

# **Natural Remedies That Became Medications**

**History of home remedies**



**Folk to Pharma**

# Leaders Guide

## From Folk to Pharma: Natural Remedies That Became Medications

### History of home remedies

Plants and their use in medicine goes back thousands of years. There are references to plants being used in medicine on papyrus writings from the Ancient Chinese and Ancient Egyptians too. It is fair to say that from as early as 3500 BC plants have been used in medicine. Sometimes herbs and plants were used in healing rituals by various indigenous cultures while others created more traditional medical systems with them. An example of this is Chinese medicine, which is still in existence to this day.

One of the first cultures that were known to experiment with herbs was the Ancient Egyptians that lived in 3500 B.C.

This ancient civilization understood that herbs could play a significant role in treating disease, which was a unique perception since many old civilizations believed that magic was at the root of healing. By 2700 B.C., Chinese dynasties began using herbs in a scientific manner.

In 460 B.C., our friend **Hippocrates** borrowed the beliefs from earlier cultures and developed a system for treating the **body** and **mind** as a whole. At this time, it was believed that sickness was not a supernatural event but a natural one that required the help of herbs instead of magic.

Although much progress was made in terms of science and medicine, much was lost with the fall of the Roman Empire. The Middle Ages retracted to many of the original beliefs that earlier cultures had sickness and disease were supernatural, and herbs should only be used in mystic rituals.

During the Renaissance period, trade with other civilizations became more abundant, and with this practice, knowledge surrounding herbs grew. In fact, the New World was discovered as a result of searching for **herbs and spices** that would provide medicinal purposes. In the 16th and 17th centuries, universities taught **botany and herbalism**, and gardens were planted on their premises.

In 1652, Nicholas Culpeper published a book on natural remedies and how people should rely on these herbs to recover from illness rather than the advice of doctors.

Naturally, doctors did not agree with his works. As society moved into the 18th and 19th centuries, people began relying on medicinal cures instead. In some parts of the Western world, herbalism was outlawed unless practiced by a qualified doctor.



## Integrating Indigenous Healing

It wasn't until the 19th Century that scientists began looking more closely at the compounds of plants and analyzing their active compounds. As they began extracting the active ingredients and experimenting with them more sophisticated remedies were produced. Shortly after chemists began creating pharmaceutical replicas of the plant compounds and at this stage drugs became more heavily relied upon than natural plant remedies. Many pharmaceutical drugs however are derived from plant compounds.

Today a mixture of drugs and natural remedies are relied on throughout the world to treat minor ailments and more serious conditions. In many parts of Europe, doctors prescribe plant-based medicines to treat their patients. In the US there has been a huge surge in the number of people turning to natural remedies to improve their health. This is largely attributed to a general feeling of dissatisfaction with the pharmaceutical industry and the very high cost of drugs available. It may also be due to the current trend of getting back to more traditional and natural forms of medicine.

Mother Nature really is one giant pharmacy. If you are suffering from any common ailment there is likely to be a whole host of herbs or plants that can help.

### Aromatherapy

Having been in existence for over 4000 years, **aromas** can have a very specific effect on our mood – just ask any masseuse or aromatherapist. Smell is a very powerful sense and if you take advantage of it in your everyday life you can experience some very positive results.

Herbs have been used for hundreds of thousands of years, and their earliest uses can be traced back to scents, foods, flavorings, medicines, disinfectants and even currency.

*Question? Do you know why currency is on this list?*

*Answer; the currency mint adds herbal anti-bacterials to the paper*

Aromatherapy derived from plants and herbs has gained popularity, below are a few examples.

#### **Reduce Depression or a Bad Mood**

Did you know that citrus scents can dramatically improve your mood? If you have had a difficult day or are feeling a little blue, then some **orange** or **lemon** aromas can work wonders. It can even “perk” you up a little if you are feeling that the only thing you are capable of is lying on the sofa. Whenever you need to feel alert or when you want to feel a little bit more energized go for citrus aromatherapy

## Rid Yourself of Stress

Stress can have a serious impact on long term health. If you suffer from stress, then experimenting with aromatherapy may be a good idea. **Rose** or **ylang ylang** scents work as natural antidepressants and even as sedatives. Light a candle, use a diffuser or a burner or just hold an open bottle of oil under your nose and sniff.

