

Encyclopedia of Home Remedies for Better Life

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Attention: *For the first time a Naturopathic Doctor opens his vault to unveil the complete list of home remedies used by professionals Holistic Practitioners...*

The God of heaven, who created us, has given us the simple things of nature for our healing. It is my prayer that this encyclopedia will help bring back the sunshine into someone's life.

**All Natural Cures and Home Remedies
That Will Give You RELIEF From Your Symptoms
NOW Proven In Clinical Trials!**

"Don't go anywhere, because this could be the most important information about your health you'll ever read!"

Home remedies for over 300 diseases and disorders. Back in the old days, the pioneers were practical minded people. They knew how to make-do

with what they had. They combined folk remedies from centuries earlier in other lands, with herbal formulas borrowed from the Indians. Since then, even more has been discovered about physiology and nutrition. You will find a lot in this disease encyclopedia.

After researching 1,300's of natural cures and *home remedies*, spending months sifting through hundreds of reports and studies, and putting my findings to the test on real people in my natural healing clinic...

I can say that the majority of natural "cures" are completely bogus. But the ones that are effective seem to work like magic! And many of them can give you almost instant relief from your symptoms.

Now, you can get access to my vault of natural cures and *home remedies* - that you can find in your own kitchen cupboard - backed by thousands of hours of scientific research...

Home Remedies Example 1: Did you know that if every woman in India would get just one nutrient every day **breast cancer rates would drop 50 Percent?**

Home Remedies Example 2: Did you know that you can make a natural laxative that works **many times better** for constipation than any over the counter laxatives? Just eat four prunes twice a day and you will have the most effective and gentlest home remedy for constipation.

Home Remedies Example 3: Did you know that 6 cherries **have the same effect** as 1 aspirin? Plus cherries are filled with antioxidants!



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Make your own natural hair care products and save a bundle in hair treatments.

✔ Chemicals and detergents contained in those herbal shampoos and conditioners destroy the properties of the herbs rendering them practically useless but with your eBook you will learn how to make your own fresh and potent Herbal shampoo.

✔ Treat and control dandruff with a homemade Herbal conditioner for dandruff.

✔ Repair split ends with your own Essential oils for split ends.

Return your hair to its natural pH Balance with a hot oil treatment for dry hair.

✔ Then make an Herbal conditioner for dry hair and a Rinse for dry hair.

✔ If oily hair is a problem to you learn how to make an Herbal rinse for oily hair.

✔ Save lots of money making your own Henna protein super preparation.

✔ Stop hair loss with this 400 year old remedy Hair loss formula.

✔ Plus a wonderful rosemary Hair Oil.

But that is not all you also get a long list of home remedies for injuries

✔ First you will discover a way to clean a wound or a sting with a Topical wash for bites and stings.

✔ Learn how to make an emergency Insect bite lotion that relieves pain and inflammation.

✔ For severe cases you will have the knowledge of preparing an Extra strength sting poultice.

✔ Discover an all natural Fast healing ointment.

✔ Treat Ant and nettle with a secret ancient medicine.

Plus prevent bites and stings with this repellants:

- **Homemades Insect repellent.**
- **Other natural insect repellents.**
- **Mice Repellent.**
- **Learn how to treat:**
- **Dog bites.**
- **Sunburn.**
- **Broken bones.**
- **Bruises**
- **Burns**
- **Poison Ivy**
- **And more**

Some very exclusive home remedies for children

✔ Learn to control ADD naturally by making a Hyperactivity Home Remedy.

✔ Many simple to make and effective Childhood disease natural Home Remedies.

✔ Along with your recipes to make an Itching and blister remedy.

✔ If you are worry about antibiotics you're not alone but you can give your child a to a better health by sing this Homemade antibiotic.

✔ For babies you will learn to make your own Diaper Rash Cream.

✔ Prevent rashes by making all natural Baby Oil.

✔ If your baby gets a rash you will be able to produce your very own Diaper Rash Treatment.

✔ Keep your baby fresh and comfortable by applying your homemade Baby Powder.

✔ You will even learn how to treat Cradle Cap with a very effective Home Remedy.

Kiss Menstrual Pain and PMS Symptoms Good Bye forever

✔ You will learn to make Menstrual cramp oil.

✔ Control bleeding by making a Menstrual bleeding control tincture.

✔ Find out about a Relaxing PMS home Remedy.

✔ Discover how to make your homemade remedies for Stress reliever tincture.

We're Just Getting Started!

**"What Major Pharmaceutical
Companies Will Never Ever Tell
You....It Is Possible To Treat And Cure
Yourself Effectively Without The Use Of
Harmful Drugs"**

**Learn The Secrets To Using All Natural And
Proven Herbal Remedies That Produce Fewer Or
Virtually No Side Effects!**

Dear friend,

Are you tired of taking medications that do not help cure your symptoms?

Although your medications do provide instant reliefs, to your utter dismay, you find that your symptoms come back again and again. They never really went away. This means that you are almost perceptually on a cocktail of medications.

Over time, you also find that you need a stronger prescription for the same level of pain. Medications can become ineffective as your body grows accustomed to them.

Also, with taking medications, you also set yourself up for side effects. The side effects may include symptoms like frequent headaches, constipation, allergies, sluggishness, constant fatigue and other disorders. Plenty of which, you probably are not even aware of that they result from consuming too much drugs.

In fact, if you don't already know this.... Drug medications are chemical substances that are toxins to your body. If left accumulated in your body, they can create harm. The symptoms that you have been experiencing are just the tip of the iceberg. If you don't believe me about what I'm saying about drugs, recall this....

How many drug related lawsuits do you read of in the papers that are reported after they caused life threatening diseases or deaths?

Plenty, I'm sure.

Here's a common example. Accutane.

Accutane was marketed as a safe acne medication when it was first launched. Subsequently, there were various reports of serious side effects and suicides attributed to it. All in all, there have been more than 142 suicides involving Accutane. In addition this drug carries the high risk of deformed babies, miscarriage, premature birth, or death of the baby.

Severe liver damage has also been reported with the use of this drug. What is amazing is that this drug is still being prescribed.

It is the same with many other drugs. They continue to be marketed despite reports of severe side effects by the many that rely on them for treatment.

In your case, if you start experiencing the various but less severe symptoms, you probably wouldn't attributes them to the drugs that you have been consuming. So the side effects after consuming them go largely unreported.

However, since you never quite got cured, you begin to recognize this fact...

Modern medicine is failing its patients

Despite advances in modern medicine and medical technology, more than ever, there are increase incidences of cancer and diseases. You will find that you know of someone, maybe a neighbor or a loved one, who has a life threatening disease or a severe ailment that is not "curable".

So, does this mean therefore that we are doomed? Is there really no cure and no solution in sight?

The truth is that there is. And this has been withheld for the longest time.

Best kept secrets by major pharmaceutical companies

Pharmaceutical labs don't want you to know this - the use of herbal remedies. They will lose big money since millions or billions are poured into the research and manufacture of synthetic drugs.

The truth is that herbal remedies are one of the many natural cures that can take the place of conventional drugs.

For centuries herbs were an important part of healing

Herbal remedies are really nothing new. For thousands of years, man have been using herbs to treat illnesses and symptoms, ranging from the common cold to serious autoimmune deficiencies. However, those that

live in the modern city, such as yourself, have been brought up on medications and thus, have no knowledge of the healing power of herbs.

Eastern medical systems such as Traditional Chinese Medicine and Unani Medicine have well documented use of herbal remedies. Their focus on the use of herbs and other natural healing alternatives to treat common ailments afflict the body, mind and spirit.

Now, with increased awareness about the harmful effects of drugs, more and more people are going back to using this form of natural healing for treating and preventing disease.

If you are keen to restore your health, it's not too late to start...

Use herbal home remedies as a way of life

If you are someone who is:

- Interested in using herbs to improve your health, but don't know where to start.
- Looking to switch gears and start preventing illness instead of just treating symptoms.
- Interested in learning how to address the cause of sickness rather than merely treat the symptoms.
- Fed up with traditional medicine and looking for a more natural and holistic approach to your health and well-being.

Then, you're about to gain access to very useful and helpful information about herbal remedies. You ought to know that herbal cures exist for just about anything that ails you. Most importantly, you can also use herbal remedies to **prevent disease**. You also have the choice of not relying on antibiotics or steroids for treatment.

As humans begin to build up resistance to common medications, including antibiotics, it is more important than ever that people including yourself have choices or alternatives to conventional drug medicine.

Even medical doctors are learning that herbs have much to offer in the way of preventive care. Mind you...they were not taught about the use of herbs in a conventional medical school. Today licensed physicians combine herbal medicinal practice with mainstream practice, to provide patients with better health care. But you need to select the physician that can combine both.

Just imagine having the benefits of a herb encyclopedia at hand

Wouldn't it be wonderful to know which herbal remedy to use to treat for a specific ailment? Wouldn't it be great to know that you have more choices instead of one, in terms of treating an illness?

So where do you even begin, given that there are thousands of herbs available? Not to mention, there are also thousands of exotic eastern herbs that you can possibly use to cure and treat anything from erectile dysfunction, to menopause or even just an insect bite.

Herbs too come in several forms. There are pure herbs, capsulated herbs, tinctures, powders and more. How then do you decide which is right for you?

Like you, I needed a place to start. The more I read about drugs and from my own personal experience, the more I felt that I needed to know more about natural healing. I was determined that my kids would not grow up with drugged bodies. I decided to read more about herbal remedies and am now pleased to publish a handbook on herbal remedies. Here's introducing, Interested to find out more about this book? Here is just a sampling of what you'll learn when you invest in this unique herbal eguide today:

- Learn what herbal remedies are and how you can use them to heal mental, physical and spiritual complaints...**
- Find out how to combine herbal products with traditional pharmaceuticals to enhance your overall wellness...
- Learn how to use aromatherapy to clear up the common cold and alleviate chronic headaches**
- Discover our A-Z guide of symptoms and solutions to common

problems herbs can treat.

- Discover what century's old herb helps strengthen memory and improve your circulation.**
- Find out what natural herbs combat help delay the appearance of age and improve your skin complexion. No invasive surgery required!
- Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.**
- Learn how a natural plant may help strengthen and tone your uterus, improving your fertility and easing child labor and recovery...
- Discover the calming and soothing herb for gastrointestinal problems, digestive symptoms and even bloating...**
- And More!**

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HOME REMEDIES FOR ABSCESS

An abscess is a local accumulation of pus. It can occur almost anywhere on or in the body, but it most frequently occurs on the skin and on the gums of the mouth. Abscesses can be very tender and painful and are marked by inflammation, swelling, heat, redness, and often fever. Abscesses are caused by an infection, so orthodox medical doctors often treat them with antibiotics. But herbs are an effective and safe alternative, without the side effects of antibiotics.

Abscesses are caused by obstruction of oil (sebaceous) glands or sweat glands, inflammation of hair follicles, or minor breaks and punctures of the skin. Germs get under the skin or into these glands, which causes an inflammatory response as your body's defenses try to kill these germs.

The middle of the abscess liquefies and contains dead cells, bacteria, and other debris. This area begins to grow, creating tension under the skin and further inflammation of the surrounding tissues. Pressure and inflammation cause the pain.

People with weakened immune systems get certain abscesses more often. Those with any of the following are all at risk for having more severe abscesses. This is because the body has a decreased ability to ward off infections.

Home Remedies:

If the abscess is small (less than 1 cm or less than a half-inch across), applying warm compresses to the area for about 30 minutes 4 times daily can help.

Do not attempt to drain the abscess by pressing on it. This can push the infected material into the deeper tissues.

Do not stick a needle or other sharp instrument into the abscess center because you may injure an underlying blood vessel or cause the infection to spread.

Skin-abscess—fighting tea

30 drop echinacea tincture

60 drop a yerba mania tincture

1 cup warm water

Combine all the ingredients. Take up to five times per day to stimulate the immune system and help eliminate the infection.

Topical wash for skin and gum abscesses

1 to 2 teaspoons barberries

1 tablespoon white oak bark

1 teaspoon echinacea root

1 teaspoon granulated Oregon grape root

2 cups boiling water

Combine the herbs in a glass container. Pour the boiling water over the herbs and soak for 3 to 4 hours; strain. Use three times a day as a wash. If you are using this tea to treat a gum abscess, be sure to swish the liquid around in your mouth for several minutes before spitting it out.

Dietary guidelines for abscess

- Drink at least ten 8-ounce glasses of pure water daily until the abscess heals.
- Eat plenty of steamed leafy green vegetables and sea vegetables to ensure a good supply of vitamins and minerals needed for healing.
- Eat fresh pineapple. Fresh pineapple contains bromelain, which is very effective at reducing inflammation.
- Eliminate from your diet all fried foods and anything containing refined sugar, which slow healing.

Nutritional supplements for abscess

- Blue-green algae contain many trace minerals that are needed for healing and that are missing in the average diet. Take 300 milligrams two or three times daily.
- Colloidal silver is a liquid mineral supplement that fights infection. Take 10 drops three to four times daily
- If you must take antibiotics, restore the body's "friendly" bacteria by taking a probiotic supplement, such as acidophilus and/or bifidobacteria, as recommended on the product label. If you are allergic to milk, select a dairy-free formula. Colostrum is another effective probiotic that can be taken on a rotating basis with acidophilus and bifidobacteria. Take 300 milligrams three times daily, between meals.
- Vitamin C and bioflavonoids improve the immune response and help to reduce inflammation. Take 1,000 milligrams of vitamin C three to five times daily and 500 milligrams of mixed bioflavonoids three to four times daily.

Herbal treatment

- Cat's claw enhances the immune response and has antibacterial properties. Take 500 milligrams of standardized extract three times a day until the abscess clears.
- Echinacea and goldenseal have antibacterial properties and also boost the body's natural immune response. They are helpful for fighting virtually any type of infection. Take one dose of an echinacea and goldenseal combination formula supplying 250 to 500 milligrams of echinacea and 150 to 300 milligrams of goldenseal three to four times daily for up to one week.

HOME REMEDIES FOR ACIDITY AND GAS

The ideal pH range for the human body is between 6.0 and 6.8 (the human body is naturally mildly acidic). For the body, values below pH 6.3 are considered on the acidic side.

Acidity is related to heartburn and gas formation in stomach. In acidity, acid reflux or gastroesophageal reflux disease, or more commonly known as urdhva gata amalpitta in ayurveda, there is a movement of gastric juices (carrying acid) from the stomach into the lower esophagus (food pipe). This is a condition which is caused when acidic contents in stomach (hydrochloric acid) move upward into the esophagus and making it dysfunctional. Understanding the right treatment at right time and causes of any disease, like acidity or acid reflux, is very helpful for effective treatments. In ayurveda it is considered to be caused by the aggravation of pitta dosha that is responsible for burning sensation caused in the chest region.

Acidosis is a condition in which body chemistry becomes imbalanced and overly acidic. Symptoms associated with acidosis include frequent sighing, insomnia, water retention, recessed eyes, arthritis, migraine headaches, abnormally low blood pressure, acid or strong perspiration, dry hard stools, foul-smelling stools accompanied by a burning sensation in the anus, alternating constipation and diarrhea, difficulty swallowing, halitosis, a burning sensation in the mouth and/or under the tongue, sensitivity of the teeth to vinegar and acidic fruits, and bumps on the tongue or the roof of the mouth.

Common symptoms of acid reflux are:

- Heartburn: a burning pain or discomfort that may move from your stomach to your abdomen or chest, or even up into your throat
- Regurgitation: a sour or bitter-tasting acid backing up into your throat or mouth
- Other symptoms of acid reflux disease include:
- Bloating
- Bloody or black stools or bloody vomiting
- Burping
- Dysphagia -- a narrowing of your esophagus, which creates the sensation of food being stuck in your throat
- Hiccups that don't let up
- Nausea
- Weight loss for no known reason
- Wheezing, dry cough, hoarseness, or chronic sore throat

There are two classifications of acidosis: respiratory and metabolic. Respiratory acidosis is caused by an interruption of the acid control of the body, resulting in an overabundance of acidic

fluids or the depletion of alkali (base). Simply, it occurs if the lungs are unable to remove carbon dioxide. Respiratory acidosis can be a result of asthma, bronchitis, or obstruction of the airway. It can be either mild or severe.

Metabolic acidosis occurs when chemical changes in the body disturb the body's acid-base balance, creating an excessive amount of acid in the body fluids. Diabetes mellitus, kidney failure, the use of unusually large amounts of aspirin, and metabolic diseases are some of the conditions that can deplete the body's alkaline base.

Other contributing factors can include liver and adrenal disorders, stomach ulcers, improper diet, malnutrition, obesity, ketosis, anger, stress, fear, anorexia, toxemia, fever, and the consumption of excessive amounts of niacin and vitamin C.

Acid and alkaline self-test

This test will determine whether your body fluids are either too acidic or too alkaline. Purchase litmus paper, and apply saliva and/or urine to the paper. The paper will change color to indicate if your system is overly acidic or alkaline. Red litmus paper turns blue in an alkaline medium and blue litmus paper turns red in an acid medium. Always perform the test either before eating or at least one hour after eating. If your test indicates that your body is too acidic, consult the recommendations below.

Home remedies for Acidity and Gas

1. Use elder bark, hops, and willow for acidosis.
2. Externally, apply ginger compresses to the kidney area.
3. Eat a diet of 50 percent raw foods. Raw foods not only maintain the correct acid/alkaline balance within the body, but they are also richer in nutrients that are easily assimilated into the body. Recommended foods include apples, avocados, bananas, bilberries, blackberries, grapefruit, grapes, lemons, pears, pineapples, strawberries, and all vegetables. Fresh fruits, especially citrus fruits and vegetables reduce acidosis. Start with small amounts of citrus fruits and gradually add larger amounts.
4. Chew your food slowly, and do not overindulge. Make sure food is mixed well with saliva to form a liquid consistency before swallowing. Do not drink fluids during meals.
5. Prepare cooked foods with care. Maintain clean working surfaces and wash vegetables and fruit. Keep meat and vegetables separate—you can contaminate vegetables with bacteria from raw meat. Do not overcook vegetables, as this makes them lose not only their flavor, but also their

nutritional value. Eat processed foods in moderation only. They are low in nutrients and overexert the digestive system. Both cooked and processed foods tend to make the body more acid. Also avoid eating late at night, as this makes the body work more on digestion and less on restoration.

6. Drink potato broth every day.
7. Avoid animal protein (especially beef and pork), as they lead to acidity.
8. Avoid beans, cereals, crackers, eggs, flour products, grains, oily foods, macaroni, and sugar. Plums, prunes, and cranberries do not oxidize and therefore remain acid to the body. Avoid these until the situation improves.
9. Since excess vitamin C may lead to acidosis, reduce your intake of vitamin C for a few weeks. When taking vitamin C, use a non-acid-forming (buffered) variety.
10. Heartburn and indigestion can be the result of food digesting poorly. If you suffer from heartburn, taking small swallows of a teaspoon or two of natural cider vinegar in a glass of water may be of some help. It may cause a burning sensation when you swallow it, but then, in approximately twenty minutes, you should feel relief. If the cider vinegar method works, this may indicate that you lack sufficient acid in your stomach and the cider vinegar compensated for this insufficiency. In this case, consider taking digestive enzyme supplements containing hydrochloric acid (HCl). Stomach acid is important for breaking down food, and also prevents germs from irritating the intestines.
11. Check your urine pH daily using pH paper.
12. Drink as much butter milk as you can for 2 days, your acidity cures easily. This is a very beneficial homemade home remedy for acidity.
13. Daily eat curd rice at least once in a day keeps away from acidity.
14. Drink one glass of ragi (finger millet) java before going to work daily will get rid of acidity forever.
15. For instant acidity relief drink one glass of Lassi.
16. When you have more acidity, drink 1-2 liters of Luke warm water with a pinch of salt at a time in the morning empty stomach and try to vomit as much as possible. At the end you feel sourness in the mouth which means you are throwing away the acid. Or you can just drink a glass of water just before brushing and try to take it out just after brushing.

Home remedies

Anti-gas tea 1

1 teaspoon dried angelica root

2 teaspoons peppermint leaves

1 teaspoon bee balm leaves

1i cup boiling water

Combine the herbs in a container. Take one tablespoon of the herb mixture and cover with the boiling water; steep for 20 to 30 minutes; strain. Take as needed.

Anti-gas tea 2

2 teaspoons bee balm leaves

2 teaspoons peppermint leaves

2 teaspoons chamomile flowers

1 cup boiling water

Combine the herbs in a container. Take one tablespoon of the mixture and cover with the boiling water; steep for 30 minutes; strain. Take as needed.

HOME REMEDIES FOR ACNE

Acne is an inflammatory disorder of the sebaceous (oil) glands, located under the skin. When glandular activity increases, the glands secrete more sebum than normal, the sebum becomes trapped under the skin, the gland breaks, spilling sebum, this irritates the skin and pimple forms. Acne begins to affect several body parts, face, back, neck or chest. All of these types of acne can be treated with natural home remedies. Using home remedies for acne eliminates the side effects of prescription drugs.

Acne is one of the most common skin problems affecting millions of people across the World. It occurs when a group of pimples, blemishes or zits crop up on your skin. Zits appear on the skin mainly because of an infection or an inflammation in the sebaceous glands. At times you may notice a single bump or zit, but in most cases, zits appear in a group or in clusters. You may experience an outbreak of zits as a one off. However, several people suffer from acne on a regular basis. In case of a chronic acne problem, you are likely to see new acne lesions crop up on your skin, even before the old ones heal completely and disappear. This could be quite frustrating for anyone.

Studies indicate that zits are a lot more common in teenagers and young adults, as compared to most others. In most cases, acne and zits are not a serious problem as they never really cause any complications. However, zits could cause you a lot of embarrassment and can also lead to a decline in self-confidence. Acne and blemishes not only leave their mark on your skin; they also do a lot of damage to your self-image. Fortunately, it is possible to deal with zits and get them treated, so that they disappear, without leaving any marks or scars. Moreover, there are many ways in which zits can be prevented. You can do so, by making a few simple dietary or lifestyle changes and by following a skincare routine.

Tips to prevent Acne

- There are a number of tips to help you care for acne and prevent breakouts and scars:
- Wash your face twice a day with warm water and a mild soap or gentle pH balanced cleanser, then apply a moisturizer for acne prone type skin
- Eat a healthy, well balanced diet which includes fresh fruit and vegetables
- Drink eight glasses of water a day to flush the toxins from the body
- Exercise regularly to increase oxygen to the skin which can help to reduce acne
- Reduce your caffeine intake
- Avoid touching your face with your fingers and never pop pimples as this will only lead to swelling and scarring
- Remove make-up before going to bed as it clogs the pores
- Shampoo hair more regularly and keep it out of your face to prevent oil and dirt from clogging the pores

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- Shower after exercise and workouts because the sweat and the oils in the skin traps dirt and bacteria
- Avoid wearing clothes that may irritate the skin if acne develops on your body
- Wear a sunscreen when you go outside
- Stop smoking as it worsens acne

Infections within the pores and sebaceous glands of the skin can manifest as abscesses, boils and pimples. In acne, hormone imbalance overstimulates the skin's oil glands, making it particularly common during infancy, adolescence, menses and menopause. Underlying factors include nutritional deficiencies, hypoglycemia, stressed adrenals, food allergies and environmental toxins. Though these skin infections are caused by bacteria, they indicate a toxic overload in this, the body's largest detoxification organ.

Eliminating as much waste per day as the kidneys, the skin must take over when other detox organs, such as the colon and liver, are not functioning up to par. Poor liver function also increases the buildup of acne-producing steroids in the body. Suppression with antibiotics or topical treatments have significant side effects and are hardly a cure.

Herbs and home remedies for acne with natural antibacterial effects can be used alongside those that strengthen the immune system and improve various detoxification pathways—especially the liver and intestines. Elimination of dairy, coffee and individual dietary allergens is crucial. Appropriate plants are also needed to restore hormonal balance. Locally, calendula, witch hazel, tea tree oil or Hauschka or Weleda products are beneficial and non-suppressive.

Home remedies for acne

1. For acne on the back take orally and apply directly on the affected area Colloidal silver, it's used as a natural antibiotic.
2. Kitchen remedies for acne. Take garlic capsules, they boost the immune system and kill the bacteria found in acne.
3. To help the liver eliminate toxins from the blood, take Burdock root and dandelion which contain inulin. This helps to kill bacteria thus improving the skin.
4. Take the homeopathic remedies Kali bromatum, Sulphur, Antimonium tartaricum, Herpa sulphuris. These help to prevent the formation of pimples or quickly bring them to a head.
5. Use Lavender oil to apply directly on the acne area.
6. Severe acne remedies. Put Tea tree oil on the acne affected skin. This is a natural antibiotic. It will destroy a broad range of invading microorganisms, as effectively as benzol peroxide, but without side effects. It reduces redness, itchiness and stinging.
7. Eat foods high in fiber. This will keep the colon clean.
8. Eat Shellfish, soybeans, sunflower seeds, and nuts, these are all rich in zinc which is and antibacterial.

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9. Take 2 spoons of water and mix with 1 spoon of olive oil and mix well, then apply to face, leave it some time. It is good for acne control and skin glow.
10. Take keera juice and mix with honey and stored in fridge, It will store up to 1 week, then apply paste to face with cotton. It helps to skin health and control acne.
11. Take 1/4 spoon honey and 1 table spoon face wash, small amount of glycerine and mix well, then apply the paste to face and leave it some time. Then clean with luke warm water, it helps to remove acne and dead skin.
12. Take white fluid in the egg and mix with honey and apply to face as a mask and leave it some time, then wash the face with light hot water. It removes acne and it is also good for skin tightening.
13. Take 1 table spoon of ground nut oil with 1 tbsp lime juice, then apply to face. It is good for prevent to formation of pimples.
14. Toothpaste removes Acne
15. Sometimes pimples have itching, that time to prevent for itching use this tip. Take toothpaste or calamine lotion and apply over the pimple and leave it some hours. It dried the pimple.
16. Take some pods of cloves and then fry them without oil and make a fine form of powder, then add curd and make a paste. Applying over the pimples helps to dry the pimples.
17. Applying papaya milk on face helps to remove acne or pimples.
18. Make a fine form of paste of Saunf and then add lemon juice to it. Applying of this mixture to the face daily helps to remove acne or pimples. Your face will glow naturally. This is very useful homemade home remedy for acne or pimples.
19. Sandalwood paste applied on the face helps to overcome Acne and remove its scars.
20. Cucumber (Kheera) juice mixed with lemon juice applied on the pimples helps to get relief from acne and acne scars.
21. Acne treatment using Pudina
22. Mint (Pudina) juice applied on the face also helps to get relief from acne and acne scars.
23. Water boiled with neem leaves used for taking steam helps in reducing acne and acne Scars.
24. Gram Flour (Besan) mixed with butter milk applied on the face reduces acne and acne scars.
25. Note: Does gram flour irritate acne skin ? - The answer is no. As the gram flour is good ingredient for skin shining and also helps in the treatment of acne skin.
26. Raw Papaya (papita) paste applied on the face helps to cure acne.
27. Nutmeg (Joy Phal) grinded with milk applied on the face helps a lot in reducing acne and acne scars. So nutmeg and milk cure acne very fast.
28. Powdered dry orange skin applied as a paste or orange skin rubbed on the face helps to remove acne scars.
29. Does neem cure scar on face ?

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30. Water boiled with neem leaves used for washing face removes extra oil from the face and reduces pimple or acne scar on face.
31. Tomato rubbed on the face or tomato juice applied on the face helps to remove acne scars.
32. Aloe vera (Gwar Patha) is a best medicine for pimples or acne. Aloe vera leaf rubbed on the face removes acne and acne scars.
33. Carom seeds (Ajwain) grinded with curd applied on the face also helps to get rid of acne or pimples.

HOME REMEDIES FOR ALCOHOL DETOX

Addiction is a complex mix of physical and psychological causes, but for many people, alcohol is a form of self-medication, related to low levels of brain chemicals, such as serotonin, dopamine and noradrenalin. Alcohol is the oldest intoxicant and addictive, in use for over 10,000 years. Alcohol directly damages the liver, esophagus, stomach, intestines and colon, and greatly increases the risk of various cancers. It is a special risk to pregnant woman, who should avoid it completely, since irreversible fetal alcohol syndrome can occur at low doses. Alcohol is also involved with an estimated 60% of all violent crimes. Despite these negatives, only 20% of alcoholics can stop successfully.

Alcoholism can simply be defined as a constant urge or need to drink alcohol. An addiction of this sort is very common and it is a growing phenomenon which is responsible for causing a large number of deaths annually. Alcohol addiction is just like any other kind of addiction, wherein you get fixated or hung on to a particular activity or object such as gambling, eating and so on. Alcohol when consumed regularly over a prolonged period of time, can have serious repercussions on ones health. It is known to cause nerve, kidney and liver damage. In addition an addiction of this sort can also affect one's nervous system, which at a later point in life may develop into a more serious illness. Alcoholism also makes you susceptible to anxiety and depression, obesity and cancers of the colon, heart, liver, esophagus, larynx and mouth.

Withdrawal syndrome (with respect to alcohol) is a set or group of symptoms, witnessed when alcoholics suddenly abstain from drinking. They could range from mild shivers, anxiety, insomnia and nightmares to convulsions and hallucinations. These symptoms if ignored, can at times pose to be life threatening. Here are few home remedies to deal with withdrawal symptoms. Grapes are considered to be an excellent remedy for those that are trying to get rid of alcohol addiction, thus have as many grapes as you possibly can in a day. Bingeing on grapes is what you would be required to do, to help fight the withdrawal symptoms. Consume a bowlful of grapes after every five hours. Another fruit that is also highly recommended for this condition is apple. It helps in reducing the urge to drink, while also flushing out toxins from the body.

Herbal medicines offer a valuable resource for the effects of, and addiction to, alcohol. Initially, there are herbs to detoxify and lessen cravings, while reducing the symptoms of withdrawal. Acorn tincture (*Quercus glandis*) or angelica can be used in all cases to create a powerful aversion to alcohol. Other plant medicines help repair the damage done, including liver herbs like milk thistle. Adaptogenic and tonic herbs can correct biochemical and neurological imbalances that contribute to drinking, by doing such things such as increasing the manufacture of neurotransmitters like serotonin.

Home remedies:

1. *Quercus robur glandium*
 - Diminishes alcoholic craving, antidotes its effects, such as enlarged spleen and liver. Diarrhea may appear during treatment as a curative effect.
 - Available as a homeopathic liquid under the name *Quercus glandis*.

2. Angelica—*Angelica atropurpurea*
 - Reduces craving or creates dislike for alcohol; use 5 drops, 3 times daily.
 - A warming circulatory tonic that relieves gas, bloating, colic, headache.
 - Helps with enlarged spleen; anti-inflammatory and antispasmodic.
3. Calanatts—*Acorus calamus*
 - Reduces the craving for alcohol; restorative for brain, nervous system.
 - Relieves gas, cramps, distention. Improves appetite, helps exhaustion.
4. Cayenne—*Capsicum frutescens*
 - Helps stop morning vomiting and gnawing stomach, reduces intense cravings for alcohol and promotes appetite; use in single drop doses.
 - Reduces irritability, anxiety and tremor and induces calm sleep.
 - Delirium tremens, chills, exhaustion can often be speedily relieved.
5. Celandine—*Chelidonium majus*
 - Specific for liver problems from alcohol; extreme sensitivity to, and bad effects from, drinking. Liver healer and detoxifier, even for cirrhosis.
 - Calms emotions (i.e. anger, depression) during withdrawal or cravings.
 - For general sluggishness, difficulty concentrating and mental dullness.
6. Hops—*Humulus lupulus*
 - Sedative that relieves anxiety-related withdrawal symptoms; aids DTs.
 - Helps irritability and restlessness, promotes healthy digestion.
 - Relieves insomnia, frequent wakings; not suitable during depression.
7. Khella—*Ammi visnaga*
 - Ayurvedic herb that alleviates the acute and chronic effects of alcohol.
 - Powerful antispasmodic and pain remedy. Used for asthma, angina.
8. Kudzu—*Pueraria lobata*
 - Traditional use in China to sober a drunk person and for various side effects of alcohol (hangover, thirst, gastric bleeding, loss of appetite).
 - Recent research shows it can dramatically reduce craving for alcohol.
9. Milk Thistle—*Silybum marianum*
 - Protects against damage to the liver by alcohol, drugs and toxins.
 - Powerfully regenerates damaged liver tissue; essential for cirrhosis.
10. Oats—*Avena sativa*
 - Excellent for weaning off alcohol, drugs, opiates, narcotics. Invigorating without intoxication or overstimulation. Improves clarity, focus.
 - Restores proper nerve functioning; eases a racing heart or palpitations.
11. Passionflower—*Passiflora incarnata*
 - Treats insomnia, delirium tremens or spasms related to withdrawal.
 - Useful to induce restful sleep without producing hangover effects.
 - Combines well with kava, skullcap, valerian, hops or Jamaican dogwood.
12. Quassia—*Picrasma/Quassia excelsa*
 - Antidotes effects of alcohol, rejuvenates the spleen. A bitter that stimulates appetite and digestive function; tonifies a weak digestive system.
13. Schisandra—*Schisandra chinensis*
 - Controls anger and aggression without sedation; combats depression.
 - A liver tonic for hepatitis and an adaptogen that assists the body in balancing stress; effective for nervous exhaustion, weakness, insomnia.

14. Wild Lettuce—*Lactuca virosa*
 - Produces a general sense of well-being, calms excitability, relieves pain.
 - Mild sedative and cure for insomnia; safe for both young and old.
15. To prevent the patient from pining for stimulants like alcohol, it is most important to feed ample amounts of nutrients back in his body. To begin with, the patient should be on an “all liquid” diet, preferably juices, for a minimum period of 10 to 12 days. This is by far the best home remedy for alcoholism to start with. As this fast will progress, the patient will steadily experience less craving. This will break his drinking pattern and preferably the patient should start on a diet of several small meals a day rather than three large ones.
16. Even after the successful completion of the juice fast, the patient should continue to have an intake of fresh fruit juices and plenty of water. A healthy diet for alcoholism must include foods such as wholegrain cereals, legumes and pulses, fresh fruits and vegetables. Initially, the patient might experience cravings and so an appropriate replacement may be given to alleviate the same. A glass of fresh fruit juice and eating healthy snacks like candy or Soya beans etc will curb his cravings which might increase the urge for drinking in the stages immediately after the treatment.

HOME REMEDIES FOR ALZHEIMER'S DISEASE

Alzheimer's disease is a common type of dementia, or decline in intellectual function. Once thought rare, Alzheimer's disease is now known to affect more than 4.1 million people in the United States. It afflicts 10 percent of Americans over 65 years of age and as many as 50 percent of those over 85 years old. However, the disease does not affect only the elderly, but may strike when a person is in his or her forties. Most people over forty are using some type of alternative or home remedies to prevent the early development of Alzheimer's disease.?

This disorder was first identified in 1906 by a German neurologist named Alois Alzheimer. It is characterized by progressive mental deterioration to such a degree that it interferes with one's ability to function socially and at work. Memory and abstract thoughts process are affected. Alzheimer's disease is irreversible and progressive disorder that since 1906 very little progress has been made by conventional medicine to slow or prevent it. However, there are many home remedies for Alzheimer's disease that have shown remarkable results in preventing and in some cases restore mental deterioration.

Dementia is the term used to describe an abnormal deterioration in cognitive function over a long period of time, and the most common type of dementia is disease. Symptoms of dementia, and particularly of Alzheimer's disease, are similar to what might be expected from simple old age, at least in the early stages. However, the severity of these symptoms is much more, and this fact gradually becomes obvious. Starting with memory loss, the disease soon progresses to involve confusion, mood swings, irritability, unprovoked aggression, and the deterioration of language skills. However, not all the symptoms of Alzheimer's disease are related to mental abilities or the psychological state of the patient. Over time, the patient's physical functions are also affected – urinary incontinence is quite a common problem, physical coordination and motor skills deteriorate, and muscle mass decreases to the extent that the patient is finally confined to bed. By this point, the patient is very susceptible to a variety of infections, and one of these infections typically claims the patient's life. Thus Alzheimer's disease is usually considered to be a terminal illness, a fact which is not very well known.

I have very poor memory. Do I have Alzheimer's disease?

Many people worry that their forgetfulness is a sign of Alzheimer's disease. The fact is that most of us forget where we put our car keys or our glasses or someone's birthday but this is not a sign of Alzheimer's disease. A few good example of the difference between forgetfulness and Alzheimer's is the following: If you forget where you put your car keys that is forgetfulness, if you do not remember whether or not you have a car, that is Alzheimer's, or if you forget where you put your glasses that is forgetfulness, if you do not remember whether or not you use glasses that is Alzheimer's. Forgetfulness is also very frustrating and can also be improved by using some very powerful home remedies for memory loss.

Causes of Alzheimer's disease

The precise cause or causes of Alzheimer's are unknown, but research reveals a number of interesting clues. Many of them point to nutritional deficiencies. For example, people with

Alzheimer's tend to have low levels of vitamin B12 and zinc in their bodies. The B vitamins are important in cognitive functioning, and well known that processed foods have been stripped from this nutrients. In addition the average sixty year old person is likely to be taking between 8 and 10 prescription and over-the-counter drugs, these potential drug reactions and poor diet often interfere or adversely affect mentally and physically since many medications deplete crucial vitamins and minerals.

Low levels of antioxidants vitamin A and E and carotenoids are also present in people suffering from Alzheimer's. These nutrients act as free radicals scavengers; damage caused by free radicals may expose the brain cells to increased oxidative damage.

Home remedies:

1. According to a report published in the October 22, 1977 edition of the Journal of the American Medical Association (JAMA), Ginkgo biloba extract can stabilize and in some cases improve the mental functioning and social behavior of people with Alzheimer's disease. Take 100 to 200 mg of ginkgo biloba extract 3 times a day.
2. The Chinese herb Qian Ceng to (*Huperzia serata*) increases memory retention. This is the same herb that is the source of huperzine A, and it is also known as club moss. Pure and standardized extracts of this herb have been shown to increase clear-headedness, language ability and memory retention in a significantly high percentage of subjects with Alzheimer's disease. It is a potent blocker of acetylcholinesterase, an enzyme that regulates the activity of acetylcholine, which is an important chemical of the brain that maintains healthy learning and memory functions.
3. Valerian root improves sleep patterns when taken as bedtime.
4. Eat a well balanced diet of natural foods and follow the supplementation program mention above.
5. Folate and Vitamin B12 prevent elevated levels of homocysteine, a chemical that increases the risk for Alzheimer's disease and heart disease. This vitamin may be important for preventing or delaying the symptoms of Alzheimer's disease. This vitamin is added to cereal products Foods containing folate include avocados, bananas, oranges, asparagus, green leafy vegetables, and dried beans. B12 is found only in animal products. (Oily fish are very high in B12 and also have other nerve-protective properties.). I recommend 400 mcg of folic acid to reduce homocysteine, although one study suggested 800 mcg (.8 mg) a day is necessary to reduce homocysteine levels.
6. Avoid alcohol, cigarette smoke, processed foods, and metal pollutants like aluminum, and mercury.
7. The herbs balm and sage are being researched for possible beneficial effects and brain chemistry. Balm appears to simulate the neurological receptors that bind acetylcholine. Sage contains compounds that are cholinesterase inhibitors.
8. Vitamin E can slow the progression of Alzheimer's disease by as much as 25% according to a study in 1997.
9. A study conducted by the research department at Oakwood college in Alabama sowed that liquid aged garlic extract (kyolic) may be useful in the improvement of Alzheimer's disease symptoms.

HOME REMEDIES FOR ANEMIA

Anemia is a decrease in your blood cell count, and/or a decreased hemoglobin content in the blood. Since red blood cells are the ones responsible, for carrying oxygen to the cells via the hemoglobin, a lower amount, would mean low oxygen in all your body's tissues, and if you are pregnant your baby gets less oxygen as well. Anemia can be caused by blood loss, which means that not enough red cells are being produced, or that too many red cells are being killed off. Home remedies for anemia are a great solution.

Many medical conditions cause anemia. Common causes of anemia include the following:

Anemia from active bleeding: Loss of blood through heavy menstrual bleeding or, wounds can cause anemia. Gastrointestinal ulcers or cancers such as cancer of the colon may slowly ooze blood and can also cause anemia.

Iron deficiency anemia: The bone marrow needs iron to make red blood cells. Iron plays an important role in the proper structure of the hemoglobin molecule. If iron intake is limited or inadequate due to poor dietary intake, anemia may occur as a result. This is called iron deficiency anemia. Iron deficiency anemia can also occur when there are stomach ulcers or other sources of slow, chronic bleeding (colon cancer, uterine cancer, intestinal polyps, hemorrhoids, etc). In these kinds of scenarios, because of ongoing, chronic slow blood loss, iron is also lost from the body (as a part of blood) at a higher rate than normal and can result in iron deficiency anemia.

Symptoms of anemia may include the following:

- Because a low red blood cell count decreases oxygen delivery to every tissue in the body, anemia may cause a variety of signs and symptoms. It can also make almost any other underlying medical condition worse. If anemia is mild, it may not cause any symptoms. If anemia is slowly ongoing (chronic), the body may adapt and compensate for the change; in this case there may not be any symptoms until the anemia becomes more severe.
- Fatigue
- decreased energy
- weakness
- shortness of breath
- lightheadedness
- palpitations (feeling of the heart racing or beating irregularly)
- looking pale

It's very important to get the proper nutrients into the body. Eating a diet rich in cereals, rice, pastas, dairy products (milk, yogurt and cheese), vegetables and fruits, meat, poultry and fish, and finally dry beans, eggs, and nuts. Has been proven to help boost the immune system.

Make sure you are eating plenty of iron rich food, such as, liver, green leafy vegetable, beets, dried fruits, bran flake, oysters, brown rice, lentils and molasses, raisins, prunes; breads and pastas made from whole grain flour.

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Usually, anemia is due to iron deficiency, but also can be caused by not having enough Vitamin B12; B6; Folic acid; and/or copper in your system. During your pregnancy blood counts will be done, that will help to determine what vitamins or nutrients you are lacking; but in some cases more specific test are needed. These might include blood work for Iron; Vitamin B12; Ferritin; Iron binding capacity, and folic acid levels. Just taking Iron it not always the answer, that's why it's important to find out the real cause of Anemia from blood test.

There is another type of Anemia called "Pica". In this kind of Anemia you may have rare cravings, in which you will want to eat substances other than food, such as, coal, dirt, starch or hair; this kind of Anemia is usually the sign of a nutritional deficiency.

Home Remedies

1. It's very important to get the proper nutrients into the body. Eating a diet rich in cereals, rice, pastas, dairy products (milk, yogurt and cheese), vegetables and fruits, meat, poultry and fish, and finally dry beans, eggs, and nuts. Has been proven to help boost the immune system.
2. Almonds contain copper to the extent of 1.15 mg per 100 gm. The copper along with iron and vitamins acts as a catalyst in the synthesis of haemoglobin. Almonds are, therefore, a useful remedy for anaemia. Seven almonds should be soaked in water for about two hours and ground into a paste after removing the thin red skin. This paste may be eaten once daily in the morning for three months.
3. Make sure you are eating plenty of iron rich food, such as, liver, green leafy vegetable, beets, dried fruits, bran flake, oysters, brown rice, lentils and molasses, raisins, prunes; breads and pastas made from hole grain flour.
4. Avoid drinking coffee, tea and ingesting antacids, because they decrease iron absorption.
5. Try to cook in iron pots; it is proven that doing it can significantly increases the amount of iron in your foods.
6. During your pregnancy it's important to take the correct vitamins that will help you and your baby to be healthy.
7. Diet is of utmost importance in the treatment of anaemia. Refined foods like white bread, polished rice, sugar, and desserts rob the body of its much-needed iron. Iron should preferably be taken in its natural organic form in food. The emphasis in the diet should be on raw vegetables and fresh fruits which are rich in iron. Eliminate junk foods from your diet, especially fried foods as these foods are high in calories but very low in their nutritional value. Bakery products too are extremely unhealthy as they contain plenty of processed fats, sugars, and flour. Substitute regular polished rice with unpolished rice as far as possible.
8. In addition take an organic form of Iron (amino acid chelate): 100 mg of elemental Iron daily (Iron aspararte, citrate or picolinate), not the poorly absorbed sulphate which may cause constipation and/or stomachache. Vitamin C (500 mg), it's recommended to be taken with iron for better absorption. Desiccated liver tablets may be helpful as well and a Folic acid supplement, with Vitamin B6 and B12 should be used to prevent anemia.

Also herbs can help your body to maintain a good level of iron, such as:

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9. 1/2 to 1 tsp. of the tincture of Yellow dock root three times daily, or 1/2 to 1 tsp. of extract of Dandelion leaf and or root or two capsules twice daily, or Eat Dandelion greens in your salads.
10. Manganese is helpful for protein and fat metabolism, healthy nerves, immune system and blood sugar regulation. Manganese is essential for people with iron deficiency anemias. Manganese deficiencies may lead to atherosclerosis, confusion, eye problems, hearing problems, heart disorders, high cholesterol levels, high blood pressure, pancreatic damage, rapid pulse, tooth-grinding, memory loss, tremors, and a tendency to breast ailments.
11. Diet and regular breathing exercises are the two key ingredients in treatment of anemia. Deep breathing exercises, such as those suggested in yoga, and regular light exercises such as walking and swimming help to regularize the breathing and thus use the lungs to their full capacity, increasing the flow of oxygen in the body. The iron deficiency which characterizes anemia should be made up as far as possible by consuming iron in the natural form found in organic food. You should focus on a diet of fresh fruits and vegetables rich in iron content and avoid refined foods such as polished rice, white flour, sugar and desserts which rob the body of essential iron. Beets are not only a rich source of iron, they also contain potassium, phosphorus, calcium, sulfur, proteins and vitamins B1, B2, B6 and vitamin P which are all beneficial in increasing resistance of the body by improving the immune system and increasing the hemoglobin count in the blood. You can have 1 cup of fresh beet root juice daily for best results. Lettuce is another rich source of iron, which can be easily absorbed by the body, so you should increase your use of lettuce in your salad preparations. Another leafy vegetable that is rich in iron content is spinach which is highly beneficial for the build-up of hemoglobin and red blood cells. Soybean is also rich in iron content but it can be difficult to digest so you should consume it in the form of milk. Black sesame seeds, another rich source of iron, can be soaked for a few hours in warm water, ground, strained and mixed with 1 cup of warm milk with honey or jaggery to improve the taste and consumed twice a day.
12. Soya bean is rich in iron and also has a high protein value. As most anaemic patients usually also suffer from a weak digestion, it should be given to them in a very light form, preferably in the form of milk, which can be easily digested.

HOME REMEDIES FOR ANXIETY

Anxiety is the second most common psychological problem, yet remains undiagnosed 75% of the time. In our anxious age, doubts and fears can manifest as simple worries, free-floating anxiety, phobias (agoraphobia, social phobias, etc.), panic disorders and obsessive-compulsive tendencies. The latter may affect as many as 7 million Americans. Home remedies for anxiety offer the best approach to complement the traditional treatment.

Anxiety is the unpleasant physical and emotional state experienced by a person that may be a combination of fear, apprehension, or worry. Anxiety can be short term or long term. In short term anxiety, the person feels well after the cause of anxiety has subsided (as when one is worried about visiting a doctor with health report). The long term anxiety, such as those present due to work stress or incompatible relations with important persons of one's life may persist for longer and can lead to other medical conditions including tension, migraine headache and high blood pressure. Mild anxieties can be treated with natural anxiety remedies which may include some lifestyle changes, home remedies and herbs for anxiety. However, the chronic anxiety (encompassing suicidal thoughts) must be referred to expert opinions of doctors as soon as possible.

Physical aspects of anxiety include stomach upsets, colitis, migraines, palpitations, hypertension and sweating. Anxiety after trauma, post traumatic stress syndrome (PTSD), is also increasingly common. Underlying, contributing factors are low blood sugar, food allergy, nutrient deficiency (fatty acids, B complex, etc.) and imbalances of the thyroid, ovaries or adrenals. Home remedies for anxiety can help you get this nutrient in.

Prevention:

Many of the herbs that help anxiety work on the same brain receptor sites as drugs like Valium, Xanax and Halcion. Herbs however, tend to be gentler, safer and non-addictive. They have relaxant properties but also nourish and strengthen the nervous system. There are hundreds of home remedies for anxiety and nervous disorders.

One of the major causes of anxiety is stress that may occur when demands are greater than a person's ability to cope with them. Improving the coping skills or managing the demands and expectations in life can prevent anxiety. One can also bring some lifestyle changes to keep anxiety at bay. Prevention and some habits are the best natural remedies for anxiety. Here is a list of natural remedies for anxiety that can be tried by people who suffer from frequent anxiety attacks.

Exercise- Stay active to avoid the anxiety attacks. Exercise burns off extra adrenaline so jog, walk, cycle, or use exercise equipment like treadmill for at least half an hour four days a week

Meditation and Deep Breathing- Learn basic deep breathing techniques from some yoga expert or try it yourself by inhaling for longer than normal, hold the breath for a couple of second and then exhale it. Meditation can also be tried to sooth nerves.

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Avoiding Junk Foods and Drinks- Refined Sugar and Carbohydrates, artificial sweeteners, caffeine, smoking and such other things should also be avoided to get rid of anxiety.

Warm Bath and Aromatherapy- A relaxing bath while listening to some soothing music can calm the anxious nerves. Essential oils used for aromatherapy can also be used to relax oneself and avoid anxiety.

Being Positive and Relaxed- Be positive, talk to people with positive attitude, listen to music, spend some time doing your favorite work, pursue hobbies, learn to say no in uncomfortable situations, develop the attitude that things will work out, ask for help when the work load is too much, read your favorite novel or book, talk to friends and family about the issues that concern you. All this will prevent anxiety attacks.

Home remedies

1. California Poppy—*Eschscholtzia californica*
 - A tension-relieving, sedative, anti-anxiety and antispasmodic herb.
 - Helps sleeplessness, quells headache and muscular spasm from stress.
 - Gentle, non-addictive action that is safe for children and the elderly.
2. Chamomile—*Matricaria recutita*
 - Tranquilizing effects, with action similar to drugs, i.e. Halcion, Valium.
 - Reduces effects of stress-induced chemicals in the brain, while promoting healthy adrenal hormones (e.g. cortisol). Relieves pain and spasms.
 - Aids digestion, cramping and back pain. Promotes restful sleep.
3. Ashwagandha- is an important Indian herb that has a mild calming, anticonvulsant and antispasmodic effect. Ashwagandha can significantly relieve most of the symptoms of anxiety, panic attacks and phobia.
4. Passion Flower- is a non drowsy natural sedative that provides relief from nervousness and anxiety attacks.
5. St. John's Wort- is a herb for anxiety that acts as a natural antidepressant.
6. Ginkgo Biloba- this herb improves blood circulation in the brain and elevates mood.
7. Hops—*Humulus lupulus*
 - Calms nerves, eases anxiety, restlessness and tension. For headaches from stress, insomnia / sleep loss, indigestion or effects of alcohol.
 - Its sedative properties are not appropriate for use during depression.
8. Kava Kava—*Piper methysticum*
 - Reduces anxiety, fear, tension; alleviates stress from many emotional, interpersonal and career factors. Improves performance; no grogginess.
 - Relaxes muscles, relieves pain, insomnia and promotes restful sleep.
 - Compares favorably to tranquilizers and benzodiazepines for anxiety.
9. Lemon Balrn—*Melissa officinalis*
 - Relaxing and tonic herb, reduces anxiety, restlessness and nervousness.
 - Helps with panic disorder, palpitations, racing heart, overactive thyroid.
 - For digestive upset from stress or anxiety; nausea, indigestion, colic.
 - Anti-depressant. Good in synergistic combination with other herbs.

10. Linden—*Tilia europaea*
 - Reduces tension, promotes relaxation; mild mood-elevating qualities.
 - Protects against illness due to stress, anxiety and overactive adrenal glands, including high blood pressure, palpitations, gastric ulcers.
11. Motherwort—*Leonurus cardiaca*
 - A relaxing, tonic herb and mild sedative that gently relieves tension, anxiety when feeling under pressure. A heart, uterine and thyroid tonic.
 - Relieves symptoms like a racing heart, shallow breathing.
12. Passionflower—*Passiflora incarnata*
 - Sedative herb that relieves anxiety, tension, spasms, pains, neuralgia.
 - Promotes restful, refreshed sleep; induces relaxation, mild euphoria.
 - Gentle action, suitable for nervousness in children and the elderly.
13. Skullcap—*Scutellaria laterifolia*
 - Relaxes, yet tones and renews the nervous system. Calms oversensitivity.
 - Helps hysteria, depression and exhaustion, eases stress during PMS.
 - Pain reliever and antispasmodic, decreases restlessness, nervousness.
14. St. John's Wort--*Hypericum perforatum*
 - Effective long-term action for anxiety and tension, as well as irritability and depression. Also for mood changes during menopause and for pain syndromes, including fibromyalgia, arthritis and neuralgia.
15. Valerian—*Valeriana officinalis*
 - Sedative and muscle relaxant; for anxiety, stress, muscle tension and pain, nervous cramps, restlessness, insomnia, overwork or overstudy.
 - For easing off drug dependency (both medical and recreational drugs).
 - For after effects of chronic flu. Improves poor concentration.
16. Vervain—*Verbena officinalis*
 - Relaxing nervine; reduces tension, strengthens the nervous system.
 - Reduces anxiety due to stress, PMS or menopause, calms hysteria.
 - Useful for lingering depression after a cold or flu. Tones the liver.
17. Wild Lettuce--*Lactuca virosa*
 - Gentle tranquilizer, calming an overactive, excitable nervous system.
 - Very suitable for anxious children or adolescents. Helps with insomnia.
 - General pain reliever and antispasmodic, especially for irritable coughs.
18. Wood Betony—*Stachys officinalis*
 - Sedative action, relieves tension, anxiety and nervous exhaustion.
 - Calms an overactive, edgy state. Relieves headaches and neuralgic pain.
 - Strengthens neurological function and improves memory, clarity.
19. Soak 10-12 raw almonds in water for at least 8 hours and peel off their skins. Blend the almonds with a cup of warm milk, little ginger and nutmeg. Drink this preparation before going to bed.
20. Add equal amounts of baking soda and ginger powder in water for having a warm bath.
21. Massage the whole body with warm sesame oil including scalp and the bottoms of your feet. Other oils like those of sunflower, coconut, or corn oil can also be used for massage before bath. Have celery and onions- raw or cooked- with meals for a couple of weeks. They both have good quantities of potassium and folic acid whose deficiencies also cause anxiety.
22. Peel and inhale an orange whose aroma is considered to reduce anxiety. Orange juice with a teaspoon of honey and a pinch of nutmeg can also be had to relax the nerves.

HOME REMEDIES FOR AGING

Skin ageing is a state that threatens each one of us. Everybody wants to feel young and exuberant always. This article will discuss the top five causes of skin ageing and their remedies. We all want to live to a ripe old age without looking a day over twenty-nine! Unfortunately, aging is a fact of life that occurs as the body's ability to function declines. The process of aging—marked by wrinkles, aching joints, fatigue, and loss or graying of hair—is accelerated by a poor diet, lack of exercise, excessive exposure to sunlight's ultraviolet rays, and lifestyle choices including smoking and drug use. These and other factors increase free-radical activity. Free radicals are highly unstable molecules that damage the cells' DNA and interfere with the cells' ability to function. A number of herbs function as antioxidants, which effectively eliminate free radicals. These herbs include

Ginkgo biloba, ginger, parsley, and milk thistle. Other herbs contain flavonoids, naturally occurring compounds that can improve the strength of your body's capillaries (tiny blood vessels), and therefore your circulation (something that is often impaired as we age). These herbs include berries, cherries, black currants, elderberries, horsetail, and milk thistle.

Natural Anti-Aging Remedies

Skin has a natural tendency to age and lose its glow. One cannot avoid this fact. However, you can follow some of the natural anti-aging remedies to slow the skin aging. Otherwise, opting for anti-ageing creams and lotions cost you a bomb and still you fail to get the desired results. We will let you know about the top five natural anti-ageing remedies that will help you keep your skin fresh and smooth, like you have always wanted to.

Cleanse away dead skin

The foremost step to keep your skin glowing and healthy is the removal of the dead cells from the surface. Cleansing agents like milk and honey have always been known for removing dead skin cells, harsh make-up and other surface dirt particles. A blend containing equal amounts of milk, honey and a mild liquid soap if applied as a cleanser twice a day helps in keeping skin fresh and glowing.

Protection from large pores

One big sign of skin ageing is the formation of stretched and large pores that can easily clog dirt and impurities. Applying a blend of lemon juice and yeast helps keeping the pores small and cleans the impurities that make pores large.

Apply a nourishing mask

One of the common reasons for aging skin can be scarcity of nutrients and dryness. Applying vitamins and natural oils to the skin can be very helpful in such a situation. Bananas, that contain high contents of Vitamin A and avocados, which contain an abundance of Vitamin A as well as

Vitamin B and proteins, when combined make a mask that restores natural oil in the skin to ensure the prevention of dry skin and other ageing effects.

Moisturizing the skin

Use of a good moisturizing agent after cleansing of skin helps in keeping it youthful and glowing. Olive oil and Vitamin E oil are the most useful moisturizers wherein olive oil is consider the original beauty ingredient and Vitamin E oil helps curing skin ailments like sun damage, wrinkles, lines and scars. A solution of both olive oil and Vitamin E act as a perfect moisturizer and heals age spots and makes the skin smooth by regular use. The quantity of the solution applied depends from person to person, from skin type to skin type and the climatic conditions.

The cellulite secret

Not many people are aware of the fact that the cellulite creams that melt away dimples contain caffeine in large quantities. Caffeine is the beauty industry's best kept secret. Hence, you should try your coffee secret first before opting for the high rocket costed cellulite creams. The procedure for this coffee effect is to take the warm coffee grounds from the morning pot and rubbing the moist grounds vigorously on cellulite and then rinse it off with water. Cellulite will disappear in a few days if you do this regularly once a day.

Home Remedies

1. 1/2 cup Ginkgo biloba tea
1/2 cup ginseng tea Combine the ingredients. Take one-third of a cup three times daily.
Ginkgo is known to improve memory, while ginseng can boost energy levels.
2. 5 drop cayenne tincture
30 drop burdock tincture
15 drop goldenAeal tincture 10 drop ginger root tincture
1/2 cup Alippety elm tea cup warm water. Combine all ingredients. Take 2 to 3 tablespoons three times per day to improve circulation.
3. Life span is ultimately determined by the fact that cells can only replicate a certain number of times a genetically predetermined cut-off point that prevents physical immortality. Understanding this, most researchers still believe that humans should live 120 years or more. Why then is the average life span hovering around age 70? We deteriorate mainly due to damage from free radicals, produced as a byproduct of normal metabolism, or created by various toxins, pollutants, allergens, heavy metals, etc. Additionally, 75% of Americans are not getting enough free radical fighting antioxidants, such as vitamin E, selenium or even vitamin C. These are quickly used up under stress, while hormonal, immune and neurological imbalances further accelerate aging.
4. A number of herbs are highly prized and renowned for their anti-aging and longevity-promoting effects. Science has extensively verified that these complex plant medicines have the definite ability to prolong the duration and quality of life. Many of these anti-aging herbs are adaptogens and tonics, normalizing metabolic, hormonal and neurological

- systems and stimulating cellular regeneration. Others have more focused effects on the brain, heart or immunity. They are safe for long-term use and disease prevention.
5. Ashwaganda- *Withania somnifera*
Tonic that slows aging, rejuvenates tissues throughout the body.
Clears the mind, strengthens the nerves, promotes restful sleep.
Improves memory, cholesterol, sexual ability; lessens hair graying.
 6. Fo-Ti- *Polygonum multiflorum* Chinese tonic herb that promotes longevity, strengthens the blood, improves vitality, sexual vigor and fertility and can reduce hair graying.
Lowers cholesterol, improves arteriosclerosis, regulates blood sugar.
 7. Garlic- *Allium sativa* Protects nervous system, improves brain function, memory, learning. Prevents/treats arteriosclerosis, reduces clotting, lowers cholesterol. Increases life span in animal tests; inhibits viruses, bacteria, parasites.
 8. Ginseng- *Panax ginseng*
Rejuvenating, stimulating adaptogen, yet helps calm nerves, increases vitality; reduces exhaustion; increases stamina, speeds wound healing.
Enhances immune system; balances metabolism and stress response.
 9. Gotu Kola- *Centella asiatica*
Rejuvenating, longevity herb in the Ayurvedic and Chinese traditions.
Increases intelligence, memory, creativity, learning ability, reduces mental fatigue.
Strengthens nervous system, adrenals and immune system.
Improves wound healing, reduces scar tissue, increases circulation.
 10. Green Tea- *Camellia sinensis*
High in vitamins, minerals, antioxidants and flavonoids and especially polyphenols; decreases cellular and tissue damage incurred with aging.
Protective against cancer, heart diseases and is an immune stimulant.
 11. Hawthorn- *Crataegus oxycantha*
Heart and circulation tonic; normalizes blood pressure, heart rhythm.
Slows aging process, protects connective tissue and blood vessel walls.
Reduces atherosclerosis, helps adaptation to physical and mental stress, protects against radiation, improves digestion and assimilation.
 12. Licorice- *Glycyrrhiza glabra*
Traditional Chinese longevity herb; stimulates adrenal glands, balances and conserves cortisol and energy during stress. Anti-inflammatory.
Has potent antioxidants that protect the digestive tract, liver and other tissues from the damaging effects of aging. Inhibits atrophy of thymus.
 13. Maca- *Lepidium meyenii*
Ancient Peruvian herb that increases vitality, strength and stamina.
Invigorates libido and is a sexual restorative in both men and women.
Alleviates signs of decreasing hormones in middle age and menopause.
 14. Reishi- *Ganoderma lucida*
A traditional "elixir of immortality" in Traditional Chinese Medicine.
Treats a wide range of conditions, including heart disease and cancer.
Normalizes blood pressure, cholesterol, platelet stickiness. Enhances immune and liver health, helps indigestion, eases tension, improves sleep.

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15. Rhodiola- Golden Root/Rhodiola rosea
Increases immunity, prolongs life span, increases exercise capacity.
Clears toxins, strengthens nervous and digestive system. Reduces fatigue.
16. Siberian Ginseng- Eleutherooccus senticosus
Called the "king of adaptogens," has a wide range of vitalizing effects.
Increases hearing, improves eyesight, supports immunity and stress adaptation. Increases mental and physical work capacity.
17. Suma- Pfaffia paniculata
An adaptogen that is antiviral, antibacterial and immune stimulating.
Increases muscle mass, protein production, overall physical endurance.
Balances hormones, reduces blood sugar, cholesterol, triglycerides.
Reduces fatigue, promotes liver and kidney regeneration, skin healing.
18. Empty the contents of 3 Vitamin E capsules into a small bowl. Add to this 2 tsps plain yogurt, 1/2 tsp honey and 1/2 tsp lemon juice. Apply this mixture on the face using a cotton ball. Leave it on for 10 minutes and rinse.

HOME REMEDIES FOR ARTERIOSCLEROSIS

Arteriosclerosis refers to the thickening of the walls of the arteries. It has become a common ailment in modern times, accounting for much of the disability and high death rate, more so among older people. Arteriosclerosis is usually preceded by atherosclerosis, a kind of fatty infiltration in the inner lining of the blood vessel walls. The most risky places for such degeneration are the coronary vessels of the heart and the arteries of the brain. Arteriosclerosis results in the loss of elasticity of the blood vessels and a narrowing of the smaller arteries, which interferes with the free circulation of the blood.

Arteriosclerosis or hardening of the arteries is the leading cause of disease and death in America, causing heart disease, stroke, kidney disease and problems with circulation in the limbs. Arteriosclerosis involves a drop in the elasticity of the larger arteries due to a variety of causes. Atherosclerosis is a particular type of arteriosclerosis, involving a hardening of the arteries caused by internal thickening (called plaques) – and a consequent narrowing of the artery. This is a result of certain kinds of blood cells, damaging kind of cholesterol, and some other kinds of detritus collecting between the tunica intima, the inner lining of the artery and the smooth muscle on the outside. There are two kinds of lipoproteins involved in cholesterol transport. High-density lipoproteins are, dense as the name suggests, made up of fat (lipid), protein and some cholesterol – and it helps to sop up cholesterol that low-density lipoproteins lay down on arterial walls. But LDL, while bad, becomes positively vicious when oxygen makes it rust, the resulting product, LDL-causes a form of slow rusting in LDL, which is known to damage the walls, a problem that white blood cells cannot resolve as they usually would. Atherosclerosis is associated with the abuse of alcohol or tobacco, diabetes, high blood pressure, relatively higher cholesterol levels, particularly the ‘bad’ low-density cholesterol, the presence of a lot of fat – in the diet or on the body – or just an inconvenient genetic heritage.

Arteriosclerosis occurs due to oxidative damage to the lining of the arteries, infiltration with fat-filled cells and formation of plaques and clots.

Risk factors include smoking, blood sugar disorders, obesity, an excess of "bad" cholesterol or LDL and high homocysteine levels, as well as a diet high in refined carbohydrates and trans fatty acids (i.e. processed oils). Damage to the arterial wall may also be due to chronic viral or bacterial infection.

Supplementation with folic acid, B12 and B6, CoQ10, selenium, omega 3 oils and antioxidants would cut the risk of Arteriosclerosis and heart disease to a fraction of its current rate.

Herbal treatment for hardening of the arteries relies upon the strong antioxidant power of many plants, preventing the arterial damage that acts as a site for the development of plaque. They also prevent oxidation of LDL cholesterol, which leads to arterial deposits. Some herbs can remove existing arteriosclerosis, returning elasticity to arteries. Such plants have multiple benefits, such as toning the heart, reducing cholesterol and preventing blood cell clumping and clot formation. The central herb for the heart is hawthorn, while a combination or rotating schedule of several other healing plants will maximize their long-term benefit.

Home Remedies

1. One of the most effective home remedies for arteriosclerosis is the lemon peel. It is believed to be one of the richest sources of vitamin P. It strengthens the entire arterial system. Shredded lemon peel of one lemon may be added to soups and stews, or sprinkled over salads. To make a medicine, the peel of one or two lemons may be cut up finely, covered with warm water and allowed to stand for about twelve hours. A teaspoon may be taken every three hours, or immediately before or after a meal.
2. Parsley is another effective remedy for arteriosclerosis. It contains elements which help to maintain the blood vessels, particularly the capillaries, and arterial system in a healthy condition. It may be taken as a tea: a teaspoon of dry parsley may be allowed to simmer gently in a cupful of water for a few minutes. This can be taken two to three times daily.
3. Beet juice, taken daily, has been found valuable in arteriosclerosis. It is an excellent solvent for inorganic calcium deposits. The juices of carrots and spinach are also beneficial if taken once a day. These juices can be taken individually-500 ml, or as a combination. When taken as a combination, they should be in the following proportion: carrots-300 ml and spinach-200 ml to prepare 500 ml of juice.
4. Honey is also considered beneficial in the treatment of arteriosclerosis. It is easily digested and assimilated. The patient should take a glass of water with one teaspoon each of honey and lemon juice in it, before going to bed. He can also take it if he wakes up at night.
5. Symptoms don't usually manifest themselves till an artery is blocked but then are hard to miss. These could include some or many of these varied symptoms – high blood pressure, pain in the chest, neck, shoulder, back or abdomen, shortness of breath, numbness, pain or peripheral infections. If a freed clot affects blood supply to the brain there can be weakness or paralysis of limbs, face or more – and / or dizziness. Statins have been used to fight atherosclerosis, with one (rosuvastatin) actually reducing the size of plaques. You could use drugs that reduce clotting to avoid clumps of blood cells forming, anti-platelet drugs such as aspirin to reduce blood platelets bunching up in the affected arteries, and drugs to control your blood pressure. In worse cases, there may be a need to clear plaque from the vessel by surgery – a removal of fatty material directly, by some other form of direct intervention such as angioplasty or a bypass – in which an artificial artery takes blood around the block. Prevention can involve reducing fat and increasing fiber in the diet, exercise, a reduced consumption of cholesterol-containing food, weight loss, stopping immoderate drinking and all smoking and controlling any diabetes that might be there.
6. Garlic is one of the most effective remedies in the treatment of atherosclerosis. Garlic helps reduce cholesterol levels and flushes harmful toxins and other waste from your body. You can increase your dietary intake of garlic or drink a mixture of garlic, orange juice and water to help control atherosclerosis. Honey is also an effective remedy for blocked arteries. Drink a mix of one teaspoon of honey and one teaspoon of lemon juice every morning to reduce cholesterol levels.

7. Arjuna—Terminalia arjuna
 - Main Ayurvedic heart tonic, normalizes the heart's rhythm, improves blood flow in coronary arteries. Reduces cholesterol; antibacterial.
 - Improves symptoms of congestive heart failure and reduces angina pain.
8. Bromelain—Pineapple/Ananas comosus
 - A proteolytic enzyme derived from the stem of the pineapple plant.
 - Reduces blood platelet "stickiness" and subsequent clot formation.
 - Decreases the inflammatory response to artery injury or irritation.
9. Cayenne-Capsicum frutescens
 - Stimulates blood flow, lowers cholesterol; may affect arteriosclerosis.
 - Reduces risk of blood clotting, increases heart output.
 - Increases capillary resistance, strengthens blood vessels in the limbs.
 - Improves peripheral circulation and warms the hands and feet.
10. Curcamin-Turmeric/Curcuma longa
 - Antioxidant power eight times more potent than Vitamin E; prevents damage to blood vessel walls to prevent onset of arteriosclerosis.
 - Improves blood flow in arteries, while strengthening blood vessels.
 - Significantly reduces cholesterol, serum lipids, blood clot formation.
11. Garlic -Allium sativa
 - In one two-year study, reduced the size of arterial plaque by 20%.
 - Blocks the formation of new plaque.
 - Lowers cholesterol and triglycerides (by 10-20%), lowers LDL and raises HDL cholesterol; prevents oxidation and thus damage to arteries.
 - A natural anti-coagulant; helps dissolve potential clots (fibrinolysis).
12. Ginger-Zingiber officinale
 - Thins the blood, decreases platelet aggregation and lowers cholesterol.
 - Decreases blood pressure and reduces hardening of the arteries.
 - Antioxidant, contains potent proteolytic enzymes; prevents clots.
13. Ginkgo-Ginkgo biloba
 - Increases microcirculation to all parts of the body, heart, limbs, brain.
 - Blood-thinning activity, inhibits clot formation and inflammation.
 - Antioxidant; strengthens, tones arteries, improving their elasticity.
14. Grape Seed Extract-Vitis vinifera
 - Antioxidant power 20 times that of vitamin C, 50 times vitamin E.
 - Prevents arteriosclerosis and improves circulation in arteries, veins.
 - Lowers cholesterol and actually shrinks existing deposits in arteries.
 - Reduces blood cell agglutination, preventing clots, heart attack, stroke.
 - Proanthocyanidins (OPCs) strengthen vessel walls, capillaries.
15. Guggul-Commiphora gulgul
 - Prevents arteriosclerosis, while reducing existing plaque in arteries.
 - Lowers cholesterol and triglycerides as well as medical drugs. Lowers total cholesterol up to 30% in 3 months, raising HDL and lowering LDL.
16. Hawthorn-Crataegus oxycantha

Traditionally used over a long term to remove arteriosclerotic deposits.

 - Essential cardiogenic that strengthens the heart muscle (myocardium).
 - Prevents cardiovascular disease by dilating the coronary vessels.

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- Improves blood and oxygen to the heart, coronary arteries and tissues.
 - Strengthens contraction of the heart muscles, regulates blood pressure.
17. Shlitake-Lentinus edodes
- Protective antioxidant, inhibits the formation of arteriosclerotic plaque.
 - Helps prevent cardiovascular disease, stroke and diabetes.
 - Lowers cholesterol up to 15%, prevents clots, regulates blood sugar.

