ATLAS
Of Home Remedies
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Do Free Home Remedies Really Work?

Common illnesses are usually resolved by simple solutions which do not require medical attention. Moreover, they may not be supported by medical studies and may not necessarily apply standard methodologies and practices.

Normally, these remedies to common diseases and disorders use natural substances such as herbs. It might sound primitive, but they are actually used for immediate cure in many parts of the world, and even in America.

They were first developed and used by old societies. Since then, the effects of natural remedies were recorded in order to be used by the following generations. However, with the advanced development of modern medicine, home remedies were taken aside and left for those who still have faith in their effects.

However, these remedies have been rising again to popularity because they prove to be less dangerous and cheaper. This is due to the fact that they are very accessible and safe in terms of cleanliness. They are free of harmful effects and they treat the problem from its roots.

Moreover, home remedies are more accessible, which means that you do not have to go to the doctor and pay a lot of money on a treatment which you can very well do at home with natural ingredients. Simply open your cabinets and use what you have!

In the case in which you do not have the ingredients in your home, you can easily purchase them from your local market and it is going to be by far more accessible than medication. In the early years, people normally had medicinal plants planted right in their own backyards. And that’s because they have therapeutic effects and are widely used as the basis for many modernized medicines.
The growing popularity of capsuled herbs can be best attributed to the fact that they can create more effective results without the dangerous side effects.

In addition to this, they have mild but direct results. Unlike prescribed medication, these treat directly the cause of the disease. They may contain strong components, but since they are natural, they won’t harm you.

**Some of the well-known and practiced home remedies are used to cure the following conditions:**

- Skin problems (acne and acne scars, pimples, age spots, wrinkles, cuts, bruises, bites, stings, baldness, burns, skin allergies, stretch marks, sun burns, warts, and eczema)

- Sores (sore throat, cold sores, sore eyes or pink eyes, and canker sores)

- Aches (toothache, backache, head ache, and stomach ache)

- More severe ailments like colds, blood pressure, bronchitis, indigestion, food poisoning, high blood pressure, migraine, constipation, sinusitis, depression, flu, hemorrhoids, and rheumatism)

- General problems like acidity, bad breath, heartburn, athletes foot, head lice, dandruff, snoring, cramps, weak memory, fat hips and thighs, tired eyes, infection, ring worms, and water retention)
Why Should You Choose Home Remedies?

Home remedies have been part of our lives since ancient times and today there is a great movement towards using them as cures and treatments for all kinds of diseases.

They involve the use of natural elements such as common herbs, fruits, vegetables and other resources that are available to us. Moreover, they are used because they hold special medicinal properties that can help treat all kind of conditions. The main lure of these remedies is that they do not contain harmful chemicals and do not produce worrying side effects, both of which are often associated with modern day medical treatments and medicines.

This is why many people trust what they can produce themselves from the herbs and plants which they either grow in their gardens, or that they buy from the growing and forever expanding, health food stores around us. From cures to the management of diseases and conditions such as hypertension, arthritis to acne, home remedies have their place not only in the kitchens and cabinets of many of those who use them, but in their hearts, too.

Not only that, a reason given by some people who use home remedies is that the medical profession has become too overly reliant on the use of certain medicines, particularly antibiotics which can have a negative effect on the body. Not only their side effects affect the immune system, but the overuse of antibiotics has also been sighted for the growth in some super bugs and bacteria that have gone on to become resistant to antibiotics. Therefore it is a vicious circle: the bacteria get stronger and more difficult to kill and the antibiotics have to increase in strength and potency to try and eradicate it.

Then there is the environmental impact that producing medical treatments and medicines bring. For some people, once there is an understanding of the medicine-making process and the truth behind it, it can turn into another good reason for choosing remedies at home.
Home remedies are often treatments of choice for those who believe in treating the whole body as opposed to isolated symptoms and diseases. For example, Arthritis is known to be connected with constipation. Guanidine, a toxin found abundantly in the liver of arthritics, accumulates as a result of constipation or cell trauma. It can move from the liver into the bloodstream, where it affects the pH of blood. Because it is an alkaline substance, it causes calcium to move out of the blood and create calcium deposits in the joints. This means that one natural cure to ease the pain is a colon using herbs, raw fruits and vegetables.

Rest assured that a vast majority of the remedies that start at home have been tested by many generations who have found them to be worthwhile and that is why they have passed the test of time. In the following pages, you will learn how to correctly apply different types of natural remedies, depending on your disease.
I. Bones, Muscles and Joints

1. Backache

Backaches can be considered one of the most common problems faced by people around the world. It is also a common symptom for different kinds of illnesses. The pain is mainly located in the center of the back, along the spine or in both sides of the spine.

The primary reasons for backaches are strain, fatigue and lack of balance. Backaches can be caused due to an accident or injury to the spine or some other kinds of diseases. Other reasons for backache can be as simple as the way you sit in your office to increasing age, pregnancy, ulcer of the stomach, liver congestion, gallstones, cystitis, high-heeled shoes, unstable nervous system and many other for which we would have to write a new topic altogether.
Home Remedies for Backache/Back Pain

- Use a heating pad or a hot water bottle and apply it on the hurting area to ease the pain. You can also massage the ice on your back, but not directly. Whichever makes you feel better you can try it either hot or cold.

- Stopping smoking can prevent backaches.

- Garlic is a great remedy, too. Having two to three cloves of garlic every morning may give you the required results.

- Garlic oil rubbed on our back also works to provide you a positive result.

- A mixture of powdered dry ginger, sweet soda and salt if consumed with hot milk or water can alleviate your backache problems.

- Fish oil consumed daily is also a great way to combat backache problem.

- Keep yourself warm and eat hot food.

- Make a concoction by boiling ten tulsi leaves in one cup of water. Keep boiling until the water is reduced to half. Once this solution is cooled, add salt and consume it every day. If suffering from severe backache problems have it twice a day.

- Massaging eucalyptus oil or mustard oil is also very good for backache problems.

- Consuming half a teaspoon Guggulu with warm water after your meals is also a good cure.
- Make a mixture of five black pepper corns, five cloves and one gram dry ginger powder to be mixed in your tea and consumed at least twice a day.

- Mix half a gram of cinnamon powder with one teaspoon of honey and eat this mixture at least twice a day for best results.

- Another way to reduce acute lower back problem is to get a good number of laps in a warm pool of water.

- Fresh yarrow juice is a great way to strengthen the back muscles. This may help in preventing the back problem.

2. Arthritis

Arthritis refers to the inflammation of joints, which is commonly called rheumatism. Causes include injury which leads to degenerative arthritis, abnormal metabolism (such as gout), inheritance, infections and an overactive immune system (such as rheumatoid arthritis). Arthritis has been classified as follows:
- Arthritis caused by infection
- Arthritis resulting from rheumatic fever
- Rheumatoid arthritis
- Degenerative arthritis
- Arthritis due to joint injuries
- Arthritis caused by gout

- Arthritis originating from the nervous system. Rheumatoid arthritis and arthritis caused by rheumatic fever are classified as collagen disease.

- Rheumatoid arthritis and degenerative arthritis are the two most common types. Millions of men and women are affected by them. However, good medical treatment started in time and continued faithfully can often do much to alleviate the pain, crippling and disability.

**Rheumatoid arthritis**

It is a disease not of the joints, but of the whole body, and it has to do with the connective tissues. This tissue reacts sensitively to substances present in the body. Stress and overthinking make it worse. During rainy season and winter months, pain in the joints becomes most severe.
Rheumatoid arthritis may appear suddenly or gradually. Fatigue and loss of weight are some of the early signs. Sometimes it may cause an acute fever and pain, swelling and disability in many joints. Any joint can be involved including those of the spine, but the hands and feet are most commonly affected. There may be vague or fleeting pains in early stages; it may rise in the morning and at the end of the day.

Women appear to be affected more than men. Believe it or not, children can suffer from it, too. Rheumatoid arthritis usually strikes at early ages unlike other types of arthritis. It appears during winter months. Americans are chronic sufferers from this disease.

