Index

UTIs, 345 for depression, 150 as remedy for heartburn, 204 ABCDs of moles, 288 for colds, 113 Anal pain, 12–14 Acetaminophen. See Pain for coughs, 131 Anaphylaxis, 45, 226 relievers, over-the-counter Angelica, 204 for hair care, 143 Acidic foods, pizza mouth use cautions, 131 Anger management, 217–218 and, 280 Alfalfa, 277 Angostura bitters, 185–186 Anise, aniseed, 132, 186 Acidophilus, as remedy Allantoin, 89–90, 137 for athlete's foot, 31 Allergies Antacids for gas, 186 contraindications, 185, as cause of for IBS, 245 asthma, 24, 26-27 319, 340 for stomachaches, 318 bloating, 56 for heartburn, 207 Acne. 1-6 hives, 227-228 side effects, 319 Acne creams, 3 rashes, 288 Antibiotic ointment, 136 Acupressure, 202 sore throats, 308 Antibiotic soaps, 231 Acupuncture, 16, 153 glucosamine caution and, Antibiotics (oral), 2, 28 20, 329 Age, insomnia and, 238–239 Antidepressants, prescription Age spots, 7–11 Allspice, 42–43 herbal remedies and, 150, 154, 294 AHAs, 8-9, 230 Almond oil, 164 Air filters, 27, 301 Aloe, as remedy side effects, 237 Alcoholic beverages for age spots, 9 Antidiarrheal drugs, 155 effects on for burns, 89 Antihistamines, 122, 227 bone health, 274–275 for hemorrhoids, 209, 211 Anti-inflammatory agents. diarrhea, 156 for sunburn, 323, 326 See also Fish oil; specific heartburn, 206 for ulcers, 340 agents high blood pressure, Alpha hydroxy acids cabbage leaves, 19 ginger, 15 (AHAs), 8-9, 230kidney stones, 249 Amino acids, as remedy over-the-counter pain ulcers, 342 for cold sores, 118 relievers, 37

turmeric, 20–21	for oral hygiene, 40,	Benadryl, 122, 227
Antiviral medications,	42–43, 190	Benecol, 220
175–176	for pizza mouth, 281	Benzoperoxide, 230
Apples, applesauce, as	Bananas, as remedy	Bergamot, 42
remedy	for diarrhea, 156	Berries. See also specific berries
for asthma, 27	for high blood pressure,	as anti-inflammatory, 95,
for bad breath, 41	216	332
for constipation, 127	for kidney stones, 246	hives from, 228
for diarrhea, 156, 157	Bandages	Beta-carotene, 165, 357
for nausea, 273	for burns, 90–91	Bilberry, 160
Apricots, 357	for bursitis, 93	Bioflavonoids, as remedy
Arginine, 118	for cuts and scrapes,	for bruises, 81
Arnica	135–136	for bursitis, 95
contraindications, 335	for splinters, 311	for tennis elbow, 332
as remedy	Barley, 158, 221	for varicose veins, 350
for arthritis, 19	Basil, 188	Biotin, 141
for back pain, 38	Bath oils, 165	Birch bark, 355
for bruises, 77	Baths. See also Epsom salt	Birth control pills, 357
for tennis elbow, 335	baths; Footbaths; Oatmeal	Bites and stings, 44-46
Aromatherapy, 317	baths	Blackberries, 195, 332
Arthritis, 15–21	contraindications, 351	Blackberry root, 155
Artichokes, 55, 224-225	as remedy	Black cohosh, 39
Artificial tears, 121–22, 162	for anal pain, 13	Black current oil, 68
Asparagus, 55	for bronchitis, 76	Black eyes, 47-49
Aspirin. See Pain relievers,	for constipation, 127	Black tea
over-the-counter	for hemorrhoids, 209	breast pain and, 67
Aspirin allergy, 227–228	for sunburn, 324	as remedy
Asthma, 22–27, 73	for UTIs, 343	for acne, 1
Astragalus, 111, 353	Beach walking, 86, 99	for asthma, 22
