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Ascorbic Acid Ice Milk

(for when you feel a cold coming on)

8 ounces pitted dates

1/2 cup boiling water

1 cup cold water

1 cup milk or yogurt

1 teaspoon grated lemon peel

4 teaspoons lemon juice

1 to 2 teaspoon powdered vitamin C

Blend dates and boiling water in a blender until the dates are puréed. Stir in other ingredients and freeze until almost firm. Beat the mixture until smooth, then pour it into a 9-inch square pan. Cover the pan with plastic wrap and freeze the ice milk until firm.

Aching Body Liniment

2 ounces powdered goldenseal

1 quart rubbing alcohol

Mix together and store in a glass bottle for a week, shaking well every day.

Aching Legs or Shoulders Rub

1 ounce oil of camphor

4 ounces sweet almond or sesame oil

Mix well. This is excellent if the skin feels itchy or dry. This will keep for several months if placed in an airtight bottle.

Aching Muscle Rub

1 ounce sweet almond or sesame oil
3 to 6 drops oil of cajeput

Mix well, and warm the mixture, if desired.

Acid Indigestion / Heartburn / Sour Stomach Remedy

1/2 teaspoon baking soda

1/2 glass water

Mix this solution and drink it every two hours until the problem subsides. The maximum daily dose is eight half-teaspoons for adults up to age 60 and four half-teaspoons for those over 60.

All-Purpose Anti-Itch Agent

2 cups ice

2 tablespoons salt

2 cups milk

Put all ingredients into a one-quart bottle. Dip a clean cloth into the mixture and apply to the itchy area for 20 minutes. Repeat three to four times a day.

All-Purpose Liniment

(for sprains, bruises, rheumatism, neuralgia)

2 ounces tincture capsicum (red pepper)

2 ounces extract lobelia

1/8 ounce oil of wormwood

1/8 ounce oil of rosemary

1/8 ounce oil of spearmint

Amish Sore Throat Remedy

Light corn syrup

Small amount warm water

Mix the corn syrup and warm water, using just enough warm water to thin the corn syrup.

Have child or adult gargle with the mixture. It is very safe if a child swallows it.

Anti-Dandruff Lotion

6 ounces witch hazel

Juice of one lemon

8 ounces distilled water

Mix all ingredients together. Part hair down the middle, front to back, while it is still damp after shampooing. Wet a cotton ball with the lotion and dab it on your scalp along the part. Part hair an inch to one side of the other and repeat application. Repeat again until entire scalp is treated.

Aromatherapy

Holiday Mood

2 drops frankincense

2 drops myrrh

2 drops cinnamon

2 drops pine, cedar or juniper oil

Place into an aromatherapy lamp or light bulb ring. You can also blend with 8 ounces of water in a spray bottle, then mist in the air.

Menstrual Syndrome and Tension

4 drops orange oil

4 drops cinnamon oil

Place into an aromatherapy lamp or light bulb ring. You can also blend with 8 ounces of water in a spray bottle, then mist in the air.

Calming

3 drops lavender

3 drops Mandarin

Place into an aromatherapy lamp or light bulb ring. You can also blend with 8 ounces of water in a spray bottle, then mist in the air.

Air Freshener and Uplifter

3 drops sweet eucalyptus oil

2 drops orange oil

2 drops lemon oil

Place into an aromatherapy lamp or light bulb ring. You can also blend with 8 ounces of water in a spray bottle, then mist in the air.

Aromatherapy Salve

Source: Great Life, June 1998 - Recipe by Kathi Keville

2 ounce jar herbal salve

15 drops tea tree essential oil

5 drops thyme essential oil

Using a toothpick, stir oils into salve. Apply to the injury as needed.

Notes: Scrapes and Cuts - A salve soothes fast. Tea tree, lavender, lemon and thyme all fight germs. Lavender, lemon, thyme, and chamomile (in this order) increase the number of white blood cells, which gobble up infection.

Lemon and tea tree oils speed the healing. You can make your own salve from scratch, but an easier route is to buy one already made and add oils to it.

Arthritis Pain Relief

1 teaspoon LIQUID Certo*

3 ounces unsweetened grape juice

* This is the product used to prepare jams and jellies.

Mix Certo and grape juice and drink the concoction two or three times a day.

Arthritis Rub

- 1 pint rubbing alcohol
- 1 ounce spirits of peppermint
- 1 ounce olive oil
- 1 ounce wintergreen
- 1 ounce witch hazel
- 1 ounce pine oil
- 50 menthol crystals

Mix well, then store in a tightly covered glass jar. Rub on affected areas.

Arthritis/Gout Oil

1 tablespoon fresh crushed rosemary
3 teaspoons celery seeds, crushed
1 large chile pepper, crushed
250 ml oil (any but canola)

Sterilize a clear glass jar. Place all ingredients into the jar. Close tightly. Shake, then place in a sunny spot for 10 days, shaking every day. Strain into dark sterilized jars.

This is great for gout, arthritis and other aches and pains.

Athlete's Foot Remedy

2 to 4 tablespoons vinegar

1 pint water

Soak your feet in this solution for 20 minutes, three times a day.

Vinegar discourages fungal growth by increasing the surface acidity of the skin.

After soaking feet, apply undiluted tea tree oil, which has powerful anti-fungal properties. Apply it to the affected area two to three times a day.

The best way to prevent athlete's foot is to keep your feet clean and dry. Choose cotton socks over synthetic blends.

Athlete's Foot Treatment

20 to 30 garlic cloves, minced

2 to 4 teaspoons ground cinnamon

2 to 4 teaspoons powdered cloves

5 ounces 100-proof vodka

Add garlic, cinnamon, and cloves to vodka in a dark-colored glass jar or bottle with lid. Seal tightly. Store out of direct sunlight for two weeks, shaking to mix every few days. The tincture will be ready to use in 14 days.

To treat athlete's foot, use cotton balls or a cloth to apply the tincture to the entire sole of the foot as well as between all the toes. Apply twice a day, morning and night. Let dry, then dust the entire foot with cornstarch. If a rash or any unusual irritation develops, discontinue using Athlete's Foot Treatment. If, after having used this treatment for two weeks and athlete's foot symptoms continue, consult your physician.

Herbal Teas for Coughs

Thyme, Hyssop and Sage

- 1 teaspoon dried thyme
- 1 teaspoon dried hyssop
- 1 teaspoon dried sage leaves
- 1 cup water, barely boiled

Place the herbs in a teapot. Pour the boiling water over them, cover and steep 10 minutes. Strain and sweeten with honey. Cool a bit and sip slowly in 1-ounce doses as needed (up to 2 cups a day for no more than a few successive days).

Do not use excessively. The tea can be gargled an ounce at a time for topical relief of a scratchy throat. For sipping, combine with plenty of honey for its throat-coating action.

Linden and Licorice

- 1 1/2 cups water
- 1/4 teaspoon chopped dried licorice root
- 2 teaspoons dried linden flowers

Bring water to a boil in a glass or stainless steel pan. Add licorice root, reduce heat to medium-high, and simmer 5 minutes.

Meanwhile, place the linden flowers in a teapot. Pour the unstrained licorice decoction over the linden, cover and steep 10 minutes. Sweeten with honey, if desired. Take in 1/2 cup doses, as needed.

This tea is also good lung medicine. It can be drunk as often as desired during the course of a respiratory illness. NOTE: Licorice tea is not recommended for people prone to high blood pressure, pregnant women, or women with fibroids.

Herbal Teas for Fatigue

Fennel and Rosemary

1 1/2 cups water

1 1/2 teaspoons fennel seed, crushed

1 teaspoon dried rosemary leaves

Bring water to a boil. Add the fennel seed, reduce heat to medium, and simmer 10 minutes. Pour the hot fennel water over the rosemary leaves, cover, and steep 5 minutes.

Strain and sweeten with honey, if desired. Allow to cool a bit and sip slowly while warm.

This is a mildly stimulating tea, useful in increasing mental alertness. If you have fresh rosemary, you may substitute 1 tablespoon of bruised, fresh rosemary leaves for the dried amount shown.

Garlic Cocktail

1 cup water, barely boiled

1 large clove garlic

2 tablespoons fresh lemon juice

1 teaspoon honey

Pinch of cayenne

Combine all ingredients in a cup and pour boiling water over the mixture. Stir to dissolve the honey and allow to steep 5 minutes. Do not strain. Sip while warm.

This is a wonderful all-purpose tonic, good for boosting immune function as well as energy level.

Herbal Teas for Fever

Sage and Peppermint

2 teaspoons dried sage

1 teaspoon dried peppermint

1 cup water, barely boiled

Place the herbs in a teapot. Pour the boiling water over them. Cover, and steep 15 minutes. Strain and sweeten with honey, if desired. Sip SLOWLY while warm, up to 3 cups a day.

Certain Native American tribes treated fever with sage. The peppermint has an overall cooling influence.

