



# **O T H E R R E M E D I E S**

food, therapies, and other sources



Redmond Clay is a type of **bentonite clay**, but instead of being a sodium bentonite or a calcium bentonite, it is both! Because of this it seems to be more effective than most bentonite clays and what I have used for years with nothing but great results!

Clay has the ability to bind toxins due to a negative electrical charge of the clay particles. Most toxins including heavy metals are positively charged so they are drawn to the clay like a magnet and then flushed from the body. It also has a high ph which helps the body be more alkaline and it is filled with many natural minerals. All these properties can help bring balance to the body and correct many issues such as the following:

External	Internal
Acne/Facials	Acid Indigestion
Athletes Foot	Acid Reflux
Bruises/Black Eyes	Allergies/Hay Fever
Boils	Celiac Disease
Burns/Sunburns (cover with plastic)	Colitis
Cellulitis	Constipation
Cold Sores/Fever Blisters	Crohn's Disease
Cramps	Diarrhea/Dysentery
Diaper Rash	Diverticulitis
Earache	Detox
Eczema	Food Poisoning
Hemorrhoids	Gout
Infections	H-pylori
Ingrown Toenails	Hiatal Hernia
Insect Bites	Irritable Bowel Syndrome (IBS)
Joint Pain & Inflammation	Menstrual Cramps
Nail Fungus	Parasites
Poison Ivy/Poison Oak	Roto Virus
Scrapes/Road Rash	Stomachache
Shingles	Sugar Diabetes
Sores that won't heal	Toothache
Sprains	Ulcer
Sties	Electrolyte Replacement

### How to Use:

- Best stored in glass but plastic can be used. Just keep in mind that some chemicals in the plastic may leach into the clay.
- Do not leave metal in contact with the wet clay, it will rust.
- Once mixed into a gel it will not go bad. If it dries out, add more water.
- Can be stored anywhere but direct sunlight.

### Internal Use:

- Mix 1 tablespoon of powder in a quart jar and fill with purified water. Stir well and let it sit for 4-6 hours or overnight. Drink the liquid off the top or stir it up and drink.
- If drinking liquid off the top (which should give the same results as the clay itself), you can make one more drink with the clay solids from the bottom by filling the jar with water one more time.

### External Use:

- Prepare a gel by mixing enough water with the clay to the consistency of ketchup. Usually two parts water to one part clay.
- Apply the gel generously in a ½ inch to ¼ inch layer directly on the skin. Choose to keep uncovered, covered, or covered with plastic.
  - Uncovered: Apply gel and leave it on until it starts to dry (usually about an hour). Wash the clay off before it completely dries.
  - Covered: Covering with a cloth or band aid holds the gel in place and causes the clay to dry slower so it can go overnight or allow for moving around without getting it all over. Remove the clay pack before it is completely dry.
  - Covered with Plastic: Covering the gel with plastic wrap or a plastic bag keeps the clay from drying out at all. This method is crucial if applied to a burn. Wash the clay off and replace once or twice a day. Continue applying until the burn wound is "just pink skin".
- Dry Powder: Sprinkle powder on diaper rash, wet conditions, or an open infected wound to cause more drawing/healing power.
- Baths: Detox using body or foot baths.
  - Body: ½ cup of powder in a hot as you can handle bathtub. Soak for 30-45 minutes. Keep the water hot and get out while the water is hot.
  - Foot: Fill a basin with hot as you can stand water, add 2-3 tablespoons of clay. Soak 30-45 minutes, keeping it hot, remove feet while the water is hot.
- Toothpaste: The gel makes an effective toothpaste. Cleansing, while pulling bacteria and toxins from the teeth, gums, and mouth.

## EARTH PASTE

1 cup [Redmond clay](#)

¼ cup Xylitol (powdered in a coffee grinder)

1 teaspoon [Real salt](#)

3 cups distilled water

10 drops [tea tree essential oil](#)

other essential oils for flavoring (mint, wintergreen, cinnamon, citrus, Thieves, etc.)



Stir the clay, Xylitol and salt in a glass mixing bowl. Add the water and stir with a wooden spoon until the clay mixture is incorporated well. It may seem runny at first but will continue to thicken to a ketchup consistency. Add the tea tree oil and stir well then add flavoring essential oils to taste.



## Blackstrap



**Blackstrap molasses** is the dark liquid that comes from processing raw sugar into refined sugar. Because it is minimally processed it retains a number of trace minerals that give it many healing benefits. Make sure to purchase unsulfured molasses to ensure you are receiving all these nutrients for building in the body.

### Health Benefits:

- Rich in calcium for bone and teeth building.
- Iron for enriching the blood and helping with anemic conditions.
- Potassium can ease muscle cramps.
- B Vitamins for strengthening the nervous system.
- Energizing
- Anti-inflammatory action can help with joint pain and inflammation in the body, including the gut.
- Helps in the building of red blood cells which transports oxygen throughout the body.
- Promotes a healthy gut.
- Good for women's health during menstruation. It replenishes lost minerals in the blood, balances hormones and eases cramping.
- Can be used as a natural laxative.
- Stabilizes blood sugar levels.
- High in antioxidants which combat free radicals, aiding in cancer prevention.
- Promotes cell growth which can help wounds and cuts to heal faster and acne to clear up.

### How to Use:

- Marinades, dressings and sauces.
- Add in baked goods, such as gingerbread.
- Stir a tablespoon into an herbal tea, smoothie, or drink.



**Bone broth** is made by simmering bones, joints, organs and other animal parts to create a nourishing superfood. Healing benefits including boosting the immune system to aid your body in fighting off illness and promoting a healthy gut. It is also packed with many nutrients and minerals your body is in need of during time of sickness, especially when your body only craves liquids.

#### Health Benefits

- Reduces inflammation in all parts of the body.
- Helps with pain and inflammation in the joints.
- Strengthens bones, joints, ligaments, and tissue.
- Easy to digest because it is already broken down, making it easier to absorb nutrients in the body.
- Promotes healthy gut by soothing, healing, and repairing gut lining, feeds gut bacteria, and reduces inflammation.
- Maintains healthy skin due to the collagen present.
- Strengthens the immune system.
- Cleanses the digestive and urinary tract.