Athlete's foot, 28-32, 54	Beano, 185	for black eyes, 47
	Beans, 187, 223	for blisters, 52-53
В	Bearberry, 346	Bladderwrack, 277
	Beds and bedding, effects on	Blisters, 50–54
Baby wipes, 210–211	asthma, 25	Bloating, 55–60
Back pain, 33-39	hay fever, 196	Blood clots, in hemorrhoids,
Bad breath, 40–43	headaches, 201-202	211
Baking soda, as remedy	insomnia, 240, 241	Blood in stool, 209
for body odor, 61	Bedtime routines, 239–240	Blood sugar levels, 358
for calluses and corns, 99	Bee balm, 272	Blood thinners, prescription,
for insect bites and stings,	Beer, for dandruff, 143	24
44	Belly dancing, 257	Blueberries, as remedy

Blueberries (continued)	for gas, 188	Calamine lotion, 295
for athlete's foot, 30	for sprains and strains,	Calcium
for bruises, 81	314	food sources of, 251, 275
for bursitis, 95	for tennis elbow, 335	kidney stones and, 249-
for sore throats, 306	Bronchitis, 71–76	250
for tennis elbow, 332	Bruises, 77–81	lactose intolerance and,
for UTIs, 344	Brushing, for dry skin, 168	251
Body odor, 61-65	Buchu, 346	as remedy
Body weight, effects on	Bunions, 82–86	for bloating, 58
asthma, 22	Burdock, 8	for menstrual pain,
denture pain, 147	Burns, 87–91	259
gallstones, 182	Bursitis, 92–97	for muscle cramps, 269
knee pain, 18	Butter, for burns, 89	for UTIs, 347
Boils, 5–6	Buttermilk, 10	Calendula, as remedy
Bone health, 274–278	B vitamins, as remedy	for acne, 4
Bone soup, 278	for bloating, 58	for athlete's foot, 29
Borage, as remedy	for chapped lips, 105	for blisters, 52
for asthma, 25	for dandruff, 141	for burns, 90, 91
for breast pain, 68	for denture pain, 147	for calluses and corns, 101
for depression, 153	for depression, 150	for chapped lips, 104
Boric acid, 174	for gingivitis, 191	for cold sores, 115, 117
Bowel movements	for kidney stones, 249	for conjunctivitis, 121
constipation and, 125	for menstrual pain, 259	for cuts and scrapes,
hemorrhoids and, 209,	for pizza mouth, 279	136–137
210		for gingivitis, 191
Boysenberries, 332	C	for ingrown hairs, 230
Bran, 127		for ingrown toenails, 233
Bras, breast pain and, 70	Cabbage, as remedy	for sore throats, 305
Breast pain, 66–70	for arthritis, 19	for splinters, 312
Breathing measurements,	for breast pain, 68	for tennis elbow, 331
27	for heartburn, 204	Calluses and corns, 98-101
Breathing techniques, 26,	Caffeine	Camphor, 314
244	effects on	Cancer
Bromelain	arthritis, 21	esophageal, 205
contraindications, 27, 39,	diarrhea, 156	skin, 7, 286, 288
314	headaches, 198	Capsaicin, as remedy
as remedy	heartburn, 206	for arthritis, 19
for asthma, 27	IBS, 243	for bunions, 83
for back pain, 39	insomnia, 240	for bursitis, 94
for bruises, 80–81	kidney stones, 249	for shingles, 294–295
for bursitis 95	25 remedy 24 264	for tennis elbow 334

Caraway seed, 186 Carbonated beverages. <i>See</i> Cola	Chemical peels (facial), 11 Cherries, 95, 306 Chest rubs, 107–108, 177	for hay fever, 195 Climate, dry eyes and, 160, 161
Carob, 157	Chewing gum, 156, 205	Clothing, effects on
Carotenoids, 68	Chickenpox, shingles and,	body odor, 64
Carrot juice, 306	291–292	heartburn, 205
Carrot neck wrap, 255	Chicken soup, as remedy	shingles, 295