Fenugreek, Thyme and Cayenne

1 1/2 cups water

1 teaspoon dried fenugreek seeds

1 teaspoon dried thyme

1/4 teaspoon powdered cayenne

Bring the water to a boil in a glass or stainless steel pan. Add the fenugreek seeds, reduce heat to medium-high, and simmer 5 minutes.

Meanwhile, place the thyme in a teapot. Pour the unstrained fenugreek decoction over the thyme, cover, and steep 10 minutes. Strain, stir in the cayenne, and sweeten with honey, if desired. Sip slowly while warm.

Three ancient herbs combine in this gentle fever remedy.

High Energy Banana Shake

2 cups milk

1 tablespoon brewer's yeast powder

1/2 fresh banana

2 teaspoons honey (optional)

Blend all together.

High Energy Papaya Drink

1 cup diced papaya (very soft on outside)

1/2 banana (optional)

1 tablespoon brewer's yeast powder

1 teaspoon honey

Blend all together.

High Energy Vanilla Shake

2 cups milk

1 tablespoon brewer's yeast powder

1/2 teaspoon vanilla extract

2 tablespoons honey

Blend all together.

Hives Remedy

Stinging Nettle Infusion

1 cup water

1 to 2 teaspoons powdered stinging nettle leaves and stems

Honey and/or lemon, to taste

Bring water to a boil in a saucepan. Add stinging nettle and remove from heat. Steep for 10 minutes, then strain. Add honey and/or lemon. Drink cool or reheat. If you are pregnant or nursing, consult your doctor before using. Healthy adults may use up to 2 cups a day. Do not give nettle infusion to children under 2. If giving the formula to older children and those over 65, use extra water to weaken the formula.

Skin Treatment

2 to 4 cups colloidal oatmeal

1/2 to 1 cup baking soda

1 to 2 cups powdered chamomile flowers

Add oatmeal, baking soda and chamomile to bath water. Repeat as needed.

Horehound Cough Drops

4 handful fresh or frozen horehound leaves or

2 handful dried leaves

1/2 teaspoon crushed aniseed, fennel seeds or licorice root tea

3 crushed cardamom seeds

12 ounces granulated sugar

12 ounces brown sugar

1 pint water

1 bowl ice cold water

Place the herbs in a pint of simmering water for 20 minutes on low heat.

Strain the liquid into a small bowl, pressing the herbs to express all the "juice." Return the liquid to the pan, adding both sugars.

Over a medium flame, boil until the sugar is dissolved.

To make the drops: drop 1/2 teaspoon of the mixture, which should be a syrup, into the cold water. When the syrup hardens, immediately add the syrup in 1/2 quantities to the cold water, removing immediately with a slotted spoon. Wrap individual drops in 2 inch squares of wax paper, twisted at each end, until ready to use. Keep refrigerated until needed, then suck on the drops and let their soothing qualities calm a sore throat or stuffy nose.

CAUTION: Do not use more than 12 drops in one day as diarrhea may occur. Do not use licorice if you have high blood pressure.

Hot Soak

(for sprained or aching muscles or joints)

1 ounce rosemary

1 gallon water

1 ounce comfrey root

Bring all ingredients to a boil in a large, flat pan. Turn off heat; let steep until just cool enough to use. If you can, insert sprained area into hot water and soak at least 5 minutes. Then immediately plunge it into Cold Soak for 2 minutes. This liquid can also be used as a compress and the herbs can be applied as a plaster.

Hydrating Body Recipes

For skin that is dehydrated and taut or the most severe rough, dry skin conditions, here is one of nature's remedies.

Body Scrub

1/2 cup fine sea salt

1/3 cup body lotion

Oatmeal Bath (found in most health food stores)

Mix body lotion and sea salt. While in your shower, massage the mixture all over your body. You can concentrate on the problem areas: back of arms, elbows, knees, and feet. Then shower as usual with a cleansing type of body oil or cleansing gel. If you like to take baths, try an oatmeal bath.

Important note: If your skin becomes extremely irritated, skip this step.

Moisturizer

1/3 cup aloe vera gel

While skin is still moist, apply aloe vera gel all over your body.

Protective Barrier

Oil-based body lotion, cocoa butter, pure lanolin or shea butter

Apply one of the above. Take your time with this application and work it into your skin. Concentrate a little more on the problem areas.

Hydrating Facial Recipe

Reverse and control symptoms of old age before it's too late. Follow the four simple steps below.

Steaming

3 chamomile tea bags

1 tablespoon fennel seeds

1 (1-quart) pot

In pot, brew tea bags and fennel seeds. Bring to boil and let steep for 5 minutes.

Remove tea bags and bring to boil again. Remove from stove.

Place your face (skin should be free of all makeup and cream) over the steam, keeping your eyes closed. Use a large towel to cover your head and the pot. Save the tea solution. Chilled, it makes a great skin tonic.

Scrub

2 tablespoons almond meal

1 tablespoon oatmeal

2 tablespoons cleanser

1 mixing cup

Mix almond meal, oatmeal and cleanser. On moistened skin, gently massage mixture in small circular motions. Begin at the base of the neck, work up the throat area and then the face. Avoid the under eye area. Rinse with lukewarm water.

Moisturizer

1 tablespoon aloe vera gel

Apply aloe vera gel on base of the neck, throat and face area.

Masque

1/3 cup dark clover honey

1/3 cup powdered seaweed

1 ripe avocado, puréed

1 ounce macadamia nut oil

1 mixing bowl

Mix clover honey, powdered seaweed, avocado and Macadamia nut oil in a bowl. Apply mixture to base of the neck, throat and face and leave on for 20 to 30 minutes. Rinse with lukewarm water. Apply a few drops of Macadamia nut oil as a finishing step.

Indigestion Dessert

- 3 1/2 tablespoons powdered peppermint leaves and flower tops or substitute ginger or cinnamon
- 4 to 8 tablespoons plain yogurt
- 1 ripe papaya, halved and seeded

Stir peppermint into the yogurt. Divide yogurt in half and fill each papaya half with the mixture. Eat while it is cold.

Infection Decoction

- 2 teaspoons finely chopped coneflower
(*Echinacea augustifolia*) root
- 1 teaspoon finely chopped false indigo
(*Baptisia australis*) root
- 1 cup water

Bring coneflower root and false indigo to boil in water. Simmer for about 10 minutes. Strain the liquid through a sieve and allow to cool. Drink a cupful three times a day.

Infection Remedy

1 tablespoon comfrey root

1 cup water

1 tablespoon fennel seeds

If cut or scratch becomes infected, boil this solution, let it cool somewhat, then soak wound in it.

Inhalation Therapy

Headache

Put 2 drops lavender oil on a warm washcloth. Drape it over your face, lie down for five minutes and breathe deeply.

Nervous Tension and Anxiety

Put 1 drop vanilla oil and 1 drop tangerine oil on a warm washcloth. Drape it over your face, lie down for five minutes and breathe deeply.

Sleep

Put 2 drops lavender, jasmine or chamomile oil on a warm washcloth. Drape it over your face, lie down for five minutes and breathe deeply.

Insect Repellent

This is a wonderful alternative to commercial insect repellents which contain DEET. DEET can cause skin rashes, lethargy, muscle spasms, nausea and irritability.

Base Mixture

1/2 ounce citronella oil

1/4 ounce lavender oil

1/8 ounce pennyroyal oil

1/8 ounce eucalyptus oil

1/8 ounce tea tree oil

1/8 ounce jojoba oil

Do not use this blend undiluted on your skin. Follow these instructions for diluting:

Insect Repellent Oil (for use on the body)

Add 16 ounces of jojoba or almond oil to the base oil mixture and blend thoroughly.

Insect Repellent Spray

Add 16 ounces of vodka to the base oil mixture, pour into a spray bottle, and shake before using.

Insect Repellent Sachet

4 parts tansy

4 parts patchouli

2 parts lavender

1/2 of 1 part powdered orris root

Mix the ingredients together in a bowl. Fill cloth bags made from remnants. Tie off with a bow.

Iodine Antiseptic Wash

(reminiscent of Bactine®)

If you are allergic to iodine, do not use this!

1 teaspoon iodine

3 tablespoons isopropyl alcohol

Combine iodine and alcohol and store in a pump-type spray container. Label, and use for minor cuts, scratches, and abrasions.

Irritated Skin Healant

Few teaspoons calamine powder

Aloe juice

Mix together to make a creamy paste. Smooth onto face, avoiding eye area. Wait 5 to 7 minutes, then rinse well.

Baby Powder

- 1 ounce powdered chamomile
- 1 ounce powdered marigold flowers
- 1 ounce oat or oatmeal powder
- 1/2 ounce comfrey root powder
- 1/2 ounce powdered eggshells
- 1/2 ounce cornstarch (optional)

Sift through a very fine sifter, then bottle. If heat rash is a problem, add cornstarch.

Back Rub

2 tablespoons coconut oil

10 drops essence of ilang-ilang

Place in a bowl and blend the ingredients well. Coconut oil is non-greasy and is semi-hard at room temperature. This makes one rub.