#### Instructions:

This recipe can be used for any type of bone. There is no set recipe to making bone broth, I usually just throw in whatever I have in my fridge, garden and pantry. Remember anything you toss in the pot will have its nutrients and properties pulled out into the water leaving you with a nourishing, healing broth. These are just a few recommendations you can add and for those that must have a recipe to follow:

Fill a pot with bones of choice, including any parts like gizzards, feet, neck, etc. You can also use a whole chicken. Then add:

- 2 Tablespoons of apple cider vinegar (this helps pull the marrow from the bones where most of the goodies are)
- 1 large onion
- 2 carrots
- 3 stalks celery
- 4 cloves garlic
- 1 Tablespoon fresh ground pepper or peppercorns

Any vegetable scraps or herbs. I love to add thyme, oregano, rosemary, and medicinal mushrooms.

Forage through the garden or yard for "weeds" such as dandelion, alfalfa, lambs quarter, plantain, sorrel, etc.

Chop all your veggies and add everything to the pot with the bones, then cover with water to almost the top of the pot. Use one of the options below for simmering your stock, the longer it simmers the more will be extracted from your bones, vegetables, and herbs. Always go at least overnight. Sometimes I even go two days. When ready just strain and enjoy.

### **Stove Top**

Set your stove to med-high heat and bring to a boil, then lower to a simmer. Cover and let simmer 24-48 hours. I like to add water as it evaporates out but that is not necessary.

### **Slow Cooker or Instant Pot**

Add everything to your crock pot or instant pot. Crock pot set to low heat for as long as the timer allows. If it clicks to warm like mine, I reset it again for low heat until I'm ready for it to be done. Instant Pot set to slow cooker and follow just like the crock pot version.

### **Bottling for Food Storage**

As soon as the broth is strained immediately pour into canning jars while still hot. I like to use the pint size jars because many recipes calling for chicken broth use about 2 cups. For using as a soup base, you may want to use quart jars. Wipe the rims and place the heated lids on top. Pressure cook at 12 lbs. pressure (or per your elevation according to your canner instructions) for 20 minutes for pints and 25 minutes for quarts.

You now have an instant home remedy for when sickness strikes or for your everyday cooking. I like to use the stock for the liquid when cooking rice, quinoa, or noodles, as a base for soaps and in any recipe calling for chicken bouillon, stock or broth.





Chia seeds come from a plant belonging to the mint family (*Salvia hispanica*). They are a superfood full of antioxidants, protein, omega-3 fatty acids, fiber, and several minerals that can easily be incorporated into culinary dishes due to the bland flavor and gelatinous texture once hydrated. Beyond the nutritive properties they have the following health benefits.

#### How to Use

Consume 1-3 tablespoons a day. Put in drinks and smoothies, sprinkle over salads, add to granola, hot cereal, power balls, etc.

Flax seed have similar benefits, containing the highest source of plant-based omega-3 fatty acids.

#### Health Benefits

- Skin health, repairs and protects tissue.
- Prevent and treat constipation, great for overall digestive health.
- Feeds friendly flora in the gut, improving immune function.
- Anti-inflammatory
- Heart health
- Boosts energy
- Strengthens bones and teeth.
- Helps regulate blood sugar.
- Improves sleep.

## CHIA “EGGS”

Because of the gelatinous texture that forms after chia seeds are rehydrated, they make a great substitute for eggs in recipes. I have used these when I am out of eggs and needed some for a recipe or just wanting a boost of chia power in my diet.

1 tablespoon chia seed  
2 ½ tablespoons water

Mix together and let sit for about five minutes until gel-like.  
These work best in breakfast foods like pancakes, waffles, muffins, and quick breads.







**Coconut oil** comes from pressing coconut meat and then separating the oil from the milk. It can be used to nourish the body both inside and out. It is a solid oil until temperatures reach about 78 degrees and has a smoke point of 350 degrees. Make sure you purchase cold pressed, unrefined coconut oil to enjoy these benefits.

#### Properties

Anti-inflammatory, antibiotic, antibacterial, antiviral, antifungal.

#### How to Use

- Cooking, baking, by the spoonful.
- Personal care products, use like lotion.
- Cleaning

#### Health Benefits

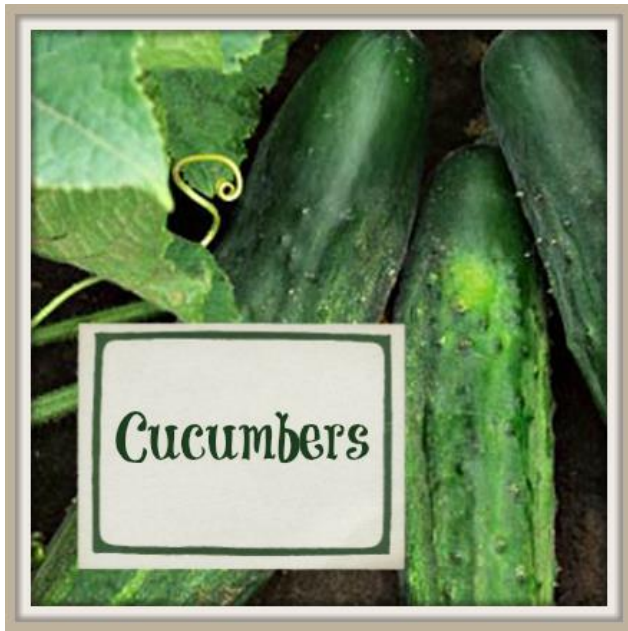
- Feeds the brain which helps with brain function, and memory loss.
- Heart happy oil, can lower risk of heart disease (used in place of other oils).
- Protects the liver.
- Infections of all kinds.
- Detoxes, hydrates, and soothes inside and out, helping to clear up many conditions.
- Joint and muscle pain and inflammation.
- Boosts immune system, cold, flu, illness, infection.
- Increase metabolism, energy, and stamina.
- Aids digestion, helps prevent ulcers, strengthens gut health as it destroys bad bacteria.
- Skin health, nourishes and moisturizes, kills harmful bacteria, heals, and softens.  
(Apply directly to skin or add to personal care products and salves).
- Hair health, moisturizes scalp and dry hair, helps with dandruff. (1 Tbsp. with 10 drops essential oil of choice – rosemary is good for hair – sit for 30 minutes before washing).
- Mouth care, can prevent gum disease and tooth decay, removes toxins and bacteria.  
(Swish a teaspoon around in the mouth, “pulling” between teeth for 15 minutes, spit out)
- Increases calcium absorption, strengthens bones and teeth.
- Balances insulin which can help with type II diabetes.
- Balances hormones, helps with many women’s health issues.
- Helps burn fat and calories while building muscle which can help with weight loss.
- Candida overgrowth and yeast infection. (In addition to no sugar or junk food diet)

