30 POWERFUL NATURAL REMEDIES YOU NEED TO KNOW
Introduction

In this day and age, there are harmful chemicals and artificial ingredients in almost everything we consume. This is true for medicine, food, soap and shampoos, cleaning agents, and more.

Those of us who try to limit how many chemicals or artificial substances we use on a daily basis may be skeptical when it comes to treating illnesses with over-the-counter pain medicines. These kinds of remedies can be bad for our cardiovascular health in the long term, especially if used often. Prolonged use of NSAIDs – non-steroidal anti-inflammatory drugs – like ibuprofen actually increases the risk of heart attack.

Prescription drugs can also come with a nasty side effect – an increased tolerance. This happens when you take a drug for a long period of time and your body becomes used to the presence of it in your system. This can cause a reduction in the effectiveness of the drug, or it may even stop working completely.

Like most good things in our world, drugs should be used only when absolutely necessary in order to prevent a high tolerance. In addition, many drugs don’t tackle the problem directly – instead, they only mask the pain or the ailment, which will ultimately lead to an increased dosage. That increased dosage will lead to an increased tolerance and a decreased effectiveness, leaving the patient back at square one.

This cycle can be exhausting for those who suffer from chronic, painful illnesses like headaches or arthritis. But there is another solution. Our planet is well-equipped with natural and safe remedies that will help alleviate nearly any ailment. The secret is knowing what they are and how to use them.

Here, you’ll find 30 of the best natural remedies for headache, toothache, arthritis and joint pain, menstrual cramps, and constipation. However, many of these remedies can be used widely for most any kind of pain or illness. Not only will this guide provide you with recommendations on how to use the remedies, but it will also explain how they work inside the body to tackle the pain.

Don’t just mask the pain – target it at the source with these 30 remedies.
HEADACHE
1. **Almonds**

Trade in those over-the-counter painkillers for a handful of almonds when you next have a headache. Almonds contain salicin, which is an anti-inflammatory for the body. Aspirin is actually partly made from salicylic acid. This is why it’s important to take care not to eat too many almonds if you have an aversion to aspirin.

Almonds can provide moderate relief for most “normal” headaches. If you want to help prevent future headaches or migraines, consider eating about 10-12 almonds each day. Not only are they high in the “good” monounsaturated fats your body needs, but they’re delicious, too!

Almonds are also chock full of vitamins and minerals:

- Magnesium
- Vitamin E
- Manganese
- Biotin
- Copper
- Vitamin B2
- Phosphorus

However, if your headache is more severe like a migraine, almonds may not help much. In fact, they may actually trigger headaches in people who suffer from chronic migraines.

If you suffer from migraines and are thinking of using almonds to help ease the pain, their effectiveness will partially depend on whether or not you have low levels of magnesium. A low magnesium level in the brain may be part of what’s causing your migraines.

A study conducted by the University of Maryland Medical Center found that about 42% of those migraine sufferers who took magnesium reported a reduction in the frequency of their migraine attacks.

If you have any doubts or questions, always consult your doctor.
2. Meditation

The last thing you'll likely want to do when you have a headache is sit perfectly still and think about nothing. (Wait a minute – that actually doesn’t sound so bad, does it?)

Even though the Buddhists are famous for their meditation techniques, some of the earliest records of meditation first originated in 1500 BC in India.

There are several different types of meditation you can choose from. For a beginner, many of them may seem complicated, especially if you’re aiming for a more spiritual mediation. But when it comes to relieving your headache, meditating isn’t at all complicated.

Headaches can often be caused by excessive stress in our lives. That’s why meditation is so effective at relieving headaches – its main aim is the source of the headache, not the pain from the headache itself. But once the source has been removed, the pain will go away as well.

Here’s what you’ll need to do:

- Find a comfortable position, whether it’s sitting up or lying down.
- Breathe as deep and long as you can for ten breaths.
- Become aware of the pain in your head, focusing on specific points. Try relaxing your facial muscles to ease the tension. Imagine it melting away.
- Slowly shift your awareness through every part of your body. If you feel pain elsewhere, imagine that pain melting away as you did before.
- Focus on your breathing. If any thoughts creep into your mind, observe them briefly and then return your focus to your breathing.
3. **Yoga**

You've undoubtedly heard of the many health benefits yoga has to offer:

- Better flexibility
- Increases metabolism
- Improves cardiovascular health
- Better protection from injury
- Improves posture
- Helps protect your cartilage and joints
- Increases blood flow

The list goes on and on (literally). That’s why it’s not surprising that yoga can help relieve headaches, too.

You may not be all too willing to stretch it out when you’re caught in the throes of any kind of headache. But, just like meditation, yoga targets the source of your headache, not the pain itself.

Yoga can help improve blood flow and increase oxygen levels in the brain. This will directly help alleviate any kind of headache pain.

