

NATURAL HOME

# HERBAL REMEDIES



ALTERNATIVE

**NATURAL**

MEDICINE AND

**HOMEOPATHIC**

REMEDIES

USING **HERBS**

R. MIKEL PRATSKY

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Natural Home Herbal Remedies  
Alternative Natural Medicine and  
Homeopathic Remedies With Herbs

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# Introduction To Herbal Medicine

Alternative medicines like herbal remedies were the main form of treatment for illness as recently as two hundred years ago. Today, herbal medicine is used in three main ways.

The first use for herbal medicine is to treat an illness or health problem. The second use is in prevention of an illness. The third use is in collaboration with modern medicine. Though many people aren't aware of it, pharmaceutical companies still use herbal medicines in many of their drugs today.

It is thought by many that herbal medicine can cure any medical problem or illness. However, some illness is harder to treat. Even then, some choose to use alternative treatments to affect diseases, like cancer as one example, with an herbalist or someone equally skilled in their profession. This is true for every medical system.

There are various ways that herbal medicine can be taken. They can be taken as an extract or tinctures, creams and ointments, herbal teas, sits baths, tablets and pills, and poultices. After evaluating your health problem or illness, the herbalist will decide which form and type of medication best suits your illness and prepare it.

When making an extract or tincture the herbalist will mix the desired amount of herb and alcohol together. This is done because the alcohol dissolves more of the beneficial ingredients of the plant than water. With a tea or sitz bath, water is used to extract the herbal benefits as to leave out certain parts of the herb.

Poultices are made from crushed fresh herbs mixed with a base cream, yogurt, or honey. This is then placed on the treatment area. Poultices are very effective at treating bruising, bone and joint injuries, local infections, wounds, skin disorders, and gangrene.

Depending on your disease or sickness the type of application of herbs will be different. For example an herbalist would not mix an extract with alcohol if the medicine was for an alcoholic. A good herbalist will be able to make a medicine to the specific need of each individual.

Many people find that there are very few risks associated with herbal medicine. When practiced, and administered by a qualified herbalist, it is very safe and has little risk of side effects. This does not mean that because herbs are natural that they are safe. There are many natural things that are not safe for example arsenic is natural and poisonous.

However with that being said in the right hands herbal medicine is one of the safest medicines and has little chance of causing harm. Unlike many modern medicines that are synthetic, herbs can be absorbed by our body easily. Herbs are easier to eliminate and will not accumulate in your body over time.

Diseases often follow simple rules, it can sometimes be very easy to address illness and the use of good sense techniques might just cure any disease. Generally speaking, microbes and viruses are weak and could possibly be defeated with cleaning and nutrition.

Disease can be defeated if you know what to do and you're willing to do what it takes to help yourself. And as people say "the truth will set you free"; and that's simply what you can do. Many people believe that if you want drama and a health system that's more fixated about disease than it is about wellness, just go to your nearest doctor or hospital. If you want vibrant health and a long life, continue to learn about complimentary therapy.

With diseases, illnesses, and ailments just trusting medical science is sometimes not enough. Other than being expensive, some of the treatments can be long and stressful, further adding to the already depressive and painful conditions.



Usage of herbal healing as a form of treatment is almost considered normal in non industrialized countries. Places where tradition dictate the use of herbal healing.



### **To Get You Started**

Herbal healing has been rapidly increasing in popularity in the past decade. Though practiced in many ancient cultures as the first method of healing, it has just recently become a sought after style of healing for the modern world.

The availability of herbal healing products isn't just for the older generation anymore, it can now be found at drug stores, supermarkets, pharmacies and other conventional outlets.

With so many variations of herbs and combinations available to treat the various ailments, it just takes a little research to find the ones that remedy the needs at hand.

Though believed to be relatively safe because of the natural factor these herbs have, it would be wise to seek the guidance of someone who is well trained in the practice of using herbs to heal, treat or manage a certain condition.

