

EVERY DAY NATURAL SOLUTIONS

Acid Conditions:- Such as fungal toe, reflux, tooth and gum and skin or internal inflammation, irritable bowel.

Dab bicarbonate of soda under tongue 2 or 3 times daily or add to juice and water.

Anxiety :- Depression, sleeplessness, cramps, stroke prevention.

Foot or bath soak in magnesium chloride and sea salt (ladle full magnesium, tablespoon sea salt).

Add warming spices to your diet if possible, cinnamon, clove, chai, cayenne. Chilli hot chocolate is a good uplifter.

Look up foods to improve mood. (Dr Joshua Axe and many others have good pages on this online).

Breathing :- blocked nose, breathlessness, lung infection.

Try a steam inhalation, get a bowl of hot filtered water with a tablespoon of sea salt, oregano oil 2-3 drops, eucalyptus 2 - 3 drops, thyme 2-3 drops. Inhale steam for 5 mins or so then soak your feet in it (add magnesium salts if you can).

<https://www.artofliving.org/us-en/breathwork/breathing-exercises/guide>

Using a vape inhaler with vegetable glycerine and few drops of oregano oil (obviously not the chemical type) this is very good to help reduce asthma and breathlessness.

Browns gas can help oxygenation, contact me for a £800 quality version or research info on this.

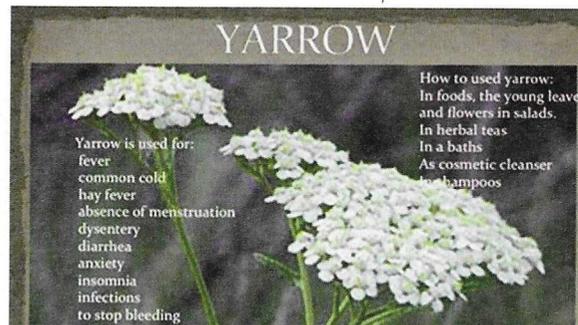
Breathwork and deep breaths daily are very good to improve these types of issues.

Bruising:- sprains, bone chipped, cracked.

Comfrey ointment - rub on skin. Making ointments and oils - by taking a plant i.e. comfrey and place a quantity in your slow cooker with some coconut oil (liquid fractionated for oil and solid 2/3, liquid 1/3. Heat on lowest setting for about 4 and a 1/2 hours, cool and strain through a cloth or muslin (squeeze any juice out) and pour into jars. Coloured jars prevent light damage although not essential jar. Label and date.

Bites:- to disinfect area around wound, rash, rub witch hazel on skin or lavender ointment (as described above).

Cuts/injuries - clean wound with 3% hydrogen peroxide elevate limb to reduce



Bleeding, hold sides of injury together where appropriate, use steri-stitches or a stitch zipper.

Colloidal silver is very good to boost immunity and clear bacteria, to dab on and plasters are now standard to buy with colloidal silver, use breathable tape and plasters only to promote healing. <https://draxe.com/nutrition/colloidal-silver-benefits/>

You can buy a colloidal silver maker which is simple to use.

I do sell this also, or buy online.

Yarrow poultice is used to stop external bleeding, yarrow tea is used to reduce internal bleeding (known as staunch bleed).

<https://www.organicfacts.net/yarrow-achillea.html>

Speak calmly and confidently to the recipient and reassure in a positive way. Seek additional help where necessary.

Heart /circulatory issues /pain relief - varicose veins, leg clots (visible).

<https://naturalheartdoctor.com/ten-heart-health-benefits-of-cayenne-pepper/>

For circulatory improvement, use DMSO or colloidal silver on skin and cayenne pepper or willow tincture rub, for sensitive skin use on soles of feet. Taken regularly in food and drinks cayenne and chai improve circulation.

Headaches :- Dizziness lavender ointment under nose, hydrate with salt dab under tongue or in water, iodine two or three drops in water for balance and brain body function. Seat the recipient and encourage calm steady breaths. Again use of a Scenar really helps.

<https://scenarworld.co.uk/scenar-how-it-works/>

<https://www.paingenie.com/scenar/scenar-technology>

Inflammation :- Joints and skin - (DMSO can be used as mouthwash also), rub in 70% dilute DMSO. You can use DMSO to draw in other remedies such as cayenne and herbal ointments. <https://www.webmd.com/vitamins-and-supplements/dms0-uses-and-risks>

Infections :- Eyes, ears, skin. Colloidal silver natural anti-biotic, kills bacteria also. Kinesiology can be very helpful to muscle test (look up OHB Kinesiology or touch for health practitioners and training)

<https://kinesiologyfederation.co.uk/>

Pain - Scenar, ritm I have found brilliant.

One site is (<https://www.paingenie.com>) amazing frequency device. Curry, chilli, chai tea all contain painkilling spices such as cinnamon, clove and cayenne. Muscle and body pain and angst are all soothed by a magnesium and sea salt bath or foot soak.

Daily use of magnesium oil 50% salts 50% distilled water made by mixing on luke warm heat and pour in a atomiser eases and reduces pain (I do supply these on request). <https://draxe.com/nutrition/magnesium-benefits/>