## DR. AXE ENERGY FUEL

1 tablespoon coconut oil  
1 tablespoon raw honey  
1 tablespoon chia seed

Mix together and consume 30 minutes prior to workout or exertion.





Cucumbers are not only refreshing on a hot summer day, but they also have many healing properties that can be useful for treating some of the following conditions.

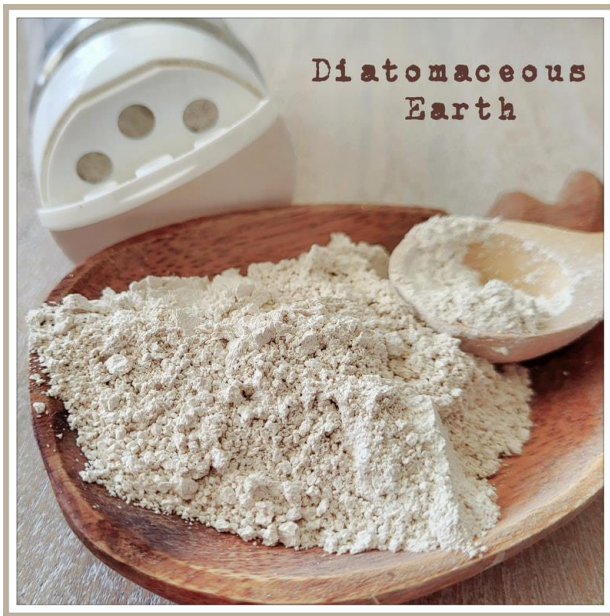
Health Benefits:

- Skin conditions of all kinds including, itchy, inflamed, irritated, dry, eczema, rashes, and sun burn. Apply the sliced fruit or juice externally and/or eat or drink internally.
  - Arthritis and Gout - drink the juice or eat daily.
  - Inflamed and strained eyes - apply cucumber slices to closed eyes, replace with fresh slices as they become hot.
  - Kidney tonic
  - Lung support
- Bone strengthening and building
  - Lower fevers due to the cooling properties.
  - Cleansing and cooling (hence the term "Cool as a cucumber")
  - Mild diuretic
  - Electrolyte - consume to replace lost electrolytes through sweating, vomiting and diarrhea.
  - Cucumbers also contain vitamins and minerals such as vitamin C and K, potassium and antioxidants.

Cultivating Cucumbers:

Cucumbers are part of the gourd family which also include squashes and melons. They are a vine plant so they will want somewhere to climb and spread. There are many different varieties to choose from and they come in all different shapes, sizes and colors.

- Can be started indoors a week or two before the last frost date, they do grow best sown directly.
- Presoak and plant directly in the soil after last frost date. 6" apart, about 1/2" deep, in full sun.
- Because of the high-water content in cucumbers the soil needs to stay moist all the time. Water a couple times a week and keeping them mulched will help with this.
- Do not let leaves get wet since this can spread fungus and disease.
- Train the vines up a cage, trellis, fence, etc.
- Plant with beans, peas, and sunflowers. Corn protects cucumbers against viruses that cause wilt. Planting a couple radish seeds around the cucumber protects against cucumber beetles. Avoid planting with potatoes and aromatic herbs.
- Cucumbers need to be harvested regularly to keep the plant producing more cucumbers. Cut the fruit stem from the vine at any size, although you do not want them too big. They taste best when young.



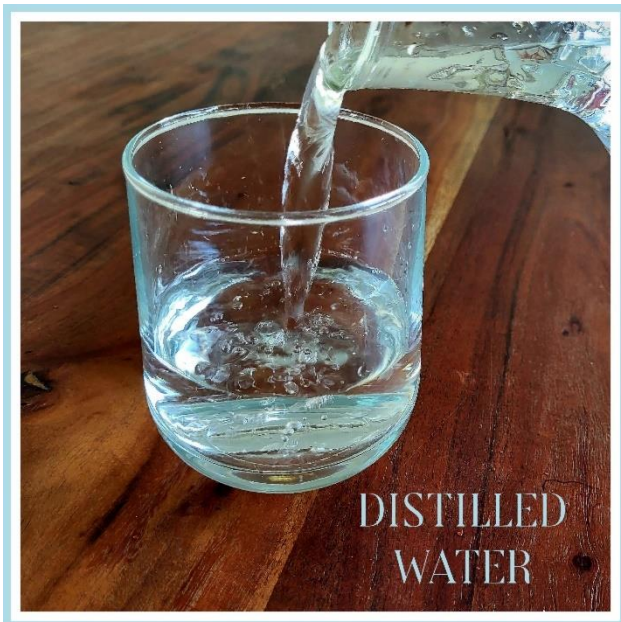
In very simple terms diatomaceous earth is powdered fossils. The mineral compounds of the powder bind to harmful organisms in the body, effectively eliminating them. I have personally used it to expel worms from my son when he was younger. Here are some other great ways to utilize another natural way to care for the body:

#### Health Benefits:

- Expels worms and parasites.
- Eliminate insects in the home and garden.
- Eliminate viruses and other harmful organisms.
- Cleanse and support the digestive system.
- Improves the body's use of calcium.
- Helps in building strong bones, teeth, joints, ligaments, hair, and nails.
- Detoxifies the body and cleanses the blood.
- Removes heavy metals.
- Cleanses skins, nails and teeth.