### Feel Calmer

If you are feeling like you can't relax or feel like a bag of nerves, then the scent of **lavender** can help. Lavender has shown to increase the levels of serotonin being released which can bring on a feeling of calm. For this reason, it is often suggested to help induce a good night's sleep. You can spray some on your pillow or even add a few drops to your bath in the evening for an injection of calm into your life.

### Feeling Sad?

**Vanilla** is the perfect aroma for making a sad mood go away. Try it and see! The next time you are feeling a bit blue reach for a vanilla aroma to experience a more positive outlook.

### Make Your Own

You may well have a scent that evokes a specific feeling or memory. If so then you can use it to improve your mood. Keep a bottle of the natural scent on hand so that whenever you are feeling down you can instantly improve your mood.

*Question? Do you have any aromas that evoke a memory?  
How do you like to enjoy aromatherapy?*

However, as with all treatments, it is best to talk to professionals and experts in order to get a full understanding of how natural remedies work alongside modern medicine before proceeding with any natural remedies.

### Medicinal uses for specific herbs

Herbal medicine aims to return the body to a state of natural balance so that it can heal itself. Different herbs act on different systems of the body

*Question? Do you have any natural remedies you use?*

Some herbs have potent (powerful) ingredients and should be taken with the same level of caution as pharmaceutical medications. In fact, many pharmaceutical medications are based on man-made versions of naturally occurring compounds found in plants. For instance, the heart medicine digitalis was derived from the foxglove plant and salicylic acid is found in the plant meadowsweet and is used to make aspirin. Aspirin can cause the lining of the stomach to bleed, but meadowsweet naturally contains other compounds that prevent irritation.



## Active ingredients and herbal medicine

Herbal medicines contain active ingredients. The active ingredients of many herbal preparations are yet unknown. Some pharmaceutical medications are based on a single active ingredient derived from a plant source. Practitioners of herbal medicine believe that an active ingredient can lose its impact or become less safe if used in isolation from the rest of the plant, [Stems, Root & leaves].

According to herbal medicine practitioners, the effect of the whole plant is greater than its parts. Critics argue that the nature of herbal medicine makes it difficult to give a measured dose of an active ingredient, this can be true so use common sense when taking herbs, start with lower doses and check with pharmacist for interaction with pharmaceuticals

## Medicinal uses for specific herbs

It is very important that people do not self-diagnose any health conditions. Any medication (herbal or otherwise) should be taken under the supervision of a knowledgeable and qualified practitioner.

Herbal medicines can be mistakenly thought to be completely safe because they are natural products. This is not always correct.

Herbal medicines may produce **negative effects** such as allergic reactions, rashes, asthma, headaches, nausea, vomiting, and diarrhea that can range from mild to severe. Like other prescription medications, herbal medicine should always be prescribed by a qualified and registered practitioner.

Always tell your herbal therapist:

- which over the counter, herbal supplements, vitamins and prescription medications you are taking?
- any allergic reactions you have experienced

Herbal medications and supplements may interact in harmful ways with over the counter [OTC] or prescription medicines you are taking which is why it is very important to tell your doctor of all OTC's you take

Taking herbal supplements may decrease the effectiveness of other drugs you are taking or may increase the negative side effects.

If you are considering taking herbal medications it is always a good idea to talk to your doctor about possible side effects and interaction with other medications, you are taking.

Not all herbal medicines that are sold are safe. Always purchase products from a reputable practitioner or pharmacist.

Be careful about purchasing herbal medicines over the internet. Unregulated herbal medicines from overseas may not be manufactured to the same quality and standard as regulated medicines. In some cases, products bought over the internet have been found to have dangerous levels of lead, mercury or arsenic, which can cause serious health problems.

