

16 Natural Remedies for Common Issues

1. Stinky Feet comes from dead skin cells and bacterial oils. They grow in dark, damp areas (like in your shoes) and produce horrible organic acid stench-babies. Soak feet in epsom salt and baking soda creating an alkaline bacteria-hating environment. Or, use ACV (kills the bacteria) strong brewed black tea (tannins shrink the spores) with epsom salt (cleanses and dries the spots).

2. Bad breath is more often a gut source than a strictly oral source, so mints and gum doesn't always do the trick (and the sugar can make it worse). Chew on some celery or carrots before a meal, and drink a glass of water with ACV to get digestive "juices" flowing. Finish a meal chewing on some parsley (a natural deodoriser from the chlorophyll) or fennel (supports digestion and hinders gas and bloating).

3. Apple Cider Vinegar (ACV), which is a powerful antiseptic, can help dry out blisters. Moisten a cotton ball with ACV and dab on your blisters three times a day until it no longer hurts.

4. Hiccups— at the first hiccup, stop what you're doing and freeze. Slowly breathe in, in, in until you can't anymore and it almost "hurts." Then slowly breath out, out, out, until you can't anymore. On both the inhale and the exhale, you may feel the release of little "bubbles" in your throat. A little dab of honey on the tongue can sometimes do the trick as well.

6. For motion sickness— when a part of your body thinks it's moving, and another part doesn't— on your next trip, try sucking on olives or a slice of lemon. Tannins, a compound in olives, dry out your mouth and sooth queasiness. Sucking on a lemon also works for the quick thinning of saliva works as well.

7. Warm salt water for a quick colds/respiratory infection relief. Salt water (high quality mineral salt, not iodized or non-caking salt) can ease the pain and duration of the sickness by soothing inflamed tissues in the throat and loosening mucus, allowing allergens and bacteria to be flushed out. Gargling salt water three times a day can reduce respiratory infection up to 40%!.

8. Wintergreen, peppermint, or spearmint, oil have anti-inflammatory properties can help ease the pain and sooth nerve pain and headaches. Rub onto temples.

9. Dandelion tea (leaves) can help with mild excess gas and bloating and reduce fluid retention. It also stimulates bile to help break down fatty meals and reduce bloating on the front end.

10. Feeling "puffy" is often on a deeper detoxification level, but imbalance electrolytes, dehydration, and too many processed salty foods can all contribute. Upping balanced mineralized fluid can help with this, as well as more whole foods.

11. Mixing 1/2 teaspoon ginger powder, 1 teaspoon apple cider vinegar, 2 tablespoons of water, and 1 teaspoon of raw honey makes a quick syrup for a sore throat or cough. (Firecider or Theives mouthwash are also wonderful).

12. "Ice cream headache" occurs when something cold touches the roof of your mouth. Push your tongue to the roof of your mouth as soon as you feel this "freeze state" coming on to reduce the pain faster as the heat from your tongue calms the nerves.

13. Minor burns can be soothed first with aloe vera jell (cooling) and then high-quality honey (Monuka) to keep from blistering and accelerate healing.

14. Sip peppermint, chamomile, or ginger tea (or combo of all three) for upset stomachs or before bed for a calming effect and to aid with overnight digestion.

15. Coconut oil (softens skin, provides protective barrier) and honey (moisture magnet) can provide relief for chapped lips.

16. Nasal congestion short fix with garlic, honey, cayenne, and ACV. But to keep it cleared, use a saline neti pot, steam in a pot, or long, steamy shower, and elevated head at night.