As most of the herbal remedies are fairly concentrated there very well could be the danger that some of the ingredients even though they're natural may have adverse effects on the individual.

The basis of many pharmaceutical forays are in the vast possibilities of herbal healing compounds and ingredients. A lot of money and time is put into the researchers of finding and promoting the next best herbal cure for the various medical conditions the world faces today.

This is also recommended because of the little to no side effects in its consumption and because of all the organic elements it contains when compared to chemically based and mass produced medications.

# For Home



# Section 1: Herbal Sensory Gardens For The Home

A sensory garden is designed with the specific intention of stimulating our sensory pleasure: smelling, feeling, seeing, tasting, and hearing.

When planning a garden for your smelling senses, it is important to separate different types of odorous plants and flowers so that people can identify the different ones or go straight to their favorite area.

If you are planning on people using sounds to be able to enjoy the garden experience then you can incorporate fountains, waterfalls, fish ponds, and bird baths.

Strategically using these props in your garden will not only give people the opportunity to relax while listening to their soothing sounds but will also allow people to watch the water flow, birds bathe and drink, fish swim, and water crash down from one layer to another on the waterfalls.

Sensory gardens can be used as a way to treat the ill or weak by being able to have their senses stimulated with all the sounds and smells around them.

It can also serve as a way to give more enhanced enjoyment for those who have a problem with one or more of their senses because an impairment of your senses can cause other senses to become stronger - allowing you to enjoy the senses that are functional more.

Since sensory gardens are a good source of therapy for some it is a good idea to make sure that they are accessible to all whether they are able to walk or need a wheelchair.

One thing that makes a sensory garden completely different from other gardens is that people are encouraged to actually touch and some times taste some of the plants in the garden.

In this section of the garden you will usually find edible vegetables, spices, fruit, and herbs. Since there will be multiple visitors to the garden you will need to include plants that can produce more often and a larger amount at one time to be able to allow more people the pleasure of experiencing the different tastes of the plants in this garden area.

Some plants that may be a good idea to include are strawberries, mint leaves, and some other varieties of edible flowers. You may even be able to break pieces off some plants and get a taste such as mint leaves, herbs, and some other edible plants. So you not only get to taste them but you can feel their texture as well. You would need to make sure you only plant non harmful and non poisonous flowers and plants in this area or people that may have impairments such as sight could be poisoned or tangled up in veining type plants. Even a beautiful rose plant could be a dangerous plant to a sight impaired person as if they touch them they could be scratched or poked.

## Section 2: Herbs and Plants For An Organic Home

One big concern most people have is the quality of our air.

One innovative way to help improve our quality of air in our homes is through the use of Air-Purifying Feng Shui Plants.

The top ten plants used in feng shui and what they are used for in your home or office are:

Areca Palm is known to remove indoor air toxins while being beautiful and easy to maintain.

Lady Palm removes many of the pollutants in our home or office air. While being easy to care for it is also known for being one of the best choice plants for improving your indoor quality of air.

Bamboo Palm is used as a source of removal for trichloroethylene, benzene, or formaldehyde. The use of bamboo will add a tropical peaceful atmosphere to any kind of environment as well as being one of the most resistant plants to being infected with insects.

Rubber Plant removes pollutants such as formaldehyde. This plant can survive in cool temperatures as well as dimly lit areas helping rid indoor environments of toxins making it a very likable plant to Victorians.

Dracaena AKA "Janet Craig" gets rid of most pollutants. One of the biggest pollutants it affects is the trichloroethylene. It is very pretty as well as being able to grow without requiring a lot of light. It can also survive even if you forget to water it on a normal basis. One of the most useful plants to remove chemical toxins in the air.

English Ivy is like the Rubber Plant as it is great for removing harmful pollutants especially the formaldehyde from our indoor environment. It is a popular plant however it is a hard plant and is used more often in public areas. It is not grown well in high temperatures, but it is very adaptable and grows easily.

