

# Illnesses

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# Acne Home Remedies

**Date: Tuesday, August 5, 2003**

**Time: 2:17 AM EST**

**joan**

**Country of Remedy: United States of America**

**Ingredients: clear aloe vera**

**Instructions: times a day apply clear aloe vera on your pimple and they should go down do this for two weeks and your face will clear up**

**Date: Monday, July 28, 2003**

**Time: 2:28 AM EST**

**Jenna**

**Country of Remedy: Canada**

**Ingredients: Powdered milk**

**Instructions: add water to the powdered milk, and stir it. Put that on your face, and let it dry. Then wash it off with warm water. This will draw out the nasty little irritations, and leave you with clean skin.**

**Date: Wednesday, July 9, 2003**

**Time: 1:38 AM EST**

**marilyn**

**usa**

**Ingredients: honey**

**Instructions: If you have a zit put honey on it. Let it dry and it won't be sticky. Keep it on overnight. It will heal it and honey seals off any small wound from infection.**

**Date: Sunday, July 6, 2003**

**Time: 10:47 PM EST**

**Shanique**

**Country of Remedy: Usa, Philippines**

**Ingredients: Water**

**Unscented Soap**

**Astringent**

**Toothpaste**

**Vinegar**

**Peroxide**

**Instructions: First you have to dampen your face with warm water, to open up your pores. Then, coat your face with unscented soap. Next wash off with cold water. (don't wash off with warm water because it keeps your pores open.) Then mix the toothpaste vinegar and peroxide in a basin, and apply the paste to your**

face, wash off with VERY cold water. Then finish off by rubbing astringent on your face (the tingle means it working)

**Date: Monday, June 16, 2003**

**Time: 11:31 PM EST**

**bob**

**Country of Remedy: usa**

**Ingredients: Stage makeup (pancake--the base)**

**Instructions: When I was in college I didn't have bad acne but several friends did. They claimed that the old-time stuff we used as a base for stage makeup -- we called it pancake -- totally sucked the oils out of your skin. After doing a play for four nights running their acne completely cleared up.**

**Date: Wednesday, June 25, 2003**

**Time: 4:17 PM EST**

**rebeca**

**[des\\_baby2001@yahoo.com](mailto:des_baby2001@yahoo.com)**

**Country of Remedy: usa**

**Ingredients: hot water cold water and soap**

**Instructions: wash face with warm water for 3 mins then rinse with cold water**

**IT WORKED FOR ME!!!**

**Date: Monday, June 2, 2003**

**Time: 3:31 PM EST**

**Duckie**

**[craigs\\_babygirl@hotmail.com](mailto:craigs_babygirl@hotmail.com)**

**Country of Remedy: USA**

**Ingredients: Toothpaste, lemon juice, listerine, astringent**

**Instructions: Use toothpaste as a mask for 15 minutes, or until dry, then rinse off and use a cotton swab and dab lemon juice on the effected areas, (tingling is common), after done splash listerine on your face do this every night and every morning until acne clears up, then do it 3 times a week to keep clear.**

**Date: Tuesday, May 27, 2003**

**Time: 2:18 PM EST**

**Email address: big mama  
usa**

**Ingredients: egg yolk, basil, salt and non-whitening toothpaste**

**Instructions: mix egg yolk, basil and salt together. this will be a mask. it may be cold so you may want to heat for a couple of seconds. put this on your face, wait to dry. cover with hot washcloth for one minute so this opens your pores. wipe off. rinse face with cool water. apply dots of toothpaste on and around acne. will see results in 1 to 4 days. make sure your face is clean to begin with.**

**Date: Friday, May 16, 2003**



**Time: 3:03 PM EST**  
**Email address: Shanelle**  
**Canada**

**Ingredients: honey**  
**toothpaste (baking soda and peroxide works best)**  
**vinegar**  
**oatmeal**  
**cucumber**  
**baking soda**

**egg white (not the yolk)Instructions: Cut a small peice of peeled cucumber, put it in the blender. Then add a squirit of honey in with the cucumber, then add a dab of toothpaste, a little bit of vinegar, lots of oatmeal, some baking soda then an egg white. mix it up in the blender. put it on your face for 20 mins, the rinse off with kool water. finish with either some toner, or a moisturizer! This works really well for me!**

**here is not really a remedy, but a regimen, all the info is at [www.acne.org](http://www.acne.org).**

**It basically consists of washing with a gentle cleanser (Purpose bar most recommended), with warm water, then a cold water rinse. After your face is dry, apply a very thick layer of an over the counter benzoyl peroxide with .05% benzoyl peroxide (most recommended is neutrogena over the counter acne cream), and using an AHA moisturizer in mornings. I recommend anyone to check out this website as this regimen has worked for me better than any prescription and even has minimized some scarring i have, after using retin a, tetracycline, accutane, acne-statin, the egg yolk mask, and proactiv solution, this is the least expensive and most impressive regimen ive used. i highly recommend anyone suffering from acne to visit this site. and if you have any questions, Dan, the person who started the site, usually gets back to you within a day or so.**

**Date: Monday, May 12, 2003**

**Time: 5:51 AM EST**

**k. kitten**

**[elisabeth\\_j\\_powell@hotmail.com](mailto:elisabeth_j_powell@hotmail.com)**

**Country of Remedy: australia**

**Ingredients: toothpaste, rolled oats, ground almonds, honey, 1 egg, lemon juice and ground macadamia nuts.**

**Instructions: put a teaspoon of toothpaste, a tbl sp of rolled oats, a tblsp of ground almonds, 2 tbl sp of honey1 egg, a tsp of lemon juice and 1 tblsp of ground macadamia nuts into a bowl and mix well then put on face use as a scrub and leave on for 10- 15 mins then wash off with warm water. this really worksi saw it in a book and told my brother to try it (he has really bad acne) and after a week his acnewas almost gone. try it you'll love it**

**love from kinky kitten :)**

**Date: Saturday, April 26, 2003**

**Time: 10:13 AM EST**

**Henry**

**Lower Slovogia**

**Ingredients: Pharmaceutical Sulfur  
Molasses**

**Instructions: Mix one spoonful of the sulfur and 4 spoonful of molasses  
and take twice a day. within a month all acne will dissappear.**

**Date: Sunday, April 20, 2003**

**Time: 7:53 PM EST**

**Alli**

**u. s. a.**

**Ingredients: \*toothpaste**

**Instructions: just put a little bit o/ toothpaste on each pimple - i garuntee it'll be gone in da  
mornin' - I'm 14 and I've been doin' it 4 3  
years - it really does work - u have my word on it**

**Date: Sunday, April 13, 2003**

**Time: 4:15 PM EST**

**misha**

**usa**

**Ingredients: egg**

**Instructions: Crack a egg and rub it on your face when you wake up and  
before you go to sleep.**

**Let egg sit on your face for about 3- 5 minutes you should see  
improvement**

**within 2- 3 days.this remedy also works wonders for damaged hair.**

**Date: Sunday, April 6, 2003**

**Time: 1:12 AM EST**

**M. K.**

**[gooshi78@yahoo.com](mailto:gooshi78@yahoo.com)**

**Ingredients: egg yolk**

**Instructions: youll think im nuts but this works if youre consistent....i read this in the newspaper  
when i was 15 and tried it... put egg yolk on your face (or back) for 20 minutes....rinse well (i use  
to jump in the shower afterward)...do this everyday for a month or until the acne clears  
up....after that do it at least 2xs a month...**

**i swear it works and your skin feels wonderful afterward!**

**Date: Thursday, March 6, 2003**

**Time: 10:24 PM EST**

**Ryan**

**[munkydude89aol.com](mailto:munkydude89aol.com)**

**United States**

**Ingredients: Toothpaste**

**Instructions: Put toothpaste on your zits and in the morning they will**



be gone.

**Date: Sunday, February 16, 2003**

**Time: 7:09 PM EST**

Amanda

[sugarsugar26@hotmail.com](mailto:sugarsugar26@hotmail.com)

Country of Remedy: Canada

**Ingredients: Salt, Steaming water, Cold water, cloth, towel**

**Instructions: Put steaming water in a bowl. Drape a towel over your face and let the steam into your face, (This opens your pores). Next, mix some salt in a warm water bowl and use it to clean your face, (like you would with ordinary cleaner). Salt has been**

**proven to be the best disinfectant for skin. Then wash face with cold water to seal up your pores again.**

**Repeat 1-2 times**

**a day. The best part is, these ingredients are all found around the home**

**Date: Thursday, January 30, 2003**

**Time: 3:14 PM EST**

Toya

USA

**Ingredients: Hydrogen Peroxide and Hot Water, Washcloth**

**Instructions: You can purchase the Peroxide from a drugstore or supermarket for a \$1. First apply a washcloth dipped in hot water...as hot as the skin can stand. Keep applying until pimple forms a head. If pimple already has a head, applying a hot washcloth can help the pus to come out. Then apply Peroxide to pimple. Press firmly down on pimple with a cotton ball soaked in peroxide. You should feel or hear it bubbling. This helps to clean pimple and remove pus. Then applying vitamin E or pure aloe vera juice will also help in healing.**

**Date: Monday, January 27, 2003**

**Time: 4:42 PM EST**

[gingerjack\\_420@yahoo.com](mailto:gingerjack_420@yahoo.com)

Country of Remedy: india

**Ingredients: rose water, lemon**

**Instructions: mix rose water and lemon juice...apply on acne..and leave to dry for 30 min..follow this 3 times a day...or rub lemon on ure acne..it will irritate alot but later all acne will b gone**

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**Date: Tuesday, January 7, 2003**

**Time: 3:34 PM EST**

**Ingredients: basil leaves**

**lemon juice**

**water**

**t.l.c**

**Instructions: Yeah toothpaste works but you might just get burned from it trust me i just tried it so that is an option this is my remedy and it works very well on those very stubborn pimplesput half a cup of basil leaves and half a cup of lemon juiceand half a cup of water put in a pot on the stove on high for exactly five minutes while it is boiling get a paper towel and drop the tip in then bring it up and let it cooloff by air evaporation then while it is almost cold apply to face Very gently massage on face you will feel a tingle I appreciate comments or whatever**

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**Date: Thursday, January 2, 2003**

**Time: 3:30 PM EST**

**Candi**

**U.S.A**

**Ingredients:**

**\*Visine**

**\*Toothpaste**

**\*Hydrocortizone cream**

**Instructions: Soak a cotton ball with Visine and hold to the pimple for about 15 min, it's true what they say--it gets the red out, then apply a fingertip sized amount of the Hydrocortizone cream, this reduces swelling, and let sit for a half an hour, after that apply the toothpaste and let it stay until it dries. I see everyone saying to use toothpaste but not a gel--this is true, but what you also need to know is to not use something very strong. I used an 'extra whitening' toothpaste on one of my pimples and it ended up burning my skin, left me with a nasty dime sized burn mark for about 2 weeks.**

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**Stacy**

**Country of Remedy: USA**

**Ingredients: Cheap Asprins and a little warm water**

**Instructions: Get some cheap aspirins w/o any or very little coating on it.Disolve in a small amount of water.Apply disolved aspirin to clean face. Be careful not to get it in your eyes....it burns.Let it dry for about 5 minutes and rinse.It gets rid of dead/dry skin, redness/irritation and acne.It improves the overall look and feel of your skin.Added benifit....it leaves your face baby soft.**

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**Ingredients: All-natural pepermint soap(or use all natural soap that has nothing with sodium in it) toothpaste**

**Instructions: rub some soap on a washcloth(just a little, enough to get the dirt and scum) the peppermint soothes skinand wash use lots of water (cold is best) or**



else your face feels dry. Dab toothpaste on the area. let on overnight.  
(GIRLS PULL HAIR AWAY FROM FACE, THE OILS IRRITATE) wash in morning.

PS.

AVOID FATTY FOODS, DRINK TONS OF WATER(NO TOO MUCH THOUGH) AND WHEN YOU  
YOU  
CONDITION YOUR HAIR WASH YOUR FACE AFTERWARDS BIG IMPROVEMENT!!!!!!!!!!!!

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Drinking plenty of water is a great way to clear acne. In fact water pretty much clears anything, keep that in mind next time you need to take a drug test.

Putting sliced potato's on your face helps clear acne. Eating potatoes also helps clear acne as well as other things such as cuts and bruises. (Although eating plenty of potatoes from Mc Donalds isn't going to get your acne cleared very fast if at all.) Stay away from greasy food, not only will this help your diet but it will help your face as well. When done correctly, dieting to lose weight helps clear up acne and those extra pound. It's winning situation. One of the easiest ways to clear acne is to wash your hair. Many people shower in the morning and sleep with a head of greasy hair. This grease ends up on your pillow and when you turn it ends up on your face. If washing your hair at night is a problem than maybe washing your pillows once a week will do the trick.

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**steph**

**Country of Remedy: u.s.a**

**Ingredients: toothpaste**

**Instructions: wash your face as usual before applying the paste!!!! put a thin layer on the area that has been effected (make sure its paste NOT gel) let dry (it might make your face feel really cold but stick with it its worth it) for girls i use a bandanna to keep my hair out of the way if it makes your eyes water its ok its just the fumes!!!!!!!! (i use sensitivity protection its paste) i hope this works for you like it did for me () (ps the results vary from 1 day to 1 week for me**

**chaz**

**Ingredients: 3 soup spoons of basil  
hot water(mug full)**

**Instructions: just add 3 soup spoons or dessert spoons of basil into a mug of hot water and dab on face with cotton wool!**

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**Matt**

**[Rmn\\_227@hotmail.com](mailto:Rmn_227@hotmail.com)**

**U.S.A**

**Instructions: Mix 2 table spoons of tooth PASTE, 1cup of Tomato Ketchup, 1cup of oatmeal, And 1 banana. Into a blender. It might not be very appetizing, but for getting rid of pimples this is what i do. Rub mixture onto face, and let sit for 15 minutes. When done rince with Purified water. Do This before going to bed everynight until irritation is gone! I would like to know, if this works for you as it did for me.. So if you try this please email me with your results..If you are allergic to any of the ingrediants please do not try this! rmn\_227@hotmail.com**

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**Anthony  
U.S.**

**Ingredients: Filipino bar soap FOUND IN -ALL- FILIPINO FOOD MARKETS called Likas.**

**Instructions: This likas bar soap is made from papaya. It's purposely for whitening skin. But you just have to use it as regular soap bar. And it son't cost much either. But be carefull, don't rub on too much. It is a whitening soap, and it can dry your face. And obviously, it will make your face whiter. Oh and I'm also hearing this toothpaste thing from everyone... I decided to try it once and found it may have worked. I'm not sure... I may not be using the right one... I use the crest 'extra whitenin tartar protection one, it contains baking soda so I guess it should work. Oh yea and what i do is I wet my face with coldest water, I apply the likas soap, then I wash it off with warm water, and splash on some cold water. Face should be washed more than 3 times a day...**

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**Geneva  
United States**

**Hello I'm Geneva and I'm 11. Here's something you can do to clear some up bumps up any where. Put it on your face every two days, it should clear up within 2 to 4 months. Put some vinegar and salt into a cup or bowl. Then stir it until the salt disolve. Next pour just a little bit in your hand and rub it on the bumps. Next soak a face towel or cloth in it and rab it on the bumps too. Leave on for at lease 20 min. Last rinse it off**

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**Kay  
USA**

**Well you sink about 1/4 full of warm water and pour salt into it. Take a cotten ball , or something to the effect, and soak it**



in the water. Put the cotton ball on you face( whichyou have already pre popped you pimples. If it doesn't sting, put more salt in. Once you face is covered in the liquid, don't rince it off. With a Q-tip, put a drop of honey on each acne spot. Leave that on for aobut 15 minutes. Wash you face with warm water. Then that night, put a dab of toothpast of your pimple and sleep with it on. It sounds crazy, but it works!!

**Anthony Harer**  
**USA**

First take tea tree oil apply to acne with q-tip (cotton Swab) and let dry.This will heal the acne and it smells good too. Or wash your face with a mild soap rinse then splash listerine on your face it will tingle and the antibacterial in the listerine will kill the bacteria that causes acne. I learned this when I used to model.

**Tina**  
**USA**

Put some hydrogenated peroxide on a washcloth and gently massage on to the affected area making sure not to bruise it. Repeat this process 2 to 3 times daily and the pimple should be gone in 3 to 4 days.

**Submitted by: shannon**  
**Country of Remedy: USA**

**Ingredients: bittersweets**

**Instructions: bittersweets can be bought at any herbal store if you buy a bottle of this all you need to do is take a q-tip and apply only a drop of the bittersweets on the spot. do not apply to entire face it will dry you out too much! it is great and does work really well by the next day it will have dried and with in 2 days (max) its gone! thanks to kate my other mom and herbal specilist.**

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**Submitted by: Elle**  
**Australia**

**Ingredients: A Fresh Lemon**

**Instructions: Apply some Lemon to the affected spots on your face when you go to bed. In the morning wash off with warm water. It dries up the pimple and leaves your skin feeling fresh. Repeat at least twice a week and the results will soon be noticable.**

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**Submitted by: Nichole Moser  
USA**

**Ingredients: Drink lots of water  
Get regular exercise**

**Instructions: Whatever your regimen is topically, drinking lots of water will help your skin heal. Divide your body weight in half and drink that many ounces a day. Some kind of aerobic exercise will bring much needed oxygen to your cells, too. Just wash off sweat promptly. This greatly helps severe acne.**

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**Tammy  
Canada**

**Dab Vanilla extract on effected areas, and this will dry them up, also good for cold sores or any other thing that needs to dry up ( not only does it smell nice but it tastes good too)**

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**Justin  
USA**

**Most people say to use warm or even hot water. Bad decision! If you are trying to cure your acne problem, warm and hot water will do nothing but disturb your face more. First wash your face as you normally do, use a type of acne soap or soap thats easier on your skin. (keep in mind a lot people dont have acne problems due to pimples, but just very sensitive skin that gets effected from touching, rubbing, itching, picking...)Lather well, and rinse with the coldest water that you can stand to have on your face, (cold wash clothes, ice cubes, things of that nature are good to keep on your face at night as well due to keep swelling down) Put a Apple Sauce mask on for about 15-20 mins. Use a small amount to avoid a mess. Work into face softly and gently(you dont want to bruise your face)Rinse with cold water once more. Try to drink Apple Juice every night, it helps to fight away the acidic things you eat that irritata the skin. Yvette**

**Put a dab of toothpaste on pimple, spot or blackhead, before going to bed. Leave on until the morning. Also, tomato works the same way. Rub some fresh tomato juice onto pimple etc.. before going to bed and leacve until morning then wash face. It will be dreid up at tomato has a natural antiseptic property within it.**



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**Amy**  
**Tennessee**

**dab a small amount of toothpaste to your pimple and leave on overnight. and by in the morning it will be all dried up or pretty much close to it!!**

**Maya**  
**USA**

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**A couple times a week, I take some oatmeal, (about 3/4 cup) and enough water to moisten the oatmeal, and i put it in the blender. I put this on my face for about 15 minutes, and i rinse with cool water. Oatmeal takes down swelling and redness, and has a slight drying affect. It is important not to use too much water or else it will run down your face. :)**

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**Sumita Sahi**  
**India**  
**VoiceSoft School of Medical Transcription**

**The milky juice exuding from wounds of the unripe papaya fruit applied locally removes pimples. This is a tried & tested method & is very effective.**

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**Ronnie**  
**USA**

**slice off thin slices of a fresh potato, and rub freshly sliced area over face, or irritated skin. Do not rinse. Effects will be felt immediately! Keep potato in refridgerator, after initial slicing, and you will get many uses out of it.**

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**Donavan, South Africa**

**First wash face with mild soap. Then peel cucumber and place in blender. Blend until cucumber is of a pasty consistency, but not too watery. Take the mixture and apply as a face mask leaving it on face for 25 mins. This procedure not only clears the acne, but also cools down your face leaving you feeling refreshed. It worked for me!**

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**BOLIVIA**

**Heldy lopez**

**REP PROGRAM**

**Instructor: MELANIE**

**WHEN I HAVE ACNE,I DRINK ALOT OF WATER,NEXT APLY THE CORN FLOUR MIXTED WITH AN EGG TO THE FACE AT NIGHT BEFORE GOING TO BAD. APPLY WITH YOUR HAND AND LET IT SIT FOR 5 MINUTES. THEN WASH YOUR FACE WITH HOT WATER AND MAKE THIS MASK FOR 2 OR 3 DAYS. WITH THIS TREATMENT YOU WILL SEE A GOOD SKIN TEXTURE.**

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**Jerusalem, Israel**

**Selena Karakra**

**1 fresh lemon and salt**

**wash your face in very warm water, then squeeese a fresh lemon and mix an a little salt. apply on face let it air dry for about 20 minutes then wash face with warm water again.**

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**USA**

**Sydney Raglin**

**Mix three tablespoons of salt with four tablespoons of olive oil in a bowl or container. put the mixture in a washcloth or on your fingers and scrub in face. works great as an exfoliant! and the olive oil helps keep skin soft/ doesn't sting:)**

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**Peter J Black**  
**East Oakland Herbal Research Center**  
**Instructor V. Sims**

**Take a small piece of the plant/cutting and peel it in half exposing the fleshy middle and apply the wet side to affected areas. One piece covers a lot. Allow to air dry and apply your favorite lotion. Do this twice a day and the symptoms will begin to regress.**

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**By Anonymous**

**ingredients = any brand of dandruff control shampoo instructions**

**When I was in high school, I had a friend that had a bad problem with acne, he used just about anything you can imagine. He finally went to some doctor and the doctor told him he could use toothpaste as mentioned by others, and also this type of shampoo. Wash your face with the shampoo, after drying you can leave to dry a little blot of it on your affected area. This is what worked for him.**

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**USA**

**By Alicia**

**Crunch up some dried oregano and put it into a bottle or container of warm water. Measurement isn't really important, but make sure it's enough oregano to turn the water color. Let the water stand for a while until this happens, you can even shake it to help it along. When it's ready, use a cotton ball or even just your hands to apply the colored water to your face, ignore the pieces of oregano that might stick to you. Let it all dry and brush off the bits of oregano. This sounds really weird, but it works wonders. My mother told me about it and I use it all the time. My skin cleared right up! Try it on your entire body, even if you don't have acne. It helps alot. Just be sure you're not allergic to oregano before you try this.**

**Canada**

**By Natasha Douthwaite**

## **Ingredients: Toothpaste**

Make sure it's the paste, and not the gel. Any brand/type will do. Dab a small glob onto acne using a q-tip. Leave it over night, and by morning it should be gone or close to. Works like a charm!

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## **Colac High School, Australia**

**Instructor: J. Dullard**

**Students: Carla and Sarah**

## **Ingredients**

- 3 teaspoons of salt
- warm water

Add the salt to the water in your bathroom basin and wash your face thoroughly twice a day for best results.

It will leave your skin free of oil.

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## **Miscellaneous Submissions**

**Sarah**  
**U.S.A.**

**USE ONLY THE YOLK FROM AN EGG AND WITH A COTTON BALL APPLY ON FACE AND LET STAND FOR 10 MINUTES. THEN WASH OFF WITH WARM WATER. DO THIS EVERYDAY FOR A MONTH. IT WORKED FOR ME! :)**

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**Beckin Lenczyk**  
**USA**  
**Ingredients = eye drops**

**Put some eyedrops on your acne and its just like the regular medicine**

**: Put a little bit of toothpaste on each zit before you go to bed. Baking soda and peroxide works best.**

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**Dillon  
USA**

**First, gently wash your face with a mild soap and rinse well. Next, apply the vinegar to the face at night before going to bed. Apply with cotton ball and let sit for 5-10 minutes then rinse off with cool water. A ton of individuals have reported amazing results from this treatment.**

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**Allison  
USA**

**Ingredients:**

- **Hydrogen Peroxide,**
- **baking soda**
- **milk of magnesia**

**Wash with a mild soap twice a day, then wipe face with a cotton ball soaked in hydrogen peroxide. Twice a week exfoliate with baking soda and once a week use a mask of milk of magnesia.**

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**Melis  
USA**

**Ingredients**

- **Salt,**
- **oatmeal,**



- milk,
- strawberries

(For 1-2 weeks worth of facial mask)

Use one cup of milk and 4 tablespoons salt-mix together in bowl with 2 tablespoons of maionaise. Use blender to blend 1 cup of oatmeal with 2 strawberries. Mix the oatmeal and strawberries with the salt,milk and maionaise.. Apply this as a facial mask for about 20 minutes. Let harden. (Keep away from linens etc, however it wont hurt if some gets in your hair) **KEEP OUT OF EYE-SALT BURNS!** With this treatment you will see immediate improvement in skin texture, and with 2-3 weeks of this mask, you should have less blemishes.



# Allergy Home Remedy

**Jae Young An**

**[khalifa77@hanmail.net](mailto:khalifa77@hanmail.net)**

**South Korea**

**Ingredients: a whole live octopus**

**some boiling water**  
**Instructions: At first, boil some water and put an octopus into the boiling water. Then drink this water. you may drink a glass of this water each day at night. If you drink 2~3 glasses each day you'll have no problems.**

---

**By "[Fitzpatrick](#)"**

**Ingredients**

Instant Tea (however strong you like it)

1 Tbsp. Vinegar

1 Tbsp. Honey (made in your area is best)

**Instructions:**

Mix together with water and drink all at once. This works really well for me.

**Date: Tuesday, April 22, 2003**

**Time: 11:27 PM EST**

**Thanks 4 the site!**

**America**

**Ingredients: Hydrogen Peroxide**

**Mountian Dew**

**flour**

**Instructions: mix flour and peroxide together then add a little Mountian Dew. The mixture should be like a paste. Put the paste on your feet.**

**Then put on a pair of clean holy socks. go to bed and when you**

**wake up take off the socks and soak feet in cold water. Finally**

**rinse feet, be sure to get all of the paste off feet.**

**\*IF THE PASTE BURNS IT IS WORKING, IF NOT YOURE SOL.\***

**I hope this works for you it worked for me. Apply twice a week.**

**S**

**Date: Monday, March 31, 2003**

**Time: 4:20 PM EST**

**David Blakely**

**[davidblakely@hotmail.com](mailto:davidblakely@hotmail.com)**

**Canada**

**Instructions: Apply white vinaigre to the infected area at least twice a day. Will see improvement after three days.**

**Dr. Stu Piddazz**

**USA**

**Ingredients: Salt**

**Water**

**Alcohol**

**Instructions: Place 1 cup of salt in a gallon of hot water. Soak feet for 1 hour. Afterwards, apply rubbing alcohol to the infected area.**

---

**Lorena Herrera**

**Centennial Education Center**

**Instructor Brenda Donahue**

**Mexico**

**ingredients = Hot water, detergent, alcohol.**

**When I was 16 years old, I got atheletes foot. In my country we always use this remedy. We fill up a**

bucket of hot water and add detergent and alcohol. We put our feet in the bucket to soak. We repeat this everyday for 15 minutes. We also buy a special cream for our athlete's foot and put it on after soaking in the bucket.

---

**Kelley Turner**  
USA

Install a home water purifying system. i've been married for 4 yrs. we had our system installed appx. 3 wks. ago. i've never seen the actual bottom of my husband's foot till now. all that's being done different is using the purified water when he bathes. it's absolutely amazing.

---

**Steven R**  
USA

Ingredients = Tea Tree Oil Spray, or Tea Tree Oil Concentrate

Spray (or rub Concentrate) onto feet everyday after bathing, and/or before putting on socks and shoes. After symptoms disappear, use at least twice a week. This is not only an effective treatment, it's inexpensive. One bottle will go a long way.

---

**G. Hannah**  
U.S.A.  
Ingredients

water-1 tablespoon of bleach

Put a tablespoon of chlorine bleach in a gallon of water and soak your feet about 30 minutes twice a week.

---

**EdClaxton**  
USA

Ingredients: Water and household Chlorine bleach

Mix 10 tablespoons of tap water with 1 tablespoon of chlorine bleach. After washing affected area and blotting dry, apply the mixture to the infected area with an eyedropper or cotton ball each morning and at night before bedtime. Continue for one week after all symptoms disappear or infection will reoccur. After that apply rubbing alcohol to the area once per day to prevent future infection.

---

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[\[ Resource Library \]](#)



# Asthma Home Remedies

I was born with asthma and have pretty much tried everything to get over it. I have found the way to control the attacks in the most simple way possible. Make a pot of EXTREMELY strong coffee and drink it. I dont know if its the heat or the caffeine in the coffee, but it works quite well.

thanks,

Stoney Hubers

**Date: Tuesday, April 1, 2003**

**Time: 7:34 AM EST**

[tasha605@msn.com](mailto:tasha605@msn.com)

usa

My 3 children have asthma and I find that a hot mist works well. When an inhaler or nebulizer is not handy, run a hot shower for about 3-4min. Close all doors to let the steam build up. Then walk the child in the room with the steam and let him/her take deep breathes until steam has dissapated. The steam will help open the lungs. Works great!

**Date: Saturday, December 28, 2002**

**Time: 10:55 AM EST**

Email address: Rosetta Miller

[roettapm@yahoo.com](mailto:roettapm@yahoo.com)

Country of Remedy: U.S.A.

Ingredients: pure eucalyptus oil

I have a granddaughter thats been diagosed with asthma and was using breathing treatments twice a day. She started using this oil and in two weeks her dauhgter did'nt need to use her breathing treatments anymore. I learned about eucalyptus oil in alternative medicine. I looked it up on the internet and found its cures are endless. The main way to use this oil for colds and respiratory problems is to put it on a piece of cotton material (hanky) and lay it by the bed to inhale while sleeping. My daughter uses a paper towel. It can also be put on the person to ward off diseases. It acts like a repellent. It can also be put in hot water and used to vaperize. Or even put in your bath. It also helps muscle aches and pains. To learn more look it up on the internet.

1 cup of warm water

- 1/2 (one-half) teaspoon of salt
- pinch of baking soda

Mix the above ingredients and use a bulb syringe or water pic to flush the solution through your sinuses. I hold my head upside down over the toilet. Let the saltwater run out your nose. This treatment was handed out to everyone by an ear, nose and throat doctor at an asthma support group meeting. Make sure the water is warm or it will be uncomfortable. The baking soda is for the proper pH. This treatment is used in a hospital out west that specializes in children with asthma. It works..it flushes allergens out before it reaches the lungs and also can abort sinus infections.

---

**Alex L.**

**Arlington Education and Employment Program (REEP), Arlington, Virginia, USA**

**Instructor: Mary Kay Alegre**

**Bolivia**

**Ingredients :**

- 2 or 3 cloves of garlic,
- 12 ounces of whole milk,
- 1 mug.

Cut the 3 cloves of garlic in 6 smaller sizes; drop the cloves in the 12 ounce glass of milk. Let it sit overnight in the refrigerator avoiding the danger zone temperature of 41F to 140F. The danger zone is when parasites and microorganisms grow fast causing food born illnesses. **PROCESS:** The garlic when it is mixed together with milk will lose a juice that is the right combination for colds, influenza, asthma and other illnesses as well. **PERSONAL EXPERIENCE:** My uncle says that his mother always used this home remedy for the flu and other illnesses that attack our lungs and respiratory system, people who are allergic to milk & garlic should not use this remedy.

---

**By M Llamas**

**Mexico**

**ingredients = 1 stick of Cinammon 2 tablespoons of Thyme 1 lime (halved) 3 Heads of Garlic 1/2 purple onion 1 tablespoon of honey 3 cups of water**

**instructions = Add 2 cups of water and all ingredients in a medium pot, except honey. Bring to a boil and add 1 cup of cold water. Continue to boil until the mix reduces to half. Strain and drink as tea, hot or warm and sweeten with honey. You may also add honey to taste, and serve as medicine 1 tablespoon every 3 hours, preferably as close to bedtime as possible. For best results, drink as a warm tea for soothing during excessive coughing. I have a 4 year old, and she prefers to take it as a medicine in tablespoons.**

This works great alternative in between her Albuterol dosage.

