least 3 months.

Pregnant women shouldn't take feverfew as it can cause severe cramps.

Depression:

St. John's Wort

St. John's wort has long been used to treat depression. It seems to work best in overcoming a general feeling of "being stuck" and overall stagnation. When depression is accompanied by physical symptoms of constipation or impaired digestion, then St. John's wort is a good choice.

The herb works primarily through the gut and the liver. And since there is more neurotransmitter activity in the gut than in the brain, by improving gut function, St. John's wort can affect the emotions that are felt in the brain.

Dosage: St. John's wort became extremely popular in the 1990s and capsules were made readily available for sale. However, the whole herb is much more effective. A tea or tincture, taken regularly is a better choice.

Caution: St. John's wort improves liver function which often causes pharmaceutical drugs to clear out of the body much sooner than normal. If you're taking any prescription drugs, do not take St. John's wort until you consult with your physician.

Holistic Approach

A holistic approach would look at the individual's entire life to determine the underlying cause of the depression. Some of the recommendations that a holistic doctor might make include regular exercise, incorporating a spiritual practice into



your life, psychotherapy, and a complete physical to rule out any conditions which might be causing a change in mood.

Stress:

One of the contributing factors in many mental and physical conditions is stress. Normal stress is a necessary part of our lives, it's responsible for our "fight or flight" response and alerts us to danger and triggers us to react.

However, ongoing stress, causes the adrenal glands to produce excess amounts of the hormone cortisol. With nowhere to go, cortisol causes several side effects which include an increase in inflammation, and a general feeling of anxiety.

It can also cause:

- Depression
- Anxiety
- Headaches
- Memory problems
- Heart problems
- Weight gain
- Insomnia
- Difficulty concentrating

Reducing your stress levels will lower your cortisol levels. A holistic approach is the most effective way to treat stress.

A multi-pronged strategy which takes into account the condition of your mind and body, as well as your emotional state.

- Meditation or guided imagery to reduce anxiety and lessen stress levels
- Adding regular exercise to your routine
- Getting an adequate amount of sleep
- Eating healthy food at regular intervals
- Reducing, or better yet eliminating, caffeine from your diet

- Eliminating undue stress. This can include taking a break from news reports, social media, or dealing with difficult people.

Aromatherapy

This type of treatment involves the use of essential oils which are extracted from plants, and either breathe them in or put them on your skin. The scents produced by the oils activate certain areas in your brain which responds by releasing feel-good hormones like serotonin into your body.

The most effective essential oils to relieve stress are:

- Bergamot
- Chamomile
- Lavender
- lemon,
- Marjoram
- Orange
- Sandalwood
- Ylang ylang



Herbal for Stress Relief:

These herbs can be brewed into teas which help relax the mind and body. Combined with aromatherapy and other lifestyle changes such as diet, exercise, meditation, and enough sleep, your stress levels should be back to normal as soon as possible.

- Peppermint tea
- Chamomile tea
- Green tea
- Kava tea
- Lemon balm tea
- Rose bud tea

- Passionflower tea
- Valerian root tea
- Lavender tea
- Turmeric tea

Herbs for Brain Health:

The following herbs are extremely beneficial for brain health. They should be used regularly by people who are suffering from "brain fog" or who need to function at peak mental acuity.

Ashwagandha

This herb has long been used to relax the mind and promote deep sleep. It contains compounds which bolster the brain's supply of amino acids. It also helps improve the function of the adrenal glands.

Ginkgo

One of the best herbs for brain function is ginkgo. It's been used for thousands of years and has been subjected to rigorous testing in modern times.

In order to notice any improvement, it must be taken over an extended period (at least 4-6 weeks). Ginkgo increases cerebral blood flow and is a powerful antioxidant which increases both short and long-term memory.



Ginseng

There are several varieties of ginseng and they are all brain rejuvenators that increase cognitive function.

Chapter 4 – Your Herbal Home Medicine Cabinet

There are a number of remarkable herbs that treat a variety of ailments from acne to back pain. It's beneficial to keep these herbs available so that you can use them at a moment's notice. Some of them you may even want to use on a daily basis, so maintaining an adequate supply is ideal.

Calendula

The flower of the calendula plant has antifungal and antimicrobial properties. The dried flowers can be infused to make a tea or compress, and it can also be made into an elixir or tincture.