Carrot seed oil, 101	for colds, 75, 109	varicose veins, 351
Castor oil, as remedy	for pneumonia, 285	yeast infections, 359
for breast pain, 69	Chickweed, as remedy	Clove, clove oil, as remedy
for bruises, 79	for bursitis, 94–95	for cuts and scrapes, 138
for bursitis, 95	for hives, 228	for dandruff, 142
for gallstones, 182–183	for shingles, 293	for gingivitis, 192
for IBS, 245	for tennis elbow, 334	for oral care, 41, 145, 338
for menstrual pain, 259	Chicory, 277	for stomachaches, 317
for shin splints, 298	Child's pose (yoga), 261	Cocoa, 252
Catnip	Chile peppers, 73–74, 302	Coenzyme Q10, 146, 192
in abdominal massage oil,	Chlorophyll, as remedy	Coffee, effects on. See also
187, 245	for bad breath, 43	Caffeine
as remedy, 237, 319	for body odor, 64, 65	bloating, 59
Cat pose (yoga), 261	Chocolate	body odor, 64
Cayenne pepper, 43, 337	breast pain and, 67	breast pain, 67
Chairs, back pain and,	heartburn and, 206	high cholesterol, 224
36–37	for stress, 320	Cola, effects on
Chamomile	Cholesterol-lowering drug	bone health, 276
contraindications, 120	side effects. See also High	breast pain, 67
as remedy	cholesterol	gas, 186
for athlete's foot, 29	gallstones, 183	IBS, 243
for conjunctivitis, 120	muscle cramps, 269	Colds, 75, 106–113
for dandruff, 142	muscle pain, 220	Cold sores, 114–118
for heartburn, 203	Chondroitin, 329	Cold-pack treatments. See
for insomnia, 236	Cinnamon, as remedy	also Contrast hydrotherapy
for oral care, 147, 191-	for gas, 187-188	for arthritis, 19
192, 337	for stomachaches, 317	for back pain, 38
for sore throats, 306	for ulcers, 339	for black eyes, 48
for sprains and strains,	Citronella, 46	for blisters, 51
314	Citrus fruit, 189, 248	for bronchitis, 75
for stomachaches, 318	Clay, green, 68, 233	for bunions, 83
for stress, 321	Cleavers, as remedy	for burns, 88
Chapped lips, 102–105, 168	for bloating, 57, 59	for bursitis, 93
Chasteberry (vitex), 69	for conjunctivitis, 121	for cold sores, 118

Cold-pack treatments	for menstrual pain, 259	Dandelion
(continued)	for varicose veins, 351-	contraindications, 8, 60,
for conjunctivitis, 120	352	277
for flu, 177	Coriander, 317	as remedy
for hemorrhoids, 210	Corns and calluses, 98–101	for age spots, 8
for insect bites and stings,	Cornsilk tea, 57, 248	for bloating, 59, 60
44-45	Cornstarch, 32	for bone health, 277
for kidney stones, 247–	Cosmetics, effects on	for breast pain, 67
248	chapped lips, 104, 168	for constipation, 126
for migraines, 262	conjunctivitis, 121	for stomachaches, 317
for pizza mouth, 280	rashes, 289	Dandruff, 139-143
for rashes, 290	Coughs	Darkness, insomnia and,
for shingles, 294	pneumonia and, 284	240
for shin splints, 297–298	remedies for, 129-133,	Decongestants, 194, 237
for sprains and strains,	256	Denatured alcohol, 54
314	Cramp bark, 39, 250	Denture pain, 144–147
for sunburn, 324	Cranberries, 344–345	Deodorants, 62
for tennis elbow, 333	Cucumbers, 59-60, 326	Deodorant stones, 65
for TMD, 328	Cumin, 317	Depression, 148–154
for toothaches, 337	Curcumin supplements, 97.	Diabetes
Comfrey, as remedy	See also Turmeric	athlete's foot and, 28
