

These alternative medicines and homeopathic recipes can be made at home from natural ingredients such as fruits, vegetables, herbs, and seeds.

### Natural Homemade Remedies

**Headache:** An aromatherapy with one of these herbs is said to relieve a headache: Ginseng, Violet, Peppermint, Orange Peel, Dandelion. Vicks Vapor rub on the temples works well too.

**Poison Oak Poison Ivy Relief:** Make a good strong cup of sassafrass "tea" (roots steeped in 1 cup boiling water for 20 minutes) and allow to cool. Apply tea to affected areas several times a day. Do not rinse

**Skin Infection:** Use St. John's wort oil topically, to fight infection and help relieve pain and inflammation.

**Bee Stings:** Make a paste of baking soda and water or toothpaste and apply to the sting site.Home

**Arthritis:** An olive oil rub to relieve pain.

**Insect Bite:** Apply a paste of 1/2 teaspoon sandalwood and 1/2 teaspoon of turmeric powder to the site of bite for soothing and healing. You may also add Neem.

**Canker Sores:** Mix 1 teaspoon of honey with 1/4 teaspoon turmeric, and rub it on the sore. Turmeric root is know for it's inflammatory and cholagogic properties.

**Burn Relief:** Mix 1 tablespoon aloe Vera with 1/4 teaspoon each of sandalwood and turmeric and apply the paste topically. Turmeric root is know for it's inflammatory and cholagogic properties.

**Cold Sores:** Mix tea tree oil and aloe Vera gel and apply to cold sore to dry out and heal more quickly.

**Hiccups:** A teaspoon of sugar should stop Hiccups.

**Psoriasis:** Gently apply avocado oil to the affected area. Tea Tree oil works wonders for all skin irritants.

**Sunburn:** Gently apply Milk to the affected area. Have a cool bath to which 1/2 a cup of baking soda has been added. A thin paste of sandalwood applied to the sunburn area is

beneficial

**Cure Carpal Tunnel :** Massage the pain with mint oil or lavender oil

**Bug repellant's :** Use essential oils like Lemon grass, citronella and eucalyptus

**Age Spots :** Use lemon to lighten age spots. Lemon juice or a fresh lemon.

### Bug spray

#### Ingredients:

- 4 ounces distilled water
- 1 ounce witch hazel (the alcohol)
- 6 drops Lemon Grass essential oil
- 3 drops tea tree essential oil
- 4 drops citronella essential

#### Instructions:

Mix essential oils in a plastic or metal spray bottle. Shake well. Add the rest of the ingredients and shake well again. Adult use only.

### Eczema Relief

#### Ingredients:

- 1 oz. Camelina Oil
- 2 oz. Flax Seed Oil or Tamanu Oil
- 1 oz. Calendula Oil
- 2 oz. Emu Oil

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Written by Administrator

Wednesday, 25 May 2011 05:54 -

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- 2 oz. Seabuckthorn Oil

### Instructions:

Mix essential oils and apply to area. Adults only.