



# You Don't Need a Pill for That: Top Natural Cures

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## 5 Reasons to Add More Garlic to Your Diet

Garlic is versatile and has many health benefits. The smell sometimes makes people not want to add garlic to their diet but the benefits outweigh the price you would pay in powerful breath. In If you're concerned about it though, you can minimize the smell by sucking on a lemon wedge or chewing on a sprig of parsley. Both work well to neutralize the garlic odor in your mouth.

Garlic can be eaten raw but most people prefer to add it to cooked foods. It gives your food a flavorful boost. You can also buy garlic supplements that may help reduce garlic breath.

### **Heart & Circulation**

Powerful antioxidants found in garlic can help reduce free radicals in your body. Free radicals are dangerous molecules that can damage tissue and accelerate the aging process. This means that garlic promotes heart health, reduces and repairs damaged cells and supports healthy blood flow throughout your body, resulting in better circulation. It lowers blood pressure, reduces LDL cholesterol and helps regulate blood sugar. Garlic also relaxes the lining of the blood vessels, thereby helping to reduce plaque buildup in your arteries. This can help prevent strokes and heart attacks.

### **Immune System Support**

Garlic contains a substance, called Allicin, which is a natural antibiotic. It reduces the ability of germs to grow and produce bacteria in your body. It also boosts your body's natural defenses helping to rid you allergies, colds, and infections.

Detoxification is a process your body goes through to remove toxins so it can perform better. Garlic aids with detoxification and helps your body's own defenses work better by improving the function of your immune system.

### **Cancer Defense**

Many studies show that a diet rich in garlic can actually help protect your body from various types of cancers, such as colon, breast and prostate cancer. Garlic contains chemical substances that may actually block cancer-activating carcinogens from being formed in the body.

### **Pain Reliever**

Garlic is a natural pain killer. It reduces the pain and itch of bug bites, ringworm or other rashes. To apply to the affected area, cut a clove in half and rub the cut side all around the wound.

It can also lessen the pain of toothaches. In a similar fashion, apply the cut side of the garlic directly onto the tooth and gums. You can also take a clove and break it up a little with a hammer or mallet and put the whole thing right over the affected tooth. Hold this in place for 10-15 minutes and your pain will be gone. Reapply as needed.

### **Acne Treatment**

Many swear by applying a garlic mask for their acne. Garlic has natural antifungal and antibacterial properties which helps in clearing up acne prone skin. Make your own mask by crushing several cloves of garlic and mixing with Manuka honey. Apply directly to your face and let sit for approximately 20 minutes, rinse with warm water, blot dry and apply lotion for sensitive skin.

Everyone can benefit from adding a little extra garlic to their diet.

## **Apple Cider Vinegar: Good for What Ails You**

Many people tout the health benefits of apple cider vinegar. It promises to cure everything from indigestion to warts. It's said to provide antifungal and antibacterial properties as well as immune-boosting benefits.

You can use apple cider vinegar both internally and topically for a variety of ailments. It helps to detoxify your body by cleansing your kidneys and remove toxins from your body by allowing your liver to function optimally.

### **Here are some conditions it can reduce or eliminate altogether by taking orally:**

Aids Digestion – apple cider vinegar is a fermented product so it promotes the healthy bacteria inside your intestines making you better able to digest your food.

Lowers Blood Sugar – by taking a couple of teaspoons of apple cider vinegar before going to sleep at night diabetics show progress by lowering their resting blood sugar by 4 to 6 percent on average.

Joint Pain – reduces pain, stiffness and inflammation in joints which is a great help to those who suffer from arthritis.

Acid Reflux and Heartburn – many people think that since apple cider vinegar is so acidic it will only make their acid reflux worse. On the contrary it helps to strengthen the weak acid in your system that causes heartburn and acid reflux, thereby lowering or eliminating the occurrences of pain.

Cold Symptoms – the antibacterial effects of using apple cider vinegar can reduce symptoms such as stuffy nose, sore throat and even sinus infections.

Weight Loss – proponents of apple cider vinegar swear by its weight loss effects. It reduces sugar cravings, increases metabolism, breaks down fat and acts as a natural diuretic to reduce water retention.