Fresh raw fruit and vegetable juices offer an excellent treatment for rheumatoid arthritis. It is believed that garlic, mosambi, orange, carrot and beet juice may give early cure.

Signs and symptoms of Arthritis

- Severe pain in the affected joints.
- Muscles, ligaments and cartilage become inflamed.
- Movement of the joint becomes extremely painful, especially in cold, windy and damp weather.
Home Remedies for Arthritis

- Drinking water kept overnight in a copper container accumulates traces of copper, which is said to strengthen the muscular system. A copper ring or bracelet is worn for the same reason.

- Half a teaspoon of turmeric powder with warm water helps cure arthritis.

- Taking alfalfa tea twice a day makes a good cure.

- Lime has also been found beneficial as a home remedy for arthritis. The citric acid found in lime is a solvent of uric acid which is the primary cause of some types of arthritis. The juice of one lime, diluted with water, may be taken once a day, preferably first thing in the morning.

- Exercise the affected joints in tub full of hot water.

3. Knee Pain

A knee injury can affect any of the ligaments, tendons or fluid-filled sacs that surround your knee joint as well as the bones, cartilage and ligaments that form the joint itself. This type of injury may occur by the repeated overuse or injury of the knee, by the presence of a damaged cartilage under the kneecap or by the buildup of uric acid.

As time passes, many of us do not realize the amount of things that our body goes through. Did you ever imagine that getting up from a sitting position could be a bone wrenching experience? When joint and knee pains are ignored over a period of time, it can impair your life to a great extent. Immediate attention can clear this problem in no time.
Home Remedies for Knee Pain

- **Lose that excess weight. Join a gym, go swimming or running.** Exercising keeps your body in shape and maintaining a decent weight helps your knees a lot. Don’t let them carry more than they should.

- **Exercise the joints to strengthen the muscles supporting them.** This will help in the process of pain alleviation. Stronger muscles mean stronger joints. Some of the most common exercises you can do are swimming, biking or rowing. These are useful for your health without straining your knees.

- **Buy a good pair of shoes that give support and absorb impact well.** Wearing the right shoes help your body maintain its correct walking and standing position, as well as sparing your knees from extra effort.

- Apply an ice compress over the sore knee for not more than 20 minutes for every hour. You can use Bromelain, which is made from pineapple, a natural anti-inflammatory to speed up healing. For pain relief,
take three tablets a day until you have recovered. Bromelain can cause dermatitis in some people, so if the itching begins, stop the dosage immediately.

- You can also make a warm paste by using wheat, castor and turmeric mixed in goat’s milk or ghee (a type of clarified butter) on the affected area.

4. Sprains and Strains

Sprains are mainly caused by stretching or tearing of ligaments, resulting in restriction of your movement. The prime reason for this injury is the sudden change of direction or due to a collision. The common parts affected are the ankles, wrists and knees.
On the other hand, sprains can also be caused by the tearing and stretching of the muscles. If they are overworked, it can turn into a chronic strain. This type of occurrence is called pulling of the muscle.

**Self-Care Measures**

**Resting** is the best thing to do during this time. Any kind of activity which may cause pain, swelling or any other discomfort should be avoided. You can still exercise to rejuvenate other muscles which need to be conditioned.

**Ice packs** are great for reducing pain, inflammation and swelling. Keep the ice packs on the affected area for 15-20 minutes and repeat it every two to three hours to minimize the pain.

**Compression** is the most common used method in order to tighten the strained or sprained area to avoid further injury. Elastic tapes, bandages, special boots and air casts are just a few of the things that can be used in this aim.

By keeping **the injured part elevated** you can help in decreasing the swelling. The best position to keep the injured part elevated is above your heart level.
Home Remedies for Sprains and Strains

- You can expect to get well soon from the agonizing sprain by making pineapple part of your diet. The contents of pineapple have brome lain, an enzyme which quickens the healing process. The side effects of brome lain causes dermatitis, so if your skin itches due to the pineapple diet, stop it immediately.

- Massaging the affected area with comfrey oil or cream can help in alleviating the pain.

- Five drops of thyme oil diluted either in bathwater or some other oil can be used as a compress to get rid of swelling.

- Arnica balm or ointment can be used as cream or a compress for the affected area.

- Horse chestnut is also very useful for such injuries. Due to its anti-inflammatory properties and presence of a compound called aescin it becomes beneficial for all kinds of injuries. You can spread this gel on the affected area every two hours until the pain subsides.
II. Skin

1. Acne

Acne appears when a pore in our skin clogs. This clog begins with dead skin cells. Normally, dead skin cells rise to surface of the pore, and the body sheds the cells. When the body starts to make lots of sebum (oil that keeps our skin from drying out), the dead skin cells can stick together inside the pore.

It is well known that a lot of people suffer from acne. Anyone with this issue has one goal in mind: to get rid of it. The severity of the condition can vary between people, just as the effectiveness of certain treatments. You shouldn’t have to deal with the embarrassment of blemishes on your face. The prescription and over-the-counter medications vary in price and effectiveness towards your skin. But why not try a few acne home remedies first? You may find something that works for you from your very own bathroom or kitchen.
The main purpose of an acne treatment is to unclog your pores and calm the inflammation. Home remedies are usually not for extreme cases, but more aimed at the mild to occasional blemishes. Common remedies include: salt water, toothpaste, egg whites, ice, apple cider vinegar, steam, or wheat germ.

**Home Remedies for Acne**

- Washing your face with warm, mild salt water dries up excess acne-inducing oils. The advantage of using this instead of a normal soap to wash your face is that it is less likely to aggravate the acne or your skin.

- Applying a bit of toothpaste on a visible pimple before you go to sleep helps reduce swelling. It also keeps the area free of oils that could make the spot worse. Be sure to use an actual paste because a gel will not have the same effect. This is the most common of all the acne home remedies.

- Dab egg whites on a pimple that is already on the surface. If you leave it on overnight, it will draw out the infection and speed up the healing process.
- Holding a cube of ice on acne before bed should visibly decrease the inflammation and swelling. It may also reduce the chances of scarring after your skin has cleared up.

- Placing a cotton ball into apple cider Vinegar and then applying it to your infected area will almost instantly reduce swelling. This works especially well for large inflamed spots.

- You are always advised not to squeeze any pimples; however, blackheads will not go away on their own. Opening your pores using steam can assist you when you are cleaning your face. Take a hot shower or put your head over the vapors of a boiling pot of water.

- Wheat germ, which can be found in most stores, is one of the only acne home remedies taken internally. Taking wheat germ with one meal a day can clear your acne and leave your skin softer than it was before because it is rich in vitamins.

The most commonly effective acne home remedies are found in most homes. The benefit of experimenting with these on your blemishes is that you don’t have to go out and buy anything. If it doesn’t work, you didn’t waste any money in the process. If it does help the condition of your acne, then you have a great, cheap solution to your problem.
2. Sunburns

Spending time in the sun is always a pleasant and relaxing way of taking your mind off of everything. However, it also has some side effects if done over the limit!

Sunburn is one of the short-term damages of sun exposure. It ranges from redness and pain to swelling, and in some serious cases, blisters can occur. However, if you expose yourself more than you should, you might develop serious conditions, one of them being skin cancer.

If you are suffering from sunburn, but do not want to go to the doctor, there are several home remedies that you can use to treat your condition. In many cases, these home remedies can provide you with better treatment than anything that you would get from your doctor.

Home Remedies for Sunburns

One of the best home remedies for sun burn is to apply cold water to the affected areas. This can be done by simply placing cold compressions on the area for 10 to 15 minutes at a time. If you are looking for a more long term solution, you can have a cold water bath. This may be a bit
uncomfortable on the rest of your body, but it will feel great on your sunburn.

Another remedy that is easy to follow includes nothing more than drinking a lot of water. By loading up on water you will be fighting dehydration, and at the same time speeding up the healing process.