Baked-in-a-Can Health Bread

1 1/2 cups whole wheat flour
1 cup all-purpose flour
3/4 cup plus 1 tablespoon wheat germ
1/2 cup instant nonfat dry milk
1/2 cup raisins
2 tablespoons granulated sugar
1 tablespoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 3/4 cups water

Preheat oven to 350 degrees F. Grease two (1-pound) shortening cans or other 2 1/2 cup cans.

Mix all ingredients except 1 tablespoon wheat germ and the water in a medium-size bowl. Stir in water just until blended. Spoon into cans; smooth tops and sprinkle with remaining 1 tablespoon wheat germ. Bake 1 hour and 20 minutes or until tops are golden brown and wooden pick inserted in center comes out clean. Cover tops with foil the last 30 minutes of baking if they brown too much. Unmold and cool top side up on a rack.

Basil Acne Remedy

2 to 3 teaspoons dried basil leaves

1 cup boiling water

Steep basil leaves in water for 10 to 20 minutes. Cool, then apply to face with a white cotton ball.

Bath Oils

Relaxing Bath Mixture

4 drops ylang-ylang oil

2 drops lavender oil

Mix the oils into a warm bath and soak for at least 15 minutes.

Energizing Morning Bath Mixture

4 drops rosemary oil

2 drops lavender oil

Mix the oils into a warm bath and soak for at least 15 minutes.

Bewitching Brew

1 pound carrots
1 onion, chopped
1 garlic clove
2 cups water
1/4 teaspoon dill
Pinch of salt
1/2 cup buttermilk

Finely chop the carrots, onion, and garlic clove in a food processor or blender. Place in a saucepan with the water, dill, and salt. Simmer, covered, for 10 minutes.

Purée in a food processor or blender with 1 cup of the cooking liquid. Stir in the remaining liquid and buttermilk. Serve warm.

Blackhead Wash

16 ounces powdered oatmeal

8 ounces powdered almond meal

4 ounces powdered orrisroot

1 ounce powdered castile soap

Use 1 tablespoon of this mixture with a little hot water to make a paste. Rub gently into the affected area. Rinse with cold water.

Blemish Remedy

1 part rose water

1 part witch hazel

Mix and chill mixture in the refrigerator. Apply to blemishes with a clean cotton ball. The witch hazel soaks up oil to speed healing. The rose water softens the skin.

Breakfast in a Glass

1 medium banana

1 large egg

1/3 cup water

1 1/2 tablespoons frozen orange juice concentrate

1 teaspoon wheat germ

1 teaspoon honey

Dash of salt

Put into a blender, and mix for 1 minute.

Yields 1 1/3 cups.

Burnt Toast Tea

1 slice bread

1 cup boiling water

Toast bread until it is black on both sides. Pour boiling water on the toast; let soak for 2 minutes. Strain off liquid, mashing down toast with the back of a tablespoon. Drink the tea while it is hot. If the first cup does not give relief, drink another cup in 30 minutes.

Cajun Rosemary Digestif

This is an antidote for over-indulgence.

1 bottle Spanish brandy

Peel of 1 orange (without pith)

1 teaspoon fennel seeds

1 sprig rosemary

6 raisins

Place the peel, seeds, rosemary and raisins into the brandy bottle. Cap and let steep for at least a month before drinking.

Calming Oriental Soak

2 drops essence of ilang-ilang

2 cups baking soda

Mix well in a pint jar. Allow the jar to stand at least a week, shaking it now and then.

Chamomile Sleep Tea

1 cup water

1 ounce chamomile

1 ounce valerian

1 ounce mint

Bring water to a boil; remove from heat and add herbs. Let steep for 3 to 5 minutes; strain, and drink slowly.

Chapped Face Lotion

4 ounces rosewater

1 1/2 teaspoons glycerin

1 1/2 teaspoons sodium borate

2 ounces geranium water

1 ounce camphor water

Combine all ingredients. Store in a tightly covered, wide-mouth, opaque jar.

Chapped Lip Balm

1/4 pound beeswax

Small quantity sweet oil

Heat these ingredients carefully and slowly until beeswax has melted. Store in a tightly-closed tin. Apply balm two or three times a day. Avoid wetting lips as much as possible.

Chapped Lip Salve

1/4 cup paraffin

1/4 cup petroleum jelly

Few drops oil of lemon or other scent (optional)

In an enamel or glass double boiler, melt the paraffin slowly, stirring constantly until completely melted. Add the petroleum jelly, stirring until completely combined. Remove from heat and add the scent, if desired. While the salve is still liquid, pour into a container with a tight-fitting lid. For carrying convenience, you can pour a small amount of the salve into a tiny pillbox or fancy tin.

Makes 4 ounces.

Citrus Deodorant

2 parts baking soda

2 parts white clay

1 part dried powdered lemon or orange peel

Mix all together well. Dust on whenever necessary.

Cold Soak

(for sprained or aching muscles or joints)

1/4 ounce peppermint oil

2 trays ice cubes

1 gallon hot water

Keep this mixture in the refrigerator and use whenever necessary to soak aching muscles or joints.

Cold Weather Cayenne Drink

1/2 teaspoon cayenne pepper

1/2 cup hot water

Drink once every 2 hours. It will warm you from the inside out, and it also improves circulation.

Colic Formula

6 ounces water or infant formula

1 teaspoon powdered savory

1 teaspoon bruised dill seed

In a glass or enamel saucepan, heat water or formula to about 100°F. Add dill and savory. Let sit for 10 minutes. Strain. To use immediately, reheat to 100°F. It should be warm, NOT HOT. If you wish to use the formula later, refrigerate immediately for up to a few hours. Discard unused formula more than several hours old.

Constipation Drink

1/2 cup olive oil

1/2 cup orange juice

Mix and drink at night.

Constipation Tea

6 to 12 senna pods
1 cup cool water

Steep senna pods in water, then drink. For children or older people, 3 to 6 pods are sufficient.

Cough Syrup

(to relieve sore throat and clear congestion)

1 ounce fresh horehound herb

2 ounces water

1 tablespoon powdered slippery elm

1 to 2 ounces honey

Add horehound to the water. Boil down to one ounce of liquid. Strain and mix into the slippery elm and honey. Take no more than 2 tablespoons every two hours, and only use for a few days.

Cut Soother

1 plantain leaf

Small amount of olive oil or vitamin E

Wash a plantain leaf that is big enough to cover the wound. Wash the leaf in cold water, then apply a small amount of olive oil or vitamin E to the back to keep it moist. Place the front of the leaf on the clean wound and put a Band-Aid or piece of surgical adhesive tape over the leaf to hold it in place. Apply fresh plantain every day until the wound has healed.

You can also crush the leaf before applying it. This releases the healing compounds and creates a soothing mucilaginous gel.

Dandruff Preventative

1 part vinegar

1 part water

Mix, then use by parting hair and applying to scalp with cotton.

Dandruff Treatment

10 to 15 aspirin tablets

1/2 cup warm water

Dissolve aspirin in water. Gently massage the mixture into the scalp. Leave on 15 to 20 minutes. Rinse thoroughly. Repeat in a few days, if needed.

Dandruff Treatment

- 1 part any antiseptic mouthwash
- 2 parts distilled water

Mix mouthwash and water. Apply with a cotton ball, parting hair inch by inch across your scalp, front to back. Dab the saturated cotton along the parts. Leave on for 30 minutes; shampoo normally.

Dark Circles under Eyes

To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes. Wipe off residue and apply an eye cream. Results: Circles will lighten and skin tighten.

Decongestant Inhalant

1 cup water

2 teaspoons powdered eucalyptus leaves

2 teaspoons powdered rosemary leaves

2 teaspoons powdered pennyroyal leaves and flower tops

Bring water to boil in a saucepan. Add herbs and simmer on low heat.

Turn off heat and remove pan to a heatproof surface. Inhale the vapors deeply.

Decongestant Tea

1 cup boiling water

1 teaspoon mixture of thyme, ground ivy and hyssop

Pour boiling water over the 1 teaspoon mixture. Steep for about 5 minutes; strain and drink at onset of a cold or if you are congested.

Deluxe Tooth Powder

1/2 cup salt

1 pound baking soda

Flavoring additions (see below)

Put salt in blender and turn it on high; then turn it off and shake the container. Blenderize some more until it is absolutely pulverized into a very fine powder. Add baking soda; shake the blender and blenderize more until it is all mixed. Add desired flavoring and mix well.

Recipe Goldmine contributor, Shivani, suggests your choice of the following flavor additions:

Essential oils

Anise

Coriander

Fennel

Sage

Citrus (only if organic as a lot of pesticide used on citrus crops)

Rosemary

Tea tree (antibacterial)

Myrrh powder is good in tooth powder...antibacterial...good for pyorrhea.

A bit of powdered cinnamon is ok, but go light as it's very zingy and can be irritating to skin and membranes. The same with ginger and clove. People who suffer from inflammation **should not** use clove, cinnamon or ginger.