#### How to Use:

- Not all diatomaceous earth is the same. For home and garden use you can purchase at a local nursery, home improvement store, or online. I like to use an old spice container to fill with the powder and sprinkle around the base of plants as well as on the leaves for pest control in the garden (although be careful, it can harm beneficial bugs as well). In the home it can be sprinkled and rubbed into mattresses (for bed bugs and mites), carpets, and other critter areas, then let it sit overnight before vacuuming up.
- For internal use you want to make sure it is labeled "food grade". Mix one teaspoon in a beverage or smoothie. Recommendations say to drink it on an empty stomach or an hour before eating, but to get my son to take it I had to disguise it in his food by sprinkling in his hot cereal for breakfast. I gave him a teaspoon in the morning and one before bed. You can make your own adjustments as you feel needed after that initial one teaspoon dose in the morning.
- Dr. Axe gives a detailed protocol for using as a detox, "Take 10 days on and 10 days off for 90 days to effectively and safely detox. Another strategy is to take it daily for a few weeks at a time as you track symptoms, stopping and starting again throughout the year. It's safest when you give your body breaks and don't use it continuously for very long periods of time."
- Add to skin care products such as facial scrubs and toothpaste.
- Adding this to chicken feed can produce healthier chickens, which produce healthier eggs.



Water is a great healing modality. The Hot and Cold Therapy section shows how the temperature of water can help with different conditions in the body. The type of water can affect the body as well.

Water that has been steamed and then condensed back to water form is known as distilled water. This process removes everything in the water, leaving it the purest water on earth.

This pure water is “hungry” and will pull impurities, toxins, poisons, heavy metals, and inorganic substances from the body and out through the elimination systems.

Distilled water also acts as a solvent in the body, dissolving food for better assimilation, inorganic minerals, acid crystals and other waste that accumulates throughout the bone, tissues, and organs. Its like a little scrubber, washing, dissolving mineral deposits, and cleaning out all the systems.

Dr. Christopher (and many others) attributed mineral, and toxin build up in the body to many health issues and just by changing drinking water to distilled was able to find healing and relief.

Here is just a small list of many conditions that have been helped by drinking distilled water:

- Joint pain and inflammation, rheumatism, and gout.
- Constipation and digestive issues.
- Liver and urinary tract conditions, including infections and stones.
- Plaque dissolving action can clear the arteries, for good blood flow and heart health.
- Hearing issues.
- Eye conditions such as glaucoma.
- Lung conditions and issues.
- Illness and infection.
- Crippled bones and joints.
- Mind fog and memory loss.
- “Aging” issues.

#### Using Distilled Water

- Drink it!
- Use it in tea pots, diffusers, humidifiers, etc. so there is no hard water build up.
- Bacteria doesn't grow in pure water so always use it when making herbal remedies, including glycerine-based tinctures, sprays, and anything calling for water.



**Ghee** is clarified butter – meaning all the milk solids are taken out, leaving just the oil. Because it is in an oil state it can be stored in a cupboard like oil. It has a high smoke point, making it the perfect cooking oil...and it tastes sooo good!

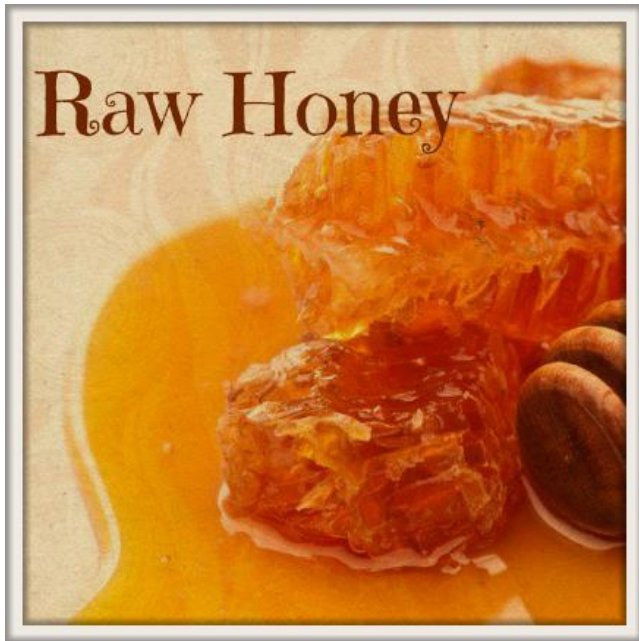
#### Health Benefits:

- Gentle, soothing, and calming.
- Helps control blood clotting due to linolenic acid it contains.
- Builds cell membranes in the brain.
- Reduces inflammation.
- Soothes and heals the gut lining.
- Improves digestion.
- Energizing
- Contains lauric acid which is a potent microbial and antifungal fatty acid.
- Contains fat-soluble nutrients which can strengthen bones and boost vitamin absorbability.

#### Instructions:

Start by melting a pound of butter in a pan over medium heat. I make my own butter from the cream I skim off my raw milk. This can be done by placing the cream in a blender and turn it on low until the butter and milk separate. Strain the butter, keeping the buttermilk for cooking. Place the butter in a colander and rinse until the water runs clear. The butter will melt then get foamy, then start to sputter and turn golden. Once the sputtering has stopped a crust of solid material will form on the top. I let it cool for just a bit and then place a small strainer over my jar then pour and strain. As the ghee cools it will turn more solid at which point you can put on the lid and just keep it in the cupboard or fridge. You can use ghee in place of oil or butter in recipes.





raw, unheated honey.

Honey is mentioned many times in the scriptures, including John the Baptist living off honey while living in the wilderness and Christ partaking of it after his Resurrection. For those familiar with the Book of Mormon, God guided two different civilizations across the ocean to the promised land (North America), bringing with them honey bees to provide nourishment and healing. All of this leads me to believe raw honey is a pretty important nutrient and healer that we should all have and partake of, not to mention how good it tastes!

