

## A Pinch of Ginger – Folk Medicine *(NOT medical advice, just suggestions that MAY help)*

**Acne:** Take probiotics! Apply a wet oatmeal or egg white masque, dry, rinse. Do a liver detox.

**Athletes foot:** Soak feet in water & vinegar. Then apply cinnamon or tea tree oil in coconut oil.

**Allergies:** Avoid GRAINS, DAIRY & SUGAR & substitutes. Boost metabolism w/exercise.

**Anemia (fingernails flatten):** Eat spinach. Avoid tea & all caffeine (blocks iron absorption).

**Alzheimers (aluminum/mercury poisoning):** chelate **heavy metals** (from deodorants, baking powder, canned soft drinks, antacids; dental fillings, vaccinations, gas fumes) with **EDTA cream**. Use coconut oil (another chelator) & rosemary (brain cell stimulator) in cooking. *(The brain is mostly cholesterol—medications that lower cholesterol cause dementia.)*

**Appendicitis:** *(may be caused by undissolved pills)* fast & drink lots of fresh peppermint tea.

**Arteriosclerosis:** Eat bananas, walnuts, sweet potatoes, beets, turmeric. Avoid ALL margarines.

**Arthritis:** Avoid dairy, caffeine, fizzy drinks (bone leachers), tomatoes, potatoes & peppers! Rub skin with warm vinegar, mint, eucalyptus, menthol or emu oil after bathing. Take flaxseed oil & get SUNLIGHT—without glasses (better vitamin D absorption). Eat fresh pineapple, papaya (bromelain), hops, salmon, tuna, nuts, onions, beets, okra, (manganese), honey, dandelions or other dark greens & chicken wings (cartilage). Massage with emu oil.

**Asthma: (selenium deficiency)** Eat 4 or 5 Brazil nuts a day (the richest source of selenium), onions, butter, celery, broccoli, eggs, horseradish, walnuts, ginger, raw potatoes, licorice, cayenne & cucumbers. Sip very warm coffee through a straw. Drink tangerine juice or tea made of inner oak bark. Rub chest with aromatic oils or Selsun Blue Shampoo. Avoid all sulfates (sprayed on restaurant salad bars, bagged potatoes & in orange juice & wines). Blackberry leaf & comfrey ('bone-knit') poultices can repair fractures. Cherries for gout.

**Bleeding:** Apply sugar, honey or cayenne pepper on a wound (stops bleeding & disinfects).

**Bleeding gums/nose bleeds (vitamin C deficiency):** chew citrus peels, Q-tip apply lemon juice.

**Bone pain:** Drink water with pinch of Himalayan pink salt (80+minerals--many electrolytes). Comfrey leaf poultices heal breaks & sprains! Take boswellia (frankincense), celery, ginger.

**Bowel cleanses:** Drink aloe juice, senna & cascara sagrada or buckthorn tea. Eat apples (pectin removes toxins) bentonite clay & burnt toast (charcoal removes impacted fecal matter, poisons & drug residues) Eat lemons, flaxseed, barberry, cayenne, garlic & ginger.

**Breast lumps:** Eat IODINE & selenium-rich foods (berries, eggs, seafood...) and avoid foods & drinks in plastic containers. DETOX lymph by rebounding! (Left breast tumors seal off toxins, right breast means dental issues.) Avoid aluminum products. Alkalinize (raw veggies) & take Vit. D3 with magnesium. Apply castor oil poultices (cover w/pad) nightly (for years!)

**Burns:** Apply ice cold water or vinegar, aloe, yogurt, honey, carrot juice, emu or lavender oil.

**Cancer: (fungal/B17 deficiency)** Eat **well-blended ground flax seed** (or oil) and cottage cheese. NO SUGARS or processed foods! Eat ORGANIC WHOLE food **WITH seeds**, especially apple & apricot seeds (B17--laetrile—contains cyanide that exposes cancer cells so the body attacks them--eat the whole fruit for cyanide antidote), beets, figs, muscadine grapes (resveratrol in skins). Drink carrot juice. Do a liver detox.\* Take hot/cold showers and lots of vit. C & D. Have silver fillings & root canals removed. Refuse all fear! Laugh a lot!