HOME REMEDIES FOR ARTHRITIS

Arthritis is a prehistoric disease; archeologists have found skeletons of the first humans, with evident cases of arthritis. But modern medicine, has not yet found the reason why, this condition affects more than 100 million people around the world. However, there is evidence that humans have been using Home Remedies for arthritis pain for thousands of years. Arthritis is a progressive inflammatory condition caused when the soft muscles in the joints become inflamed, severely restricting the movement of the joint and causing a lot of pain and discomfort. In older people, who are most susceptible to this condition, arthritis is the leading cause of restriction of movement or immobility. Arthritis is a condition that we are all quite familiar with and even if you haven't been afflicted with the condition it is most likely that you are acquainted with someone who is. Arthritis is a degenerative condition that affects the joints causing severe pain and greatly reducing mobility. In severe cases and if neglected the effects can be debilitating. Arthritis is typically associated with old age and although most prevalent among the aged it can affect almost anyone, but this it is uncommon among young adults and children. Arthritis may not be a life threatening condition but it is a dreaded condition because of the extent to which it affects your life. Simple tasks and routines that we normally take for granted can become quite a challenge. For example, arthritis in the hands, wrists or fingers can make working at the computer near impossible. While it can be quite debilitating it is not unmanageable. Arthritis can be managed and controlled to minimize its impact on your life. But to effectively control and treat the condition you need to be well informed and understand the condition.

The word 'arthritis' means 'inflammation of the joints'. It is derived from two Greek words: athron, meaning joints; and itis, meaning inflammation. It is, generally, a chronic disease process. Arthritis occurs in various forms, the most frequent being osteoarthritis and rheumatoid arthritis. Osteoarthritis is a degenerative joint disease which usually occurs in the older age-group. Rheumatoid arthritis is a serious disease which affects not only the joints of the fingers, wrists, hips, knees, and feet, but also the muscles, tendons and other tissues of the body.

Arthritis affects the joints of the body, they become swollen, painful, deformed, stiff, eventually the joint loses range of motion and the pain becomes unbearable. There are many types of arthritis, the most common one is Osteoarthritis, which causes a slow deterioration of the cartilage on the tip of each bone, then they start rubbing against each other injuring the articulation, scar tissue grows to deform the area.

Ibuprofen (Advil) or naproxen (Aleve), and even other more powerful prescription drugs, cause severe gastrointestinal problems, such as, bleeding ulcers, acidosis, stomach pain, and they interfere with the synthesis of collagen, which is fundamental for the formation of cartilage, if cartilage is not rebuilding itself, more damage is going to be inflicted on the joints. For those reasons Home remedies for arthritis are a better idea.

Home Remedies

1. Steam baths and massage once a week are very helpful.

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2. Take 10-15 grams of camphor and 200-250 grams of mustard oil and mix in a glass bottle and keep this bottle in sun till the camphor gets dissolved properly. Massage the affected area everyday with it. One of the good home remedies for leg pain.
3. A red flannel can be wrapping up around the pain area.
4. Use of coconut also assists in curing the leg and knee pains.
5. To get better the general weakness of the body a well-balanced diet including all the three basic food groups is advisable.
6. Eating 4-5 walnuts with an bare stomach in morning provided relief from leg pain in a short duration.
7. Intake of cod liver oil helps in curing all sorts of leg pains and general weakness of the body.
8. 2-3 teaspoonful of fenugreek powder in morning water is very helpful.
9. Various yogasanas like janusandhi, uttanpadasana and gomukhasana are very helpful for the leg pain.
10. Eat Alfalfa or take alfalfa capsules. It's very rich in minerals needed for the formation of bones.
11. Take chondroitin sulfate 700 mg. a day to strengthening of joints and ligaments. Take it in tablet form, click on the sign for Chondroitin Caplets.
12. Take Vitamin E to protect and improve joint mobility.
13. Bogbean is an aquatic herb, very powerful herb special for **rheumatoid arthritis** and Osteoarthritis, anti-inflammatory. Since this herb cleans the urinary tract, drink lots of water.
14. Boswellia has anti-inflammatory effects similar to Non-steroidal anti-inflammatory drugs (NSAID) (Advil, Aleve, Tylenol etc.) but this herb does not have side effects and does not causes gastrointestinal bleeding. It improves circulation to the joints, relieves pain, inflammation and stiffness.
15. Ginger is the Killer of Arthritis pain, superior to any NASID, it can be applied directly on the affected area or taken orally ether way it relieves pain, inflammation, stiffness, bursitis, tendinitis.
16. MSM is rapidly establishing a reputation as a safe, natural effective solution for many types of pain and inflammatory conditions including: degenerative (wear-and-tear) arthritis, rheumatoid arthritis, chronic back pain, chronic headaches, muscle pain, fibromyalgia, tendonitis, bursitis, carpal tunnel syndrome, TMJ, post-traumatic pain, inflammation and heartburn.
17. Epsom Salt is high in magnesium. Magnesium is important for bone growth and regulates the body's pH level. A deficiency of magnesium lowers the ability of the body to absorb and use calcium and phosphorus, which are the two primary bone-building minerals.
18. The following home remedies using Epsom Salt can be used to reduce the symptoms associated with arthritis. NOTE: If you have heart or kidney disease, consult your doctor before using these remedies. Excessive magnesium can cause diarrhea, nausea, cramps, muscle weakness, and heart abnormalities.
19. Mix 3 tablespoons of fresh lemon juice and 3 tablespoons of Epsom Salt in one pint of warm water and take one teaspoon in the morning and one at night.

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20. Add three cups of Epsom Salt in hot bath water and soak in it. The magnesium in the salt is absorbed by the body and it soothes and relaxes the stiff joints and muscles.
21. Recent studies have shown that Cinnamon is a remarkable natural treatment for arthritis pain. Simply add half a teaspoon of cinnamon powder to one tablespoon of honey every morning before breakfast. Repeat this daily for one month. Results should be noticeable within the first week.
22. Turmeric, a common spice in Indian cuisine, has been used to reduce inflammation for hundreds of years in Ayurvedic medicine. Not surprisingly, by taking 500mg to 1000mg Turmeric capsules three times per day, many individuals have reported significant relief from osteoarthritis pain.

HOME REMEDIES FOR ASTHMA

Asthma is an ancient Greek word meaning 'panting or short drawn breath'. It is an allergic condition resulting from the reaction of the body to one or more allergens, and is the most troublesome of respiratory diseases. An asthma patient gets frequent attacks of breathlessness, in between which he may even be completely normal. Asthma is a very common respiratory disease, it affects the trachea and bronchial tubes by becoming inflamed and plugged with mucus. This causes the airways to narrow, restricting the amount of air going to the lungs, and makes it very difficult to breathe. Asthma can occur in anyone but is very common in children and young adults. Typical symptoms of an asthma attack are coughing, wheezing, tight chest, difficulty breathing. Home remedies for asthma can help breathing.

There are 2 types of asthma, allergic asthma and non allergic asthma. Some of the allergens that can trigger an asthma attack are: chemicals, drugs, smoke, dust, food additives, pollution, mold, etc. Non allergic asthma can be caused by anxiety, exercise, dry or humid weather, fear, laughing, stress etc. Home remedies for asthma can help these conditions as well.

The rate, in which asthma attacks have increased in the past few years is alarming, specially in children. Scientists believe that, there is a strong link between contamination in the air we breathe and asthma, evidence suggests that the percentage of people who live in big cities, and have asthma attacks is far greater, than those of people who live in rural areas. However, this may not be the only reason, it is believed that genetic, food additives, toxins etc. could also contribute to asthma attacks.

Modern medicine can offer very little to children with asthma, most drugs can only produce a temporary effect. Herbs on the other hand can be very helpful, not only reducing attacks but also strengthening the lungs and immune system. You'll learn to treat this disease with many combinations of herbs such as *mullein*, *elecampane* and more.

Home Remedies

1. Vitamin B6 and Vitamin B12 are very important nutrients to treat asthma decreasing the inflammation in the lungs.
2. Vitamin C is needed to fight infection, increase the amount of oxygen and reduce inflammation.
3. Use ginkgo biloba, this herb contains ginkgolide B which is very helpful. Some studies indicate that ginkgo biloba reduces the frequency of asthma attacks.
4. Mullein oil is used to fight respiratory congestion, is very important to make it as a tea for faster results.
5. Pau d'arco is a natural antibiotic and reduces inflammation.
6. In China a powerful mixture of herbs called Shuan Huang Lian is being used in hospitals to treat respiratory illness, very important to use this herb in asthma and acute bronchitis.
7. If exercise triggers asthma attacks, cut back the amount of salt in your diet and take 2,000 mg. of Vitamin C one hour before your workout.
8. Eat salmon 3 times a week and take salmon oil capsules.
9. Drink coffee and Soft drinks with caffeine (colas), caffeine dilates the bronchial airways.

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10. Make a tea using:
 - 2 tsp. *powdered Indian root*.
 - 2 tsp. *granulated echinacea root*.
 - 2 tsp. *elecampane root*.
 - 2 cups of water.Mix all ingredients and let them set for 2 hours.
11. To improve breathing make a tea with:
12. 1 quart boiling water.
 - 1 tsp. *chamomile flowers*.
 - 1 tsp. *echinacea root*.
 - 1 tsp. *mullein leaves*.
 - 1 tsp. *passionflower leaves*.
13. Caffeine is known to dilate the bronchial airways.
14. Turmeric powder (1 teasp.) in milk with honey 3 times. This is an old indian remedy.
15. Mustard oil can be mixed with camphor and rubbed into the back of the chest
16. Get the asthma patient to bend over a bowl of honey and breathe in the vapours for a few minutes until their breathing eases.
17. Another one of the good asthma attack home remedies is to inhale from boiling water mixed with caraway seeds.
18. Drink hot licorice root tea which has brewed for around 10 minutes.
19. Try blending honey, lemon juice and radish, then heat for 20 minutes in a saucepan. Take one teaspoon daily.
20. . Mix one gram of ginger powder and one gram of black pepper in a teaspoon of molasses or honey
21. To expel infected mucous from the lungs, regularly chew fennel.
22. A good natural inhalant for asthma sufferers is a few drops of essential oil of juniper in hot water. Do not use undiluted directly on a handkerchief or the skin.

HOME REMEDIES FOR ATTENTION DEFICIT DISORDER

Attention deficit disorder and hyperactivity are the epidemic of our age, but current treatment is woefully inadequate. While our society wages an ongoing "war on drugs," millions of children are hooked on "speed" in the form of Ritalin and amphetamines. Apart from serious and permanent side effects, these do not remotely address underlying causes and can in no way be regarded as a cure. In the other hand home remedies for ADD and ADHD are a great natural alternative if you want your child to remain drug free.

Diagnoses such as learning disability, hyperactivity and poor impulse control are usually attributed to a brain chemistry imbalance. A better term might be "toxic brain syndrome," since the overriding factor is a constant bombardment of the child's nervous system with pesticides, mercury, lead, food additives, artificial sweeteners, vaccines, antibiotics and allergenic foods. Each one of these factors has been shown to significantly and profoundly impact developing brain cells and combine together with devastating effects. Home remedies for ADD and ADHD are free of chemicals and side effects.

A full-scale assault on these problems requires a homeopathic, herbal and nutritional program to undo the developmental and biological damage caused by chronic exposure to toxins. Home remedies for ADD and ADHD have the short- term gain of relaxing and calming, while improving brain function and neurotransmitter production. In the long run, nervine and adaptogenic plants can protect, detoxify and heal the nervous system—all without the significant toxicity or side effects of drugs. See also Anxiety - Fatigue -Insomnia - Depressions - Memory - Stressto treat ADD and ADHD with home remedies.

Home remedies

1. Bacopa-Brahmi/Bacopa monnieri
 - Calming and sedative. Improves attention deficit disorder; important for hyperactivity.
 - Improves intellectual capacity, acuity, clarity of thought, concentration.
 - Improves memory, especially in the elderly; shortens learning time.
2. California Poppy-Eschscholtzia californica
 - A gentle sedative that relieves psychological and emotional disturbances in kids. Soothes and balances an overactive nervous system.
 - Reduces attention deficit disorder and tension in overactive states, decreases spasms.
 - Effective for difficulty in falling asleep or frequent, regular waking.
3. Catnip-Nepeta cataria
 - Relieves attention deficit disorder, restlessness, tension, stress and hyperactivity.
 - A mild relaxant that promotes restful sleep. Helps diarrhea, headache, colic or stomach ache due to stress. Balances mood swings or hysteria.
4. Ginkgo-Ginkgo biloba
 - Improves focus, memory, cognition, knowledge retention, perception.
 - Increases neurotransmitters, boosts the brain's ability to use oxygen.
 - Increases circulation to brain; high in nutritive antioxidants that protect the brain and nervous system from damage by various toxins.

5. Grape Seed Extract-Vitis vinifera
 - Contains bioflavonoids with the most potent antioxidant effects known.
 - Able to cross the blood brain barrier and directly protect the brain against a wide variety of toxins and damaging free radicals.
 - Improves brain blood flow, strengthens brain capillaries.
6. Hops-Humulus lupulus
 - Indicated for nervous tension, excitability, restlessness and irritability.
 - Excellent for insomnia, taken orally or as a hops and lavender pillow.
 - Calms and improves the mood, but should be avoided in depression.
 - Strengthens and stimulates digestion, relieves intestinal discomfort.
7. Kava Kava-Piper methysticum
 - Valuable in attention deficit disorder; relieves attention deficit disorder without any cognitive or mental impairment. Reduces insomnia, tension and stress.
 - Produces a sense of tranquility and softens angry or violent feelings.
 - Significantly improves mood, tension level and sleep patterns.
8. Lemon Balm-Melissa officinalis
 - A gentle, safe and calming children's herb for depression and attention deficit disorder.
 - Relaxes the nervous system; eases agitation while soothing digestion.
9. Oats-Avena sativa
 - Nervous system nutritive and tonic for mental stress, nervousness, overwork, exhaustion, weakness. Improves mental concentration, focus.
 - Eases stress, tension, depression, insomnia—but improves clarity.
 - Excellent for transitioning and weaning off neurological medications.
10. Skullcap-Scutellaria laterifolia
 - Helps attention deficit disorder, restlessness, crying spells, irritability and nervousness.
 - A useful daytime sedative, with no mental impairment or drowsiness.
 - Nervine action relieves frequent headaches, relaxes muscular spasms.
11. St. John's Wort-Hypericum perforatum
 - An herb of choice for attention deficit or hyperactive children.
 - Calms an agitated nervous system, yet safe for long-term usage.
 - Regulates mood and attention, relieves feelings of sadness, apathy, low self-esteem, isolation, anger, guilt, shame. Good for nervous exhaustion.
12. Valerian-Valeriana officinalis
 - Relaxing and sedating, reduces restlessness, nervousness, improves sleep; should be taken for 2-4 weeks to improve mood and sleep.
 - Shows improvements in learning skills, with less aggressive behavior.

Why use home remedies attention deficit disorder?

The prescription medication methylphenidate (Ritalin) has become the most commonly prescribed medication to ease hyperactivity. Researchers are discovering, however, that this medication has many potentially serious, longterm side effects including decreased appetite, weight loss, insomnia, slowed growth, increased heart rate, increased blood pressure, a period of increased irritability and intolerance at the onset of use, and the possibility of developing

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Parkinson's disease. Increasing adverse reports have been released in recent years, warning parents of the possible side effects of Ritalin—with some reports even comparing it to cocaine.

Other prescription medications often prescribed include dextroamphetamine (Dexadrine, a stimulant that produces calming effects equivalent to Ritalin), pemoline (Cylert, a stimulant that has been restricted by the FDA to use as a secondary medication because it can cause liver failure), methamphetamine (Desoxyn), amphetamine-dextroamphetamine combination (Adderall), and tricyclic antidepressants (if depression is suspected). For periods of extreme anger and aggression, a tranquilizer called thioridazine (Mellaril) may be prescribed, but it should be used only as a last resort. Various side effects, some of them serious, have been reported with all of these medications.

Due to the many potentially harmful side effects of the medications available for ADD/AD-HD sufferers, a growing number of parents and health professionals are turning to all or a combination of the following as a way to reduce, and even possibly eliminate the symptoms of ADD/ADHD: alteration of diet; vitamin and mineral supplementation; herbal remedies; counseling; and the love and support of family, teachers, and friends. Many believe that medicating the problem is merely masking the symptoms without getting to the root of the problem.

HOME REMEDIES FOR ATHLETE'S FOOT

Athlete's foot is a very common infection that affects mostly men and young people. Athlete's foot attacks the area between toes, soles of feet fingernails and toenails. This infection is caused by a fungus called tinea pedis it lives off the dead skin cells, and thrives in moist, warm places, such as gyms, locker rooms, showers and swimming pools, Athlete's foot is also very contagious and is transmitted by coming in contact with wet floors, or by touching infected shoes or socks.

If repeated fungal infections are developed, it might be a sign of fungus in the groin area in these cases the problem should be treated simultaneously. Symptoms are: burning sensation between toes, itching, redness, scaling, blistering.

Home Remedies

1. 40 drops of tea tree oil to a small amount of water and soak your feet in it for 10 minutes after dry feet with a towel and a hair dryer to ensure that there is no moisture is present this is important because the fungus may flourish under a toe nail that has not been completely dried. Place a few drops of oil on the area.
2. Use olive leaves as an anti bacterial for infections. Olive Leaf Extract comes from the olive tree which manufactures its own potent antibiotic substances to fend off disease causing bacteria, fungus and parasites. Olive Leaf Extract is an excellent antiviral agent. Olive Leaf Extract may be useful for herpes, flu, bacteria, malaria, fungal and yeast infections, inflammation, high blood pressure, diabetes, chronic fatigue and colds
3. Take fresh garlic slices and put it in your shoes, wear it all day. This is the best way of curing athlete's foot even better than all over the counter anti fungal drugs.
4. Drink pau d'arco tea and soak your feet in a more concentrated form about 10 tea bags.
5. Do not wear socks twice, and make sure to keep your feet dry.
6. Spray your feet with underarm anti-perspirant, this will insure that the affected area stays dry. Usually this alone may kill Athlete's foot since the fungus lives in moist places.
7. Dissolve 6 aspirins in 1/2 a cup of rubbing alcohol, shake well and apply on clean, dry feet. Repeat three times a day for three days or until athlete's foot is gone.

HOME REMEDIES BAD BREATH

Bad breath is an embarrassing problem. A person with bad breath may be offensive without realizing it, as all the advertisements for breath mints, mouthwashes, and toothpastes are so quick to point out. In some cases, an unusual breath odor may be a sign of illness, such as a herpes infection of the mouth, diabetes, postnasal drip, tonsillitis, sinusitis, dental infection, strep throat, liver or kidney failure, or a lung abscess. Most of the time, however, bad breath—medically termed halitosis—is not the result of any major health problem. It is usually related to poor oral hygiene or poor digestion, sometimes both.

Halitosis refers to foul or bad breath, which is not an uncommon condition. Unfortunately, most people who offend in this respect are completely unaware of their problem. Bad breath usually originates from the mouth and the intensity or severity of the problem may vary during the day depending on the type of foods consumed. Certain foods like garlic and onions or red meat and fish can severely aggravate the problem, and smoking or alcohol consumption can also aggravate it greatly. Bad breath can also be caused by dryness of the mouth, which is why individuals who do not consume adequate water may suffer from halitosis. Very often the problem may be present only in the morning because the inactivity and lack of oxygen in the mouth during the night could cause the odor to worsen. It generally reduces after rinsing the mouth or brushing the teeth. It's therefore quite hard to prevent bad breath in the early morning or for that matter even when fasting. Chronic bad breath is however a persistent problem that should be treated with medical care.

If a friend or family member (or you yourself) notice a bad smell on your breath, especially if the breath has a persistent or unusual odor, consult your physician. He or she will be able to determine whether or not your bad breath is related to an underlying infection or other illness. One particularly helpful—though, unfortunately, not often recommended—diagnostic test is a comprehensive stool analysis, which can be used to determine problems with digestion and assimilation, the presence of parasites, or the overgrowth of abnormal bacteria in the digestive tract.

Causes for Bad Breath

- Bad breath is one of worst medical problem people are suffering all over the world. The causes for this embarrassing and at the same time discouraging disease are poor gums, non-chewed food trapped between tooth, eating greasy and garlic, onion-rich food, diabetes, and sometimes constipation.
- Poor gums or dental problems like cavity in a tooth results in pus in the gums and thus a poor bad smell comes from the mouth.
- Doctors also say that if a person has poor digestive or respiratory system, he suffers from . Diseases like sinusitis, chronic disease; intestinal disease such as constipation has a major role in producing . Respiratory disease cause thick layers on tongue, which produce foul smell.

Home Remedies

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1. Chewing mint leaves will soon freshen up the breath and is simple home remedy for bad breath.
2. Brushing teeth after every meal will prevent bad breath.
3. Gargle with baking soda dissolved in warm water. It can also be used for cleaning tongue. This remedy is one of the good home remedies for bad breath.
4. Drinking a hot cup of unsweetened tea will help curing bad breath.
5. After meals chew some sunflower seeds and drink a glass of water. This is a good natural remedy for bad breath.
6. Eating yogurt for 6 weeks will completely remove bad breath.
7. A good natural remedy for bad breath is tea made from Fenugreek (methi) seeds.
8. Chewing one clove after meals daily will help dealing with bad breath.
9. Squeeze a lemon in a glass of water and gargle frequently. Good home remedy for bad breath
10. Drinking pineapple juice will soon vanish the foul smell from the mouth and acts as natural remedy for bad breath.
11. Eating apples daily is also good for mouth purification as it removes the bacteria causing bad breath.
12. Chew cardamom seeds to sweeten your breath as the aromatic flavour of cardamom acts as a breath freshener. This remedy is also good home remedy for bad breath.
13. Mouthwashes containing, dyes and alcohol should be avoided as they only provide temporary relief.
14. Eat parsley to reduce bad breath.
15. Rinse juice of half a lemon with a glass of water after every meal. This is one of the effective home remedies for bad breath.
16. Intake of food products that are rich in zinc prevents bad breath as it keeps the check on the anaerobic bacteria in the mouth.
17. Chewing cardamom seeds also sweetens the breath.
18. Before brushing use hydrogen peroxides to rinse the mouth. Take an acidophilus and bifidobacteria supplement daily to establish and maintain favorable intestinal flora and healthy digestion. If you are allergic to milk, select a dairy-free product.
19. Chlorophyll tablets help freshen the breath because they have a cleansing effect in the intestines. Take a chlorophyll supplement, as directed on the product label, after each meal and again at bedtime.
20. If you suspect bad breath related to poor digestion, try supplementing your diet with digestive enzymes. There are a number of over-the-counter products available that use natural enzymes—bromelain (from pineapple) or papain (from papaya)—which may be helpful. Follow the dosage directions on the product label.
21. Sometimes bad breath is a result of poor stomach function. To strengthen the gastrointestinal tract, you may want to try taking duodenal extract with vitamin A as directed on the product label.
22. Choose an herbal-based toothpaste or tooth powder formulated without sugar. If this type of product is not available in your local drugstore, check a health-food store. Merfluan is a baking-soda-based tooth powder that is very popular in Europe. It comes in several different flavors.

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23. The Chinese patent medicine Fare You is a cabbage extract that helps to heal and strengthen the stomach lining. If bad breath originates from compromised stomach function, consider trying Fare You. Follow the dosage directions on the product label.
24. Chew on a small sprig of parsley to freshen your breath. Parsley is rich in the natural deodorizer chlorophyll, and also sweetens the digestive tract.
25. If bad breath is an occasional problem related to poor digestion, typically accompanied by upset stomach, diarrhea, constipation, or a lot of burping, sipping a cup of peppermint tea after meals should help to ease digestion. Or try taking a cup of ginger tea twice a day, with meals, to enhance digestion.
26. Guava is one of the most liked fruits. It is not only good in taste, but also is very healthy and nutritious. Guava and its leaves are one of the best medicines for . Guava contains some of the useful chemical like oxalic acid, malic acid, and minerals like calcium, manganese. All these chemicals are helpful for gums and teeth, avoids , make teeth strong, and prevent them from bleeding.
27. Apple - Similarly, apple is also a very important fruit. Chewing it after meal, will keep the mouth fresh, and takes out all the trapped foods lying between teeth.
28. Tea made from fenugreek (methi) seeds - This is one of the oldest and effective home remedy used to get rid of . Take a 1/2 liter of water and put to boil add a teaspoon of fenugreek seed to it and boil at medium or low flame for 10-20 minutes. Strain away all the seeds and take this tea 3-4 times a day. This is one of the best home remedies for bad breath
29. Avocado - Avocado or Makhanphal is a very useful fruit. It clears the harmful materials stored in the intestine due to improper digestion and other diseases, and thus prevents the formation of in the mouth. Doctors have approved that eating two to three pieces of makhanphal is far better and much more effective than any other mouth freshener.
30. Fresh vegetable and fruit juice - Eating unhealthy food, eating less food, drinking less water or fluids are some of the reasons for . With a busy schedule we tend to eat less, however, one should always take lots of water or other fluids like freshly prepared vegetable and fruit juice. These fluids keep the mouth wet and gums soft. Thus, there is less formation of and accumulation of bad-smelled sticky materials on tongue.
31. Mint leaves and cloves - Person suffering from may chew mint leaves, cloves, etc. This keeps the mouth wet and fresh. Other than this, patient may also chew sunflower seeds. In fact it is a wonderful remedy for avoiding.
32. Coffee and tea - A cup of tea or coffee is one of the easiest ways to keep away.
33. Rinsing mouth with mixture containing parsley leaves - Take 1-2 glass of water and adds finely chopped parsley leaves to it. Boil it for 15-20 minutes. Add 3-4 cloves to it and boil it for some time with constant stirring. Strain it and bring it to lukewarm temperature and rinse your mouth (gargle) two to three times a day. This has come out as an effective remedy for the treatment of bad breath. This is one of the useful home remedies for bad breath.
34. Rinsing mouth with mixture containing lemon extract - Take 1-2 glass of water and add one tablespoon of freshly prepared lemon juice to it. Rinse your mouth with it for 2-3 times a day. This will keep you fresh and avoid . This is one of the important home remedies for bad breath
35. Nutritional and healthy diet - Stress and wrong food habit is one of the major causes for . Person suffering from should always eat proper food and at proper time. Make a diet

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chart include all the essential, nutritional food items like green vegetables, fruits, carrots, celery, grams, less oily food, cereals. Avoid junk food, apart from severely affecting various parts of the body like heart, lungs, it also produce in the mouth.

HOME REMEDIES FOR BACKACHE

Backaches are one of the most common ailments prevalent today. There are several causes of backache. Sedentary living habits, hazardous work patterns and psychological conditions associated with emotional stress, are known to bring about spasms of the muscles, causing backaches. Besides muscular pain, backaches can also originate from the nerves, ligaments, tendons and joints or could be linked to the spine. Bad posture or illness could also trigger a backache. As the back bears the weight of the entire body, overweight persons feel an additional strain on the back when they have to carry an extra load. Backache affects at least 80% of people at some time, and most often concentrates in the low back. This result is an estimated 40 million days of lost work, at a cost of \$70 billion. Poor postural habits are a major contributing cause, while other factors include repeated strains or microtrauma, muscle tension, nutritional deficiencies and reflex irritation from related internal organs. When repeated episodes of injury are added to this mix, the discs become subject to thinning, deterioration or rupture. These events can also gradually lead to arthritic changes.

About 80% of adults suffer from back pain at some time in their lives, Backaches are categorized as acute and chronic, acute pain is cause by movement or excessive use of the back which can injure the muscles, ligaments, bones, tendons. There are some powerful home remedies for back pain that we will share with you.

Chronic pain is a reoccurring backache that results of normal movements or for no particular reason, and can also affect the tendons, ligaments, bones.

Problems with some organs can cause back pain as well, for example kidney infection, prostate problems, female pelvic disorder, bladder, and even constipation can be felt on the lower back. This site offers home remedies for back pain and all the above mentioned problems.

Back pain is very common during pregnancy, due to the considerable anatomical changes and stress in the body. Carrying a child changes the position of your internal organs putting a huge amount of pressure on the lower spine. The increase in body weight, the muscle relaxing effects of the hormone progesterone, and the change in your center of gravity contribute to the problem. That's why every day as your baby grows it's harder to get up and down of chairs and beds. The use of home remedies for back pain is essential for expecting moms.

If you have back pain you can feel also muscle aches, locked areas in your back, stiff neck and your hole body will ache.

Other causes of back pain can be poor postural habits, strains, microtrauma, muscle tension and nutritional deficiencies. When repeated episodes of injury are added to this mix, the discs become thin, deteriorated or ruptured. These events can also lead to arthritic related conditions. With nerves close by, swelling or compression in the spine often results in neuritis, lumbar neuralgia, or sciatica.

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Conditions that may cause backache include:

- Degenerative diseases such as spinal stenosis, spondylitic disease; discogenic disease; facet joint hypertrophy
- Traumatic injuries or accidents such as vertebral fractures; lumbar strains and sprains; ligamentous injuries, musculoskeletal injuries
- Inflammation such as arachnoiditis; arthritis (e.g. Ankylosing Spondylitis)
- Bacterial or viral infections such as meningitis ; vertebral osteomyelitis; epidural abscess; urinary tract infection; intervertebral discitis; radiculopathy
- Congenital diseases such as spondylosis; tethered cord syndromes
- Metabolic diseases such as osteoporosis; Paget's Disease; diabetic radiculopathy
- A tumor, which can either be a benign tumor or malignant. A malignant tumor can be primary or metastatic.

Herbal medicines are used similarly to medical drugs in this type of condition, though with far more safety. Both the anti-inflammatory and pain-relieving qualities of plants can be used effectively and taken for prolonged periods of time. Other benefits are relief of muscle spasm and repair of connective tissue and cartilage tissue. Bioflavonoids and other healing factors contained in herbs, along with well-known nutritional substances like glucosamine sulphate, can complete deeper repair and strengthening of tissues. The herbs listed under Arthritis can provide further help for chronic joint dysfunction. If nerves become inflamed or compressed, additional sedative and nerve-repairing herbs may be needed.

Prevention Tips for Back Pain

- There are several useful tips to avoid backache and these include:
- Improve your posture
- Regular back and abdominal exercises can keep your back in excellent physical condition
- Ensure that your mattress provides firm support
- Sleep on your side (in an "S" shape) or place pillows between your knees to provide comfort to your back
- If you lift heavy objects, bend at the hips and knees, and keep your back straight
- Wear flat shoes with a good arch support if you stand for long periods of time
- Take regular breaks and move around rather than sit or stand in one position for several hours
- Sit on an ergonomic chair when working on a computer or make sure that your chair supports the small of your back
- Reduce the weight of your handbag, as a heavy load creates stress on your spine
- Avoid wearing high heeled shoes, as they can lead to back pain

Home Remedies

1. Two or three cloves(Garlic) should be taken every morning.
2. An oil prepared from garlic and rubbed on the back will give a good result in backache.
3. An oil mix with Camphor & apply on your Back.

4. Ginger paste and eucalyptus oil could be applied on the affected area.
5. Heat/Ice therapy are simple and effective options for finding back pain relief at home.
6. A Proper Diet can prevent back pain and help control the symptoms of existing conditions. Nutritional supplements, herbs, and vitamins are all important parts of an alternative back pain relief program.
7. Massage the affected area with herbal oils using knuckles and increasing pressure slowly.
Barberry-Berberis vulgaris
 - For low backache, often related to kidney weakness or congestion.
 - For sciatica and neuralgia with radiating pain and weakened muscles
 - Use in rheumatic disorders, sciatica, bursitis, neuralgia and gout.
8. Black Cohosh-Cimicifuga racemosa
 - Anti-inflammatory effects, relaxing muscle spasms in low back and neck.
 - Suitable for wry neck (torticollis), sciatica, neuralgia and intercostal (rib) neuralgia. Treats muscle pain associated with fibromyalgia, arthritis.
9. The easy and helpful remedy for back pain is to take a piece of chebulic myroblan after taking every meal.
10. Heat the coconut oil or sesame oil on low flame adding 8 pieces of garlic in it. When mixture became cool, apply it and give massage on the affected area with light hands. Keep it for 3-4 hours. Take bath with warm water.
11. Vitamin C rich foods are good in relieving pain of backache. One should eat 2,000 mg of vitamin C everyday. Orange, grapes and pineapple etc are fruits which are rich in vitamin C and it is cure for back pain.
12. Black Haw-Viburnum prunifolia
 - With aspirin-like ingredients, relieves spasms and neuralgia of back and neck, sciatica, leg cramps, tension headache, wry neck, digestive spasm.
 - A nervous system tonic and sedative, helps backache during menses.
13. Boswellia-Boswellia serrata
 - Strong anti-inflammatory effects, reduces stiffness and pain.
 - Works for acute problems, but needs 2-4 weeks for maximal effects.
 - Improves circulation around inflamed joints, ligaments, tendons.
14. Bromelain-Pineapple/Ananas comosus
 - Enzyme found in pineapple stem, helps resolve late stages of inflammation, speeding healing and reducing the potential for scar tissue.
15. Corydalis-Corydalis soldida
 - Chinese herb that relieves pain of all kinds, especially from injury.
 - Sedative, analgesic, relieves spasm and abdominal pain, dysmenorrhea.
 - Often used in combination with other complementary herbs.
16. Devil's Claw-Harpagophytum procumbens
 - Anti-inflammatory and pain-relieving herb, with rapid results.
 - Useful for low backache, arthritis and chronic rheumatic disorders, neuralgia and headaches. The whole herb preparation works best.
17. Dong Quai- sinensis
 - Reported to possess 1.5 times the analgesic activity of aspirin.
 - Relieves backache, cramping, muscular spasms and inflammation.
 - Also for menstrual cycle regulation, anemia; a liver and heart tonic.

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18. Horse Chestnut-Aesculus hippocastanum
 - Low back, sacrum, and sacroiliac pain. Stiff, weak back that "gives out."
 - Helps with arthritic and rheumatic backache with heaviness, swelling.
19. Jamaican Dogwood-Piscidia erythrina
 - Strong sedative, pain-relieving and antispasmodic effects.
 - Especially valuable for muscular back spasms and pain, but also used in asthma, menstrual pain, insomnia, toothache or nervous conditions.
20. Kava Kava-Piper methysticum
 - Relaxes muscles, reduces internal and external spasms and cramps.
 - Pain reliever, plus enhances pain-reducing effects of aspirin and drugs.
 - No hangover, tolerance, build-up or addiction, typical of medical drugs.
21. Meadowsweet-Filipendula ulmaria
 - Herbal forerunner of aspirin provides anti-inflammatory pain relief.
 - No gastric irritation like medical NSAIDs; neutralizes stomach acids and general internal acidity.
22. Valerian-Valeriana officinalis
 - Relaxing and sedative effects, reduces transmission of pain signals.
 - Muscle relaxant, relieves muscle spasms and contractures due to stress and tension; eases menstrual pain, colic, asthma, irritable bowel spasm.
23. Wild Yam-Dioscorea villosa
 - Indicated for backache characterized by sharp, knife-like sensations.
 - A relaxant used for pain originating in the digestive system, gall bladder, nervous system, uterus. Supplies precursors for adrenal cortisol.

Home remedies for back pain are used with far more safety than drugs, specially in pregnant women.

HOME REMEDIES FOR INSECT BITE - BEE STING

Everything from a mosquito to a spider can cause serious reactions in the body. The problem is not the injury but what the insect leaves behind (the venom). This is a defense mechanism that is used when for example a beehive detects danger.

When someone is stung by an insect the area becomes swollen, red, extremely painful or burning, however if the symptoms are, hard to breath, hard to swallow, disorientation, swelling of eyes and mouth and in some cases unconsciousness or death.

Nature gives us hundreds of insects that can bite or sting, but it also gives us an array of herbs that can reduce the itching and swelling, we are even going to show you how to make your own natural repellent as well. While we do not have any studies to show if herbal repellents are better than commercial counter parts they certainly smell better and we don't think you would want to rub toxic chemicals on your body. If insect bites are an ongoing problem, talk to a pest control expert on the best solution for your lifestyle. The earth is in balance, mother nature produces everything we need, is up to us to prepare and use what is given to treat insect bite with home remedies.

Home remedies

1. Remove the stinger. Do Not squeeze it this will inject more of the venom in the patient.
2. Clean the area.
3. Crush *Plantain leaves* extracting the juice and applying it on de injured area.
4. Insect bite home remedy - Apply toothpaste on the sting.
5. A homeopathic remedy that can be very helpful is *Apis Mellifica*, 30x it reduces inflammation and pain, burning and stinging.
6. A homeopathic remedy called *Cantharis* 30c is good for bee or wasp stings.
7. A homeopathic remedy called *Carbolicum acidum* 30c is used in more severe allergic reactions of bee stings or black widow spider bites.
8. A homeopathic remedy called *urtica urens* 30c is good for itching, burning and pain.
9. Insect bite lotion.
10. 1 tsp. *lavender essential oil*.
1 tbsp. *vegetable oil*.
Mix the ingredients and apply it directly on the injury. Do not use around eyes.
11. Lavender stops itching and reduces swelling.
12. Extra strength sting poultice.
13. 1 tbsp. *echinacea root tincture*.
1 tbsp. *distilled water*.
1/8 tsp. *lavender essential oil*.
1 tbsp. *bentonite clay*.
Mix the *echinacea, water and lavender*. Add liquid slowly to the clay while stirring. Once mixed, the resulting paste should stick to the skin. Apply on the injured area. Store the poultice in a tight lid container, if it does dry out add water until moisten enough to stick to the skin.

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14. *Jewelweed* is used to reduce itching and soothe the skin, take two or three leaves, break them and apply the juice over the injured area.
15. Ant and nettle medicine.
16. Allergic reaction from a bite or a sting is caused by formic acid which can be neutralized using 1 tsp. of yellow dock leaf tincture and 2 tsp. of baking soda. Mix the ingredients and form a poultice. Apply as needed.

HOME REMEDIES FOR BED SORES

Bed sores commonly known as pressure sores, skin ulcers or decubitus are cuts, lesions or swelling caused due to prolonged pressure on any part of body and usually affect parts of the body over bony areas. Bed sores commonly occur among handicapped, disabled, paralyzed or bed ridden patients as they are unable to change their position frequently and continuous pressure on specific parts of body lead to bed sores. Bed sores can be treated effectively if found early but can become a life threatening disease as it cuts off blood circulation to parts of the body.

Bed sores commonly occur around the buttocks, heels, lower back and the hip bone area among bed ridden individuals while spine, ankles, knees, head , shoulders are also susceptible to pressure sores depending on the fixed position of the patient. It is important to note that bedsores, if small and detected early can be treated by regular dressings while large or deep bedsores need plastic surgery techniques. Known to doctors as decubitus ulcers, bed sores (or pressure sores) are the result of skin being suffocated beneath the weight of the body. These lesions are caused by continuous extended pressure on the skin, usually in an area over a prominent bone or cartilage structure such as the hips or tailbone.

This pressure restricts the flow of blood, and therefore the supply of oxygen and nutrients, to that part of the skin. Ultimately, the smaller blood vessels clot and a sore red patch of skin appears. If not attended to, it can crack open and develop into a painful wound.

The first sign of a developing pressure sore is reddening of the skin. There may be local swelling or hardening of the tissue as well. Eventually, if the pressure is not relieved, the skin breaks down and ulcerates, and infection may take hold. Obviously, people who are confined to bed for long periods are most at risk for this problem. Wheelchair users also have an increased risk of developing pressure sores.

An individual who suffers from impaired wound healing, common in older adults and people with diabetes, can develop bed sores rather quickly.

Based on the severity of the condition, bed sores go through four different stages and the symptoms seen during each stage vary.

Stage I

- The skin remains intact, even in the initial stages
- In case of lighter skin color, the skin appears darker and does not lighten briefly (blanch) when it is touched
- In case of darker skin, no changes in the actual skin color, but the appearance of bluish or purple spots
- Pain, softness, tenderness and change in temperature around the skin

Stage II

- Ulcers or open wounds

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- Loss or damage in the underlying layer of the dermis as well as the epidermis
- Appearance of pinkish, shallow and basin-like wounds
- Ruptured fluid-filled blisters on the skin

Stage III

- Development of deep wound at the site of the ulcer
- Skin loss, with exposure of fat
- Crater-like ulcers appearing on the skin
- Appearance of slough or yellowish dead tissue at the bottom of the wound
- Spreading of the damage, beyond the primary area of the wound, to the layers of healthy skin

Stage IV

- Large scale tissue loss at the site of the ulcer
- Appearance of slough or eschar, which is dark, crusty and dead tissue at the bottom of the wound
- Exposed bone, muscle or tendons at the site of the wound

Causes of Bed Sores

Bed sores have a single, simple cause: uninterrupted pressure (in excess of the capillary refill reflex) to the affected area. In some cases, irreversible damage may begin to occur after as little as two hours of unrelieved pressure.

Pressure sores do not occur in most people. Ever sat still so long in one position that when you finally moved you ached? The same process is involved in the formation of decubitus ulcers. Eventually you did shift position; and for most people, even when they're asleep, a complicated set of neuronal feedback mechanisms alert their bodies when it's time to make a postural adjustment.

But people who are comatose, paralyzed, sedated, restrained or otherwise unable to move volitionally cannot move on their own. This is the population at risk for developing bed sores. For someone who cannot move, something as simple as a wrinkle in a bed sheet can begin the process of skin breakdown.

When it comes to bed sores, prevention is better than treatment. It is also necessary to rule out the possibility that another disorder might be mimicking a bedsore, especially if the sore appears to be spreading at an unusually fast rate. Herpes lesions, bacterially induced ulcers, and even skin cancers can look like bed sores, but require different treatment.

Bed Sore Prevention Tips

Bed sores are a classic example of the old adage that an ounce of prevention is worth a pound of cure: in the vast majority of cases, bed sores can be prevented by the simple expedients of

frequent position shifts and a thorough, routine, daily inspection of the skin to identify potential trouble spots. If incontinence is a factor, skin barriers like the new, polymer-based protective films should be used in addition to absorbent padding to protect the skin. Improved hydration will make skin less friable, while better nutrition (particularly through foods rich in protein, zinc and Vitamin C) will lead to increase the body's ability to heal itself should breakdown occur.

Home remedies

1. **Cleaning the Wound:** A wound that has not been cleaned properly is prone to infections and inflammation. You could use some fresh water, with mild soap to treat the bed sores. In case of open sores, you need to use saltwater (saline solution) to clean the wound a couple of times a day.
2. **Dressing the Wound:** You can expedite the healing process by keeping the wound moist and dressing it appropriately. A proper dressing protects the wounds from infections too and keeps the surrounding area dry. There is a huge variety of dressings that you can opt for, like gauzes, gels foams, treated bandages and films. At times, you may be advised to use a combination of dressings for best results.
3. **Exercising:** This may be a huge challenge for those who are confined to a bed or a wheelchair. However, there are many exercise disciplines that are planned and crafted, keeping in mind the specific needs and capabilities of the patient.
4. **Practicing Healthy Habits:** There are some habits, like smoking, that affect the circulation of blood, oxygen and nutrients to the skin. Therefore, in order to avoid bed sores, it is best to quit such unhealthy habits.
5. **Protecting Bony Areas:** In order to expedite the healing process, it is important to use some sort of cushioning on the bony area. A soft mattress or an air mattress can help prevent and heal bed sores faster.
6. **Vitamin C** is an anti-inflammatory and is vital for the health of the skin and blood vessels. A study reported in the British Medical Journal found that bedridden patients with bedsores had significantly lower levels of vitamin C in their blood than did similar patients who were free of bedsores. Take 500 milligrams of vitamin C and an equal amount of bioflavonoids three times daily.
7. **zinc** supports the immune system and promotes wound healing. Take 15 milligrams three times daily. Take zinc with food to prevent stomach upset. If you take over 30 milligrams of zinc on a daily basis for more than one or two months, you should also take 1 to 2 milligrams of copper each day to maintain a proper mineral balance.

Herbal treatment for bed sores

There are certain herbs that can be applied directly on to the wound, to help them heal faster. Some of the most widely recommended herbs for this purpose include witch hazel, goldenseal, turmeric root, myrrh and comfrey. The following suggestions should be used only if the wound is closed. Open wounds should be attended to by a health-care practitioner.

1. Aloe Vera, applied topically in ointment, gel, or cream form, is effective in healing sores.
2. Topical calendula cream is very soothing and healing to wounds. Use it as directed on the product label.

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3. Goldenseal is a natural antiseptic; vitamin E is healing and soothing to the skin. Make a paste by combining the contents of three 500-milligram capsules of goldenseal (or 1 teaspoon of goldenseal powder) and 800 international units of vitamin E (pierce capsules and squeeze out the oil). If the resulting mixture is too dry, add a few drops of olive oil. Apply this to the affected area three times daily.

HOME REMEDIES FOR BLADDER INFECTION

An invasion of bacteria into the urinary tract causes UTI (Urinary Tract Infection). The bacteria enter from the opening of the urethra and proceed further into the urinary tract. Some of the causes of UTI include sexual intercourse, multiple sexual partners and holding urine for too long. Urinary tract infection can be very painful, if not treated in time. The term UTI includes bladder irritation, as well as infection caused by various microorganisms.

Bladder infection conditions occur more often in women, due to anatomical differences. In middle-aged men, however, a swollen prostate is the typical cause for urinary retention and infection. Underlying causes include nutritional deficiencies and immune susceptibility, as well as the more obvious irritations from intercourse, tight clothing, spices, coffee, tea, medicines, alcohol or high sugar in the urine. Food allergies may be a significant factor, especially in children.

Herbs for the urinary tract infection generally have diuretic effects, to flush out infection and inflammation by-products. Many are also antimicrobial, either destroying microorganisms or stimulating the body to do so. Along with quelling inflammation, other plants help heal irritated mucus membrane linings of the bladder, urethra and ureter, and the kidney tubules.

In most cases, simple bladder infection can be easily and effectively dealt with using the herbs below. In cases where antibiotic resistant bacteria are involved, or where no bacteria are detected, as in interstitial cystitis, herbs become even more important and uniquely effective. It can also spread to the kidney, causing serious health problems. Though the disease can affect members of both the sex, women are more susceptible to it. Some of the common symptoms of urinary tract infection are burning sensation while urinating, a constant urge to urinate, blood in the urine, fever, vomiting, nausea, backache and pain below the ribs. In the following lines, we have provided some of the best home remedies for treating UTI.

Causes

The most common cause of UTIs are bacteria from the bowel that live on the skin near the rectum or in the vagina, which can spread and enter the urinary tract through the urethra. Once these bacteria enter the urethra, they travel upward, causing infection in the bladder and sometimes other parts of the urinary tract. Sexual intercourse is a common cause of urinary tract infections because the female anatomy can make women more prone to urinary tract infections. During sexual activity, bacteria in the vaginal area are sometimes massaged into the urethra.

Women who change sexual partners or begin having sexual intercourse more frequently may experience bladder or urinary tract infections more often than women who are celibate or in monogamous relationships. Although it is rare, some women get a urinary tract infection every time they have sex. Another cause of bladder infections or UTI is waiting too long to urinate. The bladder is a muscle that stretches to hold urine and contracts when the urine is released. Waiting too long past the time you first feel the need to urinate can cause the bladder to stretch beyond its capacity. Over time, this can weaken the bladder muscle. When the bladder is

weakened, it may not empty completely and some urine is left in the bladder. This may increase the risk of urinary tract infections or bladder infections.

Symptoms

Cystitis usually produces a frequent, urgent need to urinate and a burning or painful sensation while urinating. These symptoms usually develop over several hours or a day. The urgent need to urinate may cause an uncontrollable loss of urine (urge incontinence), especially in older people. Fever is rarely present. Pain is usually felt above the pubic bone and often in the lower back as well. Frequent urination during the night (nocturia) may be another symptom. The urine is often cloudy and contains visible blood in about 30% of people. Air can be passed in the urine (pneumaturia) when infection results from an abnormal connection between the bladder and the intestine or the vagina (fistula). Symptoms of cystitis may disappear without treatment. Sometimes cystitis produces no symptoms, particularly in older people, and is discovered when urine tests are performed for other reasons. A person whose bladder is malfunctioning because of nerve damage (neurogenic bladder—see Spotlight on AgingSidebar) or a person who has a permanently placed catheter may have cystitis with no symptoms until a kidney infection or an unexplained fever develops.

Home remedies

1. Baking soda is effective in curing urinary tract infection. In an eight ounce glass of water, add ½ tsp of baking soda. Mix this well and drink it.
2. Cranberry juice disallows bacteria to cling to the cell, which line the urinary tract. It is a great remedy to fight this infection. If you cannot have the cranberry juice directly you can mix it with apple juice to add some taste.
3. Buchu-Agathosma or Barosma betulina
 - A diuretic and urinary antiseptic for cystitis, urethritis, prostatitis.
 - Tones the urinary tract and helps prevent stones; treats bedwetting.
 - Helpful for prostate enlargement and resulting bladder infections.
4. In acute cases try having 1/2 tsp of tincture every hour. Severe infection needs severe measures. Blend equal parts of pipsissewa, buchu, echinacea, and uva ursi tinctures. Have 20 drops of this blended mixture every two hours for first two days and later 1 tsp four times a day, till you have completely recovered. Have a soothing tea such as marshmallow root to counter the strong antiseptic effect of urva ursi.
5. Corn Silk-Zea mays
 - A soothing diuretic for irritation of the bladder, urethra and prostate.
 - Relieves urinary tract inflammation and bedwetting in children.
 - Effective for difficult and scant urination, cystitis and kidney stones.
6. Couchgrass-Agropyron repens
 - A soothing urinary demulcent, useful for infection or inflammation of the prostate, urethra or bladder. Useful in kidney stone and gravel.
7. Cranberry-Vaccinium macrocarpon
 - Reduces bacteria and prevents them from adhering to the bladder walls.
 - Can be taken as a preventive in people with recurring infections.
 - Safe and effective during pregnancy, for children and the elderly.

- Mildly acidifies the urine, eliminating alkaline bacteria, (i.e. E. coli).
 - Reduces effectiveness of uva ursi; should not be used together.
8. Goldenrod-Solidago virgaurea
Diuretic, anti-inflammatory and antiseptic effects for cystitis, urethritis.
Pain-relieving and antifungal, tones the bladder, soothes irritation. Safe and mild action; does not deplete body's electrolytes/potassium.
 9. Goldenseal-Hydrastis canadensis
Anti-inflammatory and antimicrobial; destroys many types of bacteria.
 - Especially effective for chronic cystitis or stubborn urinary mucus.
 - Healing effect on bladder linings, stops bleeding, heals ulcerations.
 10. Gravel Root-Joe Pye Weed/Eupatorium purpureum
For bedwetting in kids with bad dreams, hold their urine in too long. ® For irritable bladder with frequent desire, always feels full, uneasy.
For incontinence in women, old age, children, enlarged prostate.
 11. Horsetail-Equisetum arvense
Acute urinary tract infection; safe during pregnancy or weakened states. For bed-wetting or enuresis in children or weak bladder in the elderly.
Diuretic effects, but does not deplete the body of salts or electrolytes.
 12. Juniper Berry-Juniperus communis
A powerful diuretic, antispasmodic and strong antibiotic for cystitis.
 - Must not be used for prolonged periods or in kidney infections.
 13. Marshmallow-Althea officinalis
A soothing demulcent to the lining of the urinary tract.
Use for acute inflammation, typical of bladder infections.
Decreases inflammation in the respiratory, digestive or urinary tract.
 14. Parsley Root-Petroselinum crispum
Diuretic effects for cystitis, kidney stones. Soothes burning, itching, crawling in the urethra. Avoid in kidney disease or pregnancy.
Helps symptoms of pain, frequent desire, urging, mucus discharges.
 15. Sarsaparilla-Smilax officinalis
For cystitis, kidney infections, bladder stones, kidney colic, bedwetting. " A blood purifier that is antiseptic, anti-inflammatory; controls itching.
Diuretic. Rheumatic or skin problems (psoriasis) with urinary irritation.
 16. Uva ursi-Arctostaphylos uva ursi
Urinary disinfectant and antiseptic, effective for many types of bacteria. " Diuretic and astringent for chronic and acute urinary problems. " Avoid acidic foods—and cranberry—which decrease its effectiveness.
 17. Yarrow- millefolium
Increases urination, has antimicrobial effects, stops bleeding. Anti-inflammatory properties, while soothing bladder spasms. Tones the urinary tract and acts as a mild pain reliever in infections.

HOME REMEDIES FOR BLOODSHOT EYES

Like its name bloodshot eyes is a common disorder where eyes become red colored that resemble blood. The disease is also called subconjunctival hemorrhage. It makes your personality unpleasant the problem is an outcome of the swelling in the blood vessels of the eyes. In this disorder, too much blood gets deposited in blood vessels due to lack of oxygen. Such kind of disorder could also be a result of tiredness, eyestrain, consumption of alcohol, high blood pressure and deficiency of certain vitamin and minerals. A bloodshot eye is a condition that develops when the small blood vessels that we see on the surface of the eye become inflamed with too much blood caused by insufficient oxygen to the cornea. If overwhelmed with fatigue, eyestrain, alcohol consumption, insufficient Vitamin B2 and B6 or high blood pressure, bloodshot eyes may appear. However if all of these conditions are managed, bloodshot eyes should disappear.

Home remedies

1. Application of cold compress over the closed eyes also brings good results. Pouring 2-3 drops of rosewater in the eyes has also been found very effective in the treatment of these disorders. One can also apply the hot and cold compresses alternatively on your eyes. One can make a mixture of rose water, milk and Aloe Vera juice, soak a cotton pad in it, and put this pad on the eyes for 20 minutes.
2. Vitamin A is very necessary for a healthy vision. Take Vitamin A. 25,000 international units daily for two weeks.
3. Eat spinach and take Lutein or spinach extract because they contain carotenoid needed for retina and eye tissue.
4. Take a Vitamin B complex. About 100 mg. of each B vitamin 3 times a day has been shown to relieve the B vitamin deficiency that leads to bloodshot eyes.
5. Use raspberry leaves to make a tea and when cool, soak a piece of cotton and apply it to the eye.
6. Using Eyebright herb in drops is excellent for bloodshot eyes. This plant can be used internally and is much more effective than commercial eye drops and safer.
7. Cayenne it's an anti-inflammatory for the mucus membranes Use very small amounts well diluted or in an eye drop form.
8. Take Ginkgo biloba. It increases the delivery of oxygen and nutrients to the eye.
9. If you have allergy from something abstain from this allergen while you are having bloodshot eyes. If your eyes become dry you should apply some artificial tears that are without any preservative. During the course of this disorder you should refrain from wearing contact lenses. One should cover the eyes, as it increases the likelihood of bacterial and viral infections.

HOME REMEDIES FOR BOILS

A boil or furuncle is a bacterial infection with pus that develops around a hair follicle. Boils are very contagious and potentially serious if the infection spreads. A boil starts out as a tender, red, hot, tense bump and develops a yellowish point within 2 to 4 days. Boils are very painful, especially if they occur in skin that cannot move freely. The boil can burst open, discharging pus but relieving some of the pain. There are many home remedies for boils that can reduce the symptoms. Boil is a localized collection of pus surrounded by inflamed tissue in the skin. It starts off as reddened tender area and over a period of time, the area around it becomes firm and hard. The center of the boil full of pus is soft and is filled with infection fighting white blood cells, bacteria and proteins that eradicate the infection. Finally the pus forms a head, which can be surgically opened or drained out through the surface of the skin.

Boils most commonly occur on the buttock, ears, face, neck, nose, shoulders, thighs and underarms, mostly affecting teenagers and young adults, due to puberty and related hormonal changes within the body's biological systems. However, in some instances, boils can develop in mature adults. In relevance to the individual presenting a boil, tenderness and pain is experienced. Therefore, of those individuals suffering from this particular skin disease clinically termed as a boil, it is comprehensible that home remedies for boil are sought.

Unfortunately, boils heal with scarring.

Boils usually occur in areas that are hairy or that are exposed to lots of movement and friction. These include areas under the belt and on the neck, face, scalp, underarms, and buttocks. Boils can become chronic and come back time and again in the same areas. Our home remedies for boils reduce the risk of developing chronic boils.

The most common bacteria found in boils is *Staphylococcus aureus* (staph bacteria). They may be caused by other types of bacteria, however, depending on the location of the boil and the individual's immune function. In rare cases, boils may be a sign of an underlying immune problem or other disease. People with diabetes, alcoholism, cancer, or HIV/AIDS, and those on chemotherapy are especially susceptible to developing boils. Please use these home remedies for boils.

Home remedies

1. Parsley leaves or ajmood also plays vital role in treating boils. Boil parsley leaves, till it becomes soft. Wrap the boiled leaves in clean perforated cloth and put it over boils. This will help in release of puss by opening boil's mouth.
2. Bitter Gourd is an effective home remedy for blood-filled boils. A cupful of fresh juice of this vegetable, mixed with a teaspoon of lime juice, should be taken, sip by sip, on an empty stomach daily for a few months to treat this condition.
3. Vitamin A. Take 25,000 international units daily for two weeks.
4. Beta-carotene. Take 25,000 international units daily for two weeks.
5. B-complex vitamins. Take a balanced B-complex supplement daily
6. Vitamin C with bioflavonoids. Take 3,000 milligrams daily.

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7. Zinc. Take 50 milligrams daily for two weeks.
8. Astragalus tea helps to enhance immunity. Drink eight glasses a day.

Calendula ointment can be applied to the skin overlying an unbroken boil to decrease inflammation and act as an antiseptic. Garlic is a natural antibiotic and immune-system booster. It can be taken in capsule form.

9. Make a paste of 1 tsp of milk cream, 1/2 tsp of vinegar and a pinch of turmeric powder. When applied, it assists in ripening the blood boils and cure them without becoming septic. This is one of the good home remedies for boils.
10. One of the effective home remedies for staph infection is removal of the scabs and the boils completely. To do this, mix a cup of warm water with three to four spoons of bleach. Dab a piece of cotton wool in this solution and rub it on the scabs gently till the scabs become softer. When the scabs soften off, use a piece of gauze to remove them gently. The boil would have become an open wound now. Soak another piece of cotton in an antiseptic liquid or mouthwash and clean the boil. Remove all the pus and fluids flowing from the boil.
11. Goldenseal-root powder can be mixed with enough boiling water to make a paste and used as a topical poultice to draw out the boil.
12. A mixture of 25 grams (2,500 milligrams) of powdered slippery elm, 3 drops of eucalyptus oil, and just enough boiling water to form a thick paste can be applied to the boil. Leave it on until the paste cools, then make a fresh batch and reapply it. Repeat this until the pus is discharged from the boil. Marshmallow leaf or figwort can also be made into a poultice to draw out pus.
13. Tea tree oil can be applied externally to a boil as an antiseptic against bacteria and fungi. The pure oil will probably irritate inflamed skin, but a mixture of a few drops in a couple of tablespoons of any vegetable oil should not cause a problem. Do not take tea tree oil internally.
14. A tea made from two parts wild indigo to one part each of echinacea, pasque flower, and poke root can be drunk three times a day to speed healing. The tea can also be applied externally to a boil to limit infection.

HOME REMEDIES FOR BODY ODOR

Unpleasant body odor, or bromhidrosis, is most frequently due to excessive perspiration from the eccrine or apocrine sweat glands. This in turn causes an overgrowth of bacteria on the skin. The bacteria break down the top layer of skin cells and the sweat, forming chemicals that produce the unpleasant smell. Home remedies for body odor can control bacteria.

Apocrine bromhidrosis rarely occurs before puberty, since the apocrine sweat glands virtually do not function before then. As most apocrine sweat glands are located in the armpits, this is the smelliest area. Home remedies for body odor can help you make your own natural deodorant.

People in groups that tend to have larger numbers of apocrine sweat glands, such as people of African ancestry, are affected to a greater extent than those who tend to have fewer apocrine sweat glands, such as older adults and people of Asian descent. Poor hygiene, of course, is another reason unpleasant smells come off the body. Diet can also be a factor.

Sweat containing high levels of garlic, curry, or other spices also has a repellent odor. Taking certain medications can cause bad body odor, too.

Excessive eccrine sweating of the feet, most common in young men, is another common cause of bad body odor. Bromhidrosis from the feet occurs when the thick, warm, sodden skin becomes a breeding ground for numerous bacteria. Eccrine bromhidrosis can also occur in areas where skin contacts skin, especially between the thighs. This can be made worse by obesity and diabetes. Using home remedies for body odor can help reduce foot odor.

Other, more serious causes of offensive body odor include nutrient deficiencies, such as zinc deficiency; underlying medical problems such as genetic metabolic disorders, liver disease, or diabetes; and gastrointestinal problems such as parasites or chronic constipation. You should seek your physician's expertise to screen for these problems if excessive sweating, poor hygiene, or a spicy diet are not factors in causing the unpleasant body odor.

There are a number of ways to prevent body odor and these include:

- Maintain good personal hygiene by washing or showering at least 2-3 times a day with hot water and anti-bacterial soap
- Wash directly after a work-out or sporting activity
- Use antiperspirants, deodorants and talcum powders regularly
- Shave or wax under your arms as this area is a fertile breeding ground for bacteria
- Wash clothing regularly in hot soapy water with a scented concentrate
- Avoid wearing the same clothing you wore the day before as it will retain the sweat smell
- Change socks and undergarments daily
- Wear cotton or linen clothes as they are more absorbent than synthetic fabrics
- Avoid wearing tight fitting clothes and rather opt for loose fitting clothes
- Incorporate fresh fruit, vegetables and whole grains into your diet
- Drink lots of water to flush out toxins in the body's system

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- Avoid eating spicy or sharp smelling foods (such as garlic, onions, hot peppers or curries) as the odor comes through the pores
- Avoid drinking hot drinks such as coffee or tea
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- Avoid drinking hot drinks such as coffee or tea

Home remedies

1. Nutritional supplement's for body odor:

- The following supplements have been found to be helpful for body odor:
 - Vitamin A. Take 25,000 international units daily for two weeks.
 - Vitamin-B complex. Take a supplement containing 100 milligrams of each of the major B vitamins daily Also take an additional 50 milligrams of vitamin B6 (pyridoxine) daily and 50 milligrams of vitamin B1 (thiamine) twice a day while the problem exists, then cut back to 20 milligrams every other day for three weeks.
 - Vitamin C. Take 3,000 milligrams daily
 - Zinc. Take 50 milligrams daily.
2. Applying the paste of Gram flour (Besan) mixed with curd on the whole body before bath cleans and opens with pores which helps in removing bad body odour.
 3. Bael leaves dried and powdered then mixed with Shikakai (Soap nut) can be used for talking bath instead of soap helps to overcome Bad Body Odour.
 4. Betel (Pan) leaves grinded with equal quantity of Gooseberry (Amla) and this paste applied on the body Before talking bath cures Bad Body Odour.
 5. Tamarind (Imli) leaves grinded with Banana tree root and applied on the body before talking bath also helps to overcomes Bad Body Odour.
 6. Drinking Carrot (Gajar) juice everyday Aniseed (Saunf) of Dhanai or even MInt leaves (Pudina) helps to overcome Bad Body Odour.
 7. After eating Radish (Muli) eat Jaggery (Gur) and Aniseed (Saunf) or Dhanai or even Mint leaves (Pudina) helps to overcome bad odour.

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8. After eating Radhish (Muli) eat Jaggery (GFur) and Aniseed (Sauf) to avoid Bad Body Odour.
9. Inhaling or smelling Basil (Tulsi) juice helps to overcome Bad Body Odour from nose.
10. Add a tablespoon of sandalwood paste in a glass of lime juice.
11. **Herbal treatment for body odor:**

Alfalfa tablets contain a lot of chlorophyll, which has a deodorizing effect.

 - Chlorophyll, available in soft gel capsules and chewable tablets, helps reduce embarrassing body odors.
 - Parsley also is a good source of chlorophyll. Munching on several sprigs of parsley a day can help with body odor.
12. **Natural deodorant for body odor:**
 - Make an herbal spray deodorant by combining 5 drops each of sage, coriander, and lavender essential oils with 2 ounces of distilled witch hazel. Shake before each use.

HOME REMEDIES FOR BONE FRACTURE

When a bone in the body breaks or cracks it's called fracture. There are two types of fractures: closed or simple, when the skin that covers the bone remains intact or it's open or compound when the bone breaks the skin. A bad fall, a hard blow, an automobile collision, a sports injury, or an underlying - medical condition such as osteoporosis can result in a broken bone.

When a bone breaks, it triggers not only pain, swelling, bruising, and immobility but also trauma and shock throughout the entire body. Fractures located near joints are sometimes misidentified as simply bad sprains. When a fracture occurs, cause terrible pain and tenderness in the area fractured, along with swelling, the appearance of some blood under the skin and some numbness, tingling or paralysis below the injured area.

When a person fractures an arm or leg, he or she could lose the pulse below the fracture. Fractures are more common in young children and in older adults. As we grow older, our bones get weaker and more fragile, and they take more and more time to heal themselves.

A fracture requires professional attention, what we offer here are recommendations that will aid in healing after the bone has been set. There are varying degrees of fractures. Here are definitions and causes for the main types of fractures:

- Partial (incomplete): The break across the bone is incomplete.
- Complete: The bone is broken in two pieces.
- Closed (simple): The broken bone does not protrude through the skin.
- Open (compound): The broken bone protrudes through the skin.
- Comminuted: The bone is splintered at the broken area and many smaller fragments of bone are found between the two main pieces.
- Greenstick: This occurs only in children and is defined by having one side of the bone break and the other side just bends, often seen on the radius (forearm bone).
- Spiral: A breaking force twisted the bone apart.
- Transverse: This occurs at right angles to the bone.
- Impacted: One fragment is forcibly driven into the other.
- Colles': This is a fracture of the distal end of the radius (wrist), and the fragment is displaced posteriorly (behind).
- Pott's: This is a fracture of the distal (lower portion of leg) end of the fibula, with serious injury of the distal tibia articulation.
- Nondisplaced: The correct anatomical alignment of the bone is maintained.
- Displaced: The correct anatomical alignment of the bone is not maintained.
- Stress: This is a partial fracture, resulting from the inability of the bone to withstand repeated stresses (such as doing aerobics on hard surfaces or running long distances for prolonged periods of time). Almost one-fourth of stress fractures occur in the fibula.

NOTE: Bone mass increases continually throughout life until approximately 30-40 years of age. In later years, net bone loss occurs when bone resorption exceeds the amount of bone formed. In

fact, bones lose their density continuously each year after the age of 30 in both men and women. To assist in promoting the health of our bones, studies have long shown that a daily intake of Calcium is critical.

Home Remedies

1. Eat half pineapple every day until it's completely healed. It contains Bromelain, an enzyme that helps to reduce swelling and inflammation. Do not eat canned or processed pineapples. If you don't like fresh pineapple, take the supplement Bromelain. It has the same effect as pineapple.
2. Vitamin C, improves the formation of collagen (which is a protein which strengthens bone and connective tissue)
3. Zinc and copper play a crucial role in mineral absorption as well. Copper supplements are required only if zinc is used for a period of more than a month. Other key nutrients include Vitamin B6, silicon and folic acid
4. It is very important to regain Bone Strength as soon as possible to avoid future injuries and to insure a solid bone fusion. we recommend that you take this.
5. Do not eat red meat, and avoid drinking colas and all products containing caffeine.
6. Avoid eating foods with preservatives; they contain Phosphorous which can lead to bone loss.
7. Take Boron, is important for the health and healing of the bone.
8. Take Calcium + Magnesium + Potassium. They are essential to repair bone damage and to maintain a good muscle and heart condition.
9. Take Zinc, helps repair tissue damage.

HOME REMEDIES FOR BRONCHITIS

Bronchitis refers to the inflammation of the mucous membrane lining the bronchial tubes within the lungs. The bronchial tubes are the small air passages that connect the nasal passages to the lungs. The mucus membranes in these tubes function to trap bacteria and all other pathogens that invade the body and pose the danger of infecting the lungs and the respiratory system. Bronchitis may be acute or chronic. In chronic cases, the disease is of long duration and more serious.

In an upper respiratory infection like acute bronchitis the individual is afflicted with a cough in which there may be phlegm or sputum brought up from the respiratory tract, but this is not always necessary. Acute bronchitis may develop during the course of a long drawn viral infection even at times with something as mundane as a common cold or with the flu. Viral infections do however account for up to 90% of all cases of bronchitis, while bacterial infections account for 10% or less. Acute bronchitis is therefore not always severe and acute bronchitis treatments are primarily aimed at treating the underlying cause. Because most cases of acute bronchitis are viral in nature, treating bronchitis with antibiotics is uncommon. Whether dealing with bronchitis in children or adults, bronchitis treatments with antibiotics are only used if the cause is bacterial. Moreover, the effects of powerful drugs and antibiotics are questionable to say the least, particularly when self prescribed. Bronchitis home treatments are best administered for children, kids and babies with natural care, as opposed to with steroids or powerful over the counter drugs. It is of course most advisable to seek medical care when dealing with bronchitis in pregnant women or children, because of the possible complications that could develop, and also because a thorough diagnosis is essential for effective treatment. Keep in mind that neglecting any of these seemingly trivial conditions that affect the respiratory system like a sinus infection or mild laryngitis could trigger bronchitis.

Chronic bronchitis on the other hand is a chronic obstructive pulmonary disease. The individual would most likely suffer a productive cough that could last as long as three months or even longer in a year, and would occur during a period of at least two years. Bronchitis of this nature develops as a result of persistent exposure to airborne irritants like cigarette smoke or pollution and environmental pollutants. This kind of bronchitis like asthma is therefore not caused by some disease, but by an allergic reaction. Chronic bronchitis treatments are therefore quite different from acute bronchitis and natural bronchitis treatments may be used for relief, while the most important goal should be elimination of any exposure to irritants. Failing this, the condition will continue to be problematic and may even worsen. Bouts of chronic bronchitis should be taken very seriously as they could indicate the development of more serious conditions like asthma or pneumonia or walking pneumonia.

Although not a disease in the strict sense, bronchitis is contagious in that the virus or bacteria responsible for the infection that is behind the development for bronchitis may be passed on. This of course only holds true for acute bronchitis and there is no risk of contagion when dealing with chronic bronchitis. The lungs are among the body's largest organs. The air we breathe enters our bodies through the trachea (windpipe), which connects with the bronchi, the breathing tubes that lead into the alveoli (air sacs) in the lungs. In the lungs, air is exchange for carbon dioxide. You should always consider a bronchitis naturist treatment approach since it will complement perfectly with other conventional treatments.

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Bronchitis is an inflammation or obstruction in the bronchial tubes. This inflammation results in a buildup of mucus, along with coughing, fever, pain in the chest area and / or back, fatigue, sore throat, difficulty breathing, and, often, sudden chills and shaking. Bronchospasm, a contraction of the smooth muscle in the walls of the bronchi, may also occur. Swelling of the mucous membranes and hypersecretion by the bronchial glands frequently accompany bronchospasm. In this page you will find many acute bronchitis natural cures.

Bronchitis can be either acute or chronic. Acute bronchitis is usually caused by an infection, which can be bacterial, viral, chlamydial, mycoplasmal, or caused by combination of agents. It typically follows an upper respiratory tract infection, such as a cold or influenza. In acute bronchitis, bronchospasm is more often associated with viral (rather than bacterial) infection. Most cases of acute bronchitis are self-limiting, with full recovery in a matter of weeks. But recovery time can be shortened by using acute bronchitis home remedies. In some cases, however, the condition can lead to pneumonia. This is more likely to occur in those who also have chronic respiratory disease or other debilitating health problems.

Chronic bronchitis results from frequent irritation of the lungs, such as from exposure to cigarette smoke, air pollutants, or other noxious fumes, rather than from infection. Allergies may also be the cause of chronic bronchitis. Chronic bronchitis diminishes the exchange of oxygen and carbon dioxide in the lungs, so the heart works harder in an attempt to compensate. Over time, this can lead to pulmonary hypertension, enlargement of the heart, and ultimately heart failure.

Asthma bronchitis natural treatment are very common and this page was created to offer you an alternative or complementary treatment for asthma bronchitis. Herbal medicine has proven to be very effective in the treatment of acute and chronic bronchitis. The following treatments may be very useful in alleviating some of the symptoms.

Symptoms of bronchitis range as follows:

- Dry, congested cough or mucus-producing cough
- Wheezing or shortness of breath, especially after exertion
- Low fever
- Fatigue
- Blue-ish lips from insufficient oxygen flow
- Other respiratory infections
- Bronchitis can involve all 3 bad guys – bacteria, virus and fungus, especially when occurring after another infection. For example, bronchitis is very common following a sinus infection due to the post-nasal drip of thickened mucus.
- If antibiotics were taken for sinus or other infections, and there were no signs of bronchitis before, chances are the bronchitis started from overly thick mucus reaching the bronchi and attracting fungal yeast. This yeast can congregate in the sinus and respiratory mucus membranes and make the discharge even thicker and harder to remove.
- Antibiotics often lead to yeast infections because they kill “friendly” bacteria along with the bad. The balance of our body’s good and bad bacteria is important to our immune system and helps prevent infections.