First let me be clear that all of the healing benefits I will be sharing with you today do not apply to the honey bear you probably have in your kitchen cupboard or that you purchase on the grocery store shelf. That stuff has been highly heated with additives like water or corn syrup mixed in making it anything but healing. So, what you are looking for is

#### Health Benefits:

- Fights colds, flu, and respiratory infections of all kinds.
- Sore throat, soothes inflamed, raw tissue.
- Boosts the immune system.
- Use as an antiseptic.
- Drawing agent for poisons from insect bites and stings or infected wounds.
- Antimicrobial and antibiotic which is effective against bacteria and fungi.
- Pink Eye/Conjunctivitis; dissolve honey in an equal amount of warm water, cool and apply as an eye wash.
- Heals cuts, wounds, abrasions, infections, ulcerations, and impetigo.
- Apply freely over burns; it cools, removes pain and aids fast healing without scarring.
- Removes pus, scabs and dead tissue from wounds and stimulates new tissue growth.
- Helps allergies and hay fever (when using local raw honey).
- Increases calcium absorption which helps prevent and aid osteoporosis (take 1 tsp./day).
- Effective internally against bacteria and parasites.
- Acne, pimples, and skin eruptions.
- Helps arthritic joints, when combined with apple cider vinegar.
- Headache: Dissolve 1 tsp. of honey in half a glass of warm water, sip at onset of attack. and repeat if needed every 20 minutes.
- Provides an array of vitamins, minerals, and enzymes.
- One or two teaspoons last thing at night can help with insomnia and bed wetting in children.
- Boosts gastrointestinal ulcer healing.
- Works as a natural and gentle laxative, aiding constipation.
- Supplies instant energy without the insulin surge caused by white sugar.
- Great as a deep cleanser and moisturizer for skin: Apply a fingerful of honey to dry skin, gently massage, pat and rub in, rinse with warm water.



Both heat and cold can be used to heal and soothe many different conditions and everyday issues you may come up against...sometimes it is all you need.

### **Heat Therapy**

There are several ways you can use heat as a therapy. The most common way is to soak in a tub of hot water to induce sweating. Make sure you drink fluids while doing this, you want the body to sweat, but must replace those fluids. Drinking sweat inducing herbal teas (diaphoretics) will add to the effect. A sauna or hot tub can also be used for sweating, just remember those liquids. Other ways to use heat is through external contact with areas of concern using a heating pad, hot water bottle, compress, or warming

herbs in a poultice.

Here are few reasons you may want to use heat, along with whatever you feel your body may need. Whenever my hubby comes down with any kind of bug, he takes several hot baths a day until he feels better. That is the only thing he does to aid his body in recovery.

- Increase circulation.
- Stimulation, used in short intervals.
- Vasodilator - opens blood and lymph vessels.
- Opens the channels inside the body for more flow and fluid movement and efficient waste removal (warm herbal tea or bone broth is the best way to do this).
- Relaxing effect which in turn can alleviate pain.
- Burns off toxins and relieves congestion (using the sweating bath method).
- Draws energy/blood to the surface which relieves and heals.
- Drives out cold.
- Relaxes tissues which relieves pressure on nerve fibers.
- Relaxes muscle spasms and sore muscles (don't use if inflammation is a factor).
- Opens pores to absorb nutrients and excrete toxins (use herbal bath or foot bath for this).
- High temperatures will kill off viruses (although it is important to be putting a lot of fluid into your body when using this method).
- Fevers (only when incorporating diaphoretic herbs as well).

Diaphoretic Herbs (Sweat Inducing):

- Elder flowers
- Yarrow
- Ginger Lemon Balm
- Catnip



### Heat Pads

There are many versions of heat pads available. I grew up with the basic plug-in square heat pad with the blue cover. You can now find all kinds of different heating pads available. Search around and see what may work for your family. You can also make your own heating bags with rice (or any grain) and some material, these can be made in different shapes and sizes. A quick google search will bring up instructions for all kinds of heating bags. We've made some with socks that you just tie up the loose end to make it real simple and you can even heat a slightly damp, rolled up towel in the microwave.

### Cold Therapy

The opposite of heat, cold therapy, includes using cold water, ice, and cooling herbs. You could use this method like the heat, having a cold bath or shower, ice pack, cold water bottle, compress, chilled herbal poultice and herbal pillow kept in the freezer. When using cold therapy, you generally want to apply cold for 10 minutes on, then 10 minutes off and repeat as often as necessary. There are also herbs that are cooling that can be used to bring temperature down in the body due to overheating and cooling down hot conditions in the body. Here are conditions you may want to consider using cold therapy.

- Cooling, use for burns and hot skin conditions.
- Astringent to arrest hemorrhaging and bleeding.
- Bloody noses, place an ice cube in the hand until bleeding stops, usually within seconds.
- Contracts arteries and vessels, this forces blood deeper into internal organs and away from the surface.
- Anti-inflammatory, use for any type of inflammation in the muscles, bones, and joints. (10 minutes on 10 minutes off).
- Anesthetic for temporary pain relief as it numbs.
- Headache relief due to contracting of vessels, anti-inflammatory action, and pain relief.
- General stimulant when exposed for a short period of time (1-3 minutes).

### Cooling Herbs:

- Peppermint
- Lemon balm
- Chamomile
- Basil
- Dandelion

### Combining Hot and Cold (Cold Sheet Treatment)

While studying this year about Lewis and Clark, we came across a story of Clark healing one of his men who couldn't walk and could barely sit, using the "traditional Indian sweat lodge" to treat him. This consisted of creating a 'sauna' where the man stayed until he could barely breathe due to the steam and then they immediately plunged him into ice-cold water, then back to the sweat lodge for more sweating. The next day he was able to walk, completely free of pain. Soon the tribe they were staying with at the time started sending their elders who also had issues with their bones and joints and trouble walking to have the same treatment, which had

the same results. I was excited when I read this because I thought of Dr. Christopher's cold sheet treatment (see *Lesson 9* for details), which is a variation of many versions that have been used for centuries for healing different ailments.

Combined heat and cold does not need to be as complicated as Dr. Christopher's version, you could simply take a hot, steamy bath, then get in a cold shower or sponge the body with a cold cloth after. You can alternate hot pads and cold packs, or hot and cold compresses for 10 minutes each, for a period of time. Here are a few conditions you may want to use a hot/cold combo for, keeping in mind there are many more.