### **Apple Cider Vinegar also has many uses as a topical agent:**

Acne – since apple cider vinegar has antibacterial and antifungal properties it proves to be an effective treatment for acne. You may use it as a facial toner followed by a moisturizer in the morning and evening to see improvements in your complexion.

Soothes sunburns – dampen a cotton ball or soft towel and apply to sunburned areas to relieve pain.

Whitens teeth – using apple cider vinegar as a gargle before brushing your teeth will remove stains and kill bacteria resulting in whiter teeth.

Hair – using apple cider as a final rinse will make your hair shiny and manageable. It can also reduce dandruff.

Athletes Foot – you can cure athlete's foot, fungus and odor by mixing half of a cup of apple cider vinegar in a basin full of warm water and soaking your feet for 30 minutes. Repeat as often as twice a day, if needed, so you will be odor free.

Before you reach for that bottle of vinegar though, keep in mind that apple cider vinegar is highly acidic and should be taken with care. Long-term use can reduce bone density and lower potassium levels. In addition, it's always a good idea to speak to your doctor before using apple cider vinegar or any other supplement to treat any illness or injury.

## **Dealing with Indigestion the Safe and Natural Way**

Indigestion can make you feel bloated and cause pain in your stomach area. It can lead to nausea, uncontrolled flatulence and burping, heartburn and acid reflux making you miserable.

Your state of mind can also be a contributor to digestive problems. This means that stress and anxiety can be factors as well.

Other causes of indigestion are poor diet, overeating and partaking of too much alcohol. These can lead to a heavy buildup of toxins in the body making your digestive system unable to work properly.

Remember overindulgence of anything can cause indigestion.

### **Some Ways to Minimize Indigestion**

Eat frequent small meals. Keep your body fueled by eating more often to keep your energy up but in smaller quantities. Eating a small meal or snack every 2 to 3 hours will lessen problems and symptoms of indigestion.

Eat whole foods. Staying away from highly processed, fatty foods will help you keep the acids down in your stomach. Adding whole foods such as lean meat, fruits and vegetables are a great way to get your body healthy and avoid upset stomach.

Eat slowly. Eating too fast will cause you problems. Take it slow by consciously chewing your food and putting your fork down between bites.

Avoid alcohol. Alcohol is acidic and contains sugars that can cause your body to be out of balance.

Limit caffeine. Consuming fewer caffeinated beverages will help to keep heartburn at bay. Sources of caffeine are coffee, tea, soda, energy drinks among others.

Drink Water. Train yourself to drink more water each day. It's easy to fit more in if you drink a glass up on rising and keep a water bottle with you and sip all day long. Water helps to flush your system, removing toxins and keeps your body well hydrated.

Don't eat late. Eating before bed can cause heartburn, indigestion and acid reflux, making it hard to sleep. This contributes to the cycle by not allowing you to get the proper rest so you can your body in balance.

Avoid spicy foods. If you find that spicy meals precede painful indigestion, limit or avoid them altogether. Keeping a food journal can help you determine the types of foods that cause you trouble.

Apple Cider Vinegar. Add a teaspoon of apple cider vinegar to a glass of water and drink it once or twice a day can aid digestion. It is a fermented product so it helps the healthy bacteria grow and multiply in your intestines which are needed for a healthy digestive tract.

Drink peppermint tea. Peppermint tea has a calming effect on your system helping with nausea.

Making these dietary changes can help you minimize or even avoid the painful symptoms of indigestion.

### **Honey: Sugary Sweet and Good for You, Too**

Honey is most notably known for its sweetness. So much so, in fact, that you can substitute honey for sugar in almost anything. Since honey tastes sweeter than sugar to most people,

using less is advised. Of course, there's more to honey than its sweet flavor, including plenty of health benefits.

To get the most out of your honey, you'll want to use it in its raw form if you can. When honey is cooked it breaks down the chemical properties, making it much less beneficial. You can find raw honey at your local farmer's market or at most health food stores. If you're lucky you may live close to a bee farm so you can get your honey directly from the bees. It doesn't get any fresher than that.

Honey is great for treating lots of ailments - both internally and externally.

**Sore throat and cough.** Take a teaspoon of raw honey and mix into a warm glass of water, drink over a period of 5 minutes. This will help coat your throat and soothe the cough. You can take as often as every half hour to relieve the symptoms.

