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Making the Most of Natural Remedies and Cures

All Natural Animal Products: Five Remedies that Work

Animals, like humans, have varying needs and sensitivities. Some animals suffer from allergies, yet others have sensitive skin that does not respond well to chemical applications. For this reason, many pet owners are turning to all natural products to keep their pets happy and healthy. Some pets don't have specific health issues, but some pet owners simply prefer using all natural products with their pets for environmental reasons.

Allergies

Food allergies account for approximately five to ten percent of allergic reactions in dogs and cats. Dogs suffering from allergic reactions can develop diarrhea and itching throughout the body. Diagnosing a food allergy can be difficult and can require trying a variety of dietary changes in order to pinpoint the problem. Food additives can sometimes be the cause of food allergies. Therefore, all natural food is the best choice for these pets.

Joint Problems

Like humans, many pets experience a breakdown of the cartilage in their joints. Pets with joint problems will hesitate about going up stairs and will have difficulty rising from a laying position. They will also sometimes have creaking joints and will be unable to run for a long distance. These problems have been commonly treated with steroids, aspirin, or anti-inflammatory drugs. Unfortunately, these can cause side effects such as hypertension and muscular weariness. For these reasons, many pet owners are looking toward all natural products.

Supplements that contain natural steroids can be used to help keep joints healthy and strong. Several other natural ingredients are used to help with joint pain. These ingredients help build the cartilage back up and make it strong, which helps relieve pain, as well.

Fleas and Ticks

There are also many natural tick and flea remedies available. Some of these products contain cedar oil and rosemary to help kill ticks and fleas. These all natural sprays do not dry the animal's skin and they also help sooth irritation and itching caused by ticks and fleas. Natural tick and flea products are especially helpful for pets with sensitive skin or with skin allergies as chemical products will irritate the skin. Natural tick and flea killers are also beneficial for pregnant pets, or pregnant pet owners, as the chemicals in flea and tick killers can be harmful to the unborn baby.

Common ingredients used in natural flea killers that are applied directly to the pet are eucalyptus and citronella. A well known herb from India has also been used to kill flees for centuries and is a common additive. Pyrethrums, which are derived from Chrysanthemum flowers, also help keep flees at bay. Pet owners can even make their own all natural flea

powder by mixing fennel, rosemary, wormwood, yellow dock and rue together and sprinkling it on the pet.

Sodium borate can also be sprinkled on the carpet to help control ticks. Sodium borate will dry up both fleas and their larvae and is effective for up to one year after being applied to a carpet.

Emotional Problems

Certain herbs are also helpful in relieving stress, tension, and anxiety in an animal. For example, chamomile and St. John's Wort are included in many natural stress relieving herbs. These herbs have long been well-known for their soothing properties in animals and products for pets that contain these herbs can be just as beneficial to the animals. These products also help pets cope with separation anxiety or feelings of anxiousness when around strangers or when going to the vet or when you take the dog in to get grooming done.

Oral Care and Ear Care

Many all natural breath fresheners are available for pets. Some of these fresheners contain Mojave Yucca and mint oils to freshen breath. The Yucca neutralizes the odors that cause bad breath, while the mint helps give it a fresh smell. These products are used daily to maintain fresh breath and to help keep the teeth strong.

Natural ear care products are also available. These products help remove dirt, debris, and wax from the pet's ears. Unlike unnatural ear cleaning products, which contain ingredients such as alcohol, which can sting, these products often contain Aloe Vera. Aloe Vera helps soothe the sensitive inside of the ear.

Natural remedies are an excellent choice for pet owners who want to have a healthy pet and who want to remain environmentally conscious.

ACHOO!: Five Natural Allergy Remedies to Try

Approximately one out of every ten Americans suffers from allergies of some type. Allergies are the body's natural reaction to any foreign substance. When the body encounters one of these substances, it produces many different substances, including histamines. Once released into the body, these cause tissue swellings called allergies. Allergies can affect many different parts of the body including the lungs, skins, nasal passages, sinuses, and stomach.

