

# My Home Remedy Cheat Sheet

*Treat at first sign of illness for best results!*



- **Acne:** Liver support- herbs or teas like dandelion root, milk thistle extract, fennel...can do a bitters spray.
- **Athlete's Foot or Fungal Infection:** raw garlic press, tea tree or lavender oil.
- **Bladder Infection signs:** D-mannose- 4 capsules at first sign, and follow up with dosage according to package. Don't overdo the water intake...allow the mannose to do its job. French Onion Soup or onion & presses every 2 hours for swelling/irritation (see chest congestion). Prevent with 1,000 mg. vitamin C per day, or marshmallow (althea) teas. Infections after antibiotic use-usually fungal. Treat with Bee Balm/Mondarda Tincture, and cranberry/blueberries fruits/juices.
- **Bleeding:** Turmeric to stop bleeding. Pressure over the area. *See Cuts*
- **Bruises:** arnica gel, chamomile eo or used chamomile tea bag over the area, witch hazel.
- **Burns:** IMMEDIATELY immerse in cool water, and then remove all clothing/shoes. Assess:
  - If a chemical burn, know the chemical and use either baking soda for acid burns and vinegar for alkaline burns to neutralize them.
  - Debris: pack area with scalded plantain leaf poultice only, and remove after 2 hours...repeat until debris is gone.
  - **Keep moist. Keep cool-**may put honeyed or salved burned area in plastic bag and submerge in cool water for long period to stop pain.
  - Smaller areas: Fresh aloe taped over area or raw honey. Lavender oil. Salve with fresh honey. Cold comfrey tea (or mix powder into salve). Zinc ointment (Balmex)
  - Blisters/Raw Skin (2<sup>nd</sup>/3<sup>rd</sup> degree)- Apply heavy honey/salve over burn, then cover with scalded wilted fuzzy leaf (comfrey, plantain, or burdock are great...can freeze fresh for future use) Cover with gauze roll, and then moisture barrier (like chux pad or wax paper). Change 2x a day-every 12 hours, and keep covered until new skin toughens in some. Can make sock dressing to cover all.
  - Keep hydrated with juices, teas, etc.
- **Canker Sore:** Mix 2 oz. topical Hydrogen peroxide, 2 oz. water, and 1 t. each baking soda and sea salt. May also add DMSO and cayenne or turmeric. Swish 4x per day. Up magnesium and zinc intake. Cover sore with used black or green teabag.
- **Car/Motion Sickness:** Cocculus Indicus homeopathic for car sickness worse with sight or smell of food. See Dosage Instructions on last page. Kali Bichromicum: sea sickness. Nux Vomica.
- **Chest congestion:** warm **onion presses**-warm thick sliced onions in skillet briefly or in microwave for 10 seconds or so. They heat QUICKLY! Use caution not to heat to the point of burning skin. Wrap in paper towels, or in large bandana, cover with wax paper or plastic, and then a hot rice pack. Hold to chest or back over lungs for 30 mins, or as long as tolerated. Will turn skin red. Repeat every 2 hours. 1,000 mg vitamin c up to 3 times daily to loosen phlegm. **Grapefruit peel**