**High cholesterol and blood pressure.** Mix a tablespoon of apple cider vinegar, a teaspoon of raw honey and in a glass of warm water to make an elixir that will lower blood pressure and cholesterol. Make this part of your routine and drink a glass each morning for the best results.

**Arthritis relief.** Honey is believed to help with the pain of rheumatoid arthritis. You can take a teaspoon full of raw honey by mouth or mix with warm water to get pain relief. This should be taken daily.

**Indigestion.** Honey is great for calming your stomach if you're feeling nauseated or have heartburn or indigestion. Mix together a teaspoon of honey with one teaspoon of freshly squeezed lemon juice. Sip this slowly. This can be repeated several times throughout the day.

**Weight loss.** A promising treatment for obesity is drinking a glass of water mixed with one teaspoon each of raw honey and apple cider vinegar three times a day. This concoction is said to help clear the fat cells in your body, resulting in weight loss.

**Relieves Sunburn.** Rub a quarter size amount of honey between your hands vigorously to warm up and make easier to spread. Then apply directly onto sunburned area.

**Heals wounds.** Honey is a natural antiseptic which can disinfect scrapes, cuts, burns or infections. Place raw, unprocessed honey on a bandaid, gauze strip or clean cloth and put directly over the affected area.

**Facial wash.** Take a bit of honey on your fingers and rub all around your face in small circles. Be sure to work into problem areas, such as around your nose and forehead. Leave this on your face for about 10 minutes and wash off with warm water and clean cloth. Pat your face dry and see the glow on your skin!

## Must-Have Home Remedies from Your Herb Garden

It's no secret that herbal supplements can be great for your health. They've been used for centuries to heal the human body both inside and out. In fact, you may be growing herbs in your garden and not even realize the power they hold.

If you're thinking of planting a healing herb garden, there are a few easy-to-start-with herbs to consider planting:

Dandelion. The flowers and roots can be used for many ailments and overall better health.

The flowers are generally eaten or made into tea. You can add them to salad, soups or eat raw. They are tasty and contain potassium, beta-carotene and vitamins A and C.

Roots and stems contain a creamy substance that can be squeezed out and used for skin issues. Rub it over a bee sting to take away the pain as well as cuts and scrapes. It is a natural acne treatment and can remove warts when applied directly to the affected area several times a day until gone.

While dandelion is generally considered safe, you should be aware that some people are allergic. Be on the lookout for any skin reaction or gastric upset after using.

Garlic. The medicinal value of garlic cannot be ignored. It contains Allicin, which is a natural antibiotic. This helps your system fight infection and can help to strengthen your immune system.

Garlic has also been in the forefront of natural remedies for fighting cancer, heart disease, lowering cholesterol, improving blood circulation and lowering blood sugar. Adding garlic to your diet can only improve your health.

Used topically garlic can take the pain away from cuts, scrapes, bee stings, and rashes. It has also been successfully used to clear up acne or other skin problems. Cut the clove in half and rub the cut side onto the affected area.

Oregano. This herb is high in antioxidants and minerals. Antioxidants are responsible for reducing free radicals, which are chemical reactions in your body that damage your cells and cause premature aging. By adding oregano to your diet you can help keep your body healthy.

Cilantro. High in vitamin K, antioxidants, minerals and fiber, cilantro adds flavor to your foods as well as offering health benefits. It can help remove toxins from your body helping to reduce depression and reducing chronic fatigue. It may also play a role in minimizing the effects of Alzheimer's disease and osteoporosis.

Mint. If you're susceptible to digestive problems or nausea you may want to plant some in your garden. Mint helps calm your stomach and ease flatulence. It contains vitamins, magnesium, iron, phosphorus and calcium making it a great addition for bone health, too. Not to mention it smells great!

Growing an herb garden is easy and can be done in a very small space, even a window sill. The benefits you will gain by adding fresh herbs to your diet or to have on hand for topical applications are numerous. Plus, taking care of an herb garden is as simple as planting the seed, watering and snipping to use as needed.