Diet & Habit

- Eliminate dairy products - milk, cream, cheese, ice cream – sugar and sugary desserts, and minimize breads, pastas. All these foods cause mucous buildup and encourage yeast. Health food stores have some great replacements.
- Eat garlic or take garlic tablets! Garlic has natural antibiotic, antifungal properties.
- Drink only hot beverages to break up phlegm.
- Don't smoke! Heavy smokers should also go outside the house to protect their loved ones – second hand smoke can cause bronchitis.

Home remedies

1. An effective home remedy for bronchitis is the mixture of dried ginger powder, pepper and long pepper taken in equal quantities of a quarter teaspoon three times a day with honey. The powder of these three ingredients have anti-pyretic qualities and are effective in dealing with fever accompanied with bronchitis. They also tone up the metabolism of the patient.
2. Onion has been used as a home remedy for centuries in bronchitis. It is said to possess expectorant properties. It liquefies phlegm and prevents its further formation. The intake of half a teaspoon of raw onion juice first thing in the morning will be beneficial in such cases.
3. American and Siberian ginseng are especially good for the lungs. They clear bronchial passages and reduce inflammation. Important: Do not use American ginseng if you have high blood pressure or any other heart problem.
4. Both American ginseng and Siberian ginseng clear the bronchial passages and reduce inflammation.
5. A soup prepared from drumstick leaves is also highly beneficial in the treatment of bronchitis. This soup is prepared by adding a handful of leaves to 150 ml. of water which has been heated to a boiling point. The water is allowed to boil further for five minutes. It should then be removed from fire and allowed to cool. A little salt, pepper and lime juice may be added to this soup. This drink should be taken first thing every morning.
6. Bromelain in tea form; it helps liquefy and decreases bronchial secretions; It also prevents the progression of bronchitis and sinusitis. Take 250 to 500 mg. 2 to 3 times a day between meals.
7. Coltsfoot relieves acute congestions and hoarseness. Take only over the course of one week then discontinue. Make a tea in one cup of water and take 3 times a day.
8. Lobelia breaks up bronchial congestion and stops wheezing. Take 500 – 1,000 mg capsules 3 times a day. Use only for two weeks and discontinue.
9. Colloidal silver is a natural antibiotic that destroys bacteria, viruses, and fungi. It also promotes faster healing. Take as directed on the label, alternating one week on and one week off.
10. Chicory or endive is another effective home remedy for bronchitis. The powder of the dry root of this herb should be given in doses of half a teaspoon mixed with one teaspoonful of honey thrice daily. It is a very useful expectorant in chronic bronchitis.
11. Pycnogenol removes dangerous substances and protects the lungs. It is also a powerful antioxidant.
12. Take Quercetin-C 500 mg 3 times a day. It is used for allergic bronchitis, it has an antihistaminic effect.

HOME REMEDIES FOR BRUISES AND BRUISING

A bruise or contusion is an injury to the tissue under the skin caused by a blow from an object, the skin does not break but the blood vessels that run throughout our bodies rupture, and blood drains into the tissue, seeping into the skin. This causes pain, swelling, and a characteristic discoloration of the skin (black and blue colors). Bruises are probably the most common of all injuries and there are none among us who have not experienced some kind of bruising or the other. Bruises are minor injuries in most cases and bruise treatment for healing bruises is not really required in most cases, but it can certainly help minimize the risk of infection and scarring and also hasten the healing process. Bruise treatment for healing bruises and swelling naturally or with medications will quite naturally depend on the nature of the bruise and the causes of bruising. Bruising itself does not involve lesions or cuts and bleeding, but very often trauma that causes skin lesions and bleeding may be accompanied by bruising.

Bruises are common skin injuries that cause temporary discoloration of the skin. Blood gets collected at the affected area. This causes the discoloration. Bruises are also known as Contusion or Ecchymosis. Bruises are generally surface injuries that develop from mild trauma such as a bump or fall, and are the result of ruptures or tears in the small blood vessels just beneath the skin. As a result of such injuries blood escapes beneath the skin causing the distinctive blackish or bluish color associated with bruising. Under normal circumstances in healthy individuals bruises will heal naturally, and depending on the size of the bruise this could take anywhere from two to four weeks. During this period of healing the bruise may change colors that include purplish, reddish, bluish or even black and yellowish green. Bruises on the legs may take a little longer to heal as compared to bruises on the arms or face.

Bruises are usually not a serious cause for a concern and home treatments with bruise remedies would suffice to help get rid of bruises on the face, hands, legs, or any area of the body pretty fast. It really doesn't take an expert to understand how to treat bruises and no matter what the causes of bruising and whether in children or adults or whether on the hands or legs, home treatment can help to relieve swelling and soreness that accompanies bruising. Bruising that occurs without any apparent injury or trauma, or on account of some medical condition or if very severe should however be treated seriously. If the bruising is severe with pronounced swelling or pain that develops within half an hour of the injury could be indicative of a more serious injury such as a fracture or a bad sprain. Certain medical conditions like diabetes can cause bruising to occur very easily and may also make it harder for bruises to heal and in some conditions bruises may not even heal. In any of these scenarios medical attention is necessary. Frequent and easy bruising does not always indicate a health problem however, so don't hit the panic button just yet. Some of us just have delicate skin that is more susceptible to bruising.

Bruises can afflict absolutely anyone irrespective of age, gender or race. Children are more prone to bruising simply because they spend a lot more time playing and engaging in physical activities that can cause minor injuries. These are for the most part harmless, but treatments to hasten healing, prevent and minimize itching can help as kids tend to pay little attention to hygiene. Elderly or rather aged adults also tend to bruise very easily because the skin becomes a lot thinner as you age and it also loses its flexibility to a large extent. The loss of fat beneath the skin also reduces the cushioning effect. These changes with aging along with the weathering of your

skin from exposure to the elements like sunlight also increase the risk of bruising. Women also tend to bruise more easily than men, particularly from minor injuries on the upper arms, thighs and buttocks. Sometimes your susceptibility to bruising may also be determined by hereditary factors. Some people become bruised very easily sometimes even without evidence of trauma, this is caused by lack of vitamin C, nutrients found in fresh foods (vegetables and fruits), without these vitamins and minerals, blood vessels become weak and thin, prone to rupture when light pressure is applied another reason could be diabetes, or menstruation. If the bruise does not go away check with your doctor, it might be a sign of a more serious condition.

Some modern medicines can interfere with normal blood clotting, thus causing bruises to appear antidepressants, aspirin, anesthetics, cortisone and penicillin.

Home Remedies

1. Bruises may be a minor problem that most of us don't take very seriously but they can be prevented quite easily without much effort. To prevent severe bruising you need to apply a cold compress as soon as you suffer the injury before the signs of bruising even become apparent. Bruise treatment with ice is in fact the most commonly used home treatment. Before you attempt to learn how to get rid of bruises in any area such as on the arm, face, lips, or under the eyes with ice you should keep in mind that ice should never be applied directly to your skin as this could cause further damage to the tissue. No matter what the causes of bruising you can try treating bruises particularly under the eye or on the arms, face and legs with cold compresses by simply wrapping some ice in a towel or plastic bag and applying it to the affected area of skin. This remedy works as the extreme cold reduces blood flow into the region, thus reducing the bleeding and thereby the swelling and other signs of bruising. Elevating the affected area will also help as it will reduce the blood flow to the region.
2. Take Vitamin K or alfalfa in tablets helps blood clotting. Eat a healthy diet rich in vitamin C and iron. Foods rich in vitamin C are broccoli, sweet potatoes, citrus fruits and cauliflower. Eat fresh fruits and vegetables.
3. Take Vitamin C to prevent bruising by thickening the walls of blood vessels.
4. Chinese people use a mixture of 1 part cayenne pepper and 5 parts melted Vaseline, mix and cool, apply once a day.
5. Drink plenty of fluids. Pure water, herbal teas, and soups are all good choices.
6. Make a tea with confrey root or buchu soak a rag in the tea and apply to bruised area, this has been shown to reduce pain and discoloration of the skin.
7. Experts say the popular muscle soreness remedy *Arnica* is also your best bet for minimizing bruises and healing them fast. As soon as you bump your knee or other body part or notice a swelling or discoloration, gently rub a dollop of this homeopathic cream on it. Arnica shrinks inflammation and increases circulation to flush away the stagnant blood that turns your skin black and blue.

HOME REMEDIES FOR BURNS

A burn is a very traumatic injury, cause by fire, chemicals, steam, electricity or any other form of heat transfer to the skin (our biggest organ). Burns on less then 10% of the body surface is considered minor. An entire hand is 1% of the body surface. There are three types of burns and they are classified by their severity. First degree burns: Are the ones to the top layers of the skin, the area becomes red and painful a sunburn is an example of first degree burn. Second degree burns: These are the ones that go deeper damaging more layers of skin, the skin becomes red, extremely painful with blisters. Third degree burns: These are the most serious of them all, the entire thickness of the skin is destroyed in some cases muscle and other tissues are damaged, there is little pain involved as most of the nerves are burned and the brain is unable to sense pain, the skin turns red or white, without proper care the area may become infected sometimes it turns yellow or black. In severe burns a skin graft may be needed.

Types of burns:

- First degree burn -it affects only superficial layer of the skin and is mild.
- Second degree burns -it affects the epidermis, the superficial layer and also dermis, the deep layer of skin
- Third degree burns -it affects the deep layer of skin, nerve endings and blood vessels may be destroyed.

Causes of Burns:

- Heat
- Sun
- Electric current
- Chemicals
- Radiation
- Steam
- Friction
- Scalding liquids
- Toxic fumes
- Kitchen accidents
- Firecrackers

Symptoms of Burns:

Symptoms of First Degree Burns:

- Pain
- Reddening skin
- Blistering of skin

- Peeling of skin

Symptoms of Second Degree Burns:

- Blistering of skin
- Extreme redness
- Fluid loss
- Fainting
- Nausea
- Vomiting
- Pale, cold skin
- Blue tinge on fingernails and lips

Symptoms of Third Degree Burns:

- Burns may be numb and painless
- Shock
- Dry, leathery skin
- Swelling
- Charred skin
- Accumulation of fluids

Prevention of burns:

- Handle hot objects and hot liquids carefully
- Follow house hold safety measures.
- Know about fire exit places in home and work place and shopping areas.
- Don't wear long, loose sleeves while cooking.
- Children should be taught safety measure.
- Apply sunscreen before going in sun to avoid sun burns.

IMPORTANT- Do not attempt to treat a third degree burn yourself these types of injury are life threatening and they require professional attention. Natural remedies can help after hospitalization to prevent infection and boost immune system defenses.

In minor burns herbs and homeopathic medicines have remarkable success reliving pain and speeding up healing.

Home Remedies

1. First degree burn can be treated by home remedies. Second and Third degree burns need immediate attention to doctor
2. Applying beaten egg on the burns cures it.
3. Apply ice packs to the burnt area for 10-15minutes.
4. Alovera is highly effective in treating burns. So apply alovera gel on the burnt area.

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5. Applying papaya fruit over the burnt area helps in curing burns.
6. Apply olive oil or sunflower oil on burns. This heals the scalds, blisters.
7. Apply liquid paraffin or petroleum jelly on burns. This reduces cracks in skin and prevents infection.
8. Wrapping the burnt area with plantain leaf is a common method of treating burns
9. Applying extract of onion juice over the burn. This relieves pain.
10. Immerse burnt area in cold milk .this soothes the wounded area.
11. Applying lotions containing vitamin A or vitamin E helps in healing the wound caused by burns.
12. Apply Colloidal silver this is a natural antibiotic and disinfectant if the burn is very painful, use in spray.
13. Apply a lotion made with vitamin A.
14. Take Vitamin C w/ bioflavonoids this is an antioxidant needed for the formation of collagen. Studies have shown that high doses of vitamin C are very necessary.
15. Take vitamin E needed to prevent scarring.
16. Plantain leaves is a popular remedy for treating burns. These green weedy plants grow practically anywhere in the world with sufficient water. Just don't confuse this plantain with the banana-like vegetable of the same name. Hit the leaf with a small hammer, enough to smash just a little bit the plant than wrap the affected area with the leaf.

HOME REMEDIES FOR BLEEDING

While any excessive or unusual bleeding is certainly a medical emergency, herbs can also be very effective for bleeding from a wide variety of causes.

Traditionally these anti-hemorrhagic herbs are called styptics. Indeed, their unique ability to both prevent and arrest bleeding should make them part of every emergency kit. Botanical medicines can work speedily for bleeding from injuries or wounds. They are also very effective for ruptures of capillaries or small veins in the nose, gums or around hemorrhoids.

Several herbs are particularly effective as a compress, wash or lotion for these types of external bleedings, especially calendula, St. John's wort and witch hazel. These vulnerary herbs also have the advantage of accelerating wound healing, while being antiseptic. Additionally, herbs rich in collagen-building nutrients, bioflavonoids and vitamin C can strengthen blood vessels to prevent excess bruising or bleeding. Other plants are effective for internal bleeding as well, affecting organs that include the stomach, intestines and bronchial tubes. Geranium, lesser periwinkle and lady's mantle are good examples. Excess menstrual bleeding (menorrhagia) or bleeding between periods (metrorrhagia) require attention and specific herbs such as trillium and shepherd's purse. Naturally, any underlying causes of bleeding, such as hormonal imbalance, need to be discovered and dealt with.

Home remedies

1. Calendula-Marigold/*Calendula officinalis*
 - Stops bleeding from wounds, or from the scalp, mouth or gums.
 - For external use on wounds, scrapes, cuts. Antiseptic and disinfectant, while accelerating tissue healing and prevents secondary infection.
2. Cayenne-Capsicum *frutescens*
 - Extract or powder applied externally stops bleeding in small wounds.
 - Speeds healing by improving circulation and has antiseptic effects.
 - Capsules or tea reduce internal bleeding. Useful for nosebleeds.
3. Geranium-Cranesbill/*Geranium maculatum*
 - An astringent and styptic; decreases clotting time in external wounds.
 - Especially for bleeding in the digestive tract, including stomach ulcers, bleeding and diarrhea in irritable bowel syndrome or Crohn's disease.
 - May also be used in excess menstrual or vaginal bleeding.
4. Lady's Mantle-*Alchemilla vulgaris*
 - Promotes blood coagulation and is a strong astringent for internal bleeding, heavy menstrual flow or bloody diarrhea.
 - Useful as a rinse after dental surgery or as a douche for vaginitis.
5. Lesser Periwinkle-*Vinca minor*
 - Astringent/styptic for internal bleeding, bloody diarrhea or heavy menses.
 - Reduces bleeding from nose, gums, mouth or after tooth extractions.
 - Useful for arteriosclerosis and insufficient blood flow to the brain.
6. Raspberry Leaf-*Rubus idaeus*
 - Traditional use to prevent or treat bleeding during pregnancy or labor.

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- Used to stop bleeding from skin ulcers, wounds, gums or sore throat.
 - An effective astringent used to treat conjunctivitis, diarrhea, vaginitis.
7. Shepherd's Purse-*Thlaspi bursa pastoris*
- A strong styptic; stops bleeding from external wounds, nosebleeds.
 - Internally for bloody diarrhea and dysentery or urinary tract bleeding.
 - Used for heavy uterine bleeding during or between menses or due to fibroids, miscarriage, menopause or post-partum bleeding.
8. St. John's Wort-*Hypericum perforatum*
- Stops bleeding from injuries and open wounds, puncture wounds, abrasions, irritated gums or hemorrhoids (take internally and externally).
 - Internally: effective for various kinds of bleeding or bleeding tendency.
 - Externally: antiseptic and antiviral, speeds healing of wounds, burns.
9. Trillium-Birthroot/*Trillium erectum* or *pratense*
- Excellent for excess bleeding associated with fibroids, too frequent or prolonged periods, bleeding between periods or uterine prolapse.
 - Specific benefit for excess blood loss during menopause.
 - Uterine tonic; relieves pain in the back, hip and pelvis.
10. Witch hazel-*Hamamelis virginiana*
- Apply to wounds, cuts, nosebleeds, or for injury to veins, eyes.
 - Good for chronic effects of trauma, for bruising; relieves pain, soreness.
 - Stops bleeding, prevents infection, promotes healing in ragged wounds.
11. Yarrow-*Achillea millefolium*
- An astringent healing herb, effective for hemorrhage from wounds, internal injuries, hemorrhoids, after surgery or childbirth, nosebleed.
 - Internal use to staunch bleeding from lungs, bladder, bowels, uterus.
 - Specifically benefits endometriosis, bleeding from varicose veins.
- Note: Other astringents that arrest bleeding include oak, bistort and plantain. For hormone-related bleeding, consider vitex, maca and especially dong quai to regulate menses.

HOME REMEDIES FOR BULIMIA

Causes

Bulimia describes people who try to eat less to keep their weight down; then, every so often, they go on a eating binge. This is followed by purging (induced vomiting) or the taking of laxatives, so the food will be eliminated without being properly digested.

Bulimia can result in serious physical problems, including hypoglycemia, internal bleeding, ulcers, erratic heartbeat, kidney damage, menstrual cessation, low pulse rate and blood pressure, and glandular damage.

Some bulimiacs overdo on exercise, in order to better manage weight and somehow improve an already unbalanced situation.

Professions requiring a beautiful appearance are where we are most likely to find bulimiacs (models, actors, dancers, ballet dancers). By her own admission, Princess Diane is a bulimiac. Thinness is equated with beauty by many people.

Oddly enough, while anorexics tend to be overly thin, bulimiacs are generally just right; not too heavy or too thin.

But their way of life may produce hair loss, yellow skin, premature wrinkles, muscle fatigue, dizziness, and extreme weakness.

The primary physical signs are those which are caused by sessions of induced vomiting: swollen salivary glands, constant sore throat, hiatal hernia, esophageal inflammation, erosion of the enamel of the back teeth, swollen glands in the face and neck, and broken blood vessels in the face.

If laxative abuse is done, then rectal bleeding, bowel damage, and chronic diarrhea may result.

Excessive laxative use removes an excess of potassium and sodium, leading to muscle spasms, dehydration, and eventual cardiac arrest.

Bulimiacs tend to have low levels of serotonin, which can lead to increased cravings for simple carbohydrates (sugars). Yet it is likely that the binges produced those chronically low levels.

Home remedies

1. Do not eat any sugar or sugary foods. Avoid all junk food and white flour products. A simple, nourishing diet is urgently needed in order to restore the needed balance in life.
2. The person should expect to experience temporary anxiety, depression, insomnia, and possible irritation, as he attempts to break with the old way of life. But the rewards are outstanding and well- worth the effort.

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3. CCK (cholecystokinin-pancreozymin) is a hormone, found in the small intestine and brain which signals a satisfied feeling and that it is time to stop eating. When a person gets into a pattern of overeating, that hormone is not properly produced. So the person only feels satisfied after heavily overeating a meal.
4. The only solution is to rigorously eat just so much, even though it does not seem like enough. Eventually, the hormone will start being produced again in the proper amount at the proper time.

HOME REMEDIES FOR CELIAC DISEASE

Diarrhea, weight loss, and nutritional deficiencies such as anemia. Other symptoms include frequently pale and/or light-yellow, foul-smelling stools that float; fatigue; depression; abdominal swelling; muscle cramps; wasting; and bone and/or joint pain. Diarrhea is the most commonly observed symptom. Infants and children may show vomiting; stunted growth; intense burning sensation of the skin; and a red, itchy skin rash. Ulcers may develop in the mouth. The child may look anemic and undernourished. Babies may lose weight or gain it more slowly, and do not seem to be thriving well. The disease can begin in the first few months of life.

Causes

Celiac disease affects the small intestine. There are abnormalities in the intestinal lining, due to a permanent intolerance to gluten. Gluten is in wheat, rye, barley, and oats. (Corn, rice, millet, soybeans, quinoa, and amaranth do not contain gluten. There seems to be a little uncertainty about buckwheat.) The protein, gliadin, is thought to be the toxic part of the gluten. It interacts with the lining of the intestines, causing the tiny absorptive fingers which jut from it (the villi) to flatten and atrophy. As a result, nutrients are not absorbed (including vitamins A, D, and K) and the disease symptoms appear.

Unfortunately, many physicians and the food industries recommend that grains be introduced into the diet of the infant when they are less than a year old. This can prompt celiac disease to first appear then or even decades later.

This is important! Tell every expectant mother not to feed her child grains until it is at least a year old.

Removing gluten from the diet of a celiac produces a marked change; whether an infant, child, or adult, the person starts feeling better again. But he must not return to gluten foods.

Some infants do not tolerate cow's milk protein, and react to it with celiac symptoms, even before gluten is given to them. So remove that also from them.

Celiac disease is often misdiagnosed as spastic colon, irritable bowel syndrome, or something else which affects the intestines.

Yet, if left untreated, celiac disease can be quite serious. It can lead to pancreatic disease, infertility, miscarriages, internal hemorrhaging, bone disease, gynecological disorders, nervous system damage, intestinal lymphoma, and many more. For example, anemia is common, due to poor absorption of folic acid, iron, and vitamins B12 and K.

Scarring of the intestinal lining can progress so far that, by the age of 45 to 50, 90% of the intestine can be damaged, resulting in a significant reduction (as much as 70%) of the absorptive surfaces. But there is evidence that partial repair to those walls can be made within several months.

Home remedies

1. You will want to avoid the gluten foods, which are wheat, oats, rye, and barley.
2. The follow grains do not have gluten: corn, millet, and rice. Soybeans, quince, and amaranth are also okay. Buckwheat is okay for some celiacs, but not for others.
3. All grains fed to babies (and adults too) should be cooked for 2-3 hours, if the preparation is done by boiling at 212o F.
4. Do not eat products containing cow's milk. Breast-feed the child, to avoid using cow's milk.
5. Do not overeat sugar or white-flour products.
6. Eat a nourishing diet, including fresh fruit and vegetables, and vegetable juices. Fiber is important in the diet of celiacs.
7. Allisatin, found in garlic, is said to help treat celiac disease.
8. Ripe bananas are tolerated well, and help control the diarrhea.
9. Avoid processed, fried, and junk food. Do not eat sugary foods, chocolate, and processed foods.
10. Read the labels, and watch for "hidden" gluten or cow's milk ingredients in bottles and packages. Some of these are malt, modified food starch, some soy sauces, garin vinegars, binders, fillers, excipients, and "natural flavorings." Almost all commercial breads, bread mixes, crackers, etc., contain gluten. It is often found in commercially prepared puddings, candies, cookies, cakes, ice cream, salad dressings, luncheon meats, frankfurters, canned chili, macaroni, noodles, spaghetti, bread stuffings, and anything thickened with flour (soups, vegetables, bottled meat sauces, gravies, flavoring syrups, sauces, cocoa mixes.
11. Only eat homemade desserts.
12. Frozen, fresh, or canned vegetable and vegetable juices are all right.
13. Breads and cereals made from rice, millet, soybean, corn, or potato starch are okay.
14. Do not eat meat.
15. Avoid tobacco, tea, coffee, and alcohol.
16. Helpful herbs include aloe vera, burdock, pau d'arco, psyllium, saffron, slippery elm, and alfalfa.

HOME REMEDIES FOR DOG BITE

When an animal scratches or bites breaking the skin, a number of problems can arise, the most important is infection cause by the animal's saliva. A dog bite may be a minor injury or a severe attack specially in children. If a dog bites you should demand immediately from the dog owner proof of immunization, rabies is very dangerous and it can kill if not treated on time, if the dog is foaming from the mouth is a sign of rabies. If you don't know the owner of the dog, the animal should be catch in order to be tested for diseases. There is also risk of tetanus in all puncture injuries. Never run from a dog it calls the animal's instincts to chase and bite.

Home Remedies

1. Wash the dog bite thoroughly with warm water and soap for more then 5 minutes to remove the saliva rinse with cold water and place a gauze on it. Take Vitamin C it helps fight infection.
2. Take vitamin B it helps to produce antibodies. (See below for the vitamin we recommend)
3. If the bite is big, see a doctor it may be necessary to be stitched.
4. Take Echinacea in tea form.
5. Take ½ teaspoon powder of black cumin seeds (shah jeera) twice daily.
6. Wash the dog bite thoroughly with warm water and soap for more then 5 minutes to remove the saliva rinse with cold water and place a gauze on it.
7. Take Vitamin C it helps fight infection.
8. Goldenseal tea the first day is very good for dog bites. Do not use this if you are pregnant.
9. Goldenseal applied directly on the bite is helpful as a natural antibiotic.
10. It is suggested that garlic can act as a natural antibiotic. This can help in treating dog bite. You might consider taking few cloves of garlic three times daily till your wound is healed.

HOME REMEDIES FOR CANDIDA

Candida is a family of yeasts. The most usually occurring form of Candida is as *Candida albicans*, otherwise known as “yeast infection.” There are home remedies you can employ to assist you get on the right path to curing a yeast infection. Chronic systemic candidiasis is a whole system yeast infection that can go misdiagnosed for lots of years as it may or may not exhibit any external symptoms. It is associated with lots of situation like low energy, fatigue, muscle soreness, depression, digestion problems, food sensitivities, headaches and skin irritations. The human body is normally host to a great variety of bacteria and fungi that play neutral or even helpful roles in normal bodily functions. A candida occurs when one of the organisms, the yeast *Candida albicans*, grows out of control. The resulting overgrowth is known as candidiasis. *C. albicans* only becomes a problem when the "good" bacteria that normally keep it in check, such as *Lactobacillus acidophilus*, become weakened. Candida infection may take the form of athlete's foot and jock itch. Use home remedies for candida is a great alternative.

Systemic candidiasis is an overgrowth of candida throughout the body. In the most severe cases, candida can travel throughout the body, causing a type of blood poisoning called candida septicemia. Candidiasis affects both women and men. It is rarely transmitted sexually. It is most common in babies (an infected mother may pass it on to her newborn) and people with compromised immune systems. As it proliferates, the fungus releases toxins that further weaken the immune system. Home remedies for candida can also be used with remedies for the immune system.

Because candidiasis can affect many areas of the body at once, it can cause a variety of disorders and symptoms. In the mouth, *C. albicans* can produce thrush, or white plaques in the mouth and throat. In women, it is one of the sources of vaginitis, which produces itching, burning, and a sticky white or yellow discharge. Overgrowth of yeast may result in weak nails; skin infections, marked by redness, inflammation, and itching; or digestive upsets causing abdominal pain, constipation, diarrhea, heartburn, rectal irritation, and colitis. candidas may develop in the urethra or sinuses. Other symptoms can include fatigue, memory loss, mood swings, muscle and joint pain, nagging cough and congestion, and numbness or tingling in the fingers and toes. Home remedies for candida can help with many of these symptoms.

Additional symptoms can include diaper rash, kidney and bladder infections, canker sores, headaches, and depression. candida may also be implicated in some cases of impotence and prostatitis. The growth of *C. albicans* is spurred by several factors. Broad-spectrum antibiotics can kill off the good bacteria that keep the yeast under control. Home remedies for candida can be used with regular antibiotics.

Taking corticosteroid drugs has been linked to *C. albicans* overgrowth. *C. albicans* is a sugar-loving organism, so candidiasis can be aggravated by eating too much sugar, or by the high blood-sugar levels associated with diabetes. And yeast can overgrow if the immune system does not function as it should, especially in people with HIV infection or AIDS and other diseases that affect the immune system. An imbalance in PH levels in the body is also a likely cause. *C. albicans* overgrowth is also associated with chronic fatigue syndrome, and with chronic skin or vaginal irritation. Home remedies for candida reduce irritation and discomfort.

Conventional medicine uses various antifungal agents. Except for barberry and related herbs, which should not be used for more than two weeks at a time, it may be necessary to take herbs for as long as six months to control yeast overgrowth. There is a diversity of theories on how candidiasis can occur. Several of the culprits are listed below.

- Oral antibiotics kill off the “good” bacteria in the intestine, which allows candida to proliferate.
- Diets high in sugars.
- Employ of oral contraceptives, steroids, antacids, and anti-ulcer medications.
- Having a repressed immune system due to medication or disease.
- Diabetes.
- Chemotherapy.
- Manifold pregnancies.

Home remedies

1. Olive leaves have antimicrobial properties. As such, an extract of olive leaves may be practical on the parts of body affected by candida.
2. Take Lactobacillus and bifidus probiotic supplements daily. These friendly bacteria grow to form a protective lining over the digestive tract that keeps yeast colonies from forming. Be sure to check expiration dates on the package. For vaginal infections, place the probiotic capsules in the vagina before going to bed every other night for two weeks.
3. Take 1,000 to 2,000 milligrams of caprylic acid daily with meals. This naturally occurring fatty acid is an effective antifungal for the treatment of candida. Since caprylic acid is readily absorbed by the intestines, it is necessary to take a timed-release or enteric-coated form so that the supplement is released gradually throughout the entire digestive tract.
4. Avoid refined sugar, honey, maple syrup, and fruit juices. Also avoid chewing gums flavored with xylitol, which may aggravate thrush. Avoid antibiotics, steroids, and birth control pills unless medically directed to take them.
5. The best way to heal an infection caused by candida is to eat a balanced detox diet that helps in detoxifying the body, thereby relieve the symptoms of candidiasis. As a part of this detox diet, you must eat vegetables like spinach, broccoli, beet, onion, and garlic; fresh fruits; cereals like millet and rice; seeds like flax and pumpkin seeds; nuts like cashew and walnuts; and additional virgin olive oil. Also, you necessity keep away from certain foods like sugar, wheat, dairy products, and gluten.
6. Several different antifungal agents are used to treat yeast infections. Topical creams include butoconazole (Femstat 3) and miconazole (Monistat), some of which are now available without prescription. Nystatin (Mycolog, Mycostatin, Nilstat) is relatively safe because it is not absorbed from the gastrointestinal tract. Stronger agents include fluconazole (Diflucan), itraconazole (Sporanox), and ketoconazole (Nizoral). Use of ketoconazole should be avoided, if possible, since this drug can be toxic to the liver. If ketoconazole is called for, its use should be supervised by an infectious disease specialist.

7. If you take the prescription blood-thinner warfarin (Coumadin), you should consult your doctor before using over-the-counter vaginal miconazole products. Miconazole is an antifungal drug found in some creams and suppositories used to treat vaginal candida. Bleeding or bruising may occur if warfarin and vaginal miconazole are used together.
8. In otherwise healthy people, high sugar consumption has very little effect on the growth of yeast. Only when the balance of yeast and other naturally occurring bacteria is upset by antibiotic treatment or injury to the immune system does yeast overgrowth become a problem.
9. While yeast overgrowth in the mucous membranes lining the gastrointestinal tract, throat, nose, urethra, and vagina are relatively common, candidas of the blood and inner organs are extremely rare. The effects of candida on the endocrine, immune, and nervous systems are caused by changes in absorption of nutrients rather than by the candida itself.
10. If a breast-fed baby develops oral thrush or a nursing mother develops a thrush infection of the nipples, both the mother and the baby should be treated to eradicate the infection, even if only one of them seems to be affected.
11. If you're looking for other ways to treat your Candida at home, you may want to consider an all-natural colon cleanse. Colon cleansing with fiber and herbs helps sweep the colon clear of toxins and waste while delivering powerful digestive herbs to newly exposed intestinal tissue.

HOME REMEDIES FOR CANKER SORES

Canker Sores are painful small, craterlike ulcers. They are gray-based with red rims. They usually develop on the insides of the cheeks, the inner lips, and the loose parts of the gums, mouth, and lips. Less commonly, they can affect the esophagus and rest of the gastrointestinal tract. Home remedies for canker sores can help reduce pain and speed up healing. Small ulcers that occur in the lining of the mouth are known as Canker sores. These are often painful and sensitive. Canker sores are the most common causes of mouth sores. They are also known as Aphthous Stomatitis. They cause discomfort while eating and talking. They are not contagious and occur on the internal soft tissues of the mouth. They can occur at any age and may reoccur once healed. Canker sores are the most commonly occurring type of all sores or ulcers in the mouth. Canker sores typically appear as whitish oval or round ulcers of around a centimeter or less and have a reddish border. These ulcers or sores develop on mucus membranes in the mouth and could develop on the sides of the mouth or even on the tongue. The occurrence of canker sores is so high that it is believed that at almost any given time at least twenty percent of our population is afflicted with the problem.

Canker sores can affect almost anyone irrespective of age, but they generally tend to occur more often in women and teenagers. This may have some connection with hormonal changes and in some cases the problem may also be hereditary. Individuals with a family history of canker sores may not necessarily suffer frequent outbreaks but are definitely a lot more susceptible. There is usually a burning and tingling sensation starting twenty-four hours before the ulcers actually form, and it is most helpful to start treatment as soon as this is felt. Canker sores can be so painful that they interfere with speaking, eating, and nutrition. The best alternative for healing canker sores is to use home remedies.

If they are less than one centimeter (about one-half inch) in diameter, they are called minor aphthous ulcers. These usually heal by themselves within a week or two. If they are greater than 3 centimeters in diameter, they are classified as major aphthous ulcers, and it often takes six weeks for them to finally heal. When they do, they leave scars. Both small and large ulcers often return, either singly or in crops.

Canker sores are the most common disorder to affect the oral mucous membranes, with between 20 and 50 percent of Americans affected. Women are more likely to be affected than men, usually starting in their twenties or thirties. Some people seem to have an inherited tendency to form canker sores. These people should always use home remedies to treat canker sores to avoid constant use of hash drugs.

Canker sores may be infectious, resulting from a local bacterial or viral infection. They commonly have one or more triggers, including food allergies, acidic mouth conditions, minor injury to the tissues of the mouth, smoking, vitamin deficiencies, stress, extreme heat, fever, and premenstrual and postmenopausal hormonal changes. People with poorly functioning immune systems are also very susceptible to canker sores. The exact cause of most canker sores is unknown. Stress or tissue injury is thought to be the cause of simple canker sores. Certain foods - including citrus or acidic fruits and vegetables (such as lemons, oranges, pineapples, apples, figs, tomatoes, and strawberries) - can trigger a canker sore or make the problem worse. Sometimes a

sharp tooth surface or dental appliance, such as braces or ill-fitting dentures, might also trigger canker sores. Some cases of complex canker sores are caused by an underlying health condition, such as an impaired immune system; nutritional problems, such as vitamin B-12, zinc, folic acid, or iron deficiency; and gastrointestinal tract disease, such as Celiac disease and Crohn's disease.

Home remedies

1. There are a number of canker sore home remedies that you can try in order to get some relief from the pain that is often brought on when they develop. Perhaps the most basic remedy does not involve taking any type of medication, nor does it involve applying some type of ointment. Instead, the most simplistic canker sore remedy is a change in your dieting habits. You can reduce the risk of experiencing canker sores if you simply eliminate highly acidic foods from your diet or at least reduce the level of intake of them. Consuming a lot of acidic foods such as tomatoes, oranges, pineapples, or others can increase the risk of developing canker sores.
2. Canker sores may be due to a deficiency of vitamin B12, folic acid, zinc, the amino acid lysine, or iron, so these nutrients may need to be supplemented aggressively. The following supplements are recommended for people with canker sores:
3. Vitamin B12. Take 1,000 micrograms daily. Also take a vitamin-B complex with 100 milligrams of most of the major B vitamins three times a day, with meals.
4. If you're looking for a canker sore home remedy, then there are a number of things that you can try. One home remedy that is often times very effective in fighting off canker sores is milk of magnesia. Milk of magnesia contains high amounts of magnesium hydroxide and can be used to reduce the symptoms caused by canker sores. Dip a cotton swab or cue tip into milk of magnesia and dab it onto the sore at least three or four times a day. Doing so will help speed up healing time and also help eliminate some of the painful symptoms that are experienced.
5. Vitamin C with bioflavonoids. Take 1,000 milligrams three times a day, with meals.
6. Zinc. Take 50 to 100 milligrams a day.
7. Iron. Take 15 milligrams a day.
8. Folic acid. Take 400 milligrams twice a day.
9. L-Lysine. Take 4 grams (4,000 milligrams) daily for the first four days, then cut back to 500 milligrams three times a day. Take this supplement on an empty stomach.
10. Supplementation with acidophilus powder or capsules to restore the healthy balance of bacteria in the mucous membranes of the mouth is often helpful.
11. Applying the oil from one vitamin-E capsule directly to the sores helps to clear the lesions more quickly.
12. Aloe vera juice, available by the gallon, swished around in your mouth three times a day like a mouthwash, often yields good results. Aloe contains salicylates, which are anti-inflammatory and relieve pain, and it also has mild antibacterial properties.
13. Chlorophyll is a blood detoxifier. Chlorophyll tablets are sometimes chewed for the treatment of canker sores.
14. A soothing antiseptic mouth rinse can be made of 1/2 teaspoon of goldenseal powder and 1/4 teaspoon salt dissolved in 1 cup of warm water. Use this as a mouth rinse four times a day. Goldenseal helps reduce inflammation of mucous membranes, and has also been shown to have antibacterial properties.

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15. Another canker sore home remedy that you can use to help ease the pain caused by canker sores is the application of hydrogen peroxide. You can mix a solution of hydrogen peroxide and water, typically a one to one solution, and dab the solution directly onto canker sores. Be sure not to swallow the solution as this could cause other health issues. The hydrogen peroxide solution will help fight off the growth of additional bacteria and prevent further inflammation of the canker sores.

HOME REMEDIES FOR CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome (CTS) is a condition marked by sometimes severe pain in the wrists and hands. There may also be numbness, a burning sensation, wrist inflammation, swelling, and wrist weakness in either or both hands. The bones of the wrist (called the carpus) form a tunnel through which nerves pass. Pain and swelling occur when these nerves and the nerves that pass between the tendons of the forearm muscles are compressed. Carpal tunnel syndrome usually occurs in individuals who do repetitive hand and wrist movements, such as typists, tennis players, grocery store clerks, and the like. It is most common in women between the ages of thirty and sixty, but it can affect anyone at any time. Carpal tunnel syndrome is a condition of the wrist in which the median nerve is injured or depressed due to repeated use of the wrist or a physical injury. Carpal tunnel syndrome is caused by increased pressure on the median nerve. Median nerve is an important nerve on the hand; it gives sensation to thumb, middle, ring and index fingers. This nerve is protected by carpal tunnel, which is a thick band of muscles around the median nerve. Though this muscular sheath is very strong and hard and is meant to protect the nerves inside it, it can get depressed due to repeated use of the wrist. In such a case, the carpal tunnel becomes smaller, and the nerves inside it may get depressed or damaged, causing considerable pain. Carpal tunnel syndrome is more common in women than in men. Carpal tunnel syndrome causes numbness and pain in the hand. This syndrome affects hands and wrists. A similar condition may also occur in the ankles as well. The bone and joint mechanism in the ankles is very similar to that of the wrist and an injury to the ankle may cause a condition known as the tarsal tunnel syndrome.

Several diseases and conditions are also associated with carpal tunnel syndrome, such as diabetes, thyroid disorders, kidney failure, obesity, rheumatoid arthritis, and high blood pressure.

Home Remedies

1. Carpal tunnel syndrome tea
1 teaspoon chopped valerian root
2 teaspoons white willow bark
2 cups cold water
Combine the herbs in a pan and cover with the cold water. Soak overnight; strain. Take up to one cup a day, a tablespoon at a time. This tea can help relieve nerve pain.
2. There are many simple things that you can do to keep carpal tunnel syndrome at bay. One of the easiest things to do is to use fat tool handles. If your tool handles are not fat then use some rubber grip to fatten it. This makes them easier to grip and reduces the pressure on the carpal tunnel. Also keep this tip in mind if you like to workout with free weights. Keep knives and other cutting tools sharp so that less pressure is exerted on the median nerve. Do not hold a pen with a tight grip while writing. Once again, when buying a pen opt for one that has a thicker grip.
3. To avoid carpal tunnel syndrome, it is advised to stay in shape. Keep a close watch on nutrition you are getting and take sound sleep at night.
4. Always wear a wrist splint, especially at night. For carpal tunnel relief at night a splint is the best option. If the pain is severe, you can also wear the carpal tunnel splint while working on the computer. There are special wrist supports available in the market, which

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are specifically designed for people who are affected by carpal tunnel syndrome. They support your wrist while allowing you to manipulate a mouse or type on a keyboard with ease.

5. Carpal tunnel relief can also be got by using ice. You can apply an ice pack on your aching wrist, as it will lessen the pain. If ice is unavailable, go for a hot treatment. Apply a heating pad on the aching wrist and leave it on for some time. Carpal tunnel syndrome treatment at home involves the use of preventive measures and exercises. However, it is best to consult a doctor for proper diagnosis and treatment.

HOME REMEDIES FOR CATARACT

The experience of having cataracts can be likened to looking at the world through fogged up glasses – the lenses become all blurred and vision is impaired. That is essentially what cataracts are - the clouding of the eye's natural lenses. The lens is the part of the eye which lies behind the iris and the pupil and, much like a camera lens, it focuses light onto the retina at the back of the eye and adjusts the eye's focus - allowing us to see both long and short distance.

Made of water and protein, the lens is a clear structure that allows light to pass through it. But as we age, or as a result of injury or illness, some of the protein in the lens begins to clump together and the result is a clouding effect in a small area of the lens. This is called a cataract, and over time, it may grow larger and cloud more of the lens, making it more and more difficult to see. Cataracts are a clouding of the eye lens that causes blur vision, inability to focus and is progressive and painless. The cataract becomes thicker with time until it blinds the eye, this is the number one cause of blindness in the world. The most common type of cataract is senile cataract which means that affects people 65 and older. This type of cataract is caused by free radicals that damage the lens.

Cataract Causes

- Other eye defects. The major factors leading to opacity of the lens are : stagnation of the fluid current in the lens due to blood condition; deterioration in the nutrition of the lens which reduces the vitality and resistance of the delicate lens fibers; formation of the deposits between the lens fibers of acids and salts which irritate the lens tissues and exert an increasing pressure on its delicate fibers and destroys them slowly; disintegration of the lens fibers that cloud the entire lens if proper precautions are not taken.
- Poisons in the blood due to faulty diet and wrong style of living. The toxins spread throughout the body to deposit themselves in the available weak spots. Lens is affected if it has become weak through excessive strain, excessive use of eye and local irritation. As the time passes, the situation worsens, resulting in formation of cataract.
- Stress and strain
- Excessive consumption of alcohol
- Sugar and salt
- Smoking
- Certain diseases like gastro-intestinal or gallbladder problems, diabetes, vitamin C deficiency, fatty acid intolerance, radiation and side effects of medications
- Poor nutrition is the prime cause in all types of cataract including senile or ageing cataract
- Cataract is one of the most difficult conditions to cure. Nothing except surgery can cure it. But if your cataract is in the early stage, using natural means will definitely eliminate the problem. It will also prevent the worsening of the problem.

Home Remedies

1. Prepare a mixture of equal proportions of aniseed powder and coriander seed powder. Mix it with an equal weight of unrefined sugar. Take it in doses of 12 grams every

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morning and evening. It is beneficial for people with cataract. For people with weak eyesight, taking a mixture of the juices of raw parsley and carrots in a glassful amount everyday will provide great benefits.

2. Mix 1 cup of rose petals.
4 tbsp. of raspberry leaves.
4 cups of boiling water.
Let the ingredients rest for 30 minutes, strain and use as eye wash.
3. Use Eyebright herb in drops is excellent for cataracts, this plant can be use internally and is much more effective than commercial eye drops and safer.
4. Immerse almonds in milk and keep them overnight. In the morning, mix this milk with sandalwood. Apply this on the eyelids. This reduces redness of the eyes due to exertion.
5. Eat spinach and take Lutein or spinach extract Contains carotenoid needed for retina and eye tissue sometimes reversing cataracts.
6. Vitamin A is very necessary for a healthy vision.
7. Dusty miller used to dissolve cataracts and corneal opacities, if used in the early stages of the disease.
8. Take Ginkgo biloba increases the delivery of oxygen and nutrients to the eye and it clears toxins.
9. Eat lots of green vegetables, specially spinach, kale and berries, blueberries, blackberries, cherries and fruits rich in Vitamin C and E.
10. Avoid dairy products and saturated fats these produce free radicals which cause cataracts and damage to the lens.
11. Do not use any antihistamines if you have cataracts.
12. Bilberry Strengthens and protects veins and blood vessels, protects the retina, reduces pressure in glaucoma and can stop the growth of cataracts.

HOME REMEDIES FOR CHICKEN POX

Chicken pox is a viral infection, very common and highly contagious disease, newborns and adults may experience more severe symptoms than children who are at risk before the age of ten. Vaccinations have reduced its incidence. The symptoms for chicken pox do not appear until the infectious stage has begun these are fever, fatigue, itchy rash, loss of appetite. We have here some very powerful home remedies for chicken pox. Chicken pox may not be a life threatening disease, but it is dreaded by most because of the highly contagious nature of the infection. Chicken pox generally develops in children causing the distinctive blisters, by which most of us recognize the condition. Chicken pox in infants and children is problematic mainly because of the symptoms associated with the condition. Chicken pox infection causes severe itching and skin irritation, but scratching at the blisters simply aggravates the problem and the breakage of blisters can be even more problematic. Chicken pox blisters, if burst or scratched at can cause severe and rather permanent chicken pox scars. The main concern for any individual would therefore be to minimize the itching and irritation and to resist the urge to scratch at the blisters.

Treatment for chicken pox is directed primarily at providing relief from the symptoms, rather than actually curing the condition. This is because of the very nature of the disease and what causes chicken pox. Chicken pox is caused by a viral infection, and treating the chicken pox virus with antibiotics would be ineffective and in fact harmful. Antibiotics are simply meant for the treatment of bacterial conditions, but will be ineffective against viral infections. Chicken pox remedies are therefore extremely popular and constitute the first line of treatment for the condition in most parts of the world. Home remedies for chicken pox are also popular for the treatment of the condition because of the simple reason that most of these treatments and home cures are non invasive and also pose little to no health risks, because of the absence of any potent chemical compounds.

This virus is transmitted by air (coughing or sneezing) or physical contact with a sick person, one or two days later a pimple like eruptions appear on the body they are filled with fluid and look like blisters, then they crust over. During this period itching can be very annoying but scratching them can lead to infection and scarring.

Most of us are infected with this disease one in our lives, after the first exposure to the virus, the body builds up immunity in the form of antibodies that recognize the disease and kills the virus before it can infect us again. Chicken pox normally starts and finishes in about two weeks but people with weak immune systems or newborns can have very serious complications, if infected prenatally there is a risk of birth defects.

Risk Factors:

Chicken pox is highly contagious and could be easily passed on through direct contact with an infected individual or through contact with contaminated objects and areas, such as through contact with fluid from chicken pox blisters, or also by being in the vicinity of an infected person when they cough or sneeze. This may seem simple enough, but it isn't as straightforward as it seems. The problem with controlling the spread of the chicken pox infection stems from the chicken pox incubation period. The chicken pox incubation period in both babies and adults is

characterized by an absence of symptoms. Whether dealing with chicken pox symptoms in adults, infants or kids, the symptoms and signs of infection only surface around ten days to even three weeks after the infection. While the incubation period may be quite lengthy, the period of contagion begins a day or two prior to the outbreak, making this the highest risk period for contagion as there are no warning signs of infection. This period of contagion lasts so long as there are any uncrusted chicken pox blisters present.

In the case of babies or infants, there is not much risk of them developing an infection in their first year if their mothers have had chicken pox in the past or were vaccinated. In such cases the infection is usually very mild. This is because babies have a natural immunity that is passed on through antibodies from the mother's blood. Mothers who have never suffered from chicken pox and have not been vaccinated do have some cause for worry however, as in such cases babies under a year of age could develop severe chicken pox. Chicken pox symptoms in children are also likely to be a lot more severe in children who suffer from some immune system disorder or if their immunity is weakened because of some other illness or as a result of medications. When dealing with chicken pox in infants treatment advice from your doctor should be followed meticulously. Chicken pox remedies are not just for adults and can help for children and babies alike. The remedies are primarily aimed at providing relief from the symptoms and to minimize itching and prevent scratching. The biggest problem for most individuals is the after effect of scratching at blisters, which leaves behind scars. Chicken pox scars removal can be a lengthy and tedious treatment procedure.

Chicken pox and shingles symptoms and treatments do vary, but research indicates that individuals can greatly boost their immunity against infection through some simple diet practices. According to a study conducted, individuals who consumed significant quantities of fruits and vegetables daily had immunity against the virus three times higher as compared to those who ate less than one serving a day.

Home remedies

1. Use Catnip tea sweetened with molasses. It reduces fever.
2. The use of brown vinegar is one of the most important among the several home remedies found beneficial in the treatment of chicken pox. Half a cup of this vinegar should be added to a bath of warm water. This will relieve the irritation of the skin.
3. Salt, Chillies, Ghee, oil, spices (Masala) should not be taken at least 15 days after getting the Chicken pox symptoms. The food should be very light and easily digestible. Remember the salt will cause itching in rashes during Chickenpox so avoid using salt. Don't eat banana, brinjal, sweet pumpkin for some day even after the Chickenpox is completed cured. Don't touch the rashes and if the itching is intolerable one can use neem leaves to itch. Avoid taking bath for 15 days or till the rashes are completely subsides and dries up.
4. Applying Sandal wood oil(Sandalwood powder boiled with coconut oil and filtered) or pure Coconut oil also help to reduce Chicken pox scars.
5. Make a tea with:
2 tbs. of queen of the meadow.
1 tsp. of coltsfoot leaves.

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2 tsp. of marigold flowers.

2 cups of boiling water.

In a nonmetallic pot mix all ingredients let sit for 20 minutes. Take one cup a day.

6. Mix 2 tbs. marigold flowers.
1 tsp. witch hazel leaves.
1 cup of water.

Let them sit over night. Apply on rash as needed it will relieve the itch of chicken pox.

7. A bath of oatmeal is considered a natural remedy for relieving the itch due to chicken pox. This bath is prepared by cooking two cups of oatmeal in two liters of water for fifteen minutes. This mixture is then put into a cloth bag, preferably cotton, and a string is tied tightly around the top. This bag is allowed to float in a tub of warm water, and swished around until the water becomes turbid. Precaution should be taken to ensure that the bag is not torn. The child with chicken pox can splash and play in the water, making sure that water goes over all the scalds, while the pouch of oatmeal can remain in the tub .
8. Some very useful homeopathic remedies are: Antimonium crudum, antimonium tartaricum, Pulsatilla, sulphur, rhus tox.
9. Some very powerful herbs are: St. John's wort, pau d'arco, ginger, burdock root, echinacea, and goldenseal.
10. Drink lots of water to prevent dehydration. Also, drink fresh juices.
11. Fill the bath tub with cool water and add ginger to it, take a 30 minute bath. This helps stop the itching.
12. Baking soda is a popular remedy to control the itching in chicken pox. Some baking soda should be put in a glass of water. The child should be sponged with this water, so that the soda dries on the skin. This will keep the child away from scratching the eruptions.

HOME REMEDIES FOR CHOLESTEROL

There are 2 types of cholesterol, Low density lipoproteins or LDL (bad cholesterol) and high density lipoproteins HDL (good cholesterol). LDLs are responsible for plaque buildup in the arteries, this blocks the flow of blood to mayor organs like the liver, the kidneys, genitals, brain and is the number one cause of heart disease.

HDLs in the other hand are considered good because they carry unused cholesterol back to the liver where it was produced once there the liver brakes it down to be removed from the body. The needed cholesterol plays an important part in the formation of sex hormones and proper nerve and brain function. However if we do not have enough HDLs or too much cholesterol for them to pick up and transport back to the liver it will stay in our arteries blocking them.

But you are probably asking yourself if the cholesterol is produce in the liver, why would I have too much, it seems like the liver would regulate how much cholesterol is needed? That is right, the problem is that cholesterol is also present in our diet and usually we eat too much saturated fats such as, coconuts, white bread, gravies, pork products, etc. all these added to the cholesterol produced by the liver could make us reach an unsafe cholesterol level.

Cholesterol Symptoms

- Yellowish patches around eyelids
- Whitish edges of cornea
- Cholesterol deposits around cornea
- coronary heart disease, caused by atherosclerosis
- stroke
- mini-stroke

Tips to Prevent Cholesterol

- Eating a diet low in saturated fat, trans fat, and cholesterol, getting plenty of exercise, managing your weight, and not smoking can help prevent high cholesterol. Because cholesterol levels tend to increase with age, paying attention to diet and exercise is particularly important as you get older.
- Remember that high cholesterol is just one of the things that increase your risk for coronary artery disease (CAD) and heart attack. Controlling other health problems, such as high blood pressure and diabetes, is also important to reduce your overall risk.

Home Remedies

1. People suffering from high Cholesterol should drink at least 8 to 10 glasses of water per day as it stimulates the activity of skin and kidneys thereby reducing excessive Cholesterol from the system.
2. Regular physical exercises like bicycling, swimming, jogging etc are helpful in improving blood circulation and enhancing the good Cholesterol level

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3. Finely chopped Onion pieces mixed with a cup of Buttermilk along with half spoon of Black pepper (Kali mirch) taken regularly helps in reducing bad Cholesterol level.
4. Mix 1 tsp. of roasted chicory root.
 - 1 tsp. of lime flowers.
 - ½ tsp. of fenugreek seeds.
 - ½ tsp. of ginger rhizome.
 - 1 quart of water.Boil all ingredients, let it cool, strain. Drink 2 cups a day.
5. Eat Garlic or take 1 capsule twice a day. It lowers LDL cholesterol level in 12% and increases HDLs.
6. Niacin is particularly helpful in lowering cholesterol. However, inositol hexaniacinate is an even better and safer form of niacin. Inositol hexaniacinate is composed of one molecule of inositol and six molecules of niacin. Inositol hexaniacinate has been used in Europe for over thirty years to lower cholesterol levels. Inositol hexaniacinate yields slightly better results than standard niacin and is better tolerated because it is flush free and doesn't have any long-term side effects on the liver or blood sugar control.
7. Chromium is vital in the synthesis of cholesterol, fats and protein. Chromium maintains stable blood sugar levels through proper insulin utilization and can be helpful for people with diabetes and/or hypoglycemia. Studies have shown that low plasma chromium levels can be an indication of coronary artery disease. Take 400 mcg. a day of chromium picolinate to improve HDL to LDL ratio.
8. Taking Vitamin C with bioflavonoids 4000 mg. a day lowers cholesterol.
9. Ginger reduces cholesterol and thins the blood improving circulation
10. Guggul reduces LDL by 35% increases HDL by 20 % in 12 weeks, prevents arteriosclerosis. It performs better than many drugs in several studies.
11. Eating unprocessed fiber rich wheat flour, whole wheat bread are rich in insoluble fiber which helps in flushing out oil from the intestine.

HOME REMEDIES FOR COLD SORES

Cold sores, are caused by herpes simplex virus 1 HSV-1, which is related to but different from the virus that causes genital herpes. Cold sores first appear 3 to 10 days after exposure to the virus and last up to 5 weeks.

The virus then remains permanently in the body, and moves into the nervous system close to the lips. It will lie dormant there until triggered by fever, a cold, or other viral infection, exposure to sun and wind, stress, menstruation, high levels of amino acid arginine, or depression of the immune system. These cold sores are very contagious and very common. Studies have shown that between 30 and 60 percent of children carry the virus by the age of ten. Home remedies for cold sores are very popular and some sites even offer a miracle cure for a small price. Don't worry; we won't charge you a penny for the real remedies for cold sores used by professional naturopathic doctors.

There are said to be six stages of the development of the average cold sore. First comes the prodrome, or stage one. In this first stage, no sore is visible but there is a feeling of itchiness around the area. In stage two, swelling may start and the area may turn red. Stage three brings with it the first signs of blister or blisters. Stage four is the most painful and generally comes on the fourth day. A soft crust or ulcer forms, and from this the cold sore moves into stage five when a hard crust forms over the ulcer. The sixth stage comes on or around the tenth day, leaves the sore red and slightly swollen, but without the hard crust. The regular cycle of cold sores are ten days and with the home remedies for cold sores below you will be able to shorten the time to 3 to 5 days when used correctly. The symptoms of cold sores usually last from seven to ten days. After that, the blisters dry up and fall off. But that does not mean the viruses have left the person's body. Once exposed to the herpes virus, the virus becomes dormant in the nerve cells and attacks again when the immune system is low. Other than that, pregnancy, stress and fatigue, trauma to the lip or gums, and hormonal changes also cause cold sores. Unfortunately, there is no cure for cold sores. All one can do is make sure they don't attack again. For that, the patient has to pay special attention to his diet. He must eat lots of fresh fruits, raw vegetables, and green leafy vegetables. This diet is rich in vitamins A, C and E, and zinc, which are all necessary for keeping the immune system strengthened and combating all kinds of viruses and bacteria. Additionally, the sufferer must abstain from consuming acidic and salty foods, spices and condiments, chocolates, oatmeal, peanuts, food grains, peas, and whole wheat as they have arginine that aggravate the problem. So, the intake of these products must be restricted as much as possible. Also, excessive consumption of tea and coffee, alcoholic beverages, processed foods must also be avoided as they weaken the immune system. Consuming two cloves of garlic everyday keeps most kinds of viruses and bacteria at bay because of its antiviral properties. When blisters erupt, one can apply witch hazel, aloe vera gel, or press warm used teabag on the blister for 30 seconds to treat them. Rubbing ice for a few minutes on the blisters every hour also treats the problem. Getting a regular exercise for 20 minutes also keeps system strengthened.

Home remedies

1. A cold compress can help to relieve the pain, but it does nothing to prevent the cold sore from reoccurring. Some used to use Lysine, but there is little evidence to suggest that this

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works permanently. Other remedies such as nail polish remover (ouch!), vitamin oils and changes in your diet are not much better.

2. Use Echinacea and goldenseal extract mixture. Echinacea is an immune system booster that can also prevent a cold sore outbreak. Take one dropper-full a day for no more than 3 days. Also put a few drops on a cotton ball and place on the affected area for a few minutes several times a day.
3. Lemon balm contains a high concentration of polyphenols and appears to minimize herpes outbreaks. It can be applied topically in cream form. Or brew as a tea lemon balm can be taken internally as it has antiviral qualities.
4. Covering the cold sore will help a lot – try to avoid using any make up or lipstick while it is there as this may make it worse, but covering it with petroleum jelly has relieve the symptoms and prevent infection. In the summer, protecting your lips from the sun can help – likewise in the winter protecting them from the cold may also help.
5. Olive leaf extract is good as a natural antibiotic for viral infections.
6. L-Lysine fights that virus that causes cold sores. Take 500 mg twice a day.
7. Vitamin B complex is very important for healing and immune system functions. Take 100 mg of each major B vitamin twice a day.
8. Place a small amount of salt on the cold sore and hold it in place with your finger for a minute or two. This may be painful but it is one of the quickest ways to heal cold sores.
9. Cut garlic in half and place one part on the cold sore. A compound in garlic cold Kyolic has antiviral properties which speeds healing. Take 2 garlic capsules a day.
10. Soaking a cotton ball with mil and dabbing it on the sore has been effective for some people – this may be something to try out too.

HOME REMEDIES FOR CONSTIPATION

Constipation is a common disturbance of the digestive tract. In this condition, the bowels do not move regularly, or are not completely emptied when they move. This condition is the chief cause of many diseases as it produces toxins which find their way into the bloodstream and are carried to all parts of the body. Appendicitis, rheumatism, arthritis, high blood pressure, cataract., and cancer are only a few of the diseases in which chronic constipation is an important predisposing factor. Constipation is one of the most common of all digestive disorders and it can affect people of all age groups, from toddlers to the aged. Before you get ahead of yourself keep in mind that our digestive systems function differently and while some people may consider the absence of bowel movements on a single day as constipation, for some regular bowel movements may occur daily. Disruptions or aberrations from your normal routine that cause discomfort should be a cause for attention however. Constipation refers to the inability to pass stools and could involve straining to empty the bowels or the presence of excessively hard stools, causing discomfort and possibly pain. The severity of constipation may vary greatly, but in most cases it is just a temporary phenomenon that will resolve naturally or with some intervention. Recurring bouts of constipation or chronic constipation can however be problematic and be indicative of other problems or a faulty diet. Chronic constipation in children, babies, toddlers and the elderly is not uncommon, and while it should not be neglected this is not a threatening condition if it responds to mild constipation treatments. The symptoms, causes, and treatment for chronic constipation in children would be different from the treatment given to an adult. Constipation refers to any irregularity in, or absence of, bowel movements. The slow movement of food through the large intestine and the amount of time the waste remains in the colon are factors that contribute to constipation. More and more water is absorbed while the waste is in our body and the stool becomes drier and bulky thus more difficult to pass. Home remedies can help in relieving constipation.

Regular bowel movement is necessary to remove waste and toxins from the body. Some people will have movements every day, some others 3 times a week, this is normal, although some doctors consider a person moving bowels less than once a day to be constipated. Home Remedies for Constipation are a very powerful natural way of returning the balance to the body. Constipation can be caused by lack of exercise, too much junk food, poor diet, painkillers, antidepressants and/or pregnancy. However serious diseases can cause constipation as well, including thyroid problems, circulatory disorder, diverticulitis, colon malfunction (fistulas, polyps, tumors, and obstruction). Constipation may be caused due to a number of life style factors that may trigger it.

Causes:

- The lack of enough fibers in the food is a main cause for constipation. Fruits, vegetables are rich in fibers. But in the modern world it is possible to live in a diet of entirely processed food and some people bring themselves awfully close to it.
- Lack of enough body fluids will increase the friction between faeces and intestine walls. So always take enough water to avoid constipation.
- Stress doesn't directly cause constipation. But it affects other bodily functions and this may cause constipation.

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- Lack of exercise and irregular bowel habits may also lead to constipation.
- Excess of oils in diet will also lead to constipation as this will hinder the digestion of carbohydrates and fats in the body.

Home remedies

1. Take warm lime water early in the morning. It prevents Constipation and keeps the body and mind fresh. This is one of the useful home remedies for constipation.
2. Grapes too have laxative properties and they prevent chronic Constipation. Dry grape has its own medical properties and helps in preventing Constipation. Soak dry grapes in a vessel overnight and take this at early morning in an empty stomach.
3. Take 2-3 seeds each of suraj mukhi (sunflower), badaam (almonds), til (sesame) and linseed or flax seeds, grind it and make a thin powder. Eat this natural herbal homemade product (1 tablespoon) for a week either with fruit juice or salads. All your Constipation problems will be cured. This is one of the best home remedies for constipation.
4. Going for morning walk by having 2-3 glasses of warm water also prevents Constipation and leads to clear bowel movements.
5. Oranges are good for colons and it prevents Constipation. Take orange juice at anytime of the day and feel the difference that how far it clears your bowel system and refreshes you.
6. Flax seeds have laxative properties. In a glass of water add one tablespoon of flaxseed and allow it to rest for 2-3 hours. At night before sleep drink this flaxseed water. You will have a clear bowel the next day. This is one of the useful home remedies for constipation.
7. Vinegar extracted from apple and flaxseed paste also cures Constipation. Boil a glass of water containing flaxseed till it gets thick, and on cooling add half tablespoon apple extract vinegar, this mixture is ready to drink. You can drink this natural homemade herbal drink, which has no side effects, at early morning. It cures Constipation and is safe.
8. Natural herb psyllium husk (isabgol) prevents Constipation. Take a glass of water and add one tablespoon of psyllium husk. Drink this liquid early in the morning in an empty stomach for constipation relief.
9. Soak dry figs in the water and keep it overnight then take this early in the morning. It prevents Constipation. This is one of the important home remedies for constipation. It is necessary to have 30 grams of fibers in the diet for people who are suffering from constipation. Include whole grains, fruits, leafy vegetables in your diet.
10. Dried beans, prunes, figs, raisins, popcorn, oatmeal, pears and nuts are fiber rich food that may actually relieve you of constipation instantly.
11. Regular exercise is a very effective way of getting rid of constipation. Walking is especially helpful in getting rid of Constipation.
12. Psyllium seeds is an effective remedy for loosening up your bowels. These are supercondensed fibers which are not addictive in nature and can be taken without side effects.
13. Eat small meals over a course of time. This effectively gives time for the system to digest food better. The movement can be controlled by adjusting the timing and amount of food intake.
14. Herbal laxatives such as cascara sagrada can be useful in fighting against constipation.

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15. Herbal laxatives are aloe, senna, rhubarb, dandelion root and plantain leaves are an effective remedy for constipation.
16. Two glasses of warm lemon juice can help your bowels to pass through normally.
17. Take Apple pectin, helps with constipation and brings fibers into the body.
18. Take folic acid. An insufficient intake of folic acid can lead to constipation.
19. To clean and heal the digestive system take Aloe vera juice twice a day.
20. Ginger tea is a great home remedy for constipation. It helps start bowel movement.
21. Yerba mate in tea form is very helpful with constipation.
22. Eat lots of fruits, green vegetables cabbage, peas, carrots, garlic, sweet potatoes, all these are high in fiber.
23. Grapes have proved very beneficial in overcoming constipation. The combination of the properties of the cellulose, sugar, and organic acid in grapes make them a laxative food. Their field of action is not limited to clearing the bowels only. They also tone up the stomach and intestines and relieve the most chronic constipation. One should take at least 350 gm of this fruit daily to achieve the desired results. When fresh grapes are not available, raisins, soaked in water, can be used. Raisins should be soaked for twenty-four to forty-eight hours. This will make them swell to the original size of the grapes. They should be eaten early in the morning, along with the water in which they have been soaked.
24. Exercise often a simple stroll in the park can relieve constipation.

HOME REMEDIES FOR COUGH

Cough is defined as a condition in which certain minute particles enter into the respiratory pathway and irritates the airways. This blockage hampers the normal flow of air from lung to nose and vice versa. This disease can attack person of any age group. Person suffering from cough finds trouble in breathing, speaking, and finds difficulty in sleeping. If cough persists for more than 15 days, patient should immediately be taken for medical checkup as it may result in other severe diseases. A cough is a natural reaction, designed to expel irritating, toxic material and mucus accumulations in the bronchial tubes. However, as everyone knows, even repeated coughing is sometimes ineffective at ridding the body of these irritants, and itself become fatiguing and debilitating. For coughs, there are herbs that have a specific affinity to the chest and lung area (pectorals).

Some herbs are true antitussives or cough-suppressants (coltsfoot, horehound, wild cherry bark, licorice) or are just effective antispasmodics. Many are demulcents, soothing irritated bronchial tubes while others are expectorants, helping expel tough, adherent mucus. The powerful antibacterial and antiviral properties of many of these same plants makes them an excellent choice for getting at both symptoms and causes. Many herbal cough formulas are available that combine these various properties and are often superior to a single herb.

The herbs below represent the best of literally hundreds of herbal cough medicines. Note that demulcent herbs are more applicable to dry coughs (licorice, slippery elm, mullein, althea), while astringent plants are more suitable to moist, rattly or congested coughs (anise, eyebright, cowslip, thyme, eucalyptus).

Causes of Cough

- The major causes of cough are: Cough, heart disease, lung cancer, asthma, viral, flu, and sinus.
- A cough may be caused by inflammation of the larynx or the pharynx.
- A cough can develop in the chest due to change in weather or seasonal changes.
- The real cause of this disorder, however, is clogging of the bronchial tubes with waste matter. This is due to wrong feeding habits. The reason for higher incidence of cough during winter than in other seasons is that an average person usually eats more of catarrh-forming foods such as white bread, meat, sugar, porridge, puddings, and pies during the colder months of the year. Being over clothed with heavy undergarments and other garments during this period also prevents proper aeration of the skin.

Home Remedies

1.

This is good to use for a persistent, stubborn cough. Pour 2 1/2 cups of boiling water over 2 tablespoons of dried agrimony flowers or leaves, and 1 tablespoon dried parsley. Cover and steep until the mixture is cool. Strain. Use as a gargle to soothe sore throats. To stop persistent coughs, take 2-3 tablespoons of the infusion morning and evening.

2. Grapes are one of the most effective home remedies for the treatment of a cough. Grapes tone up the lungs and act as an expectorant, relieving a simple cold and cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relief.
3. Almonds are useful for dry coughs. Seven kernels should be soaked in water overnight and the brown skin removed. They should then be ground well to form a fine paste. A quantity of twenty grams each of butter and sugar should be added to the paste. This paste should be taken in the morning and evening.
4. Haldi (Turmeric) powder - Turmeric powder is not only a perfect remedy for Cough and cough, science has proved that turmeric powder is helpful for the cancer patients as well. Take a tablespoon of carom seeds or ajwain to a glass of water and add one tablespoon of turmeric powder to it. When the water reduces to half of its quantity, add honey to it. Take this syrup 2-3 times a day. This loosens the chest congestion and improves breathing. Take 2 teaspoon full of turmeric powder and add it to warm milk. This has a magical effect in loosening the cough and clearing the mucus membrane. This is one of the best home remedies for cough.
5. Onion - Onion plays important role in the treatment of cough. The juice extracted from finely chopped onion helps in loosening the cough, and clears chest-congestion. cough syrup prepared by mixing onion juice with honey is highly recommended. Take 1-2 teaspoon of onion juice, add 1-2 teaspoon of honey into it. Keep this mixture aside for 5-6 hours, and then give a teaspoon of it to the patient at least two times in a day. Another cough syrup made from onion juice contains lemon juice mixed in water along with honey. Take 1-2 teaspoon of onion juice, add 1-2 teaspoon of lemon juice into it. Pour little amount of water and allow it to boil, later add 1-2 teaspoon of honey into it. Keep this cough syrup aside for 5-6 hours and give a teaspoon of it to the patient at least two times in a day.
6. Adrak (Ginger) syrup - Ginger is one of the most used and effective home remedy. It is used for the cure of several diseases including cough. Prepare cough syrup by mixing a half tablespoon of ginger paste, and a half tablespoon of pepper powder. Further add equal amount (one tablespoon) of vinegar and honey into it. Mix with 2-3 tablespoon of water and keep it aside. Take this cough syrup 2-3 times a day. This is one of the widely accepted home remedy for the treatment of cough. This is one of the important home remedies for cough.
7. Ginger, garlic tea - Like ginger, garlic too is a very old home remedy. Doctors all over the world have admitted the usefulness of these two natural doctors of mankind. Ginger, garlic tea not only soothes the throat, it also loosens the mucus membrane, and clears chest congestion. Prepare a tea by adding small piece of ginger cut in small slices, 1-2 garlic seeds, and small amount of lemon juice into the boiling water. Boil it around 15-20 minutes. Strain the liquid and keep it aside. Add a little amount of honey into it and give it to the patient. The lemon juice added to it loosens the cough and makes breath easy.
8. Kali Mirch (Black pepper) - Home remedy for cough is incomplete without black pepper. It loosens the mucous membrane, opens chest congestion. Patient may take 2-3 black pepper seeds and chew it, or fry it little in oil. If patient finds difficult in chewing it because of its strong bitter taste, add 2-3 pepper seeds in a glass of milk. Another way of taking black pepper is with cumin seeds. Take both black pepper and cumin seeds in small amount and add 1/2 spoon of salt to it. Chew it slowly.

9. Long (Clove) - Take 2-3 cloves and fry in little oil. Chew those cloves; patient may also take little water after chewing it. *Anise-Pimpinella anisum*
 - Helps expel mucus, while being anti-inflammatory, antispasmodic.
 - For colds, coughs, bronchitis; also reduces nausea, gas, bloating.
 - Safe for infants and children; a popular colic and indigestion remedy.
 - Often mixed with other herbs for above effects and sweet licorice taste.
10. Coltsfoot-*Tussilago farfara*
 - Expels mucus, soothes irritated membranes and suppresses coughs.
 - Coughs related to upper respiratory infections (colds), acute and chronic bronchitis, asthma, hoarseness, whooping cough and emphysema.
 - See Dosage. Should not be used excessively or for prolonged periods.
11. Cowslip-*Primula veris*
 - Strong antispasmodic and expectorant for rattly coughs, chronic bronchitis with thick white mucus. Warming and sedative effects.
12. Elecampane-*Inula helenium*
 - For coughs and bronchitis, including chronic cough; gentle for children.
 - Soothing expectorant; helps expel excess mucus, antibacterial effects.
 - Relieves bronchial spasm in asthma, emphysema, bronchitis.
13. Eucalyptus**—*Eucalyptus globulus*
 - Expectorant, natural decongestant, often used in rubs and liniments.
 - Opens bronchial passages, clears mucus during colds, flu, bronchitis.
 - Natural antiseptic. Use as an inhalant or lotion; high toxicity internally.
14. Grindelia-Gumweed/*Grindelia camporum*
 - For coughs of bronchitis and asthma, whooping cough or viral coughs.
 - Clears tough mucus, improves breathing and smothering tendency on falling asleep. Slows rapid heart beat and reduces high blood pressure.
15. Horehound***—*Marrubiurn vulgare*
 - Loosens mucus, soothes coughs; aids stuffy nose, sore throat and colds.
 - For bronchitis, wheezing, congested chest, with inability to expel mucus.
 - Treats asthma or chronic lung conditions with poor expectoration.
16. Hyssop-*Hyssopus officinalis*
 - Relieves coughs, bronchitis; loosens and expels mucus accumulations.
 - Best in chronic coughs; a tonic, stimulating herb that speeds recovery.
 - Asthmatic coughs in adults, children. Promotes sweat in colds and flu.
17. Irish Moss*--*Chondrus crispus*
 - A mucilaginous, jelly-like seaweed used in many respiratory conditions.
 - A soothing demulcent used for irritating coughs, inflamed membranes.
 - An expectorant for phlegm and mucus, encourages a productive cough.
18. Licorice-*Glycyrrhiza glabra*
 - A powerful cough suppressant, soothing expectorant, demulcent and anti-inflammatory. Treats bronchitis, coughs, asthma, sore throats.
19. Lomatium-*Lomatium dissectum*
 - Powerful antiviral, antibacterial herb, kills at least ten bacterial strains.
 - Eliminates a broad range of acute and chronic viruses.
 - For flus, cold, chronic bronchitis, viral pneumonia. Expels hard mucus.

