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• Earache

Earaches can be caused by mild infection or a change in altitude. Here are some ways to relieve the pain associated with this problem.

1. Sooth the ear with the warm, not the hot setting, of a hairdryer. Now be careful and make sure it is on the warm setting.
2. If you puncture a piece of garlic and pour the juice in the ear it will help to take the pain away. Garlic has a natural antibiotic, so use it, and see if it helps.
3. If the ache is from altitude change, just chew gum or yawn to relieve the pain.
4. If you get it from swimming, usually called, swimmer's ear, just put some mineral oil in before going in the water. This should help the condition.
5. If the pain is bad and doesn't go away quickly, make sure you go to the doctor, he can give you an antibiotic to cure this problem.

• Ear Wax

Excessive earwax can cause hearing problems and can cause pain. Here are a few tips to help you out.

1. A capful of hydrogen peroxide in each ear, let it set for a minute or two, and then let it drain out. It is a very odd sensation, but that's it working. Mineral oil also works. Here is another little tip, I tried using garlic oil and you can get that from a health food store. I find that this works the best.
2. After you take a shower or bath, blow dry your ears instead of rubbing them. One drop of alcohol after bathing can also prevent excessive earwax.
3. DO NOT remove earwax using anything that you stick in your ear, it is very dangerous and you can puncture your eardrum, so I repeat again, DO NOT do it.
4. If all these small things don't work go to the doctor and get a professional flushing.

• Fever

Before you do any of these remedies, make sure that you go to the doctor if your fever is high. Here are a few things to calm a fever:

1. Plenty of fluids, water and fruit juice is the best. When you have a fever, your body sweats, and you lose a lot of fluid and can be dangerous. So drink liquids, juice is the best because of the amount of vitamins and minerals they have.
2. Herbal teas are good to lower fever. The best teas are:
 - a. Linden
 - b. Willow Bark
 - c. Black Elder
3. A sponge bath can cool off and lower the fever. Armpits and groin are usually the hottest, so you should pay special attention to these areas.
4. Eating, yes, if you can eat. Don't eat to excess, but if you can eat, because it will boost your immune system. Remember, eat healthy food.

• Flu

Recently in the Northeast, where I am, there was a severe outbreak of the flu. Now this can make you feel worse than anything else, and you should go to the doctor if it's bad and you should think about getting a flu vaccine. Now here are a few helpful remedies to make the flu seem a little more tolerable.

1. Plenty of rest, it will help your immune system
2. Gargle with salt water to help relieve that dry scratchy throat that is so common with the flu.
3. Steam, steam will help clear your head and make you feel better.
4. Try to avoid eating too much, eat light to prevent vomiting and nausea. The blander the food the better.
5. Wash your hands frequently, when everyone around you is sick there are germs everywhere and it would be a good idea to wash your hands frequently.
6. Add a dose of vitamin E would also help boost the immune system. Also Vitamin C and Zinc can also help.

• Foot Odor

Foot odor can be an embarrassing thing and there are things you can do to prevent this problem. Here are some helpful hints:

1. Wash your feet every day and use powder, cornstarch or a special foot powder.
2. If you steep 4 tea bags in a quart of boiling water. Then put the tea in a basin with a liter of water to cool it off, then dunk your feet. Tannin present in tea, is a drying agent and it will help control the odor. Do this twice a day until the odor goes away.
3. Cypress oil can also help. Rub this on your feet every morning for a week, if the odor goes away, then you can use this oil to prevent odor in the future.
4. Sweaty feet can also cause a problem, you can either use 1 quart of water with kosher salt and soak your feet in it, or you can also use a half a cup of vinegar instead of the

kosher salt.

5. Garlic and onions can also cause the problem, you are what you eat, and you smell what you eat sometimes. Garlic, while being one of the best foods for you, can also cause odor. If you eat a lot of garlic it will come out in your sweat, and if your feet sweat, and, well, you get a recipe for foot odor.

• Hangover

So you had one too many drinks last night and now your body is rebelling against you abusing it, well here are some tips to get rid of that hangover.

