

Baba Vanga's Unique Natural Remedies



Baba Vanga - One of the Greatest
Prophets of the 20th Century

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Introduction

Baba Vanga's Healing Practices

Baba Vanga's gift to foresee is just one of her many talents. She became known as a phenomenon not only with her ability to see into the future, but also with the natural methods in healing diverse and serious illnesses. The prophetess is among the most popular and significant healers of the XXth century. In her practice, she used mainly methods from popular medicine, and she has left behind over 100 healing recipes, which, compiled together, represent a real encyclopedia of health.

Some people think, that her talent was not so much in the ability to see into the future and the past, rather than to read correctly the natural signs and other miracles of nature. Baba Vanga used to meet her guests right in the garden, under the bright sun.

In her healing practice, the prophetess used primarily herbs and plants which are native to Bulgaria. She often used to say that in order to be healthy and happy, a person should be in constant harmony with the world around him or her. Baba Vanga was a remarkable diagnostician as far as illness is concerned - she knew exactly what was necessary to overcome the illness and what could be used to best effect to strengthen the organism of the sick person. She could do this thanks to her gift as a prophetess.

Healing practices and procedures for treating injuries

In Baba Vanga's practice, it was very common to use recipes where the infusion was used not so much internally, by drinking a tea or a concoction, rather than as a compress on the affected area of the body. Warm baths and washes were also considered very helpful.

The external, water procedures, especially enhanced through the power of herbs, are very beneficial for the skin and the blood circulation. To achieve optimum results, you should know how to apply the procedure correctly.

Hydrotherapy - washes and baths

Water therapy should start with water of a certain temperature. It is accepted that the basic temperature is that of the skin in the area of the heart - 35-36° for children and 34-35° for adults.

For the procedures you could use an ordinary shower, as well as a bath, whichever is more comfortable for you. One week after starting the treatment you would sense an insurge of energy, a clear mind and a general strengthening of health. There is no limitation for the duration of the procedure - a person with a healthy heart could decide how long feels fine - from 10 seconds to one minute, but in all cases there should be





moderation.

Washes are in fact a concentrated water stream of an appropriate temperature, whose intensity is directed towards affected parts of the body. During this type of treatment you could stand up, or on your knees, depending which part of the body you wish to treat and if the surroundings allow for a lot of movement. Alternating between warm and cold water streams would additionally strengthen the organism, enhance blood circulation and have a positive effect on the metabolism of overweight people.

Compresses

This is another popular healing method, used by Baba Vanga and recommended in popular medicine. Combining this practice with the washes and baths could greatly increase the healing effect. The mechanism of this healing method is defining the connection between the visible skin area and the internal organ. Thus, by applying a healing compress on the proper area we are affecting the sick internal organ.

The result of the external temperature impact affects directly the blood vessels. For instance, by warming up the skin area responsible for the internal health of a certain organ, the veins and arteries widen and allow for more blood to flow inside, helping the affected organ to heal. In this way, one could carry out a complete and full hydrotherapy just by detecting the proper localization of the problem.

The cool compresses or fomentations and their positive effect are known not only in popular healing practices but are also used in traditional medicine. Applied on the ill or wounded area, they take off the pain, and affect positively the general well-being of the organism, helping to heal both acute and chronic diseases.

When done at home, this method of healing through compresses could effectively replace the physiotherapy necessary for some illnesses. It is important to know however, that this method should not be used for treating of severely exhausted organisms or on patients with drastically reduced body weight.

The compress itself consists of two layers - one is soaked with infusion and it is placed directly on the body, while the other layer is a dry one, which without having a direct contact with the skin, keeps the body temperature. Before starting the treatment with compresses, the sick person should be well warmed up and covered with blankets. This is not necessary in the cases when the body temperature is very high. The bandage itself should be kept on the body from 45 minutes to an 1 hour.

In her practice, Baba Vanga always relied on the healing power of nature. The prophetess recommended herbs depending on the complaints of the sick person, but she invariably had her own preferences among the healing plants. Local people still tell stories of successfully cured people with very serious diagnoses - the main proof that Baba Vanga's alternative medicine helped indeed. From diabetes to difficult inception - with her herbal mixtures the prophetess has helped families from all parts of the





country. Baba Vanga believed that the most important thing for man and his or her health is to be at peace and in harmony with nature. But when talking about her practices as a healer she often shared that she didn't know when and what remedy to recommend, but that a higher power whispered it to her.