Some yoga poses you can try to help your headache:

- **The cat**: Lower yourself to the floor on your hands and knees, and curve your spine upward, until your chin is tucked into your neck. Then return to your normal position.
- **Seated forward bend**: Sit upright with your legs outstretched in front of you. Flex your feet, lean forward, and grab hold of them if you can. If not, just stretch your arms out. Remember not to bend your knees.
- **Legs up the wall**: This is as simple as it sounds. Lie so that your body forms a right angle with the wall and floor. Keep your legs straight up against the wall without bending your knees.
4. **Chamomile Tea**

Chamomile has been used all around the world for thousands of years as a remedy for aches and pains. The use of the herb began in ancient Egyptian society, which used it for fever relief and cosmetic purposes.

There are two different types of chamomile, and each type is used for different things:

- **Roman chamomile tea** helps treat upset stomach, insomnia, and menstrual pain
- **German chamomile** can help alleviate pain from gum inflammation, abscesses, and chest colds. You can use German chamomile in a bath to help with skin problems such as diaper rash, chickenpox, and eczema.

Chamomile tea, though, can help relieve an upset stomach, headache, and menstrual cramps. It can also be used as a sleep aid.

You can find chamomile tea in most supermarkets, or you can make your own by using fresh or dried chamomile flowers.

Here’s how to brew chamomile tea at home:

- **If using a store-bought bag:** Brew in a cup of freshly boiled water. Cover and let steep for ten minutes. Use honey to sweeten.
- **If using flowers:** You can add the flowers directly to freshly boiled water or use a tea diffuser. Steep for three minutes and then remove the flowers using a tea strainer. (Consuming a petal or two won’t hurt you.)

Be sure to drink your chamomile tea slowly, preferably somewhere peaceful and quiet.

Allergy warning: If you’re allergic to ragweed pollen or daisies, consuming chamomile may cause an allergic reaction.
5. **Peppermint and Lavender Foot Bath**

This sounds like some sort of spa treatment, which might be just what you need for that awful headache. But if you don’t wanna fork out a pretty penny for a spa day, make your own at home. All you need is a few drops of peppermint and lavender oils.

Hot water and other forms of heat have been a home remedy for centuries, so it’ll work for a headache as well. When you take a footbath with hot water, the heat from the water will cause your blood to flow to your feet, which will alleviate pressure in your head.

While the power of essential oils may seem like a new phenomenon constantly discussed on health websites, they’ve actually been around for hundreds of years.

Essential oils like peppermint oil and lavender oil have several proven health benefits:

- Relieve stress
- Help improve blood flow
- Boost your immune system
- Aid with sleep
- Help with digestion
- Clear up skin

If you’re not feeling the footbath, you can also try applying the peppermint oil directly to your head. It feels cool and fresh on the skin, and can also help slow muscle contractions and improve blood circulation.

Studies show that peppermint oil, especially when applied directly to the forehead, can alleviate headache pain and causes no adverse effects. You can try it on its own or combine it with other oils such as eucalyptus for a lasting effect.
TOOTHACHE
6. **Gargle with Salt Water**

Your mom might have used this home remedy on you when you were a kid and had just lost a tooth. This is because salt water can help cleanse bacteria from the mouth that is notorious for causing tooth pain.

Gargling with salt water will increase the pH balance in your mouth for a short period of time, making it more basic. Bacteria tend to thrive in more acidic environments, and won't be able to breed as well once the pH level has increased.

Bacteria can often be the culprit behind toothache. This can happen for a number of reasons – it can be as simple as stuck-on food on your teeth, or as complicated as an infection in the gum. In any case, gargling with salt water can help improve your situation.

Salt water has other benefits to your overall dental health:

- Can speed up the healing process after minor dental surgeries
- Can help soothe sores in the mouth
- Alleviates pain caused by throat infections such as strep
- Can act as an emergency cleaning agent if you have no access to a toothbrush and toothpaste

What you’ll want to do is mix ½ teaspoon of normal table salt with 8 ounces, or one cup, of water. Gargle with the salt-water mixture for thirty seconds – be sure not to swallow it – then spit it out. You can use this treatment several times a day.
7. **Cold Compress**

Cold compresses can be particularly useful when it comes to alleviating wisdom tooth pain. If you’re experiencing swelling in your cheek due to wisdom tooth pain, a cold compress will help reduce the swelling and the pain as well.

If you’re not experiencing wisdom tooth pain but are still experiencing swelling in the face or cheek, you should contact your dentist immediately. This could mean you have an abscess, or an infection in the gum or roots of your tooth.

Such an infection can cause pain and swelling in your jaw as well as a fever and irritation of the gums. If you’re experiencing these symptoms, or if you see pus forming in your mouth, it is imperative to contact your dentist immediately. Abscess gums or teeth that are left untreated can be incredibly harmful to your health.

If you’re unable to see your dentist right away, you can use the cold compress to aid the swelling and pain for up to fifteen minutes at a time. Avoid using extreme cold as this may worsen the pain. Also avoid hot or cold drinks as they may increase tooth sensitivity.

