

Natural REMEDIES

TOOTHACHE REMEDY

1 tsp. charcoal powder
1/8 tsp. cayenne pepper
Peppermint oil for mixing
Gauze for holding mixture

ONION POULTICE

1 cup of chopped onion
½ cup of sea salt (sodium chloride)
Place in cloth as poultice:
For Inflammation
Water Retention (Edema)
Pain/Fluid in knees

ONION TEA

1 Chopped onion in chunks.
Boil chopped onion in 1 quart of water.
Strain and cool.
Drink 1 cup 3 times a day.
Take when having an attack.

GARLIC OIL

1 cup chopped Garlic cloves
2 cups pure Olive Oil

Cover with 2 cups of pure olive oil. Let sit for 7 days. Shake daily. Strain oil into a bottle (dark glass) with a top and store in a cool place or refrigerate.

Applications: 2-3 drops in the ear is excellent for ear infections. For lung or stomach infections, mouth sores, skin infections or rashes use 2-3 times a day.

PAIN SALVE

8 oz Vaseline or non petroleum jelly
7 Tbs. 90,000 HU cayenne | 3 Tbs. Ginger powder
1 tsp. Peppermint oil | 1 tsp. Wintergreen oil

For bone, muscle, joint pain; increased circulation. Mix thoroughly in large glass bowl until smooth. Store in a glass container with lid out of sunlight. Apply topically on area, rubbing in thoroughly until disappears. Don't apply on open sores or irritated skin.

[Caution: wash hands thoroughly; do not get in eyes]

STOP SMOKING URGE

¾ cup fresh lemon juice, ¼ cup honey, 1/3 tsp. peppermint oil
Mix together in a glass container.
Take 1 teaspoon every time the urge strikes. Do not swallow immediately, but swish around in mouth and savor before swallowing.

NATURES FLU SHOT

1 whole bulb of garlic
1 cup fresh lemon juice (6 fresh lemons)
2 teaspoons ginger powder or fresh ginger
1/8 teaspoon cayenne pepper
1 tablespoons honey
3 cups pineapple juice
Blend all ingredients thoroughly and store in a glass jar.
Take 1 cup every 3-4 hours.

COUGH SYRUP

Juice of 1 large lemon
Few drops eucalyptus oil
1 cup of honey
1 Tbsp as needed

STRING BEAN JUICE

2 lb washed string beans
Place in Juicer
Using juicer, juice string beans.
Drink 1 cup 2 times a day

SMOOTH MOVE

1 cup pitted prunes
2 tablespoon flaxseeds
3 cups unsweetened prune juice
Blend together in a blender.
Take 1 – 2 cups per day as needed until desired results are achieved

ALOE VERA CANCER DRINK

1 Large Aloe Vera leaf
1 garlic bulb
2 slightly peeled oranges
¾ cup of squeezed lemon juice
2 cups of pineapple juice
1 tsp. turmeric
Blend all together and drink one time daily



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