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Herbal and Natural Cures for Common Ailments

Aloe Vera: Nature's Soothing Agent

Aloe Vera has long been a popular houseplant. It is a succulent plant, a member of the lily and onion family. Aloe Vera has been found described in writings in many different cultures and as far back as the Greek, Egyptians, and Roman eras. References have also been found in writings from the Indian and Chinese early cultures. I remember my Mother grabbing a piece off her aloe Vera plant and applying its gel to a burn or minor wound. The aloe Vera gel comes from the inner portion of the leaves.

For pharmaceutical use as a laxative, the aloe juice is taken from the tubules just beneath the outer skin of the leaves. It's a bitter yellow and dried to become aloe granules that are dark brown in color. This is from being exposed to the sun

Aloe gel has been used for topical treatment for minor wounds and burns and skin irritations for centuries. Made into a beverage and taken internally, it has been used to help many other conditions. Some of them are constipation, ulcers, diabetes, headaches, arthritis, and coughs. Taking aloe internally does have side effects, which can include pain, electrolyte imbalances, and diarrhea.

There have been scientific studies made to determine whether aloe gel can influence wound healing if taken internally. There isn't enough evidence to determine if it does promote healing from the inside out, but enough testing has been done to know that it does if applied externally help with treating the above mentioned conditions. It has been determined that it can also help with treating minor vaginal irritations.

Some key points to remember about aloe Vera are:

1. Internal use of aloe gel has not been successfully proven to be effective against any disease.
2. Aloe latex, another derivative of the aloe Vera plant has been approved by the FDA in use in over the counter laxatives.
3. Aloe skin care products have not been scientifically proven to be effective as per their claims.
4. Aloe Vera has been given wonderful names such as the Burn Plant, Medicine Plant, Plant of Life and Wand of Heaven plant. Cleopatra was said to have used aloe-vera in their regular daily beauty routines. Aloe supplies were said to have been used by Alexander the Great to treat his wounded soldiers.

5. Aloe Vera is best used when used fresh from the plant. It doesn't store well but can be bought as a preserved product. Aloe Vera can be used topically as well as taken internally, although as mentioned there is no concrete scientific proof of healing from the inside out. It has been used for mouth sores, what we call stomach sores, or cold sores.
6. Aloe Vera has been especially helpful of patients with severe and various skin diseases. It acts as a rejuvenating action. It acts as a moisturizer and hydrates the skin. After being absorbed into the skin, it stimulates the fibroblasts cells and causes them to regenerate themselves faster. It's the cells that that produce the collagen and elastin so the skin will get smoother and look younger.

Irritable Bowel Syndrome is said to affect as many as 12 million people just in Britain alone. Symptoms include:

- Swollen abdomen
- Unpleasant tastes in mouth
- Diarrhea alternating between diarrhea and constipation
- A diminished appetite
- Stomach pains that occur low in the abdomen and frequently.
- Gas and belching along with a rumbling in the gut in the bowel area.
- General feeling of depression and lethargy.
- Heartburn

Because Aloe Vera is natural, it works gently within the intestinal tract to help break down food residues that have become impacted and help clean out the bowel. When the bowel is cleaned out, it greatly reduces bloating, discomfort, and helps ease stress, which only leads to more attacks of irritable bowel syndrome.

The sufferer of Irritable Bowel Syndrome must also begin watching his or her diet, as there are some foods that are triggers for an attack. We should stress that professional help should be obtained at the earliest onset of abdominal problems and pains.

Curb Your Appetite with Herbs

The Chinese have used herbs for medicinal purposes for over 4000 years. Today, the medical community, who once shunned the use of herbs for medicinal purposes, is starting to take notice of the benefits of using herbs. Herbs are nutritionally sound and can offer a healthy, natural alternative to nourish and heal the body. Herbs can also give the body the nutrients that the body does not always get through a regular diet.

Herbs can include leaves, bark, berries, roots, seeds, stems, gums and flowers. They can also come in many forms including tablets, capsules, bark pieces, powders, extracts, creams, lotions, oils, liquids and salves. When buying herbs of any kind, it is important to look for the word "standardized" on the label.

Because most herbs are not FDA approved, the label on herbs provides important safety and dosage information. When purchasing herbs you should look for freshness. Those that are loose and sold in bulk have almost no nutritional value. Instead opt for freeze-dried over air-dried herbs.

Herbs have always been used as a weight loss remedy. There are many herbs that can be used both safely and efficiently to suppress appetite and help control weight loss. For people need or want to shed a few pounds but who already eat healthy and participate in regular exercise, adding natural herbs to the diet can help aid in weight control. Herbs may not be a good choice for those seeking to loose a lot of weight in a short amount of time.

Some herbs do have side effects and some should be taken carefully. As with any weight loss program or diet, caution should be used and it should be used in conjunction with regular diet and exercise. The following are good starters to help you curb your appetite with herbs.

Brazilian Cocoa: This herb is almost identical to caffeine. Both stimulate the central nervous system and increases metabolic rate. Brazilian Cocoa has a very mild diuretic effect. The side effect of this herb is that is also similar to caffeine. When taken in excess, it can cause restlessness, trembling, nervousness and anxiety.

Cayenne: Cayenne pepper when added to food can help stimulate capsaicin, which stimulates saliva. It also stimulates digestion and can help accelerate the metabolism at a safe level.

Green Tea: Green tea is a natural stimulant that acts much like coffee, but has the added benefit of vitamin C and antioxidants. By steeping the tea quickly or for a longer period of time, it is possible to control the strength of the tea. Green tea is available as a capsule formula, but works better in the body as a liquid.

Evening Primrose: This herb has been shown to be effective as a natural alternative to help reduce cholesterol levels and help people who do not process fats correctly loose weight.

Seaweed: Seaweed is a good natural source of trace mineral and is a natural thyroid stimulant. It is widely available in capsule or tablets forms at many health food stores.

Psyllium: Studies show that the granules of these seeds consumed with water before a meal helps control the appetite. This herb causes an instant reduction of appetite by making the stomach feel full. The full feeling leads to less caloric and fat consumption.

Queen's Flower: Queen's flower has been shown to be one of the most effective plant used in alternative weight control and diabetes.

