

Home remedies

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Mothers have passed down home remedies to their daughters for generations. Something got lost along the way with the break up of the extended family. Today's young mother depends almost exclusively on their physician or the emergency room. What happens when you can't get to a doctor?

Here are some home remedies that have been passed down. They are not scientifically but rather mother researched.

<u>Household Item</u>	<u>Recipe</u>	<u>Healing Action</u>
Garlic juice/vapor rub	Mix together into paste. Place on square of flannel. Place on chest.	Aids in relieving congestion
Garlic juice	apply to affected area	Numbs ant bites
Garlic juice, lemon juice & sugar	Mix together in cup of warm water	For sore throat
Powdered mustard	Mix with water for a paste. Place on square of flannel then on chest	For congestion
Honey, lemon & rum	Mix together in cup of warm water	For cough & sore throat (never give honey to children under the age of one year)
Hot chile peppers	Eat raw	Relieves nasal congestion
Olive oil	Warm teaspoon of olive oil. Place a few drops in ear then cotton	Earache
Baking soda	1 teaspoon in glass of water	Indigestion
Essence of peppermint	A few drops in warm water	For Stomach/intestinal cramps
Horehound	Mix juice of herb with water	Cough/asthma
Oats	Fry with salt & apply to affected area	Pain reliever & removes spots & freckles from body
Onion	Roast in embers then eat with honey	Helps cough
Parsley	Boil; then eat	Good for urinary stone & takes away eye inflammation
Lemon	Squeeze fresh juice into palm and inhale	Nasal congestion

Ginger	Mix with water and boil	For suppressed menstruation, promotes sweating, relieves early symptoms of colds
Mud	Apply to affected area	Relieves pain & itching of stings
Bleach	Dilute with water & apply to affected area	Athlete's foot
Cucumber	Slice & apply to affected area	Soothes tired eyes
Salt pork	Apply to affected area	Draws infection from wound
Potato	Peel, slice & place on affected area	Soothes burned eyes
Corn starch	Use as powder to affected area	Soothes skin irritation & also can be used as a deodorant
Nutmeg	1 teaspoon in glass of warm milk	Helps to sleep
Soap/water	Apply to affected area	Antiseptic to cleanse wounds
Anise	Mix in water to make tea	For asthma, bronchitis, cough, congestion & heartburn
Salt water	1 teaspoon in quart of warm water; gargle	For mouth sores & sore throat
Aspirin	Crush & mix with water to make paste; place on affected area	Will help relieve dry itchy skin
Vegetable oil	Apply to affected area	Will help relieve dry itchy skin.
Egg whites	Apply to affected area	Helps soothe & cool burns
Ice	Apply to affected area	Use to reduce swelling of sprains & strains for first 24 hours
Tobacco	Remove from cigarette or use pipe tobacco. Mix with water & make paste—Apply to affected area	Soothes & relieves pains of bee stings
Aloe vera	Break or split fresh leaves & apply to affected area	Sunburn, scrapes, rashes & other skin irritations
Oatmeal or starch or baking soda	Mix with water & make paste or place in bath water	Helps relieve itching

The use of home remedies and medicinal plants are becoming more important to those seeking an alternative lifestyle.

The following reference books are excellent and your library will have more:

Ferrara, Peter I., *Natural Remedies*, Pinnacle Books, New York 1984

Moore, Michael, *Medicinal Plants of the Desert & Canyon West*, Museum of New Mexico Press, Santa Fe, 1989. D