20. Lungwort-*Sticta pulmonaria*
 - For cough and bronchitis. For dry hacking night cough, preventing sleep.
 - Treats lingering coughs after measles, flu, colds, whooping cough.
 - Soothes tickling in throat, bronchi, where one cough incites another.
21. Maidenhair Fern-*Adiantum cappillus*
 - Used for coughs, bronchitis, asthma and general respiratory disorders.
 - Soothes sore throats, expels mucus, helps chronic sinus congestion.
22. Mullein-*Verbascum thapsus*
 - Traditional cough remedy that soothes dry and inflamed throat and bronchi, clears mucus, allays bronchial spasms, shrinks swollen glands.
 - Useful in colds, flu, bronchitis, asthma and even emphysema.
23. Sesame seeds (Til) and Sugar candy (Mishri) boiled in water for 10 minutes filtered and this decoction taken thrice a day helps to cure Cough.
24. Aniseed (Saunf), Carom seeds (Ajwain) boiled in water, filtered and this decoction mixed with Honey taken thrice a day helps to get relief from Cough.
25. Equal quantities of Harad (Haritaki), Gooseberry, *Glycyrrhiza glabra* (Jyeshtha madhu) powdered and one spoon of this powder taken with one spoon of Sugar with Milk thrice a day cures severe cough.
26. Maalbar (*Abdulasa*, adusoge) leaf juice with Honey and Rock salt taken twice a day helps to cure severe cough.
27. Add a gram of turmeric (haldi) powder to a teaspoon of honey for curing dry cough. Also chew a cardamom for a long time.

HOME REMEDIES FOR CORNS

Corns and calluses are areas of hyperkeratosis, or overgrowth of skin tissue. The skin thickens and hardens. Calluses most commonly form on the soles of the feet and sometimes on the hands or knees. Corns are small cone-shaped areas of skin overgrowth that most often form on or between the toes. They can be either soft or hard. If they form between the toes, the moisture of the area keeps them soft; corns that form on top of the toes are typically hard. Having a hammertoe or mallet toe may lead to a more severe form of callus called intractable plantar keratosis (IPK). This callous forms as a result of a serious imbalance in weight-bearing, with considerably more pressure being placed on one area of the foot than on others.

These growths can cause inflammation and pain. Corns especially may ache and be tender to the touch. Both corns and calluses usually form in response to repeated friction or pressure, such as from wearing ill-fitting shoes or performing certain tasks repeatedly. Other factors that may be involved include staphylococcus- or streptococcus-type infection, and an acid /alkaline imbalance in the body.

Recommendations

- Consume raw vegetables and juices for three days to aid in balancing the acidity/alkalinity of your system. Umeboshi (Japanese salt plum) can quickly balance the body's pH. These are available in health food stores and Asian markets. Take one every three hours for two days.
- Avoid fried foods, meats, caffeine, sugar, and highly processed foods.
- To treat corns and calluses, soften the thickened skin by adding 2 tablespoons of Dr. Bronner's liquid soap (available in health food stores) or a mild dish soap to 1/2 gallon of warm water. Soak your feet in this mixture for fifteen minutes. Afterwards, dry your feet with a soft towel and rub a couple of drops of vitamin E oil into the affected area. Then, using a pumice stone or a special callus file, gently file down the top layer of the corn or callus. Clean the area with mild soap and water, using a gauze pad or cotton ball, and apply a moisturizer to the area. Do this twice a day. Wear clean white cotton socks after treatment. This is effective only if the callus is not too thick.
- Apply a nonmedicated corn pad (a small round or oval-shaped foam pad with a hole in the center) around a corn to help to relieve the pressure. Stretch the pad so that it clears the corn by at least one-eighth inch on all sides. Then apply vitamin E oil to the corn, cover with a gauze square, and wrap the toe with adhesive tape. Alternate between using vitamin E oil and tea tree oil.

HOME REMEDIES FOR CRAMPING

Cramping can occur in any hollow organ of the body, but here we are primarily dealing with spasms in the digestive tract. Causes are many, including indigestion, infection or inflammation anywhere in the intestinal tract. Infantile colic, due to weak digestion, food allergies and gas formation, is a trial for both mother and baby. In adults, a variety of irritants can cause acute cramps, while chronic gut toxicity causes cramps relating to dysbiosis, irritable bowel and colitis. In all cases, underlying causes need to be addressed while painful spasms are being alleviated.

Antispasmodic herbs can provide a simple and non-toxic approach to calming painful cramps and colic. Such herbs are often nervines as well, providing sedative and calming effects for jangled nerves.

Other needed herbs are also carminatives, helping expel excess gas, and digestive tonics with anti-inflammatory effects. Deeper problems can be improved with herbal detoxification programs for the intestines and liver. In colic, food allergies in the baby, or in a mother who is breastfeeding, need to be identified and eliminated, until the immune system can be re-regulated to eliminate these sensitivities. The same holds true for adults.

Home Remedies

1. Drink plenty of fluids and oral re-hydration solutions as electrolyte loss and dehydration are the most common causes of muscle cramps. Drinking liquids like caffeinated drinks or alcoholic drinks does not constitute towards your fluid intake as these are diuretics and will actually have the opposite effect on your system.
2. Stretching your muscles gently with light exercise like riding a stationary bicycle for a few minutes before going to bed can help loosen up and strengthen the muscles. This would greatly limit the occurrence or severity of night leg cramps.
3. Anise-Pimpinella anisum
 - An important infant and child remedy for colic and general cramping.
 - Antispasmodic and carminative, eases nausea, indigestion, bloating.
 - Safe, gentle, tasty; can work via the breast milk. Improves appetite.
4. Caraway-Carum carvi
 - Similar to fennel and anise, relieves intestinal colic or cramps associated with gas, bloating, digestive upset, nausea and indigestion.
 - Gentle enough for children, also good for menstrual cramping.
5. Catnip-Nepeta cataria
 - Relieves intestinal spasm and gas, diarrhea; mild relaxing effect.
 - Relieves upset stomach, indigestion. Safe in children and the elderly.
 - Is especially effective for intestinal or gastric upset of a nervous origin.
 - Gentle and calming; sedates anxiety, reduces fever, eases headaches.
6. Multi-vitamin and mineral supplements may help, but should only be taken after consulting with a nutritionist or doctor for the appropriate dosage. Calcium, potassium, and magnesium deficiencies are often the cause for night leg cramps.
7. Chamomile-Matricaria recutita
 - Effective antispasmodic and colic remedy, soothes indigestion; anti-inflammatory and

- antiseptic. Calms irritability, restlessness, insomnia.
- Antidotes effects on nursing child of coffee or drug use by mother.
8. Cramp Bark-*Viburnum opulus*
 - Stronger antispasmodic than black haw; relieves painful cramping in abdomen, stomach, uterus or bladder. Relieves back pain, neuralgia.
 - Effective for menstrual cramps, false labor pains. Helps with leg cramps.
 9. Dill-*Anethum graveolens*
 - Relieves intestinal spasms, cramps, infantile colic and indigestion.
 - Dispels gas and calms and improves the digestion; antibacterial action.
 - Increases breast milk, which carries antispasmodic effects to the infant.
 10. Fennel-*Foeniculum vulgare*
 - Stimulates digestion, relieves colic, flatulence, bloating and distension.
 - Like anise and caraway, also used in coughs, as an antispasmodic and expectorant. Increases breast milk; has a reputation as a longevity herb.
 11. Kava Kava-*Piper methysticum*
 - Muscle relaxant and antispasmodic for internal organs and muscle tension. Sedative pain and cramp reliever, reduces sensitivity to pain.
 - Strongly reduces anxiety, relieves sleeplessness, is a mild antiseptic.
 12. Lemon Balm-*Melissa officinalis*
 - Eases cramps and spasms, gas and bloating, indigestion and colic pains, gastric acidity. Useful for problems related to stress and anxiety.
 - A good children's herb; soothes anxiety, irritability, restlessness.
 13. Licorice-*Glycyrrhiza glabra*
 - Demulcent and anti-inflammatory, decreases the spasms of gastritis or intestinal distress, relieves stomach ulcers and body's stress response.
 - Mild laxative, assists in the body's clearing of poorly digested foods.
 14. Peppermint-*Mentha piperta*
 - Digestive antispasmodic; relieves colic, spasm, spastic constipation.
 - Carminative, dispels gas and distention, with pain-relieving action.
 - Stomachic, improves digestion, stimulates secretions and bile output.
 15. Valerian-*Valeriana officinalis*
 - A sedative and antispasmodic, relaxing intestinal cramps, muscle tension. Relieves spasms and pain related to anxiety and emotional upset.
 - For cramps with diarrhea, or after eating. Promotes restful sleep.
 16. Wild Yam-*Dioscorea villosa*
 - Important antispasmodic for cramps in any hollow organ; intestines, stomach or gall bladder spasm. For colic that is relieved by stretching.
 - Helps with gas and flatulence, belching, indigestion, upset from tea.
 17. Yarrow-*Achillea millefolium*
 - A digestive antispasmodic, anti-inflammatory and pain reliever.
 - For cramping pains or stomachache, distension, or gas pain.
 - A sedative and tranquilizing herb that promotes tissue healing.

HOME REMEDIES FOR CUTS

Cuts and scrapes are breaks in the skin that are inevitable in the course of life. They can be painful, interfering with movement and activities. Cuts can bleed profusely, especially if they are on the head, face, hands, mouth, or feet, where there are many blood vessels close to the surface of the skin. They can become infected, especially if they are on the face, fingers, and hands, which are not normally covered with clothing. These are very common injuries and home remedies for cuts can be very handy.

Cuts can leave scars. Special attention should be given to those on the face and lips so that there will be no noticeable lasting skin defect. Cuts on the lips often require stitches to heal properly. Stitches may be required to close larger wounds elsewhere to effect minimal scarring. The more severe the cut, the more underlying tissues may be involved and the longer it may take to heal. Home remedies for cuts can speed up healing.

You can treat minor cuts and scrapes at home with basic first aid and home remedies for cuts. However, if the pain from a cut is severe, if bleeding cannot be stopped, if redness and tenderness develop around the wounds, if a cut is deep or long, or if it involves your lips, consult your physician or go to the emergency room of the nearest hospital immediately.

Home remedies

1. Beta-carotene. Take 25,000 international units a day.
2. Vitamin B6 (pyridoxine). Take 50 milligrams a day
3. Vitamin C. Take 3,000 to 5,000 milligrams a day.
4. Vitamin E. Take 400 international units a day
5. Zinc. Take 50 to 100 milligrams a day.
6. If the cut is superficial, after cleaning you can cover the cut with a mixture of zinc oxide cream and vitamin-E oil.
7. Calendula gel or ointment stimulates fast healing at the skin's surface, and is a good choice for a nice clean wound. It is been endorsed by Commission E, the body of experts that advises the German government about herbs, for reducing inflammation and promoting wound healing.
8. Clove oil is high in eugenol, a compound that is both an antiseptic and a painkiller. You can sprinkle powdered cloves on a cut to prevent infection.
9. Comfrey roots and leaves contain allantoin, which stimulates cell division and speeds wound healing and scar formation. You can take some fresh leaves and rub them directly on your cuts and scrapes. You can also find commercial cream formulations of comfrey in many health food stores. Do not to take comfrey internally, however.
10. Echinacea is also Commission E-approved as a topical treatment for superficial cuts. This herb has powerful immune-stimulating properties. You can also drink a cup of echinacea tea three to four times a day to strengthen your immune system to speed healing.
11. Goldenseal contains several antiseptic compounds. You can apply a poultice of crushed goldenseal root to any minor cuts.

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12. Yarrow is excellent for stopping bleeding. Just sprinkle powdered yarrow extract onto the cut. Yarrow leaves and flowers have been used since ancient Roman times for their blood-clotting, anti-inflammatory, and pain-relieving qualities.
13. There are a number of herbal first-aid creams available, including calendula in echinacea-and-comfrey combinations; calendula blended with white sage, elder flower, and chickweed; and calendula mixed with goldenseal, propolis, and myrrh to make topical botanical antiseptics.

HOME REMEDIES FOR CYSTITIS

Both women and men suffer from cystitis. The kidneys, ureters, bladder, penis and urethra all play a part in filtering and expelling waste material (urine) from the body. Cystitis (an infection of the bladder), urethritis (an infection of the urethra), and acute pyelonephritis (a kidney infection) are more common in women. But all of these conditions can also occur in men and may be a sign of serious underlying conditions such as problems with the prostate gland. For all of these complications there are some very powerful home remedies for cystitis. Urethritis in the male is most often contracted as a result of sexual contact. Many conditions affecting the kidneys, bladder or urethra are described as urinary tract infections.

Nearly 85 percent of urinary tract infections are caused by bacterium that is normally found in the intestines. Cystitis occurs much more frequently in women than in men, for the close proximity of the anus, vagina and urethra in females. While cystitis is more common in women and does not represent any serious complications, in men it may be a sign of prostatitis. In any case home remedies for cystitis are very well known and many home remedies for cystitis have been used for thousands of years.

Common

symptoms:

Cystitis is characterized by an urgent need to empty the bladder. Urination is typically frequent and painful; even after urination there may be a need to empty the bladder again. Often the urine has a very unpleasant odor and it may look cloudy. There may be also blood in the urine. If cystitis is not treated may lead to kidney infection.

Home remedies

1. Cucumber juice is one of the most useful home remedies in the treatment of cystitis. It is a very effective diuretic. A cup of this juice, mixed with one teaspoon of honey and a tablespoon of fresh lime juice, should be given three times daily.
2. Cranberry is one of the best herbal remedies for cystitis and all types of bladder infections. Quality cranberry juice produces hippuric acid in the urine, which adds acidity to the urine preventing bacterial growth. Drink 1 quart of cranberry juice daily. **Attention:** You must drink pure, unsweetened juice from a quality health store. You can also take cranberry capsules with lots of pure water.
3. **Cystitis curing infusion:** 1 tsp. birch leaves (a natural diuretic that reduces cystitis pain)
1 tsp. dandelion (cleanses the liver and flushes kidneys relieving bladder pain)
1 tsp. hydrangea (good for flushing the urinary tract)
Mix all herbs and add boiling water, simmer for one minute, strain and drink two cups a day.
4. Fresh juice of the flowers of drumstick is another effective remedy for cystitis. For better results, a teaspoon of the juice, mixed with half a glass of tender coconut water, should be given twice daily. It acts as a diuretic in the treatment of this disease.
5. Eat plenty blueberries, they have been just as good as cranberry juice for relieving cystitis symptoms.
6. Take Goldenseal extracts for 3 days and discontinue. This is especially good for bleeding cystitis, it has antiseptic properties and it is an antibacterial agent.

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7. The oil of sandalwood is also considered valuable in this disease. This oil should be given in doses of five drops in the beginning and gradually increased to ten to thirty drops. The efficacy of this oil can be increased by the addition of one teaspoon of carom seeds mixed in a glass of water, or ten grams of ginger mixed in cup water.
8. Uva ursi (bearberry, a type of cranberry) used in small amounts and added to a cup of herbal tea acts as a diuretic and antiseptic combating *E. Coli* the bacteria that causes cystitis.

HOME REMEDIES FOR DANDRUFF

Dandruff is the shedding of dead skin cells from the scalp (not to be confused with a dry scalp). Dandruff is sometimes caused by frequent exposure to extreme heat and cold. Dandruff is a common scalp disorder affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. In some cultures dandruff is considered aesthetically displeasing. It often causes itching. It has been well established that keratinocytes play a key role in the expression and generation of immunological reactions during dandruff formation. The severity of dandruff may fluctuate with season as it often worsens in winter. Dandruff occurs when skin cells renew themselves and the old cells are shed, producing irritating white flakes. Some people tend to generate and discard skin cells at a faster rate than others. Dandruff can be caused by trauma, illness, hormonal disorders, improper diet (specially the consumption of carbohydrates and sugar), deficiency of nutrients such as, B- Complex Vitamins, essential fatty acids, and selenium. Dandruff is worst during the winter. There is no cure for Dandruff, but you can minimized the condition with some powerful Natural remedies.

As we all know it is a embarrassing problem, because it is very noticeable, and very itchy and sore if we do not treat it rapidly.

There are many factors and conditions that can cause flaky, itchy skin, such as:

- Ringworm
- Dermatitis
- Dry skin (but flakes from dry skin are generally smaller and less oily than those caused by dandruff)
- Seborrheic dermatitis
- Psoriasis
- Cradle cap (most common in newborns)
- Contact dermatitis
- Hormonal fluctuations; stress; neurological disorders, (such as Parkinson's disease); a weakened immune system; those recovering from a stroke or heart attack, infrequent shampooing and extra sensitivity to the fungus that may contribute to the development of dandruff may make an individual more susceptible to the condition.
- Other influencing factors include age (Dandruff usually begins in young adulthood and continues through middle age) and gender (more men than women have dandruff, men also have larger sebaceous glands that produce an oil called sebum).

While Dandruff is a chronic condition, it can almost always be controlled. Over the counter dandruff shampoos may succeed in the short term and prescription shampoos containing Zinc pyrithione, Tar-based shampoos, salicylic acid, Selenium sulfide and Ketoconazole may have side effects or worsen the condition – over drying the skin and causing irritation. Steroid lotions may also be prescribed, but may be too harsh for sensitive scalps.

Home Remedies

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1. Use *flaxseed oil, primrose oil or salmon oil*, they help relieve itching and inflammation. Also they promote healthy skin and scalp.
2. Mix of two portions of Asteraceae leaves juice and 1 portion of sesame seed oil. Heat these together and filter the oil after it becomes good mixture. Massage your scalp with this oil and wait for 2 to 3 hours of time. This procedure will help to remove dandruff completely.
3. Mix the water with pulp extracted from *Balanites Aegyptiaca* fruit till you see foam. Apply this mixture to hair scalp and wash your hair after some time helps to remove dandruff.
4. Fenugreek (menthi) paste applied on the scalp an hour before taking bath helps to overcome Dandruff problem.
5. Applying Lemon juice on the scalp for an hour before taking bath helps to overcome Dandruff.
6. sour curd applied on the scalp 10 minutes before taking bath helps to get rid of Dandruff.
7. Reetha (soap nut) used for washing hair helps to get relief from Dandruff.
8. Indian gooseberries (amla) paste applied on the scalp before taking bath helps to get relief from Dandruff
9. Hibiscus leaves boiled in small quantity of water and used along with shikaki as a hair wash instead of soap ,shampoo helps in reducing Dandruff problem . this is a natural hair conditioner.
10. GRAM flour (Besan) MIXED mixed with curd applied on the scalp before bath helps to remove Dandruff.
11. Boiled Beetroot leaves used for washing hairs helps to get rid of Dandruff.
12. Regular oil message on the scalp helps to get relief from Dandruff.
13. Neem paste or sweet neem (curry patta) paste mixed with Basil(Tulsi) PASTE applied on the scalp helps to remove Dandruff.
14. Grinded pigeon pea (Arhar dal) applied on the scalp before taking bath helps to remove Dandruff.
15. APPLYING Crushed raw papaya (papita) paste on the scalp 10 minutes before taking bath is very helpful. this process assists in the exfoliation of dandruff flakes and slow down fungal growth. papaya contains enzyme papain which is very helpful in reducing dandruff and hair fall problem.
16. Boil the fresh neem leaves in water for 1/2 hour. Filter the liquid & cool, apply the juice on hair and soak for 10 minutes. Wash it away while bathing.
17. Take *kelp*, improves the hair growth and heals the scalp.
18. Take Vitamin B complex + extra Vitamin B6 and Vitamin B12, all the B vitamins are needed to obtain a healthy skin and hair.
19. Take *Selenium*, is an antioxidant to aid in controlling dry scalp.
20. Take Vitamin E, improves the circulation of the blood.
21. Take Vitamin A, helps prevent dry skin and promote the healing of tissue.
22. Take Vitamin C + Bioflavonoids, is an important antioxidant that prevent tissue damage to the scalp and is a good healing.
23. To rinse your hair use and infusion of Chaparral or Thyme, is more gentle in your hair.
24. Hair washed with methi seed paste prevents dandruff, falling hair, baldness and dandruff keeping the hair long, healthy and black. Just soak the fenugreek seeds overnight in water

- to soften the seeds and grind in the morning to make paste. Before hair wash, apply this paste on scalp and hair and leave it on for half an hour. Wash off with shampoo later.
25. Beat two eggs and add two tablespoons of water to it. Wet the hair and apply the egg mixture over the hair. Now massage your scalp and let the mixture on for ten minutes to fifteen minutes. Then rinse the hair with lukewarm water. This will keep both dandruff and hair fall problem away from you.
 26. Soak a few (4-5) tablets of camphor in your hair oil (coconut) to keep away dandruff and lice.
 27. To get rid of dandruff apply the following mixture of once or twice a week. Keep for 20-25 minutes before washing off with a mild soap or shampoo. Warm together, 1 tbsp. curds, 2 tsp. oil and 1 tsp. lemon juice.
 28. **Herbal conditioner for dandruff.**
 29. 1 pint of water.
 - 1 tsp. of *burdock root*.
 - 1 tsp. of *calendula flowers*.
 - 1 tsp. of *chamomile flowers*.
 - 1 tsp. of *lavender flowers*.
 - 1 tsp. of *rosemary leaves*.
 - 1 tbs. of *vinegar*.
 - 6 drops of *sage essential oil*.Boil water and pour over herbs. Steep for 20 minutes strain and add vinegar. Apply after shampooing do not rinse out.
 30. Eat a balanced diet including at least 50 to 70% of raw food.
 31. Avoid dairy products, fried foods, flour, chocolate, nuts, seafood and sugar.
 32. Make a paste mixing 8 tbs. of pure organic peanut oil and the juice of half a lemon. Before washing your hair apply the mixture and rub it into your scalp. Leave it on for 10 minutes, then shampoo your hair as usual.
 33. To rinse your hair use 1/4 cup of vinegar mixed with 1/4 cup of water.
 34. Do not pick or scratch your scalp, it would make the dandruff worst.
 35. Try to use a non oily shampoo, and wash it frequently. Use natural products that do not have any chemicals. Every time before washing your hair massage the scalp gently with your fingers.
 36. Avoid using soaps, greasy ointments and creams.
 37. Make a celery tonic dandruff boiling a liter of water once reached the boiling point, added a few stems and leaves celery. It is boiling for five minutes, allowed to settle and applied to the scalp
 38. Squeeze the juice of one lemon cool which will be applied after shampooing (when you are rinsing your hair) that will make the hair has an intense shine shine viscosity but also removes and prevents dandruff.
 39. Boil in water the roots of beetroot (especially the most recommended to combat dandruff is white), and this water should be massaged on the scalp with the fingertips every night.
 40. Dilute cider vinegar with an equal amount of water and apply this mixture which must be added to the rinse water.
 41. Prepare a rinse with three tablespoons dried thyme in a cup of water which must boil for 10 minutes. Pour the mixture over the hair clean and free rinsing. Apply this preparation every time you wash your hair.

42. Expose the scalp to the sun, a maximum of 30 minutes, early in the morning or after 4 pm. The Sun has an anti-inflammatory effect on the skin that is shed.
43. Prepare a treatment with a tablespoon of almond oil which should be warm. Separate the hair and apply directly on the scalp with a cotton ball. Putting a plastic cap and leave on for 30 minutes. After that time, you wash your hair. Importantly, this treatment should only be applied once a week to loosen the scales and improve scalp. Doing more times for the risk that harms the condition rather than helping.
44. Massage, covering the entire head with small circular movements, scalp oil with two tablespoons of pure roasted sesame previously temperate. Then wash the hair with a mild shampoo and rinsed to remove the preparation. Perform this action at least three times a week.

Recommendations

- Do not neglect the condition. Many people do not mind when dandruff and itchy just scratched. However, not paying attention to dandruff can cause flaking accumulate in creating more itchy scalp, thereby increasing craving for scratching which may damage, over time, the scalp.
- Eating a diet of fruit and vegetables. The person with dandruff should consume a diet with emphasis on raw foods, especially fruits and vegetables
- Avoid tea, coffee, refined foods, canned and processed The person with dandruff should avoid eating meat, sugar, white flour, tea or coffee, condiments, refined and processed foods are avoided everyone.
- Massaging the scalp daily using for that purpose to the fingertips. This should be done just before or after brushing the hair which will activate the circulation improving the condition of dandruff.
- Keep hair and scalp clean In order to avoid accumulation of dead cells
- Brush daily to improve circulation the most effective way of brushing your hair is to bend forward at the waist with his head toward the ground and then brushing the nape of the neck to the head.

HOME REMEDIES FOR DARK CIRCLES

Dark circles can make a beautiful face very ugly. Dark blemishes are formed under the eyes due to various reasons. Heredity is believed to be one of the major reasons for its formation. Dark circles are also considered to be a sign of unhealthiness. Dark circles are very visible as darkened areas around or under the eyes. Apart from that, there are no other symptoms to this problem. You may also experience water discharge from your eyes in excess which may later give rise to dark circles. Dark Circles Causes

Dark Circles Symptoms, Causes

- Age
- Ageing is the main factor for the development of dark circles. As you age, the skin becomes dry and the dark circles become very prominent.
- Stress is also considered to be another common cause of dark circles. Dark circles are developed due to stress which includes excessive workload, family problems, money problems and many more. Stress has become quite common also among the youth which in turn cause dark blemishes under their eyes.
- People who do not get their share of 8 hours of sleep on a daily basis will develop dark under eye circles.
- Dehydration
- Sometimes, there may be an excessive loss of water from the body, which could make your skin dry and weak.
- Nutrient Deficiency
- Dark circles can also be formed due to lack of healthy diet. It is very important to consume a meal that is rich in proteins, vitamins and minerals that are extremely essential for the body's development. These nutrients should be consumed on a daily basis to avoid any kind of health related problems.

Home Remedies

1. Home remedies for dark circles are considered to be the best healing method. It is natural way of curbing the dark blemishes under the eye which will not cause any harm to the skin.
2. Application of a thin sliced cucumber on top of each eye for 15 to 20 minutes, twice a day, relieves stress and cools down the eyes.
3. A mixture of almond oil and honey should be applied on the affected area every night before bedtime. You will see a remarkable improvement in two to three weeks.
4. Consume at least two to three liters of water on a daily basis. Water is a very essential remedy in this case and it flushes out the toxins present in the body.
5. Tea bags are known to be very effective in curing dark circles. A cold tea bag should be put on top of each eye for 10 to 15 minutes everyday.
6. Make a paste of fresh mint leaves and add a few drops of lime juice in it. Apply the mixture on the eyes and the dark circles for 10 to 15 minutes everyday and see the difference in two to three weeks.

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7. Rose water is considered to be a natural coolant for the body and has been an old home remedy for generations. Apply two to three drops of rose water on a cotton ball and gently massage on the affected area of the eye for five to six minutes. You will see the result in two to three weeks. This method is considered to be one of the most effective cures for dark circles.
8. The dark circles treatment should be started as soon as possible to avoid it from increasing.
9. Eight hours of sleep is a must for all of us, especially for people having dark circles under their eyes.
10. Close your eyes and cover your eyelids with slices of raw potato or cucumber for 15-20 minutes. Wash with warm water and apply a cream.
11. Grate a cucumber, squeeze to take out its juice and refrigerate. Make a mixture of lemon juice, lanolin cream and cucumber juice and apply around the eye for 10-15 minutes.
12. Apply lemon juice on the black circles 2 times a day.
13. Apply a paste of turmeric powder with pineapple juice for dark circles under the eyes.
14. Apply crushed mint around the eye.
15. Apply almond oil under eyes.
16. Reduce your intake of vitamin A. Over dose of medications such as Retin A produces "excessive" vascularization.
17. Niacinamide, a derivative of the vitamin Niacin, has been shown to be an effective skin lightening agent, especially for skin conditions where hyperpigmentation may occur on the face or other visible parts of the body. Patients with hyperpigmentation applied a moisturizer containing five percent niacinamide. After four weeks, the hyperpigmentation and skin color were analyzed by computer and most patients experienced decreased hyperpigmentation and increased skin lightness. Topical niacinamide has also been shown to have anti-inflammatory properties, which makes it a potential treatment for puffy eyes and dark circles.
18. Almond helps to remove dark circles and is an excellent "skin food". Remove the cream applied around the eye after 10 min. No cream should be left on the skin around the eyes for long periods.
19. One of the great against dark circles home remedies is the Chamomile. This flower that possesses immense curative also comes in handy for those pesky bags under his eyes. Directly you can drink tea daily or fasting, but soaking a gauze or cotton in a little cold chamomile tea and rub your dark circles with him, allowing the liquid to dry by itself. Desinflamantes properties of this plant will do the rest.
20. Both potatoes as cucumbers are excellent natural remedies against dark circles. Remember they are in the refrigerator, and serve to refresh your eyes, turn. Put a slice of them directly over your eyes, relax the eye and stays on for 15 minutes. Then remove them and watch the wetting properties of these vegetables will make your eyes look rested and in good condition.
21. Of course, the most appropriate remedy is to honor our dream. Try to sleep 8 hours a day and rest properly. Is that, generally, dark circles come from the hand of poor sleep. You may also be the cause fluid retention. Therefore, dinner is often recommended to prevent salt-free meals.

22. You can also check home remedies for eye bags. There you will find other suggestions on the cosmetic treatment to combat dark circles and more natural remedies against dark circles.
23. Currently, there are numerous techniques, products and home remedies to overcome the unsightly dark circles.
24. Sleeping poorly, eating improperly, stress and unhealthy behavior habits are some factors driving its emergence. To solve this problem there are various treatments in the market, either from cosmetic products, as Home Remedies that lessen their impact on our face.
25. These unpleasant bags dark form in the most sensitive eyes peaked when the veins so far as to show through. Moreover, with the inexorable passage of time becomes a problem that becomes too visible, and which requires treatment to reduce the feeling of aging resulting in the person who has it. So sleep well with our heads held high allowing fluid to drain away from the eye area avoiding swelling, reduce consumption alcohol, snuff and excessively salty foods and saturated are some prevention tips to avoid them.
26. Currently, there are various treatments that mitigate the unpleasant effects produced by dark circles, if we are talking about that arise from bad habits or unhealthy behavior and that genetics are very difficult to eradicate, at least, without surgery. For the former, there are cosmetics that hide them and various home remedies that significantly reduced.
27. The most widely used home remedy against the dark circles is to apply two sachets of tea or Chamomile previously moistened eyes on for twenty minutes. Its application can reduce inflammation and therefore reduces the bags, although obviously its duration is tentative because it does not eliminate them. Other home remedies to reduce dark circles would be applied two slices of raw potato on the eyes or apply also for twenty minutes, the resulting paste to cook an apple with milk, Within one hour of cooking. However, the most effective natural remedy is to mix aloe vera pulp two slices cucumber and apply it over your eyes for half an hour.

HOME REMEDIES FOR DERMATITIS (ECZEMA)

Eczema also called as dermatitis, is a group of skin disorders. Atopic eczema, allergic contact dermatitis, irritant contact dermatitis, infantile seborrhoeic eczema, adult seborrhoeic eczema, varicose eczema and discoid eczema are different types of eczema. Atopic dermatitis is the most common type of eczema. It mainly occurs among infants and small children. Besides these there is also dyshidrotic eczema that is prominent in warm weather and nummular eczema that affects people during the winters. These could affect any part of the body especially hands, feet and chest areas. In more than 90% of cases, eczema is found to occur in children below 5 years of age. It is a non contagious disease. As we all know the skin is the largest organ in the body and the most visible, so any condition affecting it is impossible to ignore. The skin is not only exposed to cut, burns, bruises and scrapes, it can also develop diseases just like any other part of the body.

Dermatitis or Eczema is an inflammatory skin condition that produces blisters, redness, scaling, flaking, thickening, weeping, crusting, color changes and itching that can be very annoying. Many times Dermatitis/eczema is allergic in nature mainly by coming in contact with different materials, chemicals or plants, such as, rubber, latex, perfumes, gold, silver, poison ivy, soap, cosmetics etc.

People with thin dry skin are prone to develop dermatitis/eczema and other skin conditions. Another cause of dermatitis is sensitivity or allergy to some foods. Studies have shown that people with low stomach acid are sensitive to some types of foods thus making them prone to develop some kind of skin disorder.

People suffering from dermatitis/eczema are sensitive to some of the items listed above and should be mindful of their condition and avoid contact with any irritant. Prolonged exposure to the materials may worsen the symptoms and cause the dermatitis to spread.

Another type of eczema called atopic dermatitis (AD) affects the face, elbows and knees it's extremely itchy. Also nummular dermatitis attacks arms and legs and produces circular lesions caused by contact with nickel.

Causes:

Eczema could be aggravated by irritants like smoke, chemicals, detergents, solvents and so on. Even weather conditions could aggravate the condition. Excessive stress, heat and emotional stress also aggravates the symptoms of eczema. Although eczema is not contagious, personal hygiene is of great importance. Residue from detergents may settle on your clothes and this can either cause or aggravate Eczema symptoms. Make sure that you use the specified amount of detergent, and not more, when washing your clothes. Also make sure that you rinse your clothes well to minimize residual detergent. If you have sensitive skin, you can use warm water for the last rinse as this too will help to minimize residue from detergents. When using cleaning liquids and solvents, make sure that you use gloves to protect your hands. You should also make sure that these liquids do not come in contact with your skin and if they do, make sure that you rinse the area well with a mild soap and running water. To minimize irritation caused by smoke

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residue, make sure that you have a quick shower if you have been exposed to excessive amounts of smoke or soot. Extreme temperatures can also aggravate skin irritation and so it is important to stay cool in summer and warm in winter. If you have suffered from Eczema before, you can also make use of different home remedies for Eczema on a regular basis to prevent the onset of this condition. Use a cool moisturizing lotion made out of cucumber juice and sweet almond oil in the summer months and in the winter you can use a warming lotion made out of a few drops of ginger essential oil mixed with a spoon of olive oil and a little coconut milk or water.

Tips to get rid of Eczema

- Sunbathing is beneficiary as it kills the harmful bacteria.
- Soaps, chemicals and other drying agents should be avoided.
- Increase your intake of vitamin B6
- Do exercise, meditation and relax your mind
- Use fragrance-free bathing products.

Home remedies

1. Skin wash.
2. A light mudpack applied over the place of eczema is very beneficiary.
3. Apply the fine paste of 1 tsp camphor and 1-teaspoon sandalwood on the affected eczema areas.
4. The effective remedy for Eczema is to make a fine paste by adding 1 tbls of turmeric powder and 1 tbls of bitter neem leaves and applying this paste on affected areas.
5. Apply spearmint leaf juice to Eczema affected areas. It proved beneficiary.
6. Mash almond leaves in water and apply on the area, it will also help in the eczema treatment.
7. Papaya seeds mashed and applied on areas prevent itching of the skin suffering from eczema.
8. Boil 25 grams of Neem Tree bark and mango bark in one liter of water. Allow the vapor to foment the affected part. After the fomentation, the affected part should be anointed with ghee.
9. An effective Eczema home remedy is called when you add an equal quantity of carrot juice and spinach juice and apply it on the affected eczema area.
10. Apply the paste of nutmeg slowly rubbing it on smooth stone with little water.
11. Pour 2 cups of colloidal oatmeal into a tub of lukewarm water and bath with this water properly.
12. Boil 25 grams of Babul Tree bark and mango bark in onw liter of water. Allow the vapor to foment the affected part. After the fomentation, the affected part should be anointed with ghee.
13. Mix the following ingredients:
 - 1 tsp. comfrey root.
 - 1 tsp. white oak bark.
 - 1 tsp. slippery elm bark.
 - 2 cups of water.Boil for 35 minutes use it to wash the affected area.

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14. Vitamin B complex is needed for healthy skin.
15. Take Biotin pills is essential to prevent dermatitis.

Put Vitamin E on the affected area it calms the itching. Never use synthetic vitamin E because your body will not be able to utilize it. Synthetic vitamin E has a dl instead of a d in front of its description: dl-alpha tocopherol.

16. Take Zinc orally and apply it directly on the dermatitis.
17. Shark cartilage reduces inflammation.
18. Use a lotion made out of blueberry leaves this is proven to be fantastic relieving inflammation of dermatitis.

HOME REMEDIES FOR DIABETES

Diabetes Mellitus is a chronic metabolic disorder that prevents the body from utilizing glucose completely or partially. It is characterized by raised glucose concentration in the blood. The pancreas produces hormone insulin which controls the amount of glucose in the blood. Without insulin, the blood sugar increases as the body cannot use or store glucose. The most commonly-used screening tests are the determination of the fasting blood glucose level and the blood glucose level tested two hours after a meal. The normal fasting blood sugar content is 80-120 mg per 100 ml of blood; this can go up to a level of 160 mg per 100 ml of blood two hours after meals. Anything above these levels can be termed as diabetic levels. Diabetes is common among older, obese people.

Types of Diabetes:

Type 1 or insulin-dependent diabetes mellitus (IDDM) occurs when the pancreas fails to make enough insulin. It usually occurs in childhood or adolescence but can develop at any age. These patients need insulin everyday.

Type 2 or non-insulin dependant diabetes mellitus occurs when body cells become resistant to insulin. This is more common among adults, especially those who are overweight and over age 40. These people are able to control their blood sugar levels through weight control, regular exercise and a well-balanced diet. Some people require oral medications or insulin injection to lower blood sugar. Diabetes is a disease that develops, due to a problem with the hormone insulin, produced by the pancreas. Insulin, controls the glucose in the blood, and how much glucose is absorbed by the cells; which in turn use glucose to produce energy. When insulin is not present, or the body is not using it properly, glucose can't enter the cells, and stays in the bloodstream producing hyperglycemia, or excess of sugar (glucose) in the blood.

There are two types of Diabetes, Type I and type II, in type I, the pancreas produces no insulin whatsoever, therefore the patient depends on insulin injection, to control the glucose, this type of diabetes affects people less than 30 years old, and develops when antibodies, kill cells of the pancreas in charge of creating insulin. Type II diabetes, develops on people 30 years of age and older, and is cause by the insufficient or ineffective production of insulin, this type of diabetes can be controlled with drugs and proper diet.

The symptoms for ether diabetes are, hunger and thirst more then normal, weight loss, excessive urination, fatigue, the white part of the eye turns yellowish, bruises easily, and cuts take longer to heal.

If not managed properly, diabetes can have very damaging results, such as, retinopathy, blindness, cardiovascular disease, amputation of foot or leg, and kidney disease. Since Diabetes is so dangerous, it should always be monitored by a physician, but here, you will learn how to manage your diabetes type II, without synthetic drugs, using only herbs, vitamins and good nutrition.

Women may develop gestational diabetes during pregnancy due to the changes in the body while expecting. Although this condition disappears after delivery is a clear sign that the woman is at risk of developing Type II diabetes later in life and is likely to suffer gestational diabetes in future pregnancies. Diabetes Symptoms

Diabetes can and often does go undiagnosed because the symptoms can seem harmless and oftentimes normal.

There are two types of Diabetes symptoms. Which include:

Type 1 Diabetes Symptoms

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

Type 2 Diabetes Symptoms

- Blurry vision
- Cuts or sores that are slow to heal
- Itchy skin, yeast infections
- Increased thirst
- Dry mouth
- Need to urinate often
- Leg pain

Tips to Coping with Diabetes

- Exercise regularly. It has been shown that people who exercise regularly are 50% less likely to develop Type 2 Diabetes. If you have diabetes, it is still important to stay active, but make sure you take into consideration the type of physical activity you choose and how it will affect you. Overly strenuous activities may lead to sudden low blood sugar levels and should therefore be avoided.
- Eat plenty of fresh fruit and vegetables as well as foods containing whole grains, which contain Vitamin B and chromium.
- If you are overweight, loose it! Obesity is one of the major risk factors in Type 2 Diabetes.
- Managing diabetes starts with eating healthy. Reduce your intake of refined and processed foods containing high fat and sugar levels.
- Monitoring your glucose levels is important so try adopting regular testing as a daily habit as soon as possible.

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- Coping with diabetes is a process that takes time. Optimism is your best friend and if you learn to be optimistic.

1. Home remedies

1. Take Alpha lipoic acid It helps to control sugar level in the blood. Alpha lipoic acid is considered among the elite, multipurpose antioxidants. Ritus made up of Ragi, Ragi soups, Ragi balls, Ragi in milk can be used. Raggi used in any form is beneficial in Diabetes.
2. Eating a cup of home made Curd helps to slow down the progression of Diabetes. induced by high fructose administration.
3. Taking Bitter gourd (Kerela) Juice or bitter gourd in any form helps to control Diabetes.
4. Blackv berries (Jamun) seeds powdered and taken regularly and also eating Black berries helps to control Diabetes.
5. pieces of stem chopped from Red kino tree (Honne) boiled in water, filtered and this decoction taken helps to control Diabetes.
6. Chewing few leaves of Sweet neem (Curry patta) everyday morning also helps to reduced Diabetes.
7. Eating a Indian gooseberry (Amla) everyday helps in reducing Diabetes.
8. Indian gooseberry (Amla) powder with Turmeric powder taken in the empty stomach also helps to reduce Diabetes.
9. Dip Fenugreek (Menthi) seeds overnight, eat them in the empty stomach in the morning or use fresh frenugreek leaves in cooking which cures Diabetes.
10. Drinking Lemon water in the morning helps in reducing Diabetes.
11. Beal fruit taken in any form is also help in redcuing Diabetes.
12. Salted Buttermilk (Chach) take in the morning helps to reduces Diabetes.
13. Take 400 mcg. a day of chromium picolinate makes insulin more efficient helping keep sugar level low. Chromium maintains stable blood sugar levels through proper insulin utilization and can be helpful for people with diabetes and/or hypoglycemia.
14. Take Garlic in capsules it helps circulation and regulates sugar level.
15. 500 mg of L-glutamine and taurine a day to reduce sugar cravings and to help release insulin.
16. Huckleberry promotes the production of insulin.
17. A tea made with kidney beans, white beans, navy beans, lima beans, and northern beans removes toxins from the pancreas.

HOME REMEDIES FOR DIARRHEA

When stools are loose and without consistency is called diarrhea, is an effective way for the body to get rid of an undesirable substance, this may be followed with symptoms like vomiting, stomach pain, thirst, fever, nausea dehydration. In children this may be dangerous as in people 65 and older. Diarrhea information for Diarrhea Causes, Diarrhea Symptoms and natural treatment to cure diarrhea with Diarrhea Home Remedies. Find out more Tips to avoid Diarrhea, diarrhea faqs and Diarrhea Articles only on Home-Remedies.in.

This is the right place for complete information on Diarrhea, which you can cure with the help of natural treatment by using natural home remedies.

Diarrhea and vomiting cause the loss of fluids which need to be replaced. In some cases diarrhea is the secondary symptom of another problem, but in most instances is cause by food poisoning; bacteria in food or water; food allergies; or a virus. Also, excess alcohol consumption; laxatives; caffeine are known to cause diarrhea. Some medicines can trigger diarrhea, such as antibiotics (tetracycline, clyndamycin, penicillin). If you find, blood or mucus in the stool is a sign of infection or parasites.

Some well known drugs will stop diarrhea but they interfere with the natural process of cleansing that the body desperately needs. With natural remedies we may help ourselves feel better without stopping the immune system from doing its job.

Your body uses diarrhea to flush bacteria or viruses you might have ingested by eating bad food. Therefore, it might be a bad idea to stop diarrhea too quickly. However, diarrhea does not work sometimes and if goes on for several days, dehydration and loss of important nutrients may occur which can be dangerous specially in children. That's why we recommend the use of home remedies for diarrhea instead of over the counter drugs, using herbs you can stop diarrhea and target the cause of it at the same time.

Causes

Most times, diarrhea is caused by our diet – eating too much fruit or spicy food, a drastic change in diet, or weather temperature. Acute diarrhea is usually related to a bacterial, viral, or parasitic infection, with chronic diarrhea related to digestive disorders such as irritable bowel syndrome or inflammatory bowel disease. As is commonly the case with vomiting, diarrhea causes the body to lose vital amounts of fluids, and so dehydration is always a concern. Always consult your doctor if you or children experience prolonged periods of diarrhea, if it is accompanied by pain in the abdomen, or blood in the stools.

Symptoms

Most of us experience two bowel movements per day, and have firm stools. When stools are watery or liquid and very loose – and this occurs three or more times a day, it is known as diarrhea.

Tips to avoid Diarrhea

- Avoid caffeine, milk products, and foods that are greasy, high in fiber, or very sweet, as these foods tend to aggravate diarrhea. Try unsalted crackers, or dry toast or browned apple shavings.
- Slowly add soft, bland foods to your diet, including bananas, plain rice, boiled potatoes, cooked carrots, and baked chicken without the skin or fat.

Home Remedies

1. Take homeopathic Arsenicum if you feel you have eaten spoiled food. This will help control the discharge without interfere with the elimination of toxins.
2. A glass of water can be boiled and cooled., Slight sugar and salt can be added. Drinking this water frequently helps to avoid dehydration during Diarrhea.
3. Drinking lemon juice 4-5 times a day helps to cure Diaaarrhoea.
4. Pomegranate (Anar) leaves boiled in water with sugar and filtered. Drinking this fecoction 3 times a day helps to cure Diarrhea.
5. Drinking half cup of Mint (pudina) juice in every two hours helps to cure Diarrhea.
6. Wall nut (Akhrot) grinded with water and this paste applied in the naval helps to cure Diarrhea.
7. Drinking Basil (Tulsi) juice mixed with Betel (Pan) juice helps to cure Diarrhea.
8. Orange juice mixed with milk taken helps to cure Diarrhea especially for children.
9. Eating a spoon of Dhania (Coriander) powder with black salt after meals in helpful in curing Diarrhea.
10. Drinking hot water mixed with Ginger juice once in a hour helps to cure Diarrhea.
11. A spoon of pure Ghee (made from cow's milk of buffaloes milk) taken with hot both morning and evening helps to cure Diarrhea.
12. If you feel weak and have a burning pain in mid-section take cuprum arsenicosum . Take 4 charcoal tablets every hour this will absorb the toxins from the body.
13. Drink blackberry tea for mild diarrhea.
14. Take cayenne in capsules.
15. Wild oregano oil is an antibacterial, anti parasitic and anti viral.
16. Ginger tea can stop cramps and pain. Or take Ginger in capsules.
17. Drink plenty of fluids, but stay away from caffeine and alcohol. Drinks like ginger ale or carrot juice is good for making the stools less watery.
18. For decades charcoal has been used for absorbing and expelling intestinal gas. Charcoal may also be used for relieving a variety of ailments, such as indigestion, nausea, vomiting, diarrhea, high cholesterol and intestinal bloating. Charcoal's ability to absorb and prevent substances from dislodging or reabsorbing into the body makes it a popular choice for detoxifying the liver and kidneys.
19. Boil brown rice and water for 45 minutes eat the rice (it contains Vitamin B) and drink the water.

HOME REMEDIES FOR DIZZINESS

Dizziness is commonly described as a feeling of light-headedness, unsteadiness and the feeling that you are about to faint. Dizziness is also commonly associated with the feeling that you or your surroundings seem to rotate endlessly. Such type of dizziness is medically referred to as 'vertigo'. Dizziness essentially shakes the balance of the individual. The sense of balance depends on a variety of information processed by the brain after receiving inputs from eyes, inner ears and the nervous system. Loss of balance or feeling dizzy is experienced in the event of signals sent to the brain not being processed due to contradiction in messages or mal- function in sensory systems. Dizziness is among the most common complaints after backache to be experienced by a large majority of people especially older adults. There are various causes that lead to dizziness. Dizziness can be a single short experience or lead to occasional or frequent spells. Though it is not a serious disorder it is important to diagnose the cause and eliminate the reason.

Dizziness is a condition that refers to impairment in spatial perception, a severe compromise of stability and is evident with symptoms of light-headedness, feeling faint, being unsteady and loss of balance. Dizziness often occurs when your brain does not receive adequate blood and can also be caused by a sudden drop in your blood pressure or even dehydration often brought on by bouts of vomiting, diarrhea or fever and is sometimes known to be caused by factors like the flu, hypoglycemia, common cold and common allergies. Severe headaches and dizziness also often accompany each other. Dizziness treatment is therefore not always necessary and depends on the dizziness symptoms and causes as the causes of dizziness and lightheadedness can vary greatly.

Dizziness is often used to describe various ailments like vertigo, presyncope or disequilibrium.

Vertigo is used to describe a state wherein the person experiences a spinning sensation and is often seen along with other side effects like nausea and vomiting. The person experiences a feeling of being in motion while in reality they are stationary. Vertigo is often caused by factors like benign paroxysmal positional vertigo, vestibular migraine, Meniere's disease and even vestibular neuritis. Excessive consumption of alcoholic beverages is also known to cause certain symptoms associated with vertigo. Vertigo is broadly classified into peripheral or central as per its origin and nature. Peripheral vertigo is associated with an imbalance in the inner ear and vestibular system while central vertigo is mainly associated with the balance centers of the brain and is also known to be milder in comparison with the latter. Dizziness and vertigo causes severe headaches and the treatment or cure would depend mainly on the symptoms. It isn't uncommon to find disorders of the inner ear causing dizziness.

Disequilibrium is associated with the feeling of being off balance. Equilibrioception is the physiological sense of balance found in animals and humans which prevents them from losing their balance when standing still or even walking. Equilibrioception is mainly sensed by the vestibular system detecting any kind of acceleration. This sense of balance is known to degrade with age but can be greatly enhanced or improved with some kind of special training. Pre-syncope is a state wherein the person experiences sensations of lightheadedness and muscular weakness, as opposed to a syncope, wherein the person actually faints. Pre-syncope is mostly cardiovascular and does not arise from the central nervous system or the inner ear as with the

other disorders. This is often a symptom of orthostatic hypotension which results in the sudden drop of blood pressure from the sudden standing of a patient and may be even more pronounced after resting. If under these conditions, loss of consciousness occurs, then it is termed syncope.

Dizziness may also be caused by a stroke which accounts for about 0.7% of all causes of dizziness in emergency rooms. It may also occur sometimes due to hyperventilation. Chronic dizziness and anxiety may be associated with depression and could also cause fatigue and headaches

There are many other conditions also associated with sudden dizziness and they can be broken down into categories as follows: 40% peripheral vestibular dysfunction, 10% central nervous system lesion, 15% psychiatric disorder, 25% presyncope/dysequilibrium, and 10% nonspecific dizziness. Conditions like benign paroxysmal positional vertigo, Meniere's disease, Vestibular neuronitis, Labyrinthitis, Otitis media, Acoustic neuroma, chronic motion sickness, Ramsay Hunt syndrome, migraine, low blood pressure or low blood oxygen, Multiple sclerosis or hyperventilation. Certain hormonal changes such as thyroid disease, menstruation or pregnancy are also known to cause spells of dizziness. It is also brought about by age-diminished visual, balance, and perception of spatial orientation abilities. Dizziness and nausea are not always indicative of serious health concerns and often occur during pregnancy, during menstrual periods, in the mornings, when standing up and also during exercise. Dizziness symptoms during pregnancy are quite common and don't really require any treatment as the symptoms are typical of morning sickness and will resolve by the third trimester.

Tips for Preventing and Managing Dizziness

- Experiencing dizziness is not only upsetting and disorientating, but it can also lead to serious falls or injuries and can be potentially dangerous if the underlying cause is left untreated. Consider the following if dizziness occurs:
- Sit or lie down immediately when you feel dizzy to avoid losing your balance or experiencing a fall.
- Do not drive or participate in hazardous activities such as operating any dangerous machinery, or climbing a step-ladder.
- Avoid substances such as caffeine, nicotine, salt and alcohol as they restrict blood flow and may worsen symptoms.
- Avoid sudden head movements and position changes by standing or sitting up slowly.
- Seek medical attention if dizziness is unexplained and persistent.

Home remedies

1. In most cases dizziness can be treated with the below prescribed home remedies:
2. Common causes of dizziness are low blood sugar and cardiac problems. In the case of low blood sugar, it is advisable to immediately consume non-carbonated syrups. Plenty of fluids like coconut water, fresh lime water with sugar and fruit juices is recommended to raise the blood sugar levels as is glucose.

3. Gingerroot capsules also known to work in providing certain amount of relief, similarly black tea mixed with crushed ginger helps relieve the disorientation and nausea. Likely substitutions of ginger can be chamomile or even peppermint.
4. Pregnancy related dizziness can be soothed by mixing two teaspoons of wheat germ into lukewarm milk, this is known to help ease the pain of morning sickness.
5. Vitamin A and C rich fruits like Indian gooseberry is said to help. To consume, soak about five grams of the fruit overnight with coriander seeds. Consume the water after straining out the residue. Sweeten with sugar if found to be bitter.
6. For anemic related dizziness, special attention needs to be paid to the diet of the patient. Iron, folic acid and vitamin B12 are needed to be focused on and be ingested in sufficient quantities. Iron can be found in many commonly available foods like fish, poultry and lean meats and even dairy products. Green leafy vegetables are rich in folic acid and are also highly recommended.
7. Care must be taken to prevent dizziness and the following steps can be practiced to help control the onset of the same.
8. Consumption of caffeine and alcohol should be kept to a minimum as they are known to cause dizziness in some people.
9. One should reduce the amount of intake of salty nuts and especially sweet treats as the measure depending on how severe the symptoms are.
10. Consumption of diet drinks is often associated with the feeling of dizziness and should be kept to a bare minimum or avoided altogether. This alone is considered as one of the most effective diets for dizziness.
11. Drinking a cup of hot water with two spoons of lemon juice gives instant relief from Dizziness.
12. Drinking water mixed with lemon juice, Jaggery (gur) or sugar, Cardamom powder (elaichi) gives instant relief from Dizziness.
13. Drinking Basil (Tulsi) Juice mixed with Sugar helps to get relief from Dizziness problem.
14. Coriander (Dhania) seeds boiled in water with Sugar candy(Mishri),filtered and drinking this decoction gives instant relief from Dizziness.
15. Two spoons of Carom leaves (Ajwain) juice taken everyday helps to overcome Dizziness problem.
16. Taking pineapple pieces with Salt gives instant relief from Dizziness.
17. Eating Gooseberry (Amla) with Sugar or eating its Murabba also helps to control Dizziness.
18. All the cures and remedies prescribed above are effective to the extent where the symptoms being experienced are not indication or are impending bigger disease If the symptoms of dizziness persist for long periods or are frequent immediately consult a health care professional.

HOME REMEDIES FOR EAR INFECTION

The human ear is composed of the inner ear, middle ear, and the outer ear. Ear infection can attack any of these parts and one part can usually infect the others. External otitis affects the outer ear sometimes it comes after cold or flu or some other kind of upper respiratory infection. The area from the eardrum to the outer part, becomes inflamed and is very painful, sometimes a fever may be developed. Otitis media affects the area inside the eardrum and all the small bones, the air pressure is regulated in this area by the auditory tube running from the ear to the back of the nasal cavity, when bacteria or a virus gets in this area, the different parts become inflamed with fluid, causing pressure and extremely sharp pain in the ear with fever. If the infection is not controlled it can result in eardrum perforation letting all pressure out and relieving pain, but a perforated eardrum means loss of hearing and fluid discharge. This kind of ear infection is very common in infants due to the position of the baby while feeding allowing milk bacteria to grow in the auditory tube. Ears Problems information for Ears Problems Causes, Ears Problems Symptoms and natural treatment to cure ears problems with Ears Problems Home Remedies. Find out more Tips to get rid of Ears Problems, ears problems faqs and Ears Problems Articles only on Home-Remedies.in.

Tips to get rid of Ears Problems

- Sunbathing is beneficiary as it kills the harmful bacteria.
- Soaps, chemicals and other drying agents should be avoided.
- Increase your intake of vitamin B6
- Do exercise, meditation and relax your mind
- Use fragrance-free bathing products.
- There are a number of helpful tips that can help you cope with and minimize the symptoms of eczema:
- Eat a healthy diet and avoid foods such as dairy products, mushrooms, or crustacean meat (lobster, shrimp, clams or oysters) that may contain allergens and aggravate the body
- Bathe in cool or warm water, never hot and always apply a moisturizer to your skin afterwards to seal in moisture
- Use a mild soap such as Dove or Oil of Olay when washing
- Moisturize daily to prevent dry skin – use a cheap but very effective moisturizer such as Vaseline
- Avoid using irritants such as household cleansers, detergents, perfumes, soaps, turpentine or gasoline that may aggravate your skin
- Wear plastic or vinyl gloves when working in water
- Keep nails short to avoid scratching or rubbing the itchy area
- Avoid activities that may your skin to become hot and sweaty
- Wear cotton or cotton blend clothing and avoid wool and synthetic fabrics as they can irritate the skin
- Use protective coverings for mattresses or pillows if you or your child is allergic to dust or dust mites
- Learn to reduce stress by practicing relaxation techniques such as deep breathing exercises, meditation or listening to music

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- Keep pets outside and avoid having in the bedroom.

Home remedies

1. Use Colloidal silver, as an ear wash, it can be taken orally too. This is a natural antibiotic.
2. Take Vitamin C to help boost the immune system and fight infection.
3. Zinc is also helpful in reducing ear infection.
4. If the infection has just begun take echinacea (alcohol free).
5. Mix lobelia and garlic oil or olive oil, place a few drops in the ear and plug it with cotton this will help with pain.
6. If the ear is red, hot and painful specially after exposure to cold temperature, use Aconite, this homeopathic remedy is excellent for ear infection.
7. If the cheek of the same side of the ear affected is red and the person is unable to tolerate the pain then take chamomilla. Using of Indian Hemp leaves juice about 8 to 10 drops in ears can helps to kill germs in your ear. Also helps to cure ear ache problem. This is one of the natural home remedy for ears problem.
8. If you have ear infection, fill 3 to 5 drops of coconut oil in your infected ear and close with cotton before going to bed.
9. Clean your ears daily with water while taking bath, which will prevents you from ear ache & infections.
10. Use ear buds to clean your ears after having head bath.
11. When you take bath or came from outside, you should clean your ears properly by rubbing gently with your fingers and then clean with ear buds to avoid formed dust in or near to ears.
12. If you can't hear properly, then close your ears for a moment and open it gently to hear properly. Which will helps to hear properly when attending any meetings. Without hearing its waste of energy & waste of time to attend meeting. Most of the people don't know this, but i do in my regular life.
13. If the area is overwhelmed with a pulsating pain and sensitive to touch take hepar sulph.

HOME REMEDIES FOR ENT

The ENT system is the Ear, Nose and Throat system. In the human body, these systems are interconnected. This may seem odd, because of the varied functions that these systems perform. However, it is their interconnection that helps them perform these functions. The ears for example each have a membrane that vibrates in response to sound waves. The inner side of the ear is connected to the nasal and oral cavities. This ensures that the air pressures in the ear canal and behind the membrane are equalized. Without this, the membrane would simply burst if there was a sudden increase in air pressure or a sudden burst of sound.

The nasal canal is used for respiration. It also performs various functions that ensure that harmful substances in the air which get trapped by the mucus present in the area. Respiration is linked with the oral cavity as well. Air can be breathed in through the mouth as well. This is often done when the nose is blocked with mucus or when the individual is breathing heavily due to physical exertion. The sinuses are also included in the ENT system as they are connected to the ENT system. The throat is the area where both air and food intersect each other. Air is breathed in either through the mouth or the nose and is passed into the wind pipe. Food, consumed through the mouth, passes into the food pipe. The throat is also susceptible to a number of different infections and conditions.

The interconnected nature of these three systems is the reason why they are treated by one specialist. An ENT specialist is one who deals with problems relating to the Ear, Nose and Throat areas of the body, relating to hearing issues, breathing issues and speech related issues. An ENT disorder is any condition that affects these areas of the body.

Causes:

- The variety of ENT disorders means that there is no one specific cause that these conditions can be attributed to. It is therefore best to separate the various conditions that could cause ENT disorders. Infections are the most common cause of ENT disorders. The human body is constantly bombarded with different infections that are airborne or waterborne. Some infections may also be received by the body through contact. Airborne infections are the most likely infections to cause ENT disorders. This is because the mouth and nose are in constant contact with air that flows through these areas. An airborne infection usually causes symptoms that include coughing and sneezing. People who are affected by airborne infections will experience mucus accumulation in their nasal passages and in the sinuses. This is the body's way of trapping infectious materials that can then be expelled from the body. A blockage of mucus is likely to cause irritation to the individual. People who suffer from this condition may experience headaches, ear aches and general malaise. If the infection is more serious, the individual may suffer from fever and body ache as well.
- ENT disorders may also occur if there is some structural abnormality or blockage in one of the canals. This type of condition is often difficult to diagnose and may require

extensive scanning to be found. There may also be structural damage to some part of the ENT system that causes the disorder. This is common for people who suffer from ear related problems including hearing loss. Exposure to extreme loud sounds, especially sudden explosions of sound can cause structural damage to the ears.

- There are also some genetic abnormalities that can cause problems with the ENT system. This is a common reason cited for hearing trouble. The genetic makeup of an individual may also determine his or her propensity for developing health problems with the ENT system. This would explain why some people tend to be more susceptible to ENT disorders while others are not as sensitive in this regard.

Home remedies

1. There are dozens of different conditions that can affect the ENT system. Therefore, one needs to understand the condition first before seeking a remedy for it. There is a common home remedy used to deal with health problems that affect the nose and throat and even the ears. This involves the use of steam. Steam inhalation has been used for centuries as a method of clearing up clogged passages in the nose and sinuses. This can also have a beneficial effect on the ears as it may release any pressure imbalance that has been caused by a blockage of air flow through the nasal passages and the sinuses. In many cases, steam inhalation is used with the addition of essential oils or herbs to the water that has been boiled. This adds an aroma to the steam which is both pleasant and medicinal. Steam inhalation is something that is completely harmless which is why it should be used in cases where there is a sinus blockage.
2. For ear aches and infections, one might use warm oil. Garlic oil is known to be an anti-inflammatory substance. Warm oil may be poured into the affected ear in small drops. This treatment should not be performed if the oil is too hot to touch. Ear drops are often used if one seeks a medical option instead of a home remedy.
3. In some cases, conventional treatments are the best option when it comes to treating ENT disorders. This is particularly true when there is a thick blockage that needs to be manually irrigated. This commonly occurs when the ears are blocked with excess wax or when the sinuses are blocked with excess mucus. This process will be conducted in a clinic by trained medical professionals. Throat infections are among the most common, and because they are so widespread and frequently occurring, it's best to treat them with home remedies. Gargling with salt water can help to clear any irritant from the throat. Gargling with salt water also helps to sooth the inflammation of the tonsils. The tonsils act as a barrier to prevent infections from entering the airways or the esophagus. One can also consume warm herbal drinks such as green teas to help sooth an irritated throat. The use of pepper and other condiments can be applied in such a case.

HOME REMEDIES FOR ENDOMETRIOSIS

This is a disease in which tissue from the endometrium—the lining of the uterus—which should have sloughed off during a menstrual period instead migrates and implants on the ovaries, tubes, uterine ligaments, bladder, intestines and even distant areas such as the lungs. Under hormonal influence, as the tissue bleeds in conjunction with the menstrual period each month, it causes pain and scarring. The disease can also impair fertility. Endometriosis is a condition that affects the reproductive system and pelvic area of a woman's body. The onset of the disease is subtle and often goes unnoticed, but gradually the symptoms begin to appear. Endometriosis is associated with the menstrual cycle and the hormones that trigger menstruation. The disease begins when tiny particles that resemble the lining of the uterus make their way towards the pelvic cavity. These particles start functioning like the uterine lining which is also known as endometrium. The endometrium responds to the hormones in the body and prepares for possible pregnancy every month by accumulating blood cells and other important chemicals. If pregnancy does not take place, the blood is shed through the menstrual period. The particles that travel to the pelvic cavity also function in the same manner and start reacting to hormones. However the blood that is shed from these growths cannot leave the body and this leads to internal bleeding and inflammation. This can continue for months and even years before symptoms of pain and discomfort start to surface. Many women only begin to suspect that something is wrong when they experience worsening pain during menstruation.

Naturopathic physicians consider this disease to be a result of a hyperestrogen state. Either the body is overproducing estrogen, underproducing progesterone or, most likely, there is a delayed breakdown of active estrogen by the liver. (The liver has many jobs—processing and storage of nutrients, breakdown of internal and external toxins, manufacture of important compounds, etc.) If the liver is overburdened, the estrogen in the body may not get broken down. Also, if you're a dedicated meat and dairy eater, the prevalence of estrogens used in the food industry to stimulate animal growth adds even more estrogen to your body.

Causes:

The exact cause of endometriosis has not been determined till now. However there are some theories that aim to throw light on why this condition develops.

- One theory speculates that a small quantity of menstrual fluid flows back towards the pelvic cavity from the uterus during menstruation. This fluid contains endometrium cells. This occurrence is called retrograde menstruation. However many studies have shown that women who experience retrograde menstruation do not necessarily go on to develop endometriosis. This theory also does not explain why the disease sometimes develops in the breasts, lungs and other areas of the body.
- Endometriosis may spread through the circulatory and lymphatic network
- It was earlier thought that the disease may be transmitted during surgical procedures. However, this is not likely in recent times due to the improvements in surgical management.
- Treatment such as estrogen replacement therapy may stimulate certain cells which then undergo a transformation and resemble other types of cells.

- Endometriosis may run in families. There is also a genetic link to the tendency to have migrant endometrial cells in the pelvic cavity right from birth.
- There may be a higher risk of endometriosis in women who are exposed to environmental toxins. Certain chemicals and compounds present in the environment can react adversely in the body and lead to imbalances.
- Estrogen levels are balanced by the liver. The liver is also responsible for removing estrogen from the body. Diseases that affect the liver can increase the risk of endometriosis.
- The most credible theory regarding the cause of endometriosis is that of an association with auto-immune disorders. These disorders can occur due to various genetic and environmental risk factors.

Endometriosis Symptoms: The indication that you may have this disease is premenstrual and menstrual pain that worsens each month. You may also have pain during intercourse or during defecation. This pain may radiate to the thighs and is not usually relieved by rest or analgesics. And finally, you may be experiencing difficulty getting pregnant.

Endometriosis Treatment: Although allopathic physicians treat the condition with surgery and powerful hormones such as birth control pills, progestogens or Danazol (a pituitary hormone suppressor), naturopathic physicians' approach is quite different. We have good results from supporting the liver and digestive system through diet, herbs and nutrient supplementation, improving pelvic circulation with local treatments and slowing down the hyperestrogen state with herbs. The thyroid function should also be evaluated, since the thyroid affects other glandular secretions throughout the body.

The process of pregnancy itself offers a respite from the menstrual cycle, since there is no ebb and flow of the hormones that cause the endometrial patches to bleed. If you can achieve conception, your body gets nine full months to rest, and even more time if you choose to breast-feed. Many women have found that their endometriosis does not recur after the birth of their first child.

Endometriosis nutrition: Follow the basic preventive nutrition program in Chapter 3, page 46. In addition, decrease or eliminate your consumption of meat and dairy, or use only hormone-free varieties. Eliminate all refined foods, coffee and other caffeinated beverages as well as all sources of hydrogenated fats. Eat regular meals, but consume more of your calories at breakfast and noon, and have only a light supper in the evening. It's a good idea to have your health care provider or a licensed nutritionist do a blood chemistry analysis to look at your individual nutritional needs.

Endometriosis supplementation: You should be taking the following amounts of daily vitamins:

Beta carotene—a megadose of 100,000 IU (but drop back to 5,000 IU after ovulation if you're in the process of trying to conceive)

Vitamin B6-50-100 mg

Calcium-1,200 mg

Magnesium-600 mg

Vitamin E-800 IU

Folic acid-800 mcg

Essential fatty acids (flax oil)-1 tbsp.

Selenium-400 mcg

Vitamin C-1,000-4,000 mg

1. **Endometriosis herbs:** Some herbal preparations are excellent for supporting your liver and digestive system. They are goldenseal, dandelion (fresh leaves can be used in salad), artichoke, silybum (milkthistle), and burdock (the variety known as gobo root can be eaten). Take these herbs singly or in combination twice daily (2 tsp. extract, 2-3 capsules, or 1 cup infusion).
2. To improve pelvic circulation, use xanthoxylon, ocotillo, goldenseal, or witch hazel. Take these herbs twice daily (1 tsp. extract, 1-2 capsules or 1/2 cup infusion).
3. To balance estrogen production in your body you should take chaste-tree berry (Vitex). Take this once or twice daily (2 tsp., 2-3 capsules or 1 cup infusion).
4. To calm the pain, you can use crampbark, black haw, valerian, and wild yam. Take these herbs every two to three hours as needed (1 tsp., 1-2 capsules or 1/2 cup infusion).
5. You can use any of the herbs listed above as a tea, infusion, decoction, capsules or liquid extract.

Endometriosis local treatments:

6. Perform Kegel exercises, 50-100 daily in sets of 10 at a time.
7. Sitz baths, alternating hot and cold water, can be a complementary addition to endometriosis care. Sit in hot water covering your hips for four minutes, then cold water for one minute; alternate four or five times, ending with cold. Do this once or twice daily for at least 15 days.
8. Castor oil packs will warm the area and encourage blood flow and also may assist in the treatment of infertility caused by endometrial scarring. Apply castor oil to the lower abdomen, cover with a woolen cloth, apply heating pad or hot water bottle for 30 to 45 minutes daily for at least 15 days. Do not use this treatment during menses.
9. Clay applications will also create heat. Mix clay with water to make a thick paste, apply to the abdomen 1/4 to 1/2 inch thick, cover with a towel, allow to dry, then wash off. Do this once a day for 15 days. Do not use this treatment during menses.
10. HOMEOPATHY: Although homeopathy can be helpful in the treatment of endometriosis, a simple suggestion of possible remedies is not helpful.
11. Regular exercise helps to balance estrogen levels in the body and also boosts the immune system. Exercise also helps to ease pain and discomfort during the menstrual cycle.
12. Supplements such as rosemary and dandelion extracts are believed to be beneficial in alleviating symptoms of endometriosis. They help to regulate hormonal levels. It is advisable to consult your doctor before using these supplements.
13. The herb, motherwort, helps to enhance blood volume in the reproductive system and also stimulates better functioning. It thus helps in combating menstrual problems such as blood clots or poor flow. To prepare motherwort tea, add a teaspoon of the dried herb to a cup of hot water and allow it to steep for about 15 minutes. Drink about three cups of the tea daily.

14. Chamomile helps to alleviate severe cramping and pain during menstruation which is often associated with endometriosis. It also helps to relieve stomach troubles. The herb may be used in the form of capsules, tincture or tea.

ENDOMETRIOSIS ACUPRESSURE: Refer to the charts in Chapter 2, pages 37 and 38, to locate these points.

- K3, midway between inside anklebone and Achilles tendon in back of ankle
- St36, four fingers below kneecap, one finger outside shinbone.
- CV4, four fingers below belly button.
- B27 and B34, sacral points at base of spine.
- CV6, three fingers below belly button.
- Sp12 and Sp13, middle of pelvic crease where leg joins trunk.

Stress reduction: Stress is a culprit in many diseases, and although it does not cause the disease, it certainly plays a part in endometriosis. It is a wise idea to engage in some form of regular stress reduction, such as a course in yoga or tai chi chuan, Feldenkrais or Alexander technique, and/or meditation.