- tea-** squeeze the juice of a grapefruit into a pan, and add about 2 c. water. Add peeling. Boil for 5 minutes, and strain/drink while warm. May add honey. See cold sock treatment in Fevers. *See: Coughs, Colds.*
- **Cold:** Make hot spiced cider in crock pot. Make up cough syrup (see below). Elderberry syrup, Echinacea tincture. Extra vit. C. Heavily use fresh garlic, fresh turmeric. Eucalyptus rub on chest. Elevate pillow. Add rabbit tobacco tea to humidifier. Chicken soup with onions, garlic, turmeric, pepper, etc. *See also: Chest Congestion, Coughs, Sinus Congestion/Clogged Ears..*
  - **Constipation:** Prunes, prune juice, soluble fiber (cloudy apple juice), psyllium husk. Glycerin suppositories are non-habit forming, and a good pharmacy will have them in children's sizes. High doses of vitamin C or magnesium. Coffee.
  - **Cough:** First sign-Hylands Cold and Cough, day time and night time formulas. **Cough syrup** with honey, lemon, turmeric, cinnamon, fresh garlic cloves, fresh thumb of ginger. High doses vitamin C. Eucalyptus oil on chest, rabbit tobacco in pillow w/ eucalyptus eo on it. *See also-chest congestion.*
  - **Cuts:** Stop bleeding with turmeric or Cayenne (the latter burns!). Clean and assess: can butterfly bandage, then superglue/salve. Cover and keep moist with salve for the first week for best healing. On day 2, uncover, and allow airflow of an hour, increasing time each day. Apply salve liberally to keep moist. On head: can tie hair together over cut like sutures to hold sides together. Plantain for early treatment...comfrey can heal outer layer too quickly. NO ALOE: can trap bacteria. Hydrogen peroxide & tea tree slow healing and skin repair, and can split a healing wound back open. Comfrey is super fast superficial repair. *See wound powder in Infection/Boils.*
  - **Diarrhea:** 4 capsules (or 1 t. mixed in applesauce) of activated charcoal. Probiotics ("back door" on a damp q-tip), or 4 by mouth 30 minutes after charcoal goes in. Repeat until symptoms subside. Give juices, herb teas (ginger), etc. liberally to keep hydrated. Baths are also helpful for hydration.
  - **Ear Infection/Swimmers Ear:** Cut end off of onion, and scoop off fresh juice. Drop into ear and cover with warm rice bag. Half & half alcohol/ vinegar.
  - **Fevers: Cold socks therapy-** 1 pair cotton socks, dipped in cold water & wrung out. Warm feet in bed, or in warm bathwater (dry feet). Put on cold socks, followed by wool socks, and tuck into bed. Will warm, decongest, and pull fever down by stimulating immune system.
  - **Flu:** *See "Colds"* for first signs and helpful therapies. Elderberry syrup, Echinacea tincture. Give juices, herb teas, etc. liberally to keep hydrated. Baths are also helpful for hydration. Severe flu in non-pregnant adult: softgel caps of oil of oregano. *See also: Diarrhea, Throwing Up.*
  - **Gall Bladder Attacks:** initially feels like gassy discomfort in upper stomach area, swelling to labor pain status.
    - **For acute cases,** take l-taurine, milk thistle, beet root powder (any/all) and eat small servings of beans or applesauce every hour or until pain subsides. Drinking hot/warm spiced apple cider also helps. Deep, slow breathing-down into your belly. May also push air forcefully out through the nose about once per second, establish a rhythm, and breathe this way for 20 minutes if possible-don't do on a full stomach. This causes the diaphragm to massage and break up stones. Total relaxation (think labor pain management): relax

back of tongue, and eyes. Do not eat during most painful parts of an attack...the stone may block the pancreatic duct and eating/drinking may cause a surge of enzymes which is extremely painful.

