

## Natural Home Remedies



# Herbal Apothecary

## Natural Remedies for the Home

There are many food products and spices we can use as home remedies for everyday health issues. Having this information at hand may be helpful if you are self-isolated and cannot get to the Pharmacy or the Health food store.

The grocery stores will stock these items on a regular base so they should be available most of the time. There is a list of recommended supplies at the end of the booklet.

Herbal Remedies are also included in this booklet, if you have access to them or have them in your home already. Some of the herbs mentioned are sold as tea bags in grocery stores so have a look.

This is not new information. Our grandmothers and in some cases our mothers used these remedies for years to help all of the lumps and bumps of regular life.

*This booklet is for information only and is not a substitute for medical advice. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.*

**[www.herbalapothecary.ca](http://www.herbalapothecary.ca)**

# **Table of Contents**

**Recommendations for Children and Elders**

**Burns**

**Constipation**

**Coughs**

**Colds**

**Cuts and wounds**

**Diarrhea**

**Fever**

**Flu**

**Gas and bloating**

**Headaches**

**Heartburn**

**Sleeplessness**

**Sore Throat**

**How to make teas/ steams/ poultices/ cold infusions**

## Recommendations for Children and Elders

All recommendations in this booklet are for adults. Children and Elders need other considerations.

### Children

**Honey** is not for children under one year

**Small quantities of ginger** are okay for children but be careful. Start with very small amounts.

**Herbs – dosage** is your child's weight over 150 lbs. i.e. the child is 50 lbs over 150lbs means 1/3 of adult dosage

Make sure everything you administer to children is at the right heat temperature.

Apple cider vinegar is not recommended for babies or toddlers. Older children can ingest cider vinegar but it must be diluted by half. Sweet and sour fruit salad dressings work well.

Mild herbs are tolerated by children such as small amounts of cinnamon and nutmeg. Do not give the small ones curries, cayenne peppers or other strong flavours until they get older.

**Check guidelines on using essential oils for children. Be Careful.**

**Elders - Reduce dosage in half** to start and then determine if more can be tolerated. Mild herbs are generally tolerated by elders but often their digestive systems cannot handle the really hot herbs

## **Burns (minor or sunburn)**

First, run the affected area under a tap of cool, running water. Clean the burn, dry and leave open to the air.

### **Home Remedies**

**For relief from pain** – Dunk black teabags a few times in a cup of cold water, and apply the tea bags to the burn area.

**White or cider vinegar is great for pain relief**- pour over the area or saturate a cloth and apply gently. The use of vinegar also cleans the wound and helps prevent infection from bacteria.

**To avoid infection**, apply some **raw honey** over the area **only if needed**. NOTE: use only if there no anti-bacterial salves available.

### **Herbal Remedies**

**Lavender oil**- apply a few drops of lavender essential oil directly on the area. Repeat as needed. NOTE: lavender essential oil can be used directly on the skin without dilution. Good idea to conduct a patch test.

**Calendula salve or Plantain salve** – use directly on the burn.

Use Aloe Vera leaf gel for minor burns. Aloe Vera is not good for burns that blister but can be used as the burn starts to heal.

## **Constipation**

Constipation is often a result of not enough fibre in the diet or not enough water or both. Sometimes certain drugs can be constipating as well.

### **Home Remedies:**

Eat more fibre –**prunes, prune juice**/ bran muffins/ oatmeal/ beans.

**Drink more water**- drink two full glasses of warm water in the morning before breakfast as well as six glasses throughout the day.

Take **magnesium** as capsules or in food such as dark-green leafy vegetables.



### **Herbal Remedies**

**Senna / Psyllium husks in water/ Cascara Sagrada**

Take food grade **Aloe Vera juice**

# Colds

## Home Remedies

**Stay hydrated** – water, juice, clear broth to prevent dehydration. Use warm lemon water with honey to help loosen congestion.

**Rest** – your body needs to heal

**Soothe a sore throat** –see sore throats

**Sip** warm liquids

Use **sinus rinses** twice a day. If sinuses become uncomfortable, add some colloidal silver to the sinus rinse water.

**Steams for congestion** (*see the end of the booklet on how to do a steam*)

**Honey tea** – to break up congestion – 1 to 2 teaspoons to 1 cup of hot water (*honey not for children under one-year-old*)

Use an **onion poultice** for chest problems (*see how to make at the end of booklet*)

Use a cool mist **humidifier** to keep the air moist.

Eliminate mucus forming foods such as **all dairy products**.