Without denying official medicine, Baba Vanga believed that the use of medications from chemical substances impairs the internal balance and energy of the human body. Nevertheless, she sometimes sent away some visitors and told them to seek help in a hospital - she knew that they would help them there. She pointed out exact names of doctors and medical institutions, which she could otherwise not know, as she had never been there herself.

It is impossible to list all herbs, which Baba Vanga used for healing and treating, but this book will offer you some of her basic and most often used natural remedies.





Baba Vanga's Unique Natural Remedies

Abdominal cramps

1. Take 4 heads of garlic and 5 teaspoons of cumin (*Cuminum cyminum*) and boil in 1 l of milk. Take 1 tbsp on every hour for a duration of at least 4 days.
2. Make a mixture from 30 g of each - parsnip, fennel (*Foeniculum officinale*), peppermint (*Menta piperita*), lemon balm (*Melissa officinalis*), common thyme (*Thymus vulgaris*). Chop finely all herbs, mix well and boil in 2 l of water. In 5 minutes, strain and leave the infusion to cool. Drink 500 ml a day, for the duration of 2-3 days, or at least when the complaints disappear.
3. Boil 40 g of common centaury (*Erythraea centaurium*), and 50 g of fig leaves in 500 ml of water. Strain and drink for several days, 1 glass a day.
4. Mix 200 g of bee honey with 1 tbsp. of smoke tree (*Rhus cotinus*), and fennel (*Foeniculum officinale*). Mix all well and take 1 tbsp of the mixture before eating.
5. Add 70 g of parsley seeds (*Petroselinum sativum*) to 40 g of dill (*Anethum graveolens*). Mix well and add to 1 l of boiling water. Boil, then strain and drink the infusion after it cools.
6. Make a mixture from 40 g of each of the herbs - valerian (*Valeriana officinalis*), common yarrow (*Achillea millefolium*) and common lilac (*Syringa vulgaris*). Chop all herbs finely and mix well. Pour 1 l of boiling water over the herbal mixture. Let the infusion cool and drink before eating.

Abrasions

1. Pour olive oil over St. John's Wort flowers (*Hypericum perforatum*) and let steep for 20 days. Spread the oil infusion on the affected area.
2. Soak some Madonna lily petals (*Lilium candidum*), picked before the flower has fully blossomed, and cover the wounds with them.
3. Make a compress with concoction from dried calendula (*Calendula officinalis*). Take about 40 g of the herb and bring them to a boil in 1 l of water. After the concoction cools down, strain the liquid and soak the compress with it. Apply on the affected area for at least 1 hour.





Acne

1. Before bedtime, on your face apply a cotton towel, soaked in water in which [lemon balm](#) (*Melissa officinalis*), [soapwort](#) (*SaponariaOfficinalis*), and [black elder](#) (*Sambucusnigra*) was boiled – in equal portions.

2. Mix the following herbs:

30 g of [dandelion](#) (*Taraxacumofficinale*), 30 g of [burdock roots](#) (*ArctiumLappa*), 30 g of [nettle](#), 30 g of [white yarrow](#) (*Achilleamillefolium*), and 30 g of [lady's bedstraw](#) (*Galiumverum*) Take 2 full tbsps. of the herbal mixture and boil it in 500 ml of water for 5 minutes. Strain the liquid and store in a cool place. You can apply the liquid onto your skin 3 times a week. After the procedure pat dry your skin and apply [rose water](#), or infusion from [black elder](#) (*Sambucusnigra*), [chamomile](#), or [pot marigold](#).

3. Mix 1 part of [sulfur powder](#) with 10 parts of [coconut oil](#) or [vaseline](#). Apply the mask before going to bed, making sure the mixture does not get in your eyes.

4. Mix 100 g of flour – preferably use wheat, barley or spelt flour, 1 tbsp. of wheat bran and add enough warm milk to form a paste. Mix very well and make sure the paste is thick enough (but not too thick like a bread dough) so it can stay on your face and not fall off. Leave the paste at room temperature for 4 hours. Before applying the paste, wash your face gently with warm water and pat dry. Apply the sourdough paste on your face and keep it on for 30-40 minutes. Then wash off the paste with warm water.