## Native American medicine

*Man did not weave the web of life; he is merely a strand in it, such that whatever he does to the web, he does to himself."*

Native Americans believe strongly in the interconnection of all of creation. They practice their healing arts in a way which includes the natural world and the whole person – body, mind and spirit in much the same way that Hippocrates practiced medicine

For thousands of years Native Americans have used herbs to not only heal the body, but, also to purify the spirit and bring balance into their lives and their surroundings. Oral traditions indicate that they learned about the healing powers of herbs and other plants by watching sick animals. There are no written records of herbal use by the indigenous people of America prior to the first contact between Europeans and the tribes. However, this changed as Native Americans shared their knowledge of how to use nature's medicines with the new settlers.

While there were hundreds of herbs and plants used in Native American remedies, one of the most sacred was **Tobacco**, which was used healing numerous conditions, as well as in rituals and ceremonies. It was smoked pure and not mixed with any chemicals as it is today. Another very important herb to the Native Americans was **Sage**, which was said to not only heal multiple problems of the stomach, colon, kidneys, liver, lungs, skin, and more, it was also believed to protect against bad spirits and to draw them out of the body or the soul.

Though the list of medicinal herbs that might be carried in a Healer's medicine bundle are many and varied, those that were most often used were frequently carried such as remedies for common colds which might include Ginseng or Boneset, herbs for aches and pains including Wild Black Cherry, Pennyroyal, and Hops; remedies for fever including Dogwood, Feverwort, and Willow Bark.

### Symbolic Healing

Ceremonies play an important role in the overall wellbeing of traditional Native American people but the healing potential of this practice is typically unappreciated by allopathic health providers, Native American ceremonies involve the patient, the family, and the community in the healing process. Ceremonial gatherings may last for days or weeks; the more people that are present, the greater the healing energy.



Through their participation in songs, prayer, music, and dance, the family and community contribute healing energy to the patient.

People of all cultures utilize symbolism found in their various religions and spiritual practices to cope with health problems. Native American healing ceremonies rely heavily on a combination of traditional and Christian religious symbols, icons, and ritualistic objects. These symbols cue bio-psycho-social-spiritual healing responses by restoring the harmony necessary for health. Symbolism, whether associated with ceremonies or church services, can be incorporated into their treatment plan to create a powerful healing synergy

### **Integrating Indigenous Healing: A lesson for us all**

Today Native Americans frequently combine traditional healing practices with allopathic medicine to promote health and wellbeing. Ceremony, native herbal remedies, and allopathic medications are used side by side. Spiritual treatments are thus an integral part of health promotion and healing in Native American culture.

Yet, the role of spirituality in health promotion and wellness is uncomfortable for many allopathic providers. Advanced practical nurses with their tradition of holism that embraces the bio-psycho-social-spiritual nature of health have an opportunity to suggest new ways to care modeled on traditional Native American practices.

The inclusion of family and community in treatment plans, decreases the isolation often found in allopathic care. And, thinking about the lack of person/environment harmony and balance may be important clues for the diagnostic process.

### **Healing Plants**

Native American, Alaska Native, and Native Hawaiian healers all have a long history of using indigenous, or native, plants for a wide variety of medicinal purposes. Medicinal plants and their applications are as diverse as the tribes who use them.

Beyond their medicinal benefits, indigenous plants were a staple of Native people's diet before Western contact. Today, indigenous plants are central to efforts to improve dietary health for current generations. In Hawaii, the "Waianae Diet" and "Pre-Captain Cook Diet" aim to reduce empty calories, fat, and additives and promote a healthier, more balanced diet by restoring the role of indigenous foods. Alaska Natives and various Indian tribes have similar projects emphasizing traditional foods. In this very real sense, food is medicine.