Symptoms of an allergic reaction can include intestinal pain, bloating, mood swings, exhaustion, throat swelling, difficulty breathing, increased heart rate, swelling or bloating of the skin, watery eyes, itchy nose, and sneezing. There are many things that cause allergies including pollen, mold, flowers, dust mites, grass, and spores. Additionally, food and chemicals can be an allergy trigger.

The medical community has come up with all sorts of ways to treat allergies, but many people shy away from modern day medicine because of the extensive side effects associated with some of the treatments. It is often the case that the treatment is worse than the cure.

One natural allergy remedy is butterbur. Butterbur is a plant that grows in marshy areas and has three foot leaves. They can be found across Europe, in Asia, and in North America. It is a gentle, natural remedy that is free of antihistamines for those who wish to treat hay fever. It has been used for centuries to treat all sorts of ailments, but it has been found most effective at treating allergy style symptoms.

It can also help reduce the muscle spasms associated with allergies. Butterbur is typically taken in tablet form, as the plants themselves can be toxic if not properly processed. The roots are dried, beaten to powder, and combined with other natural ingredients to create the tablet. It is best to take one tablet three times a day, but consult the packaging for more specific instructions.

Another natural allergy remedy is locally grown honey. This product can assist with hay fever and other pollen allergic reactions. It is important to start with small amounts. Approximately a teaspoon per day should help. You must first ensure the honey agrees with your body. If it doesn't, discontinue use immediately. If you notice discomfort in the gastrointestinal area, it is important not to use it again.

The goal is to work up to several teaspoons per day to ward off hay fever. If you decide to use honey, be sure to do several things first. Talk to your doctor before you try any natural remedies. Remember that you might have a bad reaction to the honey. Not every treatment works for every person. You should only purchase non-pasteurized honey. The honey should be purchased from a local beekeeper or at a local farmer's market to ensure the freshest quality available is consumed.

Try to make sure the honey was collected at the same time of year that you suffer from allergies. This will increase the effectiveness of this cure. To make sure you get the best results possible, use the honey one month before your typical allergy season. Using it in the midst of your difficult season won't be enough. Also, do not heat the honey. It decreases its natural healing properties. One last note, begin with a small amount and increase gradually.

Another natural allergy remedy is green tea. People who regularly consume green tea have noticed that they suffer less from sneezing, coughing, and watery eyes. Green tea is best consumed in purer forms. Don't pollute it with additives like honey, and don't use chemically processed tea either. It is important that you consume at least one cup per day. You should try to work your way up to three cups per day. It does not matter if the tea is consumed hot or cold.

An additional natural allergy remedy is Echinacea. This herb has been known to treat all sorts of problems, including hay fever. It aids in the production of interferon, which assists with decreasing the swelling in tissues, which, in turn, helps stop the runny nose and watery eyes associated with allergies.

One final natural allergy remedy is vitamin C. You become extremely susceptible to allergens if your diet does not contain enough of this essential vitamin. Vitamin C detoxifies foreign substances entering the body and strengthens your cells. Dosages can be up to one thousand milligrams per day.

Alternative Cures for Your Psyche: Sensory Deprivation Methods

Short periods of sensory deprivation can be relaxing. Sensory deprivation can be achieved by using such simple devices such as blindfolds and earmuffs. Devices that are more complex can cut the sense of smell, touch taste, sense of heat or cold and gravity.

Sensory deprivation methods have been used in psychology experiments and for torture. Extensive sensory deprivation can result in hallucinations, depression, bizarre thoughts, and extreme anxiety. The five methods of sensory deprivation are:

1. Confined to a room with loud and/or hissing noises.
2. Deprivation of sleep.
3. Putting a hood over the head to keep out any sight or sense of light
4. Standing for long periods in a "stress position."
5. Deprivation of food and drink.

We are going to concentrate on the good that Sensory Deprivation Methods can do for your psyche.

One form of sensory deprivation to increase relaxation is called a float tank. This float tank is kept at skin temperature, and you are kept buoyant in a pool of water that is 25% saturated with Epsom salts. This makes the water denser and more buoyant than seawater. The float tank shuts out 90% of the environmental stimulation that affects the muscles, nervous system and sense organs of the body. Without the external stimulants, your body can relax and feel you body go to a deeply relaxed state.

