

# Home Remedies

## Cooling Blends

### Recipe 1.)

1 teaspoon crushed dried rose hips  
1 teaspoon dried peppermint leaves  
1 teaspoon dried sage leaves  
1 cup water, barely boiled

Place the herbs in a teapot. Pour the boiling water over the herbs, cover and steep 10 minutes. Strain and sweeten with honey to taste. Sip slowly while warm. The rose hips deliver a large dose of vitamin C, while peppermint and sage have a cooling effect on the system. This tea is particularly helpful with feverish colds.

### Recipe 2.)

1 1/2 cups water  
3 (1/4-inch) slices fresh ginger root, bruised  
1/2 of a fresh lemon  
1 teaspoon honey  
1/4 teaspoon powdered cayenne pepper

Bring water to a boil in a glass or stainless steel pan. Meanwhile, hit each ginger root slice gently with the broad side of a knife to break up the pulp a bit. Put the ginger in the boiling water and simmer uncovered 5 minutes. Meanwhile, Squeeze the juice from the lemon into a cup. Add the honey and cayenne. Strain the ginger tea in to the cup, stir and sip slowly while hot. NOTE: You may add an ounce of brandy to your bedtime dose to help ease you into sleep.

## Coughing

### Recipe 1.)

This is a soothing throat remedy for problems brought on by exertion

1 lemon  
1/2 cup honey  
1 tablespoon glycerin

Cover the entire lemon with water in a small saucepan. Boil for 1 minute. Remove from heat. While still hot, slice the lemon in half and squeeze all the juice into a bowl, removing seeds. Stir in the glycerin and honey. Store the syrup in a sterilized glass bottle, tightly capped, on a shelf. If the syrup becomes too cold, warm it slowly by setting the jar in a pan of warm water. The syrup will keep for up to 2 months.

### Recipe 2.)

1/2 lb. flax seed (you can get this at most groceries, especially if they have a non-gluten area)  
1 c. granulated white sugar  
Juice of 6 lemons (can come from a bottle)  
1/2 lb. of honey

Put flax seed in a bag; pout over it 1 1/2 pints of water. Let simmer down to half that amount. Remove from heat and add other ingredients while still hot. Give teaspoonful as often as necessary. Yield: between 1 and 2 pints

### Recipe 3.)

The ingredients are a combination of spices and nutrients with no unpleasant medicinal side effects -- no drowsiness, no dry mucous membranes, no cautions about using machinery or driving. It soothes an irritated throat and relieves chest congestion and phlegm. It tastes terrible but if you have a persistent cough, it's worth a try.

1/4 teaspoon cayenne pepper  
1/4 teaspoon ground ginger  
1 Tablespoon honey  
1 Tablespoon apple cider vinegar  
2 Tablespoons water

Mix and take by the teaspoon. Take 3 teaspoons for a bad dry cough

**CAUTION:** Any cough persisting more than a week, accompanied by headache or fever, and any cough which is productive of thick yellow or green mucous should be evaluated by a physician. One precaution I have read is regarding the honey: Do not give honey to children under 1 year of age unless it is pasteurized or boiled for five minutes. I would not give this mixture to a young child anyway, because the taste is too strong, and a child with a cough should be seen by a pediatrician.

## Diarrhea

Grate one ripe apple. Allow the pulp to stand at room temperature for several hours until considerably darkened before eating. The oxidized pectin present in the fruit is the same basic ingredient found in Kaopectate brand diarrhea medicine!

## Vomiting

2 drops peppermint oil  
1/2 cup cool water  
Mix and drink.

## Burns

1. Soak hand (or where ever) in COLD water for a long time. If the burn is bad, for a long time –
2. When the pain (hopefully) is somewhat alleviated, sprinkle or apply pure Lavender essential oil on the burn. May need to be applied several times.
3. If the burn still hurts, thickly apply moist clay. Wrap up in a plastic bag or strip of old sheet. If it starts to dry out, sprinkle with water, or change for fresh clay. Bentonite, green clay, kaolin, they all work. Don't mix the clay, get powdered clay, put in a pottery or glass bowl, pour in water, cover with a dish, and let sit, the next day it's ready to use, add more water as need to make a thick slurry. If you only have powdered clay, and you have a burn to deal with, then mix some up, but it's much better to have it always on hand. The pain of burns, scrapes, and other small wounds is immediately relieved with the application of clay, and it greatly speeds healing.

## Cuts and scrapes

Sprinkle turmeric powder on the cut, and then apply a Band-Aid or strip of old sheet. Turmeric speeds healing and is anti-septic.

## Bruises

1 cup vegetable oil, warmed  
1/2 teaspoon cayenne powder

Mix the cayenne into the oil. One day after the initial injury, (the first day apply ice), gently rub the oil onto the affected area several times a day until the bruise clears. However, make sure you do not apply this to an area with broken skin.

## Cold Remedy and Tonic

Use this regularly as a tonic for general health, or specifically to treat cold symptoms. Increase the amount of cayenne as your tolerance increases--use enough to feel the heat, but not be in pain.

1 inch-long piece of ginger root  
1 1/4 cups very hot (not boiling) water  
1 round tablespoon lavender flower  
Frozen lemonade concentrate, to taste  
1/4 teaspoon cayenne

Mash the ginger root in a garlic press, then place the juice and pulp into a small glass bowl. Add the hot water and lavender, and steep for 3 to 5 minutes. Strain the liquid into a cup, then add the lemonade concentrate and cayenne. Drink the entire mixture.