



# *Home Remedies*

*Time tested, simple fixes for common health conditions*



**Dedication:** To those who seek a healthier and happier life, and are willing to work hard to achieve it.

**Important Note:** The information in this report is not to be construed as medical advice or a substitute for medical treatment. Nothing contained herein is intended to diagnose, treat, cure or prevent any disease. If you suspect that you have a health concern, please consult a qualified healthcare practitioner for appropriate guidance and treatment.

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## *Crush the Cold – Home Remedies for the Common Cold*



We've all experienced it: that scratchy, tickly feeling in the throat that soon turns into a raw sensation that hurts to swallow, followed by head and chest congestion with coughing and sneezing.

The typical adult averages two to four colds per year, while school-aged children may catch as many as *12 per year!*

Colds are caused by microscopic viruses, with rhinoviruses being the most common. Cold viruses emitted by a sick person's coughing or sneezing can sneak their way into your body through the eyes, nose or mouth.

Maintaining a healthy immune system can go a long way to preventing and overcoming colds. Adequate sleep, regular exercise, stress reduction and good nutrition can help keep your immune function humming along, ready to do combat with those nasty viruses. Running low on sleep, gorging on junk food, or skipping the gym can all lower immunity and increase susceptibility to infection.

***Remedies for Colds:*** Your grandmother was on to something when she suggested a bowl of steaming chicken soup (pastured poultry is best) at the first sign of respiratory illness. Dr. Stephen Rennard, a pulmonary doctor, conducted lab testing

that uncovered evidence suggesting something in chicken soup has anti-inflammatory properties that may help reduce the severity of a cold.



Dr. Rennard suggested that an as-yet unknown constituent in chicken soup decreases the number of white blood cells that would otherwise clog the lung area, thereby making cold symptoms not as bothersome.

Certain vitamins and minerals have also demonstrated cold-busting qualities. **Vitamin C**, found in citrus fruits like oranges and lemons, as well as vegetables such as kale and broccoli, is thought to have strong immune-boosting properties.

The mineral **zinc**, which has an essential role in immune function, can be found in pumpkin seeds, unsweetened dark chocolate, and wheat germ.

Another important nutrient, **vitamin D**, increases the production of a component in cells that is critical to immune function and helps resist and overcome pathogens. Researchers now believe that vitamin D works best in conjunction with **vitamin K**, an important vitamin found in leafy green vegetables such as kale and spinach.

American Indian tribes looked to wild-growing herbs including **Echinacea** to help prevent and treat contagious illness, and modern studies support the immune-boosting properties of this herb. It is thought that **Echinacea angustifolia** is more potent than **Echinacea purpura**.



Finally, many have found **lemon** and **honey** to work wonders for a sore throat. Sipping a concoction made with the juice of half a freshly squeezed lemon with 1-2 teaspoons of honey in a cup of warm water may ease the scratchy sensation of a viral-induced sore throat.

*Did You Know?* Colds can be caused by a wide variety of viruses. Researchers have identified over **200** different varieties of viruses that can cause cold symptoms.

## *Save your Skin – Home Remedies for Dermatitis*

Did you know your skin is the largest organ of your body, and has a total area of around 20 square feet? Unfortunately, skin disorders are also one of the most common conditions afflicting millions of people each year.



**Dermatitis** literally means “irritation of the skin.” **Dermatitis** and **eczema** are often used interchangeably, and can manifest in different ways with different people. Usually it involves an itchy rash on swollen red skin. There may also be blisters, oozing and flaking, which can be very uncomfortable to say the least!

One of the most common types of dermatitis is allergic contact dermatitis, which develops when someone comes into contact with an allergy-causing substance found in some-thing such as cosmetics or poison ivy (pictured to the right – remember: “Leaves of three, let it be!” Some people report Mean Green Hand Scrub helps remove the irritating poison ivy urushiol chemical.)



Other common forms of dermatitis include atopic dermatitis, which usually occurs in the folds of skin at the front of the neck, behind the

knees, and the folds of the elbows, and seborrheic dermatitis, which occurs on the scalp (see next chapter).