---

**Centennial Education Center**

**Instructor: Robert Jenkins**

**MEXICO**

**By Norma Escobar**

**ingredients : Radish Honey Lemon juice**

**My name is Norma Escobar, I'm from Mexico this remedy I learned from my mother for asthma because my son has this sickness, put the radish, honey and lemon juice and the blender. Mix for 20 minutes and then put in the pan in the stove low heat and take one teaspoon in the morning everyday.**

---

**Mexico**

**Eleticia Collazo, Francisca Torres. Ana aguirre. Elvia Arroyo. Jorge Lopez.**

**Ingredients = Oregano Cinnamon Onion Eucaliptus Mullein Garlic Boganbilia red Honey Lemon Juice**

**Instructions = Boil all ingredient Except for honey and lemon, Add honey and lemon Juice and drink one cup each four hours.**



# **Bad Breath Home Remedies**

**Date: Monday, May 12, 2003**

**Time: 12:56 AM EST**

**patsy ellis**

**USA**

**Ingredients: A product from health food stores called "Flora Balance" a dietary supplement of Bacillus Laterospores BOD strain. Made by Bio-tech USA.**

**An Amish herbalist told me my son had a yeast infection in the lining of his stomach. First we tried the acidopholis but it only worked as long as he took it but when he quite taking it, P.U The Flora Balance worked after 1 bottle. But take it for a while and see the differnce it makes. Also cut out bread, milk (use soy milk), fruit juice and sugars as these breed yeast. Believe me it is worth it! Basically this balances the yeast in your intestins/body. We had tried everything from the time he was 3 years old until he was 18 years old. True bad breath is caused by something more than mouth bacteria. The kind of breath this kid had could kill a moose! None of his Doctors seemed to understand how devastating this was!**

**Date: Wednesday, April 9, 2003**

**Time: 1:23 AM EST**

**Robert Yeaman**

**USA**

**The majority of bad breath comes from bacteria on your tongue not the plaque on your teeth. To remove those odorful micro-organisms, use a spoon to scrape your tongue a few times making sure to get the far back where most of them dwell. Check out what comes off, it's not toopretty. They do sell special tongue scrapers in stores but a spoon works fine.**

**Email address: gbadamose**

**Ingredients: Unwaxed dental floss, tea tree oil**

**Instructions: Put enough tea tree oil in the dental floss container so that the whole spool of dental floss gets some tea tree oil on it. Floss once a day.**

**Cindy  
Canada**

**Chew some fresh parsley after every meal. This works! Why do you think they started putting fresh parsley on your plate for garnish at restaurants(especially garlic and fish dishes)? By the way, this is the main ingredient in those breath capsules you can buy at the drug store(the only difference is they extract the oil).**

---

**HI my suggestion for bad breath is tea tree oil. two drops on your tooth brush with your tooth paste. make sure you brush you tongue well too.its fantastic. Dayna F Westbank, BC. CANADA**

---

**Jojo  
Usa  
pinapple juice  
drink and the garlic is gone.amazing really.**

---

# Bladder Infections

**Date: Wednesday, July 9, 2003**

**Time: 9:46 PM EST**

**Sharon**

**USA**

Ingredients: Cranberry juice

Lemon water

AZO tablets

Instructions: If you notice the infection in time, take AZO tablets (ask your pharmacist, they're over the counter but maybe on the shelf behind the counter) Take these as directed on the package and drink plenty of cranberry juice and lemon water. Natural cranberry juice is better (usually sold in health food stores) but doesn't taste as good as the kind in the grocery store. Don't be alarmed, the AZO tablets will make your pee red

or orange.  
Date: Tuesday, June 3, 2003

Time: 9:06 AM EST

Sheila

[sheilz97@aol.com](mailto:sheilz97@aol.com)

Country of Remedy: U.S.A.

Ingredients: Alka-Seltzer, water

Instructions: take a glass of water, add Alka-Seltzer (follow instructions on the box)..Infection disappears instantly!!!!

Diana

Ingredients: Apple cider vinegar

Instructions: Every day - not just when you're afflicted with a bladder infection, drink a glass of apple cider vinegar (about 1 tablespoonful) mixed with water over ice. It makes a tangy drink that will keep you infection free forever. It's also an excellent diuretic.

Hi There I suffer from reaccuring bladder infections and here are some useful home remedies.

## Parsely Leaf Tea

Take a bunch of parsely leave and boil in water for a few minutes. Let stand until cool then drink. You



want to make about a litre of this stuff and drink the whole thing. Don't add sugar!! This remedy came from my aunt who has been using this method for over 20 years.

## **Home Made Cranberry Juice**

Take a bag of fresh or frozen cranberries and boil them in water (they will fall apart). Cool and drink. Don't Add Sugar!!! This remedy is also useful for people with kidney problems as well. I hope that these home remedies will be as usefull to someone as they are to me.

Sincerly. Tijana Bodioga  
[tbodioga@safetyexpress.com](mailto:tbodioga@safetyexpress.com)

## **Jamie Evans**

United States

just drink a lot of water and plenty of cranberry juice and it will clear right up, if your infection isn't too severe.

# Bleeding

**Date: Friday, July 11, 2003**

**Time: 5:27 PM EST**

**Sandra**

**USA**

**Ingredients: Ground Coffee**

**Instructions: On a cut, pour ground coffee directly on the wound. Apply pressure to form a paste. It forms a "bandage" If it continues to bleed, apply more coffee and get medical attention.**

**Date: Tuesday, July 8, 2003**

**Time: 10:10 PM EST**

**Jeff**

**[simival\\_draygon@msn.com](mailto:simival_draygon@msn.com)**

**Country of Remedy: USA**

**Ingredients: Cayenne Pepper**

**Instructions: Place cayenne pepper on the wound to help it stop bleeding (it doesn't hurt) and place a band aid over it.**

**betty croft**

**[petey448@yahoo.com](mailto:petey448@yahoo.com)**

**USA**

**Ingredients: Spider (cob) webs**

**Instructions: To stop a minor cut from bleeding, ball up some spider web, the more the better. Place it directly on the open wound, cover with a bandade till the next day. When removing it (it will harden) run warm water over it till it softens. This works great on fingers that have been cut by broken glass while doing the dishes!!**

# Bloody Nose

**Date:** Tuesday, April 29, 2003

**Time:** 7:27 AM EST

**Loui**

**Ingredients:** Vaseline

**Instructions:** Put vaseline up your nose and it will stop bleeding. I had nose bleeds in the middle of the night when I was pregnant and my husband told me to do this as his father was a boxer

**!Email address:** Crystal

**Country of Remedy:** USA

**Ingredients:** One Cooper penny

**Instructions:** Put Cooper penny in your mouth and with your tongue hold it to the roof of your mouth.( For about 2 minutes) This will stop your nose bleed.

Please BE CAREFUL not to swallow the penny, I would just allow adults, not children to do this.

**Danielle**

**United States**

Most people say to put head back when your nose is bleeding. What you should actually do is take a paper towel or a wet rag and apply to bleeding nose, let it all drain out. After I let it drain out I never had another one, even though my nose bleed a lot before I tried this!

---

**Kathy Stabe**

**United States**

I got bloody noses a lot as a kid and still get them sometimes. One time I had one that wouldn't stop. I've never had one so heavy before or since, and I was starting to worry it would never stop. My mother, who is a doctor, had me do the standard lay-down-on-the-bed-and-pinch-the-nose thing, but when it still wouldn't stop, she had me put ice on my nose and the back of my neck. I guess the ice on my nose



slowed the blood (because of the cold), and the ice on my neck slowed the blood flow to my head.

---

**Sunflower**

**Graduate Student (UCLA)**

**United States**

Bloody Noses run in my family because of allergies (profuse sneezing/blowing of the nose causes the interior tissue to dry out). My mother always taught us to bend forwards (bending backwards will cause--especially in children--nausea from swallowing the blood that runs down the throat) over a sink filled with ice water and repeatedly submerging our faces. Very quickly the blood begins to slow from the cold (the blood thickens) and will stop.

---

Once when I was little, my nose was bleeding profusely. My dad tore off a small piece of a brown paper bag off, folded it into a rectangle, and moistened it with water. He then placed it above my top front teeth, pressing down hard on the soft tissue attaching my gums and mouth. Then I held it in place inside. Within a few minutes, the bleeding stopped. Passed down from his mother to him, to me, and now you.

michiru\_99 College Student The College of New Jersey USA

## **How to stop bloody nose**

**When the season changes, some people are not used to it and they easily get a bloody nose. In my country a lot of people use a home remedy for this situation. When you have a bloody nose, lie on the bed (Don't sit or stand) put the towel soaked in cold water on your forehead. About 2 minutes later, the bleeding will stop and you will feel better.**

## Getting rid of body odor

I have always had a real problem with body odour, predominantly my under arms. My grandmother shared an old secret from Russia with me.

apply chunky peanut butter liberally on your under arms, every night before you go to bed, if you are like me than this is usually only required in the summer months, and no more body odour.

It works like a Charm!!!!

Charlene

Canada

Date: Thursday, April 3, 2003

Time: 6:50 PM EST

Tricia

[prim100539@aol.com](mailto:prim100539@aol.com)

USA

Ingredients: over the counter ZINC

I read years ago in a news paper, Ann Landers wrote " Dont stink think Zinc" I tried it on a family member whom we couldnt even sit next to, and it worked great. Now years later I give my daughter Zinc when her under arms act up. Works on feet odor also. Take two 50mg tablets twice aday for a week. most times one week works, but if not take once a day after the first week till all strong ordors gone. This really works!

Date: Sunday, March 9, 2003

Time: 8:07 PM EST

angelita ramirez

usa

Ingredients: vanilla

Instructions: soak cotton pads in vanilla. rub on where odor is works every time

---

Mary Ann Casas

Abu Dhabi Men's College

Independent Learning Center

Philippines

Tawas (white stone)

Take a bath daily. After each bath, apply tawas (powedered or stone form) on your armpits. No bad odor plus whitens your skin too.

---

April

Start off by drinking 1 12oz can of tomato juice per day for 1wk. The next week slack down to maybe 1 can



every 2 to 3 days. Once the odor has cleared drink this juice on an "as needed" basis. The salt in this juice evens out the PH balance. I had this problem all my life and fell into a deep depression for years as a result. There have been days when I'd forget to use deodorant and wasn't bothered with underarm odor any that day.

---

Austin, Texas, USA

With the recent concerns about the aluminum in over the counter deodorants not being good for you and clogging your pores, I decided to try something different. I just take a bunch of those flat cotton pads that people use to put on makeup, stack them in a jar that has a tight fitting lid, and soak them with rubbing alcohol. I keep a jar at work and a jar at home and swipe one across my armpits anytime I need to freshen up. When used in conjunction with regular normal showering, I don't need deodorant at all anymore, because the alcohol kills any bad-smelling bacteria. Another bonus from this method is that I can wear sleeveless fashions, and not have to worry about white residue. Plus rubbing alcohol is cheap and lasts a long time! Another thing you can do to reduce BO is to eat less refined sugar. Excess sugar will be present in your sweat and bacteria love to feed on it. Less sugar = fewer bacteria = less BO!

---

Here's a home remedy for body odor I got from the Vietnamese newspaper. My friend tried it and it worked great! All you lose is the two dollars for the ginger.

Get one big piece of ginger and mash it up. Put it in a hankerchief or anything so you can squeeze it to get the water from it. After shower, apply it under your armpit with cotton. You will get rid of it (BO) in two weeks. Every time after you use it, save the ginger water in the refrigerator.

From Hai Tran

[t\\_hai@hotmail.com](mailto:t_hai@hotmail.com)

---

Here is something that gets rid of odors. It's baking soda. Mix baking soda with water in whatever concentration you please. Use this on areas, such as the underarms, rubbing it in until the odor goes away.

## **Mexico**

ingredients = A lemon.

Take a lemon and cut it in 1/2. Put the lemon over the part of the body that the odor is coming from. You can use this on the hands or underarms. After be use the odor is gone.

# Boil Home Remedies

**Date: Tuesday, August 5, 2003**

**Time: 8:30 PM EST**

**Email address: Marie**

**Country of Remedy: USA**

**Ingredients: Vitamin E capsule**

**Instructions: open the Vitamin E capsule and put the liquid on the boil. Leave it on. Repeat as needed also take at least 1000mg of Vitamin C, it helps fight infection internally and helps the skin**

**Date: Saturday, July 12, 2003**

**Time: 9:19 PM EST**

**NATHAN**

**[kh4o5kn1ght@aol.com](mailto:kh4o5kn1ght@aol.com)**

**Country of Remedy: usa**

**Ingredients: tagelder tea**

**Instructions: boil limbs add sugar if u want to sweetening the taste drink 1 8 oz glass per day for 2 days**

**Date: Saturday, May 3, 2003**

**Time: 12:09 AM EST**

**Email address: Tammy Slyter**

**[tlrpoohbear@aol.com](mailto:tlrpoohbear@aol.com)**

**USA**

**Ingredients: Needle,Bowl,Milk, and Bread (white or Wheat)**

**Instructions: If the boil has not popped yet, take a clean needle and pop it. Then take a piece of bread, white or wheat. Dip the piece of bread into a bowl of milk. So the bread is a little soaked with the milk. Take the bread with milk on it and place it over the boil for about 15-20 min. The yeast in the bread will draw out the stuff inside the boil. And the boil will not return again.**

**Date: Wednesday, April 9, 2003**

**Time: 7:52 PM EST**

**Email address: KL**

**Subject: Home Remedy Country of Remedy: USA**

**Ingredients: Nutmeg**

**Instructions: Sprinkle nutmeg on your food and this will dry up boils within a couple of days!**

# Bruises

**Date: Saturday, January 18, 2003**

**Time: 7:52 PM EST**

**D.D**

**USA**

**Ingredients: Butter**

**Instructions: Rub a little to liberal amount of butter on the bruise and leave it. Works on the worst of bruises. From a boxer!**

**Inny**

**Korea**

**[yekim00@hanmail.net](mailto:yekim00@hanmail.net)**

**Ingredients: raw beef, bandage**

**Instructions:**

**When people get a bruise in Korea, they use raw beef.**

**Frist, cut the beef in a small piece and put it on the bruise.**

**after that cover it with a bandage. If you repeat three times at least. you will better.**



# United States

**Burns-** severe burns( even eye burns from welding) shred a raw ash potato and apply directly to wound ( or eyes, being closed) apply dressing to hold it into place and it will draw out all the heat and allow it to heal quickly.....can also be used for sunburns ...just cut a potato into quarters and rub gently over sunburn..will also draw out the heat ..

**Date:** Monday, July 21, 2003

**Time:** 5:18 PM EST

**Amanda Plouff**

**Ingredients:** all you need is Noxzema

**Instructions:** rub face cream to affected area

**Date:** Saturday, July 19, 2003

**Time:** 10:49 PM EST

**Elaine**

**Ingredients:** toothpaste

**Instructions:** Place toothpaste on the burn and the pain goes away immediately. If done quick enough it will also prevent a blister from forming. Use paste, not gel. My sister-in-law told me this trick and it works great!

**Date:** Wednesday, July 9, 2003

**Time:** 7:31 PM EST

**C.G.**

**Ingredients:** Honey

**Instructions:** I saw in an article a couple of years back how a burn hospital was testing honey in place of potato slices for their burn patients. Well, two days after that, I accidentally grabbed a the handle of a hot pan that had just come out of the oven. I new immedatly this burn was going to be very bad. I decided to put honey on it, and then I wrapped it in a gauze bandage. I replaced the bandage the next day and after day three, there was no swelling, or blisters and even better, there was no scarring. I have tried this remedy for everything from hot oil splashes to sunburns and I swear that honey works miracles.

**Date:** Friday, May 23, 2003

**Time:** 12:51 AM EST

**Email address: Trenton D  
Texas, United States of America**

**After years in the Boy Scouts and many sun burns, I have one thing to say about any burns. Don't use butter! The oils hold in the heat and cause the burn to cook the deep tissue of your hand. I do recommend the use of Aloe Vera or Vinger.**

**Date: Thursday, March 20, 2003**

**Time: 5:37 PM EST**

**Lisa**

**[lisa.lu@verizon.net](mailto:lisa.lu@verizon.net)**

**USA - old waitress remedy**

**Ingredients: one egg**

**At my waitressing job we had a difficult coffee pit and many of the girls would get burned taking the grinds out of the pot.**

**We would end up putting our burned hands in buckets of ice water...but as soon as you took your hand out of the ice it would hurt again...we even tried pain medication sprays, but same thing, two seconds later we would be in pain again..**

**until an older waitress showed us one day to separate out an egg white....spread egg white on burn and let dry....it feels cool as soon as it goes on and by the time it is dry the sting from the burn almost completely gone.**

---

**Date: Tuesday, March 18, 2003**

**Time: 8:58 AM EST**

**Pat Sands**

**[pts1324@yahoo.com](mailto:pts1324@yahoo.com)**

**US**

**Ingredients: comfrey root**

**Dry comfrey root: 1/4 cup of dry comfrey root in 2 cups distilled (or at least pure water).**

**Boil down to slimey liquid. Cool**

**and apply to burns, including sunburn. Fresh comfrey root: dig and clean thoroughly with pure water and brush. Either boil down as above or put through a juicer with enough pure water to come through. Comfrey is high in allantoin, which is thick and slimey containing components that help the cells heal. My daughter's burn from hot oil healed without a scar. I, also, put aloe and vitamin E on her burn.**

---

**Date: Friday, March 14, 2003**  
**Time: 7:45 PM EST**  
**Email address: Phyllis Mathis**  
**mathis@glade.net**  
**USA**

**Instructions:**  
**Apply mustard over the burn area and wait 5-10 minutes before**  
**wiping off with water.**

**Date: Monday, March 10, 2003**  
**Time: 12:59 PM EST**  
**Deborah Wiese**  
**[Charlie1663@aol.com](mailto:Charlie1663@aol.com)**  
**USA-Tucson, Arizona**

**Ingredients: mustard**  
**Instructions: This works great for kitchen burns, sunburns, and chemical burns. Just**  
**spread mustard very generously to burned area and let dry. If pain persists, rinse with**  
**cold water and re-apply mustar.**

---

**Submitted by Tammy Reed**  
**Statesville, North Carolina USA**

**One Egg**

**Take the film from the inside of the egg, and put it on the burn, let it dry then peel off the**  
**film and the burning will stop. Do this for a couple of days.**

---

**Immediately run very cold water on burn. Splash cider vinegar on burn. Put ice in a washcloth and**  
**hold on burn. Learned this many years ago, don't know where, but knew it as a teenager. USA**

---

**Scott Hadden**

**Apply a washcloth or paper towel soaked in vingegar to the burned parts of your**

**body...works great! It is supposed to help to keep you from peeling, as well.**



# Burn Home Remedies

## Santa Ana College

**Date:** Tuesday, May 13, 2003

**Time:** 12:18 PM EST

**Alma Distancia**

[almarosanava@yahoo.com](mailto:almarosanava@yahoo.com)

**Country of Remedy:** Mexico

**Ingredients:** a egg white

**Instructions:** Put direct on the burn.

---

**Date:** Tuesday, May 13, 2003

**Time:** 12:22 PM EST

paola, andrea, consuelo, choji, margarita and balfre.

Japan

**Ingredients:** aloe

**Instructions:** Take aloe and rub on skin.

---

**Mexico-** My name is Gabriela Rojas. I'm from Mexico, Michoacan. I learned this from my mother. This remedies is for burn.

**Ingredients:** Cooked smashed beans, cream medicine Tepezcohuite.

**Story:** I remember when my sister was terrible accident. She had a very busy day - and she was in a hurry, she was cooked when dropped the tomato and onion on the - floor and, she hit the handle on the pan and the hot oil splashed on her neck. And she was starting to crying and screaming and, my mother ran happened and put on her neck, cooked smashed beans, it is small pieces on her burn neck for freshened pain. Afterwards she put cream medicine Tepezcohuite and, now she didn't have nothing. .

# **Aches and Pains Home Remedies**

***School: Salinas Adult School***

***Instructor: Kathleen Slattery***

## **Remedies from Mexico**

### **Sore Leg**

**Once when I was a child I was very sick. I rode the Bull. The Bull bucked me off. I scratched my leg and bruised myself. I put the herb savila and the plant Yerba del Elope and bruised megev. I put boiled water and salt on top of these three plants on my leg every second day for two weeks. Than my leg was fine.**

***Miguel Sanchez***

---

### **Sore Back**

**Last Monday I was a big problem with my back sore a lot and I couldn't sleep I call my mother she tell me mix Ruda Pirul Ben Gay also Chocolate with Ruda:**

***Gilberto Luna***

# **Sore Leg Home Remedy**

***School: Technology Learning Center, Sacramento  
City Unified School District***

***Instructor: Jeri Boe***

## **China**

**When I was child I rode the bicycle. I fell on the ground. My leg very hurt. My mother gave me hot compress three times a day. Then my leg was fine..**

***Jing Chang Ye***

# **Centennial Education Center: Santa Ana CA**

*Instructor: Rob Jenkins*

## **Mexico**

**By Rafael Guerrero David Montes and Amparo Guevara**

**Ingredients = Mariguana and alcohol**

**Rub ingredients on your body every night for aches and pains**



# Miscellaenous Aches and Pains

**jennifer USA**

**ingredients:16 ounces of menthol alcohol, 24 aspirin**

**crush aspirin and mix with alcohol. the aspirin will not dissolve. use a cloth and apply the mixture to any part of your body the has an ache or pain. DO NOT USE INTERNALLY. this works real well. my boss told me about this remedy which he learned from a doctor about 50 years ago.**

---

**Nina  
USA**

- **Regular grain white rice (not minute rice)**
- **Old cotton sock, like a tube sock**
- **rubber band**

**Be sure there is no metals in sock thread or in the rubber band.**

**Place enough rice to fill up your sock and tie it tight**

**with a rubber band. Put it in a microwave oven for a few minutes until it is as hot as you like. Makes a wonderful heat pack for any body aches, and you can take it anywhere because you don't need to plug it in. My kids use this for ear aches and I use it for arthritis. I heard that birdseed in place of rice also works but I have not tried it. Minute rice will burn in the microwave. It would be possible to warm up the rice on a cookie sheet in a warm oven and then putting the rice in a sock or casing if you don't have a microwave.**

---

**USA**

**Marie Theresa**

**Pierce several vitimin E capsules and squeeze out the liquid into the palm of your hand and mix in a few pinches of Cayenne pepper. Rub this liquid on the sore joint or muscle and leave it on. It will absorb into the body and relieve the pain.**

## **Eye Problems**

**Annie**

**U.S.**

**Welder's eyes (burnt from being around welding)**

**Ingredients: one potato, grated or sliced**

**Instructions: Put on eyes & lay down...leave as long as possible. Works & saves a hospital bill.**

**Sty**

**this is great and works for a sty in the eye, break one raw egg then remove yellow, using white of the egg only. place white of the raw egg in a white cloth or paper towel. then place on eye 3 times a day for 15 minutes at a time. this really works and draws the sty out of the eye. my grandmother done this for me and my brother, and it was gone in 2 days.**

# **Prostrate Cancer Home Remedy**

***School: Merced Adult School***

***Mexico- peel 3 or 4 Aloe leaves and then blend them. Mix the blend with one cup of honey and cook for about 15 minutes. Next add 3 tablespoons of brandy. Drink this every 8 hours for a month.***



# Chills

**Email address:** Lilia Perez  
**Country of Remedy:** Mexico

**Ingredients:** Hot water  
Rubbing alcohol

**Instructions:** Take a bath with the rubbing alcohol and hot water.

# Chest pain

**Jennie**

**West Virginia, USA**

**Instructions: When you have pleurisy and the chest pain has you in agony, get in the shower and run the water as hot as you can stand it and let it run over your chest and back. It won't take the pain away but it will soothe it. Also a heating pad works too.**

# Chicken Pox

---

**Date:** Sunday, June 1, 2003

**Time:** 5:41 AM EST

**Email address:** Saif Mahommed Saif ALMehrezi

**email\_address:** [masafi4@hotmail.com](mailto:masafi4@hotmail.com)

**Country of Remedy:** uinuted arab emarets

**Ingredients:** herbs like mint mixed with salt.

**Instructions:** Last year when I was on holiday, I walked with my friend Ali. He was sick because he had chicken pox. I thought I was safe from chicken pox, but after 5 days I became sick. In the morning when I wanted to get up from my bed I couldn't because I felt too tired. I had a fever, felt cold, had nausea and had some red bumps. My grandmother gave me a remedy. She brought some herbs like mint but it had brown paper, was dry and had strong roots. She got it from mountains. She mixed the herbs with salt. I put that remedy on the bumps and rubbed it and kept the remedy on for 7 hours. After that, I took a hot shower. I used this remedy for 3 days. The day after that, my father took me to the sea to swim. After one week, I felt better and had no more chicken pox.

# Cough & Cold Home Remedies

*Instructor: Ruth Makepeace*

**My English Name : Collin Shin**

**My Korean Name : Chi Ho Shin**

**My class as SammSung HRDC : 4B**

I'd like to explain my home remedies for a Cough. Once when my children had a bad cough. I made this home remedies according to instruction from mother-in-law. It was a very helpful for bad cough of my son. After that I used to make this home remedies for my family. From now I'll show you how to make this one.

At first, I prepare a pear, some honey and some ginko.

Second, I cut off a quarter of pear.

Third, I dig the internal part of pear with a spoon to pour some honey into sliced pear.

Fourth, I put other pear as a sealing cover on the pear with some honey.

Fifth, I put this pear on water into the pot.

Sixth, I boil this pear to make a gel as a medicine.

Last, I take this gel in the pear for a medicine about 1 spoon after meal.

# **Merced Adult School**

## **Cold Remedies**

**Japan - drink a solution of garlic and rice wine. Drink a shot once a day for a couple of days.**

---

**Mexico - get a pan of water and add one stick of cinnamon, a handful of raisins and one teaspoon of oregano. Boil this solution and then let it cool. Sweeten with honey and add lemon. Drink 3 times per day for 2 or 3 days.**



# Mum's Cold Remedies

## Hanssel Mendiola

In my country (Switzerland) we don't really have Home Remedies, it's easier to go to the Doctor, you have one for each square mile and your insurance pays for his services.

Although I remember when I was younger and I caught a cold that my mother used to make me a hot tea with whisky and lemon which I had to drink in the morning and at night before I went to bed. I think that it is really a nice remedy because after two or three days I was healthy and felt very well.

# Centennial Education Center

## Beginning 2: Instructor Robert Jenkins

**Date: Tuesday, May 13, 2003**  
**Time: 12:29 PM EST**  
**MARIA MARTINEZ**  
**Country of Remedy: MEXICO**

Ingredients:

CINNAMON  
LEAF EUCALYPTUS  
LEMON  
HONEY

Instructions: PUT IN WATER TWO TEASPOONS THE HONEY AND HALF LEMON,  
LITTLE CINNAMON AND A LEAF EUCALYPTUS.

**Date: Tuesday, May 13, 2003**  
**Time: 2:45 PM EST**  
**ESAU HDEZ C**  
**Country of Remedy: mexico**

Ingredients:

water  
mint  
leaf of eucalyptus

Instructions: put water with the mint and leaf of eucalyptus to boil  
until it evaporates and smell it when it evaporates.

**Date: Tuesday, May 13, 2003**  
**Time: 12:16 PM EST**  
**Email address: Azucena Aguillon**  
**Country of Remedy: Mexico**

Ingredients:

cinnamon tea  
honey  
lemon

Instructions: Take two teaspoons every day.Two times a day.

---

**Date: Tuesday, May 13, 2003**

**Time: 12:19 PM EST**

**Email address: Carina Marin**

**Country of Remedy: Mexico**

**Ingredients: Milk, cinnamon, marshmallow, ginger root and spice (clove).**

Instructions: Boil milk and add cinnamon and marshmallow after that put the root and cloves.

---

**Date: Tuesday, May 13, 2003**

**Time: 12:21 PM EST**

Karla Gutierrez

[gutierrez\\_karla2003@yahoo.com](mailto:gutierrez_karla2003@yahoo.com)

Country of Remedy: Mexico

Ingredients: -

CINNAMON

-HONEY

-LEMON

Instructions: Take two teaspoons every day.Two times a day.

---

**Antonia Sanches**

**Mexico**

Ingredients Lemon Garlic HONEY

PUT IN THE BLENDER AND LIQUEFY THE ALL TOGETHER. LATER IT IS PUT IN POT TO BOIL. DRINK ONE CUP THREE TIMES A DAY.

---

Mexico

my name s Cesar Lopez. I am from Guatemala. I learn my mother. When some one has cough,boil water and

add one stick cinnamon, leaves of yerbabuena and then lit it cool and then drink 3 times per day for 2 or 3 days.

---

## **Mexico**

My name is Natalia Villafana. I am from Mexico. This remedies I learned for my cousin is for cough.

**INGREDIENTS:** Garlic, honey and lemon.

**INSTRUCTIONS:** Get pan of water and 5 pieces of garlic very smash boil this solution and let it cool, Sweeten with honey and lemon. Drink 2 times per day for 3 days.

---

## **Mexico**

My neme is Diana Fernandez. I am from Mexico, I learned from my mather, a good remedies. This remedie is for cough. Water boil put oregano in the water boil for 3 minutes. more later make sweet with honey and lemon, drink 3 times per day for one week.

---

## **Mexico**

My name is Hermila Ochoa.Im from Mexico. My remedie is to the cough.6 years ago my son was very sick for five days. My mother -in law said you could make an home remedies.You cut slices of anions, honey and white flowers and shake the jar. And drank 1 spoon 3 times for day.Hours after my son is ok.

---

## **Mexico**

My name is Yolanda Diaz. I'm from Mexico. I learned this from my Mom.This remedy is for a cold First put the water to boil, and add an eucalites, a manzanilla and cinnamon. After sweeten with honey and lemon.after put alcohol on the chest and back. Also put vaporrub on the chest and drink the tea 3 times per day. Take a rest in bed 2 days and the cold goes away.

---

## **Mexico**

**By Rosa Lilia Salazar**

### **ingredients :**

Two tomatoes , Flannel fabric

Take a bath at night. Go to bed and put the toasted tomatoes around your neck, hot as you can. Put a flannel fabric around the neck inmediately and put the tomatoes on the bottom of the feet too. Of course put on socks. Take out the tomatoes from the neck and the feet until next day in the morning.

**Mexico**  
**By Elia Gutierrez**

**ingredients :**

Thee lemons and four teaspoons

Michocan My name is Elia Gutierrez Im from Mexico,My remedy is for cough. 7 years ago My son was very sick for five days. My mother said you could make a home remedy you cut the lemons squeezed and honey and drank 3 spoon 3 times day.

---

**Mexico**

By Rosalia,Yaneth, Eneyda

ingredients = 1 Cup. Honey and The juice of two lemons

Put water in a small bowl. Wait for it to boil. After that put in the bowl one cup of honey. Wait until it's liquid. After put in that cup of juice the two lemons. Take 5 teasounds 3 times a Day. Take this a little hot.

---

**Mexico**  
**Josefina Reyes**

My name is Josie. I am from Mexico. This remade. I learned for my friend is for colds. Make a tea with lemon, honey, wine and cinnamon. Take hot.

---

**Mexico**  
**Luis G. Plascencia**

**ingredients:**

- Clove of garlic
- Oregano
- Water
- Honey

My name is Luis G. Plascencia. I am from Mexico. This remedy is for COUGH REMEDY Put water in the pot to boil, after the water boils, put three cloves of garlic, one spoon of oregano and water leave boiling a round 4



minutes. Then put in a cup and then add honey and drink.

---

**Socorro Gonzalez**  
**Mexico**

ingredients:Lemon and honey

One lemon and four tablespoons of honey.Mix tha lemon with the honey.Take three times a day.  
Don't give to children under six months.

---

**Obdulia Galeana**  
**Mexico**

Cough

ingredients: Honey and Onion

Cut slice of onions. Put honey for one day. Take one teaspoon every 4 hours.

