



The  
**NATURAL  
REMEDY  
TOOLBOX**

45

Essential Remedies  
for Everyday Ailments

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*This e-book is intended to provide educational information on herbal and natural remedies for common ailments. However, it is essential to highlight that it does not replace professional medical advice or treatment. This material is not designed to offer patient-specific advice, nor does it establish a patient-doctor relationship.*

*While herbal and natural remedies can be beneficial, they also come with their own risks, especially when used in conjunction with other treatments or if you have certain health problems. Individual reactions to remedies may vary from person to person.*

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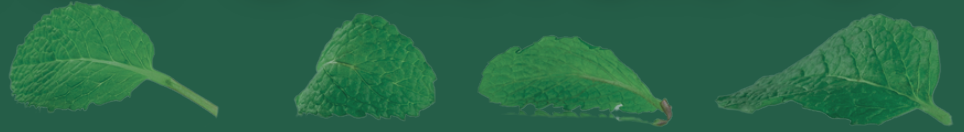
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*Please note: In this book, the term "herbs" is used throughout to refer to medicinal plants, even if the phrase "medicinal plants" is not explicitly mentioned. This choice is made for simplicity and clarity.*





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CHAPTER 01:

# COMMON COLD

## REMEDY 1:

### STEAM INHALATION

#### INGREDIENTS / MATERIALS:

- Eucalyptus Oil (optional, 1–2 drops)
- A few cups of boiling water
- Large heatproof bowl or pot
- Towel to cover head and trap steam

#### INSTRUCTIONS:

Boil a few cups of water in a pot, then pour it into a heatproof bowl, or leave it in the pot if it sits securely.

Optionally, add 1–2 drops of eucalyptus oil for added relief. Place the bowl or pot on a flat, stable surface and position your head comfortably above it, keeping a safe distance to avoid burns. Drape a towel over your head and the bowl to trap the steam, creating a mini steam tent. Inhale slowly through your nose and mouth, taking breaks as needed. Continue for 5–10 minutes or as comfortable.

This method can help loosen mucus and relieve nasal or throat congestion. Eucalyptus oil contains **cineole**, which has been shown to improve symptoms of nasal congestion and support airway comfort [2]. Its soothing aroma can also promote a feeling of relief.



## REMEDY 2:

# HONEY, CINNAMON, AND GINGER TEA

### INGREDIENTS:

- 1 & 1/2 cups of Water
- 1-inch piece of cinnamon stick or ½ teaspoon cinnamon powder (*adjust to taste*)
- 1-inch piece of ginger, sliced or grated
- 1 teaspoon raw honey (*optional, but highly recommended*)

### INSTRUCTIONS:

Add 1½ cups of water, an inch of sliced or grated ginger, and an inch of cinnamon stick (or ½ teaspoon cinnamon powder) to a pot. Bring to a boil, then simmer for 2–3 minutes. Pour into a heat-resistant mug and stir in 1 teaspoon of raw honey. Optionally, strain the tea, though leaving the ginger and cinnamon in can increase potency. Consume 1–2 times a day, adjusting based on your body's response.

*Note: The flavor may be strong for some, but the tea is a potent immune booster. Its warming, spicy blend supports your immune system and can help soothe a sore throat, sometimes providing near-instant relief.*

For best results, steep herbal teas at 190–200°F (87–93°C) to maximize flavor and benefits.



## REMEDY 3:

### TULSI IMMUNITY TEA

#### INGREDIENTS:

- 5–6 fresh or dried Tulsi (“Holy Basil”) leaves
- ½ teaspoon Turmeric powder
- ½ teaspoon freshly grated Ginger or Ginger powder
- ½ teaspoon Amla (Indian Gooseberry) powder
- 1 teaspoon Honey (optional)
- 1 cup (250 ml) Boiling Water

#### INSTRUCTIONS:

Boil 1 cup (250 ml) of water. Once boiling, turn off the heat and add the Tulsi leaves, turmeric, ginger, amla powder, and honey (optional). Allow it to brew for 5 minutes, then strain into a cup and sip while warm.

