

Dear friend, Are you tired of taking medications that do not help cure your symptoms?

Although your medications do provide instant relief, to your utter dismay, you find that your symptoms come back again and again.

They never really went away. This means that you are almost perceptually on a cocktail of medications. Over time, you also find that you need a stronger prescription for the same level of pain.

Medications can become ineffective as your body grows accustomed to them. Also, with taking medications, you also set yourself up for side effects.

The side effects may include symptoms like frequent headaches, constipation, allergies, sluggishness, constant fatigue, and other disorders.

Plenty of which, you probably are not even aware of that they result from consuming too many drugs. In fact, if you don't already know this...

Drug medications are chemical substances that are toxins to your body. If left accumulated in your body, they can create harm. The symptoms that you have been experiencing are just the tip of the iceberg. If you don't believe me about what I'm saying about drugs, recall this...

How many drug-related lawsuits do you read of in the papers that are reported after they caused life-threatening diseases or deaths?

Plenty, I'm sure. Here's a common example.

Accutane.

Accutane was marketed as a safe acne medication when it was first launched. Subsequently, there were various reports of serious side effects and suicides attributed to it. All in all, there have been more than 142 suicides involving Accutane.

In addition, this drug carries a high risk of deformed babies, miscarriage, premature birth, or death of the baby. Severe liver damage has also been reported with the use of this drug.

What is amazing is that this drug is still being prescribed. It is the same with many other drugs.

They continue to be marketed despite reports of severe side effects by the many that rely on them for treatment.

In your case, if you start experiencing the various but less severe symptoms, you probably wouldn't attribute them to the drugs that you have been consuming.

So the side effects after consuming them go largely unreported. However, since you never quite got cured, you begin to recognize this fact...

Modern medicine is failing its patients Despite advances in modern medicine and medical technology, more than ever, there are increased incidences of cancer and diseases.

You will find that you know of someone, maybe a neighbor or a loved one, who has a life-threatening disease or a severe ailment that is not "curable".

So, does this mean therefore that we are doomed? Is there really no cure and no solution in sight? The truth is that there is. And this has been withheld for the longest time.

Best kept secrets by major pharmaceutical companies. Pharmaceutical labs don't want you to know this - the use of herbal remedies. They will lose big money since millions or billions are poured into the research and manufacture of synthetic drugs.

The truth is that herbal remedies are one of the many natural cures that can take the place of conventional drugs. For centuries herbs were an important part of healing Herbal remedies are really nothing new.

For thousands of years, men have been using herbs to treat illnesses and symptoms, ranging from the common cold to serious autoimmune deficiencies.

However, those that live in the modern city, such as yourself, have been brought up on medications and thus, have no knowledge of the healing power of herbs.

Eastern medical systems such as Traditional Chinese Medicine and Unani Medicine have well-documented use of herbal remedies.

Their focus is on the use of herbs and other natural healing alternatives to treat common ailments that afflict the body, mind, and spirit.

Now, with increased awareness about the harmful effects of drugs, more and more people are going back to using this form of natural healing for treating and preventing disease.

If you are keen to restore your health, it's not too late to start...

Use herbal home remedies as a way of life If you are someone who is:

Interested in using herbs to improve your health, but don't know where to start.

Looking to switch gears and start preventing illness instead of just treating symptoms.

Interested in learning how to address the cause of sickness rather than merely treat the symptoms.

Fed up with traditional medicine and looking for a more natural and holistic approach to your health and well-being.

Then, you're about to gain access to very useful and helpful information about herbal remedies.

You ought to know that herbal cures exist for just about anything that ails you.

Most importantly, you can also use herbal remedies to prevent disease. You also have the choice of not relying on antibiotics or steroids for treatment.

As humans begin to build up resistance to common medications, including antibiotics, it is more important than ever that people including yourself have choices or alternatives to conventional drug medicine.

Even medical doctors are learning that herbs have much to offer in the way of preventive care.