**Cavities:** Teeth re-calcify when the mouth pH is alkaline. Chew xylitol gum between meals.

**Cold sores:** Swizzle berry juice, apply wet tea bag or tea tree (melaleuca) oil, eat licorice.

**Colic:** Give weak teas made with raspberry leaves. No grains! Apply warm rice bag to tummy.

**Constipation:** WALK! Eat raw veggies, add tsp. Epsom salt to water & drink. Take probiotics.

**Cough:** at bedtime, put each foot in a bag of cut up onions, sock & sleep. Discard in morning.

**Cramps (magnesium deficiency?)** Eat almonds & dark chocolate (magnesium rich) & take a hot Epsom salt bath. Eat prunes & laxative foods. Avoid all pork. Dab castor oil in belly button.

**Diabetes II:** 21 days without carbs. Sprinkle dried banana peels (EGCG) on foods. Eat grape or watermelon seeds, black pepper (vanadium), cinnamon, beans, barley, onions (chromium).

**Diarrhea:** Eat cooked brown rice, bananas, blackberries, burnt toast & Grapefruit Seed Extract.

**Depression:** Write thank-you notes, SING, bake bread, take one 50,000mg Vitamin D3 weekly. Walk or run early in the morning. Drink 1 tsp. molasses (vit. B rich) in hot water, no coffee!

**Ear infections:** Insert a drop of olive oil w/fresh garlic or onion juice in ear. Chew xylitol gum.

**Eye trouble:** Castor oil on eyelids for styes or blood vessel bursts in eyes (rutin deficiency), apply ice, then MSM or silver drops. Drink fresh muscadine grape juice (resveratrol). Peel onions for conjunctivitis. A cool wet tea bag for irritated eyes. Eat parsley, apricots, carrots.

*(Note: your physical body--especially your immune system--believes what YOU SAY more than what anyone else says. Never declare that you HAVE a disease--only that you are FIGHTING IT! Disciples of Jesus can use His Name to command their body to agree with Scripture & heal itself—speaking out loud: Exod. 15:26, 23:25-26, Ezek. 36:26-27, Mt. 8:16-17, Mk. 16:17-18, Lk. 10:19, John 14:12, 1 Peter 2:24, ...)*

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**Flu/colds:** Sip hot chicken soup with cayenne pepper. Take a hot bath (to induce fever), drink goldenseal or elderberry tea, hot lemon or carrot juice with honey. Rest! Eat rosehips, spicy hot mustard, lemons or grapefruit with inner peel, raw garlic (a potent antibiotic), horseradish, curly dock or dandelion leaves. Ingest quality colloidal silver (kills MRSA!).

**Gallbladder issues:** Drink 1/2 cup beet leaf juice. Avoid all acetaminophen. Do liver/gall detox.\*

**Halitosis/bad breath (vitamin A deficiency):** eat parsley, carrots, dill, fennel seeds, hazelnuts.

**Headache:** 1st, figure out the cause! Sip a pinch of celtic salt in water every 15 minutes. Take a hot bath w/some vinegar, massage tender spots on the head. Dry, rub down with coconut oil & apply lavender, peppermint or rosemary oil to temples. Alternate cold & hot packs on neck.

**Head lice:** Apply warm Tea Tree oil or Vaseline & wrap in warm towel for 1 hour, comb nits out.

**Hemorrhoids:** drink water with a pinch of (mineral rich) pink Himalayan salt regularly & carrot juice. Alternate slices of raw potato as poultices. Eat fresh ground flax seed & coconut oil.

**Hepatitis:** Drink dandelion root or milk thistle leaf tea and seeds, eat tomatoes, anise & parsley.

**Heart pain:** Avoid ALL margarines! Eat wild-caught salmon, garlic, liver (copper & B vitamins) greens, avocados. Grapefruit reduces platelet stickiness. A magnesium IV opens blockages.

**Hyperthyroid (overactive):** Eat berries, salmon, radishes. Avoid gluten, dairy, aspirin, shellfish.

**Hypothyroid (underactive):** Hyper & hypo are iodine & selenium deficiencies—often because of bathing in chlorinated, fluoridated water (bromine, fluorine & chlorine compete with iodine). Eat beets (iodine) & brazil nuts (selenium). Stimulate thyroid gland with massage. Detox liver.