### **Resources**

National Geographic "Natural Home Remedies" 2012  
Magdalena Wszelaki "Herbs for Balance-Herbal Recipes"  
Natural Home Remedies  
From Folk to Pharma  
[mayo.clinic.org](http://mayo.clinic.org)  
[rd.com/health/wellness](http://rd.com/health/wellness)  
The Herbal healing

## SANDIE'S NON-TOXIC CLEANERS

### Laundry Detergent

From the Arm and Hammer web site

Makes 10 gallons for about \$ 1.00 (That much Tide would cost \$ 96.00)

2 Cups hot water

½ Fels-Naptha soap bar or Kirks Castille Soap bar

½ Cup Arm and Hammer Super Washing Soda\*

¼ Cup Borax

It

- Grate bar of soap and add to saucepan with water. Stir continually over medium-low heat until soap dissolves and is melted.
- Fill a 5 gallon bucket half full of hot tap water. Add melted soap, washing soda and Borax. Stir well until all powder is dissolved. Fill bucket to top with more hot water. Stir, cover and let sit over night to thicken.
- Stir and fill a used, clean, laundry soap bottle or gallon milk jugs half full with soap and fill rest of bottle with water. Shake well before each use. it will gel
- Optional: You can add 2-5 drops of essential oil per 2 gallons. Add once the soap has cooled. Try a little batch, can be over powering  
Ideas: lavender, rosemary, tea tree oil, (which is also a great natural disinfectant)
- Yield: Liquid soap makes 10 gallon
- Top Load Machine: 5/8 Cup per load (Approx. 90 loads)
- Front Load Machine: ¼ Cup per load (320 loads)

\*Arm and Hammer "Super Washing Soda" is not often carried in stores but can be ordered direct from the company at this address: [www.thelaundrybasket.com](http://www.thelaundrybasket.com)

P.S.: Baking soda will not work, nor will regular Arm & Hammer laundry detergent. Only Arm & Hammer's Super Washing Soda aka sodium carbonate! Sodium Carbonate can also be purchased at pool supply stores.

P.P.S.: Fels-Naptha bar soap is an excellent spot remover as well. Keep an extra bar handy to use instead of "Spray & Wash". Just dampen the spot and rub with bar of soap.

**Note:** If you don't have enough jugs, I store mine in large pickle jars I get from a local restaurant; If you don't have enough jugs, I store the rest in large pickle jugs I get from a local restaurant.



## BASIC FORMULAS

### Pretreatment Stain Remover

½ cup ammonia  
½ cup white vinegar  
¼ cup baking soda  
2 tablespoons liquid soap  
2 quarts water

Mix all ingredients in a spray bottle. Spray this onto the stain, and let sit for a few minutes then vacuum or launder

### Multipurpose Home Cleaner

2 teaspoons vinegar  
1 teaspoon borax

½ teaspoon baking soda  
¼ teaspoon liquid dish soap  
2 cups hot water

Prepare mixture and store it in a clean spray bottle. This mixture eliminates the need for expensive cornstarch commercial cleaners. Use the cleaner on any surface in the kitchen, it is especially good for cleaning ovens and minutes, stove-tops. For hard stains on cook-top, let sit for 15 min. For oven, let sit overnight.

You can get other cleaners at [www.armandhammer.com](http://www.armandhammer.com)

### Carpet Freshener

1 tsp. baking soda  
1 tsp. cinnamon  
1 tsp. ground cloves  
1 cup crushed, dried herbs  
( rosemary, lavender) etc.  
Combine ingredients, and sprinkle on carpet, let sit then vacuum

Carpet freshener variations:

Mix 1 small box baking soda with favorite potpourri oil, using just a drops and sprinkle on, leave on carpet 10 to 20 minutes then vacuum.

OR

1 cup baking soda, 1 cup

and 15 drops essential oil

Leave on carpet 10 to 20

then vacuum.

Store in airtight container

# AROMATHERAPY

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# CYNTHIA'S HOME REMEDIES

## What Grandma Used

### Bad Breath:

Chew spices like cinnamon bark, peeled cardamom pod, a few fennel or anise seeds, or a sprig or two of parsley.

