

“Let food be your medicine and medicine be your food.” Hippocrates

Whole Foods Home Remedies

Forget drugs, chemicals and synthetics that cost you thousands of dollars, and dangerous side-effects! Natural food remedies can be quick, tasty, convenient, and provide you with great health and beauty benefits. Not to mention they're much cheaper and safer! No complicated methods or use of exotic-sounding herbs that you can't find anywhere - just *simple 1,2,3 steps* with foods you can find in your local grocery store. If they're not in your kitchen cabinet or refrigerator already!

Use whole foods as alternative medicine for your outer and inner health. Get your children started on them as well. Advise your friends on their health woes. Find out the best practices for maintaining your long-term health! "[Home Remedies Ultimate Collection – Discover the Amazing Power of Whole Foods](#)" contains over 3, 129 whole food remedies for hundreds of disorders, beauty, skin and hair care, weight loss, anti aging, aphrodisiac and many more. It is the result of painstaking compilation from eastern, western and mid-eastern sources. For more details, please [click here](#).

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Almond

Almonds are cholesterol-free and provide high quality, highly absorbable protein, monounsaturated fat and dietary fiber. They are also an important source of Vitamin E in the form of alpha-tocopherol, and are rich in magnesium, calcium and potassium. They also contain manganese and phosphorus. There are two types of almond: sweet and bitter. For the sweet almond, again, there are two types: the thin and thick-skinned. The best almonds for consumption are the thin-skin types (but arthritis sufferers and those on medication for diabetes are cautioned against taking sweet almonds). Bitter almonds, on the other hand, are poisonous. Even though they can't be eaten, bitter almonds are important for their commercial value: they're made into almond oil, perfume and cosmetics. High-calorie almonds should not be taken directly after meals, but instead be taken with bulky raw vegetables and fruits. Almond skins contain irritating properties so they should always be removed before use by soaking them in water for one to two hours.

Anemia

Almonds contain copper in organic form in the range of 1.15mg per 100 gram. Copper with iron and vitamins in almonds act as a catalyst for the formation of new blood cells.

Bone health

Almonds provide calcium, magnesium, manganese, and phosphorus - minerals that contribute towards bone mineral density.

Cholesterol

The monounsaturated fat in almonds has been related to maintaining healthy levels of HDL cholesterol while reducing total and LDL cholesterol. Some research shows that just one ounce a day can have this potential effect.

Constipation

Eating 11-15 almonds during the night will cleanse the stomach by the next morning. For those who experience stomach pains frequently, drink 7gms of almond oil with warm milk.

Deafness

Mix in equal parts garlic juice, sweet almond oil and glycerin, and use as ear drop.

Allergy to cow's milk

Pound almonds until they form into powder. Mix with water and a little sugar to drink.

Eczema

Sweet Almond Oil is especially good for eczema. It absorbs quickly into the skin, leaving it soft and non greasy. Excellent for making massage oils, or any remedy that calls for a vegetable carrier oil. Helps relieve itching, soreness, dryness and inflammation. Useful against burns and thread veins. Almond oil goes rancid quickly, so blends made with it must be used quickly.

Apple cider vinegar

Apple cider vinegar contains lactic, amino, propionic acid, acetic acid, enzymes, potash and apple pectin, phosphorous, calcium, sodium, fluorine, silicon, potassium, magnesium, iron, sulfur, chlorine, copper, vitamins A, B1, B2, B6, C, E, pro-vitamin beta-carotene and bioflavonoids. It promotes capillaries blood circulation, is a purifier and helps in the cleansing and clotting of blood. Apple cider vinegar is antiseptic. It is also cholesterol reducing, promotes digestion, helps in metabolism, food poisoning, infection and arthritis pain.

Athlete's foot

Mix 4 tablespoons antiseptic apple cider vinegar with 2 crushed cloves anti fungal garlic to 1½ liter hot water. Soak affected foot for 15 minutes 1x a day.

Blood loss

Taking teaspoons apple cider vinegar in 1 glass water 3x a day restores natural clotting of blood.

Colitis

Take 2 teaspoons cider vinegar and 2 teaspoons honey with water, 3x a day.

Diarrhea

Take 1 teaspoon apple cider vinegar before and in-between meals.

Dizziness

Mix 2 teaspoons apple cider vinegar and 2 teaspoons honey in 1 glass hot or cold water 3x a day.

Ringworm and other Fungal infections

Rub apple cider vinegar on affected parts (artificial vinegar will also work, but preferably pure vinegar so it has no adverse effect on the skin).

Shingles

Rub apple cider vinegar on the affected area.

