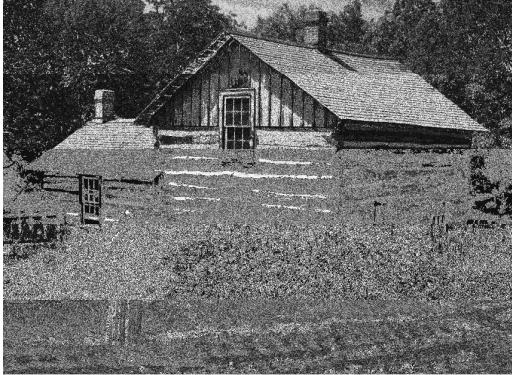


HERB STOP

January 2012 Highlight



Old Remedies That Still Work Today

Life has become very complex these days and people are yearning to go back to the “olden days”. Magazines, TV shows, and numerous seminars are popping up introducing simpler life styles. De-cluttering, down-sizing, re-cycling, living healthy are now popular words. It is not that we want to go backwards in time; we want to move forward and reclaim that uncomplicated life, as well as re-introduce the things that worked in the past.

Old-time remedies are new again. People find them to be safe, very effective, inexpensive, and people-tested over many centuries. They have been passed down by our wise grand-mothers – the ones who had the responsibility to keep the family healthy. So, why not follow their footsteps and try the gentle medicines first? Most of the time they work very well, and if they don’t, we have doctors and pharmaceutical drugs.

I am certain that the following remedies and treatments will be as effective for you as they were (and still are) for us. And I truly hope you will pass them on to your next generation.

Apple Cider Vinegar

Apple cider vinegar is rich in enzymes and potassium. It is a natural antibiotic, germ fighter, fights E.Coli and other bacteria. Helps control and normalize weight, improves digestions and assimilation, improves immune system, helps soothe dry throats, removes body sludge toxins. Take one to two teaspoons of raw, organic apple cider vinegar, add a sweetener like honey, maple syrup, or molasses and add it to 8 oz of distilled water. Take it two to three times daily and see an increase in energy, soft skin, and decreased muscle and joint stiffness. Because of apple cider vinegar’s antiseptic properties, it can be used topically to treat dozens of common conditions, including, sunburn, bruises, cuts, aches and pains, body odor, ear infections, yeast infections, dandruff, hair loss, and to restore pH levels to skin and hair. Apple cider is also helpful for animals. It is great for maintaining a healthy, shiny coat. It also works as a repellent for fleas, ticks and other insects because they don’t like the acidic environment. Apple cider vinegar also alleviates hot spots, constant wound licking and skin allergies. Dilute before use.

Baking Soda

Did you know that baking soda helps alkalize the body? Baking soda is excellent for any acidic condition in the body. Baking soda is known to destroy any virus lingering in the body, because when the body is in a slight alkaline state, viruses cannot survive. The most effective way I have found to do this is to add one *level* teaspoon of baking soda to one cup of hot distilled water. Drink this mix as hot as you are able to tolerate. Do this three to four times a day. The next day, I find I am free of any viruses. Baking soda can also be used for urinary infections. Mix ½ teaspoon of baking soda in an 8 oz glass of water and drink it. This changes the pH level of the acidic urine so that it will burn less when passing water. For instant electrolytes, mix 2 tsp baking soda and 1 tsp sugar in a tall glass of water. Baking soda can also be added to baths for itchy skin, and other skin problems, and as a gentle abrasive and cleaning agent in toothpowder; it leaves them white and clean. Caution: Do not use baking soda on a daily basis.

Black Pepper

Black pepper is warming and stimulating and has been used to increase energy. Black pepper is helpful for pain, poor circulation, poor muscle tone, chills, catarrh, ear aches, loss of appetite, nausea, colds and flu infections. For an earache, sprinkle a little black pepper on a slightly oiled cotton ball and gently place into the ear (shell).

Black Tea

Black tea, without sugar or milk added, can alleviate diarrhea. Because of its astringent properties it can also stop bleeding.

Castor Oil

For constipation take one tablespoon food grade castor oil and wash down with very strong coffee. It usually works within one hour.

Cayenne

Take cayenne when you feel cold. It will warm you up. Sprinkle into your shoes on cold winter months.

Celery

Celery or celery seeds are the best thing to use for gout.

Crème of Tartar

For nicotine cravings and to strip nicotine out of your system, take one level teaspoon of crème of tartar into 4 oz orange juice and drink. This leeches nicotine out of your cells, organs, etc. Now you have to break the habit.

Garlic

Garlic is a food and medicine that has been used for a very long time by many cultures. It is also called the “poor man’s medicine”. It is a strong antibiotic with anti-microbial, anti-fungal, anti-parasitic and expectorant properties. Lowers cholesterol, especially the bad cholesterol.

Ginger

Ginger can help with nausea, sea sickness, dizziness as well as morning sickness during pregnancy. To make a digestive tea, place a slice of fresh ginger into a cup and pour boiled water over it. Let it steep for about 20 minutes. Enjoy with or without sweetener.

Onion

If you are experiencing a cold, sore throat or cough, find relief with an onion pack. Warm diced onions in a pan with a little olive oil added for one minute. Place hot onions on folded paper towels or diaper cloth and make a pack. Place on chest or throat area and leave on for one hour or overnight. My grand-mother used to tell me that the onion pulled the disease out of my body, which is why the onion looks black after use. It’s been scientifically proven that an onion can absorb the diseases.

How To Make An Onion Syrup

Chop up two onions and place into a pan. Cover with enough honey to cover the onion at least ½ inch. Simmer on very low heat for several hours until onions are clear. Strain and press out the liquid. Use as cough syrup, one teaspoon every 15 minutes or half hour as needed.

Orange Peel

A great digestive aid, it stimulates hydrochloric acid production. Orange peel also reduces gas and nausea. You can make a tea or simply chew on a peel.

Potatoes

Potato juice is the best thing for stomach ulcers. Peel and juice one small potato and drink immediately just before your meals. Within one month the ulcer will be gone. To tighten loose skin, add some potato peels to your bathwater and bathe for about 20 minutes.

Toast (burned)

You can make charcoal with burned toast. Toast a piece of bread until it turns black. Let it cool, and then grind it into a powder. Take one teaspoon for food poisoning or diarrhea.

Turnips

Here is a recipe from the “old days” for alcoholics. Make a tea with the peels of turnips. Drink copious amounts to flush the alcohol through the urinary system. By removing the alcohol out of the body, patterns are altered on a cellular level.

The Herb Stop
P.O. Box 673
Pine, AZ
85544

toll-free 877-345-Herb (4372)

928-476-4144

www.HerbStopOnline.com

Follow us on facebook: www.facebook.com/herbstop

Follow us on twitter: www.twitter.com/herbstop

**These statements have not been approved by the FDA. This information is not intended to treat, diagnose or cure.*