#### ADDITIONAL REMEDIES:

- Apply 1–2 teaspoons of **organic chest balm** containing eucalyptus or peppermint oils to your chest, forehead, and under the nose. Rub gently once or twice a day as needed.
- For a stuffy nose, soak a clean cloth in water heated to about 110°F / 43°C, wring out excess, and place it over your nose and sinuses for exactly 10 minutes. Repeat once per session.
- Take **Elderberry cough syrup** as directed on the packaging, using the recommended serving size (typically 1 tablespoon or 15 ml) up to 3 times daily.



## CHAPTER 02:

# CONSTIPATION

### REMEDY 1:

## TRIPHALA MIXTURE

### INGREDIENTS:

- 1-2 teaspoons (3-6 grams) of Triphala Powder
- 1 cup (250 ml) of Water

### INSTRUCTIONS:

Mix the Triphala powder with water and consume it in the morning on an empty stomach or right before going to bed. As blends may vary, it's advisable to follow the instructions provided on the packaging. Take it with food if you have a sensitive stomach.

Triphala is a staple herbal remedy in Ayurvedic medicine for digestive and colon problems. It contains three fruits: Amla (Indian Gooseberry), Bibhitaki, and Haritaki, which together provide a mild laxative effect.

***\*Triphala should be avoided during pregnancy and while breastfeeding***



## REMEDY 2:

### PSYLLIUM HUSK DRINK

#### INGREDIENTS:

- Isabgol/Psyllium Husk
- 1 cup of (Unflavored) Warm milk

#### INSTRUCTIONS:

Mix 1 tablespoon (5–7g) of Isabgol/Psyllium Husk into a cup of warm milk of your choice and drink it at night. This fiber-rich mixture helps add bulk to the stool. Start with a smaller amount and gradually increase if needed. Make sure to mix the psyllium husk thoroughly and drink it immediately, as it can thicken quickly. To avoid intestinal blockage and support fiber's action, drink plenty of water right after and stay well hydrated throughout the day.



## REMEDY 3:

### PRUNE JUICE

#### INGREDIENTS:

- 10–12 dried Prunes
- 1 cup (250 ml) of Water

#### INSTRUCTIONS:

Soak the prunes in water for 6–8 hours or overnight until they become soft. Blend the soaked prunes with the same water until smooth, then strain if desired. Drink one glass in the morning on an empty stomach for gentle relief from constipation. You can also buy ready-made prune juice, but choose one without added sugars or preservatives.



## REMEDY 4:

# HIGH FIBER SMOOTHIE

### INGREDIENTS:

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 ripe banana
- 1 cup spinach (optional, if you can tolerate the taste)
- 1 tablespoon (12 g) chia seeds
- 1 cup milk of your choice (almond, dairy, oat, etc.)

### INSTRUCTIONS:

Place all ingredients in a blender and blend until smooth and creamy. Pour into a glass and enjoy immediately.

This smoothie is rich in both soluble and insoluble fiber. Insoluble fiber adds bulk to stools, while soluble fiber forms a gel-like substance that softens them, making it an effective and nutritious remedy for constipation.

### ADDITIONAL REMEDIES:

- For relief, consider drinking a glass of **warm water with lemon** in the morning to help activate digestion.
- If you struggle with hard stools, consider eating 1–2 teaspoons of **chia seeds or flaxseeds** that have been soaked in water for 10–15 minutes, either on their own or mixed into yogurt, oatmeal, or smoothies, and be sure to drink extra water throughout the day to help the fiber work effectively.



CHAPTER 03:  
**DIARRRHEA**

**LET'S TAKE A HOLISTIC APPROACH...**

**Increase Fluid Intake**

When experiencing diarrhea, a lot of fluid and electrolytes are lost, so it's important to rehydrate properly. Drink plenty of water, sip coconut water, and eat hydrating fruits like watermelon to help restore essential minerals.

**Make Dietary Changes:**

Focus on foods that are gentle on the stomach and help firm up stools, such as bananas, rice, applesauce, and toast (BRAT Diet). Eat small, frequent meals until digestion stabilizes.



**GUT SOOTHER YOGURT MIX**

- 1 cup plain yogurt (dairy or plant-based, unsweetened)
- ½ ripe banana, mashed
- 1 teaspoon honey (optional, for taste)

**INSTRUCTIONS:**

Mix the mashed banana into the yogurt until smooth. Add honey if desired. Consume once or twice a day during diarrhea episodes. Yogurt provides probiotics to restore healthy gut bacteria, banana adds potassium and soluble fiber to help firm stools, and honey soothes the digestive tract.



