

Natural Herbs and Remedies

Ecclesiasticus 7:1 Do no evil, so shall no harm come unto thee. When we commit sins, it will result in punishments, which include sickness and afflictions. We must pray to the LORD first for healing/forgiveness and turn from our sins; which is repentance:

Exodus 23:25 And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

Proverbs 28:13 He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

For example: In **Isaiah 38:1-5** shows a righteous Israelite, by the name of Hezekiah, who turned from the Lord and became very sick to the point of death. He repented and prayed to the Lord in that trying moment and the Lord heard his prayers and added 15 years to his life:

Isaiah 38:21 For Isaiah had said, Let them take a lump of figs, and lay it for a plaister upon the boil, and he shall recover.

Whether we use natural remedies (that do not have side effects) or see a physician, healing only comes from the LORD:

Ecclesiasticus 38:4 The Lord hath created medicines out of the earth; and he that is wise will not abhor them.

:5 Was not the water made sweet with wood, that the virtue thereof might be known?

:6 And he hath given men skill, that he might be honored in his marvelous works.

:7 With such doth he heal men, and taketh away their pains.

:8 Of such doth the apothecary make a confection; and of his works there is no end, and from him is peace over all the earth.

Psalms 104:14 He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;

Genesis 1:29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Natural Herbs and Remedies

Therefore, instead of only seeking natural herbs, teas, and/or medicines that are beneficial for the body, we must know that nothing can heal us without the LORD through our physician Christ:

John 15:7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

(Daniel 7:13-14. John 14:13-14)

Deuteronomy 32:39 See now that I, even I, am he, and there is no god with me: I kill, and I make alive; I wound, and I heal: neither is there any that can deliver out of my hand.

Jeremiah 8:22 Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?

(Because our Messiah Jesus Christ was rejected by his own family and those where he resided in northern Israel: [John 7:1-5, Luke 4:23-24], he therefore did not do much healing or miracles there.)

(Ecclesiasticus 38:9 My son, in thy sickness be not negligent: but pray unto the Lord, and he will make thee whole.)

Through prayers and faith, our sins are forgiven, and we are healed:

Matthew 9:6 But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

Christ is our true physician:

Matthew 9:12 But when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick.

Having good health is a result of repenting by keeping the LORD'S commandments and having faith in Christ (**Psalms 2:11-12, Revelation 14:12**).

Proverbs 3:8 It shall be health to they navel, and marrow to they bones. (Exodus 15:26, Deuteronomy 7:15)

Cancer/Cancer Cells



Aloe Vera

How to use:

This remedy is very bitter, but the healing properties really work. If you have diarrhea for more than two days, that affect is normal for some people. It is known to be a strong remedy, so if it is too strong, you can fill the cup halfway, and fill the rest with water to dilute it.

1. REPENT. Pour a gallon of water in a large pot to boil.
2. Cut (remove) the spines from the aloe leaf and cut in half like a tongue.
3. When it is already boiling, **not before**, put the leaf in (cut in the middle with the thorns removed). Boil for 10-15 minutes.
4. Take out and discard the leaf and put the pot of aloe vera in the fridge.
5. **Drink a cup after it has cooled 3 times a day for 30 days.**

Cold and Flu



Cayenne Pepper, Honey, and
Lemon

How to use:

1. Repent: ICorinthians 11:23-31.
2. 1 cup of hot water.
3. 1 tsp of cayenne pepper or cayenne powder.
4. 1 tsp of honey; juice from lemon.
5. Drink as warm tea.

Cold and Flu



Honey, Lime, Ginger, and
Garlic

How to use:

This mixture creates a natural cough medicine that helps to clear up mucus from your chest.

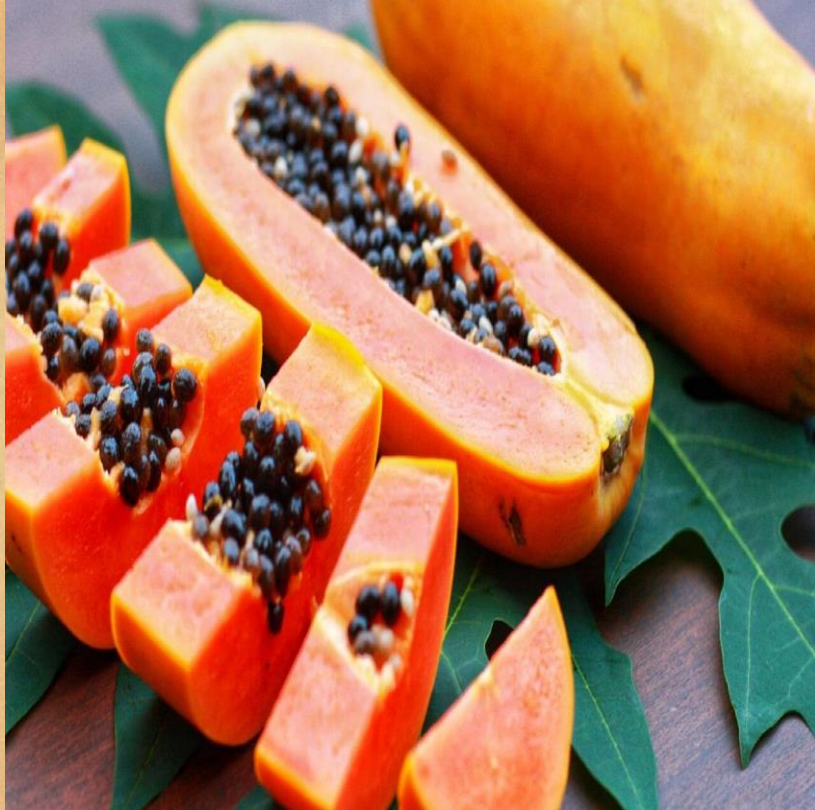
1. Crush or grind 3 cloves of garlic and 2 pieces of ginger.
2. Wash and cut 1 lime and extract the juice.
3. In a small container add the crushed or grinded garlic, ginger and lime juice. Add 2-3 spoons of honey to the mixture.
4. Take 1 spoon by mouth as needed.