- Pneumonia and other severe lung conditions.
- Restore poor circulation.
- Bone and joint complaints.
- Aches and pains.
- Cold and flu.
- Fevers
- Skin eruptions and diseases.
- Burn off excess toxins in the body.
- Headache: Soak feet or body in a hot tub while placing a cold cloth over the back of the neck and forehead.
- Congestion and inflammation relief as the blood vessels contract, sending blood deep into organs (5-8 minutes) then applying heat does the opposite, pulling the blood from the organs to the skin.

"Alternate hot and cold applications, continued for thirty minutes, will relieve congestion more quickly than any other remedy" Jethro Kloss, *Back to Eden*





## Properties:

Alterative, antibacterial, antiviral, antioxidant, antifungal, antacid, antiseptic, astringent, digestive, hepatic, lymphatic, anti-inflammatory, styptic, tonic, flavonoids, B-complex vitamins, minerals like iron, copper, potassium, and calcium.

## Cleaning:

- Disinfectant
- Stain remover
- Air purifier and deodorizer.
- Removes adhesive.
- Removes tarnish from certain metals (patch test)
- Brightens whites and colors.
- Cuts through grease.

- Throw some lemon peel into your disposal to freshen, disinfect and clean.
- Washing hands with lemon juice will remove the onion/garlic smell after chopping.
- Rubbing on a cutting board or any dish/container will remove undesirable smells while also disinfect.

## Beauty Care:

- Astringent properties tighten the pores and firm the skin.
- Bleaching properties for both skin and hair.
- Helps restore natural pH level to skin.
- Balances oily and acne prone skin.
- Balances blotchy and discolored skin.
- Soaking elbows or knees in scooped out lemon halves will soften and lighten rough, dark skin.
- Use the powdered, dry peel in facial cleansing grains or scrubs.
- Balances oily hair and dry scalp.
- Removes build up on hair.
- Treats dandruff and lice.

\*Make sure you only use lemon on exposed skin in the evening due to the photosensitizing potential lemon can have on some skin.

## Uses:

- Good source of vitamin C, which helps the body fight off infection and disease.
- Immune system builder.
- Cough, colds, and flu.
- Sore throat and laryngitis.
- Infections
- Prevents and treats scurvy.

- Aids digestion.
- Helps dissolve kidney stones.
- Mix with olive oil to treat gallstones.
- Bladder and kidney infection.
- Expels toxins from the body, specifically through the blood, liver, and kidneys.
- Cleanses the body both inside and out.
- Although it may sting a bit will stop a cut from bleeding and prevent infection.
- Tonic for all body systems - drink it in warm water first thing in the morning.
- Relieves cramps and muscle spasms.
- Drink a warm cup of lemon tea before bed for "restless leg" syndrome.
- Bug bites, stings, and insect repellent (including flies).
- Varicose veins, hemorrhoids.
- Cold sores (apply juice or essential oil directly to sore) apply several times a day.
- Canker sore and mouth ulcers.

## Methods of Use:

- The most effective way to utilize the medicinal properties of lemon is drinking the fresh squeezed juice in warm water. Add some raw honey for ultimate healing.
- Fresh squeezed juice.
- Lemon peel (zest) this can be fresh or dried.
- Powdered lemon peel.
- Essential Oil
- Natural preservative (due to the citric acid content).
- Fruit and veggie wash to remove pesticides and dirt from produce (vinegar infusion or essential oil is the best method of use for this purpose).
- Fresh juice tossed with cut apples, avocados or other produce will prevent browning.

## LEMON ZEST

I never use a lemon without first zesting it. Most of the [health benefits](#) are in the peel so never discard it. If I am not ready to use the lemon zest at that moment I go ahead and dry it for later use. Dried lemon zest not only works great in recipes calling for lemon zest, but you can also use it as a sprinkle in soups, over salads or desserts as well as in herbal tea blends.

Before zesting the peel you'll want to make sure you clean it real well. Use a fruit wash, vinegar, or even lemon essential oil, scrub, and rinse. Run the entire lemon over the zester. To dry the zest, let it sit for a couple of days on the counter until crisp. Keep in mind that I do live in Utah where there is very little humidity, if you have a lot of humidity keeping it on the counter won't work, you'll want to place it in a warmed oven or a dehydrator.

Store your zest in an airtight container where it will be ready whenever you are! I like to keep a spice jar full of the zest in my spice drawer and the rest I keep stored in a glass jar in my storage room, which is dark, dry, and cool. And don't be surprised when your dried zest turns an orange color, this is normal.





I have learned so much about the power of music from [Marlene Peterson at www.librariesofhope.com/3-music](http://www.librariesofhope.com/3-music)

I immediately thought of using music as a modality for healing. I have naturally navigated to listening to Enya during chaotic and stressful periods of time and now I realize why, it relaxes my mind and body and helps me to press forward through those times. Here are some ways you can incorporate music as a healing modality in your own life.

### **Let's begin with a story...**

"A young woman was dying. Her baby had died at birth a few weeks previously, and since that time the mother had steadily failed. The doctor had just left her room saying emphatically that there was no hope and to give her anything she wanted.

She looked up at her agonized husband and said: "Music. I want music. I know that will cure me." The nurse thought it to be a foolhardy and useless errand, but the husband went in search of it.

The first day old familiar tunes and some of the Chopin that she had always loved, were played softly to her. Her body relaxed under the soothing influence, her nerves became less tense, her breathing deeper and more rhythmical, increasing the circulation. That night she slept. With the shutting out of the senses to the outside world the harmonic reaction brought about by the music continued its work of healing all through the night. The next day she was visibly stronger."

This story paints a picture of how healing music is. I remember one night Little Man was suffering from a migraine. I had done all my usual therapies for him but for some reason this night nothing was working. As I heard him whimpering in pain, I prayed for what else I could do. I had the thought to play some Enya softly in the background. This I did and it relaxed his body and soothed the pain enough for him to fall asleep.

Here are some other ways music has been used as a healer for both emotional and physical ailments throughout history.