Whatever you do, don’t use heat for a toothache. This is very important. If you do have an infection, heat will cause the bacteria in your mouth to reproduce more rapidly, which could result in severe pain. Heat may also increase the rate of swelling, since it will cause the infection to spread. This won’t do you or your toothache any good.
8. **Clove Oil**

If you’re not very keen on using an over-the-counter anesthetic gel to numb your tooth, consider using clove oil.

Here’s how it works. Clove oil contains eugenol, which is a natural anti-inflammatory, anesthetic, and antibacterial chemical compound. Studies show that eugenol is very effective in alleviating tooth pain, even more effective than other types of analgesics.

You can buy eugenol drops that are specifically designed to reduce toothache. Alternatively, you can find clove oil (or oil of cloves) at many supermarkets or drugstores. If you can’t find it, you can use a whole clove. Simply place the clove on your gum until the pain starts to wane.

How to use clove oil for toothache:

- Dip a piece of tissue or cotton swap into the clove oil. Not too much – just a few drops will do.
- Apply the oil to your gums gently.

What to keep in mind when using clove oil as a home remedy:

- Clove oil doesn’t taste very good, so be prepared for that. To dilute the taste, you can mix it with a small amount of olive oil.
- Swallowing large amounts of clove oil could result in nausea, vomiting, sore throat, or seizures. This is why it’s important to only use a few drops. If you accidentally swallow the clove oil on your tooth, it usually isn’t harmful. However, consult your doctor immediately if you start to feel any side effects.
9. **Garlic**

We all know that garlic can cause bad breath, but it can actually help alleviate tooth pain.

Garlic contains allicin, a chemical compound responsible for garlic’s strong and pungent odor. Allicin is thought to be an anti-inflammatory that can also help relieve pain.

Allicin can only be released when you crush a clove of garlic or use it as a cooking ingredient. (Ever notice how a garlic clove doesn't have much of a smell until you cut it open?)

If you want to use garlic as a remedy, be sure to use fresh garlic. Allicin has a very short half-life, so it will be most effective at relieving pain if the garlic is fresh.

Here’s what you’ll need to do to utilize garlic’s healing properties when it comes to your tooth pain:

- Peel two garlic cloves (preferably fresh ones). Add a 1-teaspoon of salt.
- Use a mortar and pestle to combine the garlic and salt into a paste. If you don’t have a mortar and pestle, you can use any kind of bowl and a fork.
- The paste may be dry. If this is the case, add a few drops of olive oil to give it consistency.
- Put the paste directly on the pained tooth. Keep it there for about thirty minutes for maximum effectiveness.
- You can continue to use this home remedy up to four times per day.
- Rejoice in the absence of pain, but try not to get too close to anyone as the remedy can cause foul breath.
10. **Hydrogen Peroxide Rinse**

Chances are you already have some hydrogen peroxide somewhere in your house. Make sure and check the percentage on the bottle, though – 3% hydrogen peroxide will work best in alleviating tooth pain.

This remedy will work similarly to the salt-water gargle. A mixture of hydrogen peroxide and water can help cleanse harmful bacteria from your mouth. However, it’s different from simple salt water. The hydrogen peroxide will actually attack the bacteria instead of simply rinsing it away.

Hydrogen peroxide can also prevent gingivitis, which is great for your overall gum health and a potential culprit behind your current tooth pain.

Here’s what you’ll need to do:

- Mix hydrogen peroxide and warm water in equal quantities.
- Gargle with the mixture for up to 30 seconds.
- Repeat once or twice per day, preferably after a meal for maximum effectiveness.

What to keep in mind when using the hydrogen peroxide rinse:

- Never gargle with hydrogen peroxide by itself. This can damage the surface of your teeth and cause small white spots to appear on your gums.
- Never swallow hydrogen peroxide. This may cause nausea and vomiting as well as intestinal damage.
- Never change the ratio of water to hydrogen peroxide. Too little water in the mixture could burn the inside of your mouth.
- A hydrogen peroxide mixture will be slightly bubbly. If you have any sores in your mouth, you may want to avoid using this remedy.
MENSTRUAL CRAMPS
11. **Eat Some Fruit**

Menstrual cramps can often be debilitating. The intense cramping that is often affiliated with a woman’s menstrual cycle is due to muscle contractions or spasms in the uterus. The spasms are caused by the presence of too many prostaglandins, which work similarly to hormones. They’re present in other parts of the body, and usually aid in inflammation. Prostaglandins are what facilitate the shedding of the lining of the uterine wall.

During your period, you’ll likely lose a lot of blood. Because of this, your iron and potassium levels are lower during your menstrual cycle. Eating certain types of fruit can help boost your iron absorption as well as your potassium.

