



ALCHEMY OF HERBAL MEDICINE

Volume 1

600

Natural Remedies
To Cure Diseases



SPENCER GARRET

ALCHEMY OF HERBAL MEDICINE – VOLUME I

**600 NATURAL REMEDIES TO CURE DISEASES
BY
SPENCER GARRET**

ALCHEMY OF HERBAL MEDICINE – VOLUME I

600 NATURAL REMEDIES TO CURE DISEASES

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This book is composed of about 1,300 of herbal remedies that taken spending months going through hundreds of reports and studies and actually investigating the findings on real people by many natural healing clinics all over the world. A high number of those herbal remedies are effective and work like magic! Majority of them can give you almost immediate relief from your diseases.

Herbal Remedies Example One: Did you know that if each woman in America and elsewhere in the world would take just one nutrient each day breast cancer rates would go down drastically to almost 50 percent?

Herbal Remedies Example Two: Did you know that you can produce a natural laxative that performs several times better for constipation than any of the synthetic laxatives? Just consume 4 prunes two times a day and you will experience the most effective and calmest herbal remedy for constipation.

Herbal Remedies Example Three: Are aware you that, six cherries have equal effect as 1 aspirin? In addition, the cherries are so rich in antioxidants!

Create your own natural hair care products and save a fortune in hair treatments.

Take care of and manage dandruff with an herbal conditioner for dandruff. Fix split ends with your own essential oils for split ends. Put your hair to its natural PH balance with a hot oil treatment for dry hair.

Save lots of money preparing your own henna protein fantastic preparation.

Prevent hair loss with this 400-year-old herbal hair loss formula.

This is not limited to these, a lot more are contained in this book.

To start with you will know a way to clean a wound or a sting with a topical wash for bites and stings.

Discover how to prepare an emergency insect bite lotion that alleviates pain and inflammation.

Discover an all herbal fast healing ointment.

Treat ant and nettle with a top secret ancient herbal medicine.

Also, prevent bites and stings with this repellants:

- Herbal insect repellent.
- Other natural insect repellents.
- Mice repellent.

Learn how to treat:

- Dog Bites.
- Sunburn.
- Broken Bones.
- Bruises
- Burns
- Poison ivy
- And more

Various very special herbal remedies for children.

Know how to control ADD naturally through the usage of a Hyperactivity Herbal Remedy.

And numerous easy –to- prepare and effective childhood diseases’ herbal remedies as well as your recipes to prepare an itching and blister remedy.

If you are troubled about antibiotics you’re not by yourself but you can give your child a better health by using this herbal antibiotic.

As regards babies you will equally learn how to produce your own *diaper rash cream* and at the same time prevent rashes by making all natural baby oil.

You will be able to kiss Menstrual Pain and PMS Symptoms Good Bye forever. You will know how to make menstrual cramp oil and control bleeding by preparing a menstrual bleeding control tincture.

You should know that it is very much easier to treat and cure yourself effectively without the use of harmful drugs using the natural herbs that the ancients have used to maintain and sustain their health scores of centuries ago.

The herbal medicine is a potent and strong force against all types of ailments with practically no side effects ever!

If you are tired of swallowing medications which do not help cure your sicknesses, embrace herbal remedies that will free you from all forms of diseases.

The side effects of medications are far too numerous. The side effects may include symptoms such as recurrent headaches, sluggishness, regular fatigue, constipation, allergies, and several other disorders. Majority of which, you perhaps do not even know that they are the consequence of taking too many drugs.

In fact, drug medications are chemical substances that are poisonous to your body and when accumulated in your system, they do damage. The symptoms that you have been experiencing are just the tip of the iceberg of what actually going on in your body.

It is crystal clear that modern medicine is disappointing its patients. Regardless of improvements in modern medicine and medical technology, there are increased cases of cancer and diseases that are defying medical treatments. You may you know someone, a neighbor or a loved one, who has a life-threatening disease or a severe ailment that is “incurable”. Therefore, does this imply that we are ruined? Are there truly no cure and no solution at hand?

The simple truth is that there is. And this has been preserved from time immemorial. The major pharmaceutical companies have always kept the secrets of herbal medicine from the public in order to protect their ‘*business interest*’. Pharmaceutical companies never ever want anyone to know that in herbal medicine lays every solution to all medical conditions which have hitherto appeared “*not curable*”.

The reality is that herbal medicines are one of the several natural cures that can effectively take the place of conventional drugs. Down the ages herbs were an essential part of healing. Herbal remedies are truly nothing new in this modern age.

For several years gone by, man has been making use of herbs to tackle successfully illnesses ranging from the ordinary cold to severe autoimmune deficiencies. However, those that live in the modern city, such as you, have been weaned on medications and hence, possess no understanding of the healing power of herbs. But with better awareness about the dangerous effects of drugs, more people are seeking succor in herbal medicines as an effective and efficient alternative form of natural healing for treating and preventing disease.

If you are enthusiastic about how to bring back your health, it is never too late to adopt herbal remedies as a way of life.

This book is packed with useful and helpful information about herbal remedies. You should know that herbal remedies exist for just about anything that affects people. Essentially, you can also use herbal remedies to prevent disease. Similarly, the medical doctors are becoming more informed about the potency of herbs in the treatment of diseases. This book is an excellent herbal medicine guide on your journey to sound body and mind.

- Gain knowledge of what herbal remedies are and how you can use them to take care of mental, physical and spiritual complaints.
- Know how to use aromatherapy to deal with the common cold, relieve chronic headaches and so on.
- Find out about our complete guide of symptoms and solutions to

common herbal remedies for healthier life challenges that herbs can handle.

- Learn what age-long herbs help build up memory and improve your circulatory system.
- Discover what natural herbs that can help to hinder the appearance of aging and improve your skin complexion. There is no need for invasive surgery!
- Learn how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.
- Be aware of how a natural plant may help strengthen and tone your uterus, enhancing your fertility and easing child labor and recovery.
- Get to know the calming and soothing herb for gastrointestinal troubles, digestive signs and even bloating.

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HERBAL REMEDIES FOR ABSCESS

An abscess can be described as a local accumulation of pus. It can be found about anywhere on or in the body, but it most often occurs on the skin and on the gums of the mouth. Abscesses can be very painful and are manifest by inflammation, swelling, heat, redness, and often fever. Abscesses are caused by an infection; as such orthodox medical doctors frequently treat them with antibiotics. However, herbs are an effectual and harmless alternative, devoid of the side effects of antibiotics.

Abscesses are brought about by the impediment of sebaceous (oil) glands or sweat glands, inflammation of hair follicles, or slight breaks and punctures of the skin. Microbes find their way into the skin or into these glands, which causes an inflammatory response as your body's defenses endeavors to destroy them.

The hub of the abscess liquefies and composed of dead cells, bacteria, and other fragments. This area starts to grow, creating tension under the skin and further inflammation of the contiguous tissues. Inflammation and Pressure are responsible for the pain. People that have weakened immune systems contract certain abscesses more regularly.

Herbal Remedies:

If the abscess is minute (fewer than 1 cm or fewer than a half-inch across), applying warm compresses to the affected area for about 30 minutes or so four times each day will help. Never attempt to draw off the abscess by pressing on it. This can shove the infected material into the deeper tissues.

Do not attempt to stick a needle or any sharp instrument into the abscess center because you may damage an underlying blood vessel or make the infection to spread.

Skin-Abscess—Fighting Tea

30 drops of Echinacea tincture

60 drops of a yerba mania tincture

1 cup of warm water

Combine all of the above ingredients. Drink up to 5 times in a day to stimulate the immune system and help eradicate the infection.

Topical Wash for Skin and Gum Abscesses

1 to 2 teaspoons of barberries

- 1 tablespoon of white oak bark
- 1 teaspoon of Echinacea root
- 1 teaspoon of granulated Oregon grape root
- 2 cups of boiling water

Put all the herbs in a glass container. Empty the boiling water over the herbs and infuse for 3 to 4 hours and then sieve. Apply three times per day as a wash. When using this tea to treat a gum abscess, make sure you whoosh the liquid around in your mouth for quite a few minutes before spitting it out.

Dietary rules for Abscess

- Drink not less than ten 8-ounce glasses of pure water every day till the abscess heals.
- Consume ample of steamed leafy green vegetables and sea vegetables to guarantee an excellent supply of vitamins and minerals required for healing.
- Eat fresh pineapple. Fresh pineapple consisted of bromelain, which is very effective at minimizing inflammation.
- Remove from your diet all fried foods and everything containing refined sugar.

Dietary Supplements for Abscess

- Blue-green algae contain several trace minerals that are essential for healing and that are absent in the average diet. Take 300 milligrams 2 or 3 times in a day.
- Colloidal silver is a liquid mineral supplement that tackles infection. Use 10 drops 3 to 4 times daily.
- If you have to take antibiotics, reinstate the body's "friendly" bacteria by using a probiotic supplement, like acidophilus. If you are allergic to milk, choose a dairy-free formula.

Colostrum is an additional effective probiotic that can be used on a rotating basis in association with acidophilus and bifidobacteria. Take 300 milligrams 3 times each day, between the meals.

- Bioflavonoids and Vitamin C enhance the immune response and assist in reducing inflammation. Have 1,000 milligrams of Vitamin C 3 to 5 times per day and 500 milligrams of mixed bioflavonoids 3 to 4 times daily.

Herbal Treatment for Abscesses

* Cat's claw improves the immune response and possess antibacterial properties. Use 500 milligrams of standardized extract 3 times daily until the abscess disappears.

* Echinacea and goldenseal have antibacterial features and equally increase the body's natural immune response. They are useful for battling practically 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.

Herbal Remedies for Acidity and Gas

The perfect pH range for the human body is between 6.0 and 6.8 -the human body is naturally mildly acidic. The normal body values below pH 6.3 are considered on the acidic side. Acidity is connected with heartburn and formation of gas in the stomach. In acidity, acid reflux disease, there is a movement of gastric juices from the stomach into the lower esophagus food pipe. This is a situation which is caused when acidic contents in the stomach, hydrochloric acid move upward into the esophagus and rendering it dysfunctional. Knowing the right treatment at right time and causes of any disease, such as acidity or acid reflux, is very vital for accurate 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 state in which body chemistry becomes imbalanced and overly acidic. Signs connected with acidosis include recurrent sighing, unusually low blood pressure, acid or strong perspiration, insomnia, water retention, recessed eyes, arthritis, migraine headaches, dry solid stools, foul-smelling stools followed by a smoldering sensation in the anus, irregular constipation and diarrhea, difficulty in 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 Signs 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 signs of acid reflux disease as follows:

- Bloating
- Hiccups that won't stop
- Nausea
- Weight loss without known reason
- Wheezing, dry cough, hoarseness, or a chronic sore throat
- Bloody or black stools or bloody vomiting
- Burping

- **Dysphagia:** A contraction of your esophagus that creates the sensation of food being stuck in your throat

Acidosis can be classified into two: *respiratory* and *metabolic*.

Respiratory acidosis is brought about by an interruption of the acid control of the body, leading to an overabundance of acidic fluids or the depletion of the base (alkali). Basically, it occurs if the lungs are not able to eliminate carbon dioxide. Respiratory acidosis can be a consequence of asthma, bronchitis, or obstruction of the airway. Respiratory acidosis can be either mild or severe.

Metabolic acidosis occurs when chemical changes in the body upset the body's acid-base balance, thereby causing an excessive amount of acid in the body fluids. The use of abnormally large amounts of aspirin, diabetes mellitus, kidney failure, and metabolic diseases are some of the conditions that can weaken the body's alkaline base.

Other causative factors can include malnutrition, obesity, ketosis, anger, stress, fear, anorexia, liver, adrenal disorders, stomach ulcers, improper diet, 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 excessively acidic or too alkaline. Buy litmus paper and then apply saliva and/or urine to the litmus paper. The litmus paper will change color to show if your system is very acidic or alkaline. Blue litmus paper turns red in an acid medium while red litmus paper turns blue in an alkaline medium. Always carry out the test either before eating or at least one hour after eating. If your test shows that your body is excessively acidic, follow the recommendations below.

Preventive Tips for Acidity and Gas

1. Eat a diet of 50 percent raw foods. Raw foods maintain the correct acid/alkaline balance within the body and equally, they are richer in nutrients that are effortlessly assimilated into the body. Suggested foods are apples, avocados, bananas, bilberries, blackberries, grapefruit, grapes, lemons, pears, pineapples, strawberries, and all vegetables. Fresh fruits, particularly citrus fruits and vegetables reduce acidosis. Begin with small amounts of citrus fruits and progressively add larger amounts.

2. Chew your food properly, and do not eat too much. Ensure the food is mixed well with saliva to form a liquid evenness before swallowing.

During meals do not drink fluids.

3. Handle cooked foods with utmost care. Do have clean working surfaces and wash vegetables and fruits thoroughly. Separate meat and vegetables from each other — in order to prevent contaminating vegetables with bacteria from raw meat. Avoid overcooking your vegetables; otherwise, they lose not only their flavor but also their nutritional value. Processed foods should be eaten in moderation only. They have low nutrients and overburden the digestive system. Both cooked and processed foods have a tendency to make the body more acidic. Also steer clear of eating late at night, because it makes your body work extra on digestion and less on restoration.

6. Drink potato broth daily.

7. Shun animal protein (most especially beef and pork), as they lead to acidity.

8. Stay away from beans, cereals, crackers, macaroni, and eggs, flour products, grains, oily foods, sugar. Plums, prunes, and cranberries do not oxidize and thus remain acid to the body. Let alone these until the situation gets better.

9. Excess vitamin C may lead to acidosis; it is good for you to reduce your intake of vitamin C for a few weeks. When using vitamin C, take a non-acid-forming variety.

10. Heartburn and indigestion can be the result of food not digesting properly. If you experience heartburn, drinking small swallows of a teaspoon or two of natural cider vinegar in a glass of water will be of some help. It may give a burning sensation as you swallow it, but then, in about twenty minutes, you should experience relief. Provided the cider vinegar method works, this may show that you lack enough acid in your stomach and the cider vinegar compensated for this deficiency. In this wise, consider applying digestive enzyme supplements containing hydrochloric acid (HCL). Stomach acid is essential for breaking down food and also hinders germs from irritating the intestines.

11. Examine your urine pH every day using pH paper.

12. Take as much buttermilk as you can for two days, your acidity cures without a doubt. This is a very beneficial natural remedy for acidity.

13. Each day consume curd rice at least once in a day prevents acidity.

14. Drink one glass of finger millet (ragi) java before going to work every day will eliminate acidity forever.

15. For immediate acidity, relief drinks one glass of Lassi.

16. Whenever you experienced more acidity, drink 1-2 liters of lukewarm water with a pinch of salt at a time in the morning on an empty

stomach and endeavor to vomit as much as possible. At the end, you sense sourness in the mouth which indicates 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.

Herbal Remedies Formula 1

One envelope of Anti-gas tea
One teaspoon of dried angelica root
Two teaspoons of peppermint leaves
One teaspoon of bee balm leaves
One cup of boiling water

Mix the herbs together in a container. Take one tablespoon of the herb mixture

and cover with the boiling water. Infuse for 20- 30 minutes.

Take as required.

Herbal Remedies Formula 2

Two envelopes of Anti-gas tea
Two teaspoons of bee balm leaves
Two teaspoons of peppermint leaves
2 teaspoons of chamomile flowers
One cup of boiling water

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

HERBAL REMEDIES FOR ACNE

Acne is an inflammatory disorder of the oil glands, situated under the skin. When glandular activity increases, the glands produce more sebum than necessary, the sebum gets trapped under the skin, the gland bursts, spilling sebum. This leads to skin irritation and pimple forms. Acne starts to affect various body parts: face, back, neck or chest. These types of acne can be treated with herbal remedies. Using herbal remedies for acne eliminates the side effects of prescription drugs.

Acne is one of the mainly widespread skin problems affecting millions of people

across the World. It occurs when a cluster of pimples, blemishes or zits develop on your skin. Zits become visible on the skin largely because of an infection or an inflammation of the oil glands. At times you may discover a single bump or zit, but in most cases, zits appear in clusters. You may witness an outbreak of zits as a one-off.

However, numerous people suffer from acne on a frequent 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 reveal that zits are a lot more widespread in teenagers and young adults, in contrast to others. Generally, acne and zits are not a serious trouble as they never actually cause any complications. Nevertheless, zits could cause you a mountain of embarrassment and can also lead to a decline in self-confidence.

Acne and blemishes only leave their mark on your skin and they also affect seriously your self-image. Luckily, it is possible to tackle zits and have them treated, so that they disappear, without leaving any marks or scars.

Besides, there are several ways by which zits can be prevented. You can do so, by making a little simple dietary or lifestyle changes and by maintaining a skincare routine.

Prevention Tips for Acne

There are several tips to help you care for acne and prevent breakouts and scars:

- Wash your face two times in a day with tepid water and a mild soap or gentle pH balanced cleanser, then apply a moisturizer for acne prone kind of skin

- Have a healthy, well-balanced diet which contains fresh fruit and vegetables
- Drink eight glasses of water a day to cleanse the toxins from the body
- Exercise often to increase oxygen to the skin which can help to minimize acne
- Decrease your caffeine intake
- Don't touch your face with your fingers and stop cracking pimples because it will only lead to swelling and scarring
- Get rid of makeup before going to bed as it clogs the pores
- Shampoo hair more frequently and never let it get on your face to prevent oil and dirt from clogging the pores
- Freshen up after exercise and workouts because the sweat and the oils in the skin serve as a haven for dirt and bacteria
- Don't wear clothes that may irritate the skin if acne develops on your body
- Put on a sunscreen when you go outside your home
- Quit smoking as it worsens acne

Infections within the pores and oil glands of the skin can be visible as abscesses, boils, and pimples. In acne, hormone unevenness overstimulates the skin's sebaceous glands, making it most especially common during infancy, adolescence, menses, and menopause. Predisposing factors include nutritional deficiencies, food allergies, hypoglycemia, stressed adrenals, and environmental toxins. However, these skin infections are caused by bacteria, they reveal a toxic overload in the skin, the body's largest detoxification organ.

Eliminating as much waste in a day as the kidneys, the skin is required to take over when other detox organs, like the liver and colon, are not functioning up to par. The poor liver function also increases the accumulation of acne-producing steroids in the body. Suppression with antibiotics or topical treatments has significant side effects and is almost not a cure.

Herbal remedies for acne with natural antibacterial effects can be used in conjunction with those that strengthen the immune system and improve various detoxification pathways—particularly the liver and intestines. Elimination of coffee, dairy, and individual dietary allergens is critical.

Suitable plants are also needed to restore hormonal balance. Locally, tea tree oil, calendula, witch hazel, or Hauschka or Weleda products are useful and non-suppressive.

Herbal Remedies for Acne

1. For acne on the back drink orally and apply directly on the affected area

Colloidal silver, it is used as a natural antibiotic.

2. Swallow garlic capsules, they enhance the immune system and destroy the bacteria found in acne.

3. To assist the liver to eliminate toxins from the blood, take Burdock root and which consisted of inulin. This helps to eradicate bacteria thus improving the skin.

4. Take the homeopathic remedies such as Kali bromatum, Sulphur, Antimonium tartaricum, Herpa sulphuris. These are aids to prevent the formation of pimples or swiftly bring them to a head.

5. Use Lavender oil and apply directly on the acne area.

6. Severe acne remedies. Apply Tea tree oil on the acne affected skin. This is a natural antibiotic. It will kill a broad range of invading microorganisms, as successfully as benzoyl peroxide, but without side effects. It reduces stinging, itchiness and redness.

7. Eat nuts soybeans, sunflower seeds, and Shellfish. These are all high in Zinc which is an antibacterial.

8. Combine two spoons of water and with one spoon of olive oil and mix well, then apply to face, leave it for some minutes. It is excellent for acne control and skin glow.

10. Take keera juice and mix with honey and preserved in the fridge. It will last up to one week and then apply the paste to face with cotton. It is a great help for skin health and control acne.

11. Take 1/4 spoon honey and one tablespoon face wash, little quantity of glycerin and mix well and then apply the paste to face and allow it for some time. Then wash with lukewarm water, it helps to remove acne and dead skin.

12. Get the white fluid in the egg and mix with honey and apply to your face as a mask and leave it some time, then clean the face with mildly hot water. It removes acne and it is also fine for skin tightening.

13. Take one tablespoon of groundnut oil with one tablespoon of lime juice and then apply to face. It is excellent for preventing the formation of pimples.

14. Wonderfully toothpaste removes Acne

15. Sometimes pimples have itching, to prevent itching follow this tip.
Take

calamine lotion or toothpaste and use over a pimple and allow it to stand few hours. It dried up a pimple.

16. Carry some pods of cloves and next fry them devoid of oil and prepare an excellent form of powder, then add curd and make a paste. Applying over the pimples to dry out the pimples in time.

17. Applying papaya milk on the face will also help to eliminate acne or pimples.

18. Make Saunf into a fine form paste and then add lemon juice to the paste. Apply the mixture to the face daily will remove acne or pimples. Your face will then glow naturally. This is a very valuable herbal remedy for acne or pimples.

19. Applying Sandalwood paste on the face helps to trounce Acne and get rid of its scars.

20. Cucumber juice, when mixed with lemon juice and applied on the pimples, helps to get respite from acne and acne scars.

21. Mint –Pudina- juice, when applied on the face, helps you to get relief from acne and acne scars.

22. Neem leaves boiled in hot water helps in reducing acne and Acne Scars.

23. Mixed Gram Flour with buttermilk and then applied on the face reduces acne and acne scars. Note that the gram flour is a good ingredient for skin

shining and also helps in the treatment of acne skin.

24. Raw pawpaw (Papaya) paste applied on the face will cure acne.

25. Nutmeg when ground with milk and then applied on the face helps immensely in reducing acne and acne scars. Therefore nutmeg and milk cure acne very fast.

26. Powdered dry orange skin used as a paste or orange skin rubbed on the face helps to eliminate acne scars.

27. Water boiled with neem leaves used for washing face get rid of extra oil from the face thus reduces a pimple or acne scar on face.

31. Tomato rubbed on the face or tomato juice used on the face helps to clear acne scars.

32. Aloe vera is an excellent medicine for pimples or acne. Aloe vera leaf applied on the face removes acne and acne scars.

33. Carom seeds ground with curd used on the face equally help to remove acne or pimples.

HERBAL REMEDIES FOR ALCOHOL DETOX

Addiction is a multifaceted mix of physical and psychological causes, however for many people; alcohol is seen as a form of self-medication, connected to low levels of brain chemicals, like serotonin, dopamine, and noradrenaline. Alcohol is the number one oldest intoxicant and addictive there is, which has been in use for more than 10,000 years. Alcohol directly destroys the liver, esophagus, stomach, intestines, and colon, and swiftly increases the risk of various cancers. It is a unique risk to the pregnant woman, who should stay clear of it completely since irreversible fetal alcohol syndrome can take place at low doses. Alcohol is also associated with an estimated 60% of all violent crimes.

In spite of these negatives, merely 20% of alcoholics can stop successfully.

Alcoholism can simply be described as a steady urge or need to drink alcohol. An addiction of this type is a common occurrence and it is a disturbing growing phenomenon which is responsible for causing a large number of deaths each year. Alcohol addiction is like any other class of addiction, wherein you get fixated to a specific activity such as gambling, eating e.t.c. Alcohol when taken constantly over a lengthened period of time, can have serious adverse effects on one's health. Alcohol is known to cause nerve, kidney and liver damage. Alcoholism also makes one prone to anxiety and depression, obesity and cancers of the colon, heart, liver, esophagus, larynx, and mouth.

Withdrawal syndrome (in relation to alcohol) is a group of symptoms, experienced when alcoholics abruptly desist from drinking. They could vary from anxiety, insomnia, mild shivers and nightmares to convulsions and hallucinations. These symptoms if overlooked can at times become life-threatening. These are some herbal remedies to deal with withdrawal symptoms. Grapes are noted to be an excellent remedy for those that are striving to get rid of alcohol addiction, hence take as many grapes as you possibly can in daily. Bingeing on grapes is what you would be needed to do, so as to help fight the withdrawal symptoms. Eat a bowlful of grapes after every 5 hours. One more fruit that is equally highly recommended for this condition is apple. Apple helps in reducing the urge to drink and also in flushing out toxins from the body.

Herbal medicines offer a priceless 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*) can be used in all conditions to create a strong repugnance to alcohol. Other plant medicines help fix the harm done, including liver herbs such as milk thistle. Adaptogenic and tonic herbs can equally correct biochemical and neurological imbalances that aid drinking, by increasing the manufacturing of neurotransmitters such as serotonin.

Herbal remedies:

1. *Quercus robur glandium*

- Reduces alcoholic longings and antidotes its effects, like liver and an enlarged spleen. Diarrhea may occur in the course of treatment as a curative effect.

- It is obtainable as a homeopathic liquid under the name *Quercus glandis*.

2. *Angelica*—*Angelica atropurpurea*

- It causes aversion for alcohol; use 5 drops, 3 times daily.

- It is equally a ‘warming circulatory tonic’ that relieves colic, gas, headache and bloating.

- It useful for an enlarged spleen and similarly it is anti-inflammatory and antispasmodic.

3. *Calanatts*—*Acorus calamus*

- Erases the craving for alcohol and also restorative for both brain and nervous system.

- It takes care of cramps, distention, and gas. Promotes appetite and helps fatigue.

4. *Cayenne*—*Capsicum frutescens*

- It eliminates morning vomiting and gnawing stomach, reduces intense cravings for alcohol and improves appetite; it should be used only in single drop doses.

- Minimizes anxiety, tremor, and irritability, and induces calm sleep.

- It helps to quickly relieve Exhaustion, chills, Delirium tremens.

5. *Celandine*—*Chelidonium majus*

- It is specifically good for liver problems due to alcohol usage. It is an excellent Liver healer and detoxifier, including cirrhosis.

- It helps to calm emotions (i.e. anger, depression) that may occur during withdrawal or cravings.

- It handles general sluggishness, difficulty concentrating and mental dullness.

6. Hops—*Humulus lupulus*

- Sedative that relieves anxiety-connected to withdrawal symptoms.

- It helps irritability and restlessness, likewise promotes healthy digestion.

- Relieves insomnia and frequent waking.

7. Khella—*Ammi visnaga*

- This an Ayurvedic herb that takes care of the acute and chronic effects of alcohol.

- A very powerful antispasmodic and pain remedy. It is used for treating for asthma, angina.

8. Kudzu—*Pueraria lobata*

- In China, it is traditionally used to sober a drunken person and for a variety of side effects associated with alcohol (hangover, thirst, gastric bleeding, loss of appetite).

- Recent research reveals it can radically reduce craving for alcohol.

9. Milk Thistle—*Silybum marianum*

- It guides against damage to the liver by alcohol, drugs, and toxins.

- Impressively regenerates damaged liver tissue; indispensable for cirrhosis.

10. Oats—*Avena sativa*

- Exceptional good for weaning off alcohol, drugs, opiates, narcotics. Refreshing without intoxication. Improves clarity and focus.

- Restores appropriate nerve functioning and ease heart palpitations.

11. Passionflower—*Passiflora incarnata*

- Excellently treats insomnia, delirium tremens or spasms connected to withdrawal.

- Good for inducing restful sleep without hangover effects.

- It works well when combined with kava, skullcap, valerian, hops or Jamaican dogwood.

12. Quassia—*Picrasma/Quassia excels*

This is a bitter that stimulates appetite and digestive system. It also improves a weak digestive system.

- Antidotes effects of alcohol and rejuvenates the spleen.

13. Schisandra—*Schisandra chinensis*

- Controls annoyance and anger without sedation; fights depression.
- A liver tonic for hepatitis and an adaptogen that helps the body in harmonizing stress; useful for nervous exhaustion, weakness, and insomnia.

14. Wild Lettuce—*Lactuca virosa*

- It gives a broad sense of well-being and calms excitability, relieves pain.
- It is a gentle sedative and cure for insomnia; safe and sound for both young and old.

15. To prevent the patient from craving for stimulants like alcohol, it is most vital to feed sufficient amounts of nutrients back into his body. To begin with, the patient should be placed on an “all liquid” diet, if possible juices, for a minimum of 10 to 12 days. This is the best herbal remedy for alcoholism to start with. As this fast is going on, the patient will progressively witness less craving. This will break his drinking pattern. It is fine that the patient should start on a diet of many small meals per a day rather than three large meals.

16. Yet after the successful completion of the juice fast, the patient should go on with to take fresh fruit juices and plenty of water. A healthy diet for alcoholism must comprise of foods such as pulses, fresh fruits, wholegrain cereals, legumes, and vegetables.

Right from the start, the patient might witness cravings and so a suitable replacement may be given to lessen the cravings. A glass of fresh fruit juice and consuming healthy snacks such as candy or Soya beans etc will curtail his cravings which might increase the desire for drinking in the stages instantly after the treatment.

Herbal Remedies for Alzheimer's disease

Alzheimer's disease is a popular type of dementia, or decline in intellectual function. Alzheimer's disease is now reputed to affect more than 4.1 million people in the United States. About 10 percent of Americans over 65 years of age and as many as 50 percents of those over 85 years old are known to be suffering from Alzheimer's disease. However, the disease does not affect only the elderly but may occur when a person is in his or her forties.

This disorder was first discovered in 1906 by a German neurologist named Alois Alzheimer. It is characterized by continuous mental weakening to such a level that it tampers with one's capability to function socially and at work. Memory and abstract thoughts processes severely are affected.