Anise and fennel are the best bet all around. Very safe and taste nice.

Sage (either essential oil or powdered) is good for gum infections.

Dental Remedy

(to keep gums in good shape)

2 tablespoons baking soda

Small amount of hydrogen peroxide

* Substitute Epsom salt if you have high blood pressure.

Mix baking soda (or Epsom salt) and hydrogen peroxide to form a thick paste. With your finger, massage into the spaces between the teeth and in front and back of gums. Rinse mouth repeatedly with warm water.

Deodorant

2 tablespoons alum

1 pint warm water

Stir together alum and water. Add a small amount of your favorite cologne or aftershave lotion. Transfer to a clean spray bottle.

Deodorant

2 teaspoons baking soda

2 teaspoons talcum powder

2 teaspoons petroleum jelly

Mix well. Heat in a double boiler over low heat and stir until a smooth cream forms. Pour cream into a small container with a tight-fitting lid, and use as you would a regular cream deodorant.

Jet Lag Remedy

Few drops rosemary oil
1/2 cup water

Mix well and drink. In a few hours, or at normal bedtime, drink a cup of Valerian Tea.

Lemon-Honey Cough Syrup

1 lemon

2 tablespoons glycerine

2 tablespoons honey

Heat the lemon by boiling it in water for 10 minutes.

Cut lemon in half and squeeze out the juice. Add the glycerine and honey. Take 1 teaspoonful as needed.

Liniment

30 aspirin

2 tablespoons oil of wintergreen

1 pint rubbing alcohol

Dissolve aspirin in rubbing alcohol and oil of wintergreen. Mix well and shake. Store in a tightly covered bottle.

Lip Gloss Salve

1/4 cup sesame oil

2 teaspoons beeswax, melted

1 ounce camphor or menthol

Alkanet root (optional)

Heat sesame oil, beeswax and camphor or menthol to the boiling point. Remove from heat. Beat until cool. Whip until it is cold or set. The camphor is for chapped lips, and menthol gives a mint-like taste. You can use 1/2 ounce of each, if desired.

For colored gloss: Soak alkanet root in the sesame oil for 2 weeks. This will color the oil a dark red. Strain the oil before combining it with the beeswax and camphor or menthol.

Low-Cal Energy Brew

1 pound carrots

1 onion

1 garlic clove

2 cups water

1/4 teaspoon dill

Pinch of salt

1/2 cup buttermilk

Finely chop the carrots, onion and garlic clove in a food processor. Place in a saucepan with water, dill and salt. Simmer, covered, for 10 minutes.

Purée in a food processor or blender with 1 cup of the cooking liquid. Stir in remaining liquid and buttermilk. Serve warm.

Marshmallow Cough Syrup

2 cups water

2 cups granulated sugar

1/4 cup orange juice or juice of 1 lemon

1 1/2 to 2 1/2 teaspoons chopped dried marshmallow root

Bring the marshmallow root and water to a boil in a small saucepan. Reduce heat to low and simmer for 20 minutes.

Strain resultant 1 cup liquid into another saucepan. Over low heat, slowly stir in the sugar until it becomes thick and granules completely dissolve, stirring in more water if the mixture becomes too thick. Remove from heat and stir in the orange juice. Transfer to a container and allow to cool before covering tightly.

Massage Oils

The following carrier oils can be chosen for massage oils shown below:

Avocado Oil, Carrot Oil, Jojoba Oil and Wheat Germ Oil - use for very dry skin, psoriasis and eczema.

Borage Seed Oil, Evening Primrose Oil, Rosehip Seed Oil - contains gamma linolenic acids; helps circulation, nerve disorders and reproductive imbalances.

Castor Oil - use for sore, injured muscles and skin disorders.

Aching Muscles and Tiredness

- 1 ounce carrier oil
- 2 drops rosemary oil
- 1 drop peppermint oil
- 1 drop Neroli oil

Place the carrier oil in a glass container, then add the essential oils, swirling the container until the essential oils appear to be sufficiently mixed with carrier oil. This is enough for one whole body massage.

Store essential oils and mixtures in dark glass containers, away from heat, sunlight and moisture. If stored properly, most essential oils should be effective for one to two years.

Relax and Balance Mind, Body and Spirit

- 1 ounce carrier oil
- 2 drops rose essence oil
- 2 drops rose geranium oil
- 2 drops lavender oil

Place the carrier oil in a glass container, then add the essential oils, swirling the container until the essential oils appear to be sufficiently mixed with carrier oil. This is enough for one whole body massage.

Store essential oils and mixtures in dark glass containers, away from heat, sunlight and moisture. If stored properly, most essential oils should be effective for one to two years.

Menopause Symptom Relief

1 cup water

2 teaspoons bruised anise seeds

2 teaspoons bruised fennel seeds

3 teaspoons powdered red clover flower tops

Honey and/or lemon, to taste

Bring water to a boil in saucepan. Add seeds and clover and remove from heat. Steep for 10 to 20 minutes. Strain. Add honey and/or lemon. Drink cool or reheat.

Healthy menopausal women may use up to 3 cups a day. If headache, rash, stomach ache, or other side effects develop, discontinue use. As this is a natural alternative to estrogen replacement therapy, **USE THIS FORMULA ONLY IN CONSULTATION WITH YOUR DOCTOR.**

Menstrual Cramp Relief

1 cup water

1 to 2 teaspoons powdered raspberry leaves

1 teaspoon powdered meadowsweet leaves

Honey and/or lemon, to taste

Bring water to boil in saucepan. Add raspberry and meadowsweet. Remove from heat. Steep 10 to 20 minutes. Strain. Add honey and/or lemon. Drink cool or reheat.

Pregnant or nursing women should not use this formula. Otherwise healthy women may use up to 3 cups a day. Meadowsweet may cause some unpleasant side effects. If these develop, discontinue use. **USE THIS FORMULA ONLY IN CONSULTATION WITH YOUR DOCTOR.**

Menstrual Difficulties

Supplements

1,000 mg calcium

500 mg magnesium

Calcium and magnesium work together to regulate muscle contractions and the conduction of nerve impulses.

Ginger Tea (for cramps)

Grate two to three teaspoons of fresh ginger root and simmer in two cups of water for several minutes. Add lemon and honey to taste. Drink as much as desired.

Acute Cramps

Combine equal parts of ginger, valerian, and cramp bark tinctures, to be taken in half-teaspoon doses every twenty minutes until the symptoms subside.

Aromatherapy

A couple of days before menstruation begins, massage the following combination of essential oils into the abdomen once or twice a day, as well as using them in the bath.

Blend together equal parts of chamomile, an anti-inflammatory; clary sage, which relieves depression; lavender, a relaxing herb; and tarragon and marjoram, which are anti-spasmodic.

Hot Ginger Poultice

Make a strong ginger tea or add a half-teaspoon of ginger essential oil to a quart of hot water. Dip a towel in the water and wring it out, lay it over the abdomen, and place a hot water bottle over the ginger towel to retain the heat. Relax for fifteen minutes.

Milk and Honey Sleep Remedy

1 glass warm milk

1 drop vanilla extract

1 teaspoon honey

Use this just before going to bed. Mix, then drink while it is still warm.

Milk and Onion Soup

(for colds)

3 cups milk

Dash of ground black pepper

2 large, chopped onions

In a saucepan simmer the above for about one hour or until the onions are thoroughly cooked. Eat as much of this as you can.

Mucus Loosener

1 teaspoon red sage extract

1 cup warm water

Mix well. Gargle two or three times a day with this solution.

Multi-Purpose Licorice Tea

1 teaspoon licorice powder

1 cup boiling water

Mix together, then drink.

This tea will break up and loosen mucus, so it is excellent for relieving nagging coughs and stuffy noses. It will also relax spasms of the bronchial tract, such as those characteristic of asthma and hay fever. It coats the lining of the stomach to relieve indigestion and flatulence. It acts as a natural cleanser in the intestines, activating bowel movements.

WARNING: Because licorice has an anti-diuretic property, it should not be used by anyone with kidney problems or high blood pressure. However, anyone should limit themselves to three cups of licorice tea daily.

Mustard Plaster

1/4 cup yellow mustard

1 egg white

Mix well, then spread a thin layer on a clean, warm, damp towel.

Natural Common Wart Removers

Remover #1

Apply vitamin E directly to the wart, and cover it with a bandage. Repeat twice daily and eventually, the wart will disappear. It can take from a week to several months to work.

Remover #2

Put a crushed garlic clove directly on the wart and cover it with a bandage. When blisters have formed after about twenty-four hours, remove the bandage. The wart should fall off within a week.

Nature's Penicillin

(to soothe a cough or sore throat)

24 cloves garlic

Raw honey

Peel the garlic cloves and put them in a medium-size jar; add honey, a little at a time over a couple of days, until the jar is full; then set it in a sunlit window until the garlic has turned somewhat opaque and the honey tastes strongly of garlic. Take a teaspoon every few hours or whenever necessary.

