



liteon

Natural Health Center

Powerful, Positive Healing for Life

Home Remedies Guide

896-4141 Carencro Office 662-3120 Sunset Office www.NaturalHealthCentersOnline.com

ALLERGIES— The best natural antihistamine is to cut orange peels in small strips & soak in apple cider vinegar for several hours, drain & cook down in honey until soft but not the consistency of candy. Keep in refrigerator. Use as needed. Relieves stuffiness & clogged passages. Tyrosine (amino acid) - allergies are treated with tyrosine, especially cases of hayfever from grass pollen.

ARTHRITIS— The amino acid Histidine is good for tissue growth and repair and is useful for its anti-inflammatory effect and is used in rheumatoid arthritis.

ASTHMA— Acute attack; it has been claimed that a few drops of Lobelia extract in the mouth will relax and put a stop to the spasms. Pour 1 cup cold of water over 1 - 2 teaspoons shredded Elecampane root. Let stand 8-10 hours. Reheat. Take very hot, in small sips. Can sweeten with honey. Use 1 cup twice a day.

BLEEDING— Cayenne pepper - a small amount applied in the nose has stopped bleeding immediately, taken internally with water helps internal bleeding, also helps a bleeding cut. Plantain - powdered or leaf applied directly on wound, dampen first Marigold - the tincture in boiled water applied to wash the wounds, very useful in bleeding conditions Shepherd's Purse - works as a styptic, use as a tea and apply as a poultice to the wound.

BLISTERS— The amino acid Methionine helps heal rashes and blisters in babies with high ammonia content in their urine. The amino acid Lysine has helped heal fever blisters when given 500 milligrams of Lysine daily, with acidophilus and yogurt.

BOILS— Figs - fresh figs applied hot; it is also used for mouth sores. Honey - an antibiotic; apply with a small amount of comfrey powder, apply and it will help bring boils to a head. Slippery Elm - use the powder added to water to make a paste, healing as a poultice, can be used for wounds, boils and skin problems.

BRUISES— Comfrey powder, golden seal mixed with aloe vera juice is very good for

bruises. Mullein - the oil of Mullein flowers and olive oil is good for bruises. St. John's Wort - the flowers are infused in olive oil and applied to bruises and wounds. Witch Hazel - used as a compress, dipped in distilled Witch Hazel is good for bruises and swellings.

BURNS— Immediately immerse in cool water, apply vitamin E oil and take vitamin E orally; other remedies are: Aloe Vera plant - cut off leaves, slit leaf and squeeze juice or lay exposed side of leaf on burn. Wheat germ oil and honey - make a paste of wheat germ oil and honey in blender, letting it run at low speed, then add comfrey leaves to make a thick paste, apply to burn, keep remainder in refrigerator. Marshmallow compress - can be used for mild burns. Potatoes - peeled raw potatoes will help on burns. Vitamin C applied topically and taken internally reduces pain eliminating the need for morphine.

CHAPPED HANDS— Apply aloe vera gel to chapped hands and chapped lips.

CHICKEN POX— Catnip tea enema. External teas - red raspberry, catnip, peppermint with vinegar to relieve itching. Golden seal tea - for severe itching. Lemonade with honey - fresh vegetable and fruit juices, if possible.

COLDS & FLU— Use mild teas made from catnip or peppermint or red raspberry, use boneset, elderberry and peppermint teas for cases of the flu, give natural vitamin C liquid. Chamomile tea - relaxing and soothing for colds and flu. Lemon and honey water - steeped and used for colds and coughs, refreshing and restorative. Honey - added to herb drinks will help destroy bacteria for the honey is a bactericide. Barley water - wash 2 ozs of barley and boil in 1 pint of water for a few minutes, discard water then place barley in 4 pts pure water, add clean lemon peel, boil down to 2 pts, strain and add 2 ozs of honey, can be used freely for children.

CONSTIPATION— Prevention is the best method, the diet for children should include whole-grain cereals, leafy greens, raw fruits with skins are essential in keeping the bowels working

normally. Emotional disturbances in the mother will affect the baby if nursing. Chamomile tea - weak chamomile tea is good for constipation. Cascara Sagrada - small amounts for children. Elder flowers - good in cases of constipation. Licorice added to herbal teas has a slight laxative action. Nursing babies are rarely constipated if the mother is taking bulk fiber in her diet. Weak molasses water will help. Acidophilus and yogurt are good for constipation. Licorice tea is good for constipation in babies.

COUGHS— If the cause is in the lung area, a cleansing diet is helpful. Onion remedy - peel and chop onions, cover with honey. Simmer, strain and use as a cough syrup. Honey and licorice root or honey and horehound herb, or honey and wild cherry bark are useful. Mullein - good for croup cough. Combination of marshmallow, mullein, comfrey, lobelia and chickweed in equal parts are good for coughs. Pitted dates crushed and made into a syrup has been used for coughs, sore throat and bronchitis. Infants suffocating from phlegm - lobelia extract on tongue. Tea of sage and thyme in equal parts with a pinch of cardamom and ginger and cloves and nutmeg is another remedy for coughs. Heavy cough - cherry bark tea and colts foot flower tea. Chew on licorice or candied ginger. Almond drink - grind almonds into powder and steep in 1 pint of cold water, will soften coughs and is a nutritious drink for a fever. Horehound remedy - use 2 tablespoons of the fresh leaves with two cups of boiling water, drink in small amounts.