### **Music Used Throughout History**

Enslaved Americans - Known as slave songs or negro spirituals, these songs were a way for the enslaved to express their feelings, hopes, desires, sorrow and prayer to the Lord. Some of the songs were messages to help those along the Underground Railroad while some were a calling to escape. Mostly they were a way for these men, women and children to have the strength and courage to endure one more day in their wretched conditions. These were examples of not only listening to music but using the voice to sing out with all the heart.

Civil War - Used to unite and stimulate soldiers and the people. Both sides were singing *Battle Cry of Freedom* to uplift and rally the men.

World War I - Music was used on the front lines and in the hospitals as forms of comfort, relaxation from the horrors of war, and as a stimulus to the morale of the men.

Crimean War - Florence Nightingale requested music for her hospitals to soothe and heal

soldiers. *"The mind blurred by contact with unspeakable horrors was quieted and made normal again."*

World War II - Steinway and Sons produced specially built pianos for the American troops called the Victory Vertical. They were dropped by parachute onto battlefields complete with tuning instruments to provide a bit of relaxation and stress relief.

Concentration Camps - Alice Herz-Somer was a Jewish concert pianist in Czechoslovakia when Hitler took over her country. Because of her musical skills she was taken to Theresienstadt, which was a model concentration camp, set up to give the façade that Jews were being treated well. Because of its status as a model, prisoners were taken there that had gifts and talents and they were allowed to give musical performances, operas, and plays. Alice would perform over 100 concerts while there. Her fellow prisoners spoke of this music as not being entertaining as it was therapeutic. Alice said, *"Music is our food, when we play, it can't be so terrible...music was our way of remembering our inner selves, our values."* Prisoners in other camps that were not so fortunate to have music to listen to could replay hymns and songs of hope in their minds. It was what kept many survivors going.

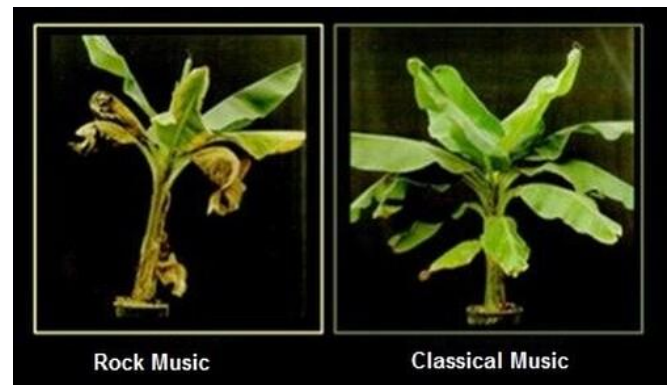
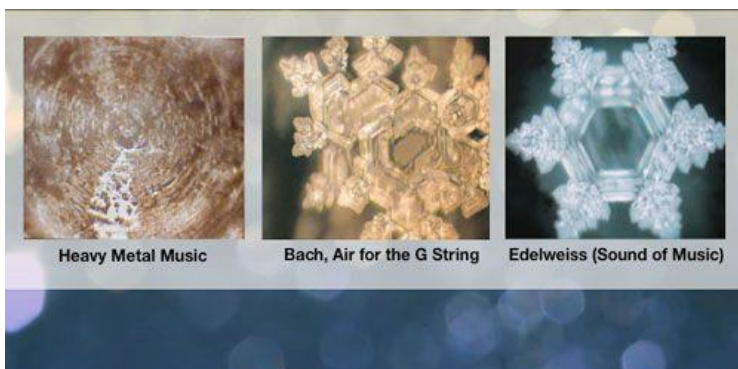
### Health Benefits of Good Music

- Pain reliever.
- Stimulant or relaxant.
- Can change mood.
- Restores mental and physical equilibrium.
- Uplifts and comforts.
- Strengthens body systems.
- Improves immune function.
- Calms the mind and body.
- Brings balance.

### Not All Music is Healing

Just as the history examples above used music for good purposes, music has also been used by the adversary to shut out thoughts and feelings that good music can bring. Blaring rock music over loudspeakers for a 24-hour period was used at a war camp because it stopped the soldiers from thinking and feeling...the only way they could stir them up to kill. I'm sure you've heard of war dances as part of many Native American cultures, the steady, strong beats in their music would prepare them for battle.

There have been very interesting studies done on the effects of different kinds of music applied to water and plants (see pictures below). Our bodies are 70% water, can you see why music could be used to heal or cause harm.





## **What Music Should Be Used to Heal**

Each one of us is created so uniquely that what I may listen to for healing may be different than what you will. So, seek out and find what resonates with you and your body. Start by playing different genres of music and be intentional about "listening" to how you feel. Does it calm your nerves and bring peace or does it cause chaos and irritation? Have you ever heard a song that makes you want to pull your hair out; this is your body wanting to avoid that type of music or song.

Gravitate towards meditation music, classical, gospel, hymns, piano, instrumental, and even folk and cultural music. In the plant experiment the study showed that plants loved slow paced classical, violin, pipe flute folk music, Indian classical music, Vedic chants and a mixture of nature sounds with Native American flute. Don't forget the healing affects that singing can have as well. Sing with all your heart in prayer, praise, sorrow, gratitude and any other emotion you are experiencing.

*"Praise the Lord with harp: sing unto him with the psaltery and an instrument of ten strings. Sing unto him a new song; play skillfully with a loud noise. For the word of the Lord is right; and all his works are done in truth." Psalms 32:2-4*

Avoid music with a loud steady, repetitive beat without melody, heavy metal, hard rock, rap, or anything with negative or immoral messages. This list will grow as you explore playing different types of music and comparing it with what you have found is healing for you.



## Olive Oil

Olive oil is one of the ancient foods that truly nourishes the body inside and out. “It is symbolic of goodness and purity, and the trees are a symbol of peace and happiness”.

Make sure what you purchase is a whole food, if you do not choose a high-quality oil, it becomes harmful, not healing. Look for cold or expeller pressed, extra virgin, it should be in a dark bottle, smell strong and “herby” and when placed in a fridge should turn cloudy or harden slightly. Once you have got the right stuff, you can enjoy these benefits.