---

**Albina Brito**  
**Mexico**

Hot camomile tea and honey

Take two times a day

---

**Adult Basic Education**  
**Instructor: Brenda Donahue**  
**By SARA RAMIREZ**

**MEXICO**

ingredients = WATER,ALCOHOL,COCA COLA,CINNAMON

First, take a bath in warm water and a little alcohol. Stay in the water for 15 minutes than get out and get dressed. secound, Bold 8 oz of coca cola and add a piece of cinnamon mixture if you can. Then go to bed and you will have a good night sleep.

## **Ingredients**

12oz of water and 1/2 of teaspoon of salt

Put the 1/2 teaspoon of sal into the 12oz of water.Then stirr together gargle for 10 seconds each time.Then spit the water out gargle again untill you finish The water.

---

**By Cristobal Ramirez**

## **Mexico**

ingredients = The ingredients are water and oregano.

Hi my name is Cristobal. My remedy is for a cold. Boil water and add 1/2 tbs oregano. Pour the mix into a cup and drink 8oz before you go to bed.

When you wake up you will be ok.

## Cough and Cold Remedies

**Date: Thursday, July 17, 2003**

**Time: 2:55 PM EST**

**Hamida Abdul-Karim**

**Pakistan**

Ingredients: One single whole clove

Instructions: For an overnight cough suppressant, use a single clove, tucked into the side of your mouth between your cheek and your teeth.

**Date: Tuesday, July 15, 2003**

**Time: 2:39 PM EST**

**brynn leggett**

[brynn@leggett.us](mailto:brynn@leggett.us)

**Country of Remedy: my kitchen (usa)**

Ingredients: (each ingredient was vigorously shaken into a pot of boiling water a few shakes will do you)

whole cloves

chili powder

crushed red peppers

laurel bay leaves

tabasco sauce

minced onions

ground ginger

Instructions:

let boil for a while until the water is about the color of coca cola then make a 'hood' with a towel or blanket or whatever and drape it over your head and over the pot of boiling water which you should now turn to medium heat so as to prevent steam burn to your nasal passages or your face. Inhale through your mouth and nose as long as you need to, but whatever you do **DO NOT DRINK THE STUFF**. I made the mistake of even adding spicy tea bags to the concoction and some honey, and my stomach has never felt weirder. **DO NOT DRINK THIS STUFF**. I wouldn't wish it on my worst enemy. okay, well maybe... but still.

## AMERICA.I

Name of Remedy: COUGHS , SORE THROATS AND PHLEGM

Ingredients: MEXICAN OREGANO, NOT ORDINARY OREGANO. LEMON AND HONEY TO TASTE. 2 TO 3 CUPS OF BOILING WATER.

Instructions: FOR 2 TO 3 CUPS OF TEA, USE ABOUT ONE AND ONE HALF TABLESPOONS OF 'MEXICAN OREGANO' IN 3 CUPS OF WATER. BRING TO A BOIL AND ADD HONEY AND LEMON, TO TASTE. DRINK ABOUT 3 CUPS IN ONE DAY AND YOU WILL SEE THE RESULTS BY THE END OF THE DAY. MEXICAN OREGANO CAN BE BOUGHT IN SPECIALTY AND ETHNIC STORES, AS WELL AS IN MAJOR FOOD STORES.

1. Slice up an onion and put the slices in some honey. Cover and leave in the fridge for a few hours/overnight until the juice from the onion seeps into the honey. Strain and eat a spoon of the mixture a few times a day. You can put it in hot water and drink a few times a day as well, might make it less gross!

2. A friend of mine says the best thing is an onion sandwich. Use plenty of onion. For an extra kick cut up a couple of garlic cloves and put them in there as well.

3. Hot water and lemon juice in the morning will clear your sinuses right up.

**Date: Sunday, June 1, 2003**

**Time: 5:14 AM EST**

**Abdulla Mohammed Al Tunaiji**

**abaadi2004@hotmail.com**

**Country of Remedy: United Arab Emirates**

**Ingredients: olive oil**

**sliced chili peppers with garlic and onions**

**Instructions: Three years ago, I went to Los Angeles, California, in the USA and the weather was very cold. When I came back to the UAE after two months, the weather was hot. I became sick because the weather changed and my body couldn't control itself. I couldn't move from my bed. I had a severe fever, a bad cough, a stomachache, nausea and vomiting. This sickness lasted four days. When I told my grandmother, she said me I had a cold. She did two different things. First, she brought olive oil and rubbed it on my chest. I used this remedy three times a day. Second, she mixed sliced chili peppers with garlic and onions and cooked them for 20 minutes. I took two cups a day for two days. After two days, I felt better than before. The remedy was very good.**

**Date: Monday, November 11, 2002**

**Time: 3:30 PM EST**

**Linda Chung**

**Korea**

**Ingredients: ginger**

**lemon**

**honey**

**green tea**

**Instructions: Quickly drink all of the water, ginger and honey mixed together.**

**My mother showed me how to do this when I was little. It always works.**

---

**Date: Friday, February 14, 2003**

**Time: 5:19 PM EST**

**Dr. Ryan Reph**

[rephy@yahoo.com](mailto:rephy@yahoo.com)

**Country of Remedy: Ethiopia**

**Ingredients: Orange Juice & Honey**

**Instructions: Bring 1 cup of OJ to a light boil and then add 1 tsp of honey. Stir & Drink warm.**

---

**I've got a home remedy i like to use for sinus and chest related colds. You make a mock inhaler by breathing the steam of boiling water. There are a number of medicinal herbs you can put into the hot water too. Garlic is good for ANY cold because it is a natural antibiotic that does wonders for your immune system. Cayenne pepper stimulates blood flow and is good for clearing breathing passages. I also reccomend thyme, eucalyptus, mint, echinacea, or coltsfoot. Just boil some water and pour it into a mug with any variety of herbs above (garlic especially). Now cup both hands over the top and inhale the steam slowly through your nose or mouth. Careful, it may be a little too hot. Not only does the steam decongest your nasal and breathing passages, but the moisture loosens phlegm and mucus and soothes a dry, irritated throat or nose. If you have a head cold or that pressure right between your eyes this is SO incredibly soothing and relaxing. Not to mention all the medicinal benefits you get from the herbs you put in it. Use small amounts with the herbs (just a pinch or two) because some can be so overwhelming its unpleasant, like eucalyptus or red pepper. With garlic you can crush a couple pieces though.**

**Andy Dell**

**USA**



**Date: Friday, January 24, 2003**

**Time: 9:32 PM EST**

Valerie Gray

[valeriestar138@msn.com](mailto:valeriestar138@msn.com)

France

**Ingredients:**

1 cup Orange Juice

1/4 cup tequilla

2 dashes of lemon pepper

2 tablespoons of cinnamon

1 tablespoon of sugar

**Instructions:** Mix all of the ingredients in a suacepan and bring to a boil. Be sure to watch the pan! Wait till it cools and drink up!

**Date: Saturday, December 28, 2002**

**Time: 4:10 PM EST**

Karen

[beast170@shaw.ca](mailto:beast170@shaw.ca)

Country of Remedy: Canada

**Ingredients:**

1/4 tsp cayenne pepper

1/4 tsp powdered ginger

1/4 tsp cloves

1 T apple cider vinegar

1 T honey (or to taste)

2 T water

**Instructions:** Mix together and store in small bottle. Take 3 tsp. whenever needed.

## Ingredients:

5 black pepper seeds  
5 cardamoms  
5 cloves  
5 leaves of basil  
5 small pieces of cinnamon  
half inch piece of fresh ginger  
half spoon of caraway seeds  
2 tablespoons of honey  
5 cups of water

Instructions: Boil all the ingredients in the 5 cups of water till it turns brown and have a hot cup of this mixture every hour to relieve congestion.

---

Name: Jennie

Country of Remedy: West Virginia, USA

Instructions: Buy a bag of cough drops with Zinc in them. Don't get the chalky kind, they taste awful. Suck on the whole bag all day, don't worry you won't OD or anything. I don't know why this works but the next day you will wake up a new man/woman.

---

Aurora Escobedo

Mexico

Ingredients: Chamomili garlil onion hohey lemon

Instructions: Get pan of Water and 5 garlic and little onion for 5 min pour cup drops 1 lemon Litter honey and drink.

---

Elizabeth Adams

Country of Remedy: Russia

Ingredients: hot water

Instructions: Fill your bathtub with water that is as hot as you can bear. Sit in a chair by the tub and keep your feet in the hot water for 20 minutes. Immediately dry your feet, put on clean socks, and go to bed! Repeat each night before bed.

Chartalay Allmond

[Contessa@doctor.com](mailto:Contessa@doctor.com)

Country of Remedy: Germany/Russia

Ingredients: 1 Shot of any kind of brandy

1 Whole onion cut into 6 pieces

1 paper bag

Instructions: Put onion pieces into paper bag drink a shot of brandy and inhale into the paper beag for 10 seconds. throw away bag... no more cold.

---

Country of Remedy: United States

Ingredients: 2 tea bags

1 orange

1 lemon

a pinch of cinnimon

2to3 tsp. of honey

and 2 cap fulls of tequila or brandy

Instructions: boil water then add tea bags make the tea strong,then slice the orange and lemon in half, and squeeze the orange and lemon slices in to the tea mixture,then add the 2 capfulls of tequila or brandy to the tea mixture,continue to boil for 3 min.after removing tea bags.

then add the honey to the tea mixture sweeten to taste. more or less maybe needed.pour into tall mug add cinnimon if desired

drink at least 3tallmugs a day for adults and for children12 and over

once a day at night.please remember alcohol has been cooked out of it so dont worry about giving the child alcohol if u hve boiled the mixture for at least 3 min. after adding it to tea mixture

---

Email address: lynda burt

Country of Remedy: canada

Ingredients: slice of lemmon

Instructions: suck on a lemmon slice

Instructions: get pan of water and little chamomile for 5 min; pour and cup; drops 1 lemon and little honey and drink. good bey.

---

Mary Ann Siegel  
U.S.A.

Ingredients: 3/4 cup hot water  
1/2-1 shot whiskey  
1/2-1 tablespoon honey  
1/2 lemon

Instructions: Mix all ingredients. Sip it while it's still warm at bedtime

---

Maria Ruiz

Country of Remedy: Mexico

Ingredients: honey  
green tea  
bee pollen  
ginger  
lemon

Instructions: Drink 2 tablespoons.

My grandmother showed me how do this when I was 10 years.

---

**GAIL GILLEY**  
[bamaborn057@aol.com](mailto:bamaborn057@aol.com)

USA

Ingredients:  
1 cup honey  
1/2 cup lemon juice

**MIX ALL THE INGREDIENTS TOGETHER. USE AS NEEDED FOR A COUGH. IT WILL HELP YOUR COUGH**

AND IT COATS YOUR THROAT AS WELL. AND IT TASTE GOOD TOO

**Mary Edsell**

**USA**

Put a teaspoon of sugar in your mouth swallow works instantly

**Paula Mullins**

**United States of America**

Slice a wedge of lemon and bite into it. Works very quickly.

**Monica**

**USA (indications)**

Take a sip from of water, but don't swallow it. Then, arrange yourself in a chair or on a couch so that your head hangs upside-down. Then, carefully, swallow. Sit back upright and finish the glass

**C Smith**

**USA**

Ingredients: honey,lemon,hot water and tabassco sauce.

the measurements will differ according to how sweet you want it.Ê the point is to drink it as hot(temperature and spice) as you can so you clear out your sinuses.Ê it doesn't taste that bad, just drink it fast.Ê it really works, you should try it, after all you are on here looking so you must be desparate for something to cure your congestion, right?

---

**Jenn**

**USA**

Water, and Honey to taste,

2 Tbs Apple Cider Vinager,

Cyanne pepper

This is a home remedy I received from my Osteopath when suffering from a terrible cough. Boil water, add 2 Tablespoons of apple cider vinager. Add honey to taste, not too much though and as many shakes of Cyanne pepper as you can stand...the more the better. The heat in the cyanne pepper really helps soothe and get the virus out. This is very helpful in making a cough more productive. It doesn't taste very good, but it WORKS. I have since grown accustom to the taste and don't mind it so much anymore! Try it out! Let me know if it works for you....

---

**Jon B**

**USA**

**Ingredients**



- 4 Tbs. of lemon juice
- 1 Cup of Honey
- 1/4 Cup Boiling water

## **Instructions**

**Boil the water and take 1/4th of it. Mix the honey and the lemon juice in the water, put it in a jar in the refrigerator till all is ~COLD~. Take one Tbs as needed. This works well!**

# EL CENTRO DEL CARDENAL

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Home remedies have been used in native cultures throughout the world since man existed .They have been highly effective in curing a variety of ailments: from common colds to earaches, stomachaches, and headaches. Since modern medicine often fails to look at the whole person in the cure of a disease, and relies heavily on synthetic chemicals, it has not been so effective in helping people heal.

## Home Remedies in the Hispanic Community

In our adult ESL program, students and their families are frequently coming down with illnesses that are not being satisfactorily addressed by the services available to them in clinics and hospitals. We discussed home remedies that elders had used in the past, their preparations, uses, and effectiveness, as experienced by our students. We are collecting stories and remedies in an ongoing process. Please feel free to contribute your stories and remedies. We are also including quizzes and surveys so that you can check your knowledge on the subject, add to our stories, and give us feedback while you learn English.

# Cold Remedies from Canada

## **Ingredients:**

**A can of gingerale and 1 teaspoon of sugar**

## **Directions:**

**First, boil the can of gingerale, then while it's boiling, add a teaspoon of white sugar to it. Pour the mixture in a cup, and drink it as hot as you can stand it. Go to bed immediately afterwards, and you will wake in the morning feeling good as new!**

# China

**Susan Wang**

**City College of San Francisco-Downtown**

**Instructor: Alan Ryter**

**Ingredients: Coca Cola Ginger Lemon**

**Put one can of Coca Cola in a pan. Squeeze a little lemon and add some ginger. Mix all the ingredients and heat it up. Boil the mixture. Let it cool down and drink it. One can is enough. If you want more you can drink more. This will make you feel better. The cold will go away.**

# Centennial Education Center

**Instructor: Rob Jenkins**

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**Submitted by: Laura Yanet Julia and Lucila  
Mexico.**

**Ingredients: Honey and lemon.  
Instructions: Take 3 teaspoon in the morning at night.**

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**By : Juvenal, Ivan, Juan, Ruben, Pedro, and Irma.**

**Mexico**

**Cold ingredients = Chamomile, Cinamon, Lemon,Water,and Honey.**

**Instructions = In a pot, put water, cinamon, and chamomile, boil. After that put lemon,  
and honey.Take one glass every night before bed.**

---

**By Martin Trujillo and Adan Cruz**

**Ingredients = Coffee , lemon and honey.**

**Instructions = Mix coffee, lemon and honey. Drink one cup. After you go to bed cover  
your self with a bed sheet and sleep for 2 hours.**



# Arlington Education and Employment Program (REEP)

**Instructor: Mary Key Alegre**

## **Cold Remedies**

**Lucho Lopez-Torres**  
**Peru**

ingredients :

- 4 cups of water,
- 3 tablespoons of ground garlic,
- 2 tablespoon of honey,
- the juice of one lemon,
- 2 bags of tea.

My Mother prepared this medicine and we were never sick. First, boil the water and tea and mix very well, then add the lemon juice and drink it hot. Drink 2 or 4 times per day. This is a very fast and effective natural remedy for a serious cold.

---

**Najib**  
**MOROCCO**

In my country, basically when somebody catches a cold or the flu with a cough, he eats an omelete with garlic, and a half teaspoon of pepper cooked in olive oil. He has to eat it two times per day for three days. Once in the morning and once in the evening. The following days he'll feel better. Try it while drinking a big glass of hot menthol tea. I did it several times and it worked.

## **PhuongTruong**

There are two way to use it.

Ingredients :

- Singapore mint oil
- menthol,
- a small coin with a small wood handle we call "do cao gio"
- one full pot of water,
- a big blanket.

First you take a pot full of boiling water, then you put this pot on floor add four or five drops of Singapore mint oil menthol to the pot, if you like it hotter, you can add more oil menthol, depending on you. Cover the pot and yourself including the head with a big blanket, wait until you sweat, remember you should inhale the steam from the pot, after that you will feel fresh and good. The second remedy is to use a small coin with a small wood made handle attach to one side of the coin "do cao gio", you rub it on the skin on your back with mint oil menthol, until the skin turns red ,you may see it as a black or purple mark, if you have a serious cold. after that take a good rest. you will feel a lot better the next day. In Viet Nam, when the people has a cold, they like to use these remedies, I recomended you to try it. It can relieve your sickness very fast.

---

**Jose Antonio Samniago**

**Peru**

ingredients = Cup full of red wine a piece of red thread

When I was child and I had a cough , my grandmother gave me this recipe, I

didn't believe in home remedies, but this recipe cured my cough, and it made me feel good. To stop a Cough, pour a cup full of red wine in a bowl, add a piece of red thread, and boil it to 100¼C (212 ¼F) leaving it to cool down for a few minutes until it's lukewarm, and drinking it without the red thread before going to bed. Repeat this for three days. In fact I don't know how many people in my country use this home remedy, and if it works or not for them, but I'm completely sure that it works for me, so do it, and you shall see its results for yourself.

---

Balbarmaa Vaanjilnorov  
Mongolia

## Ingredients

- 2-3 unpeeled potatoes,
- 2-3 cloves of garlic,
- a big pot, water,
- 3-4 teaspoons of baking soda,
- a big blanket,
- a dry warm towel -

If you get your yearly common cold this time you should try this remedy. In a big pot put some water (that has to be 2 levels more than the potatoes ) and potatoes , and cover. Bring it to a boil, and cook about 20 minutes. After that put the pot on the floor. Chop the garlic and put it in a small cup. Put chopped garlic and baking soda next to the pot. Sit next to the pot cover yourself with a big blanket and take off the lid and put all chopped garlic at once and 1 tea- spoon of baking soda every 5 minutes while you breathe the steam. Lean toward the pot and breathe the steam for about 20-30 minutes. After that put the lid on the pot. Without moving the blanket dry your sweat with the dry warm towel and go right to bed. The next day you'll be up and dancing around in no time. For best results, you should drink a cup of hot herbal tea with honey after using this remedy.

---

# India

Vd Reshma

**Ingredients ;**

**dry ginger powder-**

**1/2teaspoon,jaggery-**

**1/4 teaspoon and clarified butter-**

**1/4 teaspoon**

**Add the ingredients and make this into small ball, chew this 3 to 4 times a day.**

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## **RUNNING NOSE**

**Ingredients = Black caraway seeds - 1 tablespoon**

**Roast the black caraway seeds and make into powder. Snuff a pinch of the powder for several times.**

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## **ANONYMOUS**

**Ingredients**

**betel leaves juice -**

**1/2 teaspoon ginger Juice -**

**1/2 teaspoon honey - 1 teaspoon**

**Mix all the three ingredients to make a potion and drink it two or three times a day.**

# **Remedies from Japan**

**Ingredients: honey, hot water, lemon**

**Instructions: First, you press a lemon, and squeeze it into a glass of and mix the liquid. Finally, you put the liquid into the honey. Then you drink it, then you probably will feel good.**

# Cold Sores

**Date: Sunday, August 10, 2003**

**Time: 12:50 AM EST**

**Email address: Kristina**

**Country of Remedy: United States**

**Ingredients: 100% natural l-lysine 500mg pills**

**Instructions: When you feel or start to see a cold sore popping up... as soon as you can, take 6 l-lysine 500mg pills... take 6 more that night and 6 more in the morning... and so on that night, cold sore should be greatly reduced the second day, and gone by the end of the second day... L-lysine is great stuff... it also does wonders for the whole body... especia;;y the immune system... also works great w/ colds**

**Date: Friday, July 25, 2003**

**Time: 3:27 PM EST**

**Email address: Donna**

**email\_address: [donna06@hotmail.com](mailto:donna06@hotmail.com)**

**Country of Remedy: USA**

**Instructions: Vinegar works wonders, this is a trick my father has used not only for himself but on me and my sisters as well for our cold sores. Now unfortunetly i suffer from horrible cold sores,that take up my entire lip (quite embarassing) and I've tried EVERYTHING underneath the sun. I applied vinegar, aloe, rubbing alcohol, creams from the store. You name itI've probably used it once or twice in my past. But nothing works quite like the vinegar, once you feel the tingling you need to put it on regularly. Either with a q-tip or a napkin just let it sit on the spot for a few minutes. Repeat often.**

**Date: Saturday, July 12, 2003**

**Time: 8:03 PM EST**

**FL, USA**

**Ingredients: Yogurt or Pot Roast or mouthwash**

**Instructions: Eat Yogart or Pot Roast liberally. I have lupus and mouth sores are common. The best prevention is to eat Pot roast or Yogart regularly. The protien heals it faster than anything I know. Mouthwash used twice a day also helps prevent cold sores. If you know that you are prone to get mouth sore, an ounce of prevention is better than trying to fix those painful sores.**

**Date: Thursday, July 10, 2003**

**Time: 10:53 PM EST**



glora  
\*U\*S\*A

**Ingredients:** put a wet Qtip in your ear then apply on your lip.

**Instructions:** this may sound really gross but, it works. when i was little i always got cold sores and my mom told me that i should put earwax on it, this made some of the pain stop and shorten the healing time!

**Date:** Tuesday, July 8, 2003

**Time:** 3:00 PM EST

chelsea

**Country of Remedy:** usa

**Name of Remedy:** cold sores

Ingredients: tea bags

Instructions: i was told to put a warm tea bag and let it set for 25-30 minutes so that's just what i did and believe me i felt pretty silly but by the next day it was gone the blister the pain everything was gone

**Date:** Sunday, June 29, 2003

**Time:** 3:29 AM EST

Email address: Kirsten

[Kst1324@aol.com](mailto:Kst1324@aol.com)

Country of Remedy: USA

Ingredients: Cold Medicine-such as nyquil or dayquil

Instructions: OK PEOPLE THINK its a COLD SORE. correct? well just dab some COLD medicine on it with your finger no matter how far along your sore is and it will eat it up. I promise this is a GREAT remedy. I have used it since I was little. Also on Kanker sores use Honey. The medicine will relieve the pain reduce the swelling and unless you have picked at it eat up the sore. If you have picked at it it will reduce it to the scab with NO swelling at all! This is the best solution. TELL ME what you think.

**Date:** Wednesday, June 4, 2003

**Time:** 9:05 PM EST

Email address: Michele

New York, USA

Ingredients: Ice

Instructions: I never thought about it, but it has been suggested that Ice works. I believe it now.....Usually i can catch the cold sore before it breaks out and begin the ritual of putting anything on it that i can find in the house. But, this time it must have started when I was sleeping because I woke up with the nasty

little blisters on my top lip. It was going to be a real winner of a cold sore too, I thought, what the heck? I will try this ice therapy, so, I applied Ice for 15 min every hour for 2 days. The first day it did not spread, the second day the swelling started to go down. the last day, by the end of the night, it was just about gone. I will take 3 days, as opposed to 2 weeks. The Ice really does work, one must just be patient,

**Date: Thursday, June 12, 2003**

**Time: 12:00 PM EST**

**Lisa**

**[lbno21@hotmail.com](mailto:lbno21@hotmail.com)**

**Country of Remedy: USA**

**Ingredients: Honey**

**Instructions: I've had cold sores for over 20 years and this past year, due to extra stress and lack of sleep, they've been occurring at least every other month. I've tried everything - ice, peroxide, Vit. E, mega doses of Lysine, echinacea, acidopholus, Zovirax cream, and almost every over-the-counter remedy. My mother recently told me that she read that applying honey is supposed to work. At this point, I'll try anything, so I was amazed that after I put it on for the first time, I began to see the swelling go down, the redness lessening, and the blisters shrinking. Most times my cold sores last for 5-10 days. With the honey, they're usually gone by the 3rd day. Goes to show you, mother's do know everything.**

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**Remedy for cold sore:**

**I gave this remedy to a lot of friends and family members. And this really work!! As soon as you feel the tingle or the itching coming on, drink a half glass of red wine, the science behind this kind of herpes is that the alcohol and the sulfites who are contained in the wine stabilise the temperature of your body immediately, in only one hour the tingle and itching will disappear, if you wait more than one hour after you feel the symptoms, the red wine will not work! and you have to face the regular 12 or more days of pain and discomfort. For that reason keep always a bottle of red wine in your house.**

**Jose Herrera**

**Detroit, MI USA**

**Date: Sunday, April 27, 2003**

**Time: 5:08 PM EST**

**Valerie**

**[Mudbunny717@aol.com](mailto:Mudbunny717@aol.com)**

**Country of Remedy: USA**

**Ingredients: If any of you suffer from cold sores you know how embarrassing it can be - I've been a sufferer from cold sores for as long as I can remember and I'm talking painful huge multiple cold sores that take up half of my lip. I will tell you what works ~ as soon as you feel the tingle or the itching coming on douse it with rubbing alcohol. Everyone says don't use it it's bad, but that's only cause it dries out your lips and that's only for the time being and believe me I'd much rather have a**

**dry spot that a huge blistering herpe! Anyways I hope this helps because it works for me. Apply numerous times a day and even if you didn't catch it in time it'll still work to blast those nasty blisters! Let me know how it works for you!**

**Date: Monday, April 21, 2003**

**Time: 11:33 PM EST**

**Kim Drettler**

**U.S.**

**Ingredients: TOOTHPASTE**

**Instructions: I HAVE BEEN GETTING COLD SORES SINCE I WAS ABOUT 3 OR 4 YEARS OLD. NOTHING HAS EVER WORKED BESIDES TOOTHPASTE. IT ACTUALLY BURNS THE COLD SORE OFF IMMEDIATELY**

**Date: Monday, April 21, 2003**

**Time: 1:37 PM EST**

**S.L. Cromwell**

**Canada**

**Ingredients: vitamin E**

**Instructions: At the onset of a fever blister, I use vitamin E and it arrests the blister immediately, and it gets no larger after the initial application. I keep the area moist with vitamin E and the cold sore is gone in several days not weeks. I works for me very well.**Date:

**Thursday, April 3, 2003**

**Time: 9:56 PM EST**

**marley**

**USA**

**Ingredients: ear wax**

**yes.. you've probably just read about this whole ear wax business... and yet you still are a little shaky about it. ear wax works... blah blah blah. i know. i wasn't exactly wanting to jump right in to dig in my ear for wax and slap it on to my lips either. however, you gotta do what you gotta do.. and you know what? it does in fact work.**

**Date: Thursday, April 3, 2003**

**Time: 12:42 AM EST**

**Jeannie**

**USA**

**Instructions: If i have missed the period of time where i can apply ice to the source when it begins the familiar tingle, I dab on an acne cream. This has dried the blisters and eased pain as well within one day. It says not to put products containing benzoyl peroxide on the lips, but i have had no adverse effects. Also, i have used fresh aloe vera juice, it helps to heal but can be extremely drying, almost too much, use with a moisturizing balm. The most effective method I've found is the simplest- ice. As soon as you feel the familiar tingle of a cold sore simply grab some ice and hold it to the affected area for around 10-15 mins. It will stop the cold sore from developing. I use to suffer from them on a regular basis everytime I was run down but I haven't had one now for 12 years!**

Emma  
UK

**Date: Saturday, March 29, 2003**

**Time: 6:03 PM EST**

**Janet  
U.S.**

Ingredients: Ear Wax

Ear wax is absolutely the best remedy for cold sores I have ever tried, and I've tried almost everything! I know that this remedy has already been posted by others, but I have had such great success with it that I wanted to vouch for it. Also, I'm sure that when some people read it they may laugh and ignore it, thinking it is a joke. But I assure you it is no joke! As a child visiting my grandmother she saw that I was getting a cold sore and told me to put ear wax on it. I made a disgusted face and refused. She said something like, "Fine, but it works." I was just sure that she was nuts. Well it took me almost 20 years of horrible outbreaks (and I mean HORRIBLE! multiple sores, huge amounts of swelling, pain, weeks to heal, etc.) before I finally tried it. I felt a sore coming on, and for some reason thought about the ear wax thing, and put some on. The sore never progressed, and the tiny pre-blisters were gone in about a day! Being stubborn, I thought for sure this must be a coincidence. But I remembered it, and next time I felt a tingle I put ear wax on it and it worked again! In the year (+) since I first tried it, I have not had one single cold sore progress to the point where anyone would ever see it. They have all stopped at whatever stage I put the ear wax on at, whether at the first tingle, or a small cluster of the tiny bubbles that precede a full-fledged blister. All of us who suffer from these things know that we have certain triggers that can bring them on - for me it is hot peppers, getting overheated, sunburn, and of course, stress. Last week during an especially stressful time, my husband had to bring home some fast food for dinner because we were so rushed. He forgot and got me something that included Jalapenos. Well - I was hungry, so I ate it. That night I woke up in the middle of the night with throbbing PAIN and tingling in my lower lip, the beginning of a whopper of an outbreak. Of course, I already knew the earwax thing worked for mild-onset outbreaks, but what about this doozy? Well, I put some on, and being exhausted, fell asleep. The moment I woke up I thought of the cold sore and right away noticed that there was no pain. I felt it, and there wasn't any swelling. I went to the mirror, and the only indication of an outbreak was a tiny (not visible without a super-clos-up in the mirror) cluster of bumps - and no pain. The bumps were gone by the next day. That was the clincher - I want to tell everyone - and I don't care if it's gross! I did a little research on the web, and this remedy is out there if you look hard - but the posts are usually very brief and don't explain much. I have no real solid idea of how or why it works, only that it does for me. I did find it interesting that someone mentioned that this is an old Creole remedy and has apparently been around for a long time. I don't know how my Grandmother learned about it, but I'm sure glad she did. My only regret is that I didn't listen to her all those years ago. I've suffered a lot because of these nasty outbreaks since I was very young, and now I'm actually beginning to believe that I may never have to suffer through a significant outbreak again! I hope that everyone who reads this and has cold sores will remember this and give it a try next time. And I hope it works for all of you. If it does, please, spread the word.

Another tip that I've found useful for dealing with cold sores: Don't use alcohol or any cosmetic that contains isopropyl or rubbing

alcohol on a cold sore. Boy does this cause a huge increase in swelling and pain, and swelling will definitely delay healing times. All the best to you!

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Date: Friday, March 14, 2003  
Time: 7:45 PM EST  
Email address: Phyllis Mathis  
[mathis@glade.net](mailto:mathis@glade.net)

When you feel a fever blister coming on start taking lysine tablets immediately. Always keep a supply on hand. Take daily and you will never get one.

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Mia  
USA

When you fell the tingle of a cold sore get some Whole milk (2% and skin does not have the same effect) and let it sit out until its room temperature. Then get a cotton ball and saturate it in the milk. Hold the cotton ball directly on the cold sore for 15 to 30 mins and do it periodically throughout the day. The protein in the milk has awesome healing properties. If you don't have the time to commit to the milk remedy then try egg whites. The protein in the egg whites have the same healing properties as the whole milk and you can put it on in the morning and go to work and no one will be the wiser. If this too is not an option, then try Lysine-L. This dietary supplement contains the amino acid needed to fight the infection and you can find it in most drugs stores and supermarkets. I would recommend taking 2000mg a day until the outbreak has ceased. If you are prone to getting cold sores I would suggest making Lysine-L a permanent part of your diet. All of this info can be found in the book Home Remedies II. Try it...you will be pleasantly surprised.

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Keenan  
email\_address: [keenantameling@hotmail.com](mailto:keenantameling@hotmail.com)  
Country of Remedy: Canada

Ingredients: eggs  
Instructions: A friend told me that eating eggs shortens an out break

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For cold sores, use any skin toner/freshener with alpha-hydroxy acid or salicylic acid ( even Retin-A will do) and it will never appear...just dip a q-tip into the liquid and apply several times a day.  
K Allen

katy  
usa

If your lip is tingling rub an ice cube across it for about a minute and the cold sore will not develop.

