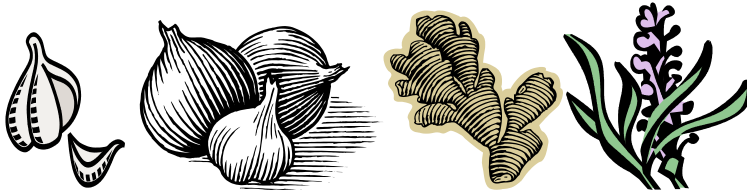


Household Remedies for Your Family



Earaches- (use #1 and 2 only if eardrum has not ruptured):

1. **Garlic oil:** 1 clove of garlic, crushed in ½ c. olive oil. Strain and use, 1-2 drops/ear every 2-3 hours for earaches.
2. **Lavender oil:** soak lavender flowers in enough olive oil to cover. Let sit 24-48 hours. Strain and put in small bottle. Place 1-2 drops on a small cotton ball and place gently in ear until pain resides. Repeat as needed. Also good for external Eustachian tube massage.
3. **Warm onion earmuffs:** Slice an onion in half, heat until steaming. Wrap in towel or cheesecloth and hold cut side next to ear (1-2 inches from head to prevent burning) until the onion cools. Repeat as needed.
4. **External Eustachian tube massage:** With lavender oil (or other soothing massage oil) trace a path with your two fingers from just behind the ear down to the base of the throat. This encourages opening of the Eustachian tubes in middle ear and allows for drainage to occur.

Nausea- ginger tea, peppermint, crackers/bread to neutralize acid.

Heartburn:

1. **AVOID** peppermint
2. Licorice root or slippery elm tea to coat throat and stomach (avoid licorice root if you have high blood pressure). 1/4-1/2 tsp of root per cup of boiling water. Let sit 10 minutes.
3. Angostura bitters (available at grocery store) - 1 tsp before meals to encourage digestion.
4. Crackers/milk/bread to neutralize excess acid.

Diarrhea:

1. **BRAT diet:** Bananas, (white) Rice, Applesauce, and Toast- all bland foods with fiber
2. Clear liquids (miso soup, chicken broth, tea, water) to restore electrolyte imbalances.
3. Cinnamon (1/4-1/2 tsp in hot water every 2 hours, until diarrhea stops)

Constipation:

1. **Laxative foods:** fruits, coffee, prune juice
2. Slippery elm gruel: 1-2 tsp/1/2 c. hot water, consistency similar to oatmeal.
3. Epsom salt baths: minerals absorbed aid in bowel movements.

Cold & Flu:

1. **Garlic-ginger-lemon broth:**
 - a. 1 Tsp crushed garlic
 - b. ½ tsp fresh ginger root
 - c. 1 Tbsp lemon juice
 - d. 2 c. boiling water
2. **Licorice root/ginger tea:** ¼ tsp of each in 2 c. boiling water. Let stand until cool enough to drink. Drink every 3-4 hours, not before bedtime.
3. **Wet Sock Treatment- a GREAT kids' remedy:**
 - a. Prepare tea #1 or #2
 - b. Pile blankets on your bed, lay out your warmest pajamas, bathrobe, slippers and two pairs of socks (one cotton, one wool).
 - c. Rinse cotton socks in cold water and place in freezer.
 - d. Shower in the hottest water you can stand until you start to break a sweat. Keep hair dry by wrapping in towel before shower.
 - e. Upon ending shower, dress as quickly as possible in pajamas, bathrobe and slippers to retain body heat.
 - f. Take cotton socks out of the freezer, put them on feet and cover with dry wool socks.
 - g. Go to bed with tea, piling on all covers. By morning, your self-induced fever will have cleared away your respiratory symptoms and you will be feeling much better!

Headaches:

1. **SEE YOUR DOCTOR IF HEADACHES ARE ACCOMPANIED BY NAUSEA AND VOMITING, BLURRED VISION, RINGING IN YOUR EARS, OR IF THIS IS YOUR FIRST HEADACHE OR THE WORST HEADACHE YOU'VE EVER HAD.**
2. Icepack at the base of your skull for 20 minutes.
3. Epsom salt baths, especially for headaches that accompany PMS.

Local source for slippery elm, licorice root: Dandelion Botanicals on Ballard Avenue

Come and see us if these remedies don't make you feel better. Naturopathic medicine has many safe, effective choices for treatment of acute conditions as well as for supporting holistic wellness.