Dwarf Date Palm is used for removal of many pollutants. The biggest one it removes is xylene. It can grow as tall as 6 feet though it tends to grow slowly. If this plant is happy in its growing environment it can last for years. It can be arranged in areas of low light, but it will need a lot of growing space.

Ficus Alii removes pollutants one of the most relevant being formaldehyde. It can be easy to grow but can be hard to adapt to new places. It is a large beautiful kind of plant that can be used to take up big spaces.

Boston Fern- this plant is great for removing formaldehyde from your indoor environment. It is one of the oldest plant groups making it a popular plant to use. It may be pretty and great for almost any environment it does need good care in order for it to thrive.

Peace Lily-it is a very useful for the removal of alcohols, benzenes, acetone, formaldehyde, and trichloroethylene. It has pretty white flowers that give off a peaceful energy and is strong and lush. It is also easy to care.

# Section 3: The Five Most Important Herbs To Have In Your Home

The use of herbs to treat some simple medical conditions have become quite common today. This has eliminated the need to seek a medical practitioner every time there is a problem, especially when there is a child involved.

Mint -

The uses of mint are exponentially growing stronger. It's wonderful refreshing and energizing qualities are useful in spicing up teas, as a breath freshener, as an energizer, to name a few. It is also widely used in salads and drinks.

This herb is also useful to help boost poor digestive systems and helps any gas buildups and stomach aches. Mint also has antifungal properties, among it's many other strong qualities.

Ginger -

This herb is difficult to grow but is easily available in any supermarket. It comes either dried or fresh. It is also used in many candies in its lesser form.

Ginger is great in calming indigestion, painful gas buildups, other stomach discomforts, and upsets. It helps to increase circulation. It is also a very popular ingredient in Chinese style cooking.

Lemon balm -

This herb has been used for quite some time to treat anxiety and insomnia issues. Other than its antiviral and antibacterial properties it is also a great health booster and is known to help to shorten the duration of colds and flues in kids. In the summer time when insect bites, minor scrapes, and tummy upsets are the norm, having this herb handy is an advantage.

Chamomile -

Known as a favorite for treating colic, gas restlessness, and anxiety issues. It contains properties that can greatly induce drowsiness and help calm irritable kids. It is also known to make for a great relaxing cup of tea.

Thyme -

Great herb for cooking, not only for chicken and fish. It is also great in soups and stews. Stomach cramps and gas buildups can also be treated with this herb.



# Section 4: Use Caution When Treating With Herbs

Although widely looked upon as harmless, herbs taken without the correct knowledge and supervision can have adverse and sometime dangerous effects on an individual. Having a little knowledge about what the herb can do, how it effects in general and specifically what dosage is most important.

Also you should not use herbal remedies without permission from a professional.



Some herbs when taken with other conventional medication can cause the medication to be ineffective and this may be detrimental to the individual who actually needs the medically prescribed medication. Herbs might also alter the make up of some medication when ingested along with it. So instead of being an added value it becomes a detrimental to your health. Therefore, medical advice should be sought after considering the line of treatment even if it is only a supplementary element.

Upon understanding and realizing the approval from a medical practitioner, the dosage to take is a very critical item to consider. As the herb may be new to the body system, taking too much may cause a complete system shutdown. In some extreme cases, death has been the result of ingesting unknown herbs.

People who are easily influenced should be especially cautious and careful as to what herbs they purchase. A lot of uneducated vendors will promote the positive side of their herbal products without ever disclosing the negative findings. In a few cases the negative findings are ignored as to not frighten off customers.

Occasionally instead of seeking medical advice immediately upon discovering an illness, ailment, or disease, the choice is made to simply try to treat the condition with using herbs. This may cause the person to lose precious time in getting rid of the negative condition or even perhaps cause further damage.