Barley

Barley composes of albuminoids, starch, fat, beta-glucan, dietary fiber, ash, water, lignana, palmitic acid, salicylic acid and phosphoric acid. It also contains hypoxanthens, 4% proteins and the enzymes for digestion: carbohydrates and vitamins. Some scientists also indicate the presence of arsenic in the barley grain. Just ½ cup of barley contains ½ the daily requirement for selenium in the diet and almost twenty-percent of the USRDA (Recommended Daily Allowance) of Vitamin E. Both of these have been found to be powerful allies in the fight against cancer. Processed barley (polished pearl barley) lacks most of hulled barley's (the husk loosely intact or "blown off") healthful fiber minerals and thiamin. Barley is prescribed for kidney ailments and loss of appetite. It prevents constipation and colon cancer (beta-glucan), reduces the body's production of cholesterol in the liver, good for urinary infections. It also provides energy - being a good tonic for weakness after an illness, is nourishing for convalescents, stress or fatigue. It acts

as blood purifier, facilitates proper blood clotting, increases proper elimination of wastes by the body, improves general circulation and cellular health, prevents tiny blood clots from forming (lignana). Barley is also beneficial for inflammation of the throat, oesophagus and digestive tract.

General use

1 part barley to 15 parts water consumed after boiling. Can also be cooked with milk and honey added or with vegetables to make soups.

Cystitis and other urinary tract infections

Mix a handful of washed pot (not polished) barley with ½ liter water and 2 quartered lemons. Cover, boil and simmer for ½ hour. Strain and keep in refrigerator. Drink several glasses of this barley mixture a day.

Black seed

Black seed contains fixed oil in the form of myristic, palmitric, stearic, arachidic oleic, linoleic, lilolenic and eicososadienoic acids and volatile oil. It also contains albumen, sugar, organic acids, glucoside, melanthin, metarbin and bitter substances. The scientific name for blackseed is nigella sativa. It is also called caraway and black cumin, or Konji in India. Arab traditions regard it as a cure for all diseases. Black seed strengthens the immune system, is a prescription for asthma, whooping cough, kidney ailments, gout, common cold, paralysis, facial palsy, migraine, amnesia, rheumatism, palpitations, diabetes mellitus, mad dog bites, cataract (early stages), earache, skin disorders, high blood pressure and thrombosis. Black seed aids digestion, strengthens the stomach, expels gas, increase lactation, induces menstrual flow, is a diuretic, improves memory, an expectorant and anti-fever.

General health

Take 1 tablespoon blackseed oil morning and night, or at least in the morning before breakfast on its own or with 1 teaspoon pure honey.

Bee stings, wasp stings

Take ½ teaspoon blackseed boiled in water.

Coughs

Take 3-4 drops of black seed oil in coffee or tea.

Cold

Take 21 black seed, put it in a cloth and soak overnight. Use as droplets for the nose the next day. Inhale powdered blackseed kept in cloth.

Chronic headaches, migraine

Fry black seed and put it cotton-made cloth, tie or simply put the cloth on the forehead.

Soak black seed in vinegar overnight, pound it the next day to make powder. Insert in nostril and inhale.

Worms

Take black seed with vinegar to get rid of worms.

Cinnamon

True **Cinnamon** originated from Ceylon or Sri Lanka. In its true form it is a relieve for many ailments. Never, however ingest cinnamon oil - it can cause nausea, vomiting and possibly even kidney damage. On the skin it may cause redness and burning. Cinnamon is most useful for skin and internal care in grounded or powdered form. Discard the spice after a year - it will lose potency with time. Cinnamon is prescribed for asthma, paralysis, malaria, gonorrhoea, german measles, sore throat, excessive menstruation, uterus disorders and infertility (it strengthens semen and the uterus). Cinnamon has anti-microbial properties. It soothes indigestion, controls blood sugar in diabetics, prevents stomach ulcers, wards off urinary tract infections, increases urine discharge, fights tooth decay and gum disease, prevents vaginal yeast infections, protects from cold, influenza, warms and strengthens kidneys and liver, relieves menstrual discomforts and flatulence, prevents nervous tension, improves complexion and memory.

Bad breath

Use grounded cinnamon in warm water as mouth freshener / gargle.

Diabetes

Taking $\frac{1}{2}$ - $\frac{1}{4}$ grounded cinnamon with each meal may help control blood sugar levels.

Digestive disorders

Taken $\frac{1}{2}$ hour after meals relieves flatulence and indigestion.

Take a pinch of cinnamon with 2 tablespoons honey before food to relieve acidity and digests heavy meals to prevent stomach upsets.

Lactation

To produce more milk take $\frac{1}{2}$ teaspoon grounded cinnamon with 1 cup milk.