### Health Benefits

- Boosts cell repair.
- Anti-inflammatory
- Anti-microbial, fights fungus and bacteria.
- Lubricates joints, helping with joint discomfort.
- Heart health.
- Brain health.
- Balance hormones.
- Helps to balance blood sugar levels.
- Mood disorders and depression.
- Conditions and nourishes skin.
- Emollient that can be used for ulcers, sore throat, burns and skin conditions.

### How to Use

- Enhance the flavor and healing properties by infusing herbs into it (Herbal Oil in *Methods of Use* section).
- Use as a base for salad dressings.
- Incorporate into culinary dishes.
- Massage oil.
- Use as a liniment.

### Cautions:

If the oil has gone rancid, which you should be able to detect by the smell and taste, it will turn to a harmful oil versus a healing oil. Cooking above the smoking point also breaks down and destroys the healing properties. Smoking point of olive oil is somewhere between 374-405° F.



During the Thanksgiving season of the Covid Pandemic of 2020, Russell M. Nelson, President of The Church of Jesus Christ of Latter-day Saints, invited the entire world to join him for a message and prayer called The Healing Power of Gratitude.

He said, *“There is no medication or operation that can fix the many spiritual woes and maladies that we face.*

*There is, however, a remedy—one that may seem surprising—because it flies in the face of our natural intuitions. Nevertheless, its effects have been validated by scientists as well as men and women of faith.*

*I am referring to the healing power of gratitude. The book of Psalms is filled with admonitions to express gratitude. Here are just three of them:*

*“It is a good thing to give thanks unto the Lord.” Psalm 92:1*

*“O give thanks unto the Lord; for he is good.” Psalm 136:1*

*“Come before his presence with thanksgiving.” Psalm 95:2*

*Jesus Christ frequently expressed gratitude. Before raising Lazarus from the dead, before miraculously multiplying loaves and fishes, and before passing the cup to His disciples at the Last Supper, the Savior prayed and gave thanks to God. No wonder the Apostle Paul later declared, **“In every thing give thanks.” 1 Thessalonians 5:18.***

*Over my nine and a half decades of life, I have concluded that counting our blessings is far better than recounting our problems. No matter our situation, showing gratitude for our privileges is a fast-acting and long-lasting spiritual prescription.*

*Does gratitude spare us from sorrow, sadness, grief, and pain? No, but it does soothe our feelings. It provides us with a greater perspective on the very purpose and joy of life.”*

[www.PowerofGratitude.org](http://www.PowerofGratitude.org) (read the entire message and prayer, it is so powerful)

I loved this message of hope and healing! I have actually experienced the powerful healing that can come from living in a state of gratitude and I know every word he said is true. A couple of years ago I read aloud the book Pollyanna to my children. We loved her attitude of gratitude and love for her fellow man. Ever since that time we have tried to incorporate her "glad game", which is really just focusing on our blessings in times of trial, just as President Nelson shared.

I would like to share with you a wonderful story and invite you to do as the woman in the story did -- keep a Pleasure Book.

### **A Story**

*“A CERTAIN aged woman, whose face is serene and peaceful, seems utterly above the little worries and vexations which torment the average woman and leave lines of care, though trouble has by no means passed her by. The Fretful Woman asked her one day the secret of her happiness; and the beautiful old face shone with joy,” says The Woman’s Home Companion,*

*"My dear,' she said, "I keep a Pleasure Book."*

*"A what?"*

*" A Pleasure Book. Long ago I learned that there is no day so dark and gloomy that it does not contain some ray of light, and I have made it one business of my life to write down the little things which mean so much to a woman. I have a book marked for every day of every year since I left school. It is but a little thing: the new gown, the chat with a friend, the thoughtfulness of my husband, a flower, a book, a walk in the field, a letter, a concert, or a drive; but it all goes into my Pleasure Book, and, when I am inclined to fret, I read a few pages to see what a happy, blessed woman I am. You may see my treasures if you will."*

*"Slowly the peevish, discontented woman turned over the book her friend brought her, reading a little here and there. One day's entries ran thus: 'Had a pleasant letter from mother. Saw a beautiful lily in a window. Found the pin I thought I had lost. Saw such a bright, happy girl on the street. Husband brought some roses in the evening.'*

*"Bits of verse and lines from her daily reading have gone into the Pleasure Book of this world-wise woman, until its pages are a storehouse of truth and beauty.*

*" Have you found a pleasure for everyday?" the Fretful Woman asked.*

*" For every day," the low voice answered. "I had to make my theory come true, you know." "*

*"The Fretful Woman ought to have stopped there, but did not; and she found that page where it was written, "He died with his hand in mine, and my name upon his lips."*

*Would it not be well for more of us to follow this dear old lady's example and keep a Pleasure Book?"*

Excerpt from *The Joys of Living* by Orison Swett Marden

### **Pleasure Book**

After I first read this story, I gathered a few notebooks from the dollar store, labeled them as a pleasure book and gave one to each member of my family. I shared this story with them and ever since we have been writing something that brings us joy each day as part of our family scripture and prayer time. Some days it is challenging to find something to write in those books, but there is always something!

I invite you to start your own pleasure book and partake of the healing power of gratitude. My prayer is that as you focus on the blessings in your life each day and express gratitude to your Father in Heaven in prayer daily, that you will find hope, peace, and healing no matter your situation.





Kefir and yogurt are cultured dairy that is a full of living microbes that we talked about in *Lesson 2*. These friendly floras populate the gut to give your body many of the following benefits.

#### Health Benefits

- Maintains a healthy digestive tract.
- Cleanses the colon.
- Promotes a healthy gut.
- Builds flora in the gut which can strengthen the immune system, balance hormones, and fight harmful bacteria, viruses, and fungus.
- Helps reduce bloating and gas.
- Helps lower cholesterol.
- High in calcium for strong bones (dairy kefir)
- Anti-inflammatory action.
- Antibiotic properties.

Kefir and yogurt differ in the strains of bacteria used to culture the milk. Yogurt typically contains 4-6 strains, while kefir can have over 30 strains. Kefir also has a stronger tart flavor, even effervescent due to the many strains, which will give the gut more diversity in microorganisms