

NATURAL REMEDIES FOR EVERY DAY AILMENTS

Website: Healthy Christian Living - Living by the Blueprint



DISCLAIMER:

The information provided below has been proven both effective and beneficial for hundreds of years. However, due to certain laws/restrictions, the information provided is not to diagnose, claim to prevent, mitigate or cure such conditions, nor to provide a diagnosis. Therefore, if you are ill, have any disease, are pregnant, or just improving your health, we are required to tell you to consult a medical doctor for medical advice, treatment and services.

HEADACHE(migraines included):

Increase your water intake. Right now, drink 1 -8 oz cup of water. Drink 1 cup every 10 minutes for the next 90 minutes. Be sure every time you drink 1 cup you write one slash/hash mark on a paper to keep track. If you have a timer, after you drink one cup of water, set the timer for 10 minutes, then drink another cup and reset the timer til you have drunk all 9 cups or until the headache/migraine is gone.....**CAUTION: DO NOT USE THIS REMEDY IF** you are on any type of FLUID RESTRICTION **ALSO,** A HOT FOOT BATH x 30 minutes with ½ cup mustard will help with headaches in conjunction with the above remedy

NATURE'S STITCHES: (This is when you need stitches, cut off a finger or toe, or need a skin graft)

Mix equal parts of honey(do not purchase from a grocery store...only from Trader Joe's, a Farmer's Market, or a Honey Farm), Wheat Germ Oil(may purchase at vitacost.com) enough comfrey dried leaves(may order from us) until you have a paste consistency. Wash area clean and apply this nature's stitches. Results are normally seen within a day or two...**FOR BURNS CAUSED BY FIRE**(not chemical burns), use same remedy, but add comfrey powder instead of leaves.

TOOTHACHE:

Mix about 1 Tbsp of activated charcoal(you may purchase from us) and add a couple drops of clove oil(by NOW) and a tiny bit of water. Mix until you have a spreadable paste consistency not as thick as peanut butter. Get a piece of gauze and cut out a quarter size. Put a dollop of this charcoal mixture in the center, roll into a ball, and place in mouth where the toothache is. **This has been known to take infections away as well as abscesses.** YOU MAY spread this mixture on the outside of the jaw as well.

MUSCLE PROBLEMS: (pulled, strained, tightness, sore, Charlie horses, twitching, etc.)

#1: Make the Magnesium drink right away

TO MAKE A MAGNESIUM DRINK:

Take a handful of each: spinach, parsley, cilantro and put into a blender with a little bit of water.

Blend on high for about a minute

Strain and drink throughout the day.

#2: Purchase Green Powder Drink that contains dried kale, spinach, blue green algae, etc.

Check your local health food store for such a product

Dr. Schulze has a great one called SUPERFOOD → <https://www.herbdoc.com/superfood-plus>

#3: Take a warm bath x 20-30 minutes in soft water 3-4 x week

#4: Mix Rosemary, Sage, Wintergreen, Turmeric, and Ginger Oils(6 drops each) into 1/3 c. olive oil and rub into painful area. May add one pinch of cayenne powder

ACNE and FACIAL BLEMISHES:

Wash the face with very hot water, then pat dry. Apply good quality honey to the face. Spread all over like a mask.

Leave on x 30 minutes. Wash off with very hot water, then rinse with cold water. Dry face. Do every day x 2 weeks

NOTE: You may add a pinch of turmeric if the blemishes are not open

NOTE: To have these remedies demonstrated OR to Learn more remedies like these, please call

C: Sharon(256)658-4132

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