

# Natural Remedies

## Hot Flash Herbal Tea

To relieve hot flashes, try drinking a cup of sage, motherwort, and anise tea every night before bed, or as



needed throughout the day. Here is the recipe.

1. In a teapot mix together 2 tablespoons dried sage, 1 tablespoon motherwort, and 2 teaspoons whole anise seeds.
2. Pour 2 cups boiling water over the herb mixture.
3. Cover and steep for 15 minutes or until tea has reached room temperature.
4. Strain, sweeten to taste, and enjoy.



Did you know **Teatree** is a simple but effective way to treat **acne**? Just apply directly 2 to 3 times a day. You can even make an overnight paste by mixing it with cosmetic clay!

## Menstrual Cramps

The following herbal extracts work in complementary ways to ease menstrual cramps.

1. Mix together 1 ounce cramp bark extract, half ounce hops extract, half ounce white willow bark extract, and quarter ounce ginger extract.
2. Take half tea spoon of this mixture in a small amount of warm water.
3. Sweeten to taste and take 3 to 4 times a day or as needed.

## The Truth about Coconut Oil

According to Dr. Mercola, coconut oil is truly the healthiest oil you can consume. It is rich in lauric acid, which is known for being antiviral, antibacterial and antifungal, contains no trans fat (even olive oil has some trans fat), and boosts the immune system.

You can even use it on your skin to help prevent wrinkles.



This may be surprising to hear, but coconut oil, in addition to tasting and smelling great, can:

- ◆ Help you lose weight, or maintain your already healthy weight
- ◆ Reduce your risk of heart disease
- ◆ Lower your cholesterol
- ◆ Improve conditions in those with diabetes and chronic fatigue

- ◆ Improve Crohn's, IBS, and other digestive disorders
- ◆ Prevent other disease and routine illness with its powerful antibacterial, antiviral and antifungal agents
- ◆ Increase metabolism and promote healthy thyroid function
- ◆ Boost your daily energy
- ◆ Rejuvenate your skin and prevent wrinkles

Also according to Dr. Bruce Fife one can use coconut oil for your daily cooking needs, protect you from heart disease, cancer, and other degenerative conditions, improve your digestion, strengthen your immune system, and even help you lose excess weight.

But you might say but coconut oil is saturated fat (animal fat), how could this be good for

me? Fats are categorized as either short-, medium-, or long-chain depending on how many carbon molecules they contain. Close to two-thirds of the saturated fat in coconut oil is made up of medium-chain fatty acids, which have antimicrobial properties, are easily digested by the body for quick energy, and are beneficial to the immune system. Far from being dangerous, the saturated fat in coconut oil is actually health promoting. Researchers have clearly shown that the oil from coconuts, a plant source, acts differently than the saturated fat from animal sources.



To learn more about coconut oil please visit <http://www.mercola.com> and read the book "The Healing Miracles of Coconut Oil" by Dr. Bruce Fife.