## GINGER LEMON REHYDRATION MIX

### INGREDIENTS:

- 1 teaspoon (5 g) grated or chopped ginger, start with a smaller amount if unsure about tolerance
- ½ teaspoon (≈2–3 ml) lemon juice, use less if too acidic
- ¼ teaspoon (≈1.5 g) salt, ensure it's not too salty
- 2 teaspoons (8 g) sugar, adjust based on taste

### INSTRUCTIONS:

Boil 1 cup (250 ml) of water, and crush 1 teaspoon (5 g) of ginger, adding it to the boiling water. Let it boil for 1 minute, then turn off the heat. Stir in ¼ teaspoon (≈1.5 g) of salt and 2 teaspoons (8 g) of sugar. After the mixture cools slightly, add ½ teaspoon (≈2–3 ml) of lemon juice and stir well until fully dissolved. Drink 2–3 times a day to help with rehydration during diarrhea.

**Note:** The best approach depends on your individual situation and the severity of the diarrhea. While mild cases often improve with simple care, severe or persistent diarrhea may require medical attention, especially if accompanied by fever, dehydration, or underlying conditions. Avoid trying every remedy at once; focus on a few gentle, effective steps.

*For most mild cases, shift to a bland diet that's easy on your stomach (such as bananas, rice, applesauce, and toast), drink plenty of fluids with electrolytes to stay hydrated, and consider adding probiotics or mild herbal teas that help soothe digestion.*



# UPSET STOMACH/STOMACH ACHE

## REMEDY 1:

### BELLY SOOTHER

#### INGREDIENTS:

- 1 teaspoon (3 g) cumin seeds
- 1 teaspoon (3 g) fennel seeds
- 1 teaspoon (3 g) celery seeds
- ½ teaspoon (3 g) pink Himalayan salt
- 1 cup (250 ml) warm water

#### INSTRUCTIONS:

Lightly toast 1 teaspoon each of cumin, fennel, and celery seeds in a dry skillet, stirring frequently to prevent burning. Once toasted, allow the seeds to cool, then mix in ½ teaspoon (3 g) of pink Himalayan salt. To consume, take 1 teaspoon (3 g) of the seed and salt mixture and stir it into 1 cup (250 ml) of warm water. Mix well and drink.



## REMEDY 2:

### GINGER LEMON SOOTHER

#### INGREDIENTS:

- ½-1 teaspoon (2.5-5 g) of Grated Ginger
- 1 teaspoon (5 ml) of Lemon Juice

#### INSTRUCTIONS:

Mix the grated ginger with the lemon juice and consume it to help relieve stomach aches. If the mixture feels too strong, you can dilute it with warm water or prepare a lemon and ginger tea for a milder option. Start with a smaller amount of ginger if you are unsure about the strength.



# MUSCLE PAIN/SORENESS/CRAMPS

## REMEDY 1: HERBAL INFUSION BATH

### INGREDIENTS:

- About a teaspoon (5ml) of Ginger Juice
- 1 teaspoon (5 g) of Baking Soda
- 5 drops of Peppermint Oil
- 1 tablespoon of Epsom salt

### INSTRUCTIONS:

Fill a bathtub with warm water, ensuring it's a comfortable temperature. Add ginger juice, baking soda, peppermint oil, and Epsom salt. Stir the bathwater to mix the ingredients thoroughly. Soak in the bath for 10-20 minutes. If you have sensitive skin, use fewer drops of peppermint oil or avoid ginger juice to prevent irritation. If discomfort occurs, leave the bath immediately. After soaking, rinse off with clean, cool water to remove any residue from the additives. Pat yourself dry and apply a moisturizer to keep your skin hydrated.

**Disclaimers:** Avoid if taking blood thinners; avoid or proceed with caution if you have sensitive skin, allergies, eczema, psoriasis, open wounds, or infections; do a patch test, limit soak time, rinse well, and moisturize after.