Herbs can be taken in using different methods. Infusion involves using the soft part of the herb plant including the leaves, flowers, and the whole herb. Infusion of herbs is much like tea is made. Boiling water is poured over the plant and allowed to steep. Then liquid is then strained and the liquid is consumed.

Honey may be added to the infusion liquid to improve the bitter taste. With decoction, the tough part of the plant-the bark, root, twig and stem are simmered for about thirty minutes and then consumed.

Juice can also be made using small pieces of the herb. The juice is taken right after it is made because the vitamin content declines rapidly. This method works well for getting vitamins and are sensitive to heat. Tinctures are often considered the best way to take herbal supplements. It is a good way to take well-preserved herbs. During this method, the herb is soaked in alcohol or a water mixture. The mixture is pressed and this makes the tincture.

Draw Cures with Vinegar: Five Facts About Vinegar's Use in Natural Remedies

Vinegar is essentially, sour wine. It is not only a useful ingredient in the kitchen, but also aids in natural health remedies. There are several different types of vinegar. These include white distilled vinegar, apple vinegar, cider, and wine vinegar. Vinegar has been used as natural remedies for over 10,000 years. Over the years, vinegar has been made using molasses, sorghum, fruits, berries, honey and even beer. Vinegar is made by fermentation of natural sugars to alcohol then to vinegar.

Today, vinegar is still produced and used as it has in the past. Today there are many more types of vinegar, especially specialty types including balsamic, rice, rice wine, raspberry, pineapple and flavored vinegars.

Apple cider vinegar is one of the oldest and most useful types of vinegar available on the market. Cider or apple cider vinegar is made from a two-part fermentation process from the juices of apples. It has a high vitamin content of vitamin C, E, A, B1, B2, b6, proto-vitamin, and beta-carotene. Apple cider vinegar also contains many minerals and trace elements such as potassium, calcium, sodium, copper, iron and magnesium.

Although most people do not enjoy the taste of apple cider vinegar, it has been shown to help relieve the symptoms of allergies from pollen, food and pets. It can cure sinus infections and help treat acne, high cholesterol, sore throats and can help with arthritis. It is traditionally suggested that the best way to take apple cider vinegar is to drink it. The recommended dosage is to add two tablespoons of apple cider vinegar to eight ounces of water with added honey to improve taste. This should be taken three times a day.

Cider vinegar can also help alleviate the symptoms of a sore throat. Cider vinegar and honey mixed in equal amounts helps clear the congestion in the throat. Another use for cider vinegar is to drink the cider mixed with one to two teaspoons of honey. This works for some people who suffer from arthritis and rheumatism. Also, people who suffer from chronic fatigue can drink cider vinegar with water to help treat low-grade fevers.

White vinegar is another type of vinegar that can be used to treat symptoms naturally. It can also be used to help remedy the symptoms of a sore throat. Mixing one tablespoon of white vinegar with eight ounces of warm water will help. Use the gargle every hour and swallow after

gargling. Vinegar can also be added to a vaporizer with water or to a large pot of water. Inhaling the steam can help with chest congestion.

Rubbing white vinegar can also be used for treating minor cuts, abrasions, itchy rashes and insect stings or bites and can even help alleviate the sting from a jellyfish. It might also be beneficial in treating minor sunburns. In addition, white vinegar can help treat athlete's foot, by changing the pH levels in the skin. Try soaking the entire foot in vinegar three days in a row.

White vinegar is also a natural remedy to relieve dry, itchy skin and dandruff. Adding two tablespoons of vinegar to a bath helps skin, while rinsing hair with a half of cup of vinegar and two cups of water after shampooing can help fight dandruff.

Toenail fungus can be treated with white vinegar in much of the same way. Using a cotton ball soaked with white vinegar rub the infected area several times a day.

Additionally, with daily ingestion of any vinegar, use caution. Regular ingestion of vinegar might cause harm to dental enamel. It is suggested that when taking vinegar by mouth, it is best to always drink it with water, and rinse your mouth out immediately, but do not brush right away, as this may cause further damage. Also, it is suggested to use a straw to prevent the mixture from coating the teeth. The use of vinegar is also very acidic and may cause heartburn.

Research shows that vinegar because of its acidic nature, vinegar is self-preserving and has an indefinite shelf life. It does not need refrigeration. White distilled vinegar will remain almost unchanged over a long period of time. Some vinegar may show change such as developing sediment or becoming hazy, but this does not affect the usefulness of the vinegar.

Apple Cider Vinegar: Multiple Uses for Every Day Maladies

Do you remember the old saying, "An apple a day keeps the doctor away?" Well that saying is supported by the facts that we have gathered about apples. They are amount the most health giving fruits available and contain beneficial vitamins and minerals. Some of those included are potassium, magnesium, calcium, phosphorous, iron and the central ingredient, apple cider vinegar.

Apple cider vinegar breaks down fatty, mucous and phlegm that are in the body therefore improving the health and function of your liver, bladder, and kidneys. It also helps thin the blood, which prevents high blood pressure. It also promotes digestion, the assimilation in the body and the elimination process. It helps get rid of toxic substances that can be harmful. It has been said that if you take a mixture of cider vinegar and water before a meal it will help prevent diarrhea or digestive upsets.

This works especially well for picnics when food is left uncovered and not refrigerated for long periods. The potassium in apple cider vinegar also is helpful in easing the symptoms of common colds and allergies. Potassium is essential to healthy bones and teeth and it's good for hair loss.

Apple cider vinegar can be taken in many different forms. The best method is by using it in its natural liquid form. You can use it in salad dressings, making mayonnaise, or sprinkled on chips and fries. It also can be used as a hot or cold beverage sweetened with natural honey.

Cider vinegar can detoxify the body of harmful elements that can cause such things as boils, blisters, and acne. It also helps in the clotting process and cleaning the blood in your body. Cider vinegar applied as hot compresses to the aching joints of the body can also reduce inflammation and pain. It has also been known to treat such ailments as nose bleeds, cancer, gallstones, kidney stones, hay fever, ear discharge, fatigue, muscle cramps, and diarrhea. Depression is also supposed to be helped by taking cider vinegar.