CROUP— Bring perspiration by giving the child warm catnip or chamomile tea. Peppermint and honey is good. A few drops of lobelia tincture in catnip or peppermint tea is.

DEPRESSION— The amino acid, Tyrosine, has been found to have a fantastic effect on depression for its management and control and compared to a drug used for depression with one great difference: no side effects. Gotu Kola - helps in mental fatigue which is common in depression. Ginseng - helps stimulate the entire body energy to overcome depression. Kelp - contains all of the minerals for glandular health. Herbal combinations - black

cohosh, capsicum, valerian, mistletoe, ginger, St. John's Wort, hops, wood betony.

DIARRHEA— It must be remembered that diarrhea is natural in times of fear and stress; it's nature's way of quickly removing the toxins in the body. An occasional diarrhea is not alarming. Red raspberry tea is soothing for diarrhea. Carob powder in boiled milk. Usually about 1 tsp to 1 cup milk. Barley water given to small babies is good for diarrhea. Licorice or Ginger is good to help colic pains from diarrhea. Carrot soup - is an excellent remedy for infant diarrhea; the cooked soup coats the inflamed small bowel, soothes it, and helps promote healing.

EARACHE— Oil of garlic in the ear - hold in with cotton. Oil of lobelia in each ear - hold in with cotton.

EYE INFLAMMATION— Lotion of eyebright or chickweed. Eyebright tea strained.

FEVER— High fevers; an enema is needed to reduce the temperature. Barley water for high fever (used linen cloth to tie barley and boil for ½ hour). Licorice water - Elderflower & peppermint leaves.

HEADACHES— Capsuled Hops with water - Wood betony, chamomile tea, Tei-Fu Oil rubbed on temples. Severe headaches - fasting with juice and green drinks.

HEMORROIDS— Ginger tea, yarrow extract, white oak bark. Applied externally.

HERPES SIMPLEX I (fever blisters or cold

sores)— Infects the tissues around the lips and inside the mouth. The amino acid, Lysine inhibits the virus, together with vitamin C, zinc, and vitamin A. Yogurt and buttermilk will eliminate the pain - halt the spread of the lesions and promote healing.

INSECT BITES & BEE STINGS— Clay - a clay paste dampened and applied to the bite and sting will help relieve the pain. Plantain—wet plantain leaf with a little olive oil and place on bee or hornet sting, after the stinger is removed will help to heal; you need to replace the leaf as it dries. Honey—apply honey after removing the stinger. Comfrey—mixed with aloe vera juice will heal bites and take down the swelling.

INSOMNIA— Plain, warm milk contains generous amounts of the amino acid Tryptophan which quiets the nervous system and when taken with vitamin B6, keeps the Tryptophan high in the blood stream. It's an essential ingredient for the regeneration of the body tissues. This is a natural alternative to tranquilizers. Hot chamomile tea. Hops—helps relax the body. Herbal calcium combination helps. Passion flower—excellent for insomnia. Valerian—can be used occasionally, prolonged use can cause depression in some people.

MEMORY— The amino acid Glutamine has been used safely in children who can't learn or retain memory. Gotu Kola has been used with children to improve their learning ability and concentration.

RINGWORM— A fungoid parasite is best stopped by sealing off the air. Undiluted lemon juice, white of egg, nail varnish—apply every few hours. Garlic applied internally is helpful.

SUNBURN— To avoid sunburn, mix one teaspoon vinegar to ½ cup thin sunflower oil and apply. Gel from aloe vera plant and wheat germ oil with powdered comfrey added. Make paste ahead and it will keep well in a covered jar.

TOOTHACHE— Hot poultices will reduce pain of toothache. Chamomile and hop tea will help relax the body. Oil of Clove—just a temporary relief; clove oil can be mixed with zinc oxide powder to form a paste, this will protect the cavity from food.

TONSILLITIS— Catnip tea enema—pineapple juice. Vegetable juices are useful in removing waste. Red raspberry tea—comfrey tea.

WORMS— Grated raw apples sprinkled with anise seed in a salad will get rid of worms. Cold sage tea is also good for worms. Garlic—excellent body cleanser. Papaya Latex is used in Asia for children to expel worms (obtain at health food stores). Pomegranate— good for pin worms, round worms, and tape worms. Pumpkin seeds—help eliminate worms.