Menstrual cramp

Take $\frac{1}{2}$ teaspoon finely grounded cinnamon with 1 cup milk every night.

Soothes stomach

Steep $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon powdered cinnamon in 1 cup boiling water for 10 - 20 minutes. Drink up to 3 cups a day.

Curry Leaf

The **Curry Leaf**, or its scientific name, *Murraya Koenigi*, has been known to be used in cooking, especially in Indian foods. Not surprisingly, it can be easily found in the Himalayas. Fresh curry leaves contain 2.6% oil, and its aromatic qualities beta-caryophyllene, beta-gurjenene, beta-elemene, beta-phellandrene, beta-thujene, alpha-selinene, beta-bisabolene, beta-transocimene and beta-cadinene. All parts of the curry plant can be used, including its fruit, stalk and roots. The aroma of the curry leaves will lose its potency when dried, so use them when fresh.

Constipation

Soak curry leaves in hot water. Mix with honey before drinking.

Nausea

For nausea during pregnancy, drink every morning a mixture of curry leaves juice with 2 teaspoons lime juice and 1 teaspoon sugar. The curry leaves juice makes about 15-20% of the whole mixture.

Stomach problem

When the leaves, root, bark, stalk and flowers of the curry plant are boiled and drunk, it relieves stomach discomfort. When the leaves are eaten raw, it relieves diarrhea.

Spots and rashes

Boil curry leaves with cows' milk and apply on troubled spots.

Snake bite

Drink a mixture of curry leaves tea, grounded raw turmeric and salt.

Date

Dates contain sugar, fat, proteins, vitamin A, vitamins B1, B2, nicotruic acid (anti- pellagra) and are rich in natural fiber. They also contain traces of minerals needed by the body such as oil, calcium, sulphur, iron, phosphorous, manganese, copper and magnesium, vitamin C (in fresh ones, dried dates have almost no vitamin C), and potassium which is very effective for hemorrhage, such as in delivery or circumcision. Easy to digest, one date is a minimum of a balanced and healthy diet (1kg=3000 calories). Fresh dates also have fewer calories than dried ones. Dates help in night-blindness and diseases of the respiratory system, prevent abdominal and breast cancer, alleviate depression in new mothers, enrich breast milk, help in the growth of the fetus, strengthen the muscles of the uterus in the last months of pregnancy, increase sexual strength (aphrodisiac), prevent putrescence of humors, correct weakness of digestion, relieve intestinal mal-absorption, strengthen bones and prevent giddiness due to low blood pressure and low sugar levels. They also appease hunger and help in weight gain.

Anemia

Put 2 - 3 dates in a glass and pour boiling water over it. Leave the mixture overnight and drink it the next morning. Practice this for 2 weeks.

Constipation

Soak 6-8 dates in 1 cup water at night. Blend to drink the next morning before breakfast.

Dessert substitute

Take dates instead as a healthy substitute to sweet foods like ice-cream chocolate candies cakes etc which contain too much disease-inducing carbohydrates fat, salt and sugars.

Energy

Eating 7 dates is said to give sufficient energy to last the whole day containing enough vitamins and minerals the body needs.

Scar

Take dates with almond to make scars disappear.

Weight gain

Take dates with cucumber or milk to gain weight.

Fig

Figs contain 55% sugar and have the highest sugar content of any fruit. It is also a good source of natural sugar. Figs are highly nutritious and also has calories with 1 fig = 50 calories. Figs are rich in calcium, iron, magnesium and potassium and pectin. They provide more fiber than any other common fruit or vegetable. Figs are prescribed for asthma (drains phlegm), reduce blood cholesterol, relieve chronic constipation, aid digestion, promote tanning, strengthen lungs and chest, gives energy, treat mental and heart diseases and skin pigmentation diseases, used as coffee substitute, help in quitting smoking, cure hemorrhoids, promote brain efficiencies and alleviate sexual weakness. Figs also act as an excellent laxative. They are anti-cancer and excellent for the liver.

Anemia

Soak 2-3 dried figs in 1 cup water. Take them with milk for 1 month.

Abscess, boil

Apply as paste, a baked fig that has been cut in half, over the inflamed area.

Bladder stone

Boil 2 figs in 1 cup of water. Drink daily for a month.

Constipation

Take fig either fresh or dried.

Corn

The milky juice of green figs help to soften corn that has been suffered for a long time. Apply it directly.

Hemorrhoid

Clean 2-3 figs thoroughly with hot water to easily digest them later. Soak them overnight in cold water and take it early the next morning and in the evening. Repeat 3-4 weeks. Take the fig together with the water.

