

Natural Healing Express Weekly

Column 249 A few "Secret" Herbal Remedies

About this time of year, my herbalist friends and I start deciding what kind of tinctures, salves and teas we would like to make for our collective families as we prepare for back to school , impending fall allergies and the cold and flu season.

Sure, we have a store full of great products that I thoroughly research and find according to specific needs, but there are just sometimes when you like to "make your own". As herbalists, we work off of proven, age old recipes that have been handed down through the generations, similar to the Native American Medicine Man/Woman. And if you are lucky enough to have this in your own family, consider yourself blessed.

These items that we make are not for sale, again, we utilize them for our own families, but you can learn to make them for yourself. So, in this article we will allow a rare peak into the wild crafted items in our Natural Medicine Kit.

So, here we go. And, of course we need to state the caveat that if pain is extreme, fever is high or the issues are chronic – Seek Medical Help Immediately!

Earaches – This one is helpful if the pain is mild/moderate and the fever is low. Slice one clove of garlic into small pieces and stir into 2 tbsp. of olive oil. Crush 1 Tbsp. of lavender flowers into the mixture. Leave for two hours, then Strain. Warm 1 tsp of the oil by placing it over a cup of hot water. Put three to four drops onto a cotton ball and plug the sore ear for three hours. Repeat as needed.

Headaches – There are several different remedies for this and it is hard to choose the best. I will say that most headaches are caused by dehydration, so get plenty of water with electrolytes! Electrolytes are key, especially if the headaches are chronic.

Here is the one we usually utilize for migraines, so why not share for regular headaches as well?

Combine Lemon Balm, Feverfew, Meadowsweet and Rosemary into a pan. Cover with four cups of water and bring to a boil. As soon as the mixture is rapidly boiling, turn over heat and let steep. Drink one to two cups.

Indigestion and Heartburn- We are believers that eating should be one of life's pleasures as well as help to heal the body. Problems with digestion can create discomfort which in turn begins to affect all aspects of daily life. We strive to prevent this!

Obviously, the more healthy the diet, the less one can expect to encounter trouble with digestion. One of the simplest methods of gaining healthy digestion is one that is very much overlooked in our rapid paced, highly driven society. Good digestion THRIVES on relaxed and peaceful mealtimes. This setting also helps us to enjoy our and nurture ourselves.

However, when indigestion and heartburn strike, arm yourself with Cardamom, Peppermint and Fennel. These herbs aid in digestion and the settling of the stomach. They help to clear gas and bloating. Add a sprig of these three herbs to a hot mug of water and let steep until cool. Sip as an after dinner drink and watch those symptoms disappear.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