Alzheimer's disease is an irremediable and progressive disorder that from 1906 very minute progress has been recorded 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 name used to illustrate an abnormal deterioration in cognitive function over a long period of time, and the most regular type of dementia is Alzheimer's disease. Symptoms of dementia, and especially of Alzheimer's disease, are related to what might be expected from plain old age, particularly in the early stages. Nevertheless, the ruthlessness of these symptoms is much more, and this fact slowly but surely becomes apparent. Beginning 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. In this sense, the patient is very prone to a variety of infections, and one of these infections naturally 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 agonize that their forgetfulness is a sign of Alzheimer's disease. The fact is that most people forget where we keep our keys,

ballpoint pen 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 are 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 specific cause or causes of Alzheimer's are not known, but research shows a number of fascinating clues. Several of them are closely linked to nutritional deficiencies. For instance, people suffering from Alzheimer's disease used to have low levels of vitamin B12 and zinc in their bodies. The B vitamins are essential in cognitive functioning, and well known that processed foods have been deprived of these nutrients. In a similar manner, the average sixty-year-old person is probably taken between 8 and 10 prescription and over-the-counter drugs, these potential drug reactions and poor diet frequently obstruct or harmfully affect mentally and physically since several medications lessen key vitamins and minerals.

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

Herbal remedies:

1. In accordance with a report published in the October 22, 1977, edition of the Journal of the American Medical Association (JAMA), Ginkgo biloba extract can alleviate and in some situations improve the mental functioning and social behavior of people with Alzheimer's disease. Take 100 to 200 mg of ginkgo biloba extract 3 times in a day.

2. The Chinese herb Qian Ceng to Huperzia serata are known to increase memory retention. This herb is the source of huperzine A, and it is as well known as club moss. Pure and standardized extracts of this herb have been reputedly known to increase language ability, clear-headedness and memory retention in a considerably high percentage of people with Alzheimer's disease. It is a powerful blocker of acetylcholinesterase, an enzyme that regulates the activity of acetylcholine, which is a vital

chemical of the brain that maintains healthy learning and memory functions.

3. Valerian root improves sleep patterns when used during bedtime.

4. Do eat a well-balanced diet of natural foods and take the herbal supplements mentioned above.

5. Folate and Vitamin B12 check elevated levels of homocysteine, a chemical substance that increases the danger of Alzheimer's disease and heart disease. This vitamin is important for preventing the symptoms of Alzheimer's disease. This vitamin is usually added to cereal products. Foods that are rich in folate include avocados, bananas, oranges, asparagus, green leafy vegetables, and dried beans. B12 is found only in animal products.

(Oily fish are very rich in B12 and also possess other nerve-protective properties.). I suggested 400 mcg of folic acid to reduce homocysteine, although one study recommended 800 mcg per day is required to reduce homocysteine levels.

6. Keep away from alcohol, cigarette smoke, processed foods, and metal pollutants such as aluminum and mercury.

7. Vitamin E can slow the development of Alzheimer's disease by as much as 25% according to a study carried out in 1997.

8. A study done by the research department at Oakwood College in Alabama showed that liquid garlic extract (kyolic) may be useful in the improvement of Alzheimer's disease symptoms.

HERBAL REMEDIES FOR ANEMIA

Anemia can be described as a decrease in your blood cell count, and/or decreased hemoglobin content in the blood. The red blood cells are the agents responsible, for carrying oxygen to the cells through the hemoglobin, a lower amount would imply low oxygen in all your body's tissues, and if you are pregnant your baby equally gets less oxygen. Anemia can be caused by loss of blood, which means that insufficient red cells are being produced, or that too many red cells are being killed off. Herbal remedies for anemia are a great solution.

There are several medical conditions that caused anemia. The common causes of anemia include the following:

Anemia from active bleeding: Blood loss through heavy menstrual bleeding or, wounds can cause anemia. Gastrointestinal ulcers or cancers like cancer of the colon may gradually ooze blood and can also lead to anemia.

Iron deficiency anemia: The bone marrow requires iron to make red blood cells. Iron plays a key role in the appropriate structure of the hemoglobin molecule. If iron intake is inadequate as a result of poor dietary intake, anemia may occur. This is known as *iron deficiency anemia*. Iron deficiency anemia can also crop up when there are stomach ulcers or other sources of slow, chronic bleeding such as colon cancer, uterine cancer, intestinal polyps, hemorrhoids, etc. In these kinds of conditions, because of continuing, chronic slow blood loss, iron is also lost from the body (as a part of blood) at an advanced rate than normal and can lead to iron deficiency anemia.

Symptoms of anemia may include the following:

Since a low red blood cell count decreases oxygen delivery to each tissue in the body, anemia may cause a multiplicity of signs and symptoms. It can also make nearly any other underlying medical condition worse. If anemia is mild, it may not cause any symptoms. If anemia is slowly continuing -chronic- the body may adjust and balance for the change; in this situation, there may not be any symptoms until the anemia becomes harsher.

- * Fatigue
- * Decreased energy
- * Weakness
- * Shortness of breath
- * Lightheadedness

*Palpitations (feeling of the heart beating irregularly)

*Looking pale

It is essential to get the accurate nutrients into the body. Eating a diet high in cereals, rice, pasta, dairy products (milk, yogurt, and cheese), vegetables and fruits, meat, poultry and fish, and lastly dry beans, eggs, and nuts. This has been proven to help enhance the immune system.

Ensure you are eating a plethora of iron-rich food, like liver, green leafy vegetable, beets, dried fruits, bran flake, oysters, brown rice, lentils and molasses, raisins, prunes; bread and pasta made from whole grain flour.

Generally, anemia is due to iron deficiency, but also can be caused as a result of not getting enough Vitamin B12; B6; Folic acid; and copper in your system. During your pregnancy blood counts will be carried out, that will help to know what vitamins or nutrients you are lacking. Just taking Iron supplements may not be the necessary answer, that's why it's essential to seek out the actual cause of Anemia from a blood test.

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

Herbal Remedies

1. It's very important to get the proper nutrients into the body. Eating a diet rich in cereals, rice, pasta, dairy products (milk, yogurt, and cheese), vegetables and fruits, meat, poultry and fish, and finally dry beans, eggs, and nuts. This 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 hemoglobin. Almonds are, therefore, a useful remedy for anemia. 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 a day preferably in the morning for three months.

3. Ensure that you are eating much of iron-rich food, like liver, dried fruits, bran flake, oysters, green leafy vegetable, beets, brown rice, lentils, raisins, prunes, and molasses, bread and pasta made from whole grain flour.

4. Steer clear of drinking coffee, tea and ingesting antacids, because they lessen iron absorption.

5. Endeavor to cook in iron pots; it is proven that doing this can significantly increase the amount of iron in your foods.

6. During your pregnancy, it's essential to take the proper vitamins that will assist you and your baby to be healthy.

7. Diet is of extreme importance in the treatment of anemia. Refined foods such as polished rice, sugar, white bread, and desserts deprive the body of its much-needed iron. Iron should better use in its natural organic form in food. The importance in the diet is because of natural vegetables and fresh fruits which are loaded in iron. Avoid with junk foods, particularly fried foods as they are foods that rich in calories but very poor in their nutritional value. Bakery products too are enormously unhealthy as they are full of plenty of processed fats, sugars, and flour. Substitute regular polished rice with unpolished rice as far as you can.

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 sulfate which may cause constipation or stomachache. Vitamin C (500 mg), it is recommended to be taken with iron for better assimilation. Folic acid supplement, with Vitamin B6 and B12, should be used to put off anemia.

Equally herbs can help your body to maintain a good level of iron, such as 1/2 to 1 tsp. of the tincture of Yellow dock root three times per day, or 1/2 to 1 tsp. of extract of Dandelion leaf and or root or two capsules two times each day, or have Dandelion greens in your salads.

10. Manganese is useful for protein and fat metabolism, healthy nerves, immune system and blood sugar regulation. Manganese is essential for people with iron deficiency anemia. Manganese deficiencies may give rise to atherosclerosis, confusion, eye problems, hearing problems, heart disorders, high cholesterol levels, high blood pressure, damage to the pancreas, rapid pulse, tooth-grinding, loss of memory, tremors, and a predisposition to breast ailments.

11. Diet and regular breathing exercises are the two main essentials in the treatment of anemia. Deep breathing exercises, like those recommended in yoga, and regular light exercises for example walking and swimming help to regularize the breathing and therefore use the lungs to their full capacity, increasing the flow of oxygen in the body. The iron deficiency which is a common feature of anemia should be made up as far as possible by eating iron in the natural form present in organic food. You should pay attention to a diet of fresh fruits and vegetables rich in iron content and run away from processed foods, for instance, polished rice, white flour, sugar and desserts which deprive the body of vital iron. Beets are not only a rich source of iron, they also have potassium, phosphorus, calcium, sulfur, proteins and vitamins B1, B2, B6 and vitamin P which are

all valuable in increasing body resistance by improving the immune system and increasing the hemoglobin count in the blood. You can take 1 cup of fresh beetroot juice in a day for best results. Lettuce is another rich supply of iron, which can be easily assimilated by the body; hence you should increase your intake of lettuce in your salad preparations. One more leafy vegetable that is rich in iron content is spinach which is highly good for the build-up of hemoglobin and red blood cells. Soybean is as well rich in iron content but it can be difficult to digest so you should take 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 enhance the taste and eaten two times in a day.

12. Soya bean is rich in iron and equally has a high protein value. As most anemic patients commonly suffer from a weak digestion, it should be administered to them in a very light form, if possible in the form of milk, which can be easily digested.

HERBAL REMEDIES FOR ANXIETY

Anxiety is the second most widespread psychological problem which remains undiagnosed 75% of the time. In this anxious age, doubts and fears can become obvious as simple worries, free-floating anxiety, phobias (agoraphobia, social phobias, etc.), panic disorders and obsessive-compulsive tendencies. The obsessive-compulsive tendencies affect as many as 7 million Americans. Herbal remedies for anxiety offer the best touchstone to harmonize the traditional treatment.

Anxiety is the distasteful physical and emotional condition experienced by a person that may be a blend of fear, apprehension, or worry. Anxiety can be short term or the long term. In *short-term anxiety*, the person feels well after the cause of anxiety has gone away (for instance when one is worried about visiting a doctor with health report). The *long-term anxiety*, for example, those caused as a result of work stress or incompatible relations with important persons of one's life may persist for longer and can lead to other medical conditions such as tension, migraine headache, and high blood pressure. Mild anxieties can be handled with natural anxiety remedies which may include some lifestyle changes, herbal remedies, and herbs for anxiety. However, the chronic anxiety (connected with suicidal thoughts) must be referred to expert opinions of doctors with immediate effect.

Physical aspects of anxiety are stomach upsets, colitis, migraines, palpitations, hypertension, and sweating. Anxiety after trauma, *post-traumatic stress syndrome* (PTSD), is similarly increasingly common. Primary contributing factors included low blood sugar, food allergy, nutrient deficiency -fatty acids, B complex, etc. - and imbalances of the thyroid, ovaries or adrenals.

Herbal remedies for anxiety can help you get this nutrient in.

Prevention:

Scores of the herbs that help anxiety work on the same brain receptor sites just like drugs such as Valium. However, herbs are known to be gentler, safer and non-addictive. They possess relaxant properties but also nourish and strengthen the nervous system. There are hundreds of herbal remedies for anxiety and nervous disorders.

One of the foremost causes of anxiety is stress that may crop up when demands are greater than a person's ability to meet up with them. Improving the coping skills or managing the hassles and expectations in life can put a stop to anxiety. One can equally bring some lifestyle changes

to control anxiety. Prevention and some habits are the most excellent natural remedies for anxiety. Here is a catalog of natural remedies for anxiety that can be employed by people who suffer from repeated anxiety attacks.

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

Meditation and Deep Breathing- Gain knowledge of basic deep breathing techniques from some yoga experts or try it yourself by inhaling for longer than normal, hold the breath for some seconds and then exhale it. Meditation can also be used to soothe nerves.

Staying clear of 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 at the same time listening to some soothing music can tranquil the anxious nerves. Essential oils used for aromatherapy can also be used to relax oneself and keep away from anxiety.

Being Positive and Relaxed- Live positively, have a discussion with people of positive attitude, listen to music, spend some time doing your much loved work, pursue your hobbies, become skilled at saying no in uncomfortable situations, develop the attitude that things will turn out good, call for help when the workload is too much, read your favorite novel or book, speak to friends and family about the issues that unnerve you. All this will prevent anxiety attacks.

Herbal remedies

1. California Poppy—*Eschscholtzia californica*

- A tension-relieving, tranquilizer, anti-anxiety and antispasmodic herb.

- Helps insomnia, quells a headache and muscular spasm from stress.

- Gentle, non-addictive action that is safe and sound for children and the elderly.

2. Chamomile—*Matricaria recutita*

- Soothing effects, with action akin to drugs, i.e. such as Valium e.t.c.

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

- Helps digestion, cramping and back pain. Promotes restful sleep.

3. Ashwagandha- Is a vital Indian herb that has mild calming, anticonvulsant and antispasmodic properties. Ashwagandha can

extensively relieve most of the symptoms of anxiety, panic attacks, and phobia.

4. **Passion Flower**- Is a natural sedative that gives relief from nervousness and anxiety attacks.

5. **St. John's Wort**- Is an excellent herb for anxiety that acts as a natural antidepressant.

6. **Ginkgo Biloba**- This herb enhances blood circulation in the brain and improves mood.

7. **Hops**—*Humulus lupulus*

- Soothes nerves ease anxiety, restlessness, and tension. It is good for headaches from stress, sleep loss, indigestion or effects of alcohol.

- Its sedative properties are not suitable for use during the depression.

8. **Kava Kava**—*Piper methysticum*

- Decreases anxiety, fear, and tension; relieves stress from various emotional, interpersonal and career factors. Improves performance.

- Relaxes muscles alleviate pain, insomnia and promote calm sleep.

- Compares to tranquilizers and benzodiazepines for anxiety.

9. **Lemon Balm**—*Melissa officinalis*

- Relaxing and tonic herb that reduces anxiety, restlessness, and nervousness.

- Tackles panic disorder, palpitations, racing heart, overactive thyroid easily.

- For digestive disturbance from stress or anxiety; nausea, indigestion, colic.

- Anti-depressant. Good in synergistic use with other herbs.

10. **Linden**—*Tilia Europaea*

- Reduces tension and promotes relaxation; mild mood-enhancing qualities.

- Protects against ill health due to stress, anxiety and overactive adrenal glands, together with high blood pressure, palpitations, and gastric ulcers.

11. **Motherwort**—*Leonurus cardiaca*

- A relaxing, refresher herb and mild sedative that soothingly relieves tension, anxiety when feeling under pressure. A heart, uterine and thyroid tonic herb.

- Relieves symptoms such as a racing heart and shallow breathing.

12. **Passionflower**—*Passiflora incarnata*

- The sedative herb that alleviates anxiety, tension, spasms, pains, neuralgia.

- Promotes soothing and revitalized sleep; induces relaxation, mild ecstasy.

- Tender action, appropriate for nervousness in children and the elderly.

13. **Skullcap**—*Scutellaria laterifolia*

- This herb not only relaxes but tones and renews the nervous system. Calms oversensitivity.

- Handles hysteria, depression, and fatigue relieves stress during PMS.

- A perfect pain reliever and antispasmodic. Reduces restlessness and nervousness.

14. **St. John's Wort**—*Hypericum perforatum*

- It has an excellent effective long-term action for anxiety and tension, including irritability and depression. And for mood changes during menopause and for pain syndromes, including fibromyalgia, arthritis, and neuralgia.

15. **Valerian**—*Valeriana officinalis*

- Possess sedative and muscle relaxant properties; also good for anxiety, stress, muscle tension and pain, nervous cramps, restlessness, insomnia, overwork.

- For lessening off drug dependency (either medical or recreational drug).

- Take care of after effects of chronic flu. It improves poor concentration.

16. **Vervain**—*Verbena Officinalis*

- Relaxing nerves. It reduces tension and strengthens the nervous system.

- Reduces anxiety induced by stress, PMS or menopause, calms panic.

- Valuable for lingering depression after a cold or flu. Tones up the liver.

17. **Wild Lettuce**—*Lactuca virosa*

- Mild tranquilizer, soothing an overactive and excitable nervous system.

- Very proper for anxious children or adolescents. Helps with sleeplessness.

- All-purpose pain reliever and antispasmodic, particularly for irritable coughs.

18. **Wood Betony**—*Stachys officinalis*

- The tranquilizing action which relieves tension, anxiety and nervous exhaustion.

- Calm an overactive, over-sensitive state. Alleviate headaches and neuralgic pain.

- It strengthens neurological function and improves memory, clarity.

19. Soak 10-12 raw almonds in water for about 8 hours and strip off their skins. Mix together the almonds with a cup of warm milk, little ginger, and nutmeg. Take this preparation before going to bed.

20. Put in equal amounts of baking soda and ginger powder in water for having a warm bath.

21. Massage the whole body with warm sesame oil as well as the scalp and the bottoms of your feet.

Other oils such as those of sunflower, coconut, or corn oil can also be used for a massage before bath.

Take celery and onions- raw or cooked- with meals for a number of weeks. They both contain good amounts of potassium and folic acid whose deficiencies also bring about anxiety.

22. Peel and inhale an orange whose aroma is considered to reduce anxiety. Orange juice with a teaspoon of honey and a bit of nutmeg can also be taken to relax the nerves.

HERBAL REMEDIES FOR AGING

Skin aging is a situation that threatens every one of us. Everybody wishes to feel young and exuberant at all times. There are top five causes of skin aging and their remedies mentioned below. Each person wants to live to a ripe old age without ever looking a day over twenty-one! Sadly, aging is a fact of life that happens to the body's ability to function decreases. The process of aging (characterized 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 poor lifestyle choices such as smoking and drug use. These and other factors increase free-radical activity.

Free radicals are highly unstable molecules that destroy the cells' DNA and interfere with the cells' capacity to function optimally. There are several herbs that function as antioxidants, which powerfully get rid of free radicals. These herbs consist of Ginkgo biloba, ginger, parsley, and milk thistle. Other herbs have flavonoids, naturally occurring compounds that can enhance the strength of your body's capillaries (tiny blood vessels), and thus your circulation (something that is often impaired as we age). These herbs are berries, cherries, black currants, elderberries, horsetail, and milk thistle.

Natural Anti-Aging Remedies

The skin has a natural bent to age and loses its glow. One cannot avoid this fact. However, you can use some of the natural anti-aging remedies to slow the process of skin aging. Or else, going for anti-aging creams and lotions cost you a fortune and still you fail to get the desired results. Here you know about the top five natural anti-aging remedies that will help you keep your skin fresh and smooth, just you have always wished to.

Clean away the dead skin

The prime step to keep your skin shining and healthy is the removal of the dead cells from the surface. Cleansing agents such as milk and honey have always been known since time immemorial for removing dead skin cells, harsh makeup and other surface dirt particles. A mixture containing equal amounts of milk, honey, and a mild liquid soap is used as a cleanser two times a day helps in keeping skin spanking new and glowing.

Protection from large pores

One basic sign of skin aging is the development of stretched and large pores that can simply clog dirt and impurities. Applying a mixture of

lemon juice and yeast helps to keep the pores minute and cleans the impurities that make pores big.

Apply a nourishing mask

One of the general reasons for aging skin can be a paucity of nutrients and dryness. Applying vitamins and natural oils to the skin can be very useful in such a condition. Bananas, reportedly contain high contents of Vitamin A and also avocados, which has an abundance of Vitamin A as well as Vitamin B and proteins, when blend together make a mask that restores natural oil in the skin to guarantee the prevention of dry skin and other aging effects.

Moisturizing the skin

Applying a good moisturizing agent after the cleansing of skin helps in keeping it fresh and glowing. Olive oil and Vitamin E oil are the most valuable moisturizers wherein the olive oil is seen as the original beauty ingredient and in the therapeutic properties Vitamin E oil helps to cure skin ailments such as sun damage, wrinkles, lines, and scars. A combination of both olive oil and Vitamin E act as a wonderful moisturizer and heals age spots and makes the skin soft by habitual use. The amount of the solution applied depends from person to person, from skin type to skin type and the climatic surroundings.

The Cellulite Secret

Unknown to many people is the fact that the cellulite creams that melt away dimples have caffeine in large quantities. Caffeine is the beauty industries greatest kept secret. Thus, you should try your coffee secret first before going for the 'high rocket priced' cellulite creams. The method for this coffee effect is to take the warm coffee grounds from the morning pot and rubbing the moist grounds heartily on cellulite and then rinse it off with water. Cellulite will fade away in a few days if you do this regularly once a day.

Herbal Remedies

1. 1/2 cup Ginkgo biloba tea and 1/2 cup ginseng tea. Blend the ingredients together. Take one-third of a cup three times daily. Ginkgo is well-known to improve memory, while ginseng can enhance energy levels.

2. 5 drops of cayenne tincture
- 30 drops of burdock tincture
- 15 drops of golden Seal tincture
- 10 drops of ginger root tincture

1/2 cup Alippety elm teacup soaked in warm water. Combine together all ingredients. Drink 2 to 3 tablespoons three times in a day to enhance circulation.

3. Lifespan is eventually determined by the fact that cells can only replicate a certain number of times a genetically programmed cut-off point that prevents physical immortality. Knowing this, most researchers are still of the opinion that humans should live 120 years or above. What is the reason the average lifespan hovering around age 70? We deteriorate basically due to the destruction caused by free radicals, produced as a byproduct of normal metabolism, or created by several toxins, pollutants, allergens, heavy metals and so on.

In addition, 75% of Americans are not getting enough free radical fighting antioxidants, like vitamin E, selenium or even vitamin C. These are rapidly used up under stress, whilst hormonal, immune and neurological imbalances further hasten to age.

4. Several herbs are highly valued and renowned for their anti-aging and longevity-enhancing effects. Science has greatly verified that these complex plant medicines have the definite capability to prolong the period and quality of life. A number of these anti-aging herbs are adaptogens and tonics, balancing metabolic, hormonal and neurological systems and stimulating cellular regeneration. Some have more focused effects on the brain or heart or immunity. They are safe and good for long-term use and disease prevention.

5. **Ashwagandha**- *Withania somnifera*

This is a tonic that slows down aging rejuvenates tissues throughout the body. It clears the mind, strengthens the nerves, and promotes restful sleep. The herb improves memory, cholesterol, and sexual ability; lessens the graying of hair.

6. **Fo-Ti**- *Polygonum multiflorum*

This is a Chinese tonic herb that promotes longevity, strengthens the blood, improves vigor, sexual dynamism and fertility and can decrease hair graying. It lowers cholesterol and improves arteriosclerosis. It equally regulates blood sugar.

7. **Garlic**- *Allium Sativa*

Garlic is known as one of the ancient herb use to fight aging in the ancient times. It protects the nervous system, improves brain function, memory and learning. In the same vein, it prevents and treats arteriosclerosis, reduces clotting, and lowers cholesterol. Garlic increases lifespan in animal tests and equally inhibits viruses, bacteria, parasites.

8. **Ginseng**- *Panax ginseng*

Ginseng is a rejuvenating and stimulating adaptogen that helps calm nerves, increases vitality. It reduces exhaustion; increases stamina, accelerate wound healing. Ginseng enhances the immune system, balances metabolism, and stress response.

9. Gotu Kola- *Centella Asiatica*

In the Ayurvedic and Chinese traditions, this herb is reputed as possessing rejuvenating and longevity properties. Gotu Kola increases intelligence, memory, creativity, learning ability and reduces mental fatigue. It strengthens the nervous system, adrenals, and immune system. This herb enhances healing of the wound, reduces scar tissue, and increases blood circulation.

10. Green Tea- *Camellia sinensis*

It is very rich in vitamins, minerals, antioxidants and flavonoids and particularly polyphenols. Green tea decreases cellular and tissue damage incurred with aging. It is one of the best protectors against cancer, heart diseases. Green tea is an excellent immune stimulant.

11. Hawthorn- *Crataegus oxycantha*

It is a good heart and circulation tonic which normalizes blood pressure and also heart rhythm. It slows the aging process, protects connective tissue and blood vessel walls. Hawthorn reduces atherosclerosis, helps adaptation to physical and mental stress, protects against radiation, and improves digestion and assimilation.

12. Licorice- *Glycyrrhiza glabra*

Licorice is a traditional Chinese longevity herb that stimulates adrenal glands, balances and conserves cortisol and energy for the period of stress. It possesses anti-inflammatory properties. It also has potent antioxidants that protect the digestive tract, liver and other tissues from the damaging effects of aging. It similarly inhibits atrophy of thymus.

13. Maca- *Lepidium meyenii*

This ancient Peruvian herb increases vitality, strength, and stamina. It invigorates libido and is also a sexual restorative in both men and women. It alleviates signs of reducing hormones in middle age and menopause.

14. Reishi- *Ganoderma lucida*

In Traditional Chinese Medicine Reishi is known as a traditional "elixir of immortality". It is good for treating a wide range of conditions, including heart disease and cancer. This herb helps normalizes blood pressure, cholesterol, and platelet stickiness. It equally enhances immune and liver health, takes of indigestion, eases tension, and improves sleep.

15. Rhodiola- Golden Root-*Rhodiola rosea*

The herb increases immunity and prolongs lifespan. With this herb, your exercise capacity doubles up. And at the same time, it assists to clear toxins, strengthens the nervous and digestive system. Golden root reduces fatigue.

16. Siberian Ginseng- *Eleutherococcus senticosus*

It is often called the "king of adaptogens," because it has a wide range of vitalizing effects on the body. It increases hearing, improves eyesight, supports immunity and stress adaptation. Siberian Ginseng increases mental and physical work ability.

17. Suma- *Pfaffia paniculata*

This is an adaptogen that has antiviral, antibacterial and immune stimulating effect. Suma increases muscle mass, protein production, overall physical staying power. It balances hormones, reduces blood sugar and cholesterol, triglycerides. This herb wonderfully reduces fatigue, promotes liver and also kidney regeneration and healing of the skin.

18. Empty the contents of the Vitamin E capsules into a small bowl. Add to this 2 teaspoonfuls of plain yogurt, 1/2 teaspoonfuls of honey and 1/2 teaspoonful of lemon juice. Apply this mixture on the face using a cotton wool. Allow it to stay on for 10 minutes and then rinse.

HERBAL REMEDIES FOR ARTERIOSCLEROSIS

Arteriosclerosis means the thickening of the walls of the arteries. It has become a common ailment in modern times, responsible for much of the disability and high death rate, especially among older people. Arteriosclerosis is generally preceded by atherosclerosis, a type of fatty infiltration in the inner linings of the blood vessel walls. The most dangerous places for such degeneration are the coronary vessels of the heart and the arteries of the brain. Arteriosclerosis leads to the loss of elasticity of the blood vessels and a tightening of the smaller arteries that interferes with the free flow of the blood. Arteriosclerosis is the foremost cause of disease and death in America, causing heart disease, stroke, kidney disease and troubles with circulation in the limbs. Arteriosclerosis entails a drop in the elasticity of the larger arteries as a result of a variety of causes.

Atherosclerosis is a particular type of arteriosclerosis, involving a thickening of the arteries caused by internal hardening (known as plaques) – and a consequential narrowing of the artery. This is due to certain kinds of blood cells, damaging sort of cholesterol, and some other types of detritus aggregating between the *tunica intima*, the inner lining of the artery and the soft muscle on the outside. Basically, there are two kinds of lipoproteins involved in the transportation of cholesterol. *High-density lipoproteins* are, dense as the name implies, consisted of lipid, protein and some cholesterol – and it helps to mop up cholesterol that low-density lipoproteins deposit on arterial walls. But *Low-Density Lipoproteins*(LDL) while horrific, becomes positively vicious as oxygen makes it rust, the consequential product, LDL-causes a form of slow rusting in LDL, which is known to destroy the walls, a condition that white blood cells cannot tackle as they habitually would. Atherosclerosis is connected with the misuse of alcohol or tobacco, diabetes, high blood pressure, comparatively higher cholesterol levels, especially the “bad” low-density cholesterol, the presence of a lot of lipids – in the diet or on the body – or just an awkward genetic inheritance. Arteriosclerosis occurs as a result of oxidative damage to the lining of the arteries, infiltration with fat-filled cells and development of plaques and clots. *Risk factors* include obesity, smoking, blood sugar disorders, an excess of ‘bad’ cholesterol or LDL and high homocysteine levels, plus a diet rich in processed carbohydrates and trans

fatty acids (i.e. refined oils). Chronic viral or bacterial infection can also cause damage to the arterial wall.

Supplementation with folic acid, B12, and B6, CoQ10, selenium, omega -3 oils and antioxidants would greatly reduce the risk of Arteriosclerosis and heart disease to a portion of its present rate.

Herbal treatment for the thickening of the arteries rests square upon the strong antioxidant power of various plants, hindering the arterial damage that acts as a site for the formation of plaque. They also prevent oxidation of LDL cholesterol, which results to arterial deposits. Certain herbs can eliminate existing arteriosclerosis, giving elasticity back to arteries. Such plants have manifold benefits, like toning the heart, minimizing cholesterol and preventing clumping of blood cell and formation of a clot.

The key herb for the heart is **Hawthorn**, while an amalgam of several other healing plants will maximize their long-term benefit.

Herbal Remedies

1. One of the most effective herbal remedies for arteriosclerosis is the lemon peel. It is thought to be one of the richest sources of vitamin P. It strengthens the whole arterial system. The shredded lemon peel of lemon could be added to soups and stews or speckled over salads. To prepare a medicine, the peel of one or two lemons should be cut up thinly, covered with warm water and allowed to stand for almost twelve hours. A teaspoon may be used every three hours, or instantly before or after a meal.

2. **Parsley** is another excellent remedy for arteriosclerosis. It consists of elements which help to maintain the health of blood vessels, principally the capillaries, and arterial system in a strong condition. It may be drunk as a tea: a teaspoon of dry parsley should be allowed to simmer gently in a cupful of water for some minutes. This can be used two to three times in a day.

3. **Beet juice**, taken each day, has been discovered valuable for treating arteriosclerosis. It is an outstanding solvent for inorganic calcium deposits. The juices of carrots and spinach are also useful if used daily. These juices can be used individually-500 ml, or as a mixture. When taken as a mixture, they should be in the following amount: **carrots**-300 ml and **spinach**-200 ml to make 500 ml of juice.