for black eyes, 49	Curry, 74	foot care and, 53, 100
for bunions, 84–85	Cuts and scrapes, 134–138	glucosamine caution and
for burns, 89–90	•	20
for bursitis, 94–95	D	Diarrhea
for cuts and scrapes, 137		as antacid side effect, 319
for splinters, 312	Dairy products	remedies for, 155-159
for sprains and strains, 313	calcium content of, 275	as supplement side effect,
for tennis elbow, 334	effects on	200, 202
Common cold, 75, 106–113	bronchitis, 72–73	Diet and eating habits,
Compression stockings,	colds, 111–112	effects on. See also Food
314–315, 349–350	diarrhea, 156	allergies
Conjunctivitis, 119–122	flu, 178	athlete's foot, 28
Constipation, 123–128, 319	heartburn, 204	bad breath, 43
Contact lenses, 120, 160	pneumonia, 285	body odor, 61–63
Contrast hydrotherapy	sinusitis, 303	breast pain, 67, 68
for black eyes, 48-49	lactose intolerance and,	bronchitis, 72-73
for bruises, 80	56, 251–253, 318–319	chapped lips, 103
for bursitis, 93–94	as remedy	constipation, 124
for ingrown hairs, 230	for bone health, 274	denture pain, 145
for laryngitis 255	for skin care 10, 165	flu 178

gallstones, 181–182, 183	for bronchitis, 73	Dream pillows, 239
gas, 185	for burns, 88	Drug interactions. See specific
healthy skin, 165	for calluses and corns, 98	drug types or remedies
heartburn, 205, 207	for cold sores, 115	Drug side effects
hemorrhoids, 212	for conjunctivitis, 119	acne, 2
high blood pressure, 216	for constipation, 125	anal pain, 14
high cholesterol, 220–223	for coughs, 129	bloating, 56
IBS, 243–244	for cuts, 134	constipation, 126
laryngitis, 256	for dandruff, 139	dry eyes, 160
menstrual pain, 258	for depression, 148	gallstones, 183
migraines, 264–265	for diarrhea, 157	headaches, 197
muscle cramps, 268	for earaches, 171	hives, 226
nausea, 273	for flu, 177	insomnia, 237
pizza mouth, 279–281	for gas, 184	muscle cramps, 269
rashes, 289–290	for headaches, 197	muscle pain, 220
sore throats, 309	for heartburn, 205	stomachaches, 38, 319
tennis elbow, 332	for hives, 226	ulcers, 342
TMD, 330	for ingrown hairs, 229	Dry eyes, 160–162
varicose veins, 350	for ingrown toenails,	Dry mouth, 338
yeast infections, 357–358	234	Dry skin, 163–169
Digestion, 128, 316. See also	for insect bites and stings,	Dust, 196, 301
specific digestive problems	45	Dust mites, 25, 196
Digestive enzymes, 317–318	for kidney stones, 247	Dysmenorrhea, 257–261
Dihydroxyphenyl isatin, 128	for menstrual pain, 259	
Dill, 271	for migraines, 263	E
Diuretic drugs	for muscle cramps, 269	_
for bloating, 56	for periodontal disease,	Earaches, 170-174
dandelion and, 8, 60	191	Echinacea
Diuretic foods, 55, 59	for pneumonia, 282	contraindications, 74, 109
Doctor, when to call	for rashes, 286	as remedy
for age spots, 7	for shingles, 292	for colds, 108-109
for anal pain, 12	for skin blemishes, 286	for cold sores, 116
for asthma, 23	for sore throats, 304	for conjunctivitis, 121
for athlete's foot, 28	for stomachaches, 317	for cuts and scrapes,
for back pain, 38	for suicidal thoughts, 148	138
for bad breath, 42	for sunburn, 324	for flu, 179
for blisters, 50	for TMD, 327	for immune system,
for bloating, 57	for toothaches, 338	346