Garlic

Garlic contains vitamins B and C, calcium, phosphorus, iron, thiamine, riboflavin, niacin, protein and traces of minerals including selenium and sulphur. It also contains traces of iodine and chlorine. Garlic has antibacterial, antiviral and anti fungal activity. It has shown long-term benefit for recurrent yeast infections. As an antiseptic, the use of garlic has long been recognized. In the late war, garlic was widely employed in the control of suppuration in wounds. Garlic reduces the risk of heart trouble and cancer, strengthens the immune & digestive systems, heals infections, kills intestinal parasites, helps overcome body weaknesses, regulates both high and low blood pressure and helps lower blood cholesterol levels (alone or with low-fat diet). It prevents blood clots and formation of artery blocking plaque deposits, thins and purifies blood, dissolves mucus accumulation in the sinus cavities, bronchial tubes and lungs, inactivates digestion and absorption of dietary fat, has growth-inhibiting effect on a wide variety of microbes (kills inhabiting bacteria in food). Garlic treats asthma, TB, pneumonia, lumbago, arthritis, rheumatism and pain in the joints. Garlic is also an appetite stimulant.

General use

Eat regularly 1 or 2 clove a day. Garlic powder is the best to be taken as supplement with 1/3 teaspoon = 5000mcg of allicin (the equivalent of 1 fresh clove).

Cancer

Take garlic extractions or juices as it retards the growth of tumor and has been used successfully against cancer in both animals and human.

Cuts, wounds, inflammations

Apply garlic oil to the inflamed area. Cover with gauze to keep clean. Take garlic to clear up an infection.

Apply garlic as an antiseptic dressing 1x a day over an ulcer. It also reduces pain in short time.

Cholesterol

Eat it pure or take 1 garlic capsule 2x a day.

Diphtheria

Chewing garlic cures the infected mucous membranes reduces temperature and provides relief.

Ear, hearing problems

Take lecithin and garlic supplements to fight ear infections.

Insect bite

Apply locally garlic oil.

Whooping cough

Take garlic syrup regularly for frequent coughing spells.

Ginger

Ginger contains primarily gingerols and shagaols volatile oils including sesquiterpenes and monoterpenes. It also contains alkanes, aldehydes and sulfide derivatives. The rhizomes (underground stems) of the ginger plant are used medicinally, with the most potent being the Indian and African types. Be sure to buy and use them fresh avoiding those with dry wrinkled skin mold or soft spots. Maximize the potency of ginger by grating or using a ginger press. Too much intake of ginger however can cause stomach upsets especially on an empty stomach. Since ginger thins the blood, patients on anticoagulants should take extra care with high-dosage ginger. A glass of cold ginger ale with no artificial flavorings can also be taken for its stomach-soothing effect. Ginger fights infection and reduces fever, helps to treat motion sickness, nausea, food poisoning, vomiting and stomach virus. It also treats migraine headaches, stimulates saliva flow and digestive activity, expels gas from intestines, eases pain from gas and bloating, relieves muscle and joint pains, slows certain types of diarrhea and aids digestion. Ginger has anti-inflammatory, anti-cancer and anti-ulcer properties. It also acts as an antioxidant, aphrodisiac and mouth freshener.

General use

Make ginger tea by steeping 1 teaspoon chopped fresh ginger in 1 cup boiling water.

Arthritis

Apply on the affected area or take ginger tea orally everyday with vitamin E for joints.

Cholesterol, blood thinner

Take a few cups of ginger tea a day. Ginger improves circulation by thinning the blood and reduces cholesterol.

Cold, flu

Sip ginger tea throughout the day. Ginger helps kill the influenza virus and the immune system fights infection.

To avoid getting cold frequently, sip ginger tea once a week, and bathe warm water in the afternoons.

Constipation

Take few slices ginger and boil in hot water. Drink when cool. Ginger tea helps start bowel movement.

Fatigue

Take cold ginger ale.

Heartburn

Take ginger tea.

Motion sickness

Take ginger tea about ½ hour before travels.

Ginkgo Biloba

The **Ginkgo Biloba** tree is the oldest tree species known to man. Today world-wide studies reveal its role in promoting neuro-health by increasing cerebral blood circulation. The leaves of ginkgo biloba are used to increase circulatory oxygenation to brain cells. Ginkgo helps in alzheimer's disease, asthma, depression, attention deficit disorder, blood clots, dementia, kidney disease, memory loss, respiratory disease, senility, stress, tinnitus, and vascular disease. Ginkgo is generally beneficial, but large doses can cause restlessness, diarrhea, nausea and vomiting. It is also an anticoagulant and anti aging.