HOME REMEDIES FOR ERECTILE DYSFUNCTION

There are many physical and psychological factors that may contribute to ED. Physical factors include disorders that decrease blood flow or narrow arteries, cause neurological damage and reduced energy levels.

Physical factors include:

- Arteriosclerosis
- Blood clot
- Diabetes
- Heart and vascular disease
- Kidney disease
- Spinal disease
- Multiple sclerosis
- Peripheral nerve disorders
- Stroke
- Low levels of testosterone
- Alcoholism
- Drug abuse
- Fatigue
- Stress
- Obesity
- Certain prescription or recreational drugs
- Physical inactivity
- Psychological factors:
 - Depression
 - Performance anxiety
 - Guilt
 - Fear of intimacy
 - Previous sexual abuse or rape
 - Ambivalence about sexual orientation.

Erectile Dysfunction Symptoms

The symptoms of impotence may range from mild to severe. Men with mild symptoms of impotence may achieve an erection occasionally. They may have difficulty engaging in intercourse because the erection cannot be sustained. Very often the erect penis is not long, hard or elevated enough for penetration. Some men may stop having erections during sleep or upon awakening. Others with low testosterone levels may develop enlarged breasts, raised voice pitch, shrinking testes, loss of energy and muscle mass. Men suffering from severe impotence are rarely able to achieve an erection.

Tips to get rid of Erectile Dysfunction

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- Keep away from smoking. Men who smoke suffer from erectile dysfunction than men who do not.
- Do not have the fear of not getting hard erections or do not doubt your ability to satisfy your partner. It will lead to psychological ED.
- Exercise regularly and daily. Brisk walk for 45 minutes is the best exercise which keeps the cardiovascular system healthy.
- Keep away from smoking. Men who smoke suffer from erectile dysfunction than men who do not.
- Do not have the fear of not getting hard erections or do not doubt your ability to satisfy your partner. It will lead to psychological ED.
- Exercise regularly and daily. Brisk walk for 45 minutes is the best exercise which keeps the cardiovascular system healthy.
- Eat a healthy, balanced diet that is rich in fresh vegetables, fruit and fish
- Exercise regularly to increase stamina, improve circulation and fitness levels
- If you are overweight, lose excess weight in a healthy, natural way
- Increase your intake of vitamin supplements such as vitamin A and D
- Manage your stress levels by listening to music, running or partaking in a detox program
- Learn as much as you can about impotence, the more you know the more you will be able to find a solution that best suits your lifestyle
- Limit your intake of alcohol and stop smoking naturally
- Avoid using recreational drugs as they contribute to impotency problems
- Communicate openly and honestly with your partner about your problem because you are going to need their support
- Together with your partner, try alternative methods to obtain sexual satisfaction and pleasure

Home Remedies

1. Two to three cloves of raw garlic should be chewed daily. Thus is very beneficial home remedy for erectile dysfunction.
2. Onion is important aphrodisiac food. It increases libido and strengthens the reproductive. Therefore is a very beneficial home remedy for erectile dysfunction.
3. For better results, about 150 gm of carrots, chopped finely, should be taken with a half-boiled egg, dipped in a tablespoon of honey, once daily for a month or two.
4. Dried dates are known to be highly beneficial for impotency. They can be used by pounded and mixing them with almonds, pistachio nuts, and quince seeds in equal quantities, about 100 gm should be taken daily as an effective medicine for curing erectile dysfunction.
5. Mud packs and cold-water treatments are also an essential therapy to overcome erectile dysfunction.
6. Chickweed, safflower and plantain serve as highly beneficial home remedies for Erectile Dysfunction by improving hormonal imbalance.
7. Mix one part walnuts and one part honey. Take the mix three times a day 30 minutes after meals. You have to drink milk right after.

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8. Mix two tablespoons of ground carrots with one glass of milk and heat it on low heat for ten minutes. Take 100 ml of the extract three times a day for one week.
9. Dry the Peepal fruits in the shade and powder them. This powder helps in treating ED.

HOME REMEDIES FOR EATING DISORDER

Medical conditions that involve abnormal eating habits where the person may either eat insufficient or excessive quantities of food are referred to as eating disorders. Eating disorders are detrimental to both the physical and mental health of an individual. The most common eating disorders in the US are Anorexia and Bulimia which affect almost 5-10 million people. Eating disorders are not really age or gender specific and can affect men, women and even children in some cases. They generally tend to arise more often in teenagers however because of the awkwardness and self esteem issues that torment you in adolescence. Although cases of eating disorders have been recorded almost all across the globe, studies have shown that men and women in the western countries are more affected or are at a higher risk of developing these disorders as compared to people in other parts of the world. Eating disorders have also become common among young people who are very self conscious about their appearances. This is especially true during puberty where young people go through various physical and mental changes and are also subject to more social pressures. Eating disorders like bulimia and anorexia can cause drastic fluctuations in body weight, start interfering with everyday life and even damage important functions in the body. People suffering from anorexia are under the constant fear of gaining weight and as a result they start restricting their food intake by starving, dieting or extreme exercise. On the other hand people who suffer from bulimia resort to purging and binge eating and also experience fluctuations in weight. People with these eating disorders also resort to self induced vomiting and excessive use of laxatives.

Diet for Eating Disorder

A diet plan for eating disorders depends on the type of eating disorder the person is suffering from. A good diet plan is one which provides enough nutrients and calories to the patient's body and also helps regularize eating habits. The diet of the patient plays a vital role not only in the recovery process but also helps in promoting long term emotional and physical recovery. Eating regular meals and healthy snacking at similar time's everyday is very important while recovering from an eating disorder. High protein foods like lean meat, fish and eggs should be included in the daily diet of the patient. Fiber rich foods like fruits, vegetables and whole grains must be eaten in plenty to strengthen the immune system and also aid in digestion and metabolism. Dietary fats are also vital to improve nutrient absorption, brain function and skin and hair health. Preparing interesting recipes using healthy ingredients is a great way to make food more appealing to the recovering patient and also boost his will to eat. In addition to making healthy changes in the eating habits of a patient it is also important to introduce vitamin supplements in the daily diet. Most patients suffer from various vitamin deficiencies which can be treated with additional supplements. Vitamins A, B, C, D, E and riboflavin, folic acid and niacin are extremely important for a recovering patient and must be given regularly. It is also very important to follow these dietary and lifestyle changes even after complete recover to avoid relapse.

Home remedies

The treatment of eating disorders depends on the severity and type of the eating disorder. Instead of using just one method of treatment doctors generally use a combination of treatment options

to get good results. Some of the main treatment options include cognitive behavioral therapy (CBT), family therapy, interpersonal psychotherapy, recreation, art or music therapy, nutritional counseling, psychoanalysis and medications. Family and friends play a very important role in preventing eating disorders. Helping a person change the way she looks at herself is the first step in preventing this condition. In many cases if the eating habits and lifestyle of the parents is healthy, it can help in preventing eating disorders for the children in the family as well. Parents should help their children feel good about their body and help them increase their self esteem so that eating disorders like anorexia and bulimia can be avoided. In addition healthy eating habits and regular exercising should also be encouraged in the family. Fad diets, fasting, starvation and use of diet pills should be strictly discouraged as these can soon become an obsession that can lead to eating disorders. There are also many home remedies that can be followed to prevent and recover from eating disorders. Healthy food habits such as eating frequent smaller meals through the day can prevent a body from starving and also lower the chances of over eating or bingeing. It is also helpful to eat a variety of spicy foods such as chilies, peppers, jalapenos and spicy curries and sauces as they can help in controlling an over active appetite. It is always healthier to eat low fat and low carbohydrate foods which can not only make you feel heavier but also guilty and depressed. Eating licorice when you feel like snacking helps avoid imbalances and also acts like a good diuretic.

HOME REMEDIES FOR FATIGUE SYNDROME

Fatigue is the most common presenting complaint in doctor's offices, and can be part of scores of serious medical conditions, as much as from overwork or lack of sleep. Underlying causes need to be identified, and natural medicine recognizes many less obvious contributing factors. These include chronic intestinal dysbiosis, liver overload, adrenal exhaustion, hidden infections (yeast, viral or parasitic) and food allergies. Typical short-term solutions such as caffeine, tobacco, sugar and other stimulants are ultimately debilitating for the hormonal and nervous system. That is why home remedies for fatigue syndrome are the best long term option to compliment your treatment.

Herbal medicines should be directed toward the underlying causes, but for simple fatigue, tonic and adaptogenic herbs can be relied upon. These have the ability to increase vitality and well-being, balancing and improving the function of the body's major control systems—immune, hormonal, cardiovascular and nervous. Thus they are particularly suitable for the effects of prolonged stress, both physical and psychological. This class of botanical medicines can help compensate for and overcome the effects of overwork, depression, prolonged illness and convalescence after illness. In this list of home remedies for fatigue syndrome you will find the whole spectrum of benefits.

Optimal effects occur when tonics are taken long term (i.e. one to six months). They are best taken in chronic illness, rather than acutely and are typically used in a cycle of 3 weeks on and one week off.

Home Remedies

1. Alfalfa-Medicago sativa
 - Improves appetite, digestion; produces mental clarity and well-being.
 - Increases stamina and strength, augments ability to respond to stress.
 - For convalescence after long illness, extreme stress. Reduces toxicity.
 - High in phytoestrogens, stimulates the body's hormone production.
 - Note that alfalfa sprouts and especially seeds are potentially toxic.
2. Astragalus-Milk Vetch/Astragalus membranaceous
 - For general weakness, fatigue, loss of appetite, shortness of breath.
 - Adaptogenic herb that stimulates immune function, improves stamina.
 - Anti-inflammatory, antiviral, antibacterial effects; good for flu, cold.
 - Strengthens people with cancer, after radiation or chemotherapy.
3. Cordyceps-Cordyceps sinensis
 - Builds strength, endurance, stamina and immunity. Reduces fatigue, promotes lung and kidney function. Increases blood flow to brain, heart.
 - Increases male potency, female vitality. Improves appetite and sleep.
4. Ginseng-Panax Ginseng
 - Strengthens adrenals, improves vitality and ability to handles stress.
 - Improves physical and mental performance, stamina; enhances mood.
 - Increases visual and motor coordination, increases work capacity.
 - Antioxidant, inhibits formation of free radicals, stimulates immunity.

5. Gotu Kola-Centella asiatica
 - Improves brain function, memory. Anti-stress, anti-anxiety, relaxant.
 - Strengthens body's connective tissue and blood vessels, heals wounds.
 - Tonic and rejuvenator, improves fertility, has anti-inflammatory effects.
6. Licorice-Glycyrrhiza glabra
 - Provides steroid-like factors for the the body's own production of adrenaline, cortisol; thus boosts adrenal function and adaptation to stress.
 - Antiviral and immune-enhancing herb, valuable for weakened states.
7. Maitake-Grifola frondosa
 - Immune-stimulating effects; increases activity of immune cells (killer cells, etc.), as well as immune-modulating chemicals (interleukin 2).
 - D-fraction has shown positive results in Epstein-Barr and chronic fatigue; inhibits virus production, protects cells from attack by toxins.
8. Oats-Avena sativa
 - Exhaustion from work, study, illness, drugs, alcohol, sexual excess.
 - Nutritive effect on the brain, rather than temporary stimulatory effect.
 - Greatly sharpens mental acuity, focus, memory before an exam etc..
 - Eases heart palpitations, effective for insomnia due to overfatigue.
9. Schisandra-Schisandra chinensis
 - Improves adrenal and nervous system capacity. Counteracts effects of stimulants, coffee. Improves liver function and protects it from toxins.
 - Increases work and efficiency level, improves mood, memory and sleep.
 - Re-regulates immune system, helps skin problems, aphrodisiac effects.
10. Siberian Ginseng-*Eleutherococcus senticosus*
 - Adaptogenic herb, excellent for exhaustion, fatigue, immune weakness.
 - For effects of long stress (physical, emotional, mental) or after illness.
 - Increases mental alertness, work output and athletic performance.
 - Enhances adrenals, increases immunity and protects against toxins.
11. St. John's Wort-*Hypericum perforatum*
 - Inhibits viral activity and replication of herpes virus and Epstein-Barr.
 - Relieves depression that is a cause or effect of fatigue; improves sleep.
12. Yerba Mate-*Ilex paraguariensis*
 - Stimulates like caffeine, but without causing nervousness; calms, balances the nervous system. Improves sleep and mood, reduces allergy.
 - Antioxidant, increases oxygen to the heart and brain.

HOME REMEDIES FOR FEVER

The normal body temperature is considered as 37° C (98.6° F) although it can vary due to different reasons. For instance, body temperatures taken at different locations of the body vary slightly. Oral temperature may be higher than the rectal temperature. The normal body temperature range for babies is between 96.8°F to 98.6°F (36°C to 37°C), for children is 96.8-98.24°F, which is almost the same as for adults. Keep a chart handy of these ranges so that you can refer to them when you or your child develops a fever. A baby who has a fever within the range of 100.4°F to 101.3°F is considered to have high fever and medical intervention should be sought immediately. Fever is an elevation in body temperature. It's the body's protective mechanism against infection. The elevation in temperature happens when our immune system is fighting off bacteria and viruses that could harm our body. Fever is our strongest weapon in the fight against infections or diseases. There are times when there are fever symptoms in adults but no fever appears. If you suffer from any of the symptoms listed above, but do not develop a fever, you should contact your doctor who will then recommend more tests to diagnose what the actual cause of the problem is. It is important to do so, even if you feel better, so as to avoid any health problems later on. It could be that you had a bacterial infection that has not yet cleared up completely. There is also a chance that you could have developed SEPSIS.

Although vigorous exercise, in which the muscles generate heat faster than the body can dissipate it, can cause a temporary rise in temperature.

Causes:

- In most cases a fever is caused by an underlying illness or infection. As the immune system fights off an infection, it generates heat, which results in an increased body temperature. In addition, the hypothalamus (that acts as the body's thermostat) increases the body's base-line temperature.
- This raised body temperature assists the immune system in ridding the body of illness as the viruses and bacteria that cause them thrive in cooler environments and generally cannot withstand high temperature. The causes of a fever may range widely from common teething in infants and a bout of flu, to more serious conditions such as pneumonia, glandular fever, sunburn and heatstroke.
- They may even occur as a result of certain medications including some antibiotics, blood pressure medications, antidepressants, and anti-seizure drugs. It is therefore always important to monitor a fever and seek medical attention if it increases rapidly, or persists, so that a correct diagnosis can be achieved.

Tips for Fever

- Make sure you monitor your child's fever closely. This can be done by checking your child's temperature at least every 4 hours until it has completely subsided.
- Guard against dehydration by ensuring your child drinks plenty of fluids and make sure these do not contain caffeine.
- A lukewarm bath or sponge bath will help to cool down a high fever but never use cold water or ice.

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- Encourage plenty of bed rest as moving around raises body temperature even more. This can be tricky with children that get frustrated when confined to bed, so you may have to think creatively. Try quiet activities such as coloring, game books, books on tape and playing cards.
- Dress your child in light cotton pajamas so that body heat can escape and do not bundle your child up at bedtime.

Home remedies

1. Drink as much water as you can in order to replace fluid loss. It will also help to bring down body temperature.
2. Rest as much as possible.
3. Avoid suddenly changes in atmospheric temperatures.
4. Avoid eating solid foods until the fever is gone. You can replace the foods by drinking plenty of distilled water and/or juices.
5. when you have fever do not take any supplement containing either iron or zinc. Taking iron causes great tension in a body that is fighting infection; and zinc is not absorbed by the body when you have fever.
6. Take cool bathes, fill a bath tub, submerge and lay down for 5' approximately. Repeat as needed until the fever is down.
7. If the fever does not exceed 102 degrees let it run its course. It helps the body to fight infection and eliminate toxins. Eating of cumin seeds with jaggery (bellam) cures the fever, which is troubling you for a long time.
8. Taking of 20 to 40 grams of holy black basil (Krishna Tulsi) leaves juice can cure fever. Holy black basil is a very good natural home remedy for fever treatment.
9. Drinking of 30 to 80 grams decoction made with the roots of holy black basil (krishna tulsi) plant two times in a day can helps to cure not only common fever but also cures all types of fever.
10. Fever Treatment with Datura
11. Eating of 3 Datura (Ummetha) seeds three times in a day helps to cure fever. Datura is the very good home remedy for fever.
12. Boiling root powder in water to prepare a concentrate (1 cup reduced to ½) could be taken, with a little sugar added, daily morning on the empty stomach.
13. Prepare sharbat by boiling by some tamarind pulp in half liter of milk and adding some dates, cloves, sugar, cardamoms and a very little camphor. It lessens the fever.
14. Use Peepal leaves as laxative and tonic. They relieve feverish feeling of coolness.
15. The bark of Tamarind acts as an astringent, a tonic and it reduces fever. Use the bark as laxative.
16. Applying of small mustard seeds oil to the body is helpful for people who are suffering with dengue fever. Usually dengue fever effected people suffering with joint pains and pains in the legs and hands.
17. When a child has fever do not give them aspirin, instead try to reduce the fever with cold baths.

HOME REMEDIES FOR FIBROCYSTIC BREAST

Fibrocystic breast is a condition that develops when fluid is not being evacuated fast enough from the breast causing cysts to form in them. These lumps move around the breast, grow and shrink, but they are benign. Normally the fluids in the breast are transported out by the lymphatic system. But if there is too much fluid some may get deposited in different areas of the breast, tissue grows around them creating these lumps. Like we said before these cysts are harmless, but they should be monitored, and a woman should check frequently her breasts in order to find and control the cysts. Frequent mammograms are recommended too.

Discomfort, tenderness, and noticeable growth are normal specially around menstrual periods when estrogen levels change, it may be that the cysts disappear after the monthly period. However if the lump is hard, does not move freely and does not go away, check with a doctor immediately.

Home remedies

1. Coenzyme Q10 is very important to remove toxins from the body and help control fibrocystic breasts.
2. In many studies Primrose oil has shown to reduced size of lumps.
3. Take vitamin E it's an antioxidant that protects breast tissue against fibrocystic breasts.
4. Vitamin B6 manages fluids and hormone levels.
5. drink coffee, regular tea, colas, chocolate and any other foods that contain caffeine has been proven to increase fibrocystic breasts.
6. Breast Cyst tea.
7. 1 tsp. burdock root.
1 tsp. mullein leaves.
1 tsp. dandelion root.
1/2 tsp. prickly ash bark.
1/2 tsp. cleavers leaves.
1 quart water.
Mix ingredients and drink 2 cups a day.
8. Breast compress.
9. 1/2 tsp. calendula flowers tincture.
10 drops lavender essential oil.
3 drops ginger essential oil.
3 drops chamomile essential oil.
1 cup warm water.
1 cotton cloth.
Mix all ingredients, soak rag in the solution and place it over the area where the cysts are, for 5 minutes, then repeat.

HOME REMEDIES FOR FIBROMYALGIA

There are 5 to 6 million people known to be suffering from FMS in the United States. However, the real number of cases is probably much higher, as this condition is often misdiagnosed. Fibromyalgia manifests itself in similar ways to chronic fatigue syndrome (CFS), chemical sensitivities, rheumatoid arthritis, and chronic myofascial pain (shortened muscle fiber syndrome). As a result, it often takes a long time for a proper diagnosis to be made. In the past, FMS was known as fibrositis or fibromyositis, but both of these terms are now considered inappropriate because they imply inflammation of some sort (the suffix -itis is medical terminology for "inflammation") and inflammation does not exist in fibromyalgia.

Most people with fibromyalgia also have an associated sleep disorder known as alpha-EEG anomaly. In this disorder, the individual's deep sleep periods are interrupted by bouts of waking-type brain activity, resulting in poor sleep. Some people with fibromyalgia are plagued by other sleep disorders as well, such as sleep apnea, restless leg syndrome, bruxism, and sleep myoclonus (a sudden rapid contraction of a muscle or a group of muscles during sleep or as one is falling asleep). Not surprisingly, given all these sleep difficulties, people with fibromyalgia often suffer from chronic fatigue that can range from mild to incapacitating. Other disorders common in people with fibromyalgia include the following:

- Chemical and/or food allergies.
- Dizziness and loss of balance.
- Extreme fatigue.
- Headaches.
- Irritable bowel syndrome (diarrhea and/or constipation, often alternating).
- Jaw pain.
- Memory loss and difficulty in concentrating.
- Menstrual pain.
- Sensitivity to bright lights or loud noises.
- Sensitivity to dairy products.
- Skin sensitivities.
- Stiffness in the morning and, often, when walking

Home Remedies

1. Astragalus and echinacea enhance immune function.
2. Black walnut and garlic aid in removing parasites.
3. Boswellia is excellent for morning stiffness and joint pain.
4. Teas brewed from burdock root, dandelion, and red clover promote healing by cleansing the bloodstream and enhancing immune function. Combine or alternate these herbal teas, and drink 4 to 6 cups daily.
5. Calendula or rosemary oil (or a combination of the two), diluted with an equal amount of water or vegetable oil and massaged into the skin, helps to relieve pain.
6. Topical applications of cayenne (capsicum) powder mixed with wintergreen oil can help relieve muscle pain. Cayenne contains capsaicin, a substance that appears to inhibit the release of neurotransmitters responsible for communicating pain sensations. Use 1 part

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cayenne powder to 3 parts wintergreen oil. Cayenne can also be taken orally, in capsule form.

7. Put 4 to 6 ounces of ginger powder into a moderately hot bath. This will induce sweating and help remove toxins from the body. Drinking hot ginger tea will have the same effect.
8. Ginkgo biloba improves circulation and brain function.
9. Kava kava decreases anxiety and elevates the mood.
10. Licorice root supports the glandular system, especially the adrenal glands. Caution: If overused, licorice can elevate blood pressure. Do not use this herb on a daily basis for more than seven days in a row. Avoid it if you have high blood pressure.
11. Milk thistle protects the liver.
12. Pau d'arco, taken in tea or tablet form, is good for treating candida infection.
13. Skullcap and valerian root improve sleep.
14. White willow bark is good for relieving pain.

HOME REMEDIES FOR FLATULENCE

Flatulence is the emission of a mixture of gases called 'flatus' present in the intestine. This gas is produced by symbiotic bacteria and yeasts found in the gastrointestinal tract. Flatus is usually released under pressure through the anus which creates sound and is often accompanied by a foul odor. Flatulence, many a times causes discomfort and pain due to bloating, not to mention social embarrassment. An adult produces two gallons daily of flatus or intestinal gas which is expelled, a part, the rectum and the other is reabsorbed by the body.

Flatulence is the abnormal excess gas that sometimes is accompanied by abdominal swelling and pain caused by gas that is trapped in the folds of the colon. On an average it is believed that most humans pass gas at least fourteen times in a day, producing around one to three pints of gas daily. Flatulence itself is not a cause for worry at all. It does not pose any health risk at all, but it certainly poses a high risk of social embarrassment which is why flatulence treatment and natural remedies for flatulence are so sought after. Excessive passage of gas or flatulence is often reason enough to seek medical treatment. It should be pointed out that in most cases of excessive flatulence it is important to identify possible underlying causes and treat them to eliminate the problem. As excessive flatulence causes would stem from digestive problems that are in most cases mild or easily treatable you could simply use diet modifications as the most powerful flatulence remedy to control the problem. Lifestyle changes may also be necessary and if the problem persists it could be because of a medical condition that requires additional medical treatment.

Excessive flatulence odor and excessive gas can be controlled through dietary and lifestyle changes. It is important that you minimize your intake of, or avoid consuming foods that cause flatulence for any flatulence relief. Lifestyle habits such as meal timings, regular sleep timings and most importantly regular bowel movements are also important. Some amount of physical activity is essential for the efficient functioning of your digestive system. Also make it a point to avoid controlling or delaying bowel movements. Treatment with such simple measures can help to control flatulence odor or excessive flatulence. In almost all cases of excessive flatulence the problem can be controlled with such home treatments. In cases of severe flatulence where such methods fail to reduce flatulence it would be advisable to seek a medical diagnosis as there could be some other underlying condition that contributes to the problem.

The most common causes of flatulence are:

- Lactose intolerance
- The consumption of certain foods such as beans (beans, beans, beans, beans), beer (black), bran, broccoli, brussels sprouts, cabbage, carbonated drinks, cauliflower, onion and milk among others which gases tend to engender Constipation
- Overeating what makes food that has not been finished completely digest turn into flatulence.
- Chewing food incorrectly, big pieces are difficult to digest and take longer to ferment.
- Eating with mouth open lets in too much air as chewing gum, smoking and drinking soda.
- The take baking soda for indigestion can increase the amount of flatus

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- Anxiety and stress
 - Allergies
- Some medications such as laxatives, cholesterol reducers and tranquilizers may promote or increase flatulence.

Home Remedies

1. Mix 1/2 tsp of dry ginger powder with a pinch of asafoetida and a pinch of rock salt in a cup of warm water. Drink this concoction to get relief from gas.
2. Mix 2 tsp of brandy with a cup of warm water and drink this before going to bed.
3. Chew on some fresh ginger slices that are soaked in lime juice after meals.
4. A drop of dill oil in a tsp of honey taken immediately after a meal should be of great help.
5. Dry grind 1 tsp of pepper, 1 tsp of dry ginger and 1 tsp of green cardamom seeds. Add 1/2 tsp of this mixture to water and drink after 1 hour after meal.
6. Chewing peppermint after a meal does a lot more than just freshening your breath. Peppermint contains menthol that soothes the digestive muscles. It helps in treating flatulence, bloating and abdominal pain that accompanies gas. Peppermint oil combined with caraway oil has been used since ages to treat abdominal discomfort caused by flatulence. Consume papaya as pineapple fresh contain enzymes that help digestion and prevent complete flatulence
7. Remove the beans by gas teaspoon ginger powder to be added to cold water to cover dry beans. Is boiled and then allowed to rest for an hour, strained, rinsed and then cook beans with fresh water.
8. At each meal, sipping juice lemon diluted or a mixture of two teaspoons of apple cider vinegar and two of honey in a glass of water.
9. Mustard seeds take two with a glass of water before breakfast and then go up the amount of seeds to reach 12 per hour. Once the gases are under control, the number of seeds can be reduced gradually to take one or two a day.
10. To relieve an attack of pain caused by gas, cover the abdomen with a hot water bottle.
11. Apply to the abdomen a towel soaked in a mixture of brandy with hot water and a pinch of salt. This remedy also relieves stomach pain caused by flatulence.
12. Herbal tea and cardamom, chamomile, cinnamon or cloves to stimulate digestion, reduce the bacteria that cause putrefaction and improving intestinal mobility.
13. Take, after dinner, a cup of tea made with a quart of boiling water and sugar, about 10 grams of fennel seeds.
14. Place 1 teaspoon of oregano and lemon verbena in a cup of water is boiling. Cover and let sit for about 6 minutes. Take after meals and there is no need to add sugar because the taste is very nice.

HOME REMEDIES FOR FLU

Influenza or most commonly know as "the flu" or "grippe" is cause by a virus that infects the upper respiratory tract. There are two types of influenza, type A and B, Flu infect the throat, nose, lungs bronchial tubes, and middle ear. There are vaccines for the flu but since there are so many viruses that can cause flu (about 200) however they are constantly mutating, making it very difficult to achieve success against these types of flu viruses. Influenza is one of the most common health problems affecting thousands of men, women and children, living across the United States. It can be described as a viral infection that attacks your respiratory system, which includes organs like your lungs, throat and nose. Most people commonly refer to this infection simply as "the flu". This type of infection is different from the viruses that lead to stomach problems, characterized by vomiting and diarrhea.

While a seasonal flu can affect just about anybody, it is more commonly seen in children or seniors who are over the age of 65. Because this infection is highly contagious, it has been observed that health care providers and child care personal are more prone to this condition. Your risks of contracting the flu can increase considerably, if you have a weakened immune system due to any reason. Some of the factors that compromise your immune system and weaken it include conditions like HIV/ AIDS, cancer treatment and the use of anti-rejection drugs or corticosteroids. In case you suffer from health conditions, which include asthma, diabetes and heart diseases, your chances of flu could also increase significantly. It has also been observed that pregnant women are likely to develop influenza and the complications related to it, especially in the second and third trimesters.

In most instances the flu is not a serious problem and can be cured within a few days or within a week. However, at times, it is possible for the flu to last for a longer period of time, including several weeks, or it may recur, mainly because of other health problems. In spite of the fact that the flu is so common, it can lead to some severe complications. An estimate from the Center for Disease Control and Prevention in the US claims that every year, tens of thousands of people die because of complication arising from the flu. Young and healthy adults do not stand a very high risk of influenza-related complications. However, children with under-developed immune systems or senior citizens could develop ear infections, pneumonia and bronchitis, because of the flu.

The symptoms for flu are similar to those of a common cold, such as body aches, cough, hot and cold sweat, fatigue, headaches, fever, nausea, vomiting, throat pain, lack of appetite. Colds last for a week, but the flu can last for up to 12 days, and after all symptoms have disappeared a persistent cough remains for another week. Influenza is one of the thousands of diseases that modern medicine has yet to find a cure for but herbs and natural remedies can relieve the symptoms.

Do not buy any over the counter drugs to deal with this virus, most of the medications in the market today only suppress the symptoms and block the self defense mechanism of the body making it more difficult to recover.

Tips to Prevent Flu

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- In order to prevent a flu infection, you need to maintain a healthy immune system. In addition, vaccinations do not provide protection against certain strains of influenza such as the avian flu or bird flu, so taking preventative measures can greatly support your health.
- Follow these helpful hints to reduce your chance of becoming infected with the influenza virus this season:
 - Wash your hands frequently, particularly underneath your fingernails
 - Eat immune-enhancing foods that are chemical-free and organically grown
 - A daily cup of natural organic yogurt can reduce
 - Cover your mouth or nose with a tissue when you cough and sneeze
 - Drink eight glasses of water daily to cleanse your body's system
 - Increase your supplement intake with Vitamin C and cod liver oil
 - Strive to obtain consistent, adequate sleep and regular exercise help to ward off infections
 - Reduce stress by practicing relaxation techniques, exercising, or listening to music
 - Avoid sharing personal items such as cups with someone who has the flu
 - Limit your alcohol consumption, as alcohol dehydrates the body and leaves you more prone to infection
 - Avoid oily, spicy and sour food. Aerated drinks, junk food, etc should be completely avoided.

Home remedies

1. Drink a cup of warm water, to which a few drops of honey or lemon have been added. This soothes the symptoms and at the same time loosens the phlegm, so that the body can get rid of it. This exercise should be repeated around 2 or 3 times a day.
2. Prepare a decoction by boiling a tablespoon of fenugreek seeds in half liter of warm water. Continue boiling the seeds, till the water reduces to one third of its original quantity. Then, add a teaspoon of fresh ginger juice to this concoction, along with a few drops of honey, just to make it more palatable. Drink this mixture once a day.
3. In a jar mix equal amounts of honey and onion juice. Consume around 3 to 4 teaspoons of this mixture once a day, till the flu lasts
4. Mix a teaspoon of turmeric powder in a glass of warm milk and consume this remedy at least two or preferably three times a day. This helps strengthen the liver and alleviates the symptoms of flu.
5. Ginger tea has an excellent effect on the body and helps alleviate the symptoms of the flu. Use 2 to 3 pieces of ginger to prepare this tea and consume it at regular intervals during the course of the day.
6. Take Vitamin C to boost immune system and increase the number of white blood cells
7. Take Zinc lozenges, it boosts the immune system as soon the symptoms develop.
8. Colloidal silver kills viruses.
9. Take Garlic capsules to decrease the growth of the virus.
10. Make a tea mixing:
 11. 1 tsp. bayberry bark.
 - 1 tsp. grated ginger root.
 - ½ tsp. cayenne powder.

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1 cup of boiling water.

Let it sit for 20 minutes.

12. Take "cold and flu" tablets this homeopathic preparation has help people avoid getting infected with the flu virus by taking 1 tablet a day throughout the flu season.
13. Take arsenicum album if thirsty but feel better drinking warm fluids, lack of appetite, body aches, and feel worse during the night.
14. Take bryonia if cough, throat and chest pain, dry mouth and lips, very thirsty.
15. Take eupatorium perfoliatum if you have pain in your bones and eyeballs.
16. Take Gelsemium if feeling chills, aches, fever, not thirsty.
17. Nux vomica is used when a simple cold has develop into influenza.
18. If the fever is too high, take catnip tea and ½ tsp. of lobelia tincture every 4 hours. Do not use if pregnant or breast-feeding and do not give to a child less than one year old.
19. Cat's claw shortens the duration of the flu.

HOME REMEDIES FOR FUNGAL INFECTION

The word “fungus” is enough to make you cringe or go green in the face, rest assured that you are not alone. Most people feel sick at the thought of suffering from a fungal infection. However, are you aware that we all have several different types of fungi living on our skin at all times? These fungi could live on your skin for years without causing any problem. There are some factors though, that could cause the fungi to overgrow or change and lead to an infection. Data shows that there are more than 50,000 different species of fungi in the environment. Out of that around 200 species of fungi can be associated with diseases and only around 20 to 25 species lead to an infection in humans. A fungal infection can be described as an invasion of one or more species of fungus on the tissues of the body. These infections are usually categorized by the type of microorganism causing the problem, the body part that is affected, the depth to which the body has been penetrated and the form that is taken by the fungi. While there are several types of fungal infections, they can be broadly divided into two types, superficial infections and systemic fungal infections. A fungal infection could occur on the surface of your skin, within a skin fold or any other area that is kept warm by your clothes and shoes. Some of the parts that are prone to fungal infections include the mucus membranes, the lungs, the sinuses and injury sites. Some of the most common types of fungal infections include Tinea Versicolor, Jock Itch, Athlete’s Foot, Barber’s Itch, Ringworm, Fungal Nails, Intertrigo, Oral Thrush, and Vaginal Yeast Infection, to name a few. Some of these fungal infections are more common than the others. Moreover, men are more likely to suffer from certain infections such as Jock Itch and Athlete’s Foot, whereas Vaginal Yeast Infections are obviously prevalent in women.

The severity of an infection may vary from person to person. It is more common for infections to remain confined to a small area of the skin, like the toes or nails. However, this does not mean that the infection cannot spread; if left unchecked and untreated it is possible for the fungal infection to spread on to a wider area of the skin. Alternately, the infection could also penetrate deeper into the tissues. In fact, it is absolutely essential to control a fungal infection, because it can also easily spread from one person to the other.

Home remedies

1. Most fungal infections can be controlled and treated, even though the procedure may take some time. In many cases, your health care provider may ask you to take some medicines and apply an antifungal soap, powder, cream or ointment, to speed up the healing process. In addition to that you could also use several home remedies, which help in controlling the overgrowth of the fungi in your body.
2. Apply some clove powder or clove oil directly on to the skin that is affected. Apart from alleviating the uncomfortable symptoms, this remedy also speeds up the healing process
3. Tea tree oil is quite effective in treating yeast infections, athlete’s foot and ringworm. However, this oil is very strong and can have an adverse effect on the skin, if used incorrectly. For best results, dilute a few drops of tea tree oil in water and apply it on to the affected area.
4. Soak your hands and feet in a tub of white vinegar, to cure nail fungus or an athlete’s foot. This remedy disrupts the pH balance of the skin, which in turn, interferes with the growth of fungi on the skin.

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5. Raw garlic is believed to have antifungal and antibacterial properties, which is why it is excellent in curing fungal infections. Apply some garlic extract or garlic puree on to the area that has been affected for getting rid of the fungus faster.
6. Many individuals manage to cure a fungal infection using simple remedies, only to have the problem return after a few days or weeks. In case you notice this problem too, it is absolutely essential to consult a doctor at the earliest.

HOME REMEDIES FOR GALLBLADDER

The gallbladder is a 3 to 4 inch-long pear-shaped organ located on the right side of the body, directly under the liver. One of the functions of the liver is to remove poisonous substance from blood so that they can be excreted from the body. The liver excretes all these gathered toxins in a digestive agent called bile. Bile also contains cholesterol, bile salts, lecithin, and other substances. The bile (about one pint of it every day) goes first to the gallbladder, which holds it until food arrives in the small intestine. The gallbladder then releases the bile, which passes through cystic and bile ducts into the small intestine. Ultimately, the toxins are passed out of the body through the feces.

Abnormal concentration of bile acids, cholesterol and phospholipids in the bile can cause the formation of gallstones. The presence of gallstones is known to doctors as cholelithiasis. It has been estimated that 20 million Americans have gallstones, so she is not alone. In fact, one in ten people have gallstones without knowing it. However, if a stone is pushed out of the gallbladder and lodges in the bile duct, this can cause nausea, vomiting, and pain in the upper right abdominal region. These symptoms often arise after the individual has eaten fried or fatty foods.

Gallstones can range from the size of a tiny grain of sand to larger than a pea-sized mass. Seventy five percent of gallstones are cholesterol stones, with the remaining 25 percent being pigment stones. Pigment stones are composed of calcium salts. Although the cause of pigment stones is unknown, factors such as intestinal surgery, cirrhosis of the liver, and blood disorders can increase the rate risk. The symptoms of gall bladder disease can be quite distressing, with the most dreaded being gallstone attacks. The gallbladder is an important organ that plays a valuable role in the digestive system. The gallbladder is situated towards the upper right side of the abdomen just beneath the liver. Bile, which is produced by the liver, is essential for digestion, particularly of fats. The gallbladder works as a storage facility for bile and it releases it whenever food is consumed to facilitate digestion. Gallbladder surgery or gallbladder removal is therefore not always the best treatment for gallbladder disease and should only be used as a last resort. In some cases in fact it has been found that gallbladder symptoms persist even after removal of the gallbladder. An appropriate gall bladder diet can often help counter the symptoms and even facilitate healing. The gallbladder is susceptible to some common disorders, the most prevalent being gallstones, cholecystitis, and gallbladder cancer. They are often collectively referred to as gallbladder disease. Natural treatments and self care are an essential aspect of treatment which is why gall bladder home remedies and gall bladder disease diets are so sought after.

The presence of gallstones creates a possibility that cystitis, inflammation of the gallbladder, may develop. This can cause severe pain in the upper right abdomen and/or across the chest, possibly accompanied of fever, nausea, and vomiting. Other symptoms of gallbladder disease include constant pain below the breastbone that shoots into the right or left shoulder and radiates into the back. The pain can last from 30 minutes to several hours. The urine may be tea- or coffee-colored, and there may be shaking, chills, and a yellowish discoloration of the skin and eyes. Gallbladder attacks occur often in the evening and can take place sporadically. Abdominal pain that occurs on a daily basis may be a problem unrelated to the gallbladder. A gallbladder attack may mimic a heart attack, with severe pain in the chest area.

Inflammation of the gallbladder requires immediate treatment. If left untreated, it can be life threatening. Although the causes of the symptoms of gall bladder disease or gallbladder attacks may be easy to identify, the actual causes for gallbladder disease and the conditions that increase the risk of developing gallbladder disease are a lot more varied and at times vague. Women who have had multiple pregnancies and consequentially high levels of estrogen have been found to be a lot more susceptible to gallbladder disease as are women on birth control pills. As pointed out, one of the most common risk factors would be obesity or being overweight. Your diet is one of the biggest influencing factors in terms of the risk of gallbladder disease as a high fat diet that is low in fiber is found to increase the risk of gallstones and other diseases. The influence of heredity off course cannot be ruled out, but this is a risk factor that cannot be eliminated, but it can be guarded against. Studies conducted have also revealed that there is a higher risk of gallbladder disease developing among Native American or Hispanic populations. Patients with sickle cell anemia are also at a risk of developing gallbladder disease. While obesity is dangerous and poses many health risks, crash dieting and rapid weight loss are just as dangerous and increase susceptibility to gallbladder disease.

Home Remedies Alfalfa cleanses the liver and supplies necessary vitamins and minerals. Twice a day for two days, take 1,000 milligrams in tablet or capsule form with a glass of warm water.

1. Peppermint capsules are used in Europe to cleanse the gallbladder.
2. An oil cure has been advocated by some nature cure practitioners for the removal of gallstones. Raw, natural, unrefined vegetable oils of olive or sunflower are used. The procedure is to take 30 ml of vegetable oil, preferably olive oil, first thing in the morning and follow it immediately with 120 ml of grapefruit juice or lemon juice. This treatment should be taken every morning for several days, even weeks, if necessary. Olive oil has been highly regarded for its health benefits since ancient times, particularly in the Mediterranean area where it has traditionally grown. Olive oil can be included in a variety of recipes and is a great substitute for other unhealthy oils. You could use it as a salad dressing or in cooking. Another one of the popular gall bladder home remedies with olive oil includes a mixture of the oil with honey and lemon juice. Have a spoonful or two of this mixture around twenty minutes or so before your meals. You can also use castor oil soaked in a soft cloth and place it against the abdomen as a compress, preferably with a heating pad or hot water bottle. This should help to reduce the swelling associated with a diseased gall bladder. The gallbladder and spleen are connected and so gallstones can place a strain on the spleen. It is therefore important to avoid foods like chocolate, caffeinated beverages, processed flour, and white sugar as these foods are no easy to digest.
3. If you have gallstones, or are prone to developing them, turmeric can reduce your risk of further problems.
4. Other beneficial herbs include barberry root bark, catnip, cramp bark, dandelion, fennel, ginger root, horsetail, parsley and wild yam.
5. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room to rule out other disorders such as gastroesophageal reflux disease or heart problems. Dandelion has a beneficial effect on the gall bladder. About 125 ml each of the juices of dandelion and watercress should be taken twice daily. Combined with a

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vegetarian diet, without much sugar and starch, these juices help to make the gall-bladder normal.

6. A warm-water enema at body temperature will help eliminate faecal acculumations if the patient is constipated. Physical exercise is also essential. Surgery becomes necessary if the gallstones are very large or in cases where they have been present for long.
7. Gall Bladder Removal, also known as Cholecystectomy, is a procedure performed under general anesthesia. The surgeon makes an incision in your stomach and lifts the gallbladder through the incision. The gall bladder removal surgery may take about an hour or or more.
8. The most common gall bladder pain is Biliary Gallbladder Pain or Colic. The symptoms include acute pain in the upper or upper-right abdomen, accompanied by nausea and vomiting.
9. Dandelion tea is in fact quite popular as an herbal remedy for a diseased gall bladder. You may also prepare an herbal concoction with a mixture of dandelion and milk thistle. Dandelion is believed to help stimulate and encourage bile production, which can be helpful for gallstones as it cause a contraction of the gall bladder causing any stones to be expelled. It also causes an increase in cheneoxycholic acid, which can be highly beneficial because of its effect of dissolving gall stones.

HOME REMEDIES GASTRITIS

Gastritis means “inflammation of the stomach.” In most cases the lining of the stomach, suffer erosion and perforations, sometimes even bleeding. The most common causes of gastritis are alcohol and most pain killers. From aspirin, Advil, Motrin, Nuprin, to Aleve, and many others cause irritation of the gastrointestinal tract and this leads to gastritis and ulcers. Gastritis refers to a common inflammatory digestive condition that affects the stomach lining but is not a disease in itself. It is a health condition that could be brought on by some other disease as a symptom or it could have various other causes. Gastritis is characterized by the development of severe cramping or pain in the stomach or upper abdomen. This symptom of gastritis is often referred to as dyspepsia. Gastritis may be of two types, with the sudden and brief occurrence of gastritis referred to as acute gastritis, while the more persistent variety of the condition is referred to as chronic gastritis. Chronic gastritis may be present because of another health condition. Gastritis or stomach upsets that develop due to the consumption of alcohol or certain medications like aspirin are classified as acute gastritis. The symptoms that point to acute gastritis can be worrying in children, but treatment with natural methods should suffice. On the other hand bacterial infections caused by bacteria like *Helicobacter pylori* cause infections of the stomach that may result in chronic gastritis. Chronic gastritis may also be due to conditions like peptic ulcers, but it should also be noted that chronic gastritis can cause a development of ulcers over time. Chronic gastritis treatment should never be neglected as it can also increase the risk of developing stomach cancer. Do not attempt to treat even mild chronic gastritis with natural treatments or chronic gastritis remedies alone, as you would need medical advice for an accurate diagnosis in the first place.

People suffering from stress are also prone to gastritis, surgery, burns, trauma and other serious medical problems increase the chances of developing gastritis. The way gastritis attacks the stomach walls is by disrupting the mucosa, name given to the lining of the stomach. However, other types of gastritis produce inflammation underneath the stomach lining due to bacteria or anemia. These cases are prone to develop into ulcers. Gastritis in most cases is painless, common symptoms are: loss of appetite, vomiting, nausea, bloating, and indigestion, some people may experience abdominal pain when eating.

Home remedies

1. The patient should avoid the use of alcohol, tobacco, spices and condiments, meat, red pepper, sour foods, pickles, strong tea and coffee. He should also avoid sweet, pastries, rich cakes, and, aerated waters.
2. Coconut water is an excellent remedy for gastritis. It gives the stomach the necessary rest and provides vitamins and minerals. The stomach is greatly helped in returning to a normal condition if nothing but coconut water is given during the first twenty-four hours.
3. Eliminate dairy products from your diet until the digestive system is healed.
4. Drink eight large glasses of water a day.
5. The herb marigold is also considered beneficial in the treatment of gastritis. An infusion of the herb in doses of a tablespoon may be taken twice daily.
6. Take 400 IU a day of vitamin E to reduce inflammation in the stomach.

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7. If your gastritis is caused by anemia, take supplemental chlorophyll two capsules three times a day, and follow the recommendations under anemia.
8. Licorice (DGL) helps heal the gastrointestinal tract chew 300 to 600 mg. 30 minutes before meals. This herb is also use to treat ulcers. Licorice is as effective as Tagamet.
9. Take Artichoke if you feel abdominal pain, bloating or to relive vomiting, and nausea.
10. One of the best herbs for treating gastritis is Ginger it relives almost all symptoms including indigestion and gas, quickly healing stomach and intestinal tissue, reduces inflammation, and ulcerated linings. Ginger is an anti-inflammatory and antibacterial. It reduces nausea, stimulates digestion of fats and it's a natural antibiotic.
11. Goldenseal destroys bacteria that cause gastritis, stomach inflammation and ulcers.
12. Marshmallow relives nausea, indigestion, gastritis and ulcers.
13. Peppermint contains volatile oils like menthol, relives indigestion, gastritis and stomach ulcers.
14. Papaya seeds and pineapple aid digestion. It should be eating slightly ripe. Papaya is rich in digestive enzymes.

HOME REMEDIES FOR GLAUCOMA

Glaucoma is a very serious disease that affects the optic nerve. The pressure inside the eye rises, damaging the nerve and causing vision loss and blindness. People more than 65 years of age are at risk and people with diabetes as well.

This condition produces no symptoms. Therefore, people who suffer glaucoma do not find out until it's very advanced. Glaucoma has probably many causes. Some scientists claim it is related to stress, poor nutrition and high blood pressure. Collagen deficiency has been linked to glaucoma.

Home Remedies

1. Take 50 mg. of Rutin 3 times a day. This bioflavonoid reduces pain and pressure inside the eye.
2. Vitamin A and carotenoid are needed to keep healthy eyes and to improve night vision.
3. Eat spinach and take Lutein or spinach extract because they contains carotenoid needed for retina and eye tissue and sometimes reverses many eye conditions.
4. Eyebright herb in drops is excellent for glaucoma. This plant can be use internally and is much more effective than commercial eye drops and safer.
5. Take Ginkgo Biloba because it increases the delivery of oxygen and nutrients to the eye and it clears toxins. Mix it with zinc sulfate to slow down progressive vision loss.
6. Cayenne is an anti inflammatory for the mucus membranes. Use very small amounts, well diluted with water or in eye drop form. It increases blood flow to the eye.
7. Take Vitamin E. It removes particles from the eye lens.
8. Bilberry strengthens and protects veins and blood vessels, protects the retina, reduces pressure in glaucoma and can stop the growth of cataracts.
9. Use Coleus dropped directly into the eye to increase blood flow to the eye and decrease intraocular pressure.
10. Use Fennel. This plant although used in the kitchen for salads is also a very good herb for vision problems. When snakes shed their skin they are temporarily blinded and eat fennel to restore their sight. It can be eaten raw or made as a tea and the tea can be used as an eyewash.
11. Jaborandi is a herb that grows in the rainforest. It's been used for about 120 years in patients with glaucoma because it contains pilocarpine.
12. Although we do not recommend it, many studies have shown that marijuana can help reduce intraocular pressure but it is unknown how marijuana achieves this result

HOME REMEDIES FOR GOUT

Gout is a metabolic disease marked by sudden and severe pain in one or more joints (especially those of the big toe). Gout is caused by excessively high uric acid levels in the blood. This occurs either because the kidneys are not eliminating enough of the body's uric acid or because too much uric acid is being produced. Gout is essentially a form of arthritis that is characterized with sudden bouts of severe pain, inflammation and tenderness in the joints, known as gout attacks. Because of the strong connection between diets and gout, the condition was regarded as an affliction of the wealthy in the past. With modernization and social reforms in the past century our economic condition has greatly improved and there is less disparity, particularly with regard to the foods we consume. This condition has therefore become a lot more common and can afflict absolutely anyone, although men are more susceptible, as are post-menopausal women.

When uric acid crystallizes, takes on a shape like that of a needle and, like a needle, it jabs its way into the joints. It seems to prefer the joint of the big toe, but other joints can be vulnerable as well, including the mid-foot, ankle, knee, wrist, and even the fingers. Uric acid is more likely to crystallize at lower temperatures, which may explain why roughly 90 percent of gout attacks affect cooler extremities like the big toe. Acute pain is usually the first symptom. Then the affected joints become inflamed, almost infected-looking—red, swollen, hot, and extremely sensitive to the touch. Repeated attacks of gout over a long period of time can lead to joint damage.

Emotional stress can trigger a gout attack, as can fatigue and minor trauma. Gout also can be caused by renal insufficiency. Gout used to be called "rich man's disease" since an attack can be brought on by consuming a diet rich in fats or alcohol. In addition to the herbs listed below, other beneficial herbs to relieve the discomfort of gout include barberry, black currant, goldenrod, horehound, horsetail, speedwell, and strawberry.

Risk factors for developing gout include:

- Obesity
- Excessive weight gain
- Moderate to heavy alcohol intake
- High blood pressure (hypertension)
- Diabetes
- High levels of fat and cholesterol in the blood
- Narrowing of the arteries (arteriosclerosis)
- Abnormal kidney function
- Family history of gout

Gout Symptoms

- Intense joint pain. If untreated, the joint pain typically lasts five to 10 days and then stops. The discomfort subsides gradually over one to two weeks, leaving the joint apparently normal.

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- Inflammation and redness at the joint. The affected joint or joints become swollen, tender and red.
- Patients can also develop fever with the acute gout attacks. The most reliable test for gout is finding uric acid crystals in the joint fluid obtained by joint aspiration – a common office procedure performed under local anesthesia. Fluid is withdrawn from the inflamed joint, using a syringe and needle. The joint fluid is then analyzed for uric acid crystals and for infection.

Tips to Avoid Gout Problem

- Avoid alcohol and smoking, as they can precipitate the conditions of gout.
- Do not keep your joints fixed in one position for a long period of time. Maintain some amount of movement in them all the time.
- Most important of all preventions for gout is to keep the weight under check. This keeps your digestive system working fine and ensures proper expulsion of the waste products from the body.
- Avoid alcohol and smoking, as they can precipitate the conditions of gout.
- Do not keep your joints fixed in one position for a long period of time. Maintain some amount of movement in them all the time.
- Most important of all preventions for gout is to keep the weight under check. This keeps your digestive system working fine and ensures proper expulsion of the waste products from the body.

Home Remedies

1. Make an ash by torching the “Indian Reed – Mace” leaves and mix this ash with sesame seed oil. Applying of this solution on gout effected area helps give relief and also helps to cure gout.
2. As there is a saying that an apple a day keeps the doctor away. We can trust apple to keep also the Gout away. A person with gout complaints must eat at least one apple per day for obtaining relief.
3. Drinking 6-8 ounces glasses of fluid a day not only reduces gout attacks a day but also wash out the urate crystals from the system and prevent you from developing kidney stones.
4. Drink the half cup juice of French beans everyday for a month once or twice.
5. Bananas are a good home remedy for curing Gout. Consume 3-4 bananas a day.
6. One of the important home remedies to treat Gout is to soak a piece of white flannel cloth in warm castor oil and place it over the affected areas.
7. Boil one tea-spoon of pepper in one cup of vinegar and one cup of water, dab this mixture onto the painful joint and leave it for 2-3 hours.
8. GOUT TEA*
4 teavoons agrimony leaves
2 tablespoons queen of the meadow root
2 cups boiling water
Combine the herbs in a glass container and cover with the boiling water; steep for 30 minutes; cool and strain. Take half a cup, up to four times daily.

9. GOUT TEA **
 - 1 teaspoon burdock root
 - 2 tablespoons dandelion leaves
 - 1 cup waterCombine the herbs in a pan and cover with the water. Bring to a boil; remove from the heat; steep for 30 minutes; strain. Take up to one cup per day, a tablespoon at a time.
10. Alfalfa is a good source of minerals and other nutrients that help to reduce serum uric acid. Take 2,000 to 3,000 milligrams daily in tablet or capsule form.
11. Bilberry extract is a good source of anthocyanidins and proanthocyanidins—powerful antioxidant compounds.
12. Boswellia and turmeric (curcumin) have powerful anti-inflammatory properties.
13. Apply cayenne (capsicum) powder, mixed with enough wintergreen oil to make a paste, to affected areas to relieve inflammation and pain. This may cause a stinging sensation at first, but with repeated use, pain should diminish markedly. Cayenne can also be taken in capsule or liquid form.
14. Celery seed extract contains numerous anti-inflammatory compounds.
15. Try using chamomile, lady's mantle (yarrow), peppermint, or skullcap, in either capsule or tea form.
16. Devil's claw and yucca can aid in relieving pain.
17. Other beneficial herbs include birch, burdock, colchicum tincture, hyssop, and juniper.

HOME REMEDIES FOR HAIR LOSS

In general, hair loss is a condition that reflects the level of health of the person, although not a dangerous disease, millions of people are desperately seeking a cure for hair loss, our society drives us to look healthy and young, hair loss damages our looks and our self esteem, making us less sure of ourselves. Alopecia or hair loss is the medical description of the loss of hair from the head or body, sometimes to the extent of baldness. Unlike the common aesthetic depilation of body hair, alopecia tends to be involuntary and unwelcome, e.g., androgenic alopecia.

However, it may also be caused by a psychological compulsion to pull out one's own hair (trichotillomania) or the unforeseen consequences of voluntary hairstyling routines (mechanical "traction alopecia" from excessively tight ponytails or braids, or burns to the scalp from caustic hair relaxer solutions or hot hair irons).

But why do some people suffer from hair loss, and others enjoy a full head of hair throughout their lives? Usually we lose about 100 hairs per day, after a few months, a new hair grows out of the same follicle. In some men, the new hair is thinner than the one before, when this one falls the next one is even thinner, until eventually the follicle stops producing hair.

Women also suffer from hair loss as they age and reach menopause, though they don't lose as much hair as men. Childbirth can cause hair loss. Mothers usually lose a lot of hair during a 6-month period after giving birth. Other reasons for hair loss in men and women are; stress, infection, surgery, high fever, diets, over brushing, syphilis, and tumors.

There are some drugs that claim to regrow hair, but they only achieve mild results and are full of side effects, for example minoxidil (Rogaine) should not be taken by people with high blood pressure, and it may cause acne on the forehead and back. Another is finasteride (Propecia) it can be taken orally (men only) and causes sex problems, rash and if handled by a pregnant woman it can cause birth defects in the genital area of the fetus.

Home Remedies

1. Take Vitamins A, B6, B12, Folic acid, biotin, and Vitamin C.
2. Take Silica in capsules one a day, makes hair stronger and thicker. Natural Home Remedies for Hair Loss Problem
3. Apply coconut oil and wait for 1 hour and take headbath. which will help to prevent hair loss.
4. Don't comb your hair after taking head bath, wait till your hair gets dry. So that you will not lose any hair.
5. Apply Coconut milk to your hair and wash after some time helps to prevent hair loss.
6. Apply egg yolk and massage slowly to hair and wait for an hour and wash it.
7. Hibiscus leaves for hair
8. Apply Hibiscus plant leaves paste to hair and wait for half an hour and wash it.
9. Hibiscus flower powder mix with rose water and make it as a paste and apply it to roots of the hair and wait for 30 mins and wash it.
10. Egg yolk for traction alopecia

11. Mix egg yolk with henna and apply to hair and wash it when it becomes dry.
12. Eat protinized food to prevent hair loss. As eating of rich protinized foods not only helps to stop hair loss, but also helps in the growth of healthy hair.
13. Eat as much as green leafy vegetables to stop hair loss.
14. Dry-up the Holy Basil (Tulsi) leaves and neem leaves, and make it as a powder and add some water to it and make it as a paste. Apply this paste to hair and wait for 1 hour and wash it.
15. Don't use soaps or shampoo for head bath. Daily morning having a head bath with cold water helps to improve blood circulation in the head and also helps in giving the proteins to scalp, which resulted good hair growth, strong black hair and stops hair loss problem. This is very natural hair treatment.
16. Rinse your hair with a mix of apple cider vinegar and sage tea this helps hair grow.
17. To improve blood circulation to the scalp take Ginkgo Biloba.
18. Take Saw Palmetto, this herb unblocks hair follicles and heals the prostate (like the drug found in Rogaine) decreasing residues of dihydrotestosterone (DHT) in the scalp. It is 3 times more effective then Proscar in healing the prostate. It may be 3 times better then Rogaine
19. Nettles can be used locally or internally to prevent baldness and stimulate hair growth, it contains high amounts of silica.
20. Use locally Rosemary oil to stimulate hair growth. Improves oxygen delivery to the follicles.
21. Neem has been used in ayurveda for hundreds of years to help hair growth. Thickens hair, heals follicles and it cleans the scalp.
22. Horsetail contains silica therefore promoting hair growth.
23. A Chinese herb called Fo-Ti , restores hair color and hinders production of DHT, stops hair loss and thinning hair and encourages hair growth and causes hair loss.
24. Mix 1 tsp. of cayenne.
1 tsp. of yucca root.
2 cups of boiling water.
Let it sit for 30 minutes apply this topical solution on the scalp to promote blood circulation to the area and help with hair loss.
25. Pygeum works in the same way Saw palmetto does, reducing DHT in the scalp and thus promoting hair growth.
26. Avoid drugs such as Rogaine and Propecia, they have side effects, and although they are allowed to advertise that they re grow hair, only a small percentage of people see acceptable results, besides, they must be use for the rest of your life, as soon as you stop, the hair loss resumes, and some people have reported loss of hair at a higher pace then before the treatment started.
27. Use shampoos and conditioners containing silica and biotin extracts.
28. Avoid hair sprays and gels.
29. Do not brush your hair too much.
30. When towel drying your hair, don't rub instead pat your hair dry gently.
31. Rosemary Hair Oil.
32. 1/2 tsp. rosemary essential oil.
1/2 tsp. jojoba oil.

Mix ingredients in a blender and process until smooth. Apply on the scalp and leave it for a few hours before washing it off.

Hair Formula.

33. 1 cup aloe vera gel.

4 tbs. apple cider vinegar.

1 tbs. nettle tincture.

1/2 tsp. vitamin E oil.

1/2 tsp. rosemary essential oil.

Mix ingredients in a blender and process until smooth. Apply a small amount on the scalp once a day.

HOME REMEDIES FOR HEADACHE

A headache is the term used to define any kind of ache or pain that occurs in and around the head, or even in the upper neck. Headaches may occur independently, in the sense that they are unconnected to any health condition or disease, or they may at times occur as a symptom of some disease. All of us experience headaches at some point or the other and it is in fact one of the most common complaints and also the most widely treated with home remedies and pharmaceutical headache treatments. Although headaches may in most cases be unconnected to specific ailments or health conditions they are often like a warning system from our body that something is not right. In most cases it is stress, lack of sleep, and other such circumstances that trigger this response. For example, if you haven't had adequate sleep for a few nights in a row you would most likely experience headaches. Headaches may not necessarily be triggered by psychological factors such as emotional distress, stress and so on, but could also be triggered by physical stress and exhaustion.

Virtually everyone gets a headache at one time or another. An estimated 17.6 percent of women and 6 percent of men in the United States experience headaches on more than an occasional basis, and some 20 million regularly experience cluster and migraine headaches. Home remedies are the best way to treat a headache because they are as common—and as difficult to cure—as the common cold and flu. Common causes of headache include stress; tension; anxiety; allergies; constipation; coffee consumption; eyestrain; hunger; sinus pressure; muscle tension; hormonal imbalances; temporomandibular joint (TMJ) syndrome; trauma to the head; nutritional deficiencies; the use of alcohol, drugs, or tobacco; fever; and exposure to irritants such as pollution, perfume, or after-shave lotions. Migraines result from a disturbance in the blood circulation in the head.

Headache experts estimate that about 90 percent of all headaches are tension headaches and 6 percent are migraines. Tension headaches, as the name implies, are caused by muscular tension. Another type of headache is the cluster headache. These are severe, recurring headaches that strike about 1 million Americans, and are widely considered to be the most painful type of headache. Using home remedies for headaches is a great way to get rid of the pain without using drugs. Headaches can also be a sign of an underlying health problem. People who suffer from frequent headaches may be reacting to certain foods and food additives, such as wheat, chocolate, monosodium glutamate (MSG), sulfites (used in restaurants on salad bars), sugar, hot dogs, luncheon meats, dairy products, nuts, citric acid, fermented foods (cheeses, sour cream, yogurt), alcohol, vinegar, and/or marinated foods. Other possibilities to consider are anemia, bowel problems, brain disorders such as tumors, bruxism (tooth-grinding), hypertension (high blood pressure), hypoglycemia (low blood sugar), sinusitis, spinal misalignment, toxic overdoses of vitamin A, vitamin B deficiency, and diseases of the eye, nose, and throat. Dehydration also can cause headaches—often accompanied by a feeling of being flushed, a warm face, and a sense of heaviness in the head.

Unless otherwise specified, the dosages recommended here are for adults. For a child between the ages of twelve and seventeen, reduce the dose to three-quarters the recommended amount. For a child between six and twelve, use one-half the recommended dose, and for a child under the age of six, use one-quarter the recommended amount.

The common causes and triggers of day to day headaches include:

- Emotional stress
- Depression
- Anger
- Anxiety
- The constriction of blood vessels or the tightening of facial and scalp muscle when feeling negative emotions can all result in decreased blood and oxygen flow to the brain, which can lead to a headache.
- Illnesses: Sinus infections, eyestrain, vision problems, allergies, dental infections, grinding and clenching of teeth, viral infections, urinary tract infections, and head injuries can all cause headaches.
- Insomnia: The lack of sleep or sleep disorders can cause muscle tension, which can lead to headaches.
- Food sensitivities: Chocolate, caffeine, dairy products, food additives like nitrates, nitrites and monosodium glutamate are well-known headache triggers
- Skipping meals: Irregular meals and fad diets can lower blood sugar levels and give you a headache. Dehydration is also a common cause of headaches.
- Alcohol & drugs: The consumption of alcohol, prescribed medication, cocaine, amphetamines, and diet pills can lead to headaches.
- Rebound headaches: Regular use of some painkillers may result in a rebound headache once the painkiller begins to wear off. Headaches may also occur during withdrawal from addictive substances such as drugs, caffeine, and prescription medication.
- Other factors: Glare, poor lighting conditions, physical exertion, and chemical sensitivities also causes headaches.

Head Ache Symptoms

- Pain in the head
- Blurred vision
- Nausea and vomiting
- Hearing impairment
- Irritability
- Confusion
- Malaise
- Discomfort

Tips for Head Ache

- Eat a healthy diet filled with fruit and vegetables, and do not skip meals for too long.
- Drink plenty of water to keep the body hydrated.
- Exercise regularly to improve your circulation
- Use relaxation techniques such as deep breathing exercises, hands-on-healing, and therapeutic touch to reduce the intensity of a headache.

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- Keep a headache journal to document each headache – how long it lasts and when it happened and what triggered it, to discuss with your health care professional.
- Apply an ice pack to your forehead and temples or a heat pack to the back of your neck to loosen tense muscles.
- Soak in a hot tub; the hot water helps to relax the contracted muscles that cause the headache.
- Spend time outside in the fresh air or go for a walk on the beach.
- Limit alcohol consumption and increase water intake.
- Limit hours spent in front of a computer screen.
- Avoid watching television for too long or in a dimly-lit room.
- Try to get a good night's rest.

Home remedies

1. Coenzyme Q10 plus
Coenzyme A Improves tissue oxygenation. Take 30 mg twice daily.
2. Calcium and magnesium are Minerals that help to alleviate muscular tension. Use chelated forms.
Deficiency may be a cause of migraines. Relaxes muscles and blood vessels. Take 1,000 mg daily.
3. sulfate is a natural alternative to aspirin and other nonsteroidal anti- inflammatory drugs (NSAIDs).
4. Cayenne thins the blood, which reduces pain and allows beneficial blood flow.
5. Chamomile relaxes muscles and soothes tension.
6. Ginkgo biloba extract improves circulation to the brain, and may be helpful for certain types of headache.
7. Guarana can alleviate cluster headaches. Taking Steam containing Eucalyptus oil drops or decongestant vaporizing ointments like Vicks vaporub, Sensor or only steam helps to get rid of headache due to cold congestion or sinus problems.
8. Applying Eucalyptus oil on the forehead also helps to relieve headache due to cold.
9. Equal quantities of Cumin seeds (Jeera), Black pepper (Kali mirch), Coriander seeds (Dhania), Dry ginger (Sonth) powdered. A spoon of this powder boiled in water with Jaggery (Gur) and taken before sleep helps to get relief from head ache due to cold.
10. Eating a Apple everyday with salt helps to overcome headache.
11. Cinnamon (Dalchini) grinded with Lemon juice applied on the forehead helps to get relief from head ache.
12. Dry Coconut chewed with Sugar candy (Mishri) helps to get relief from headache.
13. Applying Castor oil (Erand ka teil) or Gingery oil (Til oil) or Coconut oil (Nariyal) on the center of the head helps to get relief from head ache.
14. Tamarind (Imli) mixed in water with Jaggery (Gur), filtered and taken twice a day helps to overcome headache which comes because of heat.
15. Use a homeopathic remedy suitable for the particular headache symptoms you are experiencing. Belladonna helps with sudden, severe pain that is worse on the right side ,of the body. Natrum muriaticum is recommended for tension headaches and periodic headaches. Sanguinaria is good for pain that is sharp and splitting. Arsenicum album, kali bichromium, Mecurius solubilis, and Pulsatilla all encourage drainage of the sinuses.

HOME REMEDIES FOR HEARTBURN

Heartburn is a burning sensation and pain in the stomach and chest, behind the breastbone. The symptoms of heartburn are the following: bloating, gas, nausea, shortness of breath and/or an acidic or sour taste in the throat and mouth.

Heartburn is caused when hydrochloric acid, which is used to digest food, is released up the esophagus. On its way up the acid irritates the sensitive tissues in the esophagus and throat. Usually the esophageal sphincter muscle contracts thus preventing the stomach acid from shooting up into the esophagus, but if this muscle is not functioning properly, the acid can slip past it and this is when heartburn symptoms start, however it is called Gastroesophageal reflux disease because of the muscle malfunction but it's also known as dyspepsia, chronic heartburn or acid indigestion. If left untreated the repeated flow of acid through the esophagus can scar and produce changes in the cells lining, it can cause cancer later in life.

A hiatus hernia develops when the stomach bulges up into the diaphragm, this condition can also cause heartburn, other triggers for heartburn are alcohol drinking, smoking and eating acidic foods. If you are one of those people, that uses antacids, think about this next time you are about to take one. Antacids reduce nutrient absorption, such as, Iron and increase blood pressure they upset the kidneys and their relief is short. The best solution for heartburn is the use of herbs and vegetables.

Heartburn Causes

- Alcohol intake.
- Unnecessary pressure on digestive tract.
- Certain antidepressants and sedatives.
- Sleep disorder.
- Rich and spicy foods.

Tips to get rid of Heartburn

- Drink a large glass of water at the first sign of heartburn, if the symptoms are not too strong.
- Use Licorice to treat heartburn and stomach and esophagus ulcers.
- Drink Chamomile tea after meals to relieve heartburn.
- Drink Aloe Vera juice to heal the intestinal tract.

Home remedies

1. Papaya chewable tablets can be purchased in health stores and they are helpful in reducing heartburn.
2. Drink Aloe Vera juice to heal the intestinal tract.
3. Drink Chamomile tea after meals to relieve esophageal irritation.
4. Doctors are using Licorice to treat heartburn and stomach and esophagus ulcers.

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5. Drink a large glass of water at the first sign of heartburn, if the symptoms are not too strong this will help.
6. Make a juice using raw potatoes. Wash the potato very well do not peel it, just place it in the juicer, mix it with some other juice for taste and drink immediately after juicing.
7. Mr. Lagadyn; a Fifteen year heartburn and acid reflux sufferer cures himself in less than a week and throws away all of his drugs. Boil peppermint leaves in a bowl of water for 4-6 minutes and strain the leave. Add honey to taste and take a sip of peppermint tea slowly.
8. Eat fresh Papaya or drink Papaya juice as Papaya is a natural heartburn remedy.
9. Bananas act as a natural antacid in the body easing heartburn.
10. Fennel seed is an aromatic herb that helps in digestive conditions through its compound 'Anethole. Chew them half a tea spoon slowly after your meals.
11. Gradually suck a single piece of clove in mouth after meals.

HOME REMEDIES FOR HEMORRHOIDS

Hemorrhoids are swollen anal varicose veins. These veins can become so stretch that they push with extreme force, then rupture and bleed. The hemorrhoids cause rectal bleeding, pain, burning, inflammation, irritation and itching, since the swollen tissues are difficult to keep clean. Hemorrhoids may be external or internal. The external hemorrhoids you can see and feel them as a soft bluish-purple lump. The internal hemorrhoids you probably won't notice them, due that they are usually painless. There is another type of hemorrhoid called prolapsed, and is an internal hemorrhoid that collapses and protrudes outside the anus, accompanied by a mucus discharge and heavy bleeding. They can become thrombosed and are when they form cloth within that prevent their receding. They are terribly painful. The most common cause of hemorrhoids is chronic constipation or congested liver.

Other factors that can cause or contribute to hemorrhoids include obesity, poor exercise, food allergies, lifting heavy objects, and insufficient consumption of dietary fiber.

In pregnancy, women can develop hemorrhoids due to pressure of the growing uterus on the mayor veins. Constipation in pregnancy can make hemorrhoids more painful, from straining during bowel movement; because this, puts a lot of pressure on the veins around the anus area. Its also common after childbirth.

Hemorrhoid Causes

- Common causes of hemorrhoids are constipation, straining during bowel movements and pregnancy.
- Other Causes for Hemorrhoids include:
- Genetic predisposition
- Constipation and straining during bowel movements
- Prolonged sitting
- Diarrhea
- Pressure and strain due to standing for long periods
- Lifting objects that are too heavy
- Vomiting
- Pregnancy
- Coughing
- Sneezing

Hemorrhoid Symptoms

- The symptoms and signs of hemorrhoids include:
- Blood covering the stool or on toilet paper after wiping
- Incomplete bowel movements
- Excessive straining or constipation
- Painful swelling or hard lump around the anus
- Rectal itching

Tips to managing Hemorrhoid

- Drink plenty of water
- Consider fiber supplements
- Exercise regularly
- Have a bowel movement as soon as convenient when you feel the urge
- Increase dietary fiber

Home remedies

1. The effective home remedy for hemorrhoids or piles is to Boil 20g of sesame seeds in 500 ml of water and drink it.
2. It is beneficiary to take the doses of 60-90 ml of white radish juice with a pinch of salt.
3. The very simple and effective home remedy for hemorrhoids is to make a paste of well-grounded radish with milk and apply over inflamed piles to get relief from pain and swelling.
4. A cup of milk boiled with mashed banana and taken thrice a day is also beneficial for Hemorrhoids.
5. Make a fine paste of cumin seeds powder with water and apply to the affected areas to reduce pain. This is one of the simple and effective hemorrhoids treatment.
6. Cold compress applied to the rectal area for about an hour before going to bed at night is also beneficial for Hemorrhoids to calm down.
7. A cup of milk boiled with mashed banana and taken thrice a day is also.
8. Take 3 to 4 Neem leaves with water to get relief from Piles. Apply Aloe Vera gel directly on the anus, relieves pain and soothes the burning sensation.
9. Use Bayberry, goldenseal root, myrrh, and white oak in a salve form to relieve pain in the hemorrhoids.
10. Brew a strong, warm tea using Lady's mantle (yarrow), and apply to the hemorrhoids with a cotton ball several times a day or as required
11. Apply Witch hazel with a sterile cotton pad, 3 times daily to shrink the swollen veins.
12. Take Buck thorn bark, collinsonia root, parsley, red grape vine leaves or stone root either in capsules or tea form. They are also good for the treatment of hemorrhoids.
13. To keep the bowels clean use Cayenne (capsicum) or garlic enemas. They relieve pain caused by hemorrhoids.