4. **Honey** is also seen as helpful in the treatment of arteriosclerosis. It is digested and assimilated easily. The patient should drink a glass of water with one teaspoon each of honey and lemon juice in it, before bedtime. He can also use it if he wakes up at night.

5. Symptoms do not, by and large, manifest themselves until an artery is blocked but then are difficult to miss. These could include some or many

of these several symptoms –pain in the chest, neck, shoulder, back or abdomen, shortness of breath, numbness, pain or peripheral infections and high blood pressure, Whenever a freed clot tampers with blood supply to the brain there can be weakness or paralysis of limbs, face or more and dizziness. Statins have been used to combat atherosclerosis, with *rosuvastatin* truly reducing the mass of plaques. One could also use drugs that reduce clotting to evade clumps of blood cells forming, anti-platelet drugs such as aspirin to reduce blood platelets aggregating up in the affected arteries, and drugs to manage your blood pressure. In bad cases, there may be a need to remove plaque from the vessel through surgery – taking away of fatty material directly, by some other type of direct involvement like angioplasty or a bypass – in which an artificial artery takes blood around the block. Prevention can entail reducing fat and increasing fiber in the diet, exercise, and a minimized consumption of cholesterol-containing food, weight loss, stopping excessive drinking and all sort of smoking and controlling any diabetes that might be there.

6. Garlic is one of the most effective nature's remedies in the treatment of atherosclerosis. Garlic helps decrease drastically cholesterol levels and push out harmful toxins and other metabolic wastes from your body. It equally good if you can increase your dietary intake of garlic or take a mixture of garlic, orange juice, and water to help control atherosclerosis. Honey is another excellent remedy for blocked arteries. Drink a blend of one teaspoon of honey and one teaspoon of lemon juice each morning to reduce cholesterol levels.

7. **Arjuna**—*Terminalia Arjuna*

Arjuna is a main Ayurvedic heart tonic that normalizes the heart's rhythm and improves blood flow in coronary arteries. It excellently reduces cholesterol and pos antibacterial. It improves symptoms associated with congestive heart failure and reduces angina pain.

8. **Bromelain**—**Pineapple** (*Ananas comosus*)

A proteolytic enzyme derived from the stem of the pineapple plant eliminates "stickiness" of blood platelet and subsequent formation of a clot.

It helps to decrease the inflammatory reaction to artery injury or irritation.

9. **Cayenne**-*Capsicum frutescens*

Cayenne stimulates the flow of blood and lowers cholesterol that affects arteriosclerosis positively. It reduces the risk of blood clotting and also increases heart output. Cayenne is known to increase capillary resistance and at the same time strengthens blood vessels in the limbs. It

equally improves peripheral circulation and takes care of the cold hands and feet.

10. Curcumin-Turmeric (*Curcuma longa*)

It contains antioxidant power eight times more strong than Vitamin E. It prevents damage to blood vessel walls to hinder the start of arteriosclerosis. Turmeric strengthens blood vessels and improves blood flow in arteries.

It significantly reduces cholesterol, serum lipids, and blood clot formation.

11. Ginger-*Zingiber officinale*

Ginger is a wonderful herb that thins the blood, decreases platelet aggregation and also lowers the cholesterol. It decreases blood pressure and reduces the thickening of the arteries. It is an antioxidant that contains effective proteolytic enzymes which is useful for preventing blood clots.

12. Ginkgo-*Ginkgo Biloba*

Ginkgo is a superb herb which increases microcirculation to all parts of the body, heart, limbs, brain. It has blood-thinning action and thus inhibits clot formation and inflammation. As an antioxidant; it strengthens, tones arteries and improves their elasticity.

13. Grape Seed Extract-*Vitis vinifera*

Grape Seed Extract possesses an antioxidant power 20 times that of vitamin C and 50 times that of vitamin E. It prevents arteriosclerosis and improves circulation in arteries, veins. It helps lowers cholesterol and essentially shrinks existing deposits in arteries. Similarly, Grape Seed Extract reduces blood cell agglutination, preventing clots, heart attack, and stroke. Proanthocyanidins in the Grape Seed Extract strengthen blood vessel walls and capillaries.

14. Guggul-*Commiphora gulgul*

This herb prevents arteriosclerosis and reduces already deposited plaque in arteries. It is a good companion for lowering cholesterol and triglycerides as well as medical drugs. Guggul lowers total cholesterol up to 30% in 3 months and also raising HDL and lowering LDL.

15. Hawthorn-*Crataegus oxycantha*

Hawthorn has been traditionally used over several centuries to remove arteriosclerotic deposits. It reputed as an essential cardio-tonic that strengthens the heart muscle -myocardium. It prevents cardiovascular disease by dilating the coronary vessels. It enhances blood and oxygen to the heart, coronary arteries and tissues. It is a potent herb which strengthens contraction of the heart muscles and regulates blood pressure.

16. Shitake-*Lentinus edodes*

- It is a foremost protective antioxidant that inhibits the formation of arteriosclerotic plaque. Shitake helps prevent cardiovascular disease, stroke, and diabetes. It also lowers cholesterol to about 15%, prevents clots, and regulates blood sugar.

HERBAL REMEDIES FOR ARTHRITIS

Arthritis is an ancient disease. Archeologists have discovered skeletons of the first humans, with evident cases of arthritis. But modern medicine has not been able to detect the reason why more than 100 million people around the world are affecting this condition. Though, there is clear evidence that humans have been using Herbal Remedies for arthritis pain for several thousands of years. Arthritis is a progressive inflammatory condition that occurred when the soft muscles in the joints get inflamed, relentlessly restricting the movement of the joint and thereby causing a lot of pain and discomfort. In older people, who are most vulnerable to this condition, arthritis is the primary cause of immobility. Arthritis is a condition that most people are quite familiar with and so common that it is most likely that you are acquainted with someone who is affected. Arthritis is a degenerative state that affects the joints causing rigorous pain and significantly reducing mobility. In serious cases and if uncared for the effects can be devastating.

Arthritis is classically connected with old age and although most common among the aged; it can affect nearly anybody, but it is rare among young adults and children. Arthritis may not actually be a life-threatening condition but it is a fearful condition because of the extent to which it affects your life. Plain tasks and routines that one usually takes for granted can become pretty a challenge. For instance, arthritis in the hands, wrists or fingers can make working at the computer almost impossible. Despite its debilitating nature, it is still manageable. Arthritis can be managed and controlled to reduce its impact on your life. One needs to be well informed and understand the condition to effectively control and treat the condition very well.

The word 'arthritis' connotes 'inflammation of the joints'. Arthritis is a word derived from two Greek words: *athron*, meaning joints; and *itis*, meaning inflammation. It is basically a chronic disease. Arthritis occurs in many forms, the most regular one being *osteoarthritis* and *rheumatoid arthritis*. **Osteoarthritis** is a degenerative joint disease which occurrence generally is in the older age group.

Rheumatoid arthritis is a grave disease which is not limited to not only the joints of the fingers, wrists, hips, knees, and feet, but also the muscles, tendons and other tissues of the body.

When arthritis affects the joints of the body, they got swollen, painful, deformed, and stiff and ultimately the joint loses an array of motion and

the pain becomes excruciating. There are many types of arthritis, the most common one is **Osteoarthritis**, which causes a slow wear and tear of the cartilage on the tip of each bone, then they start rubbing against one another injuring the articulation and scar tissue grows out to deform the area.

Ibuprofen (Advil) or naproxen (Aleve), and even other more potent prescription drugs, cause ruthless gastrointestinal problems, like bleeding ulcers, acidosis, stomach pain, and they obstruct the synthesis of collagen, which is vital for the formation of cartilage. If cartilage is not renewing itself, more harm is going to be inflicted on the joints. For those reasons, herbal remedies are the best solution treating for arthritis.

Herbal Remedies

1. Steam baths and massage once a week are very helpful.
2. Take 10-15 grams of camphor and 200-250 grams of mustard oil and combine in a glass bottle. And keep this bottle in the sun until the camphor gets dissolved appropriately. Massage the affected part every day with it. It is an excellent herbal remedy for leg pain.
3. A red flannel should be wrapped up around the pain area.
4. Use of coconut also helps in curing the leg and knee pains.
5. To get rid of the general weakness of the body; a well-balanced diet including all the three basic food groups is recommended.
6. Eating 4-5 walnuts on an empty stomach in morning provided instant relief from leg pain in a short time.
7. Intake of cod liver oil assists in curing all kinds of leg pains and the general weakness of the body.
8. 2-3 teaspoonful of fenugreek powder in morning water is wonderfully useful.
9. Eat Alfalfa or take alfalfa capsules. It is so high in minerals required for bones' formation.
11. Take chondroitin sulfate 700 mg per day to strengthen joints and ligaments. Use it in tablet form.
12. Use Vitamin E to protect and improve joint movement.
13. **Bogbean** is an aquatic herb. It is a very effective and special herb for rheumatoid arthritis and Osteoarthritis. Bogbean is an anti-inflammatory herb. Note that this herb cleans the urinary tract so drink a lot of water.
14. **Boswellia** has anti-inflammatory properties similar to Non-steroidal anti-inflammatory drugs (NSAID-Advil, Aleve, Tylenol etc.) but this herb has no side effects and does not cause gastrointestinal bleeding. It

enhances blood circulation to the joints, relieves pain, inflammation, and stiffness.

15. **Ginger** is the master killer of Arthritis pain, superior to any NASID. It can be used directly on the affected area or taken orally, either way, it takes care of pain, inflammation, stiffness, bursitis and perfectly tendinitis.

16. **Epsom Salt** is rich in magnesium. Magnesium is vital for bone growth and it also regulates the body's pH level. A shortage of magnesium reduces the capacity of the body to absorb and utilize calcium and phosphorus, which are the two basic bone-building minerals.

The following herbal remedies using Epsom Salt can be taken to reduce the symptoms connected with arthritis.

NOTE: If you have heart or kidney disease, consult your doctor before using these herbal remedies. Excessive magnesium can lead to diarrhea, nausea, cramps, muscle weakness, and heart abnormalities.

i. Mix 3 tablespoons of fresh lemon juice and 3 tablespoons of Epsom Salt in a pint of warm water and use one teaspoon both the morning and at night.

ii. Put three cups of Epsom Salt in hot bath water. The magnesium in the Epsom Salt is assimilated by the body and it soothes and relaxes the stiff joints and muscles.

17. Recent studies have revealed that Cinnamon is an extraordinary natural treatment for arthritis pain. Basically add half one teaspoon of cinnamon powder to a tablespoon of honey each morning before breakfast, mix it together and take the mixture. Repeat this each day for a month. Results should be obvious within the first week.

18. **Turmeric** is a common spice in Indian cuisine that has been used to reduce inflammation for hundreds of years in Ayurvedic medicine. Taking 500mg to 1000mg Turmeric capsules three times in a day, individual will experience significant relief from osteoarthritis pain.

HERBAL REMEDIES FOR ASTHMA

Asthma is an ancient Greek word connoting “panting or short-drawn breath”. It is an allergic condition due to the reaction of the body to one or more allergens and is the most difficult of respiratory diseases. An asthma patient gets regular attacks of breathlessness, in between which he/she may even be wholly normal. Asthma is a very widespread respiratory disease, which affects the trachea and bronchial tubes by becoming inflamed and blocked 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 its occurrence is more common in children and young adults. Usual symptoms of an asthma attack are coughing, wheezing, tight chest, difficulty in breathing. Herbal remedies for asthma can immensely help breathing.

There are 2 kinds of asthma, *allergic asthma* and *nonallergic asthma*. A few of the allergens that can prompt an asthma attack are chemicals, drugs, smoke, dust, food additives, pollution, mold, etc. Nonallergic asthma can be caused by anxiety, exercise, dry or humid weather, fear, laughing, stress etc. Herbal remedies for asthma can help all these conditions properly.

The rate, in which asthma attacks have increased in the past few years, is worrisome, especially most in children. Scientists are strong of the opinion that, there is a strong link between contamination in the air we breathe and asthma. It is evidently clear that the percentage of people who live in the big cities and have asthma attacks is far greater than those of people who live in the rural areas. Though, this may not be the only reason; it is believed that genetics, food additives, and toxins etc. could also contribute to asthma attacks.

Modern medicine can offer very modest to children with asthma and most drugs can only produce a momentary effect. Herbs, on the other hand, can be very valuable, not only minimizing attacks but also strengthening the lungs and immune system.

Herbal Remedies

1. Vitamin B6 and Vitamin B12 are essential nutrients to treat asthma reducing the inflammation in the lungs.

2. Vitamin C is required to combat infection, increase the amount of oxygen and reduce inflammation.

3. Use **ginkgo biloba**, this herb has **ginkgolide B** which is very useful. Some studies show that ginkgo biloba reduces the rate of asthma attacks.

4. **Mullein oil** is used to deal with respiratory congestion and it is very vital to make it as a tea for faster results.

5. **Pau d'arco** is a natural antibiotic that reduces inflammation.

6. In China, there is a potent blend of herbs called **Shuang Huang Lian** being used in hospitals to treat respiratory disease, very essential to use this herb in the treatment of asthma and acute bronchitis.

7. If exercise triggers asthma attacks, reduces the amount of salt in your diet and take 2,000 mg of Vitamin C an hour before your exercise.

8. Eat salmon 3 times per week and equally take salmon oil capsules.

9. Take coffee and also soft drinks with caffeine (colas), caffeine dilates the bronchial airways.

10. Prepare a tea using: 2 teaspoonfuls of powdered Indian root.

2 teaspoonfuls of granulated Echinacea root.

2 teaspoonfuls of elecampane root.

2 cups of water.

Combine all ingredients and let them alone for good two hours.

11. To improve your breathing makes a tea with:

1 quart of boiling water.

1 teaspoonful of chamomile flowers.

1 teaspoonful of Echinacea root.

1 teaspoonful of mullein leaves.

1 teaspoonful of passionflower leaves.

12. **Caffeine** is recognized to dilate the bronchial airways.

13. **Turmeric powder** (1 teaspoonful) in milk with honey three times. This is an ancient Indian herbal remedy.

14. **Mustard oil** can be combined with camphor and rubbed into the back of the chest

15. Get the asthma patient to bend over a basin of honey and take in the vapors for a few minutes till their breathing eases.

16. One more of the good asthma attack herbal remedy is to breathe in from boiling water mixed with **caraway seeds**.

17. Take hot licorice root tea which has been brewed for about 10 minutes.

18. Try mixing **honey**, **lemon juice**, and **radish**, then heat for 20 minutes in a saucepan. Use one teaspoon in a day.

19. Mix one gram of **ginger powder** and one gram of **black pepper** in a teaspoon of **honey**, and then lick the mixture.

21. To push out infected mucous from the lungs, frequently chew fennel.

22. An excellent natural inhalant for asthma sufferers is a little drop of essential oil of juniper in hot water. Never use undiluted straightforwardly on a handkerchief or the skin.

HERBAL REMEDIES FOR ATTENTION DEFICIT DISORDER

Attention deficit disorder and hyperactivity are the plagues of our age, but current treatment is poorly insufficient. Although our society wages an ongoing "war on drugs," millions of children out there are hooked on "speed" in the form of Ritalin and amphetamines. Besides from severe and lasting side effects, these do not remotely deal with fundamental causes and can in no manner be regarded as a cure. In the other hand, herbal remedies for ADD and ADHD are an enormous natural alternative if you want your child to stay drug-free. Diagnoses like learning disability, hyperactivity and poor impulse control are generally ascribed to a 'brain chemistry imbalance'. A better word might be "toxic brain syndrome" because the paramount factor is a constant bombardment of the child's nervous system with food additives, artificial sweeteners, vaccines, allergenic foods, mercury, lead, antibiotics, and pesticides.

Each of these factors has a profound impact on the developing brain cells and combines together with destructive effects. Herbal remedies for ADD and ADHD are free of chemicals and side effects.

A full-blown assault on these problems requires a holistic homeopathic, herbal and nutritional program to undo the developmental and biological damage brought about by persistent exposure to harmful toxins. Herbal remedies for ADD and ADHD have the immediate gain of relaxing and calming, whilst enhancing brain function and neurotransmitter production. Ultimately, nervine and adaptogenic plants can protect, detoxify and heal the nervous system—all without the considerable toxicity or side effects of drugs.

Herbal remedies

1. Bacopa-Brahmi/*Bacopa monnieri*

This powerful herb has calming and sedative properties. It equally improves attention deficit disorder and important for hyperactivity. Bacopa is known to improve intellectual capacity, acuity, clarity of thought and concentration.

It enhances memory, particularly in the elderly and similarly shortens learning time.

2. California Poppy-*Eschscholtzia californica*

California poppy is a gentle sedative that relieves psychological and emotional disturbances in children. It soothes and balances an overactive

nervous system. Similarly, California poppy reduces attention deficit disorder and tension in overactive states and decreases spasms. This herb is effective for difficulty in falling asleep or repeated, regular waking.

3. **Catnip**-*Nepeta cataria*

Excellent Catnip relieves attention deficit disorder, restlessness, tension, stress, and hyperactivity. As a mild relaxant, it promotes soothing sleep. It helps diarrhea, headache, colic or stomachache due to stress. Catnip balances mood swings and hysteria.

4. **Ginkgo biloba**

Ginkgo biloba is a powerful herb that improves focus, memory, cognition, knowledge retention and perception. It increases neurotransmitters and boosts the ability of the brain to use oxygen. In the vein, Ginkgo biloba is rich in nutritive antioxidants that protect the brain and nervous system from damage by numerous toxins.

5. **Grape Seed Extract**-*Vitis vinifera*

Grape Seed Extract is a reservoir of bioflavonoid with the most potent antioxidant effects known. It has the capacity to pass through the blood-brain barrier and directly protect the brain against a wide variety of toxins and damaging free radicals. Grape Seed Fruit also improves brain blood flow and strengthens brain capillaries.

6. **Hops**-*Humulus lupulus*

It is useful for nervous tension, excitability, restlessness, and irritability.

- Hops are an excellent herb for insomnia. It can be taken orally. It is good for soothing and improving the mood, but should not be used in depression.

Hops are known to strengthen and stimulate digestion and alleviate intestinal discomfort.

7. **Kava Kava**-*Piper methysticum*

This herb is very valuable for managing attention deficit disorder. It relieves attention deficit disorder without any cognitive or mental impairment and reduces insomnia, tension and stress. Kava Kava produces a sense of tranquility and softens violent feelings. It drastically improves mood, tension level, and sleep patterns.

8. **Lemon Balm**-*Melissa officinalis*

Lemon Balm is a gentle, safe and calming children's herb for depression and attention deficit disorder. It relaxes the nervous system and eases agitation. It is good for soothing digestion.

9. **Oats**-*Avena sativa*

Oats is a potent tonic for mental stress, nervousness, exhaustion, and weakness. It helps to improve mental concentration and focus.

Oats is reputed not only for easing stress, tension, depression, insomnia but also improving clarity. It is equally good for transitioning and weaning off neurological medications.

10. **Skullcap**-*Scutellaria laterifolia*

Skullcap is a powerful herb that helps attention deficit disorder, restlessness, crying spells, irritability, and nervousness. It is very useful as a daytime sedative, with no mental impairment or drowsiness. Its nervine action relieves recurrent headaches and relaxes muscular spasms.

11. **St. John's Wort**-*Hypericum perforatum*

It is herb for attention deficit or hyperactive kids.

- St. John's Wort calms an agitated nervous system and it is also safe for long-term usage. It regulates mood and attention and alleviates feelings of sadness, apathy, low self-esteem, isolation, anger, and guilt. It is perfectly good for nervous exhaustion.

12. **Valerian**-*Valeriana officinalis*

Valerian is perfectly good for relaxing and sedating, restlessness, nervousness, and improving sleep. It should be taken for 2-4 weeks to improve mood and sleep.

It equally shows improvements in learning skills and minimizes aggressive behavior.

Reason for using herbal remedies for attention deficit disorder?

The prescription drug, methylphenidate (Ritalin) has become the foremost prescribed drug to tackle hyperactivity. However, researchers are becoming aware that this medication has several potentially dangerous, long-term side effects such as decreased appetite, weight loss, insomnia, slowed growth, increased heart rate, increased blood pressure, a period of increased irritability and intolerance at the beginning of use, and the possibility of developing Parkinson's disease. Escalating adverse reports have been issued in recent times, warning parents of the likely side effects of Ritalin—with some reports even comparing it to cocaine and heroin.

Other prescription drugs usually prescribed include dextroamphetamine (Dexedrine, a stimulant that produces calming effects similar to Ritalin), pemoline (Cylert, a stimulant that has been limited 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 taken only as a last option. A range of side effects, some of them severe, have been documented with all of these medications. As a result of numerous harmful side effects of the medications available for ADD/AD-HD sufferers, an increasing number of parents and health professionals are turning to all or a combination of the following as a means to reduce, and even perhaps get rid of 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.

HERBAL REMEDIES FOR ATHLETE'S FOOT

Athlete's foot is a very general infection that affects basically 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 known as *Tinea pedis*. It lives off the dead skin cells and survives in moist, warm places, like gyms, showers and swimming pools. Athlete's foot is equally very contagious and is transmitted through contact with wet floors, or by touching infested shoes or socks.

If recurring fungal infections occurred, it could be a sign of fungus in the groin area, in these situations, the problem should be treated concurrently. Symptoms include burning sensation between toes, itching, redness, scaling, and blistering.

Herbal Remedies

1. Put 40 drops of **tea tree oil** to a little amount of water and soak your feet in it for 10 minutes. Then after dry feet with a towel and a hair dryer to make sure that there is no moisture present; this is essential because the fungus thrives under a toenail that has not been entirely dried. Put little drops of oil on the affected area.

2. **Olive leaf** is used as an anti-bacterial against infections. Olive Leaf Extract comes from the olive tree which synthesizes its own strong antibiotic substances to fight off disease-causing bacteria, fungus, and parasites. Olive Leaf Extract is an exceptional antiviral agent. Olive Leaf Extract is 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 place it in your shoes, wear it throughout a day. This is the sure way of curing athlete's foot even superior to 'all over the counter antifungal drugs'.

4. Drink **pau d'arco** tea and immerse your feet in a more concentrated form about ten tea bags.

5. Never wear socks two times and endeavor to keep your feet dry.

6. Dissolve 6 aspirins in 1/2 a cup of rubbing alcohol, shake vigorously and apply on clean dried feet. Repeat this procedure 3 times a day for 3 days or till athlete's foot is vanished.

HERBAL REMEDIES FOR BAD BREATH

Bad breath is an awkward problem. Anyone with bad breath could be offensive without knowing it, as all the adverts for breath mints, mouthwashes, and toothpaste are so fast to show. In some situation, an odd breath odor may be an indication of illness, like herpes, infection of the mouth, diabetes, postnasal drip, tonsillitis, sinusitis, dental infection, strep throat, liver or kidney failure, or a lung abscess. Sometimes, bad breath—medically known as halitosis—is not due to any major health problem. It is by and large associated with poor oral hygiene or poor digestion, at times both.

Halitosis often refers to foul breath, which is a common condition. Regrettably, most people who offend in this respect are entirely ignorant of their problem. Bad breath typically originates from the mouth and the intensity of the problem may vary during the day depending on the kinds of foods eaten. Some foods such as garlic and onions or red meat and fish can rigorously worsen the problem, and smoking or drinking of alcohol can similarly exacerbate it seriously. Bad breath can also occur owing to the dryness of the mouth, which is the main reason why individuals who do not drink sufficient water may suffer from halitosis. Most of the times bad breath may be present only in the morning as a result of the inactivity and absence of oxygen in the mouth through the night could make the odor to get worse. It normally reduces following rinsing of the mouth or brushing of the teeth. Therefore it is somehow hard to prevent bad breath in the early morning or even when fasting. Persistent halitosis is, however, a constant problem that should be treated with medical care.

Whenever a friend or family member (or yourself) become aware of a bad smell on your breath, particularly if the breath has a continual or bizarre odor, consult your physician. He or she will be able to establish whether or not your bad breath is connected to a primary infection or other illness.

One especially useful—yet, sadly, not frequently recommended—diagnostic stool test is a broad stool analysis that can be used to find out problems with digestion and absorption, the presence of parasites, or the overgrowth of abnormal bacteria in the digestive tract.

Causes for Bad Breath

Bad breath is one of most horrible medical condition people are suffering the world over.

The causes for this uneasy and at the same time hopeless disease are diseased gums, non-chewed food trapped between teeth, consuming greasy and garlic, onion-rich food, diabetes, and at times constipation.

Dental problems such as a cavity in a tooth lead to pus in the gums and thus a poor bad smell comes from the mouth.

Herbal Remedies

1. Chewing of mint leaves will soon clean up up the breath and is a simple herbal remedy for halitosis.

2. Brushing teeth after each meal will put off bad breath.

3. Rinse your mouth with baking soda dissolved in warm water. It is also useful for cleaning tongue. This remedy is one of the good herbal remedies for bad breath.

4. Taking a hot cup of unsweetened tea will help to cure foul breath.

5. Immediately after meals chew some sunflower seeds and take a glass of water. This is a good herbal remedy for bad breath.

6. Consuming yogurt for six weeks will totally eliminate bad breath.

7. A fine herbal remedy for bad breath is tea produced from Fenugreek (methi) seeds.

8. Squeeze a lemon in a glass of water and gargle with it often. Perfect herbal remedy for bad breath

10. Drinking pineapple juice will soon eliminate the bad odor from the mouth and acts as a natural remedy for bad breath.

11. Eating apples every day is also excellent for mouth cleansing because it removes the bacteria causing bad breath.

12. Chewing cardamom seeds can sweeten your breath because the aromatic flavor of cardamom acts as a breath freshener. This remedy is also a fine herbal remedy for halitosis.

13. Mouthwashes having dyes and alcohol should not be used because they only give temporary relief.

14. Consume parsley to reduce bad breath.

15. Drink juice lemon of half a glass diluted with a glass of water after every meal. This is one of the best and most effective herbal remedies for bad breath.

16. Consumption of food products that are rich in zinc prevents bad breath because it controls spread of the anaerobic bacteria in the mouth.

17. Chewing on cardamom seeds equally sweeten the breath.

18. Prior to brushing use hydrogen peroxides to clean the mouth. Use acidophilus and bifidobacteria supplements every day to establish and

maintain good intestinal flora and healthy digestion. And if you are sensitive to milk, choose a dairy-free product.

19. Chlorophyll pills help clean up the breath owing to their cleansing effect in the intestines. Take a chlorophyll supplement in accordance with the instruction on the product label, after every meal and once more during bedtime.

20. Perhaps you suspect that bad breath is due to poor digestion, endeavor to supplement your diet with digestive enzymes. There are several of them available that use natural enzymes—bromelain (pineapple) or papain (papaya)—which may be useful. Stick with the dosage instructions on the product label.

21. Occasionally bad breath is a due poor stomach function. To strengthen the gastrointestinal tract, you should try using duodenal extract with vitamin A as stated on the product label.

22. Opt for an herbal-based toothpaste or tooth powder formulated with no sugar. If this type of product is unavailable in your local drugstore, check a health-food store.

23. 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.

24. If bad breath is an intermittent problem associated with poor digestion, naturally followed by stomach disturbance, diarrhea, or constipation, drinking a cup of peppermint tea after meals should help to ease digestion. Or endeavor to take a cup of ginger tea two times a day, with meals, to improve digestion.

25. Guava is one of the most cherish fruits. It is good in taste, very healthy and nutritious. Guava and its leaves are one of the best medicines for bad breath. Guava contains some of the helpful chemicals such as oxalic acid, malic acid, and minerals such as calcium, manganese. All these chemicals are useful for gums and teeth. Equally, Guava makes teeth strong and prevents them from bleeding.

27. Apple is also an essential fruit. Eating it after a meal, will keep the mouth fresh, and takes out all the ensnared foods lying between teeth.

28. Tea prepared from **fenugreek seeds**

This is an oldest and effective herbal remedy used to get rid of bad breath. Take a 1/2 liter of water and bring to boil, then add one teaspoon of fenugreek seed to it. And boil at the medium or low flame for about 10-20 minutes. Sieve away all the seeds. Drink this tea 3-4 times per day.

29. **Avocado**

Avocado is a very valuable fruit. It wipes away the harmful substances stored in the intestine as a result of inappropriate digestion and other diseases, and thus prevents the formation of bad breath in the mouth. Doctors agreed that eating two to three pieces of Avocado is much better and far more effective than any other mouth freshener.

30. Fresh vegetable and fruit juice

Eating unwholesome food, eating less food and drinking fewer fluids are some of the basic reasons for bad breath. With a hectic schedule we have a propensity to eat less, however, one should always endeavor to drink lots of water or any other fluids such as freshly prepared vegetable and fruit juice. The fluids maintain the wetness of mouth and softness of gums. Hence, there is fewer formation and accumulation of sticky materials on the tongue that can generate bad breath.

31. Mint leaves and cloves

A person suffering from halitosis may chew mint leaves, cloves and so on. This keeps the mouth wet and clean. Apart from this, one may also chew sunflower seeds. In fact, it is an amazing herbal remedy for avoiding bad breath.

32. Coffee and tea

A cup of tea or coffee is one of the simplest ways to keep away bad breath.

33. Gargling mouth with mixture containing parsley leaves

Take 1-2 glass of water and adds finely chopped parsley leaves to the water. Bring to boil for 15-20 minutes. Then add 3-4 cloves to it and bring to boil for some time with steady stirring. Sieve it and bring it to warm temperature and gargle your mouth with it the mixture 2 to 3 times a day. This is one of the handy herbal remedies for bad breath.