5. Take 100 g of fresh leaves (or dry in case you can't find fresh) of [smoke tree](#) (*Rhuscotinu*) and put them in 1 L of boiling water. Strain the liquid. Take a small towel and soak it in the liquid. Squeeze the towel well, and apply it as a compress onto your face. Keep it on for 10-15 minutes. You can repeat the procedure 2-3 times a day. In addition, right after the compress, the pimples have to be smeared with the following infusion:

10 g of [pot marigold – flowers](#) (*Calendula officinalis*) are soaked in 50 g of olive oil. Leave it to soak well for at least one week before usage. At the same time while doing the two topical procedures listed above, you can take the following infusion internally:

2 full tbsps. of [nettle – leaves](#), are added to 400 g of boiling water. Leave it to soak well for 2 hours. Strain the liquid, and drink 4 times a day before eating.

6. Mix very well 1 yolk, 500 g of yogurt (make sure the water of the yogurt is strained), 2 tbsps. of [honey](#), 2 tbsps. of [royal jelly](#), the juice from 1 lemon, and 1 tbsp. of [salicyl powder](#). Before applying the mixture onto your face as a mask, first make a steam bath. In a metal container put a handful of [chamomile](#) and a handful of [linden tree flowers](#) and boil it in water. Once the steam starts to rise, bend over exposing your face to the steam. Get closer as much as it is comfortable, and carry on for about 10 minutes. Then apply the above mixture onto your face preferably before going to bed, and leave it for overnight.

The mixture can be stored in your refrigerator in container with the lid on.





Allergy

1. 1 tsp dry sagebrush soaked for 1 night in 1 cup of cold water. The next morning, strain and drink 3 times a day after meal, 1 tablespoon with a little honey.

For children:

1 tsp Preventive: to drink 1 cup of Wormwood wine, especially in the spring

Amenorrhoea (absense of menstrual bleeding)

1. The external skins of two kg of onions are boiled in 3 liters of water until it becomes dark red. Drink the water, 1 cup of it (coffee cup) in the morning or evening on an empty stomach.

Anemia

1. Mix 10 g of nettle leaves (*Urtica Dioica*) and 25 g of rowan berries (*Sorbus Aucuparia*). Pour 500 ml of boiling water over one tablespoon of the mixture and simmer for 10 minutes. Let steep for 4 hours and then strain. Drink 1/2 teacup, 4 times a day.

Angina pectoris

1. Peel 6 large onions and take the outer layers. Pour 500 ml boiling water over them, allow to steep for a while, strain and let cool off. Drink one coffee cup each morning, at noon and at night, before going to bed.

2. Make a mixture of 50 g of rowan berries (*Sorbus aucuparia*), 20 g of spearmint (*Mentha spicata*) and 10 g of camomile (*Matricaria chamomilla*). Pour 300 ml of boiling water and allow to steep for several hours. Strain and drink within the same day.

Anxiety Neurosis

1. Prepare a mixture from 50 g of ginger (*Zingiber officinale*) and 50 g of valerian (*Valeriana officinalis*), you may sweeten with honey if desired. Stir well and when





needed take 1 tbsp. of the mixture.

2. Prepare a mixture from 100 g of lemon balm (*Melissa officinalis*), 100 g of valerian (*Valeriana officinalis*), 40 g of high mallow (*Malva sylvestris*) and 40 g of St. John's Wort (*Hypericum perforatum*). Boil 4 tbsp. of the herbal mixture in 500 ml of water, strain and drink.

Anxiety

1. Mix 50 g of each of the herbs - common hop cones (*Humulus lupulus*), valerian roots (*Valeriana officinalis*), peppermint (*Menta piperita*), common speedwell (*Veronica officinalis*) and dill seeds (*Anethum graveolens*). Pour 400 ml of hot water over 4 tbsp. of the herbal mixture and steep for 1 hour. Drink the infusion in two parts - in the morning and in the evening.

2. Pour 500 ml of hot water over 5 tbsp. of lemon balm (*Melissa officinalis*) and steep for 10 minutes. Strain and drink, sweetened with honey, 3 times a day.