Another good way of treating sunburns is yogurt. Simply put it on the affected area and leave it on for about 3 or 5 minutes. It will calm the burn and the itching by hydrating your skin at the same time.

Potatoes are also great for treating sunburns. Grate two potatoes and put them into a blender. Give them a whirl until they become quite liquid. If they don’t seem to be liquid, you can add a little bit of water. Pour out the mixture, soak cotton balls thoroughly in it and apply on the affected area.

However, one of the quickest and simplest ways to treat sunburns is simply applying a cool milk compress on the area which suffers. All you need to do is to leave the compress on your skin for as long as you need! Milk has calming properties for skin and must not be avoided.
Finally, don’t forget the ever popular calamine lotion if the itching is killing you. This has been proven to be one of the best ways to take the itching sensation out of sun burnt skin.

3. Blisters

According to us, blisters are a very common thing and we come across them very often in our daily lives. They are most often caused by skin being damaged by friction or heat. However, certain medical condition can also cause them. The common forms of blisters are the ones where the blister grows and it is filled with a liquid. These can form on any part of your body, especially on hands and feet.

The different types of blisters are the ones caused by fever, blood blisters, and the ones due to friction (which are the most common blister among the three).

Fever blisters are formed around your mouth, chin, cheeks or nostrils. These can also be found in your mouth, but are smaller than canker sores.

As the name suggests, friction blisters are caused by doing things with your bare hands, wearing a new shoe, due to heat, frostbite, chemical injury or friction. Blood blisters are mainly developed due to a smash or punching injury. This kind of injury makes the blood thicker between the skin layers, causing it to be a blood blister.
Self-Care Measures

- The first thing to do for a blister if it is due to a burn is to place the injured part in ice-water and keep it there for 1-3 minutes.

- How to avoid blisters on your feet? Before wearing your shoes, you can apply Vaseline or petroleum jelly all over your feet to avoid any friction.

- You can wear silk under socks to prevent blisters and save yourself from the agonizing pain.

- Rub baby powder on your feet. This prevents blisters from appearing on your feet.

Home Remedies for Blisters

- You can provide a cool compress to the blister by soaking a towel in a mixture of salt and ice-cold water.

- Apply 10 percent tannic acid to the required areas of the skin, twice daily. Continue this for two to three weeks to make your skin stronger and healthier.

- Sweating causes further inflammation of the blisters. To get your feet dry, soak them in a mixture of Epsom salt and warm water. Do this by the end of the day for five minutes and later soak it dry for best results.

- You can treat broken blisters by applying a few drops of Listerine to disinfect the wound as it is a wonderful antiseptic.

- You can apply aloe vera gel or vitamin E oil on the blisters to alleviate pain.
• Garlic oil also helps in disinfecting the infected blisters.

4. **Body Odor**

Many of us may not know this, but perspiration by itself is odorless. When sweat comes in contact with bacteria it gives out a disgusting smell. With so many daily activities in our life we are bound to sweat. However, it is an important function of our body. Excessive perspiration is known as hyperhidrosis and when a person does not have it at all it is called anhidrosis. As sweating becomes an embarrassing situation, we try to cover it up by using deodorants and antiperspirants.

Body odor refers to hair, feet, crotch, anus, skin, breasts, and armpits, genital and pubic hair. Your odor is triggered by the diet you follow, the gender you belong to, how good is your health, whether on medications or not, the kind of job you have and in what kind of mood you are. Due to puberty, sweat glands become more active. Wearing clean loose clothes everyday keeps you fresh and dry. Moreover, having a bath under runny water helps you clean your body much easily.

To escape the disgusting smell, bring minor changes in your life. Have a daily bath to especially clean the groin and armpit area. Wear natural clothes which help your skin breathe, try to avoid foods like meat, onions, garlic, spices, caffeinated drinks and alcohol. Ban tobacco and smoking as the smell comes not only from your mouth, but also from your skin.
Home Remedies for Body Odor

- Use a small amount of baking soda and squeeze some lemon on it. Use this mixture for underarms and also the groin area. It proves to be very useful during summer time.

- Rub potatoes slices on your underarms. Make sure that your underarm is clean and dry. Rub it for quite a while and wait until it is dry. Apply your regular deodorant to make a difference.

- In a spray bottle put 3 tablespoons of vanilla extract, 1 cup water and 1 teaspoon rubbing alcohol. Shake this mixture well enough to be sprayed all over your body and clothes.

- Apply milk of magnesia under your arms with the help of wet cotton, once you had your bath.

- Apply peanut butter liberally under your arms every night before going to bed. This would help you greatly during summer season.

- You can use alcohol, white vinegar or witch hazel as deodorant for your underarms.
- Applying apple cider vinegar instead of deodorants helps to fight the odor battle.

- Chewing parsley, alfalfa along with other leafy vegetables helps control the body odor.

- Make radish juice from two dozen radishes. Mix it with 1/4 tsp glycerin and use it as a deodorant if put in spray-bottle.

- Rosemary is an anti-bacterial. Put 8-10 drops of the rosemary oil in 1 ounce of water and apply it on the required areas. You can also use tea tree oil for the same recipe.

- Turnip juice minimizes underarm odor for 8-10 hours. Once you have grated turnip, squeeze it to get 2 tsp juice which should be applied under your arms.
III. Respiratory Conditions

1. Snoring

Snoring can be caused by several conditions such as nasal problems (nasal congestion or a crooked partition between your nostrils – deviated nasal septum), sleep deprivation and sleep position (sleeping on your back), or even by your mouth anatomy (having a low, thick soft palate can narrow your airway).

It begins at home and it can be healed there, too. There are a number of home remedies for snoring which can allow you to take control over your nights and enjoy the quality of sleep that you deserve.

Home Remedies for Snoring

One of the most effective home remedies for snoring is to sleep on your side. If you always find yourself sleeping on your back, you may never guess that your sleeping position is directly linked to snoring. When you sleep on your back, the muscles and tissue are more likely to relax in the back of the throat, restrict your airway passage and cause snoring. In addition, sleeping on two pillows instead of one is among the popular home remedies. The additional elevation may help keep your airways open.
If you suffer from allergies, **try inhaling steam from hot running water** before you go to bed. The heat may help open up the nasal passages and improve breathing. The same is true if you are prone to sinus infections or have recently been diagnosed with a cold or flu. One of the best home remedies for snoring is to simply improve the quality of air that you breathe. If your airways are restricted, snoring is much more likely. By ridding your home of allergens, you will increase air quality and enjoy the benefits of cleaner air.

A majority of physicians will recommend trying a variety of home remedies for snoring before resorting to invasive surgery. After all avenues have been pursued without success, a doctor may consider a surgical procedure. In addition, if home remedies for snoring do not provide effective results, the sufferer may have sleep apnea.

This is a serious condition which, if left untreated, may result in heart disease, an increased likelihood of a stroke or other medical problem. Sleep apnea occurs when the sufferer’s airway passages become completely blocked and they stop breathing completely on multiple occasions throughout the night. Home remedies for snoring are ideal if it is just an inconvenience, but are not intended to cure sleep apnea.
2. Asthma

Asthma attacks occur when there is inflammation of the air passage or bronchial tubes. Asthma is considered to be a chronic health condition, but even if you have it, you can effectively manage and control it with the help of your doctor. Since the airways are affected, you will experience difficulty in breathing. The attacks can be mild or severe, but one thing’s for sure, the condition can be deadly when left untreated. In the US, over 20 million people are suffering from asthma.

Asthma is called by different names like reactive airway disease, asthmatic bronchitis, bronchial asthma, and wheezy bronchitis, but they all mean one thing. Most of the attacks are triggered by inhaling substances such as animal dander, dust, feather, and pollen. Irritants can also trigger the attacks such as cigarette smoke, odors, gases, and dirt. If you had respiratory infections like bronchitis, sore throats, flu, and colds, you are also at risk.
Other factors like emotional stress (excitement and fear), carrying heavy objects, or running (strenuous physical activities), weather conditions (sudden change in temperature or weather) and certain medications (e.g. aspirin) can trigger the attacks as well. Proper management of the disease is required because asthma has no cure. These are the symptoms that you should look out for: chest tightness, breath shortness, wheezing, and cough; if you have these symptoms, visit your doctor immediately. Once you are exposed to the asthma triggers, the bronchial tubes become swollen and inflamed.