34. Rinsing mouth with mixture containing lemon extract

Get a 1-2 glass of water and put 1 tablespoon of freshly prepared lemon juice to it. Gargle your mouth with it for 2-3 times a day. This will give you freshness of breath. This is also one of the significant herbal remedies for bad breath

35. Nutritional and healthy diet

Stress and erroneous food habit are one of the foremost causes of bad breath. A person suffering from bad breath should always eat correct food and at the right time. Prepare a diet chart that contains all the essential, nutritional food foods such as fruits, carrots, celery, green vegetables, grams, less oily food and cereals. Stay away from junk food, besides strictly affecting various parts of the body such as heart, lungs; it also produces bad breath in the mouth.

HERBAL REMEDIES FOR BACKACHE

Backaches are one of the most widespread ailments rampant today. There are quite a few causes of a backache. Inactive living habits, dangerous work patterns and psychological conditions connected with emotional stress, are known to cause spasms of the muscles, leading to backaches. Apart from muscular pain, backaches can also start off from the nerves, ligaments, tendons, and joints or could be associated with the spine. Bad posture or illness could also cause a backache. As the back carry the weight of the whole body, overweight individuals experience an extra strain on the back when they have to bear an extra load. 80% of people suffer from a backache at some time, and most commonly localized in the low back. This result is a projected 40 million days of lost work valued at a whopping sum of \$70 billion. Poor postural habits are a chief contributing cause, whilst other factors include nutritional deficiencies recurring strains or microtrauma, muscle tension, and reflex pain from related internal organs. When recurring episodes of injury are combined to this mix, the discs become subject to weakening or rupture. These events can also steadily result to arthritic changes.

Nearly 80% of adults are affected by back pain at one time or the other in their lives. Backaches are classified as **acute** and **chronic**.

Acute pain is caused by the movement or extreme use of the back that can injure the muscles, ligaments, bones, and tendons. There are some potent herbal remedies for back pain contain in this book.

Chronic pain is a reoccurring backache that is the result of regular movements or for no known reason. It can also affect the bones and tendons, ligaments. Problems with some organs can also bring about back pain for instance prostate problems, female pelvic disorder, bladder and kidney infection. Similarly, constipation can be witnessed on the lower back.

Back pain is very widespread during pregnancy, as a result of substantial anatomical changes and stress in the body. Carrying a baby alters the position of internal organs putting an enormous amount of pressure on the lower spine. The increase in the weight of the body, the effects of the hormone progesterone and the change in the center of gravity add to the problem. That's why each day your child grows it becomes so difficult to get up and down from chairs and beds. The use of herbal remedies for back pain is important for expectant moms.

Other sources 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 arthritis-related conditions.

With nerves close by, swelling in the spine usually lead to neuritis, lumbar neuralgia, and sciatica.

Circumstances that may cause a backache include:

- **Degenerative diseases** like spondylitis disease; discogenic disease; spinal stenosis and facet joint hypertrophy.
- **Traumatic injuries** like musculoskeletal injuries, vertebral fractures, lumbar strains, and sprains as well as ligamentous injuries,
- **Inflammation** like arthritis (e.g. Ankylosing Spondylitis). arachnoiditis;
- **Bacterial or viral infections** like urinary tract infection, intervertebral discitis, radiculopathy meningitis, vertebral osteomyelitis and epidural abscess
- **Congenital diseases** such as tethered cord syndromes and

spondylosis

- **Metabolic diseases** such as diabetic radiculopathy and osteoporosis, Paget's disease.
- **A tumor**, that could either be a *benign tumor* or *malignant*.

Herbal remedies are used correspondingly with medical drugs in this kind of situation, nevertheless with far more safety. The anti-inflammatory and pain-relieving properties of plants can be used successfully and taken for lengthened periods of time. Muscle spasm, repair of connective tissue and cartilage tissue also benefit immensely from herbal remedies. Bioflavonoids and other healing factors found in herbs, in conjunction with reputable nutritional substances such as glucosamine sulfate, take care of absolute deeper repair and strengthening of tissues. Those herbs mentioned under Arthritis can give further assistance for chronic joint dysfunction. In a situation where nerves got irritated or compacted, extra sedative and nerve-repairing herbs may be required.

Prevention Tips Needed for Back Pain

- Work on your posture

- Habitual back and abdominal exercises will keep your back in perfect physical condition.
- Make sure that your mattress gives compact support.
- Always sleep on your side in an “S” shape.
- Whenever you want to lift heavy objects, ensure to bend at the hips and knees and keep your back straight up.
- Put on flat shoes with an excellent arch support if you will stand for lengthy periods of time.
- Do take regular breaks and walk around rather than sit or stand in one place for numerous hours.
- Sit on an ergonomic chair when you are working on a computer or better still ensure that your chair supports the small of your back.
- Lessen the weight of your handbag, as a heavy load creates stress on your spine.
- Do not wear high heeled shoes, because they can lead to back pain

Herbal Remedies

1. 2 or 3 cloves of Garlic should be taken each morning.
2. Rubbing oil prepared from garlic on the back will give a good result in a backache.
3. Oil mix with Camphor should be boiled and apply on the Back.
4. Ginger paste and eucalyptus oil are good for use on the affected area-back.
5. Heat/Ice therapy is effortless and effective options for getting relief from back pain.
6. An appropriate 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 little by little.
8. **Barberry**-*Berberis Vulgaris*
 - This herb is excellent good for a low backache, usually connected to kidney failing or obstruction.

- It takes care of sciatica and neuralgia with burning pain and damaged muscles

- It is useful for treating rheumatic disorders, sciatica, bursitis, neuralgia, and gout.

9. **Black Cohosh**-*Cimicifuga racemosa*

- **Black Cohosh** has anti-inflammatory effects and it can relax the muscle spasms in low back and neck.

- It is equally suitable for torticollis, neuralgia, sciatica, and rib neuralgia.

It is good for treating muscle pain connected with fibromyalgia and arthritis.

10. The most helpful remedy for back pain is to use a piece of chebulic myrobalan after each time you eat your meal.

11. Coconut oil or sesame oil should be heated on low flame putting 8 cloves of garlic in it. When the mixture cools down, apply it and massage the affected area with lightly. Similarly, let it stand for 3-4 hours. Take bath with the mixture by adding warm water.

12. Foods that are rich in vitamin C are perfectly good for relieving backache. One should try to eat 2,000 mg of vitamin C each day. Pineapple, orange, and grapes etc are fruits which are high in vitamin C and it is a cure for a backache.

13. **Black Haw**-*Viburnum prunifolia*

- This herb is richly endowed with aspirin-like ingredients that relieve spasms and neuralgia of back and neck, sciatica, leg cramps, headache, and digestive contraction.

- It is a nervous system tonic and sedative which helps a backache during menstruation.

14. **Boswellia**-*Boswellia Serrata*

- Boswellia is known to have strong anti-inflammatory effects that can excellently reduce stiffness and pain.

- Though it tackles acute problems, it requires 2-4 weeks for maximal effects.

- It also enhances circulation in the region of inflamed joints, ligaments, and tendons.

15. **Pineapple**-*Ananas comosus*

An enzyme present in pineapple stem is good for healing last stages of inflammation, speeding up healing and reducing the potential scarring of tissue.

16. **Corydalis**-*Corydalis soldida*

- This Chinese herb is highly valued because of its capacity to relieve the pain of all kinds, most particularly from injury.
- Due to sedative and analgesic properties, it relieves spasm, abdominal pain, and dysmenorrhea.
- It is often used in conjunction with other complementary herbs.

17. **Devil's Claw**-*Harpagophytum procumbens*

- Devil's claw is an anti-inflammatory and pain-relieving herb which gives rapid results.
- It is known to be accurately used for a low backache, arthritis and chronic rheumatic disorders, neuralgia and headaches. The complete herb preparation functions best.

18. **Dong Quai**-*Sinensis*

- Dong Quai reportedly contains 1.5 times the analgesic activity of aspirin.
- It is good for treating backache, muscular spasms cramping, and inflammation.
- It is an herb for menstrual cycle regulation and anemia.
- It is a liver and heart tonic herb.

19. **Horse Chestnut**-*Aesculus hippocastanum*

- Anyone experiencing low back, sacrum, and sacroiliac pain should use this wonderful herb.
- It handles an arthritic and rheumatic backache with heaviness and swelling.

20. **Jamaican Dogwood**-*Piscidia erythrina*

- Jamaican Dogwood has a very strong pain-relieving, antispasmodic effects, and equally sedative.
- It is especially useful for the treatment of muscular back spasms and pain,

It is also important for treating asthma, menstrual pain, insomnia, toothache and nervous conditions.

21. **Kava Kava**-*Piper methysticum*

- Kava Kava is good for relaxing muscles, reducing internal and external spasms and also cramps.
- It is a good pain reliever that enhances pain-reducing effects of aspirin.

22. **Meadowsweet**-*Filipendula ulmaria*

- It is an herb that provides anti-inflammatory pain relief.

- There is no gastric irritation such as NSAIDs. It also neutralizes stomach acidity and general internal acidity.

22. **Valerian**-*Valeriana officinalis*

- Valerian has relaxing and sedative effects that reduce conduction of pain signals.

- It is a muscle relaxant for relieving muscle spasms and contraction caused by stress and tension; it equally eases menstrual pain, colic, irritable bowel, and spasm.

23. **Wild Yam**-*Dioscorea villosa*

- Wild Yam is good for a backache accompanied by razor-sharp sensations.

- As a relaxant, it is useful for pain in the digestive system, gall bladder, nervous system, and uterus.

Herbal remedies for back pain are safer to use than drugs, particularly pregnant women.

HERBAL REMEDIES FOR INSECT BITE/BEE STING

Most insects ranging from a mosquito to a spider can cause severe reactions in the body. The problem is not usually the injury but the insect venom deposited in the body.

Whenever an individual is stung by an insect the region usually gets swollen, red, and particularly painful. However in some serious cases, the symptoms are: hard to breathe, hard to swallow, perplexity, swelling of eyes and mouth and in more severe cases unconsciousness or death.

Nature provides several hundreds of insects that can bite or sting. In the same vein, it also gives humanity an assortment of herbs that can reduce the itching and the swelling. Here in this book, you will discover various ways to prepare your own herbal repellent as well. Herbal repellents are particularly better than synthetic ones because they definitely smell better. As a matter of fact, no one really would want to rub toxic chemicals on his/her body. If you experience insect bites persistently, consult a pest control expert on the best methods for your handling the situations. The earth is in a stable form, Nature gives everything we need. Each of us is duty-bound to make and use what is available to treat insect bite with herbal remedies.

Herbal remedies

1. Take away the stinger. Never squeeze it, as this will infuse more of the poison in the long-suffering.
2. Clean the region.
3. Pound Plantain leaves to extract the juice and apply it on the affected area.
4. Insect bites herbal remedy - Use toothpaste on the sting.
5. Apis Mellifica is an herbal remedy that is useful for reducing inflammation and pain, burning and stinging.
6. An herbal remedy known as 'Cantharis 30c' is better for bee or wasp stings.
7. An herbal remedy called 'Carbolicum acidum 30c' is helpful in more ruthless allergic reactions of either bee stings or black widow spider bites.
8. A herbal remedy known as 'Urtica urens 30c' is alright for itching, burning and pain.
9. Measure 1 teaspoonful of lavender essential oil and 1 teaspoonful of vegetable oil. Mix the two together and apply it directly to the injury. Do

not allow it to get your eyes. This preparation will stop itching and reduce swelling.

10. 1 tablespoonful of Echinacea root tincture.

1 tablespoonful of distilled water.

1/8 teaspoonful of lavender essential oil.

1 tablespoon of bentonite clay.

Mix the Echinacea, distilled water and lavender essential oil together. Then add liquid little by little to the clay and keep stirring at the same.

Once mixed together, the resulting paste you should get will be sticky on the skin. Apply on the affected area. Store the preparation in a tight lid container, if it goes dry; add water to moisten it enough to a sticky paste.

11. **Jewelweed** is appropriately good to be used to reduce itching and soothe the skin. Take two or three leaves, crush them and then apply the juice over the injured region.

12. Allergic reaction from a bite or a sting is caused by formic acid. The formic acid is neutralized using 1 teaspoonful of yellow dock leaf tincture and 2 teaspoonfuls of baking soda. Mix them together and to form a paste. Apply according to your need.

HERBAL REMEDIES FOR BED SORES

Bed sores generally addressed as pressure sores or skin ulcers are usually cuts, lesions or swelling that arose as a result of lengthened pressure on any region of the body and mostly affects regions of the body over bony parts. Bed sores are common among the handicapped, the disabled, the paralyzed or the bedridden patients as they are not able to change their position regularly and incessant pressure on definite regions of body lead to bed sores. Bed sores can be treated quite effectively if detected early but can become a life menacing disease because it cuts off blood circulation to regions of the body.

Bedsore usually happen around the buttocks, lower back, heels, and the hip bone area among bedridden folks while shoulders, spine, ankles, knees, and head are also prone to bed sores depending on the unchanging position of the patient. It is essential to note that pressure sores, if little and discovered very early can be treated by usual dressings while big or deep bedsore require plastic surgery techniques. Bed sores or pressure sores came about as result of skin being suffocated underneath the weight of the body. These lesions are caused by uninterrupted extensive pressure on the skin, typically in an area over an outstanding bone or cartilage structure like the hips or the tailbone.

This pressure interrupts the flow of blood, and consequently the supply of oxygen and nutrients, to that area of the skin. Finally, the minor blood vessels clot and a sore red area of skin develop. If left untreated, it can split open and grow into a painful sore.

The first indication of a budding pressure sore is reddening of the skin. There may be a localized swelling or hardening of the tissue also. Ultimately, if the pressure is not taken off, the skin split open and ulcerates, and infection can also take hold. Clearly, people who are restricted to bed for lengthy periods are generally at risk for this condition. Wheelchair users as well have an increased tendency of developing pressure sores.

A person, who is suffering from impaired wound healing, widespread in people with diabetes and older adults, can get bed sores quite quickly.

Depending on the rigorousness of the condition, bed sores undergo four different phases and the signs noticed during each phase differ.

Phase One

- The skin remains unbroken, still in the initial phases.

- In case of brighter skin color, the skin looks darker and does not lighten briefly when the skin is touched.

- In case of darker skin, there are no changes in the real skin color, but there is the appearance of bluish or purple spots.

- Pain, softness, and alteration in temperature around the skin.

Phase Two

- Ulcers or open wounds are noticed.

- There is damage in the primary layer of the dermis and the epidermis.

- Outward show of pinkish, low and basin-like wounds.

- Ruptured fluid-filled blisters appeared on the skin.

Phase Three

- Enlargement of the deep wound at the spot of the ulcer.

- Loss of skin, with fat being exposed.

- Crater-like sores showing on the skin.

- Yellowish dead tissue or slough appeared at the bottom of the wound

- The damage spread, beyond the primary spot of the wound, to the tissues of healthy skin

Phase Four

- There is large-scale loss of tissue at the location of the ulcer

- There is appearance of a dark, crusty slough and dead tissue at the bottom of the wound

- There is exposure of bone, muscle or tendons at the spot 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. Most people do not experience bed sores.

Generally, people tend to change their position often, even when they are asleep, a complex set of neuronal response mechanisms alert the bodies when it is time for a postural adjustment.

People who are comatose, paralyzed, sedated, restrained or otherwise not able to move as they desire, cannot move on their own volition. This is the categories of people prone to developing bed sores.

For someone who is immobile anything as easy as a wrinkle in a bed sheet can initiate the process of skin breakdown.

As per bed sores, prevention is always better than treatment. It is also vital to rule out the option that different disorder might be masquerading as bed sore, particularly if the sore appears to be spreading at an alarming rate.

Bacterially induced ulcers, herpes lesions, and also skin cancers can appear like bed sores, though need entirely different treatment.

Tips for the Prevention of Bed Sore

Bed sores are an archetypal example of the aphorism that an ounce of prevention is worth a pound of cure. In the vast majority of situations, bed sores are preventable through the simple frequent shifting of position and a complete, routinized daily examination of the skin to detect potential danger spots. In a situation where incontinence is a factor, skin barriers such as the new, polymer-based protective films should be made used of in conjunction with absorbent padding to guard the skin. Improved hydration will make skin less susceptible and sound nutrition (especially through foods high in protein, zinc and Vitamin C) will lead to increase the ability of the body to heal itself supposed breakdown to happen.

Herbal remedies

1. *Clean-up the Wound:* A wound that is not cleaned correctly is susceptible to infections and soreness. Some clean water and mild soap can be used 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. Saltwater- saline solution should be used to clean open sores for several times in a day.

2. *Dressing the Wound:* One can speed up the healing process by keeping the wound moist and dressing it properly. A proper dressing safeguards the wounds from infections too and keeps the sore area dry. There are several of dressings that you can choose from, such as gauzes, treated bandages, foams, films, and gels. And at times, using a coterie of dressings will produce best results.

3. *Exercising* is a serious challenge for those who are restrained to a bed or a wheelchair. However, there are numerous exercises that are designed in line with the specific needs and capabilities of the patient.

4. *Practicing Healthy Habits:* There are certain habits, such as smoking, that affect the movement of blood, oxygen, and nutrients to the skin. Thus, in order to steer clear of bed sores, it is most excellent to quit such unhealthy habits.

5. *Protecting Bony Areas:* To speed up the healing process, it is basically essential to use some kind of cushioning on the bony region. A soft mattress or an air mattress will help prevent and heal bed sores quickly.

6. Vitamin C is an anti-inflammatory and is important for the skin health and blood vessels. A study reported in the British Medical Journal discovered that bedridden patients with bedsores had radically lower levels of vitamin C in their blood in comparison to other patients who were free of bedsores. Using 500 milligrams of vitamin C and an equal quantity of bioflavonoids three times in a day perfectly supports the immune system and makes the healing of wound very rapid.

7. Take zinc with food to prevent stomach distress. If you use above 30 milligrams of zinc in a day for more than 1 or 2 months, you should also take one to two milligrams of copper daily to maintain an adequate mineral balance.

Herbal treatment for bed sores

There are specific herbs that can be used directly on the wound that will make the healing process faster. Some of the most generally recommended herbs for this use include witch turmeric root, myrrh, hazel, goldenseal, and comfrey. The following recommendations should be applied only if the wound is closed one. Open wounds should be handled by a health-care practitioner.

1. Aloe Vera used externally in ointment, gel, or cream form, is helpful in the healing of sores.

2. Topical calendula cream is a very calming substance that heals wounds easily. Follow this instruction on the product label.

3. Goldenseal is an herbal antiseptic; Vitamin E is healing and soothing substance to the skin. Prepare a paste by mixing the contents of three 500-milligram capsules of goldenseal or 1 teaspoonful of goldenseal powder and 800I.U of vitamin E, slice open the capsules and squeeze out the oil. You can add a few drops of olive oil to the mixture if it is too dry. Apply the mixture to the affected part three times in a day.

HERBAL REMEDIES FOR BLADDER INFECTION

An incursion of bacteria into the urinary tract causes Urinary Tract Infection. The bacteria come in through the opening of the urethra and go further into the urinary tract. The causes of urinary tract infection include some of these; sexual intercourse, many sexual partners and holding urine for a longer period.

Urinary tract infection can be very agonizing, if not attended to time. UTI is a term that includes bladder irritation, as well as infection caused by several germs.

Bladder infection is more common with women, as a result of anatomical features. In middle-aged men, on the other hand, a distended prostate is the classical cause of urinary retention and infection. Fundamental causes of Urinary Tract Infection include nutritional imbalances and immune vulnerability, as well as irritations from intercourse, tight clothing, spices, coffee, tea, medicines, alcohol or high sugar in the urine. Food allergies also could be a major factor, particularly in children.

Herbs for the urinary tract infection usually possess diuretic properties, to eliminate infection and inflammation by-products. Several herbs are also antimicrobial, either killing microorganisms or aiding the body to do destroy them. Apart from taking care of inflammation, other herbs help to heal the irritated mucous membrane linings of the bladder, urethra, ureter, and the kidney tubules.

In most situations, an ordinary bladder infection can be simply and effectively taken care of using the herbs mentioned below. In situations where antibiotic-resistant bacteria are concerned, or where bacteria are not detected, as in the case of interstitial cystitis, herbs become even more essential and exceptionally effective. It can also extend to the kidney, leading serious health conditions. The disease can affect members of both the sex, but women are more vulnerable to it. A few of the general symptoms of urinary tract infection are burning sensation during urinating, a stable urge to urinate, the presence of blood in the urine, nausea, backache, fever, vomiting, and pain beneath the ribs. The herbal remedies recommended here will take care of all these symptoms.

Causes

The common cause of Urinary Tract Infections is bacteria from the bowel that inhabit the skin close to the rectum or in the vagina, which can broaden and enter the urinary tract through the urethra. Once these bacteria get into the urethra, they move upward and cause infection within the bladder and at times other areas of the urinary tract. One of the common cause urinary tract infections is sexual intercourse because the female anatomy makes women more susceptible to urinary tract infections. Bacteria in the vaginal area are sometimes moved into the urethra during sexual activity.

Women who change sexual buddies or having sexual intercourse more often may witness bladder or urinary tract infections more frequently than women who are not sexually active or in monogamous dealings. Though it is rare, some women do have a urinary tract infection each time they have sex. Another cause of bladder infections or UTI is not urinating on time.

The bladder is a muscle that enlarges in order hold urine and contracts when the urine is out. Waiting so long past the time you first feel the urge to urinate can cause the bladder to expand beyond its ability. Over the period, this can make the bladder muscle too weaken. When the bladder is weakened, it may be unable empty fully and some urine remained in the bladder. This may heighten the chance of urinary tract infections or bladder infections.

Symptoms

Cystitis mostly leads to frequent, urgent need to urinate and a burning sensation while urinating. These symptoms typically build up over quite a few hours. The pressing need to urinate may result to an uncontrollable loss of urine particularly in elderly people.

Fever is seldom present. Pain is most experienced above the pubic bone and usually in the lower back also. Regular urination during the night –nocturnal- may be another sign. The urine is usually cloudy and visible blood do present in about 30% of people. There may be the passage of air in the urine –pneumaturia -when infection arising from an abnormal union between the bladder and the intestine or the vagina (fistula). Signs of cystitis may vanish without treatment. Sometimes cystitis shows no symptoms, especially in older people, and is detected when urine tests are carried out for other reasons. A person whose bladder is faulty due to nerve damage (neurogenic bladder) or a person who has a permanently positioned catheter may have cystitis without symptoms until a kidney infection or an unexplained fever comes up.

Herbal remedies

1. **Baking soda** is admirably effective in the therapeutic treatment of urinary tract infection. In an 8 ounce glass of water, add one-half of teaspoonfuls of baking soda. Mix this correctly and drink it.

2. **Cranberry juice** prevents bacteria to adhere to the cell linings of the urinary tract. It is a splendid herbal remedy to tackle this infection. If you cannot get the cranberry juice directly you can combine it with apple juice to give some taste.

3. **Buchu**-*Agathosma* or *Barosma betulina*

- This herb is diuretic and urinary antiseptic for cystitis, urethritis, and prostatitis.

- It tones the urinary tract thereby prevent stones and take care of bedwetting.

- It is also helpful for prostate enlargement and consequential bladder infections.

4. In acute conditions try using 1/2 teaspoonful of tincture each hour. Strict infection requires strict measures. Mix equal parts of pipsissewa, buchu, Echinacea, and Uva Ursi tinctures. Take 20 drops of the mixture every 2 hours for first 2 days and thereafter 1 teaspoonful 4 times a day, until you have fully recovered. It is good to have a soothing tea like **marshmallow root** to neutralize the strong antiseptic effect of Uva Ursi.

5. **Corn Silk**-*Zea mays*

- As a soothing diuretic, it is perfectly fine for treating the irritation of the bladder, the urethra, and the prostate.

- It relieves urinary tract inflammation and bedwetting among the children.

- Corn silk is effective for difficult and negligible urination, cystitis and kidney stones.

6. **Couchgrass**-*Agropyron repens*

- **Couchgrass** is a soothing urinary demulcent, helpful for inflammation of the prostate, urethra or bladder. It is useful in treating a kidney stone.

7. **Cranberry**-*Vaccinium macrocarpon*

- Cranberry is known to reduce bacteria and prevents them from adhering to the walls of the bladder.

- It can also be used as a preventive in people with frequent infections.

- Cranberry is safe and effective in pregnancy, for children and the older people.

- It slightly acidifies the urine thereby eliminating alkaline bacteria, (that is E. coli).

- Cranberry reduces the efficacy of uva ursi, thus should not be taken together.

8. **Goldenrod**-*Solidago virgaurea*

Goldenrod is an herb endowed with a diuretic, anti-inflammatory and antiseptic properties which are useful for treating cystitis and urethritis.

It is perfectly good for pain-relieving and antifungal. It also good for toning of the bladder and soothing of irritation. Goldenrod is safe with mild action. It does not diminish body's electrolytes.

9. **Goldenseal**-*Hydrastis Canadensis*

It is Anti-inflammatory and antimicrobial in nature. It has the ability to destroy several types of bacteria.

- Goldenseal is particularly effective for treating chronic cystitis or stubborn urinary mucus.

- Its healing effect on the bladder linings stop bleeding and heal ulcerations.

10. **Gravel Root**-*Eupatorium purpureum*

It is an excellent herb for taking care of bedwetting in children and bad dreams. It is similarly alright for treating irritable bladder. Gravel Root is an ancient herb for incontinence in women, old age, children and enlarged prostate.

11. **Horsetail**-*Equisetum arvense*

Horsetail works well for acute urinary tract infection. It is safe for use during pregnancy or weakened states. For treating bed-wetting or enuresis in children or weak bladder in the elderly. Its diuretic effects do not deplete the body of its salts or electrolytes.

12. **Juniper Berry**-*Juniperus communis*

Juniper Berry is a strong diuretic, antispasmodic and strong antibiotics for cystitis.

- It must not be taken for lengthened periods or in kidney infections.

13. **Marshmallow**-*Althea officinalis*

It is a soothing demulcent for the linings of the urinary tract.

It is excellent for treating acute inflammation typical of bladder infections.

Marshmallow reduces inflammation in the respiratory, digestive or urinary tract.

14. **Parsley Root**-*Petroselinum crispum*

Its diuretic effects handle cystitis and kidney stones quite. Parsley Root soothes burning, itching and crawling in the urethra. It eliminates the symptoms of pain, frequent desire, and mucus discharges. It should be avoided in kidney disease or pregnancy.

15. Sarsaparilla-*Smilax officinalis*

If anyone is looking For a superior herb that is good for treating cystitis, kidney infections, bladder stones, kidney colic and bedwetting, Sarsaparilla is your best companion. This is a wonderful herb this is a blood purifier, antiseptic, and anti-inflammatory. It controls itching.

It is good for skin problems and urinary irritation.

16. Uva ursi-*Arctostaphylos uva ursi*

It is a urinary disinfectant and antiseptic and at the same time effective for several kinds of bacteria. Uva ursi is a diuretic and astringent substance for treating chronic and acute urinary problems. Please stay away from acidic foods and cranberry because they decrease its effectiveness.

17. Yarrow- *millefolium*

Yarrow has antimicrobial effects and anti-inflammatory properties. It increases urination and stops bleeding. It equally soothes bladder spasms. Yarrow is an herb that tones the urinary tract and functions as a mild pain reliever in infections.

HERBAL REMEDIES FOR BLOODSHOT EYES

Bloodshot eyes are a regular disorder where eyes have red colored that bear a resemblance to blood. The disorder is also known as *sub-conjunctival hemorrhage*. It makes one's personality unlikable. The condition is a product of the bulge in the blood vessels of the eyes. In this disorder, so much blood becomes deposited in blood vessels as a result of the absence of oxygen. This type of disorder could also be due to consumption of alcohol, high blood pressure tiredness, eyestrain, and deficiency of specific vitamins and minerals. A bloodshot eye is a disorder that comes about when the small blood vessels that appear on the surface of the eye get inflamed with so much blood caused by inadequate oxygen to the cornea. If overwhelmed with alcohol consumption, inadequate Vitamin B2, exhaustion, eyestrain, and B6 or high blood pressure, bloodshot eyes may develop. Though if all of these situations are managed well, bloodshot eyes should fade away.

Herbal remedies

1. The usage of cold compress over the closed eyes will produce good results. Pouring two to three drops of rosewater in the eyes has equally been reported very effective in the healing of these disorders. One can also use the hot and cold compresses on the other hand on your eyes.

One can prepare a blend of milk, Aloe Vera juice, and rose water. Then soak a cotton wool in it, and place this cotton wool on the eyes for about twenty minutes.

2. Vitamin A is essential for a healthy vision. Use Vitamin A. 25,000 international units each day for two weeks.

3. Consume spinach and take Lutein or spinach extract because they have carotenoid required for retina and eye tissue.

4. Use a Vitamin B complex. About 100 mg. of each B vitamin 3 times daily has been found to take care of the B vitamin deficiency that results to bloodshot eyes.

5. Use raspberry leaves to prepare a tea and allow it to cool. Then soak a piece of cotton wool in it and apply it to the eyes.

6. Cayenne is an anti-inflammatory for the mucous 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.

HERBAL 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 soft, red, hot, upright bump and grows a yellowish point within two to four days. Boils are very hurting, particularly if they are found on the skin that cannot be moved easily. The boil can split open, pouring pus but ameliorating some of the pain. There are several herbal remedies for boils that can decrease the symptoms that characterize boil. A boil is a localized aggregation of pus enclosed by swollen tissue in the skin. It begins as reddened tender part and in the process of time, the part around it turns rigid and stiff. The center of the boil filled with pus is supple and is packed with an infection combating white blood cells, bacteria and proteins that stamp out the infection. Ultimately the pus forms a head that can be opened or drained by surgery through the skin surface.

Boils are mostly come about on the buttock, face, neck, nose, shoulders, ears, underarms, and thighs commonly affecting the teenagers and the young adults, as a result of puberty and related hormonal changes that occur within the biological systems of the body. However, in some cases, boils can occur in mature adults. In respective of an individual affected by a boil, tenderness and pain are passing through. Therefore, it is recommended that those individuals suffering from a boil, use herbal remedies for boil treatment.