Mind you...they were not taught about the use of herbs in a conventional medical school.

Today licensed physicians to combine herbal medicinal practice with mainstream practice, to provide patients with better health care.

But you need to select the physician that can combine both.

So, if you are interested in using herbs to improve your health, this free home remedies PDF is a great place to start.

Here is just a sampling of what you'll learn in

Learn what herbal remedies are and how you can use them to heal mental, physical, and spiritual complaints

Find out how to combine herbal products with traditional pharmaceuticals to enhance your overall wellness...

Learn how to use aromatherapy to clear up the common cold and alleviate chronic headaches Discover our A-Z guide of symptoms and solutions to common problems herbs can treat.

Discover what century's old herb helps strengthen memory and improve your circulation.

Find out what natural herbs combat help delay the appearance of age and improve your skin complexion. No invasive surgery is required!

Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.

Learn how a natural plant may help strengthen and tone your uterus, improving your fertility and easing child labor and recovery...

Discover the calming and soothing herb for gastrointestinal problems, digestive symptoms, and even bloating... And More!

HOME REMEDIES FOR ARTHRITIS.



Arthritis is a prehistoric disease; archeologists have found skeletons of the first humans, with evident cases of arthritis.

But modern medicine has not yet found the reason why this condition affects more than 100 million people around the world.

However, there is evidence that humans have been using Home Remedies for arthritis pain for thousands of years.

Arthritis is a progressive inflammatory condition caused when the soft muscles in the joints become inflamed, severely restricting the movement of the joint and causing a lot of pain and discomfort.

In older people, who are most susceptible to this condition, arthritis is the leading cause of restriction of movement or immobility.

Arthritis is a condition that we are all quite familiar with and even if you haven't been afflicted with the condition it is most likely that you are acquainted with someone who is.

Arthritis is a degenerative condition that affects the joints causing severe pain and greatly reducing mobility. In severe cases and if neglected the effects can be debilitating.

Arthritis is typically associated with old age and although most prevalent among the aged it can affect almost anyone, young or old.

There are many different types of arthritis and the most common is osteoarthritis, which is a result of wear and tears on the joints. Another type is rheumatoid arthritis which is an autoimmune disease.

The good news about arthritis is that it can be treated with natural remedies including herbs, supplements, and lifestyle changes.

Home Remedies

1. Steam baths and massage once a week are very helpful.
2. Take 10-15 grams of camphor and 200-250 grams of mustard oil and mix in a glass bottle and keep this bottle in the sun till the camphor gets dissolved properly. Massage the affected area every day with it. One of the good home remedies for leg pain.
3. A red flannel can be wrapped up around the pain area.
4. Use of coconut also assists in curing leg and knee pains.
5. To get better the general weakness of the body a well-balanced diet including all the three basic food groups is advisable.
6. Eating 4-5 walnuts with a bare stomach in the morning provided relief from leg pain in a short duration.
7. Intake of cod liver oil helps in curing all sorts of leg pains and general weakness of the body.
8. 2-3 teaspoonfuls of fenugreek powder in morning water is very helpful.