Nighttime Cold Remedy

(reminiscent of NyQuil®)

This remedy lets you sleep very soundly all night long.

1 lemon

1/4 cup maple syrup

1/4 cup hot water

2 tablespoons brandy

Squeeze all the juice from the lemon and stir it into the maple syrup. Add hot water and brandy. Drink at once. Repeat after 24 hours, if necessary.

Oatmeal Soak

(for sunburn or dry, tired skin)

1 cup oatmeal (regular - not instant)

1/2 cup powdered orrisroot

Crush oatmeal flakes a little so they will release their minerals when you add them to water. Mix with orrisroot and place in the center of a plain piece of fabric. Tie into a ball. Take the ball into the bath and, after it has soaked awhile, rub it over your skin. The ball can be used over again as many times as it seems to do its job.

Ointment

(soothing, healing salve for cold sores, rashes and burns)

3 ounces fresh calendula herb

5 to 6 ounces beeswax

1 quart almond oil

Mix the calendula and almond oil and heat overnight at 175°F or medium heat. Use a crockpot if you have one. Strain the oil and place over heat. Stir the beeswax into it. When the mixture melts to a thick, paste-like consistency, pour into tins or jars. To store, keep containers tightly covered.

Pineapple-Cinnamon-Mint Foot Rub

- 1 teaspoon cinnamon oil
- 2 teaspoons chopped mint leaves
- 1/4 cup chopped pineapple flesh
- 1 teaspoon chopped basil
- 1/4 cup peppermint extract
- 2 tablespoons rosemary

Mix all ingredients together in a blender on medium speed for 45 seconds, or until blended thoroughly. Rub mixture into feet, both top and bottom, and wrap in plastic. Let sit for 5-10 minutes, no more than 20 minutes, remove plastic and rinse feet with warm water.

PMS Relief

1 handful chamomile

1 handful dried orange flowers

Tie chamomile and orange flowers in a cheesecloth or muslin bag and hang from the bathtub faucet. The warm water will release the fragrant oils and relieve PMS discomfort.

Poison Ivy Treatment

2 cup water

Tobacco from 3 cigarettes

Combine water and tobacco. Bring to a boil and simmer about 5 minutes.

Carefully strain all the tobacco from the brew, since it may burn sensitive skin. Let the liquid cool. Apply it to inflamed areas with a clean cloth. This ensures immediate relief from the itching and burning discomfort.

Poultice

(to soothe and heal cuts and cold sores)

1 part powdered echinacea

1 part powdered slippery elm

1 part powdered cranesbill

Add water to make a paste. Rub on the affected area and cover with a bandage or gauze.

Powerful External Liniment

(for congestion, sprains, etc.)

1 tablespoon cayenne pepper

1 pint cider vinegar

Boil gently for 10 minutes. Do not strain, and bottle while it is hot. This is a powerful, stimulating external application.

Puffy Eyelid Treatment

12 chamomile tea bags

2 cups ice cold water

Put tea bags in the ice water in a jar with a tight-fitting lid. Store in the refrigerator. Whenever you suffer from puffy lids, apply a tea bag to each eye for about 10 minutes. For best results, lie down with two pillows under your head while bags are in place. This will reduce the swelling and soothe and refresh eyes.

NOTE: If puffy lids continue to be a problem, try sleeping with extra pillows tucked under your head for all-night elevation. This will help cut down on water retention.

Purifier for Colds and Infections

2 ounces echinacea powder

1 ounce yellow dock powder

1 ounce goldenseal powder

1/2 ounce ginseng powder

Mix and stuff into size 00 gelatin capsules. Take for no more than 10 days!

Rash Powder

4 teaspoons dry clay

1 teaspoon vitamin C powder

1 teaspoon goldenseal powder

1 teaspoon comfrey root powder

Mix together and apply to rash. The comfrey root is included to help heal a rash with a wet discharge.

Raw Apple Cider Vinegar Drink

Source: <http://users.firstsaga.com/rascal/home-text.htm>

3/4 to 1 cup raw unfiltered apple cider vinegar

1/4 cup raw honey (pure, raw, unfiltered, unheated)

28 ounces unsweetened grape juice

28 ounces unsweetened apple juice

Mix all ingredients together.

Makes 1/2 gallon of juice.

Serving size: 1 (6 ounce) glass between breakfast and lunch or between lunch and dinner.

NOT TO EXCEED MORE THAN 6 OUNCES DAILY.

Best results will be obtained by using quality organic/natural ingredients.

Razor Burn Mask

2 strawberries

1 teaspoon sour cream

Mash strawberries and mix with sour cream. Apply to the face or legs and leave on for 10 minutes. Use the mask twice a week to refresh and calm all skin types.

Red Clover Sleep Tea

1 cup water

1 ounce lemon verbena

1 ounce birch leaves

1 ounce red clover

Bring water to a boil. Remove from heat and add herbs. Let steep for 3 to 5 minutes; strain, and drink slowly.

Refreshing Leg / Foot Gel

1/2 cup 100% pure aloe vera gel

1 1/2 teaspoons cornstarch

1 tablespoon witch hazel

3 to 4 drops peppermint oil or extract

Combine aloe vera, cornstarch and witch hazel together in a microwave-safe bowl. Microwave on HIGH for 1 to 2 minutes, stirring every 30 seconds, until warmed and thick like honey. Cool completely.

Stir in peppermint oil. Store in an airtight container. Use on legs and feet.

Rehydrant

(for children with severe diarrhea)

This remedy rehydrates children who have severe diarrhea. It has been said that if this remedy were not available, approximately 1.5 million children would die each year.

1 liter water

2 tablespoons sugar

1/2 teaspoon salt

Relaxation Tea

- 1 part alfalfa
- 1 part chamomile
- 1 part dandelion
- 1 part horsetail
- 1 part oatstraw

Mix together and store in a labeled bottle.

To use: Steep 1 tablespoon in 1 cup hot water for 3 to 5 minutes, then strain.

This is also useful for rebuilding, as well as relaxing, worn tissues. It also helps ease tension of sore muscles.

Deodorant Powder

1 part baking soda

1 part white clay

Mix well. Dust on with a puff whenever necessary or sprinkle onto feet.

Diaper Rash Remedy

1/4 cup cornstarch

2 tablespoons finely powdered chamomile flowers

Put cornstarch and chamomile in a small jar; cover, and shake to mix. Remove the lid and use a hammer and nail to poke small holes in the lid. Replace lid. Every time you change the baby's diaper, shake the mixture on baby's bottom until evenly dusted with a thin coating.

Diarrhea Remedy

Grate one ripe apple. Allow the pulp to stand at room temperature for several hours until considerably darkened before eating. The oxidized pectin present in the fruit is the same basic ingredient found in Kaopectate® brand diarrhea medicine!

Diuretic Tea

(to flush system of excess water)

1 teaspoon rosemary, cumin, fennel
or verbena (or mix these)

1 sprig mint

1 cup boiling water

Steep for 5 to 10 minutes. Strain and sip. You may add a teaspoon of honey for sweetness. Drink a cup of this herbal tea twice a day, morning and evening, for four days.

Effervescent Soak

5 ounces tartaric acid

6 drops lavender, rosemary, or rose geranium oil

3 ounces cornstarch

5 ounces bicarbonate of soda (baking soda)

Crush and mix tartaric acid, bicarbonate of soda, and cornstarch in a bowl. Place in a glass jar and add the oil. Close jar tightly and shake several times a day for 2 days to develop the fragrance.

To use, start hot water and drop about 1/2 cup into the tub as it fills.

Elixir

(for colds, fevers, flu, colic, cramps, stomach pains)

4 ounces bayberry

2 ounces ginger

1 ounce white pine

1/8 ounce cloves

1/8 ounce capsicum

Mix all and pass through a fine sieve several times. Use one teaspoon, more or less, as the case requires, in a cup of hot water. Allow the herbs to stand so they will settle, then drink off the clear liquid, leaving the settlings.

Energy Packets

1/2 cup dried pumpkin seeds

8 ounces dried fruit

2 cups oat squares cereal

1/2 cup dry-roasted peanuts

1/2 cup raisins

Mix; divide into 6 small bags.

Expectorant (Cough Syrup)

1 onion, chopped

3 cloves garlic, chopped

Sugar to cover

Put onion and garlic in a deep bowl. Cover with sugar, and let the mixture stand for at least 1 hour. A syrupy juice will result. For dislodging congestion, this homemade expectorant works better than many over-the-counter cough medicines.

Expectorant (Cough Syrup)

2 tablespoons minced onion
1/2 cup honey

Mix the ingredients in the top of a double boiler and cook very slowly for 2 hours. Strain through a coffee filter or cheesecloth and discard the onion pulp. Allow the syrup to come to room temperature before using. Store at room temperature in a bottle with a tight-fitting lid for up to 2 months.

To use, adults should take 1 to 2 tablespoons every 4 hours. Children between the ages of 8 and 15 should take 1 teaspoon every 4 hours. Do not use for a child younger than 8.