## REMEDY 2: HERBAL MUSCLE RUB

### INGREDIENTS:

- 1/4 cup (60 ml) of Olive Oil
- 2 tablespoons of Dried Rosemary
- 2 tablespoons of Dried Thyme
- 2 tablespoons of Dried Oregano
- 1 Airtight Container



### INSTRUCTIONS:

Mix the dried rosemary, thyme, and oregano in a bowl, then add the olive oil and stir well. Transfer the mixture to an airtight container and store it in a dark, warm place to preserve its effectiveness. Avoid refrigeration, as it can cause the olive oil to solidify. When needed, apply a small amount of the rub to sore muscles and massage gently. To ensure safety, do a patch test on a small area of skin before using it more broadly. Avoid using the rub on broken skin, open wounds, or sensitive areas. Keep it out of reach of children.



### REMEDY 3:

## PICKLE JUICE FOR MUSCLE CRAMPS

Pickle Juice is known to relieve muscle cramps via numerous testimonials and some research [3].

*Instead of taking pain relievers and applying all of these things, consider taking a shot (about 2 to 3 ounces) of pickle juice...*



### ADDITIONAL REMEDY:

#### Herbal Pain Salves:

Purchase a salve containing **Arnica, Menthol, and/or Capsaicin**. Patch test first. Apply a thin layer to intact skin on sore muscles or joints. Rub gently until absorbed. Wash hands afterward. Use 1–3 times daily or follow the instructions on the packaging. Avoid broken skin or serious injuries.

**Used for:** Minor muscle aches, joint stiffness, bruises, or tension. Avoid broken skin, deep injuries, or serious medical conditions.



## CHAPTER 06:

# JOINT PAIN

### REMEDY 1:

## TURMERIC-GINGER PASTE

### INGREDIENTS:

- 1 teaspoon turmeric powder
- 1 teaspoon ginger powder
- ½ teaspoon (2–3 g) coconut oil

### INSTRUCTIONS:

Mix turmeric and ginger with coconut oil to form a paste. Apply to sore joints and leave for 20–30 minutes, then rinse. Turmeric and ginger reduce inflammation and may ease joint pain. Apply only to intact skin; may stain.



### REMEDY 2:

## EPSOM SALT BATH

Turn on the bathtub with water at a fine medium temperature, ranging from warm to hot (extreme temperatures reduce the efficacy of the Epsom salt). Then, pour 1–3 cups of Epsom salt into the filling tub, adjusting the amount based on the level of soreness. Ensure the bath temperature is pleasurable; if not, adjust accordingly. Slowly ease yourself into the tub and relax. A 15–20 minute soak is optimal. Epsom salt helps alleviate joint pain by potentially reducing inflammation and soothing sore muscles when added to a warm bath.

*Avoid if you have kidney or heart issues; do not soak longer than 20 minutes.*



## REMEDY 3:

### TURMERIC + BLACK PEPPER

#### INGREDIENTS:

- Turmeric (powder, capsule, or supplement)
- Pinch of black pepper

#### INSTRUCTIONS:

Take turmeric with a pinch of black pepper, either as a supplement or mixed into food or drinks, following the recommended dosage on the label. Curcumin in turmeric helps reduce joint inflammation, while black pepper enhances its absorption. Always check for potential medication interactions and follow dosage instructions carefully.



## ADDITIONAL REMEDY:

### GENTLE STRETCHING FOR JOINT PAIN

Perform light stretching or yoga focusing on the affected joints. Move slowly and gently, holding each stretch for 15–30 seconds. This improves circulation, flexibility, and range of motion, helping to reduce stiffness and discomfort. Avoid over-stretching painful or inflamed joints. Repeat daily or as tolerated for best results.



# FATIGUE AND LOW ENERGY LEVELS

## REMEDY 1:

### ENERGY BOOSTING TEA

#### INGREDIENTS:

- 1 teaspoon (4 g) Ashwagandha powder
- 1 teaspoon (4 g) Ginseng powder
- 1 cup (250 ml) water

#### INSTRUCTIONS:

Boil water and add 1 teaspoon (4 grams) each of Ashwagandha and Ginseng powders. Steep for 5-10 minutes, then let it cool for a few minutes before drinking to avoid burns. Test the temperature to ensure it's safe. Drink twice a day for energy.