## Wrapping Up

The healing by plants is the most popular and oldest therapy of healing on planet Earth. The information regarding herbal nutrition has been ingrained from one generation to other since the very start of humanity.

Due to the development of the process of synthetic medicine or drug making, the use of herbs has become a movement of the past. All the same, there has been a sudden increase in the practice and utilization of herbs for treatment of ill health which is inexpensive, secure and natural.

The key aim of utilizing herbal remedies is to expand the process of natural healing inside the body by re balancing and cleansing. A few herbal remedies hold antiviral and antibacterial qualities

like synthetic medicines and drugs. The advantages of the technique of herbal healings are that it brings the body back to a normal state without presenting as many side effects as prescription drugs.

The correct combination of herbs can be used to heal and tone up body or tainted tissues.

Herbs may be utilized to focus, heal, control or tone any part of body if they're recommended or combined in suitable manner. Herbs should be consumed with proper doctor or family physician .

# For the Mind





# Section 5: Treating Tension Headaches and Soreness With Herbs

Suffering from headaches and tension is pretty much a part of most people's daily life. Sometimes it becomes so "normal" that it is not taken seriously enough to be addressed specifically.

Instead of herbal remedies most take the easiest solution available which is pill popping. Certainly not a long term solution, neither is it a wise thing to disregard, but using the herbal remedy may be the only way of solving this condition permanently.



## Calm

There are an incredible amount of types of herbs available to treat the annoying symptoms of headaches and tension. Some herbs are made to treat the conditions topically while others are strictly meant for internal consumptions.

Herbs made into ointments and creams do just as well if not better and don't really cause many adverse side effects to the individual. However, some of these ingredients can be very strong smelling, but it's all part of indulging in the comfort element to treat the conditions.

Tiger balm, peppermint oil, and nutmeg oil are a few examples of headache and tension healing herbal remedies. Below is a list of possible herbs you can choose from when addressing the headache and tension conditions:

- Feverfew ability to prevent and stop headaches
- Ginkgo biloba improves the circulation and decreases inflammations
- Chamomile relaxes the body
- Peppermint simulates the refreshing aura
- Valerian for acts as a powerful sedative
- Lemon balm and passion flower for arrest a possible attack
- Rosemary for calming effect

Other than trying all of the different herbs, to refrain from these inconvenient and sometimes even painful conditions, keeping a healthy lifestyle and a balanced diet also helps to assist in the better condition of body and mind. So when an attack of a headache or tension sets in, the more the herbal remedy will work. In some cases, a topical ointment could address the problem very quickly.

These kinds of remedies are a much easier way than dealing with consuming the herbs.



# Section 6: Depression and Anxiety Treatments Using Herbs

Treating anxiety and depression by using herbs is a great alternative to using the conventional method of prescription drugs. The side effects from resorting to using prescription drugs can be long term, harmful and sometimes not properly addressing the anxiety and depression issues.



## Calming

By using herbal remedies it can allow the person in the anxiety and depression condition to be medicated through a natural way which deals with the social anxiety disorder and the body's chemical imbalance which is the reason for depression in the first place.

