

Natural Therapies for Common Ailments

Common Ailments

Headaches, migraines, and head stress
Stomach aches, gastritis, ulcer, gas
Digestive problems
Allergies
Asthma, difficulty breathing
Colds, throat irritation, and cough
Stuffy or runny nose
Kidney, bladder, or urine problems
Gall bladder problems
Constipation
Diarrhea
PMS, heavy bleeding
Menopause
Hyper/Hypo thyroid function
Calming to reduce stress
Sleep promoting
Anti-inflammation for organs
Muscle inflammation
Joint pain or inflammation
Bruises
Wound healing
Bone Healing
Wart reduction
Topical wart and hemorrhoid remedy
Pancreatic problems (diabetes, etc)
High blood pressure
Tumor arresting
Food poisoning, snake bite
Mouth or gum infection
Fever Blister (herpes)
Sticky blood platelets
Body fever or chills
Back or muscle ache
Fatigue, loss of energy
Dry skin conditions
Mental fatigue
Insect Bite

Other Dis-eases

Whooping cough
Calming for children (MDB) (ADD)
Overactive children
Energizing
Anti-depressing

Natural Therapy

B-Complex, Chamomile, red wine vinegar, Peppermint
Centauray, Gotu Kola, Cayenne, Anise, red wine vinegar
Gotu Kola, Ginger, Peppermint, Thyme, Chamomile
Balance, Yerba Santa, Bee propylus/pollen, Real Salt, Alfalfa
Breathe Easier, B-Complex, Golden Rod, Lobelia
Horsetail tea, B-Complex, Blue Flag, Anise, Raw honey
Lettuce or marjoram inhalation, Blue Flag
B-Complex, Sarsaparilla, Cranberry, Relations, Passion flwr.
Gotu-Kola, B-Complex, Alfalfa, Dandelion rt. tea
Thyme, B-Complex, raw red potatoes, Psyllium husk
TNF, red potato water, Golden Seal
Suma, Peace-Luta, Self-Identity, Angelica, pear fruit
Black currant oil, Evening primrose oil, Suma, Angelica
Self-Identity, Rosemary, Cayenne, Kelp
Kava-Kava, B-Complex. Lavender oil
Hops, Sleep Deeper, Chamomile, Kava-Kava
Horsetail, Chamomile, Peppermint
Witch hazel, Chamomile, B-Complex, Lactase
Juniper Berry, Joint Support, Alfalfa, Horsetail, Nettles
Witch hazel, Marigold, Arnica, tobacco leaf poultice
Thyme, Lemon Balm, Golden Rod, B-Complex
Marigold, lemon juice, Potassium, B-Complex
B-Complex, AVF, Horseradish, Cranberry, Myrrh
Latex from dandelion, inside banana peel
Cayenne, blackstrap molasses, B-Complex, Thyme
Hawthorn berry, organic sodium, Grass-C
Red beet, food grade Hydrogen Peroxide, AVF
Sarsaparilla, TNF
Myrrh, Chamomile, Bee propylis
Lemon Balm, L-Lysine, red wine vinegar, beeswax
White willow bark (instead of aspirin)
Thyme tea, Real Salt Bath, pineapple, plum, papaya
B-Complex, mustard plaster, white willow bark
American Ginseng, Nettles-Iron, B-Complex
Extra virgin olive oil, aloe vera gel (topical), vit. E oil
Noni, Marshmallow, Ginko Biloba, B-Complex
Raw honey (top), food grade hydrogen peroxide, TNF

Suggested Therapy

Blue Flag, Anise, Sarsaparilla, Tea Tree oil
Kava-Kave, B-Complex, Passion Flower, Lavender oil
B-Complex, Balance-Wi, SFF,
B-Complex, Noni (morinda), Thyroid HB
Noni (better than St. Johns Wort), Mustard