One home remedy for dermatitis or eczema involves using the trace mineral **selenium**. Some research suggests that selenium serves a critical function in regulating organisms that live on the outer layer skin. If a person is deficient in selenium, it is thought that harmful organisms may get out of control and cause skin irritations leading to dermatitis.

Because modern farming methods have largely depleted selenium from the soil, it may be difficult to obtain adequate selenium levels solely from what you eat. **Brazil nuts** are one of the best sources of selenium, as are seafood such as tuna, and organ meats. If you aren't a fan of those foods, a quality **selenium supplement** may help.



Other home remedies for dermatitis include consumption of **beta carotene**, found in orange foods like carrots and virgin palm oil, and **zinc**, found most prominently in oysters but also at lower levels in beef.



Some dermatitis sufferers have found relief with the use of topical creams or salves. Creams containing **chamomile** (*Matricaria recutita*), **chickweed** (*Stellaria media*), **marigold** (*Calendula officinalis*), and **licorice** (*Glycyrrhiza glabra*) are often recommended. The leaves and juice from the stem of the **Jewelweed** plant have been used for relief of poison ivy, oak and other rashes caused by irritating plants, as well as irritations from other kinds of dermatitis.



*Did You Know?* Some people develop a poison ivy-type rash on their feet after wearing leather shoes. This rash is believed to be caused by an allergy to chemicals used in the leather tanning process.

## *Dust off Dandruff – Home Remedies for Flaky Scalp*

Who hasn't had a few flakes on their scalp at one point in their life? While for most people this is mild, for others it can be quite annoying or embarrassing.

As mentioned in the last chapter on skin disorders, one common form of dermatitis is **seborrheic dermatitis**. People with seborrheic dermatitis often have irritated, oily skin, and are more likely to have dandruff.



While the precise causes of dandruff are not known, in addition to seborrheic dermatitis, brushing the hair infrequently may contribute to excess dandruff, as may certain hair care products. Some medical researchers suggest that the actual root of dandruff is a yeast-like fungus, *Malassezia globosa*, which inhabits the scalp and thrives on skin oils.

One home remedy for dry, flaky scalp involves application of **essential oils**.

Some dandruff sufferers have had success adding 10 drops of **tea tree oil** 8 drops of **cedarwood oil**, 6 drops of **pine oil**, 6 drops of **rosemary oil**, 4 drops of **clary sage oil**, and 4 drops of **lemon oil** to 8 ounces of **liquid coconut oil**.

It is thought that these essential oils with the coconut oil help the scalp to regain healthy balance in the glands responsible for production of dandruff.



For dietary help with flaky scalp, the minerals **selenium** and **zinc** (see previous chapter on dermatitis) may help, as may consumption of **vitamin E**. **Wheat germ oil** is one of the best food sources of vitamin E, with sunflower seeds and sunflower oil also good sources.

A 1:1 mixture of **water** and **apple cider vinegar** used as a hair rinse has benefited some dandruff sufferers. Scrubbing the damp scalp with **baking soda** may also have some value.

*Did You Know?* About half of all babies develop scalp flaking or crusting, commonly known as cradle cap, which usually goes away on its own.

## *Avoid Alzheimer's – Home Remedies for a Healthy Brain*

Almost everyone knows a friend or relative who has been struck with the debilitating condition known as Alzheimer's. Alzheimer's is a type of dementia (Latin for “out of one's mind”) that can cause severe problems with memory, thinking, behavior and personality.

Connections between brain cells, and the cells themselves, actually degenerate and die, resulting in the loss of basic mental functions, including chronic loss of memory and rational thinking. Emotional and physical capabilities can also become compromised.



Recent estimates show that at least 5.5 million people in the U.S. alone had Alzheimer's dementia, with the vast majority being age 65 or older.

Given the reality and pervasiveness of this condition, is there anything that can be done to help prevent the development of Alzheimer's? Obviously, any type of home remedy should be carried out under the care of a qualified medical professional. Given that, several different home remedies have been suggested for Alzheimer's.