Hair loss

Take ginkgo biloba to improve blood circulation to the scalp and silica to make hair stronger and thicker.

Vision

Take ginkgo biloba to increase oxygen and nutrients to the eye and clears toxins. Mix with zinc sulfate to slow down progressive vision loss. Also take Vitamin A which is necessary for normal vision and helps maintain healthy skin and eyes.

Ginseng

There are 3 types of **Ginseng**: Asian or Panax, American and Siberian ginseng. There seems to be few reported side effects from ginseng consumption. However, there is always risks in its high intake and taking it over a prolonged period of time. Interactions with certain drugs can be dangerous. For example, mixing ginseng with warfarin can lead to bleeding. Start low and go

slow on any ginseng product. Avoid taking it when pregnant or nursing. Dried ginseng root may be powdered and taken in capsule form or brewed as tea. Extracts can also be applied externally. Find the instructions for proper dosage when purchasing any type of ginseng. Ginseng relieves stress (siberian ginseng), improves stamina (siberian ginseng), regulates blood pressure (asian / american), enhances immunity (asian / american), treats diabetes (asian / american) and acts as a tonic to regulate and strengthen body functions (all types).

Memory

Take ginseng and the herb gotu kola together in capsules to prevent senility, improve the memory, and to promote mental endurance.

Grapes

Grapes are a source of carbohydrates, phosphorous, potassium and especially vitamin A. They contain *polyphenol*, responsible for their heart-protecting properties. Grapes are also known to have antioxidant properties and other beneficial effects on aging bodies such as dilating constricted coronary arteries. Wine may contain polyphenol but alcohol-drinkers also suffer more than twice the usual rate of breast liver and digestive system cancer and are more likely to have alcohol-related car crashes. Get polyphenol naturally and fresh - grape juices contain *proanthocyanidins* (PCOs) that were found to be 50 times more potent than vitamin E and 20 times more potent than vitamin C. Grape is useful for the heart, liver and stomach. They are beneficial for mental ailments, heart diseases and intestinal disorders. Grapes are also good for high blood pressure, low energy and anemia.

Eye

Grape seed extract improves blood flow in the eye's capillaries, and thus is prescribed for eye problems of the elderly, such as macular degeneration and cataracts.

Lungs

Take grape seed extract to repair lung damage.

Migraine

Drink the juice of ripe grapes.

Henna

Henna, scientifically known as *lawsonia inermis*, has been well known for a long time in the Muslim world. It is extensively grown in India and Sudan and is used mainly for cosmetic purposes. The henna plant is sometimes called the "Magic Plant" because it has a great healing effect. It contains many healing substances like tannine and other glue-like substances, with an anti-microbial and an anti-viral effect. Henna is natural, inexpensive and has no known side effect when taken orally. It helps in foot pain, treatment of wounds, burns, ulcer of the mouth, stomatitis, hot swellings, smallpox, leprosy in the early stages, jaundice, cracking of nails, pimples, blisters, skin pustules between the legs, vision and hair growth. Henna increases youthfulness, augments sexual drive (aphrodisiac) and prevents moths in clothing. It also has anti viral and anti hemorrhage properties.

General application

Henna in paste or powder form.

Burns

Applying henna paste (powdered henna mixed with a little water) to 1st or 2nd degree burns reduce the pain. Fluid loss from the burn site has an anti-microbial effect and so reduces the risk of infection. Henna also sticks on the wound site until healing is complete.

Wound, ulcer

Henna in paste or powdered form promotes wound healing especially chronic wounds and ulcers. Apply locally.

Anti hemorrhage

One dose of henna is generally sufficient for nose bleeding (epistaxis) providing a long-lasting cure. Better than cauterization which may cause recurrence but the only side effect of henna here is that it can cause slight sneezing. Henna can be used at other sites like a bleeding duodenal ulcer or oesophageal varicose veins with no known side effects.

Anti viral

Treats warts and herpes simplex (applied as a powder it dries the vesicles at the site, prevents ulceration and crust formation and prevents secondary infection). It can also be used to treat AIDS.

Hair dye

Add olive oil to henna to soften and condition, hot Hibiscus tea to enrich red tones, hot strong Black tea to bring out golden lights & drab down red-orange tones. Onion or Lemon juice works well with neutral henna to brighten and Apple cider vinegar will help fix color on gray hair.

Sore throat

Soak henna leaves in water and use as a gargle.