It can be used to treat:

- Abscesses
- Acne
- Allergies
- Burns and sunburn
- Fungal skin infections
- Indigestion
- Bloating



For topical applications, it can be used as a salve or compress several times a day. For internal treatments, up to a quart of tea can be drunk per day. It's a very safe plant and can be used by children and seniors.

Chamomile

This gentle plant is commonly brewed for tea, but it's a wonderful remedy for stress. A cup of tea before bedtime will help you relax and unwind. It has antispasmodic and antimicrobial properties and has a sedating effect.

It can be used to treat:

- Anxiety
- Depression
- Headache
- Insomnia
- Pain
- Heart Palpitations
- Stress
- Wounds



You can drink it freely as a tea, but for stomach upset a stronger tea may be needed. In that case, use two tea bags per cup of tea, at least twice a day.

Topical application of wounds can be done by soak or compress, multiple times a day.

Chamomile is very safe and can be taken by children, seniors, and even dogs!

People who suffer from hay fever, may have a slight allergic reaction to chamomile and other members of the daisy family of plants.

Ginger

Commonly used in cooking, ginger root also has powerful medicinal properties. It can be added to food, made into a tea, and even candied. A tincture of ginger can be used topically or added to an elixir for a nice tasting remedy.

It has anti-inflammatory and antispasmodic properties which make it ideal for a variety of ailments. Ginger's warming effects help alleviate bloat, nausea, and other digestive issues. It can also stimulate circulation, which combined with its anti-inflammatory effects makes it ideal for conditions which result from systemic inflammation such as rheumatoid arthritis.

It can be used to treat:

- Rheumatoid arthritis
- Nausea
- Constipation
- Back pain
- Headache
- Joint Pain
- Sprains and strains

Adding ginger to your food is a great way to get it's effects. You can also drink it as a tea, between 2 to 4 cups a day are the usual dose. It can also be made into a tincture and 2 to 4 drops is enough to produce an effect.

It can also be applied topically in a liniment or compress to reduce swelling.

While ginger is harmless for most people, it does have a blood-thinning effect. Anyone taking anticoagulants should consult a doctor before taking ginger.

Lemon balm (Melissa)

This is one of the oldest herbal medicines. Doctors in the Middle Ages recognized the immense value of this plant.

Lemon balm is a perennial plant which is a member of the mint family. The leaves have a sweet, lemon flavor and are used for cooking, medicinal, and aromatic purposes. The plant contains a wide range of antioxidants which benefit multiple systems in the human body.



It can be brewed as a tea, prepared as a tincture, or used as an essential oil.

Lemon balm can be used to treat:

- Stress and anxiety
- Insomnia
- Cold sores
- Indigestion
- Nausea
- Toothaches
- Headaches
- Menstrual cramp pain

For most conditions, 1 to 2 cups of lemon balm tea is effective. For toothaches, you can either gargle with the tea, or dip a cotton swab in lemon balm oil and place in on the affected tooth as needed.

Do not use undiluted lemon balm oil. Make sure to buy it diluted or use a carrier oil to dilute it yourself.

Too much lemon balm is too much of a good thing. Don't consume more than 2 grams per day, or you may suffer side effects such as stomach pain, nausea, dizziness, or skin irritation. Talk to your doctor if you're taking any prescription medications especially if you have glaucoma, thyroid issues, or are taking barbiturates or sedatives.

Peppermint

Both the leaves and flowers of the peppermint plant are used medicinally. The leaves can be infused into water for tea, or into oil for salves. The leaves and flowers can be prepared as a steam.

Peppermint has a relaxing effect on the body, which is helpful in relieving gas, bloating and colic in children. This relaxing action can also be effective for muscle soreness when applied topically.

Although peppermint allows the body to relax, it also stimulates the flow of oxygen to the brain. This permits the body to relax in stressful situations but doesn't dull the senses.

It can be used to treat:

- Bites and stings
- Bloating
- Fever
- IBS/IBD/Ulcerative Colitis
- Indigestion
- Muscle soreness
- Nausea
- Respiratory infections



Peppermint contains volatile oils which are antimicrobial and make an effective steam to treat respiratory infections.

Peppermint can be taken freely as a tea. It's pleasant flavor makes it an excellent cover for less tasty herbs.

Large amounts of peppermint may cause heartburn in some people.

Rosemary

This perennial herb is better known for its uses in cooking, but it's an incredibly versatile plant offering a wide range of health benefits. It can be used as an oil, tincture, and tea.