## Herbal Remedies

**Echinacea** – use when you first get sick then discontinue after two days and change to elderflower and elderberries for the duration of the cold or flu

**Elderberry as syrup or tea** – helps to reduce both the severity and duration of a cold. (*not for children under one year old*)

**Elderflowers** – excellent for fevers

**Ginger tea** – to warm you and for congestion





## **Coughs**

**Some coughs are wet and rumbling and others are dry and hacking. Depending on which one you have will determine what to take to help.**

### **Home Remedies**

**Eliminate mucus forming foods** especially dairy products and fried foods

**Stay hydrated**

**Steams** for a dry or wet cough

**Ginger tea** – for dry coughs- 1 to 2 teaspoons of dried herb or fresh to a cup of hot water. Steep for 10 minutes

**Honey tea**- wet or dry coughs - mix two teaspoons of honey with warm water or herbal tea. Drink this mixture once or twice a day. (not for children under 1 year)

Drink **pineapple** juice or eat pineapple

**Thyme tea**- for a wet cough -2 tsp. of dried thyme to a cup of hot water. Steep for 10 minutes before straining and drinking

## Herbal Remedies

**Steams** – add some peppermint tea bags or eucalyptus oil in the water (*see how to do at the end of the booklet*)

**Marshmallow root** tea (*make a cold infusion see the end of booklet called the How to page*) or cough drops

**Slippery elm** cough drops

**Elderberry syrup** – excellent for coughs. (*not suitable for children under one year old*)



## Cuts and Scrapes

First thing to do is stop the bleeding by applying pressure with a clean cloth. Then wash out the cut or scrape with soap and water. Keeping the wound clean and dry is usually enough for most cuts and scrapes. However, sometimes a wound needs more care, if so, keep the wound dry for two days and cover with an ointment of your choice.

If the cut is deeper than a scratch, cover it with gauze or an adhesive bandage.

## Home Remedies

Apply a thin coat of **raw honey** as an antiseptic if needed.

Rub a half of **raw garlic** over the wound as an antiseptic if needed.

## Herbal Remedies

Wash out the wound with **Collodial silver** or 3 % hydrogen peroxide initially but discontinue after that.

Use an antimicrobial salve such as **Goldenseal** if needed.

**Tea tree oil** – applied directly on the wound if needed.

Any redness, swelling, increased pain, fever, red streaking, or pus draining from the wound may indicate an infection that requires medical care.

# **Diarrhea**

## **Home Remedies**

Eat Applesauce / Bananas/ Yogurt

**Rice** and drinking the water after rice cooking can be very helpful.

Keep **hydrated**

**Ginger tea**- using one to two heaping teaspoons of dried or fresh ginger and add honey. Drink three times daily



## **Herbal Remedies**

**Marshmallow root** powder in cool water for ½ hour and drink

**Slippery elm** bark powder in food like applesauce

**Raspberry leaves** in a tea

Take **probiotics** daily

## **Fevers**

At this time, any flu-like symptoms need to be looked at carefully. Call Telehealth or your doctor's office for help in determining if you have Covid 19.

If your fever is 38.3C (101 F) or below, you can probably let it run its course. After all, Mother Nature has raised your temperature for a reason. Children's fevers are a different kettle of fish and should always be taken seriously. For more information see the Mayo Clinic guides on fever

<https://www.mayoclinic.org/diseases-conditions/fever/symptoms-causes/syc-20352759>

## **Home Remedies**

Use **cool tepid water** on cloths to sponge down person to cool them

Put a **cold towel** on forehead and neck

**Drink a lot of fluids** – juices and water and herbal teas

**Wet sock treatment** – warm your feet in hot water. Then soak a thin pair of cotton socks in cold water, wring them out and slip them on just before going to bed. Put a pair of dry wool socks over the wet ones. This procedure helps a fever by drawing blood to the feet. (for older kids and adults)

## Herbal Remedies

**Yarrow tea** – steep a tablespoon of herb in a cup of freshly boiled water for 10 minutes. Strain out the herb. Let cool. Drink a cup or two until you start to sweat. *(do not use if pregnant, breastfeeding or under five years of age)*

**Elder Flowers** – 2 teaspoons of the herb in a cup of boiled water and let it steep for 15 minutes. Strain out elderflowers. Drink three times a day as long as fever continues *(great for children as it is a safe and gentle herb)*

Drink **ginger tea** to induce sweating *(for older kids and adults)*



## **Flu**

At this time, any flu-like symptoms need to be looked at carefully. Call Telehealth or your doctor's office for help in determining if you have Covid 19.

These recommendations are for managing the symptoms of the flu.

### **Home Remedies**

**Stay hydrated** – water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration.

**Rest** – your body needs to heal

**Soothe a sore throat** –see sore throats

**Sip** warm liquids

### **Stomach Flu -Foods that are easy on the stomach**

Bananas/ rice/ applesauce/ toast

Crackers

Cooked cereals (oatmeal and cream of wheat

Gelatin you can make yourself or use Jello

Boiled potatoes

Soup and broth



Grilled or boiled chicken

## **Foods to avoid with the stomach flu**

milk /cheese /meats/ spicy foods/ fried foods/ fatty foods/  
alcohol

## **Herbal Remedies**

**Echinacea** – use when you first get sick then discontinue after two days and change to elderflower and elderberries for the duration of the cold or flu

**Elderberry as syrup or tea** – helps to reduce both the severity and duration of a cold. (*not suitable for children under one year old*)

**Elderflowers** – excellent for fevers (*safe for children*)



## **Gas & bloating**

### **Home Remedies**

**Ginger tea**- make tea using one to two heaping teaspoons of dried or fresh ginger and add honey if desired. Drink as needed.