One of the latest crazes in weight loss is the use of apple cider vinegar. I see it as coming around in cycles as a weight loss tool. Since you can now find apple cider vinegar in tablets, it is easy to take as a supplement to help in your weight loss program. Of course, always check with your doctor before starting any weight loss program. It's been said that it helps increase metabolism, generates energy and reduces hunger.

It is safe enough that even children with weight problems can take the supplements. Many diets advocate eating an apple before each meal. This gives the extra boost of the metabolism as well as lessens your appetite before eating.

For postmenopausal women, the risk of bone loss is greater than in younger women. A supplement of apple cider vinegar has magnesium, silicone and calcium and magnesium, which have all been linked to sustaining, bone mass.

In addition, Vitamin C, vitamin E, Vitamin A, B2 and B6, Vitamin P and beta-carotene is also found in trace amounts. These additional minerals and vitamins help your body by boosting metabolism, reducing the dangerous LDL cholesterol, reducing water retention in the body, and regulating blood pressure. It's said to also increase concentration and memory, blood circulation, regulating body temperature and gives us more energy.

Yeast infections can also be impacted by apple cider vinegar. It's caused by a yeast imbalance in your body sometimes caused by a change in diet or taking antibiotics. A douche of two tablespoons of apple cider vinegar to a quart of lukewarm water helps restore the acid balance in your body. You should do this twice a day until the symptoms go away.

In looking at all the benefits of apple cider vinegar, it seems that having an apple a day is a very healthy start to a good diet plan and healthy eating. It must be noted that apple cider vinegar can be bought in capsule form, but for those of you who are purist, you can make your own at home. You make apple cider vinegar from winter and fall varieties of apples. There are quite a few steps involving in making this at home; one of the important things to remember is to make this mixture in glass, plastic, wood, enamel or stainless steel containers. Don't use metal containers because the acid will cause corrosion of metal or aluminum.

Flax Facts: Naturally Healthy Properties of Flaxseed

Flax seeds are larger than sesame seeds with a hard shell that is smooth and shiny. It has colors that range from amber to reddish brown. Ground seeds feature a soft crunch and are easily absorbed. Flaxseed oil is nut-flavored oil that has a high nutritional profile. The flax plant has provided food as well as fiber for clothing as far back as recorded history.

Flaxseed oil also contains an omega-3 fatty acid that is being investigated for its ability to reduce risk of many conditions including hypertension, stroke, some cancers and immune and inflammatory disorders and certain skin ailments. Flaxseed oil is highly unsaturated and good for the heart. They also have lignin, which are a type of fiber.

Lignins are also a type of chemical similar to the human hormone estrogen. Bacteria in the digestive tract convert lignins into estrogen like substances that are thought to have anti-tumor properties and may reduce the activity of free radicals.

Recent studies have shown that men with prostate cancer who eat about three tablespoons of ground flaxseeds a day were able to slow the progress of their cancer between the time of diagnosis and time of surgery. Similar studies show that women with breast cancer who ate a flaxseed muffin daily had slower tumor growth rates. We need to wait for further studies before we can say flax can prevent or cure cancer.

There is a fine line between just enough and too much which can cause cancer cells to multiply faster. Studies have found that postmenopausal women who eat about an ounce of ground flaxseed every day will affect the way estrogen is handled. It helps offer protection against breast cancer but doesn't interfere with estrogen's role in normal bone maintenance. Research has shown in preliminary results that flaxseeds can reduce total cholesterol by an average of six percent for women who are not on hormone replacement therapy.

For women trying to get pregnant, the lignin's found in flaxseed can promote natural ovulation and extend the progesterone dominant second half of the cycle. Consistent ovulation improves their chances of conception.

For women who are experiencing pre-menopausal symptoms such as headaches, sleep difficulties, breast cysts, fluid retention, anxiety, lowered sex drive and heavy bleeding can use flaxseed to help restore normal hormonal balance.

Flax is said to be heart healthy. Flax is an essential fatty acid important for cell membranes, regulation of blood pressure and other functions. This omega-3 acid may reduce blood clotting reducing the chance of a fatal heart attack and lowering total blood cholesterol. It also is known to lower LDL or "bad" cholesterol. Flax is also found in soybean oil, walnuts and canola oil.

Flaxseed is rich in fiber and heart-healthy it is also reduce the exposure of colon cells to cancer-causing chemicals. It can relieve the constipation or diarrhea of irritable bowel syndrome and helps to stabilize blood sugar in patients with diabetes. Magnesium also is found in flaxseeds

and help to reduce the severity of asthma by keeping airways open and relaxed. It prevents the blood vessel spasms that lead to migraine attacks and generally promotes relaxation and helps to restore normal sleep patterns.

Flaxseeds are pleasant tasting and can taste good sprinkled on salads, cooked vegetables or cereals. Although the oil is very tasty too, it's also very expensive. Here are some hints on how to use flaxseeds.

- Whole seeds merely pass through the system so grind the seeds or chew them very slowly. It's best to grind the seeds just before using them to preserved flavor and nutrition. Although there are two different colors of seeds, brown and yellow, there is no nutritional difference between them.
- Combine flaxseed flour with wheat flour for all types of breads and even pancakes. Bread bakers are using flaxseed to promote their bread as lower carbohydrates.
- Ready-made breads, muffins, breakfast bars and cereals can be found in many grocery stores.
- The oil is prone to spoil quickly; it comes in dark colored bottles to extend its shelf life. It does need to be refrigerated and pay close attention to the expiration date. The more expensive "cold-pressed" oil is no better than any other kind.
- Flaxseed oil can't be used for frying.
- Pregnant or breast feeding women should avoid eating a lot of flax.
- Some might have an allergic reaction to flaxseeds.
- Don't use the supplements; eat the foods that contain flaxseed instead.

Flower Power: Healing Properties From One of Nature's Beauties

Flowers are, perhaps, one of the most beautiful types of life on the planet. Throughout history, flowers have been used as medicine for their healing properties. Flowers are still used today in this capacity as people increasingly demand homeopathic remedies that modern medicine cannot offer. Near the turn of the century, Dr. Edward Bach created several flower essences that would help heal holistically.