Many fruits are anti-inflammatory and contain vitamin C, which can help restore blood vessels. It’s a good idea to try and eat fruit with every meal if you want to reduce menstrual cramps.

Eating a banana is a good choice. Bananas are rich in vitamin K and potassium. Vitamin K aids in blood clotting, which will help prevent excessive blood loss. Potassium also plays a big part in menstrual cramping; low levels of potassium are directly linked to period pain.

Or try chowing down on some citrus fruits. Citrus fruits contain many antioxidants – which can help prevent and repair cell damage – as well as high amounts of Vitamin C.

If you’re on any type of medication, always consult your doctor before increasing your vitamin intake. It may react with certain medications or could cause adverse side effects.
Ginger Tea

Ginger has been used for thousands of years as a home remedy. It became popular a few thousand years ago in Asia and the Middle East. The spice soon spread to Europe thanks to the Romans, who imported it from the Chinese.

The spice has several proven health benefits:

- Alleviates nausea and vomiting that may accompany menstrual cramps
- Natural anti-inflammatory
- Helps improve blood circulation
- Decreases gas in the intestinal tract
- Kills bacteria
- Boosts the immune system

Ginger is especially useful during your period to alleviate cramps and to regulate your period. Here’s how to make tea from the ginger root:

- Cut the roots of the ginger into individual pieces and remove the skin.
- Cut each root into small pieces.
- For each cup of water, use two tablespoons of ginger root.
- Bring the water and the ginger pieces to a boil.
- Once the water is boiling, reduce the heat and simmer for one hour.
- Remove the ginger pieces and drink the tea.

You can also buy dried ginger teabags at some supermarkets. All you need to do is read the directions to brew the tea this way.

Be careful not to use too much ginger as it could irritate your mouth. An excess of ginger may also cause heartburn and diarrhea. Additionally, you shouldn’t use ginger if you’re taking aspirin as a blood thinner.

Use ginger to help alleviate your menstrual cramps up to three times a day.
13. **Exercise**

Exercising is probably one of the last things you want to do if you’re having horrible cramps. But exercising during your period can actually help relieve your cramping.

Exercising will help reduce the number of prostaglandins present in your uterus, which are one of the main causes of menstrual cramps. A thirty-minute exercise session can also help increase blood flow to your pelvic region.

Because your motor function is somewhat lacking during your period, you won’t want to overdo your exercise regime. Here are some light exercises you can do to help with your cramps:

- Walk a short distance. This can particularly help relieve bloating.
- Go for a swim. It can help reduce back pain associated with menstrual cramps.
- Try out some yoga poses. These can provide many of the same benefits as traditional exercise while also being comfortable enough for you to do during your period.

Make sure you stay hydrated during any exercise you do while on your menstrual cycle. If you don’t consume enough water, you risk dehydration. This can be even more harmful than usual during your period. If your body becomes dehydrated, it will produce vasopressin, a hormone that contributes to cramps during your period.

If you suffer from severe menstrual cramps and heavy bleeding associated with premenstrual dysphoric disorder (PPMD), exercise may not be advised. Consult your doctor to determine whether or not you’re well enough to exercise during your menstrual cycle.
Make Basil or Thyme Tea

This home remedy might sound a little odd. You might not traditionally use basil or thyme to make tea, but when it comes to period pain relief, it actually can help.

Basil and thyme are both high in caffeic acid, which is an analgesic, as well as an effective antioxidant and anti-inflammatory. Caffeic acid is also present in other foods, including artichokes, apples, and berries. In addition to its pain relief properties, caffeic acid may also help slow cancer and virus cell growth.

The only known side effect of consuming too much caffeic acid is that it may cause insomnia. This is because it acts as a stimulant. At present, caffeic acid cannot be taken as a supplement.

Here’s how to make tea using basil or thyme:

- For each pint of boiling water, add two tablespoons of basil or thyme leaves.
- Do not boil the tea! Just boil the water, take it off the boil, and add the leaves to the water. Cover and leave to sit until it’s cool, about room temperature.

You can drink up to one cup of basil or thyme tea per hour for menstrual cramps.

If you’re not so keen on using basil or thyme to make tea, consider adding it to your meal. Particularly use it to spice up red meat. The red meat will help increase iron levels and replace zinc, and the herbs will further help alleviate your pain.
15. **Use Heat**

This one may not be news to you. The hot water bottle can be a lady's best friend during her menstrual cycle.

Many supermarkets and drugstores stock heating pads or patches that are specifically designed to target period pain. If you don't feel well enough to make it to the drugstore, you can use other types of heat at home to help reduce the pain.

Using a hot water bottle on your abdomen helps alleviate cramps by relaxing the uterine muscles. If you don’t have a heat compress or heating pad, you can fill up a normal water bottle with hot water and place it on the affected area. You can continue to apply the heat until your pain has reduced.

If you’re experiencing back pain due to your menstrual cycle, a hot water bottle can also be placed on your back to alleviate pain.

