

Contents

Introductionxiii

Part I: The Top Natural First Aid Remedies

The Top Ten Natural Medicine First Aid Remedies 1
Natural Medicine Runners-Up 4
Honorable Mentions 5

Part II: Natural Medicine First Aid Remedies for 102 Common Conditions

1. Abscess 9
2. Acne 13
3. Allergic Reaction..... 16
4. Anxiety 20
5. Athlete’s Foot 24
6. Backache 24
7. Bacterial Infection..... 28
8. Bad Breath..... 32
9. Bed-Wetting (Childhood)..... 35
10. Black Eye 38
11. Bladder Infection (Cystitis) 41
12. Blister 46
13. Body Odor 48
14. Boil 50
15. Bone Fracture (Healing Support) 53
16. Bone Spur (Heel Spur) 56
17. Bronchitis and Other Upper Respiratory Infection..... 59
18. Bruise..... 63
19. Bunion 66
20. Burn 69
21. Bursitis..... 73
22. Canker Sore 76
23. Cold Sore (Fever Blister) 80
24. Colic (Infant)..... 83
25. Common Cold 87
26. Conjunctivitis (Pinkeye) 91
27. Constipation..... 94
28. Cough..... 98

29. Cuts and Scrapes	101
30. Dandruff.....	104
31. Dental Abscess.....	108
32. Depression	111
33. Dermatitis (Eczema).....	116
34. Diaper Rash	120
35. Diarrhea.....	123
36. Dizziness (Vertigo).....	126
37. Ear Infection.....	129
38. Eczema.....	133
39. Edema (Water Retention).....	133
40. Eye Problems (Eyestrain, Bloodshot, Dry Eyes, Circles).....	138
41. Fatigue	141
42. Flu.....	145
43. Food Poisoning.....	151
44. Fungal Infection (Athlete's Foot, Jock Itch, Nails, Oral Thrush)	155
45. Gas (Flatulence)	160
46. Gingivitis.....	163
47. Gout.....	166
48. Hay Fever	170
49. Headache.....	175
50. Heartburn/Indigestion	178
51. Hemorrhoids.....	182
52. Hiccups	185
53. Hives (Urticaria).....	188
54. Hot Flashes (Menopausal)	192
55. Inflammation (Natural Anti-Inflammatories).....	195
56. Insect Bites and Stings.....	199
57. Insomnia.....	203
58. Jet Lag.....	208
59. Jock Itch.....	212
60. Joint Soreness.....	212
61. Kidney Stones	216
62. Laryngitis	219
63. Memory Problems	222
64. Menstrual Cramps.....	226
65. Migraine.....	231
66. Motion Sickness.....	235
67. Muscle Aches and Pains	238
68. Muscle Cramp/Spasm	240
69. Nail Problems (Brittle, Ingrown).....	243
70. Nausea and Vomiting.....	246

71. Nosebleed.....	249
72. Pain (Natural Pain Relievers)	252
73. Poison Ivy/Oak Rash.....	257
74. Psoriasis	260
75. Puncture Wound	266
76. Rash	270
77. Ringworm.....	273
78. Sciatica	274
79. Shingles (Herpes Zoster)	278
80. Shock	282
81. Sinus Congestion/Infection	285
82. Sore Throat	289
83. Sprain/Pulled Ligament	293
84. Stomachache.....	298
85. Strep Throat	301
86. Stye.....	305
87. Sunburn.....	307
88. Surgery (Pre-op and Post-op Support)	310
89. Swollen Glands.....	316
90. Teething.....	320
91. Tendonitis.....	323
92. Thrush (Oral)	327
93. Tinnitus (Ringing in the Ears).....	327
94. Tonsillitis.....	332
95. Tooth Extraction (Pre-op and Post-op Support).....	336
96. Toothache	340
97. Ulcer (Stomach).....	344
98. Urinary Tract Infection	349
99. Vaginal Yeast Infection	350
100. Vaginitis	353
101. Viral Infection.....	357
102. Wart	360

Part III: About the Therapies

Essential Oils	365
Flower Essences.....	369
Food Therapy	374
Herbal Medicine.....	379
Homeopathy	383
Nutritional Supplements	389
Reflexology	396
Stone/Crystal Therapy	401

Appendix A: Professional Degrees and Titles	405
Appendix B: Resources	407
Endnotes	421
Index	439
About the Author.....	443