

**Doctors Appointment Not Required ~  
Real Home Natural Remedies.**



**"Every Day Kitchen Items You Never  
Thought About Using Before to Treat Any  
Condition You May Have without..Paying  
for Medical Treatments"!**

***by Terry Clark***

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## 1. Where Do Home Remedy Products Come from

There are all sorts of treatments that you can use at home nowadays. You can prepare various home remedies using different ingredients or get ready-made home remedy products and use them straight away. It is worth learning all about a treatment that you plan to use. You should know all details - how it works, whether there are side effects or not, what results to expect and when. It is also important for you to have an idea of where the home remedy products come from. This can give some straightforward answers to the important questions posed above.

The sources of the different home cooking products, fruit and vegetables used for the preparation of home remedies are known. You usually buy them from one and the same store and pick products, which have a confirmed origin. You know where the products come from and are certain about their safety.

The situation with spices and herbs is the same when you buy them from your local supermarket or from a conventional drugstore. This is usually applicable to herbal tinctures and oils as well. Generally, every product ingredient for a home remedy that you buy from a drugstore, which sells medications, has a known origin. They are produced by companies which have the respective certifications and licenses that guarantee the products are made in line with the state-approved safety standards.

In turn, the safety of these products is guaranteed to an

extent. Usually, they come in specific safety packages and have instructions for use. A brief description of the effects and of possible side effects is given as well. Basically, it is much like buying standard medications. In fact, many of the home remedy ingredient products for home treatment are produced by large companies that have received good reputation among customers.

Regrettably, there are herbal ingredients for home remedies that are processed in foreign countries with lower safety standards, and then imported. These products should be safe as well and should have the necessary papers of origin. However, it is possible for them not to meet the criteria for safety in your country, due to the absence of hygiene during the manufacturing process or due to the improper sorting and transportation. This is also applicable to illegally produced home remedy ingredient products and ones made in uncertified factories. Unfortunately, the availability of such potentially dangerous herbs is growing due to the increased trade on the internet.

All of the above facts are equally true for the different home remedy products that are ready for use. The ones coming from licensed and certified manufacturers usually have high levels of safety while the ones with unknown or unclear origin may be dangerous for the health. They are usually unsafe not because of the active ingredients they contain, but because of the way in which these have been processed.

For instance, tests on some ready-made home remedies have shown that they contain potentially dangerous contaminants. In most cases, these come from animal feces

that are normally found near wild plants used for the making of home remedies. If these are removed effectively, the product will be safe.

Another problem is that even if the ingredients in a product are perfectly safe on their own, they can become dangerous when mixed. In many cases, lab and other specific tests are not carried out to confirm the safety of a ready-made home remedy. This also suggests that its beneficial effects are also doubtful.

The control on the market for home remedy products is not particularly strict at present. That is why it might be difficult for you to find out where a specific item is coming from. If you have any suspicions or doubts, you might want to look for another product, which has a confirmed origin that is known to guarantee safety.

The fact that a homemade product comes from a reliable maker does not make it totally safe, however. As highlighted earlier, you have to know how to use the product safely and not to extend its use unnecessarily. In addition, much like medications, home remedies that are known to have a beneficial effect in general, may not be equally effective for all people. This does not necessarily mean that a product is of poor quality.