Eyelid Relief

3 ropes black licorice

1/2 cup water

Boil ropes of licorice in the water. Soak cotton balls or pads in the cooled mixture, then put on eyelids.

Eyewash

- 1 tablespoon comfrey root
- 1 tablespoon fennel seeds
- 1 cup water
- 1 teaspoon goldenseal powder (optional)

Bring comfrey root, fennel seeds and water to boil, then simmer for a few minutes. Remove from heat and steep until cool enough to use. Strain through cheesecloth, muslin or an old nylon stocking. Refrigerate no longer than one week. For an extra-strong eyewash, add Goldenseal powder. Use either warm or cold.

To use, fill an eyecup or the palm of your clean hand with the liquid and pour the wash into the eye several times a day.

Favorite Liniment

(for healing wounds, bruises, sprains, scalds, burns, sunburns and pyorrhea)

2 ounces gum myrrh

1 ounce goldenseal

1/2 ounce African red pepper

1 quart rubbing alcohol or 1 pint raspberry vinegar

1 pint water

Mix all ingredients. Let it stand for a week or ten days, shaking every day.

Use freely on external affected area or rinse the mouth with it (without swallowing), or apply on both sides of the gums with a little cotton or gauze for pyorrhea.

Fever Reducer

Finely grate an apple and spread it 1/2 inch thick on a piece of double-layered cheesecloth about 6 inches in length. Apply this over the forehead. Make a similar poultice for the throat area or chest if necessary. Leave on for one hour.

Flatulence Remedy

2 drops peppermint oil

1/2 cup cool water

Mix well and drink.

Foot Fantasy

- 1 ripe papaya, peeled
- 1 cup canned crushed pineapple, with juice
- 1 teaspoon cayenne pepper
- 2 tablespoons kosher salt
- 1 tablespoon white vinegar

Place papaya and pineapple with juice in a blender. Add cayenne pepper, kosher salt, and white vinegar. Blend until puréed. Divide mixture in two large plastic bags. Soak feet in mixture for 20 minutes. Rinse feet thoroughly.

Flax Seed Tea

(for fever and cough)

1 pint soft or rain water

Small amount pulverized licorice root

1 ounce unbruised flaxseed

Boil the water, then pour over flaxseed and licorice root. Place the container near, but not on, the fire for several hours.

Strain through a double layer of cheesecloth. Make this fresh every day. This is an excellent drink for fever accompanied by a cough.

Foot Rub

(for aching feet)

3 drops oil of clove

3 tablespoons sesame oil

Mix well and rub into the feet.

Foot Smoother

1/8 cup oil

1 teaspoon vinegar

Petroleum jelly or white vegetable shortening

After soaking feet well, rub callused area of feet with rough toweling. Apply the mixture of oil and vinegar. Massage in well and blot the excess. You might also use a pumice stone on rough spots every day following your bath. Make sure skin is dry first before you abrade. Then rub in an emollient such as petroleum jelly or even white vegetable shortening.

Foot Soother

3 ounces salt

Basin of warm water

3 ounces bicarbonate of soda

Add salt and soda to water. Submerge feet and soak.

Foot Stimulator

Handful of herbs, such as chamomile, rosemary, etc.

Few drops of fragrant oil, such as mint, jasmine, etc.

Mix herbs with oil. Tie in a cheesecloth and attach to the faucet in your bathtub - directly in the path of the hot water. Place feet underneath for 5 minutes. Rinse with cool water. You'll feel as pampered as if you'd just treated yourself to an expensive pedicure!

Friction Rubbing Oil

Olive oil

Rosemary oil

Warm olive oil and add a few drops rosemary oil to every ounce of olive oil. Rub into cold area, first gently, then more vigorously until you're using friction.

Fruit and Bran Balls

(for constipation)

1 cup dried, pitted prunes

1 cup seedless raisins

1 cup dried black figs

2 teaspoons wheat bran

Mix fruits in a bowl, then put through a food grinder twice (add a little boiling water if the ingredients stick). Form the mixture into walnut-size balls; roll in wheat germ, and store in the refrigerator.

NOTE: Be sure to drink plenty of water with this laxative or it may have an opposite effect to the one desired.

Gallstone Eliminator

Apple cider vinegar

Pure virgin olive oil

The first day, drink 1/2 cup apple cider vinegar 5 times a day.

On the second, third, and fourth days, drink 1/4 cup each of apple cider vinegar and pure virgin olive oil mixed together 5 times a day.

The stones should pass on the fifth day.

Apple fiber extracts containing a high level of pectin decreases the level of cholesterol in hamsters. Therefore, by eating more apples, cholesterol-induced gallstones can be prevented from forming.

Gel Pack

3 parts water

1 part rubbing alcohol

Mix, then seal in a freezer bag, then encase in a second bag. Place in the freezer. The more alcohol you use, the softer the pack will be, making it more gentle on injuries than an ice pack.

Gentle Eyewash

1 teaspoon honey

1/4 cup hot water

Mix and stir until the honey is dissolved. To use, fill an eyecup or the palm of your clean hand with the liquid and pour the wash into the eye several times a day.

Ginger Jellies

(for calming the stomach and preventive for motion sickness)

2 (1 ounce) envelopes plain Knox gelatine
4 1/3 cups granulated sugar
8 ounces fresh ginger, peeled, coarsely chopped
Confectioners' sugar (for rolling candy)

Coat an 8-inch square pan with vegetable oil cooking spray. Set aside. Put 2 cups water in a large saucepan, sprinkle gelatine evenly over surface and let soften (about 4 minutes). Add sugar. Warm slowly over low heat, stirring with a wooden spoon, until sugar dissolves (about 10 minutes). Increase heat and bring to a boil. Add ginger. Reduce heat to medium-low and boil steadily for 15 minutes. (Watch carefully to prevent boiling over; reduce heat if necessary.)

Let stand for 10 minutes, then pour mixture through a strainer into a prepared pan. Allow to sit, uncovered, 24 hours. Then cut ginger jelly into 1-inch squares and roll lightly in confectioners' sugar. Sugared jellies will keep in a plastic container, tightly sealed and refrigerated, for about 2 months.

Ginseng Energy Tea

A daily dose of ginseng is 3 to 9 grams, brewed in tea. Divide this recipe into seven and you'll get 4 grams a day. Keep in mind that ginseng is a long-term tonic, not a quick-acting remedy. Ginseng's main benefit is as a mind/body energy booster. Ginseng may also suppress pain and improve memory. NOTE: If you have high blood pressure, don't use Ginseng Energy Tea.

1 ounce whole dried ginseng root

1/3 ounce whole licorice root

1/3 ounce fresh ginger root, cut into quarter-size pieces, plus extra

In a large pot, add ginseng to a half gallon of water. Bring to a boil, then simmer for an hour or more, until reduced by half. Add licorice and ginger; simmer another half hour. Strain; refrigerate in a tightly covered container.

Each day, warm a half cup with another "quarter" of fresh ginger (add water to taste).

Gomasio (Salt Substitute)

1/8 cup sea salt

1 cup raw sesame seeds, unhulled

Grind salt into a powder with a mortar and pestle. Toast the salt in a heavy frying pan until it shines; remove to another container. Roast sesame seeds in frying pan until they are lightly toasted, stirring constantly with a wooden spoon to prevent burning. Grind seeds coarsely in a mortar. Add salt and continue grinding until most, but not all, of the seeds are pulverized. The idea is for each grain of salt to be coated with sesame oil. Store in the refrigerator or a cool place. Use whenever salt is called for.

Hayfever Relief

1 teaspoon fenugreek seed

1 cup water

Steep fenugreek seed in water, covered, for 10 minutes. Drink 1 cup a day to alleviate hay fever symptoms.

Healing Dusting Powder

1 part goldenseal powder

1 part dry clay

Mix, bottle, and label. Use when there is a problem with moisture or a rash, such as athlete's foot, diaper rash, or crotch itch.

Healing Hand Lotion

1 part bay rum

1 part liquid camphor

1 part glycerin

Mix well and apply to hands.

Health Cereal

- 5 cups old-fashioned oatmeal
- 1 cup ground almonds
- 1 cup unrefined sesame seeds
- 1 cup sunflower seeds
- 1 small package dates, chopped
- 1 cup shredded coconut
- 1 cup soy flour
- 1 cup powdered milk
- 1 cup wheat germ

Mix all these ingredients well. Then, mix well the following:

- 1 cup honey
- 1 cup vegetable oil

Pour over the dry ingredients and mix well. Put all in a large roasting pan. Bake at 300 degrees F for one hour, stirring every 15 minutes.

Healthy Shake

8 ounces skim milk

1 banana or 1/2 cup raspberries

2 or 3 ice cubes

1 tablespoon brewer's yeast

1 tablespoon wheat germ

Whip in a blender until frothy.