You can’t really tell when the attacks might happen, so you need to identify the possible triggers. With the doctor’s help, you can stay away from them. Individuals who are already diagnosed with asthma often exhibit the symptoms several times in a week especially if they engage in strenuous activities. Here’s good news: you can also control the attacks by using home remedies!

**Home Remedies for Asthma**

These are the best remedies that you can use:

- If your asthma is still in its early stage, boil 1 cup of milk and 10 garlic cloves and drink before bedtime. This is great for patients suffering from severe attacks.
Figs help in draining your phlegm. Wash 3-4 figs and drench them in 1 cup of water. You can eat the figs when your stomach is empty or you can drink the soaked water.

Soak 1 tablespoon of Fenugreek seeds in 1 cup of water overnight; drink this solution in the evening, preferably before bedtime.

Mince garlic cloves in hot ginger tea and drink in two times a day.

Use the remedies mentioned above for treating asthma attacks. The ingredients needed are mostly found in your kitchen so you won’t have any problem in preparing them.

3. The Flu

Flu is a respiratory infection caused by a variety of viruses. It is contagious and if you’re around someone who coughs or sneezes, or get into contact with contaminated objects, you’re bound to contract the infection.

Flu symptoms are easy to detect, even though they may appear a few days later. Flu spreads at the slightest contact and before you feel the symptoms on yourself, you might have passed it to others. Symptoms
include – body aches, chills, dry cough, fever, headache, sore throat and stuffy nose.

**To prevent the flu bug, keep in mind the following:**

- If there is flu epidemic in air, avoid crowded places like cinema halls, theatres, shopping centers and so on, as the virus spreads easily.

- Keep distance from people who sneeze and cough.

- Give up smoking and drinking alcohol as it can injure your respiratory tract and impair your resistance, making you more susceptible to flu.

- Wash your hands frequently in order to reduce your chance of infection.

- Include low sweets diet and avoid fried foods.

- Avoid exposure to dust, chemicals as well as sudden and extreme temperature changes.
Home Remedies for Flu

Since flu spreads at the slightest of contact, you should stay at home until fully recovered. It is best to rest in bed as you will feel sick and tired to do anything else. If you are doing work despite being sick, you’re prone to more complications.

Liquids are important because you can get the much needed nutrients when you don’t feel like eating and it also keeps you from being dehydrated. Drink lots of liquids like water, soups and other fluids like fruit juices. For example, fruit juice mixed with water in equal quantity and dash of sugar provides the necessary glucose.
By **humidifying your room** there will be less discomfort of a cough, sore throat or dry nasal passages. If you’re blowing your nose continuously, it will be sore and red. Lubricate your nostrils with petroleum jelly products to decrease the irritation. For tired and aching muscles, ease away the pain with a warm compress.

Ensure that your room has a good **fresh air supply** all the time. Prevent chills by wearing warm, close fitting clothes. Ask someone to give you a back rub as it activates the immune system to fight the flu. During flu, you should **eat lightly**, such as fruits, cereals, boiled food and so on.

If a sore or scratchy throat accompanies the flu infection, get relief by **gargling with salt water** solution. It will wash out any secretions collected in your throat.

Take a **warm tablespoon of honey** mixed with lemon at night to get quick relief.

**Warm water mixed with lemon and honey** is good to loosen phlegm.

**Gargle daily with 1 drop of each of tea tree oil and lemon mixed in glass of warm water.** Stir well and do not swallow.

**Add 10-20 drops of either tea tree, eucalyptus, lemon or lavender oil to your hot water bath.** This helps your immune system fight the viral infect and ease your symptoms.

**Take 1 tablespoon of lukewarm honey mixed with 1/4 tablespoon of cinnamon powder** daily for 3-4 days. It strengthens the immune system and protects the body from bacterial and viral attacks.

**Juices of apple, pear, cranberry, pomegranate and dark grapes** are often recommended for combating flu as they have properties that work against congestion and running nose.
IV. Inflammation and Blood Vessels

1. Bloodshot Eyes

As the name suggests, bloodshot eyes makes your eyes blood colored. The blood vessels in the white portion of the eyes are enlarged and irritated causing the redness, which can indicate the presence of several different health problems. While some of these are benign, others are serious and require emergency medical attention. Some common reasons for the redness of the eyes are due to coughing, eyestrain, dry air, over exposure to sun, dust, foreign body, an allergic reaction, infection, trauma, fatigue, and alcohol consumption, lack of vitamin B2 and B6 and high blood pressure.

You can get bloodshot eyes by:

Blepharitis – Caused by skin bacteria that leads to itching and turns your eyelid greasy and crusty.

Conjunctivitis – Also known as pink eye, it is caused by a virus, bacteria, and allergy or skin irritation. Furthermore, it is also very contagious.

Corneal ulcers – It is caused by viral infection affecting the outer cover of the eye.
Uveitis – It causes inflammation of uvea, including iris and choroids. It is related to autoimmune disorder, infection or exposure to toxins.

Home Remedies for Bloodshot Eyes

- Reduce the redness by splashing cold water over closed eyes. This soothes the eye and shrinks the blood vessels as in case of an allergic reaction.

- You can apply cold compress to your eyes by using an ice pack wrapped in a towel.

- Use warm compress for red eyes but only if there is no itching.

- Put three drops of rose water in your eyes.

- Soak cotton pad in a mixture of rose water, milk and Aloe Vera juice. Place these cotton pads over your closed eyes for 10-20 minutes in a dimly lit room. This will help in reducing the redness.

- You can try the hot and cold compress on your eyes, alternately.
• Stay away from allergy triggering agents which may lead to bloodshot eyes.

• Goldenseal is a native medicinal plant that contains berberine which compresses blood vessels and helps in reducing the bloodshot effect. You can use it as a compress, or wash to get rid of the pain.

• To get relief from bloodshot eyes, have two ripe tomatoes first thing in the morning on empty stomach. The vitamin C and flavonoids in the tomatoes make the blood vessel walls stronger.

• You can also use non-preservative artificial tears, this helps in soothing your eyes and clearing the redness.

• Wear genuine preservative-free contact lenses. The ones with preservatives can cause redness and other related infections.

2. Dark Circles

Dark circles under eyes are a common beauty problem. They give us an appearance of tiredness or even illness. Even more, they decrease our self-esteem.
What are dark circles under eyes?

The skin below our eyes is very thin and is dotted with oil glands, unlike the rest of our body. Due to various reasons, the skin becomes thin and dry which makes the veins more visible. This leaves the area with a dark appearance.

What causes dark circles under eyes?

There are various reasons which lead to this unaesthetic appearance. Few of them are listed below.

Heredity:

If others in your family have dark circles, then there are some chances of you getting them, too. The thinness of under eye skin is a hereditary character. It reveals dark veins underneath which lead to this unpleasant effect.

Dark circles may also appear if you use to rub the under eye area a lot. This action will trigger the vessels to become more visible which leads to the unpleasant look.

Lack of Sleep and Fatigue:

Partying all night, lack of sleep, fatigue, sinus infections, pregnancy, all these may cause paleness of skin, which makes blood vessels appear prominently, giving the dark circles effect.
**Structure of Bone:**

Eyes set deep in skull bones may develop ark shadow under them.

**Exposure to Sunlight:**

Exposure to sun increases the level of pigmentation and causes tanning. Same thing applies well for under eyes skin, it makes it darker and unpleasant looking.

**Medications:**

Medications which cause dilation of blood vessels cause dark circles under eyes. Dilated blood vessels allow more blood to flow through them and they become more visible.