*Ashwagandha should be avoided during pregnancy and while breastfeeding.*

#### ADDITIONAL REMEDIES:

##### NATURAL HYDRATION DRINK

Watermelon juice is rich in vitamins, minerals, and natural sugars, helping to hydrate your body and provide energy. You can make it fresh at home or choose an organic, pre-packaged version that is free of artificial sweeteners and preservatives, preferably stored in a glass bottle.



## CONSUME DATES

You can eat 2-4 dates of any variety of your choice. Dates contain various minerals and natural sugars that provide an energy boost and may help alleviate fatigue.



## CONSIDER SHILAJIT

Shilajit is a mineral-rich resin popular today for boosting stamina, improving cellular energy, and reducing fatigue. It is widely available and easy to find, but make sure to choose authentic, lab-tested products that come with certificates of purity to ensure safety and potency.



## ADDITIONAL TIPS:

- **Aim for 7–9 hours of quality sleep** each night; consistent sleep patterns improve energy and cognitive function
- **Drink adequate water** throughout the day to prevent dehydration and support bodily functions
- **Incorporate moderate exercise** like walking to boost energy and reduce tiredness
- **Practice deep breathing**, or mindfulness to manage stress and restore energy
- **Eat whole foods** rich in complex carbs and healthy fats; avoid sugary snacks that cause energy crashes



## CHAPTER 08:

# STRESS AND ANXIETY

### REMEDY 1:

## STRESS REDUCING TEA

### INGREDIENTS:

- 1 teaspoon (3 g) Ashwagandha root powder
- 1 cup of Water
- Optional: honey or cinnamon for taste

### INSTRUCTIONS:

Mix the Ashwagandha powder thoroughly in boiling water to brew a tea. Let it steep for 5–10 minutes, strain, and enjoy. Start with one cup per day, increasing if well-tolerated up to two cups. Store the powder in a cool, dry place to maintain freshness.

Research shows it may lower cortisol levels, reduce anxiety symptoms, and support overall well-being when taken consistently.

### ADDITIONAL REMEDIES:

- Consider practicing **deep breathing exercises** to reduce stress. Inhale slowly, hold briefly, and exhale fully, repeating for several minutes.
- Consider **lavender oil aromatherapy**. Add a few drops to a diffuser or warm bath, inhale the soothing aroma, and relax.



## CHAPTER 09:

# HEADACHE

### REMEDY 1:

### CALMING TEA

#### INGREDIENTS:

- 1 teaspoon Peppermint Leaves (fresh or dried)
- 1 teaspoon Lavender Flowers (or a few drops of food-grade diluted Lavender Oil)
- ½ teaspoon Ginger (fresh grated or powder)
- Optional: 1 teaspoon Chamomile Flowers

#### INSTRUCTIONS:

Mix 1 teaspoon peppermint leaves, 1 teaspoon lavender flowers, and ½ teaspoon ginger (fresh or powdered) in a cup of boiling water. Let it steep for 5–10 minutes, then strain. Optionally, add 1 teaspoon chamomile flowers for added relaxation. Drink warm, slowly, for headache relief.



### REMEDY 2:

### CABBAGE COOLING COMPRESS

#### INGREDIENTS:

- Fresh Cabbage Leaves
- Soft Cotton Cloth

#### INSTRUCTIONS:

Crush fresh green cabbage leaves to release their juices, then wrap them in a clean, soft cotton cloth. Apply the cloth to your forehead for about 15–30 minutes for relief from headaches. Make sure the leaves aren't too cold to avoid discomfort. If irritation occurs, discontinue use.



## REMEDY 3:

# LEMON HONEY GINGER TEA

### INGREDIENTS:

- 1-inch (2.5 cm) piece of Fresh Ginger
- Lemon Juice
- 1 tablespoon (15 ml) of Honey
- 2 cups (500 ml) of Hot Water

### INSTRUCTIONS:

Start by peeling and thinly slicing the ginger. Next, add the ginger slices, some lemon juice, and 1 tablespoon (15 ml) of honey into a cup. Mix the ingredients thoroughly. Then, pour hot water into the cup and let it steep for 5 minutes. Afterward, remove the ginger slices and enjoy your tea. Lemon Honey Ginger tea may help with headaches by soothing and potentially reducing inflammation. Honey offers calming properties, ginger is known for its anti-inflammatory effects, and the warmth of the tea can promote blood flow for healing. This tea can be enjoyed regularly to help maintain a calm and clear mind.