3. Mix 200 g of each of the herbs - camomile (*Matricaria chamomilla*), peppermint (*Menta piperita*), common nettle (*Urtica dioica*). Add 6 tbsp. of the herbal mixture into 1 l of boiling water. Steep for 15 minutes and strain. Drink the infusion 3 times a day, before meals.

4. Pour 500 ml of boiling water over 5 leaves of rose geranium (*Pelargonium roseum*). After the infusion cools down, strain it and drink it all, before dinner, slowly, in small sips.

5. Make a mixture from 100 g of valerian (*Valeriana officinalis*), 30 g of common thyme (*Thymus vulqaris*) and 30 g of linden (*Tilia cordata Mill.*). Add all herbs into 1 l of boiling water and simmer for about 10 minutes. After that strain and drink before going to bed.

6. Prepare a mixture from 250 g of linden tea and 100 g of bee honey, right before going to bed. You may also add 50 g of common thyme (*Thymus vulqaris*) and 50 g of valerian (*Valeriana officinalis*). It is important to consume the drink while still warm.

Arthritis

1. in a larger quantity of water boil 10 larger tubers of the herb called sowbread (aka *Cyclamen neapolitanum*). Water is poured into the bath and is cooled down to a suitable temperature. Then the patient lies down so that water covers his entire body, and stays





until the water is cool. At least 10 baths should be done. The water can be reused.

2. Take 20 tubers of the herb sowbread (aka *Cyclamen neapolitanum*) and boil it in 10 l. of water. The patient should do baths morning and evening. First the legs, then arms, and lastly pour the water on the head 3 times.

3. In 1/2 l of strong grape brandy (in Bulgaria the brandy used is called Rakia - a drink comparable to the famous Italian Grappa), boil 1/2 packet of mustard seeds until the liquid remains half. The patient can rub the arthritis spots with the liquid every morning and evening. In addition the patient can do baths with water in which sumac was boiled (*Rhus coriaria*).

4. Arthritis (pain in the wrists) - 10 night baths with cool water from boiled liquorice.

5. Arthritic, rheumatic pains in bad weather - place a poultice on the knees and wrists from boiled leaves of sumac (*Rhus coriaria*).

6. Bring 300 ml of water to the boil, put 20 g of horsetail (*Equisetum Arvense*) in it. Add 1 tbsp. of sulphur, sugar and corn flour. Knead the mixture into dough and apply as fomentation on the affected area.

7. Apply leaves of Bear's Breeches (*Acanthus Longifolius*) to affected areas. Repeat the procedure several nights.

8. Wash hands and feet, leave them a bit wet. Sprinkle with sulphur powder. Put mittens on hands and socks on feet. Keep them on during the night. Repeat each night for a week, without intermission.

Asthma

1. Pour 2 glasses of water onto 150 g of fresh chopped dill. Bring to the boil and simmer for 5 minutes, take 2 coffee cups before meals, 3 times a day.

2. Mix 20 g of elecampane (*InulaHelenium*), 20 g of coltsfoot (*TussilagoFarfara*) and 30 g of basil. Mix well and put into 1 litre of boiling water. Boil for 3 minutes, then let steep for 20 more minutes. Strain and then take 1 coffee cup of the concoction 3 times a day, before meals.

3. Mix 2 teaspoons of horsetail (*Equisetum Arvense*) and 1 teaspoon of high mallow (*MalvaSylvestris L.*). Add the herbs to 500 ml boiling water. Strain and drink the concoction warm up to 3 times a day.

4. Scald 40 [pickling onions](#) with hot water, until they soften. Stew the pickling onions





with 500 ml of [olive oil](#). Crush the onions into a puree, and consume 1 tsp of it each morning and evening.

5. For Asthma in kids - drink [colt's foot tea](#) (aka Tussilagofarfara).

6. Take 500 g of broad beans, roast well, until they look like coffee, grind them and mix with 500 g of honey. Stir well and take 1 tbsp. of the mixture every morning.

7. Make a mixture from 40 g of quince leaves (*Cydonia oblonga*) and mulberry leaves (*Morus alba*). Take 3 tbsp. of the herbal mixture and add to 1 l of boiling water. Let simmer, then strain. After the concoction cools down, take 20-30ml before every meal.