Over the course of the last one hundred years, Bach's work has been advanced by many different pioneers. There is no scientific reasoning behind why flower essences work; however, these essences represent a type of change in the thought of health care. They do not work directly on symptoms, but help our spirits to heal, which in turn, helps our bodies heal.

Flower essences are made by finding the best and purest flowers. Flowers are gathered individually, infused with spring water, and eventually preserved in alcohol to create the

essence. Before creating an essence, it is important to spiritually cleanse yourself, as you must listen to the language of nature to find the best flowers for the job.

There are many different flower essences to choose, and it is important to make the right decision. Common problems flower essences can be used to treat include emotional injuries like grief, abandonment, and anger. Essences, though, can also be used to stimulate spiritual growth, develop inner talents, improve your communication skills, and develop richer intuition. Additionally, essences can be combined for increased effectiveness.

For example, essences can be combined to help students focus, help ensure success in business, assist with relationships, and help heal your soul after tragedies like divorce and death. Rapa-nui helps to heal past life wounds and create wisdom. Pink hybrid flowers can help individuals to take joy in being alive. Purple orchid helps individuals examine deep inside their souls.

Gulga helps to decide on life's purpose and realign the soul with that purpose. Cedar gives stability and strength. Because different people can have different experiences with the same flower essence, most people can't choose an essence simply by reading its description. While individuals who trust their intuition can choose the appropriate flower essence, others need to use applied energy dowsing to determine the appropriate essence.

Flower essences can be used a number of different ways. The most traditional way to use them involves putting two drops under the tongue three times a day for a month. However, to increase the effectiveness of the essence, it can be taken more frequently. Flower essences, though, don't have to be taken internally to be effective.

Drops can be placed on pulse points or misted over the body or throughout the room with the same level of effectiveness. Some have found their sensitivity so great to flower essences that simply carrying a glass bottle containing the essence will help. Others wear necklaces of glass beads filled with the appropriate essence. Those who are sensitive to the alcohol used to preserve flower essences can use the essence externally, in the methods listed above, or can dissolve the essence in a hot beverage, causing the alcohol to evaporate.

Perhaps the most powerful way to use flower essences is just before meditation. Various types of meditation, combined with the correct dosage and type of essence will improve its power. One method is to take a drop of essence under your tongue and sit comfortable. Become aware of your breathing, and then become aware of your thoughts.

The essence will excite your deepest thoughts and feelings. You should be a simple observer in this process. Don't judge your thoughts and feelings, just consider them. If you find an interesting or powerful thought, go as far as you can with it. Once you become uncomfortable, let it go, and move on to the next thought. When you feel ready, open both eyes, and you will feel reinvigorated.

It might be helpful to keep a journal to track your progress. Because healing is a slow process, you might not realize how much better you feel until you review your journal entries. As you journal be sure to keep track of your thoughts, feelings, and dreams. Different flower essences

can result in different dreams. For example, the Peruvian orchid can cause incredibly vivid dreams and images.

You don't have to be concerned about taking the wrong essence or overdosing on an essence. An essence may not do any good, but it certainly won't do any harm. Moreover, flower essences are completely safe. They will not react with any medications or any foods you are eating. Essences are for personal and spiritual growth only. It is important to understand that they are not to be used to treat any medical or psychological condition.

Grandma's Castor Oil Cure-All: What Does it Really Do?

What does castor oil really do? First, we need to know what castor oil is and where it comes from.

The castor oil plant originally came from India and the cure all that we know about from tales handed down from our grandmothers comes from the seeds of the castor oil plant. It has been known to be used as far back as the first century writers noted it as not being fit for food but was a powerful purgative.

In England it was mostly used externally to treat skin diseases. It has been used medicinally for centuries and the oil is used for other purposes such as lubricating, leather dressing and for burning. Castor Oil plants prefer a warmer climate but have successfully been grown as far north as Norway. The oil is yellowish in color and the hulls are removed before the oil is processed.

The oil is drawn from the plant by two methods. One method is without heat and the other is with heat. Americans usually use the method that involves heat in extracting the oil from the bean. This work is done primarily in California where the seeds are put in a dry heat furnace for an hour or so. This softens them so they oil is extracted easily.

The seeds are put in a large screw press where the oil is extracted and then mixed with equal parts water. It's boiled, allowed to cool and then the water is drawn off leaving the oil. It is then bleached in the sun for about eight hours after which it is ready for storing. The poison ricin is a by-product of the castor oil bean.

Although I have never had a taste of castor oil it has been used as a laxative for temporary relief of constipation and is most commonly used for children and the elderly. The biggest drawback to castor oil is the horrible flavor and the nausea that can be the result of taking it. You can camouflage the taste by adding lemon oil, saffron oil, and peppermint or cinnamon water. It can also be given in warm milk and coffee. The best thing is that it's now available in capsules. It can be given in small doses to small children without causing any harm.

Grandma used it for purging all the toxins out of the body, which we now know is a good therapy for several varieties of ailments. It takes about five hours to affect the body and start giving relief. It flows throughout the length of the colon but doesn't increase the amount of bile produced.

Castor oil has also been used as a soap product and a skin softener. It is clean, light-colored and nearly odorless. It can be used to treat ringworm, itch and other similar skin conditions. Castor oil dropped into the eye will remove any irritation caused by the removal of foreign particles. It is also used to induce vomiting to get rid of something that is upsetting the stomach.

Another common use in the previous century was to induce labor in pregnant women who were near term or over due. One bottle of castor oil, which is below the lethal dose, can be used to safely induce labor. The castor oil leaves are applied to the breasts by nursing mothers in India to increase the flow of milk while nursing their babies.

Castor oil has been used as a tool for torture under Fascist regimes to cause diarrhea and dehydration in their enemies or prisoners of war. If they wanted the person to die other than being badly disabled, they would mix it with gasoline.

Castor oil has many other uses other than medicinal. It is used in the manufacturing of soaps, paints, hydraulic and brake fluids, dyes, inks. Besides pharmaceuticals, the oil is also used in waxes, polishes and even perfumes. In India, castor oil is used as an inexpensive fuel to burn in lamps. With all the different uses it has, who would possibly want to ingest it? Our ancestors did however, and castor oil has been a running gag in comic strips, cartoons and Our Gang short films.

