

Recipes from The Country Doctor

FEET HEAT

This recipe is easy... when participating in cold winter outdoor activities, try putting on a pair of thin inner socks, and then a pair of thicker outer socks in which you've shaken a teaspoon of cayenne pepper. Guaranteed to warm your sole.

PLASTERS

A mustard pack, or plaster, is a well known folk remedy used for hundreds of years. It is excellent for aches, sprains, and eliminating mucus from the lungs. Mustard plasters are usually placed on the chest to draw out mucus congestion, dispel coldness, relieve asthma, eliminate coughs and heal colds and flu. They can also be put on other places to treat body and joint aches and pains and heal watery, oozing and chronic sores and boils.

Mustard Plaster Recipe

4 tablespoons flour
2 tablespoons dry mustard
Water (lukewarm)

Garlic & Onion Plaster

puree garlic and onions with olive oil
follow same directions as the mustard plaster

SUN TEA

For 1 gallon. Fill clear gallon jar with distilled water, add 1 cup herb mixture of your choice (or 12 tea bags), sit in sunshine for 4-6 hours, strain. (if you want to sweeten the tea, try using $\frac{3}{4}$ gallon water, steep and strain then add 1 quart organic apple juice.

RENEE'S VINAIGRETTE DRESSING

$\frac{1}{2}$ c chopped garlic, $\frac{1}{2}$ of chopped horseradish. Finely chop the vegetables, pack into a jar, fill with half water and half organic apple cider vinegar, agitate daily for 14 days, strain, filter and bottle. Note: I blend the remaining garlic and Horseradish and make horseradish sauce.

SUPER EASY COUGH SYRUP

Put the lemon into a quart of cold water and bring to a simmer for 20 minutes. Put the lemon into a bowl, (use tongs, it's hot!) and cut in half. Spoon out the lemon, inner rind and all, then blend with $\frac{1}{2}$ c honey for a quick and tasty cough syrup.

PESSARY – A pessary is a vaginal suppository. The following recipe is antiseptic and very soothing for the vaginal wall. $\frac{1}{4}$ ounce Goldenseal, $\frac{1}{4}$ ounce slippery elm powder, $\frac{1}{4}$ oz. cocoa butter. Melt the cocoa butter in a saucepan, stir in the herbs until the mixture stiffens and can be worked into small cylinders approximately $\frac{1}{4}$ inch in diameter and 1 inch long. Lay on plate, cover with paper towel, refig until harden. The pessary will melt and disperse its ingredients in the vagina over a period of hours. It is wise to use a pad to prevent stains on clothing.

BUG REPELLANT OIL

The principle herbs which repel insects are citronella, Pennyroyal, Eucalyptus, Bergamot, Rue and Lavender. Add one or a combination of these oils to create a formula that is three parts olive or almond oil to one part essential oil.

TANNING OIL

To make a tanning oil that has no sun block, combine 1 ounce melted cocoa butter, 2 ounces coconut oil, 1 ounce sesame oil and 500 units vitamin E oil. If you want sun block, add zinc oxide or PABA (check safety research on these substances first)

SMELLY FEET? —CLAY POULTICE

Clay has been used to draw out toxins and foreign substances, heal burns and repair damaged tissue. Its virtues are endless and deserve study. Mix the clay with enough water to make a thick paste, spread with the spoon onto center of diaper in an area approx 6"x8" and 1" thick. Apply the clay directly to the area to be treated, pressing it until the clay pulls away on its own accord, indicating that the therapy is completed. For more information on clay, please read **The Healing Clay** by Michel Abehsera.

EYE WASH FORMULA

The eye wash is for tired, strained eyes. It cleanses the tear ducts and stimulates circulation, which contributes to its fame as a vision restorative. Use 1 capsule of Nature Sunshine EW and 1 cup distilled water, boil water and add the EW, strain, let cool. Use glass eye cup to rinse eyes. **Call Renee at 922-8950 to get the full recipe and herbal formula.**

SOOTHING COUGH TEA

Pour hot water over 2 tsp of organic lemon rinds, 1 tsp of sage, and ½ tsp of thyme. (Dried or fresh herbs can be used.) Cover and steep for 15 minutes. Strain the tea, then add the juice of ½ lemon and 1 tbl of honey. Drink two 2-3 cups daily for cough relief.

BANISH BODY ODOR

Sprinkle a small amt of baking soda and 2 drops of tea tree oil onto your hands, rub together, then apply directly to your underarms **or** mix your favorite carrier oil like almond oil with a few drops of tea tree oil and rub into your armpits. 30 mg of zinc in supplement form or foods that contain zinc like shellfish or legumes historically have been known to help body odors.

CASTOR OIL PACKS

Soak wool flannel in castor oil, place over liver, colon, knee – wherever the congested area is. Cover with Saran Wrap, old T-shirt, heating pad for 1 hour to detoxify and cleanse the area.

NATURAL SPRAYS AND PERFUME

5-10 drops Nature's Sunshine Essential Oils, 2 oz filtered water. Combine in a 2 oz glass spray bottle. Shake well before each use. Perfume: Carrier oil of almond or apricot and 2-5 drops of your favorite essential oil, put in a roll-on perfume bottle that you can order on-line at: www.naturessunshine.com

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