Steve Newport, an accountant in Florida, was diagnosed with Alzheimer's at the early age of 51, and began having problems with memory, gait and processing numbers. Steve's wife, physician Mary Newport, began including **coconut oil** in Steve's diet. Shortly after the introduction of coconut oil, Steve began showing noticeable improvement, and regained basic life skills he had previously lost. Although Steve eventually died at age 65, his Alzheimer's had progressed to a severe stage by the time Dr. Newport introduced coconut oil into his diet.

Advocates of using coconut oil for helping Alzheimer's believe that a low-carb diet in conjunction with fats found specifically in coconut oil may help stave off or treat dementia.

Since it is theorized that development of Alzheimer's is related to an inability of the brain to process glucose to produce energy, encouraging an alternative brain fuel known as ketones (a kind of high-energy fuel produced from fat stored in the liver) is thought to be the mechanism behind coconut's oil ability to fight dementia.

**Coconut oil** is one of the richest sources of MCTs (medium-chain triglycerides, including lauric acid), and MCTs are converted into ketones, which is thought to help provide brain fuel that may help reverse Alzheimer's.

Researchers including the University of South Florida's Byrd Alzheimer's Institute have been researching coconut oil's ability to treat dementia.

In addition to **coconut oil**, some supplements have been suggested to help with Alzheimer's-related memory loss and related conditions. **Vitamin E** (natural



sources are better than synthetic forms) is a potent antioxidant vitamin thought to nourish brain cells. **Huperzine A**, derived from the Chinese herb club moss, is thought to assist neurotransmitter function in the brain. **Phospholipid complexes** including **phosphatidylcholine**, **phosphatidylinositol**, and **phosphatidylethanolamine**, are being researched for the ability to regenerate neurons and improve mental function.

Consistent **physical exercise** such as walking, biking or swimming may also help keep the brain healthy and stave off age-related brain disorders.

Consuming **omega-3 fatty acids** (particularly DHA, docosahexaenoic acid) by supplement or in food sources such as those found in **salmon** and tuna may also nourish the brain.



## *Super Sleep – Home Remedies for Restful Nights*

Let's face it: Each of us has occasional restless nights where sleep doesn't come as quickly as it should, or you wake up just not feeling fully refreshed. Chronic sleep deprivation due to a variety of factors is a problem for many.

What's a person to do if they have chronic sleep problems, and the thought of "sleeping like a baby" seems far removed?



Each person differs in the specific number of hours needed for a restful night's sleep, with some people getting doing well with 6 hours of solid sleep while others need 8 (or more) to really feel rejuvenated.

One of the most important elements to deep, refreshing sleep is the establishment of a **regular sleep schedule**.

Going to bed and waking up each day at the same time can set the body's circadian rhythm to start winding down each night for bed and waking up each morning ready to face a new day.

Some people find sleeping in total darkness, using room-darkening curtains or a **sleep mask**, helps promote restful sleep by blocking out light that the body may interpret as a signal that daylight has arrived.

Consistent exercise not only helps with overall health but also promotes deep and restful sleep. While there is conflicting evidence about the best time of day to exercise in order to ensure good sleep, in general morning workouts are considered most beneficial, with exercise closer to bedtime less likely to help.

Certain foods may also help promote sleep, particularly those containing the hormone **melatonin**, which is important to sleep regulation. Tart (sour) cherries are a rich source of melatonin, with **tart cherry concentrate** an abundant source.

The essential mineral **magnesium** is also considered beneficial for deeper, sounder sleep. Leafy green vegetables such as spinach and chard are good magnesium sources, and for us chocolate lovers, dark chocolate (not the milk chocolate variety) also contains magnesium

Since it can be challenging to consume enough magnesium strictly from food, some people prefer supplementing with magnesium topically and/or orally. A high-quality **magnesium spray** can be applied to the skin, and a number of oral supplemental **magnesium** forms are available as well.

Herbs such as valerian, passionflower, chamomile, and hops have also been recommended for a good night's sleep, with **herbal sleep formulas** containing these herbs now available.



## *Quench Constipation – Home Remedies for Regularity*

The topic of regular bowel function may not be something for polite dinner conversation, but given the multi-million dollar laxative industry, it apparently is something affecting a large number of people.