Green with Envy: Ten Beneficial Properties of Green Tea

Asian cultures have used green tea for medicinal purpose throughout the course of time. Recent scientific studies, though, have shown many different benefits associated with green tea. Green tea is rich in powerful antioxidants. While green, oolong, and black tea all come from the same plant, the Camellia green tea is processed differently than the other teas. The leaves are steamed.

Therefore, the compound that is so helpful isn't oxidized as it is in the other teas. The only harmful effect noticed with green tea is the same kind of effect noticed with other caffeine drinks. Green tea, though, has considerable less caffeine than coffee.

Green tea offers at least ten health benefits. One health benefit green tea offers is a lowering of cholesterol because green tea has a high concentration of antioxidants. Green Tea will help your body increase your liver's LDL receptors. This helps reduce bad cholesterol in the blood, thereby lowering your total cholesterol levels.

Consuming as few as five cups of green tea per day could lead to lower cholesterol. Green tea has also been known to cause remission in cancer patients. Green tea inhibits the enzyme, which can help cancer cells spread throughout the body. It can decrease tumor sizes and prevent further tumor formation.

Green tea can also prevent cancer. Because it contains the compound EGCG, the tea prevents cancer cells from growing when the compound binds with the enzyme also found in the body.

Another health effect of drinking green tea is that it is able to ease the effects of rheumatoid arthritis. The antioxidants in the tea ease swelling, which in turn, helps ease the pain associated with arthritis.

Green tea can also prevent heart disease. The tea not only helps lower cholesterol, as previously mentioned, but it also helps break down plaque on artery walls. This allows better blood flow, and thus, heart disease prevention. Another health benefit of drinking green tea is its ability to cure infections. The antioxidants in the tea have the ability to kill the disease causing organisms.

Green tea can also assist with impaired immune function. Polyphenols and antioxidants exist in green tea. These help with the stimulation of your immune system. This can help to make you stronger and more able to fight infection. Green tea can treat acne. Because green tea has natural antioxidants and antibacterial properties, it is just as good as acne medications. Moreover, helps reduce toxins and swelling.

It also reduces some of the hormone levels that are known to cause acne. For acne problems, it can either be ingested or administered directly on the skin in the form of a cream. Green tea can prevent cavities. As green tea can destroy bacteria and viruses, it inhibits the growth of cavities, which are primarily caused by these things. In the future, you may see it in toothpastes and mouthwash products. One final health benefit of green tea is that it can promote longevity. The polyphenols in green tea help to fight against free radicals. This means fewer wrinkles and longer life.

To brew the perfect cup of green tea, use one tea bag per cup. Boil a kettle of cold water. Once it has boiled, allow it to stand for a minimum of three minutes. Pour the hot water over the tea bag and let it steep for at least four minutes. Before drinking, allow the tea to cool.

Many people have difficulty brewing green tea. There are a number of things you can do to ensure that you receive all of the health benefits. First, if it is brewed at a heat higher than one hundred seventy five degrees, it will become bitter. Further, it should not be brewed for more than two minutes. Next, green tea only has a shelf life of six months.

Once you've opened it, you need to get rid of it in two to three months. However, if your tea was poorly packaged to begin with, it was probably bad from the start. Also, the best green tea is harvested in April and May. While you can get it throughout the year, it may not be as tasty.

Green tea has many health benefits if properly used.

Happening Hemp: 10 Uses for This Hardy Plant

The industrial hemp plant is one of the oldest cultivated plants. It can be traced all the way back to 8000 BC in the Middle East and China. The fiber from the hemp plant was used to make a variety of textiles, and the seeds were eaten. Hemp has a long history of being very versatile and very useful. The Latin name, *Cannabis sativa*, means "useful hemp". The hemp does live up to its name.

Later, hemp was used to make canvas for sails, nets, and rigging. The plant was found to be very strong and resilient. Paper, twine, and rugs were also made of hemp. Hemp canvas was even used by Van Gogh and Rembrandt. The pilgrims first brought hemp seeds to the United States in 1632. By 1850, hemp was the third largest crop in America.

Hemp is not the same plant as marijuana, although they are cousins. The hemp plant has a different appearance and the uses for the two are very different. Hemp belongs to the nettle family and grows from 5 to 15 feet in height. It has several serrated, narrow dark green leaves. Hemp is tall and most of the leaves are at the top and grow very close together. In addition, hemp can be grown in almost any condition and requires little care. It grows easily and quickly.

Today, hemp is used for a wide variety of purposes. Here are 10 uses for this hardy plant.

Food: Hemp can be used in lots of recipes and give food an added health punch. Salad oil can be made from hemp and the seeds can be eaten as nuts or added to baked goods. Hemp is high in amino acids and has healthy oil content and essential fatty acids, which are vital to diet. Hemp seed can be crushed into oil or processed into flour.

Pet Food: This plant is also a healthy protein for animals. It can give cats a rich and shiny coat. Cats, dogs, horses and cows can all eat hemp as a dietary supplement. Birds also enjoy eating hemp seed. The hemp plant contains essential proteins, Vitamin A and is easily digested.

Pet Bedding: The hemp plant is extremely absorbent making it ideal for using as pet bedding for rats, guinea pigs and other rodents and for cat litter.

Body Oil and Lotions: Oil from the hemp plant makes it a good choice for lotions and body oils. The EFA content helps regenerate dry and cracked skin making it an excellent moisturizer.

Paper: Paper made from hemp is both economical and good for the environment. Because fewer trees are used, using hemp for paper helps protect forests and wildlife. Hemp requires less bleaching, which is a source of water pollution.

Building Materials: The hemp plant makes strong and sturdy building materials. Hemp cement is made using core fiber and minerals. Hemp bales can be used in straw baling. Homes made of hemp are strong and weather resistant. They can even withstand a tornado with little or no damage. It is estimated that building a structure using hemp would save thousands of dollars and be more environmentally friendly.