8. Mix 100 g of rosehip berries (*Rosa canina*) and 50 g of each of the herbs - peppermint leaves (*Mentha piperita*), rose geranium (*Pelargonium roseum*) and linden blossom (*Tilia*). Boil the herbal mixture and allow to cool. Then strain and drink 1 teacup, 4 times a day.

9. Take 200 g of fresh watermelon seeds. Roast them well, grind, sift and add them to 1 kg of honey. Take 2 tbsp. 3 times a day, before meals.

10. Take 40 g of each of the herbs - basil (*Ocimum basilicum*), common hawthorn (*Crataegus monogyna*), common marshmallow (*Althaea officinalis*) and liquorice roots (*Glycyrrhiza glabra*). Chop the herbs finely and mix well. Add 3 tbsp. of the herbal mixture into 500 ml of water and boil for 5 minutes. After the concoction cools down strain and drink 1 teacup, sweetened with honey, 3 times a day, before meals.

11. Mix 1 kg of honey, the juice from 10 lemons and 10 fresh garlic bulbs, ground into paste. Put the mixture into a jar and leave for a week. Then take 4 teaspoons, once a day.

Atherosclerosis

1. Extract 200 ml of apple juice and mix with 200 g of honey. Drink 1 coffee cup of the mixture daily, at noon, 15 minutes before eating.

2. Mix even quantities of fresh onion juice and honey. Take 1 tablespoon of the mixture each morning, 30 minutes before breakfast.

3. Pour 500 ml of boiling water over 100 g of lilac flowers (*Syringa Vulgaris*). Steep for 20 minutes. Strain and add 100g of honey to the infusion. Stir well. Take 1 teaspoon daily.





Bed Wetting

1. Bed wetting (in small and older kids) - 1 stalk of dandelion is boiled for 5 minutes in 2 cups of water. The children can drink 1 cup in the morning and 1 cup in the evening.
2. Bed wetting (in small children) - on a white woollen cloth smear the following mixture: 1 tablespoon of grated regular (homemade if possible) soap, 2 egg whites, 1 teaspoon of grounded grains of *Gnaphalium dioicum* (aka Mountain Everlasting, Catsfoot, Cudweed), 1 teaspoon of crushed white incense, and one small cup (25 mL) of grape brandy (eg. Italian Grappa). The first night, the woollen cloth smeared with the above mixture is placed as a compress on the lower back of the child, and for the second night it's placed on the lower abdomen.
3. Bed wetting (in older girls) - take dry roots of the herb *Phytolaccadecantra* (aka Phyt, poke root) and crush them well to powder. Place the powder on a hot roof tile. When the powder begins to smoke, the girl must crouch over the smoke.
4. Boil 40 g of marshmallow (*Althaea officinalis*) in 2 l of water for 30 minutes. Drink throughout the day instead of water.
5. Pour 400 ml of boiling water over 1 tbsp of rosemary (*Rosmarinus officinalis*). Let steep for 2 hours. Then drink 1 glass of the infusion, 3 times a day, before eating.
6. Prepare a mixture from 50 g of each of the following herbs - common varrow (*Achillea millefolium*), St. John's Wort (*Hypericum perforatum*), common agrimony (*Agrimonia eupatoria*), kinnikinnick (*Arctostaphylos uva-ursi*), field horsetail (*Equisetum arvense*), and blackberries. Boil 4 tbsp. of the herbal mixture in 800 ml of water for 5 minutes. Drink 1 glass, 4 times a day, before eating.
7. Take 1 tbsp. of common gromwell (*Lithospermum officinale*) and boil for 15 minutes in 1 l of water. Take 1 coffee cup, 3 times a day, before eating.

Boils

1. Mix 1 teaspoon of sal ammoniac (*Ammonium Chloride*) with 1 fresh yolk and take in the morning, on an empty stomach. Repeat for at least a week.
2. Mix 2 tbsp. of honey and sal ammoniac. Spread the mixture over the affected place and wrap with a bandage. Keep for at least 2 hours.