9. Various yogasanas like janusandhi, uttanpadasana, and gomukhasana are very helpful for leg pain.
10. Eat Alfalfa or take alfalfa capsules. It's very rich in minerals needed for the formation of bones.
11. Take chondroitin sulfate 700 mg. a day to strengthen joints and ligaments. Take it in tablet form, click on the sign for Chondroitin Caplets.
12. Take Vitamin E to protect and improve joint mobility.
13. Bogbean is an aquatic herb, a very powerful herb special for rheumatoid arthritis and Osteoarthritis, anti-inflammatory. Since this herb cleans the urinary tract, drink lots of water.
14. Boswellia has anti-inflammatory effects similar to Non-steroidal anti-inflammatory drugs (NSAID) (Advil, Aleve, Tylenol, etc.) but this herb does not have side effects and does not cause gastrointestinal bleeding. It improves circulation to the joints, relieves pain, inflammation, and stiffness.
15. Ginger is the Killer of Arthritis pain, superior to any NASID, it can be applied directly on the affected area or taken orally either way it relieves pain, inflammation, stiffness, bursitis, tendinitis.
16. MSM is rapidly establishing a reputation as a safe, natural effective solution for many types of pain and inflammatory conditions including degenerative (wear-and-tear) arthritis, rheumatoid arthritis, chronic back pain, chronic headaches, muscle pain, fibromyalgia, tendonitis, bursitis, carpal tunnel syndrome, TMJ, post-traumatic pain, inflammation, and heartburn.
17. Epsom Salt is high in magnesium. Magnesium is important for bone growth and regulates the body's pH level. A deficiency of magnesium lowers the ability of the body to absorb and use calcium and phosphorus, which are the two primary bone-building minerals.
18. The following home remedies using Epsom Salt can be used to reduce the symptoms associated with arthritis. NOTE: If you have heart or kidney disease, consult your doctor before using these remedies. Excessive magnesium can cause diarrhea, nausea, cramps, muscle weakness, and heart abnormalities.

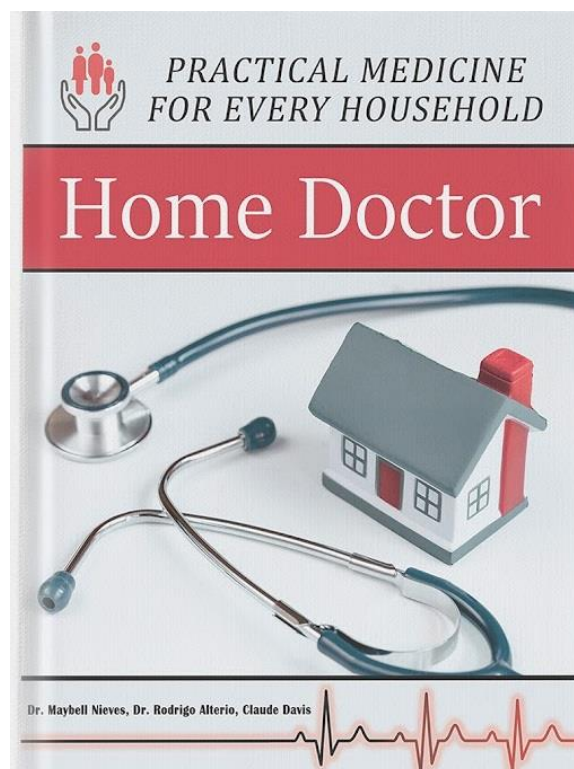
19. Mix 3 tablespoons of fresh lemon juice and 3 tablespoons of Epsom Salt in one pint of warm water and take one teaspoon in the morning and once at night.

20. Add three cups of Epsom Salt in hot bath water and soak in it. The magnesium in the salt is absorbed by the body and it soothes and relaxes the stiff joints and muscles.

21. Recent studies have shown that Cinnamon is a remarkable natural treatment for arthritis pain. Simply add half a teaspoon of cinnamon powder to one tablespoon of honey every morning before breakfast. Repeat this daily for one month. Results should be noticeable within the first week.

22. Turmeric, a common spice in Indian cuisine, has been used to reduce inflammation for hundreds of years in Ayurvedic medicine. Not surprisingly, by taking 500mg to 1000mg Turmeric capsules three times per day, many individuals have reported significant relief from osteoarthritis pain.

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HOME REMEDIES FOR ASTHMA



Asthma is an ancient Greek word meaning 'panting or short drawn breath'. It is an allergic condition resulting from the reaction of the body to one or more allergens and is the most troublesome of respiratory diseases.

An asthma patient gets frequent attacks of breathlessness, in between which he may even be completely normal.

Asthma is a very common respiratory disease, it affects the trachea and bronchial tubes by becoming inflamed and plugged with mucus.