Honey

Raw **Honey** is antiseptic, antibiotic, anti fungal, antibacterial and never spoils! Honey contains calcium, copper, iron, magnesium, manganese, niacin, pantothenic acid, phosphorus, potassium, riboflavin, sodium, thiamin, zinc and god knows what other undiscovered vitamins and minerals. Always store honey at room temperature, never in the refrigerator. If honey turns cloudy or crystallizes (a natural process), simply place the honey jar in warm water and stir until the crystals dissolve. Don't take honey with a metal spoon - it changes the composition of the honey. Use plastic or porcelain instead. Don't boil or mix honey in hot water. Always keep honey in the house, and make that RAW.

Long life, honey

One common fact worldwide is that the most long-lived people are regular users of honey. An interesting fact yet to be explained is that bee keepers suffer less from cancer and arthritis than any other occupational group worldwide. Other benefits of honey, among many: it cleanses the arteries and bowels of impurities, opens obstructions of the liver, kidney and bladder, breaks up excess moisture in the bowels (such as diarrhea), has anti-cancer properties, acts as a cough suppressant, forces out phlegm, a curative for depraved appetite, detoxicant for drug users, preservative, ointment for hair - cures head louse, softens, conditions and promotes hair growth, strengthens gums, eliminates gum disease, opens the pores of blood vessels, eases menstrual discharge, inhibits growth of bacteria salmonella, eschericia coli, shigella, and vibrio cholerae, and desensitize hay sufferers.

Cough

Mix 6 oz. liquid honey, 2 oz. Glycerin with juice of 2 lemons. Bottle and cork firmly. Use as required.

Fatigue

Dissolve 1 teaspoon honey in warm water or a quarter honey balance of water in a jug and keep in the fridge. Honey is primarily fructose and glucose and so it is quickly absorbed by the digestive system.

Food preservative

Cakes with honey replacing sugar stay fresher longer due to natural antibiotics. Reduce liquids by approx. one-fifth to allow for moisture in honey.

Hay fever, asthma

Chewing the tops of honey comb stimulates the immune system due to the minute amounts of pollen. During the hay season chew for 20 minutes a teaspoon of bee capping (tops) 5 - 6 times a day. Highly effective and useful for asthma sufferers as well.

Nasal congestion

Place a dessert spoon of honey in a basin of hot water. Cover your head with a towel over the basin and inhale the fumes.

Stress

Honey in water is a stabilizer - calms highs and raises lows. Use approx. 1:4 honey to water.

Honey Cinnamon

Arthritis

Mix 1:2 part honey to lukewarm water and small teaspoon of cinnamon powder. Make a paste and massage it on the itching part of the body. The pain will recede within a minute or two.

Take 1:2 cup of hot water to spoons of honey. Add one teaspoon of cinnamon powder. Drink daily morning and night. Effective even for chronic arthritis.

Bladder infection

Drink a glass of lukewarm water mixed with two tablespoons cinnamon powder and 1 teaspoon honey. It destroys the germs of the bladder.

Cholesterol

Mix 2 tablespoons honey and 3 teaspoons cinnamon powder with 16 ounces of tea water. It reduces cholesterol level in the body by 10% within 2 hours. Take 3x daily for arthritic patients.

Hearing loss

Taking 1:1 honey and powdered cinnamon morning and night restores hearing.

Indigestion

Sprinkle grounded cinnamon on 2 tablespoons of honey. Take before food to relieve acidity and aid digestion.

Lemon

Lemon contains plenty of vitamin C, small amounts of some B vitamins and E. It also contains substantial quantities of magnesium, potassium, calcium and phosphorus, copper, zinc, iron and manganese. Vitamin C from lemon can be consumed easily from squeezing sour lemon on food. Lemon activates the immune system, is beneficial to the lining of the digestive tract and stomach, stimulates the pancreas and liver and relieves rheumatism and arthritis. Note: Lime juice can be used as substitute for lemon juice for its medicinal properties.

Chilblain

Rub a slice of lemon dipped in coarse sea salt on unbroken affected skin.

Cold sore, shingle

Apply directly lemon juice to unbroken skin.

Cough, cold

Take 1 teaspoon honey with hot lemon at bed-time.

Itch

Rub fresh lemon juice on the itching area.

Refresh body

Mix lime in the bath to invigorate the weak body and lightens headaches.

Toxin

Squeeze some lemon juice into warm water and drink it to help cleanse the body of toxins.