Fuel: Hemp can also be used to produce alternative fuel including bio-diesel and ethanol. The seed, straw and chaff from the plant can all be used. Hemp also produces more ethanol than corn per acre.

Oil: In the past, hemp oil was used for lanterns, candles and paint. Hemp requires no fertilizer, pesticides or fungicide to grow. Hemp oil can be made into nearly any product requiring oil, including oil based paints. Paint made of hemp last longer and is more durable. Products made of hemp are also nontoxic and can be disposed of without harm to the environment.

Clothing: Hemp is a great source for textiles and clothing. The fibers require less toxic chemicals and water to grow than cotton. Hemp also lasts for years and is naturally resistant to UV light, mold and mildew. Big name labels are now using hemp fibers for clothing including Armani, Disney, Ralph Lauren, Adidas and Calvin Klein.

Plastic: Biodegradable hemp plastic products can help reduce landfills. Hemp was used in the past as packing material and is now being used for making products such as CD jewel cases.

Honey: Ten Naturally Sweet Cures to Try

Honey, especially mixed with cinnamon, can cure a multitude of ailments. Honey is produced in all parts of the world. Scientists of today believe honey can be used without any side effects for a number of diseases. Honey is sweet but if taken in the right dosage as a medicine it won't harm diabetic patients. It's important to remember that these ten natural sweet cures haven't been independently verified.

These are homeopathic cures, many passed down from generation to generation. I found many uses of honey mixed with cinnamon to cure ailments from heart disease, acne, hair loss, and gas. I will focus on the top ten cures to try.

Arthritis is one disease that can be cured with honey. One part honey to two parts of lukewarm water and a teaspoon of cinnamon will make a paste that will noticeably reduce pain in a matter of a couple of minutes. Patients suffering from arthritis can take one cup of hot water with two spoons of honey and a teaspoon of cinnamon once in the morning and again in the evening.

It's been said that taken regularly even chronic arthritis can be cured. Copenhagen University tested their theory by giving patients a mixture of one tablespoon of honey and one half teaspoon of cinnamon before breakfast. The results were that within a week, 73 patients out of 200 were relieved of pain and within a month, arthritis patients could again walk without pain.

Cholesterol is said to be treatable with honey. Mix two tablespoons of honey and three tablespoons of cinnamon in 16 ounces of tea. This mixture is said to reduce the level of cholesterol by ten percent within a short amount of time. As with arthritis, it is said that pure honey taken with food daily will reduce cholesterol levels.

Along the same lines, using cinnamon and honey on bread and eaten at breakfast revitalized the arteries and veins leading to the heart and helpful towards preventing heart attacks.

Men, pay attention! A mixture of hot olive oil, one tablespoon of honey and one teaspoon of cinnamon made into a paste can help baldness and hair loss. Apply the paste before your shower and leave it on for approximately five to fifteen minutes then wash the hair.

In India and Japan honey and cinnamon is said to help relieve gas, stomachaches and clears stomach ulcers at the root. If honey and cinnamon are taken before eating it helps digest even the heaviest of meals.

Colds can be treated with honey. One-tablespoon honey with $\frac{1}{2}$ teaspoon of cinnamon taken daily is said to cure most chronic coughs and clear the sinuses. You can also make up a mixture of honey, whiskey and lemon juice. If it doesn't clear your cough, at least maybe you'll sleep.

Pimples, the curse for both young and old can be removed within two weeks if this remedy is applied. Make a paste of three tablespoons of honey and one teaspoon of cinnamon. Put the pimples on before going to bed and wash it off the next morning.

Now here's a big one. Weight loss. Twice daily, once at night, and one in the morning 1/2 hour before breakfast drink a cup of boiled hot water with honey and cinnamon. It's been said that even the most obese patient can lose weight and drinking this mixture doesn't allow the fat to accumulate in the body.

Studies have shown that chronic fatigue can be helped by honey. One half tablespoon of honey in a glass of water and sprinkled with cinnamon in the morning and in the afternoon will increase your vitality within a week.

Infertility is a problem that ancient people in the Far East treated with honey. It was said to strengthen the semen of men. Two tablespoons of honey taken before bed is said to also correct impotency. A touch of cinnamon in one half teaspoon of honey and applied to the gums throughout the day will help a woman conceive. Mixing it with the saliva lets it slowly enter the body.

Finally, bad breath is said to be helpful if gargled in the morning. One teaspoon of honey and cinnamon mixed in hot water is supposed to keep breath fresh all day.

In Love with Lavender: A Natural Calm

Lavender has become the most popular aromatic herb and has been labeled as the "queen of herbs." In fact, the year of 1999 was named as the "year of lavender." Lavender is one of the most used aromatic herbs that has been cultivated and used throughout the centuries. In ancient times, the Egyptians used lavender as incenses, perfumes, as well as in mummification process, while the Romans, Arabians and Greeks used lavender as an offering to the gods.

True lavender which is found in the French and Mediterranean Alps is considered to be the most effective of these aromatic herbs, as they tend to render a better quality essential oil. This lovely aromatic herb can be found growing in altitudes of 6000 feet. In today's society, lavender is used as an essential oil, both topically and internally, for a host of ailments and can also be used as a cooking ingredient for consumable foods.

Lavender contains actions and properties that are used to treat many conditions such as: aromatic (as the most widely used and enjoyed), carminative (to relieve flatulence), antibacterial, antiseptic, nervine (to calm the nerves), expectorant, stimulate, cosmetic, and antispasmodic. Lavender has been known to prevent some childhood infections and to soothe temper tantrums in some children.

Some of the most common uses of lavender are to treat burns (from minor to scalding), eczema, grazes, cuts, inflammation, dermatitis, headaches, migraines, fainting, nausea, insomnia, bacterial infections, boils, acne, arthritis and rheumatism. Lavender oil is a non-toxic germicidal agent containing linalool and linalool acetate that plays an important role in the healing processes.

Inhaling lavender has a sedative effect for both human and animals, with a calming effect that closely favors the calming effect of the peppermint and geranium plants. This may be the reason why these aromatic herbs are favored for a variety of uses from treating depression and sleep disorders to treating premenstrual syndrome. Lavender is widely used for external purposes as in beauty and bath products.