This causes the airways to narrow, restricting the amount of air going to the lungs, and making it very difficult to breathe.

Asthma can occur in anyone but is very common in children and young adults.

Typical symptoms of an asthma attack are coughing, wheezing, tight chest, difficulty breathing. Home remedies for asthma can help to breathe.

There are 2 types of asthma, allergic asthma, and non-allergic asthma. Some of the allergens that can trigger an asthma attack are chemicals, drugs, smoke, dust, food additives, pollution, mold, etc. Non-allergic asthma can be caused by anxiety, exercise, dry or humid weather, fear, laughing, stress, etc.

Home remedies for asthma can help these conditions as well. The rate, at which asthma attacks have increased in the past few years is alarming, especially in children. Scientists believe that there is a strong link between contamination in the air we breathe and asthma, evidence suggests that the percentage of people who live in big cities and have asthma attacks is far greater than those of people who live in rural areas.

However, this may not be the only reason, it is believed that genetics, food additives, toxins, etc. could also contribute to asthma attacks. Modern medicine can offer very little to children with asthma, most drugs can only produce a temporary effect.

Herbs on the other hand can be very helpful, not only reducing attacks but also strengthening the lungs and immune system. You'll learn to treat this disease with many combinations of herbs such as mullein, elecampane, and more

Home Remedies

1. Vitamin B6 and Vitamin B12 are very important nutrients to treat asthma decreasing the inflammation in the lungs.
2. Vitamin C is needed to fight infection, increase the amount of oxygen and reduce inflammation.
3. Use ginkgo Biloba, this herb contains ginkgolide B which is very helpful. Some studies indicate that ginkgo Biloba reduces the frequency of asthma attacks.
4. Mullein oil is used to fight respiratory congestion, is very important to make it as a tea for faster results.
5. Pau d'arco is a natural antibiotic and reduces inflammation.

6. In china a powerful mixture of herbs called Shuan Huang Lian is being used in hospitals to treat respiratory illness, very important to use this herb in asthma and acute bronchitis.

7. If exercise triggers asthma attacks, cut back the amount of salt in your diet and take 2,000 mg. of Vitamin C one hour before your workout.

8. Eat salmon 3 times a week and take salmon oil capsules.

9. Drink coffee and Soft drinks with caffeine (colas), caffeine dilates the bronchial airways.

10. Make a tea using:

- 2 tsp. powdered Indian root.
- 2 tsp. granulated echinacea root.
- 2 tsp. elecampane root. 2 cups of water.

Mix all ingredients and let them sit for 2 hours.

11. To improve breathing make a tea with:

- 1 quart boiling water.
- 1 tsp. chamomile flowers.
- 1 tsp. echinacea root.
- 1 tsp. mullein leaves.
- 1 tsp. passionflower leaves.

12. Caffeine is known to dilate the bronchial airways.

13. Turmeric powder (1 tsp.) in milk with honey 3 times. This is an old Indian remedy.

14. Mustard oil can be mixed with camphor and rubbed into the back of the chest

15. Get the asthma patient to bend over a bowl of honey and breathe in the vapors for a few minutes until their breathing eases.