Rosemary is an anti-inflammatory and is a rich source of antioxidants. These compounds are believed to help boost the immune system and improve blood circulation. Antioxidants play an



important role in neutralizing free radicals which are harmful particles believed to lead to aging and the onset of certain diseases.

Rosemary also contains antimicrobial and antibacterial properties. The tea can be used topically to treat wounds.

It can be used to treat:

- Indigestion
- Gas
- Low blood pressure
- Stress
- Depression
- Cough
- High blood pressure
- Problems with circulation
- Muscle pain
- Wound healing
- Pain along the sciatic nerve
- Baldness
- Gum disease

It can be added to food, brewed as a tea, or the oil can be used topically or in aromatherapy. When used topically it should be diluted in a carrier oil such as coconut, almond, or flaxseed.

Rosemary is safe when consumed in amounts found in foods, and when applied to the skin, or inhaled as aromatherapy. However, do not take the undiluted oil by mouth.

Pregnant and nursing women, people with seizure disorders, and those with allergies to aspirin, should not use rosemary.

Mullein

Practically every part of the mullein plant can be used as a remedy. It has antimicrobial, anti-catarrhal, anti-inflammatory, and sedating properties. The flowers and leaves can be brewed into a tea. The leaves can also be made into a tincture and applied topically. The root can be made into a decoction or tincture, and the flowers can also be infused into oil.

It can be used to treat:

- Allergies
- Asthma
- Back Pain
- Cough
- Ear Infection

Mullein makes a tasty tea which can be taken daily. The root isn't available commercially, but if you find it growing wild, it only takes a small piece of root to make a tincture. The dose is usually only 1 dropperful, 2-3 times a day. Mullein flower oil dropped into the ear can be used to treat earaches and ear infections.

The plant is covered in tiny hairs which are irritating. Make sure you strain the tea well.

Thyme

This flowering herb stimulates the thymus which is a major gland in our immune system. It has antispasmodic properties which makes it an excellent choice for lung problems and convulsive coughs such as whooping cough. When combined with sage, it's an effective remedy for sore throats.

It's also a potent anti-inflammatory, antibacterial, and antifungal.



It can be used to treat:

- Stress
- A sluggish immune system
- Vision issues
- Respiratory ailments
- Bacterial infections
- Skin conditions such as eczema, wounds, and acne
- Gingivitis

It also serves as an effective and natural bug repellent!

Thyme is commonly used as an oil.

- To treat or prevent gingivitis, add 2 drops of thyme oil to water and gargle twice a day.
- To treat athlete's foot, add 5 drops of thyme oil to a warm foot bath.
- To treat infections and rashes, rub 2 drops of thyme oil in the affected area.
- To ease fatigue, add 2 drops of thyme oil to warm bath water.
- To increase circulation, inhale or diffuse 2 to 3 drops of thyme oil daily.
- To treat stress, add 2 or 3 drops to bath water, a diffuser, body lotion, or just inhale it.

You can also drink thyme tea to receive the anti-inflammatory benefits. Just add 2 teaspoons of dried thyme leaves to 2 to 4 cups of hot water and let steep for about 5 minutes. Strain the tea and add lemon and honey if desired.

Thyme can act as a blood thinning agent, so consult your doctor if you take anticoagulants.

Lavender

Lavender is a bushy, flowering perennial which is prized for its beautiful color, fragrance, and medicinal properties. It has antiseptic and anti-inflammatory

properties. The leaves and flowers can be dried and used to brew tea, make tinctures, or to add to food.

The oil is used in aromatherapy primarily for relaxation.

How to Use Dried Lavender:

- For a relaxing tea. Lavender is too strong on its own, but mixed with mint leaves, and even a little bit of chamomile, it makes a delicious, soothing beverage.
- Make an extra strong batch of tea, let it cool, and use it as a scalp rinse to treat dandruff.
- Sew dried lavender into a pillow or mask, to promote better sleep.
- Add it to vinegar and create a delicious lavender infused vinegar. Cook with it or dilute it and use it as a skin toner.
- Sew the dried flowers into small sachets and use them instead of dryer sheets.
- Combine the dried flowers with oatmeal and a little water to make a gentle, fragrant face scrub.

How to Use Lavender Essential Oil:

- Add 2 to 3 drops of lavender oil into a diffuser before bed to relax you and help you get ready for sleep.
- Sooth sunburns or other burns, by adding a few drops of the essential into a bottle of cool water and spray on burns for relief.
- Smelling lavender oil can help relieve headaches.
- Add a few drops of essential oil to unscented lotions to



enjoy the aromatherapy benefits every time you use them.