**Nutrition:**

A poor diet or the lack of essential nutrients causes discoloration of under eye skin. Your body needs its resources for both maintaining its condition and for its appearance, which means that your diet needs to be rich in proteins and vitamins.

**Hormonal Imbalance:**

Hormonal Imbalance during pregnancy, menstruation, menopause and many other causes paleness of skin, which leads to appearance of dark circles under eyes.

**Age:**

As we grow older, the skin under our eyes becomes more dry and wrinkled. The wrinkled skin below our eyes emphasizes and helps the appearance of dark circles.
Home Remedies for Dark Eye Circles

How to get rid of this issue is the question that arises in your mind when you are dealing with this problem. Here are some solutions:

- Sleep for sufficiently long hours to prevent formation of dark circles under eyes.

- Do not scratch the under eye skin.

- Have a good, balanced diet rich in nutrients.

- Lightly tap the under eye skin with one or two fingers to increase the blood circulation.

- Grate cucumber (you can also use a potato) and squeeze it in order to obtain the juice. Dip two cotton balls in it and keep them on eyes. This relaxes your eyes and relieves tiredness. It is considered the best remedy for under eye dark circles.

- Apply a paste of lemon juice, tomato puree, orange lentil flour and turmeric powder (if you are not allergic to it) under your eyes. Leave it for 15 minutes and wash it off.
• Drink plenty of water (more than 15 glasses)

• Eat fresh fruits and green vegetables as they are rich in fiber.

• Reduce stress levels by practicing yoga and meditation.

• Avoid sweets and chocolates.

• Dip two cotton balls in rose water and place them on your eyes, covering dark circles.

• Keep thin cold cucumber slices on eyes as they have rejuvenating effects.

• Use natural facial masks based on vegetables and oils. They moisturize your skin and help with reducing the dark spots under your eyes.

3. Low Blood Pressure

Blood pressure is a measurement of the pressure in your arteries during the active and resting phases of each heartbeat.

Conditions that can cause low blood pressure are pregnancy, endocrine problems, heart problems, dehydration, blood loss and lack of nutrients in your diet. Moreover, athletes and people who exercise regularly tend to have a lower blood pressure and a slower heart rate.
A popular alternative to taking prescribed drugs in order to lower blood pressure are Home Remedies. The ingredients can be found in the local supermarket or even tucked away in the cupboard at home. You only need to know what you’re looking for.

One of the most common remedy is garlic; its properties will amaze you. The biggest advantage of taking garlic is that it not only lowers blood pressure, but also helps to reduce the levels of clotting.

However, if your diet includes a lot of fats, eating garlic will not be effective. This is because the high fat content overpowers the properties of the garlic. Drinking alcohol in excess will also have a negative effect on garlics healing properties.

**Potassium and magnesium** are vital to the control of elevated blood pressure, so another thing to do is adding **bananas, kidney beans, molasses and soy** to your diet.

Fruits such as **watermelon and grapes** may be considered excellent resources of potassium, magnesium and calcium.
4. Strep Throat

Strep throat is inflammation of the throat, tonsils and lymph nodes due to infection with group A streptococcus bacteria. It is very common during the flu seasons and it can be preceded by mild symptoms such as runny nose, sneezing or cough. The incubation period of strep throat is around 3-5 days and most symptoms occur within this period of time. Common symptoms of strep throat are: throat inflammation and swelling, difficult swallowing, difficult breathing, mucus-producing, cough, fatigue, body weakness, headache, nausea, poor appetite, enlargement of the lymph nodes and tonsils, excessive sweating and fever.

Strep throat is very contagious and the bacteria responsible for causing the illness can be easily transmitted from a person to another by direct touch, sneezing or coughing. In order to prevent infection, it is very important to maintain proper personal hygiene and to avoid entering in contact with infected people. Anyone affected by strep throat should also take measures in avoiding spreading the bacteria to others.

Untreated strep throat can lead to serious complications and doctors usually recommend a course of antibiotics to most people. With appropriate medical treatment, the illness can be overcome quickly, minimizing the risk of developing complications.
Although they can’t replace medical treatments completely, there are various home remedies that can quickly relieve the symptoms and speed up the process of recovery. Coordinated with proper rest, an appropriate diet and plenty of fluids, natural remedies can quickly deal with the undesirable effects of strep throat.

**Home Remedies for Strep Throat**

**Chamomile tea** is one of the best natural remedies for strep throat. Its analgesic properties can provide rapid relief for throat pain and headaches. Administered every few hours, it can also reduce fever and prevent dehydration.

Sage is also a very strong natural remedy. It can reduce inflammation, protecting the soft tissues of the throat and respiratory system. Furthermore, it can be used either under the form of tincture or under the form of capsules. Thanks to its antibiotic properties, garlic is also an appropriate home remedy for strep throat.

**Gargling with salt water** can fight against bacteria and can reduce throat inflammation and pain, while saline nasal sprays can help decongest the airways clogged with mucus. When suffering from strep throat, it is very important to maintain a warm temperature in your bedroom and to increase the air humidity by using mist humidifiers.

You should avoid exposure to chemicals or irritants such as cigarette smoke and alcohol vapors. You should stay away from any substance with strong, persistent odor in order to prevent further inflammation of the respiratory systems soft tissues and membranes.
5. Hemorrhoids

In order to understand why these simple home remedies can help, we need to look first at the possible causes of the hemorrhoids. Some of the known contributing factors are pregnancy, straining when emptying the bowels, obesity, and chronic constipation. Ironically, frequent diarrhea is also known to contribute.

Hemorrhoids can be either internal or external and are most common in people over 40 as well as pregnant women. It’s said that over half of the population over the age of fifty has them.

Home Remedies for Hemorrhoids

With that introduction, let’s now look at the simple home remedies. While they are not a substitute for a proper medical advice, they are based on common sense and are more than likely to bring relief.

- **Get more fiber in your diet.**

  This can be accomplished by eating more fresh fruit, rolled oats, oat bran, whole grains and other foods high in fiber.

- **Get regular.**

  Avoiding constipation by regular visits to the toilet is usually a big help. Not only will it help relieve the discomfort associated with hemorrhoids, but it will also put less strain on the affected areas, allowing the body to repair some of the damage.
One way to train your body to empty the bowels regularly is to sit on the toilet seat around the same time each day. Make a habit of it and your body will follow. Keeping your stools loose and avoiding constipation will go a long way towards a long term relief from hemorrhoids. It will also be healthier for you for other reasons, beyond the hemorrhoid discomfort.

- **Lose weight.**

  Obesity is said to be a contributing factor, and it’s not just because of weight. Obese people tend to be more constipated as well. Anyhow, losing weight will have many other benefits for your health.

- **Drink plenty of plain water.**

  Water has many benefits. Among other things, it will help clean the toxins out of your body as well as emptying the bowels regularly. Drink plenty of plain, clean water. Also, try to get into a habit of drinking at least one glass of water on empty stomach.

- **Go for regular walks.**

  This will not only help you lose weight on the long run, but it will also help you go regularly to the toilet. If you follow these five common-sense tips, you should experience at least some relief. Moreover, it will also be beneficial for your general health.
V. Infections

1. Urinary Tract Infection

Even though Urinary Tract Infection (UTI) is a general condition, it is more common among women than men. This issue becomes serious because many women do not follow the most common protocol to prevent or minimize the chances of UTI.

UTI is a key reason because of which we are often told to wipe from front to back after using the bathroom. That’s because the urethra (the tube that transports urine from the bladder to the outside of the body) is located very close to the anus. Bacteria from the large intestine, such as E.Coli, are in perfect position to escape it and invade the urethra. From there, they can travel up to the bladder, and if the infection is not treated, it can continue on to infect the kidneys.

Home Remedies for UTI

- Drink 10-14 glasses of water to protect yourself from urinary infection. Drinking a lot of water flushes out bacteria and other microorganisms which contaminate the urinary tract.
- Do not suppress the urge to urinate, as it may have consequences on your health, possibly leading to a fully-developed urinary tract infection.