<p><b>Upset GI tract?</b></p> <p><b>ADD DILL</b></p> <p>Indian scientists found that dill's <i>limonene</i> works as well as prescription antibiotics at killing harmful intestinal bacteria such as E. coli.</p> <p><b>Pairs well with:</b> salmon, eggs, cucumbers, chicken, Cheddar cheese, mixed greens, clear soups, cream cheese, beets, carrots</p> 	<p><b>Bloated?</b></p> <p><b>ADD PARSLEY</b></p> <p>Thanks to its stores of <i>apiolarticin</i>, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.</p> <p><b>Pairs well with:</b> grains, onions, Parmesan cheese, pasta, salad, seafood, tomatoes</p> 
<p><b>Congested?</b></p> <p><b>ADD CAYENNE</b></p> <p>The fiery <i>capsaicin</i> in cayenne deactivates <i>substance P</i>, a neurotransmitter linked to inflammation. The result: less sinus congestion and pressure.</p> <p><b>Pairs well with:</b> root vegetables, roasted poultry, rice, chocolate, leafy greens, shrimp, eggs, popcorn, grilled-cheese sandwiches, beans, creamy soups</p> 	<p><b>Feeling down?</b></p> <p><b>ADD BASIL</b></p> <p>The <i>eugenol</i> and <i>rosmarinic acid</i> in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lift sunnier moods in as little as 15 minutes.</p> <p><b>Pairs well with:</b> tomatoes, olives, strawberries, melon, fresh mozzarella pizza, pasta, white fish, feta cheese</p> 
<p><b>Always tired?</b></p> <p><b>ADD CILANTRO</b></p> <p>The <i>carboxylic acid</i> in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.</p> <p><b>Pairs well with:</b> avocados, seafood, corn, black beans, steak</p> 	<p><b>Nauseous?</b></p> <p><b>ADD GINGER</b></p> <p>Ginger's <i>gingerol</i> and <i>shogaol</i> soothe digestive-tract spasms to reduce nausea better than motion-sickness medication, according to a study at Brigham Young University in Provo, Utah.</p> <p><b>Pairs well with:</b> citrus fruit, tea, sweet potatoes, pork, coconut, miso soup, onions, relishes, pears, rice</p> 

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## 2. The Difference Between Home Remedies and Aromatherapy

Alternative medicine may provide treatment for various physiological and psychological conditions. In many cases, the standard medications or other methods of treatment do not produce the desired results. They might also have serious side effects that can actually damage the health instead of improving it. Many people use home remedies and



aromatherapy to treat various illnesses or problematic conditions. The two have significant differences that should be noted.

Home remedies are treatments that we can make at home using various ingredients that are found in every house. These can take the form of liquids to drink or solutions to apply topically. In many cases, fruits, vegetables and certain dishes can be used for medicinal purposes. In general, home remedies are accessible to everyone.

Aromatherapy is a form of treatment not recognized by conventional medicine, but it is becoming more and more popular nowadays. Aromatherapy involves the use of essential oils extracted from plants that contain aromatic chemicals. The oils can be distributed via aerial infusion, direct inhalation or topical application. In turn, the beneficial chemical compounds enter the body and produce beneficial effects that can be both physiological and psychological.

The main difference between home remedies and aromatherapy is that they use different types of ingredients. The homemade treatments usually include minerals, herbs and herbal products, such as vinegar. They can involve the use of food substances as well. Aromatherapy, on the other hand, relies on specifically extracted and prepared essential oils. In this respect, this type of treatment does not rely on standard ingredients and this is not the case with home remedies. In turn, it can be safely said that aromatherapy cannot be classified as a type of home remedy.

In general, aromatherapy is a very specific form of treatment. In most cases, it involves the smelling and inhaling of the beneficial aromatic chemicals. Even though

it this type of treatment was invented in ancient times, its popularity grew significantly as late as the 20th century. This is not the case with home remedies that have been widely used since antiquity. In addition, they have been constantly developed. Newer forms of home treatment have been invented and accepted by the public.

Another major difference is that home remedies are more accessible than aromatherapy. They can be easily made and used at home. On the other hand, you need to purchase the essential oils you need from a specialized store. You have to use a diffuser or another type of equipment in order to enjoy the benefits from aromatherapy. In this respect, this type of treatment is much more scientific and complex than the use of popular home remedies. Still, most people practice some kind of aromatherapy at home, even though the massages are usually done in spa centers.

Overall, home remedies and aromatherapy differ in the ingredients used and in the methods for treatment. Despite these differences, both can be used effectively at home. There are different home remedies for the different medical conditions. The same is true for the essential oils used in aromatherapy. Each oil has its own properties and can therefore provide relieve to different ailments. Still, aromatherapy has a much more restricted scope of treatment than the traditional homemade medications. Most people use it primarily for relaxation purposes - for the relief of stress and headaches. This type of treatment is significantly more limited in terms of the conditions it can relieve.

The differences between home remedies and aromatherapy should be understood. It is important for you to have good knowledge about both methods of treatment and to know when and how to use them. When these are not applied correctly, you might not get the desired results. In addition, it is

possible for an overdosing to cause side effects. That is why you should be particularly careful, especially with aromatherapy, which is not as well studied as most classic medications prepared with home ingredients.