HOME REMEDIES FOR HIGH BLOOD PRESSURE

Whether blood pressure is high, low, or normal depends on several factors: the output from the heart, the resistance to blood flow of the blood vessels, the volume of blood, and blood distribution to the various organs. All of these factors in turn can be affected by the activities of the nervous system and certain hormones. Home remedies for high blood pressure can treat many symptoms to help regulate blood pressure naturally.

If blood pressure is elevated, the heart must work harder to pump an adequate amount of blood to all the tissues of the body. Ultimately, the condition often leads to kidney failure, heart failure, and stroke. In addition, high blood pressure is often associated with coronary heart disease, arteriosclerosis, kidney disorders, obesity, diabetes, hyperthyroidism, and adrenal tumors. There are many great home remedies for high blood pressure in this site.

The list of circulatory disorders is almost endless and includes heart disease, strokes, hypertension, and atherosclerosis, to name a few. These and other circulatory conditions are the number-one cause of death in this country, killing nearly one million Americans every year. You could be a victim of this silent killer, make it a habit to use home remedies for high blood pressure to lower the risks.

As we age, our body's ability to keep a proper equilibrium between blood clotting and blood liquefaction begins to go awry. On the one hand, blood must clot if we are to keep from bleeding to death, yet, on the other hand, it must be free flowing and liquid in order to travel easily through the body's blood vessels. The older we get, the "stickier" our blood gets, and our blood's ability to flow diminishes. When this occurs, the stage is set for blood clots, clogged arteries, strokes, and heart attacks.

High Blood Pressure Causes

- For most people, the cause remains unknown, making primary blood pressure the more prevalent of the two.
- While it is not entirely known why primary high blood pressure occurs, research is ongoing and a number of factors have been implicated. Since high blood pressure often runs in families, a strong genetic component has been indicated.
- Other risk factors for high blood pressure include smoking, alcoholism, and high salt intake, being overweight, lack of exercise, and high levels of stress.

Some conditions known to cause secondary hypertension are:

- Diabetic nephropathy
- Kidney disease
- Cushing's syndrome
- Hypothyroidism or Hyperthyroidism
- Arteriosclerosis (a thickening, hardening and narrowing of the walls of the arteries)
- Underlying heart conditions
- Sleep apnea

- Obesity
- Pregnancy, especially in cases of Pre-eclampsia
- Side-effects of certain medications or supplements

High Blood Pressure Symptoms

- What makes high blood pressure so dangerous is that most people do not experience any symptoms, even when blood pressure readings are dangerously high. However, some people may notice one or two of the following if their levels are consistently raised:
 - Headaches
 - Dizziness
 - Blurred vision
 - Nausea
 - Increased nosebleeds
- These symptoms are not always present and could be indicative of a number of different health concerns. It is thus important to have your blood pressure checked regularly.

Tips to cope up with High Blood Pressure

- Take responsibility for your health and make the necessary changes. Sadly, it often takes a scary diagnosis to force us to make positive life changes so use this as an opportunity! Adopt healthy life-style habits by exercising, learning to relax, and eating healthily and if you do smoke, now is a great time to quit smoking naturally! Not only will these changes help to lower blood pressure, they will increase your energy levels, boost immunity and help you to feel 10 years younger!
- If you are struggling to adopt a healthy eating plan, or have difficulty losing weight then consider seeking professional assistance from a nutritionist, fitness trainer, or support group.
- Learn to relax, slow down and manage your stress levels. Stress is a huge influencing factor in high blood pressure so try to reduce stress levels and learn to relax! Try listening to calming music, meditation, yoga, or connecting with nature on a quiet forest walk to escape from the stresses of daily life.
- Address other health complaints such as insomnia or constipation as soon as they arise as these can contribute to increased blood pressure.
- Keep track of your blood pressure by learning to take your own blood pressure at home or having it regularly checked by a health care professional. Try keeping a log of your measurements after each check-up and slowly work towards your goals by noticing what works and what doesn't.

Home remedies

1. Keeping stomach clean, Reducing Salt intake and adequate sleep helps to control High blood pressure.
2. Eating papaya (papita) everyday morning helps to control high blood pressure.

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3. Sweet neem (Curry patta) used regularly in cooking and drinking Sweet neem juice helps to control high blood pressure.
4. Eating Beetroot everyday with Lemon juice helps to control high blood pressure.
5. Drinking Bottle gourd juice (Ghea) everyday helps to control high blood pressure.
6. Watermelon helps in controlling high blood pressure. Watermelon seeds helps to widen the capillaries which makes high blood pressure to come down. The Seeds powdered and boiled in water, filtered and this decoction taken helps to control high blood pressure.
7. Regular Body massage helps to control high blood pressure.
8. Half cup of Banana stem juice taken twice a day helps to control high blood pressure.
9. Lemon juice helps to make capillaries flexible. Drinking hot water with lemon juice in the morning helps to overcome high blood pressure problem.
10. Store water in a cleaned Copper jug overnight and drink a glass of this water in the morning helps to control high blood pressure. Use cayenne (capsicum), chamomile, fennel, hawthorn berries, parsley, and rosemary for high blood pressure.
Caution: Do not use chamomile on an ongoing basis, as ragweed allergy may result. Avoid it completely if you are allergic to ragweed.
11. Hops and valerian root are good for calming the nerves.
12. Drink 3 cups of suma tea daily.
13. Avoid the herbs ephedra (ma huang) and licorice, as these herbs can elevate blood pressure.
14. Follow a strict salt-free diet. This is essential for lowering blood pressure. Lowering your salt intake is not enough; eliminate all salt from your diet. Read labels carefully and avoid those food products that have "salt," "soda," "sodium," or the symbol "Na" on the label. Some foods and food additives that should be avoided on this diet include monosodium glutamate (Accent, MSG); baking soda; canned vegetables (unless marked sodium- or salt-free); commercially prepared foods; over-the-counter medications that contain ibuprofen (such as Advil or Nuprin); diet soft drinks; foods with mold inhibitors, preservatives, and/or sugar substitutes; meat tenderizers; softened water; and soy sauce.
15. Eat a high-fiber diet and take supplemental fiber. Oat bran is a good source of fiber. Note: Always take supplemental fiber separately from other supplements and medications.
16. Eat plenty of fruits and vegetables, such as apples, asparagus, bananas, broccoli, cabbage, cantaloupe, eggplant, garlic, grapefruit, green leafy vegetables, melons, peas, prunes, raisins, squash, and sweet potatoes.
17. Include fresh "live" juices in the diet. The following juices are healthful: beet, carrot, celery, currant, cranberry, citrus fruit, parsley, spinach, and watermelon.
18. Eat grains like brown rice, buckwheat, millet, and oats.
19. Drink steam-distilled water only
20. Take 2 tablespoons of flaxseed oil daily
21. **Circulatory tea***
 - teaspoon burdock root
 - 1 teaApoon goldenAeal root
 - teaApoon cayenne
 - 2 teaspoons slippery elm bark
 - 2 AliceA ginger root
 - 3 cups boiling water

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Combine the above herbs in a nonmetallic container, and pour the boiling water over them. Steep for 30 minutes, cool, and strain. Take up to one cup a day, two tablespoons at a time.

22. Circulatory tea**

teaspoons black cohosh root

4 teaspoons ginkgo biloba leaves cups boiling water

Combine the above herbs in a nonmetallic container, and pour the boiling water over them. Soak for 30 minutes, cool, and strain. Take two to three tablespoons at a time, up to six times a day.

HOME REMEDIES FOR IMPOTENCE

Erectile dysfunction (ED) is increasingly common, affecting 30 million Americans between ages of 30 and 70. Most cases—some 80% are due to circulatory problems, drug side effects, hormonal imbalance, prostate problems or injury. Smoking, high blood pressure, diabetes, obesity and depression are also definite causes. Additionally, a reduction in male hormones, rise in male infertility and a global decrease in sperm count is mainly due to the estrogen-like effects of pesticides and other environmental toxins. Thus infertility in couples is due to the male in 35% of cases. "Male menopause" is also a fact of life, expressed as a decrease of testosterone and related functions.

Some herbs work like Viagra, increasing circulation to the pelvic area and penis. Others act through mental relaxation or by stimulating specific brain areas. Importantly, tonic and adaptogenic herbs have longterm androgen/testosterone–building effects, rejuvenating the pituitary, adrenals and gonads to balance hormones and increase sex drive. Viagra does none of these. The result can be a permanent improvement in both sexual function and total health.

Impotence is extremely common in men who have diabetes; the estimate is that 50 percent of men with diabetes are impotent and that the other 50 percent will become impotent over time.

Hormonal imbalances such as low levels of thyroid hormone may also contribute to the problem. Low levels of the hormone testosterone are rarely the cause of ED. Testosterone is responsible for the process of desire, not for ED—but of course, lack of desire may be the problem. If desire is not there in the first place, it is difficult to either get or maintain an erection. Loss of libido (sexual desire) may be caused by depression, illness, or medications, and of course, a waning attraction to one's partner.

ED may be chronic or recurring, or it may occur as a single isolated incident. One or two occurrences, however, are rarely thought of as impotence, although they may be upsetting at the time. Most of the men who have this problem are age forty or over (one in three men over sixty is affected), but those under forty may also have the problem.

In the past, it was assumed that impotence was primarily a psychological problem, but many therapists and physicians today believe that as many as 85 percent of all cases of impotence have some physical basis. The Association for Male Sexual Dysfunction recognizes over 200 drugs that may cause impotence. Some of the most common are alcohol, antidepressants, antihistamines, antihypertensives, blood-pressure medication, cancer chemotherapy, diuretics, narcotics, nicotine, sedatives, steroids (if abused), stomach acid inhibitors, and ulcer medications. Atherosclerosis, or hardening of the arteries (one type of arteriosclerosis), poses a risk to the condition of both the heart and the penis (impotence can, in fact, be a symptom of this disorder). Most people today know smoking and eating fatty foods lead to the production of plaques that clog arteries and block the flow of blood to the heart. These plaques also can block the arteries leading to the genitals, interfering with the ability to attain an erection.

Home Remedies

1. Ashwaganda-Withania somnifera
 - Ancient tonic for promoting longevity, vitality. Increases sperm count.
 - Normalizes reproductive hormones. Improves endurance and fatigue.
2. Astragalus-Milk Vetch/Astragalus membranaceous
 - Increases sperm count, vitality, energy, sexual function and endurance.
 - Normalizes reproductive glands, improves nervous and immune function.
3. Chaste Tree-Agnus castus
 - Treats impotence, infertility and emissions, especially in old age, from sexual overindulgence, excess masturbation or after venereal disease.
 - Regulates the pituitary, increases sperm count, increases testosterone.
4. Cordyceps-Cordyceps sinensis
 - Helps impotence, improves sexual function and release of reproductive hormones, increases sperm activity and is used in states of exhaustion.
5. Damiana-Turneria aphrodisiaca
 - Stimulates circulation in the penis and clitoris, increases sensitivity.
 - Enhances pleasure, stimulates sexual performance, relieves anxiety.
 - Strengthens hormonal and nervous systems; testosterone-like effects.
6. Ginkgo-Ginkgo biloba
 - Improves circulation to the penis to help erectile function. Helps with impotence due to antidepressant drugs; effective for depression.
7. Ginseng-Panax ginseng
 - Stimulating tonic and adaptogen. Impotent men show a 60% increase in sex drive and ability to achieve erection. Increases interest, function.
 - Increases sperm production, growth of testes, testosterone levels.
8. Maca-Lepidium meyenii
 - Traditional Peruvian aphrodisiac and cure for impotence, infertility.
 - Increases sex drive, sexual stamina and strength; improves erectile dysfunction, male impotence, increases sperm count, counters fatigue.
 - Improves physical strength; helps maintain activity in geriatric men.
9. Muira Puama-Ptychopetalum olacoides
 - Increases sexual desire, helps in impotency or maintaining erection.
 - May work through nervous system or increase sex hormone production.
 - Studies show it increases libido in 62% and improves impotence in 51%.
10. Oats-Avena sativa
 - For impotence due to nervous exhaustion, overwork, mental stress.
 - Helps with substance withdrawal. Neurological tonic, improves libido.
11. Sarsaparilla-Smilax officinalis
 - Contains precursors to synthesis of male sex hormones. Used traditionally in Central and South America, as well as China and Caribbean.
 - A tonic and aphrodisiac, increases muscle mass, treats impotence.
12. Schisandra-Schisandra chinensis
 - Sexual tonic and aphrodisiac, stimulates libido, sexual secretions.
 - Enhances overall stamina and longevity. Improves stress response.
 - Improves mood, sleep, efficiency. Counteracts effects of stimulants.
13. Siberian Ginseng-Eleutherooccus senticosus
 - Heightens sexual performance, increases sperm count, reproductive

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vigor and vitality; balances hormones. Helps impotence due to stress.

- Promotes sound sleep, increases endurance, well-being, mental acuity.

14. Tribulus-Tribulus terrestris

- Helps low sex drive, impotence, infertility; improves heart, liver, kidney.
- Markedly stimulates libido, fertility in both sexes; increases testosterone and estriol levels significantly (30% in 5 days). Helps menopause.

15. Yohimbe-Pausinystalia yohimbe

- Increases ability to achieve and maintain erection, working on circulation to the penis. Has adrenaline-like activity and potential toxicity.
- FDA approved for impotence, requires 6 to 8 weeks for maximum effect.

HOME REMEDIES INDIGESTION

NUTRITIONAL SUPPLEMENTS FOR INDIGESTION

Indigestion usually happens when people eat too much too fast, or when they have consumed foods that don't settle well in the stomach – like spicy foods or foods that are too rich. Digestive problems, such as ulcers, can cause the symptoms of indigestion too. Bile reflux and gastritis also fall under the umbrella of indigestion. Stress and anxiety can also trigger the release of excess stomach acids leading to hyperacidity, which means a relatively mild meal could still result in indigestion. But most cases of indigestion can be linked to incorrect eating habits – eating too fast and swallowing pockets of air, which then cause trapped wind that can be very uncomfortable. Carbonated drinks or acidic beverages (such as wine) can also trigger nasty episodes of bloating and indigestion.

Tips for trigger Indigestion

- Avoiding problem foods that you know cause upset in the stomach. (This may be spicy foods, some sea foods, or rich sauces).
- Eat several smaller meals throughout instead of one or two huge meals at one sitting.
- As much as possible, avoid fatty, greasy foods, or processed foods with high fat and salt content, such as fast foods.
- Eat slowly, and chew food well.
- Try not to drink fizzy drinks with your meal. Rather wait till 15 minutes after a meal to drink a beverage – and even then, small sips are best.
- If you smoke, try to quit in a natural manner.
- Find ways to relax and decrease stress – yoga and meditation can help to calm anxiety.
- Give your body a chance to digest food! It is never a good idea to take part in any activity directly after a meal. Try to eat at least an hour beforehand, or eat after playing sports or being physically active.

Home remedies

1. A spoon of Carom seeds (Ajwain) and Black salt taken with hot water reduces indigestion.
2. Drinking salted Buttermilk everyday helps to reduce indigestion.
3. Eating a piece of Ginger after every meals helps to prevent indigestion problem.
4. Lemon juice with Black salt taken with Luck warm water also helps to cure indigestion problem.
5. Using Garlic or Asafoetida (Hing) meals also helps to to reduce indigestion.
6. Eating a Banana after every meals helps to overcome indigestion problem.
7. Eating White grapes regularly helps to overcome indigestion problem.
8. Eating papaya (papita) everyday also helps to improve digestion and prevents indigestion problems.
9. Eating Radish with Salt and Black pepper (kali mirch) along with meals also helps in curing indigestion problem.

10. Equal quantities of Cinnamon (Dalchini), Dry Ginger (Sonth), Cardamom (Elaichi) powdered, Eating a pinch of this powder helps in curing indigestion.
11. Eating Orange with Black salt after meals helps to get relief from indigestion problem.
12. When you are facing indigestion due to drinking plain milk, add a Long pepper (pippale) or Ginger piece (Adrak) or few Cumin seeds (Jeera) while boiling milk.
13. Drinking Mint (Pudina) juice with Honey every morning helps to overcome indigestion problem.
14. Eating Drumstick (Muranka Bhaji) in any form helps to reduce indigestion problem.
15. Drinking a spoon of Honey helps to reduce indigestion.
16. Makoi leaves and fruits are very good for digestion. Eat them regularly to overcome indigestion problem.
17. Brinjal (Baingan) especially long one is good for curing indigestion problem.
18. Eating a Gooseberry (Amla) everyday helps to prevent indigestion problem. Many people with acid reflux find their symptoms improve if they take supplements containing betaine hydrochloride (HCl). Apparently, if the level of acid in the stomach is too low, the sphincter muscle separating the stomach and the esophagus can loosen, allowing what acid there is to escape up into the esophagus. Betaine HCl increases the acidity of the stomach and helps prevent this problem. It is available in a variety of formulas, both on its own and with additional digestive enzymes. Follow the dosage directions on the product label and take it immediately after meals.
19. If your main complaint occurs within thirty minutes of eating, take a full-spectrum digestive-enzyme supplement providing 5,000 international units of lipase, 2,500 international units of amylase, and 300 international units of protease, plus 500 to 1,000 milligrams of pancreatin, immediately after the two largest meals of the day to ensure complete digestion.
Note: Long-term supplementation with pancreatin is not advised, as it can cause your pancreas to reduce its own production of this important enzyme. Overuse also has the potential to cause nausea or diarrhea. After two months on pancreatin, discontinue use and monitor your reaction. If you find that your digestive problems recur, discuss pancreatin supplementation with your health-care provider.
20. Glutamine can help soothe irritation in the gastrointestinal tract. Try taking 500 milligrams of L-glutamine two to three times daily for up to one month.
21. Take probiotic supplements of acidophilus and/or bifidobacteria. For indigestion, powdered or liquid formulas are the best choice; these work in the stomach, while capsules open in the intestines. Tablets are not usually as effective, and must be chewed thoroughly.
22. Acidophilus powder can be taken any time for indigestion—simply take 1/4 to 1/2 teaspoon as needed. If you must use capsules, open them and pour the contents onto your tongue rather than swallowing them whole. If you are allergic to milk, select a dairy-free formula.
23. Vitamin E soothes the stomach. Choose the mixed tocopherol or d-alpha tocopherol form, not dl-alpha-tocopherol. Begin by taking 200 international units daily and gradually increase the dosage until you are taking 400 international units once or twice daily. Note: If you have high blood pressure, limit your intake of supplemental vitamin E to a total of 400 international units daily. If you are taking an anticoagulant (blood thinner), consult your physician before taking supplemental vitamin E.

Herbal treatment for indigestion

24. Aloe vera juice helps to clear and resolve an upset stomach that feels "burning." Make sure to get a food- grade product. Take 1 tablespoon diluted in 6 ounces of water up to three times daily. Use it sparingly; it can be a strong cathartic.
25. Gentian root is a bitter herb that has been used for centuries throughout Europe to enhance digestion, especially of proteins and fats. Take 500 milligrams twice a day, with meals.
26. Ginger is a notable digestive aid. It aids digestion, enhances assimilation, and reduces nausea. Take one or two 500-milligram capsules as needed.
27. Deglycyrrhizinated licorice (DGL) can be amazingly helpful. Chew two 250- to 500-milligram lozenges with a glass of water twenty minutes before each meal. Note: Ordinary licorice can elevate blood pressure, and should not be taken on a daily basis for more than five days in a row. DGL should not have this effect, however.
28. Peppermint is a time-tested, time-honored herb that is very effective for all forms of indigestion. It enhances digestion, speeds the emptying time of the stomach, and reduces flatulence. Drink peppermint tea with meals.

HOME REMEDIES FOR IMPROVE APPETITE

Tips to Improve Appetite

- Get your child involved in choosing food in the shop - e.g. 'Would you like oranges or mangoes?'
- Get creative and make meal and snack times fun! Cut bread into shapes, arrange carrots, tomatoes, etc to look like a face, offer healthy dips like yogurt for finger foods, fun and lively placemats, crockery, cutlery, etc.
- Take your child on a fun outing to the source of foods. Visit dairy farms, orchards, etc. While young children may not fully understand the concept, it may make them excited enough to try a new product or retry something they previously rejected.
- Fruit juice is healthy and 100% pure fruit juice is far better than flavored or artificial drinks. However, be aware that commercially prepared 'natural' fruit juices contain added fructose - or fruit sugars - and may be just as harmful on the teeth as sugar. The high caloric value of commercial fruit juices also reduces your child's appetite for food. The solution is to make the juices from fresh fruit at home and to offer after meals rather than before. If you must use store bought fruit juices, dilute at least 50% in water and remember the damage that can be done to teeth by a bottle or sippy cup being clung to all day!
- Make smoothies with fresh fruit, milk or yogurt. Even frozen and canned fruit can be used if necessary. Children who dislike the texture of smoothies may enjoy popsicles made from the mixture.
- Adding boiled egg white to smoothies will increase the protein content but the taste is undetectable.
- Bran or oat muffins will often be regarded as "cake", yet they are a good source of grains and fiber. Use them as a vehicle for fruit and vegetables by adding in bananas, carrots, blueberries, zucchini, etc.
- Fortify favorite foods with extra vegetables or fruit but try and be up front about it if asked. You don't want your child to find out later and then have a full scale rebellion on your hands!
- Allow toddlers to feed themselves as much as possible with finger foods.
- Set a good example and young children will ultimately follow. Try to eat a good balanced diet and eat together as a family. This is much more fun for toddlers than eating alone!
- FUN! Most importantly keep mealtimes and food fun. Too much pressure and emphasis on eating can have the opposite effect and can result in negative feelings towards food. Treats are great too – just not everyday as substitutes for healthy eating. For older Children:
- Avoid turning meals into a power struggle – it usually doesn't help and makes your child more resistant to eating.
- Try and stick to regular meal and snack times and try to eat at least one meal together as a family per day.
- Offer liquids such as juice (see above) after the meal rather than before or during the meal.

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- Try to avoid junk foods as they are high in calories but have low nutritional value. Just one small nibble of junk food can completely destroy the appetite of a picky eater!
- Use peanut butter (about 100 calories / tablespoon) as a spread or topping.
- Speak to your child and try to establish likes and dislikes. We all have preferences and allowing some choice helps children to feel more in control of their diet.
- Avoid eating in front of the television. Family meals in front of the TV on occasion will do no harm. However, eating regularly in front of the TV is distracting and often results in picky eaters eating less. Finally a word of encouragement! Remember that, while we all worry about what our children eat, they are usually taking in more than we give them credit for. Many children who 'never' seem to eat maintain normal growth patterns when plotted on a growth chart and are healthy and full of energy. However, if you are at all concerned about your child's weight or growth, please be sure to consult your health care practitioner.

1. Improve Appetite Home Remedies

2. Eating Black berries (Jamun) regularly, helps in improving Appetite.
3. Drinking Coriander (Ddania) juice mixed with water regularly, helps in improving Appetite.
4. Taking Carom seeds (Ajwain) and Black salt with hot water, helps in improving Appetite.
5. Californian Raisin (Munakka), Salt, black pepper (kali Mirch) taken together with hot water, helps to improve Appetite.
6. Eating a piece of Ginger before meals, helps in improving Appetite.
7. Eating Raw Cucumber (Kheera),Raw radish (Muli), Raw white Onion, all are helpful in improving Appetite.
8. Eating Tomato, Amaranth (Red Cjp;ai), Bitter gourd ((karela), Fenugreek (Menthi) regularly, helps in improving Appetite.
9. Drinking Tamarind (Imli) water mixed with Salt and Black pepper (kali mirch), helps in improving Appetite.
10. Eating Ber (Zizyphus) fruit regularly, helps in improving Appetite.
11. Eating Orange with Black salt, helps in improving Appetite.
12. Drinking sour tasted Apple juice with Sugar Candy (Mishri) for few days, helps to improve Appetite.
13. Sugar cane (Ganna) juice with Honey, Lemon juice and a pinch of Clove (Laung) powder taken together, helps to improve Appetite.
14. Sweet Neem (Curry patta), Garlic can be used regularly in cooking, which helps to improve Appetite.
15. Lemon juice mixed with Ginger juice and Salt taken with water, helps to improve Appetite.

HOME REMEDIES FOR INSOMNIA

The term insomnia literally denotes a complete lack of sleep. It is, however, used to indicate a relative inability to sleep that consists of difficulty in falling asleep, difficulty in remaining asleep, early final awakening, or combinations of these complaints. Insomnia is generally characterized by an inability to carry out routine activities effectively as a result of insufficient rest rising out of a disturbed sleep pattern. This disease has assumed alarming proportions in the present times, especially among the upper classes in the urban set-up. Insomnia is the inability to fall asleep or waking in the middle of the night and staying awake, if this problem continues for more than a month is called chronic insomnia. Most of the cases of insomnia are related to normal day to day worries and tension or simply to caffeine consumption and is not a serious condition but it can be very frustrating, and can cause lack of attention and bad temper. Chronic insomnia is a different matter and it can interfere and disrupt a normal life, it contributes to headaches, dizziness, mental exhaustion, confusion, memory problems, and emotional instability. Insomnia is not a disease but it can be a sign of a more serious disorder, such as, arthritis , asthma , stress , kidney, heart disease, etc.

Insomnia Causes

There are many potential causes of insomnia, although it is usually a sign that something in our life is not right or something is out of balance. It is thought that more than 50% of all cases of insomnia are linked to psychological causes, including depression, anxiety, and stress.

Other causes include:

- Sleep apnea
- Disruptive snoring
- Bladder ailments or prostate problems
- Serotonin deficiency
- Decreased levels of melatonin in the brain (often affects the elderly)
- 'Restless legs' syndrome (RLS) or periodic limb movements (PLM)
- Magnesium or iron deficiency
- Hormonal imbalance
- Shift work
- Jet lag
- Excessive consumption of caffeine or other stimulants
- A side effect of some prescription medication (especially anti-depressant medication)
- Hypoglycemia

Tips for Insomnia

Try to stick to a sleep time routine. Even adults need some form of sleep routine, and fluctuating sleep patterns can be detrimental to an insomnia sufferer. Try to get to bed at the same time each night and wake up at the same time each morning.

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Reduce sleeping hours. Too much sleep can also cause insomnia. Attempt cutting your time in bed by 1 hour for two weeks and see if this helps.

Get rid of the bedroom clock. Set an alarm so you don't oversleep, but then hide it so that you are not constantly conscious of how much sleep you are missing. Ticking clocks are especially offensive to the insomniac!

Keep active during the day. Get regular exercise (at least 30 minutes daily), but avoid exercise close to bedtime.

Wind down each day and learn to relax. Find ways to reduce your stress and set aside time each night to unwind and relax from the business of the day. Take a hot bath; drink some herbal tea; do a calming activity that you enjoy such as writing, reading, or working on a puzzle.

Stop trying so hard. The worst possible thing to do when you cannot sleep is to try and force yourself to sleep. Rather, watch a TV program or read until you feel drowsy and then try again.

Stay clear of caffeine and other stimulants. Stop drinking tea and coffee at least 6 hours before you go to sleep. Nicotine, chocolate, and sugar also act as stimulants and should be avoided. Alcohol, even though it does make you feel drowsy initially, prevents proper deep sleep and often results in frequent waking and restless sleep.

Good sleepy time snacks include a glass of warm milk, banana, or a turkey sandwich – all contain L-tryptophan and can help to make you drowsy.

Curb the nap habit. Try to avoid naps during the day. If you must nap, make it a power nap of no more than 20 minutes, and never nap after 3 PM.

Improve your sleeping environment. Make your bedroom conducive to a good night's rest by investing in dark curtains to block out all light, earplugs if night noises disturb you, a comfortable mattress. Also ensure that you are neither too hot nor cold at night.

Home Remedies

1. Massaging foot sole with mustard (Sarson) oil before going to bed helps to overcome Insomnia.
2. poppy seeds (khus khus) dipped in water for an hour, grinded to form a paste. Boil this paste with Milk and sugar. Drinking this is very effective to overcome Insomnia.
3. Eating Mango and drinking Milk or drinking Mango milkshake (Aam ras) regularly in the night helps to overcome Insomnia.
4. Eating a raw Onion or roasted Onion in the night also helps to get rid of Insomnia problem.
5. Nut meg (joy phal) powder mixed with water taken in the night helps to overcome insomnia.

6. consuming lot of Curd or eating Curd with Sugar or sweet Lassi induces sleep and cures Insomnia.
7. Drinking hot milk with a spoon of Ghee and sugar in the night helps to get sleep and cures Insomnia.
8. Drinking a glass of Carrot juice everyday helps to cure Insomnia.
9. Drinking a spoon of lemon juice mixed with a spoon of Honey in the night induces sleep and cures Insomnia.
10. Coriander (Dhania) leaves grinded with water and mixed with Sugar and eating this paste helps to get sleep and cures Insomnia.
11. Aniseeds (Sauf) boiled in water for 10 minutes, add Milk and Sugar. Drinking this before going to bed helps to get rid of Insomnia problem.
12. Cucumber (kheera) piece rubbed on the foot sole makes a cooling effect on the body and helps to get sleep curing Insomnia.
13. Putting Castor oil (Erand) on the head or body massaged with Castor oil regularly helps in curing Insomnia.
14. Sprouted horse gram (Kulthi) taken regularly helps to get sleep and cures Insomnia. Hop calms nerves, relieves tension, and helps in cases of insomnia cause by stress, headaches, indigestion. It does not affect the early waking hours of the morning.
15. A few hours before bedtime take Kava kava. Reduces stress, tension, anxiety and relaxes muscles. It helps to fall asleep deeper and to rest more. It can be used as a sedative when taking a large dose, as effectively as, benzodiazepines but without the side effects.
16. The most popular herb for insomnia is Valerian, It relaxes nerves and muscles, improves sleep quality and makes falling asleep easier. Great for insomnia cause by, mind activity, fear, fatigue, excitement. It's as good as many barbiturates but has no side effects or addiction.
17. Mix the following ingredients:
 - 1 tsp. chamomile flowers.
 - 1 tsp. hops.
 - 1 tsp. valerian root.
 - 1 cup of boiling water.Steep for 45 minutes, strain and drink 1 hour before bedtime.
18. The herb Kava is a very useful alternative for migraine, its properties allows a very peaceful sedative feeling which helps to achieve a deep state of relaxation these effects reduce insomnia, improve sleep without diminishing concentration or causing drowsiness. Take 180 mg. a day for only threes days in a row. Kava is a very powerful herb; high levels can have adverse effects on the liver. Do not take more than the recommended dosage.
19. Most people, when they have trouble sleeping, begin to turn in bed and "seeking the dream." The problem is that the more effort we make to sleep, the more we worry about our inability to sleep and we find it harder to fall asleep / as. Indeed, we have conditioned to have difficulty sleeping.
20. For most people the ritual before going to bed that consists of activities such as washing the mouth, remove the covers, turn off the light served as a message to our brain to relax and put us sleepy. In people who have been conditioned to having sleep problems, the contrary prior to bedtime activities are rather a signal that tells the brain to prepare for a long and frustrating battle.

21. In these cases, follow these simple tips may be all we need to break this vicious circle and once again enjoy a pleasant dream.
22. Go to bed at the same time every day and go to bed only when sleepy.
23. Exercise regularly, but do not do it near bedtime. Leave at least five hours between exercise and bedtime.
24. Eliminate or reduce caffeine and smoking. Almost everyone knows that caffeine makes it difficult to sleep, what many do not realize is that smoking near bedtime can disrupt sleep and cause us to wake up several times at night . Studies have shown that smokers show a decrease from the deepest stage of sleep, ie one in which delta waves predominate. Smoking also causes congestion in the airways and inflammation on mucous membranes. This makes the air flow is impeded, causing problems similar to those of sleep apnea.
25. Avoid turning to alcohol as a remedy for insomnia. Many people use alcohol as a sleep aid. However this may be counterproductive. Alcohol can certainly make us but later we sleep at night, as the body was metabolized, it becomes substances called aldehydes that make the dream become unstable. Even worse alcohol suppresses REM sleep than as we have said is of great importance for the processing and memory consolidation.
26. Avoid eating too much before bedtime. The digestive process can interfere with sleep.
27. Take your vitamins. Several studies have shown that different sleep problems can be linked to deficiencies in the B complex, calcium, copper, zinc, iron and magnesium.
28. Do not sleep on other days you do not have to go to work. Some people use the weekends to sleep or stay in bed until almost noon. The result is an alteration of biological rhythms. On the other hand if you need eight hours sleep and is forced to sleep ten or eleven his sleep will be shallow and wake up with less energy than if he had slept less. The only circumstance under which it is healthy to stretch the period of sleep is when we are recovering from a period of lack of sleep.
29. Do not use bedtime to think about their problems.
30. If you feel tense use relaxation techniques, deep breathing, yoga, massage or gentle instrumental music for relaxation.
31. Try some natural remedies. Valerian root is an excellent mild relaxant that helps many people sleep and that contrary to some commonly prescribed drugs for insomnia, do not interfere with REM sleep and leaves the person in a state of drowsiness upon awakening. However valerian should not be used for more than three weeks running. In some people it can cause headaches or upset stomach. Other natural remedies that can help are the catnip (Catnip), chamomile, and skullcap (skullcap). For these and other natural remedies is advisable to consult a naturopath or naturopathic doctor properly licensed.
32. Try melatonin, but carefully. Some people find it helpful to sleep, however there are cases of people who, on the contrary, he disrupts sleep. There is at present considerable confusion as to the usefulness and appropriateness of melatonin. Therefore it is advisable to consult a health professional (naturopath, medical doctor or naturopathic) versed in the subject.
33. Use the bedroom only for sleep and sex. This will automatically relax upon entering.
34. If after about 20 minutes to fall asleep can not / do not start to roll over in bed. The tossing and turning in bed all that accomplishes is to increase the association between the act of going to bed and sleep problems. Better get up and do something boring. Return to bed only when sleepy.

35. Also be careful with sleep medications. Many of these may help temporarily but after a few weeks or at most a few months, lose their effectiveness. Even worse if they continue to use can aggravate insomnia causing what is known as "rebound insomnia". If at this stage seek to suspend the problem is further exacerbated. The solution is to reduce the dose gradually over several weeks. This should be done preferably under medical supervision.

HOME REMEDIES FOR INTESTINAL WORMS

A number of worms infest humans, including hookworms, threadworms, pinworms, tapeworms, whipworms, and flukes. Symptoms can include abdominal pain, diarrhea, anemia, weight loss, respiratory symptoms, and itching. Proper sanitation, including good personal hygiene, adequate toilet facilities, and clean water and soil, go a long way in preventing worm infestations. Herbs have been used for thousands of years to treat worms. In addition to those herbs listed below, other herbs traditionally used to eliminate worms include agrimony, black currants, blue vervain, catnip, elecampane, ginseng, hops, juniper, lady's slipper, nettle, and pipsissewa.

Home Remedies

1. 1 teaspoon mirabilla root
7 teaspoon echinacea root
2 cup water

Combine the above herbs in a pan and cover with the water; bring to a boil and boil for is to 20 minutes; cool and strain. Take half a cup every night at bedtime, for three to four nights.

2. 1 teaspoon blue cohath root
1 teaspoon feverfew leave
1 teaspoon Canadian fleabane leaves
1 teaspoon horehound leaves
2 cup boiling water

Combine the above herbs in a nonmetallic container and cover with the boiling water; steep for 30 minutes; cool and strain. Take half a cup for four nights in a row.

HOME REMEDIES FOR ITCHING

Itching is a superficial sensation in the skin, probably originating at the border between the epidermis and the dermis. Histamine, a body chemical released in response to contact with an irritant of some kind, is thought to be one of the most common triggers for itching, although there are other chemical mediators in the skin and blood. Itching is in fact one of the most common of problems and is not even regarded as a condition in itself, but is usually seen as a symptom. The medical term for itching is pruritus and this can be a localized or generalized problem. If it is localized it means that the itch simply affects a specific and limited area of the body, while a generalized itch would cause itching all over. A localized itch is quite obviously easy to treat and most treatments can provide some effective relief. A generalized itch on the other hand is quite troublesome and in most cases the causes of itching are not easy to identify. This poses a problem because any effective itching treatment would necessarily be directed towards the causes of itching. Any other treatments are simply meant to minimize the symptoms or relieve the itch

There are many causes of itching. Common causes of acute itching include allergies to plants, pollens, cats, dogs, feathers, perfumes, cosmetics, cleaning solutions, other chemicals, and smoke. Short-lived skin problems such as very dry skin, fungal infection, lice, scabies, and sunburn are also frequent reasons for itching. Pregnancy can sometimes produce itching and related skin problems.

Causes

- The causes of itching are not always easy to identify as they may not always stem from physiological conditions. Stress and anxiety can at times cause itching and at other times it may aggravate itching, which may be occurring as a symptom of some other underlying condition. The causes of itching could therefore include psychological factors, skin conditions like dry skin or sunburn, metabolic or glandular disorders, like a thyroid condition or kidney disease, or also due to cancers, drug reactions or simply on account of an allergy or reaction to insect bites, stings, or other irritants. These could be some of the most common causes of itching skin.
- Certain Skin conditions or diseases would require itching treatment from a dermatologist and could include conditions as mundane as dry skin, or conditions like eczema, psoriasis, lichen planus and urticaria.
- Allergies and skin reactions are common causes of itching on the skin, particularly on the hands and feet, and also on the face. The common culprits of such reactions are cosmetics, dyes used on fabrics, contact with certain metals like the bracelets or necklace you just wore, or also due to allergies to certain medications. Allergic reactions to certain plants like poison ivy would also cause such sensations of intense itching.
- Parasitic creatures like insects are another common cause of skin itching and some causes of this nature would include scabies mites, lice infestations or any other stinging or biting insects like ants and spiders among others. Itching caused by such factors will usually be localized. Infections could include viral, bacterial or even fungal infections. Viral infections like chickenpox would cause itching as one of the many other symptoms, while fungal infections like ringworm, jock itch or athlete's foot only affect the skin in a

specific area. Fungal infections therefore usually have itching as the primary symptom. Yeast infections are also a common cause of itching around the private parts.

- Systemic diseases may also be responsible for itching in some conditions and in such a scenario you would need to visit your doctor for a thorough diagnosis and appropriate itching treatment. Treatment would actually not be directed towards the itching, but towards the underlying condition, while relief is sought from the itching. Some conditions of this nature would include diabetes, hyperthyroidism, hypothyroidism, conditions like liver cirrhosis or hepatitis, leukemia, Hodgkin's disease or anemia.

Tips for Itching

- Bath in a tub of warm water added with baking soda or oatmeal to relieve discomfort and itching
- Avoid using soap when washing, instead use fragrant free cream bars or aqueous cream
- Apply cold compresses to the itchy area so that it may be kept cool and moist
- Avoid exposure to heat and humidity – keep as cool as possible because heat increases itching
- Apply moisturizer or calamine lotion to the skin while it is damp
- Cut your nails short to avoid scratching
- Take warm baths or showers, avoid hot water
- Wash clothing with a mild detergent and rinse thoroughly with an un-perfumed fabric softener
- Avoid synthetic or wool fabrics, wear cotton or silk clothing
- Learn to relax by practicing meditation, yoga or visualization exercises

Home remedies

1. Drinking one tablespoon of hot pure Ghee in one go, empty stomach in the morning, for few days to cure itching problem. Ghee should be hot enough but bearable.
2. Boil neem leaves in sufficient water for 10-15 minutes. Taking bath with this water helps in curing many skin diseases including Itching.
3. Durva (Dub, A grass and used to worship Lord Ganesh) juice mixed with Turmeric powder applied on the affected area cures Itching.
4. Bottle gourd (Ghee) juice applied on the affected area cures Itching.
5. Boil some Coriander (Dhania) seeds in water and add Sugar and filter. Drinking this decoction helps to reduce Pitt and Itching.
6. Drinking Mint (pudina) juice and applying Mint juice on the body also cures Itching.
7. Applying the paste of grinded Tender Guava leaves and Curd, on the body 2 hours before taking bath helps to cure Itching.
8. Eating raw Cabbage (patta gobi) everyday helps to cure Itching.
9. Boil some Cumin seeds (Jeera) in water and taking bath with this water helps to cure Itching. A paste made from aloe vera gel and green clay soothes the skin.
10. Chamomile cream, calendula lotion, or comfrey ointment can be applied directly to the itchy areas as often as needed. They have anti-inflammatory properties that help to relieve your discomfort.

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11. Jewelweed, otherwise known as impatiens, can be boiled in a gallon of water, strained and cooled. The liquid stops itching extremely well. In fact, in clinical trials, it worked just as well as prescription cortisone creams. Jewelweed is a perennial wildflower that should be available at herb shops and through herbalists. It is not the same plant as the flowering annual called impatiens that is commonly sold in nurseries and garden centers.
12. An herbal tea made from two parts each of agrimony and chamomile and one part each of stinging nettle and heart's-ease can be taken three times a day as an aid to soothing the itching. In addition to drinking the tea, dip a clean cloth into it and apply it as a compress to the affected areas for five minutes every half hour, as needed. Other plants containing naturally antihistaminic compounds from which you can make a combination tea include basil, fennel, ginkgo, oregano, tarragon, tea, thyme, and yarrow. These teas should be used to compress the affected areas of itchy skin, as well as drunk three times a day
13. Diluted chamomile, lavender, and rosemary essential oils are soothing and relaxing, and help ease itching. You can add up to 10 drops of any of these oils (or a combination) to a tubful of water to make an aromatherapy bath, or you can dilute them in a carrier oil such as jojoba oil and apply it to the hives with a compress.
14. Rhus toxicodendron 30x or 15c is recommended for itching, especially if it is accompanied by joint pain or fever, or if discomfort is worse with the cold or scratching. Take one dose four times a day, up to a total of eight doses.

HOME REMEDIES FOR JAUNDICE

Jaundice Causes

- Blocked bile ducts by infection, tumor or gallstones
- Viral hepatitis (hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E)
- Drug-induced cholestasis as a result of bile pools in the gallbladder because of the effects of drugs
- Drug-induced hepatitis triggered by antidepressants, anti-cancer drugs, steroids, oral contraceptives, testosterone
- Biliary stricture
- Alcoholic liver disease (alcoholic cirrhosis)
- Cancer of the pancreas
- Primary biliary cirrhosis
- Ischemic hepatocellular jaundice caused by inadequate oxygen or inadequate blood flow to the liver
- Intrahepatic cholestasis of pregnancy (bile pools in the gallbladder because of the pressure in the abdomen with pregnancy)
- Hemolytic anemia
- Disorders present since birth that cause problems processing bilirubin (Gilbert's syndrome, Dubin-Johnson syndrome, Rotor's syndrome, or Crigler-Najjar syndromes)
- Chronic active hepatitis
- Autoimmune hepatitis
- Malaria

Jaundice Symptoms

- Fatigue
- Headache
- Fever
- Loss of appetite
- Constipation
- Nausea
- Yellow discoloration of the eyes, tongue, skin and urine
- Dull pain in liver region
- Itching with obstructive jaundice

Home Remedies

1. Mixture of Pudina, Lime and Ginger juice mixed with honey, could be taken frequently.
2. Soak a piece of Peepal bark in water overnight and consume the water the following morning. It stops excess urination in the jaundice patients.
3. Decoction of tamarind leaves is useful in treating jaundice and ulcers.

HOME REMEDIES FOR KIDNEY STONE

The kidneys and the bladder play important roles in the body. The main function of the kidneys is to remove excess fluid and waste products from the body through the urine. They also regulate the body's potassium and sodium levels, as well as its pH balance, and produce hormones that affect other organs, including erythropoietin (which stimulates red blood cell production) and renin (which helps blood flow). Since the kidneys are such a vital body organ, any injury or disease that interferes with kidney function has the potential to be very serious. Kidney disease is actually a catch-all term that includes diseases ranging from kidney stones and urinary tract infections to more serious disorders such as glomerulonephritis and polycystic kidney disease. Although each kidney condition has its own unique characteristics, certain symptoms are associated with the majority of kidney problems.

These include a frequent urge to urinate, chills, fluid retention (puffiness in the face and limbs or resulting weight gain), back pain (felt just under the ribs), vomiting, fever, pain, nausea, loss of appetite, and a burning sensation during urination. The urine may be cloudy or bloody. Both kidneys are usually affected by any kidney disease. If the ability of the kidneys to filter blood is seriously damaged, excess fluid and wastes may build up in the body. This causes symptoms of kidney failure and severe swelling.

The bladder is a hollow organ with muscular walls that is part of the urinary tract. Urine continuously drains into the bladder from the kidney. In an adult, the bladder can hold about two cups of urine. As the bladder fills, it causes discomfort and, hence, the urge to urinate.

Bladder infections and inflammation can occur in any area of the bladder and servicing tissue. The most common bladder disorder, cystitis, is an infection or inflammation of the bladder. Symptoms of cystitis include a frequent urge to urinate (even though the bladder may be empty), excessive night urination, and dark or cloudy urine with an unpleasant or strong odor. Lower abdominal pain and a painful, burning sensation on urination may accompany the infection. There may be blood in the urine, and you may suffer chills, fever, loss of appetite, nausea, vomiting, and back pain. In addition to the herbs listed below, other beneficial herbs include barberry, bilberry, horsetail, marshmallow, sarsaparilla, and speedwell.

Home remedies

1. 1 teaspoon Oregon grape root
1 teaspoon wild cherry root
2 cups water
Place the above herbs in a pan and cover with the water; bring the mixture to a boil; reduce heat and simmer for 30 minutes; cool and strain. Place a tablespoon of the resulting tea in an 8-ounce glass of water and stir well. Drink one to two tablespoons at a time, up to one cup a day.
2. IMPROVE URINE FLOW
1 teaspoon horseradish root
1 teaspoon queen of the meadow
1 teaspoon parsley

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1 cup boiling water

Combine the above herbs and cover with the boiling water; steep for 30 minutes; strain. Take one tablespoon of the mixture in a glass of apple juice, three or four times daily.

3. 1 teavoon black currant

1 teaspoon pipsissewa

1 cup boiling water

Combine the above herbs and cover with the boiling water; steep for 15 minutes; strain. Use two to three times daily for inflammation of the bladder, up to three cups a day, for no more than three days.

1 teaspoon uva urei leave and atente

1 teaspoon Oregon grape

2 cups water

Place the herbs in a pan and cover with the water. Bring to a boil and boil for 30 minutes; strain. Take as needed.

4. Kidney stones are crystals that form in the kidneys or the bladder. These crystals are composed of calcium salts, uric acid, or struvite, a kind of crystal that contains magnesium. A passed stone's appearance is a clue to its composition. Calcium stones—the most common kind—may be mulberry-shaped. Uric acid stones are shaped like footballs and are reddish-brown or tan. Struvite stones are the color of maple syrup and are faceted.
5. Kidney stones usually cause no symptoms until they are dislodged. A dislodged kidney stone can cause excruciating, radiating pain originating in the flank or kidney area, along with chills, fever, nausea, vomiting, profuse sweating, frequent urination, pus and blood in the urine, and odorous or cloudy urine. Struvite and uric acid stones may form "staghorns" that imbed the stone into the kidney. Imbedded stones also can cause extreme pain.
6. Possible causes of kidney stones include Cushing's syndrome, or overactive adrenal glands; cystinuria, or elevated levels of the amino acid cystine in the urine; and sarcoidosis, an autoimmune disease. Diet is another important factor in the formation of kidney stones. Stones can form in response to hepatitis, yeast infections, and especially bacterial urinary tract infections, which can infect the stones themselves.
7. The diagnosis of kidney stones is made by locating the stone or by ultrasound, in which sound waves are used to produce a "picture" of the urinary tract. Small stones may be simply monitored to see that they do not grow. Large stones may be treated with lithotripsy, in which high-frequency sound waves are used to crush the stone. If lithotripsy does not work, surgery may be necessary. Herbal therapies should be used preventively, rather than during acute attacks.
8. Use the Japanese beverage *lisymachia* or *kinsenso* tea, available from Japanese grocery stores, to increase urination and help the kidneys flush out small stones. Take 1 to 2 cups daily for three to four months.
9. Eat adequate amounts of fiber. Low fiber consumption is associated with a high risk of stone development.
10. Use any magnesium supplement that does not include calcium. Magnesium reduces the rate at which the digestive tract absorbs calcium and lowers the concentration of calcium in the urine.
11. To avoid the formation of new stones, do not consume large amounts of alcohol or fat.

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12. Avoid high-protein and "crash" diets. They greatly increase the acidity of the urine, which can promote the development of some types of stones.
13. Limit vitamin C supplementation to between 2,000 and 4,000 milligrams daily for periods of no more than two weeks at a time, taking care to drink at least eight glasses of water daily. Higher dosages, continuous use of vitamin C, or use of vitamin C during periods of dehydration may contribute to stone formation.
14. To prevent new calcium stones from forming, avoid dairy products, meats, beet greens, black tea, cocoa, cranberries, nuts, parsley, pepper, spinach, Swiss chard, and especially rhubarb.
15. To prevent new uric acid stones from forming, avoid purine-rich foods, such as anchovies, herring, mackerel, sardines, shellfish, and yeast.

HOME REMEDIES FOR LEUCORRHOEA

Leucorrhoea, commonly known as whites, refers to a whitish discharge from the female genitals. It is an abnormal disease condition of the reproductive organs of women. The condition may continue for weeks or months at a time. If not treated properly in the initial stages, it may become chronic. Leucorrhoea denotes a generally devitalised and toxic condition of the system, caused by wrong feeding habits. Whenever the body is loaded with toxins and the eliminative organs such as the skin, bowels, lungs, and kidneys are unable to eliminate them, the body in women establishes profuse discharge or elimination through the mucous membrane of the uterus and vagina in the form of leucorrhoea. In young women, leucorrhoea may occur during intermenstrual periods due to the thickening of the mucous membrane in the reproductive organs. During the child-bearing years from adolescence to the mid-forties, infection may sometimes follow the birth of a child due to damage of the cervix during delivery of the baby.

Home Remedies

1. Amaranth is considered an excellent home remedy for leucorrhoea. The rind of the root of this plant should be rubbed in 25 ml of water. It should then be strained and given to the patient daily in the morning as well as in the evening. The root of this plant is, however, very susceptible to moths. Hence, care should be taken to see that it is not moth-eaten. In case the root is not available, its leaves and branches may be similarly processed and used.
2. The use of lady fingers is another effective home remedy for this disease. A decoction of this vegetable is prepared by boiling 100 gm of the fresh vegetable, cut transversely, in half a litre of water for twenty minutes. It should then be strained and sweetened. This decoction, given in doses of 60 to 90 ml frequently, is beneficial in all irritable conditions of genito-urinary organs, including leucorrhoea.
3. Fenugreek seeds are valuable in leucorrhoea. They should be taken internally in the form of tea, and also used as a douche. For a douche, the solution should be much stronger than tea. Two tablespoons of fenugreek seeds should be put into a litre of cold water and allowed to simmer for half an hour over a low flame. The decoction should then be strained and used as a douche.
4. The tender leaves of guava are beneficial in the treatment of this disease. An infusion of the leaves should be used as a douche. It acts as a powerful vaginal astringent.
5. Mango seeds are valuable in leucorrhoea. A teaspoon of the paste of the decorticated kernel of mango can be applied inside the vagina with beneficial results.
6. Water treatment is extremely beneficial in curing leucorrhoea. A cold hip bath taken twice a day, for ten minutes at a time, will help relieve congestion in the pelvic region and facilitate quick elimination of morbid matter. A warm vaginal douche at 30 C to 40 C is beneficial for general cleaning and elimination of the purulent discharge. The procedure is to fill the douche can with one and a half litres of warm water and hang it at a level of three feet above the body. The patient should lie with the hips slightly raised above the body level, and the special nozzle applied for this purpose should be oiled and inserted slowly into the vagina. The flow can be regulated by the small valve of the nozzle. In several cases, the douche should be taken daily.
7. Use the decoction of Babul tree bark as vaginal douche.

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8. A tablespoon Banyan tree bark powder and fig tree bark powder should be boiled in a liter of water till it is reduced to about half. Douching with the lukewarm decoction will keep the tissues of vaginal tract healthy.
9. Soak tamarind seeds in water for a day or two and then pound it on a stone slab with milk. Take this paste regularly.

HOME REMEDIES FOR LOW BLOOD PRESSURE

Generally low blood pressure is not a disease, but this will happen due to the effect of other diseases in your body. So no need to worry about low blood pressure, if you could have taken the given home remedies, then you can easily get rid of this ailment.

Tips to control Low Blood Pressure

- By chanting "OM" daily helps in control of low blood pressure.
- Drinking of sharbat, which is made with the help of lemon salt.

Home Remedies

1. Drinking Beetroot Juice every day helps to control Low blood pressure.
2. Chewing 4-5 Basil leaves (Tulsi) with a spoon of honey in the morning helps to control low blood pressure.
3. Dip 5-10 Raisins (Kishmish) overnight in water. Eat Raisins with water in the morning which helps to control Low blood pressure.
4. Dip 10 Almonds (Badam) in water overnight, remove the skin in the morning. Eat these almonds empty stomach which helps to control Low blood pressure.
5. Mint (Pudina) juice helps in controlling blood pressure. Drinking Mint juice regularly helps to cure Low blood pressure problem.
6. Tulsi juice mixed with honey could be taken.

HOME REMEDIES FOR MENSTRUAL STOMACH ACHE

Menstrual Stomach Ache Causes

- During the menstrual cycle, the uterus contracts when the blood leaves your uterus and sheds its lining. The lining of the uterus produces a hormone or special substances called prostaglandins which trigger the cramping and pain. Some women produce higher levels of prostaglandins and experience more severe cramps.
- Several conditions can cause secondary dysmenorrhea and these include:
 - Endometriosis
 - Pelvic inflammatory disease
 - Adenomyosis
 - Uterine fibroids and uterine polyps
 - Use of an intrauterine (IUD) device

Menstrual Stomach Ache Symptoms

- Dull, throbbing pain in the lower abdomen
- Pain that extends to lower back and thighs
- Nausea and vomiting
- Dizziness or lightheadedness
- Sweating

Tips to avoid Menstrual Stomach Ache

- Exercise regularly by walking, cycling, stretching or doing pilates
- Soak in a warm bath to relieve pain
- Use a heating pad on your lower back or abdomen
- Try drinking ginger tea to reduce nausea and chamomile tea to soothe cramps
- Make yourself as comfortable as possible – wear track pants, socks and curl up with your blanket
- Massage the affected area with arnica or aromatherapy oil
- Increase your intake of vitamin supplements such as zinc and calcium
- Reduce your intake of salt to help reduce bloating
- Get plenty of rest

Home Remedies

1. Eating a pinch of Asafoetida (Hing) kept inside a Banana fruit pulp or Asafoetifa with jaggery and drinking hot water helps to reduce stomach ache during menstruation.
2. Eating a spoon of Fenugreek seeds (Menthi) with a cup of Buttermilk (Chaach) helps to reduce stomach ache during menstruation.
3. Eating Black Sesame seeds (Til) powder with hot Milk during menstruation helps to get relief from stomach ache.

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4. Putting a wet cloth on the naval area cools the stomach helps to reduce stomach ache during menstruation.
5. Dry Ginger (Sonth) and jaggery (Gur) boiled in water, filtered and drinking this decoction helps to reduce stomach ache during menstruation.
6. Drinking Half spoon of neem leaf juice mixed with one fourth spoon of Ginger juice helps to reduce stomach ache during menstruation.
7. Mustard seeds powdered and boiled in water. A cloth dipped in this hot solution can be put on the stomach which helps to reduce stomach ache during menstruation.
8. Eating Carom seeds (Ajwain) and jaggery (gur) with pure Ghee helps to reduce stomach ache during menstruation.
9. Aniseeds (Saunf) boiled in water, filtered and drinking this decoction with a spoon of Honey helps in reducing stomach ache during menstruation.
10. Guava fruit (Amrud) pulp without seeds mixed in Milk with honey, taken reduces stomach ache during menstruation.
11. Eating Radish and Radish leaves helps in controlling stomach ache during menstruation.
12. Black Cotton leaves grinded and mixed with Milk, drinking this milk helps in reducing stomach ache during menstruation.
13. Powder the tender roots of Banyan tree and mix it with 5 times its weight, with milk, and take at night for 3 consecutive nights.

HOME REMEDIES FOR MIGRAINE

Migraine is the term used to describe a severe pain in the head. This can be caused by the contraction or dilatation of blood vessels in the brain and the irregular nerve activity mainly in the meninges. Migraine is caused by the stimulation of the trigeminal nerve, which releases a substance inducing inflammation and also sends messages to pain receptors in the meninges. Migraine headaches are paroxysmal ailments, that are accompanied by a severe headache. The headache normally occurs on one side of the head. Migraine is associated with disorders of digestion, liver, and sight. Migraine headaches occur sometimes due to great mental tension and stress. Migraine headache patients are typically smart, inflexible, disciplined. Sudden migraine attacks may occur due to overworked muscles in the head and neck and due to continuous stress. The blood flow drops because these tight muscles squeeze the arteries. When the person suddenly relaxes these tight muscles expand and stretch the blood vessel walls. The blood pumped with each heartbeat then pushes the vessels further causing immense pain.

Migraine occurs most often in women, due to fluctuations in the level of the hormone estrogen, that's the reason why women get migraines around the time of menstruation, when estrogen levels are low.

During pregnancy is also common to suffer migraines, specially during early pregnancy. The cause may be hormonal, but the headache can be due to excess tension too.

People who suffer from migraines often are between the ages of 20 and 30. However, children can have migraine too, but their symptoms are shown as colic, periodic abdominal pains, vomiting, dizziness, and severe motion sickness, then these symptoms will disappear, focusing in the exact problem, painful headaches. Almost every person who suffers from migraines will have some symptoms before having one.

Symptoms:

- Photophobia
- Throbbing pain in half of head
- Eyes become red and patient perceives of burning eyes
- Nausea sensation and vomiting
- Loss of appetite
- Patient wishes to stay all alone during and feels comfortable in silent and dark room
- Depression and irritability
- Numbness or weakness in an arm or leg

Causes of Migraine

- Stress and overburdening of mind
- Tensions
- Acidity, Indigestion or Constipation
- Excessive smoking and taking of alcohol
- Low blood sugar, low blood pressure

- General body weakness
- Menstruation in women
- Nutritional deficiency
- Consistent overwork
- Improper sleep and rest

Home Remedies

1. Primrose oil, is an anti-inflammatory agent, that keeps the blood vessels from constricting.
2. Multivitamin and mineral formula, they are necessary daily to complement the nutrients we do not include in our diet.
3. Eat 10-12 almonds, for a migraine headache. It is very effective in migraine treatment.
4. Take juice of ripe grapes. It is an effective home remedy for migraine headache.
5. Make a solution by adding half a teaspoon mustard seeds powder and three teaspoons water, put in the nostrils; it helps to decrease the migraine headache.
6. Take few leaves of the cabbage crush them, and then place in a cloth and bound on the forehead at bedtime, or when convenient during the day. The Compress should be renewed when the leaves dry out. It is very effective in migraine relief.
7. The crusts of lemon are also very beneficial in the treatment of migraine headache. These crusts should be included into a fine paste in a mortar. The paste should be applied, it plaster on the forehead. It is very helpful in migraine cure.
8. Carrot juice, in combination with spinach like, or beet and cucumber juices, is also very effective in the treatment of migraine. In the first combination, 200 ml of spinach juice may be mixed with 300 ml of carrot juice to prepare 500 ml or half a liter of the combined juices. In the second combination, 100 ml each of beet and cucumber juices may be mixed with 300 ml of carrot juice. Rutin, removes toxic metals which may cause migraines.
9. Garlic, is a potent detoxifier.
10. Vitamin C with bioflavonoids, helps in producing an anti stress adrenal hormone and enhances immunity.
11. In addition there are a variety of herbs that can help to control and relieve migraines: Cordyceps, reduce anxiety and stress, and at the same time promote sleep.
12. Feverfew reduces discomfort and pain. Caution: Avoid during pregnancy
13. The herb Kava is a very useful alternative for migraine, its properties allows a very peaceful sedative feeling which helps to achieve a deep state of relaxation these effects reduce migraine headaches, improve sleep without diminishing concentration. Take 180 mg. a day for only three days in a row. Kava is a very powerful herb; high levels can have adverse effects on the liver. Do not take more than the recommended dosage.

HOME REMEDIES FOR BREAST FEEDING PROBLEMS

Breast-feeding is the act of naturally feeding an infant with milk produced in the mother's breast. This has great deal of benefits for the baby not only breast milk is healthier but the action of feeding the child is a moment of love in which the baby learns to bond, smell, and caress with his or her mother as she gives nourishment and affection. Breasts usually undergo several changes on a regular basis. As a woman, you can see the differences in your breasts during various phases of life, such as the onset of a menstrual cycle, menopause, pregnancy, breast feeding, and so on. Unfortunately, some of these changes could have an adverse impact on your breasts. To reduce the risks of any such problems, it is important for you to follow a proper breast care routine as early as possible.

Data shows that there is a significant rise in the number of breast cancer cases reported each year. Studies also indicate that around 1 of 8 women in the U.S. develops invasive breast cancer at some point during her life. This means that this disease is prevalent in around 12% of all the women in the country. The worst part is that around 70% to 80% of all the breast cancer instances occur in those women who have no family history of this disease. However, breast cancer is not the only disease that women need to worry about, though it is probably the most serious. Several other breast-related problems are quite critical too and should be treated immediately. Waste no time in consulting your health care provider in case you notice any abnormal changes in your breasts like the appearance of cysts and lumps, bleeding or discharge from the nipples, dimpling or puckering, hardening or thickening of the skin and pulling in of the nipple to name a few.

Most health experts advise women to go in for mammograms and physical checkups on a regular basis, once they cross the age of 35. If your results are clear, you can repeat the test once every two years. However, if the test reports indicate that you are indeed at a high risk for breast cancer or other breast-related diseases, you need to take these tests more frequently.

Without a doubt breast milk is the best food for a newborn, nothing comes even closer to provide all the nutrients that the baby will need later in life. Breast milk is much easier to digest than any formula in the market, at the same time it provides protection against infections, prevents future food allergies, helps the growth of healthy teeth, and most important it improves brain development. Studies had shown that breast-fed babies are more intelligent than formula fed babies.

Low quality or quantity of milk

Low quality of milk can be cause by medications or a poor diet, many antibiotics contaminate the milk and a diet high in caffeine may cause colics and sleeping problems. For the baby it is very important that the the mother keeps eating a well balance diet after giving birth, and preferably foods with no traces of pesticides these poisons become highly concentrated in the milk. The use of a breast pump may inhibit the production of milk, lowering the amount available to the baby, this gives the false idea that the infant should be change to formula in order for him to be satisfied, when in fact the problem is the quantity of milk that the mother is producing. Home remedies can help with both of these common problems.

Home Remedies

1. Eat alfalfa or take it in capsules, it stimulates lactation, improves quality and quantity of milk.
2. Chaste tree Increases flow of milk, by affecting pituitary's prolactin secretion.
3. Chinese use a herb called codonopsis to increase lactation and strengthen the blood.
4. Goat's rue this herb has been used by midwives for hundreds of years to improve breast milk production by as much as 50%.
5. Vervain encourages milk secretion and flow, it also increases absorption of nutrients from food and helps with postpartum depression.
6. Medical studies have shown bovine colostrum to be identical to human colostrum in composition. Colostrum is the milk secreted for a few days after birth. It is characterized by a high protein and immune body content. Colostrum has been shown to stimulate normal growth, regeneration and accelerated repair of aged or injured muscle, skin collagen, bone, cartilage and nerve tissues. Colostrum helps build lean muscle and helps stimulate the body to burn fat. Research has shown that colostrum has powerful natural immune and growth factors. Colostrum helps combat disease-causing organisms such as bacteria, viruses, yeast and parasites. Research has shown that bovine colostrum is easily assimilated by humans and is up to 40 times richer in immune factors than human colostrum. It is very important that the highest quality Bovine Colostrum is taken.

Engorgement

Breast engorgement is a very common problem that start affecting the mother in the first two or three weeks after delivery and is more annoying to women with poor skin elasticity. Engorgement is due to milk excessively filling the breast together with blood and fluid retention in the same area.

Usually the breast feels full, hard, tight, tender, painful, hot to the touch and a fever may develop, the baby may have a hard time to latch on and suck.

1. Take a handful of Confrey leaves and steam them for a few minutes wrapped in a gauze and placed on the breast is very helpful relieving engorgement.
2. Take the homeopathic remedy Belladonna 6X.
3. Soak a towel in hot water and place it on the breast ten minutes before feeding.
4. Poke roots reduce swollen breast and pain. Use under doctor supervision.
5. Elder is used to reduce swelling of engorged breast.
6. Chamomile help control inflamed breast.
7. Give your baby frequent feeds on both breast 10 to 15 minutes each.

Plugged duct

This is a problem that occurs when the baby does not empty the breast completely on each feeding, the milk remaining in the duct hardens and blocks the duct eventually plugging it. Tight bras can cause plugged ducts as well. If the breast feels sore it might be a sign of plugged ducts.

A plugged duct should be taking care of as soon as possible, if not so it can develop into Mastitis.

Home Remedies

1. Castor oil helps with inflammation and pain.
2. Elder is used to reduce swelling of plugged breast ducts.
3. Queen's delight Clears congestion of lymphatic vessels, stimulates white blood cells to react to infection.
4. Check your nipples every day, if you see dry milk on them or dark dots remove them with a cotton and warm water and feed your child as soon as possible from that breast.
5. Place the baby in different positions every time, this will ensure that all ducts are being used.

Mastitis

Mastitis is a condition that results when a plugged duct becomes infected, the breast swells due to a bacteria that enters through tiny cracks on the nipples. The breast infected with mastitis becomes red and painful with pus secretion, other symptoms are fever, fatigue, vomiting or nausea.

Home Remedies

1. Take poke roots this helps mastitis. Use under doctor supervision.
2. Queen's delight Clears congestion of lymphatic vessels, stimulates white blood cells to react to infection.
3. The inflammation, swelling and pain can be greatly reduced by applying warm and cold compresses. Warmth helps to improve blood flow in the area and also aids in milk flow. Cold compresses help to soothe the discomfort. Massaging the affected breast is also an excellent way to unblock the ducts and relieve swelling. One should drink plenty of water in order to flush out the infection from the body. This also helps to keep the milk flow steady. At least 10 to 12 glasses of water should be consumed every day. Proper rest is also a must so that the body is able to recuperate and heal. In many cases, a woman may stop nursing her baby due to mastitis, but it should be pointed out that breastfeeding the baby regularly actually helps to improve the condition, as it empties the affected breast.
4. Place hot towels on the breast or run hot water over them in the shower.
5. Some women opt for alternative treatments for mastitis. One such natural remedy is to place cold cabbage leaves over the affected breast. The raw leaves are believed to help extract the infection and are said to be effective in reducing inflammation and pain. Once the leaves reach room temperature, they can be removed and replaced with more leaves. A paste made with calendula flowers and comfrey leaves is also beneficial in treating mastitis. The paste may be warmed slightly and applied to the inflamed breast three to four times daily.
6. Tincture of Echinacea root is another natural remedy for mastitis. The tincture may be applied to the infected area 4 to 5 times every day. Some women also opt for acupuncture to relieve the swelling and discomfort caused by mastitis.

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7. Some of the other plants and herbs known to be beneficial in treating mastitis include belladonna, which helps to reduce throbbing pain and heat in the nipples; cleavers, which aid in decreasing swelling; prickly ash, which boosts the immune system; bryonia, which is beneficial for heavy swollen breasts and pulsatilla, which reduces soreness of the nipples.
8. Elder is used to reduce swelling of breast infected with mastitis.
9. Rest as much as you can.
10. Drink lots of water or alfalfa juice.

Cracked nipples

Cracked nipples can develop when the baby is being position wrongly or by using damp breast pads. The nipple becomes irritated, red, and painful in some cases bleeding may develop.

1. Calendula cream will soothe and encourage the healing of cracked nipples and is safe for the baby to swallow.
2. The homeopathic remedy called chamomilla helps heal cracked nipples.
3. The homeopathic remedy called pulsatilla helps heal cracked nipples.

HOME REMEDIES FOR MEASLES

Measles is a highly contagious acute viral disease. This disease is marked by a characteristic rash, fever, sneezing, coughing, and lymph node tenderness. Spread primarily by airborne droplets that travel from the throat, mouth, or nose of an infected person, there are two types of measles, rubella and rubeola. German (or three-day) measles is actually rubella. The second kind, rubeola, is sometimes called the seven-day measles. Most people have had the disease as children and have developed an immunity or have been immunized against it.

Although measles is fairly well controlled in the United States because of vaccinations, it continues to be a major killer throughout the rest of the world, responsible for over one million deaths every year. Measles is an infection caused by the Rubeola virus that has been around for centuries. Before the development of the measles vaccine in 1963, measles epidemics occurred every few years, primarily affecting children, as it was so contagious. Measles is seen all over the world though the number of cases in the US has reduced dramatically after routine vaccination against the disease began in earnest.

There are two types of measles each caused by a different type of virus. The Rubeola virus causes what is generally referred to as plain 'measles' and characterized by cough, cold, fever, and a skin rash all over the body. This is also known as hard measles and in rare occasions can lead to encephalitis or pneumonia that is life threatening. In general however, people recover from this strain of measles without any long lasting health problems. German measles is caused by the Rubella virus and while this is a minor infection often lasting for only three days or so, it can cause serious birth defects if you catch this disease when you are pregnant.

Children with measles should be under the care of a qualified health-care practitioner.

Home Remedies

1. Drink orange or lemon juice at regular intervals during the day. The citrus flavor of these fruits can offset the loss of appetite brought on by the infection. Lemon and orange juices also help reduce dehydration and boost immunity with their vitamin C content.
2. Turmeric powder mixed with honey or milk can aid recovery from measles and boost immunity.
3. 1 teaspoon goldenAeal root
1 teaspoon marshmallow root
1 cup boiling water
Combine the above herbs in a nonmetallic container and cover with the boiling water; steep for 30 minutes; cool and strain. Take up to one cup a day, a tablespoon or two at a time.
4. 2 teaspoons echinacea root
3 teaspoons pau d'arco bark
1 teaspoon mullein leaf
3 teaspoons yellow dock root
1 cup boiling water
Combine the above herbs in a container. Take one teaspoon of the mixture and cover with the boiling water; steep for 20 minutes; strain. Take up to two cups a day, a tablespoon or two at a time.

HOME REMEDIES FOR MUMPS

Approximately 50% of all pregnant women experience nausea and vomiting between the sixth and the twelfth week of pregnancy. It's completely normal and can occur at any time of the day, although it is called morning sickness. But 1 in 300 women will have severe abnormal vomiting which is, continual nausea and vomiting after the twelfth week. This type of vomiting is called Hiperemesis gravidarum, and it can result in dehydration, acidosis, malnutrition and weight loss. This condition can be dangerous to the fetus if persists. The reason for Hiperemesis gravidarum has not been identified yet, but an association between high levels of the hormones estrogen and chronic gonadotropin (HCG) has been found. HCG is a hormone produced by the placenta that increases until the end of the first trimester.

Other possible problems related with abnormal o severe vomiting includes bile duct disease, drug toxicity, pancreatitis, low blood sugar, problems with the thyroid and inflammatory bowel disorders.

In a more natural term, morning sickness, is seen as a cleansing of toxins from the system who is preparing for pregnancy.

Causes

The virus responsible for a mumps infection can easily spread from one person to another, which is why you need to exercise caution if you are infected or if there is a possibility of exposure. Most doctors claim that mumps is highly contagious; perhaps as easily transmissible as the common cold or flu. The main medium by which the virus is passed is through infected saliva. No matter how limited the possibility may be, you could end up contracting mumps, just by sharing utensils with a person, who already has mumps. In case an infected person coughs or sneezes in your presence, virus-laden droplets are released into the air, which can be inhaled by you, thereby causing the virus to enter your body. Many people contract mumps after kissing someone who already has been infected by the virus.

