

# Some of Our Favorite Natural Remedies





## Oregano Oil Inhalations

- 2 L (4 cups) boiled water
- Put 2 drops of oregano oil in a spoon,
- Cover the head with a towel and inhale for a while then lower the spoon into the pot
- Optional - 6 drops of eucalyptus oil
- 5-10 minutes inhalation
- For infection - every 2 hours
- For prevention - 1-2 times daily



## Oregano Gargles

- 1 glass jar of 350 ml (12 oz) water
- 1 drop of oregano oil
- For infection - gargle every hour
- For prevention - gargle 3-5 times daily



## Oregano Oil

- Herpes - put a thick layer of coconut oil on the lip and add 1 drop of oregano oil. Oregano oil burns.
- Works well against Staphylococcus aureus
- Very good for yeast infections: toenail fungus, candida. Dilute it to apply on the skin - 1 drop in 1 teaspoon carrier oil.
- Sinus infection - inhale every hour or every 2 hours as explained above.
- Do not take it internally - very strong.



## Eucalyptus Oil

- For inhalations - 2 L (4 cups) boiled water + 6 drops of eucalyptus oil
- For nose congestion: dilute with a carrier oil and rub on the chest. Use 1 teaspoon of carrier oil and 5 drops of eucalyptus.
- For coughs - take 2 drops of eucalyptus oil in a teaspoon honey.



## Peppermint Oil

- 3-5 drops in a teaspoon of carrier oil. Use to apply it on the abdomen for bloating or other digestive issues.
- For sinusitis: apply it on the forehead where the sinuses are.
- For headaches: apply it on the temple.
- It can also be used for muscle aches, joint pain and itching



## Nasal Spray

- Nasal mister
- Add 2 drops of peppermint oil
- Mix with 60 ml water
- 1 spray in each nostril
- Do this 3x day for infection and prevention
- Especially good to carry on hand when traveling. Use before and after being in public



## Cough Syrup

- 4 tablespoons honey
- 1/8 teaspoon cayenne pepper
- 50 ml of fresh lemon juice
- 20 drops of peppermint oil
- 1 garlic bulb
- 1 onion
- 5 cm piece of ginger
- optional horse radish
- Mix everything in the blender and take ½ tsp. 3 times a day or every time you cough.

A photograph of a black seed plant (Nigella arvensis) with vibrant blue flowers and green stems, resting on a wooden surface. A pile of black seeds is scattered around the base of the plant. In the background, a wooden mortar and pestle is visible, suggesting a natural or medicinal context.

## Black Seed

- 1 teaspoon oil/grounded seeds x 3 times a day. Can be taken with meals. In case of sickness take it 30 minutes before meals.
- Improves blood sugar - diabetes
- Reduces inflammation
- Improves thyroid function
- Lowers blood pressure
- Supports liver and kidney function
- Hair loss
- Eczema
- Improves gut health
- It is antihistaminic



## Turmeric

- 1 teaspoon x 3 times a day - needs to be taken with some fat (nut milk, coconut milk, nuts, seeds, avocado)
- Anti-inflammatory



## Cayenne

- At least 120 000 HU
- Gurgle - 1 cup cold water and a pinch of cayenne
- Mix 2 tablespoons of cayenne with 1/2 cup of coconut oil (lightly warmed). Apply on the joints 3 times a day for joint pain.
- Put it under the tongue to stop a heart attack.
- Apply on cuts or wounds to stop bleeding.
- When the tongue feels it, the stomach won't hurt



## Charcoal

- 1 tablespoon in 1 cup of water
- Take it in the evening or 2 hours apart from the food
- Toxin binder. Binds also heavy metals.
- In case of viral infection, will decrease the virus gastric load, therefore can help lower fever.



## Hot and Cold Showers

- Do them morning and evening
- 3 minutes hot, 30 seconds cold. Repeat 3 times.
- Increases blood circulation - activates the immune system
- Can be used to activate the immune system, for depression.



## Fever Bath

- Do not do it alone. Have someone do it for you.
- Check the temperature and heart rate.
- Check the water temperature.
- The target for the body temperature is 39-40.5 Celcius (102-105 Fahrenheit) maintained throughout the treatment
- Make sure to be fully immersed in water.
- Apply and replace towels soaked in ice water to the forehead.
- Wipe regularly the face with a cold towel.



## Fever Bath

- Check heart rate and saturation.
- Target: heart rate  $<120$ , saturation  $>92\%$ , temperature  $<39$  Celsius (102 F).
- Stop treatment if the heart rate is  $>120$
- Stay in the water for 20 minutes, or shorter as you tolerate it.
- After a hot bath, shower with cold water or pour cold water over the whole body.



## Fever Bath

- Lay in bed. Cover yourself with a big towel and with a thick blanket to sweat.
- Rest for at least 30 minutes.
- Shower and dress warmly after sweating.
- Works very well to stimulate the immune system.
- Use it in case of fever to boost the immune system.
- Perform 2x a day until the temperature is normal, and chest congestion resolves



## Enema

- Cleans the last part of the colon so toxins are not reabsorbed into the body.
- Do first a water enema with 1-liter water to clean the colon.
- Do an enema with 500 ml of the onion-garlic broth (see above). Try to retain it 10-15 minutes.