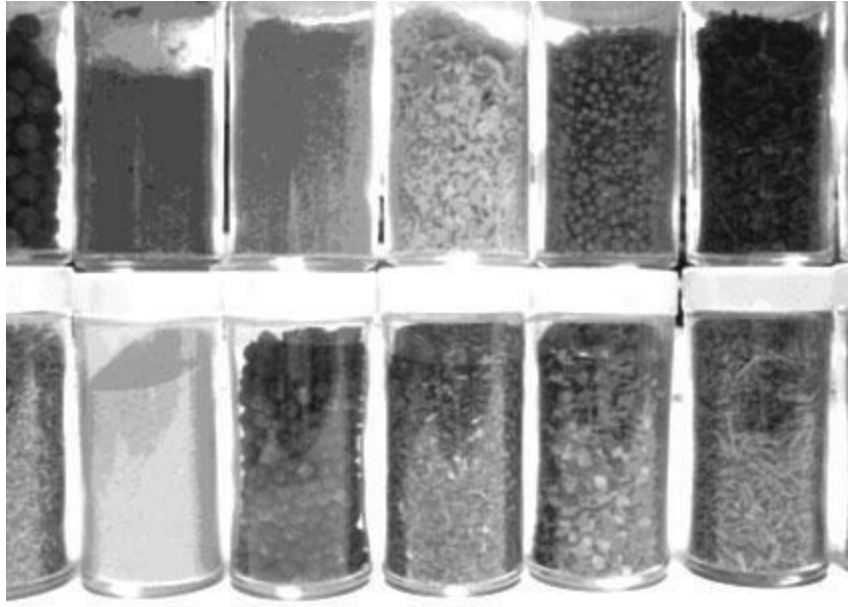
Of course some of these herbs are found to be more effective than others when treating these conditions. It should be noted however that in order for these herbs to have the desired success rate or results, the diet of the person must be well balanced and healthy.

All of these elements combined together will contribute to a better mental health.

- Magnolia bark is a powerful herb used to help the insomnia problem which is one of the lesser known causes of depression and anxiety.
- Phellodendron bark is another fundamental herb used in ancient Chinese medicine to essentially arrest the stress build up and also relieve the anxiety condition. It works by regulating the cortisol which is known as the stress hormone.
- St John wort is used to treat the depression and anxiety in only minimal doses. So when using this herb, prudence must be exercised.
- Valerian is known as the most powerful herb available to help the depression and anxiety issue. It works to help influence the body's chemical make up of some elements.

- Lemon balm is also widely regarded as the calming herb. It is largely used for its almost sedative like inducing properties.
- Hops powder normally used specifically to treat insomnia, is now recommended for it's assistance in treating depression. However at this point, it is still not definitely proven that this herb is the only contributing cause in the success of treating depression.

# For the Body



# Section 7: Natural Acne Treatment With Herbs

Acne is a medical condition which is caused by the over production of sebum. When this happens, the pores are blocked and hard plugs are formed.

This blocking eventually causes the acne to manifest itself. Other causes might include hormonal imbalances, pregnancy, menstrual periods, emotional stress, and various others.



## Skin Issues

Treating the acne problem can pose as a challenge because of its reoccurring possibilities. However some say that the use of certain herbs for better control will eradicate the acne condition. The following are just some common suggestions of herbs used to treat acne in varying degrees.

- Tea tree oil - this treatment is known to cause less drying and stinging after effects. Also the redness is at a minimal.
- Aloe gel - has antibacterial properties which will help to kill off the germs or perhaps stop them from contaminating other parts of the skin
- Rose water - if applied correctly will give relief to the itching and pain
- Walnut leaf - can be used as an astringent face wash.
- Burdock root and dandelion - both of these herbs contain insulin which could possibly improve the skin condition and remove bacteria.
- Goldenseal - helps to stop the acne from secreting any puss or other unwanted liquids.
- Calendula - helps the healing of the tissues at a more increased pace. It may also help to heal the scars left to some level of smoothness.

It is widely recommended that the acne problem be treated internally as well as externally. Both these options are intertwined and treating one without the other may not result in the desired results.

When the desired results are forthcoming, the problems may end up becoming worse because now that the added factor of depression and stress is added.

Acne reacts to a combination of herbs used both for internal and external use. This combination is beneficial to achieving long lasting results.

Essentially the herbs used for topical purposes should include tea tree oil, lavender, and calendula, if used internally should be milk thistle and dandelion.

# Section 8: Treating Skin Wounds and Blisters With Herbs

There are a lot of different herbs for different uses, which are made available by nature itself. Treating wounds with basic ingredients found in a household is not rare.

A person who like to treat ailments the natural way should take the time to make a simple list of some common herbs and keep these herbs at hand to quick and easily use.