There is an incubation period of around 14 to 24 days, for the symptoms of mumps to show up. This means that after exposure to the mumps virus you may not even realize that you are infected for another two to three weeks. During this time, you could pass the virus on to the other people you are in close contact with. On a positive note, once you have been infected you can not suffer from mumps again, as your body develops an immunity to the virus.

Although anyone can be affected by mumps, this condition seems to be more common in children than it is in adults. Studies show that unvaccinated children, who are between the ages of 2 and 12 years are at a much higher risk of developing this condition.

Home remedies

1. Make a thick paste from dry ginger and water and apply it on to the swollen area around the ears. This should reduce not just the swelling, but also the pain in the area.

2. Aloe Vera juice and gel are excellent remedies for many health problems, including the mumps. Take a fresh Aloe Vera leaf and slice it, so that its natural gel is exposed. Rub this gel on to the area that is inflamed, for relief from the pain and swelling.
3. Cold therapy is an excellent way to reduce swelling caused by mumps. Rubbing an ice pack should also help numb the area for a while, which reduces the pain naturally.
4. Get plenty of rest and relaxation, until the fever goes away. Avoid talking more than necessary, so that you can give your jaw rest, which will alleviate the pain around the ears,
5. Take some over the counter pain relievers to alleviate the discomfort caused by mumps. However, children should not be given medication that is recommended for adults.
6. One of the best home remedy for mumps is wetting a pinch of sodabcarb (NaHCO_3) along with few drops of water and this solution should be applied to the affected area i.e. face. Remove this within couple of minutes and apply this twice or thrice a day.
7. You can also apply a cloth soaked in mullein tea to the cheeks. This will help to combat with swelling or inflammation.
8. Asparagus' seeds are one of the useful home remedies for mumps. These are to be taken with equal quantity of fenugreek seeds and should be grinded well to make a paste like form. This paste is to be applied on the cheeks i.e. affected area. This will help reducing the swelling.
9. Another good home remedy for mumps is margosa leaves. These leaves act as a good anti-inflammatory agent for mumps. For this, make powdered form of margosa leaves and mix it with turmeric to make a paste. This can be applied over the cheek and the area below the ears.
10. Try to avoid acidic drink and beverages. This may include carbonated water, lime juice, lemonade etc. These drinks stimulate the salivary glands to produce more saliva and hence, may give more trouble in the mumps.
11. Chebulic myroblan is one of the good home remedies for mumps. Make a thick paste from chebulic myroblan by rubbing it in water and apply this over the swellings..
12. Make a paste from powdered form of margosa leaves and turmeric. Apply this externally over the affected parts. This will help you to treat mumps quickly. This is one of the popular home remedies for mumps.
13. Simple the paste made out of ginger (fresh) and little water. Apply it over the swollen area. This will help reducing the mumps' swelling and will make your cheeks in shape. This is one of the well liked home remedies or mumps.
14. The leaves of banyan tree are considered to be very good for treating mumps. These leaves are to be smeared with ghee (butter oil) and heated on the flame. Apply them on the affected area and bandage on it. Keep them for couple of hours and then, take them off. This will help reducing the swelling. This is one of the well liked home remedies for mumps.

HOME REMEDIES FOR MORNING SICKNESS

Morning sickness refers to symptoms of nausea and vomiting that are experienced by pregnant women. They can occur during any time of the day, but may be aggravated in the mornings. Morning sickness varies in intensity. The condition is known to occur in three quarters of women during the first trimester of pregnancy. Nausea and vomiting are experienced by nearly half of all pregnant women. The symptoms usually begin during the sixth week of pregnancy, but may even begin as early as the fourth week. The symptoms then tend to increase over the following month. Many women find that the symptoms subside and even disappear completely by the fourteenth week of pregnancy. But for others pregnancy symptoms may continue to act up for a lot longer. Bouts of morning sickness may also come and go sporadically through the pregnancy, with no particular pattern. The experience of morning sickness can leave you feeling fatigued, but there are ways to alleviate the symptoms.

The main symptoms of morning sickness include nausea, vomiting and tiredness. In addition many women also experience constipation, back pain, swelling of the breasts and darkening of the areola. Symptoms of morning sickness are not a cause for concern. They occur because the body is adjusting to the progressing pregnancy. It is a sort of defense mechanism which enables you to accept the changes taking place in your body. Each woman adapts differently to pregnancy and hence morning sickness may occur in some women and may be completely absent in others. This too is not a cause for worry. There is no evidence that links lack of morning sickness with problems in pregnancy. Morning sickness is not likely to affect the baby in any way. Due to nausea and vomiting, many women lose their appetite and are not able to gain weight easily. If weight gain does not take place in the first trimester, it is not a cause for concern. However it is important that the body is not starved. Good hydration must also be ensured. Mostly, women are able to regain their appetite soon and weight gain starts occurring properly. In cases where nausea and vomiting is severe and continuous, there may be a risk of premature birth and low birth weight.

Home Remedies

1. Eat frequently during the day (at least six small meals daily) that will help you avoid an empty stomach.
2. Some women obtain relief after eating carbohydrate rich foods while others experience improvement after eating protein rich foods. It is best to experiment to figure out which foods suit you the best. But ensure that whatever you eat is healthy and good for you and your baby. Nausea and vomiting is usually more intense in the mornings and a good way to deal with this is to keep some light snacks by your bedside. You can eat a little when you wake up and then rest for about 20 minutes. This will ease the symptoms and make you feel better when you finally get out of bed.
3. Don't get out of bed as soon as you wake up. Instead laze and loll about for a bit. This isn't advice that you'd normally receive, so enjoy it while you're pregnant. Getting out of bed in this manner, will in most cases help to prevent dizziness.
4. Certain foods are likely to trigger nausea and it is best identify and avoid such foods. It is better to stick to a bland diet as these are less likely to result in vomiting. Hot foods have a stronger aroma and therefore it is advisable to have your meals at room temperature or

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cold. Nausea and heartburn generally occur when you eat fatty foods that are harder to digest. Also avoid spicy and fried foods as these can affect digestion.

5. Avoid drinking a lot of fluid at a time, to the extent that you feel full. Have your fluids between meals or sip on them throughout the day. If there has been excessive vomiting, you need to stay hydrated. Drinks that help to replace depleted salts and electrolytes are beneficial.
6. Some women find that eating protein rich foods just before going to bed is helpful as it keeps the blood sugar levels balanced.
7. Low blood sugar aggravates the nausea, so you should try to keep a good level throughout the day, starting from the moment you wake up. You can keep some crackers on your night table and eat them before you get up.
8. Instead of eating your foods, try to drink them, it's easier for your body to digest a milk shake or fruit shake instead of having to chew them.
9. Avoid foods and odors that make you feel nausea.
10. Drink plenty of carbonated beverages, without caffeine. Consuming ginger ale for example, will promote the elimination of gas, when at the same time ginger ale contains ginger, a herb that soothes the digestive tract.
11. Also mix single drops of ginger, fennel and peppermint oils, then add them in an ounce of carrier oil. This exquisite oil massaged into the skin will settle the stomach.
12. For something more relaxing, put a few drops of lavender oil in the bath tub and enjoy the immersion.
13. Taking ½ to 1 tsp of Wild yam root every day will help you deal your morning sickness.

HOME REMEDIES FOR NAIL CARE

As with your skin and hair, when your nails look their best, you feel more healthy and attractive. And as is true with both hair and skin care, "less is best" when it comes to the care of your nails. That is, avoid over- manicuring, overpolishing, or working with your nails. Moisturize and protect them, just as you do your skin and hair, to keep them at their best.

The following are some tips for achieving and maintaining healthy, attractive fingernails and toenails:

Home remedies

1. Keep your nails and hands well moisturized. Moisturizers containing collagen and vitamin E are especially good for the nails. They are most effective if put on after soaking your nails in warm water and patting dry.
2. File your nails in one direction only, not back and forth. a Keep toenails clipped straight across, not curved or pointed, to avoid ingrown toenails. Also, do not clip toenails too short or clip them in at the sides.
3. Use a fine-textured emery board, not a metal nail file. Metal files are hard on the nails.
4. Moisturize and gently push back your cuticles. Do not cut them. a Do not manicure your nails too frequently or apply nail products too often.
5. If you have sensitive skin and nails, look for fragrance-free and formaldehyde-free polishes and non-acetone polish removers.
6. If you wear polish, let your nails go "bare" for a few days each month to let the air get to them.
7. Use protective cotton-lined vinyl gloves to wash dishes, work with cleansers, or work in the garden.
8. Never bite your nails. Do not use them as prying tools.

HOME REMEDIES FOR NAUSEA AND VOMITING

Nausea is an unpleasant feeling that you are about to vomit. It is often accompanied by excess salivation and sometimes stomach cramping. A number of diseases and conditions can cause nausea, including food poisoning (and other bacterial infections), viral infections, overeating or overdrinking, gallstones, pancreatitis, and cancer. It can also occur because of motion sickness, headache, or pregnancy. There are some very powerful home remedies for nausea and vomiting.

Sometimes unpleasant smells or tastes, and even emotional anxiety, can bring on nausea. In addition to those herbs listed below, other beneficial herbs to relieve nausea include bayberry, bee balm, chaparral, horehound, and Oregon grape. These are great herbs to make home remedies for nausea and vomiting.

Home remedies

1. One of the good home remedies for nausea is consuming one to two tbsp of any non-carbonated syrup. This brings relief to the digestive system and so helps in nausea. Generally these syrups are having carbohydrates that help cooling down the stomach.
2. Another one of the good good home remedies for nausea is ginger and its root. You can either go for two capsules of ginger or can go for the tea containing enough ginger in it. The ginger has capacity to increase the digestive fire according to Ayurveda. It also blocks up unnecessary secretion in the stomach that irritate the esophagus producing nausea.
3. Simple remedy that has been used since years is. don't let the vomitus inside your stomach. You can put your washed fingers deep into the mouth and vomit the stomach content once.
4. Put some cloves into your mouth. You can also put cinnamon or cardamom instead of cloves. These spices serve the duty of anti-nausea drugs.
5. Put a little piece of lemon with little rock salt added to it. This will cease your feeling of nausea. This is one of the simple home remedies for nausea.
6. Certain drugs like slippery elm, red raspberry etc also help reducing the nausea. These are natural remedies for nausea.
7. Another one of the good home remedies for nausea is apple cider vinegar. This is extremely useful especially for the pregnant lady. One can take 1 tbsp of apple cider vinegar with 1 tbsp of honey. Dilute this mixture in normal water and have it before you go to bed.
8. Wheatgerm is also favorable home remedy for nausea. For this, one can go for few tsp of wheatgerm mixed with milk hourly. This will help you in nausea and also in morning sickness.
9. Treating nausea with rice water is time tested and trusted natural cure for nausea. One can boil ½ cup of rice in 1 to 1 ½ cup of water. When the rice is cooked, remove them and drink the residual water. This ceases the nausea. This is also one of the best home remedies for nausea.
10. Cumin seeds are also considered to be best home remedy for nausea. Consume half tsp of grounded cumin seeds. This will help you to get rid of nausea.

11. Nausea tea *

1 teaspoon grated ginger root 1 teaApoon yerba mama root

1 teaspoon peppermint leaves

2 cups boiling water

Combine the above herbs in a nonmetallic container and cover with the boiling water; steep for 30 minutes; cool and strain. Take as needed, a tablespoon at a time up to two cups a day.

12. Nausea tea **

1 teaspoon catnip leaves

1 teaspoon chamomile flowers cup boiling water

Combine the above ingredients in a nonmetallic container and cover with the boiling water; steep for 20 to 30 minutes; cool and strain. Take as needed.

13. Cayenne-Capsicum frutescens

- Anti-inflammatory; relieves nausea, vomiting, gas, indigestion.

- Promotes digestion, warms the stomach and stimulates appetite.

- Do not use in acute stages of inflammatory gastritis or stomach ulcer.

14. Chamomile-Matricaria recutita

- Tranquilizing effects with action similar to drugs like Halcion, Valium.

- Reduces effects of stress-induced chemicals in the brain, while promoting healthy adrenal hormones (e.g. cortisol). Relieves pain, spasms.

- Also aids digestion, cramping, back pain. Promotes restful sleep.

15. Cinnamon-Cinnamomum zeylandicum

- Relieves nausea, vomiting. Treats gastroenteritis, stomach flu, diarrhea.

- Antibacterial, antiviral and antifungal; expels gas, reduces spasms.

- Warming, astringent and stimulating to the digestion, reduces mucus.

16. Cloves-Eugenia caryophyllata

- Relieves nausea, prevents vomiting. Reduces gastrointestinal spasms.

- Expels gas, bloating; antibacterial and antiviral, eliminates parasites.

- A few drops of the oil or infusion may be taken for quick nausea relief.

HOME REMEDIES FOR NERVOUSNESS

We've all been nervous at one time or another. Shaking hands, a trembling voice, and a rolling stomach are some of the most common symptoms of nervousness. A number of situations can bring on nervousness, including public speaking. In addition to those herbs listed below, other helpful herbs to combat nervousness include blue vervain, chamomile, passionflower, and pulsatilla.

Home Remedies

1. **Nerve tea ***

- 1 teaspoon betony leaves
- 1 teaspoon kava kava root
- 1 teaspoon hops
- 1 teaspoon dried Akullcap
- 1 cup boiling water

Combine the above herbs. Take one tablespoon of the mixture and cover with the boiling water; steep for 30 minutes; cool and strain.

Take one tablespoon at a time, as needed, up to one cup a day.

2. **Nerve tea ****

- 1 teaspoon powdered ginger
- 1 teaspoon powdered valerian root
- 1 teaspoon powdered pleurisy root
- 2 cup boiling water

Combine the above herbs and cover with the boiling water; steep for 30 minutes; cool and strain. Take one tablespoon at a time, as needed, up to two cups a day.

3. **Nerve tea *****

- 1 to 2 teaspoons peppermint leaves
- 1 teaspoon valerian root
- 2 cups boiling water

Combine the above herbs and cover with the boiling water; steep for 20 to 30 minutes; strain. Drink up to one cup per day, as needed.

HOME REMEDIES FOR NEURITIS

Neuritis refers to an inflammation of the nerves, be it a single nerve or a series of nerves. At times, several different groups of nerves in various part of the body may be involved. This condition is known as polyneuritis. The main symptoms of neuritis are a tingling and burning sensation, and stabbing pains in the affected nerves. In severe cases, there may be numbness, loss of sensation, and paralysis of the nearby muscles. Thus temporary paralysis, of the face muscles may result from changes in the facial nerve on the affected side. During the acute stage of this condition, the patient may not be able to close his eyes due to a loss of normal tone and strength of the muscles on the affected side of the face.

Home remedies

1. Researches say that all the vitamins of Vitamin B group help in preventing and curing neuritis. The combinations of B, B2 and B12 along with pantothenic acid are proven to be beneficial for neuritis. This will help not only curing neuritis but will also nourish your nervous system. This is one of the popular home remedies for neuritis.
2. Some of the naturopaths suggest that using raw carrots and spinach also help treating neuritis. For this, you can have at least half a liter of the combined raw juices of spinach and carrots. Take 300 ml of carrot's and 200 ml of spinach juice. This is one of the popular home remedies for neuritis.
3. One of the most important home remedies for neuritis is the usage of Soya bean milk. A cup of this milk is to be mixed with one tsp of honey and is taken at night on regular basis.
4. Barley brew is also considered to be good home remedy for neuritis. Barley brew is prepared by boiling quarter of cup of pearled barley grain in half a cup of water. This is kept on fire till it becomes 1/4 th. This is then carefully strained and at the time of taking, it is mixed with 1/2 glass of buttermilk and juice of 1/2 lime.
5. Usage of the orange flowers is also considered to be good for treating neuritis. The water distilled from these flowers is said to be refreshing and stimulating the nervous system. It is to be taken on regular basis. This is one of the good home remedies for neuritis.
6. One should avoid wheat bread, sugar and refined cereals. These types of the foods worsen the case of neuritis.
7. Fish, tinned foods, coffee, tea and condiments are also to be avoided to prevent the further damage due to neuritis.
8. Another good home remedy for neuritis is Epson salt baths. A person suffering from neuritis should be given two to three hot baths with Epson salt weekly.
9. Do light exercises like walking and other moderate physical activities
10. Soak Soya beans in water for 12 hours and peel them. Crush them to a fine paste. Add water and boil it and strain. This is one of the well liked home remedies for neuritis

HOME REMEDIES TO STOP A NOSE BLEEDING

There are a great many tiny blood vessels in the delicate lining of the nose. These small capillaries are easily broken. Any number of things can rupture some of these small vessels and cause a nosebleed. An accident or assault that results in a blow to the nose can cause your nose to bleed. If you put something in your nose, bleeding can result from the trauma. Even just blowing your nose can start a nosebleed. Inflammation from a cold, an allergy, or dry winter air can cause the vessels to swell and rupture. You may even awaken with blood on your sheets or staining your nightclothes. When a nosebleed occurs from one of these causes, it seldom hurts. More uncomfortable causes include local infection, such as sinusitis, or systemic infections such as scarlet fever, malaria, or typhoid fever.

Blood can be swallowed during a nosebleed, especially one that occurs during the night. If enough blood is involved, you may vomit it up or pass a dark, tarry-looking stool after the nosebleed has stopped.

The blood coming from the nose during a nosebleed can be a continuous stream or a small trickle. It may look as if you are losing a lot of blood, but not much blood is actually lost during the typical nosebleed.

Although a bloody nose, especially one that comes on suddenly and without warning, can be unnerving, nosebleeds can usually be managed easily at home.

Like most wounds, ruptured capillaries inside the nose will heal completely in about ten days.

Certain medical conditions can increase the likelihood of nosebleeds, among them high blood pressure, aplastic anemia, hemophilia, leukemia, Hodgkin's disease, rheumatic fever, thrombocytopenia, and severe liver disease. The use of certain drugs, notably anticoagulants (blood thinners) and aspirin, may be involved as well. Other factors that increase the possibility of nosebleeds include the prolonged use of nose drops, exposure to irritating chemicals, vitamin-C deficiency, high altitude, and a dry climate.

Home remedies

1. Vitamin C and bioflavonoids help prevent capillary fragility. Take 500 to 1,000 milligrams of each four times daily for two days after a nosebleed. Then take 500 milligrams of each twice a day for at least one month.
2. Vitamin K helps the blood to clot more efficiently. If you suffer from recurring nosebleeds, take 25 micrograms once or twice daily for one month.
3. Another way to stop a nosebleed is to wet a bit of cotton or plain sterile gauze with white vinegar and place it in your nose. Leave it in place for at least ten minutes. The acid of the vinegar will gently cauterize the inside of the nose and stop the bleeding.

Prevention of Nose Bleeding

1. If you develop a nosebleed, do the following:

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2. Calmly sit down in an upright position, not back in the chair. This will help to keep blood from going down the back of your throat. Breathe through your mouth.
3. Tilt your head forward (not backward).
4. Place your thumb and forefinger on either side of the bridge of your nose and pinch the soft part of your nose firmly for ten minutes without releasing. Apply pressure firmly enough to slow bleeding, but not so strongly as to cause discomfort. Pressure decreases the blood flow through the affected area, slowing bleeding. You can also place a cold compress on the bridge of your nose. This has not been proven to be effective but seems to help constrict the local blood vessels.
5. After ten minutes, release the nostrils slowly and check to see if the bleeding has stopped. Avoid touching or blowing your nose. If the bleeding has not stopped, apply pressure for another ten-minute period.
6. If your nose is still bleeding steadily after twenty minutes of pressure, call your health-care provider.

HOME REMEDIES FOR OSTEOPOROSIS

The meaning of the term 'Osteoporosis' originates from 'Osteo' meaning bone, and 'porosis' implying thinning or becoming more porous. Hence, osteoporosis literally means 'thinning of bone'. Medically, Osteoporosis is a disease of bone in which the bone mineral density (BMD) is reduced which means one has a low bone mass and deteriorating bone tissue. In simple words the bones become thin, brittle and may be easily broken. Bone mass (bone density) is the amount of bone present in the skeletal structure. The higher the density the stronger are the bones. Bone density is strongly influenced by genetic factors, which in turn are sometimes modified by environmental factors and medications.

If Osteoporosis is not prevented in the early stages or if left untreated, osteoporosis can progress painlessly until the bone tends to break. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. The fracture caused by osteoporosis can be either in the form of cracking (as in a hip fracture), or collapsing (as in a compression fracture of the vertebrae of the spine). Though the spine, hips, and wrists are common areas of osteoporosis-related bone fractures almost any skeletal bone area is susceptible to osteoporosis-related fracture.

The consequences of osteoporosis may impair a person for life. A hip fracture may impair a person's ability to walk and may cause permanent disability or even death despite hospitalization and major surgery. The Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity. Osteoporosis can cause a person to stoop forward and appear to have a hump on his or her spine. While osteoporosis occurs in men and premenopausal women, the problem is predominant among postmenopausal women.

Home remedies

1. Vitamin K in small doses (nearly fifty microgram/day) will help in the porosity of the bones. It is useful in osteoporosis cure.
2. Avoid meat in the diet. This is to be replaced by the green leafy vegetables. This will prevent bones being hollow.
3. Manganese (as present in pineapple) will be beneficial in the condition of osteoporosis.
4. Simply taking one tsp of honey everyday will reduce the risk of being suffered by osteoporosis and is one of the simple home remedies for osteoporosis.
5. Be aware of taking the milk diet or milk product diet. The Vitamin D present in milk will not allow the body to absorb the calcium. In fact, it will draw calcium out of the bones.
6. A handful of sesame seeds had every morning is one of the useful home remedies for osteoporosis.
7. Some of the experts suggest that having a cup of tea daily, with additional milk in it will improve your condition of osteoporosis.
8. Dairy products are good to have while suffering from osteoporosis.
9. Avoid alcohol, smoking and any other stimulant beverages in excessive quantity. This will worsen the case of osteoporosis.

10. Some strictly believe that milk products especially pasteurized milk is not absorbed properly by the human gut and so is to be avoided by all means. Instead of that, vegetables in the diet should be included to get rid of osteoporosis.
11. Excess consumption of the meat is another factor that contributes in the calcium deficiency. Too much protein in your diet will increase the amount of calcium, which your body gets rid of in urine.
12. Welcome Vitamin D by all means. Studies have shown that women from cold weather have higher rate of the osteoporosis disease as compare to one who lives in sunny environment. Expose yourself enough to sunrays (but not in excess or in very hot sunny day). For this, morning period is preferable under tender sunlight.
13. Dandelion tea is also said to be good for osteoporosis. It helps to build bone density. This is one of the good home remedies for osteoporosis.
14. Take high amount of soy products. As hormonal imbalances can contribute to bone loss, soy products contain soy isoflavones. This helps in balancing the estrogen levels and so useful in woman having osteoporosis.
15. Chaste berry is another good home remedy for osteoporosis. It contains vitexicarpin and vitricin. These ingredients keep hormonal level in balance.
16. Almond milk is another good product to treat osteoporosis. This is one of the best home remedies. The milk of almond is calcium rich. It is derived from soaking almonds in warm water, peeling and blending with cow milk or better with soy milk. This is one of the well liked home remedies for osteoporosis
17. Manganese is also best mineral for treating osteoporosis according to the latest researches. Take manganese in the form of pineapples, nuts, spinach, beans and whole wheat.
18. Brussels sprouts are also popular to prevent disease like cancer, osteoporosis and heart troubles. These sprouts provide essential Vitamin K that helps protecting the bones against osteoporosis. This is one of the famous home remedies for osteoporosis

HOME REMEDIES FOR OVERWEIGHT/OBESITY

Obesity is a physical condition that results from excessive storage of fat in the body. Obesity has been defined as a weight more than 20% above what is considered normal as per the body mass index, which is calculated from an individual's age, height, and weight. Presence of fat tissue is essential as natural energy reserve in our bodies. But excess fat tissues result in obesity and causes health disorders. Obesity is measured by: Body Mass index (BMI), Waist Measurement and Combined Measurements .An obese person carries the increased risk of developing type 2 diabetes, hypertension and cardiovascular disease.

Intake of fats and carbohydrates in excess results in obesity. Lack of exercise, physical work also helps in accumulation of fat in the body. In Ayurveda this condition is called medoroga. The fat in the body is primarily drawn from the oils, ghees, and other fatty substances consumed through food and drink. Chocolates, wafers, sweets, remember excessive fat may also impair the function of the vital organs like heart, liver, joints and the kidneys. Obesity may also cause diabetes, asthma, arthritis, high blood pressure.

Do keep in mind

- Regular walk after the meal.
- Regular exercise.
- Diet control

Home Remedies

1. Walking is the best exercise to begin with.
2. As soon as you wake up in the morning workout for at least 30min to an hour.
3. Honey is an excellent home remedy for obesity.
4. Make a mixture of two teaspoon of lime juice, one teaspoon of honey, in a glass of water, add some pepper to it & have it regularly.
5. Instead of eating only 2 more meals during the day like lunch & dinner, try to eat 4-5 more small mini-meals spaced 2-3 hours apart during the day
6. Drink a glass of boiled water daily after every meal. It will also help you in obesity natural cure
7. Spices like ginger, cinnamon, black pepper etc. are good for losing weight. Drink ginger tea 2-3 times a day. It is also a good remedy for obesity.
8. Increase the quantity of fruits and vegetables and low calorie foods.
9. Avoid intake of too much salt as it may be a factor for increasing body weight.
10. Eat tomato in the morning and in salad. Make it a regular habit.
11. All kinds of milk products-cheese, butter, and non-vegetarian foods should be avoided as they are rich in fat. Be sufficient with twice a glass of milk.
12. Shudh Guggulu is very beneficial for curing this ailment. It helps to regulate the lipid metabolism. Take a teaspoon of guggul with ginger and honey, twice a day.
13. Two teaspoon of lime juice added to water also helps in losing weight. Have it frequently.
14. Mint is very beneficial in losing weight. Have some salads, vegetables with it.

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15. Triphala, a herbal combination of amalaki, bibbitaki, and haritaki is good for loosing weight.
16. Avoid rice and potato, which contain a lot of carbohydrates. Among cereals wheat is good.
17. Avoid high calorie foods like chocolates, ice cream, sweets, butter, heavy refined foods which have high calories.
18. Raw or cooked cabbage inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction.
19. Include a source of vitamin B-12 in your diet
20. Exercise is an important part of any weight reduction plan. It will burn all your calories.

HOME REMEDIES FOR PEPTIC ULCER

A peptic ulcer is an area of erosion in the mucous membranes of the stomach or duodenum, the upper portion of the intestine, directly below the stomach. There are many home remedies for ulcers.

Causes of Peptic Ulcer:

Ulcers are in part caused (and can be worsened) by the corrosive action of the gastric acids. Gastric juices are part hydrochloric acid and part pepsin, an enzyme that helps break down food. The walls of the stomach secrete a mucus substance to protect the linings from the corrosive action of the stomach acid. However if there is too much acid or not enough mucus coating the walls of the stomach, a peptic ulcer may develop. External substances can also irritate the linings of the stomach, things like tobacco, alcohol, and some drugs like Advil, Aleve, Aspirin, Motrin, etc. are part of the ulcer causing irritants. An ulcer is a breach on the surface of the skin or on the membrane lining an cavity, such as the stomach. The destruction of tissue and the cavity so formed is the term applied to ulcers. Stress and worry are supposed to be its causes, but one may suffer from it, and other might not.

It's now known that a bacterium called H. pylori, can also contribute to the development of ulcers, this type of bacterium is commonly found in the linings of the stomach and is the principal cause of ulcers. It has been shown that 90% of people suffering from ulcers in the duodenum and 75% of all gastric ulcers are caused by this bacteria, which attacks the walls of the stomach, it has been linked to gastric cancer as well.

Ulcers are very common in the bottom part of the stomach and upper part of the duodenum, and men are more likely to develop ulcers than women.

Symptoms of peptic ulcers

The symptoms of peptic ulcers are very different from person to person, some feel a burning pain in the stomach and others feel it in the chest, most people feel better during meals and other feel worst eating, in any case the pain may be sever enough to cause insomnia and can be triggered by stress.

Home remedies

1. It's very important to follow a diet rich in fiber and low in fats. Eat steamed green vegetable like alfalfa, broccoli, and tomatoes. Sufficient rest and sleep is a must.
2. Fenugreek leaves (Methi) is also beneficial for this ailment. It is an effective home remedy for stomach ulcer.
3. Bamboo leaves are beneficial in the treatment of stomach problems.
4. Take 30 grams of pure odourless castor oil with 250 grams of lukewarm milk. It is also a good remedy for stomach ulcers.

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Eat small portions to avoid producing too much digestive acid, but eat frequently to keep these acids from attacking the stomach linings.

5. Studies have shown that cabbage juice cures ulcers in less than ten days, prepare cabbage juice and drink one quarter a day divided in four doses (must be taken immediately after juicing). If you can't tolerate the taste or odor of cabbage there is a Chinese remedy made with dried cabbage that has been used for many years with excellent results.
6. For bleeding ulcers eat organic baby food and drink brown rice water to soothe the digestive system.
7. Avoid milk, although it soothes the digestive tract and neutralizes stomach acid, it also stimulates the production of more acid, further irritating the ulcerated area.
8. Avoid coffee, alcohol, citrus juices, sugar, hot and spicy foods, these substances irritate the stomach and encourage the production of gastric acid.
9. Take 5000 IU of vitamin A four times a day, for six weeks, to heal the mucus membrane.
10. Take vitamin E to heal the stomach linings.

HOME REMEDIES FOR BENIGN PROSTATIC HYPERTROPHY - BPH

The prostate is the male sex gland is the size of a chestnut in the shape of a doughnut through which the urinary tract runs. The prostate is also in charge of discharging sperm during ejaculation semen is mainly made of prostatic fluid.

Benign prostatic hypertrophy is the gradual enlargement of the prostate it's very a common problem for men more than fifty years of age and 75% of men more than seventy years of age suffer from it. Is cause by hormonal changes in the body as we age, later in life men's production of dihydrotestosterone increases leading to an over production of prostate cells, this makes the prostate grow.

Home Remedies

1. Saw Palmetto is a herb widely used in Germany for many years. Is the best long term treatment for benign prostatic hypertrophy (BPH) reduces inflammation, pain, nocturnal urination, retention, difficulty starting urination, and dribbling. It's helpful for impotence, and restores sex drive. It should be used for 6 to 12 months and is effective in 99% of patients. Doctor's Best Best Saw Palmetto Extract -- 320 mg - 60 Softgels
2. Goldenseal is a powerful antibiotic for effective treatment of prostatitis, killing most of the bacteria that cause the condition. It soothes and heals the urinary tract, helps shrink a swollen prostate. Alvita Caffeine Free Tea Echinacea & Goldenseal -- 24 Tea Bags
3. Lycopene is a bioflavonoid extracted from tomato. It reduces dribbling or frequency. Is a powerful antioxidant that prevents prostate cancer. According to recent studies, the antioxidant lycopene has been shown to offer such health benefits as reducing macular degeneration and prostate cancer. Natrol Lycopene -- 15 mg - 30 Tablets
4. Pollen (bee pollen) is shown remarkable success improving 80% of the cases and curing 40% of them within 6 months, specially if taken in the early stages. It shrinks enlarged prostates. American Health Bee Pollen Complex -- 1000mg - 100 Tabs
5. Zinc has been found beneficial in the treatment of prostate disorders. Take about 30 milligrams of this mineral everyday. Country Life Chelated Zinc -- 50 mg - 100 Tablets
6. Vitamin E is beneficial for prostate health. The patient should be given foods rich in vitamin E like wholegrain products, green leafy vegetables, milk and sprouted seeds. Carlson E-Gems Elite Natural Vitamin E -- 240 Softgels
7. In 200 ml spinach juice, add 300 ml of carrot juice. You can even have carrot juice separately. Vegetable juices are excellent in curing prostate disorders.

HOME REMEDIES FOR PSORIASIS

Psoriasis is among the most common and most difficult to control of all skin diseases, affecting about 2 percent of the population. It affects men and women equally, and usually appears between the ages of fifteen and thirty. It generally follows a chronic course of acute flare-ups alternating with periods of remission. Psoriasis is a chronic autoimmune skin disease that causes irritation and redness on the surface of the skin. People suffering from psoriasis generally have thick reddish colored skin with silver white flaky patches known as scales. Psoriasis may be mild, moderate or severe based on factors such as total area of the affected skin, activity of the disease, response to therapies and impact on the patient's health. There are 5 main types of psoriasis, namely plaque, inverse, guttate, erythrodermic and pustular. Plaque is the most common form of psoriasis and is characterized by white and red scaly patches on the topmost layer of the skin. Plaque psoriasis generally affects the elbows and knees but may also be seen on the palms, feet, scalp and genitals. This is a chronic skin condition that may either be seen on some parts of the body or may cover the entire body. Even the nails on the fingers and toes can get affected by this form of psoriasis. Joint inflammation can also be caused by psoriasis which can lead to psoriatic arthritis.

Erythrodermic psoriasis on the other hand is characterized by an exfoliation and inflammation of the skin all over the body. Patients affected by this form of psoriasis often experience pain, swelling and severe itching. Plaque psoriasis can turn into erythrodermic psoriasis especially when treatment is discontinued before the symptoms start subsiding. If left untreated erythrodermic psoriasis can even be fatal as the extreme inflammation can hinder the body from regulating temperature. Pustular psoriasis is characterized by pus filled raised bumps on the skin surface and generally affects random body parts. Guttate psoriasis refers to small red or pink scaly teardrop shaped lesions that are typically visible on larger areas of the body such as the scalp, trunk and limbs.

The word psoriasis is derived from the Greek psora, which means "to itch." Salmon-red bumps with a silvery scale appear on the skin, get bigger, and grow together to form large plaques. Lesions of psoriasis vary in size from fractions of an inch in diameter to large plaques covering most of the body and requiring hospitalization. Places on the body most commonly affected by psoriasis include the elbows, knees, scalp, and sacral areas. The nails are involved in about one-half of cases, with pitting, breaking, thickening under the nail, or thickening of the nail itself. In addition, between 10 and 30 percent of people with psoriasis also suffer from psoriatic arthritis, which can be quite painful.

Because of the chronic, difficult nature of psoriasis, professional help is needed in all but the least severe cases.

There appear to be many reasons why some people develop psoriasis and others do not. It has a tendency to be inherited—about one-third of those who have it have another family member with psoriasis. Several studies have documented the relationship between specific stresses and the start and flare-ups of psoriasis. Almost half of all people with psoriasis report that a specific stressful event occurred within one month before the first episode of psoriasis.

Home remedies

1. Herbal liver tonics, together with tissue and blood cleansers, or alteratives, form the most important initial part of herbal treatment for psoriasis. Slightly less important are nerve tonics, or nervines, which soothe the nerves and lessen the itching of psoriasis.
2. Applying aloe vera gel to the lesions can help. Dr. Andrew Weil reported that 83 percent of psoriasis patients who applied aloe-vera cream three times a day for up to four weeks noted an improvement. Dr. Weil recommends using pure aloe vera gel instead of an aloe vera cream that contains other ingredients.
3. Apple-cider vinegar diluted in water can be used to temporarily help relieve itching and scaling. Apple cider vinegar or white vinegar can also be diluted in three to four times as much lukewarm water and poured over the head, rubbed in, left for one minute, and then rinsed out. Or you can add 1/2 cup of cider vinegar to a tubful of bath water to help restore acidity to the skin.
4. Banana peel is a key ingredient in Exorex. This is a lotion concocted from coal tar and a specific essential fatty acid from banana peel that is associated with the immune system. Reportedly, the idea was derived from Zulu folklore, in which banana peels have been used for a variety of skin ailments for years.
5. Burdock root can help improve flare-ups of psoriasis. Take 20 to 40 drops of tincture three times a day.
6. Chamomile is widely used in Europe for treating psoriasis. It contains anti-inflammatory flavonoid compounds. If you have ragweed allergies, however, do not use chamomile, as it is a member of the ragweed family.
7. Castor oil is particularly helpful when left overnight on thick, small, well-circumscribed lesions. If cold-pressed castor oil is mixed with baking soda, it has been found to greatly improve thick, scaly heel skin, as long as the skin isn't cracked.
8. Cayenne pepper has anti-inflammatory properties and helps with healing. Two clinical trials reviewed in the November 1998 issue of Archives of Dermatology reported that 0.025 percent capsaicin cream, made from hot peppers, works to reduce the redness and scaling in psoriasis. Capsaicin cream is available over the counter as Capzasin-P or Zostrix. It should be used over a six-week period. Care should be taken not to apply it to broken skin.
9. Common figwort helps to clear psoriatic plaques. The recommended dose is 2 milliliters of tincture, taken twice a day.
10. Dandelion tincture is useful for stimulating bile flow and clearing toxins out of the system. It is frequently combined with yellow dock (see below) for this purpose. The recommended dose is 30 to 60 drops twice a day.
11. Echinacea tincture is occasionally used for psoriasis. It boosts the immune system, and so may decrease the incidence of colds, which can lead to flare-ups in some individuals. The recommended dose is 20 to 30 drops three times a day for up to ten days. Stop for two weeks, then repeat.
12. Emu oil contains essential fatty acids and may be helpful for psoriasis. Apply it to the lesions as directed by the manufacturer.
13. Flaxseed oil is chemically similar to fish oil and helps treat psoriasis. Adding flaxseed oil to salad dressing is a good way to get this helpful supplement into your diet. Take 1½ tablespoons of flaxseed oil daily.

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14. Fumitory contains fumaric acid, which has been found to be very helpful for psoriasis. Make a strong tea from fumitory and apply it to the affected areas with a cotton ball twice a day.
15. Garlic is detoxifying and includes a number of sulfur-containing compounds. Sulfur deficiency may contribute to psoriasis. Take three to six garlic capsules daily.
16. Goldenseal tincture helps to clear the body of toxins that lead to flareups. Take 20 to 30 drops twice a day for up to ten days at a time.
17. Gotu kola extract reduces inflammation and speeds skin healing. In India, it has been used for psoriasis for hundreds of years. Take 200 milligrams three times a day for one month.
18. Liquid licorice extract, applied directly to the affected areas with a cotton ball, is felt by some naturopaths to work as well as corticosteroid creams.
19. Flaxseed oil, applied to affected areas twice a day, is said to help heal psoriasis. Avocado, garlic, and walnut oils, applied topically twice a day to the psoriatic patches, are equally helpful for moisturizing and healing.
20. Milk thistle cleanses and protects the liver, increases bile flow, and helps in blood purification. It also helps to correct the abnormal cell replication present in psoriasis. Take 300 milligrams of milk-thistle extract three times a day.
21. Neem-seed oil, an Ayurvedic herbal remedy, is highly recommended by some psoriasis sufferers. It was introduced to the United States in 1994 from India and Pakistan. Neem lotions are usually found in East Indian markets

HOME REMEDIES FOR TOBACCO DEPENDENCY QUIT SMOKING

Every cigarette contains nicotine which we now know is very addictive and causes many problems and changes to the body. By stimulating different parts of the brain nicotine produces a feeling of pleasure in the central nervous system, and also causes adrenaline production to increase, accelerates the heart rate and increases blood pressure, but that's not all, it affects the level of some hormones and the body's temperature.

All these sudden changes produced by the act of smoking are what the smoker refers to as a feeling of pleasure, and is the principal fact that makes quitting smoking so hard, if we add to this the fact that nicotine is a chemical very easy to tolerate, we have in our hands one of the most powerful drugs in the world, that is completely legal and can be obtained in any convenience store. Nicotine creates addiction very rapidly, once hooked if the smoker stops smoking he or she will feel the symptoms of withdrawal including: frustration, anxiety, anger, lack of concentration, excess appetite, headaches, higher blood pressure and a constant crave for smoking.

Most smokers acquired the habit through peer pressure or to imitate friends or to belong to a group of people, ether way smokers are usually insecure and nervous people that need the cigarette between their fingers to give them a sense of tranquility and to help them get through stressful times or awkward moments.

Like we said above, smoking it's an addiction that is very hard to get rid of, but everyday thousands of people quit this nasty habit and so can you specially if you follow the instructions that we are going to give you and if you use the herbs that we have found to clean nicotine from the body and to reduce the cravings.

Home remedies

1. Take 200 mg. twice a day of coenzyme Q10 this is a powerful antioxidant that protects the lungs, the heart and increases oxygen to the brain.
2. Take grape seed extract to repair lung damage.
3. Smoking breaks down vitamin C therefore it is very important to take 5,000-20,000 mg. of vitamin C a day.
4. Vitamin E is a very important antioxidant needed to repair cell damage cause by smoke.
5. Vitamin A helps repair the mucus membranes which are damaged by smoking.
6. For cravings take cayenne desensitizes the respiratory linings to tobacco and chemical irritants. It's an antioxidant that stabilizes lung membranes preventing damage. The warm peppery taste reduces cigarette cravings.
7. Ginger and lobelia prevent nausea and helps quitting reduces anxiety ginger produces perspiration which helps to shed toxins generated from smoking.
8. Lobelia Relieves withdrawal, including irritability, hunger, poor concentration. It contains alkaloids similar to those in nicotine, occupies same brain receptor sites and exerts nicotine like effects without the damage that nicotine causes, this reduces cravings, and creates aversion.
9. Oats reduce or eliminate tobacco cravings, also, they reduce number of cigarettes desired even in those people not trying to quit.

HOME REMEDIES FOR RASH

An inflammation of the skin, is used to describe many different types of rashes. The skin may itch, flake, scale, thicken, ooze, crust, and/or redden, depending on the type of dermatitis. Rashes can develop anywhere on the body. Certain locations are typical for different forms of rashes.

Atopic dermatitis, or eczema, the "itch that rashes" is a chronic, common problem that affects many people and for which there are many possible therapies. It is discussed in its own section (see Eczema). Contact dermatitis is probably the most common type of dermatitis. It is caused by irritation or allergy to something the skin comes in contact with. Types of rashes include irritant contact dermatitis, allergic contact dermatitis, and photoallergic contact dermatitis. A common type of allergic contact dermatitis is the rash of poison ivy, oak, and sumac. These also are described in their own section (see Poison Ivy, Oak, and Sumac). Seborrhea (seborrheic dermatitis) is another distinct type of rash, and is discussed in its own section as well.

Home remedies

1. Naturopaths believe that when waste products build up and exceed the capacity of the liver and kidneys to get rid of them, the skin has to eliminate the wastes. This can result in dermatitis. The following herbs cause sweating, which naturopaths feel is a good way to excrete the toxins that are trying to get out of your body:
2. Burdock root. Take 500 milligrams three times a day, with meals.
3. Sarsapilla root. Take it as directed by the manufacturer.
4. Yarrow. Take it as directed by the manufacturer.
5. Naturopaths recommend one or more of the follow blood cleansers for rash:
6. Chaparral root. Take it as directed by the manufacturer.
7. Dandelion root. Take it as directed by the manufacturer.
8. Echinacea. Take it as directed by the manufacturer.
9. Goldenseal. Take 500 milligrams three times a day, with meals.
10. Pau d'arco. Take 500 milligrams three times a day, with meals.
11. Poke root. Make a tea by steeping 1 tablespoon of the herb in a cup of water. Drink this twice a day.
12. Red clover. Take 500 milligrams three times a day.
13. Yellow dock root. Take it as directed by the manufacturer.
14. The appropriate specific herbal therapy depends on the cause, location, and type of rash. However, the following therapies will all help relieve itching, no matter what sort of dermatitis you have:
15. Aloe vera gel and green clay soothe the skin.
16. Chamomile cream, calendula lotion, or comfrey ointment should be applied directly to the itchy areas as often as needed, as their anti-inflammatory properties will help relieve your discomfort.
17. Chickweed infusion can be used to bathe the area to stop itching.
18. Cucumber puree, made from peeled, blended fresh cucumbers, can be applied directly to the affected area for three minutes to relieve your itching and pain.
19. Jewelweed, also known as impatiens, can be boiled in a gallon of water, strained, and cooled. The liquid stops itching extremely well. In fact, in clinical trials, it has worked

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just as well as prescription cortisone creams. Note that while it is sometimes called impatiens, jewelweed is not the same plant that is sold as a flowering annual in home and garden centers.

20. An herbal tea made from two parts each of agrimony and chamomile and one part each of stinging nettle and heart's-ease can be taken three times a day as an aid to soothing the itching. In addition to drinking the tea, dip a clean cloth into it and apply it as a compress to the affected areas for five minutes every half hour, as needed. Other plants containing natural antihistaminic compounds from which you can make a combination tea include basil, fennel, ginkgo, oregano, tarragon, tea, thyme, and yarrow. These teas should be used in compresses applied to the itchy areas, as well as drunk three times a day.

HOME REMEDIES FOR RECTAL ABSCESS/FISSURES

Symptoms—after passing a larger-diameter bowel movement, there is burning, stinging, and possible bleeding on the rectum. Painful red swelling at, or near, the anal opening.

Causes—Hemorrhoids are swollen veins in the anus and rectum area. Fissures are ulcers or breaks in the skin which just happen to occur in the same area. The margins where skin meets the mucous membrane can have small tears. This occurs sometimes at the corners of the mouth. Fissures on the rectum are somewhat similar. A common cause is the passing of a large, hard stool.

Home remedies

1. Avoid constipation. Be sure and include enough fiber in the diet and drink enough water each day. The two, combined, will produce soft stools. Eat more fruits and vegetables, and drink 6-8 glasses of water daily.
2. Do not scratch the area. Wipe yourself gently.
3. Avoid diarrhea. An ongoing case of it can soften rectal tissue, so it is more likely to tear.
4. Sit on something soft. A special pillow can be purchased in the drugstore.
5. Fairly hot water on the area will relax and sooth it.
6. If needed, place corn starch on the area after each bath, to keep it dry. Do not use talcum powder for this—or anything else. Talcum powder is rock dust.
7. These swellings may be opened with a blade or by soaking it in hot sitz baths of 3% boric acid. A poultice of echinacea may be applied directly to the abscess, to disinfect and help bring it to a pointed shape, so it can be opened. Flush the opened abscess with 3% hydrogen peroxide, to clean it out and disinfect the wound.

Encouragement—If Christ is dwelling in the heart, it is impossible to conceal the light of His presence. Let Him use you to be the blessing to others, which they so much need.

HOME REMEDIES FOR RECTAL ITCHING

Symptoms—Itching around the anus.

Causes

- Causes include infection, parasites, poor hygiene, diabetes, estrogen deficiency, or liver disease. Skin diseases, such as psoriasis, seborrheic dermatitis, and eczema can also cause it. Another possible cause is contact dermatitis, due to perfumed or dyed toilet tissue, deodorants, soap, or underclothing. Food allergies are thought to be another cause.
- Rectal itching is a symptom of a problem rather than a disease. Resolving the basic problem is essential to eliminating the itching.
- Pinworms are frequently the cause in children, but rarely in adults.

Home remedies

1. Several foods have been found to cause allergies, leading to itching: beer, wine, hard liquor, coffee, milk, cola drinks, tea, citrus, chocolate, tomatoes, popcorn, nuts, and spicy food.
2. Avoid gas-forming foods.
3. Take vitamin A and flaxseed oil orally.
4. Avoid stressful situations. High-strung individuals tend to have this problem more than others. Their nerves are on edge.
5. Use wet tissue to clean the area after a bowel movement, but do not leave the area wet.
6. Eliminating moisture from the area is a key factor. Moisture, leakage, and fecal soiling are frequently primary causes.
7. Do not use anesthetic medications with "caine" in the name. They produce strong allergic reactions, making the condition worse. They also tend to keep moisture on the area.
8. Avoid using soap in the area, for soap is highly alkaline.
9. After a bowel movement, it will help to wash the area with a syringe of water. Dry thoroughly afterward.
10. Take a hot sitz bath daily. After the bath, apply lemon juice to the area with a piece of cotton. Or rub wheat germ oil on all affected parts after washing and drying well.
11. A warm (not hot) tea bag of goldenseal may be applied to the area for up to a half hour, to relieve itching.
12. Avoid tight clothing of any type in the abdominal area.
13. Avoid drugs; many irritate the colon, leading to pruritus.

HOME REMEDIES FOR SORE THROAT

A sore throat (also known as pharyngitis or tonsillitis) is a disease primarily located in throat around the tonsils. You can use the following remedies if you have a mild sore throat associated with cold or flu or running nose symptoms.

Home remedies

1. Increase your liquid intake and make sure your house is humidified properly.
2. Gargle with warm salt water (¼ teaspoon salt to ½ cup water) several times a day. It is an effective home remedy for sore throat.
3. Drink a glass of hot water with 1 teaspoon lemon juice and some honey. You'll feel better instantly. You can also drink a chamomile tea with lemon and honey added. It is also a good remedy for sore throat.
4. Cut a lemon into 2 pieces. Take one piece and put some salt and black pepper on it, press with a knife so that salt-pepper penetrates into the lime. Put the lemon on heat to make it warm. Slowly lick this lemon squeezing it until no juice remains. Do it 2-3 times a day.
5. Chives and scallions are helpful for a sore throat when simmered in water for 5 minutes. Drink as a tea. It is also very helpful in sore throat relief.
6. Figs, beets are beneficial in sore throat.
7. Take echinacea this herb it's antiviral and antibacterial, speeds healing,
8. Horseradish is another herb that many use in the kitchen but it also has excellent properties to treat sore throat and upper respiratory tract infections, reduces **fever**, and expels concentrations of mucus.
9. Use kava kava as a gargle for soothing and analgesic pain relief. Helps **insomnia** cause by coughing and sore throat.
10. Myrrh is an antiseptic and anti-inflammatory, very powerful and excellent for a chronic sore throat. It acts also as an expectorant and decongestant. It helps cure gum disease.
11. Barberry Tincture keeps strep from attacking the lining of the throat. Take 15-20 drops in 1/4 cup of water 3 times daily for 10 days.
12. Garlic oil Relieves swallowing difficulties. Take 3-4 drops in 1/4 cup of water once a day as **Gargle**.

HOME REMEDIES FOR DIABETIC RETINOPATHY

Diabetes can cause retinopathy, a condition that develops when tiny blood vessels connected to the retina begin to leak. Then more blood vessels grow in the affected area causing vision problems and blindness in thousands of people suffering diabetes. Since this disease causes no symptoms in the beginning it is very hard to diagnose until the condition is advanced.

Home Remedies

1. Vitamin A and carotenoid are needed to keep healthy eyes and to improve night vision.
2. Take Ginkgo Biloba to increase the delivery of oxygen and nutrients to the eye and to clear toxins. It is very helpful in retinopathy.
3. Bilberry strengthens and protects veins and blood vessels, protects the retina, reduces pressure in glaucoma and damage cause by diabetic retinopathy.
4. Grape seed extract contains procyanidins which strengthens retinal capillaries and prevents clots or bleeding, provides vital nutrients, increases night vision and slows eye ageing. It also prevents and treats retinopathy and arteriosclerosis in the eye.
5. Eat spinach and take Lutein or spinach extract. They contain carotenoid needed for retina and eye tissue and sometimes reverses many eye conditions.
6. We recommend that you check **Diabetes** for important herbs and nutrients needed for diabetes and to prevent diabetic retinopathy.

HOME REMEDIES FOR ROSACEA

Rosacea is a skin disease of the small blood vessels of the face. Although it is sometimes called acne rosacea, it is not associated with a previous history of acne. It affects about 5 percent of the population, mostly women who are menopausal and in their forties, especially those who are fair-skinned and of Celtic ancestry. The face, especially the nose and central face, is affected with a symmetrical red rash, with or without prominent fine blood vessels, or telangiectasia. Papules (small, solid bumps), pustules (inflamed, pus-filled bumps) and firm red nodules that look like acne lesions are often scattered over the cheeks and nose as well. However, unlike acne, rosacea is not characterized by the formation of blackheads or whiteheads. In some cases, a bulbous red nose, or rhinophyma, may develop slowly if the condition is left untreated.

Many experts believe that the cause of rosacea is infectious a result of infection with skin mites, the yeast *Pityrosporum ovale*, which is normally present in hair follicles, or with as-yet-unidentified bacteria or fungi. Others think that psychological factors, genetics, and/or connective tissue problems in the skin are the likely cause. Probably a combination of these factors, and possibly others, is responsible.

Many people with rosacea experience blushing or Hushing of the face, especially in hot weather, with sung exposure, and after consuming spicy foods, alcohol, hot drinks or soup, coffee, or tea. These factors, which dilate local facial blood vessels, also worsen the acne-like lesions. Food intolerances, inadequate stomach-acid production, and a deficiency of the 13 vitamins, especially vitamin. Br, arc also thought to worsen the chronic symptoms of rosacea.

Home remedies

1. Beta-carotene, which the body uses to make vitamin A, helps to strengthen capillaries and is healing for the skin. Take 25,000 international units twice daily.
2. The B vitamins, especially vitamin B2 (riboflavin), are necessary for healthy skin, hair, and nails. Take a vitamin-B complex containing 100 milligrams of most of the major B vitamins daily.
3. Vitamin C raises immunity, promotes healing, and strengthens connective tissue. Bioflavonoids are anti-inflammatory and help to strengthen blood vessels, and work with vitamin C. Take 500 milligrams of vitamin C with bioflavonoids three times a day
4. Zinc also helps to heal the skin. Take 25 milligrams twice a day, with meals and with 1 milligram of copper.
5. Flaxseed oil supplies essential fatty acids that help to reduce inflammation. Take 1,000 milligrams or 1 teaspoon three times a day
6. Acidophilus and bifidus help to restore "friendly" bacteria. If you are taking antibiotics, take either of these supplements as directed by the manufacturer.
7. Betaine and hydrochloric acid promote healthy digestion. If you suspect your stomach-acid levels are not high enough, take this supplement as directed by the manufacturer.
8. **Herbal treatment for rosacea**
9. Cat's-claw extract helps to reduce food sensitivities by reestablishing a healthy intestinal environment. Take 500 milligrams three times a day.

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Caution: Do not take this herb if you are pregnant, nursing, or on blood thinners, or if you are an organ transplant recipient.

10. Gotu kola extract promotes healing of the skin. Take 100 milligrams three times a day.
11. Grapeseed extract is an anti-inflammatory and antioxidant, and helps in collagen formation. Take 50 milligrams three times a day.
12. Some people with rosacea report that horse-chestnut cream or-rose-wax cream is helpful. Either of these products can be applied to the affected areas twice a day.
13. Jigucuo is a Chinese herbal patent medicine that may be very effective. Take 500 milligrams three times a day.

HOME REMEDIES FOR SCARS

When the boundary of the skin is crossed or cut, it heals with a scar. New scars are thick and full of blood vessels, but over a period of several months they become flatter and the blood supply decreases. Scars that remain thick and wide but are confined to the area of the original injury are called hypertrophic scars. Hypertrophic (overgrown) scars are usually flesh-colored, pink, or red, and are dome-shaped. They can have areas with many prominent, tiny red blood vessels or areas that are flat and shiny within the raised, broad scar.

Scars that become inappropriately large, in which the scarring process has gone out of control, are known as keloids. Keloids grow not only on the site of the original injury but also outside it, often with clawlike extensions. In fact, keloids can continue to grow slowly for years. They are most common among dark-skinned people, and they have a tendency to run in families.

Keloids usually appear in areas of trauma, such as sites of previous acne, burns, cuts, ear piercings, insect bites, or vaccinations. However, some keloids develop spontaneously, especially on the upper chest in the area of the breastbone. They are typically very smooth, shiny, thick, and large. Keloids usually cause no symptoms, but they may be itchy or tender to touch, especially early in their formation. They can also be distressing from a cosmetic point of view.

Making scars and keloids smaller and less obvious is a common dermatologic concern. Let's now take a look at what both traditional and alternative medicine have to offer us for help with this problem.

Home remedies

1. Vitamin E cream, applied to the area twice a day, is helpful in softening scars.
2. Mederma, a topical gel containing a proprietary botanical extract made from onion and allantoin, can be applied to a scar three or four times a day. An improvement in the color, texture, appearance, and flexibility of the scar should be noted sometime between eight weeks and six months of treatment. This product is available over the counter. It works best on newer scars.
3. Applying calendula gel or cream to a scar twice a day reduces inflammation and increases healing in an early scar.
4. An ointment containing 10 percent mustard-seed oil, applied to a scar three times a day for several weeks, is said to aid in improving the appearance of the scar.
5. Mix 1 ounce each of rose hip seed oil and essential oils of rose and everlasting and apply daily to the scar after bathing. This should help to improve the appearance of the scar. Store the mixture in a dark glass bottle.
6. Lavender oil has skin-cell-rejuvenating properties and reportedly helps with all forms of scarring. Apply it to the scar or keloid several times a day.
7. Thiosinaminum 5c, applied externally to a scar or keloid twice a day, reduces the swelling of a lumpy, bumpy scar. However, it must be used within three months of the scar's formation to have any effect.

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8. Massage can help to soften scars. Roll stiff scars several times daily to break down scar tissue and soften the scars. Studies show that pulsed electrotherapy greatly reduces the growth of hypertrophic scars and keloids.
9. Don't pick at any healing wound, as this will increase scarring. If you are prone to forming keloids or thick scars, avoid cosmetic or elective surgical procedures if possible. If surgery is necessary, discuss your concern about scarring with your surgeon. Triamcinolone acetonide, a steroid, can be injected into the incision site to reduce the risk of hypertrophic scarring and keloid formation. However, this may slow healing of the wound as well.

HOME REMEDIES FOR SCABIES

The possibility that you have a scabies infection may mortify you, but the condition really isn't life threatening and definitely isn't something you need to be embarrassed about. While you may shudder at the prospect of having to itch at yourself at the next social gathering, rest assured that the condition is not something that cannot be treated; however, it is highly contagious. Scabies can be described as a very itchy condition that affects your skin. This affliction is caused by a small burrowing mite, known as *Sarcoptes Scabiei*. The urge to scratch at the affected area is generally more intense during the night, as compared to the rest of the day.

Intense itching can be caused by a variety of skin conditions, so it would be quite difficult for you to diagnose the condition yourself based simply on this symptom. It may help to learn about the physical symptoms of the condition though, or what a scabies infestation looks like on human skin. When present on human skin, the *Sarcoptes Scabiei* mite infestation is usually noticed because of the appearance of a rash. Occasionally, a scabies mite infestation leads to the appearance of blisters.

The causes of a scabies infection in children, quite naturally, remain the same as those in adults. Children however tend to pick up scabies infections a lot more often than adults for the simple reason that most kids spend a lot more time interacting with each other, and most such interaction does involve close physical contact. Playschools and nurseries are probably the areas with highest risk because of the prolonged periods that a large number of children spend together in a confined environment. These are not the only conditions under which the mites can spread, but any interaction with an infected person, whether a family member, or a neighborhood child, increases the risk of infection. Parents often worry about their children picking up an infection from their pets, like dogs or cats, but you don't really need to worry about animals being a source of infection. Although there are various mites that can infest an animal's fur, the variety of scabies mites that can be found on animals are not of the same type that infest humans.

Home remedies

1. Most scabies natural cures comprise of ingredients like margosa oil, tea tree oil and Vitamin E.
2. Margosa oil, which has been central to traditional medicine in ancient India remains just as popular today, and has been found to contain antibacterial and antifungal properties. Margosa oil is in fact recommended by most naturopaths and practitioners of traditional medicine for a variety of skin conditions like eczema, acne, psoriasis and scabies.
3. Tea tree oil is another commonly used ingredient that is popular in some parts as an effective natural cure for scabies. It is believed to be most effective when used in a mixture, made from 10 ml tea tree oil and 90 ml distilled witch hazel. Studies over the past years into the properties of tea tree oil and its effectiveness as a scabies treatment have been quite promising and documentation of resistance against anti-ectoparasitic compounds is increasing.
4. A bowl of fresh organic fruits like orange and apple and maybe a slice of pineapple. You can also blend these fruits together, with some water and a glass of milk and have a smoothie instead. Consuming a few cloves of garlic at breakfast should also be helpful.

5. There are also other natural treatments and herbal remedies that are recommended for scabies treatment, but you do need to exercise caution even when administering natural treatments. Many herbs in particular are known to contain chemicals and toxins that can be fatal if administered incorrectly or pose a risk of drug interaction.

HOME REMEDIES FOR SKIN CANCER

It is an alarming fact that one in six Americans will develop skin cancer. This is the most common cancer in the world today, and it is increasing at an epidemic rate. The good news is that the most common forms of skin cancer are not life-threatening, and all forms are curable if treated early.

Cancer is a group of diseases in which cells reproduce in an unrestrained fashion and not in the best interests of the body as a whole. The most common types of skin cancers are basal cell carcinomas, Squamous cell carcinomas, and malignant melanomas.

Their names reflect the fact that each starts in a different part of the epidermis. Basal cells are just under the outermost surface of the skin. Squamous cells are in the middle of the epidermis. Melanocytes are the pigment-producing cells located near the bottom of the epidermis, where it meets the dermis.

Basal cell carcinomas (BCCs) make up almost 75 percent of all skin cancers, affecting nearly 1 million Americans each year. They are often raised, translucent, pearly nodules that may crust, ulcerate, and, sometimes, bleed. Other signs of a BCC are a persistent sore that does not heal; a reddish patch on the trunk, arm, or leg; a smooth growth with an elevated, rolled border and an indentation in the center; or a scarlike area with poorly defined borders. Fortunately, basal cell carcinomas rarely spread, or metastasize, to vital organs, but they can destroy surrounding tissue if left untreated, even destroying a nearby eye, ear, or nose if left for many years.

Squamous cell carcinomas (SCCs) are less common than basal cell carcinomas, but more serious because they involve deeper tissues and are somewhat more likely to spread. This is the second most common skin cancer, affecting more than 100,000 people each year. They are usually raised, pink, opaque nodules or patches, and they frequently ulcerate in the center. An SCC can also take the form of a wartlike growth or an open sore that persists for weeks. It is particularly important to treat SCCs, as in a small percentage of cases—usually those that arise on chronically inflamed skin, on the lips, or mucous membranes—it spreads to distant tissues and can be life-threatening.

Malignant melanoma (MM) is a very serious type of skin cancer that arises in moles or in the pigment-producing cells of the skin. If caught early, it is not very dangerous, but in later stages it is far more likely than other types of skin cancer to spread to other parts of the body and become life-threatening. People at increased risk for malignant melanoma include the following:

- Those with a personal or family history of MM.
- Those with unusual, dysplastic (abnormal) moles that are larger than one-quarter inch in size, irregular in shape, and multicolored.
- Those with fair skin, light hair, and light-colored eyes, and a tendency to sunburn easily.
- Those with large brown moles that have been present from birth.
- Those with a history of painful or blistering sunburns.
- Those who have a history of lots of outdoor exposure, especially while living in sunny regions.

Malignant melanomas are usually brown-black or multicolored patches, plaques, or nodules with irregular outlines, larger than one-quarter inch. They may crust on the surface or bleed. Anyone who has moles (which is most people) should inspect them every three months, alert for the ABCD's of melanoma: asymmetry, irregular border, uneven color, and diameter larger than a pencil eraser. Warning signs that malignant melanoma may be developing include changes in size, color, shape, elevation, surface, surrounding skin sensation, and/or consistency of a new or existing pigmented area of the skin.

Another important type of cancer in the skin is mycosis fungoides. This is actually a relatively rare type of lymphoma that starts in the skin and later invades the lymphatic tissue, spleen, liver, blood, and other internal organs. The skin lesions may appear as red, scaling plaques, or as nodules, larger tumors, or ulcers, and may last for months to years.

Exposure to the sun's ultraviolet (UV) rays is responsible for more than 90 percent of all skin cancers. How warm and bright the weather is not a good indication of how damaging the sun is on any given day. Clouds and haze block as little as 20 percent of the harmful UV radiation. The closer to the equator you go, the more potent the sun's rays are because they hit the earth more directly for a greater part of the year. UV radiation also increases by 4 to 5 percent for every 1,000 feet you go above sea level. The sun's rays are damaging even if they do not strike you directly. Sand, concrete, and snow are highly reflective surfaces, bouncing back as much as 90 percent of the rays that hit them upward and sideways and increasing the amount of UV exposure we receive.

Other, less important causes of skin cancers include radiation treatments, arsenic exposure, chronic scarring, and immune suppression, whether by the use of certain drugs or the presence of cancer or other serious diseases.

Many skin cancers are preceded by the formation of sun spots, or actinic keratoses. An actinic keratosis (AK) is a scaly or crusty, rough bump that arises on the skin's surface and slowly grows in size from one-eighth to one-quarter inch. One often sees the development of several actinic keratoses at a time, usually on the sun-exposed areas of the face, ears, scalp, neck, backs of the hands, forearms, and lips. If untreated, a small number of these lesions take the next step and progress to become cancerous.

Many natural-medicine practitioners believe that cancer is the end result of a long period of degeneration resulting from poor circulation of blood, lymph, and chi in the involved area. This is thought to be a result of the stagnation of body, mind, and spirit. Unhealthy foods, exposure to chemicals, and lack of exercise and flexibility create poor circulation. Negative or stressful thoughts and fears create muscle tension and worsen poor circulation.

Unresolved grief or anger, or a feeling of disconnectedness from others, sabotages the immune system and the body's detoxifying and eliminative functions. Thus, alternative approaches to treating cancer from a total body-mind-spirit perspective involve measures to increase the blood, lymphatic, and chi flow to the whole body, and especially to the area of the tumor.

Home remedies

Diet

1. Be sure to eat at least five servings of fruits and vegetables each day, especially those foods rich in the antioxidants beta-carotene, vitamin C, and selenium, such as broccoli, carrots, and citrus fruits. Dr. Harvey Arbesman, Professor of Dermatology at the New York State University at Buffalo School of Medicine and Biomedical Sciences in Buffalo, New York, makes this recommendation based on more than fifty studies of basal cell and squamous cell cancer of the skin and nutrition. His recommendations are supported by research done by Dr. Ken Nelder, professor of dermatology at Texas Tech University. Independent studies have found that people with skin cancer have lower than normal tissue levels of vitamin A, beta-carotene, and selenium. Further, it has been found that increasing the intake of vitamins A, C and E, beta-carotene, and selenium helps to protect against the development of skin cancer. Consuming products like MonaVie, which contain antioxidants, is a popular method of meeting some of your body's daily requirement of vitamins.
2. Include in your diet plenty of whole grains, sea vegetables, beans and soybeans, hot peppers, cabbage, tomatoes, onions, rosemary, garlic, grapes, citrus fruits, licorice root, green tea, flaxseed and olive oils, white fish, and maitake, reishi, and shiitake mushrooms. These foods are thought to have antioxidant, anticancer, and immune-boosting properties.
3. A diet high in omega-3 essential fatty acids and low in omega-6 essential fatty acids is important in helping to prevent melanoma. Therefore, you should consume fish oil and olive oil, and avoid corn oil, safflower oil, and sunflower oil. Even butter, with its higher ratio of omega-3 to omega-6 oils, is considered safer than eating corn oil insofar as the development of skin cancer is concerned. With a higher omega-6 to omega-3 fat ratio, the production of certain prostaglandins increases dramatically, which in turn increases the genesis and growth of skin tumors. One recent study found that a group of people with melanoma ate about twice as much omega-6 type oils as a similar group of cancer-free individuals. In mice, safflower and sunflower oils have also been shown to spur the growth of melanoma. Thus, eating fish at least twice a week and cooking with olive oil is recommended.
4. Avoid red meat, processed foods, red and yellow dyes, monosodium glutamate, nitrites (found in cured meats), saccharin, sugar, dairy products, alcohol, caffeine-containing drinks, aspartame (NutraSweet), and hydrogenated vegetable oils.
5. Drink at least eight glasses of filtered water daily to keep the body's waste materials flowing out.
6. The following nutrients are recommended for people with skin cancer, as well as for cancer prevention:
 - A high-potency multivitamin and mineral supplement. Take this daily.
 - Beta-carotene. Take 10,000 to 25,000 international units daily.
 - Vitamin-B complex. Take a product containing 100 milligrams of most of the major B vitamins daily.
 - Vitamin C. When vitamin C was added to the drinking water of mice with melanoma, their tumors grew more slowly and their survival time increased. Take 1,000 milligrams of vitamin C with bioflavonoids three times a day
 - Vitamin E. A University of Arizona study reported that the administration of high doses

of supplemental vitamin E prevented ultravioletlight-induced skin cancers in animals. Take 400 international units of vitamin E daily.

- Selenium. In laboratory studies on animals exposed to ultraviolet rays, those that were given selenium, either orally or topically had significantly less free-radical and pigmentary changes and a lower incidence of skin cancer. Take 100 micrograms of selenium daily

- Zinc. Take 50 milligrams daily

- Calcium and magnesium. Take 1,500 milligrams of calcium and 750 milligrams of magnesium a day.

- Folic acid. Take 400 to 800 micrograms daily

- Fish oil, flaxseed oil, or olive oil. Take 2 teaspoons daily.

7. If chemotherapy or radiation therapy becomes necessary to treat advanced malignant melanoma, a different regimen of nutritional supplementation is recommended. This is because chemotherapy and radiation therapy expose healthy cells to free-radical damage, depleting antioxidant enzymes, nutrients, and mechanisms. Nutritional support must provide additional antioxidants and nutrients to protect against these damaging effects.

The following supplements are recommended:

- A high-potency multivitamin and mineral supplement daily

- Beta-carotene. Take 100,000 international units daily.

- Vitamin B17. Take 1,000 micrograms daily.

- Vitamin C with bioflavonoids. Take 3,000 to 8,000 milligrams daily, divided into three doses.

- Vitamin E. Take 400 to 800 international units daily

- Selenium. Take 800 micrograms daily

- Folic acid. Take 400 milligrams daily.

- Flaxseed oil. Take 1 to 2 tablespoons daily

- Alpha-lipoic acid. This is a very potent lipid- and water-soluble antioxidant that can get to any place in the body, and that also activates other antioxidants. Take 150 milligrams three times a day

- Coenzyme Q10. This supplement helps to augment the body's energy needs, is an antioxidant, and may have anticancer properties. Take 100 milligrams three times daily.

- N-Acetylcysteine (NAC). NAC increases the liver's detoxification of wastes. Take 500 milligrams twice a day.

- Pine bark or grapeseed extract. These are powerful antioxidants. Take 50 milligrams of either one three times a day.

8. For a general detoxifying and eliminative combination, mix equal parts of powdered extracts of bloodroot, burdock root, chaparral, dandelion, echinacea, frangula, ginger, licorice, red clover, and violet leaves. Put the mixture into capsules and take two capsules four times a day.

9. Cat's-claw extract is an immune-enhancer and may have anticancer properties as well. Take 1,000 milligrams three times a day. Caution: Do not take cat's claw if you are pregnant or nursing, if you take anticoagulants (blood-thinners), or if you are an organ-transplant recipient.

10. Milk-thistle extract helps to strengthen the liver and detoxify the system. Take 150 milligrams three times a day.

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11. Red-clover extract helps to prevent the formation of new blood vessels that are needed to supply the growing tumor. Take 500 milligrams four times a day.
12. A soothing bath to which several drops of essential oils of chamomile or lavender has been added can help to relax and calm you if you are suffering from a severe form of skin cancer.
13. Do not use bergamot oil on your skin or in your bath if you will be out in the sun unprotected, as it increases the skin's sun sensitivity.