16. Another one of the good asthma attack home remedies is to inhale from boiling water mixed with caraway seeds.

17. Drink hot licorice root tea which has brewed for around 10 minutes.

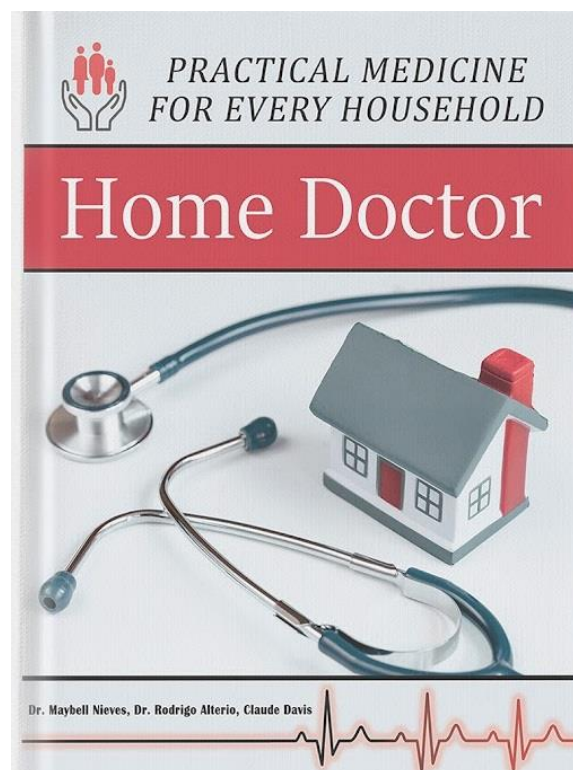
18. Try blending honey, lemon juice, and radish, then heat for 20 minutes in a saucepan. Take one teaspoon daily.

19. . Mix one gram of ginger powder and one gram of black pepper in a teaspoon of molasses or honey

20. To expel infected mucous from the lungs, regularly chew fennel.

21. A good natural inhalant for asthma sufferers is a few drops of essential oil of juniper in hot water. Do not use undiluted directly on a handkerchief or the skin.

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HOME REMEDIES FOR ATHLETE'S FOOT



Athlete's foot is a very common infection that affects mostly men and young people. Athletes' foot attacks the area between toes, soles of feet fingernails, and toenails.

This infection is caused by a fungus called tinea pedis it lives off the dead skin cells, and thrives in moist, warm places, such as gyms, locker rooms, showers, and swimming pools, Athlete's foot is also very contagious and is transmitted by coming in contact with wet floors, or by touching infected shoes or socks.

If repeated fungal infections are developed, it might be a sign of fungus in the groin area in these cases the problem should be treated simultaneously.

Symptoms are burning sensation between toes, itching, redness, scaling, blistering.

Home Remedies

1. 40 drops of tea tree oil to a small amount of water and soak your feet in it for 10 minutes after dry feet with a towel and a hairdryer to ensure that there is no moisture present this is important because the fungus may flourish under a toenail that has not been completely dried. Place a few drops of oil on the area.

2. Use olive leaves as an anti-bacterial for infections. Olive Leaf Extract comes from the olive tree which manufactures its own potent antibiotic substances to fend off disease-causing bacteria, fungus, and parasites.

Olive Leaf Extract is an excellent antiviral agent. Olive Leaf Extract may be useful for herpes, flu, bacteria, malaria, fungal and yeast infections, inflammation, high blood pressure, diabetes, chronic fatigue, and colds

3. Take fresh garlic slices and put them in your shoes, wear them all day. This is the best way of curing an athlete's foot even better than all over-the-counter anti-fungal drugs.

4. Drink pau d'arco tea and soak your feet in a more concentrated form about 10 tea bags.

5. Do not wear socks twice, and make sure to keep your feet dry.

6. Spray your feet with an underarm antiperspirant, this will ensure that the affected area stays dry. Usually, this alone may kill Athlete's foot since the fungus lives in moist places.

7. Dissolve 6 aspirins in 1/2 a cup of rubbing alcohol, shake well and apply on clean, dry feet. Repeat three times a day for three days or until the athlete's foot is gone.

HOME REMEDIES BAD BREATH



Bad breath is an embarrassing problem. A person with bad breath may be offensive without realizing it, as all the advertisements for breath mints, mouthwashes, and toothpaste are so quick to point out.

In some cases, an unusual breath odor may be a sign of illness, such as a herpes infection of the mouth, diabetes, postnasal drip, tonsillitis, sinusitis, dental infection, strep throat, liver or kidney failure, or a lung abscess.