A woman with long dark hair, wearing a pink short-sleeved top and light-colored pants, is sitting on a toilet. She is holding her stomach with both hands, appearing to be in discomfort or pain. The background is a plain, light-colored wall.

## Garlic Enema

- You can also do a garlic enema.
- Use 1 clove of organic garlic, 2 cups of distilled or filtered water
- Crush the to release the oils. Leave it for 10 minutes. Place the garlic in the blender with 2 cups of warm water (warm to the inside of your wrist). Blend it well. Cover your bowl with the strainer and towel. Slowly pour out the garlic juice and pulp from the blender through the strainer and cloth. You do not want any pieces to go into the bowels.



## Garlic Enema

- Do first an enema with water so you can retain the garlic enema longer.
- Try to retain it at least 10-15 minutes.

A glass of water is shown on the left side of the image, partially filled with clear water. The glass is set on a rustic wooden surface. The background is a soft, out-of-focus green, suggesting a natural setting. The overall aesthetic is clean and health-oriented.

## Water Fast

- 1-3 days
- Gives the body the change to rest and invest its energy in healing and not in digestion.
- Make sure to drink enough water.
- Glucose and insulin levels in the body decrease, which can stimulate the production of white blood cells and increase the effectiveness of their function.
- It is normal to be weak and lightheaded
- Supports healing of the gut lining



## Juice Fast

- Drink vegetable juices: 1/3 carrot juice, 2/3 celery, cucumber, lemon, greeny leaves (spinach, kale, collard greens, lettuce, dandelion, pak choi, parsley etc)
- Drink orange-grapefruit juice.
- Juicing provides much-needed vitamins and minerals without the need for digestion



## Easy-Digested Raw Foods

- If you cannot fast, eat fruits and veggies only, because they are easier to digest.
- The body does not have to invest its energy in digestion, so it can invest energy in healing



## Onion-Garlic Broth

- 3 cups (750 ml) water
- 1 onion cut in half. Leave the last layer of skin.
- 5 cloves of garlic (crushed, let sit for 10 minutes for the allicin to be activated)
- ½ tsp salt, or to taste
- Boil 20 minutes
- Strain immediately



## Onion-Garlic Broth

- For infection – 1 cup (250 ml) 2x daily on an empty stomach
- For prevention – drink once daily on an empty stomach
- Has quercetin (the onion, especially the brown layer)
- Supports the immune system.



## Immune Booster Drink

- Crush 2-8 (you can start with 2 and increase the number) cloves of garlic and let them sit for 10 minutes so the allicin is activated
- 2 tablespoons lemon juice
- 60-120 ml (2-4 oz) warm water
- Blend well
- In case of infection drink with each meal
- For prevention, drink once daily with a meal

A photograph of a white ceramic cup with brown speckles, filled with a light brown liquid. Several small, bright yellow flowers are floating on the surface of the liquid. The cup sits on a matching saucer. In the background, there are fresh green leaves and yellow flowers, a wooden mortar and pestle, and a small metal strainer with more yellow flowers. The scene is set on a dark, textured surface.

## Other Herbs

- Respiratory Specifics: Usnea & Mullein, Lobelia
- Anti-inflammatory herbs: Licorice root, Japanese Knotweed
- Antiviral: Goldenseal, Olive leaf, Oregano, Basil, or Thyme
- Calming: Peppermint



## Other Herbs

- Immune system booster: echinacea, astragalus, Pau d'Arco, Cistus
- Nutrient rich foods: Rosehips, Nettle, or Alfalfa
- Tea: Boil 250 ml of water, remove from heat, place 30 gr of herbs, and steep for 10 mins

Invest in the Future

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# Things for Daily Use

KEEP YOUR BODY HEALTHY

# Lemon Water

- Alkalizing the body
  - Good source of vitamin C
  - Diuretic - prevents kidney stones
  - High in potassium: lowers blood pressure, stimulated brain and nerve function
- Protects the liver
  - Aids digestion
  - Drink first thing in the morning after brushing teeth
  - Drink with a straw to protect teeth



# Onion and Garlic

- Strengthen the immune system
- Food for the good bacterias
- Crush the garlic and leave it for 10 minutes so the allicin is activated.