Drink more water. Choose green tea or juice over caffeinated drinks

Change your toothbrush every two to three months.

Scrape your tongue to remove millions of bacteria residing on your tongue surface. Use a tongue scraper once a day and rinse your mouth thoroughly afterward.

### Cold Sores/Canker Sores:

Apply lemon balm ointment (available in health stores) to the site for a cold sore.

Goldenseal is good for canker sores. Fill a shot glass half full of warm water and add up to ½ teaspoon of goldenseal tincture. Swish the mixture in your mouth around the canker sore for a minute or two, and then spit it out. (don't swallow it). Resist rinsing out the bitter taste; let the medicinal compounds do their work.

### Chapped Lips

Drink more water and other liquids to keep your body hydrated. Coat your lips with lanolin or beeswax. Or apply a thin layer of almond, sesame, or almond kernel oil. Or pierce a capsule of Vitamin E, squeeze out a bit, and apply.

### Cough

Sip syrup: mix 2 tablespoons of fresh lemon juice with 1 tablespoon honey. Heat gently until warm. Take 1 teaspoon every hour, as needed.

Ginger Tea: Ginger's anti-inflammatory, antibacterial and antiviral properties can help ease coughs. Add 1 tablespoon of peeled, freshly grated ginger to a cup and fill with just-boiled water. Steep the tea for 10 minutes, strain, and sweeten if desired.

Herbal remedies include: horehound drops, slippery elm lozenges, and a chest rub of eucalyptus oil and almond oil.

### Sore Throat

Gargling with salt water is simple and effective. Stir a teaspoon of salt into a cup of warm water until the salt is completely dissolved. Take a mouthful, gargle, and spit. Repeat hourly.

Thyme (*Thymus vulgaris*) tea has been prescribed since the Middle Ages as an herbal remedy for coughs, sore throats and other respiratory ailments. To make thyme tea, place 2 teaspoons of fresh thyme leaves or 1 teaspoon of dried thyme leaf in a cup. Cover with just boiled water and let steep for 10 minutes. Strain and sweeten with honey or maple syrup, if desired.

### Earache

Olive oil: Squeeze a few drops of garlic oil or warm olive oil onto a cotton ball. Place the oiled portion gently inside the ear, leaving some sticking out for ease of removal. Leave for several hours. (Caution: do not apply oil to ears before an ear exam.)

### Headache

Grab an ice pack! It can be a bag of peas, an ice pack or ice cubes in a zip-top bag. Cover the ice pack with a paper towel or thin towel, and then apply it to the aching part of your head for 10 minutes every hour.

Essential oils can be very soothing. Mix a drop of peppermint or lavender oil with sweet almond oil. Wet your fingertips with the mixture and rub your temples gently using small circular motions.

## **Insomnia**

Drink hot milk. The old folk remedy may have originated in New England. Add a little honey or a pinch of nutmeg to a cup of milk and warm until steaming. Pour into a mug and sip.

The leading herb recommended for insomnia is Valerian. It helps most people fall asleep and sleep more deeply without causing the morning "hangover" characteristic of many prescription sleep aids. Valerian root capsules are available in most health food stores.

Both chamomile and lemon balm have been used for centuries to help induce sleep and as aids for gentle relaxation. Steep 1 or 2 teaspoons of either herb in a cup of just-boiled water (steep chamomile for 5 minutes, lemon balm for 10 minutes). Sweeten, if desired

Put a sachet of hops or dried lavender-which have sedative and relaxing properties-between your pillow and pillowcase before going to bed. Drawstring sachet bags are available of craft stores.

## **Eye Troubles**

If you find that you have particles in your eye(s), don't rub. Gently lift your eyelid slightly away from the eyeball. Look up, down, and around to stimulate tears to flush out the particles. You can also flush the eyes to remove particles. Press an eyecup filled with lukewarm water or sterile saline solution firmly enough against the eye socket to create a seal. Open your eye and blink with it "underwater" several times. Repeat until the irritation is gone.