Heart-Healthy Garlic Soup

2 tablespoons unsalted butter

1 tablespoon canola oil (or 3 tablespoons olive oil)

3 yellow onions, peeled, thinly sliced

1 head garlic cloves, separated, smashed,
peeled, finely chopped (about 1/2 cup)

4 teaspoons dry powdered sage

2 teaspoons sugar (optional)

1/4 cup port or red wine

5 cups salt-free canned or homemade chicken stock

Warm butter and canola oil in a large pot over medium heat. Add onions and cook, stirring occasionally, until golden brown (15 to 20 minutes). Reduce heat, add garlic, sage and sugar and continue to cook on medium-low heat, stirring, until garlic softens (5 to 8 minutes). Add port. Increase heat to high and cook for 3 minutes, stirring constantly to deglaze pan, scraping up the flavorful bits. Add chicken stock. Bring to a boil, reduce heat, cover and simmer 10 more minutes. Season to taste with salt and freshly ground black pepper. Serve with toasted crusty bread.

Rheumatism Drink

3 oranges

3 lemons

3 grapefruit

3 teaspoons cream of tartar

1 tablespoon Epsom salt

1 quart boiling water

Cut the fruit up and let stand in a large jar for 24 hours.

Add cream of tartar, Epsom salt, and boiling water, then let stand for another 24 hours.

Squeeze the mixture with your hands. Press through a coarse sieve. Take a wine glass full before each meal.

Rosemary Massage Oil

(for aching muscles)

1/4 ounce rosemary oil

8 ounces olive oil

Mix together and use. Substitute mint oil for the rosemary oil if you want to stimulate your muscles.

Salve

2 or 3 handful leaves or crushed stems of any herb

1 cup sunflower oil

2 vitamin E capsules

1 cup petrolatum USP or a similar base

NOTE: You can make this salve out of virtually any herb.

Put the sunflower oil into a canning jar. Add the herbs. Add the contents of the vitamin E capsules. (This prevents the oil from turning rancid.) Seal the jar and let it stand in a sunny location for a week. When the oil is completely infused, add 2 to 4 tablespoons of oil to a cup of petrolatum USP or a similar base. Mix well and store in the refrigerator in a sealed jar until ready for use. The leftover oil can be saved for several months, as long as it's kept in a dark location.

Sinus Headache Pillow

Source: Recipe by Karen Hegre

1/2 cup flax seeds

1 part crushed spearmint leaf

1 part crushed peppermint leaf

1 part lavender buds

1 part eucalyptus leaf

1 part rosemary leaf

Mix all ingredients together in a bowl.

Cut two pieces of material 10 x 4 inches and sew together. Making a bag, leave one end open and stuff the bag. Sew up the open end.

Skin Irritation Soother

(for bites, poison ivy, poison oak, or poison sumac)

3 parts baking soda

1 part water

Make a paste, then apply. Let the paste dry on the skin, then wash it off.

Soothing Lemon Gel

- 1 cup aloe vera gel
- 2 tablespoons witch hazel
- 1 tablespoon cornstarch
- 8 drops lemon oil

Mix the aloe vera, cornstarch and witch hazel in the top of a double boiler on the stove top. Gently heat the mixture until it has thickened to a honey-like consistency, stirring occasionally.

Mix in the lemon oil, then remove the pan from the heat and cool the mixture. When cooled, pour into an airtight container. Use on the affected areas.

Sore Muscle Liniment

3 or 4 ounces ground pepper

1 pint apple cider vinegar

Mix ground pepper and vinegar. Leave the mixture in a dark place for two weeks, shaking it twice a day.

Strain to remove the pepper before your rubdown.

Sore Muscle Liniment Wrap

1/2 ounce comfrey

1/2 ounce hops

Steep comfrey and hops in one quart of hot water for 20 to 30 minutes. Then soak a cloth in the liquid, and wrap the cloth around the sore area.

Sore Muscle Rubdown

10 drops eucalyptus oil

10 drops peppermint oil

10 drops rosemary oil

1 cup almond or peanut oil

Blend all ingredients and store in a tightly-covered jar.

Sore Throat Gargle

1/2 teaspoon alum

1/4 cup brown sugar

1 teaspoon sage

3/8 cup vinegar

1/8 cup water

Combine all ingredients in a saucepan and bring the mixture to a boil. Remove from heat; strain and cool. Gargle every 30 minutes until the sore throat is relieved.

Sore Throat Gargle

Sage tea

Honey

Brew sage tea. Add a little honey. Strain out the leaves, and gargle often with the resulting liquid.

Sprain / Strain / Bruise Tincture

Source: *Great Life*, June 1998 - Recipe by Kathi Keville

8 drops marjoram essential oil

8 drops lavender essential oil

2 drops chamomile essential oil

1 ounce bottle St. John's wort tincture

Add the essential oils to the tincture.

Apply liberally on the injury, then top by lightly pressing on an ice pack. Keep area raised for a while and reapply the remedy until pain and swelling subsides.

Notes: Sprains, strains and bruises - An active lifestyle does increase the risk of wrenching an ankle, pulling a muscle and/or bruising a limb. In all three cases, the first-aid rule is to decrease the swelling right away with R.I.C.E.... rest, ice, compression and elevation...plus aromatherapy, of course. Chamomile, jasmine, lavender, marjoram, melissa (lemon balm) and helichrysum decrease the swelling and discoloration while easing pain.

Stomach Ache Remedy

1 tablespoon ground cinnamon

1 cup warm water

Steep cinnamon, covered, for 15 minutes. Drink as you would regular tea. This can also ease flatulence and diarrhea.

Strawberry Toothpaste

This is wonderful for small children who don't like to brush their teeth.

1 teaspoon Superwhite Tooth Powder

1 tablespoon crushed ripe strawberries

Mix strawberries and powder into a paste and brush as usual. This is a sweet-tasting toothpaste and it whitens teeth over time.

Stretch Mark Cream

- 1/4 cup cocoa butter
- 1 tablespoon wheat germ oil
- 1 teaspoon light sesame seed oil
- 1 teaspoon apricot kernel oil
- 1 teaspoon vitamin E oil
- 2 teaspoons grated beeswax
- 1 teaspoon clear vanilla extract (optional)

Mix together all ingredients except the vanilla extract.

Heat the mixture gently until the cocoa butter and beeswax have melted; stir well. Remove from the heat and stir in the vanilla extract, if desired. Cool completely, then store in a clean jar with a tight-fitting lid.

Stretch Mark Massage Oil

1 ounce cocoa butter, melted

1/2 ounce flaxseed oil

1/4 ounce rose hip seed oil

1/4 ounce wheat germ oil

10 drops lavender oil

8 drops neroli oil

4 drops vetiver oil

Blend the melted cocoa butter, flaxseed oil rose hip seed oil and wheat germ oil. Transfer the mixture to a clean jar. As it begins to cool and solidify, add the essential oils. Allow the mixture to cool to a comfortable temperature before using it. Massage the oil into your skin once or twice daily.

Stuffy Nose or Tight Chest Reliever

1 handful eucalyptus and bay leaves

1 pot boiling water

Remove the pot from the stove. With a towel, make a tent that covers your head and the pot. Breathe in the soothing vapors, taking care not to burn yourself.

Sunburn Soother

1 cup white wine vinegar

5 tablespoons salt

5 tablespoons plain yogurt

2 tablespoons aloe gel

Combine the ingredients and stir briskly until smooth and creamy. Pour into a pump-type container and store in the refrigerator. Shake well before using. Smooth on affected areas every hour or so until the burning sensation is gone. Or, you can saturate a clean washcloth with the solution and gently lay it on the affected area.

Makes 8 ounces.

Sunflower Cough Syrup

CAUTION: This is an adult cough syrup. Do not drive or operate machinery when taking this.

1/2 cup sunflower seeds

5 cups water

3/4 cup gin

1/2 cup sugar

In a glass or enamel pan, boil the sunflower seeds in the water until the mixture is reduced to approximately 2 cups. This will take up to an hour. Strain the juice, discarding the seeds. Stir in gin and sugar. Store in a tightly-capped container. To use, take 1 to 2 teaspoons four times a day until you feel better.

Super-C Soup

(for when you feel a cold coming on)

1 cup seedless rose hips

1 quart water

2 tablespoons honey

1/2 teaspoon ground cinnamon

Yogurt or sour cream (optional)

Soak rose hips in water overnight.

The next day, simmer the rose hips, water, honey, and cinnamon for 30 minutes. To minimize the loss of vitamin C, simmer - don't boil - the soup for 30 minutes ONLY, keeping a lid on the saucepan. Remove from the heat. Cool slightly, and whirl in a blender until smooth. Chill, and serve with a dollop of yogurt or sour cream, if desired.

Sweet Cough Syrup

This is a soothing throat remedy for problems brought on by exertion - singing, running in cold weather, etc.

1 lemon

1/2 cup honey

1 tablespoon glycerin

Cover the entire lemon with water in a small saucepan. Boil for 1 minute. Remove from heat. While still hot, slice the lemon in half and squeeze all the juice into a bowl, removing seeds. Stir in the glycerin and honey. Store the syrup in a sterilized glass bottle, tightly capped, on a shelf. If the syrup becomes too cold, warm it slowly by setting the jar in a pan of warm water. The syrup will keep for up to 2 months.