1. Eat Crackers and honey. Honey has a high source of fructose and will be helpful in removing the remainder of the alcohol in your system. Fruit juice will do the same thing because of it's high level of fructose.
2. Aspirin for a headache or you can chew on some willow bark, willow bark contains a substance used in aspirin and will help your headache. You can find it in a health food store if you want to try an alternative to aspirin.
3. Plenty of water, it will help flush out the alcohol, also too much alcohol leaves the body dehydrated, so have a drink, I mean of water, not the other stuff, that's what gave you the hangover in the first place.
4. This is the weirdest cure for a hangover, rub lemon slices under each armpit. I don't know, I've been told this works, I don't drink myself so I have to admit I'm not the best to tell you if this remedy works.

• Headache

There are many types of headaches and many causes to headaches. Now I'm a headache sufferer myself so I've tried a lot of these remedies. Hopefully these tips will help you as well. I will segment the headache section into groups, so here are all the cures for the different types.

1. Tension Headaches, now the simplest way and usually the most effective is just to take an aspirin, however, there are natural treatments that may help you. Placing a warm pad on the back of your head or you can try taking a warm shower or bath. Also if you can reduce your stress you'll suffer less from the pain of a tension headache.
2. Migraine Headaches, I would suggest that a doctor's visit is in order if you have migraine headaches often, it can give you crippling pain and makes you feel just miserable. There are many causes of a migraine, try and reduce stress levels, and when you feel it coming on lie down in a quiet dark room. Now I find this to be very helpful if you feel a headache of any type coming on, but it really does help to relieve the pain of a migraine. You can also apply a cold compress to your head and a warm one to your neck. Breathe nice and slowly and just relax.
3. Caffeine can also help, caffeine constricts the blood vessels which widen during a migraine headache. Now, I'm not a big fan of this treatment because you can become addicted to caffeine, and if you don't have a caffeine you can get a headache, so just use it when you have a headache.
4. Sinus Headache, this occurs when there is an infection in the sinuses. This one you

should go to the doctor.

5. Some helpful hints on getting rid of a headache
 - a. Dip a handkerchief in white vinegar and wrap it around your head. Now, I use this one myself, but sometimes I just eliminate the white vinegar and just use the handkerchief tied around my head.
 - b. Try acupressure, try rubbing the space between your index finger and your thumb, this can work sometimes.
 - c. Taking your aspirin with coffee can really make the aspirin more effective...it makes it work faster and better, but remember about the danger of caffeine addiction.
 - d. Run your hands under hot water, this can also be an effective way to stop a headache.

• Heartburn

This can be very painful and it can ruin your evening. There are a few things that you can do to relieve this pain.

1. Don't lie flat on your back. Heartburn is caused by the acid in your stomach moving upward to your esophagus. So if you are flat on a bed, it just makes it a little more difficult for the acid to go down.
2. Try having a bowl of rice pudding, made with milk, now this combo of the two should help absorb stomach acid.
3. Coffee and chocolate can inflame heartburn, so avoid them if you can.
4. If your heartburn is a regular problem, you should think about going to the doctor.

• Hemorrhoids

I don't even want to discuss this problem, and that's the problem with hemorrhoids, many people have it, but it is an embarrassing problem that no one wants to admit. So, in the privacy of your own home I'm going to give you some helpful hints about the problem of hemorrhoids, aren't you glad that you bought that computer and now you can sit at home and not discuss this problem with someone you know. Let's all bless the internet for moments like this. So here are the cures:

1. Vitamin E in the liquid form and wheat germ oil are both effective on hemorrhoids. Just put them on a cotton ball and apply it a few times a day until the pain goes away.
2. You can also try bathing the area, you know what area I mean, in papaya juice. Look at the health food store for this.
3. You can also try aloe vera on the area.
4. Once they go away, eat more fiber, because if you don't have to strain when going to the bathroom, you'll also reduce the likelihood of the hemorrhoids from coming back.
5. If all these don't work I suggest you think about discussing hemorrhoids with everyone you meet, trust me the humiliation of talking about it will far outweigh any discomfort you feel with your hemorrhoids and you'll completely forget about them.

• Hiccups

Hiccup, well, hiccup, you want to know how to get rid of, hiccups, well here are some helpful little hints to get rid of these annoying little things.