Your ears are under water so sound is blocked out. Some float tanks have gentle music that is piped in to heighten the relaxation process. It makes you feel like you are floating on a sea of music. While relaxing in warm water, listening to gentle music your mind can focus on other thoughts and not just on your body which results in a state of relaxation more restful than sleep.

Stress related chemicals such as adrenaline, cortisol, and lactate are removed from the blood stream and replaced by the endorphins. These endorphins are nature's own body drug that makes people happy. This increases feelings of well-being, relieves chronic pain and fatigue, and improves higher brain function such as memory and learning. Best of all, no special training is required, just lie back, and let your mind and body go.

While your body is in a state of total relaxation, your brain remains awake. It doesn't have to work on processing signals from your nervous system and sense organs so it can go into a slow dreamy state known as theta state. While your brain is in this mode, your creative and inspirational thought processes are enhanced. You find yourself in this theta state the whole time you are in the float tank. You cannot reach the theta state unless you are sleeping, but in the float tank it is easily acquired.

Those of us who have demanding life styles can benefit from the float tank as it immediately can reduce blood pressure and heart rate. Other tension related maladies such as migraines, insomnia and back pain are also helped. The mental and physical effects of being buoyant in the water improve your sense of well-being and your powers of self control. Unwanted habits and negative emotions seem to melt away with the tensions and stresses that accompany them.

Athletes are using the floating technique to enhance their performance and stamina. Carl Lewis prepared for the Seoul Olympics in 1988 and won the gold medal. The Dallas cowboys are said to have been using float tanks since 1981 to help the physical and psychological skills of the team.

The Australian Institute of Sports began using float tanks in 1983. They find that floating can maximize the benefits of fitness training. The deep relaxation of the float tank speeds up the growth and regeneration of muscle tissue. Floating has also been found to speed recovery from injuries and the endorphins that are released help reduce the pain.

Float tanks have been used in clinical laboratory conditions and studies show that there are no negative side effects of floating. It's noted that floating gives you all the benefits of sleep and greatly improves the quality of day to day living by helping your body to relax and your mind become more efficient.

Detoxification Dangers: Ten Things to Watch for When Detoxifying Your Body

Body detoxification is often touted for its natural way of giving restored vitality, mental clarity, clear skin and a stronger immune system. But, when eliminating the body of "toxins" it can be dangerous.

Detoxification, which has been used for thousands of years around the world, involves resting and cleaning out the body. It is said that by removing and eliminating the toxins within the body, it can help protect from disease and boost health. During detoxification, impurities from the blood and liver are removed.

A detoxification program removes toxins in the body such as environmental toxins, results from poor diets, and toxins in the body resulting from excessive use of drugs and alcohol. Detoxification treatments range from consuming special foods like brown rice and organic fruits and vegetables to herbal cleansing mixtures, to colonic irrigation.

As with any medical program, a doctor should be consulted before starting. In addition, there are some precautions to take before undergoing a diet detoxification. There are side effects and certain groups of people should not use detoxification programs at all. The following are ten things to watch for when detoxifying your body and a list of those who should not detoxify at all.

Children and Elderly: It is generally agreed that detoxification should not be performed on children or the elderly. Children and elderly are not good candidates for detoxification. A doctor should be consulted first. Teenagers need good nutrition and diets that involve fasting deplete needed nutrition. Some diets such as detoxification can become addictive.

Those with eating disorders should not attempt detoxification. Many elderly are already experiencing an inadequate immune system and should not undergo a detoxification program. People with diabetes or low blood sugar should also not attempt detoxification programs.

Pregnant & Nursing Mothers: Women who are pregnant or nursing should not undergo a detoxification program. Detoxification depletes the body of many important nutrients important to pregnant mothers and those who breastfeed. In addition, if using herbs, consult a doctor. There are many natural herbs that should not be used during pregnancy.

Prescription Drugs: Those who take prescription medication should not detoxify their body without seeking medical advice. While a detoxification program may enhance the body's ability to metabolize medicine, it is possible that residues of medicine taken in the past can be stored in the fat cells. During the detoxification program, those residues may enter the blood stream.

