

Natural Remedies for Every Day Ailments

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.

COUGH REMEDY:

1 cup honey

8 drops of Eucalyptus oil (can purchase at Health Food store or at vitacost.com)

Mix the above ingredients in a container and set aside for later use...When needed, take 1 T. when retiring for bed. One teaspoon FOR CHILDREN. **CAUTION: DO NOT USE IF YOU ARE DIABETIC. DO NOT GIVE HONEY TO CHILDREN 1 AND UNDER**

EARACHE REMEDY:

¼ - ½ cup Olive oil

6-8 cloves of garlic chopped

***Put the olive oil in a small pot on the stove and turn on flame low, then add the chopped garlic and only keep in long enough until the oil is heated, but garlic is not cooked. Do not cook the garlic. Remove from heat and let cool. You can strain the garlic and put this oil in a glass jar and keep in a dark place (somewhere in your cabinet). When needed, dip a cotton ball in the oil and then put 3-4 drops into affected ear. Plug ear with either tissue or small piece of cotton ball.

*****CAUTION: DO NOT USE THIS REMEDY IF THE PERSON PUNCTURED THE EAR DRUM** (you should find out if they were putting anything in their ear before the pain started)

COLD/FLU REMEDY:

3 grapefruit (cut in 8 pieces...squeeze juice into stock pot and put peels in there as well)

2 onions (chopped in medium sized pieces)

2 lemons (cut in four pieces; squeeze juice into pot and put peels in the pot as well)

2 garlic bulbs (not the small cloves but the whole bulb) peeled and chopped fine

½ t. cayenne pepper

1 t. peppermint oil (optional, but highly recommend...can purchase at www.youngliving.com thru me

1 t. echinacea (optional)

8 c. water

***Put all ingredients into a stock pot. Bring to a boil, then turn flame down, cover, and simmer x 10 minutes. Drink ½ cup every half hour....ONE RECIPE IFS FOR ONE PERSON FOR ONE DAY

*****CAUTION: DO NOT USE GRAPEFRUIT IF YOU ARE ON STATINS** (medications for cholesterol), **or SOME BLOOD PRESSURE MEDICATION. USE ORANGES INSTEAD IF YOU ARE NOT DIABETIC.**

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 until 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**

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 me) until you have a paste consistency. Wash area clean and apply nature's stitches. Results are normally seen within a day or two. **FOR BURNS**, use same remedy, but add comfrey powder instead of leaves.

TOOTHACHE:

Mix about 1 T. activated charcoal and add a couple drops of clove oil (contact me) 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.

ACNE and FACIAL BLEMISHES:

Wash the face with very hot water, then pat dry. Apply good quality honey to the face. Put 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.

Questions on next page

LINK TO OUR BLOG: <https://livingbytheblueprint.com/>

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(Questions)

1. Which 2 ingredients make up the best cough medicine?
 - a. _____
 - b. _____
2. Which 2 ingredients make the best earache remedy?
 - a. _____
 - b. _____
3. What should be done first before administering garlic oil drops into an ear?

4. Is 1 recipe of the Cold/Flu Remedy for 1 person and 1 day only? YES or NO
5. Should Grapefruit be taken by people who are on cholesterol meds BKA Statins? YES or NO
6. What can you use in place of the grapefruit? _____
7. Please explain what to do for a headache or migraine _____

8. What 3 ingredients can you use for natural stitches, when someone needs a skin graft, or cuts off a finger or a toe?
9.
 - a. _____
 - b. _____
 - c. _____
10. Is this remedy good for burns (non-chemical) as well? YES or NO
11. What 2 ingredients are excellent for a toothache?
 - a. _____
 - b. _____
12. Is it recommended to apply on the outside of the jaw as well? YES or NO
13. What is an excellent ingredient to use for acne & blemishes? _____
14. Does this ingredient have natural Peroxide in it? YES or NO