

## **Natural Remedies for Common Ailments**

Did you know that there are thousands of natural remedies derived from simple natural products that can be used in place of many of the pharmaceutical drugs that are routinely purchased for treating common ailments? Take, for instance, some of the over-the-counter pharmaceuticals like Tylenol, Ex-Lax, Pepto-Bismol, Alka-Seltzer, and their competitors. Are these the only remedies (not to mention the hundreds of prescription drugs sold for these ailments) available for headache, constipation, and upset-stomach, or are there other methods of treating these problems, perhaps, of which many people have never heard?

Just this week I received several periodicals which offered miracle cures for common ailments. One magazine in particular, written by Dr. Julian Whitaker, M.D., who is a major voice in the alternative medicine movement, had the following words written in big red letters on its cover: "147 MEDICALLY- PROVEN MIRACLE CURES." Even some of the major universities and medical centers, like Harvard University, the University of California at Berkeley, and the Mayo Clinic, are joining the bandwagon of believers by offering subscriptions to their very own health and healing newsletters. Friends, it is more obvious than ever before that health awareness is escalating in America.

A few weeks ago, I gave two health talks on my radio show entitled, "Uncommon Remedies for Common Ailments," in which I shared many interesting, and sometimes out-of-the-ordinary, remedies for headaches, sore throat, arthritis, ulcers, cold feet, migraines, and even cancer. Since the program was an overwhelming success, I thought I would share with you some of the insights I had shared with my listening audience in this article of "Natural Remedies."

The following information on natural remedies is found in the book Heinerman's Encyclopedia of Fruits, Vegetables, and Herbs by John Heinerman. Even though I cannot support all the advice offered in this book, I have, nevertheless, found much of its information quite valuable. The purpose of this article, therefore, is to enlighten and inform you about natural remedies for common ailments that you can not only use on yourself, but also on someone else.

### **ANGELICA FOR FEMALE DISORDERS**

Let us begin with an ancient Chinese remedy. The herb angelica (also known as dong quai) has been used for quite some time for treating all kinds of female problems. In his book, Secrets of Chinese Herbalists, Richard Lucas tells about the benefits of angelica for a variety of female disorders. Lucas recommends angelica, or dong quai, for treating anemia and weak glands, regulating monthly periods, correcting hot flashes and premenstrual symptoms, and for assisting women through the difficult times of menopause.

Lucas recommends women to take two capsules of dong quai three times daily for severe problems, and less, for more moderate problems.

One woman from San Raphael, California, wrote: "During most of my adult life I've never been bothered with the usual PMS problems that other women generally suffer from. So when I entered menopause I thought it would be a snap. Boy, was I wrong. All my internal female

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organs ached...I couldn't sleep decently, because I would wake up in the middle of the night with terrible cramps.

"...A Chinese herbalist...suggested I take 2 capsules 3 times a day until all my spasms stopped and my organs no longer hurt. Then keep taking only 1 capsule a day throughout the menopause phase until it was finished. The dong quai worked like a charm and my miserable feelings disappeared in a little over a week." (Encyclopedia of Fruits, Vegetables, and Herbs, p. 7).

### **THE BENEFITS OF APPLES**

Apples or apple juice, as reported by Canadian Scientists in the December, 1978, issue of Applied & Environmental Microbiology, could fight off stomach flu and polio virus. Also, two British doctors discovered that children fed slices of fresh apple had a substantial decrease in dental cavities. Did you also know that apple cider vinegar has been used successfully for the following ailments?

"Helps heal burns when soaked gauze is applied to injured areas.

Relieves pain and itchiness when rubbed on insect bites and stings.

Removes dandruff when used as a hair rinse after washing hair.

Eliminates body odor when used in place of an underarm deodorant.

Cures athlete's foot when sore feet are soaked in strong solution." (Ibid., p. 10).

### **BLEMISH REMOVER**

An unusual remedy for bothersome blackheads, pimples, and general facial and lip sores is the following: Tie together two bundles, twelve each, of trimmed, large asparagus spears. Stand butts down in boiling water up to 1-1/2 inch below the tips. Simmer uncovered for half an hour until tender. Save the asparagus water and cleanse the face morning and night with it. You can eat the spears, too.

### **HEALING FRUIT**

Heinerman also writes about a popular Central American remedy of cooked banana pulp for treating diarrhea. The mashed fruit pulp can also be bound around the neck and held in place with a cotton wrap to relieve sore throat and to reduce swelling of the adenoids.

### **NATURAL HEADACHE RELIEVER**

Another simple remedy, according to the author of this very interesting book, is using basil and witch hazel tincture for headache. Just put one teaspoon of dried, ground basil into 1 cup of hot water for 10 minutes, then strain. After the liquid has cooled, add 2 tbsp. tincture of witch hazel that has been previously refrigerated. "Apply the solution as a compress to the forehead and the temples, for relief you wouldn't believe possible." (Ibid., p. 21).

### **AN AID IN WOMEN'S COMPLAINTS**

Another herbal remedy which is highly recommended for excessive menstruation and in treating prolapsed uterus is bayberry bark. Two to three cups of tea a day are also of value for stopping bleeding in the lungs, bowels, and uterus.