3. Prepare a mixture from 40 g of wall germander (*Teucrium chamaedriss*), 30 g of each herb - common agrimony (*Agrimonia eupatoria*), field horsetail (*Equisetum arvense*) and common nettle leaves (*Urtica dioica*), 20 g of each of the following - dandelion whole stems (*Taraxacum officinale*) and flaxseed, 25 g of heartsease whole stems (*Viola tricolor*) and camomile flowers (*Matricaria chamomilla*). Boil 2 tbsp. of the herbal mixture in 500 ml of water for 5 minutes. Drink 1 glass of the concoction 4 times a day, before meals.

Bronchitis

1. Bronchi (inflammation) - boil 1 bay leaf in 100 ml of water, until the water remains in half. Drink 1 tablespoon 3 times a day.
2. Bronchitis - boil 2-3 leaves of coltsfoot in half a liter of milk. Add [pork lard](#) on the tip of a knife. Drink one coffee cup in the evening
3. Bronchitis (severe) - take 1 tablespoon of crushed Sinapisarvensis (aka Wild mustard or charlock) mixed with honey.
4. Bronchitis (children) - 1 red onion is peeled from the husk and a hole is carved in the middle. Fill in the hole with 1 teaspoon of [Nebet-Seker](#) (unrefined cane sugar). Every day the child can eat one onion with the mixture until fully recovered.
5. Bronchitis (children) - fry two eggs in [pork lard](#) and sprinkle them with salt. When they cool off, put them onto the child's chest for one night.
6. Bronchitis (spasmodic, in a child with an allergy) - Mix 10 grams of mustard flour with 100 g of [ground ginger root](#). The child can take 1 teaspoon after dinner.
7. Bronchitis (spasmodic) - in 500 ml. of boiling water soak for 1 min. 1 tablespoon of sumac, coltsfoot and wormwood. Sieve the water and drink 1 tablespoon with a little honey in the morning and evening after meals.
8. Bronchitis (chronic) - Drink 1 cup of [calendula tea](#) , every morning on an empty stomach for 3 weeks.

Bruises

1. Grate pure wax into 100 ml of olive oil, then boil it until it becomes as thick as mash. Apply on the affected areas, cover up with paper and a woollen cloth, then wrap up with a bandage. Let the bandage stay overnight. Repeat the procedure in 4 days.





2. Chop 6 red onions and add 1 teaspoon full of salt. Apply the mixture as a compress on the affected area. Change on every 2 hours.
3. Grate finely two raw potatoes and apply on the bruise with a bandage. Keep the bandage until the pain subsides.
4. Mix 100 g of each of the following herbs - shepherd's purse (*Capsella bursa-pastoris*), field horsetail whole stems (*Equisetum arvense*) and common agrimony (*Agrimonia eupatoria*). Add the herbal mixture to 2 l of boiling water. Strain the infusion and use it for massaging the bruised spot every morning and evening. You can also apply poultices from the herbs during the night.
5. Mix 2 tbsp. of common lady's mantle whole stems (*Alchemilla vulgaris*) and 4 tbsp. of lavender flowers (*Lavandula vera*). Add the mixture to 1 l of boiling water and let steep. Drink while still warm, 4-5 times a day.

Burns

1. Burns - the first thing to do is immediately take off the clothing off the affected area, clean the wound with cold water, and dip the wounded arm (leg, hand) in cold water. Constantly add new cold water, and don't let the old one to get warm. Keep in cold water until the limb's skin color gets back to normal, and pain is relieved. In severe burn cases, dipping the limb in cold water takes longer - anywhere between 1-8 hours. If cold water is used immediately, blisters don't go off, pain gets relieved, and in majority of the cases further treatment is not needed. For burn levels between 2-4 - medical attention is mandatory.

After pain is relieved, wrap the affected area with lint smeared with the following ointments:

a) Lime ointment (pre-mixed well)

Take one lump of slaked lime (in the size of an egg) and put it in 250 g of water. When the water becomes crystal clear, take 2 tbsp of it and mix it with 4 tbsp of olive oil. Mix very well until the mixture thickens. Then add 1/2 of an egg yolk and mix well with the other mixture. Smear the ointment on a lint and wrap it around the affected area.

b) Ointment from reed's flowers.

Take 4 tbsps of reed's flowers, separate well (in the form of threads) and mix it with olive oil until it



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