for blood in stool, 209	for UTIs, 344	for pneumonia, 284
for bone density test, 275	for varicose veins, 349	for respiratory tract
for breast pain, 69	for yeast infections, 356	infections, 74

Echinacea (continued)	for breast pain, 67–68	F
for shingles, 293	for dry skin, 166	-
for sore throats, 111,	Exercise. See also Stretching	Facial peels, 11
306	as remedy	Facials, 4
for splinters, 312	for arthritis, 17-18	Fast food, 223
for UTIs, 346	for asthma, 25	Fat, dietary
for yeast infections,	for back pain, 33,	breast pain and, 68
358	34–35	gallstones and, 181–182
Edema, 57	for bone health, 277-	heartburn and, 206
Eggs, 4, 284	278	Fennel, as remedy
Elderflower, 9, 195	for bursitis, 97	for bad breath, 43
Electrolyte imbalance, 267,	for constipation,	for body odor, 65
269	125–126	for bronchitis, 73
Elevation, as remedy. See	for depression, 151-	for dry eyes, 161
also RICE treatment	153	for gas, 186
burns, 91	for gallstone	Fever, 176
bursitis, 93	prevention, 183	Fiber, in diet
varicose veins, 350	for gas, 186	hemorrhoids and, 212
Endometriosis, 259	for hemorrhoids, 211	IBS and, 243
Epi-pens, 45	for high blood	kidney stones and, 248
Epsom salt baths, as remedy.	pressure, 217	Fiber supplements, 14
See also Footbaths	for IBS, 245	Fibroid tumors, 259
for back pain, 35	for insomnia, 236-237	Fish oil
for bronchitis, 76	for menstrual pain,	contraindications, 24, 341
for bruises, 81	257	as remedy
for flu, 176–177	for migraines, 265	for arthritis, 18–19
for kidney stones, 250	for sprains and strains,	for asthma, 23-24
Esophageal cancer, 205	315	for bruises, 79
Estrogen, 55, 68, 257	for stomachaches, 316	for bursitis, 96
Eucalyptus, as remedy	for stress, 322	for depression, 150-
for bronchitis, 72, 73, 76	for varicose veins, 351	151
for colds, 107	shin splints from, 296–	for dry skin, 166
for coughs, 130	299	for IBS, 244
for earaches, 173-174	Eyebright, as remedy	for menstrual pain,
for flu, 179	for conjunctivitis, 121	258, 260
for hay fever, 193, 196	for dry eyes, 161	for sprains and strains,
for sinusitis, 302, 303	for hay fever, 195	315
for sprains and strains, 314	Eye problems	for tennis elbow, 335
Evening primrose oil, as	black eyes, 47-49	for ulcers, 341
remedy	conjunctivitis, 119–122	Fistulas, 13
for asthma 25	dry eyes 160–162	Flatulence 184–188

Flaxseed, flaxseed oil	for ingrown toenails, 233	Ginger, as remedy
contraindications, 24	for migraines, 266	for arthritis, 15
as remedy	Foot problems. See also	for athlete's foot, 29
for asthma, 24	specific problems	for bronchitis, 73–74
for breast pain, 68	headaches and, 198–199	for bruises, 80
for bronchitis, 72	shin splints and, 297	for bursitis, 92
for bursitis, 96	Forgiveness, 218	for gas, 186
for dry skin, 166	Fortex, 83	for headaches, 200
for IBS, 244	Friends, depression and, 152	for migraines, 264
for menstrual pain,	Fruit. See Citrus fruit;	for nausea, 271–272
260	Vegetables and fruits;	for stomachaches, 317
for rashes, 288	specific fruits	for toothaches, 337
for sprains and strains,	Fruit juice	Gingivitis, 189–192
315	contraindications, 132,	Ginkgo, 59, 195