Discussing the factors contributing to bowel regularity, it has been said that the **3 W's** are central to maintaining healthy toilet habits.

The first **W** is **water**. Lack of adequate water intake contributes to dehydration, which can make stools harder and more difficult to pass. It has been suggested that the average healthy adult should drink at least 2 liters of water daily, with increased amounts needed during hotter weather or after intense sweating.

The second **W** to combat constipation is **walking**. A sedentary lifestyle is associated with slowed bowel function, while brisk walking and other active physical movement helps keep digestion and bowels humming along nicely.

The third **W** is “**wabbit food.**” Foods high in soluble fiber help keep water in your stool. This fights constipation by contributing to softer, larger, and easier-to-pass bowel movements. Insoluble fiber adds bulk, which helps waste pass through your gut and makes toilet time less taxing.

Excellent sources of fiber include whole grains, nuts, vegetables, and beans.



For those times when nature needs a helping hand, supplementing with **magnesium citrate** may help, although increasing fiber is preferable to prevent dependency on supplements.

Consuming **probiotics** found in yogurt, kefir or **fermented vegetables** can also contribute to regularity. Supplemental **probiotics** are also available, which can greatly help to improve gut health and stop constipation.

## *Quelling Cold Sores – Home Remedies for Herpes Simplex*

Cold sores, sometimes called fever blisters, affect an estimated 90% of people. Although some cold sore sufferers only get an occasional blister, many people get outbreaks on a regular basis.

Cold sores are caused by the **herpes simplex virus** (HSV, which causes oral herpes, not to be confused with genital herpes, caused by a different herpes virus). Blisters may appear on different parts of the body but generally occur on the lips and outside of mouth, the nose, fingers, and cheeks.

The general progression of a cold sore outbreak is an initial tingling or sensitive sensation at the site, then the formation of blisters that may break and ooze, with the final stage scabbing that falls off. These sores may last 7 to 10 days and are contagious until they crust over completely. They may be spread by close contact such as kissing.

There is no known cure for the HSV, although it may lay dormant for years at a time before popping up again. It is thought that illnesses such as colds (thus the name “cold sores”), stress, or even certain foods may trigger a cold sore attack.

Some cold sore sufferers have found good results with the amino acid **lysine**. Lysine appears to work by occupying the “binding sites” of cells, blocking the herpes virus from reproducing. Taken at the first sensation of a cold sore outbreak, lysine may help prevent or lessen the severity of an attack.

Natural food sources of lysine include turkey, ricotta cheese, avocados, eggs, and dark chocolate. While food sources are generally considered best, lysine may also be taken in **supplement form** for convenience.

While increasing consumption of lysine may help fight cold sores, sufferers should decrease the amino acid **arginine**, as arginine may make cold sore attacks worse and more frequent.

Arginine is found in foods such as nuts (almonds, cashews, walnuts) and peanuts, as well as seeds (sunflower, sesame), pork, milk and cheese.

Eating a high-quality yogurt containing acidophilus may help prevent cold sores, although since yogurt contains some arginine, supplementing with a **probiotic supplement** may be more advisable.

Some cold sore sufferers find applying ice to the area wrapped in a rag or plastic bag at the first sign of outbreak to help slow or prevent blisters.



The herb **astragalus** has been suggested to help with immune function and ward off viral attacks.

The mineral **zinc** may also help by strengthening the immune system, and fortifying the epithelial tissue on the lips and inner mouth.

**Vitamin C** also is thought to have viral-fighting properties, and may work best when taken in conjunction with **bioflavonoids**, which are powerful antioxidants found primarily in vegetables and fruits.

Finally, applying a **topical preparation** including lysine and herbs may provide some relief to cold sore sufferers.

***Did you know?*** Although they cause different infections, the herpes viruses that cause cold sores and chicken pox are distantly related as they are both belong to the same viral subfamily.

## *Arresting Arthritis – Home Remedies for Achy Joints*

Millions of people live daily with the painful inflammation and stiffness of the joints known as **arthritis**.