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**DONNA HOLLOWAY USA**

THIS MAY SOUND A LITTLE NUTS,BUT I PROMISE YOU IT WILL WORK. IN THE BEGINNING OF A COLD SORE,WHILE ITCHING OCCURS,PUT SOME WAX FROM YOUR EAR ONTO THE SORE,IT STOPS THE ITCHING , AND IT ALSO STOPS THE SORE FROM ACTUALLY SWELLING. TRY IT.

---

for my cold sores someone told me to put ear wax on it. i thought it was gross at first but i tried it and it worked! Apply as often as needed.

---

**Carry  
USA**

Dip a q-tip into rubbing alcohol and apply to cold sore or as soon as you feel the tingle of one coming on. Apply the alcohol several times a day and it will stop the cold sore from developing and make it go away quicker.

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This is a remedy for cold sores. B WITH C Vitamin Doing this for over 20 years I know it works. It was a pharmacist who put me on to this. Simply take ( B WITH C vitamins) Take two the first day and one each day after that. You may also fell that your body may be in high gear, And ( b with c ) will slow you down to first gear. 8-)

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**NATSUKO KASAI  
REEP program  
Instructor: MELANIE  
JAPAN**

First, brush your teeth, and clean your gums and tongue. Second, put honey on the canker sore. and go to bed. Don't lick the honey. You will feel better when you wake up.



**Laura Peres**

**Mexico**

Ten years ago,I learned from my mother.When I had a cold sore.My mother squeezed three lemons and put them in a small bowl.Then she put a bowl on the stove When the juice of the lemon makes like honey it's okey.Then wait for this is warm When the honey is cold put on the places with a cold sore.

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**Lannie**

PUT JUST A SMALL AMOUNT OF BAKING SODA ON THE INFECTED AREA WHEN YOU FIRST FEEL THAT TINGLING SENSATION. WORKS FOR ME. CAN'T REMEBER THE LAST TIME I HAD ONE.

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**Sumita Sahi**

**India**

VoiceSoft School of Medical transcription

Dry the peel of watermelon in the shade &burn it to ashes. For mouth boils, appl y it as often as required.

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**matt n**

**australia**

All you need to do is put some toothpaste on the blister (cold sore) and leave on there for a while and then reaply the toothpaste and it should stop the tingling and eventually go away.

**Mark Ganzeveld**

**USA**

Instead of a lip balm, just try a antibiotic cream. Clears it up in less than half the time of anything else I have tried.

# Colic

**my great grandmother was a full chocktaw indian...she had many things she used for remedies other than root products... here are 3 of them ( and there are many more) that really has worked for me and my family over the last 100 yrs.**

**1) colic- onion tea- boil 1 whole white onion (slices).... drain into cup....add 2 tablespoons of white Karo syrup and stir until dissolved ...let cool ..child will be sleeping in a few hours ...without colic conditions**

**Date: Tuesday, May 13, 2003**

**Time: 12:30 PM EST**

**Email address: Roselia Andaya**

**Ingredients:**

water

camomile

mint

sugar

honey

**Instructions: put boiled water in a cup,add a bag of camomile or mint and sugar or honey drink hot. Two times a day.**

# Cramping Home Remedies

**Date: Saturday, May 31, 2003**

**Time: 11:17 AM EST**

**Email address: Jessica  
USA**

**Ingredients: ibuprophen and you**

**Instructions: I suffer from ovarian cysts and this causes my periods to extremely painful. The best thing tht I have found to work is to start by taking a couple ibuprophen (these are anti inflamatories) to help relax you mucles. Then do a back bend. This will help stretch the mucles out. This remedy only makes since. All cramps are is you your mucles contracting while trying to push a blood clot through.**

**Date: Wednesday, May 7, 2003**

**Time: 12:51 PM EST**

**Rachelle**

**Vancouver, Canada**

**Ingredients: EPO (Evening Primrose Oil) and/or Dong Quai**

**Instructions: Take EPO (Evening Primrose Oil) on a regular basis. That and/or Dong Quai. You can buy them at any drug or herbal store. It works wonders for PMS and cramps, try it and you will see!!**

**Date: Sunday, April 6, 2003**

**Time: 1:58 AM EST**

**jess**

**USA**

**Ingredients: PUMPKIN SEEDS!!!**

**Instructions: If you eat pumpkin seeds about a week before your period (a handful--1/4 of a cup a day) your cramps will be non-existent. I started eating them as a protein snack and noticed a big difference during my mensus. I also noticed a huge difference when I forgot to get some the next month. I also eat them as a snack during my period. Good luck and God bless.**

**Sherell**

**[sherell\\_82@yahoo.com](mailto:sherell_82@yahoo.com)**

**Country of Remedy: USA**

**Ingredients: Hot water and Ginger**

**Instructions: Go to the store, or if you're a baker, open up the spice cabinet and get out some ginger. Boil the water and stir in 2-3 tablespoons of ginger and drink up. You should feel better in 30-45 minutes.**

Rachel  
email\_address: [babyblueyez914@aol.com](mailto:babyblueyez914@aol.com)  
Country of Remedy: USA

Ingredients: 1 hot water bottle  
Ice  
Cold water

Instructions: Contrary to popular belief, cold water in a hot water bottle makes my cramps go away. I find that when I'm at home and I get my monthly menstrual cycle, I get extremely bad cramps. I take a bunch of ice and put it into a hot water bottle and fill it up with water. I then place it on my stomach where it hurts and within 5 or 10 min, the pain is gone. This also works with headaches.

---

**Email address: Roger Handley**  
**Country of Remedy: USA**

Ingredients: Salt Water  
Dill Pickle Juice  
Quinine

Instructions: These are three different cures, but they all work. I have suffered from muscle cramps for years, but any of these remedies works within five to ten minutes. If you have dill pickle juice on hand, drink a half cup when you feel a cramp coming or as soon as it strikes. One heaping teaspoon of salt in water (1/2 to 1 glass) will do the trick. Quinine is now a prescription drug in the USA, but it works really well and most physicians will give a prescription for it if you ask.

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**Lea**  
**[Lilbittoya@aol.com](mailto:Lilbittoya@aol.com)**

**Dallas, Texas**

**This is very simple... if you can take aspirin it will help this tremendously. Aspirin is a blood thinner and will separate clotting. Also after taking the aspirin, lay belly down on the floor or bed. Curl your knees up to your chest then lift tilting your pelvis skyward but not raised up. try to maintain this for 10 minutes giving the aspirin a chance to work. This helps with pain and discomfort. We used to have our patients on our labor and delivery ward do this after childbirth. It was a big help. I do it when I need to and I have found that a pain-free period, means peace for your husband, boyfriend, family and friends. Be Well, and God Bless.**

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**Christina**  
**California**



**Cramps are caused from blood clotting up. So what i usually do to take off cramps is i take a hotpack or take a waterbottle and fill it up with very hot water and place it on the place where it hurts. Leave it there until the pain goes away.**

---

**Kristen Steffensen- HaleIwa, HI USA**

**I've always suffered from severe menstrual cramps. I've taken about every pill out there. but what helps me is to lay on the floor, roll on my back, where the feet are in the air- and slowly roll back down**

---

**Cindy  
Canada**

**Take an extremely hot bath until you can't handle it any more. Sit in a "half lay down" position with your feet up and a heating pad on your abdomin. If you have two pads, put one under your lower back too. Relax like this with a nice cup of herbal tea. (Be carefull, some teas have additives that will make you cramp worse. Read the outside of the box. I know there is a tea at the health food stores for cramps).**

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**Christy  
Yogart or Calcuim Suppliment**

**Eat 2 cups of Yogart a day and you will not be moody or have cramps when your monthly period comes.Ê If you don't like Yogart take a calcuim Suppliment.Ê You will see a big difference in your time of the month.**

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**Rocio Zegarra  
Peru  
Arlington Education and Employment Program (REEP), Arlington, Virginia, USA  
InstructorÊ Mary Kay Alegre**

**Ingredients**

**\*3 tablespoons of oregano**

**\*1 liter of boiled water**

**My best way to relieve the stomach pain caused by menstruation is with oregano. First at all, bring water to a boil with three tablespoons of oregano. Leave in the pot and continue to boil for five minutes. After that strain and drink as tea. You will feel better. When I have menstrual cramps I usually drink it and then I feel very well the whole day.**

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**Breeonna  
United States**

First make sure you aren't cold because I've figured out that can make them worse. It might not make them go away completely but it sure helps if you elevate your legs on something or curl your legs up so your knees are as close to your chest as possible.

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## **Centennial Education Center**

**Instructor: Brenda Donahue**

**By Michelle Ortiz**

**Mexico**

**ingredients = Oregano and Water**

**Put some water in a container. Boil the water. After boiling the water put some oregano in the water and leave it for 5 minutes. Next, drink the tea without sugar or with a little spoon of sugar. Then go to bed and rest for a while.**

**Note: You can drink this tea when you feel the pain or before you start to hurt.**

**If you have questions email me to [kiwi\\_blossom@hotmail.com](mailto:kiwi_blossom@hotmail.com)**

# Cuts and Scrapes

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**Date: Monday, April 14, 2003**

**Time: 9:59 AM EST**

**Darlene**

**Canada**

**Ingredients: tea bags**

**Instructions: to stop a wound from bleeding, place a tea bag on the wound and it will stop bleeding. I've found that if you live by an ocean-- the salt water really helps cure cuts and scrapes fast. my family just goes for a swim and usually the next day is amazed how fast a cut has cleared up.**

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**Kristen Steffensen-Hale Iwa, HI USA**

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**I've learned that if you have any cuts or scrapes that swimming in the lake will help heal it faster.**

**Shasta**

**Oklahoma**



# Cystitis

**Date: Tuesday, August 5, 2003**

**Time: 5:47 AM EST**

**Sonal Shah**

**Country of Remedy: UK**

Ingredients: Half glass milk (any kind, cold)  
half teaspoon of sodium bicarbonate

Instructions: I've suffered from cystitis for years, and i know how unbearable the pain can be. This remedy definately works, just mix the milk and sodim bicarb together and drink straight away. Tastes foul but Works in an instant.

# Dandruff

**Date: Sunday, July 6, 2003**

**Time: 8:28 PM EST**

**Cameron**

**USA**

**Ingredients: Olive oil and almond oil**

**Instructions: Mix the olive oil with the almond oil. Leave it on about 5 min.s after it starts to burn.Rinse well.**

**Date: Sunday, July 6, 2003**

**Time: 8:25 PM EST**

**Cam**

**U.S.A**

**Ingredients: Baking Soda**

**Shampoo**

**Instructions: Add the baking soda to the shampoo. Mix Well. Leave it on till it starts burning. If it don't start to burn its not working.**

**Date: Wednesday, March 12, 2003**

**Time: 1:36 PM EST**

**Michelle**

**USA**

**Ingredients: Two Asprin**

**Shampoo**

**My grandfather was a barber and suggested this after I had tried many of the store bought remedies, it is similar to another remedy just with less ingredients.Crush the two asprin and add to your normal amount of shampoo you use to wash your hair, wash hair with mixture and leave on for one to two minutes. Rinse well and wash again to ensure all the asprin has come out. This has worked for me and everyone I have recommended it too on the first try.**

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**Date: Thursday, February 20, 2003**

**Time: 1:49 AM EST**

**christina**

**Country of Remedy: usa**

**Ingredients: aloe vera gel**

**Instructions: this works really well for a quick dandruff fix. 10-15 minutes before you wash your hair, rub a lot of aloe vera gel into your scalp. leave it on for 10 minutes, and shampoo your hair like you regulary do. if you do this everyday the dandruff will stay away.**

United States

**Ingredients: Apple Cider Vinegar**

**Instructions: Use as much vinegar as you can. pour it directly on your scalp. rub around. leave for 5 min. Rinse. repeate if needed. (this usually works for only mild dandruff)Hey! I'm Spike from the US. A cure for Dandruff is Witch Hazel. This is an old religioustype remedy, but it works and I tell everyone it. All you need is a cotton ball and liquid witch hazel, soak the cottonballwith the hazel and dab it on your head. Or you can wash your hair with witch hazel. Either way works just fine. Do this for about a week and you'll be dandruff free for a bit, my advice is to do it once every 3 days or so.**

**Peace and love,**

**Spike**

---

Joyce

USA

**Ingredients:**

- 10-20 aspirin tablets
- spoon
- plate
- liquid shampoo

**Crush 10-20 aspirin tablets on a platter using a spoon. Add handfull of liquid (shampoo) and apply to scalp. Wait for 10 minutes, then massage scalp and shampoo . Rinse out and dry hair as usual.**

# **Dermatitis Home Remedies**

**Kellie Haslun  
USA**

**I had pusy dermititis for 5 months. Nothing would help. Not even the creams that the Dr.'s gave me. My mother told me to try Apple Cider Vinagr. I didn't have anything to lose. I took the rubber gloves cut the fingers off, took the gauze pads put some apple cider vinager on them and put them on my hands for three nights, before I went to bed. 3 night were up I didn't have dermititis anymore. Try it. It will amaze you. You don't have anything to lose.**

# Diaper Rash

**Date: Sunday, July 13, 2003**

**Time: 1:36 AM EST**

**claudia**

**usa**

**Ingredients: 100% pure vasaline (the one in the jar not the tube)**

**Instructions: Glub on plenty of vasaline on baby and diaper.This forms a waterproof layer between baby's skin and diaper.It works almost instantly.**

**Date: Monday, June 16, 2003**

**Time: 9:55 PM EST**

**Brooke**

**[my4boysmom@bellsouth.net](mailto:my4boysmom@bellsouth.net)**

**Country of Remedy: United States**

**Ingredients: Desitin Creamy**

**Pure Corn Starch Baby Powder**

**Instructions: You can use any kind of diaper rash ointment, I prefer desitin or balmex.You can also use either pure corn starch baby powder, my pick, or regular kitchen corn starch, I just like the consistency of the baby powder.Mix your ointment and corn starch until you have made a thick paste, (ittakes quite a bit of corn starch) and spread on baby's bottom. This is FABULOUS!!!!**

**I discovered this with my 1st child and have since used it with 3 more. I mix up a whole tube of ointment at a time and keep in a small plastic bowl in the diaper bag at all times!!!! My oldest son would get diaper rashes so terrible that his little bottom would bleed, this remedy would have it almost totally cured within 12 hours!!!! Good Luck!!!!**

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**I have a couple great remedies for Diaper rash.**

**1) Breast milk, my freind has used this with both of her kids it works wonders. Just dab it on the affected area after each diaper change.**

**2) Cornstarch, sprinkle on affected area or use as a preventive measure and use with each diaper change.**

**3) Browned flour works wonders also**

**4) Do not use wipes instead use a wash cloth with baby shampoo its much gentler. Let babies bottom air dry for a few minutes. If air drying is not possible use hair dryer on a COOL setting for a minute.**

**Dawn**

**WI USA**

**Date: Sunday, March 9, 2003**

**Time: 1:11 PM EST**

**Krista Wilton**

**[wilton486@hotmail.com](mailto:wilton486@hotmail.com)**

**Country of Remedy: Canada**

**Ingredients: flour and a frying pan**

**Instructions: Put enough flour into the frying pan for a couple of applications. On medium heat, keep sifting the flour with a fork until it turns a light golden brown. At each diaper change, sprinkle a little bit on the baby. You are sure to see results within two to three days.**



# Centennial Education Center

**Instructor: Rob Jenkins**

**Date: Tuesday, May 13, 2003**

**Time: 2:40 PM EST**

**Thomas velazquez**

Country of Remedy: Mexico

Ingredients: Carbonated water or club soda

Orange drink. Instructions: Half glass orange drink with two spoons carbonated. water or club soda

Only one time.

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**Instructor: Brenda Donahue**

By Enelfa Solorio

**Mexico**

ingredients: Rice and water

Boil a small amount of rice, but not for long. As soon as the water is white, turn the flame off and strain the rice into a sieve. Make a cup of the hot white water and drink it as warm as you can, or as hot as you like. You will feel better right away.

---

**Miscellaneous Submission**

**United States**

When we had the Diaherra as a child, our mother would have us drink hot Ginger Water. She would take a cup of hot water, teaspoon of ginger, and a teaspoon of sugar. After drinking (it had to be mixed continually, because the ginger sinks to the bottom) this mixture, our stomach ache went away, and so did the diaherra.

Rita Rabe  
[rrabe@paulbunyan.net](mailto:rrabe@paulbunyan.net)

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## Uruguay

ingredients = Water & Flour

Fill a glass half way with water. Then add 3 tablespoons of flour. Mix the flour until it is dissolved, and then drink it. Do this 2 times a day in the morning and before you go to sleep. Your diarrhea will be gone in 1 to 2 days. If not you should go to a doctor.

Written by Lourdes

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**Date: Wednesday, July 16, 2003**

**Time: 5:34 PM EST**

**Alison**

US

Ingredients: 1/2 cup of water

1 tbsp of flour

1 tsp of nutmeg

1 tbsp of sugar

Instructions: Mix all ingredients in a glass, take a deep breath and down it quickly. The nutmeg soothes your stomach and the flour acts

literally as a thickener for diarrhea. The sugar simply makes it slightly more appealing to drink. In my experience it starts working usually within a few minutes of drinking. I highly recommend having a glass of water to wash it down with and to get the nutmeg taste out of your mouth.

---

**Arlington Education and Employment Program  
(REEP), Arlington, Virginia, USA**

**Mary Kay Alegre**

**By Balbarmaa Vaanjilnorov**

**Mongolia**

**ingredients: 2 Tsp. white rice, 3 cup. water**

**This home remedy is good for diarrhea. Put water in a pot, bring it to a boil. Then add the rice and cook until the rice is cooked. Let it cool, and drink 1/4 cup of rice juice every 20-30 minutes. In my country we use this remedy especially in the summer time, in the summer people get diarrhea a lot.**

**Boil a small amount of rice, but not for long. As soon as the water is white, turn the flame off and strain the rice into a sieve. Make a cup of the hot white water and drink it as warm as you can, or as hot as you like. You will feel better right away.**

## Other Diarrhea Home Remedies

If you want to help getting rid of diarrhea....Toast two pieces of bread.Then put peanut butter on it.The peanut butter will help to tighten your bowels back up.  
Tammy>From Michigan :o) Jennie

---

If you have diarrhea drink some hot tea. Weak tea is okay, it doesn't have to be strong. I use Lipton's but any type will do.  
The tannic acid in the tea will clear out your intestines of the stuff making you sick.ANDRES RONCHI

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REEP PROGRAM  
(Instructor) MELANNY  
ARGENTINA

First,drink many glasses of seven up soda and hot tea,also eat rice with cheese, it's very nice to be confined to bed.

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BlackHawk  
Native American  
For Diarrhea we use the inner bark of the White Oak tree.

Take the bark and put it in a pan covered with water.Bring to a boil,and let stand for 10 to 15 minutes.Strain through a coffee filter,sweeten to taste,and enjoy.

P.S.White Oak tea tastes good,but you don't want to drink to much as it might plug you up.

---

By Leonard Auslender

Ingredients :Water and rice

Instructions

Put some brown rice in a pan and fry it dry, stirring, until it turns golden brown and begins to pop. At that point, slowly pour in water and cook it until the water turns color. Put a sieve over a container, and pour the rice water through the sieve into the container.

**Marinella from BRAZIL**

**Agency = ACBEU**

**Instructor = Yara**

**ingredients = guava water, two spoons of sugar, a pinch of salt**

**You should eat guava and drink some water with sugar and a pinch of salt.**

# **Dizzy Remedies**

## **Centennial Education Center**

**Instructor: Rob Jenkins**

Date: Tuesday, May 13, 2003

Time: 2:27 PM EST

Gilbertina Muratalla and Gabriela Pedraza

[Fellitagaba@aol.com](mailto:Fellitagaba@aol.com)

Country of Remedy: Mexico

Ingredients: Only a copper penny.

Instructions:

When you are dizzy take in your hand a copper penny. Put it in your palm and close the fingers for a few minutes and then it will disappear.



# **Ringling in the Ears**

**Marian Chapman  
Americorps Vista  
United States**

**While standing, roll the head in a complete circle three times clockwise and three time counter clockwise. Bend the neck left and right three times, and forward and back three times. Do this every day faithfully. In a few days there will be a popping sound in the neck. The ringing will subside, and finally never return again.**

# EyeBurn

**Date: Sunday, July 13, 2003**

**Time: 12:37 AM EST**

**DARRELL**

**[bluechevy1976@yahoo.com](mailto:bluechevy1976@yahoo.com)**

**Country of Remedy: U.S.A**

**Ingredients: WARM MILK and eye droper**

**Instructions: I HAVE BEEN A WELDER FOR 15 YEARS . I HAVE BURNT MY EYES MANY TIMES. i also have had steal drilled out of my eyes.i have tryed many things like potatos; egg whites; and even the meds from the doc. the only thing i have found that works is warm milk. the milk will soothe the pain plus the sandpaper feeling. do not over heat the milk just warm it a few sec. in the microwave . try it for yourself it will make you a beliver.the milk will also draw out foreign objects that are in the eye. YOU GOT TO TRY IT IT WORKS!!!!!!!!!!!!**

# Energy

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Dong Soon Kim

Country of Remedy: korea

Ingredients: Tomatoes, orange, onion

Instructions: cut and mix in the blender and drink 2 days a week.

---

Cindy

Canada

For an almost instant burst of energy that will last for about two hours, eat an apple. It is proven that an apple in the morning will pick you up far better than coffee.

---

Allison Greer

usa

1. mix the tomatoe and the banana up into a mush
  2. add 1/2 cup water and 1/8 cup sugar
  3. put into blender mix until drinkable
  4. this makes 3 servings
- 

Alicia of the USA

# Ingredients

1 tea bag of green tea

2 tablespoons honey

## Instructions:

boil 1 cup of water and put honey into the water. Then put tea bag into the mixture and let sit stir up and drink. The ginseng in green tea give you energy.

# **Fever Home Remedies**

***School: Salinas Adult School***

***Instructor: Kathleen Slattery***

## ***Typhoid Fever***

***Mexico- When I was seventeen years old, I was sick with typhoid fever. I remember that my grandfather put on my stonachache a big circle of clay and he gave me to drink two spoonfuls of shark liver oil three time a day that I didn't like, but I felt better.***

***Martina Botello Ruiz***

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## ***Convulsions***

***Once my child was very sick and had high fever, and I was frightened very much. I put in his belly button, eggs with alcohol, and my husband I cried very much because my child was trembling with convulsions. I went to the hospital immediately.***

***Esther Padilla March***

# **Typhoid Fever Home Remedies**

***School: Technology Learning Center, Sacramento  
City Unified School District***

***Instructor: Jeri Boe***

## **China**

**My brother was sick with typhoid fever. I remember my mother told him to rest in bed, gave him to drank more of water, but fever not down. After my mother took him to go to hospital. The doctor said he was an infectious case. He needs in hospitalized. After two weeks, my brother was better.**

***Jing Chang Ye***

# Fever Home Remedies

**Yuko**

[yuko376@hotmail.com](mailto:yuko376@hotmail.com)

**Japan**

When I get a cold with fever, I drink mixed egg and hot Japanese sake. After I have a nap I feel fine. My mother said to me: When you get a cold with fever, drink the Tamagozake that is mixed egg and hot Japanese sake. After you have a nap, then you feel fine. Because it makes you warm and get better. When my family gets a cold they usually drink Tamagozake.

**MAYUMI**

**REEP program**

**Melanie**

**JAPAN**

First put on several layers of clothes and make hot water ready in a bucket. Put your feet into that for about 20 minutes, and you can sweat a lot. So your fever will go down. After this, go to bed, put an ice pillow under your head. And put a cold towel on your forehead. Take medicine for fever. You will feel better when you wake up. I think that sweating a lot is very important.

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When I was a child, I liked soccer, I played every afternoon, one day when I came back to the game I felt some fever, suddenly my mother gave me some medicine but I didn't feel well, after a few



**moment I began to cough. After that my father came and my mother gave him some of information about me. the may father gave me traditional medicine ex.....honey.milk, xabbatu-sawda and a few water. then I felt well and the next day I could play my game**

# Centennial Education Center

**Instructor: Rob Jenkins**

**Date: Tuesday, May 13, 2003**

**Time: 12:10 PM EST**

**Jazmin Herrera, Esperanza Trejo, Jesus Ortega.**

Country of Remedy: Mexico

Ingredients: Cold water, Vaporub, and little Towel.

Instructions: Put vaporub in your forehead and to wet the towel with cold water and put in your head. If symptoms persist call the doctor.

**Date: Tuesday, May 13, 2003**

**Time: 2:40 PM EST**

**Rosalinda KObayashi**

Country of Remedy: Mexico

Ingredients: cabbage leaves and butter

Instructions: Soak the cabbage leaves in butter for 15 minutes. Then put the leaves directly onto the stomach while lying down for 30 minutes.

---

**Instructor: Brenda Donahue**

**By Alicia Garcia**

**Mexico**

## **ingredients**

- apple juice
- warm water
- cold towel.

Drink a glass of apple juice at least every hour. Then, take a shower in warm water, put a cold towel on your forehead and stay in bed all day wearing only your underwear. You can cover your body with

a sheet. You must check your temperature until the fever goes away.

---

**By Jose Rosales**

**Mexico**

**ingredients :**

- Alcohol
- Water
- Vapor rub

Take a bath in warm water and add a little alcohol. Stay in the water for 10 minutes before you get out. Put a little vapor rub on your chest and your back. Go to bed and have a good rest. You will feel better when you wake up.

---

**Instructor: Rob Jenkins**

**Rosy Cazares**

**Mexico**

**ingredients:** Tomatoes, Vinegar.

Put the vinegar in a plate. Cut tomatoes in slices. Mix in the vinegar. Put the tomatoes on the bottom of the feet immediately. Put on socks.

---

Rosalinda Espino

Ingredients = Ice and piece of cloth or cold water.

Instructions = Put the ice or cold water on the head, stomach and the feet.

# **Dominican Republic**

**By Benny**

**When you are dealing with Flu and Fever, I was taught that you must do exercises because it is good way to fight against it. When you do exercise such as jog, play basketball, ride a bike, etc. you sweat so you might lose that virus that is in your body. Also take a hot shower could be a remedy.**

# **Aches and Pains Home Remedies**

***School: Salinas Adult School***

***Instructor: Kathleen Slattery***

## **Remedies from Mexico**

### **Flu**

**I had a very bad flu at the time I was to graduate from primary school. My teacher called me. She told me not to forget my graduation. My white dress that my mother made for me was all ready. I was in bed for seven days. My mother put lard all over my body to take away the heat of the fever, and also put clay on my stomachache, but I couldn't go to graduation.**

***Rosalba Landeros***

# South Seattle Community College

Aviva Furman

---

*by Zemzem Alhadi from Ethiopia.*

When I was 17 years old, I had the flu. My mother told me to drink hot tea with lemon, other hot drinks, dress warmly, and rest for a few days.

---

*by Yunjeong Lee from Korea*

If you have a sore throat, you should take ginger tea. You slice a big piece of ginger and add some pure water. After boiling the water, you should drink it frequently. If you want, you can add some sugar.

*Instructor: Robert Jenkins*

**Submitted by: ana mayo  
mexico**

Ingredients: tea, cinamon, lemon, two cup little and tequila

Instructions: mix ingredients and take 2 cups and after take a hot shower

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*Instructor: Brenda Donahue*

*Remedies from Mexico*

**By Virginia Carrasco**

ingredients = The Ingredients are Lemon and coffee

In my country, when somebody has the flu we drink lemon and coffee. You drink this for one week and after one week you will be better. Do not drink cold water while you drink the lemon and coffee mixture.



## **Ingredients**

\* 1 oz. honey. \* 1 onion white.

## **Directions**

You cook the ingredients for 5 minutes, after ten minutes drink 2 times a day.

\* The combination is good for your health.

## **Ingredients**

A pound of Eucalyptus leaves,

One teaspoon of sugar or salt

## **Directions**

Hi dear reader! First, let me introduce myself to you. My name is Teklay. I am from Ethiopia(Africa). I'd like to let you know about some home remedies and how they work for the flu. In my country, when people get the flu, they just take one pound of Eucalyptus leaves,One teaspoon of sugar or salt it doesn't matter,and mix them together and boil it in a pot. Then they put the steaming pot next to their bed,cover themselves with a blanket,and they breath the steam through their nose and mouth. This process should be done at bed time, laying down on their stomach in bed. after sleeping they need to take a steam bath before going outside. Also if they do not feel better within one day, they can repeat the process for two or three days more until they get better. After this,the flu will go away. So, my recommendation for you is,just try this effective solution if you experience the flu. Believe me you will get relief soon. Good luck!  
Teklay A. Kahsay, level 450,Clarendon.USA.

**Date: Thursday, January 23, 2003**

**Time: 3:31 AM EST**

John Melville

[bruddaluv@xtra.co.nz](mailto:bruddaluv@xtra.co.nz)

Country of Remedy: New Zealand

Ingredients: One garlic clove, sharp knife

Instructions: cut raw garlic as thin as possible and put garlic on tongue do not chew then swallow best taken at first signs of flue systems

---

Tae Kyoung Oh

Republic of Korea

Ingredients: Soju, alcohol from Korea, Red peppers

If you suffer from an influenza. First, take a glass of soju and two teaspoons powdered red peppers, and just mix them together.

Second, empty the glass at a gulp. Then go to bed. The next day you can feel better.

---

IVONNE MOYA

Country of Remedy: MEXICO

Ingredients: HONEY AND LEMON.

MIX THE HONEY AND LEMON AND HEAT.

TAKE 1 SPOON AT NIGHT.

---

ANNA K ALBURQUEQUE

[FRAZZEK@HOTMAIL.COM](mailto:FRAZZEK@HOTMAIL.COM)

PERU

Ingredients: EUCALYTUS.

SUGAR BURNT.

LEMON.

WATER

NEXT, ADD SUGAR-BURNT AND LEMON(JUICE OR JUCIE AND RIND}  
NEXT, BOIL FOR 5 MINUTES.  
DRINK THE TEA HOT PREFERABLE DRINK IT BEFORE GOING TO THE BED.

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ANA KARINA LECARNAQUE GALLO  
LIMA,PERU  
Instructor: DUILIO AREVALO

2LEMMON  
HONEY  
WATER  
SUGAR

FIRST YOU HAVE TO PUT IN A BOWL A LITTLE SUGAR UNTIL IT HAS A BROWN COLOUR, TEN YOU ADD A CUP OF WATERAND, FINALLY YOU ADD THE LEMMON JUICE AND ALL OF THIS BOIL FOR 2 OR 3 MINUTES.

---

## **Boyd White**

Goldenseal tea (use tea bags only, not pills)

Use tea bags to make tea. Drink a cup before bed (taste bad but I use sugar even though it's not recommended. I used to get antibiotics twice every winter but since I found this tea (in every herbal book ever written) I have only had to have antibiotics twice in the last seven years. I have been on my death bed in the evening and the next day gone to work feeling almost normal in most cases. It's worth a try. There is only one brand I will use and it comes in a blue and white box and starts with the letter A. Remember don't use the pills for the flu. They do work for the stomach though.

# Gum in your hair and clothes

**Date: Saturday, August 9, 2003**

**Time: 9:46 AM EST**

**Michelle**

**Country of Remedy: USA**

**Ingredients: egg whites**

**fine tooth comb**

**Instructions: depending on the size of the wad of gum, use 1-4 egg whites, message in spot where gum is attached, gum will begin to break apart and dissolve, use a fine tooth comb and rinse.**

**Date: Thursday, July 24, 2003**

**Time: 3:51 AM EST**

**Simone**

**Country of Remedy: Australia**

**Ingredients: Ice**

**Instructions: Just rub ice on the gum until it hardens then it will come away easily, will break**

Nothing works like nail varnish remover. put it on a bit of cotton wool and rub it on the gum a few times and it will be gone. Probably best to do a test on a hidden bit of the clothing first because there is a possibility that the nail varnish remover can damage the colour of the clothes, though that's never happened to me, even on delicates.