## **Naturally Beautiful Skin**

You've seen those people with absolutely amazing skin. If you're like most people, you probably wonder how they keep their skin soft and beautiful. The good news is, there are plenty of all natural recipes you can make at home to give your skin a glow of its own. Perhaps even better, you'll save money by not relying on commercial skin-care products.

## **Natural Skin Care Starts in Your Pantry**

A peek in the pantry of most homes will reveal plenty of goodies you can use to care for your skin, including:

**Raw Honey** – honey is naturally antifungal and antibacterial and it smells great too. Using raw honey over processed honey is much better for your skin because when honey is heated to high temperatures the beneficial chemicals are broken down and become less effective.

**Turbinado Sugar** – this is also known as raw sugar. It can be mixed with other ingredients to make an exfoliating body scrub and has a faint molasses smell.

**Ground Oatmeal** – A powerful yet gentle exfoliator, oatmeal is perfect for even the most sensitive skin. You can buy organic oatmeal and easily grind it up yourself with a blender or food processor.

**Extra Virgin Olive Oil** – Olive oil is packed with antioxidants that help your skin stay youthful and fresh looking. It contains vitamin A and E as well that will help your skin recover from pollutants, sun damage and help your skin retain its elasticity.

After you get out of the shower, apply a small amount to hands and rub all over your body then gently pat your skin dry. This will keep your skin radiant and smooth.

**Lemon juice** – freshly squeezed lemon juice works as a great toner for your face. After washing your face, put a little on a cotton ball and apply to your face. You will want to rinse it off with lukewarm water after 5-10 minutes, pat dry and moisture.

## **Recipes for Better Skin**

### **Oatmeal mask**

- 1 ½ Tablespoons of Ground Oatmeal
- ¼ Teaspoon Sea Salt
- 1 ½ Tablespoons of Extra Virgin Olive Oil

Mix ground oatmeal and sea salt together until well combined then stir in olive oil. Once mixed well apply all over to a clean face. Let on for 10-15 minutes, then rinse with warm water and pat dry.

This will help remove excess dirt and impurities in your pores and can help get rid of blackheads.

### **Turbinado Sugar Scrub**

- 2 Tablespoons Turbinado Sugar
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Raw Honey
- 1 Teaspoon Fresh Lemon Juice

Combine all ingredients and mix well. You will want to be able to scoop the mixture up into your hand so if it is a little runny just add more Turbinado to firm it up. Apply all over your body in the shower to exfoliate and moisturize your skin. Rinse off and pat dry. Your skin will love you!

You really don't have to spend a fortune on creams and potions from the local pharmacy. With just a few ingredients, you can easily create your own skin care products. Not only will you have more beautiful skin, but you'll feel good about what you're putting on your body.

## **Soothe Diaper Rash the Natural Way**

Diaper rash is caused by moist skin and diaper friction, and most babies at some point will get it. A few preventative actions you can take are to change your baby frequently, use cloth diapers and/or put the diapers on a little looser so baby's skin can breathe.

If your baby already has diaper rash though, there are a few things you can do to relieve the pain and discomfort for your baby while it heals:

### **Let them be free**

The best way to cure a sore baby bottom is to let baby run around with no diaper at all. This lets the air get to the affected area and helps to clear it up. Not to mention baby will love it!

But, unfortunately, your baby can't always be running around with no clothes so for those times when a diaper is required, try some of these all natural remedies.

### **Soft cloth and Warm Water**

Commercial diaper wipes have perfumes, alcohol and lots of stuff that's hard to pronounce, which isn't good for baby's delicate skin. Using these products can make even a mild case of diaper rash worse.

Warm water and a soft washcloth followed by a gentle pat dry works just as well. For extra messy changes you can use a mild soap as needed.

### **Cornstarch**

Plain old cornstarch found in the baking aisle at the grocery store works great for keeping baby's bottom dry. After cleaning, sprinkle a little cornstarch all over baby's bottom, then put on clean diaper. This will help reduce the diaper rash and keep baby's bum dry.

You can buy a powder sifter bottle or use an empty baby powder container and fill with cornstarch to easily apply when you need it.

### **Aloe Vera**

Having an Aloe Vera plant around the house can be useful for many things, including diaper rash relief. Aloe Vera soothes baby's skin almost immediately, taking away the pain. Plus, it's naturally antibacterial, hydrates the skin and reduces inflammation.