If a hot water bottle isn't an option, try wetting a towel or hand cloth with water. Squeeze out the excess water, then place it in the microwave for one minute. Repeat the process as many times as you need until you feel better.

Hot baths can also help relax the uterine muscles, as well as making you feel more relaxed overall. This can help improve your mood during your menstrual cycle. Try adding essential oils or bubbles to create a calming effect.

Remember; don’t use extreme heat as this could inhibit your body’s ability to control internal temperatures.
ARTHRITIS & JOINT PAIN
16. **Epsom Salt Bath**

Epsom salt has been used for hundreds of years to relieve pain. The benefits of Epsom salt are nearly endless: it helps heal cuts, relax the muscles and nervous system, soothes back pain, helps treat colds, and draws toxins out of the body. Epsom salt is also known for helping to ease stress and anxiety.

In fact, Epsom salt is not salt at all. It’s actually a mineral compound consisting of magnesium and sulfate. It’s named after the natural spring where it was sourced, a small market town called Epsom in the city of Surrey, England.

Magnesium and sulfate both have many healing properties. These minerals are easily absorbed by the skin, which is what makes Epsom salt bath so effective at healing. Magnesium is also responsible for controlling over 300 enzymes in your body. It also helps reduce inflammation and optimizes nerve and muscle function.

For the Epsom salt bath, you’ll need:

- 2 cups of Epsom salt
- A tub full of warm water

Simply submerge your body and soak for at least 15 minutes, or until you start to feel less pain in your joints.

If you’re experiencing arthritis or joint pain in a specific area such as your hands or fingers, you can submerge the affected area in a bowl filled with water and Epsom salt.

For this, you’ll need:

- ½ cup of Epsom salt
- A bowl large enough to submerge the affected area
- Warm water
You've undoubtedly heard that cooking with olive oil is one of the healthiest ways to cook food. But did you know that it can actually help alleviate your arthritis pain?

It might sound like an old wives’ tale, but it’s true. According to the official Arthritis.org blog, 3 1/2 tablespoons of extra-virgin olive oil have the same inflammation relief properties as 200 mg of ibuprofen. A compound called oleocanthal found in extra-virgin olive oil stops the production of enzymes that cause inflammation.

The amount of oleocanthal in olive oil will depend on how ripe the olives were at the time of pressing. If the oil tastes strong and “peppery”, then it contains a high level of oleocanthal.

But the benefits don’t stop there. Extra-virgin olive oil can also help:

- Improve cardiovascular health
- Prevent osteoporosis (when combined with vitamin D)
- Prevent neurological diseases

You may not be too keen on gulping down a tablespoon of olive oil by itself. When you cook your next meal, swap out butter for extra-virgin olive oil as a healthier choice. You can also try using it as a salad dressing or a dip for bread.

Beware of using olive oil from prolonged periods of time:

- There are roughly 400 calories in 3 ½ tablespoons of extra-virgin olive oil. That’s nearly one-fifth of the average recommended daily amount.
- If the extra-virgin olive oil is cooked at a high temperature, above 410 degrees Fahrenheit, then much of the oleocanthal will be destroyed, diminishing some of the health properties.
18. **White Willow Tea**

Just like almonds, the white willow bark contains salicin, which is an ingredient in aspirin. According to the University of Maryland Medical Center, willow bark has been used as a remedy since Hippocrates’ time, over 2,500 years ago. Back then, patients were instructed to chew on the bark to activate its healing properties.

Today, you can find white willow bark at certain health stores and drug stores. You may buy it in a powder or capsule form to use as a supplement. If you opt for the supplement, make sure you’re aware of the side effects. If taken for more than 12 weeks, it may cause nausea and issues with the digestive system.

You shouldn't use white willow bark if:

- You take medications that inhibit blood clots
- You take aspirin daily
- You have a bleeding disorder
- You have kidney disease

Here’s what you’ll need to make willow bark tea:

- 1 cup of water
- 2 tsp. powdered or chipped white willow bark
- Honey to sweeten, if desired (it will taste bitter!)

Directions for brewing the tea:

- Bring the water to a boil in a saucepan, turn down the heat, and let simmer.
- Add the willow bark.
- Allow the tea to steep for 10-15 minutes.
- Remove the tea from the heat and let sit for half an hour.

You can have two cups of white willow bark tea per day to help alleviate your arthritis pain.
Blackstrap molasses has long been a home remedy for arthritis and joint point. Blackstrap molasses is traditionally made from boiling cane syrup. First, the sugar cane is pressed into juice, and then boiled to yield cane syrup. If it’s boiled once more, then the result will be blackstrap molasses.

Contrary to what you might think, blackstrap molasses actually doesn’t contain very much sugar, especially when compared to cane syrup. This is what makes it a healthy sweetener for people who have diabetes or are watching their sugar intake.