**Date: Friday, June 20, 2003**

**Time: 11:01 PM EST**

**Keepa1**

[keepa1@msn.com](mailto:keepa1@msn.com)

**Country of Remedy: USA**

**Ingredients: Baby oil or Skin So Soft works really Great,**

**My Daughter got around 4 sticks in one part of her hair and you Just work it through. and use a fine tooth comb and comb it out, It breaks the Gum down.**

**Date: Sunday, April 20, 2003**

**Time: 7:57 PM EST**

**Alisha**

**United States**

**Ingredients: peanut butter (if doesn't work, hairspray)**

**Instructions: slather the problem area in peanut butter - let sit for 1/4 hour. rinse off w/ WARM water.**

should come off chunky. if this doesnt work, simply spray with hairspray. gum or silly putty should peel right off.

---

**Date: Friday, April 18, 2003**

**Time: 12:32 PM EST**

**Email address: Autumn  
Washington**

**Ingredients: baking soda and water**

**Instructions: you mix the baking soda with the water and rub it in your hair then you brush it out.WA  
LA! KAZAAM! IT'S MAGIC!**

---

**Date: Thursday, March 20, 2003**

**Time: 9:24 PM EST**

**Tara  
Saskatchewan, Canada**

**If for some reason you wash your clothes with having gum in your pocket, spray hairspray on the  
spot, and then rub or pick off of the clothing. Works great!!**

---

**Date: Sunday, January 26, 2003**

**Time: 9:16 PM EST**

**greg zahoryin  
united states**

**Ingredients: sun screen preferably uva and uvb 40 or higher**

**Instructions: completely cover soiled area and massage until loosened**

---

**Date: Tuesday, December 31, 2002**

**Time: 6:53 PM EST**

**Yemo Hagan  
Country of Remedy: usa**

**Ingredients: mayonaise**

**Instructions: Get enough mayonaise out to completely cover the gum area then massage gently and try to  
rub it out**

---

Aida  
Ecuador  
Rub a needle where the gum is very gently and it will start to come off.

---

Cindy  
Canada  
Whatever partical of clothing the gum is on, put in the freezer for about an hour. When it is frozen gently pull the gum off.

---

Gus Georgopoulos  
Canada  
Apply Peanut butter where gum has stuck to and rub in the gum will slowly start to come off the clothing blending with the peanut butter then just wash off.

---

Reman  
USA  
for gum on clothes rub ice on top of the gum then it will peel right off.

---

Shiryl Howard  
Tennessee  
put peanut butter in your hair let itset for about 1 hour or less. it will brush out.

---

Gus Georgopoulos  
Canada  
Gum in clothes  
Apply Peanut butter where gum has stuck to and rub in the gum will slowly start to come off the clothing blending with the peanut butter then just wash off.

---

clark draper  
usa



just spray a little of the non-stick cooking spray on gum it will slide right out. better than peanut butter!  
(its the oil in the peanut buuter that helps but its not always enough) works great on play-dough also..

## Heartburn Remedies

**Date: Sunday, July 6, 2003**

**Time: 4:23 PM EST**

becky

[becky\\_cepada@hotmail.com](mailto:becky_cepada@hotmail.com)

**Country of Remedy: Mexico**

**Ingredients: nopalitos(cactus)**

**Instructions: just clean the raw cactus and eat it raw it really works and it is a very common food in mexico and helps lower your sugar levels if you have high glucose**

**Date: Wednesday, June 18, 2003**

**Time: 2:26 AM EST**

doc

[doctorsq1@yahoo.com](mailto:doctorsq1@yahoo.com)

**Country of Remedy: U.S.A**

**Ingredients: Ice Breaker Gum**

**Instructions: This mostly works for acid reflux, but it does help minor heartburn too. Chew one piece of Ice Breaker gum. Instant results**

**Date: Tuesday, May 13, 2003**

**Time: 4:12 AM EST**

Amilla

[panbillionaire@excite.com](mailto:panbillionaire@excite.com)

**Country of Remedy: canada**

**Instructions: There are three different kinds of remedies:**

1. Drink any kind of pop or cold milk.
2. Do not drink any fluid after eating for at least 45 minutes because the liver bile will not be diluted.

**Date: Wednesday, January 22, 2003**

**Time: 1:06 PM EST**

Joe

**U.S.A**

**Ingredients: Bananna**

Instructions: If you experience heartburn, eat one banana and you will feel the pain go away. Make sure you eat the banana slowly so it will have time to counteract the acid in your stomach. DO NOT DRINK ANYTHING..

---

**diane**

Country of Remedy: usa

**Ingredients:** peppermints or coughdrops

**Instructions:** After using heartburn medicines that don't seem to really work I found that peppermints or coughdrops seem to ease heartburn

---

**Steve C.**

USA

**Ingredients:** Baking soda

**Instructions:** Start with a teaspoon of baking soda and an half a glass of water. Mix thoroughly and drink quickly. If the heartburn doesn't immediately subside, repeat. always works for me.

---

**Teresa Morton**

**USA indications**

**Take one teaspoon of mustard if you have heartburn or indigestion. You will immediately feel the acid going back in to the stomach. Do not drink anything right after you have taken the mustard. If one teaspoon doesn't do the trick, take another. It surely will. Works better than any prescription or over the counter drug.**

## Headache Home Remedies

Instructor: Robert Jenkins

---

Date: Tuesday, May 13, 2003  
Time: 2:41 PM EST  
Email address: Anayeli Enriquez

Country of Remedy: Mexico

Ingredients: Tea and shower

Instructions: Drink cup of hot tea and take a shower then go to bed.

Oma Samadzai yolanda Alma Rocio Carmen Gloria Elvva Benjamin  
MEXICO

Sour lemon is a especial treatment for headache. Drink a cup of tea with drops of lemon and two teaspoons of honey. Stir them all together and enjoy drinking it.

Cut lemon into halves and squeeze them and save the juice. Then take the used lemon and mash them together and then put them in a thin piece of fabric and cover the mashed lemon. Place on head and get rest.

---

El Salvador- My name is Karla Sandoval. I am from El Salvador. I learn this from my grand mother.

Ingredients: alcohol, tea, little apple and potatoes.

I remember when I was a little girl. I had headache. My Dr. said that is not serious. My grand mother put a towel with alcohol on my forehead also my grand mother put piece of potatoes with alcohol on my forehead. My grand mother give me a tea of little apple. I went to dark room and relax is a good medicine for headache.

---

Mexico My name is Maria Luisa Tochiuitl. I am from Puebla Mexico. I learn this home remedy from my partner.

Ingredients: potatoes, band and lemon.

Long time ago my friend Graciela Ramos had a terrible headache, when her mother saw her, She went to the kitchen then she took a potato and cut it in a half. After that, She told her to lie down and she put potatoes on her forehead with the band on. For one hour after that potatoes got back the pain went away. and also she drank some lemon juice.

---

# South Seattle Community College

Aviva Furman

---

*by Blanca de Piedra from Ecuador*

In my country when people get headaches, they take a small cube of ice from the refrigerator. We wrap it in a small white towel and then put it on our head. After about 30 or 45 minutes the patient will feel better. Note: the towel has to be white. by .

# Headache Home Remedy

Written by Lameed Yassin, Egypt

**Ingredients: Salt water at room temperature.**

When I was young, I used to get headache when I am exposed to the hot sun for a long time.

A magical cure that worked most of the time, is to put few drops of salted water at room temperature in my ears, for a minute or so.

Repeat this about 3 or 4 times for each ear alternatively. If you hear the water like boiling in your ear, and you feel it hot when it runs out, then this is a good sign that this will work.

Rest for about 10 minutes in a dark place. The headache sure will disappear. If any one knows why this work, please post the reason here. I think what happens is this, the blood is supposed to distribute heat evenly over the body, when it does not do this properly we get headache. Salt is good heat absorbant, and the ear drum is thin enough to let the salt absorb some of the heat and help the body get rid of it. Make sense?

# Headaches in the USA

I suffered from migranes for a long time. I found out that if you eat a granny smith apple your headache will go away. It sounds really wierd but it really works.

Kristin

---

adam hughes

I 've had migraines for 3 years now. I've found that if you rubpeanut butter on you genitals the headache will usually subside in about 6 hours. always works for me.

---

Geraldine Ferguson

U.S.A.

Drink the vinegar juice from your dill or sweet pickles. The juice will bring you releif in a few minutes. . (instructions) Drink about six ounces of the vinegar juice found in your pickles. Wait 5 minutes and you should be glad you tried this.

---

Selena

eat a small bag of M&M's and drink a cup of DR.Pepper. really works in a couple of mintues. might be a little hyper....

---

Amanda

I get really bad headaches alot. I recently found out that a little bit of caffeine would help the headache go away. Not a whole lot just a small cup of cappuccino or coffee would help. Ever since then, I have had less headaches.

---

By Jasmine Chambers

Massage the top of your head where a babies "soft spot" is located. Do this for 2 to 5 minutes and your headache will be gone.



By Paula Purviance

Drink three glasses of cold water eat a cold cup of acidophilous yogurt instructions with migraine headaches we have found that the stomach heats up, when the headache begins. Cooling the stomach as quickly as possible with cold water and yogurt have stopped my husbands migraines many times. We learned this on our own from personal experience.

---

Meghan O'Keefe

I am a migraine sufferer, and this is the one thing that actually helps me. Bend a wire hanger inward. Put the hanger on your head so that it is very tight. Leave the hanger on for about half an hour. You might look a little funny with a hanger on your head, but believe me, it works!

---

This is a remedy that I learned from a friend who suffers from migraine headaches but it works well for any headache. Simply take a tablet of niacin, this is nothing more than a vitamin that you can find at any pharmacy and many supermarkets. Within 30 minutes the vitamin causes your blood vessels to dilate, your skin may appear a little red and might even itch a little but it also opens the blood vessels in your head and seems to clear up headaches. The great part is niacin is great for your body so you won't need to damage your body with ibuprofen or other over-the-counter drugs.

[John Foulk](#)

Wichita, KS

# Argentina

By Victoria Riccin

Migraines

Ingredients = Black Cloth

Instructions = Put the black cloth over your eyes, then apply pressure to your temples and on the bridge of your nose. You'll feel the pulse against your fingers going very rapidly. The pressure with slow it down and the black cloth will help stop the pain while the procedure takes effect. My father showed me this, I suffer from migraines since I was 9 years old.

# England

By Dave Hunter

Fill a bath with hot water, kneel down in the bath and place your head in the water and start to blow out of your nose. lift your head, take a deep breath and repeat for at least another six times. Then lie back and relax for 10 minutes. your headache should start to ease now and should be gone completely in the next half an hour.

# Morocco

ADYEL MOHAMMED HICHAM

## Ingredients :

The best way to stop a headache is : Two Tablespoons of mint, one squeezed lime , two heads of garlic and one tablespoon of honey

Put Three cups of water in medium pot, add mint, lime juice and garlic. Put them in the boiling water for three minutes until they become warm, then add one tablespoon of honey. Then, take two tablespoons of the mixture once in the morning before a breakfast and once in the evening after dinner for two days. Then you will feel better.

# India

Dr Sunita

Ingredients = Whole Nutmeg- 1, little water.

Gyrate nutmeg with water(over stone like hard surface), around half teaspoon of this paste is to be applied over fore head . This will not only subsides your headache but can offer you a good sleep .

# Japan

**Kimitaka Inoue**

**Ingredients:**

ginger

hot water

honey

potato starch

When I had a headache, my mother made special soup. This soup was made of ginger, hot water, honey and potato starch. This soup has a lot of nutrition. When I had that soup, I perspired on my body, so I was cured of the headache when I had that soup. eep .

# Assyria

**Date: Saturday, January 25, 2003**

**Time: 8:26 PM EST**

**Name: Serbid**

**Subject: Home Remedy**

**Ingredients: water**

**honey**

**pepper**

**Instructions: warm water then mix with honey and pepper  
sit naked in the tub and put contents all over face and chest  
headache should be gone within the hour**



# Hiccup Home Remedies

Merced Adult School

*Laos- Say something bad to someone, for example "you stole my money. The hiccups will stop in a few minutes.*

---

*USA - hand a glass of water to someone and then put your hands on your shoulders. Have that person give you a drink from the glass.*

# Hiccup Remedies

**Rosane Yachuk**

**Brazil**

Hiccups are a sudden repeated stopping of the breath and can embarrass us. In Brazil to stop the hiccups we hold our breath by closing the nose and mouth with one hand until they stop. But be careful, if you feel you are turning blue, breathe a few seconds and start holding again. It always works for me and I don't need to leave the bus when they happen. .

# Hiccup Remedies

**Date: Wednesday, May 21, 2003**

**Time: 1:38 PM EST**

**Dina**

**Ingredients: Your own saliva!!**

**Instructions: Simply swallow 7 times your own saliva without a hiccup in between (if you miss, just start over). Sounds absurd? I totally agree! But it's been working for me for years! Try it: you got nothing to lose(except your hiccups...!).**

**Date: Thursday, March 20, 2003**

**Time: 4:20 PM EST**

**Email address: Christina Adams**

[christina\\_824@hotmail.com](mailto:christina_824@hotmail.com)

**Country of Remedy: Georgia, USA**

**Ingredients: a cup paper towel and water**

**Instructions: fill a cup full of water place the napkin over the cup and drink the water!!!!!!!**

**Date: Monday, March 17, 2003**

**Time: 2:17 PM EST**

**Cheryl Kowalchuk**

[ckowalchuk@finance.gov.sk.ca](mailto:ckowalchuk@finance.gov.sk.ca)

**Canada**

**Ingredients: 1 teaspoon white sugar**

**1 teaspoon of vinegar**

**Instructions: It's amazing!!! If you can handle the taste- it's worth the nuisance of hiccups....1 teaspoon of white sugar and pour vinegar over the sugar levelling it in the teaspoon**

**Date: Saturday, February 8, 2003**

**Time: 10:26 PM EST**

[jasafar@yahoo.com](mailto:jasafar@yahoo.com)

**Country of Remedy: U.S.A.**

**Ingredients: Glass of water and 1 papertowel sheet**

**Instructions: Take one full glass of water and wrap the papertowel sheet over the rim of the opening. Drink several gulps of water through the papertowel. I learned this as a kid and am now 28. Everytime I get the hiccups I use this method and everytime my hiccups have dissappeared.**

**Good luck!**

**-- Mike**

**Date: Wednesday, January 29, 2003**

**Time: 12:20 AM EST**

Nicki

[babylove1504@cox.net](mailto:babylove1504@cox.net)

Country of Remedy: United States of America

Ingredients: 1 tsp. mustard

Instructions: When I was pregnant with my son i got the hiccups alot. My mother-in-law told me if you swallow 1 teaspoon of plain yellow mustard your hiccups will be gone. try it you'll see!!!  
ps.Works on infant hiccups too.just cut the dosage to a pinkie smudge

---

jana

[jandj112002@aol.com](mailto:jandj112002@aol.com)

Country of Remedy: usa

Take crushed black pepper. put small amount in palm of hand. rub your palms together smearing the black pepper between the palms of your hands on both sides. then cup your hands together place over your mouth an nose. then inhale. hiccups should dissappear in seconds,

---

rajeev srivastava

india

Just have a teaspoon full of sugar and that will give immedialt relief to hiccups

---

john

USA

Ingredients: ONE SHOT OF ANGOSTURA BITTERS TOOK CARE OF A THREE DAY CASE OF HICCUPS. I USED TO BELEIVE IN THE SUGAR REMEDY AND THE BREATH HOLDING TECHNIQUES, NO MORE. I WILL CARRY A BOTTLE OF BITTERS WITH ME WHERE EVER I GO FROM NOW ON!

---

Email address: Mary

USA

Ingredients... um... YOUR HANDS :)

Carbon Dioxide cures hiccups... so, all you have to do is cup your hands around your mouth and breath in and out a few times. Can you think of anything simpler?

---

cp younger  
[celiap250@aol.com](mailto:celiap250@aol.com)

spain  
With your right index & thumb fingers put pressure at the end part (tip) of your left thumb finger and maintain the pressure for 30 sec.

Leslie  
Canada

Get someone else to pour a glass of water and hold it to your lips and then you drink. You must not touch the glass. Drink as much as they offer. (Of course they should only offer as much as a person could handle.) Never fails, as long as the person with the hiccups does not touch the glass.

---

I learned this one from my sisters. You take a cup of water and drink, but while you drink it you plug your ears and your nose at the same time. after one drink of water your hiccups will be gone. this has never failed me and it works best if you have a straw.

jon  
minnesota

---

Gloria sosnowski  
USA

get a tall cup and fill it up with any kind of water. after that stick a spoon in the glass of water with the curved part sticking out. drink the glass of water very fast with the curved part of spoon pressed to your forehead. This really works! i use it all the time!

---

Laura Stephens  
Canada

A teaspoon of peanut butter

it always works for our kids - if one doesn't do the trick then have one more

**Cindy  
Canada**

**GO SWIMMING.** There is something to the way that you hold your breath while you are swimming under water that can't be duplicated when your not. It works for the kids when they swim in the pool in the summer. Just swim for the fun of it and before you know it, your hiccups will be gone!

**In Brazil when you have got hiccups you have to drink water or hot coffee and of course hold your breath. There aren't always good results with these methods so I learnt from my grandmother and my mother a good remedy. When a person has got hiccups if you are next to him/her, you should say something to frighten them. However, you shouldn't say anything like - There is a ghost at the window - say something that could be true like - Why is your face bleeding? I'm sure the person will be frightened and the hiccups will stop immediately. This method is guaranteed. Try it!**



# Hiccup Home Remedies

## Centennial Education Center

**Instructor: Rob Jenkins**

**Date: Tuesday, May 13, 2003**

**Time: 2:05 PM EST**

**Rob Jenkins**

**Country of Remedy: USA**

Ingredients: Water

Instructions: Cover your ears and nose while drinking a glass of water

**Date: Tuesday, May 13, 2003**

**Time: 2:38 PM EST**

**Hector Estrada**

**Country of Remedy: Guadalajara Jal.**

Ingredients: Red thread

Instructions: Put red thread on your head and wait

---

## **Instructor: Susan Gaer---Beginning 3**

### **Thailand**

In Thailand when I have hiccups my mother always cuts a whole in four pieces and two big of the sugars she squeezes the lemon on sugar and eat just get the juice of the lemon I have to eat all four pieces after a few minutes my children too you should try it I guaranteed it will work

Rumpai Villafana 4/9/97/

# **Instructor: Brenda Donahue ABE Writing**

**By Karen Suarez  
Mexico**

Ingredients = Sugar and lemon juice

Squeeze a lemon into a bowl and add some sugar. Mix them with a spoon and eat the lemon and sugar mixture. This will stop the hiccups and you are going to feel better.

**Ermila Arellano**

**My children's hiccups go away when I scared them.**

# Hiccups

*By David Guernsey*

**USA**

***INGREDIENTS: Lemon or Orange wedge and Bitters***

***INSTRUCTIONS: Douse the lemon or orange wedge liberally with bitters. Eat the doused wedge, rind and all.***

# Hiccups

---

**Submitted by: Belinda Hearn**

**Australia**

Here's a real remedy no more sugar or drinking water  
upsidedown - where on earth did these come from anyway????.

Came across this simple remedy by accident one day when I had the  
hiccups, took a long slow deep breath in and release it slowly out,  
and magically the hiccups were gone, thought this might have been a  
fluke so I have tried it every time I have the hiccups since and it has  
worked first time every time. This remedy works and actually makes  
sense since I think you are relaxing your diaphragm slowly.

Try it and see for yourself.

Hope this helps all those hiccup sufferers.

**Dakotah**

**Australia**

Either hold your pulse on both your wrists or get someone to do it for you and  
hold your breath while pressure is being put on your pulse by the fingers holding  
your wrists. Hold your breath for as long as you can. Once you breathe out take  
the pressure off your wrists and the hiccups should be gone, if not repeat it once  
again

**Nicole**

**Australia**

Get a glass of water and take 10 sips out of it each 3 seconds apart (it gives the  
water time to go down but before you hiccup again) if you hiccup between sips,  
start it again.

**Carla and Sarah**

**Colac High School**

**Australia.**

**Instructor: J. Dullard**

**Ingredient:** 1 teaspoon of sugar.

**Method:** Eat when hiccups occur.

# Hiccups

Jamaica

Antoinette Dehaney

Career High School

Instructor :Mr.Hill

**Ingredients :1 matches stick 1 small piece of tissue water**

**When a baby has the hiccups you can take a matches stick and put it in the middle of the baby's hair and it should stop the hiccups in 5mins. or You can take a small piece of tissue and wet it and put it one the the baby's forehead.**

**Date: Tuesday, June 10, 2003**

**Time: 8:19 AM EST**

**Susan Greber**

**Country of Remedy: USA**

**Just cut out all caffiene. My preasure was 130/85 I cut out all caffiene and its now 118/78.**

---

**Harold Stiles**

**For high blood pressure try baked potatoes**

---

**Centennial Education Center**

**Instructor: Robert Jenkins**

**Aguero Teresa de Jesus**

**Mexico**

**ingredients = Whiskey.**

**Take two tablespoons of whiskey every 12 hrs. for one week**

---

**Alex L.**

**Arlington Education and Employment Program**

**(REEP), Arlington, Virginia, USA**

# **Instructor: Mary Kay Alegre Bolivia**

## **Ingredients :**

- 2 or 3 cloves of garlic,
- 12 ounces of whole milk,
- 1 mug.

**Cut the 3 cloves of garlic in 6 smaller sizes; drop the cloves in the 12 ounce glass of milk. Let it sit overnight in the refrigerator avoiding the danger zone temperature of 41F to 140F. The danger zone is when parasites and microorganisms grow fast causing food born illnesses.**

**PROCESS:** The garlic when it is mixed together with milk will loose a juice that is the right combination for colds, influenza, asthma and other illnesses as well. **PERSONAL EXPERIENCE:** My uncle says that his mother always used this home remedy for the flu and other illnesses that attack our lungs and respiratory system, people who are allergic to milk & garlic should not use this remedy.



## Hemorrhoids

**This one works like a charm and only takes a day or two to reach its full effectiveness**

**It is an old trick that my grandmother told me they used in Russia.**

**Apply smooth peanut butter liberally to the affected area as required. In a few days your condition will have improved dramatically.**

**Charlene**

**Canada**

**Donna**

**USA**

**Instructions: Apply Vitamin E oil to affected area as often as needed for relief. In my own experience, I have had complete relief in as little as a day.**

# **Insect Bite Home Remedies**

***School: Merced Adult School***

***Mexico - put mud on the bites***

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***Mexico - kill a rattlesnake and dry it in the sun. Ground the meat and eat it one or two times a day until you feel better.***

---

***USA - put a warm wash cloth on the bite and then make a cross with your fingernail on top of the bite.***

# **Insect Bite Home Remedies**

***School: Salinas Adult School***

***Instructor: Kathleen Slattery***

## ***Scorpion Sting***

***Mexico- Once when I was a child I was sleeping when a scorpion stung me on my wrist and I was starting to cry and my mother said "what happened" I said a scorpion stung me and my mother said don't move, she go to the kitchen and took a garlic and she put it on my wrist and then the next day I felt good.***

***Israel Chavez***

# **Insect Bite Home Remedies**

***School: Technology Learning Center, Sacramento  
City Unified School District  
Instructor: Jeri Boe***

## ***Scorpion Sting***

***Mexico- When I was 10 years old , a scorpion, bit my leg, an I put some garlic. I pounded the garlic first.I pounded about 10 pieces of garlic , and I put around my leg , and about one hour,afther I was O. K. Garlic it is very good for any kind of insects. But don't put any garlic, when you have acut. annoyous***

## More Insect Bites

**Date: Wednesday, July 23, 2003**

**Time: 5:47 PM EST**

**Email address: Samantha**

**Country of Remedy: USA**

**Ingredients: tobacco**

**Instructions: Just wet the tobacco (any form) and rub it on the affected area.**

**Date: Thursday, July 24, 2003**

**Time: 11:53 PM EST**

**Jayne**

**Ontario**

**Ingredients: Preparation H**

**Instructions: Take a small amount of the cream and rub into bites. Instant relief from the itch and no swelling**

**Date: Sunday, July 20, 2003**

**Time: 9:32 PM EST**

**LuuLuu**

**Vietnam**

**Ingredients: tiger balm**

**Instructions: Just rub tiger balm over the bite and the swelling and itchiness should stop within an hour or so**

**Date: Monday, June 30, 2003**

**Time: 4:58 PM EST**

**Email address: Nick Williams**

**Country of Remedy: USA**

**Ingredients: chewing tobacco, water, and a band-aid**

**Instructions: Take a pinch of chewing tobacco and run just enough water of it so that it hardly gets wet, but still wet. Place the tobacco on the sting then cover it with a band-aid. every 10 or 15 seconds apply pressure on the band-aid and with every little bit of water that comes out, toxins from the sting come out as well. My friend told me these two remedies for bites from mosquitoes. First one- Put chapstick on the bit every two hours. Second-(It hurts a tad) Take a knife and cut open the mosquito bite then clean it out. After the bleeding stops (There is not much a couple of drops or so) Then put some tooth paste on it It works trust me!**

---

**Date: Tuesday, April 29, 2003**

**Time: 7:24 AM EST**

**Email address: Loui**

**Ingredients: Tea tree oil**

Instructions: Put tea tree oil on cotton wool and dab on the bite.

Date: Tuesday, January 28, 2003

Time: 1:46 PM EST

Country of Remedy: U.S.A.

Bee/Wasp stings

Ingredients: Tobacco(From a cigarette)

Instructions: Remove tobacco from the cigarette. Mix the tobacco with saliva.(Preferably the saliva of the sting victim) Once you have a glob of the mixture, apply it to the affected area. It sounds nasty but it works.

---

Insect bites - apply methalated spirits to the bite area. This will stop the itching within minutes.

Regards,

Vicky. New Zealand.

---

Greg Headberg

[Greg.Headberg@CityofHouston.net](mailto:Greg.Headberg@CityofHouston.net)

USA

Ingredients: 1 Aspirin and Water

Wet a normal aspirin (not the buffered kind) and hold it on the sting site. The acid from the aspirin destroys the poison.

---

bluemundy

[bluemundy@hotmail.com](mailto:bluemundy@hotmail.com)

usa

Instructions: just dab on ammonia to bite area with a cotton swab thats the ingrediant in those anti itch sticks ya get at the drug store much cheaper to buy ammonia

---

Name: Shannon

Country of Remedy: USA

Ingredients: Meat tenderizer and water

Instructions: Mix a teaspoon of Meat Tenderizer and a little water to make a paste and apply to bite area. Works good for mosquito bites.

---

Instructions: As soon as a bee stings you, suck on the place where you have been stung. then rinse out your mouth.no pain, no itch garenteed!!Oor if you can't reach it, just rub on mud!

---

Submitted by: Kim D  
Country of Remedy: American

Place a piece of fresh potatoe on top of your bee bite, it should stop the sting. The juices help absorb the bees poisin.If you don't want to wastse potatoe, fry and eat when feeling better....!

---

D Carr  
USA

A remedy for bee and wasp stings. I learned this from my grandmother and it works great. Just mix baking soda and water to make a paste and put it on the sting. Leave it on until it dries and crumbles. It keeps the swelling down and stops the pain.

---

Cindy  
Canada

dab some strong mint toothpaste onto the bite. It s the mint that numbs it.

---

Lee  
put tooth paste on insect bites the mint will sooth and the paste will dry up the bite. paste not gel

---

Leslie  
USA  
If you have been bitten by mosquitos then just put some deodorant on the bites and the itching should stop. My boyfriend's Mom in junior high felt sorry for me because I always get eaten by mosquitos, and this really takes the itch out.

Kim Barnes

I heard on the news that if you are bitten by a mosquito, to put clear finger nail polish on it. I have been using the method for years. It stops the itching and the swelling will be gone within hours after the polish dries.

---

Bee Bites

Greg

When you get stung by a bee or wasp, immediately cut open a small onion and place it on the sting area on and off for about 20 minutes. It will reduce swelling and ease the pain.



# Itching Remedies

**Date: Wednesday, January 29, 2003**

Connie

[theasiandiva@juno.com](mailto:theasiandiva@juno.com)

Country of Remedy: US

Ingredients: Vicks Vapor Rub or generic form of it

Instructions: Wash the area where the itch is. Apply the vapor rub on it. The strong menthol feeling of the vapor rub will soothe your itch immediately.

---

Ingredients: Oatmeal

Warm water

Instructions: This recipe works like a charm for chicken pox (just the itching!)

pour a cup or two (depending on the tub size) into your normal everyday bath. soak. Dry as usual!!

---

[george@speedreading4kids.com](mailto:george@speedreading4kids.com)

USA

**Chronic Itching inside the ear canal**

Ingredients: 3% Hydrogen Peroxide. You can buy a small bottle of it for 47 cents at Wal-Mart.

Instructions: Using a dropper, tilt your head sideways and fill your ear canal completely with Hydrogen Peroxide (3%). Be sure to move your ear around to make sure that all the air bubbles are out of your ear.

This is to make sure that it is filled with H<sub>2</sub>O<sub>2</sub>.

Let your ear set like this for 2 full minutes. during this time you will hear the H<sub>2</sub>O<sub>2</sub> in your ear bubble vigorously. Just ignore it and let it bubble.

Then drain your ear out. Just let it air-dry when you are done.

Repeat the same procedure with the other ear.

Do this same procedure each day for 3 days. Your inner-ear itchiness will be gone after 3 days.

---

Whenever my husband has been working out in the yard. He always get chewed up be chiggers and other biting bugs. I just run him a warm bath with 1/2 cup of bleach. It helps to get rid of the itch. Same goes with Poision Ivy.

Shasta  
Oklahom

---

Helen  
USA

Tea Tree Oil (instructions)Ê Take a cotton ball or something similar and apply Tea Tree Oil full strength to area that is itching.Ê Use your judgement and apply again when needed.Ê I apply it approximately three times a day.

---

R  
Canada

In your bath put 5 spoon fulls baking soda and half a cup of lemon juice They Should do the trick! Live long and prosper!

---

Gwen Jones  
United States

Pour a cupful of vinegar in your bath water, and soak for 5 minutes.

# **Skin Infection Home Remedies**

**When I was little and we would fall down and scrap our knees, which would soon develop an infection.ÊÊ My dad always got out the octagon soap (brown soap) and sugar.Ê He would scrape off a few layers of soap, and add water making it like a paste, after that he would put the paste on the bandaid and add some sugar.Ê You put that on at night time, and all night you would feel itÊ "picking".Ê When you woke up and took off the bandaid all the infection would be in the bandaid.**

**Maureen**

# Insomnia

Date: Thursday, July 10, 2003

Time: 1:34 AM EST

syl

u.s

Ingredients: lettuce, water, honey (optional), lemon (optional)

Instructions: boil water, place a few lettuce leaves in a mug. add boiling water to mug and cover until cool. add honey or lemon to taste. not too much honey or else you wont be able to sleep cuz of the sugar high you'll be on.