Olive oil

Olive oil contains over 75% monounsaturated fatty acids, polyphenols (an antioxidant), flavanoids and fat-soluble vitamin E. It has no protein, carbohydrate, sodium, cholesterol nor minerals. The first pressed olives (usually cold-pressed and produces lower acidity levels) is called Extra Virgin olive oil. It is particularly rich in the phenolic antioxidants as well as squalene and oleic acid, so should be the best for usage. Olive oil should be stored in a cool, dark place, away from heat so as not to destroy its constituents. Olive oil lowers LDL cholesterol level and the risk of skin colon & breast cancer and protects against coronary heart disease. It is anti aging by inhibiting oxidative stress. Olive oil also improves the operation of stomach & pancreas, reduces hypertension and bowel cancer, prevents bones problems in the aged, has protective and tonic effect of the epidermis, effective for hemorrhoids, anal fissure, skin diseases and pleurisy. Olive oil is a good preservative for foods such as sardines and other fish. It is beneficial for hyper acidity and gas troubles. The regular use of olive oil prevents common cold, pneumonia and gastro intestinal carcinoma. Olive oil gives exuberance to facial complexion, protects against poisons, regulates the digestive process, expels intestinal parasites, helps raise low libido, relieves sciatica & arthritis, treats dental cavities and leukoplakia in the mouth and removes kidney or gall bladder stones.

Anal fissure

Take 2 spoonfuls of olive oil at bedtime and apply locally on fissure 8 spoonfuls of olive oil and 2 spoonfuls of ground henna leaves mixed as ointment before sleeping and in the morning.

Anti fungal

Apply to affected area oil procured by burning of olive wood. Effective for fungal infections like ringworm, eczema, psoriasis, dandruff, alopecia, etc.

Boil, rash, ulcer, itch

Apply olive oil or the water extracted from the crushed olive oil leaves locally.

Burn

Apply a combination of normal saline and olive oil.

Epilepsy

Use olive oil for massage.

Muscle pain

Massaging olive oil all over body also tones up the muscles and organs.

Small pox, boil

Apply locally concentrated watery solution of olive leaves and fruits mixed with vinegar.

Teeth and gums

Massage affected gums with olive oil and salt.

Onion

Onion is a major source of protein, calcium, potassium, sodium, sulphur and iron. A 100 gm of raw onion contains: 1.3 gms of dietary fiber, 23 calories, 0.9 gms of protein and 5.2 gms of sugar. The white onions are the strongest followed by yellow. The red or purple onion variety are the mildest-flavored types. Onion is anti-bacterial and anti-fungal, kills worms, eliminates bacteria causing TB and ulceration of the lungs, helps in dissolution of blood cholesterol and relieves congestion in airways. It can help in bronchial congestion, prevents heart attacks and aid in cancer resistance.

Age spot, wart, freckle

Rub onion juice mixed with vinegar on affected areas.

Asthma

Onion counters bronchial constriction so it may help prevent asthmatic attacks.

Cholesterol

Take onion juice.

Hypertension

Take 2 teaspoons mixed onion juice and pure honey in 1:1 quantity 1x a day.

Restrict salt intake and drink plenty of water.

Insomnia

Take onion juice.

Royal jelly

Queen bees are made, not born, and their feeding with **Royal Jelly** is the key to that process. Without this special food, queen bees would fail to develop properly. Royal jelly is a thick, extremely nutritious, milky-white, creamy liquid secreted by the hypopharyngeal glands of the

nurse bees. Queen bees live exclusively on royal jelly and it accounts for their incredible size and longevity. They average 42 percent larger and weigh 60 percent more than the worker bee. Amazingly, they live 40 times longer than worker bees, seven years as compared to seven weeks. In the wild, Queen bees will produce 2,000 eggs per day with each day's brood equal to 2½ times her own body weight. Royal jelly contains many of the most essential nutrients including: all the B vitamins, vitamins A, C, D, E and K more than 12 important minerals, 18 amino acids and other important constituents including collagen and lecithin. Royal jelly is a powerful anti aging tonic with all the necessary elements to sustain life and provide longevity. Many users of royal jelly do so to gain an all round feeling of well being and to promote youthfulness.

Promotes youthfulness, skin beauty and more

Although royal jelly has been traditionally known to prolong youthfulness and improve skin beauty, evidence indicates that this substance increases energy, alleviates anxiety, sleeplessness, moodiness, memory loss and bolsters the immune system.

Other benefits of royal jelly: treats acne, allergy, anemia, angina, anorexia, arthritis, asthma, baldness, bladder infections, breathing problems, bronchitis, cold, constipation, cystitis, depression, diabetes, arteriosclerosis, cancer, chronic fatigue, dyspepsia, eczema, endocrine system disorders, infertility, high blood pressure, high cholesterol, hormonal imbalances, hyperactivity, impaired memory, impetigo, impotence, inflammations, insomnia, liver ailments, malnutrition, mental exhaustion, menopause related symptoms, migraines, mononucleosis, muscle weakness and nausea.