It’s also chock full of vitamins and minerals:

- Calcium
- Magnesium
- Iron
- Vitamin B6
- Selenium
- Potassium

Blackstrap molasses has a number of health uses:

- Improves blood circulation – you can get 95% of your daily recommended amount of iron in 5 tablespoons of blackstrap molasses.
- Prevents osteoporosis, thanks to the presence of magnesium and calcium.
- Can stimulate the bowels – you may need to run to the bathroom while drinking your tea.
- Improves muscle and nerve function.

In order to make a drink out of blackstrap molasses, just follow these easy instructions:

- Heat one cup of water until it’s warm – not hot or boiling.
- Add a tablespoon of blackstrap molasses and stir.

Then simply sip and enjoy! You can drink this blackstrap molasses blend daily. Alternatively, you can use blackstrap molasses as a glaze for meat, or just take it straight from the spoon. You can find jars of blackstrap molasses at the grocery store or health shop.
20. **Juniper Berry Tea**

You may have heard that juniper berries are poisonous. That’s not entirely true – only certain species of the berries are poisonous. Eating the wrong type of berries can cause nausea, vomiting, and diarrhea, so you'll want to make sure you only consume the right berries in small amounts.

That being said, juniper berries contain a compound called terpinen-4-ol, which is the primary component found in tea tree oil. This compound was first discovered by Aboriginal Australians, since the plant that tea tree oil is made from is native to Australia. It's been used to treat infections and skin diseases.

Juniper berries can help treat many health issues, including:

- Gout
- Kidney diseases
- Bladder diseases
- Suppressed appetite
- High blood pressure

Historically, juniper berries have been used as a diuretic, since they improve the filter functions of the kidneys. In fact, juniper berries are often found in diuretic medications. Juniper berries are also anti-inflammatory and antibacterial, which can help reduce pain caused by arthritis.

You can buy dried juniper berries from various online retailers, upscale grocery stores, and health shops.

To make juniper berry tea, here’s what you need to do:

- Boil 1 cup of water.
- Add a teaspoon of dried juniper berries to a coffee mug.
- Add the boiling water to the mug and allow steeping for twenty minutes.
- Strain the berries out and add honey to sweeten, if desired.
COMMON COLD
21. **Steam**

Steam is perhaps one of the simplest and healthiest remedies on our list. There are no adverse effects of using steam treatments to help knock out that nasty cold. You can also use these treatments in addition to over the counter cold medications as well as medication prescribed by your doctor.

Steam works to relieve pressure in your sinuses by breaking up the thick mucus that settles in your nostrils and causes congestion. You can use steam treatments often, up to every two hours, to help relieve your symptoms.

How to use steam to help relieve your cold symptoms:

- Take a long, hot shower and breathe in the steam.
- Place a warm towel or hand cloth on your face.
- Use a bulb syringe.
- Fill a bowl with hot (but not boiling) water and breathe in the steam. Placing a towel over your head and the bowl will help concentrate the steam so you can breathe in more of it. You can do this for up to ten minutes.
- If you have one, turn on a humidifier and let it run while you sleep. It will help clear mucus from your nasal passage by producing moist air.
- Add essential oils such as peppermint, tea tree, and lavender to a pot of hot water and breathe in. These oils are antibacterial, which will help attack the cold on the micro level.
- You can also add herbs to a pot of hot water – sage, thyme, and oregano are recommended.
22. **Honey and Lemon Tea**

Honey is a natural sweetener that’s good for your body, too. It contains vitamins, minerals, healthy enzymes, and amino acids that can give you energy and boost your immune system. Humans have been harvesting honey for as long as eight thousand years, making it one of the most tried and true remedies on our list.

Check out the sweet health benefits that honey has to offer:

- Prevents cancer
- Helps heal ulcers and gastrointestinal diseases
- Antibacterial
- Antifungal
- Treats skin infections
- Aids in wound healing

Honey is known for helping to relieve irritation caused by sore throat. It’s also safe for children – studies show that two teaspoons of honey just before bed significantly reduce a child’s cough. (However, you should never give honey to children who are under one year old.)

But before you grab a jar off the shelf at the supermarket, be sure to peek at the ingredients list. Some honey is filled with refined ingredients like processed sugar and corn syrup, which diminishes the good effects it normally has on your body. Be sure to buy natural, raw honey.

Once you’ve got your honey, here’s what you’ll need to do to make a piping hot cup of honey and lemon “tea”:

- Add two tablespoons of honey to a mug.
- Add one tablespoon of lemon juice to the mug.
- Pour hot water into the mug and stir until dissolved.
- Add more ingredients to taste, if desired.

Enjoy as needed to relieve cough symptoms and sore throat.
23. **Eat Yogurt**

Yogurt contains probiotics, or live bacteria. That might sound icky and gross, but the bacteria found in yogurt is actually good for you! Some of the bacteria in our bodies is necessary in order to keep our immune system in good shape. The term probiotic means, “a microorganism introduced into the body for its beneficial qualities.”

