

“Money Saving Health Tips from the Country Doctor”

Natural Weed Killer

One quart of Vinegar plus four pounds of salt to a 5 gallon pail of water. Swish around and pour right on the weeds.

Fruit Tree no spray pesticide

Put Horse manure around the tree in early March and take it off by the end of May. This will keep the insects from climbing up the tree.

Cinnamon & Honey Recipes

CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

WEIGHT LOSS:

Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one Cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

VINEGAR BATH

This is used when the body is too acidic. This is a quick way of restoring the acid-alkaline balance. 1 cup to 2 quarts of 100% apple cider vinegar to a bathtub of warm water. Soak 40 to 45 minutes. This is excellent for excess uric acid in the body and especially for the joints, arthritis, bursitis, tendonitis, and gout.

Natural Sprays & Perfumes

5-10 drops Nature 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.mynsp.com/thecountrydoctor

Child Hood Illness

I raised two children on herbs and a good diet, no vaccinations, no antibiotics and little milk till they were about 10, making sure they got fresh air, sunshine and plenty of exercise. I gave them herbs when they got sick, hydrotherapy, massage therapy, and plenty of fresh vegetables. It is crucial to keep the colon moving and the skin pores open. I massage them still to this day with essential oils and make sure they drink plenty of cinnamon and Honey tea and eat a lot of apple sauce with flax and probiotics. For more information please call 920 922-8950 or e-mail me at countrydoctordetox@gmail.com

Garlic Paste

To prepare a garlic paste for an adult, use 1 part mashed garlic and 1 part petroleum jelly. Reduce the amount of garlic for a child or small infant to 1 part garlic to 3 parts petroleum jelly. For an adult, you will want about 1 cup of paste. Before you apply the garlic paste first massage feet with olive oil from the ankles down. Prepare a strip of cotton large enough for the feet. Place the strip of cloth with ½ inch of garlic paste on the sole of the feet, bandage with gauze tape and place feet in wool stockings for the night. In the morning you will feel more oxygenated, stimulated and healthier.

For more information and recipes please visit my website:

www.countrydoctordetox.com

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