It also provides anabolic support, aids longevity, alleviates stress, treats ulcers, weak or tired eyes, post-delivery pains, retarded growth, skin blemishes and wrinkles, smokers' nicotine-induced diseases, viral and bacterial infections, heals wounds, helps in weight control, builds tissue and muscle, helps regenerate bone growth, promote smooth, healthy and toned skin and regulate weight, increases vigor and physical strength, regulates and balances hormones, rejuvenates the aged sick or weak, stimulates the memory and mental functioning and fights against viral and bacterial infection.

Royal Jelly is anti aging, anti depressive and anti anxiety.

Senna leaves

Senna leaves are better cooked or boiled for their water than taking it powdered. When cooked, Meccan senna leaves can be mixed with some sweet violet flowers and seedless red raisins. Modern studies have confirmed senna's utility for alleviating severe and chronic constipation including that of children and cancer patients. The German Standard License for senna leaf tea indicates its use for constipation and for conditions in which easy bowel evacuation with soft stools is desirable, as does the British Herbal Compendium. The World Health Organization approves senna leaf for short-term use in occasional constipation. However, when taken on a regular basis, senna may cause liver damage, so exercise caution. It is a mild laxative, and helps in cleansing the yellow and black bile, angina of the heart, black jaundice, hepatitis, herpes

simplex, cracking of the skin, migraine headache, hair loss, head louse, scabies, pimples, itch, epilepsy and muscle tension.

Water

Water makes Life. Fresh, Pure Water benefits both the healthy and the sick. Consider what dehydration does to the body:

- (1) It makes the cells in the body involved in fat-burning become sluggish.
- (2) It makes you feel tired and weak.
- (3) It disturbs appetite mechanism so you think you are hungry even when you are not.
- (4) It disturbs digestion, as the enzymes that play a major part in digesting food and absorbing nutrients are themselves mostly water.

The quantity and quality of water you drink also affects how you think and feel.

The brain itself is 75% water - mildly dehydrated, thoughts and feelings become distorted, so for mental clarity and emotional balance you need plenty of water. If the water you drink is polluted by heavy metals or chemicals, then the biochemical reactions will become polluted as well, disrupting clear thought and emotional balance.

There are two elements to water: Cold and Hot. Cold water benefits more internally, while hot water is best used externally. There are no rigid rules to the exact measure of water to be taken daily, although the common practice is to drink 6-8 glasses a day for the healthy individual. To spread consumption more fairly, try this: 2 glasses of water first thing in the morning just after getting up, 2-3 glasses between breakfast and lunch and 2-3 glasses between lunch and dinner. When it gets hot, or after exercising, drink more. Sufficient water:

Reduces fatigue and stress.
Increases energy and stamina.
Is needed for digestion and waste elimination.
Improves functioning of the whole body.
Reduces cellulite, puckered thighs.
Is needed for youthful, good skin and looks.
Gives Life!

Appetite control

Reach for a glass of water every time you feel hungry between meals. Your body may be hungry for liquid, not food. Your hunger will diminish within a few minutes.

Effective digestion

Avoid drinking with meals, it dilutes the potency of juices needed to properly break down and assimilate nutrients from the food eaten. Small sips of cold water, though, is alright as it strengthens the stomach instead, increases sexual desire and relieves thirst.

Cleanse toxins

How Far Infrared affects our body's water molecules and the ability of our bodies to cleanse Toxins - [Click here](#).

Diuretic

The body retains water because there isn't enough water in it. Drink more to reduce and eventually eliminate water clogging or retention.

Weight loss

To lose weight, drink ten glasses of water a day, at least half an hour before and after meals (not for kidney and liver sufferers).

Water Dont's

Don't drink cold water on an empty stomach.

Don't drink cold water after sexual intercourse.

Don't drink cold water immediately after waking up from a sound sleep.

Don't drink cold water after taking a hot bath.

Don't drink cold water after eating a fruit.

Drinking extremely cold water aggravates coughing, chest pains, and weak kidneys.

Drinking extremely cold water harms the teeth.

Drinking extremely cold water very often can cause blood vessels to rupture, bronchitis, bronchial catarrh, chest and other cold illnesses.

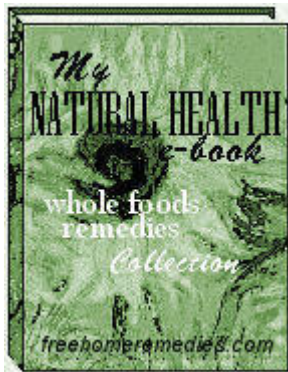
Drinking hot water wilts and dulls the body.

Drinking hot water dampens sexual desire.

Both extremely cold and hot water are harmful for the nerves, and to most limbs.

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