These products are often available in gift baskets that make a wonderful gift for any occasion. A gift of Lavender is surely to be greatly appreciated by all who receive it. Lavender is also used in aromatherapy products and treatments and is available to specifically treat depression and created for sleep pillows.

Lavender is the most popular gift item that can be purchased separately or in gift baskets. Most of the gifts available as aroma therapy gifts are made with lavender essential oil and dried lavender buds such as the bath bomb fizzer, a lavender sachet made to hang in a closet or placed in a drawer, bath oil beads, bath crystals, hand and body lotions, soothing herbal sea salts, and bar soap.

The beauty products range from a variety of skin care products to body sprays and hair care products. All made for the sole purpose of creating a sense of peace and promoting relaxation.

Lavender is also used in home cleaning products and for many recipes as well. Lavender has found its way throughout history into the homes of many historical figures. Queen Victoria had insisted that her furniture and floors be cleaned with lavender to freshen up the rooms in her home. Queen Elizabeth I of England used to enjoy drinking lavender tea as a way to relieve her migraines and other maladies. In World War I, the nurses treating injured soldiers would wash their wounds with a lavender wash as an antiseptic wash.

Lavender has become an amazingly versatile herb for cooking at home and in upscale restaurants. These fresh edible flowers are wonderful for enhancing the flavor and appearance of food everywhere. As a member of the mint family and in close relation to sage, thyme and rosemary, the flowers and leaves of Lavender can be used freshly cut and the buds and stems can be dried before use.

Lavender works best when used with other herbs such as savory, fennel, oregano and its other mint cousins sage, thyme and rosemary. Lavender should be used sparingly because of the powerful aroma can make a dish taste bitter, almost like eating perfume. So next time you're cooking up a storm, why not add a sprig of Lavender to the mix and enjoy?

Just the Essentials: The Top Ten Uses for Eucalyptus Oil

Eucalyptus is more than just that crafty stem of leaves used in wall decor and other home made crafts. Although these decorations add a fresh scent and attractive accent to your home, eucalyptus is also available as an essential oil that may benefit you in other ways. Eucalyptus oil has a clear, thin appearance that provides a fresh, cooling, and soothing application with a soft earthy aroma.

Eucalyptus oil is most commonly used to treat skin irritations such as insect bites, blisters, irritations and other wounds. The use of Eucalyptus oil is also widely used to treat congestion and respiratory distress as well as other medical disorders.

Sinus pressure can be relived naturally by simply massaging a small drop of Eucalyptus oil onto your temples and on your "third eye" or where your nose meets your forehead, being careful to avoid contact with the eyes. Eucalyptus oil will also provide relief to sore muscles when added to massage oil. Isn't it amazing what one little plant can do?

Essential oils are very complex and are often referred to as the "Life Force" of the plants from which they are derived. These essential oils are stored in the plants cells, ducts and glandular hairs that extend along the flowers, through the leaves, stems, bark and down into the roots. These plants are often considered a gift from Mother Nature to provide us with a unique medicinal healing, along with a protective, regenerating and intoxicating essential oil that is exceedingly beneficial to all human kind.

A single essential oil is so highly concentrated and very powerful. These concentrated essential oils can contain hundreds of molecularly designed components that are adjusted just right to induce an assortment of reactions in the human body. Even one or two drops of an essential oil can produce significant results, which is why it's very important to use these essential oils only as directed.

You should always consult with your physician or aroma therapist prior to using ANY essential oils, especially if you are pregnant or have any existing medical conditions. The top ten uses for Eucalyptus essential oils are as follows:

- Eucalyptus oil can be used as an antiseptic gargle.
- As a stimulant, Eucalyptus oil can increase cardiac activity.
- Eucalyptus oil can be applied externally to treat croup and other spasmodic throat problems.
- When used as an ingredient with catheter oil, Eucalyptus oil can be used to lubricate and sterilize urethral catheters.
- Equine veterinarians use Eucalyptus oil to treat influenza in horses.
- Veterinarians also find Eucalyptus oil helpful in treating dogs with distemper, along with other animals suffering with septicemia, or blood poisoning. It can also be helpful in aiding with parasite infestations.

- Eucalyptus oil is used widely by the natives in the country of origin as a remedy for fevers, asthma, whooping cough and other maladies.
- Works as a diuretic to treat Dropsy.
- Works as a deodorizer and excitant when applied locally for foul-smelling mucous discharges, e.g. vaginal, gonorrheal, septicemia, gangrene and cancerous ulcerations.
- When applied externally, Eucalyptus oil can provide relief in a variety of other respiratory distresses.

If used internally in large doses, Eucalyptus oil can turn into an irritant to the kidneys and suppress the nervous system by eventually arresting the respiratory system on the medullar center. Eucalyptus oils, along with other essential oils must be used as directed to avoid possible overdoses that can be very harmful. Eucalyptus overdose symptoms include: drowsiness, convulsions, muscle weakness, shallow or rapid breathing, difficulty in swallowing, abdominal pain, diarrhea, vomiting and dizziness.

If an overdose is suspected, call your local Poison Control Center immediately for guidance. You must be able to provide the Poison Control Counselors of the patients age, weight and condition, along with the name of the product and when possible the ingredients and the strengths of the ingredients. You may also be asked what time dose was taken and in what amount for the Poison Control Counselor to better assist you.

If you are instructed to go to the Emergency room, be sure to bring the bottle along with you. You can call Poison Control at anytime from anywhere in the United States at 1-800-222-1222.

No Itchy-Scratchiness with Oatmeal: Why it works

Itchy skin can be brought on by a variety of factors. Bug bites, rashes, and skin problems such as eczema can all be responsible for itching skin. No matter the underlying cause, itchy skin is maddening and makes life miserable.

One natural remedy for itchy skin is oatmeal, but not the oatmeal so commonly eaten for breakfast. The oatmeal used to relieve itching is colloidal oatmeal. Colloidal oatmeal is still made from oats, but it is prepared differently than breakfast oatmeal. With colloidal oatmeal, the oats are ground very finely or even pulverized.