Thyme Dandruff Rinse

4 heaping tablespoons thyme
2 cups water

Boil together for 10 minutes. Strain, then cool. Pour one cup over damp, shampooed hair and scalp. Massage in gently. **DO NOT RINSE.** This makes two treatments.

Tonic Tincture

Pot marigold (*Calendula officinalis*) flower heads

Vodka

Fill a pint jar three-quarters full with pot marigold flower heads. Pour enough vodka over them to cover the petals. Let the mixture stand for one month. Strain and bottle. Take a teaspoonful three times a day.

Tooth Powder

(for sparkling white teeth)

3 teaspoons baking soda

1 teaspoon table salt

Mix, then use as for any tooth powder.

Toothache Soother

Clove oil

Cotton Swabs

Dip a swab into clove oil. Rub the oil-filled swab on the painful tooth.

DO NOT USE THIS FORMULA FOR CHILDREN OF ANY AGE. VERY SMALL AMOUNTS CAN CAUSE POSSIBLY FATAL POISONING.

Upset Stomach Remedy

1 teaspoon medicinal charcoal

1 cup hot water

Mix and drink the mixture for fast relief.

Upset Stomach Remedy

1 teaspoon coriander or caraway seeds

1 cup boiling water

Brew seeds in water. Strain to remove the seeds, then drink the tea.

Urinary Tract Infection

At the first sign of a bladder infection, drink large amounts of purified water to flush bacteria out of the bladder.

Drink a quart or more of unsweetened cranberry juice every day until symptoms subside. (Avoid cranberry juice sweetened with sugar or other concentrated sweeteners because sugar feeds the bacteria.) OR Take 3 cranberry capsules three times a day.

Increase vitamin C intake to 500 mg every couple of hours to create a more acidic environment in the bladder and urinary tract, which will discourage bacterial growth. If you have diarrhea when taking that much vitamin C, cut back on the amount until you no longer have loose stools, and you'll know that you've reached your tolerance level.

Aromatherapy

Make an essential oil of equal parts of sandalwood, bergamot, tea tree, frankincense, and juniper. Add essential oil to a massage oil and rub over the bladder area. Continue for four to five days after the symptoms subside. Also, use it in baths.

To Prevent UTI

~~Wash the vaginal~~ area before and after sex with goldenseal tea. Pour one cup of boiling water over one teaspoon of powdered goldenseal. Cover, let steep until cool, and strain before using.

Herbs

To fight infection, take two capsules three times a day of echinacea and Oregon grape root or goldenseal. Or a half-teaspoon of the tincture every hour in acute cases.

For a more severe infection, combine equal parts of pipsissewa, buchu, echinacea, and uva ursi tinctures. Take 20 drops every two hours for the first two days and then one teaspoon four times a day until the infection clears. Drink a demulcent tea such as marshmallow root at the same time to counter the strong antiseptic effect of uva ursi.

Valerian Sleep Tea

1 cup water

1 ounce lemon verbena

1 ounce lemon peel

1 ounce valerian

Bring water to a boil. Remove from heat and add remaining ingredients. Let steep for 3 to 5 minutes; strain, and drink slowly.

Vapor Rub

1/4 teaspoon eucalyptus essential oil

1/8 teaspoon peppermint essential oil

1/8 teaspoon thyme essential oil

1/4 cup olive oil

Combine ingredients in a glass bottle. Shake well to mix oils evenly.
Gently massage into chest and throat.

Varicose Veins

Foods to Eat

Large quantities of dark red berries, such as cherries, blackberries, black currants, and grapes - they contain plant compounds that restore the veins and capillaries.

Garlic, onions, cayenne pepper, and bromelain (an enzyme found in fresh pineapple and also available in supplement form) which help to break down fibrin and keep the blood thinned and moving.

Supplements

1,000 to 3,000 mg of vitamin C and at least 1,000 mg of bioflavonoids daily.

Aromatherapy

Make an essential oil blend of 5 drops of cypress, 2 drops of lemon, 3 drops of yarrow, 3 drops of frankincense, and 2 drops of rosemary. Place fifteen drops of the essential oil blend into one ounce of calendula or St. Johns wort oil. Massage this combination gently onto varicose veins two to three times a day.

Vegetable Juice Laxative

1 cup tomato or vegetable juice

1/4 cup carrot juice

1/2 cup sauerkraut juice

Mix and drink. If you like, you can pour this over ice, or add Tabasco sauce for a spicier drink.

Vomiting Remedy

2 drops peppermint oil

1/2 cup cool water

Mix and drink.

Warming Soup

1 (1-inch) cube ginger root

1 cup water

Few grains cayenne pepper

1 bouillon cube (optional)

Simmer ginger in water for 10 minutes, adding cayenne pepper for flavor. You can add a bouillon cube if you like.

Hemorrhoid Wipe

2 tablespoons honey

1 teaspoon powdered comfrey root

2 tablespoons aloe vera gel*

Witch hazel

Thoroughly combine honey, comfrey, and aloe vera gel in a small mixing bowl to make the salve. Using cotton balls, apply witch hazel liberally to the affected area. Using fresh cotton balls, cover the affected area with a thin layer of salve. Repeat as needed.

* Use fresh from the plant if possible.

Herbal Mouth Freshener

This is the old-fashioned way to sweeten your breath.

2 cups water

Handful of lavender blossoms

Boil blossoms in water for 10 to 15 minutes. Cool, then strain. Rinse the mouth.

Herbal Teas for Asthma/Bronchitis

Mullein and Anise Blend

- 1 1/2 cups water
- 1 teaspoon dried aniseed
- 1 teaspoon dried mullein leaves

Bring water to a boil in a glass or stainless steel pan. Add the aniseed, reduce heat to medium-high, and simmer, uncovered 5 minutes.

Meanwhile, place the mullein in a teapot. Without straining, pour the anise decoction over the mullein leaves, cover, and steep 10 minutes. Strain, sweeten with honey, and sip slowly while warm.

Thyme, Cayenne and Peppermint

- 1 tablespoon dried peppermint
- 2 teaspoons dried thyme
- 1/8 teaspoon cayenne pepper
- 2 cups water, barely boiled

Place the herbs in a teapot. Pour the boiling water over them, cover and steep 5 minutes. Strain and sweeten with honey. Sip slowly while still warm.

This is good for times when you want relief from bronchial symptoms but cannot stay home and rest. Carry the warm tea in a thermos and sip in 1/2-cup doses a few times throughout the day.

Herbal Teas for Colds and Flu

Hot Ginger Lemonade

- 1 1/2 cups water
- 3 (1/4-inch) slices fresh ginger root, bruised
- 1/2 of a fresh lemon
- 1 teaspoon honey
- 1/4 teaspoon powdered cayenne pepper

Bring water to a boil in a glass or stainless steel pan.

Meanwhile, hit each ginger root slice gently with the broad side of a knife to break up the pulp a bit. Put the ginger in the boiling water and simmer uncovered 5 minutes.

Meanwhile, Squeeze the juice from the lemon into a cup. Add the honey and cayenne. Strain the ginger tea in to the cup, stir and sip slowly while hot.

NOTE: You may add an ounce of brandy to your bedtime dose to help ease you into sleep.

Cooling Blend

- 1 teaspoon crushed dried rose hips
- 1 teaspoon dried peppermint leaves
- 1 teaspoon dried sage leaves
- 1 cup water, barely boiled

Place the herbs in a teapot. Pour the boiling water over the herbs, cover and steep 10 minutes. Strain and sweeten with honey to taste. Sip slowly while warm.

The rose hips deliver a large dose of vitamin C, while peppermint and sage have a cooling effect on the system. This tea is particularly helpful with feverish colds. And it tastes good!

Wild Cherry Cough Syrup

1 teaspoon wild cherry bark

1 1/2 to 2 1/2 teaspoons chopped dried marshmallow root

2 cups water

2 cups granulated sugar

1/2 scant teaspoon cream of tartar

Make a decoction of the cherry bark and marshmallow root by boiling in water for about 4 minutes. Steep the mixture with the cover on the pot for a few minutes. Slowly stir in the sugar and cream of tartar. Simmer until the mixture becomes thick and sugar granules completely dissolve. Transfer to a container and allow to cool before covering tightly.

Wild Cherry Cough Syrup and Decongestant

Cover the bottom of a crockpot with wild cherry bark. Add enough honey to cover the bark. Set the crockpot at the lowest setting, then cover. Let the mixture cook for two (2) days, stirring every now and then.

After two days, strain the mixture and use the resultant syrup as cough syrup and/or decongestant.

Wrinkle Remover / Skin Toner

2 tablespoons vodka

1 tablespoon fennel seeds

1 1/2 teaspoons honey

Combine all ingredients; stir well. Allow to sit for 3 days.

Strain mixture. Use a cotton ball to apply to face and neck as a toner.