Boils generally occur in regions of the body that are hairy or experienced so much movement and friction. These are mostly areas under the belt and on the neck, face, scalp, underarms, and buttocks. Boils can at times become chronic and come occur again and again in the same place. Our herbal remedies for boils minimize the risk of getting chronic boils.

The most familiar bacteria present in boils are *Staphylococcus aureus* (staph bacteria). Although other types of bacteria may cause it depends on the location of the boil and the immunity of individuals. In exceptional cases, boils may be an indication of a fundamental immune problem or another disease. An individual with diabetes, HIV/AIDS, alcoholism or cancer and those on chemotherapy are particularly prone to getting boils. Please ensure you use these herbal remedies for boils.

Herbal remedies

1. **Parsley leaves (Ajmood)** plays a critical role in taking care boils. Put parsley leaves to boil, until it softens. The boiled leaves should be

wrapped in a clean perforated cloth and place over the boils. This helps in releasing of pus by opening the mouth of boils.

2. **Bitter Gourd** is a strong herbal remedy for blood-filled boils. One cupful of fresh juice of Bitter Gourd blended with a teaspoon of lime juice, should be taken, little by little, on an empty stomach each day for some months to treat this situation.

3. **Vitamin A.** Use 25,000 international units every day for 2 weeks.

4. **Beta-carotene.** Use 25,000 international units every day for 2 weeks.

5. **B-complex vitamins.** Use a B-complex supplement every day

6. **Vitamin C with bioflavonoids.** Use 3,000 milligrams every day.

7. **Zinc.** Use 50 milligrams every day for 2 weeks.

8. **Astralagus tea** helps to boost immunity. Take 8 glasses daily.

9. **Calendula ointment** produced from Marigold plant (*Calendula officinalis*) can be applied to the skin covering an unopened boil to reduce inflammation and act as an antiseptic.

10. **Garlic** is a natural antibiotic that boosts the immune system. It can be used in capsule form.

11. Prepare a paste of one teaspoonful of **milk cream**, 1/2 teaspoonful of **vinegar** and a bit of **turmeric powder**. When used, it helps in ripening the blood boils and cures them without sepsis set in. This is an excellent herbal remedy for boils.

12. Another effective herbal remedies for staph infection is the elimination of the scabs and the boils entirely. Mix a cup of **warm water** with 3-4 spoons of **bleach**. Put a piece of cotton wool in this solution and rub it on the scabs tenderly until the scabs soften. When the scabs finally become soft very well, use a piece of gauze to remove them slowly. At this stage, the boil would have developed into an open wound. Steep another piece of cotton wool in an antiseptic liquid or mouthwash and clean the boil. Get rid of all the pus and fluids emanating from the boil.

13. **Goldenseal-root powder** should be mixed with enough boiling water to make a paste and applied as a topical poultice to get rid of the boil.

14. A mixture of 25 grams of **powdered slippery elm**, 3 drops of **eucalyptus oil**, and little amount of boiling water sufficient enough to form a solid paste can be applied on the boil. Allow it on the boil till the paste cools then prepare a fresh one and put it again. Repeat this procedure until the pus is wholly discharged from the boil. **Marshmallow leaf** or **figwort** can similar be prepared into a poultice to drive out pus from the boil.

15. **Tea tree oil** can be used on the outside of a boil as an antiseptic to fight against bacteria and fungi. To prevent the irritation of inflamed skin the pure oil should be mixed with a few drops of vegetable oil should not cause a problem. **Attention: Please never take tea tree oil internally.**

16. A tea prepared from 2 parts **wild indigo** to 1 part each of **Echinacea, pasque flower,** and **poke root** should be taken 3 times daily to enhance healing. The tea can equally be used externally to a boil to reduce infection.

HERBAL REMEDIES FOR BODY ODOR

Repulsive body odor otherwise known as *bromhidrosis* is most commonly due to extreme perspiration from the eccrine or apocrine sweat glands. This leads to an overgrowth of bacteria on the skin. The bacteria break down the topmost layer cells of the skin and thus the sweat, produce chemicals that give the unpleasant smell. Herbal remedies for body odor will control the bacteria.

Apocrine bromhidrosis hardly occurs before puberty, because the apocrine sweat glands practically do not function before then. Because most apocrine sweat glands are situated in the armpits, this is the smelliest region. Herbal remedies for body odor will assist you to prepare your own natural deodorant. Ironically people in groups have a tendency to possess bigger numbers of apocrine sweat glands, like people of African ancestry; are generally affected to a larger extent than those who have fewer apocrine sweat glands, like older adults and people of Asian origin. Poor hygiene is another major contributor to obnoxious smells that come off the body. Similarly, diet can also be a reason.

Sweat having high levels of curry, garlic or other spices equally has a nauseating odor. Certain medications are also known to cause poor body odor too.

Excessive eccrine sweating of the feet, which is a common occurrence among young men, is another general cause of poor body odor. Bromhidrosis from the feet takes place when the thick, warm, sodden skin turns a breeding site for several bacteria. Eccrine bromhidrosis can also happen in regions where skin contacts skin, particularly between the thighs. This can be worsening of obesity and diabetes.

Using herbal remedies for body odor can help decrease foot odor.

Also, more serious causes of disgusting body odor include the following: nutrient deficiencies, such as zinc or iron deficiency; primary medical problems like liver disease, genetic metabolic disorder or diabetes; and gastrointestinal conditions like chronic constipation or parasites. You are advised to seek medical advice from your physician to check for these conditions provided poor hygiene, excessive sweating or a spicy diet are not factors responsible for the horrible body odor.

There are several ways to prevent body odor

- Maintain excellent personal hygiene by having a bath for about two to three times daily with anti-bacterial soap and hot water.
- Wash immediately after exercises or sporting engagements
- Apply deodorants, antiperspirants, and talcum powders frequently
- Shave your underarms because this spot is a fertile breeding place for bacteria
- Washing your clothing frequently in hot soapy water with an aromatic concentrate
- Keep away from wearing the same clothing you wore the day before because it will keep hold of the sweat smell
- Change socks and undergarments every day
- Put on cotton or linen clothes because are more permeable than synthetic fabrics
- Do not wear tight-fitting clothes and instead go for loose fitting clothes
- Include vegetables, fresh fruit, and whole grains into your diet
- Drink plenty water to remove toxins from the body's system
- Avoid consuming spicy or pungent smelling foods (like hot peppers, garlic, onions, or curries) because the odor emanates through the pores

Herbal remedies

A. Nutritional supplements for treating body odor:

- The following supplements have been discovered to be of great benefit for body odor:
- **Vitamin A.** Take 25,000 international units every day for 2 weeks.
- **Vitamin-B complex.** Take a supplement consisting of 100 milligrams each of the main B vitamins per day. In the same vein, take an extra 50 milligrams of **vitamin B6 (pyridoxine)** per day and 50 milligrams of **vitamin B1 (thiamine)** two times per day as long as the conditions persist, then reduce your usage to 20 milligrams every other day for 3 weeks.
- **Vitamin C.** Take 3,000 milligrams each day.
- **Zinc.** Take 50 milligrams each day.
- Using the paste of **Gram flour (Besan)** combined together with curd on the complete body before bath cleans and opens pores, and helps in removing terrible body odor.
- **Bael leaves** dried and powdered should be mixed with **Shikakai** *Acacia concinna* (Soapnut). The resulting mixture should be used for taking bath in instead of soap; it helps to get rid of bad body Odor.
- **Betel leaves** should be ground with an equal amount of **Gooseberry**

(**Amla**). Then the paste should be applied on the body before taking bath cures bad body Odor.

- **Tamarind** (*Tamarindus indica*) leaves should be grinded with a **Banana tree root** and applied on the body before having bath equally helps to overcome distasteful body Odor.
- **Drinking Carrot** juice every day helps to overcome appalling body odor.
- After consuming **Radish**, eating **Jaggery** and **Aniseed** or even **Mint leaves** helps to overcome bad odor.
- Inhaling or smelling **Basil juice** helps to get rid of poor body odor.
- Put a tablespoon of **sandalwood** paste in a glass of **lime juice**. Mixed two together and applied on the body for like 20 minutes. And later wash it off.

B. Herbal treatment for body odor:

- **Alfalfa** tablets contain a lot of chlorophyll, which has a deodorizing effect.
 - **Chlorophyll**, obtainable in soft gel capsules and chewable tablets, helps eliminate discomforting body odors.
 - **Parsley** is equally a good source of chlorophyll. Nibbling on several sprigs of parsley per day can greatly help with body odor.

C. Natural deodorant for body odor:

- Prepare an herbal spray deodorant by mixing 5 drops each of **coriander**, sage, and **lavender essential oils** with two ounces of distilled **witch hazel**. Shake very well before each use.

HERBAL REMEDIES FOR BONE FRACTURE

Whenever a bone in the body breaks or cracks it is referred to as fracture. There are two kinds of fractures: **closed** or **simple** when the skin that covers the bone remains whole or it is **open** or **compound** when the bone succeeded in breaking the skin. A terrible fall, a hard blow, an automobile collision, a sports injury, or a basic - medical condition like osteoporosis can lead to a broken bone.

As a bone breaks, it triggers pain, swelling, bruising, immobility and trauma and shock throughout the whole body. Fractures situated near joints are at times wrongly identified as merely terrible sprains.

When a fracture happens, due to severe pain and tenderness in the region fractured, couples with swelling, some blood does appear and there is also numbness or paralysis below the injured region. As a person fractures an arm or leg, he or she may lose the pulse beneath the fracture. Fractures are a common occurrence in kids and in elderly. As we get older, our bones become weaker and frailer, and they take much time to heal themselves.

A fracture needs professional expertise, what we offer here are suggestions that will help in healing after the bone has been set. There are several categories of fractures. These are definitions and causes for the major types of fractures:

- **Partial or Incomplete:** The break across the bone is not complete.
- **Complete:** The bone is broken down into 2 pieces.
- **Closed or Simple:** The broken bone does not stick out of the skin.
- **Open or Compound):** The broken bone project out of the skin.
- **Comminuted:** The bone is fractured at the broken area and many smaller fragments of bone lie in between the two major pieces.
- **Greenstick:** This is common only in children and is distinct by having a side of the bone break and the other side just bends, regularly seen on the radius.
- **Spiral:** A breaking force pulls the bone away from each other.
- **Transverse:** This happens at right angles to the bone.
- **Impacted:** A fragment is effectively forced into the other.
- **Colles':** This is a breaking of the distal end of the wrist, and the fragment is displaced behind.

- **Pott's:** This can be described as a fracture of the distal end of the fibula, with a grave injury of the distal tibia articulation.

- **Nondisplaced:** The accurate anatomical arrangement of the bone is maintained.

- **Displaced:** The exact anatomical arrangement of the bone is not maintained.

- **Stress:** This is an incomplete fracture, caused by the inability of the bone to endure recurring stresses like doing aerobics on hard surfaces or running long distances for lengthened periods of time). Nearly one-fourth of stress fractures take place in the fibula.

NOTE: Bone mass increases persistently all through life until just about 30-40 years of age. In later years, net bone loss happens when bone resorption is more than the sum of bone formed. In fact, bones lose their density constantly every year after the age of 30 equally in men and women.

To help in enhancing the health of our bones, studies have revealed that a daily intake of Calcium is vital.

Herbal Remedies

1. Eat half **pineapple** daily until it is entirely healed. **Pineapple** contains Bromelain, an enzyme that aid in reducing swelling and inflammation. Avoid eating canned or processed pineapples. If you have aversion to fresh pineapple, use the supplement Bromelain. It has the equal effect as pineapple.

2. **Vitamin C** enhances the formation of collagen; a protein that strengthens bone and connective tissue.

3. **Zinc** and **copper** play a vital role in mineral absorption. **Copper** supplements are needed only if zinc is taken for a period of more than one month. Other essential nutrients consist of **Vitamin B6**, **silicon**, and **folic acid**

4. It is very crucial to salvaging bone strength as soon as feasible to prevent future injuries and to ensure a solid bone fusion.

5. Avoid eating red meat and do not drink colas and all products that have caffeine.

6. Do not consume foods laden with preservatives; they have Phosphorous which can bring about bone loss.

7. Use Boron, because it is vital for the health and healing of the bone.

8. Take Calcium, Magnesium, and Potassium. They are important for repairing of bone damage and maintaining an excellent muscle and heart condition.

9. Take Zinc as it helps to fix tissue damage.

HERBAL REMEDIES FOR BRONCHITIS

Bronchitis can be described as the inflammation of the mucous layer lining the bronchial tubes within the lungs. The bronchial tubes are the small airways that link the nasal airways to the lungs. The mucus layers in these tubes have the responsibility of trapping bacteria and all other pathogens that assault the body and pose the risk of infecting the lungs and the respiratory system. **Bronchitis** can either be acute or chronic. In **chronic conditions**, the disease is of a long period and more severe.

In an upper respiratory infection such as **acute bronchitis**, the individual experienced a cough in which there may be phlegm or sputum came up from the respiratory tract, but this is not always the case. **Acute bronchitis** may come up in the course of a prolonged viral infection at times with common cold or with the flu. **Viral infections** on the other hand responsible for up to 90% of all conditions of bronchitis, while bacterial infections responsible for 10% or less. **Acute bronchitis** is thus not always serious and acute bronchitis treatments are basically aimed at taking care of the primary cause. Because the majority of the cases of acute bronchitis are viral in nature, treating bronchitis with antibiotics is rare. Be it bronchitis in adults or children, bronchitis treatments with antibiotics are only used provided the cause is bacterial. Furthermore, the effects of potent drugs and antibiotics are uncertain, to say the least, especially if it is self-prescribed. Bronchitis herbal treatments are best used for kids and babies with natural care, in contrast to steroids or dangerous 'over the counter drugs'. Therefore it is better to seek medical care when tackling bronchitis in pregnant women or children, due to the possible complications that might arise, and also because a comprehensive diagnosis is crucial for effective treatment. Note that not paying due attention to any of these apparently trivial conditions that affect the respiratory system such as mild laryngitis or sinus infection could set off bronchitis. However, **chronic bronchitis** is a chronic obstructive pulmonary disease. The individual would most possibly undergo a productive cough that could last up three months or a year and would happen within a period of at least two years. Bronchitis of this nature develops owing to the continual exposure to airborne irritants such as cigarette smoke and environmental pollutants. This type of **bronchitis** such as asthma does not occur as a result of some disease but due to an

allergic reaction. Treatments of **chronic bronchitis** are thus quite different from acute bronchitis. Herbal bronchitis treatments may be taken for relief. Though the most critical goal should be the eradication of any exposure to irritants. Unless this done, the situation will continue to be challenging and may become worse. Bouts of **chronic bronchitis** should not be handled with levity because they may indicate the development of more severe conditions such as asthma or pneumonia.

Bronchitis is not a disease in the strict sense, but the virus or bacteria responsible for the infection may be transferred to another person.

This of course actually true of **acute bronchitis** and there is no threat of contagion when experiencing **chronic bronchitis**. One of the largest organs in the body is lungs. The air we inhale goes into our bodies through the windpipe that joins with the bronchi, the breathing tubes that lead into the air sacs in the lungs. In the lungs, air is replaced with carbon dioxide. You should always think of a bronchitis herbalist treatment approach because it will harmonize completely with other conventional treatments.

Bronchitis as it were, is an obstruction of the bronchial tubes. This obstruction leads to a buildup of mucus, together with coughing, fever, pain in the chest region and back, fatigue, difficulty breathing, sore throat, and abrupt chills and shaking. Bronchospasm, a tightening of the smooth muscle in the walls of the bronchi, may also crop up. Swelling of the mucous layers and hypersecretion of the bronchial glands often follow bronchospasm. In this page, there are several acute bronchitis herbal cures. **Bronchitis** can either be acute or **chronic**. **Acute bronchitis** is typically caused by an infection, which may be bacterial, Chlamydia, mycoplasmal, viral, or caused by the amalgamation of agents. It characteristically follows an upper respiratory tract infection, like influenza or cold. In **acute bronchitis**, bronchospasm is generally connected to viral rather than bacterial infection.

Several cases of **acute bronchitis** are self-limiting, with complete recuperation in a matter of weeks. But recuperation time can be shortening by taking **acute bronchitis** herbal remedies. However, the condition can give rise to pneumonia in certain cases. Perhaps this is most likely to occur in individuals who as well have a chronic respiratory disease or other weakening health problems.

Chronic bronchitis arises as a result of frequent irritation of the lungs, like m exposure to cigarette smoke, air pollutants, or other toxic fumes, quite than from infection. Allergies may, in addition, be the source of **chronic bronchitis**. **Chronic bronchitis** reduces the exchange of oxygen and carbon dioxide in the lungs; hence the heart works strenuously in an

effort to compensate. Ultimately this can cause pulmonary hypertension, enlargement of the heart, and eventually heart failure.

Asthma bronchitis herbalist treatments are very widespread and this book was written to give you an alternative or complementary cure for asthma bronchitis. Herbal medicine has proven over the years to be superiorly effective in the management of **acute** and **chronic bronchitis**.

Signs of bronchitis vary as follows:

- Dry, congested cough
- Shortness of breath, particularly after physical exertion
- Fatigue
- Bluish lips due to inadequate oxygen flow
- Low fever
- Other respiratory infections
- Bronchitis can entail all the three “bad guys” –virus, bacteria, and fungus, particularly when happening after another infection. For instance, bronchitis is awfully regular following a sinus infection as a result of the post-nasal drip of thick mucus.
- If antibiotics were used for sinus or other infections, and there were no signs of bronchitis earlier, chances are bronchitis began from excessively thick mucus getting to the bronchi and in the process attracting fungal yeast. This yeast can gather together in the sinus and respiratory mucus layers; thus making the discharge even thicker and harder to get rid of.
- Antibiotics frequently lead to yeast infections because they destroy *friendly* bacteria together with the bad. The balance of good and bad bacteria in our body is essential for our immunity and helps keep infections at bay.

DIET AND HABIT

- Get rid of dairy products: milk, ice cream, cream, cheese – sugar and sugary desserts, and reduce bread, pasta. All these foods bring about mucous buildup and promote yeast. Some great replacements for these dairy products are available in health food stores.
- Consume garlic or take garlic tablets. Garlic is endowed with natural antibiotic and antifungal properties.
- Take only hot beverages to crack up phlegm.
- Avoid smoking! Heavy smokers should also stay outside the house to shield their loved ones because second-hand smoke can lead to

bronchitis.

Herbal remedies

1. A valuable herbal remedy for bronchitis is the mixture of **dried ginger powder, pepper** and **long pepper** used in equal amounts of a quarter teaspoon 3 times daily with honey. The powders of these three herbs possess antipyretic properties and are effective in taking care of fever come along with bronchitis. This herbal remedy as well tones up the metabolism of the patient.

2. **Onion** has been used as an herbal remedy from time immemorial in treating bronchitis. It has expectorant qualities. **Onion** liquefies phlegm and hinders its further formation. The ingestion of half a teaspoon of raw onion juice first thing in the morning will be of greater benefits in such situations.

3. **Siberian** and **American ginseng** is particularly excellent for the lungs. They are good for cleaning bronchial passages and ease inflammation. Note: Do not take **American ginseng** if you are suffering from high blood pressure or any other heart condition. Both **American ginseng** and **Siberian ginseng** perfectly clean the bronchial passages and reduce inflammation.

4. A soup made from **drumstick leaves** is also vastly beneficial in the curing of bronchitis. This soup is prepared via adding a handful of **drumstick leaves** to 150 ml of water which has been boiling at a boiling point. Let the water boiled more for about five minutes. It should then be removed from the source of heat and permitted to cool. A small salt, pepper and lime juice can also be added to the soup. This drink should be used first thing each morning.

5. **Bromelain** in tea form helps softens and reduces bronchial secretions. It equally prevents the development of bronchitis and sinusitis. Use 250mg to 500 mg two to three times per day amid meals.

6. **Coltsfoot** lessens acute congestions and gruffness. Use only over a period of one week and then stop. Prepare a tea in a cup of water and take three times daily.

7. **Lobelia** splits up bronchial congestion and eliminates wheezing. Take 500 – 1,000 mg capsules 3 times a day. Use only for 2 weeks and stops.

9. **Colloidal silver** is a natural antibiotic that kills bacteria, fungi, and viruses. It also enhances quicker healing. Use as instructed on the product label, switching a week on and a week off.

10. **Chicory** (*Cichorium intybus*) is also an effective herbal remedy for bronchitis. The powder of the dry root of this particular herb should be used in doses of half a teaspoon blended with a teaspoonful of honey three times a day. It is a very helpful expectorant in **chronic bronchitis**.

11. **Pycnogenol** removes harmful substances and protects the lungs. It is equally a potent antioxidant.

12. Use **Quercetin-C 500 mg** three times daily. It is used for allergic bronchitis. It is also an antihistamine.

HERBAL REMEDIES FOR BRUISES AND BRUISING

A bruise is described as an injury to the tissue under the skin caused by a blow from an object. Usually, the skin does not crack but the blood vessels that run all over the bodies rupture, and blood drains into the tissue, thus seeping into the skin. This gives rise to pain, swelling, and a typical discoloration of the skin (that is black and blue colors). Bruises are perhaps the most regular of all injuries and there is no one among us who have not gotten some type of bruising or the other. Bruises are insignificant injuries in nearly all cases and bruise treatment for healing bruises is not actually necessary in most situations. Although it can definitely help lessen the risk of infection and scarring and also speed up the healing process. Bruise management for healing bruises and swelling naturally or by means of medications will somewhat obviously depend on the nature of the bruise and how the bruising comes about. Bruising really does not entail cuts or lesions and bleeding. Most times trauma that brings about skin lesions and bleeding may be followed by bruising.

Bruises are ordinary skin injuries that cause fleeting discoloration of the skin. Blood becomes composed together at the affected spot. This is the source of discoloration. Bruises are also referred to as *Contusion* or *Ecchymosis*. Bruises are usually surface injuries that grow from meek trauma like fall or a bump and are the byproduct of tears in the minute blood vessels just under the skin. As a result of these injuries, blood escapes under the skin leading to the characteristic blackish or bluish color connected with bruising. Under ordinary conditions in healthy persons, bruises will heal naturally, though depending on the extent of the bruise this could take range from 2 to 4 weeks. For the period of this healing, the bruise may change colors that vary from reddish, purplish, bluish or black and greenish yellow. Bruises on the legs may take a longer time to heal in contrast to bruises on the face or arms.

Bruises are by and large not a serious issue for an anxiety and herbal treatments with bruise remedies would be enough to help eliminate bruises on the hands, legs, face, or any part of the body quite fast. It truly does not require a specialist to know how to treat bruises and irrespective of what the causes of bruising and it does not matter in children or adults or on the hands or legs, herbal treatment can help to take care of swelling and soreness that mostly follow bruising. Bruising that occurs with no any

obvious injury or trauma, or as a result of some medical case or if very serious should nevertheless be treated critically. If the bruising is severe with prominent swelling or pain that comes up in half an hour of the injury could be a sign of a more severe injury like a fracture or a terrible sprain. Definite medical circumstances such as diabetes can make bruising to occur easily and may equally make it difficult for bruises to heal and in some situations, bruises may not heal at all. In any of these cases, medical attention is crucial. Regular and easy bruising does not always signify a health problem, however; as such do not hit the panic button in haste. Some of individual just have delicate skin that is more prone to bruising. Bruises can afflict entirely anybody irrespective of gender, age or race. Children are more susceptible to bruising easily because they spend a lot of time playing and doing physical activities that can cause small injuries. These are generally harmless, but treatments to quicken healing, prevent and reduce itching can assist because kids have a propensity to pay little or no attention to personal hygiene.

Elderly similarly have a tendency to bruise very easily because the skin becomes a lot supple as you grow old and it equally loses its elasticity to a great extent. The loss of fat under the skin also minimizes the cushioning effect. Women are also prone to bruise more easily than men, especially from trivial injuries on the thighs, buttocks and upper arms. Genetic factors sometimes determined the susceptibility to bruising. The certain individual got bruised very easily at times even without evidence of trauma; this is due to lack of vitamin C, nutrients present in fresh foods (vegetable and fruits). Without these vitamins and minerals, blood vessels get weak and thin; prone to break when slight pressure is applied, a different reason could be diabetes or menstruation. If the bruise refuses to heal consult your doctor, it might be a symptom of a more dangerous medical condition.

Herbal Remedies

1. Bruises may be a little problem that most people never see as something serious but they can be prevented quite easily without much effort. To prevent serious bruising you are to apply a cold compress as soon as you experience the injury before the signs of bruising even become noticeable. Treatment of bruise with ice is actually the most generally used herbal treatment. Before you endeavor to know how to do away with bruises in an area like the arm, face, lips, or beneath the eyes with ice you should have it in mind that ice should on no account be used directly on your skin because it could lead to further harm to the tissue. In respective of the causes of bruising you should treat bruises most especially beneath

the eye or on the arms, legs and face with cold compresses by just wrapping some ice in a towel or plastic bag and applying it to the affected spot of the skin. This remedy works because intense cold decreases blood flows into the area, hence reducing the bleeding and in so doing the swelling and additional signs of bruising. Raising the affected part will equally help because it reduces the blood flow to the part.

2. Using **Vitamin K** or **alfalfa** in tablets aids the clotting of blood. Consume a healthy diet high in vitamin C and iron. These are foods that rich in vitamin C: citrus fruits broccoli, sweet potatoes, and cauliflower. Do eat vegetables and fresh fruits.

3. Take **Vitamin C** in other to prevent bruising through the thickening the walls of blood vessels.

4. Chinese people are known to apply a mixture of one part **cayenne pepper** and five parts melted **Vaseline**. The two should be mixed together and cool. Apply once per day.

5. Drink enough fluids. Clean water, soups, and herbal teas are all fine choices.

6. Prepare a tea with **comfrey root** or **buchu**. Then soak a rag in the tea and apply to bruised spot. This is known to reduce both the pain and the discoloration of the skin.

7. **Arnica** is one of the herbal remedy approved by experts for treating bruises. It heals quickly when Arnica is used. The moment you notice a swelling or discoloration on your skin as a result of bruises, gently rub a dollop of this herbal cream on the area. Arnica decreases inflammation and increases circulation of blood to flush away the inactive blood that makes your skin blue and black.

HERBAL REMEDIES FOR BURNS

A burn is an extremely traumatic injury, brought about by fire, steam, electricity, chemicals, or any additional form of heat transfer to the skin. Burns that occurs on less than 10% of the body surface is regarded as minor. There are three kinds of burns and they are categorized according to the level of severity.

First Degree Burns: These are the ones that affected the top layers of the skin. The layer turns red and painful. A perfect example of the first-degree burn is sunburn.

Second Degree Burns: These are burns that go deeper and destroying more layers of skin. The skin becomes red and exceedingly painful with blisters.

Third Degree Burns: These are the most severe of them all. The whole thickness of the skin is damaged. In the same vein, certain cases both muscle and other tissues are destroyed. In this situation, there is slight pain experienced because most of the nerves are burned and the brain lacks the capacity to sense pain. The skin becomes red or white and in the absence of appropriate care, the area may get infected. At times it turns black or yellow as the case may be. In serious burns, a skin graft may be the suitable option for treatment.

Ranges by Which Types of burns Affect Skin:

First Degree Burn is known to affect only superficial layer of the skin and is gentle.

Second Degree Burns usually affect the epidermis, the superficial layer and also dermis, the deep layer of skin. It is severely painful.

Third Degree Burns affect fundamentally the deep layer of skin. The nerve endings and blood vessels may be damaged.

Causes of Burns:

- Heat
- Sun
- Electric current
- Hot liquids
- Toxic fumes
- Kitchen accidents
- Firecrackers
- Chemicals
- Radiation

- Steam
- Friction

Symptoms of Burns:

Symptoms Associated With First Degree Burns:

- Blistering of skin
- Peeling of skin
- Pain
- Reddening skin

Symptoms Associated With Second Degree Burns:

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

Symptoms Associated With Third Degree Burns:

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

Ways of Preventing Burns:

- Do not wear long and loose sleeves when you are cooking.
- Kids should be taught safety measures.
- Apply sunscreen before going in the sun to prevent sunburns.
- Handle hot objects and hot liquids with care
- Follow household safety rules.
- Know about fire exit places in the home and workplace and shopping areas.

NOTE: Never attempt to treat a third-degree burn by yourself because these kinds of injury are life frightening and they deserve to be handled by professionals. Herbal remedies can only help after hospitalization to prevent infection and improve your immunity. In the case of minor burns, herbal medicines have significant success relieving pain and speeding up the process of healing.

Herbal Remedies

1. **First Degree Burn** can be treated using herbal remedies. **Second** and **Third Degree Burns** require immediate attention of medical doctor

2. Applying crushed egg on the burns cures it.

3. Place ice packs on the burnt spot for 10-15minutes.

4. **Aloe Vera** is exceedingly effective in treating burns. Therefore apply **Aloe Vera** gel on the burnt spot.

5. Applying **pawpaw fruit** over the affected area helps in healing of burns.

6. Use **olive oil** or **sunflower oil** on burns. This cures the scalds and blisters.

7. Apply petroleum jelly on burns. This decreases cracks in the skin and stops infection.

8. Using **plantain leaf** to wrap the burnt area is a general way of treating burns.

9. Applying extract of **onion juice** over the burnt spot easily relieves pain.

10. Immersing the burnt area in **cold milk** soothes the injured area.

11. Using lotions that contain **Vitamin A or Vitamin E** helps in the healing of the burnt area.

12. **Colloidal silver** is a natural antibiotic and disinfectant which is fine for treating burns.

14. **Vitamin C with bioflavonoid** is an excellent antioxidant needed for the formation of collagen. It should be taken regularly because studies have shown that high doses of **Vitamin C** are essential for speeding up healing.

15. Take **Vitamin E** to prevent scarring.

16. **Plantain leaves** are a popular herbal remedy for taking care of burns. Please do not confuse this plantain with the banana though look the same yet there are wide differences upon closer examination. Pound the leaves with a small pestle, sufficient to crush just a little amount of the plant and then wrap the affected area with the leaves.