- Always wipe yourself from front to back, this stops the entry of the bacteria from the anus into the vagina or urethra.

- Take showers instead of bubble bath to prevent the entrance of bacteria into the urethra.

- Wash your genital area before and after a sexual intercourse. Also urinate before and after it. This avoids the transference of bacteria from one partner to another.

- Scented sprays can cause infection and irritation of the vaginal area. They do not help the cause of alleviating the Urinary Tract Infection problem.

- Drink a good amount of cranberry juice as it is one of the most simple and natural way of treating urinary tract infection. It prevents and heals the infection due to its medicinal properties.
• Stay away from caffeine found in coffee, tea, carbonated drinks, chocolates and many more.

• At the first symptoms, consume vitamin C supplements. It increases the acidity level of urine which helps to decrease the bacteria present in the urinary tract.

• You can apply a warm heating pad or hot water bottle on your abdomen to ease the pain.

• Use of spices like cinnamon and tincture mixture of herbs like buchu, uvaursi and juniper berries can act as antiseptics to clean kidney and bladder.

• Drink one glass of water for every 10 hours of the day. This will help you keep tab on the amount of water you drink.

• Avoid bladder irritants like citrus, tomatoes, aged cheese, chocolate, spicy food, caffeine, alcohol and nicotine. The irritants may differ for some individuals, but these are some of the common ones.

• Avoid tight underwear as it creates an ideal environment for undesirable bacteria to breed.

2. Eye Infection

Different kinds of diseases attack your eyes causing eye infection. It can be due to many reasons but some of the common ones are bacteria, viral or foreign objects. It is known that people who wear contact lenses are more prone to eye infection due to presence of bacteria.

**Some common eye infections are:**

**Pink Eye** (Conjunctivitis) – It is one of the most common infections which causes irritation and leads to redness of the eye. It is an air-borne disease so you need to be very careful.
Stye – Medically known as hordeolum, it is a small harmless lump formed at the base of an eyelash or inside the eyelid.

Blepharitis – It is an inflammation that affects the eyelids, causes itching, burning and irritation.

Orbital Cellulitis – It is the inflammation or infection surrounding the eye. This can get very serious, like losing your eyesight if the required treatment is not provided.

Keratitis (Corneal ulcers) – This is caused due to an injury to the cornea by a foreign body.

Dacryocystitis – An infection which happens to the tear duct.

Some common sign and symptoms are:

- Redness of eye
- Yellow, green discharge
- Irritation of the eye
- Pain in the eye
- Blurred Vision
- Watery eye
- Swelling of eye
- Photophobia
- Constant itching
Home remedies for Eye infection

- To get rid of stye you can use hot compresses on the swollen lump with the help of a hot cloth.

- You can make herbal eyewashes by using 1 tablespoon dried eyebright herb steeped in 1 pint of boiling water. Cool and strain this liquid and use it as eyewash.

- Avoid swimming in chlorinated water.

- You can make warm compress by using chamomile, lavender or rose oil for conjunctivitis.

- Soak aloe vera juice in a cloth to be placed over your eyes to soothe them. Aloe vera juice can be used as eyewash by following similar procedure.

- To reduce inflammation and itchiness you can keep cold bread over your eyes.

- Make an elderberry blossom tea and use it as eyewash, to soothe your eyes.
• Use artificial tears to moisten your eyes, to flush out the foreign body.

• For pink eye (conjunctivitis) fill a glass jar with distilled water and in that add 7-8 Jasmine flowers. Cover it with a lid and leave it overnight. The next morning pour drops of water in your eyes with the jasmine flower. Keep repeating until your eyes get soaked. Do this at least three times a day to notice the difference.

3. Sinus Infection

Acute sinusitis usually follows a viral infection in the upper respiratory tract, but allergy-causing substances (allergens) or pollutants may also trigger it. Viral infection damages the cells of the sinus lining, leading to inflammation. The lining thickens, obstructing the nasal passage which causes pain and discomfort.

You don’t always have to take over the counter medication for a sinus infection. If you look in the kitchen, you’ll find some home remedies that you can use to take care of the problem.

Home Remedies for a Sinus Infection

When you have a sinus infection, it will be a good idea to boil a pot of water and have some hot tea. Many of these are derived from herbs so you can try Echinacea. There is also astragalus which is also safe for children to drink. Another option is Oregon Grape Root which is known to kill many types of bacteria and also lemon balm.
You can take these herbs separately or mix them together, so play with them and see which one goes well with another. You can also drink orange juice and water. The important thing is to keep your body hydrated.

You can also inhale steam by leaning over a bowl of hot water that you just heated. Those who have a steam vaporizer can also use it and inhale the steam for about 10 minutes. For maximum effect, you can add mix Vicks Vapo-Rub into the water as this has proven to open the passageways.

Since some people experience pain in the ears when they have a sinus infection, they can get rid of it by using some essential oils.

You could mix together 2 tablespoons of Pure Almond Carrier Oil, five drops of Lavender Essential Oil, five drops of Pine Essential Oil, five drops of Eucalyptus Essential Oil and five drops of Tea Tree Essential Oil in warm water and then put the tincture inside the ear at least three times a day.

If you feel pain at the face level, mix a drop of Eucalyptus Essential Oil, a drop of Tea Tree Essential Oil and a drop of Pine Essential Oil together again with warm water. Dip in a clean cloth and then put the warm compress over your face.
Some people have difficulty sleeping when they have a sinus infection. Fortunately, you can sleep soundly and encourage drainage even during the evening by simply keeping your head elevated. You should also blow your nose when you feel the need, as this will help prevent it from blocking the nasal cavity.

Moreover, you can take garlic juice or garlic capsules for your sinus infection as studies have shown that it has anti-bacterial and anti-fungal properties. You can chop from fresh garlic and put this in a bowl of hot water. Inhale it two to three times a day.

If you run out of garlic, see if you have a bottle of apple cider vinegar. This helps to decrease mucus production because it contains potassium. Just mix two teaspoons of organic apple cider vinegar in a glass of warm water and drink it up three times a day.

Since sinus infections can happen at any time, you should have a few of these remedies stored in your cabinet.

However, keep in mind that there are limits to what home remedies can do against sinus infections. If things get worse, you are advised to see a doctor so they can prescribe something stronger.
VI. Fungi

1. Eczema

The current thinking is that Eczema is caused by a combination of factors that include: genetics, abnormal function of the immune system, environment, activities that may cause skin to be more sensitive and defects in the skin barrier that allow moisture out and germs in.

Moreover, it is not contagious and it is not an allergic reaction. However, there are some substances such as wool or man-made fibers which can lead to irritation of the skin.

Learning to care for your own Eczema and fight against it without needing doctors or specialists can be the one thing that finally tips the scales in your favor. Many people experience no relief through various medical help, so maybe the information below will help you.

Home Remedies for Eczema

Diet

The average person’s diet contains a fair degree of acid. Adding more of it to your diet can really damage your health. To prevent this, you have two solutions: systematically cut down on acidic foods, which is tougher than it sounds, or take some kelp supplements. Kelp is very high in alkali, and will help to neutralize some of the acid. This can be very effective, just as visiting a diet expert and having them compile a few meal plans for you.
**Vitamin E**

Vitamin E has excellent effects on areas affected with Eczema. The main benefit is that it can greatly reduce the itching and discomfort. The way it works is by neutralizing the microbes in the area: these microbes are thought to be the cause for the irritation which gives the itching. Natural Vitamin E is much more efficient than the synthetic kind, so be careful when buying.

**Blueberry Extract**

Blueberry leaves have a natural acid in them, which acts as a natural anti-inflammatory. If you use and apply this regularly, it can really help you on the long term. Blueberry leaf extract should be found in your local health store.