for tennis elbow, 335	156	Gloves, for blister
Flu, 175–179	for sore throats, 305–306	prevention, 53
Flu vaccines, 179		Glucosamine, 20, 329
Folic acid, as remedy	G	Glycerin, 167
for denture pain, 147		Goldenseal, as remedy
for gingivitis, 191	Gallbladder disease, 225	for athlete's foot, 29, 31
for pizza mouth, 279	Gallstones, 180–183	for burns, 90
Food additives, 264	Garlic, as remedy	for cold sores, 116
Food allergies. See also	for athlete's foot, 30–31	for gingivitis, 191
Allergies	for bronchitis, 73–74	for immune system,
as cause of	for colds, 111	346
asthma, 24	for diarrhea, 158	for rashes, 288
bloating, 56	for earaches, 174	for UTIs, 346
hives, 227-228	for flu, 175	Gotu kola, 137–138
glucosamine caution and,	for high cholesterol, 225	Grapefruit seed extract
20, 329	for pneumonia, 283	(GSE), 158–159
Footbaths	for sinusitis, 302	Gravelroot, 248
diabetes and, 53	for sore throats, 306	Green clay, 68, 233
as remedy	for stomachaches, 317	Greens, 268, 279
for bunions, 84–85	for yeast infections, 358	Green tea, 306
for calluses and corns,	Gas, 184–188	Grindelia, 132
99, 100	Gatorade, 269–270	GSE, 158-159
for ingrown toenails,	Geranium oil, 101	Guided imagery or
233	Germs, stopping spread of	visualization, 241, 322
Foot massage, as remedy	colds, 110, 111	Gum pain. See Denture
for bunions, 85–86	conjunctivitis, 121	pain; Gingivitis
for corns, 100–101	shingles, 295	Gum plant, 132

Н	Heliotrope. See Valerian	Horsetail, 277
	Hemorrhoids, 208-212	Hot toddy, for colds, 113
Hair care, 139–143	Herbal teas. See specific herbs	Humidifiers, as remedy
Hand washing, 110	High blood pressure	for chapped lips, 103
Hats, for sun protection, 9	headaches and, 197	for dry eyes, 162
Hawthorn, 59, 214	licorice and, 20, 71, 215	for pneumonia, 284
Hay fever, 193-196	massage and, 321-322	Hydration. See Water intake
HDL, 219	normal levels of, 215	Hydrocortisone cream, 289
Headaches	remedies for, 214-218	Hydrogen peroxide, 40, 190
migraines, 262–265	understanding, 213-214	Hydrotherapy. See Cold-
tension headaches, 197-	High cholesterol, 219-225.	pack treatments; Contrast
202	See also Cholesterol-	hydrotherapy; Heat
Heart attack	lowering drug side	treatments
mistaken symptoms of,	effects	Hygiene, as remedy
182, 206	High-density lipoprotein	for acne, 3–4
risk of, 148	(HDL), 219	for athlete's foot, 29-30
symptoms of, 144	Hives, 226–228	for blisters, 51
Heartburn, 203–207	Honey	for burns, 90–91
Heat treatments. See also	contraindications, 130	for cuts and scrapes,
Contrast hydrotherapy	in facial, 4	135–136
for anal pain, 14	as remedy	for ingrown hairs, 229-
for arthritis, 19-20	for colds, 113	230
for back pain, 37	for coughs, 130	for shingles, 292
for black eyes, 48	for cuts and scrapes,	for splinters, 311
for breast pain, 66	135	for UTIs, 346–347
for bronchitis, 75	for dry skin, 165	Hyssop, 130
for bursitis, 93	for sore throats, 306	
for dry eyes, 161	Hormones, effects on	1
for earaches, 171	acne, 2	•
for hay fever, 196	asthma, 22	IBS, 242–245
for headaches, 199	depression, 149	Ibuprofen. See Pain
for kidney stones, 247-	menstrual pain, 257	relievers, over-the-counter
248	stress, 320	Ice. See Cold-pack
