

# 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