HERBAL REMEDIES FOR BLEEDING

Any excessive or abnormal bleeding is fundamentally a medical emergency. Herbs are also very effective for treating bleeding from a broad variety of causes.

By tradition, these *anti-hemorrhagic herbs* are known as **styptics**. In fact, their exceptional ability to both prevent and stop bleeding should make them an essential part of any emergency kit. Herbal medicines can work wonderfully for bleeding from injuries or wounds. They are equally very effective for ruptures of small veins or capillaries in the nose, around hemorrhoids or gums.

Numerous herbs are mainly effective as a wash, compress, or lotion for these kinds of external bleedings, particularly **Calendula**, **St. John's wort** and **Witch hazel**. These herbs moreover have the benefit of accelerating healing of the wound and at the same time being antiseptic. In addition, herbs rich in collagen-building substance, **bioflavonoids**, and **Vitamin C** can fortify the blood vessels in order to prevent excessive bleeding or bruising. Other plants are also good for internal bleeding affecting organs that such as the stomach, intestines and bronchial tubes. **Geranium**, lesser **Periwinkle** and **Lady's Mantle** are perfect examples. Menorrhagia (Excess menstrual bleeding) or metrorrhagia (bleeding between periods) deserves attention and precise herbs like **Trillium** and **Shepherd's purse**. Naturally, any original causes of bleeding, such as hormonal imbalance should be discovered and treated also.

Herbal remedies

1. **Calendula** (Marigold)-*Calendula officinalis*

- The herb stops bleeding either from wounds, or the scalp, mouth or gums.
- It is good external use on wounds, scrapes, and cuts.
- **Calendula** is an herb that has antiseptic and disinfectant properties.
- It accelerates tissue healing and also prevents secondary infection.

2. **Cayenne**-*Capsicum frutescens*

- The extract or powder of Cayenne when use externally stops bleeding in small wounds.
- It is known to speed healing by enhancing circulation.
- Cayenne has antiseptic effects and good for reducing internal

bleeding. It is equally useful for nosebleeds.

3. **Geranium (Cranesbill)**-*Geranium maculatum*

- Geranium is an astringent and styptic herb that reduces clotting period in external wounds.
- It is especially good for bleeding in the digestive tract including stomach ulcers, diarrhea in irritable bowel syndrome or Crohn's disease.
- It may also be applied in excess vaginal or menstrual bleeding.

4. **Lady's Mantle**-*Alchemilla Vulgaris*

- Lady's mantle promotes blood coagulation and is a powerful astringent for internal bleeding, bloody diarrhea or heavy menstrual flow.
- It is helpful as a wash after dental surgery or as a douche for vaginitis.

5. **Lesser Periwinkle**-*Vinca minor*

- Lesser Periwinkle is an astringent herb that is excellently used for bloody diarrhea, heavy menses or internal bleeding,
- It reduces bleeding from gums, mouth, nose or after tooth extractions.
- Lesser periwinkle is useful for dealing with arteriosclerosis and insufficient flow of blood to the brain.

6. **Raspberry Leaf**-*Rubus idaeus*

- Raspberry is traditionally used for preventing or treating bleeding during pregnancy or labor.
- It is also useful for stopping bleeding from gums, skin ulcers, wounds, or a sore throat.
- It is an effective astringent used to treat conjunctivitis and diarrhea.

7. **Shepherd's Purse**-*Thlaspi bursa pastoris*

- Shepherd's Purse is a strong styptic that stops bleeding from external wounds and nosebleeds.
- It is internally used for treating bloody diarrhea and dysentery or urinary tract bleeding.

- It is used for serious uterine bleeding during or between menses or due to, miscarriage, menopause fibroids or post-partum bleeding.

8. **St. John's Wort**-*Hypericum perforatum*

- St. John's Wort is ancient herb for stopping bleeding from injuries and open wounds, abrasions, irritated gums, puncture wounds, or hemorrhoids.
- When applied internally, it is effective for several types of bleeding.
- When used externally, it is a strong antiseptic and antiviral that quickens healing of wounds and burns.

9. **Trillium-Birthroot**-*Trillium erectum or pratense*

- It is excellent for treating excess bleeding connected with fibroids, too regular or lengthened periods, bleeding amidst periods or uterine prolapse.
- It is specifically beneficial for excess blood loss during menopause.
- **Trillium Birthroot** is a uterine tonic that relieves pain in the back, hip and pelvis.

10. **Witch hazel**-*Hamamehs virginiana*

- Witch hazel is an appropriate herb for treating cuts, wounds, nosebleeds, or for injury to veins and eyes.
- It is superior for dealing with chronic effects of trauma, for bruising and relieves pain and soreness.
- Witch hazel wonderfully stops bleeding, prevents infection, and promotes healing in ragged wounds.

11. **Yarrow**-*Achillea millefolium*

- It is astringent healing herb, effective for hemorrhage from wounds, internal injuries, hemorrhoids, after surgery or childbirth, nosebleed.
- Yarrow is internally used to treat staunch bleeding from lungs, bowels, bladder, and uterus.
- It is particularly helpful for endometriosis and bleeding from varicose veins.

Note: Other astringents that stop bleeding include **bistort**, **oak**, and **plantain**. And for hormone-related bleeding; **vitex** and particularly **clong**

quai are good for regulating menses.

HERBAL REMEDIES FOR BULIMIA

Bulimia is a condition in which people who endeavor to eat less to trim down their weight and afterward, every now and then, they result to eating binge. This is characterized by induced vomiting or the using of laxatives, in order that the food will be eliminated without proper digestion.

Bulimia can lead to severe physical problems such as hypoglycemia, erratic heartbeat, kidney damage, menstrual cessation, internal bleeding, ulcers, low pulse rate and blood pressure, and glandular damage.

A few bulimics go too far on exercise so that they better manage weight and one way or another enhances an already uneven situation. Thinness is often equated with beauty by several people.

Strangely enough, while anorexics are inclined to be overly thin, bulimics are usually just right; not too weighty or too slim. But their manner of life may lead to premature wrinkles, muscle fatigue, dizziness, hair loss, yellow skin, and extreme weakness. The key physical signs are those that are caused by sessions of induced vomiting: a constant sore throat, hiatal hernia, esophageal inflammation, swollen salivary glands, and erosion of the enamel of the back teeth, swollen glands in the face and neck, and broken blood vessels in the face.

Bowel damage, rectal bleeding, and chronic diarrhea are usually the results of laxative abuse by bulimics. Too much laxative use gets rid of an excess sodium and potassium, leading to dehydration, muscle spasms, and eventually cardiac arrest. Bulimics commonly have low levels of serotonin, which can give rise to increased cravings for simple sugars.

Natural remedies

1. Keep away from eating any sugar or sugary foods. Shun white flour products and junk food. An easy nutritious diet is immediately desirable in order to bring back the required balance in life.

2. The individual should expect to go through fleeting anxiety, insomnia, depression, and likely irritation, as an attempt to do away with the old way of life. At end of it all, the rewards are greatly beneficial and well- worth the endeavor.

3. **CCK** (cholecystokinin-pancreozymin) is a hormone that is present in the brain and small intestine which signals a fulfilled feeling and that it is time to discontinue eating. The hormone is not properly produced when an individual adopts patterns of overeating. After seriously overeating a meal, the individual only feels satisfied.

4. The only solution is to carefully eat just sufficiently, even though it does not appear enough. In due course, the hormone will begin being synthesized again in the correct amount at the accurate time.

HERBAL REMEDIES FOR CELIAC DISEASE

Weight loss, diarrhea, and nutritional deficiencies such as anemia and other symptoms like regularly pale and/or light-yellow, foul-smelling stools which float; fatigue; wasting; depression; abdominal swelling; muscle cramps; and bone and/or joint pain. Diarrhea is the most common symptom of Celiac disease. In infants and kids may show vomitings such as the intense burning sensation of the skin; stunted growth and a red, itchy skin rash. The mouth may develop ulcers. The child may appear undernourished and anemic. Babies may gain weight or lose it more bit by bit and do not look to be flourishing well. The disease can start in the first few months of life.

Causes

Celiac disease is known to affect the small intestine. There are abnormalities in the intestinal lining as a result of permanent intolerance to gluten. Gluten is found in rye, barley, wheat, and oats. Millet, soybeans, quinoa corn, rice, and amaranth do not have gluten. There seems to be a little doubt about buckwheat. The protein, gliadin, is believed to be the toxic portion of the gluten. It interacts with the intestinal lining, making the tiny absorptive villi to flatten and degenerate. And due to this, nutrients are not assimilated including vitamins A, D, and K and the symptoms of disease show. Sadly, scores of physicians and the food industries are of the view that grains should be included in the diet of the infant when they are not up to a year old. This can make celiac disease to first show up then or several decades later.

This is crucial! Inform every expectant mother not to feed her child grains until at least the baby is a year old. Eliminating gluten from the diet of a celiac produces a noticeable change; whether an infant, child, or adult, the individual begins feeling better again. But he must not return to gluten foods under any circumstances.

Certain infants do not have tolerance for cow's milk protein and they react to it with celiac symptoms, even before gluten is feed to them. Therefore remove that too from them.

Celiac disease is time and again misdiagnosed as irritable bowel syndrome spastic colon or something else that affects the intestines.

However, if not treated, celiac disease can be pretty serious. It can lead to internal hemorrhaging, bone disease, gynecological disorders, nervous

system damage, pancreatic disease, infertility, miscarriages, intestinal lymphoma, and a lot more. For instance, anemia is widespread, as a result of poor absorption of iron, folic acid, and vitamins B12 and K.

The intestinal lining may be undergoing continuous scarring that, by the age of 45 to 50, 90% of the intestine can be destroyed, leading to a significant reduction as much as 70% of the assimilative surfaces. Though there is an indication that partial repair to those walls can be made within several months.

Herbal remedies

1. You should stay away from the gluten foods: oats, wheat, rye, and barley.

2. These grains do not contain gluten: corn, millet, and rice. Quince, soybeans, and amaranth are also fine.

3. All grains were given to babies and adults also should be cooked very well for 2-3 hours, if the preparation is done through boiling at 212°F.

4. Do not consume products having cow's milk. Breastfeed your child to avoid giving cow's milk.

5. Avoid overeating white-flour products or sugar.

6. Eat a nutritious diet, such as fresh fruit, vegetables, and vegetable juices. Fiber is essential in the diet of celiacs.

7. **Allisatin** present in garlic is helpful for treating celiac disease.

8. Ripe bananas are tolerated easily thus help control diarrhea.

9. Steer clear of processed, fried, and junk food. Do not eat chocolate, sugary foods, and processed foods.

10. Study the labels, and look out for "hidden" gluten or cow's milk ingredients in bottles and packages. Some of these are malt, some soy sauces, vinegar, binders, fillers, modified food starch, and "natural flavorings." Nearly all commercial bread, bread mixes, crackers, etc., have gluten. It is also present in commercially made puddings, candies, cookies, canned chili, macaroni, noodles, spaghetti, bread stuffings, cakes, ice cream, salad dressings, luncheon meats, frankfurters, and everything thickened with flour (bottled meat sauces, gravies, flavoring syrups, sauces soups, vegetables, cocoa mixes).

11. Eat only homemade desserts.

12. Fresh, canned or frozen vegetable and vegetable juices are all fine.

13. Bread and cereals prepared from soybean, corn, potato, millet, or rice starches are proper.

14. Avoid tobacco, tea, coffee, and alcohol.

15. Useful herbs include pau d'arco, psyllium, saffron aloe vera, burdock, slippery elm, and alfalfa.

16. Do not eat meat.

HERBAL REMEDIES FOR DOG BITE

When animal bites or scratches breaking the skin, several problems can come up; the most essential is an infection caused by the saliva of the animal. A dog bite may be an insignificant injury or a severe attack, especially in kids. If a dog bites you, you should insist instantly from the dog owner evidence of immunization, rabies is very dangerous and it can kill if left untreated on time. Note that if the dog is foaming at the mouth is a signal of rabies. If the owner of the dog cannot be identified, the dog should be held in order to be tested for diseases. There is also the threat of tetanus in all puncture injuries. Do not ever run from a dog it ignites the animal's instincts to chase and bite.

Herbal Remedies

1. Wash the dog bite carefully with soap and warm water for more than 5 minutes to remove the saliva; then rinse with cold water and put gauze on it. Take Vitamin C because it helps to combat infection.
2. Take vitamin B because it helps in the production of antibodies.
3. If the bite is big, consult a doctor immediately it may be indispensable to be stitched.
4. Take ½ teaspoon powder of black cumin seeds two times daily.
5. Take **Echinacea** in tea form.
6. **Goldenseal tea** the first day is very suitable for dog bites. It is inappropriate to be used by pregnant women.
7. **Goldenseal** used directly on the bite is useful as a natural antibiotic.
8. Garlic is a natural antibiotic which can help in treating a dog bite. You should take few cloves of garlic three times in a day until your wound is healed.

HERBAL REMEDIES FOR CANDIDA

Candida belongs to a family of yeasts. The most common type of Candida is *Candida Albicans*, generally known as “yeast infection.” There are herbal remedies you can take to help you cure a yeast infection. Chronic systemic candidiasis is a complex yeast infection that may not be properly diagnosed for several years due to the appearance of little or no external symptoms. It is connected with a lot of condition such as low energy, depression, digestion problems, food sensitivities, headaches, fatigue, muscle soreness, and skin irritations. The human body generally is a host to a great number of bacteria and fungi that exercise neutral or even useful roles in usual bodily functions. A Candida occurs when one of the organisms, the yeast *Candida albicans*, develops out of control. The resultant overgrowth is called candidiasis. *C. albicans* only turns a problem when the "good" bacteria that on average keeps it in check, like *Lactobacillus acidophilus*, become weakened. Candida infection may appear in the form of jock itch and athlete's foot.

Herbal remedies for candida is an excellent alternative. In the most serious cases, candida can move throughout the body, leading to a sort of blood poisoning known as **candida septicemia**. Both women and men are affected by Candidiasis. It is seldom transmitted sexually. It is mainly common in babies, because an infected mother may transmit it to her newborn and people with compromised immunity. As it multiplies, the fungus releases toxins that promote the weakness of the immune system. Herbal remedies for candida can also be used in addition to herbal remedies for the immune system.

Because candidiasis can affect several parts of the body at once, it can bring about all sorts of disorders and symptoms. *C. albicans* can give rise to thrush, or white plaques in the mouth and throat. It is one of the sources of vaginitis in women, which causes burning, itching, and a sticky yellow or white discharge. The yeast overgrowth may lead to weak nails; skin infections, characterize by inflammation, redness, and itching; or digestive discomforts resulting in constipation, diarrhea, heartburn, abdominal pain, rectal irritation, and colitis. Candida may equally grow in the urethra or sinuses. Other symptoms of Candida can include mood swings, muscle and joint pain, fatigue, memory loss, nagging cough, and congestion, and deadness in the fingers and toes.

Herbal remedies for Candida can help with several of these symptoms. In the same vein, some other symptoms are canker sores, headaches,

diaper rash, kidney and bladder infections, and depression. Candida may also be responsible for certain cases of impotence and prostatitis. The development of *C. albicans* is enhanced by many factors. Broad-spectrum antibiotics can destroy the good bacteria that keep the yeast in check. Herbal remedies for Candida can be taken with regular antibiotics. Usage of corticosteroid drugs has been associated with the overgrowth of *C. albicans*. *C. albicans* is an organism that loves sugar, thus candidiasis can be worsened by eating sugar too much or by the high blood-sugar levels connected with diabetes. If the immune system does not function appropriately, particularly in people with HIV/AIDS infection and other diseases that affect the immune system; yeast can overgrow. An imbalance in PH levels in the body is equally a possible cause.

The overgrowth of *C. albicans* is also linked with chronic fatigue syndrome, and with chronic skin or vaginal irritation. Herbal remedies for Candida eliminate irritation and discomfort.

Conventional medicine applies different antifungal agents. Apart from **barberry** and related herbs, which should not be taken for more than two weeks at a time, it may be essential to use herbs for as long as 6 months to manage yeast overgrowth.

Conditions that promote yeast infection

- Oral antibiotics destroy the “good” bacteria in the intestine, which permit Candida to multiply.
- Diets rich in sugars.
- Application of oral contraceptives, antacids, steroids, and anti-ulcer drugs.
- A poor immune system as a result of medication or disease.
- Manifold pregnancies.
- Diabetes.
- Chemotherapy.

Herbal Remedies

1. **Olive leaves** possess antimicrobial properties. As a result, an extract of olive leaves may be applied to the parts of body affected by Candida.

2. Take Lactobacillus and Bifidus probiotic supplements each day. These 'friendly' bacteria develop to form a protective lining over the digestive tract that keeps yeast colonies from growing. Ensure to check expiration dates on the package. For vaginal infections, put the probiotic capsules in the vagina before going to bed every other night for a period of two weeks.

3. Use 1,000 to 2,000 milligrams of caprylic acid every day with meals. This naturally occurring fatty acid is a helpful antifungal for treating of Candida. Since caprylic acid is easily assimilated by the intestines, it is essential to take an enteric-coated form so that the supplement is released little by little throughout the whole digestive tract.

4. Avoid honey, maple syrup, refined sugar, and fruit juices. Similarly avoid chewing gums flavored with xylitol, as this may exacerbate thrush. Keep away from antibiotics, steroids, and birth control pills unless medically prescribed for you.

5. The correct way to cure an infection caused by Candida is to eat a balanced detox diet, which assists in detoxifying the body and thus relieve the symptoms of candidiasis. As a requirement of this detox diet, you must eat vegetables such as **broccoli, beet, spinach, onion, and garlic**; fresh fruits; cereals such as rice and **millet**; seeds such as pumpkin **seeds** and flax; nuts such as **walnuts** and **cashew**; and **virgin olive oil**. Therefore necessity demands you avoid some foods such as dairy products, sugar, wheat, and gluten.

6. In healthy people, consumption of high sugar has a very minute effect on the growth of yeast. It is only when the balance of yeast and other naturally existing bacteria is disturbed by using antibiotics or injury to the immune system does yeast overgrowth become a burden.

7. The yeast overgrowth in the mucous layers lining the gastrointestinal tract, nose, throat, vagina, and urethra is somewhat widespread. The Candida of the blood and internal organs are exceptionally rare. The effects of Candida on the nervous, immune and endocrine systems are as a result of changes in the absorption of nutrients pretty than by the Candida itself.

8. Another way to treat your Candida by herbal remedy is to consider an all-natural colon cleanse. Colon cleansing with fiber and herbs helps remove the toxins and waste in the colon whilst delivering strong digestive herbs to recently exposed intestinal tissue.

HERBAL REMEDIES FOR CANKER SORES

Canker Sores are usually small painful and crater-like ulcers. They appear grey with red rims. They generally grow on the internal of the cheeks, the inner lips, and the loose areas of the gums, the mouth, and the lips. They can affect the esophagus and the rest of the gastrointestinal tract though not common. Herbal remedies for canker sores can help minimize pain and accelerate healing. Minute ulcers that occur in the linings of the mouth are referred to as Canker sores. Canker sores are the most general causes of mouth sores. They are also known as *Aphthous Stomatitis*. They cause ache while talking and eating. Canker sores are not communicable and occur on the inner soft tissues of the mouth. They can take place at any age and may reappear after healing. Canker sores are the main regularly occurring type of all ulcers or sores in the mouth. Canker sores normally appear as whitish oval or round ulcers of about a centimeter or less and usually have a reddish border. These ulcers or sores grow on the mucous membranes of the mouth and could appear on the sides of the mouth or still on the tongue. The canker sores are so common that it is believed that at least twenty percent of the American population is afflicted with the problem.

Canker sores can affect just anybody irrespective of age. They are more widespread among in women and teenagers. This may be due to hormonal changes and in certain situations, the problem may also be hereditary. Individuals who have a family history of canker sores may not essentially suffer regular outbreaks but are categorically a lot more vulnerable. There is usually a burning and tingling sensation beginning 24hours before the ulcers really form, and it is most advisable to commence treatment as soon as one experience this burning sensation. Canker sores can be so agonizing that they get in the way of eating, speaking, and nutrition. The right alternative for treating canker sores is to use herbal remedies. Canker sores that are less than one centimeter in diameter are called *minor aphthous ulcers*. These usually undergo auto-healing by themselves within one week or two. If they are more than three centimeters in diameter, they are categorized as *major aphthous ulcers*, and this often takes about six weeks for them to finally heal. And when major aphthous ulcers do heal, they leave scars. Both minor and major ulcers regularly return, either in single or in groups. The most common

disorder that affects the oral mucous membranes of between 20 and 50 percent of Americans is Canker sores. Women are more susceptible to it than men, typically starting in their twenties or thirties. Some people appear to have an inherited predisposition to canker sores. These categories of people should at all time use herbal remedies to treat canker sores and to steer clear of the regular use of 'hash drugs'.

Canker sores may be contagious, arising from a local bacterial or viral infection. They generally have one or more triggers such as smoking, vitamin deficiencies, stress, food allergies, acidic mouth conditions, minor injury to the tissues of the mouth, extreme heat, fever, and premenstrual and postmenopausal hormonal changes. A person with feebly functioning immune systems is equally very prone to canker sores. The precise cause of most canker sores is not known. Stress or tissue injury is believed to be the cause of simple canker sores. Some foods such as citrus or acidic fruits and vegetables (like lemons, oranges, pineapples, apples, figs, tomatoes, and strawberries) - can activate a canker sore or make it bad. Occasionally a razor-sharp tooth surface or dental appliance, like braces or ill-fitting dentures, might equally trigger canker sores. Some cases of complex canker sores are due to an underlying health condition like a poor immune system; nutritional deficiencies, such as folic acid, vitamin B-12, zinc, or iron deficiency and gastrointestinal tract disorder, such as Crohn's disease and Celiac disease.

Herbal remedies

1. There are various canker sore herbal remedies that you can use in order to get some relief from the pain that is usually associated with it. Most times the basic remedy does not involve the use any kind of medication, nor does it include applying any type of ointment. The easiest canker sore remedy is a change in your dietary habits. You can reduce the risk of having canker sores if you simply avoid highly acidic foods from your diet or at least minimize their intake level. Eating a lot of acidic foods such as oranges, pineapples, tomatoes and so on can increase the possibility of getting 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 require being supplemented assertively. The following supplements are recommended for individual suffering canker sores: **Vitamin B12:** Take 1,000 micrograms every day. In the same manner, take a **Vitamin-B complex** 100 milligrams three times per day, with meals.

4. An effective natural remedy useful for fighting canker sores is **milk of magnesia**. Milk of magnesia consists of high amounts of magnesium

hydroxide and can be used to reduce the symptoms of canker sores. Put a cotton swab into the milk of magnesia and wipe it onto the sore at least 3 or 4 times per day. This helps speed up healing period and also helps remove some of the painful symptoms that one passes through.

5. **Vitamin C with bioflavonoids.** Take 1,000 milligrams three times daily, with meals.

6. **Zinc.** Take 50 to 100 milligrams daily.

7. **Iron.** Take 15 milligrams daily.

8. **Folic acid.** Take 400 milligrams two times daily.

9. **L-Lysine.** Take 4,000 milligrams in a day for the first 4 days, and then go back to 500 milligrams three times per day. Please use this supplement on an empty stomach.

10. Using acidophilus powder or capsules as a supplement to bring back the healthy balance of bacteria in the mucous membranes of the mouth is usually helpful.

11. Putting the oil from a Vitamin-E capsule directly to the sores helps to remove the lesions more swiftly.

12. **Aloe Vera** juice, obtainable in a gallon, swished about in your mouth three times daily like a mouthwash, regularly give good results. Aloe has salicylates, which are anti-inflammatory and lessen pain. And it equally contains mild antibacterial properties.

13. **Chlorophyll** is a blood detoxifier. Chlorophyll tablets are sometimes chewed for the treatment of canker sores.

14. 1/2 teaspoon of **goldenseal powder** and 1/4 teaspoon **salt** dissolved in 1 cup of warm water can be used as a soothing antiseptic mouth rinse. Use this as a mouth rinse 4 times daily. **Goldenseal** helps eliminate inflammation of mucous membranes and also has antibacterial properties.

15. The application of hydrogen peroxide is similarly useful as a remedy for canker sores. You can blend a solution of hydrogen peroxide and water, usually a 1 to 1 solution, and apply the solution directly onto canker sores. Do not to swallow the solution because it can lead to other health issues. The hydrogen peroxide solution will help combat the growth of extra bacteria and prevent further irritation of the canker sores.

HERBAL REMEDIES FOR CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome (CTS) is a condition characterized sometimes by serious 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 form a passage through which nerves pass. Pain and swelling take place when these nerves and the nerves that pass between the tendons of the forearm muscles are squeezed together. Carpal tunnel syndrome often occurs in persons who do rhythmic hand and wrist movements, such as tennis players, grocery store clerks, typists, and the likes. It is most widespread among women between the ages of thirty and sixty, though it can affect anybody at any time. Carpal tunnel syndrome is a case of the wrist in which the median nerve is harmed or depressed as a result of repeated use of the wrist or a physical injury. Carpal tunnel syndrome is caused by enlarged pressure on the median nerve.

The median nerve is a critical nerve on the hand because it gives sensation to thumb, middle, ring and index fingers. This nerve is sheltered by carpal tunnel, which is a chunky band of muscles around the median nerve. This muscular sheath is very powerful and hard and is intended to shield the nerves inside it; it can become depressed owing to the recurring application of the wrist. In this case, the carpal tunnel gets smaller, and the nerves inside it may get injured, leading to significant pain. **Carpal tunnel syndrome** is more widespread in women than in men. Carpal tunnel syndrome causes lack of sensation and pain in the hand. This syndrome primarily affects hands and wrists. A similar case may also occur in the ankles as also. The bone and joint system in the ankles is very analogous to that of the wrist and harm to the ankle may cause a case referred to as the **tarsal tunnel syndrome**.

Various diseases and conditions are similarly connected with carpal tunnel syndromes, such as kidney failure, obesity, rheumatoid arthritis, thyroid disorders, high blood pressure and diabetes.

Herbal Remedies

1. Carpal tunnel syndrome tea

One teaspoonful of chopped **valerian root**

Two teaspoonfuls of **white willow bark**

Two cups of cold water

Mix the herbs together in a pot and cover up with the cold water. Soak overnight and then sieve. Drink up to 1 cup daily, just one tablespoonful at a time. This mixture can help relieve nerve pain when taken appropriately.

2. Carpel tunnel syndrome can also be treated by using ice. You can apply an ice pack on your painful wrist, as it will reduce the pain. If ice cannot easily be got, then go for a hot treatment. Apply a heating pad on the painful wrist and leave it on for some minutes.

Note: Carpel tunnel syndrome treatment using herbal treatment entails the use of preventive measures and exercises. Nevertheless, it is better to consult a medical doctor for correct diagnosis and treatment.

HERBAL REMEDIES FOR CATARACT

Cataracts can be described as viewing the world through fogged up glasses because the lenses get all blurred and vision is impaired. Basically, cataracts are the clouding of the natural lenses of the eyes. The lens is an area of the eye that lies behind the iris and the pupil. It is just like a camera lens; which focuses light onto the retina at the back of the eye and adjusts the focus of eyes - thereby permitting us to view both long and short distance. The lens is made of water and protein; is a plain structure that permits light to pass through it. However as age set in, and due injury or illness, several of the protein in the lens starts to cluster together and the implication is a clouding effect in a small region of the lens. This is known as a **cataract**, and over a period of time, it may become larger and darken more of the lens, making it more complicated to see. Cataracts are an obscuring of the eye lens that brings about distorted vision, inability to focus. It is a progressive and painless condition. And over time the cataract gets thicker until it blinds the eye. Cataract is the foremost cause of blindness in the world. The most regular type of cataract is senile cataract which affects people of 65 years and older. This kind of cataract occurs as a result of free radicals that destroy the lens.

Causes of Cataract

**** Other defects of eye:** The foremost factors causing opacity of the lens are : stagnation of the fluid current in the lens as a result of condition of the blood; deterioration in the nutrition of the lens which decrease the vigor and resistance of the fragile lens fibers; formation of the deposits between the lens fibers of acids and salts that inflame the tissues of the lens and put forth a mounting pressure on its delicate fibers and damages them gradually; degeneration of the lens fibers that darken the whole lens if appropriate precautions are not taken to.

**** Poisons in the blood as a result of faulty diet and bad lifestyle.** The toxins spread all through the body to deposit themselves in the accessible weak area. The lens is affected if it has got weakened in the course of excessive strain, excessive use of eye and local inflammation. As the time goes by, the condition worsens leading to the development of cataract.

**
* Stress and strain

**
* Excessive drinking of alcohol

**
* Sugar and salt

**
* Some diseases such as gastrointestinal or gallbladder cases, diabetes, deficiency of vitamin C, intolerance of fatty acid, radiation and side effects of drugs

**
* Poor nutrition is the leading cause in all types of cataract; senile or aging cataract inclusive.

**
* Smoking

Note: Cataract is one of the most complicated conditions to cure. Only surgery can cure it. However, if your cataract is in the early stage, using herbal remedies will absolutely eradicate the problem. It will equally prevent the deterioration of the problem.

Herbal Remedies

1. Prepare a blend of equal amounts of **aniseed powder** and **coriander seed powder**. And then combine the resulting mixture it with an equal weight of unrefined sugar. Take it in doses of 12 grams in the morning and in the evening. It is excellently useful for an individual with cataract. As for those with weak eyesight, taking a blend of the juices of **carrots** and **raw parsley** in a glassful amount daily will give great benefits.

2. Mix one cup of **Rose petals**.

Four tablespoonfuls of **Raspberry leaves**.

Four cups of boiling water.

Allow the ingredients to infuse for 30 minutes. Then sieve and apply as an eyewash.

