

# Simple Natural Remedies

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## Colds:

- \* Get extra sleep
- \* Drink fresh citrus water
- \* Eat Citrus (high vit. C)
- \* A simple fast is helpful
- \* Herbal teas (ginger, etc.)
- \* Raw garlic
- \* Gargle with warm salt water
- \* Cough Syrup (1 teaspoon honey + 1 teaspoon lemon) 1 tsp. every 3 hrs.

## Constipation:

- \* Drink 8-10 glasses of water a day
  - \* 2 glasses of warm water before breakfast
  - \* Exercise regularly
  - \* Eat foods that are high in fiber
  - \* Eat ginger to increase peristalsis
  - \* Take a short walk after meals
  - \* Do not eat concentrated foods
  - \* Abdominal massage
- \* Avoid dairy foods, soft drinks, white flour, \*Olive oil retention enema if problem persists  
salt, coffee, alcohol, highly processed foods, and sugary foods.

## Diarrhea:

- \* Avoid dairy products
  - \* Drink lots of charcoal water ((adult 2 T 4/day + 2T each stool – ½ for child)
  - \* Oral Rehydration Drink (1 Liter Water + ½ teaspoons salt + 8 teaspoons sweetener)
- Give every 5 minutes day and night until the person begins to urinate normally.**

## Headache:

- \* Hot foot bath with cold compress to head\* Make sure to drink 8-10 glasses of water per day
- \* Back and neck massage

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## **Influenza (Flu):**

- \* At least 10-12 glasses of H<sub>2</sub>O a day
- \* Eat raw garlic
- \* Deep breathing exercises
- \* Steam inhalation (with eucalyptus leaves or oil)
- \* Hot foot bath/general revulsive/steam bath (see Hydrotherapy syllabus)
- \* Hot salt water gargle (for sore throat)
- \* Avoid sugar & fats
- \* Mild exercise in fresh air

## **Infections (external):**

- \* Make sure to keep infected after clean
- \* Garlic poultice
- \* Simple diet (short fast)
- \* Charcoal poultice
- \* Hot and cold treatment
- \* Drink fresh citrus water (immune system)

## **Laryngitis:**

- \* Rest voice
- \* Garlic tea
- \* Steam inhalation
- \* Hot salt water gargle
- \* Throat compress
- \* Hot & Cold fomentations to throat

## **Menstrual Cramps:**

- \* Eat a simple diet
- \* Avoid arachidonic acid (found in meats)
- \* Ice pack over abdomen
- \* Warm bath
- \* Regular outdoor exercise
- \* Eat foods high in Calcium
- \* Maintain a regular schedule
- \* Hot water bottle to abdomen and/or back
- \* Ginger tea
- \* Leg exercises

## **Sinusitis:**

- \* Drink extra water
- \* Hot foot bath
- \* Charcoal poultice
- \* Steam inhalation
- \* Garlic tea
- \* Hot & Cold to sinuses
- \* Contrast bath to face
- \* Peppermint tea

## **Sore Throat:**

- \* Hot foot bath
- \* Drink a lot of water
- \* Garlic cloves (don't leave in too long)
- \* Heating compress to throat
- \* Avoid sugar and fats
- \* Hot salt water gargles
- \* Charcoal gargles

## **Sprain:**

- R – Rest injured limb immediately
- I – Ice bag or cold water for 20 minutes every hour for 24-36 hours
- C – Compression (apply charcoal poultice under the ace bandage)
- E – Elevate injured limb
- \* After 36 hours do hot and cold soaks or baths

## **OTHER NATURAL REMEDIES:**

**Aloe Vera** : Good for burns and may work as a pain reliever, an anti-inflammatory, anti-itch, and for all sorts of minor skin irritations. Keeps the skin soft so burns and cuts heal better. Aloe increases the amount of blood

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flow brought to the site of the wound or burn, and enzymes that relieve pain and reduce swelling and redness. Contains potent antifungal ingredients.

**Artemesia annua (Sweet Annie):** Used in China to fight malaria; also used to treat parasites. Recommended dosage is as a tea made from two to five teaspoons of herb, 1-3 times daily.