It can be used to treat:

- Coughs
- Respiratory ailments
- Bloat
- Gas
- Stress
- Insomnia
- Wounds

Lavender is generally safe, but some people have reported skin irritation after applying the essential oil topically.

Chapter 5 - Holistic Home Remedies and Family

It's only natural to want to share your home remedies with the whole family. And for the most part, remedies using plants are safe for most family members. However, the very young and older adults, have special conditions or situations which don't make them a good candidate for these treatments.

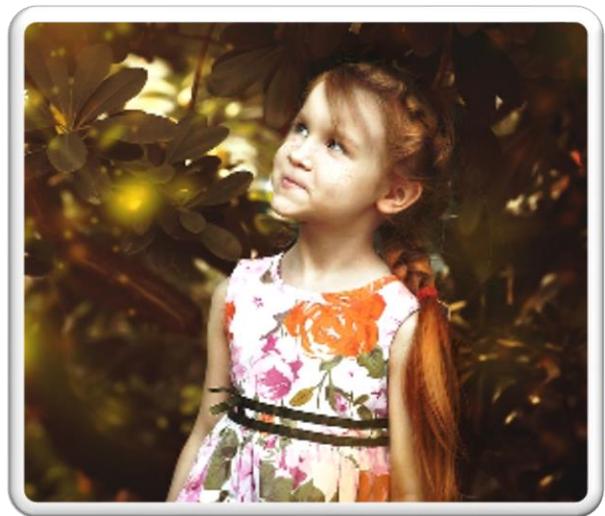
Children

Herbal remedies have a long history of helping children live healthy and vibrant lives. There are many safe herbs that are gentle and have been time-tested, so it's easy to find the ones which will suit your child's needs.

Gentle Herbs to Calm Children

The following plants help to relax the nervous system and help soothe anxieties. They also work well when a child is overtired that they are hyperactive. They can also be used to help a child rest quietly and fall asleep more easily.

- Chamomile
- Lemon balm
- Spearmint
- Rose petals
- Lavender
- Catnip



Nourishing Herbs for Children

These plants contain high amounts of vitamins, minerals, and other phytochemicals that are easily absorbed by the body. You can add these to your child's food to boost their nutrient content. They will work well in salads, casseroles, and soups.

If your children aren't fond of tea, you can use them in infusions and add them to ice pops, smoothies, and gelatin.

- Raspberry
- Rose hips
- Violet
- Dandelion
- Dry or cooked Nettle
- Oatstraw
- Alfalfa
- Seaweed
- Marshmallow



There are excellent books dealing specifically with the proper administering of these remedies. The most important thing to consider is the dosage. Herbalist Rosemary Gladstar explains, “my experience has been that almost any herb that is safe for an adult is safe for a child as long as the size and weight of the child are accounted for and the dosage is adjusted accordingly”.

The easiest way to calculate the dosage is to consider that the adult dosage is based on an adult weighing 150 pounds. Divide your child's weight by 150, and you'll be able to determine the appropriate dose.

Benefits

The benefits of treating children with the holistic home remedies are the same as they are for adults. You're looking at cost effective, natural options, which have little to no side effects. They can also provide additional benefits such as boosting your child's immune system.

Are herbal remedies safe?

Many home remedies are safe and effective for children. However, it's always best to err on the side of caution when trying any new remedy on your child.

Consulting your child's pediatrician will ensure that the remedy is safe and effective.

Here are some home remedies which have been used to treat children in the past, but should no longer be used:

- Honey shouldn't be given to children under 1 year of age. There is a rare form of food poisoning called infant botulism which is potentially fatal. The spores which are harmful to infants are completely harmless to older children and adults, as their digestive systems have developed enough to prevent the spores from growing.
- It used to be quite common to use whiskey to quiet a teething baby. This home remedy has fallen out of favor because alcohol is dangerous for infants. Additionally, whiskey doesn't numb a baby's gums. The best remedy is using a cool teething ring instead.
- Using kerosene to treat head lice in children can lead to serious complications. Head lice shampoo is available at drug stores and large retail markets.
- Rubbing alcohol has been used to lower a child's fever for several generations, if not longer. It's popular because the liquid evaporates quickly producing a cooling sensation. A study published in a leading pediatric journal found that this folk remedy can lead to dangerous side effects. The alcohol is quickly absorbed through the skin and can cause seizures, intoxication, and even coma.
- Although research studies haven't been able to find any link between echinacea and an improved immune system, it remains a popular remedy believed to help the body fight off colds and flus. Recent studies have found that in children under 12, echinacea can cause swelling of the face, breathing difficulties, and rashes. In a few cases, it led to a life-threatening allergic shock.