3. Applying **Eyebright herb** in drops is outstanding for cataracts. This plant can be taken internally and more effective and safer than commercial eye drops.

4. Soak **Almonds** in milk and set them aside overnight. In the morning, blend this 'Almonds in milk' with **sandalwood**. Use this on the eyelids. It decreases redness of the eyes as a result of exertion.

5. Consume **spinach** and take **Lutein** or **spinach extract**. They contain carotenoid needed for the health of the retina and eye tissue; at times reversing cataracts.

6. **Vitamin A** is exceedingly essential for a healthy vision.

7. **Dusty miller** is useful for dissolving cataracts and corneal opacities if applied in the early phases of the disease.

8. Taking **Ginkgo biloba** increases the oxygen delivery and nutrients to the eye and it eliminates toxins.

9. Consume a lot of green vegetables, particularly kale, spinach and berries, cherries, blueberries, blackberries, and fruits high in Vitamin C and E.

10. Shun dairy products and saturated fats because these produce free radicals that cause cataracts and injury to the lens.

11. Avoid using any **antihistamines** if you suffering from cataracts.

12. **Bilberry** strengthens and protects blood vessels and veins. It equally protects the retina and minimizes pressure in glaucoma and can impede the growth of cataracts.

HERBAL REMEDIES FOR CHICKEN POX

Chickenpox is a viral illness, very widespread and extremely contagious infection. Newborns and adults may likely experience more serious symptoms than children who are a threat before the age ten.

Vaccinations have reduced its incidence to the barest minimum. The symptoms for chicken pox do not show until the infectious stage has started. These symptoms include fatigue, itchy rash, fever, loss of appetite.

Chickenpox may not be a life-threatening infection, but it is feared by individuals because due to the highly transmittable nature of the disease. Chickenpox usually develops in children giving rise to the typical blisters, by which most of us identify the condition. Chickenpox in infants and children is worrisome essentially because of the symptoms connected with the condition. Chickenpox disease brings about serious itching and skin irritation, but scratching at the blisters basically compounds the conditions and the rupture of blisters can be even more challenging. The blisters of Chickenpox if split open or scratched at can lead to severe and rather lasting chicken pox scars. The fundamental concern for anyone would, therefore, be how to minimize the itching and irritation and to refuse to give in to the urge to scratch at the blisters.

Treatment for chickenpox is aimed basically at giving succor from the symptoms, rather than really curing the infection. This is as a result of the real nature of the disease and what responsible for chicken pox. Chickenpox is a viral infection, thus curing the chicken pox virus with antibiotics would be in vain and in fact risky. Antibiotics as it were, are purely meant for the treatment of bacterial cases, and as such, it is ineffective against viral infection. Herbal remedies for chicken pox are well known for the treatment of the condition because of the simple fact that most of these treatments and herbal cures are noninvasive and also constitute little or no health risks, owing to the absence of any harmful chemical compounds.

This virus is spread by air (sneezing or coughing) or physical contact with an infected individual, one or two days soon after a pimple-like eruptions show on the body. They are filled with fluid and look like blisters. During this time itching can be very frustrating but scratching them can result in infection and scarring.

Most individuals are infected with this disease at one time in their lives. Usually, after the first attack of the virus, the body builds up immunity in the form of antibodies that identify the disease and destroys the virus before it can infect again. Chickenpox generally begins and ends in about 2 weeks although a person with weak immunity or newborns can develop very severe complications if infected prenatally there is a possibility of birth defects.

Hazard Factors:

Chickenpox is extremely contagious and could be effortlessly transmitted by direct contact with an infected person or through contact with contaminated objects and spots, like through contact with fluid from the blisters of chicken pox, or by being in the surrounding area of an infected person when they sneeze or a cough.

The difficulty with controlling the transmission of the chicken pox infection originates 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 became known around 10 days to even 3 weeks after the infection. While the incubation period may be all that long, the period of contagion starts a day or two before the outbreak, making this the maximum risk period for contagion because there are no warning signals of infection. This period of contagion lasts so long as there are any unbroken chickenpox blisters present. In the case of infants, there is not much risk of them having an infection in their first year provided their mothers have had chicken pox before or were vaccinated. In such situations, the infection is generally very mild. The reason being that babies possess a natural immunity that is transmitted through antibodies from the mother's blood. Mothers who have never encountered chicken pox and have not been vaccinated do have some reason for concern, however, as in such conditions babies under a year of age could have serious chicken pox. Chickenpox symptoms in children are also prone to be a lot crueler in children who suffer from some immune system disorder or if their immunity is weakened due to some other illness or because of medications. When handling chickenpox in infants; medical advice from your doctor should be followed carefully. Chickenpox herbal remedies are all for categories of people: adults, children and babies alike. The herbal remedies are largely aimed at giving relief from the symptoms and to reduce itching and prevent scratching. The biggest problem for most people is that after effect of scratching at

blisters that leave behind scars. Chickenpox scars removal can be a protracted and tiresome treatment process.

Chickenpox and shingles signs and treatments differ, but research shows that persons can significantly improve their immunity against infection through some plain diet practices. Reports have shown that individuals who eat a considerable amount of fruits and vegetables every day had immunity against the virus three times higher in comparison to those who consume less than one serving daily.

Herbal remedies

1. Take **Catnip tea** sweetened with molasses. This reduces fever.

2. The use of **brown vinegar** is one of the most essential among the various herbal remedies found useful in the treatment of chicken pox. Add a half cup of this 'brown vinegar' to warm water, and then take bath with the resulting mixture. This will ease the skin irritation.

3. **Salt, Chillies, Ghee, oil, spices (Masala)** should not be eaten at least fifteen days after getting the Chickenpox symptoms. Your food should be very light and effortlessly digestible.

Note that the salt will cause itching in rashes during Chickenpox so stay away from using salt. Avoid eating **banana, brinjal, sweet pumpkin** for some day even after the Chickenpox is totally cured. Do not touch the rashes and if the itching is unbearable one can use **neem leaves** to stop itching. Do not have a bath for 15 days or until the rashes are fully subsided and dries up.

4. Using **Sandalwood oil**. Sandalwood powder should be boiled with coconut oil and then sieved. Then apply on the body. Pure **Coconut oil** also helps to decrease the scars of Chickenpox.

5. Prepare a tea with:

1 teaspoonful of **coltsfoot leaves**.

2 teaspoonfuls of **marigold flowers**.

2 tablespoonful of the **queen of the meadow**.

2 cups of boiling water.

Combine all the ingredients in a nonmetallic pot and allow to infuse for 20 minutes. Drink one cup a day.

6. 1 teaspoonful of **witch hazel leaves**.

1 cup of water.

Mix 2 tablespoonfuls of **marigold flowers**.

Soaked them overnight. Apply on rash as required. It will alleviate the itch of chicken pox.

7. A bath of oatmeal is an herbal remedy for relieving the itch caused by chicken pox. This bath is done by cooking two cups of oatmeal in two

liters of water about fifteen minutes. This preparation is later put into a cloth bag if possible cotton and a string are tied securely around the top. This bag is allowed to glide in a tub of warm water and swished around till the water becomes muddy. Caution should be taken to make sure that the bag is not torn. The kid with chicken pox can splash and play in the water, ensure that water goes over all the scalds, while the small bag of oatmeal can hang about in the tub.

8. Some very useful herbal remedies are Antimonium crudum, antimonium tartaricum, Pulsatilla, sulfur, 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 avert dehydration. Similarly, drink fresh juices.

11. Fill up the bathtub with cool water and add ginger to it. Do have a 30 minutes bath. This helps stop the itching.

12. Baking soda is an excellent remedy to control the itching in chicken pox. Put some baking soda in a glass of water. The kid should be sponged with this water, and allow the soda dries on the skin. This will prevent the child from scratching the eruptions.

HERBAL REMEDIES FOR CHOLESTEROL

There are two kinds of cholesterol:

- a. Low-density lipoproteins or LDL -bad cholesterol
- b. High-density lipoproteins HDL -good cholesterol.

Low-density lipoproteins are responsible for the buildup of plaque in the arteries. This blocks the flow of blood to major organs such as the kidneys, genitals, liver, and brain. It is the fundamental cause of heart disease.

High-density lipoproteins are good because they transport unused cholesterol back to the liver where it was formed once there the liver breaks it down to be eliminated from the body. The needed cholesterol plays a vital part in the production of sex hormones and proper brain and nerve function.

However, if HDLs are insufficient or too much cholesterol for them to pick up and carry back to the liver it will stay in the arteries and block them. Coupled with the presence of cholesterol in our diet and generally, we consume too many saturated fats like gravies, pork products, coconuts, white bread, etc. all these combined with the cholesterol manufactured by the liver could make us attain a risky cholesterol level.

Symptoms of Cholesterol

- Yellowish patches around eyelids
- Whitish edges of cornea
- Mini-stroke
- Cholesterol deposits around cornea
- Coronary heart disease, caused by atherosclerosis
- Stroke

Prevention Tips for Cholesterol

- Consuming a diet low in saturated fat, trans fat, and cholesterol,
- Constant physical exercises such as swimming, jogging, bicycling, etc are useful in enhancing blood circulation and improving the good Cholesterol level
- Managing your weight,

- Not smoking can help prevent high cholesterol.

Cholesterol levels tend to increase with age, paying attention to diet and exercise is especially essential as one becomes older.

Note that high cholesterol is just one of the things that add to the risk of coronary artery disease (CAD) and heart attack. Managing other health conditions, such as diabetes and high blood pressure, is also critical to minimize your overall risk.

Herbal Remedies

1. Individuals suffering from high Cholesterol should drink at least 8 to 10 glasses of water daily as it stimulates the activity of skin and kidneys hence decreasing too much Cholesterol from the system.

2. Mixed finely chopped Onion pieces with a cup of Buttermilk along with half spoon of Black pepper. Take this regularly helps in reducing poor Cholesterol level.

4. Mix 1 teaspoon of roasted **chicory root**.

1 teaspoonful of **lime flowers**.

1 quart of water.

½ teaspoonfuls of **fenugreek seeds**.

½ teaspoonful of **ginger rhizome**.

Boil all ingredients together and allow it cool. Then sieve. Drink two cups daily

5. Consume **Garlic** or use one capsule two times per day. It decreases LDL cholesterol level by 12% and increases HDLs.

6. **Niacin** is especially helpful in reducing cholesterol. Inositol hexaniacinate is a better and safer form of niacin. Inositol hexaniacinate is made of one molecule of inositol and six molecules of niacin. Inositol hexaniacinate has been used in Europe for more than thirty years to reduce cholesterol levels. Inositol hexaniacinate produce somewhat better results than typical niacin and is better tolerated since it is flush free and does not have any long-term side effects on the liver or management of blood sugar.

7. **Chromium** is essential in the production of cholesterol, fats, and protein. Chromium maintains steady blood sugar levels through proper insulin utilization and can be useful for an individual with diabetes and/or hypoglycemia. Research has shown that low plasma chromium levels can be a sign of coronary artery disease. Take 400 mg daily of chromium picolinate to advance HDL to LDL ratio.

8. Using **Vitamin C** with bioflavonoids 4000 mg per day excellently reduces cholesterol.

9. Ginger is useful for treating cholesterol. This is due to the presence of gingerol, an antiplatelet substance that prevents the development of thromboxane. Take a glass two times in a day. This preparation should be used for about three months in order to derive maximum beneficial effects.

10. **Guggul** is reputedly known to reduce LDL by 35% and increases HDL by 20 % in 12 weeks, thus preventing arteriosclerosis. It performs better than many drugs in various studies.

11. Consuming unprocessed fiber such as wheat flour, whole wheat bread are helpful in flushing out toxic oil from the intestine.

HERBAL REMEDIES FOR COLD SORES

Herpes simplex virus¹ HSV-1 is responsible for a cold sore, which is related to but different from the one that causes genital herpes. Cold sores first show up three to ten days after exposure to the virus and last up to five weeks.

The virus then remains permanently in the body and moves into the nervous system close to the lips where it will lie dormant till triggered by a cold, fever or other viral infection, exposure to sun and wind, high levels of amino acid arginine, stress, menstruation, or depression of the immune system. These cold sores are highly infectious and very widespread. Studies have indicated that between 30 and 60 percent of kids have the virus by the age of ten.

There are six phases of the development of the average cold sore.

The prodrome or phase one: In this first phase, no sore is noticed but there is a feeling itchiness around the area. In phase two, swelling may begin and the spot may turn red. Phase three brings with it the first signs of blister or blisters. Phase four is the most painful and usually, comes on the fourth day. A soft crust or ulcer forms, and from this the cold sore develops into phase five where a hard crust forms over the ulcer. The sixth phase comes on or around the 10th day, the sore appears red and vaguely swollen, though the hard crust is absent. The normal cycle of cold sores are 10 days and with the herbal remedies for cold sores described below you will be able to reduce the time to 3 to 5 days when used appropriately. The symptoms of cold sores normally last from 7 to 10 days. After this, the blisters dry up and peel off. But that does not imply the viruses have left the person's body. Once exposed to the herpes virus, the virus goes into dormancy stage in the nerve cells and attacks another time when the immunity is low. Apart from this, stress, fatigue and pregnancy, trauma to the lip or gums, and hormonal changes similarly bring about cold sores. Regrettably, there is no cure for cold sores. The best one can do is to ensure the virus do not attack again. In this wise, the patient must pay special attention to his/her diet. He/she must eat a lot of raw vegetables, fresh fruits, and green leafy vegetables.

This diet contains a high amount of vitamins A, C, and E, and zinc, which are all vital to keep the immune system strengthened and combat all sorts of viruses and bacteria. In addition, the sufferer must stay away from

eating acidic and salty foods, condiments and spices, oatmeal, peanuts, food grains, chocolates, peas, and whole wheat because arginine is present in them and this worsens the problem. As such the intake of these products must be limited as much as one can. In the same vein, unwarranted consumption of tea and coffee, processed foods, alcoholic beverages should also be avoided because they weaken the immune system. Eating two cloves of **garlic** daily keeps most types of viruses and bacteria at bay due to its antiviral properties. When blisters go off, one can use **witch hazel**, **Aloe Vera gel**, or compress warm 'used teabag' on the blister for thirty seconds to treat them.

Rubbing ice on the blisters for some minutes every now and then also take care of the case. Doing a regular exercise for 20 minutes also strengthened the system.

Herbal remedies

1. Use **Echinacea** and **goldenseal extract mixture**. Echinacea is an immune system booster that can also put off a cold sore occurrence. Take one dropper-full daily not exceeding three days. Equally, put little drops on a cotton ball and place on the affected region for some minutes several times per day.

3. **Lemon balm** has a rich concentration of polyphenols and seems to reduce herpes outbreaks. It can be used topically in the form of a cream. Alternatively, it can be brewed as a tea and can be used internally due to its antiviral qualities.

4 **Olive leaf extract** is fine as a natural antibiotic for viral infections.

5. **L-Lysine** combats that virus that causes cold sores. Take 500 mg two times in a day.

6. **Vitamin B complex** is very crucial for immune system functions and healing. Take 100 mg of every major B vitamin two times daily.

7. Cut **garlic** in half and put one part on the cold sore. A compound in garlic known as **Kyolic** has antiviral properties that speed healing. Use two garlic capsules daily.

HERBAL REMEDIES FOR CONSTIPATION

Constipation can simply be described as a common disorder of the digestive tract. In this case, the bowels do not move often or are not entirely emptied when the bowels move. This case is the fundamental cause of several diseases because it produces toxins that succeeded in finding their way into the bloodstream and are transported to all parts of the body. High blood pressure, cataract appendicitis, rheumatism, arthritis, and cancer are just a small number of the diseases in which chronic constipation is an essential causative factor. Constipation is one of the generals of all digestive disorders. And it can affect individuals of all age groups, from infants to the aged. It is necessary that individual has a different system which functions in several ways, as such caution should be exercised when you dealing with constipation, taking cognizance of your body system. However, disruptions or aberrations from your regular routine that brings discomfort should be a cause for concern. In another word, constipation means to the inability to pass stools and could entail trying to empty the bowels or the presence of extremely hard stools, leading to discomfort and perhaps pain. The seriousness of constipation may differ significantly, but in most conditions, it is just a momentary incident that will resolve itself naturally or with little interference.

However, the recurring bouts of constipation or chronic constipation can be difficult and be signals of other problems or a flawed diet. Chronic constipation in babies, children, and the elderly is common. Whilst it should not be ignored this is not a threatening situation provided it responds to mild constipation treatments. Usually, the symptoms, causes, and treatment of chronic constipation in children would be dissimilar from the treatment given to an adult. The sluggish movement of food through the large intestine and the total time the waste remains in the colon are factors that add to constipation. More and more water is assimilated while the waste is in our body and the stool gets drier and colossal hence more hard to pass out. Herbal remedies can help in easing constipation. Regular bowel movement is crucial to eliminate waste and toxins from the body. Some individuals will experience movements each day, while others three times per week, this is usual, though some categories of doctors consider an individual moving bowels less than once daily to be constipated.

Herbal Remedies for Constipation is a very powerful natural means of restoring the sense of balance to the body. Constipation can be as a result of lack of exercise, excess processed food, poor diet, antidepressants, painkillers, and pregnancy. Although severe diseases can cause constipation also, including diverticulitis, thyroid problems, circulatory disorder, colon breakdown (polyps, tumors, fistulas, and obstruction). A number of lifestyle factors may trigger constipation

Causes of Constipation

- The insufficient fibers in the food are a major cause of constipation. Fruits and vegetables are rich in fibers. But in the contemporary world, it is possible to live on a diet of exclusively processed food and some persons bring themselves quite close to it.
- Inadequate body fluids will heighten the friction between feces and intestine walls. Therefore always take sufficient water to avoid constipation.
- Stress alone does not cause constipation. But it tampers with other bodily functions and this may lead to constipation.
- Insufficient exercise and irregular bowel habits may also cause constipation.
- Excess of oils in diet will also lead to constipation as this will hinder the digestion of fats and carbohydrates in the body.

Tips for Preventing Constipation

- Exercise usually a simple stroll in the park can ease constipation.
- It is vital to at least have 30 grams of fibers in the diet for individuals who are experiencing constipation. Also include whole grains, fruits, and green leafy vegetables in your diet.
- Regular exercise is a very effective means of preventing constipation. Walking is particularly useful in getting rid of Constipation.
- Consume little meals over a course of time. This effectively gives ample time for the system to digest food very well. The movement can be monitored by adjusting the timing and quantity of food intake.

Herbal remedies

1. Drink warm lime water in the early hours in the morning. It prevents constipation and keeps your body and mind spanking new. This is one of

the useful herbal remedies for constipation.

2. **Grapes** also have laxative properties and equally, they prevent chronic Constipation. Dry grape has its own medical usefulness and assists in preventing Constipation. Soak dry grapes in a bowl overnight and drink this at early morning on an empty stomach.

3. Pick 2-3 seeds each of **almonds, sesame, sunflower** and **flax** seeds or **linseed**, crush it until it forms a thin powder. Eat one tablespoon of this natural herbal product for one week either with salads or fruit juice. All your Constipation disorder will be cured. This is one of the excellent herbal remedies for constipation.

4. Drinking 2-3 glasses of warm water before going for morning walk also take care of Constipation and lead to clear bowel movements.

5. **Oranges** are suitable for healthy colons and it hinders Constipation. Drink orange juice at any time of the day and see the difference that how well it eliminates wastes from bowel and keeps you refreshing.

6. **Flax seeds** contain laxative properties. Add one tablespoon of flaxseed to a glass of water. And allow it to stand for two-three hours. At night before your bedtime take this flaxseed water. You will definitely experience a sound bowel the following day. This is one of the useful herbal remedies for constipation.

7. **Vinegar** produced from **apple** and **flaxseed** paste also cures Constipation. Bring a glass of water containing **flaxseed** to boil till it becomes thick. And on cooling put a half tablespoon of **apple extract vinegar**, to produce a mixture. You can take this natural herbal drink at early morning. It has no side effects. It cures Constipation within the shortest time possible.

8. **Psyllium husk** is a natural herb that prevents constipation. Add one tablespoon of psyllium husk to one glass of water. This liquid should be taken early in the morning on an empty stomach to get respite from constipation.

9. Soaked dry **figs** in the water overnight; then drink this early in the morning. It prevents Constipation. This is also one of the essential herbal remedies for constipation.

10. **Prunes, figs, raisins, popcorn, oatmeal, dried beans, peas, and nuts** are foods that so rich in fibers that may truly ease you of constipation immediately.

11. **Psyllium seeds** are an effective herbal remedy for loosening up your bowels. The seeds have no side effects.

12. **Cascara sagrada** is an herbal laxative useful in combating constipation.

13. **Rhubarb, Dandelion root, Aloe Vera, Senna, and Plantain** leaves are all herbal laxatives that effective remedy for constipation.

14. Taking two glasses of warm **lemon juice** will help your bowels to pass through easily.

15. Taking Aloe Vera juice two times in a day will clean and heal the digestive system perfectly. Thus, puts constipation in check.

16. **Ginger tea** is a grand herbal remedy for constipation. It helps start a bowel movement.

17. **Yerba mate** in the form of tea is very useful for taking care of constipation.

18. Eat plenty of fruits, **cabbage, peas, carrots, garlic, sweet potatoes,** and green **vegetables**. They all are high in fiber which prevents constipation.

19. **Grapes** are exceptionally beneficial in overcoming constipation. They contain cellulose, sugar, and organic acid that make them a laxative food. They clearing the bowels not only but also tone up the stomach and intestines and alleviate chronic constipation speedily. The individual should take at least 350 gm of this fruit each day to realize the desired outcome. In an area where fresh grapes are unavailable, raisins, soaked in water, can be taken. Raisins should be soaked for 24 to 48 hours. This will allow them to swell up to the original size of the grapes. Raisins should be consumed early in the morning and the water in which they have been soaked should also be drink.

HERBAL REMEDIES FOR A COUGH

A cough can be described as a condition in which some minute particles enter into the respiratory pathway and irritate the airways. This blockage hinders the regular passage of air from the lung to nose and vice versa. This disease is a disease of all age group. An individual suffering from a cough has difficulty in breathing, speaking, and also finds trouble in sleeping. If a cough persists for more than 15 days, the patient should immediately seek medical advice.

A cough is a natural reaction, intended to push out irritating, toxic material and accumulated mucus in the bronchial tubes. Though most times repeated coughing is not only ineffective at ridding the body of these irritants but also becomes burdensome. For coughs, there are herbs that have a precise affinity to the chest and lung region.

Certain herbs are proper cough-suppressants such as **horehound, wild cherry bark, coltsfoot, licorice** and some are effective antispasmodics. Scores of them are demulcents that are good for soothing irritated bronchial tubes. There are other expectorants which are excellently useful in expelling tough and adherent mucus. The strong antibacterial and antiviral properties of many of these herbs make them an appropriate choice for treating the symptoms and the causes. There are several herbal cough formulas that combine these various properties and are better-quality than a single herb.

Note that demulcent herbs such as licorice, slippery elm, mullein, and Althea are more useful for dry coughs while astringent plants like anise, eyebright, cowslip, thyme, eucalyptus are more appropriate for moist and congested coughs

Causes of A cough

- The main causes of a cough are usually asthma, viral, flu, heart disease, lung cancer, and sinus.
- A cough may be due to inflammation of the larynx or the pharynx.
- A cough can occur in the chest as a result of a change in weather or seasonal changes.
- The actual cause of this disorder, nevertheless, the clogging of the bronchial tubes with waste substances. This is attributed to wrong feeding habits. The reason why the incidence of a cough normally high during winter than in other seasons is that an individual usually consumes more of catarrh inducing foods like sugar, porridge,

puddings, white bread, meat, and pies during the colder months of the year. Wearing of heavy undergarments and other garments during this period also hinder accurate aeration of the skin.

Herbal Remedies

1. This is good to use for a persistent, stubborn cough. Pour two and a half cups of boiling water over two tablespoons of dried **agrimony flowers** or **leaves** and one tablespoon **dried parsley**. Cover and infuse until the mixture is cool. Sieve. Take as a gargle to soothe sore throats. To end persistent coughs, drink two-three tablespoons of the infusion morning and evening.

2. Grapes

Grapes are most effective herbal remedies for the treatment of a cough. Grapes clear up the lungs and serve as an expectorant hence easing a simple cold and cough in a matter of days. A cup of grape juice blended with a teaspoon of honey is a wonderful relief for a cough.

3. Almonds

Almonds are exceptionally useful for tackling dry coughs. Soaked Seven kernels of **Almonds** in water overnight and the brown skin should be removed. They should later be pounded very well to form a fine paste. Each 20 grams of butter and sugar should then be mixed with the paste. This paste should be used in the mornings and evenings.

4. Turmeric powder

Turmeric powder is not only an excellent remedy for a cough, but also it is useful for the cancer patients.

Take 1 tablespoon of **carom seeds** or **Ajwain** to a glass of water and mix 1 tablespoon of turmeric powder with it. As the water reduces to half of its quantity, then add honey to it.

Use this syrup two or three times daily. This loosens the congestion of chest and enhances breathing. Mixed two teaspoonfuls of **turmeric powder** and warm milk together. This has a mysterious effect in loosen a cough and clearing the mucous membrane. This preparation is of the best herbal remedies for a cough.

5. Onion

Onion performs a significant role in the treatment of a cough. The juice extracted from finely cut onion assists in softening the cough and removes chest-congestion. Cough syrup made by blending onion juice with honey is extremely recommended. Take one to two teaspoonfuls of onion juice and put one to two teaspoonfuls of honey. Mixed the two together. Put this mixture away for five to six hours, and then administer a

teaspoon of the mixture to the patient at least two times daily. Another cough syrup that can also be prepared from onion juice is the one which contains lemon juice mixed with water and honey. Measure 1-2 teaspoonful of onion juice, add 1-2 teaspoon of lemon juice into it. Pour a small amount of water and let it boil, later put 1-2 teaspoon of honey into it. Allow this cough syrup to stand for five to six hours. A teaspoon of the mixture should be given to the patient at least two times daily.

6. Ginger syrup

Ginger is one of the widely used and effective herbal remedies. It is useful for the cure of various diseases a cough inclusive. Cough syrup should be prepared by blending a half tablespoonful of ginger paste, and a half tablespoonful of pepper powder. Then add one tablespoonful of vinegar and honey into it. Mix thoroughly with two or three tablespoons of water and set it aside. Drink this cough syrup two or three times in a day. This is one of the superior herbal remedies for a cough.

7. Ginger- Garlic tea

Like ginger, garlic also is a very ancient herbal remedy. Doctors the world over, over the years have admitted the value of these two 'natural doctors' of mankind. Ginger-Garlic tea soothes the throat and also loosen the mucous membrane, and it equally clears chest congestion. One should prepare a tea by adding a little piece of ginger slash in small units, one or two garlic cloves, and a small quantity of lemon juice into the boiling water. Allow it to boil for about 15 or 20 minutes. Sieve the liquid and set it aside. Then mix a small quantity of honey into it very well and offer it to the patient. The lemon juice plays the role of loosening the cough and makes breathing effortlessly.

8. Black pepper

Home remedy for a cough is incomplete without black pepper. It removes the mucous membrane and clears chest congestion. An individual may take two or three black pepper seeds and chew it, or fry it slightly in oil. If a patient finds difficulty in chewing it due to its strong bitter taste, add two or three pepper seeds in a glass of milk. Another manner of using black pepper is to take it along with cumin seeds. Take both black pepper and cumin seeds in little amount and then 1/2 spoon of salt to it. Chew it little by little.

9. Clove

Take two or three cloves and have them fried in small oil. Then you should chew those cloves. Individuals may also drink a little amount of water after chewing it.

10. Anise-*Pimpinella anisum*

- Anise is an anti-inflammatory and antispasmodic herb that expels mucus.
- It is equally good for colds, coughs, and bronchitis. Also reduces nausea, gas, and bloating.
- It is a well-known colic and indigestion herbal remedy.
- Most times combined with other herbs for superior effects and sweet licorice taste.

11. **Coltsfoot**-*Tussilago farfara*

- This is an excellent herb for getting rid of mucus soothes irritated membranes and also to suppress coughs.
- Coltsfoot is good for treating of all coughs associated with upper respiratory infections (colds), acute and chronic bronchitis, asthma, hoarseness, whooping cough, and emphysema.

Dosage: It should not be taken excessively or for longer periods.

12. **Cowslip**-*Primula veris*

- Cowslip is a strong antispasmodic and expectorant for stubborn coughs and chronic bronchitis with thick white mucus.
- It also has warming and sedative effects.

13. **Elecampane**-*Inula helenium*

- From time immemorial, **Elecampane** has used extensively for curing coughs and bronchitis, including a chronic cough. It is known to be gentle on children.
- It is a Soothing expectorant which helps expel excess mucus and has antibacterial effects.
- It is good for relieving bronchial spasm in asthma, emphysema, and bronchitis.

14. **Eucalyptus**—*Eucalyptus globulus*

- Eucalyptus is a powerful expectorant and natural decongestant that is regularly used in rubs and liniments.
- It opens bronchial passages and also clears mucus during colds, flu, and bronchitis.
- Eucalyptus is natural antiseptic that is used as an inhalant or lotion.
- It is highly toxic internally thus handle with extreme caution.

15. Gumweed -*Grindelia camporum*

- **Gumweed** is an exceptional herb treating for bronchial coughs, asthma and whooping cough or viral coughs.
- It properly removes sturdy mucus, enhances breathing and smothering affinity on falling asleep.
- It equally slows rapid heartbeat and decreases high blood pressure.

16. **Horehound** —*Marrubiurn vulgare*

- It softens mucus and soothes coughs
- It clears stuffy nose, sore throat, and colds.
- It useful for treating bronchitis, wheezing, congested chest, and possess the ability to eliminate mucus.
- Horehound cures asthma or chronic lung conditions with bad expectoration.