**Cabbage:** Raw cabbage juice is helpful for stomach inflammation and ulcers.

**Capsaicin (red pepper):** Use externally as a pain reliever for arthritis (increases circulation to the area); mix some with oil or lotion and rub into joint area; test on a small area first as some people are sensitive to capsaicin. Also works to stop bleeding on very small wounds; burns terribly so do not use on larger areas.

## **Charcoal Slurry Water:**

\* Mix 1 or 2 Tablespoons of powdered charcoal water and drink, follow with a glass of water

## **Charcoal Water (Suspended Charcoal):**

\* Follow directions for the slurry water but cover and let sit overnight. In the morning you can take the "clear water."

**Comfrey Ointment or Poultices:** Fresh comfrey leaves may be chopped and placed in a stainless steel pan. Pour over them extra virgin olive oil. Place in oven if possible and simmer on very low heat until the leaves are dry and crispy (they will turn dark brown). Strain off oil. Works well as an antibiotic ointment. Speeds healing of cuts and wounds; takes out soreness. You may add a little beeswax (if available) to the preparation to make it thick.

**Corn silk tea:** Corn silk may be made into a tea and drunk as a diuretic

**Cornstarch:** For diaper rash, dust cornstarch on affected areas, keep area dry; sunshine on area helps dry it up also.

## **Extract of Eggplant Remedy for Hypertension:**

- Take 3-4 large eggplants (long, slender variety), or 1 medium eggplant (round variety).
- Cut into ½" cubes and place in a ½ gallon container.
- Cover with clean water.
- Let set in refrigerator for 5 days.
- On the fifth day and daily thereafter, take your blood pressure and record it. Then drink 1 ounce of eggplant liquid.
- Repeat daily until normal pressure.
- When the blood pressure reaches 120/80, you can stop the procedure but restart if needed.
- This should be used in addition to a good low fat, low salt, diet and exercise plan.

**Garlic Gargle (for sore throat):** Blend 1 cup hot water with 2 cloves garlic, 1 Tbsp. lemon juice, and ¼ teaspoon salt. Gargle and swallow solution every 1-2 hours.

**Garlic Drink:** Chop several cloves of garlic into a cup. Pour boiling water over it and cover cup. Let steep for about 5 minutes. May add salt or other seasoning. Drink; chew garlic.

**Garlic as Antiseptic:** To speed healing of a wound or infection, blend garlic cloves with water that has just

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been boiled. Let steep until just warm. Strain. Dip a clean cloth in liquid and apply to wound 3 times a day to speed healing and inhibit infection. Or, leave on as a compress.

**Garlic Oil:** Chop garlic fine and place in a container (glass if possible). Pour extra virgin olive oil over the garlic and let steep for at least 2 weeks. Strain off oil. May be used for ear infections; heat a few drops in a spoon and pour into ear; plug ear with cotton and leave overnight. May also be used on skin infections.

**Ginger:** An antinausea and motion-sickness remedy. Ginger is at least as effective as Dramamine, the standard motion-sickness drug. Take one half teaspoon of powdered ginger shortly before sailing, flying, or driving to reduce symptoms of vertigo, nausea, and vomiting. Ginger is also good for indigestion, mild stomachaches, and loss of appetite. Ginger soothes the sensitive lining of the gastrointestinal tract and also aids digestion by increasing peristalsis.

**Guava Leaf Tea:** Use as an antiseptic for skin or mouth.

**Oatmeal:** Can also be soothing to irritated mouths during illnesses such as the measles. Cook oatmeal in a large amount of water. Strain well. Hold liquid in mouth to coat before swallowing

**Oatmeal Baths:** Soothes irritated itchy skin; gives relief from itching of eczema and dermatitis.

## **How to give oatmeal baths:**

Blend oatmeal to a fine texture. Place in a cloth bag in water. Let water run on it or squeeze to soak and release substances into the water. Use 2 cups oatmeal per 30 gallon tub of water. Water should be a neutral temperature. Soak the affected body part or entire body if necessary and possible for 15 to 30 minutes. Do not rinse the skin but dry the skin as you leave the water. Repeat the bath twice a day and prolong the duration if necessary.