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The publishers of *Natural Awakenings Magazine* nor the Natural Health Center or DHARMA Wellness Center does not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

take time for yourself



take a break
Let us design your experience
Healing Retreats
337.896.4141



we are where you are
heal your body
Enhance your stay with a service
Wellness Center
337.662.3120

The Natural Health Center is a holistic health practice, offering state-of-the-art technology combined with individualized service. We believe that each person should be approached as a whole, integrated being and not just a collection of symptoms. Each person is biochemically different from one another. Therefore, no two people who come to us will receive the same recommendations and plan of action. We customize the way we help people based upon their individualized needs. Our goal is to get your body to a healthy, balanced state where it can begin to heal itself the way God created it to do.

Your body has an incredible ability to heal
Imagine the Possibilities

- Silence the mind with meditation.
- Detox with a cleanse.
- Relax with massage and movement.
- Eat well for your body.
- Learn energy healing for better health.
- Find emotional freedom.

Choose your own path.
heal your body

"Live as if you were to die tomorrow. Learn as if you were to live forever."
- Mahatma Gandhi



liteon

Natural Health Center
Powerful, Positive Healing for Life
Carencro Office
offering **six paths** to healing

Nutrition	Detoxification
Essential Oils	Vitamin Therapy
Wheatgrass	Holistic Therapy

DHARMA
Wellness Center in Sunset, LA

Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool for breast cancer,



may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called “low-energy X-rays” used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, “This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress for many months because of false positive findings.”

Many women and functional medicine doctors are now choosing non-invasive and radiation-free annual thermograms as a safer alternative. Those at high risk for breast cancer may choose to do periodic MRI screenings, a recommendation supported by research at Britain’s University Hospitals Birmingham.

To schedule a full body thermography exam call 896-4141. The cost is only \$94.

All Adults Should Take a Daily Multivitamin, Recommends American Medical Association

All adults should take a multivitamin every day, according to a report published by two Harvard doctors in the *Journal of the American Medical Association* (2002;287:3127–9). This recommendation is based on research demonstrating that taking a multivitamin may help prevent a number of chronic diseases, including heart disease, some cancers, and osteoporosis.

According to the authors, the evidence is “conclusive” that supplementing with folic acid during the first trimester of pregnancy reduces the risk of a group of birth defects known as neural tube defects. It is also well documented that taking vitamin D along with calcium reduces the risk of fractures in elderly women with thin bones (osteoporosis). A strong, though not conclusive, case can be made that supplementing with folic acid, vitamin B6, and vitamin B12 may help prevent heart disease by lowering homocysteine levels. Additional research suggests that vitamin supplements may reduce the risk of colon and breast cancer.

The new recommendation is part of a gradual but ongoing attitude shift in conventional medicine concerning the value of nutritional supplements. For many years, the prevailing opinion among most doctors was that vitamin supplements are unnecessary because the typical American diet provides all of the nutrients necessary to maintain good health. However, as the Harvard researchers point out, that opinion is no longer defensible.

The observation that vitamin supplementation can prevent several common chronic diseases indicates that the average American diet does not provide optimal amounts of some nutrients. Subtle vitamin deficiencies can result from excessive consumption of nutrient-depleted foods such as refined sugar and white flour, from inadequate intake of vitamin-rich fruits and vegetables, and from nutrient losses due to processing, prolonged heating, or storage of foods.

While vitamin supplementation can correct certain deficiencies, it is not an adequate substitute for a good diet. That is because whole, unprocessed foods contain a wide array of beneficial substances besides vitamins, such as carotenoids, flavonoids, natural antioxidants, and other unidentified compounds. As one researcher recently suggested, the best approach to disease prevention is to eat properly and to take a multivitamin.

Alan R. Gaby, MD

Illness and Disease are not "caught".

You do not catch cancer, heart disease or a cold. **You create** these ailments with deficiencies based on what you eat or don't eat.

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants. Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem! Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"You can not drug your body back to good health. You can only heal the body by providing it the vital nutrients it needs to restore and rebuild naturally."

- Oliver Frank Matthews, MD

 **liteon**
Natural Health Center
Powerful, Positive Healing for Life

Recommended Daily Allowance (RDA)

Food component	65 grams
Total fat	20 grams
Saturated fat	300 mg
Cholesterol	300 mg
Sodium	2,400 mg
Potassium	3,500 mg
Total carbohydrate	300 grams
Dietary fiber	30 grams (1oz)
Protein	50 grams
Vitamin A	5,000 IU
Vitamin C	60 mg
Calcium	1,000 mg
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin K	80 mcg
Vitamin B1 (Thiamin)	1.5 mg
Vitamin B2 (Riboflavin)	1.7 mg
Vitamin B3 (Niacin)	20 mg
Vitamin B6 (Pyridoxine)	2 mg
Folic Acid (Folate)	400 mcg
Vitamin B12	6 mcg
Biotin	0.3 mg
Pantothenic acid	10 mg

MINERALS (at least 20 mg each)

Iron	Zinc	Iodine
Copper	Manganese	Fluoride
Nickel	Chromium	Selenium
Calcium	Potassium	Sodium

20 Best Foods for **FIBER**



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout "added fiber"—is the best way to increase your fiber intake.

- Dr. Steven T. Castille