

## Natural Remedies - Essential Oils

### Razor Burn: Herbal Aftershave



A soothing, skin-healing after-shave:

1. Steep 1 Tablespoon each of dried comfrey leaves and dried calendula flowers in 1/2 cup of distilled witch hazel extract for 2 weeks.
2. Strain and combine the herb-infused witch hazel with 1/4 cup of rose water.
3. Add 1/4 teaspoon of vegetable glycerin, 5 drops of lavender, and 5 drops of sandalwood essential oil.
4. Shake well before using.



With Summer around the corner, did you know you can **deter ants** with peppermint essential oil. Just mix 8 ounces of warm water with 1 teaspoon of peppermint essential oil in a spritzer and spray problem areas.

### Herbal House Cleaner

Did you know that many essential oils not only smell nice, they also have antimicrobial effects? Here is how you can make an all purpose cleaner:

1. combine 8 drops of your favorite essential oil, 1/2 tea spoon of liquid dishwashing soap, 1/2 teaspoon of distilled white vinegar, and 16 ounces of warm water in a spray bottle.
2. Shake well before using.
3. Use as you would an ordinary all purpose cleaner.

You can personalize your cleaner by varying the scents for special occasions, seasons, or rooms. Here are some suggestions for essential oils: patchouli, lavender, lemon, eucalyptus, and rosemary.

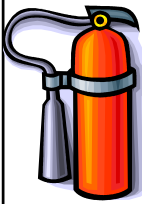
### Hair Conditioner



Do you suffer from dry, or brittle hair condition? Here is a natural remedy for you.

1. Mash a soft avocado with a few drops of lemon juice and a table spoon of aloe vera gel.
2. *Work it gently into your hair and let it sit for 20 minutes.*
3. *Relax and massage every 2-3 minutes*
4. *Finally, rinse with warm water, no soap or shampoo!*

### Heartburn



Certain herbs are known to be soothing in case of indigestion and heartburn. Here is quick and remedy:

1. Mix 1 teaspoon of chamomile or peppermint (not mint) half a teaspoon of fennel seed and 1 teaspoon of freshly chopped ginger.
2. Pour 1 cup of boiling water over the mixture.
3. Cover and steep for 10-15 minutes
4. Strain and sweeten to taste.

### Options to Hormone Replacement Therapy

More bad news has surfaced for women utilizing Hormone Replacement Therapy. A study focusing on long-term use by older women found that therapy using a combination of estrogen and progesterin increases the chance for risk of breast-cancer.

The findings released in latest study indicate that estrogen plus progesterin may stimulate breast cancer growth and hinder breast cancer diagnosis.

For alternatives to **HRT**, listen to **Dr. Jane Gultinan**, Director of Clinical Affairs at Bastyr University and other colleagues. You can find it in the archives of KUOW public radio station, [HTTP://WWW.KUOW.ORG](http://www.kuow.org) dated 7/2/2003. The show is about 1 hour.