To calm the eyes, wet 2 teabags-black, green or herbal tea- in cold water to create a mini compress. Squeeze them out, chill in the refrigerator a few minutes, and then place one over each closed eye.

A sty can be painful. It is an infection that looks like a small boil or pimple at the edge of the eyelid. Wet a washcloth in warm water, wring it out, and hold it over the sty.

Wash the cloth in hot water after each use to reduce the chance of spreading infection.

Calendula tea-an herb with antiseptic properties- can be used instead of the water for a compress.

Also, you can place a fresh, hot hard-boiled egg in a piece of clean, soft, dry cloth. Hold this wrapped warm "compress" against the outside of the affected eyelid.

## **Eczema**

Eczema is a general term for several types of itchy skin rash. Atopic dermatitis can run in families, and it can occur in tandem with hay fever or asthma. Contact dermatitis results from direct contact with irritating detergents, fragrances, or chemicals. Doctors often prescribe steroid creams to treat eczema, but natural remedies can also cool its flaming itch.

1. Soak a washcloth in ice-cold milk. Wring out excess and use on affected areas. 2. Avocado's oil and vitamins soothe skin irritations. Apply mashed avocado directly to affected areas. Rinse after 20 minutes. 3. Saturate a cotton ball in strongly brewed chamomile tea and apply liberally to the affected area. Repeat several times a day. 4. Add a packet or two of colloidal oatmeal (such as Aveeno) to a tepid bath. Soak your skin for up to 10 minutes. 5. Massage olive oil or sweet almond oil into affected areas to create a seal on your skin to prevent moisture loss.

## **Cuts and scrapes**

To help stop bleeding and ease the discomfort of cuts and scrapes, Calendula salve or plantain salve works very well. Apply salve several times a day to promote healing. To keep scarring to a minimum, apply aloe vera gel to the cut a few times a day. Alternate with vitamin E (open a vitamin gel cap and apply).

## **Bruises**

Although bruises usually heal fine on their own, time-tested remedies can speed up the healing. Apply Arnica. A centuries-old bruise treatment in Europe, arnica gel or cream is sold in health food stores and pharmacies.



Apply to a bruise three to four times a day. *Caution: do not apply to wounds or broken skin.* Vinegar and witch hazel are both mild astringents. Dabbing either of these solutions on a bruise several times a day may help speed up healing.

## **Indigestion**

Indigestion has several causes: eating too much, eating too fast, trigger foods, etc. Many home remedies rely on herbs to help relieve spasms and bloating. Others promote normal digestion, helping move food out of the stomach and into the intestines so you can be comfortable again. Chamomile relieves cramping, expels gas, and stimulates normal digestion. To make tea, add a heaping teaspoon of the dried herb to a cup. Pour in just-boiled water. Steep for five minutes, then strain. Peppermint tea can relax gastrointestinal tissues and relieve pain.

Chew a few fennel seeds! Fennel is a carminative herb, which aids digestion and alleviates cramping and gas. Chew a teaspoon of fennel seed to soothe an upset stomach, especially one caused by spicy foods.

Try slowly chewing a few pieces of candied ginger when indigestion strikes. This millennia-old remedy calms intestinal spasms and can significantly reduce nausea.

## **Constipation**

Constipation may be nearly as common as indigestion. It's the reason for roughly 2.5 million doctor visits each year. From a medical perspective, you're constipated if you haven't had a bowel movement for more than three or four days. Typically, constipation is the result of too little fiber, not enough water, and too little exercise, although stress and certain medications can also play a role.

Gradually increasing the amount of fiber in your diet by including more whole grains, fruits, and vegetables. Foods such as beans and lentils, raspberries, prunes, figs, oatmeal, and bran cereal are particularly fiber rich.

Warm drinks can stimulate the digestive tract, especially first thing in the day. Even before you have your morning coffee, drink a hot "lemon aid" made by adding 1 or 2 tablespoons of freshly squeezed lemon juice to 1 cup hot water. Sweeten with a little honey, if desired.