The best way to use Aloe Vera is to get the gel straight from the plant. To do this pick a large leaf and cut it off as close to the stem as you can get without damaging the other leaves. Then

cut the leaf in half exposing the gel inside. Grab a spoon and scrape the gel from the outer skin into a shallow container. You can now use your fingers to apply the gel to baby's bottom area. The gel is somewhat sticky and about the consistency of egg whites so it can be somewhat difficult to handle.

You can find Aloe Vera gels or lotions but these items also contain other ingredients that might irritate baby's delicate skin. Your best bet is to get your own plant.

Diaper rash is a painful experience, not only for baby but for moms and dads, too. Using these gentle, natural solutions, you can help keep baby dry and happy, while avoiding unnecessary chemicals.

## Super Stress Relievers from Nature

Between demands at work, crazy extra curricular activity schedules for the kids, and all the other pressures of modern life, it's no wonder that stress relief is big business. Of course, you don't need a pharmacy to get some relaxation, you just need to take advantage of what nature provides.

### Sunlight

Sunlight does more than give you a tan; it can brighten your mood thereby reducing stress as well. Vitamin D has mood-boosting properties, and getting more sunlight into your system will help your body manufacture more of it. Get outside and enjoy the sun!

### Eat Nutritious Whole Foods

Your diet has an amazing impact on the stress and anxiety you may feel. Eating healthy, nutritious foods can help. Choose whole foods rather than highly processed foods, which can contain massive amount of chemicals, sugars and salts that your body cannot properly digest.

Also, add more B Vitamin rich foods to your diet, such as:

- Milk
- Whole grains,
- Beans
- Fish,
- Chicken,
- Eggs
- Green leafy vegetables
- Sweet potatoes
- Strawberries
- Bananas
- Citrus fruits

### Grab a Cup of Herbal Tea

Certain herbal teas can provide calming effects that will help you unwind.

- **Chamomile** is a soothing tea that will help to settle you in for a good night's sleep if consumed in the evening.
- **Skullcap** is a tea that works to relieve anxiety, irritability and nervous tension. This can help with premenstrual syndrome episodes as well as normal stressful feelings.
- **Valerian** tea is one of the strongest-acting of the herbal teas and can help you feel more relaxed. It provides relief from insomnia, anxiety and helps you get a deep, restful sleep.

### Nature Walks

Getting out into an environment where you can commune with nature, leaving all the stresses of the “real” world behind can do wonders. Even if it’s only a short 15-minute jaunt through the nearest park, just the act of taking that time away and focusing on nothing but enjoying your surroundings will wash away the stress.

If you are able to get away for a longer period to a more secluded space, such as a wooded area or lake, you can absorb the natural energies from these peaceful places. This provides much comfort and satisfaction so you return to your routine refreshed and relaxed and ready to face the day.

### **Get Proper Rest**

Getting enough rest is one of the biggest factors in helping cope with stress. When you don’t get enough sleep your body isn’t able to repair and regenerate itself, breaking down your health and wellbeing.

If you have a hard time relaxing enough to fall sleep, try relaxation techniques, such as yoga or meditation or drinking any one of the teas above. Turning off all devices and totally unplugging at least an hour before you want to sleep can help your mind relax, as well. Drink a glass of warm milk and lay down with a good book and you will be snoozing in no time.

The most important thing when dealing with stress is to find out what works for you. If you don’t find it right away keep trying until you do. Stress is destructive to your life and your vigilance in finding natural relief will work wonders.

### **The Humble Onion: More than Just a Flavor Booster**

Onions might be best known for their smell and how they make you cry when cutting them, but did you know that onions have healing powers as well?

Onions contain sulfur compounds and a flavonoid called Quercetin, both of which help the body remove, repair or reverse certain ailments. They also have antibiotic, antiseptic and anti-inflammatory properties.