Grinding the oatmeal helps it absorb liquid readily. When it is added to water, it almost instantly produces a milk-like substance that gives the water a slimy consistency. This is because the oatmeal acts as a colloid, which means the molecules spread through another substance and permanently change its consistency. In this case, the molecules of oat spread through the water and permanently change the consistency of the water. Since the two substances combine together permanently, no oatmeal particles sink in the tub or float on the top of the water.

Oats have long been used for skin care treatment. The Egyptians and the Arabians used them as a skin beauty treatment as early as 2000 BC. The ancient Romans and Greeks also used oat baths to heal skin problems.

Oats are great for treating skin because, when colloidal oatmeal covers the skin, it actually binds to the skin. This binding helps it moisturize and soften the skin, as well as help protect it. This is because the water is attracted to the skin and held there by the colloidal oatmeal. Colloidal oatmeal is also beneficial because of its natural ingredients, which include cellulose and fiber. All of these characteristics combined also are why colloidal oatmeal is able to make the skin softer and more elastic.

Conditions that respond well to a colloidal oatmeal treatment include eczema, chickenpox, shingles, sores, sunburn and insect bites. Other skin irritations, such as that created by poison ivy, can also be relieved with a colloidal oatmeal bath.

Colloidal oatmeal can be made at home using regular oatmeal. To do this, oatmeal purchased from the grocery store should be placed in a food processor, coffee grinder, or blender. Using one of these kitchen appliances, the oatmeal can be ground finely into colloidal oatmeal. This process can be somewhat tricky, though, because ground oatmeal that is too coarse will sink to the bottom of the bathtub rather than act as a colloid.

Regardless of if the colloidal oatmeal is homemade or store bought, directions for its use are the same. A lukewarm bath should be drawn. It should not be hot because hot water will irritate the skin further and the water will absorb moisture from the skin instead of lubricating it.

After the water is at the correct temperature, several cups of oatmeal should be added to the bath as it fills. Once the tub is full, soak in the water for 10 minutes. Afterward, pat the skin dry. Do not rub it, as this will also irritate the skin and can potentially cause the itchy area to be torn open. This process might need to be repeated several times, perhaps even three times per day, if the itching is severe.

When getting out of the bath after colloidal oatmeal soaking, it is important to be cautious. The skin can become very slippery from this type of bath, making it easy to slip on the side of the tub or on the floor after getting out of the tub. In addition, using a colloidal oatmeal bath to relieve itching can sometimes leave a sticky feeling on the skin afterward. If this happens, the skin can be rinsed with a few cups of fresh warm water.

When taking a bath with colloidal oatmeal, it is important to make sure it does not get into the eyes. This can cause irritation. Also, if the itchy area is highly inflamed, it is best to avoid taking a colloidal oatmeal bath.

Colloidal oatmeal is a highly beneficial natural treatment that can work wonders toward stopping itching and irritation from a wide variety of skin problems and irritants.

Top Ten Uses for Tea Tree Oil

Tea tree oil is the essential oil steam from a plant unique to Australia and Northern New South Wales. Tea tree oil is unique because it contains over 100 components and can be used for a wide variety of purposes. Research has shown that tea tree oil can be used for as an antibacterial, antifungal and antiviral property,

Tea tree oil can be used naturally for the following purposes:

Athletes Foot: Athletes foot is commonly known to grow in warm, moist areas between the toes and the sides and soles of feet. It is highly infectious and spreads quickly in locker and shower rooms. Tea tree oil has been shown to treat a wide range of fungal infections and symptoms, including athlete's foot.

To eliminate athlete's foot is recommended to wrap the shoes affected in plastic wrap and place in freezer overnight to kill the germs. Wash the socks separately and add two capfuls of tea tree oil to the wash. In addition apply two to three drops of tea tree oil to the affected area on the feet. Continue to do this daily.

Treat Cold and Flu: Cold and flu symptoms can be treated by using tea tree oil. For sore throats, it is recommends to add ten drops of tea tree oil to a cup of warm water and gargle. Do this twice a day. This treatment will help clear mucus and kill bacteria.

Congestion: Adding about ten drops of tea tree oil in a vaporizer will help clear chest and nasal congestion. Using this treatment at the onset of symptoms will aid in killing germs and bacteria.

Oral Thrush: Oral thrush is a fungal infection of the mouth. It is very common in babies and children. Thrush can be treated using tea tree oil. Make a mouthwash using one capful of tea tree oil to twelve ounces of water. Gargle and rinse for three times a day. You can also apply two to three drops of the oil on the toothbrush to help kill the germs.

Toothaches and gum infections: While waiting for a dental appointment, tea tree oil can help alleviate the symptoms of toothaches. Apply tea tree oil directly to the infected area. The oil will penetrate the gums and help kill the bacteria causing the pain.

Cold Sores and Canker Sores: Both cold sores and canker sores can be treated with tea tree oil by applying the oil directly to the sore two times a day. For sores in the mouth make a rinse using two capfuls of oil and gargle twice a day.

Head Lice: Head lice or louse can be treated by adding ten drops of tea tree oil to shampoo. The hair and scalp should be wet and lathered thoroughly. Use a fine toothed- comb before shampoo is rinsed off. Avoid direct contact with eyes when washing hair with tea tree oil. This method should be use several times along with treating the house and all of the infected bedding. Tea tree oil can be added to the wash when washing the sheets and bedding.

Insect Bites: A drop or two of tea tree oil can be applied directly onto an insect bite or sting to help alleviate swelling, itching and redness.

Skin Irritations and Sunburns: Using several drops of tea tree oil added to bath water can help reduce the swelling and itching from skin irritations. In addition the same method can be used to help the symptoms of minor sunburns.

Bug Repellant: Bugs seem to dislike tea tree oil. The oil can be used to deter ants, roaches and other pests. Put a few drops of the oil where the pests are coming from. You can also wipe pantries and cupboards with a mixture of water and tea tree oil and this will make the bugs leave. Rubbing the mattress with pure tea tree oil will help deter dust mites. A few drops of oil added directly into a vacuum cleaner bag or canister will help kill dust mites often found in carpeting.

Caution should be used when using tea tree oil around pets. It should not be used with cat, as it has proven fatal to cats that have accidentally ingested the product.

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