## Wounds

It's very useful to have a bit of knowledge on herbs used for treating wounds for children. Almost every day a child will somehow get him or herself hurt while playing, thus having these quick easy remedies available would eliminate the need to seek medical attention.

The aloe herb consists of compounds that can reduce inflammation, swelling, and redness of wounds. This herb should be applied directly to the wound after a simple wash of the wound is done to rid the wound of any unwanted particles. The naturally secreted gel works very well for superficial wounds.

*Calendula officinalis* is another herb that can effectively treat wounds. The flavanoids and antioxidants that it contain help to speed up the healing process by increasing the blood flow to the wound. This ingredient can be applied topically and is also a widely popular ingredient in creams and ointments.

Slippery elm, a tree which is common in North America can also be used effectively to treat wounds. Slippery elm is also found in powder form, but it should be applied around the wound and not directly into an open wound.

Other more commonly used herbs to treat wounds are lavender, which not only help the healing process but also acts as a means to kill germs. Tea tree oil can also disinfect while healing wounds. This particular herb works at quite a rapid pace in the healing process. Echinacea, Marigold, and Myrrh are also considered to be good healing remedies for wounds. All of these can be applied to the wounds by simply diluting a small amount of herbal tincture with water.



# Section 9: Alternative Herbal Treatments For Helping Against Cancer

As cancer has become a common and feared disease, the race is on to find a cure that is quick, easy, and accessible to everyone. Most of the current medical options out there are either too costly or simply too stressful.

However since most people have no other options, they either opt not to have any treatment or decide to go through the suffering with the hope of gaining back some semblance of their previous lives.

## **Fighting Cancer**

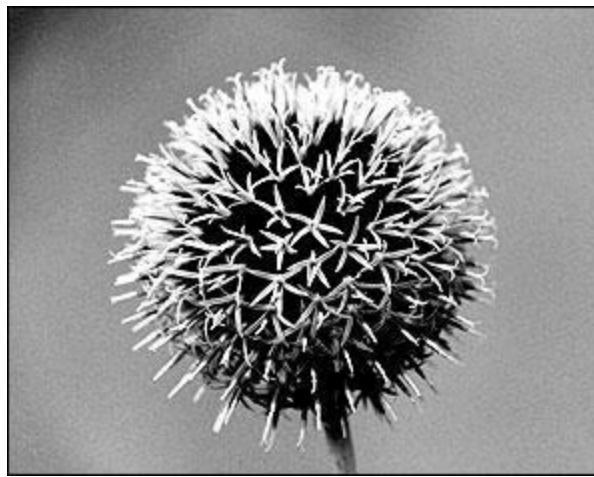
Herbal remedies offer a cheap alternative. Some people recommend that these herbal remedies be used alongside the current ongoing treatments and others don't.

The deciding factor would be how intense the cancer stage is in. Also to be noted is the type of cancer the patient is suffering from, as different herbs work differently to address the various conditions caused by cancer.

Below are some tried and true herbs used to treat specific cancer conditions:

- Breast cancer - broccoli and green tea
- Colon cancer - broccoli
- Esophageal cancer - green tea
- General cancer - aloe vera and periwinkle
- Liver cancer - green tea
- Lung cancer - aloe vera and broccoli
- Pancreatic cancer - green tea
- Preventive cancer - broccoli, carrot, tarragon and tomato
- Prostate cancer - aloe vera, fennel and green tea
- Rectal cancer - broccoli
- Skin cancer - green tea
- Stomach cancer - aloe vera, broccoli, garlic and green tea
- Testicular cancer - periwinkle
- Cancer treatment - aloe vera, Echinacea, lantana and violet
- Cancer sores - goldenseal, lavender

There are also some herbs that might help to keep the body in a much better shape so it then is equipped with the proper elements to fight off the cancer cell or arrest it's progressive destructive state.