More ways onions can help improve your health include:

- Lowering LDL (bad) cholesterol
- Lowering blood pressure
- Thought to be a cancer treatment, specifically stomach cancer
- Protecting against cardiovascular disease
- Natural blood thinner
- Relieving sinus congestion, cold and flu symptoms
- Lessening the risk of stroke
- Lowering blood sugar in diabetics
- Detoxifying the body by removing heavy metals, including cadmium, lead and mercury, from the body.
- Relieving nausea and indigestion
- Increasing bone density

## **Onion Recipes for Better Health**

To treat chest congestion, a compress can help:

1. Quarter 4 onions
2. Steam or lightly sauté in water until soft
3. Let cool until you are able to handle
4. Wrap in cheesecloth and secure with safety pins
5. Apply to chest

You can put it on under a shirt or towel to keep it in place.

For children you won't need as many onions so you can cut the recipe down, depending on the size of your child. A good way to keep it in place for little ones is lay the pouch on their chest and wrap an ace bandage all the way around them and secure.

## **Earache**

Earaches can be very painful and it's hard to watch your children suffer through one. But, with this simple recipe you can knock out earache pain in a matter of minutes. Here's what you'll need:

- 1 onion with skin
- Bowl
- Spatula
- Eyedropper

Steam the onion with the skin on. Keeping the skin on helps to keep all of the onion juice inside until you're ready to use it.

Once it's done (when it's soft) cut in half and put one half into a bowl.

Then press the onion with a spatula or other utensil to squeeze out the juice.

Use the eyedropper to capture some of the juice

Put several drops into the ear and the earache should dissipate within 15 minutes or so.

If it doesn't go away in that amount of time you can apply several more drops.

## **Acne**

To help get rid of embarrassing acne, apply this simple mixture to your skin:

- 1 tablespoon fresh onion juice
- 1 tablespoon olive oil

Combine and rub over entire face with your fingers in a circular motion. Let sit for about 20 minutes then rinse off with warm water. Pat your face dry. This will help clear up blemishes. It can be used as a spot treatment for breakouts, too.

Who would've thought the smelly onion could do all this!

## **Treating Depression Naturally**

Depression is a debilitating problem for many people. But treating it with pharmaceuticals can sometimes cause more harm than good. Before resorting to chemical solutions, trying a natural approach can often help.

### **Eat Well**

Diet alone may not cure depression, but eating properly is the foundation of a healthy body. If you regularly consume highly processed foods you are contributing to the toxic buildup in your body. This buildup leads to a variety of problems, including depression.

Eliminate sugars and high fructose corn syrup, controversial ingredients included in many processed foods and drinks these days. Eating too much sugar can cause highs immediately after eating, followed by a crash. This can make you feel worse than you did before you ate.

It's believed that adding more folic acid and omega-3 fatty acids can also help combat depression. You can find omega-3s in fatty fish such as sardines, salmon and tuna. Avocados, green leafy vegetables and seeds are good sources of folic acid.

### **Exercise**

Moving your body can keep it healthy and can promote a chemical reaction in your brain that makes you feel good. Endorphins – the chemical responsible - are called the feel good chemical. Your body naturally produces endorphins when you exercise.

You can start out small by just walking a for a little bit each day, even as much as 10 minutes will help boost your mood. The more you begin to move your body the better you will feel. In fact, you may find that you begin to crave the exercise for the feel good reaction.

### **Sleep**

Getting proper sleep is important to a healthy mind and body, but depression makes it hard to get a good rest. Even though you may feel like you've slept, it doesn't mean you are getting proper sleep.

If you have trouble getting restful, deep sleep try some relaxation techniques, such as turning off all applications and TV at least one hour prior to your desired bedtime. This will help your mind to relax from those distractions before trying to sleep. Another would be reading a lighthearted book that promotes good feelings. You can also try warm milk as it can be mildly sedative for some people.

### **Go Outside**

Sunlight is not only good for the soul it promotes the production of vitamin D in your body. Vitamin D helps boost your mood.

### **Herbal Supplements**

St. John's wort is an herbal supplement that comes from a flower of the same name. Proponents say it can be as effective as pharmaceutical anti-depressants for treating mild depression. You can make tea from dry St. John's wort, but the most common way to take it is in pill or liquid form. You can find St. John's wort in health food stores.

Depression can be a debilitating disease, but the treatment is often expensive and carries its own unpleasant side effects. Before resorting to chemical cures, give these natural remedies a shot. Chances are you'll feel better without the added cost and chemicals.

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