But yogurt can help treat your cold, too. Studies show that certain strains of probiotics in yogurt can help treat and even prevent respiratory infection. (This does not apply to acute cases of respiratory infection.)

Yogurt is also chock full of other nutrients that boost your immune system:

- Calcium
- Protein
- Potassium

Greek yogurt is even healthier for you and contains more protein than traditional low-fat yogurt. It also contains 50% less sodium and carbs.

However, like many processed foods, some yogurt at the supermarket contains high amounts of refined sugar. Always check the ingredients list on the yogurt tub before you buy, and be sure to look out for “live cultures” listed on the label.

There are many ways you can enjoy yogurt during your cold:

- Add yogurt to a bowl of fruit for an extra boost of Vitamin C.
- Combine juice, yogurt, and fruit in a blender to make a delicious, nutrient rich smoothie.
- Add to granola for a crunchy twist.

Lactose intolerant? Not to worry – you can still eat yogurt, since it doesn’t have as much lactose as milk. This is because of the way it’s made; the probiotic bacteria added to yogurt converts the lactose to lactic acid, which won’t cause the same stomach upset that lactose will.
24. **DIY Chest Salve**

Back in 2009, popular chest salve brand VICKS released a product warning for their VapoRub. The salve is not safe to use on children under 2 years old. The warning stated that the chest salve could actually do the opposite of its job when it comes to infants; instead of clearing up mucus and opening airways, it would actually increase mucus production and cause airways to become inflamed.

Contrary to popular belief, VICKS VapoRub won’t relieve nasal congestion; so breathing it in or applying some under your nose won’t help much. (Actually, you might feel like it does, but that’s because your brain is tricking you into thinking your nose is clear because of the strong smell of menthol!)

While VICKS is generally safe for use in adults, it might be a good idea to whip up your own chest salve, especially if you have young children or simply have an aversion to chemicals.

Here’s what you’ll need:

**Ingredients:**

- 15 drops peppermint essential oil
- ½ cup of coconut oil
- Tupperware or other airtight container

**Directions:**

- Melt the coconut in a boiler.
- Take off the heat and pour the coconut oil into your container.
- Add the drops of peppermint essential oil.
- Stir the mixture and seal until cool.

You can rub this salve under your nose to reduce nasal congestion, or you can apply it to your chest. You can store this for up to 3 years and use as needed.
25. **Echinacea Tea**

Echinacea has been used for nearly half a millennium to cure just about anything, from surface wounds to infections. It was commonly used by Native American tribes as a general cure, a pre-modern antibiotic. Echinacea can help relieve pain

Throughout its history as a natural medicine, Echinacea has been used to treat some pretty serious diseases:

- Syphilis
- Poisoning of the blood
- Scarlet fever
- Ear infections
- Malaria
- Diphtheria
- Urinary tract infections
- Sinusitis

Thanks to the introduction of antibiotics, the popularity of Echinacea began to decline particularly in North America. However, it’s making a comeback in the modern day, mainly as a way to treat the common cold and flu as well as boost the immune system to fight off infections.

You can buy Echinacea at many drugstores in capsule form or as a liquid supplement. You can use these supplements safely for up to ten days. It can also be purchased as a tincture or an ointment. Certain vitamin supplements may also contain Echinacea.

There are no known side effects of using Echinacea. However, echinacea will interact with caffeine, slowing its breakdown in the body. This may lead to an abundance of caffeine in the bloodstream, so don’t consume any caffeine before brewing up your tea.

Many supermarkets sell prepackaged Echinacea tea. However, making your own might prove difficult, as the herb isn’t widely available to purchase. You can buy the Echinacea root from certain online retailers or stores that specialize in selling herbs.
CONSTIPATION
Some of us drink a lot of coffee just to get us through the day. Our fascination with coffee began almost a thousand years ago, when the coffee plant was first discovered in Ethiopia. Actually, following its discovery, people regarded the leaves of the coffee plant as “magical fruit”. People believed that if you brewed the coffee leaves in water, the mixture would have medicinal properties.

And they weren’t wrong. Coffee does wonders for your overall health:

- Reduces the risk of developing type 2 diabetes and dementia. In fact, with each additionally cup of coffee you drink per day, your risk for getting type 2 diabetes decreases by as much as 7%.
- Helps prevent cancer, particularly of the liver, and stroke.
- Decreased chance of developing a heart murmur or rhythm issue.

This is because of the presence of magnesium and chromium, as well as a large amount of antioxidants. However, researchers aren’t sure if the antioxidants in coffee actually make it into our bloodstream – not enough research has been conducted.

When it comes to relieving your constipation, coffee can stimulate peristalsis – muscle contractions in your intestinal tract – mere minutes after you drink it.