## REMEDY 4:

# SALT WATER

### INGREDIENTS:

- A glass of water (preferably spring water or filtered through reverse osmosis, stored in glass or another non-plastic container)
- Sea Salt



## INSTRUCTIONS:

Take a pinch of sea salt and add it to a glass of water. Mix well and drink. While it may seem unusual, drinking salt water can help relieve some effects of dehydration, such as fatigue, dizziness, headaches, or post-workout tiredness. When we sweat, we lose various minerals, with sodium being one of the main ones, so replenishing it can be beneficial. Salt water can provide relief, but it should be consumed in moderation to avoid excess sodium intake.



Alternatively, you can opt for natural electrolyte-rich drinks, such as fresh organic coconut water or flavored electrolyte salts that contain no artificial additives.



*If you have certain health conditions or take medications, use these remedies with caution.*

## ADDITIONAL REMEDIES:

- Gently rub a small amount of diluted **peppermint oil** on your temples, patch test first, and avoid eyes or broken skin (*follow the instructions on the packaging*).
- **Lavender oil baths** may also help alleviate headaches by promoting relaxation and reducing stress, both of which can contribute to headache symptoms. Add a few drops of lavender oil to a warm bath and soak for 15–20 minutes to help relieve headaches.



CHAPTER 10:  
**SMALL BURNS AND WOUNDS**

***IF YOU EVER HAVE MINOR CUTS OR BURNS...***

**CONSIDER USING:**

- **Aloe Vera Cream**
- OR
- **Medical Grade Honey**
- OR
- **Calendula Cream**



**INSTRUCTIONS:**

First, gently wash the affected area with clean water. Then apply a thin layer of your chosen remedy to the skin, repeating 1–2 times daily or as needed. It is recommended to perform a patch test first to ensure no irritation occurs. These topical remedies help soothe the skin, promote healing, and reduce minor irritation. They are suitable only for minor skin issues, so avoid using them on severe cuts or burns, and always seek medical attention for serious injuries. Follow the product instructions carefully.



## CHAPTER 11: SLEEPING ISSUES

### HERBAL TEA FOR A GOOD NIGHT'S SLEEP

#### INGREDIENTS:

- 1-2 teaspoons of Dried Chamomile and Lavender Flowers
- 3-4 Fresh or Dried Lemon Balm Leaves

#### INSTRUCTIONS:

Place the leaves and flowers in a cup. Boil 1 cup of water, and once it reaches a rolling boil, carefully pour it over the ingredients in the cup. Let the mixture steep for 10-15 minutes, or until it reaches your preferred temperature. Stir to enhance the flavor, then enjoy your tea.

*(Alternatively, you can use pre-made herbal chamomile and lemon balm tea bags.)*



#### ADDITIONAL TIPS:

- Keep a **consistent sleep schedule**
- Get **morning sunlight** to regulate your circadian rhythm
- Make your **bedroom dark, cool, and quiet**
- Try **deep breathing**, meditation, or relaxation exercises
- **Limit screens** 30-60 minutes **before bed**



CHAPTER 12:

# MENSTRUAL CRAMPS

## REMEDY 1:

### RASPBERRY LEAF TEA

#### INGREDIENTS:

- 1 tablespoon of Dried Raspberry Leaves
- 1 cup (250 ml) of Boiling Water

#### INSTRUCTIONS:

Place the dried raspberry leaves in a cup. Pour boiling water over the leaves and let it steep for 10 minutes. Then, strain the tea and enjoy. Or use pre-made organic red raspberry tea and follow package instructions.



#### OTHER REMEDIES:

**Drink beetroot juice**, which is rich in nitrates that convert to nitric oxide, to potentially reduce menstrual cramp pain by improving blood flow and lowering inflammation [1].

**Consume 1 cup of ginger tea** twice daily during menstruation: grate a 1-inch piece of fresh ginger, boil in water for 5-10 minutes, strain, and optionally add honey. Use this from the start of your period for up to 3-4 days.

**Apply a heating pad** to the lower abdomen for 15-20 minutes as needed to relax muscles and relieve cramps.



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**“EVERY DAY IS AN OPPORTUNITY TO  
RESTORE BALANCE, ONE NATURAL  
REMEDY AT A TIME.”**