Headaches: Because a detoxification program often calls for fasting or taking in herbal mixtures, the lack of nutrients in the body can cause severe headaches.

Fatigue: Depleting the body of its natural nutrients can cause fatigue in those who detoxify. Detoxification programs often do not provide enough protein and nutrients to keep energy levels at a normal range.

Nausea: Herbal mixtures and fasting can often cause vomiting or nausea. If not treated, vomiting can lead to dehydration.

Bowel Problems: Detoxification or crash dieting can cause severe bowel problems ranging from diarrhea to stomach cramping. This can also lead to dehydration.

Death: Death, possibly from detoxification triggering a heart attack, has been reported for some undergoing intensive detoxification programs. Those fatalities were linked to previous health conditions such as drug abuse and undetected heart problems.

Spread of Infection: Those who choose to detoxify their body through colonic irrigation should be aware of the risk of spreading infections to the intestinal tract. There is also a danger of puncturing the bowel from this procedure. During irrigation, up to fifteen gallons of water or herbal mixtures are fed into the colon. The colon is rinsed and the result comes out of another tube. There is research to suggest that this procedure is neither safe nor helpful to the body.

Loss of Nutrients: Another way to detoxification the body is through fasting. Some programs call for fasting, or going without solids for anywhere from a day to a week. The only things entering the body are water and juice. Those who say this method is beneficial report that during fasting, fat cells and toxins burn away. Medical experts say that some toxins are stored in fat cells, but that through a healthy diet and regular exercise, the toxins are not harmful. Fasting really depletes the body of vital nutrients and calcium.

No Need to Feel the Sting: Natural Cures for Jellyfish Stings

Jellyfish stings can hurt and you should avoid them whenever possible. These hollow bodied animals are equipped with tentacles that have stinging units called nematocysts. The tentacles have nematocysts spaced down its length. The length of the tentacle is an indicator of how many stings you might receive. The symptoms of jellyfish stings vary.

Stings usually consist of red lesions where the skin came into contact with the tentacle. Muscle spasms often occur when stung on a leg or an arm. The red lesions can become filled with fluid and after they heal they will have a different color than normal skin. Repeated stings can result in vomiting, headaches, nausea, muscle weakness and heart rate arrhythmia.

It's important to get the victim out of the water as soon as possible as severe cramping could lead to drowning. You should watch for other symptoms such as excessive tearing, painful breathing and a runny nose. There is always the chance of a severe allergic reaction from a jellyfish sting. If you develop severe and persistent muscle spasms or if the area becomes infected you will need to contact a doctor.

There are some natural cures for jellyfish stings that can be used on the spot when a sting occurs. First, the tentacles should be lifted off with a stick or other object so there are no more stings to the person removing the tentacles. Use clothing, towels, seaweed or anything else available. Don't scrape them off as this could cause further stings. Second, rinse the sting area with seawater or vinegar.

It is important to remember not to scrub at the wound because it can activate the nematocysts and cause more venom to be let out. If no vinegar is available, human urine can do the same thing. Preferably a man's urine as it is considered sterile. You can use a woman's urine but they are more prone to having a urinary tract infection which can cause bacteria to develop in the sting area. Do not wash with freshwater or put sun lotion or alcohol based liquid on the area.

Alcohol was formerly recommended for help in stopping the sting, but actually stimulates them and increases pain. Do not rub at the wound or apply ice to it. The important thing is to get rid of the tentacles. Immobilize the area where the stingers are as any added movement can cause the venom to spread through the body. If the victim was stung on the arm, then keep that arm still to prevent spreading of the venom.

If after taking all steps and you still have stingers there are other ways to remove the stingers. Dust the area with flour or baking powder then scrape off with a dull back edge of a pocketknife or a butter knife. You also can use canned shaving cream or mud to coat the area then shave off any remaining stingers. The coatings will keep the nematocysts that haven't been activated from delivering more toxins while getting rid of the tentacles. The important fact to remember is to get the tentacles off so the venom will not continue to drain into the body.

Other substances have been used to reduce the pain of jellyfish stings. Meat tenderizer, sugar, plant juices and baking soda have all been used with varying degrees of success. You can minimize pain with topical ointments with ingredients such as benzocaine.