Arthritis can strike many areas of the body, including the back, elbows, knees and fingers. There are actually over 100 different types of arthritis and related conditions, with the most common types being **osteoarthritis, rheumatoid arthritis, psoriatic arthritis, fibromyalgia** and **gout**.

Osteoarthritis primarily affects **cartilage**, a slippery tissue that covers the ends of bones in a joint. Cartilage facilitates the movement of bones and acts as a “shock absorber” when moving. As cartilage gets worn away, bones begin rubbing together, leading to pain, stiffness and loss of motion.

While medications such as non-steroidal anti-inflammatories (NSAIDs) may actually worsen joint destruction, some osteoarthritis sufferers have found help with **glucosamine**.

The most bioactive form of glucosamine is believed to be **glucosamine sulfate**, typically derived from the shells of shellfish. Glucosamine may help rebuild worn-down cartilage and slow down the advancement of osteoarthritis symptoms.

Consumption of **chondroitin sulfate**, a component of connective tissues often derived from animal cartilage, has also been reported helpful to some arthritis sufferers.

A **combination supplement** of **glucosamine, chondroitin** and **MSM** (bioavailable sulfur thought to aid joint health) has received many reports of good success with those struck by osteoarthritis.

**Rheumatoid arthritis** is typically thought to occur as a result of an autoimmune response when the body's immune system goes rogue and attacks a part of the body such as joints, but also can affect the organs and eyes.

Rheumatoid arthritis, which primarily affects women, afflicts victims with resulting hot, painful, swollen joints, and may progress to a debilitating state.

One spice commonly used to combat both osteoarthritis and rheumatoid arthritis is **turmeric**. Turmeric may help reduce the pain and inflammation of arthritis, particularly when taken together with glucosamine.

The spice **ginger** has also been reported to help arthritis sufferers. Turmeric and ginger may be used in recipes, or may also taken together in **supplement form**.



## ***Unannounced Special Bonus #1***

### **Highest ORAC Foods and Botanicals**

Antioxidants are powerful substances that remove potentially damaging oxidizing agents in a living organism. It is being increasingly recognized that consumption of antioxidant-rich foods and beverages may combat inflammatory cell damage and help prevent and fight diseases such as cancer.

The antioxidant values of substances listed are expressed in ORAC (Oxygen Radical Absorbance Capacity) units, a unit of measurement for antioxidant content.

Below are the top 10 foods and substances in terms of their ORAC content.

1. [Dragon's blood](#) (Croton lechleri)
2. [Astaxanthin](#)
3. [Triphala](#)
4. Coffee cherry (Cascara) powder
5. Sumac bran
6. [Ground cloves](#)
7. [Amla](#)
8. Sorghum bran
9. [Oregano](#)
10. [Bacopa](#)

## *Unannounced Special Bonus #2*

### **The Power of Rebounding**

What do you get when you combine a mini-trampoline with some possibly potentially awesome healthy benefits? Why, **rebounding**, of course!



While trampolines are commonly thought to be primarily used by children, a special type of mini-trampoline known as a **rebounder** may be used by people of all ages.

Use of a rebounder is considered one of the most beneficial aerobic exercises ever developed. Using a rebounder for at least 10 minutes four times daily, or once for 40 minutes, may over time give the user a sense of physical and mental well-being without harsh jarring to the joints.

**Rebounders** use the force of gravity to build cellular strength. Bouncing on a rebounder provides an oxygenating effect to the body, and by increasing the heart rate, may increase the tone and quality of the heart muscle.

Rebounding may also prove beneficial to the lymphatic system, which carries immune cells throughout the body and aids immune function.

All in all, **rebounding** is considered a safer, lower-stress form of exercise that strengthens the body with many potential benefits.



## Recommended Resources

These are some of our favorite products that are highly recommended for those seeking a healthier lifestyle.

(Click the photo to learn more.)



126 Lost Survival Foods You Can  
add to Your Emergency Stockpile

[>>> Watch Video](#)

Thank you for reading **Home Remedies!**

We truly hope the information found here has been and will be helpful to your pursuit of a healthier and happier lifestyle.

*“Let food be thy medicine and medicine be thy food.”*

– **Hippocrates**, known as the Father of Medicine