NOTE: This mixture can be stored in the refrigerator no more than 1 week.

To use garlic by itself: Crush or cut 2 cloves of garlic; Add garlic to 1-2 cups of boiling water; Let it boil for 5 minutes; Pour into a cup; Sweeten with honey and enjoy as warm tea.

To use ginger by itself: Wash 2 pieces of ginger and cut them into pieces.; Add the pieces to 1-2 cups of water; Bring water and ginger to a boil; After bringing to a boil, pour into a cup; Enjoy as warm tea (add honey and lemon juice for taste).

Constipation



Papaya Seeds

How to use:

The whole papaya (the seeds and pulp) is a natural way to help your body to have a bowel movement if you are constipated.

1. Cut a ripe papaya in half.
2. Peel the skin off.
3. Eat pieces of the papaya with the seeds (the hard black round seeds that are in the center of the papaya).
[the papaya has properties that bring about natural bowel movements. The properties in the seeds contain much more potency to procure bowel movements.]

Hair Dandruff/Dry Scalp

Tea tree oil can be used as a natural cleanser that will help to clean the scalp.



Tea Tree Oil

How to use:

For people who struggle with hair dandruff or dry scalp, try to keep the root of your hair always oiled especially after you wash your hair with cool or lukewarm water. Never hot water, because hot water removes the natural oils from your scalp and hair.

1. Add tea tree oil to your natural shampoo and use to wash your hair 1-2 times a week until the dandruffs or dry scalp is gone.
2. Dilute tea tree oil with Pure Jamaican castor oil or pure coconut oil.
3. After every wash, slowly and carefully apply tea tree oil to the root of your hair and gently massage.

Note: Tea tree oil can be very strong when it is used, before applying to your entire hair do a spot test to see if its too strong. You will be able to tell if it is burning or too tingling on the spot you applied it to.

Female Hair Loss and Hair Growth

Hair loss can be challenging to deal with, especially since women consider their hair to be essential to their outward beauty: **1 Corinthians 11:15**. If you or someone you know is experiencing hair loss or hair that would not grow, first pray to the Lord for help.

Then truly learn the bible so that you may purge the things that are not according to the word of God (the bible): **Isaiah 3:16-17**. The bible helps us to truly see what beauty is **1 Peter 3:3-4, Ezekiel 16:14 (God has kinky woolly hair according to Daniel 7:9)**, and the things that women should and should not do that will truly help them. Such as staying away from weaves (human, horse, etc.), wigs, or any other woven hair (yarn, plastic and other materials that may be used as hair to attach to natural hair), which the Lord commands women not to weave nor add to their hair **1 Timothy 2:9**.

Strong chemicals such as lye in perms and any dangerous or unwanted ingredients found in shampoos, conditioners, and other unnatural products can be damaging to hair which can cause a woman's hair not to grow, or damage to the scalp and hair loss. After praying to the Lord and repenting by applying the scriptures, also seek more natural hair products.

Hair Loss and Hair Growth



Raw Shea Butter

A useful hair product without side effects:

1. Apply a generous amount of shea butter to the palm of your hands, rub together and apply from root to end.
2. Shea butter can also be mixed and used together with the pure Jamaican black castor oil.
3. Apply both to the palm of your hands and apply to the hair.

Note: Apply as needed, if hair is dry first wet with water then apply the raw shea butter or the shea butter and the pure Jamaican black castor oil.

Again: Repent, the LORD forewarned of his punishments upon our sisters for their sins:
Isaiah 3:24 And it shall come to pass, that instead of sweet smell there shall be stink;
and instead of a girdle a rent; and instead of well set hair baldness; and instead of a stomacher
a girding of sackcloth; and burning instead of beauty.

Female Hair Loss and Hair Growth



Pure Jamaican Black Castor Oil

How to use:

1. Apply pure Jamaican black castor oil to the root of your hair after wash, apply while hair is still damp and massage in the scalp and roots of your hair.
2. If you are experiencing hair loss or even bald spots, apply a generous amount of oil to the affected areas and massage.
3. For hair that retains oil, apply at least twice a week or as needed.
4. For hair that does not retain oil, spray or damp with water before applying oil. Apply oil every other day or as needed without allowing the hair to go dry.

Note: Dry hair can cause breakage, which can lead to hair loss.

Joint Aches or Muscle Pain



Epsom Salt

How to use:

1. Fill bathtub with warm water.
2. Add 1 cup of Epsom salt.
3. Let the Epsom salt dissolve in the bath water.
4. Soak your body in the water to relax and enjoy a warm bath, this may help ease joints or muscle pain.

Yeast Infection



Baking Soda

How to use:

1. Boil 1 pot of water.
2. Pour the hot water in a pan or container that you can sit over.
3. Add $\frac{1}{2}$ cup of baking soda to the water.
4. After shower sit for 5 minutes or more over the container with the hot water and baking soda in the shower.
5. Let the steam from the water penetrate your vagina for at least 5 minutes.
6. After sitting for 5 or more minutes, pat dry the vagina front to back.

If you don't have a bucket or a pan to sit over: Add 1 teaspoon of baking soda to 1 cup of slightly warm water (warm enough just for the baking soda to dissolve), pour a small amount on a rag to wash the vagina; pour the mixture and wash the vagina until the mixture is finished.