Flushing the eye with at least one gallon of freshwater should treat eye stings. Mouth stings can be treated by diluted vinegar. Mix this treatment by adding one part vinegar to three parts of water unless there is swelling or difficulty in breathing.

The best thing would be to avoid jellyfish tentacles whenever possible. These tentacles can be very long and trail a long way from the main body. Stay as far away from them as possible. After storms damaged tentacles can be washed ashore and these too can cause severe stinging. Jellyfish washed ashore after a storm might be dead but the tentacles are still able to inflict stings. If you are going to explore the ocean after a severe storm, you should seriously consider wearing a diver's wet suit for protection.

Chelating Elation: Five Reasons Why it is Good for the Heart

Chelating therapy is a procedure performed in a doctor's office and is designed to remove metal impurities from blocked arteries in the body. This type of therapy is said to improve metabolic function and blood flow to the heart and other areas of the body. A doctor will administer an intravenous infusion using amino acids, or EDTA, through a small needle. The result of this treatment is that the metals and other foreign substances in the body will bind to the injected amino acids and remove them from circulation.

Chelating therapy gained popularity during World War II when it became a routine treatment for both arsenic and metal poisoning. During the 1950s, the medical field began using chelating as a treatment for both children and adults for lead poisoning.

Often, patients reported improvements in other areas such as improved vision, sense of smell and better hearing. There are critics of chelating; however, studies have shown that chelating is a safe method of therapy when performed by a knowledgeable and experienced physician. There are many benefits of chelating therapy and reasons why it is good for the heart.

Though not scientifically proven, repeated chelating therapy may help treat heart disease and decrease chest pain in patients suffering from chronic heart conditions. This form of therapy might also be a good and safe alternative to invasive heart bypass surgery. In addition, chelating also improves a person's stamina and physical endurance. Many patients undergoing this form of therapy often see improved muscular coordination and brain function as well.

In addition, it is believed that because chelating therapy removes harmful metals stored within the body, that some chelating patients also report reduced neurological and cardiovascular symptoms. The same patients have reported improvement in fatigue and better skin conditions. Chelating therapy has also shown to improve respiratory and gastrointestinal symptoms.

For patients suffering from reoccurring chest pain and heart disease, chelating therapy is often a good alternative to medicine or surgery. Those undergoing chelating for those conditions might notice improved coronary circulation and increased heart function after therapy. Researchers have shown that a beneficial effect of chelating therapy for heart patients is that it removes metal that causes excessive free radical proliferation.

That reduces the oxidation of lipids and DNA. They believe that chelating can halt or reverse the bad effects heart disease. Chelating may also remove the plaque lining the artery walls that often causes blocked arteries. Some patients report that they are able to move and walk pain free after chelating therapy.

Before undergoing chelating therapy, a physician will perform both a medical examination and get a thorough background medical history. A family history is also taken to check on all aspects of previous health problems. The doctor will also give the patient a series of medical tests prior to the therapy. This will include an electrocardiogram, chest x-rays, and both blood and urine tests. A heart stress test or exercise test may also be given to assess cardiovascular endurance.

When treatment begins, the infusion usually lasts about 3-1/2 hours. Approximately a half of a liter of fluid will enter the blood stream during this time. A typical treatment will consist of two or three therapies per week and will be repeated between twenty to thirty times.

There are little side effects to chelating therapy when performed by an experienced, knowledgeable physician. Some patients report a headache, a slight fever or nausea right after treatment. Headaches after treatment are generally caused by low blood sugar. Eating fruit during the first half hour of treatment is recommended to help stop headaches. Chelating is also known to cause diarrhea in a few patients. It is recommended to drink plenty of fluids after treatment and to avoid spicy foods. Losing three to five pound after chelating is also common, especially for those who retain water.

Only extreme cases report a decrease in liver function. It is estimated that over seventy-five percent of patients receiving chelating therapy see a significant change. Ninety percent of patients who receive repeated chelating procedures say that the therapy has benefited them tremendously when combined with diet changes and exercise. Chelating therapy can be a safe alternative that will prove beneficial to heart health.

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