HOME REMEDIES FOR SKIN PROBLEMS

1. Aloe Vera- Several controlled scientific studies have shown statistically significant antibacterial benefits of aloe vera. Other studies have shown statistically significant improvement in skin symptoms when aloe vera has been used in the treatment of radiation ulcers, burns, and frostbite injuries in animals. In 1953, Drs. C.C. Lushbaugh and D.S. Hale found that treatment with aloe vera sped up the repair of skin ulcers caused by radiation in rabbits. It took less than half the time for the aloe-treated ulcers to heal as compared with the untreated group. Drs. S. Goff and I. Levenstein in 1964 found that aloe vera helps surgical wounds in mice to heal more quickly for the first two weeks after surgery. In a related study in 1994, Dr. EM. Strickland and colleagues at the Department of Immunology of the University of Texas and the M.D. Anderson Cancer Center in Houston, Texas, found that aloe vera gel extract spread on the skin of mice exposed to ultraviolet (UV) radiation lessened the degree of UV-induced immune suppression. In 1964, Dr. L.J. Lorenzetti and others found that aloe juice significantly inhibited the growth of four strains of virulent bacteria in the lab. Similarly, in 1982, Dr. M.C. Robson and others found that aloe vera extract killed two strains of clinically important bacteria.
2. In 1982, Dr. Robson and Dr. J.P. Heggens found that aloe vera increases the blood supply to the second layer of skin, the dermis. This speeds healing by bringing in vital nutrients and removing dangerous toxins. The researchers also found that aloe vera decreases tissue destruction after a burn, and that it can increase survival in white rabbits with frostbite injuries by a statistically significant amount. In seven independent studies done from 1968 to 1982, four pharmacologically active ingredients were identified in aloe vera that together reduce the pain, itching, and inflammation of a rash.
3. Thus, aloe vera has been proven to be an important antibacterial and anti-inflammatory agent that speeds the healing of all kinds of wounds, burns, and ulcers. Aloe vera gel is one of the most common botanical additions to first-aid creams, moisturizers, and shampoos.
4. Calaguala Fern and Pine Tar Products-Calaguala fern, known to the Mayan people since 350 BC for its use in dry, itchy skin and scalp problems, has been combined with pine tar, a European remedy with similar uses. Skin creams, bath products, soaps, shampoos, and conditioners have been made from this combination and are very helpful for dry, itchy skin and scalp problems.
5. Calendula-Calendula (or pot marigold), with its deep yellow and orange flowers, is one of the best all-around skin remedies, good for minor cuts and burns, insect bites, dry skin, and acne. Calendula blossoms have antibacterial and antiviral properties, soothe inflammation, and speed wound healing. Therefore, it is simultaneously potent and gentle, which makes it very useful for all skin types. Calendula tea can be used as an astringent facial rinse two or three times a day for acne. More convenient preparations are available over the counter as salves, creams, oils, and lotions.
6. Chamomile-Chamomile is an anti-inflammatory agent that soothes the skin when used topically and soothes the bowels when taken internally. It also has a gentle tranquilizing effect on the central nervous system, and soothes nervous tension and irritability. It is often used for eczema and psoriasis. Generally, it is best taken three times a day as a great-tasting apple-scented herbal tea made from its flowers. Or a clean cloth can be

soaked in the chamomile tea and applied to the areas of inflamed skin for fifteen minutes four to six times a day. Chamomile also forms the base for many moisturizers, under-eye therapies for puffiness and dark circles, and many soap and shampoo combinations.

7. Comfrey-The leaves and roots of comfrey have been used for centuries to treat cuts, burns, and other wounds. Comfrey contains allantoin, a compound that is quickly absorbed through the skin to stimulate healthy cell growth. It also has astringent and soothing actions. Comfrey is a very common ingredient in over-the-counter and prescription skin-healing salves and ointments. Comfrey poultices, made from powdered comfrey root and hot water mixed to make a thin paste that is spread on a cloth, can be applied on a surface wound. If left on overnight, there is very fast healing by morning. However, since some of the alkaloid compounds comfrey contains can cause serious liver damage if the plant is ingested, comfrey should never be taken by mouth. Also, you should not use comfrey on deep wounds, as an abscess may form if surface healing occurs faster than the deep tissue healing.
8. Emu Oil-Advertisers are using the Internet to sing the praises of emu oil. Not only do they say that it's great for cuts, bites, burns, and the itch of poison ivy, but they also claim that it promotes hair growth by rejuvenating skin and hair cells. It has been combined with other ingredients to make cleansers, masques, shampoos, conditioners, shaving creams, body lotions, and lip balms.
9. Flaxseed-Flaxseed comes from the herb flax and contains those omega-3 essential fatty acids necessary for the proper synthesis of immune and anti-inflammatory compounds. It is useful in the management of skin disorders such as eczema and psoriasis, which are associated with inflammatory processes. One to two tablespoons of cold-pressed flaxseed oil should be taken daily, preferably with other foods.

Herbs and Skin Care.

From the Egyptian Queen Cleopatra to the Japanese geishas, all used herbs to protect and rejuvenate their skin, and until the end of the 19th century, for women, herbs were the most important part of the process of looking young and healthy. Their cosmetic tools were natural oils extracted carefully from plants that their mothers had used for the same purpose. You too can make your own homemade skin care products with natural ingredients to reduce aging effects on your skin. Try some of my recipes to make homemade skin care creams and you'll be surprised of the results.

By the middle of the 20th century, the use of herbs was regarded as old fashioned, and we were told that the best products to use for the care of our skin were the ones made in a chemical laboratory. Petrochemicals were blossoming and big corporations started to bombard the public with clever advertising, making them believe that their new synthetic and chemical fill creams were the most effective way of skin care. That's how we forgot that plants were used for hundreds of years to treat skin disorders and to keep it beautiful and healthy.

Looking at the labels of some of these products manufactured by chemists makes me wonder who in their right mind would dare to open the container and spread the content on their faces. Some moisturizers and lotions contain Propylene, glycol, isopropyl and myristate as active

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ingredients, and that's not all, to get rid of the nasty smell of these chemicals. The manufacturer adds fragrances made from petroleum, the same substance that makes your car run.

You may be using a shampoo or cream that contains herbs and the label reads "natural." Here is a tip, never believe the front label, believe what they are obligated by law to show on the label placed on the back of the container. All ingredients must be listed in a descending order, for example, if the front label reads "Primrose Shampoo" and the back label lists primrose near the bottom, then that product contains very little of the essential oil and chances are that chemicals like hexachlorophene, diazolidinyl and polyquartermium-10, nullify the effectiveness of any botanical substance they may contain. In addition, it has been shown that these chemicals produce wrinkles, but don't worry they also sell creams for that too.

Many people are becoming wary of the adverse effects of chemically produced cosmetics, and you are one of them, that's why you are reading this book, you want to find an alternative. The idea of chemicals in your body is getting old and outdated and since they came to the market there has not been a change for the better. To the contrary, cosmetic surgeries are on the rise. If these products are so amazingly perfectly designed to protect and to prevent, why do we need so much cosmetic surgery?

Cleanser for Dry Skin.

2 ounces aloe vera gel.

1 tsp. Vegetable oil or jojoba oil or Saint John's Wort oil.

1 tsp. Glycerin.

½ tsp. Grapefruit seed extract.

8 drops Sandalwood essential oil.

4 drops rosemary essential oil.

Mix all ingredients and shake well before use. Apply with cotton balls and rinse with warm water.

Homemade Toner for Dry Skin.

Toners are used to improve the appearance of the skin, to soothe and to nourish. Men can use toners as aftershaves.

2 ounces aloe vera gel.

2 ounces orange-blossom water.

1 tsp. wine vinegar.

6 drops rose geranium essential oil.

4 drops sandalwood essential oil.

1 drop chamomile essential oil.

800 UI vitamin E oil. (Puncture a gel capsule with a needle)

Mix all ingredients and shake well before use.

Homemade Cream for Dry Skin.

3/4 ounces beeswax, shaved. (do not use paraffin)

1 cup vegetable oil.

1 cup of distilled water.

800 UI vitamin E (from a liquid gel)

24 drops rose geranium essential oil.

Heat beeswax and oil in a pot until beeswax melts (it should be warm enough to the touch but without discomfort). In a separate pot heat water until is warm to the touch. Remove the center part of your blender's lid and pour the water in. Turn the blender on high speed and slowly but steadily add the oil and wax mixture. The whole concoction should begin to solidify. Keep adding oil until the mixture does not take any more. Turn off the blender and using a spatula, place the cream in a wide mouthed container.

Cleanser for Oily Skin.

2 ounces witch hazel.

1 tsp. vinegar.

1 tsp. glycerin.

½ tsp. grapefruit seed extract.

6 drops lemon essential oil.

2 drops cypress essential oil.

Mix all ingredients and shake well before use. Apply with cotton balls and rinse with warm water.

Facial Steam for Oily Skin.

3 cups of water.

1 drop of chamomile essential oil.

1 drop of lemongrass essential oil.

1 drop of lavender essential oil.

1 drop of rosemary essential oil.

Boil water, turn off heat and add essential oils. Place a towel over your head and over the pot, close your eyes and let the steam warm your face. After 15 minutes splash your face with cool water.

Toner for Oily Skin.

2 ounces witch hazel.

1 tbsp. aloe vera gel.

5 drops cedarwood essential oil.

3 drops lemon essential oil.

1 drop ylang-ylang essential oil.

Mix ingredients. Shake well before using.

Age Spot Remover

The question is, why does skin wrinkle? As you grow older, your body produces fewer of the hormones that keep skin healthy and supplies less oil, protein and natural moisturizing factors which attract and hold water in the skin. This process tends to make the skin drier. As time goes by, collagen and elastin (fibers arranged in a mesh-like pattern) eventually lose their strength, leaving the skin without underlying support and causing it to wrinkle and sag.

Any person over 25 years of age has mature skin, lines start to form around age 30, if you smoke or spend too much time in the sun your skin will look older. Since mature skin does not produce as much oil and natural moisturizers, you will need to follow many of the treatments for dry skin. Herbs can be very important contributors to the development of new cells and several herbs like lavender, neroli, rosemary, rose, and fennel, have been nicknamed centuries ago “anti-aging herbs”.

Antioxidants are also very important. They prevent the production of free radicals. These free radicals play an important role in all aspects of aging including hardening of the arteries. They are unstable, quickly multiplying molecules, which are increased by cigarette smoking and other pollutants. Many herbs and vitamins have antioxidant properties and are very powerful in stopping free radicals on their tracks. Some antioxidant herbs are ginkgo, witch hazel, and essential oil of rosemary, marjoram, and lavender.

Age Spot Remover.

1 tsp. grated horseradish root.

½ tsp. lemon juice.

½ tsp. vinegar.

3 drops rosemary essential oil.

Mix ingredients. Keep away from eyes. Apply as needed on affected areas.

Toner for Mature Skin.

2 ounces aloe vera gel.

2 ounces orange blossom water.

1 tsp. vinegar.

6 drops rose geranium essential oil.

4 drops frankincense essential oil.

4 drops carrot seed essential oil.

800 IU vitamin E oil.

Mix ingredients, apply as needed.

Skin Blemish Remover

1/4 cup of water.

1 tsp. Epson salts.

4 drops lavender essential oil.

Small cloth.

Mix water and salts, once the salts has dissolved, add lavender. Soak a cotton cloth and compress on affected area. When cloth cools soak it again and repeat several times.

HOME REMEDIES FOR WRINKLES

Wrinkles form when the skin thins and loses its elasticity. The appearance of some wrinkles is due to aging, and is the most common skin problem for women. One of the first signs of wrinkles normally appear around the eye, and is called "crow's feet". As time goes by the cheeks and lips are the next thing we notice. As we age, our skin becomes thinner and dryer, both factors contribute to the formation of wrinkles.

There are many factors that can contribute in the development of wrinkles some of which are: diet and nutrition, muscle tone, pollution, habitual facial expressions, chemicals, stress, improper skin care, and lifestyle habits such as smoking.

The most important factor is sun exposure, which is your skin's worst enemy, because it dries the skin and leads to the generation of free radicals that can damage skin cells. Researches show that 90% of what we think of as signs of age are actually signs of overexposure to sunlight. Furthermore, approximately 70% of sun damage comes from everyday activities, as driving and walking to and from your car.

The ultraviolet-A rays that cause this enormous damage are present all day long in all seasons. These ultraviolet-A rays wear away the elasticity of the skin, causing wrinkling. The worst part is that the effects of the sun are accumulative, although they may not be noticeable for many years.

Home Remedies

1. Eat a balanced diet including fruits, vegetables, whole grain foods, seeds, nuts and legumes.
2. Drink plenty of fluid every day. This helps to keep the skin hydrated and to flush away toxins.
3. Obtain fatty acids from cold pressed vegetable oils.
4. Avoid alcohol, caffeine and cigarettes, they dry the skin encouraging the development of wrinkles. Also the smoking habit uses the lips muscles hundreds of times a day, which contributes to wrinkling.
5. Always protect your skin from the sun by applying a sunscreen with a sun protection factor (SPF) of at least 15 to all exposed areas of the skin.
6. Avoid alcohol-based products. Use hazel or an herbal/ floral water instead.
7. Avoid using harsh soaps or solid cleansing creams, instead use natural oils such as avocado oil to remove dirt and makeup.
8. Do not apply heavy oils around the eye area before going to bed, it may cause the eye to be puffy in the morning.

HOME REMEDIES FOR SNORING

Is Snoring Keeping You Awake?

Snoring is noisy breathing during sleep that occurs when relaxed structures in the throat vibrate and make noise. Most snoring is harmless, though it can be a nuisance that interferes with the sleep of others. Some snoring can be stopped with lifestyle changes, particularly losing weight, cutting down on smoking and alcohol, and changing sleeping positions. This generally means keeping snorers off their backs and on their sides as a way to keep the airway more open during sleep. There are over-the-counter nasal strips that are placed over the nose to widen the space in the nose and make breathing easier. Read labels carefully because these strips are only intended to treat snoring. The labels point out certain symptoms that require a doctor's care.

The goal is figuring out the cause of snoring. It could be related to allergies or structural abnormalities such as nasal polyps or enlarged adenoids, which are lymphoid tissue behind the nose. If your snoring is loud and frequent and you also have excessive daytime sleepiness, you could have sleep apnea. People with sleep apnea tend to also be overweight, and it's more common among men than women.

When a person with sleep apnea tries to breathe in air, it creates suction that collapses the windpipe and blocks the flow of air. Blood oxygen levels fall and the brain awakens the person, who then snorts or gasps for air and then resumes snoring. This cycle is typically repeated many times during the night. It results in frequent awakenings that prevent people from reaching the deepest stages of sleep, which leaves them sleepy during the day.

Snoring is not just noisy, but could be a silent killer. Sleep apnea has been linked to heart disease, high blood pressure, and stroke. Doctors use an all-night sleep study to make a definitive diagnosis of sleep apnea. During the test, sensors are attached to the head, face, chest, abdomen, and legs. The sensors transmit data on how many times the person being tested wakes up, as well as changes in breathing and in blood oxygen levels. Medications generally aren't effective for sleep apnea.

There are FDA-approved devices available by prescription for snoring and obstructive sleep apnea. The most common treatment for sleep apnea is continuous positive airway pressure (CPAP) with a device that pushes air through the airway at sufficient pressure to keep the airway open while sleeping. It involves wearing a mask over the nose while sleeping. A blower attached to the mask pushes air through her nasal passages. Surgery also is an option to treat snoring and sleep apnea. This may include removal of the tonsils or adenoids. To treat snoring, a laser-assisted procedure called uvulopalatoplasty is used to enlarge the airway by reshaping the palate and the uvula, making them less likely to vibrate. For sleep apnea, a laser procedure called uvulopalatopharyngoplasty is used to remove excessive tissue at the back of the throat.

If you're troubled by sleep problems, ask your health-care provider about how your problem should be evaluated and which treatments may be appropriate for you. Experts say it's important to know that you don't have to suffer through sleep problems.

Tips To Stop Snoring

- Get a thorough medical examination to determine the exact cause and severity of your snoring.
- Try changing you sleep positions. For example, sell on your side.
- Use pillows to keep your neck straight and comfortable. Also, elevate your head, which can sometimes help minimize your snoring.
- Elevating your bed to elevate your head and torso may be required.
- Get your allergies under control, as this can help reduce your snoring.
- If you are overweight, lose some excess pounds. Losing excess weight can help to reduce snoring or stop it all together.
- Avoid drinking alcohol before bedtime.
- Check your medicines. Some medicines, like antihistamines and sedatives can actually increase your snoring.
- Stop smoking, as this aggravates the tissues in the throat that make you snore.
- Don't eat a big meal before going to bed.
- Try avoiding dairy products in the evening, as for some people dairy increases mucus build-up in your throat, which can contribute to the snoring process.
- Try using nasal strips when sleeping. The nasal strips will open up your nasal passages, and may reduce snoring.
- Make an effort to establish a regular sleeping schedule. Sometimes, poor sleep habits contribute to your snoring.
- Get adequate exercise, which helps to keep your nasal passages firm and in good conditioning, and helps with weight management.

Tips for Better Sleep.

- Keep a regular sleep-wake cycle. Try to go to bed and wake up at the same time every day.
- Avoid caffeine, alcohol, and nicotine in the four to six hours before bedtime.
- Don't exercise within two hours of bedtime. Exercising five or six hours before bedtime may help you sleep more soundly.
- Don't eat large meals within two hours of bedtime.
- Don't nap later than 3 p.m.
- Try using a natural food, supplement and herbal sleep aids.
- Sleep in a dark, quiet room with a comfortable temperature.
- If you can't fall asleep within 20 minutes, do a quiet activity somewhere else and return to bed when you're sleepy.
- Wind down in the 30 minutes before bedtime with a relaxing pre-sleep ritual such as a warm bath, soft music, or reading.
- Get a relaxing massage to sooth tense muscles and relieve stress.
- If your sleep problems persist, see you doctor immediately, as you sleep problems could be a sign of a more serious health problem.

HOME REMEDIES FOR THYROID

The thyroid gland is one of the most important glands of the human body located in the throat. The location of the thyroid gland is just below the lump that appears in the male throat known as the Adam's apple. The thyroid gland produces hormones that are responsible for managing the process of metabolism. Metabolism is the process that produces energy from food. Food is processed in a chemical reaction with oxygen to produce heat and energy. This is the way in which the body is able to provide energy for its various functions. The thyroid gland stimulates this function based on various factors such as the need for energy as well as the availability of fuel for energy production. There are other important areas where the thyroid gland works as well. The hormones released by the thyroid gland control important functions such as the body's use of vitamins as well as the body's production of muscle tissue.

There are two different conditions that can affect the thyroid gland. These are hypothyroidism and hyperthyroidism. Hypothyroidism indicates the slow functioning of the thyroid gland. This would mean that metabolism and muscle growth tend to slow down. Hyperthyroidism, on the other hand, occurs when the thyroid gland is functioning at an excessively high speed. Both these conditions are treatable if they are caused by some hormonal or chemical imbalance. However, in some cases, cancer could cause one of these problems. This involves a different and usually less successful course of treatment.

As hypothyroidism and hyperthyroidism are two different conditions, they have different causes that act as triggers. There is obviously some relation between these causes as they affect the same gland. However, it is still necessary to differentiate the symptoms based on the type of thyroid issue that has affected the individual.

For hypothyroidism, the causes include genetic issues, tissue damage and defects in the tissue itself. Genetic issues may lead to the poor development of thyroid tissues. This would mean that the gland is less developed than it should be. The individual may therefore suffer from insufficient thyroid function. Tissue damage can occur as a result of physical injury, radiation damage or antibody damage. Physical injury to the throat may damage the thyroid gland which would lead to hypothyroidism. Radiation damage is associated with aggressive medical treatments, such as those used for cancer. This can shrink the gland or damage some of its tissue which would slow down the production of thyroid hormones. There are also some autoimmune medical conditions that could cause damage to the thyroid gland. An autoimmune condition is one where the body is attacked by its own immune system because of some perceived threat that has affected a part of the body. This threat does not actually exist. The damage that occurs to the body comes from the attack of the immune system which damages otherwise healthy tissue.

Hyperthyroidism may be caused by conditions that include thyroid gland inflammation, goiter, Grave's disease and issues with the pituitary gland which, itself, stimulates the thyroid gland. People who suffer from thyroid cancer also tend to be affected by hyperthyroidism until their radiation treatment kicks in. Once this happens, the chances of hypothyroidism occurring are increased as some of the functioning thyroid cells will also be damaged by the process of radiation.

Diet for thyroid

Thyroid problems tend to put the body into a state of imbalance. Therefore, when we speak of the diet for thyroid problems, it is important that this balance is brought back. In order to do this, one needs to follow a balanced and healthy diet. A balanced and healthy diet is one that includes all the important food groups in it. These food groups include fresh fruits, fresh vegetables, proteins, carbohydrates, vitamins, minerals and even fat. Heavy meals should be avoided altogether as these contain excess quantities of fat and may provide the body with more nutrition than it needs or than it is capable of using efficiently. The individual should also avoid processed foods and food or drink filled with stimulants. A shift to a healthier diet is, in any case, good for the body and will help to provide the body with all of the required nutrients.

For people who are suffering from hypothyroidism, it may be necessary to have food that helps with the production of energy. This includes items that may contain some stimulants like caffeine. It is still necessary, however, to make sure that the consumption of such food items occurs in moderation as this is best for the health of the individual. An individual suffering from this type of thyroid issue will also be prone to putting on weight as the body does not use as much of the nutrition as it should be using. Thus, the diet should be light and filled with fresh foods. All heavy foods should be avoided at this stage until the thyroid condition begins to normalize through various medications and treatments.

Home remedies

1. The remedies for thyroid problems depend on the type of thyroid issue that has affected the individual. For those with hyperthyroidism, it may be necessary to cut back on various foods that are stimulating to the body. In any case, the body will be producing more energy than it is supposed to because of excess thyroid stimulation. Therefore stimulants should be eliminated from the diet.
2. One must also spend time burning the excess energy produced which is why exercise is important at this stage. Naturally, there is a need to visit a doctor who will guide the course of treatment. In many cases, remedies for thyroid problems are not actually associated with the condition itself.
3. The problem of an overactive or underactive thyroid may actually be caused by some other condition. The treatment for that condition will eventually end up helping to normalize the functioning of the thyroid gland.
4. There is also the suggestion that non-medical techniques can be used to help improve the efficiency of thyroid gland function. A yoga program can be used to help improve the flexibility and efficiency of the body. This will also help to improve blood circulation. It is theorized that this will improve the functioning of the thyroid gland.

HOME REMEDIES FOR TINNITUS

The ringing or buzzing sound inside one or both the ears is called Tinnitus. It may be continuous or may come and go. Those who suffer from tinnitus experience a wide range of noises inside their ears. Tinnitus is of two types, objective tinnitus and subjective tinnitus. In objective tinnitus, apart from the patient himself, people around him can also hear the buzzing sound inside his ears. But in case of subjective tinnitus only the patient himself can hear the buzzing sound inside his ears. Subjective tinnitus is more common than objective tinnitus. Severe cases of tinnitus can be extremely disturbing, the patient may not be able to sleep or concentrate. In Latin, tinnire means "to ring". Tinnitus is the medical term for "ringing in the ears,". It is the perception of ringing, hissing, or other sound in the ears when no external sound is present. It affects 1 in 5 of the World's population, and touches over 33% of the elderly community. It may be intermittent or constant in character, mild or severe in intensity, vary from a low roar or throbbing to a high-pitch sound so deafening the individual may hear nothing else. It may be subjective -audible only to the patient or may be objective which is audible to others. It may or may not be associated with a hearing impairment. Tinnitus isn't a disease. It's a symptom that can be caused by a number of medical conditions.

Causes

- Most tinnitus comes from damage to the microscopic endings of the hearing nerve in the inner ear.
- Hearing loss. Doctors and scientists have discovered that people with different kinds of hearing loss also have tinnitus. Too much exposure to loud noise can cause tinnitus.
- Long-term use of certain medications. Aspirin used in large doses, quinine, antibiotics and anti-inflammatory drugs can affect inner ear cells. Trauma-related damage to your inner ear.
- Temporomandibular joint problems. These are "jaw joint" disorders, and they may result in clicking or grating noises when you move the jaw.
- Stiffening of the bones in the middle ear.
- A hole in or a rupture of the eardrum.
- Ear infection. If an infection reduces your ability to hear outside noises, you're more likely to hear the noises related to tinnitus.
- Ear wax. Buildup of excess wax in your ear can reduce your ability to hear or inflammation of the eardrum membrane, the middle ear, or the inner ear.
- Allergies, tumors, and problems in the heart and blood vessels, jaws, and neck can cause tinnitus. High blood cholesterol clogs arteries that supply oxygen to the nerves of the inner ear. If you are older, advancing age is generally accompanied by a certain amount of hearing nerve impairment and tinnitus.
- Diet can affect tinnitus. Specific foods may trigger tinnitus. Foods include red wine, grain-based spirits, cheese, and chocolate quinine/tonic water, high fat, high sodium can all make tinnitus worse in some people.
- Stress is not a direct cause of tinnitus, but it will generally make an already existing case worse. Ringing in the ears also sometimes accompanies vertigo (dizziness).
- Maskers are small electronic devices that use sound to make tinnitus less noticeable. Maskers do not make tinnitus go away, but they make the ringing or roaring seem softer.

Alternative

treatments:

Some people have taken minerals such as magnesium or zinc, herbal preparations such as Ginkgo biloba, homeopathic remedies, or B vitamins for their tinnitus and found them to be helpful. Others have experienced tinnitus relief with acupuncture, sacral therapy, magnets, hyperbaric oxygen, or hypnosis.

Home Remedies

1. Take 300 mg. a day of Coenzyme Q10 This powerful antioxidant is crucial in the effectiveness of the immune system and the circulation to the ears.
2. Bayberry bark, burdock root, goldenseal, hawthorn leaf and flower and myrrh gum purify the blood and counter act infection.
3. Ginkgo biloba helps to reduce dizziness and improve hearing loss related to reduce blood flow to the ears.
4. Eat fresh pineapple frequently to reduce inflammation.
5. Include in your diet plenty of garlic, kelp and sea vegetable.
6. For ringing in the ears, mix 1 teaspoon of salt and 1 teaspoon of glycerin in 1 pint of warm water. Use a nasal spray bottle to spray each nostril with the solution until it begins to drain into the back of the throat. Spray the throat with the mixture as well. Do this three times a day.
7. If tinnitus is due to loud noise then wearing a mask could help. Sometimes tinnitus may be a symptom of some other medical problem; in such case the underlying condition must be treated first. Reducing your stress level will also decrease tinnitus, therefore breathe deeply. Put 20 to 40 mg of extract of the Maidenhair tree or Ginkgo biloba into your ears for four to six weeks. This will dilate blood vessels and increase blood flow to the ears.

HOME REMEDIES FOR TOENAIL FUNGUS

Paronychia or onychomycosis are most often seen in toenail fungus infections. Although a mild infection in the early stages may cause little to no discomfort, with the only visible symptoms being toenail discoloration, black or thick toenails and crumbling of the nails it is absolutely essential for you to begin toenail fungus treatment immediately. The treatment of toenail fungus with tea tree oil or toenail fungus home remedies can help significantly in these early stages but these home remedies are no substitute for medical treatment as the results vary greatly. For an effective toenail fungus cure it would be best to employ a combination of medical treatments and toenail fungus home remedies.

Fungal infections are common on both fingernails and toenails. Toenail fungus also known as onychomycosis is caused by a group of fungus called dermatophytes. These fungus are harmful because as they grow they feed on the keratin that makes up the surface of the toe nail. The two fingers that are more likely to be affected are the big toe and the little toe. The big toe and the little toe are in fact the most susceptible to paronychia, which is an infection of the soft tissue around the nail. Toenail fungus causes disfiguration and discoloration of the nails. It is a contagious disease and some times it may be hereditary. Paronychia and onycholysis are common toenail problems and may require medical assistance if they have been neglected.

Some of the popular treatments involve treating the condition with black toenail fungus home remedies like bleach and hydrogen peroxide. The use of bleach for toenail fungus is quite popular as a foot fungus remedy. The use of baking soda for toenail fungus or fingernail fungus and skin fungus is also very popular and there are plenty of nail fungus baking soda remedies. The best home remedies for toenail fungus treatment are also not a sure bet however as there are no instant or fast home remedies for toenail fungus. If for some reason you cannot seek medical attention and toenail fungus home treatments are necessary then it would be best to try nail fungus treatment with over the counter nail fungus medications and applications.

Nutritional Supplements for toenail fungus natural cure

- Acidophilus supplements replenish the "friendly" bacteria that inhibit pathogens such as fungi. Take 1 teaspoon of acidophilus powder or two capsules on an empty stomach twice a day.
- Take a multivitamin that includes the B vitamins and vitamins A and E daily.
- Vitamin C increases immunity against fungi. Take 3,000 milligrams of vitamin C with bioflavonoids daily.
- Zinc increases immunity, inhibits fungi, and helps to heal skin tissue. Take 50 milligrams daily, with food.
- Methylsulfonylmethane (MSM) is a good source of sulfur, which is believed to fight fungi. It is now available in cream or spray form to apply topically to affected areas.

Home remedies

1. Apple-cider vinegar applied to a washcloth can be rubbed between your toes to relieve the itch and remove scales and dead skin.
2. Calendula cream, ointment, or tincture diluted in warm water has anti- fungal, astringent, and healing properties, and can be used two to three times a day.
3. Drinking a cup of chamomile tea three times a day, and also applying the tea directly to the affected area with a cotton ball three times a day, should help.
4. Garlic extract is one of the best herbal antifungals. Take 6 teaspoonfuls each day. In addition, you can put raw garlic in a blender and apply it to the rash three times a day with a cotton ball. Dust your feet and shoes with garlic powder daily. Garlic's antifungal properties have been documented by clinical studies, which show that people taking garlic have blood serum levels with significant antifungal activity.
5. Ginger tea, made from 2 ounces of fresh ginger root simmered in 8 ounces of water for twenty minutes, contains more than twenty different antifungal compounds. Drink a cup of ginger tea three times a day. You can also make compresses by soaking cotton in the tea and apply them to the affected area for five minutes three times a day
6. Goldenseal is a good antifungal agent. Add 5 drops of the tincture to juice and drink it three times a day. Or simmer 6 teaspoons of the dried herb in a cup of water for twenty minutes to make tea. Strain out the herbal matter and apply the tea to the rash with a fresh cotton ball three times a day
7. Drink a cup of lemongrass tea three times a day and also apply the used tea bags to the affected area. This should help toe nail fungus to clear faster.
8. Olive leaf extract has antifungal properties and helps to fortify the immune system. Take 250 milligrams three times a day.
9. Pau d'arco tea may be sipped three times a day to increase the body's immunity and enhance lymphatic drainage.
10. A mixture of 2 tablespoons of pau d'arco tincture, 4 teaspoon each of tea tree and lavender tincture, 1/8 teaspoon of peppermint tincture, and 4 ounces of vinegar can be added to enough warm water to make a healing foot bath. Use this treatment three times a day, drying the feet thoroughly afterward.
11. Turmeric oil, diluted with two parts water to one part turmeric oil, can be applied to the affected area with a cotton ball three times a day to speed healing of your fungal infection. Additionally, you can take 300 milligrams of turmeric extract orally three times a day.
12. Some commercial antifungal lotions combine herbals with pharmaceuticals to get the benefits of both. Also, mixtures of antifungal herbs work synergistically, or much better, than single herbs. One such product combines tolnaftate, myrrh, tea tree oil, aloe vera, calendula, rosemary, and thyme.

Aromatherapy for toenail fungus

1. Add 10 drops of tea tree oil to a pan of warm water to make a therapeutic foot soak. Soak your feet for twenty minutes three times a day. Dry your feet completely afterward. You can then apply a few drops of oil directly to the rash. If you find it irritating, dilute it with

an equal amount of vegetable oil. You can also paint tea tree oil on affected toenails twice a day to keep the fungus at bay. Remember never to drink this oil.

2. Myrrh, which has antifungal and astringent properties, can also be made into a footwash.
3. Add 10 drops of myrrh oil or 1 milliliter of tincture of myrrh to a pan of warm water.
4. Soak your feet for twenty minutes three times a day. Dry your feet completely afterward.
5. Caution: Do not use myrrh during pregnancy.

Homeopathy remedies for toenail fungus

1. Silica is the mainstay of homeopathic treatment for toe nail fungus. It is particularly good if you have cracks between your toes and are producing lots of smelly sweat. Take it as recommended by the manufacturer.
2. Rub a few drops of homeopathic Thuja directly on the affected area twice a day.

Toenail fungus remedies using acupressure

1. Apply slight pressure for ten seconds at the base of the little toe where it joins the fourth toe. Repeat this three times twice a day

Other therapies for toenail fungus

2. Ultraviolet light, in the form of a heat lamp or sunbathing, helps to dry up the fungus.

General recommendations for toenail fungus

1. Wash your feet twice a day, then dry them completely, using a new towel each time.
2. Wear white, 100-percent cotton socks and change them at least daily so that they stay dry. Wash your socks in chlorine bleach to prevent re-infection.
3. Place cotton balls in the webs between your toes to keep them open and dry.
4. Wear open sandals whenever possible to allow air to circulate between your toes.
5. Air out your shoes and sprinkle a powder containing an antifungal such as tolnaftate (Aftate, NP-27, Tinactin, Ting, Zeasorb-AF) inside them during flare-ups and afterward, to prevent recurrences.
6. Wear shoes when walking in gyms or pool locker rooms.
7. Do not share your socks or shoes with anyone.
8. Do not scratch your feet. This can only spread the fungal infection and increase the risk of a secondary infection.
9. Home remedies for nail fungus may not offer any sure cures for toenail fungus, but they do remain popular because of the convenience they offer and mainly because of the high costs of health care. While you may find plenty of toenail fungus home remedies blogs that promise quick solutions and effective cures most of them are not very honest. Home remedies for discolored toenails and fungal infections can have varied effects among different individuals and in most cases are ineffective. Even the best treatments would not work instantly and so there would be no way of knowing the effectiveness of the treatment for a while. If the remedies you use do prove to be ineffective which they generally do, you would have wasted a great deal of time, enabling the infection to grow even stronger.

HOME REMEDIES FOR TOOTHACHE

A toothache refers to pain that occurs in the area of the teeth, jaws and gums. Toothaches may be caused by a variety of problems such as dental cavities, exposed tooth rot, a cracked tooth, gum diseases, and so on. Pain from a toothache can vary from mild to severe and from sharp and sporadic pain to dull and persistent. It does pay to be prepared with toothache first aid because toothaches can strike without warning. Toothache pain can very often be excruciating and this may be further aggravated by exposure to cold or hot foods. Toothache remedies are highly sought after because they can offer significant toothache pain relief and are particularly useful for those who cannot turn to pharmaceutical products, as would be the case of some suffering a toothache during pregnancy. A toothache remedy may be unlikely to cure the problem but the relief it offers can help greatly, particularly in the absence of any immediate treatment for toothaches. A toothache usually results when the pulp, the innermost layer of the tooth and the part that contains the blood and nerve supply, becomes irritated and inflamed. The ache may be a persistent dull, throbbing pain or a sharp, stabbing one, or it may hurt only when you chew or bite down on the tooth. Your tooth may be sensitive to heat or cold.

Toothaches commonly occur when decay erodes the tooth enamel (the outer covering of the tooth) and the dentin (the body of the tooth), the two layers that surround the pulp. A toothache may also be caused by gum disease, poor dental work, infection or inflammation of the pulp, death of the tooth's nerve, injury to a tooth, a loose tooth, loss of a filling or crown, or receding gums. A sinus infection can sometimes cause pain that mimics a toothache as well.

Toothache helpful treatments

If you develop a toothache, you should consult your dentist as soon as possible. Failure to treat the underlying cause of a toothache could result in the loss of the tooth.

Home remedies can provide temporary relief until you visit your dentist. Essential oils that help ease toothache pain include chamomile, myrrh, peppermint, and tea tree. Apply one drop of any of these or a drop of Toothache Oil to the tooth and the surrounding area to ease the pain. For additional relief, apply a Toothache Compress on your face near the aching tooth.

To soothe teething pain in babies, chamomile oil is one of the safest and most effective remedies.

Massage Baby's Teething Blend onto the affected gum area.

Home remedies

The home remedies blends below are essential oil formulas you can prepare at home.

1. **Toothache Oil**
 - 1/8 ounce carrier oil
 - 6 drops tea tree oil
 - 4 drops chamomile oil
 - 2 drops myrrh oil

2 drops peppermint oil

Place the carrier oil in a clean container and add the essential oils. Gently turn the container upside down several times or roll it between your hands for a few minutes to blend. Apply one drop on the aching tooth and the surrounding gum, as needed.

2. Latest research has confirmed the bactericidal properties of onion. If a person consumes one raw onion every day by thorough mastication, he will be protected from a host of tooth disorders. Chewing raw onion for three minutes is sufficient to kill all the germs in the mouth. Toothache is often allayed by placing a small piece of onion on the bad tooth or gum.
3. Eating a raw lime, along with the peel, can offer some much needed toothache relief. The effectiveness of lime for toothaches can probably be best explained by its rich composition of vitamin C and the lower levels of acidity as compared to lemons.
4. The use of asafoetida has been found useful in curing toothache. It should be pestled in lemon Juice and slightly heated. A cotton swab should be soaked in this lotion and placed in the cavity of the tooth. It will relieve pain quickly.
5. Cloves have been used to treat toothaches since ancient times and are included as an essential ingredient in almost all toothache remedies. Cloves are in fact included as an ingredient in almost all toothpastes and are therefore still the most widely used ingredient in dental care. The effectiveness of cloves can be attributed to a compound called eugenol, which is present in cloves. Eugenol is a powerful anesthetic that also possesses antiseptic properties. This means that it not only offers toothache pain relief, but it also helps fight off germs that could contribute to an infection.
6. Home remedies for severe toothaches work just like any other toothache medication or over the counter toothache medicines. Toothache remedies with salt water are quite a popular as home treatment for toothaches during pregnancy. Home remedies for toothache infections with oregano oil, garlic, clove oil, tea bags, and olive oil are also quite popular while pregnant.
7. **Toothache Compress**
1 quart hot water
2 drops chamomile oil
1 drop peppermint oil
Pour the water into a two-quart glass bowl and disperse the oils in the water. Saturate a clean cloth in the water and apply the compress to your face near the aching tooth. Repeat as often as necessary.
8. **Baby's Teething Blend**
1/8 ounce sunflower oil
1 drop chamomile oil
Add the chamomile oil to the sunflower oil and blend. Massage a drop into your baby's gums as needed.

HOME REMEDIES FOR TUBERCULOSIS

Tuberculosis is a serious disease. A tiny germ called tubercle bacillus causes it. The germ enters into the body through the nose, mouth, and the windpipe, and settles down in the lungs. It multiplies by millions and produces small raised spots called tubercles. Tuberculosis may occur anywhere in the body but, more commonly, it affects the lungs, intestines, bones, and glands. Pulmonary tuberculosis or tuberculosis of the lungs is by far the most common type of tuberculosis. It tends to consume the body and the patient loses strength, colour, and weight. Other symptoms are a rise in temperature—especially in the evening, a persistent cough and hoarseness, difficulty in breathing, pain in the shoulders, indigestion, chest pain, and blood in the sputum.

Home remedies

1. The chief therapeutic agent needed for the treatment of tuberculosis is calcium. Milk is the richest food source for the supply of organic calcium to the body and should be taken liberally. In fact an exclusive milk diet is considered highly valuable in tuberculosis. However, a preparatory fast for three days, consisting of raw juices, preferably, orange juice, is essential before the milk diet is begun. The procedure is to take half a glass of orange juice diluted with an equal quantity of water every two hours from 8 a.m. to 8 p.m. For the full milk diet, the patient should have a glass of milk every two hours from 8 a.m. to 8 p.m. on the first day, followed by a glass and a half every hour on the second day. Thereafter, the quantity can be gradually increased until the patient takes a glass every half an hour. Usually, six litres of milk should be taken every day. In the case of women, five litres should be sufficient. Raw milk, that is, milk, which has not been pasteurised, produces the best results, provided it is clean and pure. Milk should be kept cool and away from dust, flies, odours, and sunlight. It should be gently stirred before use to ensure an even distribution of cream. It should be sipped very slowly so as to be thoroughly mixed with saliva which dilutes it and, to a great extent, promotes its digestion. Nearly eight to six weeks of a full milk diet is necessary for the success of the treatment. A considerable amount of rest is necessary with a milk diet and the patient should lie down for about two hours twice a day.
2. Custard apple is regarded as one of the most valuable remedies for tuberculosis. It is said to contain the qualities of rejuvenating drugs. Ayurvedic practitioners prepare a fermented liquor called sitaphalasava from this fruit, when in season, for use as a medicine in the treatment of this disease. The pulp of two custard apples and twenty-five seedless raisins should be boiled in water on a slow fire. When about one-third of the water is left, it should be filtered, and then mixed with two teaspoons of powdered sugar candy, and a quarter teaspoon each of the powder of cardamom, cinnamon, and certain other condiments.
3. The Indian gooseberry is another valuable remedy for tuberculosis. A tablespoon each of fresh Indian gooseberry juice and honey, mixed together, should be taken every morning in treating this disease. Its regular use will promote vigour and vitality in the body within a few days.
4. Pineapple juice is beneficial in the treatment of tuberculosis. It has been found to be effective in dissolving mucus and aiding recovery. This juice was used regularly in the

past in treating this disease when it was more common than it is at present. One glass of pineapple juice is recommended daily.

5. Bananas are considered useful in tuberculosis. The juice of the plantain or the ordinary cooking bananas works miracles in the cure of tuberculosis. It claims to have cured patients in an advanced stage of this disease with frequent cough, abundant expectoration and high fever in two months, by this treatment.
6. A soup prepared from drumstick leaves has been found valuable in this disease. This soup is prepared by adding a handful of leaves to 200 ml of water which has been heated to a boiling point. The water should then be allowed to boil for five minutes more. After that it should be removed from the fire and allowed to cool. A little salt, pepper, and lime juice may be added to this soup. This drink should be taken first thing every morning.
7. The fresh juice of mint has also been found useful in this disease. A teaspoon of this juice, mixed with two teaspoons of pure malt vinegar and an equal quantity of honey, should be stirred in 120 ml of carrot juice. This should be given as a medicinal tonic thrice daily in the treatment of tuberculosis. It liquefies the sputum, nourishes the lungs, increases body resistance against infection, and prevents the harmful effects of anti-tubercular drugs.

HOME REMEDIES FOR VARICOSE VEINS

Varicose veins are abnormally enlarged veins that appear close to the skin's surface. They occur usually in the calves and thighs and is the result of malfunctioning valves inside the veins as prolonged pressure or obstruction of the veins.

Varicose veins can develop in people from standing or sitting for long periods of time, poor exercise, pregnancy, excessive weight, prolonged constipation, people who habitually sit with their legs crossed. Also heavy lifting put increased pressure on legs increasing the likelihood of developing varicose veins. Heart failure, liver disease, and abdominal tumors can contribute in the formation of varicose veins. Heredity is also a factor for many individuals. A deficiency of Vitamin C and bioflavonoids can weaken the collagen structure in the vein walls, which can lead to varicose veins.

Varicose veins are very common and affect approximately 10% of the population. More women than men are affected. In some cases if varicose veins are not treated properly, some complications can emerge. The characteristics more common are: swelling, restlessness, leg sores, itching, leg cramps, feeling of heaviness in the legs and fatigue.

Causes for Varicose Veins

The exact causes of varicose veins are still not clear, but it is believed that increased pressure on the veins could cause them to enlarge and bulge. Weakness or the absence of valves in the veins could also lead to poor circulation and subsequently the development of varicose veins. Some of the common causes of varicose veins include:

- Weakness in the walls of the veins
- Formation of blood clots in the veins, which obstruct the flow of blood
- Genetics and heredity factors
- Obesity or being overweight significantly increase the amount of pressure exerted on the veins
- Congenital abnormalities in the veins
- Spending a long period of time in one position, which restricts the flow of blood
- Pregnancy is also regarded as one of the causes of varicose veins, due to the increase in weight, which translates to an increase in pressure on the veins in the legs and feet.
- Men on the other hand are more likely to suffer from testicular varicose veins, which is one of the leading causes of male infertility. One of the main testicular varicose veins causes is the dilation of blood vessels in the scrotum. This is the result of valve failure in the veins.

Home Remedies

1. Eat a balanced diet that includes plenty of fish and fresh fruits and vegetables. The diet also has to be low in fat and carbohydrates.
2. Eat as many blackberries and cherries as you can. They help to prevent varicose veins, and if you have them they may ease the symptoms.

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3. Including ginger, onions, garlic and pineapple in your diet is beneficial.
4. Your diet has to be high in fiber to prevent constipation and keep the bowels clean.
5. Avoid as much as possible sugar, ice cream, fried foods, peanuts, junk foods, cheeses, tobacco, salt, alcohol, animal protein, and processed and refined foods.
6. Do a daily routine of exercise. Walking, swimming and bicycling all promote good circulation. It is very important that in complement maintain a healthy weight.
7. Do not wear tight clothes because they restrict blood flow.
8. At least once a day elevate your legs above the heart level for 20' to alleviate symptoms.
9. Avoid standing or sitting for long periods of time, crossing your legs doing heavy lifting and putting any unnecessary pressure on your legs.
10. If you at work are sitting on a desk all day, make sure you take breaks to walk around. you can also flex your muscles and wiggle your toes to increase blood flow. If it is possible try to rest your feet on an object that is elevated from the floor when seated.
11. If you at work have to stand for long period of time, shift your weight between your feet, stand on your toes, or take breaks to walk around to alleviate pressure.
12. Elevate your feet at all moment at home while watching TV or sitting down to read.
13. To ease pain and stimulate circulation, fill a tub with cold water and simulate waking.
14. Avoid scratching the itchy skin above varicose veins. This can cause ulceration and bleeding.
15. After bathing apply Castor oil over the varicose veins affected and massage into your legs from the the feet.

HOME REMEDIES FOR VITILIGO

Vitiligo is a skin condition in which the cells that produce the pigment, melanin, are destroyed. Melanin is responsible for giving the skin its color. When these cells, known as melanocytes, are destroyed, white spots appear on the skin in various areas of the body. Patches may also be noticed on the mucous membranes of the nose, mouth and retina. The hair present in the affected areas may also turn white. Vitiligo are chalk-white spots, streaks, and patches of skin and hair where normal pigmentation has been lost due to destruction of the melanocytes, or pigment cells. Once the melanocytes are destroyed, no more melanin, or pigment, is made in these sites.

The white patches usually appear symmetrically on both sides of the body. Vitiligo affects approximately 1 percent of the population. The condition is more common in dark-skinned people and, while noticeable in people with light-colored skin, it can be extremely distressing to people with darker complexions. It most often develops between the ages of ten and thirty. Common sites of pigment loss include exposed areas of the skin, such as the central face, fingers, hands, wrists, body folds, sites of injury, and the hair. The mucous membranes and areas around moles are other commonly affected sites.

Vitiligo is thought to be an autoimmune problem in which the body attacks its own pigment cells and kills them. There is often a precipitating factor such as stress or illness in a predisposed person. Thirty percent of people with this disorder have a family history of vitiligo, so there is obviously a genetic component. In addition, there is often a family or personal history of other connective-tissue or endocrine disease also related to an immune problem. These include alopecia areata, thyroid disease, diabetes, Addison's disease (a disorder of the adrenal glands), and pernicious anemia.

Vitiligo is a chronic disease, and its course is variable. Most commonly, it comes on rapidly, followed by a period of stability or slow progression of the problem. In about 30 percent of cases, the affected skin may begin to repigment naturally in sun-exposed areas as melanocytes migrate in from surrounding normal skin or from deep in the hair follicles. Skin that recovers in this way or with treatment usually shows small dots of repigmentation around involved hair follicles. Patches of de-pigmentation are the most prominent symptom of vitiligo. These patches may be seen more commonly in areas of the body that are exposed to the sun such as the face, lips, arms, hands and feet. In some cases, white areas may also be noticed around the armpits, groin and rectum. Vitiligo tends to develop in any of three patterns. In the focal pattern, the de-pigmentation occurs in only one or few areas and does not spread. In the segmental pattern, the patches occur on one side of the body. In the generalized pattern, de-pigmentation is seen to occur in a symmetrical fashion on both sides of the body. The generalized pattern is the most common pattern of vitiligo. Individuals affected with vitiligo may also experience premature graying of the hair on the scalp, eyebrow, eyelashes and beard. There may be discoloration inside the mouth especially in people with darker skin. It is not possible to determine if a generalized pattern of vitiligo will spread to other parts of the body. In some cases, the white patches remain limited to just a few areas, while in other cases the disorder progresses and spreads over the years. Some people may experience a quicker spread of the disease. Further de-pigmentation may occur after periods of stress. Vitiligo is not an infectious disease and does not spread from one individual to another.

Diet for Vitiligo

The diet significantly influences the body's resistance to various illnesses and infections. It is possible that skin disorders such as vitiligo occur more easily when nutrition is poor. There is no specific diet to be followed for improvement in vitiligo. But a nutritious and wholesome diet in general is a must for overall good health. Medical treatment for vitiligo tends to continue for long periods of time and during this time it is essential to keep the body healthy to aid in healing. Individuals affected with vitiligo should aim to consume healthy and balanced meals. Beneficial foods such as olive oil, black pepper and green tea should be incorporated into the daily diet.

Home remedies

1. A small study at the Department of Dermatology of the University of Alabama Birmingham Medical Center found that supplementation with folic acid, vitamin B12, and vitamin C resulted in noticeable repigmentation of the subjects' skin. I therefore suggest taking a vitamin-B complex containing 100 milligrams of each of the major B vitamins and at least 400 micrograms of folic acid daily; 1,000 micrograms of vitamin B12 daily, and 2,000 milligrams of vitamin C twice daily.
2. The main emphasis of vitiligo treatment is to improve the appearance of the skin. Treatment for the condition usually continues for long periods of time. The type of treatment depends upon the size and number of white patches, location and extent. The response to treatment varies from case to case. Most vitiligo treatments involve topical application of medication. In topical steroid therapy, steroid creams are used to repigment the white patches. This kind of therapy is especially effective when done in the initial stages. You need to apply the cream to the affected areas for a minimum period of three months. Topical steroid therapy is known to be a safe and easy treatment. However there may be some side effects of these creams such as shrinkage or streaks on the skin.
3. According to some natural health enthusiasts radish seeds can bring about regeneration of melanin. Add a couple of teaspoons of vinegar to powdered radish seeds and mix into a paste. You can apply the paste to the affected area daily for at least 6 months. The plant Mama Cadela has been traditionally used for the treatment of vitiligo patches. The root of the plant may be boiled in water and the extract can be applied to affected areas of skin. According to some in. The herb Ginkgo Biloba is a popular one used by herbalists for various health concerns. Some research indicates that this herb helps in limiting the progression of the disease and also assists in re-pigmenting the white patches. These effects may be possible due to the natural immunity boosting properties possessed by the herb. It is known to be more effective when taken orally rather than applied topically.
4. Homeopathic remedies that may be recommended for vitiligo include Alum, Natrum carbonicum, Phosphorus, Sepia, Silica, and Sulfur. The exact remedy is best chosen by a qualified homeopath.
5. Opaque cosmetic cover-ups such as Dermablend and Covermark can be exactly matched to your normal skin tone. Such products are commonly used for small areas of pigment loss, especially on the face and hands. However, they do rub off and have to be reapplied during the day.
6. Apply a sunscreen with a sun protection factor (SPF) of 30 or higher on a daily basis to all depigmented spots to protect the affected skin from sunburn and photoaging. A

sunblock containing zinc oxide and titanium dioxide is preferable. Do this even if you do not anticipate being outdoors, as your skin is exposed to sunlight through windows in your home and car. Areas of vitiligo no longer have any protective pigment, burn easily, and are more susceptible to developing skin cancer. A product called Total Block combines an SPF of 60 with antioxidants and cover-up protective liquid makeup to cover and protect areas of vitiligo in a cosmetically pleasing way.

7. Avoid skin trauma as much as possible, as cuts and abrasions frequently are followed by vitiligo in the affected areas.

HOME REMEDIES FOR WARTS

It is very embarrassing to have warts, but more awkward is going to the pharmacy to get an over the counter product to treat them, that is why most people search for a more private way to remove warts, without a doubt home remedies to remove warts are the answer for most of us.

Warts are small benign growths on the skin, caused by a variety of related, slow-acting viruses HPV (human papilloma virus). There are at least sixty known types of HPV. Warts may appear singly or in clusters. We will talk about three types of warts and the home remedies that can take care of all of them: Common warts, Plantar warts, and genital warts.

Common warts can be found anywhere on the body, but are most common on the hands, fingers, elbows, forearms, knees, face, and the skin around the nails. Most often, they occur on skin that is exposed to constant friction, trauma, or abrasion. They can also occur on the larynx (the voice box) and cause hoarseness. Common warts may be flat or raised, dry or moist, and have a rough and pitted surface that is either the same color as or slightly darker than the surrounding skin. They can be as small as a pinhead or as large as a small bean. Highly contagious, the virus that causes common warts is acquired through breaks in the skin. Common warts can spread if they are picked, trimmed, bitten or touched. Warts on the face can spread as a result of shaving. Common warts typically do not cause pain or itching.

Plantar warts occur on the soles of the feet and the underside of the toes. They are bumpy white growths that may resemble calluses, except that they can be tender to the touch and often bleed if the surface is trimmed. They also often have an identifiable hard center. Plantar warts do not tend to spread to other parts of the body. Keep reading or a special home remedy for plantar warts.

Genital warts are soft, moist growths found in and around the vagina, anus, penis, groin, and/or scrotum. In men, they can grow in the urethra as well. They are usually pink or red in color and resemble tiny heads of cauliflower. Genital warts most often occur in clusters, but they can appear singly as well. They are transmitted through vaginal, oral, or anal intercourse, and are highly contagious. Because the warts do not usually appear until three months or more after an individual becomes infected with the HPV that causes them, the virus can be spread before the carrier is even aware that he or she has it. Although genital warts are not cancerous, they appear to cause changes in the cervix that may be a precursor of cervical cancer. An infant born to a mother with genital warts may contract the virus. If you have genital warts, you are not alone. Between the start of the "sexual revolution" in the sixties and the late eighties, reported occurrences of these warts increased tenfold. By 1990, one million cases a year were being reported in the United States alone.

Warts come in various shapes and sizes and usually appear as rough elevations on the skin. These elevations appear more frequently on the fingers, elbows, knees, face, and scalp. Those that appear on the soles of the feet are called plantar warts. They are very painful and the sufferer is not able to walk properly. Warts are the physical manifestation of a viral infection called HPV. There are several different types of HPV and as of now, 120 of them have been positively identified. The type of HPV infection determines the type of warts a person will suffer from. There are several different types of warts that may appear on the hands, feet, and face and they

are often classified according to the areas of the body that are affected by them. Genital warts, oral warts, and vaginal warts are some of the most common types of warts. Other types of warts also include plantar warts, flat warts, seed warts, and filiform warts. Plantar warts generally affect the sides and the soles of the feet while filiform warts affect the skin tissues of the face. Periungual warts are those warts that affect the skin adjacent to the toenails and fingernails. One of the most common myths about warts is that they are contracted through frogs, which is not the case. While contact with frogs and toads may cause a localized reaction or rash, it cannot cause warts. Warts on the hands and feet are extremely common and even though they do not pose a medical risk, the individual may feel compelled to have them removed as they can be extremely unsightly. Those with lower immune levels such as small children as well as those with immune system deficiencies have a higher risk of suffering from this condition. This type of viral infection greatly increases an individual's risk of suffering from certain types of cancer. There are now several vaccinations against certain types of HPV as vaccination can help to prevent this viral infection as well as the cancers that are associated with them. Some of the HPV vaccinations have been proven to substantially decrease a woman's risk of cervical cancer. These vaccinations are commonly known as cervical cancer vaccinations and it is important to understand that these vaccinations cannot prevent cervical cancer but they will considerably reduce one's risk. It is generally believed that a girl should receive this vaccine between 9 and 15 years of age as there is a high possibility that they would not have been exposed to the virus as yet. Most health plans in the US cover the cost of these vaccines and there are also several government programs where one can receive assistance to cover the cost of the vaccine. There are several home remedies for warts to help get rid of them as well as prevent them. Home remedies for warts which are topical applications are meant to treat the condition locally while dietary modifications help to control the viral infection.

Home Remedies

1. Fresh Aloe vera juice is applied directly to dissolve warts and tone the skin.
2. Marigold is another herb found beneficial in the treatment of warts. The juice of the leaves of this plant can be applied beneficially over warts. The sap from the stem has also been found beneficial in the removal of warts. There are several home remedies for warts that are based almost solely on marigold leaves. You can soak a handful of marigold leaves in a bowl of warm water. After 20 minutes or so, take them out of the bowl and shake off the excess water. Put these leaves into a blender and allow it to form a thick paste. Apply a generous amount of this paste to the warts and use a clean piece of cloth to secure it in place. Keep this on for at least an hour or two before untying the cloth and rinsing the area with cold water. This is one of the most common remedies for warts on the fingers, feet, knees, and face and can be used repeatedly for quick results.
3. Proteolytic Enzymes:
Papaya (papain), Pineapple (bromelain), banana peel and figs contain enzymes that digest and dissolve warts in a safe manner.
4. The fresh plant, sap (figs) or concentrate (papain) can be applied; any of these can be taped to the skin for several hours.
5. Milkweed a weed that is wide spread across North America; the fresh milky sap of the leaf or stem is applied directly to warts once a day. Usually works dramatically; non-irritating, does not affect normal skin.

6. Increase the amount of sulfur-containing amino acids in your diet by eating more asparagus, citrus fruits, eggs, garlic, and onions.
7. One of the most skin conditions are common warts these unsightly bumps that usually appear in hands, face, neck and décolleté.
8. They are not painful, even if they are too large can become annoying, but are associated with ugliness. They are common in children and adolescents and usually fade over time. Conventional wisdom has a host of remedies against them.
9. A simple way to remove warts short term is the implementation of milk fresh fig. We need fresh fig 1 for each wart.

Preparation

10. Pumping of fresh fig.

11. How to apply

Apply milk of fig on each wart, but within its outline.

Cover the area with a bandage or gauze.

Keep the poultice for 8 hours.

Repeat the cure for 9 days, renewing the milk daily.

12. Treatment 2 Slugs

13. Preparation and application

14. Find a slug or snail in the field and pick it up. Rub with the slug each warts, Impregnating it with her spittle. Not cover the warts and wash the affected area until after more than 24 hours.
15. The herb dandelion is another valuable remedy for warts. The milk from the cut end of dandelion should be applied over the affected area two or three time's daily. This is one of the gentlest home remedies for warts and can be used to treat warts on the face.
16. They are presented in various sizes and shapes and are usually located on the hands and fingers, but sometimes may occur elsewhere in the body.
17. This is because it is spread by direct contact. That is, for the conact of a body part with another. Touching a wart on your hand, you can take the virus with the fingers and transfer it to another part of the skin surface
18. Those who appear in the feet are called plantar warts are very painful and making the person unable to walk properly. It must be very careful with genital warts which require medical attention.
19. Rub the wart with a piece of garlic or garlic juice of four.
20. Make a knot in a string for every wart you have, then place the string over his shoulder in the light of the full moon.
21. Draw a picture of the hand with warts cross with an X and pull the design in the garbage.
22. Rub the wart with a chicken gizzard when the moon is waning. Then take the gizzard and bury it in the middle of a dirt road. (In some parts have replaced the gizzard by a cloth to clean dishes).
23. Wrap with four layers of duct tape warts on the fingers (not too tight) follows the first layer on the tip of the finger, the second around the finger and, in the same manner, repeat again until you are four layers.
24. Count the number of warts you have on the body, take an equal number of corn kernels and place in a small box that is left, quietly, at the junction of a road on a Friday.
25. Immerse plantar warts in hot water every night.
26. Apply vitamin E oil, essential oil of cloves or sage, aloe vera (aloe) directly on the wart.

27. Rub the wart on a piece of pig skin daily and then clean the area and leave this piece in the open for three nights.
28. Soak several slices of lemon in apple cider with a little salt and marinate for two weeks. After that time, take the slices of lemon and rub over the wart.
29. Rub a piece of chalk, a raw potato or banana peel on the wart.
30. Apply a drop of castor oil to the wart twice daily and cover with a bandage or tape.
31. Form a thick paste with a spoonful of castor oil with baking soda. Apply the paste a couple of times a day and then cover with a bandage.
32. Raw potatoes are beneficial in the treatment of warts. They should be cut and rubbed on the affected area several times daily, for at least two weeks. This will bring about good results. Alternatively, you can crush a small piece of raw potato and apply the pulp to the wart. You can then apply a clean bandage to the area to ensure that the pulp stays in place. It would be best to do this before you go to bed. This is a simple-to-prepare and natural cure for warts and it can be used on a daily basis to help get rid of the warts. It is sometimes suggested that the bandage should be kept in place for days but this is not advisable. Instead, you can apply the potato pulp to the warts in the night and secure it with a bandage. You can then take it off the next morning and rinse the area well with cold water. You can then make a little more pulp and apply it once more. Make sure that you change it again in the night before you go to bed. This method of treating warts will ensure quick results as the wart is continuously in contact with the potato pulp. Home remedies for warts that require potato pulp or potato juice will need to be used as soon as they are prepared and the excess juice can be discarded. As potato juice comes in contact with the oxygen in the air it undergoes oxidation which reduces its potency.
33. Simultaneous with home remedies for warts, dietary measures can help in the treatment of warts. The patient should be kept on an all-fruit diet for about five days. During this period, he should take, three meals a day of juicy fruit, such as grapes, oranges, apples, pineapples, mangoes, pears, and papayas at five-hourly intervals. Thereafter he may adopt a well-balanced diet of natural foods consisting of seeds, nuts, grains, fruits, and vegetables. Further short periods of an all-fruit diet may be necessary at monthly intervals until the skin condition improves.

Recommendations

- There are several recommendations to prevent and combat warts
- Do not walk Descals. If you walk Descals in the locker room, pools, gyms or showers in the carpets of the hotels, there are great chances that the virus is there. The best protection is footwear.
- Cover your cuts and scrapes If you have cuts or scrapes to disinfect rapidly the bucket and then cover with a bandage until healed, because if it does the virus can easily be introduced under the skin. It should be especially careful if the cut or opening is around the cuticle, which can cause a particularly malignant type of wart (warts periunquales) which are difficult to treat.
- Keep feet dry If you have warts on your feet, try to keep as dry as possible and to develop warts in the moisture. The best practice is to change socks at least three times a day and then apply a medicated talc. Similarly, it is beneficial change his shoes frequently and allowed to dry completely.
- Verify the use of medication Some medications to soften and get rid of warts contain salicylic acid. However, they are not recommended for diabetics and people with circulation problems.

HOME REMEDIES FOR WOMEN'S HEALTH

Many health problems affect both men and women. However the manner in which they affect women may vary. There are also some conditions that occur more commonly in women such as gall stones, urinary tract infections, migraine and autoimmune disorders. Still other conditions such as menstruation and pregnancy related issues are unique to women. Here we examine four ailments that occur commonly in women; breast cancer, polycystic ovarian disease, osteoporosis and depression.

Breast cancer occurs in the cells present in the lining, lobules and draining ducts of the breasts. It is the most common type of cancer that occurs in women and affects a large number of women across the world. Breast cancer in its early stages does not produce any symptoms.

- In most cases, the cancer is detected before any symptoms occur when a lump is discovered in the breast.
- Persistent lumps that develop under the arms or near the collarbone may be indicative of cancer.
- As the disease progresses, symptoms such as inversion of the nipple, discharge and skin changes may occur.
- Not all lumps found in the breasts are cancerous, but it is imperative to have them examined by a doctor at the earliest.

Polycystic ovarian disease is a condition that affects the balance of female sex hormones in women. This may lead to:

- The development of cysts in the ovaries
- Changes in the menstrual cycle
- Skin changes such as darkening or thickening of the skin
- Chances of getting pregnant may also get affected
- Symptoms of this condition also include irregular periods, and
- Development of male characteristics.

Osteoporosis is characterized by weakening of the bones. The bones become soft and fragile and are vulnerable to sprains and fractures. Common symptoms of osteoporosis in women include:

- Fractures
- Swelling
- Muscle aches
- Posture problems
- Fatigue and tooth loss.

Depression is a common mental health problem that occurs in women. Studies have shown that women are twice as likely to become clinically depressed as men. Depression is a mood disorder that results in feelings of sadness and hopelessness. The symptoms may range from mild to severe. Some of the milder symptoms of depression include low appetite, sleeping trouble, low

self esteem and apathy. Severe depression symptoms may include thoughts of death or suicide attempts. Some of the other symptoms of depression in women include restlessness, feelings of guilt, pessimism, weight gain or weight loss, fatigue and excessive crying. Physical symptoms such as headaches and digestive problems may also occur in some cases.

Breast Cancer:

The cells of the breasts may become cancerous when certain alterations occur in the DNA. In some cases inherited DNA mutations may make a woman more vulnerable to developing breast cancer. The risk of breast cancer also increases with age. There is also a possibility for women who have already had cancer to develop a new cancer in another part of the breast. This is different from recurrent cancer or cancer that has spread. Other risk factors for breast cancer include alcohol consumption, smoking and a poor diet.

Polycystic Ovarian Disease:

Polycystic ovarian disease occurs when there is an imbalance in the female sex hormones. The exact causes of such imbalances are unknown. Due to this condition, the eggs are not released from the ovaries and tiny cysts are formed. This can affect fertility. In many cases, this disease runs in families.

Osteoporosis:

The most common cause of osteoporosis in women is estrogen deficiency. Bone loss usually occurs in women after menopause. This is the time when there is a significant drop in estrogen levels. Younger women who experience absence of menstruation may also be at risk for osteoporosis. The bones are also negatively affected when there is inadequate intake of calcium. The body utilizes calcium and phosphate for bone production during youth. As individuals age, these minerals are reabsorbed in the body from the bones and this causes weakening of the bones. As a result the bones may become brittle and prone to breaking.

Home remedies

1. Treatment for breast cancer is decided by the doctor after discussion with the patient. The treatment will depend upon the stage of cancer, the age of the patient and individual preferences.
2. In most cases, surgical intervention is necessary to remove the cancer cells.
3. In addition, other treatments such as chemotherapy, radiation therapy and hormone therapy may also be employed.
4. Alternative therapies such as acupuncture, massage and use of immunity boosting herbs is known to help in providing relief from breast cancer symptoms. But these treatments should be used only after consultation with a doctor.
5. Polycystic ovarian disease is usually treated with birth control pills as they help to correct hormonal imbalances and regulate the menstrual periods.

6. Herbal treatments are known to help in treating polycystic ovarian disease. The herb Dong Quai is known to be beneficial in regulating the levels of estrogen and progesterone.
7. Chaste tree is also helpful as it has a positive effect on the functioning of the pituitary gland.
8. Saw palmetto may be used to control growth of facial hair that sometimes occurs due to the disease.
9. Osteoporosis treatment is aimed at alleviating pain, reducing bone loss and preventing fractures. The treatment may include medications and various lifestyle changes.
10. Medication is focused on reducing the rate of bone loss and also controlling bone pain.
11. Gentle exercises are also recommended for people with osteoporosis as it reduces the risk of sprains and fractures.
12. Depression can be treated in various ways. Medications such as antidepressants are commonly prescribed for women with depression. It is essential to closely monitor individuals taking antidepressants. Treatment also involves:
13. Psychotherapy, which consists of supportive counseling, cognitive therapy and problem solving therapy. In supportive counseling, the feelings of sadness and hopelessness are addressed. In cognitive therapy, pessimistic thinking patterns that lead to depression are dealt with. Problem solving therapy involves teaching the individual coping skills so that she is able to make changes in the areas of her life which are creating stress and depression.
14. Natural remedies for depression involve the use of herbs that help to relieve tension and stress. Herbs such as lavender and chamomile are known for their calming properties and may be consumed in the form of tea.
15. Holy basil is also known to be beneficial in alleviating depression and may be combined with sage to prepare a stress-relieving herbal tea.

Diet for Women's Health

- A diet that consists of plenty of vegetables and omega 3 fatty acids is known to help in reducing the risk or spread of breast cancer. Avoiding red meat and alcohol is also beneficial.
- The diet for polycystic ovarian disease must consist of high fiber foods and healthy fats. Refined and sugar carbohydrate foods should be restricted and a regular exercise regimen must be followed.
- The osteoporosis diet should include a minimum of 1200 milligrams of calcium daily. Intake of vitamin D is also essential as it helps in calcium absorption. High calcium foods to include in your regular diet are dairy products, leafy green vegetables, salmon and tofu.
- Dietary deficiencies can also play havoc with your emotions and hormonal levels, resulting in severe mood swings and depression. Inadequate intake of the B vitamins is known to result in poor regulation of brain chemicals involved in mood changes. Research has also indicated that individuals with depression respond better to treatment when they had increased amounts of vitamin B12 in the blood. Intake of vitamin B supplements may help to enhance the effects of antidepressant medication. Intake of folic acid is also recommended for women with depression as it is involved in the release of serotonin in the brain.

HOMEMADE REMEDIES FOR WHITENING TEETH

We all want white sparkling teeth, just like most movie stars, but let face it; who has the money to buy those expensive systems advertised on TV? and worse yet; who can afford visiting the dentist for one of those laser sessions that can cost hundreds and hundreds of dollars? Home remedies for whitening teeth are a great alternative for fast, safe and inexpensive teeth whitening.

Home Remedies

1. Make a paste by mixing
2 teaspoons of hydrogen peroxide
2 teaspoons of baking soda.
Place the mixture in a small bowl. The thickness of the paste should be consistent as the typical thickness of toothpaste. For a better taste, add a bit of mint or just a scoop of toothpaste can be combined with the home-made paste for whitening teeth.
2. Now, how is this home-made whitening teeth remedy re used?
3. Apply with a toothbrush and leave the mixture on your teeth for at a couple of minutes. You should avoid swallowing the paste. If this happens, just drink lots of water. Use only once or twice a week.
4. Brush your teeth really with regular tooth paste. Then pour some extra virgin olive oil on a white wash cloth and scrub your teeth for incredible results
5. Make a paste of few drops of lemon juice and a pinch of common baking soda. Apply this to your teeth and massage gently as if brushing. This helps to remove the stain from the teeth.
6. Rub your teeth with the inside of orange peels. Orange peels have a mild compound that has been shown to whiten teeth which removes stains from teeth without damaging the enamel.

Important: While hydrogen peroxide is safe to gargle and to use as a home remedy to whitening teeth, one should be extra careful not to swallow any of it as it poses a health hazard to the body. For pregnant or lactating women, any accidental swallowing of the whitening gel could be potentially harmful to the unborn fetus.

When using hydrogen peroxide, you may also experience gum irritation. This is perfectly normal and natural however you should avoid using it if you have any sores inside your mouth.

HOME REMEDIES FOR YEAST INFECTION

Systemic infection with candida and other strains of yeast is epidemic today and is an underlying factor in many chronic conditions (e.g. migraines, colitis, obesity, fibromyalgia, chronic fatigue, sinusitis, PMS). This is a result of immune failure and contributes to immunity's progressive weakening. Home remedies for yeast infection can also be used in combination with other remedies for the above mentioned symptoms.

Other contributing causes include antibiotics, which destroy protective intestinal bacteria, and a variety of immune-damaging factors and environmental toxins. Sugar and carbohydrate excess, or estrogen imbalance (hormone therapy pill, PMS), sweetens the tissues, creating a yeast breeding ground. Food allergies and a toxic digestive system (dysbiosis) complete the picture. Home remedies for yeast infection can reverse the imbalance and return it to normal levels.

Antifungal herbs must be used and alternated for some time. An integral part of treatment is yeast die-off or Herxheimer reaction, which can produce fatigue, headaches, digestive upset and so on. The side effects can be minimized by starting with low dosages, increasing gradually, and helping detoxification. A low-carb, high-protein diet, digestive enzymes, liver detoxification and immune-strengthening herbs are essential. Check below a list of home remedies for yeast infections.

Home remedies

1. Black Walnut-*Juglans nigra*
 - Unripe, green hulls contain juglone, an effective antifungal agent.
 - Assists with systemic candida, athlete's foot and ring worm infections.
 - Also inhibits other fungi, cryptococcus, salmonella, staph, E. coli.
2. Cat's Claw-*Una de gato/Uncaria tomentosa*
 - Has antimicrobial effects for fungi, viruses, bacteria, parasites.
 - Important intestinal cleanser for dysbiosis, leaky gut, diverticulitis, colitis, Crohn's. Anti-aging, anti-inflammatory, immune strengthening.
3. Celandine-*Chelidonium majus*
 - Treats candida effectively; powerful liver detoxifier and hepatic strengthener; helps in removal of candida metabolites from the bloodstream.
4. Garlic-*Allium sativa*
 - Contains several antifungal ingredients; rapidly destroys yeast.
 - Stimulates immune function. Highly antiseptic, effective in infections, and is beneficial for long-term use against chronic candida syndromes.
5. Goldenseal-*Hydrastis canadensis*
 - Strong antifungal effects, while healing intestinal mucus linings.
 - Strengthens and detoxifies the liver; immune and white cell stimulant.
6. Yeast infection Tinture:
 - 1 ounce tincture of black walnut husk (fresh)
 - 1/2 ounce each tinctures lavender flowers, valerian root, pau d'arco.
 - 10 drops tea tree oil.
 - Mix all the ingredients and shake well before each use. Take 2 to 3 dropperfuls a day.