### **LOWERING CHOLESTEROL AND TRYGLICERIDES**

"The American Journal of Clinical Nutrition of October, 1983, cited a number of recent studies that all varieties of beans can definitely lower serum cholesterol and triglyceride levels in the body substantially....A possible dietary pattern to follow to bring this about, would be to eat a bowl of oatmeal for breakfast three times a week and bean soup [or beans of any variation] several times for lunch." (Ibid., p. 26).

### **CRANBERRY FOR KIDNEYS**

Some of you have undoubtedly heard that cranberry juice is good for any kind of kidney problem. A number of medical journals have reported on this fact. "One report noted that 60 patients with urinary tract infection were given 2 cups, or 16 fl. oz., of cranberry juice per day for 3 weeks with over 70% of them showing moderate-to-excellent improvement in their conditions. The Journal of Urology for 1984 revealed 'that cranberry juice is a potent inhibitor of bacterial adherence' in the urinary tract.

"Cranberry juice is also good for dissolving kidney stones. So said a U.S. Navy doctor in the January 4, 1963, New England Journal of Medicine. He wrote then, 'I have found that an 8-oz. glass four times daily for several days followed by one such glassful twice daily is valuable therapy for stone-forming patients.'" (Ibid., p. 35).

### **RASPBERRY LEAVES FOR EASY BIRTHS**

My wife is a believer in the benefits of raspberry leaf tea for easing childbirth. In fact, she has made a believer out of some of her friends, who followed her advice and had easy childbirths, too. During each of her four nine-month pregnancies, she regularly drank raspberry leaf tea, because we had read that the tea would ease delivery. Heinerman verifies this on page 38 of Encyclopedia of Fruits, Vegetables, and Herbs, where he states: "A mother took raspberry leaf tea to make her deliveries a lot easier. Prior to this, a great deal of pain had attended her labors. But when she switched to using the tea throughout her pregnancy, little or no pain attended her. She relates that in the recovery room with her 'were several other young women who had just given birth also, moaning and groaning,' but she felt fine.

"She took a cup each day during her 9-month pregnancy, and about 4 cups of strong, hot tea prior to entering the hospital. Contractions started in just a couple of hours and her delivery was a snap and virtually pain-free. To make a tea, bring four cups of water to a boil. Remove from heat and add 6 tbsps. of dried raspberry leaves. Steep 40 min. Drink cool twice daily to help curb morning sickness and hot just prior to entering labor. The tea is also excellent for curbing nausea and morning sickness." (Ibid., p. 38).

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I know the above information is true, because I witnessed my wife give birth to our children. Her labor lasted for no more than an hour or two each time, and her pain was much less than what other women experience. In fact, her labor while birthing our second child, was only minutes. There is an herbal formula that my wife took 5 weeks prior to delivery called Red Raspberry Combination by Nature's Herbs. She took 6 capsules a day of this product, which used to be marketed as The 5-Week Formula, only during the last 5 weeks of her pregnancy, since the product contains pennyroyal—an herb that can cause a woman to abort. Therefore, don't ever take pennyroyal during pregnancy. Five weeks, and only 5 weeks before her due date, did she start taking the Red Raspberry Combination. The formula will prepare the birth canal for delivery and significantly ease childbirth. But, once again, I advise you to read the ingredients of any herbal product you are taking during pregnancy to see whether pennyroyal or any other warnings for pregnant women are listed on the label. Raspberry leaf tea, by itself, is perfectly harmless, yet beneficial, and can be drunk throughout a woman's pregnancy.

### **A FANTASTIC ULCER HEALER**

If you are suffering with a gastrointestinal ulcer, you may want to try relieving the symptoms and healing the ulcer with raw cabbage and raw cabbage juice. John Heinerman says, "Half a cup, morning and night, of raw juice is a terrific antacid remedy plus a great ulcer healer." Another herbal remedy that has proven to be beneficial for healing peptic ulcers is deglycyrrhizinated licorice (DGL) taken two to three times a day, between meals, for eight to sixteen weeks.

### **KEEPING YOUR FEET WARM**

Cayenne pepper (capsicum) has many uses when it comes to alternative remedies. The herb has been used to heal a bleeding ulcer, strengthen a weak heart, prevent blood clots, stop bleeding, relieve arthritis, and lower cholesterol. But there is yet another natural use for which cayenne pepper works unbelievably well and of which you may not have heard—to keep your feet warm. Just sprinkle some cayenne pepper in your socks in the winter, and your feet will stay nice and warm. I have recommended this to thousands of people on the radio, and, to my amazement, we have received many favorable testimonies on its effectiveness.

### **WATERMELON REMEDIES**

You might say I have left the best for the last. I have known for many years that the seeds of watermelons can be used for their diuretic activity and soothing effect on the bladder, but Heinerman's book offers a couple more uses for watermelon that are truly extraordinary. "In South American countries, the thick rind is bound around the forehead and temples to relieve excruciating migraine headaches. Or else the rind is mashed into a pulp and applied as a poultice directly over the liver or gall bladder to relieve pain and suffering in either of these organs." (Ibid, p. 210).