**Oatmeal Drinks:** Very healthful for the sick. Soak 1 cup of oatmeal in 2 cups of water over night. Pour the clear water into a glass and drink it in the morning as you wake up.

**Onion Poultice** (good for insect bites and stings): Apply shredded, raw onion wrapped in thin cotton cloth to the back of the neck. Remove after 20 minutes and place a warm towel on the same spot.

**Peppermint:** Sniffing peppermint oil is reported to relieve nausea. Peppermint oil is found to repel adult mosquitoes when daubed on the skin and also kills larvae when spread as a film on water.

**Pineapple:** Contains an enzyme called bromelain which is helpful for digestion. For digestive problems try eating some pineapple before you begin the rest of your meal.

**Potato:** Grated raw potato can be used as a poultice for boils.

**Salt:** Heat salt in the oven and place in a cloth bag. Hold bag to painful joints for at least 30 minutes. Also can be placed over ear for ear infections.

**Salt Compresses:** To treat swollen joints—add a cup of salt and a teaspoon cayenne pepper to 1 pint of boiling water. Soak a cloth in this solution, wring it out, and apply to the problem area. Cover with a towel to keep the heat in and leave for about an hour.

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## **CHARCOAL**

Make your own: Make a wood fire in a hole in the ground. After the fire is burning well, cover it with a piece of tin. Then pile dirt on the tin to keep the air out. To use as medicine pound the charcoal into pieces and then grind the charcoal into fine powder. Make sure to store it in a dry, airtight container.

### **Poultice**

#### **Supplies:**

- \* 3 parts charcoal powder                      \* 2 parts warm water                      \* 1 part corn starch or 1-3 parts ground flax seed
- \* bowl (charcoal will stain plastic bowls)                      \* wire whip or fork
- \* piece of old cotton cloth                      \* plastic wrap                      \* bandage tape
- \* long strip of cloth to tie on poultice                      \* Saucepan for heating mixture if using cornstarch

#### **Directions:**

1. Briskly whip charcoal powder and cornstarch/flaxseed into water with whip or fork. If using cornstarch heat over low heat stirring constantly until charcoal mixture becomes the consistency of thick jelly. A little extra water may be needed to get this consistency. Flaxseed will make an oily, jelly-like paste without heating.
2. Cut material to size desired for poultice. Leave room for a 1 inch margin between charcoal and poultice edge. Place cloth on plastic wrap cut to the same size.
3. Spread enough charcoal mixture on material to cover cloth—about as thick as spreading creamy peanut butter on bread. Be sure to leave a 1 inch margin to allow room for tape.
4. Seal outer edges of poultice with tape or staples if available.
5. Place poultice gently on area. Secure well with an ace bandage, strips of sheet material, or pinned towel. Leave on 3-4 hours or overnight.

### **Poultice Schedule for Bee Stings, Spider and Snake Bites**

<b>Problem</b>	<b>Multiple Bee Stings</b>	<b>Spider Bite</b>	<b>Snake Bite</b>
Initial Treatment	½ to 1 hour charcoal bath  Charcoal poultice	½ to 1 hour charcoal bath  Charcoal poultice	* Wash area very well * ½ to 1 hour charcoal bath * Charcoal poultice * Drink 2 large spoonfuls of charcoal in water every 2 hours for 6 hours
Continuing Treatment	Change poultice every 10 minutes for one hour  Leave on for 8 hours	Change poultice every 30 minutes for 8 hours  Then change every 2 hours for 8 hours  Then change every 2-4 hours until healed	Change poultice every 10-15 minutes until swelling and pain are gone  (Add ice packs if pain and swelling persist)  Drink 1 small spoon of charcoal in water every 4 hours for 24 hours

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## Charcoalpoulticesfortheeye

Letter 119, 1896—My left eye gives me considerable trouble... After this I had a very painful time with my whole head. My cheek was swelled large and hard. Ella White was with me at the time, and she pounded up charcoal for me. With this pulverized charcoal and hot water I treated my face for hours, till the soreness and pain was killed. This is one of (the) very best and most effectual remedies for the stomach—anything like malaria— to eat dry or in hot water.