**Moisturize**

If you suffer from Eczema, moisturizing treatments can really be a gift. If you get into a regular moisturizing regime, you can really cut the effects that the condition can have on your life. It is best to moisturize as often as possible, even twice a day. Moreover, it is also best to do it after bathing or showering. Apply the moisturizer when your skin is still slightly damp, and you will be helping to seal it inside your skin.

Eczema is never good news, but most people don’t realize they can make a real difference to it if they take some action! Hopefully you will use these tips and find some real freedom.

2. **Athlete’s Foot**

Quite a common skin problem, Athlete’s foot affects mostly men and young people. This skin problem can be found in the area between the toes, soles of feet fingernails and toenails.
Athlete’s foot is caused by a fungus called tinea pedis, living off the dead skin cells and thriving in moist warm places such as gyms, locker rooms, showers and swimming pools. If you come in contact with wet floors or touch infected socks and shoes, you can contract this disease.

**Symptoms** include burning sensation between affected areas, itching and redness, scaling and blistering.

**Preventing Athletes Foot**

- To combat athlete’s foot, keep your feet dry all the time. After drying your feet, remove any loose skin to allow penetration of medication to the infected area.

- Use medicated powder or baking soda in your shoes and socks to keep your feet dry. It will soak up some of the perspiration and help neutralize the skin.

- Wear cotton or absorbent socks and wash them in hot water with bleach.

- Give your shoes lots of space to breathe and ample time to dry before wearing them again.

- Wipe the inside of the shoes with white vinegar or spray a disinfectant.

- Use antiperspirants to keep down the sweating.

- Dry your feet thoroughly with towel or hair dryer.
Home Remedies for Athlete’s foot

- Add 40 drops of tea tree oil to a small quantity of water or olive oil and soak your feet in it for 10 minutes. Towel dry your feet and blow dry to ensure no presence of any moisture. If you still find that the area is still moist, put few drops of tea tree oil on it.

- Soak your feet in mixture of apple cider vinegar and water for 10 minutes daily until the symptoms disappear. Apple cider vinegar with its antifungal properties will relieve the itching, peeling and kill the fungus. Instead of soaking your feet, you can also coat the fungus with a cotton ball dipped in apple cider vinegar.

- Soak the feet in a solution of baking soda and water for about 30 minutes daily.

- Boil 4 cups of water, add 8-10 broken sticks of cinnamon; reduce heat and simmer for 5 minutes; remove and steep for 45 minutes. Use as a foot bath. Cinnamon effectively combats both yeast and fungal infections.

- Put some freshly crushed garlic on the affected area and leave it on for half an hour; wash with water. Do this once a day for a week. Alternatively you can use diluted garlic juice, garlic powder or a clove of raw garlic. Garlic is an excellent antibiotic that can kill the fungus causing athlete’s foot.

- Add one ounce of chopped fresh ginger to one cup of boiled water and simmer for 20 minutes. Let it cool and apply twice a day on your feet.

- Rub raw honey on the infected areas before bedtime. Cover the feet with an old sock and leave it overnight.

- Soak your feet in herbal tea foot bath of goldenseal and thyme once a day.
• Mix 80 – 90 drops of Grapefruit seed extract to two ounce of water and apply to the affected areas with a cotton ball two or three times a day.

• Mix 2 tablespoons of salt to a pint of warm water and soak your feet for 10 – 15 minutes and dry thoroughly. The salt kills the fungus and reduces perspiration.

3. Candida

Firstly, it is important to acknowledge the fact that everyone has Candida already. It is a microorganism that is naturally present in your gut, part of the balanced system that helps you to digest food and stay fit. One of the major causes of this illness is the use of antibiotics. Even though they kill the harmful bacteria from our body, they also destroy beneficial and friendly bacteria that live in your gut. This can leave your body defenseless which makes space for Candida.

Another cause of this illness is stress. This is because one of your body’s first reactions to a stressful situation is to release Cortisol, a hormone that suppresses your immune system and raises your blood sugar level. The Candida yeast feeds on the extra sugar, and it quickly overpowers the balanced mixture of microorganisms in your small intestine.

Other causes include the use of contraceptive pills, the existence of chlorine and fluoride (which kill the beneficial bacteria) and the presence of diabetes.

Most people may not have heard of candidiasis and the ones who do know can tell you the symptoms of the disease can easily be mistaken for an upset stomach, an allergic reaction or simple exhaustion. Unfortunately, if left unattended, candidiasis or infection brought by the fungus candida albicans can cause serious damage to the body.

The good news is candidiasis, in its early stages, may not necessarily mean a trip to the doctor where you would have to pay a lot of money. For
the most part, home remedies have proven quite effective in combating the effects of candidiasis. The key is to administer these remedies early on.

**Home Remedies for Candida**

**Tea tree oil mouthwash**

*For oral use:*

- Mix a few drops of tea tree oil (approximately 5 to 8 drops) into a glass of either warm or cold water.

- Gargle the mixture for about a minute. Let the solution touch all the parts of the mouth (throat, palate, cheek lining). Be careful not to swallow the solution. Do this two times a day (preferably one in the morning and one before sleeping).

*For vaginal yeast infection:*

- Add a few drops of tea tree oil onto a tampon or sterile gauze and apply on to the affected area.

- Replace every 4 to 6 hours.

**Plain yogurt**

Make sure it has absolutely no sugar and other ingredients added to it. The yogurt should contain live lactobacillus acidophilus, which are good bacteria that keep candida albicans in check.

*For vaginal yeast infection:*

Dip tampon in the yogurt and insert into the vagina. Use twice a day until the symptoms clear up and repeat for one more extra day for good measure.
For skin problems (cutaneous candidiasis):

Apply yogurt directly on the affected area. Not only will the yogurt address the fungal infection, but also the yogurt will lend a soothing effect and relieve severe itching and weeping. Let yogurt stand for an hour or so and wash off well. Keep affected area dry. Apply two to three times a day.

Apple cider vinegar

For oral use:

- Mix 2 teaspoons of apple cider vinegar with 1 cup of cool water. Gargle with solution. Do not swallow.
- After gargling, dip a cotton swab in undiluted apple cider vinegar and apply directly on to the oral sores. Do not rinse.
- Allow to stand overnight.

For vaginal yeast infection:

- Create a douching solution of 1 tablespoon of apple cider vinegar and 2 cups of water.
- Add 1 garlic clove and allow the solution to stand for two hours before using for douching.

Changes in diet

Candida seems to thrive on high-sugar diets. So in order to starve the fungi, go on a low-to-no sugar diet, using sugar alternatives at best. Continue with this diet for as long as symptoms persist. In addition to the altered diet, make sure you receive sufficient doses of vitamins (A, B-complex, C) as well as minerals (iron and zinc).

This solution works best when the symptoms are becoming systemic, meaning that different parts of the body are affected all at the same time.
(For example, in addition to vaginal yeast infection, you have also contracted skin and stomach problems as well.) Diabetics, however, need to consult with a medical professional before undergoing this measure.

**Other solutions: Prevention worth a pound of cure**

To prevent candida overgrowth, which is the prime cause of the disorders, observe these tips (especially for women).

- Don’t douche or clean inside the vagina. Do not use vaginal deodorants or perfumed soaps when washing the external area. You can strip the body of the natural elements that keep the fungus in check. At best, use plain water or a mild, pH-balanced cleanser.

- Avoid tight clothes (including underwear), especially ones made of nylon. These prevent proper aeration (breathing) of the skin. It encourages moisture to form in the body, which is prime breeding ground for fungi.

- Drink plenty of water to keep the body cool and to flush out toxins (including those produced by the candida fungus) out of your body.

- Have a good number of servings of bananas, yogurt, and garlic. These foods have been found to have lots of anti-fungal properties and if part of your regular diet, the chances of avoiding candidiasis are great.

- Do not skip meals and avoid keeping your stomach empty for long periods of time. Having irregular eating habits have been observed to increase the chances of candida overgrowth.

