

Natural Remedies

Fever Herbal Tea



Some herbs such as ginger, peppermint and elderflower, are helpful in reducing the fever.

Here is a tea recipe which will make your body break into a sweat and increase blood circulation therefore reducing the fever.

1. Pour one cup of boiling water over two teaspoons of grated ginger, 1 teaspoon of dried peppermint, and 1 teaspoon of elderflower.
2. Cover and Steep for about 10 minutes.
3. Strain and sweeten to taster if desired.
4. Take up to 5 cups a day.

Traveler's Diarrhea

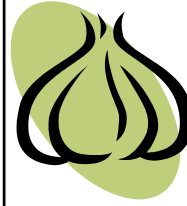


Berberis aquifolium, also known as Oregon Grape Root is an antimicrobial herb which can prepare and defend your digestive tract from questionable sanitary water.

1. Take half teaspoon or two 500-mg capsules daily for up to a week prior two your trip.
2. Take the capsules or liquid 3 times a day 15 minutes prior to eating during your trip.
3. Following your trip, take the capsules for up to 2 weeks.

Please remember nothing replaces sanitary water and good judgment.

Garlic: Natural Antibiotic



Research has shown that garlic is excellent for strengthening our immune systems. Garlic is most potent when it is taken raw. But raw garlic can have its own drawbacks. A good way preserve the antimicrobial qualities of garlic while making it palatable is to pickle it. Here is wonderful recipe:

1. Mix 1 cup of each soy sauce, apple cider vinegar, honey and water.
2. Warm up the mixture gently to dissolve the honey
3. Place the mixture in a canning jar. Fill up the jar with peeled garlic cloves, make sure that the garlic is covered by the liquid.
4. Screw the lid and refrigerate for at least weeks before using.
5. Pickled garlic will keep for at least 3 months in the refrigerator.
6. Take one or two cloves daily.

Note: Most over-the-counter garlic capsules are not effective. Freeze-dried garlic gives as good or even better than raw garlic results.

Fruit flies



Do you suffer from fruit flies around your house?

1. Mix one cup of water, 2 tablespoons sugar, 2 tablespoons white vinegar, and 2 squirts of dish washer soap.
2. Pour it in a flat container for maximum exposure.
3. Place it close to where you have seen the flies.
4. And watch them disappear
5. *For best results, place multiple container around the house!*

Impotence

Ginkgo Biloba



Ginkgo Biloba has shown to improve the age-related impotence. The number one cause of impotence is atherosclerosis, also known as hardening of arteries, which limits the blood flow to the penis. Ginkgo Biloba dilates the arteries and improves blood flow.

Start by taking Ginkgo Biloba twice a day and gradually add one more dose. One of the doses should be before sexual intercourse.

Perfusia, a time released L-Arginine, an amino acid, has been scientifically proven to improve libido and erectile dysfunction in men. Typical dose is one cap 2 times a day.

Preventing Moths



Moths stay away from strong smelling herbs. To protect your clothes and linen hang a few bunches of fragrant herbs such as mint, basil, sage, lavender, eucalyptus, or peppermint. Replace the herbs every 2-3 months.

