

Lettuce or Marjoram Inhalation/Steam

This remedy is to be used for congestion of the sinuses, both upper and lower, or for allergies of the head, and nasal stuffiness.

Bring 2 cups of water to a boil in a 2 quart saucepan on a stove top or in facial vaporizer, then reduce to simmer. Add 10-15 leaves of organic spring mix lettuces, which will at first float on top and then sink, or add 1 teaspoon dried or fresh Marjoram herb in place of lettuce for sinus headache/infection or extreme allergies. Place your face directly over the steaming vapors that will shortly begin to rise and place a towel over your head like a tent to capture and hold the steam as it rises, breathing deeply in through the nostrils and out through the mouth for a timed amount of 15 minutes.

Initially there may be great quantities of tearing of the eyes and running of the nose as the stimulating effect starts detoxifying the head and chest, then all passages will dilate and open up as the strong essential oils of the lettuce enter the tissues of the sinuses, reducing stuffiness and/or mucous production.

This is wonderful to experience just before bed to keep breathing open all during the night and then first thing in the morning to clear passages all day. Also provides great moisturizing effect to facial skin, and circulatory benefits to head.

Red Potato Water

This remedy can be used for any and all stomach, intestinal, or colon problems to restore flora and fauna (pH balance), alkalize, regulate loose or constipated bowels, and to remove gas and its cramping.

Thoroughly scrub 1 medium sized red skinned potato and cut into ¼ inch thick slices. Place slices into a quart jar and cover with distilled water for best results, but spring water may be used if distilled is not available. Cap tightly and leave overnight without refrigeration. The next day, pour water off potatoes into a glass container, throwing potato slices away, and begin drinking potato water 1 cup at a time, every hour, storing untouched portions in refrigerator.

Emergency Potato Water

This can be used for immediate alkalizing, such as in the case of severe skin rash, muscle stiffness, nausea from stomach upset, or intestinal disorders.

Thoroughly scrub 1 medium sized red skinned potato and shred with cheese grater into pint (2 cup) glass or ceramic container. Pour steaming distilled or spring water over potatoes and cover tightly. Let stand 15-30 minutes, strain and drink, slowly if nauseated.