And scientists have no idea exactly how it works! However, a study published back in 1990 found that coffee does prompt the release of gastrin. Gastrin is a hormone in the stomach that stimulates activity in the colon. This is thought to be responsible for coffee’s almost immediate laxative properties.
27. Cranberry Juice

Not only is cranberry juice an easy and delicious way to get a serving of fruit, but it also has a large number of health benefits.

Cranberries contain a lot of antioxidants. Proanthocyanidins, one of the antioxidants found in cranberries, are the reason why the berries are so colorful. This antioxidant is also responsible for preventing cell damage and heart disease.

Cranberry juice is also good for us in several other ways:

- Proanthocyanidins found in cranberry juice help prohibit E. coli from sticking to the urinary tract. E. Coli is the primary bacterium that causes urinary tract infections.
- A 2008 review of studies found that compounds in cranberries can help prevent certain dental diseases like periodontitis. These compounds will slow production of acid in the mouth, which leads to tooth decay.
- Phytochemicals in cranberry juice can help prevent several types of cancer.
- Cranberry juice produces the “good” form of cholesterol – high-density lipoprotein, to use the technical term – making it heart healthy.

Cranberry juice can help relieve constipation in one way because cranberries are high in fiber. Beyond that, there isn't very much research on how it works. Perhaps its laxative properties can be attributed to the benefits it provides the urinary tract.

Since pure cranberry juice can taste quite sour, they’re often loaded down with sugar or sweeteners that make the taste more bearable. Make sure to check that your juice is 100% juice and not juice from concentrate with added sugar.
28. **Prunes**

Prunes have long had a reputation for being effective and natural laxatives. This may be a reason why many people don’t like eating them.

Nevertheless, if you’re suffering from a bout of constipation, prunes can be your best friend for several reasons. Here are a few of them:

- The recommended daily amount of fiber is between 25-38 grams of fiber. Just three prunes contain 3.9 grams of fiber. One cup of prunes has nearly half your daily amount at 12 grams.
- Prunes contain two types of fiber: soluble and insoluble. Soluble fiber is responsible for absorbing water into the stool. Insoluble fiber can directly help relieve constipation by regulating the frequency of bowel movements.
- Sorbitol is also present in prunes. Sorbitol is an alcohol that draws water into the intestinal tract, which also makes your stool soft.
- If you eat prunes regularly, your bowel movements will become more regulated and easier to pass.
- Prunes promote peristalsis, which is the muscle contractions in the intestinal tract responsible for producing a bowel movement.
- Prunes also contain potassium and several minerals that are responsible for activating the enzymes in your colon that dissolve fecal matter. This will help make your stool easier to pass. Potassium also draws water to your colon and protects the colon wall from bad bacteria.

You can help relieve your constipation by eating prunes or drinking prune juice. If you don’t like the taste of prunes, try mixing them in with a fruit smoothie.
29. **Castor Oil**

Castor oil clears out your constipation and the rest of the contents of the intestinal tract with it! This is pretty serious stuff. Be prepared to go a few days without a bowel movement after you take castor oil – this is perfectly normal.

You probably won’t want to take castor oil on its own as it tastes strong and bitter. Mix it with 100% juice. Take care to use pure fruit juices like cranberry, orange, or prune, as these also have laxative effects and won’t diminish the effects of the castor oil.

The castor oil can start to relieve your constipation anywhere from two hours to six hours. Some feel the effects in minutes, while it may take longer for others.

For best results, take the castor oil on an empty stomach. This will cause it to work faster. If you take castor oil after you’ve eaten, it will still work, just at a slower rate.

Always follow the dosing instructions as stated on the packaging. Don’t swap a kitchen spoon for a proper liquid measuring cup. This could result in a slight overdose, which can lead to stomach cramps and nausea.

Don’t take castor oil for more than 7 days at a time, as it’s only a temporary treatment for relieving constipation. If you continue use, your body may become reliant on the castor oil in order to pass a bowel movement. It can also contribute to dehydration, which won’t help your constipation problems.
30. Lemon Water

Constipation is often caused by dehydration, or not having enough water in your body. Water plays a big part in the digestion process, particularly when it comes to passing stools.

But sometimes—even people who stay hydrated can get constipated; so drinking more water may not help much to resolve the issue. Constipation can be caused by a number of factors from sleep habits to medications.

This is where the lemon juice comes in. Lemons contain high amounts of acid, which can help aid bowel movements. Try to use a fresh lemon when you do this. Store bought lemon juice is often from concentrate, so it won’t be as beneficial for you as fresh squeezed lemon juice.

Here’s what you’ll need:

- 1 tsp. of lemon juice, or a half a lemon’s worth
- 1 cup of warm water, as warm as you like it
- A pinch of salt

Mix the lemon juice, water, and salt together. Have one glass just before going to sleep. This way, the remedy will have time to work so you can have a bowel movement first thing in the morning.

You can use this home remedy for constipation two times a day until your bowel movements become more regular. You can continue to use this remedy even after your constipation has cleared up in order to prevent it from coming back.