# Flaxseed or Chia Seed

- freshly grounded
- 1 tablespoon for men, 2 tablespoons for women, and 4 tablespoons for menopause or hormonal issues



# Foods High in Zinc

- pumpkin seeds
- cashew
- chickpeas
- lentils
- beans
- oat meal
- tofu
- shiitake mushrooms



# Foods High in Vitamin C

- acerola
- dried herbs (coriander)
- rosehip
- bell pepper
- black currants
- thyme
- oranges
- kiwi
- strawberries
- kale



# Berries

- Berries are high in antioxidants, quercetin, and a host of other immune boosting components
- 2-5 cups a day (1 cup - 250 ml)



# Greens

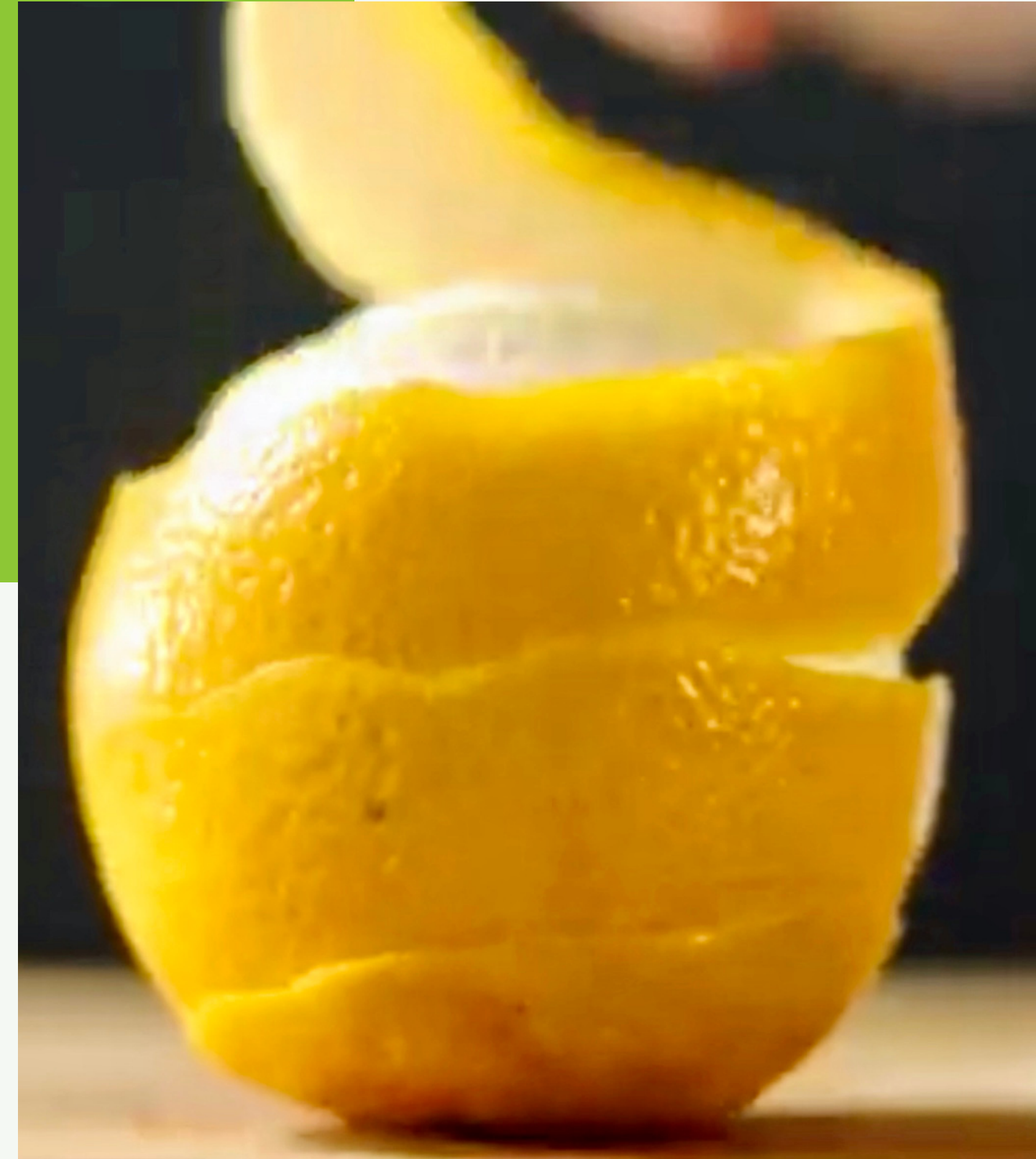
- Green veggies are packed with vitamins, minerals, and antioxidants, which help fight disease.
- Rich in calcium, magnesium, manganese, , vitamin A, C, E, K, folate, beta-carotene, lutein, and zeaxanthin

# Orange/Lemon Peel

- Vitamin C
- Citrus pectin - good toxin binder
- Essential oils - anti-bacterial and anti-viral
- Protects the liver

## Herbs

- herbs like oregano, thyme, basil, parsley
- Herbs are rich in antioxidants and other beneficial compounds, including anti-inflammatory and antimicrobial properties



# Chlorella

- Source of vitamin B12
- Omega 3, protein, iron, vitamin C and other minerals, antioxidants
- Binds heavy metals
- Enhances immune system
- Improves cholesterol, blood sugar, blood pressure
- improves eye sights (has lutein und astaxanthin)
- Fights against inflammation
- Supports liver health



# Celitic/Hymalaya Salt

- They have minerals, not only sodium chloride like the sea salt
- Creates electrolyte balance
- Balances blood pressure
- Increases hydration
- Prevents muscle cramping

## Raw Foods

- Eat 70% raw foods