The key to all of these home remedies is early and quick detection. So in order to administer the right remedy, learn to recognize the symptoms.
VII. Common Conditions

1. Constipation

A poor diet and an inactive lifestyle are the most common causes of constipation. A lack of exercise and eating too much junk food can have a big negative impact on your digestive health.

Many people suffer with constipation and though it may appear to be an amusing situation for those looking in, for the person who has to live with this condition it can be a serious problem. Constipation home remedies are often the first port of call and with good reasons; most of these remedies work very well.

The symptoms of constipation can range from nausea, leg pains, headache, flatulence, fever and loss of appetite. All of which should not be underestimated because they can become a problem themselves. It should be noted at this point, that even if bowel movements are occurring, there could still be constipation.

Home Remedies for Constipation

For everyone who has constipation, their first move when looking for remedies should be to look at their diets. Plainly put, if you eat the right amounts of foods, in the right combinations, then you should not have any kind of problem.
We should all aim **to eat more fruits and more vegetables.** This will add bulk and fiber to the diet which helps with relieving constipation. However, try to avoid those vegetables that are known to encourage flatulence: these include cabbage, sprouts, beans and foods such as nuts and also some dry foods. Processed, fatty food and fried food are also best to be avoided.

Instead, one of the fruits that should be added to the diet are **figs.** Well known throughout time as one of the constipation home remedies, figs can be soaked overnight in water and be ready for breakfast the next morning.

You can also use them as the base for a homemade blended drink. Simply throw in three or four figs, add **some oat milk and some prune juice** and blend. This is a super drink that, taken regularly for several days will help to relieve constipation.

**Wholegrain breads and cereals** should also be added to the diet of anyone who has irregular bowel movements or is constipated. These breads and cereals help to add the necessary bulk that our bodies need to remove the waste. In the same way, the fiber that these foods possess is also vital to keep the bowels healthy and functioning.

**Add exercise** to your daily regime and drink plenty of water as this will help to keep your system working healthy and encourage the waste to naturally and easily leave the body.

2. **Earache**

Earache is one of the things that often first occur when we are babies, continues on and off throughout childhood and even occurs as
adults. Home remedies for earache can be useful bits of information to have at your disposal to counter this often painful condition.

Usually occurring when there is a cold or flu or sinus problems, earaches are the result of the tube between the throat and the middle ear being infected and becoming blocked.

Home Remedies for Earache

- Because of its antibacterial and antiviral properties, garlic is a great home remedy ingredient that helps in a variety of conditions, aches and pains. No surprise then that it has its place and uses as one of the remedies for earache. The simplest way is to eat a couple of cloves of raw garlic per day as this will help to kill off the bacteria in the ear canal. Garlic can also be used as an ear drop, dropped into the ear. However, using concentrated garlic in this way should be avoided because it will irritate the inner ear. What should be mixed with the garlic is an oil called mullein.

- Mixing up a massage oil of lavender, tea tree and chamomile and then massaging the outer ear with this oil has been known to offer relief to earache. It can also be applied to the ear itself by dipping a piece of cotton into the oil and then placing it in the ear.
• The use of warm olive oil dropped into the ear has been used as a good home remedy for earache. All that is required is for the oil to be warmed slightly and then a few drops, dropped into the ear. This keeps the ear lubricated and helps with any irritation within the ear.

• Some particularly good home remedies for earache involve solutions to stop the pain as soon as it begins. It often happens that a plane journey triggers an earache. This is because of the changes in pressure as the plane lands and takes off. We are often told to swallow at this point in the journey and for good reasons. Swallowing helps to equalize the pressure within the ear and the atmosphere we’re in. Further flying tips that will help to equalize pressure in the ear and the environment include chewing gum.

• Above all, avoid poking around in the ear and placing foreign objects inside it. The ear is a delicate and important organ and should be looked after and cared for with this in mind.

3. Motion Sickness

When you experience nausea or vomiting while being on an airplane, automobile or any rides from an amusement park it is known as motion sickness. This is related to the sense of balance and equilibrium. It occurs when the motion messages are not as they should be. There are two such messages:
One message comes from the inner ear that controls the balance while the second one comes from the eyes. When you change your position, these two do not match and the result is motion sickness.

**Home Remedies for Motion Sickness**

- Cover your nose from any kind of odor that makes you feel nausea. It can be engines smoke, smell of dead fish or even the odor coming from the person sitting next to you.

- Try traveling at night as you may avoid the movement of vehicles.

- Get fresh air by opening the window of your car. Get down from the bus when it stops. Reach the deck and smell the ocean or sea when you are on a boat or a ship. Turn on the vent when in plane.

- While traveling avoid drinking too much alcohol as it makes your head twirl. If you are planning to drink, have it in a small quantity.

- Sleep well before you travel as lack of sleep might give you one more reason to suffer from motion sickness.

- If in a car, sit in the front seat and focus on the road helping you to have a proper balance of your body and eyes.
• Motion sickness is partially psychological, so try to be more positive when you are traveling. Be stress-free and think of things that make you happy.

• Avoid reading as it is one of the major causes for motion sickness no matter which mode of transport it is.

• Look at something stationary as it helps to keep the balance.

• Avoid eating too much before you travel as it increases your chances of triggering a motion sickness.

• You can try making ginger tea by pouring hot boiling water over chopped ginger; you can also add brown sugar to it. Ginger works great against motion sickness as it absorbs acids and blocks the nausea in your gastrointestinal tract.

• Eating couple of olives at the first sign of nausea would surely help. As olive contains tannins to make your mouth dry and it does not trickle into your stomach.

• You can also eat lemons to prevent this problem.

4. Bruxism

Bruxism or teeth grinding is one of the most damaging forms of dental disorders. This condition is usually difficult to detect in the early stages as the patient is completely oblivious of this habit. It leads to clenching and grinding of the teeth along with extreme jaw movements. You can suffer facial pain due to the clenching – clamping the top and bottom teeth together. This stressful act puts pressure on the muscles, tissues and the areas around the jaw. It can lead to serious problems like jaw joint disorders, jaw pain, headaches, earaches, damaged teeth and many others.
This continuous form of grinding damages the teeth completely. This condition is very common among children, but it is not only restricted to them. It is a very common problem among people with Fibromyalgia Syndrome. The teeth clenching and grinding may lead to Temporomandibular Joint Dysfunction (TMJ).

**Home Remedies for Bruxism**

- Before going to bed you can chew on an apple, cauliflower or carrot. This will calm your overactive mouth and prevent grinding.

- To relax your jaw muscles use a warm washcloth around the sides of your face. Continue doing this for some time. This will relax the clenched muscles that cause head pain. Do it before bedtime to have better results.

- Be relaxed and avoid stress by taking warm baths and massages. Massage your neck muscles, shoulders and face to relax peacefully. Stress relieving exercises should also help. Squeeze a tennis ball; it may come in handy.
• Sleeping on your side or your stomach may increase your chances of bruxism. The best position to sleep is on your back to reduce the stress.

• Use contoured pillow if you can’t sleep on your back. Place the contoured pillow under your face and the ordinary pillow between your arms. Sleeping in this position reduces the strain on your jaw and neck and prevents you from rolling over onto your face.

• Avoid the consumption of alcohol as it affects your sleep and increases the movement of your jaw, which causes clenching. Cut down on caffeine and carbohydrates like candy and pastries.

• Try acupressure, it may help you relax for a good night sleep, thus avoiding any incidents of teeth clenching or grinding.
Your Health Is In Your Hands!

The treatments and medications given by your doctor for different illnesses are known to have dangerous side effects. As a consequence, more and more individuals are looking to find natural and safe alternatives. It is empowering to know that many of the common diseases can be treated right in your own home, with natural ingredients that can be easily found and used.

Making a doctor’s appointment, getting a prescription, finding a pharmacy and standing in a queue doesn’t sound that good anymore! Not to mention the fact that if you do all these things whilst being ill can even worsen your condition. Now you know that you can leave these all behind and find help in the comfort of your own home!

Enjoy a happy and healthy lifestyle from now on!