- **To prevent:** include soluble fiber from apples, pears, or beans regularly in the diet. Digestive bitters regularly.
- **Headache:** tension-diluted peppermint oil rubbed over area (be careful not to get in eyes). All other headaches- 4 capsules of turmeric + pepper. Up magnesium intake! Rosemary tea or eo. See also: Sinus Pressure.
- **Heart Attack:** aspirin & magnesium water (2 liters carbonated water, ½ t. baking soda, ¼ c. milk of magnesia)
- **Indigestion:** Ginger tea, bitter herbs (tea or tincture...can be sprayed into mouth).
- **Infection/Boil:** Turmeric & black pepper mixed into a paste with oil (stains yellow). Poultice using Castor Oil, Plantain, and Garlic. For wet/open wound use **wound powder** with any of the following herbs: usnea, turmeric, slippery elm, plantain, goldenseal, comfrey.
- **Low Iron Levels:** Yellow Dock root tincture or strong tea. Chlorophyll supplement.
- **Lymph Nodes Swollen:** Red root tincture (1 drop), wet cotton ball with castor oil and cover a plastic bag containing a warm wet washrag or rice bag. Garlic press - crush, and wrap in a small paper towel-oil the paper right over the garlic and apply 1 minute...remake hourly and can be passed from one person to the next.
- **Muscle Soreness:** Oil rub with cayenne, eucalyptus. Arnica, Epsom salt bath.
- **Pink Eye:** (or goopy eye from colds) Coloidal silver, breastmilk, or just standard 'eye drops' contain antibiotics that should clear it with repeated applications. Used chamomile teabags. **Always treat both eyes.** Wash hands frequently...don't touch eyes. Coconut oil swiped over eyes before sleep prevents build up of gunk.
- **PMS or Period Complaints:** Magnesium supplement, B vitamins, and Zinc for PMS. Irregular cycle: Vitex until stabilized. Headaches: warm spiced apple cider; liver herbs or teas (dandelion root, milk thistle extract); eat more apples, pears, beans.
- **Poison Ivy:** Salve (with plantain). Run very hot water over the area as needed to quell itch. Homeopathic Rhus Tox.
- **Sinus Congestion/Clogged Ears:** Rub diluted peppermint oil around ears/lymph nodes, Fenugreek tea. Hot shower focusing on face/forehead, clavicles (lymph drainage), sides of neck below ears, and back of neck. May also massage w/ peppermint oil. Try red root tincture, rabbit tobacco steam, or steam tent with rabbit tobacco tea, peppermint/eucalyptus/rosemary oils.
- **Sore Throat:** Fresh garlic clove bitten in back teeth, and hold for a minute or two. Toast spread with melted butter, and fresh chopped garlic on it. Hot spiced apple cider. Amber beads on.
- **Spider bite:** Itching/swelling/pain-use an antibacterial essential oil like tea-tree or lavender. Ice the area immediately, and as long as possible to restrict/slow blood flow out of bite area. Use essential oils intermittently with plantain presses to draw and neutralize venom.
- **Staph:** Usnea used as a thick paste (ground and mixed with oil or water). Plantain poultice 24/7, and a just warmed raw potato would be good drawing options. Fresh garlic over the area for several minutes, alternating with plantain or potato.

- **Stings-ant, wasp, bee:** homeopathic Apis. Apply Milk of Magnesia or rag soaked with ammonia or alcohol. Oil of oregano on sting site. May also use poultices of plantain, fresh chopped garlic, fresh onion, or Echinacea (can blend in a little hot water and apply to site). **Allergic reactions:** bite a clove of garlic and hold in mouth, 1,000 mg vitamin C (in liquid if possible), wait 20 minutes, and follow with 4 capsules activated charcoal. Repeat hourly for up to 3 hours. Apis Mel. at high potency.
- **Stomach Bug:** 4 capsules (or 1 t. mixed in applesauce) of activated charcoal at first sign. Or as soon as puking subsides. Ginger tea.
- **Stye/chalazions-** 90-94% caused by strep bacteria. Up raw garlic intake. See pink eye regimen. Coconut oil massage, or 'tear free' baby shampoo massage.
- **Sunburn:** Brew strong tea (green or black), and blend half/half with aloe and a few drops lavender eo. Soak washcloth, and lay over area, cover with moisture barrier (plastic/chucks pad/wax paper). Or may spray on. Keep person hydrated with juices, teas, gatoraid, etc.
- **Throwing Up:** Nux Vomica. Dishpan by bed, cover sleep area and pillow with towels. 4 capsules or 1t. charcoal mixed in applesauce. Ginger tea, juices, etc. to keep hydrated, or baths.
- **Tick bite:** Ledum 200c first day, and Hypericum 200c the following day. Low dose ledum (6c) 3 pellets can be dissolved in small spray bottle and sprayed on clothing to repel ticks.
- **Upset Stomach/Nausea:** Ginger tea. If stomach bug is suspected, take 4 capsules of activated charcoal. Follow up 30 minutes later with probiotics. Digestive bitters.
- **Yeast or Vaginal Infection:** Barely bruise a fresh clove of garlic. Tie it into the center of a piece of cheesecloth with a long cotton string. Dip in yogurt. Insert overnight. Repeat night 2 with a small slit in a fresh clove. Repeat night 3 with 3 small slits.

**Homeopathic Dosing Instructions:** *for homeopathic remedies of any kind that are in pillules.* Ignore bottle instructions. 1 pillule at first sign, and redose ever 15 minutes if no change until relief is felt (up to 4 pillules). The number you take is your effective dose. Repeat initial dosage amount only at return of symptoms.

If no change, then look for alternate remedy.