# Miscellaneous Home Remedies

**School: Salinas Adult School**

**Instructor: Kathleen Slattery**

## ***Pneumonia***

***Once when I was 15 years old, I was very sick. I had a high fever, cold and a headache. I remember that my parents weren't with me. I told my grandfather that I felt very bad and he told me, that I had pneumonia, I remember that my grandfather was scared. He made me a special drink with hot water with many herbs, but I don't know exactly what he put in it. After that I began to perspire and I felt better and I slept, and he also gave me an aspirin. Ana Lilia V.***

---

## ***High Cholesterol***

***My mother was sick from high cholesterol for long time in Mexico. A friend wrote from Durango in Mexico she said liquefy cactus and lemon and garlic drink one cup every day in the morning and in one month you cholesterol will go down. Maria Espinoza***

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## ***Bronchitis***

***When I was a child I was very sick. I had a complication of bronchitis with broncopneumonia. I remember that my parents were very worried. I couldn't breathe and I had a high fever. My parents didn't know what to give me. After that a family told my parents that I should drink a tea prepared with a cricket foot with sugar. I drank it and I felt good. Carmen Soria***

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## ***Vomiting***

***Once when my daughter was very sick she vomited. I made a remedy. I put water to steam and then I put in the water some little hairs of garlic. When it was ready I took a little in a glass and then I put some lemon drops and a little salt. I gave the drink to her. It worked.***

***Rosa Navarro***

# **Dizziness Home Remedy**

***School: Technology Learning Center, Sacramento  
City Unified School District***

***Instructor: Jeri Boe***

## **China**

**When I was a teenager, I always suffered form dizziness. My mother usually used roasted ginger as medicine for treatment of my dizziness. She would rub my forehead and temple with a few pieces of roasted ginger. She also put a few pieces of sliced roasted ginger into my mouth, and then asked me to stay in bed for a couple of hours I would feel well again ofter the rest. .**

***Yok Ling Chan Ching***

# Earaches and Burns

Gary Rose [diesel@telus.net](mailto:diesel@telus.net)

Growing up many years ago in a rural area we had many home remedies. For an ear ache we heat a dinner plate in the oven, wrap it in a towel and lie down with the infected ear resting on the towel and let the heat ease the pain.

For deep cuts we would pack the wound with chewing tobacco and bandage it, extremely little scarring from this remedy. Margarine works well on burns.



# Memory Home Remedies

Fish oil capsules, Take three tabs three times a day for a while 500MG (sometimes up to a year) and then 1 three times a day when you notice memory improvement. Fish oil capsules can be bought at most vitiman stores. It also helps rebuild your central nervous system !!!

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By Meena of Singapore

Ingredients:gingko leaves

instructions:Chew 4 or 5 Gingko leaves to help you in your memory! It also helps to keep diabetes under control.

# Motion Sickness

**Date: Wednesday, July 9, 2003**

**Time: 7:05 PM EST**

**C. G.**

**USA**

**Ingredients: Band-Aid**

**Aspirin**

**Instructions: A cure that I've was told for motion sickness is to put an Aspirin in your belly button and then place a Band-Aid (adhesive bandage) over it to hold it in. I realize this may sound strange, but my great aunt swears by it. I am one of those people who get motion sickness sitting on a porch swing, so you can imagine how it is in a car/plane/boat. My normal treatment is to take Dramamine then sleep during the trip.**

**Well, on a recent 12 hour car trip, I decided to try my aunt's method. I sat in the back of a hot pickup and didn't get sick the entire time. Usually the only way I avoid getting sick in the car is to drive the whole way or as I said, use Dramamine. Try it. it may just work for you.**

# Nausea

Black toast (\*very\* black - like charcoal). Nibble it in tiny amounts when you're nauseated, and it will absorb stomach acids and help you to feel less nauseated. Activated charcoal tablets from a health food store will serve the same purpose. After a bout of vomiting or diarrhoea, two things.

You need to restore your electrolyte balance (levels of sugar and sodium in the blood), and you need to replace lost protein. Drink sports drink, like Gatorade or Powerade or similar (Pedialyte, Maxim Electrolyte), to restore your electrolyte balance. If the flavor is too strong to stomach, cut it with water, and you can even freeze it and make popsicles out of it to suck on when you're nauseated. It will keep your strength up (you know that "weak" feeling you have after vomiting? This will help.). You could probably make your own with water, corn syrup and salt, but getting the combination right might be difficult.

The other thing to have after vomiting is egg-drop soup. It helps to restore your electrolyte balance as well, but it also provides you with an easily absorbed protein (egg) in a bland dish. This will help you to feel stronger faster.

## Egg Drop Soup:

1 egg, 1 can or 1 1/2 cups chicken broth, soy sauce.

Beat one egg well while bringing chicken broth to a rolling boil. When the broth comes to a rolling boil, turn the fire off, swirl the broth and immediately drop the beaten egg in. Do not stir after dropping the egg in. Wait one minute, the egg will be cooked. You may stir in a bit of soy sauce to taste.

This is especially good when you're beginning to feel better and a bit hungry, but not sure what/how much you can keep down.

R

**Date: Tuesday, May 27, 2003**

**Time: 8:22 PM EST**

**Emily**

**USA**

Ingredients: a tablespoon of peanut butter.

Instructions: When I was pregnant a friend of mine told me to eat a tablespoon of peanut butter whenever I started feeling nausea, so I did and it worked, and lasted.

**Date: Tuesday, May 13, 2003**

**Time: 2:33 PM EST**

**Nancy Lopez**

**Country of Remedy: Mexico**

Ingredients: rice, cinnamon and water.

Instructions: Boil water with rice and cinnamon, then drink it.

**Date: Tuesday, May 13, 2003**

**Time: 2:33 PM EST**

**Nancy Lopez**

**Country of Remedy: Mexico**

**Ingredients: rice, cinnamon and water.**

**Instructions: Boil water with rice and cinnamon, then drink it.**

**Date: Tuesday, May 13, 2003**

**Time: 2:46 PM EST**

**Irma valdovinos and Gloria Marin**

**Country of Remedy: Mexico**

**Ingredients: Water, mint, cinnamon tea.**

**Instructions: Take two times a day in the morning.**

**Date: Wednesday, February 26, 2003**

**Time: 7:53 PM EST**

**Email address: Brenda**

**USA**

**Ingredients: fresh ginger root grated (about 2 tsp.)  
a can of 7up or sprite or any lemon lime soda**

**Instructions: just put the freshly grated ginger in the soda pop and just drink. a sea captain told me this when i was getting sea sick.**

**Date: Thursday, February 13, 2003**

**Time: 11:58 PM EST**

**Kim**

**Country of Remedy: USA**

**Name of Remedy: Nausea**

**Ingredients: Table Salt**

**Instructions: Shake a small amount of salt onto your fingertip and eat.**

**Works everytime!!!**

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**Date: Friday, February 7, 2003**

**Time: 12:35 AM EST**

**[dawndawn1980@yahoo.com](mailto:dawndawn1980@yahoo.com)**

**Country of Remedy: United States**

**Ingredients: CRACKERS (any kind)**

**Instructions: If feeling sick, any time of the day. Eat a few crackers.**

**I tried the toastcheez nip crackers and they worked great for me!graciela**

**Country of Remedy: mexico**

Ingredients: lemon, chamomile, oild olive and water.

Instructions:

Get pan of water and little chamomile, little oild olive and lemon for ten minutes, drink one-two teaspoon every five minutes.

---

**Kate**

[sojourner4evr@yahoo.com](mailto:sojourner4evr@yahoo.com)

USA

Put flour on a hot pan and scorch it.Sounds gross, but it really works.

**ALICIA R**

PERU

IF YOU HAVE NAUSEAS, YOU CAN SMELL A GREEN LEMON OR PREPARE A LEMONADE WHIT OUT SUGAR, SO YOU'LL FEEL BETTER.

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**Cindy**

Canada

Try warm gingerale for nausea. It is very soothing on the stomach and works nicely for morning sickness.

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**Ingredients = Camomile & Mint Tea**

Camomile & Mint tea has been one of the best things for when I am natious, mint settles the stomach, and camomile calms the nerves..so i usually make myself a cup if camomile & mint tea, which you can pick up at a local health food/drug/grocery store, such as Safeway.

---

**Country of remedy**

**Ingredients = rice and water**

boil 1/2 cup of rice in 1 cup of water this will take about 10-20 minutes... after it is boiled drain the water into a cup and sip at the rice water until symptoms are gone..

# Neck Pain

Joe

Japan

**Ingredients:** salt, a pan, bandana  
**Instructions:** First, you roast the salt in a pan. Next, roll the salt in a bandanna, and then you put the bandana around your neck. you'll be feel better soon.

# Nervousness

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**Angela Ocampo**  
**Colombia**

Ingredients: 4 Leaves Valerian.  
1 Cup water.  
1 Tbsp. honey.

Instructions: Mix everything together with water and boil for 2 minutes. Drink all at night, it will help you sleep.

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**Desiree Vega**  
**MEXICO**

Ingredients: VALERIANA 1 TSP CHAMMOMIL 1 TSP

BUY AT SUPERMARKET THEIR SOLD IN LITTLE BAGS BOIL 4 CUPS OF WATER THEN WHEN WATER STARTS TO BOIL ADD HERBS THEN DRINK ALL.

**Jeremy Ball**  
**USA**

chamomile, peppermint, honey, water instructions

I'm an actor who suffers from moderate stage fright. About an hour before I go on, I always drink a mug of chamomile and peppermint tea made very sweet with honey. As hot as I can stand it. Maybe it's just a theater superstition, but it works for me!

**Rosa Benavides**  
**Mexico**

Ingredients :7 Hazares

**Water**

**One tablespoon of 7 Hazares in two cups of water boiled for three minutes.  
Drink three times a day.**



# Nosebleed Remedies

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**Date: Wednesday, August 6, 2003**

**Time: 12:01 PM EST**

**Email address: Laci**

**Country of Remedy: USA**

**Ingredients: plastic bag w/ ice**

**paper towels**

**Instructions: I'm 14 and have been having nosebleeds since I was just a baby, my mom would come in to check on me and my pillow would be blood soaked from my nosebleeding and me not waking up in time.**

**Well the nosebleeds have continued to be severe. Sometimes they stop when the blood clot is pulled out, I always thought it would make it worse but it actually stops it.**

**But if you want the nosebleed to stop within 10 minutes then take a square of paper towel and roll it up and stick it up the nostril that is bleeding then when both hands are free, hold ice on the back of your neck and on the bridge of your nose. I hope this works for you!**

**Good Luck!**

**Date: Tuesday, May 6, 2003**

**Time: 7:08 PM EST**

**Rachel Lerman**

**Country of Remedy: USA**

**Instructions: I am 10 years old. Some of the remedies I use are already listed on this page; but not humor. I get bloody noses a lot and they are scary. My dad and I made up a song about bloody noses. Please see this song at:**

**[http://www.rlerman.com/bloody\\_nose.htm](http://www.rlerman.com/bloody_nose.htm)**

**Date: Friday, May 9, 2003**

**Time: 8:37 PM EST**

**Richard**

**[Richey1989@hotmail.com](mailto:Richey1989@hotmail.com)**

**Country of Remedy: USA**

**Hi my name is Richard and I have nose bleeds alot that use to last for hours on end..... BUT NOT NOW..... I found a cure that is safe and works....all you do is when you have a bloody nose just hold your weak wrist ( the**

**one you don't write with ) and put it under some cold running tap water..... it**

**usually takes about 2-3 minutes for this to work.... what happens is the cold water thickens the blood thus making it easier to clot... Hope this works...**

**Richard**

**Date: Wednesday, April 9, 2003**

**Time: 12:25 PM EST**

**Sandi Dinsdale**

**[Cybertoad3@aol.com](mailto:Cybertoad3@aol.com)**

As with most vascular weaknesses the first culprit is a deficiency of vitamin C. You will find that folks who get bloody noses repeatedly also bruise very easily (and likely are more susceptible to colds as well) That should be a big clue. Vitamin C must be the sort that has bioflavinoids in it which means it has rosehips or citurs bioflavinoids which are found naturally in the pith between the fruit and the skin nature knows this but chemists and ascorbic acid obviously don't! Trader Joes has a great C and so does Ester C but this is more expensive. Any adult really should take 2-3000 mgs daily with the quality of most cities air these days as it is an antioxidant, and you can go up to 10,000mgs a day with no problem the sign to back off that your body has reached its personal limit is the onset of a looser stool. Plain simple harmless you pee out the excess no bad side effects! Also to build vascular system one can purchase a great product called ALTA it is silica made from the herb HORSETAIL this will not only strengthen one's veins and arteries but strenghten your nails and hair (from where it gets its layman's term....as healthy and thick as a HORSETAIL)

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Dear Ms Gaer,  
Here is one for nosebleeds....  
When I was a child all the way into adulthood I also experienced many nosebleeds. My mom would tell me to run in bathroom, get bathroom tissue, roll it thick enough and long enough to go under upper lip while pinching your nose. The nosebleeds almost disappeared within minutes. It works like a charm. Good luck to all.  
Tks,  
Maria  
New Jersey

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**Ashlee Ewing**  
**Country of Remedy: USA**

Ingredients: popsicle

Instructions: I am 15 and I have Von Willebrand's disease...this is a disease where the glue that holds blood clots in place are missing from my body, I have bloody noses that last for hours and hours, normal remedies don't work but these, as i have learned from the hemophilia treatment center,do.When you have a bloody nose just eat a popsicle, the bleeding should stop within minutes. Also if u take neo-synefrine (found in most drugstores) and put some on cotton balls, then you put in up your nose and just leave it there. Wait like 2 or 3 hours or else the cotton ball will still be attached to the cotton, and when you wait, it just comes out and you don't have bloody noses for awhile!

USA

[skitlesmc@aol.com](mailto:skitlesmc@aol.com)

**Ingredients: -VASELINE/PETROLEUM JELLY**

**-Cotton balls**

**-Q-Tips**

I have basially gotten bloody noses for my entire life, and now I am 19. ever since I was a little kid, when my nose started to bleed my mother would always drench a cotton ball with Vaseline, and shove it up my nose, that way, the tissue in my nostrils were being moistened and the pressure would cause the bleeding to stop and form to a clot. Now that I am older in order for me to prevent dry nostrils and a constant flow of blood from my nose, everynight before I go to bed, I smother a Q-tip in vaseline and then line my inner most dry nostril(s) with vaseline, so my nose is good and moist until the next day, and I repeat this once everynight.

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**Jason Hommel**

USA

When you get a nosebleed, take some cayenne pepper right away. Red pepper, or chile pepper, or tabasco sauce will do. Take about a teaspoonful. Your nosebleed should stop within 5 minutes or less. Take cayenne pepper every day for the next few days or so, and try to eat foods spiced with cayenne pepper on a more regular basis. Cayenne pepper acts to stop all kinds of bleeding very quickly, you can even pour it directly onto a wound in an emergency. It helps keep vitamin C in the body longer. Vitamin C helps keep blood vessels strong. If you stop taking large dosages of vitamin C, you can get rebound scurvy, which can make bleeding worse. Cayenne pepper prevents this from happening. Green Vegetables are a source of vitamin K, which is also needed in trace amounts by the body to stop bleeding. Putting vaseline in the nose can help prevent nosebleeds from recurring during that time when the nose needs to heal after you have recently had a nosebleed. Things to avoid, which can cause excessive bleeding: asperine, alcohol, both of which thin the blood.

# Pink Eye

**Date: Monday, March 31, 2003**

**Time: 5:18 AM EST**

**aries child**  
**united states**

**Ingredients:**

**eye dropper**

**water**

**eye bright**

**I nfuse 1 teaspoon of eye bright to a cup of hot water. wait till boby temp(test on inner side of wrist). use eye dropper to drop**

**2-3 drops into infected eye 3-4 times daily redusing to 2 times daily as infection subsides.an eye bath may be used in place of eye dropper, if eye bath is used then wash eye 3 times daily for 10-15 seconds each blinking while washing.as with any herbs being used on soft tissue you should always ask your doctor befor starting treatment.**

**Date: Tuesday, March 11, 2003**

**Time: 7:46 PM EST**

**U.S**

**Ingredients: washcloth**

**warm water**

**Instructions: Place washcloth in warm water, remove excess water, and place on infected eye for 10 minutes 10 times a day**

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**Cindy**  
**Canada**

**I had pink eye when I was a teenager and two of my children had it too. I heard that a warm "orange pekoe" tea bag helped, so I tried it. Something in the tea bag draws the infection out when it is place over the eye. Just warm up the teabag, place it over the closed infected eye with your head tilted back for as long as you can.(The longer and more frequent the better). This works! It's gross to look at the bag because the infection will be drawn to the bag. Change them after this happens and keep it as warm as possible.**

**Adrian**

**Usa**

**grate one red potato rap it in gause and apply to your eye. goes away in one to two days**

# Poison Oak or Ivy

**Date: Friday, July 25, 2003**

**Time: 1:51 PM EST**

**Carol Watts**

**USA**

**Ingredients: lead fishing sinker and piece of string and nail**

**Instructions: Beat this sinker out flat. Take nail punch hole in flat sinker. Put on string wear around your neck. You can even wear this if going out and around poison ivy you will not catch it. I have been using this 30 plus years. It really works well in country and I am very allergic to poison ivy.**

**Date: Saturday, July 26, 2003**

**Time: 10:58 AM EST**

**Willy Young**

**Country of Remedy: US**

**Ingredients: Polk Sallet root**

**Instructions: I had poison ivy bad on my hands and arms once. I fellow I worked with said to get the root of a polk sallet plant and boil it. You have to boil it until it gets into a paste form. It will have a strong odor. Then you rub it on the infected area until you can feel it**

**"burn or sting" in the effected area. It neturilized the posion ivy over night. I had tried may ointments and this the best way to get rid of it for me.**

**Date: Sunday, July 27, 2003**

**Time: 9:02 AM EST**

**dave cooley**

**[dfiftyc@netzero.com](mailto:dfiftyc@netzero.com)**

**Country of Remedy: USA**

**Ingredients: Dishwashing Liquid**

**Instructions: Rub dawn dishwashing liquid onto skin area and within 15 to 20 minutes the itch will disappear .Do not wash off until next morning and then reapply within a couple of days the skin area will clear.It is also good for mosquito bites.**

**Date: Sunday, July 27, 2003**

**Time: 10:34 AM EST**

**Nancy Slagle**

**email\_address: [conjug8@yahoo.com](mailto:conjug8@yahoo.com)**

**Country of Remedy: USA**

**Ingredients: Boiling hot water**

**As a compulsive poison ivy scratcher, I get "fussed at" by my husband for scratching my very ugly rash. I get very nasty, bubbly, weepy rashes from any second-hand source, such as the kids or the dog...I never hike, garden, or even do yardwork from April to October for fear of actually coming in contact with the stuff. A friend in the Vietnam War told me if I boil water as hot as I can stand it, dip a corner of a**



washcloth in the water, and put it in contact with the rash, it will satisfy the itch for hours. My rashes are particularly itchy first thing in the morning, so that's what I do. Take care to keep the heat away from the unaffected skin, lest you burn yourself! But the hot washcloth really does "itch" the rash without scratching, and you only need to do it once.

**Date: Tuesday, July 1, 2003**

**Time: 10:06 PM EST**

Email address: stef

Country of Remedy: USA

Ingredients: Hairspray

Instructions: It may not get rid of poison ivy but it does help stop the itching!! Put on as needed, it works!

**Date: Thursday, June 26, 2003**

**Time: 8:18 PM EST**

**Maria Perez**

Country of Remedy: USA

Ingredients: burdock roots

Instructions: Make a strong tea with burdock roots and apply to the skin. Let it dry and re-apply as often as needed. It relieves the itching immediately.

**Date: Monday, June 16, 2003**

**Time: 10:19 PM EST**

**D.L. Osborne**

Country of Remedy: USA

Ingredients: Hemorrhoid ointment

Instructions: I discovered this when my husband and I developed poison ivy after mowing and found out we were out of hydrocortisone cream. I read the tube of Preparation H and it said reduces swelling and itching. So we tried it. Just smear it on the areas affected. Within 24 hours, we were cleared up.

**Date: Saturday, January 18, 2003**

**Time: 6:27 PM EST**

Angela

United states

Ingredients: rubbing alcohol

Instructions: I am very allergic to poison oak. We moved to an old homestead with lots of oaks and poison oak. The first few months of summer I had a terrible case. Someone told me if you rub the area where you may have been exposed to poison oak with rubbing alcohol it will take it off your skin before causing a breakout. It really works because poison oak is an oil from the plant soaps probably do not remove the oil but the alcohol does. I have used it after it started to itch and if rubbed well I had no breakout.

---

K. Drink water

USA

Instructions: I get poison oak really bad, with itchy oozy pustules all over. I got this remedy from a friend's mom and it worked for me and my brother.

Blend a potato in blender until it becomes a rough pasty blob. Put it on some plastic wrap and wrap it around affected area. Plastic wrap works better than towels. If you are treating your face poke two holes for nostrils so you can breathe. leave it on for an hour or so, next day the bubbles will be gone and the skin will turn yellowish and start flaking off. It will still itch but much less, and itching will go away soon. Rub affected area to get off excess skin but don't pick at it or it will hurt. Use vitamin E or lotion and it will look almost normal.

Just so a few less people must suffer.

---

Greg  
[gcobb3@carolina.rr.com](mailto:gcobb3@carolina.rr.com)

USA

I get it real bad and wanted to share this info with everyone I can find. Recently got it again and in some places it was real bad. It ranged from light red rashy areas to the weeping burning areas. I went to a little store in my neighborhood, where an old lady was working, to get milk. She told me to get some leaves from a peach tree, boil them, let the water cool, and then with a cotton ball apply this stuff to it. She said it would "cure" it. Well, if you've ever had it you know you'll try anything to get rid of it no matter how stupid. So, right after my evening shower I did what she said. Just in one spot to test it. The result was overnight!! The next morning the poison oak was brown and the skin on it looked dead and dried up! I did all of it that night and the next and within 2 days I was pulling off dead skin that used to be poison oak. I can't believe there's nothing online about this with all the home remedy crap that's out there. That's why I'm sharing my experience with everyone I can find online talking about it. It helps just one other person not suffer like I was, then great! No more doctors for me! Tell everyone, and I hope it works as well for others as it did for me. I would love to hear from people that try it.  
Good Luck!

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Submitted by: SPRING MOORE  
email\_address: [SK1997@EARTHLINK.NET](mailto:SK1997@EARTHLINK.NET)

USA Ingredients: OATMEAL

Instructions:

RUN A WARM BATH. TAKE A OLD SOCK AND PUT REGULAR OATMEAL IN IT. WHILE SOAKING IN THE TUB TAKE THE SOCK FULL OF OATMEAL AND GENTLY RUB IT ALL OVER THE AFFECTED AREAS. THIS REALLY WORKS MY 9 YEAR OLD HAD POISON REALLY BAD AND WE DONE THIS AND BY THE NEXT DAY IT WAS STARTING TO GO AWAY .



nicci

[taznicole@hotmail.com](mailto:taznicole@hotmail.com)

usa

rub the infecter area with the deoderent for 2 weeks i i had gotting  
poison sumack over the summer od 2001 and all the doctors did was give me  
itch pilss and refer me ( suffle me around) couse the dematoligest was  
unavalabnle so my brother0inlaw after seeing the infecter area said just get some  
deoderent and in a week it will be gone it took two weeks but after the  
first week i saw such a change i continued useing it

# Psoriasis Remedies

Joseph J. Veverka  
USA

**Ingredients: 91% Isopropyl Alcohol**

**Instructions: Had psoriasis on both my legs. After trying many cremes and gels I decided to use 91% Isopropyl Alcohol. I should say that I did not have a severe case of psoriasis but it was growing or spreading. My legs are free and clear now.**

**Follow the directions on the bottle. Need to test any reactants to your skin. Vigorously wash with mild soap and water. Apply liberal amount to the area. On the sore and around it. Use anti-itch creme after Alcohol evaporates. See a doctor if this doesn't work.**

**Nany Diawara**

**Mauritania**

**Arlington Education and Employment Program Arlington Education  
and Employment Program (REEP), Arlington, Virginia, USA**

**Instructor : Mary Kay Alegre**

### **Ingredients**

**Compress,  
Oak bark,  
clove ,  
walnut leaf,  
1/4 liter of water.**

**Put in the bowl the oak bark and walnut, and mix together. Throw 25 grams of this mixture in 1/4 liter of water and bring to a boil. Take out after one minute . Add 30 grams of ground clove and let boil for 30 minutes. Filter the mixture that you get. Apply the preparation while it is warm with a compress ,and rub the body part that hurts you for 30 minutes. For best results you have to repeat this process 3 or 4 times per day. This method is very efficient don't hesitate, try it, it works fast. After one week you'll wake up and feel good as new!**

# Ringworm Home Remedies

**Ringworm-** take a regular peice of paper with blue lines on it ..crumple it on a plate and set it on fire.... blow off ashes...what will be left on the plate is a yellow substance (burnt sulfur) apply to ringworm ...it will be gone the next day...

**Date: Wednesday, May 21, 2003**

**Time: 2:13 AM EST**

**Talia**

**USA**

**Ingredients: Calamine Lotion**

**Tea Tree Oil**

**Medicated Shampoo/Acne Soap**

**Blow Dryer (with "cool" setting preferable)**

**Instructions: Do this Morning and Night:**

**\*Wash area with the medicated shampoo or ance soap**

**\*Blow Dry the area so that it is very dry**

**\*Apply calamine lotion so that it completely covers the affected area**

**\*Blow dry again until completely dry**

**\*Apply tea tree oil**

**\*\*\*\*\***

Periodically throughout the day, you should also apply the tea tree oil to the area. I'd say 5 times/day. Ringworm dies by drying it out. I had a very bad case and tried many other things and this worked very well. Good Luck!If you soak a rag or paper towel with apple cider vinegar and let it soak the ringworm for about 15 min, just make sure it is fully soaked.The acid will kill the fungus. It doesn't hurt. My son had ringworm for almost a year. Medication after medication did not work. It kept coming back. I used the apple cider vinegar for a few days and it went away never coming back. I would use it until you don't see it anymore, maybe even longer if you have a tough case. It really works well. I would use before wasting money at the doctors and on prescription meds, they are hard to keep up with anyway.

**Date: Monday, March 24, 2003**

**Time: 1:23 PM EST**

**angela**

**usa**

I was very skeptical about bleach curing ringworm, but I did it. I applied everyday for a week with a Q-tip. It completely dried it up and is all better. It takes at least three weeks for the actual spot to disappear, but it was worth it.

**Email address: Curtis Neal**

**USA**

**Ingredients: Clear nail polish.**

**Instructions: You apply the clear nail polish to the worm area and it sufficates it and makes it go away sounds wierd but it has worked for me and my family for years and years. Just keep applying it to the area everyday for a day or two and it will be gone.**

**Date: Friday, January 3, 2003**

**Time: 4:08 AM EST**

[chickadee1944@msn.com](mailto:chickadee1944@msn.com)

Country of Remedy: USA

Use Iodine on the ring worm till it is gone usually takes about 3 days maybe 4 it will start to die immediately after applying the iodine. it really works we have done it for years.

---

**Date: Wednesday, October 23, 2002**

**Time: 4:24 PM EST**

Mary

Country of Remedy: usa

Ingredients: Desiten diaper ointment

Instructions: Applt to affected area three times daily till gone.

---

**shorty**

**usa**

I know this also sounds weird but it works. if u have a ringworm just apply bleach on the infected patch. Trust me it works wonders. And i know what your thinking is it going to burn! No it won't! I have heard it from other people and i have tried it myself. you can even try looking on other sites for home remedies. i have and most of them say bleach. it dries the ringworm out. That's how ringworms go away is by drying out.

# Scars

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## Vitamin E gel caplets

You can get them at any pharmacy in the herbal remedies section. Break open the gel cap and apply a generous amount of vitamin E oil on the scar. Takes about one month for a fairly recent scar and if it's a scar from when you were younger it will take about two months or so. This is the only reason I don't have a single scar on my body. You can also use vitamin E lotion but the gel caps work best.

Julie ([jgagnon3@uwo.ca](mailto:jgagnon3@uwo.ca))

Hi,

I'm Amy Cobb from the USA. I've found that tea tree oil is excellent for blemishes. Holding a used tea bag onto the blemish helps bring it to a head. Tea (especially green) also has antioxidants that help the skin heal. Calendula, which is also known as Marigold, (as an extract or brewed like tea and applied to the skin) and potato juice (rub a slice onto the skin and rinse off after 15 minutes) help heal red marks and scars from acne. Vitamins E and K are helpful for the scars (even pitted ones). Honey and aloe are also good for scars. I hope these suggestions help someone.

Thanks,

Amy

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**Date: Tuesday, April 29, 2003**

**Time: 7:25 AM EST**

**Loui**

**Ingredients: Lavender essential oil**

**Instructions: Put a drop or two on cotton wool and dab on scar.**

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**Date: Wednesday, April 16, 2003**

**Time: 11:11 PM EST**

**Email address: asma**

**Ingredients: pure honey**

**Instructions: The best remedy for scars is honey. It works very well. You rub it on the scar many times during the day for some days, and you'll see. It leaves no mark.**

**I used 100% Pure Olive Oil on my scar from having a C-Section and it worked great!  
It's almost as if it wasn't ever there. Just rub it on your scar 2-3 times a day. Works great!**

---

**rebecca  
USA**

**prick one capsule and rub it on the scar. vitamin e is very important in healing!!! the scar should start to fade in color and texture within a few weeks. it takes a while, but it does work**

---

**Deena  
U.S.A.**

**You've probably heard it a thousand times, but it is the #1 cure for any kind of scar, new, or old. If you use the oil, it must be pure, ( or as close as you can get.) Rub into scarred area, as you would a lotion. Do not rinse, leave, as you would a lotion. If you use the vitamin "gel" pills, (more effective), more pure. Break open the pills, squeeze out the oil inside onto the scarred area, also, just as you would lotion. Do not rinse. This remedy has been a proven one on old and/or new scars Although the results can not be seen for 1-2 months of twice a day as instructed from for either way.**

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**Kelsey Cook**

**Neutrogena facial sunblock in the stick form contains vitamins A, C, & E which are all important for the healing of scars. Plus, the sunscreen would help to prevent discoloration of the new skin. (instructions)  
After washing the new scar, apply the facial sunscreen.**

# Sinus Problems

I've got a home remedy I like to use for sinus and chest related colds. You make a mock inhaler by breathing the steam of boiling water. There are a number of medicinal herbs you can put into the hot water too. Garlic is good for ANY cold because it is a natural antibiotic that does wonders for your immune system. Cayenne pepper stimulates blood flow and is good for clearing breathing passages. I also recommend thyme, eucalyptus, mint, echinacea, or coltsfoot. Just boil some water and pour it into a mug with any variety of herbs above (garlic especially). Now cup both hands over the top and inhale the steam slowly through your nose or mouth. Careful, it may be a little too hot. Not only does the steam decongest your nasal and breathing passages, but the moisture loosens phlegm and mucus and soothes a dry, irritated throat or nose. If you have a head cold or that pressure right between your eyes this is SO incredibly soothing and relaxing. Not to mention all the medicinal benefits you get from the herbs you put in it. Use small amounts with the herbs (just a pinch or two) because some can be so overwhelming its unpleasant, like eucalyptus or red pepper. With garlic you can crush a couple pieces though.

Andy Dell  
USA



# Sore Throat Home Remedies

## Instructor: Rob Jenkins

**Date: Tuesday, May 13, 2003**

**Time: 12:24 PM EST**

Rosario Lopez, Odilia and concepcion.

Country of Remedy: mexico

Ingredients: water,cinnamon,honey and lemon.

Instructions: Drink tea in the night hot for sore throat.

**Mexico**

**Submitted by: Antonia Villanueva**

put juice 3 lemons in a glass add honey.drink spoonful  
every 4 hours as need.

---

**Mexico**

**Submitted by: Mario Danilo Maria Waldo Julian Yolanda**

Ingredients: Honey, Water,Lemon, Mullen

Instructions: Mix ingredients and heat . Drink 1 cup .everyday

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**Angelica Lopez**

**Colombia**

Fill a cup with hot water. Add a teaspoon of salt. Squeeze the lemon. Drink a little water  
ang gargle 3 times a day. My mother showed me how to do this when I was 13 years old. It  
is absolutely effete.