17. **Hyssop**-*Hyssopus officinalis*

- Hyssop is a valuable herb that relieves coughs, bronchitis; loosens and expels mucus accumulations.
- It is a herb suitable for treating chronic coughs.
- Hyssop is a tonic and stimulating herb that quickens recovery.
- It is appropriately good for Asthmatic coughs in adults and children.
- It promotes sweat in colds and flu.

18. **Irish Moss**-*Chondrus crispus*

- **Irish Moss** is mucilaginous and jelly-like seaweed helpful in several respiratory cases.
- It is a soothing demulcent good for treating irritating coughs and inflamed membranes.
- An extraordinary expectorant for phlegm and mucus thus encourages a fruitful cough.

19. **Licorice**-*Glycyrrhiza glabra*

■ **Licorice** is naturally powerful cough suppressant, a soothing expectorant, demulcent, and anti-inflammatory in functions.

■ It is best for treating bronchitis, coughs, asthma and sore throats.

20. **Lomatium**-*Lomatium dissectum*

■ **Lomatium** is a powerful antiviral and antibacterial herb that destroys at least 10 bacterial strains.

■ It eliminates a wide range of acute and chronic viruses.

■ It equally takes care of the following: flu, cold, chronic bronchitis, viral pneumonia.

■ Best for Expulsion of hard mucus.

21. **Lungwort**-*Sticta pulmonaria*

- When you are experiencing cough and bronchitis, **Lungwort** is a perfect herb for handling them.
- It tackles dry night cough that normally prevents sleep.
- **Lungwort** excellently treats protracted coughs after measles, colds, flu, and whooping cough.
- It also soothes tickling in throat and bronchi, where one cough follows one another repeatedly.

22. **Maidenhair Fern**-*Adiantum cappillus*

- **Maidenhair Fern** is used for bronchitis, asthma, coughs, and broad respiratory disorders.
- It soothes sore throats and drives out mucus,
- It is also useful in treating chronic sinus congestion.

23. **Mullein**-*Verbascum thapsus*

- **Mullein** is a time-honored cough remedy that soothes dry and inflamed throat and bronchi, clears mucus,
- It allays bronchial spasms and shrinks swollen glands.
- It is accurately helpful in colds, asthma, flu, bronchitis, and also emphysema.

24. Boiled **Sesame seeds** and **Sugar** candy in water for 10 minutes. Then filtered the decoction. It is should be taken three times in a day to cure a cough.
25. Boiled **Aniseed**, **Carom** seeds in water and sieved. Add **honey** to the decoction. Taken three times in a day to get relief from a cough.
26. Powdered equal amounts of **Gooseberry**, **Glycyrrhiza glabra**, and **Harad** together. And 1 teaspoon of this powder should be used with 1 teaspoon of sugar and milk three times daily cures a severe cough.
27. Mixed **Maalbar leaf juice** with **Honey** and **Rock salt**. The mixture should be taken two times per day helps to treat a severe cough.
28. Add one gram of turmeric powder to one teaspoon of honey for taking care of a dry cough.
29. Also chewing a cardamom for a very long time bring a cure for a cough.

HERBAL REMEDIES FOR CORNS

Corns and calluses are spots of hyperkeratosis or excessive growth of skin tissue. The skin thickens and hardens. Calluses are usually formed on the soles of the feet and at times on the hands or knees. On the other hand, corns are tiny cone-shaped regions of skin overgrowth that normally formed on or between the toes. They can be either hard or soft. And if they grow between the toes, the dampness of the area keeps them soft. Corns that formed on top of the toes are characteristically hard. The presence of a hammertoe or mallet toe may result to a more serious type of callus known as *intractable plantar keratosis* (IPK). This is the kind of callous formed due to a severe imbalance in weight-bearing, with significantly extra pressure being put on an area of the foot than on others.

These growths can lead to pain and inflammation. Corns particularly may ache and be gentle to the touch. Both corns and calluses typically developed in response to frequent pressure or friction, for instance from putting on of ill-fitting shoes or carrying out certain tasks constantly. Other factors that may initiate the corns and calluses are staphylococcus- or streptococcus-type malady, and an acid /alkaline disparity in the body.

Useful and Healthy Recommendations

- Eat raw vegetables and juices for three days to help in harmonizing the

acidity/alkalinity of your system. *Umeboshi* is a Japanese salt plum that can swiftly balance the body's pH. They are obtainable in health food stores and Asian markets. Take one every three hours for two days.

- Shun fried foods caffeine, sugar, meats and extremely processed foods.
- To take care of corns and calluses, the hard skin should be made soft by adding two tablespoons of Dr. Bronner's liquid soap (also obtainable in health food stores) or mild dish soap to a ½ gallon of tepid water. Just soak your feet in this mixture for 15 minutes. Thereafter, use a soft towel to dry your feet and massage a little of drops of vitamin E oil into the affected spot. After that, apply a special callus file or a pumice stone gently file away the top coating of the corn or callus. Clean the spot with water and mild soap, using a cotton ball, and put a moisturizer on the spot. Do this two times in a

day. Ensure you wear clean white cotton socks after immediately the treatment. This is effective only provided that the callus is not that thick.

- Use a non-medicated corn pad-an oval-shaped foam pad with a hole in the center- around a corn to assist to ease the pressure. Enlarge the corn pad so that it clears the corn by at least one-eighth inch in all areas. Next pour some vitamin E oil to the corn, place gauze square over it to serve as a cover, and wrap up the toe with adhesive tape. You should try to vary between using vitamin E oil and tea tree oil.

HERBAL REMEDIES FOR CRAMPING

Cramping can come about in any hollow organ of the body. Here we are basically concerned with spasms of the digestive tract. There are several causes of cramping which include infection, indigestion or inflammation anywhere in the intestinal tract. Childhood colic, caused by weak digestion, food allergies, and gas formation, is a severe worry for both the mother and the baby. In adults, various irritants can lead to acute cramps, whilst chronic gut toxicity causes cramps associated with *dysbiosis*, colitis, and irritable bowel.

In all conditions, core causes should be addressed frontally while painful spasms are also being taken care of. Antispasmodic herbs can give an easy and non-toxic procedure for calming excruciating cramps and colic. Such herbs are usually nervines also thus providing calming and sedative effects for jangled nerves.

Other desirable herbs are also carminatives; assist in expelling excess gas, and digestive tonics with anti-inflammatory properties. Hidden problems can be enhanced with herbal detoxification programs for the liver and intestines. In taking care of colic, food allergies in the baby, or in a mother who is breastfeeding, required to be recognized and eliminated, pending when the immune system can be 're-regulated' to get rid of these sensitivities. The same also applies for adults.

Herbal Remedies

1. Drink ample of fluids and oral re-hydration solutions because electrolyte loss and dehydration are the fundamental causes of muscle cramps. Drinking liquids such as alcoholic drinks or caffeinated drinks do not contribute towards your fluid intake because they are diuretics which will actually have a negative effect on your system.

2. Stretching your muscles tenderly with little exercise such as riding an immobile bicycle for some minutes before going to bed can aid loosening up and strengthen the muscles. This would definitely reduce the episode or rigorosity of night leg cramps.

3. Anise-*Pimpinella anisum*

- **Anise** is an important infant and child herbal remedy for colic and general cramping.
- It is also Antispasmodic and carminative and relieves nausea, indigestion and bloating.
- It is equally safe, gentle, and tasty herb that can work through the

breast milk.

- It is known to improve appetite.

4. **Caraway**-*Carum carvi*

- This herb is similar to fennel and anise.
- It eases intestinal colic or cramps connected with gas, nausea, bloating, digestive upset and indigestion.
- It gentle enough for kids and also excellent for menstrual cramping.

5. **Catnip**-*Nepeta cataria*

- Catnip is known for relieving intestinal spasm and diarrhea, gas; mild relaxing effect.
- It alleviates stomach upset and indigestion.
- It is harmless for children and the elderly.
- It is particularly effective for intestinal or gastric disturbance of a nervous cause.
- It is a gentle and calming herb that sedates anxiety, relieves fever and eases headaches.

6. Multi-vitamin and mineral supplements may help, but should only be used after seeking advice from a nutritionist or doctor for the suitable dosage. Calcium, magnesium, and potassium, deficiencies are usually the source for night leg cramps.

7. **Chamomile**-*Matricaria recutita*

- Chamomile is an effective antispasmodic and colic herbal remedy.
- It equally soothes indigestion and has anti-inflammatory and antiseptic effects.
- It calms restlessness, insomnia, and irritability.
- It is antidoted effects on the nursing child of coffee or drug use by the mother.

8. **Cramp Bark**-*Viburnum opulus*

- **Cramp Bark** is a powerful antispasmodic than black haw
- It relieves painful cramping in abdomen, stomach, uterus or bladder.
- It also ameliorates back pain and neuralgia.
- It is an effective herb for menstrual cramps and false labor pains. It perfectly helps with leg cramps.

9. **Dill**-*Anethum graveolens*

- **Dill** is exceptionally herb for easing intestinal spasms, cramps, infantile colic, and indigestion.
- It dismisses gas and calms and improves the digestion and also antibacterial action.
- It similarly improves breast milk, which transmits antispasmodic effects to the infant.

10. **Fennel**-*Foeniculum vulgare*

- **Fennel** is tremendously good for stimulating digestion, relieves colic, flatulence, bloating and distension.
- It is also helpful in coughs, as an antispasmodic and expectorant.
- It increases breast milk.
- It is reputed as a longevity herb.

11. **Kava Kava**-*Piper methysticum*

- **Kava Kava** is widely known as a muscle relaxant and antispasmodic for internal organs and muscle tension.
- It is appropriate for sedating pain and relieving the cramp.
- It reduces sensitivity to pain.
- It also strongly reduces anxiety and relieves sleeplessness.
- **Kava Kava** is a mild antiseptic.

12. **Lemon Balm**-*Melissa officinalis*

- Lemon Balm is better for easing cramps and spasms, bloating and gas
- It tackles indigestion, colic pains and gastric acidity with ease.
- It is useful for conditions connected with stress and anxiety.
- It is a good children's herb that soothes irritability, restlessness, and anxiety.

13. **Licorice**-*Glycyrrhiza glabra*

- **Licorice** is a demulcent and anti-inflammatory herb, which reduces the spasms of gastritis or intestinal distress, relieves stomach ulcers and the response of the body to stress.
- It is a mild laxative, which assists in eliminating poorly digested from the body.

14. **Peppermint**-*Mentha piperta*

- Peppermint is a digestive antispasmodic that eases spasm, colic, and spastic constipation.
- It is a carminative, drive out gas and distention, with pain-relieving quality.
- It enhances digestion, stimulates secretions and bile production.

15. **Valerian**-*Valeriana officinalis*

- **Valerian** is a sedative and antispasmodic herb that can relax intestinal cramps and muscle tension.
- It also relieves spasms and pain associated anxiety and emotional disturbance.
- It is suitable for treating cramps with diarrhea, or after eating.
- It also promotes restful sleep.

16. **Wild Yam**-*Dioscorea villosa*

- Wild yam is important antispasmodic for curing cramps in any hollow organ, intestines, stomach and gallbladder spasm.
- It is good for dealing with gas and flatulence, belching, indigestion, and upset from tea.

17. **Yarrow**-*Achillea millefolium*

- Yarrow is a superb digestive antispasmodic, anti-inflammatory and pain reliever herb there is.
- It is good for cramping pains or stomachache, distension, and gas pain.
- It is a sedative and tranquilizing herb that enhances tissue healing.

HERBAL REMEDIES FOR CUTS

Cuts and scrapes can be described as breaks in the skin which are unavoidable in the path of life. They can be excruciating, tampering with movement and activities. Cuts can bleed copiously, particularly if they appear on the head, mouth, face, hands, or feet, where there are several blood vessels close to the skin surface. They can get infected, particularly if they are on the face, hands, and fingers, which are not usually covered with clothing. Cuts can sometimes leave scars on the body. Exceptional attention should be paid to those on the face and lips so that there will not have a lasting defect on the skin. Cuts on the lips mostly need stitches to heal accurately.

Stitches may be needed to close bigger wounds elsewhere to achieve negligible scarring. The more serious the cut, the more fundamental tissues may be implicated and the longer the cut may take to heal.

Herbal remedies for cuts do accelerate the healing.

An individual can treat minor cuts and scrapes at home using basic first aid and herbal remedies for cuts. Although if the pain from a cut is serious, if bleeding cannot be clogged, if tenderness and redness grow around the wounds, if a cut is profound or extensive, or if it occurs on your lips, please do consult your physician or go to the emergency room of the nearby hospital without delay.

Herbal remedies

1. **Beta-carotene:** Take 25,000 international units daily.
2. **Vitamin B6 (Pyridoxine):** Take 50 milligrams per day
3. **Vitamin C:** Take 3,000 to 5,000 milligrams each day.
4. **Vitamin E:** Take 400 international units in a day
5. **Zinc:** Take 50 to 100 milligrams daily.
6. If the cut is on the surface, after cleaning the cut you can cover it up with a combination of **zinc oxide cream** and **vitamin-E oil**.
7. **Calendula gel** or **ointment** stimulates rapid healing of the surface of the skin. It is an excellent choice for cleaning wound. It has been certified by Commission E, a scientific advisory that advises the German government about herbs, for ameliorating inflammation and promoting wound healing.
8. **Clove oil** is rich in eugenol, a substance that is equally an antiseptic and a painkiller. You can shower powdered cloves on a cut to put a stop to infection.

9. **Comfrey roots and leaves** have allantoin, which stimulates cell division and quickens healing of wound and formation of a scar. You should take some fresh leaves and put them directly on your cuts and scrapes. Several commercial cream formulations of comfrey are obtainable various health food stores. However, do not to take comfrey internally.

10. **Echinacea** is also approved by Commission E as a topical cure for superficial cuts. This herb has strong immune-stimulating qualities. You can equally drink a cup of Echinacea tea three or four times daily to strengthen your immune system to fast-track healing.

11. **Goldenseal** has several antiseptic compounds. Therefore you can apply a poultice of crushed **goldenseal root** to any small cuts.

12. **Yarrow** is an excellent herb for stopping the bleeding. Sprinkle powdered yarrow extract onto the cut. Yarrow leaves and flowers have been used as from ancient Roman times for the clotting of blood, anti-inflammatory, and pain-relieving qualities.

HERBAL REMEDIES FOR CYSTITIS

Cystitis is a disease that affects both women and men. The kidneys, ureters, bladder, penis, and urethra all participate in filtration and elimination of waste products of metabolism (e.g. urine) from the body.

Definition of Terms

Cystitis is an infection of the bladder

Urethritis is an infection of the urethra

Acute pyelonephritis is a kidney infection

They are most common in women. Though all of these conditions can also be experienced by men and may be symptoms of severe basic conditions like problems associated with the prostate gland. For all of these problems, there are certain very powerful herbal remedies for cystitis. Urethritis mostly occurs in the men as a result of sexual contact. Several conditions affecting the kidneys, urethra or bladder are categories as *urinary tract infections* (UTIs). Almost 85 percent of urinary tract infections are due to the bacterium that is usually present in the intestines. Cystitis occurrence is much more widespread in women than in men, owing to the close proximity of the vagina, urethra, and anus in females. Whereas cystitis is more common in women and does not pose any serious danger, but in men, it could be a sign of prostatitis. In herbal remedies for cystitis are very popular and numerous herbal remedies for cystitis have been in use for ages.

Regular symptoms Associated with Cystitis

Cystitis is often characterized by a pressing need to empty the bladder. Urination is classically recurrent and painful. And even after urination, there may be an urge to empty the bladder once more. Usually, the urine has a very repulsive odor and it may appear cloudy. Blood may also be present in the urine. If cystitis is not attended to may result in kidney infection.

Herbal remedies

1. **Cucumber juice** is one of the most valuable herbal remedies in the treatment of cystitis. It is very effective as a diuretic. A cup of the **cucumber juice** should be combined with 1 teaspoon of honey and 1 tablespoon of fresh lime juice. Ensure that they are well mixed together. It should be taken three times in a day.

2. One of the best herbal remedies for cystitis and all kinds of bladder infections is **Cranberry**. Good cranberry juice synthesizes hippuric acid in

the urine; this acid adds acidity to the urine, thus preventing bacterial growth. Drink one quart of cranberry juice per day.

NB: You must take pure, unsweetened juice from a health store. You can equally take cranberry capsules with a lot of pure water.

3. Infusion for Curing Cystitis:

1 teaspoonful of **birch leaves** -a natural diuretic that reduces cystitis pain.

1 teaspoonful of **dandelion** -cleanses the liver and flushes kidneys hence easing bladder pain.

1 teaspoonful of hydrangea -good for cleaning the urinary tract

Mixed all herbs together and add boiling water to it. Allow it to cook for one minute. Then sieve. Dosage is two cups daily.

4. Fresh juice of the **flowers of drumstick** is another effective herbal remedy for cystitis. For excellent results, a teaspoon of the juice should be mixed with half a glass of fresh **coconut water**. The mixture should be taken two times daily. It functions as a diuretic in the treatment of cystitis.

5. Consuming a lot of **blueberries** will produce the same result as cranberry juice does in alleviating symptoms of cystitis.

6. Take **Goldenseal extracts** for three days and stop. This is particularly good for bleeding cystitis, due to the presence of antiseptic and antibacterial properties of **Goldenseal extracts**.

7. The **sandalwood oil** is equally seen as valuable substance in treating cystitis. This oil should be taken in doses of 3 drops in the beginning and progressively increased to 10 to 30 drops. However, the effectiveness of the **sandalwood oil** can be increased by blending of 1 teaspoon of **carom seeds** mixed in 1 glass of water, or 10 grams of ginger mixed in a cup of water.

8. **Uva ursi, bearberry**, a sort of cranberry used in small quantities. It should be added to a cup of herbal tea to acts as a diuretic and antiseptic, therefore eliminating E. coli, the bacteria responsible for cystitis.

HERBAL REMEDIES FOR DANDRUFF

Dandruff simply means the shedding of dead skin cells from the scalp. Dandruff is often caused by constant exposure to extreme heat and cold. Dandruff is a normal scalp condition affecting nearly half of the population during the pre-pubertal age. It equally cut across gender and ethnicity barriers. In certain societies dandruff is considered as aesthetically distressing. It frequently causes itching. It is a proven fact that keratinocytes play a fundamental role in the expression and generation of immunological reactions during formation of dandruff. The seriousness of dandruff may alternate with the season as it usually becomes worse during winter. Normally dandruff occurs as a result of skin cells trying to renew themselves and the shedding of the old cells, thus giving rise to irritating white flakes. Certain individuals tend to generate and discard skin cells at a quicker rate than others. Dandruff may as a result of illness, hormonal disorders, trauma, improper diet (specifically the eating of carbohydrates and sugar), and nutrient deficiencies like essential fatty acids- Complex Vitamins, and selenium. There is no known cure for Dandruff, one can only minimize and manage the condition with some powerful herbal remedies. Dandruff is always an embarrassing condition because it is very obvious, and very prickly and sore if not treated quickly.

Factors causing flaky and itchy skin are:

- Ringworm
- Dry skin (although flakes from dry skin are usually smaller and fewer oily than the ones caused by dandruff)
- Seborrheic dermatitis
- Psoriasis
- Hormonal fluctuations; stress; neurological disorders (for example Parkinson's disease); a compromised immune system; individuals recuperating from a stroke or heart attack, irregular shampooing and extra sensitivity to the fungus that may ginger the development of dandruff may make an individual more prone to the condition.
- Cradle cap (mostly widespread in newborns)
- Dermatitis
- Contact dermatitis
- Other contributing factors such as age (Dandruff generally starts in young adulthood and continues all through the middle age) and gender (men have dandruff than women because men have bigger

sebaceous glands that produce oil known as *sebum*).

Herbal Remedies

1. Apply **flaxseed oil**, **primrose oil** or **salmon oil**, they help ease itching and inflammation. They also encourage healthy skin and scalp.

2. Blend two portions of **Asteraceae leaves juice** and 1 portion of **sesame seed** oil. Heat the mixture together and then filter the oil; to become a high-quality mixture. Apply the oil on your scalp and Massage your scalp thoroughly. Then permit the oil to stay for a period of 2 to 3 hours. This approach will help to remove dandruff absolutely.

3. Continue to mix water with the pulp extracted from **Balanites Aegyptiaca** fruit until foam appear. Apply the resulting mixture to hair scalp and wash your hair after some time. This also removes dandruff correctly.

4. **Fenugreek** paste applied on the scalp just one hour before having bath helps to surmount Dandruff problem.

5. Massaging the scalp with **lemon juice** for an hour before having bath helps to trounce Dandruff.

6. **Sour curd** applied on the scalp ten minutes prior to taking bath helps to eliminate Dandruff.

7. **Soap nut** when used for washing hair bring relief from Dandruff.

8. **Indian gooseberries** paste when applied on the scalp before going to the bathroom bring succor from Dandruff.

9. **Hibiscus leaves** boiled in a little amount of water and used in conjunction with **Shikaki** as a hair wash as an alternative to soap and shampoo aid in reducing the menace of Dandruff. This is a complete herbal hair conditioner.

10. **Gram flour** combined with curd and applied on the scalp before taking bath helps to get rid of Dandruff.

11. **Beetroot leaves** when boiled and used for washing hairs helps to remove Dandruff.

12. **Neem paste** blended with **Basil paste** used on the scalp helps to eradicate Dandruff.

13. Apply ground **pigeon pea** on the scalp before going for bath helps to do away with Dandruff.

14. Crushed raw **papaya** paste should be applied on the scalp ten minutes before heading to the bathroom. This is very helpful. This process helps in the exfoliation of dandruff flakes and prevents fungal growth.

Papaya contains an enzyme known as papain which is extremely useful in reducing dandruff and hair fall condition.

15. Bring fresh **Neem leaves** to boil in water for 1/2 hour. Sieve the liquid and allow it to cool; then apply the juice on hair and soak for ten minutes. Wash it off while bathing.

16. Taking kelp does improve the hair growth and heal the scalp.

17. Use Vitamin B complex plus extra Vitamin B6 and Vitamin B12, all the B vitamins are essential to have a healthy skin and hair.

18. Selenium is a powerful antioxidant that aid in improving dry scalp, thus take it.

19. Take Vitamin E because it improves the blood circulation.

20. Take Vitamin A because of its ability to prevent dry skin and enhance the healing of tissue.

21. Take Vitamin C and Bioflavonoids, they are important for preventing tissue damage to the scalp and is a good for healing.

22. Rinse your hair using an infusion of Chaparral or Thyme. It is gentler on your hair.

23. Washing hair with **fenugreek seed paste** prevents dandruff, baldness falling hair, and keeping the hair long, healthy and black. Soak the **fenugreek seeds** overnight in water to become softer and grind in the morning to prepare a paste. Apply this paste on scalp and hair and let it stay on for half an hour. Then wash off.

24. Beat 2 eggs and pour 2 tablespoons of water to it. Wet your hair and then apply the egg mixture on the hair. Massage your scalp and leave the mixture on for 10 minutes to 15 minutes. Then clean the hair with tepid water. This will hinder both dandruff and hair fall problem from you.

25. Soak 4-5 tablets of **camphor** in your **coconut** oil to keep dandruff and lice in check.

26. To get rid of dandruff use the following mixture of one or two times in a week. Allow the mixture to stay for 20 to 25 minutes before washing off with a mild soap. Warm a mixture of 1 tablespoonful of **curds**, 2 teaspoonfuls of **oil** and 1 teaspoonful of **lemon juice** together.

27. Herbal conditioner for dandruff.

1 teaspoonful of **chamomile flowers**.

1 teaspoonful of **lavender flowers**.

1 teaspoonful of **rosemary leaves**.

1 tablespoonful of **vinegar**.

6 drops of **sage essential oil**.

1 pint of **water**.

1 teaspoonful of **burdock root**.

1 teaspoonful of **calendula flowers**.

Bring your water to boil and add the boiled water to the herbs. Infuse for 20 minutes, then sieved and add vinegar to the mixture. Apply to the scalp every day.

28. Prepare a paste by mixing 8 tablespoonfuls of pure organic peanut oil and a half tablespoonful of the lemon juice. Apply the mixture to your hair before washing, and massage it into your scalp. Let it on for ten minutes and then typically shampoo your hair.

29. To clean your hair apply 1/4 cup of **vinegar** blended with 1/4 cup of **water**.

30. Prepare a **celery tonic** dandruff by boiling one liter of water. Once the boiling point is reached; added some leaves and stems of celery. Let it is boil for five minutes. Permit the liquid to settle and then applied to your scalp

31. Boil the **roots** of **beetroot** (specifically the most recommended to tackle dandruff is white) in water. Massage this water on the scalp with the fingertips each night.

32. Water down cider vinegar with an equal amount of water and apply this mixture by mixing it with the rinse water.

33. Made a rinse with 3 tablespoons of dried thyme in one 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.

34. Prepare an herbal hair treatment with a tablespoon of **almond oil** which should be warm lightly. Open the hair to root and apply it directly on the scalp using a cotton ball. Wear a plastic cap on the scalp and leave it on for 30 minutes. Then after this time, you wash your hair. Take note that, this treatment should only be used once a week to remove the scales and enhances scalp. Using the mixture more than once in a week will cause harm to your hair.

Basic Recommendations for a Healthy Scalp

- Eat a balanced diet that contains about 50 to 70% of natural foods.
- Run away from fried foods, flour, chocolate, nuts, dairy products, sugar, and seafood.
- Picking or scratching your scalp would definitely your make dandruff becomes worst; therefore do not pick or scratch.
- Stay clear of soaps, greasy ointments, and creams.

- Do not disregard the condition. Several people do not pay attention until when dandruff and itchy just scratched. Not giving attention to dandruff can lead to accumulation of flaking in creating itchy scalp, thus increasing craving for scratching which may harm, over time, the scalp.
- Consumption of a diet rich in fruit and vegetables. An individual with dandruff should eat a diet of raw foods, principally fruits, and vegetables.
- Shun tea, coffee, refined foods, condiments, and canned food. The person having dandruff should not be eating meat, sugar, white flour, tea or coffee, and processed foods.
- Keep hair and scalp clean so as to prevent accumulation of dead cells
- Brush each day to improve circulation.

HERBAL REMEDIES FOR DARK CIRCLES

Dark circles usually can make a beautiful face appear unattractive. Dark blemishes are formed under the eyes as a result of several reasons. Heredity is considered as one of the fundamental reasons for the formation of dark circles. Dark circles are equally seen to be an indication of unhealthiness. Dark circles are very pronounced as the darkened region around or under the eyes. Besides, there is no other sign to identify dark circles. You may also see water discharge from your eyes in large amount which may later cause dark circles.

Causes of Dark Circles

- **Age:** Ageing is the key factor for the growth of dark circles. As one age, the skin gets dry and the dark circles become very obvious.
- Stress is also observed as another normal cause of dark circles. Dark circles occur as a result of stress that includes: family problems, money problems, excessive workload, and so on. Stress has now become a regular occurrence among the youth which in essence leads to dark circles under their eyes.
- **Nutrient Deficiency**
- Individuals who do not get 8 hours sleep on a day will develop dark circles under eyes.
- **Dehydration**
- An excessive loss of water from the body, do make skin dry and weak.
- Dark circles can also develop as a result unhealthy diet and lifestyle. It is very vital to eat a meal that is high in proteins, vitamins, and minerals, which are exceptionally good for the development of the body. These nutrients should be consumed each day to prevent any types of health-related problems.

Herbal Remedies

Herbal remedies for dark circles are noted to be the best healing routine. It is a natural way of removing the dark blemishes under the eye which will not cause any damage to the skin.

1. Placing of a thinly sliced cucumber on top of each eye for 15 to 20 minutes, two times in a day. This eases stress and makes the eyes to cool down.

2. A combination of **almond oil** and **honey** should be applied on the affected spot each night before going to bed. You will definitely observe extraordinary improvement within two to three weeks.

3. Drink at least two to three liters of water per a day basis. Water is a very vital remedy in this condition and it drives out the toxin out of the body.

5. Tea bags are very effective and excellent in taking care of dark circles. A cold tea bag should be placed on top of each eye for ten to fifteen minutes daily.

6. Prepare a paste of **fresh mint leaves** and mix little drops of **lime juice** with it. Use the mixture on the eyes and the dark circles for 10 to 15 minutes daily and observe the difference between two to three weeks.

7. **Rose water** is regarded as a natural coolant for the body and has been an age long herbal remedy for generations. Put two to three drops of **rose water** on a cotton ball and softly rub on the affected part of the eye for about five to six minutes. The result will be shown in two to three weeks. This method is seen as one of the most effective cures for dark circles.

8. Close your eyes and then cover up your eyelids with slices of **cucumber** or raw **potato** for 15 to 20 minutes. Rinse with warm water. Then remove them; the wetting properties of these vegetables will make your eyes appear cool and in perfect condition.

11. Pound a **cucumber**, squeeze out its juice and refrigerate. Prepare a mixture of **lemon juice**, **lanolin cream**, and **cucumber juice** and use the mixture around the eye for 10 to 15 minutes.

12. Apply lemon juice on the dark circles two times daily.

13. Mixed a paste of turmeric powder paste with pineapple juice; apply to dark circles beneath the eyes.

14. Apply crushed **mint** in the region of the eye.

15. Apply **almond oil** underneath the eyes.

16. **Chamomile** is one of the great herbs against dark circles. This flower that has immense curative power. An individual can drink tea directly daily or one plan of one today one off. Soaked a cotton ball in a

small cold **chamomile tea** and massage your dark circles with it, allow the liquid to dry by itself.

Fundamental Healthy Tips for Dark circles

- The dark circle's treatment should be started as soon as possible to prevent it from multiplying.
- Eight hours of sleep is compulsory for us all, particularly for individuals having dark circles beneath their eyes.
- Minimize your intake of vitamin A, because an overdose of medications like Retin A produces "unwarranted" vascularization.
- Poor sleeping routine, improper eating, stress, and unhealthy lifestyle habits are some factors engineering its emergence.