Most of the time, however, bad breath—medically termed halitosis—is not the result of any major health problem. It is usually related to poor oral hygiene or poor digestion, sometimes both.

Halitosis refers to foul or bad breath, which is not an uncommon condition. Unfortunately, most people who offend in this respect are completely unaware of their problem.

Bad breath usually originates from the mouth and the intensity or severity of the problem may vary during the day depending on the type of foods consumed.

Certain foods like garlic and onions or red meat and fish can severely aggravate the problem, and smoking or alcohol consumption can also aggravate it greatly.

Bad breath can also be caused by dryness of the mouth, which is why individuals who do not consume adequate water may suffer from halitosis.

Very often the problem may be present only in the morning because the inactivity and lack of oxygen in the mouth during the night could cause the odor to worsen. It generally reduces after rinsing the mouth or brushing the teeth.

It's therefore quite hard to prevent bad breath in the early morning or for that matter even when fasting. Chronic bad breath is however a persistent problem that should be treated with medical care.

If a friend or family member (or you yourself) notice a bad smell on your breath, especially if the breath has a persistent or unusual odor, consult your physician.

He or she will be able to determine whether or not your bad breath is related to an underlying infection or other illness.

One particularly helpful—though, unfortunately, not often recommended—diagnostic test is a comprehensive stool analysis, which can be used to determine problems with digestion and assimilation, the presence of parasites, or the overgrowth of abnormal bacteria in the digestive tract

Causes for Bad Breath

- Bad breath is one of the worst medical problems people are suffering from all over the world. The causes for this embarrassing and at the same time discouraging disease are poor gums, non-chewed food trapped between teeth, eating greasy and garlic, onion-rich food, diabetes, and sometimes constipation.

- Poor gums or dental problems like cavities in a tooth results in pus in the gums and thus a poor bad smell comes from the mouth.
- Doctors also say that if a person has a poor digestive or respiratory system, he suffers from Diseases like sinusitis, chronic disease; intestinal disease such as constipation has a major role in producing Respiratory disease causes thick layers on the tongue, which produce a foul smell.

Home Remedies

1. Chewing mint leaves will soon freshen up the breath and is a simple home remedy for bad breath.
2. Brushing teeth after every meal will prevent bad breath.
3. Gargle with baking soda dissolved in warm water. It can also be used for cleaning the tongue. This remedy is one of the good home remedies for bad breath.
4. Drinking a hot cup of unsweetened tea will help cure bad breath.
5. After meals chew some sunflower seeds and drink a glass of water. This is a good natural remedy for bad breath.
6. Eating yogurt for 6 weeks will completely remove bad breath.
7. A good natural remedy for bad breath is tea made from Fenugreek (methi) seeds.
8. Chewing one clove after meals daily will help deal with bad breath.
9. Squeeze a lemon in a glass of water and gargle frequently. Good home remedy for bad breath
10. Drinking pineapple juice will soon vanish the foul smell from the mouth and act as a natural remedy for bad breath.

11. Eating apples daily is also good for mouth purification as it removes the bacteria causing bad breath.
12. Chew cardamom seeds to sweeten your breath as the aromatic flavor of cardamom acts as a breath freshener. This remedy is also a good home remedy for bad breath.
13. Mouthwashes containing, dyes and alcohol should be avoided as they only provide temporary relief.
14. Eat parsley to reduce bad breath.
15. Rinse juice of half a lemon with a glass of water after every meal. This is one of the effective home remedies for bad breath.
16. Intake of food products that are rich in zinc prevents bad breath as it keeps the check on the anaerobic bacteria in the mouth.
17. Chewing cardamom seeds also sweetens the breath.
18. Before brushing use hydrogen peroxides to rinse the mouth. Take an acidophilus and bifidobacteria supplement daily to establish and maintain favorable intestinal flora and healthy digestion. If you are allergic to milk, select a dairy-free product.
19. Chlorophyll tablets help freshen the breath because they have a cleansing effect in the intestines. Take a chlorophyll supplement, as directed on the product label, after each meal and again at bedtime.
20. If you suspect bad breath related to poor digestion, try supplementing your diet with digestive enzymes. There are a number of over-the-counter products available that use natural enzymes—bromelain (from pineapple) or papain (from papaya)—which may be helpful. Follow the dosage directions on the product label.
21. Sometimes bad breath is a result of poor stomach function. To strengthen the gastrointestinal tract, you may want to try taking duodenal extract with vitamin A as directed on the product label.
22. Choose an herbal-based toothpaste or tooth powder formulated without sugar. If this type of product is not available in your local drugstore, check a