# **Sore Throat Home Remedies**

***School: Merced Adult School***

***Laos - take a little bit of ginger in both hands. Press the ginger on the neck and then upward to the temple area and then to the top of the head. Next pull out a strand of hair from the top of the head. Do this 3 times per day for a few days and you'll be healed.***

# **Sore Throat Home Remedies**

***School: Salinas Adult School***

***Instructor: Kathleen Slattery***

## ***Sore Throat***

***Once when I was 13 years old, I had a sorethroat, I couldn't speak. I remember that my mother made me a remedy with honey and lemon. After I drank this remedy, I slept and speak better. My mother tell me, is last time that you Damp.***

***Alejandra Perez***

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***Once when I was a child I was very sick. I had a very bad cough and sore throat and I couldn't eat. I remember that my mother was very worried. She put Bell cream (a Mexican cream made from apples) on me. She put oil in my throat. After that I went to the doctor because I had a lot of pain in my throat.***

***Maribel Rios***

## **HARUKO (JAPAN).**

***If you have a sore throat it's a sign that you are catching a cold and you must pay attention to your body. The most important thing is to gargle using salt water .***

***The reason for using salt is that it has good sterilizing power. The suitable density is more than 0,7% Although you try to gargle as hard as you can,it can get worse. But don't worry about that.***

***We have a good cure. The ingredients are MISO, which was made by salt soyabean and some seasonings,leek and cloth. At first you have to cut a piece of leek as small as you can.***

***The second task is very simple you stir MISO and LEEK into a small container using something such as a spoon. In the end you put them on your throat whit a piece of cloth which is kept damp.***

***You will be better in a day.***

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## **Shyh-Suen Jing (Taiwan R.O.C) .**

***I have a very good remedy for a sore throat. First, remove the top and core of an orange. Sprinkle salt on the top and inside the orange. Then, microwave on high heat for 1 minute and 30 seconds, remove and eat. Carry out this remedy every 3 hours. I've done this many many times before. It really works!***

# South Seattle Community College

Aviva Furman

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*by Fowsia Qasim from Somalia*

When I was a child one day, I remember I had a sore throat. My mother made me a remedy with lemon, olive oil and a little water. I drank it and I felt better at last.

---

*by Yunjeong Lee from Korea*

If you have a sore throat, you should take ginger tea. You slice a big piece of ginger and add some pure water. After boiling the water, you should drink it frequently. If you want, you can add some sugar.

# **Arlington Education and Employment Program (REEP), Arlington, Virginia,USA**

**Mary Kay Alegre(Instructor)**

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**By Jing Sheng Zhang  
China**

**When I was young I got a sore throat. My mother told me a home remedy. Eat a steamed pear with a sugar cube. First, take one fresh pear and make a hole in the top of the pear. Then, put the pear on the plate. Then, fill a deep pot half way with cold water and boil. Set pear and plate in the steam for twenty minutes. Then use a spoon to eat this steamed pear. Eat this three times a day until your sore throat feels better.**

---

**by Arturo Torres From Peru**

**ingredients :**

- 6 eucalyptus leaves or 2 tablespoons of VICKS VAPOR RUB,**
- 1 liter of boiled water**
- A bowl and a medium towel.**

**The best way to relieve congestion and sore throat is to breathe in the eucalyptus vapors. Bring water to a boil with the eucalyptus leaves in the pot and continue to boil for 5 minutes. If you don't have eucalyptus leaves you can also use 2 tablespoon of VICKS VAPOR RUB. After that cover your head and face with the towel over the bowl and breathe in the vapors (for 30 minutes). Your nose and throat will feel very clear. When I was a child, my mom used to give me this home remedy and I slept very well the whole night.**

# Sore Throat Home Remedies

Carla and Sarah

Colac High School, Australia.

Instructor: J. Dullard

Ingredients: 3/4 cup water, approx.

1 teaspoon of table salt.

Method: Add salt to water and gargle. Make sure you don't swallow it.

# India

## Remedy by Alka

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### Ingredients

salt,milk,water and tea leaves.

### Directions:

Prepare regular tea with water,tea leaves and milk.Then instead of adding sugar,add salt.Cures sore throat in a jiffy.



# More Sore Throat Remedies

**Date: Friday, July 11, 2003**

**Time: 12:13 AM EST**

**Judy**

**Belize**

**Ingredients: Red Hibiscus Flower Petal**

**Instructions: Just pick a petal off a red hibiscus (red only) and chew it up and swallow. Your sore throat should be gone in minutes. Also it is a good source of iron.**

**Date: Sunday, June 1, 2003**

**Time: 5:34 AM EST**

**Suroor mohammed Al- Mansoori**

**[doctoruae@hotmail.com](mailto:doctoruae@hotmail.com)**

**Country of Remedy: UAE**

**Ingredients: Sugar, lemon and water**

When I was 9 years old, I had a sore throat because of the cold weather. I could not speak and at the same time I coughed. I could not really sleep because my throat was sore and I coughed all the time. My mother made lemonade for me by cutting up a lemon and mixing it with four cups of water and four spoons of sugar. She gave me a large warm glass. That helped me. My mother brought a glass of lemonade three hours every day. When I was sick, I drank many cups of lemonade, eight or maybe nine cups over two days. I also drank coffee. When I drank coffee, I felt better my sore throat became less and I could speak a little bit. This remedy was old, and some people still use it for sore throats and coughs. This helped me to cure my sore throat. I felt better after two days. With this remedy, I was cured and I didn't need to go to hospital.

**Date: Wednesday, April 9, 2003**

**Time: 1:34 AM EST**

**Robert Yeaman**

**Italy**

**Ingredients: Salty Potato Chips**

I got this remedy from my Italian great grandmother and it works perfect. Most of us know that gargling salt water will kill the bacteria in yourmouth causing bad breath. My great grandmother's version is to eat an entire bag of salty potato chips. The chips when chewed form a salty pastewhich clings to the bag of your throat better than just gargling. I usuallyget the salt and vinegar flavor because I know that vinegar is harmful to bacteria also.

**Date: Tuesday, February 11, 2003**

**Time: 2:36 AM EST**

**Sara A**

**Country of Remedy: United States**

**Ingredients:** mix 1 or 2 table spoons apple cider vinegar with as little water as u can stand.

**Instructions:** gargle once an hour for 24 hours and it should be gone. and it wouldnt hurt to swallow it either. My son had strep throat,and i got a sore throat right after him, im sure it was strep also. but it worked. apple cider vinegar kills bacteria.

**Date:** Tuesday, January 21, 2003

**Time:** 10:16 PM EST

Linsey S.

USA

**Ingredients:** 1/2 lemon (squeezed)

Honey

A cup of Hot tea

**Instructions:** My grandma always gives me this drink for a sore throat. You make yourself a cup of hot tea, squeeze a half of a lemon and put two to three teaspoons of pure honey in it. This is also a goodsleep remedy. When you drink this you will get very sleepy and whenyou wake up the next morning you will feel better.

sari pandenie

Country of Remedy: the ukraine

**Ingredients:** apple cider vinegar

1 tsp cayenne pepper

3 tbs clover honey

water

salt

**Instructions:** Combine one teaspoon of apple cider vinegar, one teaspoon of cayenne pepper and three tablespoons of clover honey in a glass of warm water, mix it up and add mint leaves.Gargle as often as necessary. I know it sounds disgusting but it really works!Tim

**Ingredients:** Cup of hot water, tablespoon of lemon juice, pinch of salt, and a tablespoon of honey.

**Instructions:** Put a mug of water into the microwave for 1.5 minutes. When water is hot add a tablespoon of lemon juice, pinch of salt, a tablespoon of honey, mix it up and sip.

---

Jun Qing Lei

USA

**Ingredients:** Mint leaves, mint candy, cough drops, mint gum etc. and hot water

**Instructions:** You can chew strong mint leaves while drinking hot water. The menthol mixes with the water and runs down your throat, soothing it. Since most candy with mint flavoring have menthol, this remedy is convenient as long as you have hot water and candy. My favorite mint to use is Cool Mint Listerine PocketPaks. They dissolve quickly and are

very strong. This is commonly used by my sister who is a professional singer. This works really well!8-12oz. of hot water that you can stand mix with 1oz. peroxide,1teaspoon salt.

gargle once every hour it does the job.

---

Maricia

usa

eat a banana right before going to bed, your sore throat should be better in the morning.

---

For a sore throat, I learned and have used for years a Yoga posture called The Lion. You get on your hands and knees, open your mouth as wide as possible, and stick out your tongue as far as possible. I read that it lets blood flow into the area of your throat to irrigate it (and I suppose bringing in healthy nutrients). Mysore throat never lasts more than a day after I use this method.

Ed de Jong

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Glenn Wright, Montreal, Quebec, Canada.Ê

[underdog999@netzero.net](mailto:underdog999@netzero.net) Ê

THIS METHOD GIVES IMMEDIATE RELIEF: Ê Gargle full-strength with Listerine, then slow down your gargle until you are just about to gag, or swallow it. Tilt your head forward into the sink to empty out your mouth, but don't close your mouth, or spit... just let it fall out. When the Listerine is mostly out of your mouth, tilt your head back, and swallow the remaining Listerine, so that it goes down the back of your throat. Very soon afterward, you will forget you had a sore throat. Ê

---

If we had a sore throat we would swallow Vicks,Ê I know now days they tell you it is not good to swallow, but we did it as kids and it cured our sore throats.Ê If our noses were blocked up, we put the Vicks at the beginning of our nostrils, and through the night it would clear it up.Ê Once again, now days the bottle says not to do it, but it worked then, and it still works now.Ê I am assuming the only reason they tell you not to do it is because they have several other vicks products that will do the same thing on the market.

Maureen

---

mary c.

Ingredients

- 1 cup of warm water
- 1/4 cup vinegar
- 2 tablespoons salt

Mix ingredients together until salt is dissolved. Gargle as much as you want. Repeat as needed. ----

---

USA

Brandon J. Elliott

My Great Grandfather taught me this one--- For a sore throat, just take a tablespoon of yellow mustard and swallow it. Your sore throat will be gone in just a short time.

---

Alexandra D.

ingredients = Boiling water Tea (preferably peppermint) Two spoons of honey

Whenever i get a sore throat i drink tea with honey and it immediately makes me feel better. It lasts a long time also! Hope it helps you.By Richard Ragone

---

When I was a child I assumed the cause of the sore throat was bacteria and I remmbered sunlight kills some bacteria. So I opened my mouth into direct sunlight for 15 mins. I know this sounds strange but it has worked for me. The effect is rather imediate.

---

If you wake up in the morning with a sore throat, take two eggs and fry them sunny-side-up. Make sure the yokes are a little runny. Put about a teaspoon of cayenne (red) pepper on each yoke of your eggs, (one tsp. for each yoke.) You can put a little tobasco sauce and/or salt on them for taste if you like. Mix the pepper in with the egg yolks. When you eat, let the mixture run down the sore part of your throat. It actually tickles a little and makes your eyes and mouth water, but hang in there. Wash it down with a glass of orange juice. This is a little hard-core, I know, but it really works for me. You get used to the hot-pepper after a while, you may even like it!

From Josh Bohlen, Wisconsin

---

I would like to submit a home remedy. I just learned this one myself, and it works wonders. The remedy is for throat infections: Gargle with a mixture of Apple Cider Vinegar & Warm water 2-3 times a day

until the infection disappears. I am prone to throat infections, and this remedy saved me a trip to the doctor. -Molly

# Sore Feet Home Remedies

**Date:** Wednesday, July 23, 2003

**Time:** 10:55 PM EST

**Michelle**

**Country of Remedy:** Canada

**Ingredients:** cold water, epsom salts, mint

**Instructions:** add all the ingredients into a large basin or foot spa. never use hot water when your feet are swollen or sore, it can actually make it worse. if you work all day long, and are in shoes, the last thing you want to do is add more heat! soak your feet for approximately 15 minutes in the water with the epsom salts, the mint is just a nice bonus. after an especially hard day of work i will take ice packs and wrap them around my feet and ankles to reduce swelling. i do this every morning after long shifts, and my feet are better by the time i have to go back to work. remember to wear proper footwear to prevent any worse wear on your feet.

**Name:** e lowe

**chile**

**Ingredients:** soap warmwater cloth or towel

**Instructions:** wash area with warm water dryof, then cover area with soap and leave wet and soapy, then wrap in a warn damp cloth or towel.and leave on as long as possable,repeat if nessary,this actualy works,i dont know why, a freand did it for me when my foot was badly swollen and in a lot of pain,dureing a long trip, i think i may have aggravated an insect bite,by forceing my self to keep walking. ether way i was amased after just a few hours the pain and swelling started to leave it was amasing.

# Sore Fingers and Toes

**Date: Wednesday, January 8, 2003**

**Time: 7:08 PM EST**

## **Ingredients:**

- **Brown Paper Sack**
- **Vinegar**
- **Plastic bag**
- **Duct Tape**

**Instructions: To remove the pain of a jammed finger or toe, soak strips of brown paper in vinegar, wrap around finger or toe. Cover with plastic bag and make as airtight as possible. Leave overnight, by morning there should be no pain.**

# Splinters

**You place a piece of duct tape over the splinter and leave on for a half hour. Then slowly peel away. The splinter will come off on the tape.**

**Stephanie Kennelly**

**Date: Friday, May 2, 2003**

**Time: 6:00 PM EST**

**Email address: Beth Shaver**

**Subject: Home RemedyCountry of Remedy: USA**

**Ingredients: Elmers Glue**

**Instructions: If you have a splinter put some glue on it and let it dry. The peel it off and out comes the splinter.**



# RHODIOLA ROSEA

## Russia

A powerful anti-stress, positive mood and memory enhancing formula. It has superior activity over other phyto-medicines, like St.John`s Wort, Ginkgo biloba, and Panax ginseng.

### **ingredients**

Rhodiola Rosea dry roots

### **instructions**

mill 30 g of Rhodiola Rose roots in coffee-grinder no less 5-10 mm, add 150 ml of vodka without aromatic additives, agitate and steep 3-5 days at room temperature. Separate and filter the extract.

Dosage: ½ tsp. x 3 times per day

# Stretch Marks

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**Date: Tue, 8 Jul 2003 12:53:58 - 0700 (PDT)**

I used the popular Palmer's Cocoa Butter lotion and oil during my pregnancy and still ended up getting a lot of stretch marks during the 8th month of. I am now using virgin, unrefined Hempseed oil. I have only been using it once daily for 4 weeks, but can already see an improvement in fading. Hope this helps!

**Date: Wednesday, April 23, 2003**

**Time: 4:53 PM EST**

**Email address: Hilaria Garcia**

**Instructions: Apply Olive oil (100%) to your stretch marks at least twice a day. Within a week you should start to see the results of your stretch marks starting to fade!!!**

---

**A good home remedy for stretch marks: Buy vitamin E in gelcaps and take a needle and poke a hole in a few of them. Squeeze the liquid out and rub it on your stretch marks or scars.**

**Michelle**

---

**Leah  
USA**

**When you get out of the shower rub cocoa butter lotion on the stretch marks.**

# **Stomachache Home Remedies**

## ***School: Merced Adult School***

***Laos - take off the shirt and then press hard in the pit of the stomach. Then push upward along the arms to the fingers. Do this 3 times. Then puncture the tips of the four fingers on both hands. Squeeze the blood into a bowl of water. The blood can be thrown away and the pain will cease in about 30 minutes.***

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***Laos - take the bark from a special tree and soak it in a bowl of water for about 30 minutes. Then drink the water and you'll be better in about one hour.***

---

***Laos - take a dried blade of grass and dip it in any kind of oil or fat so that it will burn. Light the blade and then let the hot ashes fall on the stomach. Do this 7 or 9 times ' and you should feel better in 30 minutes to one hour.***

---

***Mexico - boil 1/2 gallon of water and add camomile, cinnamon and honey. Drink this 3 times per day for 2 days to be completely well.***

# **Stomachache Home Remedies**

***School: Salinas Adult School***

***Instructor: Kathleen Slattery***

## **Remedies from Mexico**

**I remember when my child was very sick. He had terrible vomiting for two days the Dr. said he is normal, but he was not ok. My husband was sad, he went to the hospital. My neighbor she brought me yerbabuena tea. it is very good for the stomach. After my child drank tea, hours after, my child is ok.**

***Rocio Sotelo***

---

**I remember when my brother was sick with a stouachache in the night at 2 or 3 a.m. He woke up and drank water and 3 different types of medicines, but he didn't feel better. He called my mother and she made tea with chamomile and yerbabuena and he felt better, and slept very well.**

***Martha Vieyra***

# **Stomachache Home Remedies**

***School: Technology Learning Center, Sacramento  
City Unified School District***

***Instructor: Jeri Boe***

## **China**

**Sometimes when I have stomachache, I lie face downwards. My mother gave me Essential Balm rub or massage, and put a hot water bag on my stomach. After 20 minutes, I felt good. Maybe gas pain.**

# **Stomach Ache Remedies/H1>**

**By Su-Lien, Chen (Taiwan, R.O.C)**

**Swallowing seven live baby mudfish per day for seven days. That may be worth trying to cure gastric ulcers.**

**Be sure to grasp the vital principle of choosing forty nine vigorous fish, which is extremely important and necessary whenever you are going to try this brilliant remedy.**

# Stomachache Home Remedies

*School: Santa Ana College, School of Continuing Education  
Centennial Education Center*

***Instructor: Robert Jenkins***

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**Submitted by: MINH THU THI NGUYEN  
VIET NAM**

Ingredients: LEMON,ORANGE,TEA,COFFEE,MILK.

Instructions: TAKE SODA LEMON ONE GLASS AND HOT TEA .

---

**Submitted by: Salvador Custodio Ana Angelica Reyes Isabel  
Subject: Home Remedy  
Mexico**

Ingredients: 1.- 1 oz. of Oil olive.  
2.- 5 mlgr. of Baking soda.  
3.- 1 lime.  
4.- 1 Coke or 1 Seven Up.

Instructions:

Mix with one spoon the oil olive with baking soda and juice of lime for one minute. Drink all mix and after give one massage on the stomach for five minutes.

Warning: Don't take foods with fat. To prevent dehydration only drink Coke or Seven Up.

---

**Submitted by: CARLOS COLIN  
Subject: Home Remedy  
MEXICO**

Ingredients: MIX WATER,LEMONS,JUICE AND CARBONATED SODA.

Instructions: DRINK HALF GLASES FOR 12 HOURS.

---

**Submitted by: Hoa Pham**  
**Vietnam**

Ingredients: sevenup hot tea lemon water sleep.

Instructions: Combine ingedients and massage mixture on the stomachache

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**Peru**  
**Submitted by: Mario Danilo Maria Waldo Julian Yolanda**

mix hot water put the oregano for 2 minuts. Drink two cups every 2 days.

---

**Mexico**  
**Submitted by: Antonio Cuevas**

Ingredients: Mint,Water,salt or sugar.

Instructions: Mix ingredients driNk hot.

---

## **Guatemala**

**Raul francisco**  
**Mexico**

Boil water with Mint. After,drink 1-2 cups per day. lay down after drinking My mother showed me, how to do this when I was 13 years old it always works.

---

my name is Cesar Lopez. I am from Guatemala. I learned from my mother. a good remedies for stomachache. twenty years ago. I had a lot stomachaches and my mother uses to give me one glass of water with 3 or 4 drops of criolina. criolina is a chiminal produt and the people use only for animal



because it is a very dangerous chemical. But my mother uses to give me, because a nother kin of medicine was not enough to relieve my pain. with this medicine my pain go away.

---

Mexico

My name is Amalia Palacios. Im from Mexico.I remember when my firs son was sick. He didn't had hungry for three days. The doctor said He is normal, but He was not ok, and my mother-in law said. fried avocodo pit, anions and 1/4 cup of chocolate. After my child drank three spoons with tea of yerbabuena for two times different for days, hours after my child is OK.

---

Vietnam

By Trang Tran

ingredients = Wine and Medicine

This is instructions from Viet Nam.Put the wine old medicine on your hands and mix with your hands, and then put on your body. Massage slowly on your stomach. Cover you body with a jacket after the massage. This medicine work's very well.

Questions? email me at [rob\\_jenkins@hotmail.com](mailto:rob_jenkins@hotmail.com)

---

Mexico

By Rosa Maria Salazar

ingredients = mint

In a bowl put two pieces of mint in fire on the stove slowly for 5 or 6 minutes. Later drink every 4 hours.

---

Mexico

By Hilda,Socorro,Josefina,Elia

Put one cup of hot water and one pack of manzanilla tea with honey.

**Instructor: Brenda Donahue.**

**By: Esther Valez  
Mexico**

**ingredients**

- 2 cups of water.
- 1/8 teaspoon of cummin.
- 4 brianches of mint.

Put on water to boil. Then, when the water is still boiling put the mint in, and let it boil for 2 minutes. Then put in the cummin, and let it boil for 2 minutes longer. Put the tea in a cup, and drink it. If you want you can use 1 teaspoon of sugar. This will make your stomach feel better.

---

**By Luis and Rafael Gomez  
Mexico**

**ingredients = Crushed ice**

This is an old remedy from Mexico. When you have an upset stomach, and you are throwing up, swallow plenty of crushed ice until you feel better.

---

**Gabby Cisnero  
Venezuela  
indications = stomach acid or sor stomach**

**ingredients :**

- a glass of carrot juice
- 1/2 raw potatoe with peel

- 1 spring of celery

This remedy comes from Venezuela and is used by my family. When we get a sour stomach or have heartburn we make the above mixture and blend it until it is smooth. We then drink a glass as needed and our stomach gets better.

---

**By Magdalena, Angel, Maria, Juan, Jobi, Judith  
Mexico**

**ingredients:**

water, ruda, sugar.

Wash the ruda and put in the pan with the water, boil for five minutes, and let it cool, and sweeten with sugar, drink one glass a day is good for the stomachache.

---

**Ana Maria Cruz  
Jalisco Mexico  
Stomachache and cramping**

**ingredients :**

Malvas, seven up, alka-selzeer, lemon and baking soda.

Mix the malvas with seven up, and put in one cup. Add Alka-selzeer, baking soda and one lemon. Drink one cup 2 or 3 times a day.

---

**Daniel cuica  
Mexico**

Ingredients: Mansanilla tea

Put a boil the mansanilla with water for 15 minutes, take 3 cups every day.

---

**Lupe Leyva  
Mexico**

Camomile and rosmery honey water.

TAKE ONE CUP EVERY MORNING AND NIGHT.

---

**Artemia Solano**

**MEXICO**

water comomile

Put water to boil and serve one cup them put comomile ready for to drink.

---

**RENE FIERRO.**

**MEXICO, CITY.**

MOTHER'S MILK,COTTON,AND ONE EAR.

PUT THE COTTON ON THE HURT BODY'S PART WITH THE MOTHER'MILK,AND DON'T QUIT ONLY IF THE ACHE FINISH.

# South Seattle Community College

Aviva Furman

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*by Fowsia Qasim from Somalia*

When I was a child I was sick. I had a bad stomach ache and my father gave me garlic and salt. He mixed them together and he gave it to me. I drank it and after a short while I felt better.

# Stomachache Home Remedy

**Instructor: Ruth Makepeace**

**My English Name : Sa Ung Hong**

**My Korean Name : [Sa Ung Hong](#)**

**My class as SammSung HRDC : 4B**

**When I was in a elementary school, I had stomachache. I had fever and couldn't breath. My grandmother gave me fresh pear juice. Soon I began to perspire and the fever went down. I recoverce.**

**thanks! I finished my homework for speaking class.**

**If you like my story, please [email me](#)**

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**Min-Ju, Kwon**  
**[minju98@hotmail.com](mailto:minju98@hotmail.com)**

**Ingredients:**  
thread  
a needle  
tissue paper

**Instructions:**

**When I was child, I always had an attack of indigestion. So my mom used this way. First you must wash your hands and also other people must, too. Second you wind thread thumb of the knuckles knot round tie up. Third you prick behind thumb's nail using a needle. If you have something wrong you blood color is red black. And you can clean your hand. A few minutes later you will feel so good!**

# Stomachache Home Remedies

**Date: Monday, July 28, 2003**

**Time: 2:34 AM EST**

**Email address: John Colagrande Jr.**

**Country of Remedy: Italy**

**Ingredients: garlic**

**Instructions: It's easy--old Italian remedy--you put a raw clove of garlic in your belly button.**

**Date: Friday, April 25, 2003**

**Time: 3:48 PM EST**

**C. Buchanan**

**U.S.A.**

**Instructions: All you have to do is lay on the floor with your head on a smaller sized pillow, put your knees up and just lay there for about 10-15 minutes without moving too much. You hav to make sure that you are laying flat on the ground. Your stomach ache should go away. This has worked many times for me and my friends. I have very bad cyst on my ovaries and with them comes bad cramping. I take medication to rid my cramping, but I'm always left with a stomachache. I use a glass of warm coke. I warm it in the microwave until it fizzes. I drink a glass and take a nap. When I wake up, my stomach feels much better. This has worked for me for two years.**

**Katie Callaghan**

**Michigan, USADate: Thursday, December 26, 2002**

**Time: 9:28 PM EST**

**Email address: Brian**

**Subject: Home RemedyCountry of Remedy: USA**

**Ingredients:**

**ginger root**

**water**

**Instructions: Boil water and pour into cup with 2-3 thin slices of the ginger root. Let steep for five minutes. Drink. Optional: add some brown sugar for flavor**

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**.Edith Garfias**

**Country of Remedy: Mexico**

Ingredients: water,mint,bakig soda,lemon and sugar.

Instructions: Get pan of water very boil and mix  
mint bakig soda,lemon a little sugar  
and drik hot.

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**Maria Soria**

**Country of Remedy: Mexico**

Ingredients: TEA MINT

Instructions: GET PAN OF WATER VERY BOIL THIS FIVE MINUTES I DRINK 2  
TIMES FOR ONE DAY.

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**Jae Young An**

**South Korea**

Instructions: At first, boil some water and put the octopus into the  
boiling water. Then drink the water. You may drink a glass of this water  
each day at night.If you drink 2~3 glasses each day, you'll have no  
problem.

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**IVONNE MOYA**

**MEXICO**

Ingredients: 1 SPOON OREGANO  
WATER

Instructions: IN A PAN MIX WATER + OREGANO  
BOIL THIS SOLUTION AND LET IT COOL  
SWEETEN WITH SUGAR.

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drink cocacola it really works! but for some reason, only the name brand stuff works the best for me.

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**Kristen Steffensen-HaleIwa, HI USA**

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For stomach aches you can drink flat (defizzed) pop to make you upset stomach feel better. By  
Anonymous

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Take activated charcoal capsules. They sop up whatever is making stomach hurt. Capsules can be bought at pharmacy or health food store. Learned from my sister. Betty G. , USA

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Drink ginger ale or make a ginger tea with 1/4 t. ginger and a little sugar in hot water. Origin unknown.  
Betty G., USA

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Marie Theresa  
USA

ingredients = A cup of cold strong coffee, or cold coke cola.

instructions = Exercise to wake up the intestines. Standing, with legs slightly spread apart, and arms stretched over your head, SLOWLY stretch to the left and then right repeating several times to each side. Spread legs further apart and lean to the left as you bend the left leg and then lean to the right as you bend the right leg. (your aiming sideways, and back and forth) You should feel this in the inside of your thighs. Next, sit on a padded or carpeted floor and draw legs up to your chest and hold them with your hands on your knees, elbows out. SLOWLY lower yourself onto your back feeling each segment of your spinal column as you go. Raise back up the same way--SLOWLY. Massage any particularly tender spots with your fingers. Do them several times. Massage your back-waist, sides and tummy. Stand up and do the stretches again. Act as though you were going to sit down, but just before you would sit down, straighten back up again. Do several of these and press your fanny outward and feel the stretch. This exercise series helps to wake up the intestine and colon to help eliminate YOUR PROBLEM!

# **Anish**

## Ingredients

- juice of ginger,
- lemon juice
- sugar for taste

Mix these in equal proportions and leave it to settle. Drink off the top part and avoid the remains of the ginger by all means

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## **Sumita Sahi**

VoiceSoft School of Medical Transcription

The seeds of mint are very useful to relieve abdominal gripe due to indigestion in older children. Even chewing a few leaves of mint has a carminative effect & has valuable digestive properties. For grownups, warm mustard oil could be used to massage the abdomen. Warm a little asafoetida in castor oil. Powder the piece of asafoetida & mix it well in castor oil & then apply this medicated oil all around the suffering infant's navel & gently massage the abdomen.

# **Stomachache Home Remedies**

**Jae Hyun Park**  
**Korea**

There is no one who doesn't know how to use a needle. A needle is used for sewing. But, in Korea, we believe all organs in the human body are connected with all parts of the hand. So we've been using a needle as an urgent home remedy for a long time. When I was 7 years old, on the big Full Moon Celebration Day, Which is the largest holiday in Korea, I ate too many rice cakes. My stomach hurt very suddenly. I couldn't bend over. My grand mother ran to me and shouted to my sister to bring a needle. She sterilized the needle in a flame. First, she held my thumb. Next, she pricked right below the cuticle of my thumb with a needle and let a drop of black-red blood out. Then she held my hand and pressed with her thumb in the center of my palm. Almost 10 minutes later, my stomachache was gone very quickly. In Korea, if you have a stomachache and a headache at the same time, we use needles as a home remedy. Now, when there are not proper medications around me, I use a needles as a home remedy.

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**Hossein Akbaroff**  
**Iran**

## **Ingredients**

**A cup of water**

**A table spoon of dried mint leaves**

I've used this home remedy many times because sometimes I really eat too much and then I need to use this home remedy. It is really simple but it works. All you need is a cup of water and 2 tablespoons of dried mint leaves. You have to boil the mint leaves in water until the color of the water changes. Then strain the leaves and drink the liquid. You also can put it in a microwave for one or two minutes instead of boiling it on the stove. One of the most important things about this home remedy is that it smells really good.

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**Razia Sultana**  
**Pakistan**

Take one glass of water, cut a lemon and squeeze juice into water and add salt to taste.

## Short story about home remedy:

One day in my country, I went to a marriage party. I ate different kinds of food. After eating, I felt pain in my stomach. The next morning, I had diarrhea. My friend told me a home remedy for diarrhea. Mix lemon juice in water and add salt to taste and drink it. I made it and drank it. After drinking, I felt better. My friend's home remedy was very effective for me. I was thankful to my friend for this remedy.



# Sunburn Remedies

**Date: Sunday, July 27, 2003**

**Time: 1:30 PM EST**

**Marie**

**Country of Remedy: Canada**

**Ingredients: stalk of LIVE Aloe Vera**

**Instructions: open the stalk with a knife, scrape out inside content with pulp into a small glass bowl. Mash pulp if needed. Spread over sunburned area for relief of pain and to heal sunburned area**

**Date: Tuesday, July 8, 2003**

**Time: 2:47 PM EST**

**Daniel**

**US**

**Ingredients: bath water, and baking soda**

**Instructions: add one box of baking soda to a cool bath, takes away the burn instantly. also sometimes if i can come across it, ill add a few cups of PURE aloe vera gel.**

**Date: Saturday, July 5, 2003**

**Time: 1:55 PM EST**

**ray thomson**

**Country of Remedy: u.s.**

**Ingredients: baking soda**

**Instructions: put in bath water and soak**

**Date: Sunday, June 15, 2003**

**Time: 10:22 PM EST**

**Caitlyn Merkle**

**USA**

**Ingredients: Mens Shaving Cream**

**Instructions: Take some mens shaving cream and rub it onto the burn. It really helps the burning and itching and may even prevent peeling. I put it on whenever I feel discomfort and 30 minutes before I go to bed. Any kind will work, but my favorite is Old Spice.**

**Date: Monday, June 16, 2003**

**Time: 3:56 PM EST**

**Email address: MAC**

**[tismessylike@yahoo.co.uk](mailto:tismessylike@yahoo.co.uk)**

**Country of Remedy: IRELAND**

**Ingredients: ICE**

**TOMATOES**

**WATER**

**Instructions: MASH UP TOMATOES, CRUSH A LITTLE ICE, ADD A LITTLE COLD WATER AND APPLY TO AFFECTED AREA. INSTANT RELIEF BELIEVE ME!!!!!!**

**Date: Tuesday, June 17, 2003**

**Time: 12:24 AM EST**

**USA**

**Ingredients: EMPTY A LARGE JAR OF NESTEA INTO YOUR BATH WATER**

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**A great remedy for sunburn is to apply a diaper rash ointment. I use Desiten. lightly rub a med. coating on affected spot it helps with the redness and the burning. I usually put it on an hour before bed so it can soak in a bit and leave it on until morning you can then gently wash it off. Noxema also works wonders. Also 1 cup of white vinegar added to bath water will help.**

**Dawn**

**WI USA**

**Date: Thursday, April 24, 2003**

**Time: 10:02 PM EST**

**Samuel Hayes**

**[yosemite91@cox.net](mailto:yosemite91@cox.net)**

**Country of Remedy: USAs**

**Ingredients: Bleach/sponge**

**Instructions: When I was growing up, everytime I got a sunburn, my aunt would soak a sponge in bleach, then dab it on my burns. It took the fire right out and the burn turned to tan very quickly.**

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**Date: Tuesday, February 25, 2003 Time: 9:38 AM EST**

**meredith**

**usa**

**Ingredients: vinegar, ice, water**

**Instructions: This should be done with in the first twelve hours. Get a medium to large bowl, add vinegar, ice, and cold water. Use wash cloth for compresses. wet the wash cloth in the bowl and place over sun burned area. You will feel the wash cloth heat up (it's drawing the heat out of your sunburn) as it does put back in cold water and repeat. Drawing the heat out helps take the pinch out of the sun burn. When your done use a good lotion to help prevent peeling.**

**Tim D**  
Country of Remedy: USA

Ingredients: Tea of any kind. Tetley will do.