Herbs like:

- Astragalus
- Dong Quai
- Echinacea
- Shiitake and maitake mushrooms

All of these have properties to help in the fight against cancer. However relying on these herbs alone is not recommended.

Another herb that is widely regarded as helpful in arresting the cancer cells from its destructive nature is the mistletoe. Mistletoe preparations are normally used to stimulate the immune system and to kill cancer cells effectively. In a lot of extreme cases it has been noted to shrink cancer causing tumors.

# Section 10: Natural and Affordable Body Detox Using Herbs

Bad eating habits and poor lifestyle practices will more than likely lead to a dangerous level of negative elements stored in the body over time. These elements also known as toxins can cause major damage, which perhaps could lead to illnesses, ailments, and diseases.

Addressing this critical problem is of immediate urgency, and doing it with the help of herbs is a smart choice to make. This being because herbs are natural compounds and will not further add to any existing negative conditions.



## Clean Up The Body

While some herbs are smooth others can be rough on the body, so it's always better to start off with the more gentle choice when attempting a detox session.

Psyllium is an herb derived from the seed of a fleawort plant. When it comes into contact with liquid it expands. Psyllium is perfect for cleaning out the intestines by removing the toxins. Because of its high fiber content it also helps with "scrubbing" the digestive system effectively. However as this herb tends to absorb a lot of liquid, it is advised to drink a lot of water if choosing to use this method of detox.

Aloe vera juice is an alternative for the digestive system since it works to kill the parasites, yeast, bacteria, and viruses. The laxative effect it helps stimulate are for detox purposes.

Cascara sagrada has widely been used in ancient traditional concoctions for its detox qualities. It not only functions as an effective laxative but really helps ease constipation problems. However because this herb is mighty strong, it is not advisable to use it for more that one week.

Fennel seed is also another herb widely used in detox exercises. Mostly used to induce bowel movements it also greatly helps relieve gas pains and cramps in the gastrointestinal tract.

Individuals who strictly consume mainly meat and processed foods should attempt detox sessions, but it should definitely not be done regularly.

# Section 11: Lung and Respiratory Condition Treatments With Herbs

Lung disease is widely linked to smoking, but recently there are other factors which seem to also be linked to lung problems. The air these days is very polluted.

A lot of foods eaten as cooked or prepared raw may contain tons of unwanted chemicals that are the cause of lung problems too.



## Breathing Better

Various herbs have been widely known to have the necessary elements to help treat lung diseases. Asthma, lung cancer, influenza, and chronic obstructive pulmonary disease are the main conditions that can be treated with the use of herbal concoctions.

Licorice is an herb that many believe have some benefits when used to treat lung disease. Bronchitis and lung infections are known to decrease or even get eradicated from using licorice regularly. It can also be used to lesser conditions such as an inflamed throat or coughs.

Elecampane is also used as an antiseptic which is helped to kill off the existing germs and usually to treat the lungs and throat to prevent the re occurrence of the infection.

It is also used to treat annoying coughs, bronchitis, tuberculosis, silicosis, asthma, and emphysema. However as this herb is known to cause adverse effects like vomiting, diarrhea and stomach spasms, and a doctor should be consulted to get the right dosage.

Asian ginseng, also known as Panax ginseng is known to be helpful in treating lung diseases too. The ginseng is a widely accepted remedy to treat numerous conditions, boost the overall health and also to further support the immune system. In a few cases a great reduction in tumors have been noted. Ginseng can also be taken as dietary supplement.

To provide a better variety of herbs that can be used for more loosely categorized lung diseases, refer to the information given below:

- Lungs that are too dry - wild cheery bark, raw rehmannia root, glehnia root, licorice root, slippery elm bark and marshmallow root.
- Lungs that are very weak - astragalus root, cordyceps mushroom, schizandra berries, amla fruit, ginseng root, and American ginseng root.
- Simple mild lung inflammation - boswellia gum, scute root, and turmeric root.



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