

Natural Home Remedies

CHEAT SHEET

BOOST IMMUNITY

Probiotics
Shot of Wheatgrass
Yoga
Zinc

COLD/CONGESTION

Astragalus
Echinacea
Elderberry Syrup
Epsom Salt Bath
Garlic Chopped in Olive Oil (spoonful;
mix in applesauce for little ones)
Hot Steam Shower
Tea: Hot Water, Grated Ginger, Honey,
Lemon, Cinnamon
Umcka Elderberry Cold Care

CUTS/SCRAPES

Cold Compress/Elevation
Colloidal Silver
Ginger
Lemon

EAR INFECTIONS

Colloidal Silver
Garlic Oil in Ear OR 1/2 Garlic placed
on ear for 20 min.

EYE INFECTIONS/CLOGGED TEAR DUCTS

Breast milk
Colloidal Silver

FEVER

Apple Cider Vinegar Bath (1 Cup)
Epsom Salt Baths

FLU

Apple Cider Vinegar (1-2 Tbs in water)
Elderberry Syrup
Epsom Salt Bath
Garlic (1 clove)
Prevention: Ginger Root Tea + Raw
Honey + a Cinnamon stick + a Pinch of
Himalayan Pink Salt + a Squeeze of
Lemon + 1 tsp of Raw ACV

HEADACHES

Chewing on Bitter Apricot Seeds
Hot Foot Soak and Ice Pack on Neck
Turmeric Capsules (500mg)
Water (Lots of it!)

INSOMNIA

Deep Breathing Exercises
Magnesium Lotion
Prayer
Probiotics before Bed
Yoga

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JOINT PAIN

Baltic Amber (Wear in Area of Pain)
Organic Turmeric Powder + Coconut Oil
+ Ginger Root + Green Tea + Hot Water
(Strain out ginger root)
Remove Sugar and Gluten from Diet
Turmeric
Water (Lots of it!)
Yoga

MENSTRUAL CRAMPS

Epsom Salt Bath
Heating Pad
Red Raspberry Leaf Tea
Vitex

MUSCLE ACHES/PAINS

Apple Cider Vinegar (2 Tbsp + 1 Tbsp
Coconut Oil and apply)
Epsom Salt Baths
Magnesium Oil/ Oral Magnesium
Supplements

RASH

Bentonite Clay
Cocoa Butter
Colloidal Oatmeal Bath

ROSEOLA

Breastmilk
Skin to Skin

SORE THROAT/COUGH

Tea: Hot water, 1-2 Tbsp of Apple Cider
Vinegar, 1-2 Tbsp Lemon Juice, 1 Tbsp
Honey
Tea: Lime, Honey, Cinnamon (or in a
spoonful)

STOMACH VIRUS

100% Grape Juice

TEETHING

Baltic Amber Necklace
Camilla Drops

TOOTHACHE

Mouthwash
Oil Pulling
Salt Water Rinse

UPSET STOMACH

Acidophilus (Mash for young children)
Apple Cider Vinegar (1 Tbsp) + 1 C Warm
Water + 1 Tbsp Honey
Deglycyrrhizinated Licorice (DGL)
Ginger or Ginger Chews
Ginger Tea made with Real Ginger
Rosemary + Warm Water + Lemon