1. A teaspoon of sugar taken dry can eliminate the hiccups.
2. Try this one, rub the roof of your mouth with your tongue, this works with some people.
3. Sniff some sandalwood oil on a cotton ball.
4. Dill Seed Tea also seems to work.
5. Sucking a lemon with worcestershire sauce can also work.
6. Have someone scare you senseless, now this never works because you know it's coming, so if you have the hiccups right now, just stay calm really calm,

BOOH Okay, so did that work? It didn't? Well, try the other remedies, they'll work.

I - L

- [Insomnia](#)

- [Laryngitis](#)

• Insomnia

I sit here, late at night, typing this webpage, why you ask? Because I have insomnia. With that as the beginning of this remedy page, I will convince you that insomnia can be cured with these simple little steps.

1. Use your bed only for sleeping! Don't read or watch TV in bed.
2. Taking a warm shower might help, it works because it relaxes you.
3. Chamomile tea can also help to relax you before sleep.
4. Exercise 5 hours before bedtime, this supposedly will help you sleep.
5. Avoid Caffeine, as everyone under the sun knows, Caffeine is a stimulant and will keep you wide awake.
6. If you can't sleep, get out of bed, it doesn't help to just sit in the dark if you can't sleep.
7. Read this webpage 100 times before bed, and if you aren't ready to sleep, well, then you just can't be cured :o)

• Laryngitis

So, you can't speak? Hopefully no one will cheer this fact, but if they do you might want to keep the laryngitis and make everyone happy, but seriously, here is a few simple things you can do to get your voice back.

1. Drink Elm bark tea, you can find this slippery tasting tea at any health food store. It should reduce the pain that you may be having.
2. Uncooked chestnuts may help your vocal cords.
3. Try and stay away from Alcohol and cold drinks, they will just make the soreness worst and prevent you from speaking longer.
4. Don't talk at all, I mean not even a whisper, it's the best way to cure your vocal ailment.
5. Breathe through your nose instead of your mouth. Breathing through the mouth will only cause dryness and potentially make it worst.
6. Don't clear your throat. Now I know this is difficult when you have that annoying little tickle, but the act of clearing your throat is very strenuous because it makes the vocal cords slap together in just such a way that can cause trouble. So try drinking some liquid instead of clearing your throat.

M - P

- [Muscle Strain](#)
- [Nausea](#)
- [Nosebleed](#)

• Muscle Strain

Muscle strain at one time has effected all of us, from the weekend athlete who over did a workout to a mother lifting up a heavy toddler. Here is some simple solutions to help you through this muscle strain.

1. Rest, most muscle pain will go away by itself soon enough, so just rest it and don't try to use the muscle until it's healed.
2. Ice can bring down the muscle inflammation, but if the pain is very bad use heat.
3. If the muscle pain should be in your legs, just make sure when you lie down to keep your feet higher than your heart, and the swelling will go down.
4. If you get cramps in your legs at night you might want to take a calcium supplement, since deficiency in that mineral can cause cramping. Also think about the amount of potassium you have, potassium can also cause muscle cramping.
5. Warm up before any exercise, if your muscles are sufficiently warmed up you greatly reduce the chance of injury. Also warm down after a workout, I find this to be effective in reducing stiffness the next day.
6. Eat Pineapple, pineapple contains the enzyme called bromelain which helps repair injured tissue. I wonder if pineapple on top of a pizza counts, hmmm, well, maybe not.

• Nausea

Nausea is just one of those things we've all had to deal with once in or life. It's just a miserable feeling, but hark, here comes some remedies for that nausea that plagues you:

1. Researchers say that Ginger is one of the best things to get rid of Nausea. So, get yourself some fresh ginger and put it in tea or you can have some ginger capsules. You can find both of these items at a health food store.
2. Ginger ale also works on the nausea, just drink slowly and it should help you overcome nausea.
3. Tea, either Camomile or peppermint can also effectively get rid of nausea.
4. You could also try the pressure point between the thumb and forefinger. Supposedly this point on the body will help remove the queasy feeling and prevent you from throwing up.
5. Vomit or not to vomit, that is the question, whether it will cure the nausea or not, it

may be the only way to start feeling better.