Be sure to drink at least eight 8oz glasses of water a day. Keep an eye on your coffee and tea intake, though. Both are diuretics that can promote water loss.

## **Painful Joints**

Bursitis is an inflammation of fluid-filled pads, or bursae, that cushion a joint. Tendinitis is the swelling of the tendons around a joint. For both, apply ice, then heat. Apply an ice pack 10 to 20 minutes every four hours. Ice for three days or until the joint is no longer warm or swollen. Then alternate cold with heat (warm compress, hot water bottle, or heating pad). Always end with a cold treatment.

Try turmeric! Turmeric contains curcumin, which helps reduce inflammation, joint pain, and stiffness. Add a teaspoon of turmeric powder to warm milk. Drink once or twice daily.

Massage with oils. Mix several drops of lavender, thyme, or eucalyptus essential oil with a teaspoon of sweet almond or sesame oil. Gently massage into the joint several times a day.

## **Osteoarthritis**

1. Studies suggest that a Glucosamine sulfate supplement aids the creation and repair of cartilage, thus improving joint pain and mobility. 2. Willow bark has been shown, in studies, to rival aspirin in relieving pain and swelling. Take capsules that contain willow bark or make a tea from the dried herb. 3. Eat more walnuts, fish, and flaxseed which is high in Omega-3s. 4. Mix 3 drops of rosemary essential oil and 3 drops chamomile oil into ¼ C sweet almond oil or sesame oil. Apply liberally to skin and gently massage. 5. Ginger may prevent swelling. Sip ginger tea or add ½ teaspoon powdered ginger into your daily diet. 6. Cherries contain compounds that inhibit inflammation.

# Beauty Products Recipes

## **Facial Cleanser**

4 oz organic liquid castile soap

4 oz organic hydrosol

20-40 drops of favorite essential oil\*

½ teaspoon citric acid, food grade

1. Measure citric acid and hydrosol into a glass measuring cup
2. Stir until citric acid is fully dissolved
3. Next add liquid castile soap and mix ingredients together
4. Slowly drop essential oils in one at a time, mixing and smelling until desired scent is achieved
5. Pour into a container with a pump top
6. Shake before each use to incorporate
7. Use as normal facial cleanser

\*For dry, inflamed or mature skin- use 10 drops of geranium oil and 10 drops carrot seed oil.

Use chamomile, frankincense and/or rose hydrosol

For normal to oily skin-use 20 drops lavender essential oil and 10 drops of rosemary essential oil

## **Facial Toner**

2 oz aloe vera juice or alcohol-free witch hazel

2 oz hydrosol

20-40 drops of essential oil

1. Fill glass spray-top bottle with aloe vera juice or witch hazel and then add the hydrosol
2. Add essential oils one drop at a time. Start with a small amount and smell as you go.
3. One desired scent is achieved, put on spray lid
4. Shake before each application and spray onto face. Alternately, you can spray into the palm of your hand, and put a quarter size amount of an oil based moisturizer, mix them together and apply to the face.

## **Facial/ Body Moisturizer**

1 Tablespoons bees wax beads

2 oz coconut oil

1 oz shea butter

Tablespoon jojoba oil

1 teaspoon Vitamin E oil

Essential oil 30 drops of either: frankincense, tea tree

In a glass measuring cup, add the coconut oil and shea butter. Place measuring cup into a saucepan with water in it (serving as a double boiler). Melt the 2 ingredients over low heat.

Remove from heat. Add jojoba oil and Vitamin E and stir until blended. Start adding essential oil drops until desired smell is achieved. (for softer whipped consistency, blend with an immersion blender for 1 minute) Store in a 4 oz glass container. Apply each morning and night after cleansing and toner or use as a hand and body moisturizer

## **Natural Deodorant**

3 Tablespoons coconut oil

3 Tablespoons baking soda

2 Tablespoons shea butter

2 Tablespoons Arrowroot or organic corn starch

Essential oils (could use lavender, rose, vetiver, spearmint, etc.)