**Fennel tea** – make a tea using one to two spoonfuls of fennel seed in one cup of boiling water. Strain and add honey if desired. Drink as needed.

### **Herbal Remedies**

Make a mixture of peppermint essential oil and carrier oil. Rub on the abdomen using a circular motion.

**Probiotics** daily

**Chamomile tea** – 2 teaspoons of dried chamomile flowers per cup of tea

**Peppermint tea** – 2 teaspoons of dried leaves per cup

**Aloe Vera juice as needed.**

# **Headaches**

## **Home Remedies**

**Drink** more water

Use **cold compresses** on your forehead

**Drink Coffee** or tea – caffeine can provide relief

**Ginger tea**- make tea using one to two heaping teaspoons of dried or fresh ginger and add honey if desired. Drink as often as you need.

## **Herbal Remedies**

**Lavender and peppermint essential oils** rubbed on temples and inhaled.

**Willow Bark tea** or tincture– for pain relief

Take some **magnesium capsules**



## **Heartburn**

Heartburn is often a result of eating too fast, overeating, or consuming too much alcohol.

### **Home Remedies**

Drink some water

**Apple cider vinegar** – mix one to two teaspoons of apple cider vinegar to a cup of warm water and drink down.

Elevate your head when sleeping

**Ginger tea** – 1 to 2 teaspoons of dried or fresh ginger to 1 cup of boiling water

Eat some bananas

### **Herbal Remedies**

Drink food grade **Aloe Vera juice**, not the gel

**Meadowsweet tincture or tea**- helps reduce acidity in the belly

**If nothing else handles it**, take a spoonful or teaspoon of baking soda in a glass of fresh water no more than eight ounces. Stir thoroughly and drink all of the mixture. You can repeat this, but only a few times more. Do not use for more than a day. Baking soda is high in salt and can cause all kinds of problems.

# Sleeplessness



## Home Remedies

**Hot drink** such as milk or milk substitute with some honey and maybe some cinnamon

Keep the **bedroom cool, dark, and quiet**

**Turn off devices** such as TV at least for an hour before

Have a **warm bath**

**Read** a book in bed

**Eat a small snack** as hunger can keep you awake (bananas contain magnesium so will help with sleep)

## Herbal Remedies

Lavender oil on the temples or spray the pillowcases with lavender water

**Chamomile tea or Lemon Balm Tea** – calming & relaxing

**Valerian root**- large muscle relaxer

**Skullcap** for thoughts that go around and around

**Passionflower** for calming down the mind and body



# **Sore Throats**

## **Home Remedies**

Drink some honey with warm water to soothe your throat

**Saltwater gargle** - ½ teaspoon of salt in a cup of warm water and gargle three to four times daily.

**Add moisture to the air.** Take a shower and breathe in the warm moist air. Use a humidifier.

**Ice pops of any sort.** Juice ones taste great.

**Hot Toddy** – whiskey, lemon, hot water and spices.



## **Herbal Remedies**

**Marshmallow root tea** (*see cold infusion on the How to page*)  
or cough drops

**Slippery elm cough drops**

**Licorice tea**



## **Suggested Supplies**

Apple cider vinegar

Raw honey (if not able to find then buy pasteurized)

Ginger powder or fresh

Cinnamon powder

Fennel seeds (optional)

Peppermint tea bags

Chamomile tea bags

Elder flower tea bags or Yarrow (if you can find them)

Baking soda

## **Food Stuff** (good to have on hand)

Prunes or prune juice

Applesauce

Rice

Yoghurt

Bananas

Pineapple (canned is okay)

Onions

# **The How to Page**

## **How to make a tea**

Dried herbs (flowers and leaves) -use 1 to 2 teaspoons of herb to one cup of boiling water. Let steep for 10 minutes and strain and drink. *(the amount of herb will be different depending on the herb)*

## **How to do a steam**

1. Bring a small pot of water to a boil, remove it from the heat
2. Pour the steaming water over the herb or herbal tea bags in a heatproof bowl.
3. Find a comfortable place to sit while you use this steam.
4. Make sure the steam is not **TOO HOT**! Cover your head, close your eyes and inhale the aromas.

## **How to make an onion poultice**

### **Option #1**

**Directions:** chop and lightly sauté the onion (*white or yellow*) and ginger in a little bit of water. The onions should be lightly cooked not browned. Carefully drain the cooked onions and optional ginger and spread them out in the center of a clean dishtowel. Fold the dishtowel like a burrito. Place on the chest but make sure not **too hot**!! Leave on for 20 minutes.

## **Option #2 (good one for the kids)**

You can place this poultice on the soles of the feet for 20 minutes. Gently reheat in the microwave and reuse as necessary for the day. **Make fresh each day.**

**Often a productive cough starts after using the poultice.**

## **How to make a cold infusion**

1 tbsp. of marshmallow root

1 cup warm water

## **Instructions**

1. In a mason jar, combine the marshmallow root and water.  
Cover it with a lid
2. Allow the mixture to sit overnight
3. Strain out the roots, leaving behind a syrupy, light-yellow liquid. Add a little honey for taste.