• Nosebleed

So you've just knocked on a door, unfortunately, you tripped right before you came near the door and knocked it with your nose. See how a person can get a nosebleed, well here is a few ways to fix it up quick:

1. Blow your nose, getting out any clots, then apply pressure to the fleshy part of your nose for a few minutes, if it doesn't stop with this continue to apply pressure. If you want an alternative to this, you can place cotton soaked in white vinegar in your nostril that is bleeding.
2. Use ice to reduce swelling on the nose.
3. You could be iron deficient if you get many nosebleeds, so you might want to increase your iron intake or you can add a supplement to your diet. I think it would be best to change your diet to add some high Iron foods. Yarrow tea may also reduce the chance of nosebleeds.
4. Too much aspirin can cause nosebleeds. Now this has happened to me, taking too much aspirin thins the blood, and if you take a lot it thins it too much making nosebleeds occur more often.

Q - T

- [Snoring](#)
- [Sore Throat](#)
- [Sunburn](#)
- [Toothache](#)

• Snoring

"I DO NOT SNORE", says the snorer to their significant other, then the significant other tape records you snoring one night and plays the incriminating evidence against you. At first you think it's some wild animal that escaped from the local zoo, but soon you come to the realization, after saying a million times, "That's not me, is it?" well, you come to the realization that you snore. So here are some cures:

1. Losing some weight reduces snoring. So get on that diet!
2. Alcohol is another no no, because it loosens the muscles and makes snoring worst.
3. Sleep on your side, it makes the snoring a little lower.
4. Have your doctor order you a cervical collar, it may reduce the snoring sound.
5. Apnea, if you have snoring and you stop breathing for a bit, you may have this serious condition called, Apnea. So visit your doctor!

• Sore Throat

Here are a few tips to get rid of the common sore throat:

1. Eat garlic, yes, if you've read any of the other cures on this website you'll find that garlic is the leading treatment to many problems. It is because Garlic contains a antiviral and antibacterial agent. So eat your garlic, it's good for you. You can also get garlic pills, but I prefer the fresh garlic.
2. Now here is a little drink that will help sooth a sore throat. Add lemon juice (from one lemon) some honey, to a glass of hot water. You'll feel a lot better instantly. I actually like to do this, but I will put the lemon and honey in a chamomile tea.
3. Gargle with warm salt water.
4. Once you get rid of the sore throat, get rid of your toothbrush, it may give you the sore throat again, and you don't want to get it back, so time to go to the drugstore and get a new one.

• Sunburn

So you wanted to get that golden suntan, but for some odd reason you look more like a lobster, well, you've just acquired one very nice, painful, sunburn. No fear though, there are

some cures to help you through the pain:

1. Aspirin first, it will reduce the pain.
2. A cool wet compress will also make you feel better instantly.
3. Soak in a tub of cool water and add a cup of white vinegar to the bath.
4. Generously apply aloe gel to any burned area.
5. If the burn is very bad, please go to the doctor.
6. One other note, be very careful when going out in the sun, overexposure prematurely ages the skin and also greatly increases your risk of skin cancer. So be careful.

• Toothache

OUCH! My tooth hurts. Well it can be caused by many things, but here are some temporary quick fixes to the problem:

1. If your toothache is caused by trapped food you should rinse the area with warm water and swish it about, it might loosen whatever is causing the pain.
2. A cotton ball soaked in lime juice can be placed on the tooth. Actually since you have the cotton in your mouth why not try an imitation of the Godfather, well, it's just a suggestion.
3. You can also try using this poultice, steep a teaspoon of yarrow in hot water, drain the liquid with a piece of gauze, then put it on the tooth.
4. Now if you have a constant toothache, please visit the dentist, he won't hurt you, I promise, maybe I better not promise, but go anyway, you'll feel better.

U - Z

- [Warts](#)

- Warts

Warts aren't just for Halloween witches anymore, they are fashionable for everyone. Actually, no they aren't fashionable and they are just plain ugly. So here are a few quick tips to get rid of them:

1. Rubbing liquid vitamin A on the wart everyday will eventually take it away, but it's a slow process.
2. Use castor oil on the wart and then wrap the offending area up tightly with a bandage. Repeat this 2 times a day.
3. Or Put apple cider vinegar on the wart, then put baking soda. Remove the baking soda after fifteen minutes. You do this 6 to 7 times a day until the wart goes away. (Look at this I rhymed.)
4. A preventive step, stop kissing frogs, they won't turn into Prince Charming.