## **Bath Therapy**

4-5 drops of essential oil:

Carrier oil such as jojoba, sweet almond, or fractionated coconut oil

For a relaxing bath-Ylang Ylang, Rose, Lavender

For an invigorating bath-Grapefruit, Ginger, Bergamot

For a tonifying bath- Rosemary, Juniper, Lemon

Experiment and create your own signature blends. Dilute 4-5 drops of essential oils into one teaspoon of a carrier oil and add to the still bath water. Agitate the water to disperse the oil and bathe for at least twenty minutes.

## **Detoxing Foot Soak**

In a large tub or bowl, pour 1 cup of Epsom salts or magnesium salts. Fill the bowl or tub with hot water and stir to dissolve the salts. Can add ½ C apple cider vinegar, if desired. Add 5- 10 drops of essential oil for added benefits.

For detoxifying use: lemon, lime, orange, juniper berry, cypress, fir balsam, palmarosa, rosemary, or patchouli.

Anti-inflammatory use: chamomile, frankincense, lavender, geranium, marjoram, yarrow, or turmeric.

For muscle aches and pains use: ginger, sandalwood, vetiver, thyme, peppermint, clary sage, or helichrysum

## **Vanilla Coffee Body Scrub**

### *Equipment needed*

1-pint wide mouth glass jar

2 med. Glass bowls

Medium glass measuring cup

Fine mesh strainer

Muslin or cheesecloth

### *Ingredients*

¼ C coffee beans, ground fine

½ C raw sugar, fine

4 Tablespoons coconut oil

1 Tablespoon shea butter

4 Tablespoons macadamia oil

1 vanilla bean, chopped into small pieces

Place measured ground coffee and sugar into a glass bowl and set aside.

Place coconut oil, shea butter, macadamia nut oil, and vanilla beans into a glass measuring cup.

Put the glass measuring cup into a small saucepan with water that comes halfway up the outside of the glass measuring cup. ( a double boiler can be used instead).

Turn heat on low and gently stir oils. Let the vanilla beans infuse into the oils for 15-20 minutes.

Strain oils and vanilla bean through fine mesh strainer and one layer of cheesecloth or muslin cloth into separate glass bowl.

Allow oils to cool but not completely solidify and mix coffee/sugar mixture into oils.

Once fully mixed, scoop scrub into glass jar.

Let cool, lid and label with date and contents

*This scrub will store at room temperature for 8-10 months. Avoid water getting into scrub as it will decrease shelf life*

### *Resources*

National Geographic "Natural Home Remedies" 2012

Magdalena Wszelaki "Herbs for Balance-Herbal Recipes"

Natural Home Remedies

From Folk to Pharma

mayo clinic.org

rd.com/health/wellnessThe Herbal healing



## Lesson/Program Evaluation

Lesson/Program \_\_\_\_\_

Date Given \_\_\_\_\_

Participants' Group (Study Group, District, State Conference) \_\_\_\_\_

County \_\_\_\_\_

Presenter(s) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

What did you learn from the lesson/program? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

How will you use the information? (i.e. what changes will you make in your attitude/  
approach toward the subject area?) \_\_\_\_\_

\_\_\_\_\_

Would you like to have more information on this subject or on another subject?

\_\_\_\_\_

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### **PARTICIPANTS: DO NOT WRITE BELOW THIS LINE; FOR PRESENTERS ONLY**

Leaders: Please use one of the evaluation forms to write your evaluation of the lesson and any comments about improving/adding to the presentation.: \_\_\_\_\_

\_\_\_\_\_

Number of FCE members reached with program \_\_\_\_\_ Non FCE participants \_\_\_\_\_

Name(s) of presenter(s) \_\_\_\_\_

Expenses incurred in preparing/teaching the lesson \$ \_\_\_\_\_

**Return these forms to the appropriate member of your County Council.**

**County Council: Please compile the information from these evaluations and report it to your District Director semi-annually, January 15th and July 15th. Also, send a copy of this information to the Oregon FCE Vice President for Program.**