Instructions: Take about 10 to 15 tea bags and run them under warm water into a bathtub. Submerge the effected area. It has worked for me ever time I get sunburn.

**David W. Beauchamp**  
**Business Education Instructor**  
**Oscoda High School**

You can rub mud on the sunburn. If you have anAloe plant

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**Lori Golden**  
**Usa**

ÊUse 3 Cups of powdered milk & 1 Cup of ground oatmeal to a cool,( not cold or hot!)bath. Just soak, using no soaps which can dry & irritate for 15 minutes, pat, or better yet air dry, but don't rub! Follow with a little extra virgin olive oil. This remedy will take out the heat, sooth any itching & prevent blisters in all but the worst sunburn.

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**Janet Allshouse**

**Pittsburgh PA, USA**

Vinegar can be used for light sunburn. With a cotton pad dab the vinigar all over the sunburned area. For a little heavier sunburn Vitamin E gel caps can be broken and the liquid vitamin E applied all over. It may be a little sticky but it will heal it quickly and take the burnning sensation away. Janet Allshouse Pittsburgh PA USA

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**Colac High School, Australia**

**Instructor: J. Dullard**

**Students: Carla and Sarah**



## **Ingredients**

- Tomatoes

Mash enough tomatoes to cover the burnt skin. Then rub into skin.

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**Centennial Education Center**

**Instructor: Brenda Donahue**

**By Juan Manuel Patino**

**Mexico**

ingredients = -olive oil

After you get burned, take some olive oil and put it on the burnt area. This helps stop the burn from blistering or bubbling.



# Sun Spot Remedies

**Date: Tuesday, July 15, 2003**

**Time: 11:23 PM EST**

**Ragen**

**U.S.**

**Ingredients: Selsun Blue Shampoo**

**Instructions: Use shampoo as a body wash in affected area**

# Pain and Swelling from Baby Shots

**Date:** Thursday, May 29, 2003

**Time:** 12:12 AM EST

**Amanda**

[LusTus@aol.com](mailto:LusTus@aol.com)

**Country of Remedy:** usa

**Ingredients:** tea bag

**Instructions:** Wet a tea bag with warm water and apply to the area until swelling goes down.

**M Brown**

**USA**

A nurse in Memphis Tennessee gave me this hint to make my baby more comfortable after getting her baby shots. If your baby gets a swollen spot at the shot site, apply a little dab of Vicks Vapor Rub on it and the heat and swelling subside quickly.

# Teeth Whitening

**Elizabeth Krzewski**

**USA**

Every time you brush, add baking soda to your toothpaste. Within 14 days your teeth will become visibly whiter!

**Date: Tuesday, May 13, 2003**

**Time: 4:29 AM EST**

**Amillia**

[panbillionaire@excite.com](mailto:panbillionaire@excite.com)

**Country of Remedy: canada**

i read the teeth brightening method and realized those people do not tell the the types of peroxide to use or they do not know about it. there are two different grade. the tech. grade you can not swallow but the fruite grade is save for internal use. my son is 22 years old and has serious skin problems. i am giving him the fruit grade dilute with bottled water and it works the wonders. it was introduced to me by zion church fellows.

**Date: Monday, March 17, 2003**

**Time: 4:15 PM EST**

**Email address: barrie**

**Country of Remedy: usa**

**Ingredients: fresh crunchy veggies**

**Instructions: eating fresh crunchy veggies and fruits such as: carrots, broccoli, celery, apples, strawberries, and cucumbers can help whiten your teeth. remember that any food or beverage that can stain a white t-shirt, can stain your teeth. I've worked in the dental field for years and have seen many teeth damaged because people thought that brushing with baking soda or eating lemons whitened their teeth.**

**Date: Friday, January 17, 2003**

**Time: 11:25 AM EST**

**Kari Diefenderfer**

[jo\\_jo\\_309@hotmail.com](mailto:jo_jo_309@hotmail.com)

**Country of Remedy: USA**

**Ingredients: Baking Soda, Peroxide, & a Minty toothpaste**

**Instructions: Start out by taking some baking soda & putting it on your toothbrush add a few droplets of peroxide & apply your toothpaste. Brush your teeth as normal. Afterwards, if you still have a baking soda & peroxide taste brush your teeth with just toothpaste. When brushing is complete use peroxide as a mouthwash then rinse with water. Never swallow, due to the nasty stuff the peroxide takes off. Also only due this 2 to 3 times a week. Baking soda is abrasive & if you use it to much, the enamel on your**

teeth will be brushed away.

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Barbara  
[florence@sacbeemail.com](mailto:florence@sacbeemail.com)  
Country of Remedy: USA

**Ingredients:** Hydrogen Peroxide

**Instructions:** Each time after brushing your teeth just gargle with a small capfull of peroxide, concentrating it on your teeth (don't swallow), and rinse thoroughly with water. You should see results in about a week

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Misty  
**Subject:** Home Remedy  
[Sunlight9187@hotmail.com](mailto:Sunlight9187@hotmail.com)

Country of Remedy: USA

**Ingredients:** Lemon Juice  
Baking soda

**Instructions:** First of all, brush your teeth as usual. Next, take your wettened toothbrush, put baking soda on it, then put a dab of lemon juice on it (the baking soda will begin to fizz) brush your teeth with it. rinse with water. do this everyday and you will DEFINETLY see the results! GUARENTEED!  
P.S. email me with your results i would love to hear from you!

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Leslie  
USA

Before you brush your teeth gargle peroxide. It makes it all bubbly and doesn't have a strong taste, but the taste is not very pleasant. After you gargle as long as you can brush your teeth to get the nasty taste out. It also will brush away everything you just gargled off. It really works and it is safe for use in your mouth.

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I heard this one on the Home Shopping Network. Just crush a strawberry (or berries) and put the pulp on a tooth brush. Brush. And then brush again with baking soda, or regular toothpaste

(maybe baking soda and peroxide, tastes better than regular baking soda)!

# **Santa Ana College School**

**Instructor: Robert Jenkins**

**By Ramon, Gamaliel and Nory**

## **Ingredients:**

aloevera,tomatoes,onions, alcohol.and cloth

.I learn this from mother my mother. . Cook everything with alchol Put you feet in the mixture and wrap them with the cloth every night Use one or two times a week.

# **Toothache Home Remedies**

## **Merced Adult School**

***Laos - get a medicine called Buadhai. It is a packaged powder. Divide the contents in fourths and put 1/4 on the tooth 3 or 4 times per day. Do this for about one week. If this doesn't work, you'll have to pull the tooth.***

## **Kate (UKRAINE)**

**If you have toothache you need to take a little piece of garlic and put it onto the opposite wrist for 20 minutes, and you will see good results.**

**If you have a sore throat you need to take a glass of hot water, and mix it with honey and vinegar (one spoonful of each) and then you have to do a deep gargle, every two hours. Believe me it helps.**

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## **OLGA (ST-PETERSBURG, RUSSIA)**

**I don't know how it happens in different countries but in Russia all knowledge about medical science can be divided into two big groups scientific treatment and our grandmothers treatment (that is how we call it in Russia ) and nobody knows which is more useful. For example : instead of going to the horrible dentist ,when you have a toothache , you can visit a nice grand mother in her old strange house .She will put grated garlic on your wrist .Then she will say magic words in a whisper .And the next morning you will be all right**

**The most interesting thing in this true story ,is that the next morning you are all right, and nobody knows why.**



# Toothache Home Remedies

**Date:** Sunday, April 20, 2003

**Time:** 4:39 AM EST

**Barbara**

**barsmit@galaxycable.net**

**Country of Remedy:** USA

**Ingredients:** 2- TBSP Epsom Salt, 2- mouthfuls water

**Instructions:** Boil the epsom salts and water together and set until cool ( not cold ) enough to hold in mouth, hold in mouth for about 10 seconds. Do this twice in the morning and twice at night for 3- 4 days and pain will be gone. Taste horrible but works.

**Date:** Thursday, April 17, 2003

**Time:** 9:49 PM EST

**Email address:** timothy thomas

**[myred\\_gto@yahoo.com](mailto:myred_gto@yahoo.com)**

**united states**

**Ingredients:** 1 ice cube, and aspirin

**Instructions:** place icecube into hand make a fist and hold it for 20 mins or until pain stops, take aspirin and place next to tooth and the pain will go away

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**Date:** Wednesday, April 9, 2003

**Time:** 3:52 PM EST

**Email address:** christy

**Subject:** Home Remedy  
**Name of Remedy:** toothache

**Ingredients:** salt, warm water

**Instructions:** add 1 teaspoon of salt to 1/2 cup of warm water, rinse with the mixture

untill the water cools in your mouth repeat untill the mixture is gone  
do this every time you eat and before bed .it works really good!

---

**Hi,**

Cloves are great for a toothache. Chew the clove on the side with the pain and it will really help numb the pain. A drop of clove oil is great as well.

**Texas**

**Instructions:** apply iodine to infected area 3 to 7 days

**Paula**  
**email\_address:** [pvolter@hotmail.com](mailto:pvolter@hotmail.com)  
**Country of Remedy:** U.S.A.

**Ingredients:** 1/4 cup white vinegar  
1/2 tsp table salt  
1/2 tsp garlic salt  
1 tsp. vanilla extract

**Instructions:** After waking at 3 am this morning with a terrible toothache due to a broken wisdom tooth that is scheduled to be cut out, I read the many remedies but found that I didnt have the exact ingredients needed for them so I concocted a remedy of my own with something as close as I could find and heres what I came up with and it worked! Mix 1/4 cup of white vinegar (I warmed mine a bit in the microwave)1/2 tsp. of table salt, 1/2 tsp garlic salt, and 1 tsp. of Vanilla extract. Swish around the affected tooth. Repeat every couple of minutes until all is gone. By the time it is all gone, your toothache will have left with it. However, I must warn you, it tastes terrible so keep a wet wash cloth handy to wipe your tongue! Yuck! It may taste bad, but if your hurting as bad as I was, you wont care. LOL Good luck.

**S.N. Kar**  
**snkar2@hotmail.com**  
**Country of Remedy:** India

**Ingredients:** Salt normal  
Mustered Oil

**Instructions:** Before going to bed take some salt on your palm and add some mustered oil on it. Mix it nicely and rub with finger like you are doing brush. Go to bed without washing your mouth. You will feel good.

**michelle Petrone**  
**smileymichelley@aol.com**  
**United States**

**Ingredients:** Peppermint extract.q- tip  
Apply peppermint extract to the qtip or syringe. Damb in affected area apply till pain is goIs strong but has an immediant affect. Plus gives u good freah breath

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**Corwin**  
**Country of Remedy:** United States

**Ingredients:** None  
**Instructions:** Rub the palm of your hand for approximately 3 minutes the pain will eventually go away

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Angel  
Country of Remedy: U.S.A  
Name of Remedy: Toothache...a MAJOR ONE  
Ingredients: All you need is a Camomile(sp?) tea bag from Celestial Seasonings Tea...it's called "Sleepytime" and has a bear by the fireplace snoozing...  
Instructions: It may taste nasty, but put the tea bag on the tooth that's hurting. Only use at bedtime and the pain will be gone by morning, plus it will give you a good night sleep

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mike  
Country of Remedy: usa  
  
Ingredients: big red  
  
Instructions: for some people, chewing cinnamon gum temporarily relieves toothaches

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Tanisha c. Perez  
[setsuna3380@yahoo.com](mailto:setsuna3380@yahoo.com)  
United States  
  
Ingredients: Maximum Strength Boil-Ease Pain Relieving Ointment

A tooth on my lower row had a piece break away and it caused me much pain. Since I have no insurance nor the funds to pay for a dental visit I referred to your web page for some help. I tried the cloves and the teas and what nots, but nothing seemed to work. After reading one of the suggestions about the gold bondcream, I thought I had some in my medicine cabinet, but instead I took a look at my boil cream and found that it contained 20% benzocaine. After filling the hole the tooth with some filling wax from Walgreens, I applied some of the boil-ease to my cheek and about 15 minutes later my pain had gone away. I suffered for 3 days and it was gone. I must warn that boil-ease does not want you to use this product on a boil on the cheek, it didn't say anything about a toothache and plus I don't have a boil on my cheek. I've been pain free for 3 days now going four.

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Through trial and error I found this to be a very good remedy for a lost filling or broken tooth. I found a compound in a repair kit that was made for filling the cavity temporarily and used that with good results, but when I went back to buy more, the store was out. In desperation I took some beeswax, rolled it between my palms until it was malleable and pushed it into the tooth, biting down

a few times to get it packed in firmly. It worked great for me.

**From the USA**

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YOU WILL NEED THE SPICE CLOVE, IT MUST BE POUNDED,IF YOU DECIDE TO GET THE CLOVE STICK, INTO A DUST. OR YOU CAN BUY THE CLOVE ALREADY POUNDED.THE CLOVE MUST BE PUT ONTO THE TOOTH THAT IS HURTING.IT NUMBS THE AREA. JUST TO TEST IT, PUT A BIT OF THE CLOVE ONTO YOUR TONGUE, IT WILL MAKE YOUR TONGUE NUMB.IT FEELS JUST LIKE AMBESOL.

---

robert fisher

Ingredients; spearmint leaves,2tbs salt, 1 cup water (boiling)

breakup spearmint leaves put in boiling water also add salt to boiling water then swish the mixutre around your mouth consenstrateing on the sore spot....

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HI my suggestion for bad breath is tea tree oil. two drops on your tooth brush with your tooth paste. make sure you brush you tongue well too.its fantastic. Daymna F Westbank, BC. CANADA

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By Robyn Carswell

Gold bond Medicated Cream has lidocaine in it.This is the same stuff that's in the shot the dentist gives you that deadens everything and makes the pain go away. I was in SEVERE TOOTH PAIN and couldn't get in to see a dentist intil the next day. This gold bond cream on a moistened gauze stopped the pain withing 2- 3 minutes and never hurt again. Please relate this to those who are suffering and can't get around the very busy dentist's schedule.

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Carla and Sarah  
Colac High School, Australia.  
Instructor: J. Dullard

Ingredients: 1 tablespoon of brandy

Method: Swish it around in your mouth like you would mouthwash.

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When I had a severe toothache this week, I contemplated pulling my own tooth while waiting to get into the dentist. I found information that chewing on a clove of garlic wouldn't do any harm. It tasted awful, and I'm sure that my breath was terrible, but the pain was absolutely gone in less

than 45 seconds.

By Doris

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Dip finger in liquor or vanilla with alcohol. Rub on tooth or put on a small piece of cotton and leave on tooth. Origin unknown. Betty G., USA

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This is really a remedy for sore gums. I have had terrible pain in the gums at the back of my mouth due to emerging wisdom teeth. In desperation I tried something different. I put on tablet of aspirin on the sore area and bit down to apply gentle pressure until the tablet was completely dissolved. Whether this remedy is merely a placebo effect or the result of localized aspirin treatment is unknown to me but the pain is completely gone!

**JohnFouk**

Wichita, KS

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**Jeremy Ball**  
USA

clove oil, cotton ball

Put just a few drops of clove oil (used to make candy, etc; comes in tiny bottles that you can find at crafts stores and some drug stores) on a cotton ball and pack it against the aching tooth. Don't remember where I heard about this one, but it's effective! Be careful with the clove oil- - it's pretty strong stuff.

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**Micheal Bissonnette**

Canada

For tooth aches and or exposed tooth roots, use cloves as a pain killer. For just a tooth ache use powdered clove on the affected area {tooth and/or surrounding gums}, for a exposed root and or an ache caused by an open hole with in the tooth, use the actual clove wrapped in an emptied tea bag with in the wound. The clove will dispense the pain and will also kill the root preventing future pains.

Important note: Using the clove on roots and opened wounds may cause an abscess {infection}. However, it will cure the pain and kill the root preventing future pains. I have tested this when i broke half my front tooth exposing the root, and on cavities that started to ache.

PS: This is like a non-diluted version of original but tastes way worst.

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**This is only a temporary pain reliever but since the ingredients are natural you can do it as often as you need too.**

**Take 1/4 teaspoon of salt,  
1 Ounce Vinegar**

**Mix together well and just slush it around the tooth that is hurting, And spit it out.  
Repeat this with a little bit of it at a time, You will feel relief from the pain immediately.**

---

**Holly  
usa**

**myrrh gum can be found at the natural health food stores. it comes in liquid and powder forms,if its liquid- - just put a few drops on affected toothe and swish towards tooth. if its a powder form mix with small amount of warm water, and follow previous directions. it tastes awful. but it works in about a minute!!!**

**the liquid myrrh comes in to bases- a;cohol and oil baces. the oil based needs to be kept refridgerated after opening.**

# Vomiting

**Date: Sunday, July 20, 2003**

**Time: 12:02 PM EST**

**Joanna**

**USA**

**Ingredients: Coke**

**Instructions: Drink a can of Coke. It has to be name brand, none of that generic stuff. Usually I will drink coke, then eat something light and the coke helps to keep the food down. I don't know why it works, but it does.**

# Getting Rid of Warts

**Date: Sunday, July 27, 2003**

**Denny P**

**email\_address: [denny9900@yahoo.com](mailto:denny9900@yahoo.com)**

**Ingredients: Tagamet 200's**

**Instructions: A Walmart pharmacist told me to take a Tagamet 200, three times a day for seven to ten days and the wart would turn white, crumble and disappear over a period of a few days. I had a wart on my thumb that had been removed by doctors using surgery and liquid nitrogen at least six times. I even tried to burn it off. That caused me to invent some new swear words. Nothing worked until I tried the Tagamet 200's. It worked immediately and has not returned in three years. And it has worked for my friends who have had warts. It usually works on older warts though. The pharmacist told me he thought it inhibited the system that feeds to wart and thus cut off it's life support system and basically starved it. No scar or residual mark. It's just gone.**

**Date: Monday, July 28, 2003**

**Time: 2:24 AM EST**

**Jenna**

**Country of Remedy: Canada**

**Ingredients: Milk(white stuff)from Dandelions.the white liquid that comes from the stem.**

**Instructions: Take a nail file, and file down your wart a little, and then take the white milk from the dandelion, and put it on your wart, do this while the dandelions are upduring the day, or until you go to bed. I had problems with warts. I mean BAD problems, I'd get them burnt off professionally, and they would STILL come backand one day, I got SO sick of them, I put that on my warts, and within weeks, they were GONE, and they have never come back since. Plus, it's 100 percent natural,and it won't harm you.**

**Date: Saturday, July 19, 2003**

**Time: 11:31 PM EST**

**Elaine**

**USA**

**Ingredients: money**

**Instructions: My friend and I both had warts. We had tried acids from doctors. Mine was removed years ago by a doctor, but had returned, he called it a mosaic wart. Hers were plantar warts, I believe. Anyhow, I had heard that you could buy them. We gave each other a quarter for the warts. I bought hers and she bought mine.Next thing we knew they were gone. We were also told to never spend the quarters. I still have mine, it has been about 15 years.**

**Date: Thursday, July 17, 2003**

**Time: 9:09 PM EST**

**ken**

**[guitar\\_027@yahoo.com](mailto:guitar_027@yahoo.com)**



**usa**

**Ingredients: duct tape and for other foot powder**

**Instructions: one remedy i heard of is take duct tape and tape up wart like on a finger.....the other remedy that i used by accident on a big wart i had for years "alot of bitin..lol" was when i took a shower at my mothers house i seen some foot powder and put it on my feet i seen the whiteness in my wart and in a couple days it was gone. hope this helps :)**

**Date: Friday, May 23, 2003**

**Time: 12:18 PM EST**

**LORENA RODRIGUEZ**

**MEXICO**

**Ingredients: A POTATO**

**A KNIFE**

**FIRST YOU CUT A SMALL POTATOE IN HALF. YOU MAKE A HOLE THE SIZE OF YOUR WART ON A HALF OF THEPOTATOE. THEN YOU PUT YOUR WART IN THE HOLE. RUB THE POTATOE IN A CIRCULAR MOTION WITH THE WARTIN THE HOLE FOR ABOUT 2 MINUTES. AFTER YOU FINISH IT IS IMPORTANT THAT YOU DIG A HOLE OUTSIDE IN THE GROUND AND THROW THE HALF POTATOE YOU USED AND COVER IT. JUST FORGET ABOUT IT AND YOUR WART WILL DISAPPEAR WITH IN A FEW DAYS. THIS IS A HOME REMEDY I PERSONALY USED MYSELF IN A WART I HAD ON THE SIDE OF MY RIGHT THUMB. I HAD TRIED EVERYTHING LIKE: DIGGING IT OUT WITH TWISSERS, WART BANDAIDS, WART REMOVER LIQUIDS ANDNOTHINGHELPED IT. BELIEVE ME, WHEN I HEARD OF THIS REMEDY I DID'T BELIEVE IT EITHER.**

**Date: Wednesday, May 14, 2003**

**Time: 4:47 PM EST**

**Email address: R. Smith**

**Subject: Home RemedyCountry of Remedy: USA**

**Name of Remedy: GETting Rid of Warts**

**Ingredients: Windex**

**Instructions: spray the area with windex for 10 days...Wart Be Gone**

**Date: Sunday, May 11, 2003**

**Time: 1:39 AM EST**

**Cherry**

**[cherryomum@msn.com](mailto:cherryomum@msn.com)**

**Country of Remedy: Republic of South Africa**

**Ingredients: Tea tree oil**

**Instructions: Rub oil on wart two times a day within a week or so it will be gone.Use good quality 100% tea tree oil.**

**Date: Tuesday, April 22, 2003**

**Time: 7:58 AM EST**

**sidol**

**[idoltire@hotmail.com](mailto:idoltire@hotmail.com)**

**Country of Remedy: US**

**Ingredients:** Dandelion Juice

**Instructions:** Just break open a dandelion and rub on the wart when ever you feel like it. It works...I promise. Its also free!!Try it.

**Date:** Wednesday, April 9, 2003

**Time:** 2:51 PM EST

**Linda**

**USA**

**Ingredients:** cigarette ashes

Just rub cigarette ashes on warts for 1-2 weeks and warts disappear for good. The tar from the cigarrette is the secret ingredient. Cheap miracle!!!

**Date:** Saturday, April 5, 2003

**Time:** 11:55 PM EST

**Jody Egan**

**USA**

**Ingredients:** Garlic pills

You can get garlic pills at any grocery store. After my daughter had scaring from having her warts burned off with an acid(only to have them come back) I wanted to try something else. My friend has a remedies book and looked up 'warts'. That's where we discovered the garlic pills, and the answer to this ugly and heartbreaking problem. It started workingwithin days. We had her take two per day the first week and then one a day the second week. It only took about 10 days, and she was free of all of her warts without having to putting anything on them. It worked by killing the virus that was in her bloodstream. You can use all of those other methods, but the warts come back. My daughter has been wart free for years now. No signs of them at all. I have passed this information on to everyone I see with warts and have seen it work on everyone who has tried it.

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I cut a potatoe in half and rubbed it on my warts only once and that same day I woke up and they were gone and there was a little blood where they had been.

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**Date:** Saturday, March 15, 2003

**Time:** 9:59 PM EST

**Mandi**

[benandmandi@msn.com](mailto:benandmandi@msn.com)

**Country of Remedy:** USA

**Name of Remedy:** Wart Removal For Children

**Ingredients:** A NEW washcloth

One hog's tooth (a small white smooth rock) for each wart that the child has.

An imagination

My mother was only 5 years old and had 52 warts on her knee. My Mother's older sister had to her to hunt for days for "hog's teeth" (or small white smooth rocks)...52 hog's teeth...one for each wart. When she found the right amount her sister helped her take one rock and rub softly on one wart...Then another rock and rub softly on another wart...etc,etc...They then had to take a brand new washcloth and lay the rocks in the center of it, twist it closed, and then they had to find a huge rock and put the washcloth under the huge rock which was left in the middle of the road (keep in mind it was a dirt road. This was many many years ago) About a week later my Mother and her sister went back to the big rock and it was moved...The washcloth was gone! Within 2 weeks my Mother's warts were gone too! Many years later it was determined that the body's immune system would fight when she expected this

Sarah M

[electric\\_impulse@msn.com](mailto:electric_impulse@msn.com)

U.S.A

Instructions: I recently found that 3 warts had popped up on my arm. I simply washed the affected area and taped an aspirin tablet firmly on top of the warts. I did this every day for about a week and half and they turned a purplish color and disappeared. Make sure the tablet fully covers the wart. This works great and is very convenient.

Mike

email\_address: [MRMSG@juno.com](mailto:MRMSG@juno.com)

Country of Remedy: USA

Ingredients: A Pen w/ ink

Instructions: I was at the doctors office and the doctor told me that with his LITTLE kids or younger kids he took a regular old pen and told the kids that his pen was a special wart pen. So he drew circles around the warts and told the kid that if he didnt believe the warts would come off they would not. The doctor told me this works because it makes the kid think that warts would go away therefore boosting their immune system and essentially making there immune system more aware that the warts are there and need to go away. Try it.

Patricia

Country of Remedy: USA

Name of Remedy: Warts

Ingredients: duck tape

Instructions: Please put duck tape on wart. The wart will disappear in about 2 3 weeks.

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After several trips to each of a podiatrist, dermatologist, neurologist and nephrologist, I thought I would never get rid of a plantar wart on my heel about the size of a silver dollar. The pain kept getting worse and all the cutting, bathing, grinding, etc. that the medical community could throw at it weren't doing anything. Somewhere I found a home remedy - banana peel. I put the banana peel in my sock for 2 or 3 days. Within a week, the wart was gone, never to return. It sounds crazy, but if you don't mind walking around with a fruit salad in your shoe, it really does work!

**John Dixon**  
**Nashville, Tennessee**

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Radishes work well too! Cut the radish and just rub it on the wart area and it will disappear within a week or so; My daughter had like a whole colony of warts on her knee and we took her to the Dr. to get them removed but to no avail. and my friend told me to use radish cut in half on it (use the radish juice). And voila! no more signs of warts or anything. hope this helps!

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**Ann Marie B**

Remedy for warts on hands --TAKE COOKED CABBAGE AND PLACE AROUND WART FOR 5 MINS ONLY ONCE AND WAIT 2 DAYS...IT WILL BE GONE

**Ashley B**  
**USA**

take a strip of raw bacon and apply it to the wart area.

**Linda Jensen**  
**Canada**

When I was young I had a big wart on my wedding ring finger of my left hand. I went with my Mother to help her as she was a score keeper for some hockey games and this old man who ran the building seen my wart and told me to take a potato and cut it in half, rub the white inside part on the wart once or twice a day, for a week or two. I did as he said and the wart disappeared and left no mark or scare at all. It just shriveled up and poof was gone. I used a russet potato.

Cut a potato in half and each day for a week or two, Addie  
**Canada**

I swear this works, I used it on my son's warts. Take the milk from a dandelion stem and rub it on the wart couple times a day until the wart is gone. I was told this was/is a Native American remedy. Good luck!! :)

Sharon La'sylvia  
New Zealand

Rub the wart with the peel of an orange several time per day and in two days the wart changes color, not long after changing color the wart falls of and never returns.

David Z  
USA

I swear this worked for curingwarts on my hands and feet. For years I had warts that returned after being treated with acid by the doctor. I gave up on this and starting rubiing castor oil into the wart and then smoothing out with a pumice stone. I also "wished" them away. After several weeks, the warts darkened and fell away. They haven't returned in over 10 years now.

Pam  
Canada

After shower spread clear nail polish over the wart. The wart will be gone in 2 weeks to a month. It worked for me!!!!

Susan Arce  
Peru

Ingredients:  
garlic! raw or the kind you buy crushed in a jar.

If using raw, cut one half and rub it on the wart for a few minutes. If using the crushed one, apply a small amount right on the wart, enough to cover it. The wart should go away in about nine days. It worked for me.

Scott  
USA/TCM  
China Medicine

Ê For warts on the hands, fingers use a moxa stick.Ê Light the moxa stick and heat the wart.Ê Do this once a day for 3-4 days.Ê In about a week or so, the wart will come apart when you rub it.Ê The wart will not return.

LLopez  
USA

Applecider vinegar works wonders. a wart is a kind of fungus, the apple cider vinegar will bring back the ph balance to your skin. for my son who had many warts on his hands i would put the vinegar on a bandaid over the wart everyday. before going to school so he wouldn't have bandaids all over, i would make him soak for 1 minute his hands in vinegar. his warts turned black and fell off within a week. Aloe vera gel also works well and is probably gentler for someone who is irritated by the acid from the apple cider vinegar. both remedies work very well but takes awhile for results

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Lucretia

**USA**

This remedy is for the type of warts you get on your hands, the type that has a cauliflower-like texture. Cover the wart with iodine as many times as possible throughout the day, and keep doing this for about two weeks after the visible signs of the wart have disappeared. It will kill the wart and the surrounding skin cells painlessly. I believe it will also prevent the wart from spreading to other places. You should get the kind of iodine that is orange/brown in color - it is more powerful than the clear stuff. Also, be careful not to use this bottle of iodine for anything other than warts!

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**Joanna  
USA**

**Ingredients:** One vitamin E capsule

Prick the Vitamin E capsule; spread the oil onto the wart(s); cover the area and leave on overnight (i.e. with socks for the feet, or a glove if on the hand, band-aid if another place). May have to do this for awhile... I did not keep track of time. I had a lot of warts on the bottom of my feet for a long time; so I started putting Vitamin E on them, as instructed above. I couldn't stand to look at them, so I didn't notice when they disappeared. But one day I looked at the bottom of my feet, and the warts were completely gone and have never been back

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**Kathy Lewis  
USA**

Take fresh aloe leaf put on warts after bath at night for two weeks .After two weeks the warts will start falling off.

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**Wildman  
New Zealand**

**Ingredients:** one vitamin C tablet, band aid.

What you do is after you have showered or washed the part of the body effected by the wart, you take a Vit C tab, and cut it to the same proportion as the wart. 1.You then place the tablet onto the wart with a band aid to cover both the wart and the Vit C tab which should be always on top of the wart at ALL times. 2.continually change the band aid and the Vitamin tablet after washing or every: 3.Two to three days. 4.if no improvement after two weeks, see a doctor and ask for some wart removal band aids.

**Christine  
USA**

**Ingredients: Baking potatoesC**

**Cut raw potatoes and rub juices on warts three times a day for about two weeks or until wart is gone.**

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**Maria Theresa  
USA**

**At 3:00am, or when no one is around. Cut a white potatoe in half, leaving the skin on it. Rub the potatoe on the wart throughly saturating the area. Take the potatoe half you just used and take it outside and bury it in the dirt about 3 inches under where no one will notice. Come inside and throw away the other half of the potatoe. Don't utter a word of this to anyone else. Your wart will disappear soon. Believe it, it's utterly true!**