

For What Ails Ya

by Gilbert in Texas

I typed this up for my mother and thought some of you might like to have it, too. If you have any health issues that require professional care, consult with your doctor. If not, this might be just the advice you need to stay well.

Vinegar and Honey— to keep from getting any kind of “bug” and combat respiratory ailments

Note: Water cannot be hot, and you don’t want it very cold. Tap or room temperature is fine.

- Daily for maintenance, take 1 T vinegar and 1 T honey in small glass of water after breakfast. You can omit honey or increase honey, as you prefer.
- At first sign of sinus headache, tightness in sinuses, stuffy nose, or any difficulty breathing, drink slightly larger glass of water with double the dosage twice/day until gone. Often, once is enough. Use honey—enough to make it palatable.
- If you’re battling something persistent, like bronchitis, it will help if you can drink the double dose 4 times per day. Raw local honey will help; so use if you can.

Echinacea with Goldenseal — to boost your immune system

- At first sign of “funky” feeling, as if you might be “under the weather” you should put a dropper-full in a small glass of water or juice and drink it.
- If you start to get the sniffles, take a dropper-full 2-3 times per day until you’re ok.
- If you’re coming down with something bigger than a cold, use 1-2 droppers 4 times per day. This should be taken in conjunction with grapefruit seed extract and plague killer if you’re battling something nasty.

Grapefruit Seed Extract — for sore throat or tummyache

Note: Sometimes a scratchy throat indicates a poor night’s sleep, but if it persists beyond breakfast on into the morning, don’t take any chances.

- For scratchy throat or small tummyache, take one droplet in a small glass of juice or water and drink. Make face. Tastes yucky. Be glad once is usually enough.
- For sore throat or bad tummyache, take two droplets in a slightly larger glass of juice or water. Do this twice per day until sore throat or bad tummyache goes away. And take echinacea 2-4 times/day.

Cinnamon and Honey – For upset tummy due to something you ate, take 1 T honey liberally sprinkled with ground cinnamon.

Ginger “Tea” – For nausea, sprinkled ½ tsp ground ginger into a cup of hot water and drink.

Plague Killer – for whatever ails you or is trying to ail you

- If “funky” feeling persists or is accompanied by run-down feeling and achiness, take 1 T, preferably not on empty stomach.
- If you will be around persons who may be carriers of some “bug” then take 1 T before you go and another when you return. If the carriers are in your house, take 1 T in the morning and 1 T in the evening until there is no more threat to health.
- If you think you might be “coming down with something” do not hesitate, take 2 T each morning and evening until you feel healthy again.
- If you actually do get sick, take 1-2 T after each meal and once before bed.

Remember, these are natural ingredients, food. *Unless you’re on medication or have other health issues*, these remedies have no side effects and you can’t overdose. They’re not expensive, and they require no doctor visit/prescription. These herbs and foods are gifts from GOD. Be wise! Eat healthy! Stay healthy!