## Pulverized,aMostBeneficialRemedyUsedwithSmartweed

Letter 82, 1897—One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed (1tsp to cup), boiled, it is still better. I have ordered this in cases where the sick were suffering great pain and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient has slept, the turning point came, and recovery was the result.

To students, when injured with bruised hands, and suffering with inflammation, I have prescribed this simple remedy with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case. This works like a charm.

I expect you will laugh at this; but if I could give this remedy some outlandish name, that no one knew but myself, it would have greater influence.

## BenefitsofCharcoal

MS162, 1897—One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed tea, it is still better. I have ordered this in cases where persons were suffering great pain, and when the physician has confided to me that he thought life was about to close. Then I suggested charcoal; the patient slept; the turning point came, and recovery was the result. For bruised hands with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. The most severe inflammation of the eyes is relieved by a poultice of charcoal, put in a bag and dipped in water, hot or cold as will best suit the case. This works like a charm.

## UsedinPoultices

Letter 72, 1898—Brother Thompson's son was one of these. He brought his boy to Cooranbong with a swollen knee. The lad had fallen on a stone, and the knee was seriously injured and much enlarged. The doctors had attended him, but had done him no good, and he was then going about with a crutch.

Sara took the case in hand, and worked with him in our own house twice a day. About an hour each day was occupied in giving him treatment. It was a stubborn affair, but for weeks most thorough treatment was given him with hot and cold applications, and pulverized charcoal dipped in hot water and used as a poultice. He is a very bright promising lad and this accident was a great affliction to his parents; but the swelling is now removed, and he is as active and healthy a child as you would wish to look upon. We had this lad sit at our table for three months, and we have our reward in seeing him restored to health. We thank the Lord for this.

## CharcoalforBadBreath

Letter 115, 1898—But Brother \_\_\_'s health has been sacrificed to earnest, continuous labor. In his zeal and earnestness he has lost sight of self. He wished to converse with me, but what an offensive breath he had. I tried not to inhale it, but I think I did, for I was taken sick like one poisoned. I talked with him seriously, and told him that he had been doing great injury to himself. I told him that for the last twenty years the Lord had been giving me messages to give to our ministering brethren, and to students who were preparing to give Bible readings and to become canvassers. The Lord would have them take care of themselves as faithful sentinels.

I think much of Brother \_\_\_, but he has made a mistake in feeling that he must do all the work he could possibly accomplish. At times he would become so weary that he could not eat as he should, and would take food that was wholly unfitted for his wearied condition. He kept late hours, and often did not get to rest before eleven or twelve o'clock at night. This irregularity was seriously felt by his wife. She became nervous, and was losing her health and vitality. I showed him that these habits had been all wrong, that he must call a halt. I told him it was necessary for us to know ourselves. I said, You are now a sick man, and you feel your need of a physician. We are not wise in the knowledge of others, but we know that in our own individual selves there are great deficiencies. The wisest have to learn their lessons by patient experience. You have not treated yourself as you should, but have disregarded the laws of health by your terrible neglect of yourself. Something must be done. That offensive breath must be purified. Get pulverized charcoal, soak it in water, and drink this water freely. Eat no vegetables. Eat fruit, and plain, well-baked bread. Take light exercise, and at night wear a charcoal compress over the liver and abdomen.

## GoodResultswithBoils

LLM, p267—Elder Haskell has suffered a great deal from boils. He has taken treatment at the Sanitarium several times, but most of his treatment he has taken in his room in our house. Our house has been his sanitarium. He has been afflicted continuously, and has kept to his bed most of the time. Pulverized charcoal poultices have been used with good results. His wife is a good nurse, and she has taken faithful care of him. He has thought several times that he had overcome affliction, and that he would recover rapidly, but as soon as he began to stir around, boils would again appear. His countenance looks clear and wholesome for a man of his age.

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