It is possible for you to use a combination therapy that includes some home remedies and a type of aromatherapy procedure. Generally, the two treatments should not affect one another, but you might want to check for this specifically. As long as you do everything correctly, you will certainly enjoy the desired results.

### 3. How Do Home Remedies Differ from Herbal Treatments

Many natural treatments have now become extremely popular. A lot of people prefer not to take prescription or commercial medications for mild medical conditions in order to avoid negative side effects. These natural remedies are also used for additional relief in combination with prescription or over the counter medication. Both home remedies and herbal treatments are considered to be natural. Despite the common misconception, the two terms do not overlap completely. There are some major differences to be noted.

Herbalism, also known as herbal medicine, is, in fact, a form of science. Various herbs or medicinal plants are used on their own or in different combinations to relieve and cure specific illnesses. These medicines were gradually discovered in ancient times. As the people started to have better understanding of herbal plants, the medications became more complex and specific to prepare.

The home remedies are also part of folklore medicine, at least the older ones we know. However, they do not necessarily include herbs. In fact, a large number of home remedies we use are not herbal. For instance baking soda is used for the relief of various skin conditions as well as an antibacterial drug. Salt is a mineral that is also popular with people who rely on home treatment. The consumption of different vegetables, fruits and foods is also considered beneficial. Hence, these are considered home remedies, but they are not herbal treatments.

Another important difference between the two is that home remedies are actually prepared at home. Various ingredients typically found in the kitchen are used for their preparation. These may or may not include herbs. The recipes are well known and easy to execute at home without the use of special utensils or unconventional methods.

The herbal treatments, on the other hand, may require the use of ingredients that are not present in every home. Some herbs are picked only in specific areas while others appear only during a short time of the year. In addition, the preparation process is much stricter and often more complex. Some herbal ingredients may have to be prepared for a very long time while some treatments may require long fermentation. In addition, herbal medicine is much like modern day medicine. It aims to recognize the individual symptoms and treat them with the use of a combinative remedy. In traditional Chinese medicine, for instance, the herbalist combines different plants to create a unique medication. It is made to treat the specific symptoms of the sufferer.

The main differences between home remedies and herbal remedies were formed historically. In most communities, there were people who actually practiced herbalism and traditional medicine. In some cultures these were

recognized as healers while in others they were shamans. Even nuns and monks practiced herbalism in Europe. Often the administration of an herbal potion was accompanied by the use of spells and enchantments that were thought to aid the treatment. Only special people could be healers.

Home remedies, on the other hand, were accessible to all. The recipes were passed from one person to another and down through the generations. Most of them were actually known as cooking recipes. In turn, the first written records of home remedies are in cookbooks.

At present, the gap between herbal treatments and home remedies is continually growing. Ever since the invention of modern day medications, based on specific chemical substances, people have more or less disregarded herbalism and its medicines. However, as many modern drugs have side effects or are ineffective to cure medical problems, scientists pay greater attention to the plants and the beneficial extracts that can be obtained from them. In turn, more and more modern drugs and topical medications are based on extracts from herbal plants. These are not home remedies, but fully validated medical treatments.

Overall, home remedies and herbal treatments differ to a great extent. Still, you can use both types whenever the need arises. You can purchase various herbal treatment products from specialized stores or you can use ingredients you have at home to make a remedy. It is also possible for you to purchase different herbs and plants oils and use them to prepare herbal home treatments. The important thing is for them to produce the desired effect.

#### 4. Homemade Treatments for Arthritis that Work

There are some conditions for which no cure has been invented yet. Arthritis is one of them. Medications can help, but they are not fully effective. That is why you should definitely use home remedies for arthritis. They will give you some relief. They are totally safe to use, so even if you do not feel better, you will not feel worse either. Here are some homemade treatments that can help both patients with osteoarthritis and rheumatoid arthritis equally well.

There are various topical home remedies for arthritis that you can readily try. The simplest one is to warm up some olive oil and massage it into the aching joints. You will feel warmth and considerably relief almost immediately. But you can prepare some more complex mixtures. They have stronger and longer lasting effect.

You can mix 10 grams of camphor (around 2 pieces) in 200 grams of mustard seed or coconut oil. You can put the mixture over little heat so that the camphor can dissolve more easily. Once the substance is homogenous, you can use it as oil for massaging your joints. The mixture acts to sooth the pain. Camphor has an excellent anti-inflammatory effect. This makes the remedy extremely beneficial.