health-food store. Merfluan is a baking soda-based tooth powder that is very popular in Europe. It comes in several different flavors.

23. The Chinese patent medicine Fare You is a cabbage extract that helps to heal and strengthen the stomach lining. If bad breath originates from compromised stomach function, consider trying Fare You. Follow the dosage directions on the product label.

24. Chew on a small sprig of parsley to freshen your breath. Parsley is rich in the natural deodorizer chlorophyll and also sweetens the digestive tract.

25. If bad breath is an occasional problem related to poor digestion, typically accompanied by an upset stomach, diarrhea, constipation, or a lot of burping, sipping a cup of peppermint tea after meals should help to ease digestion. Or try taking a cup of ginger tea twice a day, with meals, to enhance digestion.

26. Guava is one of the most liked fruits. It is not only good in taste, but also is very healthy and nutritious. Guava and its leaves are some of the best medicines. Guava contains some useful chemicals like oxalic acid, malic acid, and minerals like calcium, manganese. All these chemicals are helpful for gums and teeth, avoid, make teeth strong, and prevent them from bleeding.

27. Apple - Similarly, apple is also a very important fruit. Chewing it after a meal, will keep the mouth fresh, and take out all the trapped foods lying between teeth.

28. Tea made from fenugreek (methi) seeds - This is one of the oldest and most effective home remedies used to get rid of. Take a 1/2 liter of water and put to boil add a teaspoon of fenugreek seed to it and boil at medium or low flame for 10-20 minutes. Strain away all the seeds and take this tea 3-4 times a day. This is one of the best home remedies for bad breath

29. Avocado - Avocado or Makhanphal is a very useful fruit. It clears the harmful materials stored in the intestine due to improper digestion and other diseases, and thus prevents the formation of the mouth. Doctors have approved that eating two to three pieces of makhanphal is far better and much more effective than any other mouth freshener.

30. Fresh vegetable and fruit juice - Eating unhealthy food, eating less food, drinking less water or fluids are some of the reasons. With a busy schedule, we tend to eat less, however, one should always take lots of water or other fluids like freshly prepared vegetables and fruit juice. These fluids keep the mouth wet and gums soft. Thus, there is less formation of and accumulation of bad-smelled sticky materials on the tongue.

31. Mint leaves and cloves - Person suffering from may chew mint leaves, cloves, etc. This keeps the mouth wet and fresh. Other than this, the patient may also chew sunflower seeds. In fact, it is a wonderful remedy for avoiding.

32. Coffee and tea - A cup of tea or coffee is one of the easiest ways to keep away.

33. Rinsing the mouth with a mixture containing parsley leaves - Take 1-2 glasses of water and add finely chopped parsley leaves to it. Boil it for 15-20 minutes. Add 3-4 cloves to it and boil it for some time with constant stirring. Strain it and bring it to lukewarm temperature and rinse your mouth (gargle) two to three times a day. This has come out as an effective remedy for the treatment of bad breath. This is one of the useful home remedies for bad breath.

34. Rinsing the mouth with a mixture containing lemon extract - Take 1-2 glasses of water and add one tablespoon of freshly prepared lemon juice to it. Rinse your mouth with it 2-3 times a day. This will keep you fresh and avoid. This is one of the important home remedies for bad breath

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