Seniors

We're living longer but still retiring at age 65 or so. That means that the average adult can spend 10 to 15 years – or even more - in retirement.

This is normally the time that people decide to check off all the things on their bucket list. They may want to travel, spend time with grandchildren, volunteer, or even start a second career. Seniors no longer want to sit in a rocking chair or watch TV all day.

Unfortunately, chronic illnesses such as diabetes, heart disease, high blood pressure, arthritis, and dementia can put an end to those dreams of a happy and fulfilling retirement. That's why it's so important that they take care of their health and make an effort to stay as active and engaged as possible.

Now that you are adding holistic home remedies to your life, it's a good idea to talk to your older family members so that they can reap the benefits as well.



Benefits

A lot of senior citizens are on fixed incomes and can't afford to pay high medical bills. Even with Medicare, co-payments, deductibles, and the services which the insurer doesn't cover can add up to a hefty bill.

Home remedies will allow your senior family member the ability to treat common ailments and may even protect them from others. At the very least, this holistic approach will improve the overall quality of their lives.

They'll benefit from the low cost, the easy access, and will encounter little or no side effects from using home remedies.

Are herbal remedies safe?

Any herbal remedies which are safe for adults are safe for seniors. However, there are special situations which may apply to seniors which should be considered.

While some seniors are in excellent physical health, there are many who are on prescription medication for a variety of conditions from high blood pressure to diabetes. In addition, they may have existing conditions which could make using some remedies ill advised.

Some herbal remedies have a negative interaction with prescription medications. For example, people on blood thinners should avoid ginkgo biloba, melatonin, St. John's wort, and omega-3 fatty acids because



they all interact with anticoagulants. In fact, many herbal remedies have blood thinning properties that's one of the first things you should be aware of if you're on any type of blood thinner.

A full physical and consultation with their physician can reassure you and your family member that they're taking the right steps to take care of their health, and that there is no conflict between their holistic remedies and their prescription medications.

Conclusion

Plants were our first medicine. In fact, the World Health Organization estimated that more than 80 percent of the world's population still uses herbal medicine as a primary system of healing. In this day and age of modern medical miracles, we're sometimes encouraged to believe that herbalism is nothing more than old wives' tales. Natural healing may be known as a form of alternative medicine, but medicines created from the elements which surround us are an inexpensive, effective form of healing available to virtually anyone.

Modern science is now validating through study what our ancestors knew by trial and error about the medicinal power of plants. This research has the potential to provide another window into the world of plants. Though it's intriguing to speculate how plants and herbs work on the body, the numerous compounds in each plant make it difficult to fully explain its complex actions on the human body.

Holistic home remedies are finally being recognized and honored as our oldest system of healing. Unfortunately, there is still a tremendous lack of understanding among some circles, many ecosystems are being depleted, and bureaucratic oversight of some remedies which threaten their availability.

Incorporating these remedies into your lifestyle can allow you to heal yourself in a natural way, with little to no side effects, at an inexpensive cost. They can help heal or control some chronic conditions and prevent others. There are even protocols which will improve the overall well-being of you and your family.

Slowly introduce just one or two of these remedies into your routine, by replacing say, your cough medicine with a tablespoon of honey. Or drink a tea of turmeric

and ginger and take a warm soak in a tub of Epsom salts, instead of reaching for the ibuprofen the next time you feel some aches and pains.

You'll be amazed how these changes will soon become second nature. Include some preventative measures as well, such as adding garlic and ginger to your meals to lower the levels of inflammation in your body. Little by little, you'll find that you look forward to even more ways that you can replace a prescription with a natural alternative.

And if you're lucky enough to have older family members in your family, ask them about their favorite home remedies. They are living links to the past, and you may find out some interesting facts about your family, and how self-sufficient they had to be before the advent of modern conveniences.

This journey will take you beyond simple home-made cures and into a holistic lifestyle which will be healthier and more rewarding than you can imagine.

Taking control of your health by tapping into the wisdom which has been passed down by our ancestors will continue traditions which are as old as civilization.