You should not hesitate to try another mixture of oils for treating arthritis. You need juniper, sage and thyme oils. These have excellent pain relief and tissue cleansing action. The other ingredients for the mixture include lavender, rosemary and garlic oils. These act as analgesics and have good anti-inflammatory properties. You should put 10 tablespoons of olive oil into a bowl and add one tablespoon of each of the other six essential oils. Mix the substance well. You can warm it up just a little bit for better effect. Use this home remedy for arthritis to massage

aching joints once to two times a day.

If this remedy is a little bit complex for you to prepare, you can try another simpler treatment. Just crush a handful of garlic cloves and add to one cup of mustard seed or coconut oil. Then heat the mixture and stir so that the garlic cloves become brown. Then strain the ointment, let it cool and apply it on your joints every day. You will get relief from inflammation and pain.

There are plenty of other non-topical home remedies for arthritis that you can use. One of the most popular and effective is potato juice. It has an excellent anti-inflammatory effect. It is also packed with various vitamins and minerals that can improve your general health as a whole. Preparing potato juice is easy. You need to take one medium-sized potato and wash it well. Cut it into thin slices without removing the peel. Soak the pieces in a large glass of water at room temperature water overnight. Strain the juice and have a cup of it in the morning on an empty stomach.

Alfalfa seeds are also known to be effective for relieving pain and inflammation associated with arthritis. Just take one teaspoon of them and place them inside your tea strainer. Place the strainer into one cup of pre-boiling water and keep it for five minutes. You should drink a cup of alfalfa tea three to four times a day for a fortnight for best results.

There are other herbs that have excellent anti-inflammatory properties, such as ginger and cinnamon. You can readily take these in various forms. Grinding some ginger root and using one teaspoon of the powder to make a cup of tea is a simple and effective recipe. Sipping some ginger tea

throughout the day can give you substantial relief. You can add a pinch of cinnamon to a teaspoon of honey every morning as well.

The omega-3 fatty acids can aid the natural lubrication of the joints. You can take supplements with these nutrients, such as cod liver oil. You should also increase your consumption of foods containing omega-3 fatty acids. These include tuna, cod and mackerel as well as walnuts, sunflower and pumpkin seeds.

Increasing the calcium in your diet will result in the natural strengthening of the bones. In turn, there will be less pressure on the joints and your movement will be made easier. You can readily drink three additional glasses of milk per day to get the desired results.

## 5. Tested and Proven to Work Home Remedies for Yeast Infection

There are some medical conditions that are more common than others. It has been estimated that 75 percent of all women have yeast infection at one point in their life. The condition is not dangerous and it can be completely relieved. You will certainly find the following home remedies for yeast infection to be effective. They are perfectly natural and totally safe as well.

Yogurt contains naturally probiotics and is considered one of the best home remedies for yeast infection. These are beneficial bacteria that are found in the digestive tract and in the vagina. Once their numbers in the vagina are



increased, they can successfully block the growth of the Candida Albicans fungi that cause yeast infection. You will feel relief from the condition, if you eat a bowl of yogurt after each meal every day. You do not have to stop doing this once you get relief. Quite the opposite, you should keep this regime to protect yourself from yeast infection in the future.

For direct application, you need to dip a tampon in yogurt and make sure it has absorbed as much of the substance as possible. Then you can insert the tampon into your vagina. You can do this in the morning and before you go to bed if you have a more serious infection, but usually the night treatment alone will produce the desired results. You can keep this course of treatment for as long as you need it.

The apple cider vinegar is another effective home remedy for vaginal yeast infection. It has excellent antifungal and antibacterial properties. The best course of treatment is to fill in a bathtub with warm water and add one cup of apple cider vinegar. Then you should mix the two well. Soak in the tub for 20 minutes trying to relax your pelvic floor muscles as much as possible for best results. You can do the soaking every day or less if you are using another home remedy.

If you do not have a bathtub at home, you can try a simpler home remedy for yeast infection. Simply add one teaspoon of baking soda to a liter of water and wait until the soda is completely dissolved. Then you can use the solution for washing every day when you take a shower. This remedy has a relieving as well as a preventative effect. The baking soda has proven antibacterial and antifungal action.

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