

Natural Therapies for Common Ailments

Common Ailments

Allergies
Anti-inflammation for organs
Asthma, difficulty breathing
Back or muscle ache
Body fever or chills
Bone Healing
Bruises
Calming to reduce stress
Colds, throat irritation, and cough
Constipation
Diarrhea
Digestive problems
Dry skin conditions
Fatigue, loss of energy
Fever Blister (herpes)
Food poisoning, snake bite
Gall bladder problems
Headaches, migraines, and head stress
High blood pressure
Hyper/Hypo thyroid function
Insect Bite
Joint pain or inflammation
Kidney, bladder, or urine problems
Menopause
Mental fatigue
Mouth or gum infection
Muscle inflammation
Pancreatic problems (diabetes, etc)
PMS, heavy bleeding
Sleep promoting
Sticky blood platelets
Stomach aches, gastritis, ulcer, gas
Stuffy or runny nose
Topical wart and hemorrhoid remedy
Tumor arresting
Wart reduction
Wound healing

Other Ailments

Anti-depressing
Anxiety/Panic
Calming for children (MDB) (ADD)
Energizing
Overactive children
Whooping cough

Natural Therapy

Balance, Yerba Santa, Bee propylus/pollen, Real Salt, Alfalfa
Horsetail, Chamomile, Peppermint, Juniper Berry
Breathe Easier, B-Complex, Golden Rod, Lobelia
B-Complex, mustard plaster, white willow bark
Cold & Flu, Thyme tea, Real Salt Bath, pineapple, plum
Marigold, lemon juice, Potassium, B-Complex
Witch hazel, Marigold, Arnica, tobacco leaf poultice
Kava-Kava, B-Complex, calm & Collected, Lavender oil
Horsetail tea, B-Complex, Blue Flag, Cold & Flu., Raw honey
Thyme, B-Complex, red potatoes, Gotu Kola, Psyllium husk
TNF, red potato water, Golden Seal
Gotu Kola, Ginger, Peppermint, Thyme, Chamomile
Extra virgin olive oil, aloe vera gel (topical), vit. E oil
American Ginseng, Nettles-Iron, B-Complex
Lemon Balm, L-Lysine, red wine vinegar, beeswax
Sarsaparilla, TNF
Gotu-Kola, B-Complex, Alfalfa, Dandelion rt. tea
B-Complex, Chamomile, red wine vinegar, Peppermint
Hawthorn berry, organic sodium (Real Salt), Grass-C
Self-Identity, Rosemary oil, Cayenne, Kelp
Raw honey (top), food grade hydrogen peroxide, TNF
Juniper Berry, Joint Support, Alfalfa, Horsetail, Nettles
B-Complex, Sarsaparilla, Kidney/Bladder Comfort, Relations
Hot 'n Flashy, Evening primrose oil, Suma, Chaste Berry
Gotu Kola, Noni, Marshmallow, Ginko Biloba, B-Complex
Myrrh, Chamomile, Colloidal Silver, Bee propylis
Witch hazel, Chamomile, B-Complex, Lactase
Cayenne, blackstrap molasses, B-Complex, Thyme
Suma, Peace-Luta, Self-Identity, Angelica, pear fruit
Hops, Sleep Deeper, Chamomile, Kava-Kava
White willow bark (instead of aspirin)
Centauray, Gotu Kola, Cayenne, Anise, red wine vinegar
Lettuce or marjoram inhalation, Blue Flag, Peppermint
Latex from dandelion, inside banana peel
Red beet, food grade Hydrogen Peroxide, AVF
B-Complex, AVF, Horseradish, Cranberry, Myrrh, Cloves
Thyme, Lemon Balm, Golden Rod, B-Complex

Suggested Therapy

Noni (better than St. Johns Wort), Hope
Safety Net, Self-Identity, Pineal, TRF, Focus
Kava-Kave, B-Complex, Passion Flower, Lavender oil
B-Complex, Noni (morinda), Thyroid HB
B-Complex, Balance-Wi, SFF,
Blue Flag, Anise, Sarsaparilla, Tea Tree & Eucalyptus oil