**Indigestion:** Drink water with a pinch of baking soda. Drink only between meals (to not dilute stomach acid) avoid Splenda & mouthwash (destroys good bacteria & nitric oxide in saliva).

**\*LIVER/GALL BLADDER DETOX:** 1 TBSP olive oil/1 TBSP lemon juice/1 TBSP cayenne for 5 days upon rising, or blend & drink one time (on an empty stomach): 8 oz of water, 8 oz of citrus or apple juice, 1-4 TBSP of olive oil, 1-4 cloves of garlic & ginger, followed later w/peppermint tea or cranberry juice.

**Lyme Disease:** Hydrochloric Acid! Grapefruit Seed Extract, Diatomaceous Earth (kill parasites).

**Malaria (any high fever caused by parasites):** MMS (chlorine dioxide). Grapefruit, garlic, buttermilk.

**Measles-Take food-sourced organic vitamin A,** Bathe with oatmeal (in a pouch) and apply wet oatmeal paste to skin afterwards. Avoid sugar (delays healing) & bright lighting (it hurts).

**Muscle pain:** Add Epsom salts (magnesium sulfate), baking soda or cider vinegar to bath. Massage. Take high-quality Boswellia (frankincense) for pain. For bursitis, eat the white part of citrus peel (bioflavonoids) & eat grape seeds & drink pine needle tea (pycnogenol rich). Leg cramps may be a magnesium:calcium imbalance. Rub on quality eucalyptus oil to promote healing.

**MS/Lupus/Polio:** Have root canals/silver fillings (mercury in thimerosal) safely removed! Get 7 hours total darkness at night (raise serotonin levels). Take good Vit. D3—50,000 mg. Use magnets on temples (30 min.) to reduce pineal calcification. Vigorously massage affected muscles from 4 different angles (stimulates blood). Eat buckwheat, cilantro, greens, honey.

**Plantar Fasciitis/Nerve pain:** Comfrey leaf poultice, turmeric, lavender oil, apply warm rice bag.

**Prostate trouble:** Eat pumpkin seeds (zinc), eggs (selenium), grapefruit & tomatoes (lycopene).

**Rashes/bites/stings:** Apply meat tenderizer, lime juice, curry, vinegar, baking soda or corn starch.

**Shingles: (for nerve pain)—**lecithin; (for rash)—blue Listerine & apply castor oil to belly button

**Sinusitis (usually fungal):** Apply oregano oil to the bottom of the feet at bedtime, cover w/socks. Inhale or apply eucalyptus, peppermint, oregano anti-fungal oils. Drink lots of mineral water.

**Stomachache/IBS/Reflux:** Magnesium! Eat small meals. Avoid mouthwashes & Splenda (destroys good bacteria)! Eat peppermints, raw ginger, bananas, raw potatoes, sauerkraut & burnt toast (charcoal absorbs toxins). Avoid dairy, pork & eating before sleep. Take GSE (to kill parasites).

**Strep Throat:** can be transmitted by kitchen dishrags or pets (who carry but show no symptoms) Grapefruit juice, honey & lemon, colloidal silver drops, Insert peeled garlic clove as a tampon.

**Stroke:** Ingest cayenne pepper or magnesium in warm water quickly to break up blood clots.

**Sunscreen:** Apply a light paste of water & brewer's yeast to skin before sunning. Take vitamin C.

**Toothache:** Put garlic or cloves on the tooth with white bread or peanut butter as adhesive to stop pain. Chew peelu bark or xylitol gum. Brush with baking soda and/or hydrogen peroxide.

**Tetanus/Lockjaw (caused by manure) Oxygen (hydrogen peroxide) & sunlight kill tetanus germs.**

**Ulcers:** Avoid pork! Eat cabbage, plain yogurt w/honey, Don't drink w/meals (inhibits digestion)

**Vaginal infection:** Insert a peeled, pierced (w/fork) clove of garlic (antibiotic) like a tampon.

**Worms:** Eat pumpkin seeds, cayenne, garlic, black walnut hull tea, cloves & wormwood or GSE.

**Wounds:** Clean, apply raw potato, onion or aloe slice, bandage & sock. Change every few hours.

*(Note: internal problems can be indicative of a spiritual problem--i.e., constipation may accompany inability to forgive; unresolved traumas of rejection or fear may manifest as heart trouble, ingratitude as arthritis ...)*