


herbs superb

SIMPLE HOME HERBAL REMEDIES

Many common illnesses can be relieved by using ingredients that you can easily find in your kitchen.

Here is a quick reference chart on simple home herbal remedies that you can do to relieve you of your ailment.

AILMENT	HERBAL CURE	REMEDY
Acne and Pimples	Garlic cloves	Rub fresh cloves on affected area.
Asthma	Korean ginseng (600 mg)	Take daily.
Backache due to Muscle Strain	Rosemary juniper or thyme oil	Mix 10 drops of soothing oil to bath water.
Breast Discomfort	Bitter orange or tangerine peel or marigold or periwinkle tea	Drink this concoction to ease the pain.
Burns, minor	Aloe vera plant	Break off a leaf, split open and apply the thick gel to affected area.
Burns, minor	Cold running water or ice pack	Cool with cold running water or ice pack such as bag of frozen peas.
Chills	Fresh ginger root	Take for immediate relief.
Cold Sores	Tea tree oil	Use as antiseptic and anti-fungal remedy.
Colds	Garlic	Use plenty in cooking as it has anti-viral properties.
Colds	Elderflower tea bags	Drink for relief.
Constipation (for Pregnant Women)	Fresh apples	Eat plenty of fresh apples for relief.
Corns and Calluses	Garlic cloves	Use to draw out corns.
Coughs	Garlic or thyme	Use as cough remedy as they are anti-bacterial.
Cuts	Tea tree oil	Use as antiseptic and anti-fungal remedy.
Depression	Oats in porridge	Eat plenty to improve mood.
Depression	Basil	Use this culinary herb to help lift the spirits.
Diabetes, late-onset	Complex carbohydrates: brown rice, beans and vegetables	Eat lots of these healthy foods.
Diabetes, late-onset	Banana, papaya, cabbage, lettuce, turnip and olives	Eat lots of these healthy foods.
Diabetes, late-onset	Onions & garlic	Include plenty of onions and garlic in cooking.
Diarrhea	Ordinary indian tea	Drink for relief.
Eyestrain and inflammations	Fennel tea bags	Use soaked bags as pads.
Fungal Infections	Tea tree oil	Use as antiseptic and anti-fungal remedy.
Gallstones	Olive oil (500 ml) and lemon juice (10 lemons)	Fast for about 10 hours, then drink 30-50 ml of olive oil followed by the fresh lemon juice with warm water. Drink every 30 minutes until you have consumed all.



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Graze	Aloe vera plant	Break off a leaf, split open and apply the thick gel to affected area.
Gum Problems	Salt diluted in water	Wash and gargle.
Indigestion	Peppermint tea bags	Drink for relief.
Indigestion	Chamomile tea bags	Drink for relief.
Infertility (Female)	Chinese herb: dang gui	Take up to 600 mg in capsules each day.
Infertility (Male)	Korean ginseng (600 mg)	Take daily.
Infestations: head lice	Tea tree, thyme and lemon essential oils	Mix equal amounts of these oils, add 10 drops of warm water and use as final rinse after shampooing.
Influenza	Warmed fruit juices	Go to bed and drink plenty for relief.
Influenza	Pine, eucalyptus and tea tree oil	Put drops of these oils into a basin of boiling water, lean over basin with a towel draped over your head. Inhale the steam.
Insect Bites	Vinegar	For wasp sting, wash with vinegar.
Insect Bites	Onion	Apply a slice to the area.
Insomnia	Chamomile tea bags	Drink for relief.
Iron-deficient anemia	Iron-rich foods, fruits, whole grains, green vegetables	Eat lots of these healthy foods.
Laryngitis	Ice cream	Sprinkle a teaspoon of powdered cinnamon on one scoop of vanilla ice cream. Eat 3 or 4 times a day.
Measles	Marigold or basil infusion	Sponge feverish child with this infusion to give comfort.
Menstrual Pain	Rosemary, basil oils and almond oil	Mix five drops each of rosemary and basil oils in a teaspoon or use almond oil and massage the area between the navel and pubic bone.
Morning Sickness (for Pregnant Women)	Ginger, bitter orange, lemon balm, peppermint	Dilute tinctures of each herb with an equal amount of water and store in separate dropper bottles. Take four or five drops of one remedy on the tongue before rising or at the first sight of nausea.
Mouth Sores	Salt diluted in water	Wash and gargle.
Nausea	Peppermint tea bags	Drink for relief.
Nausea	Fresh ginger root	Take for immediate relief.
Nervous Upsets	Chamomile tea bags	Drink for relief.
Osteoarthritis	Comfrey oil with a little rosemary oil	Rub into the joints several times a day to ease pain.



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Poor Appetite	Garlic	Take this effective appetite stimulant.
Poor Circulation	Ginger or cinnamon	Drink decoctions of these warming, circulatory stimulants.
Prostate Enlargement	Tomatoes	Eat a portion of tomatoes daily.
Rheumatoid Arthritis	Ice pack	Apply an ice pack of frozen peas for 10 minutes each day to ease stiffness.
Scalds	Aloe vera plant	Break off a leaf, split open and apply the thick gel to affected area.
Shock	Chamomile tea bags	Drink for relief.
Sore Throats	Salt diluted in water	Wash and gargle.
Sore Throats	Pineapple juice and lemon	Dilute half a glass of pineapple juice with equal amount of water and add the fresh juice of a lemon. Spray the back of throat during the day.
Sprains	Hot and cold compress	Alternate hot and cold treatments for speedy healing.
Sunburn	Aloe vera plant	Break off a leaf, split open and apply the thick gel to affected area.
Tired Eyes	Fresh cucumber	Put one slice on each eye and let your eyes rest.
Tired Eyes	Raw potato	Put one slice on each eye and let your eyes rest.
Urinary Tract Problems	Cranberry juice	Drink at least six glasses of unsweetened juice daily.
Varicose Veins	Hot and cold water showers	Each morning, spray the areas for one to two minutes with alternate hot and cold water showers, several times on each leg. Or simply raise end of the bed at night to help the blood flow back to the heart.
Warts	Tea tree oil	Use as antiseptic and anti-fungal remedy.
Warts	Dandelions	Try dabbing affected area with fresh sap from dandelions at least thrice a day.
Worms	Garlic	Use plenty in cooking.
Wounds	Honey	Use to clear pus from wounds.

Note: These herbs are normally safe for the general public. However, do not use if you have allergies or health problems.