for rashes, 290	yeast infections, 356	treatments
for shin splints, 298	Horse chestnut, 59	Immune system
for sinusitis, 302, 303	Horseradish, as remedy	alcoholic beverages and,
for sprains and strains,	for age spots, 10	131
314	for bronchitis, 73–74	garlic for, 283
for TMD, 328–329	for colds, 108, 109–110	herbs for, 293, 346
for UTIs, 343	for hay fever, 196	massage and, 322
Helicobacter pylori 339	for sinusitis 300, 301	warts and 353

Immunoglobulin E (IgE),	Lactose intolerance, 56,	for heartburn, 206
194	251–253, 318–319	for immune system,
Infections, 138, 229-230	Laryngitis, 254-256	346
Inflammatory foods, 73. See	Laser peels (facial), 11	for sore throats, 111,
also Anti-inflammatory	Lavender, as remedy	307
agents	for acne, 3–4	for ulcers, 341-342
Ingrown hairs, 229-231	for arthritis, 19	LifeSkills (Williams), 217-
Ingrown toenails, 232–235	for calluses and corns,	218
Insect bites and stings,	101	Lime blossoms, 215
44–46	for cold sores, 117	Lip balm, 103-104
Insomnia, 236–241	for depression, 153	Liver spots, 7
Interior decor, hay fever	for hay fever, 196	Lobelia, in massage oils
and, 196	for headaches, 198	abdominal massage, 187,
Iodine, 5	for ingrown toenails, 233	245
Irritable bowel syndrome	Laxatives, 14	foot massage, 84
(IBS), 242–245	LDL, 219	Low-density lipoprotein
· · · · · ·	Legs for Life Program, 349	(LDL), 219
J	Lemon balm, 115, 321	Lysine, 118
,	Lemongrass, 46	,
Jamaican dogwood, 192,	Lemons, as remedy	M
200	for age spots, 10	141
Jewelry, rashes and, 288	for body odor, 65	Magnesium
,	for calluses and corns, 99	as remedy
K	for colds, 113	for asthma, 26
	for dandruff, 140	for bone health, 277
Kelp, 277	for gas, 187	for constipation, 126
Kidney infections, 344	for high cholesterol, 223	for headaches, 202
Kidney stones, 246–250	for nausea, 272	for kidney stones, 249
Kinerase, 9	for sore throats, 305	for menstrual pain,
Knee pain, 18	for stomachaches, 317,	259
Kojic acid, 9–10	319	for muscle cramps, 269
-	Leuropein, 109	for UTIs, 347
1	Licorice	side effects, 202
_	contraindications, 20, 71,	Magnesium sources, 277
Lactaid, 253	215	Magnet therapy, 18
Lactating women. See specific	as remedy	Margarine, 220–221
herbs for use warnings	for arthritis, 20	Marigold, as remedy
Lactobacillus GG, 156	for athlete's foot, 32	for chapped lips, 104
Lactobacilus acidophilus. See	for bronchitis, 71	for cold sores, 117
Acidophilus, as remedy;	for colds, 112	for dandruff, 142
Yogurt	for cold sores, 118	for rashes, 290

M - 1 - 11	M 1 . 11	1
Marshmallow root, as	Metal allergies, 288	as remedy
remedy	Migraines, 262–265	for athlete's foot, 31
for bronchitis, 71	Milk. See Dairy products	for cold sores, 115
for bunions, 84	Mint, 42, 228, 239. See also	for gingivitis, 191
for coughs, 132 for diarrhea, 158	specific mints	
for heartburn, 203	Moisturizers, 99, 326 Moles, 288	N
lactose intolerance, 252		Niceal approve example
	Mosquito repellents, 45–46 Motherwort, 214	Nasal sprays, over-the-
for splinters, 310	Mouth burns, 279–281	counter, 194, 302
Massage, as remedy. See also	Mouthwash	Nausea, 271–273
Foot massage		Neem oil, 46
for back pain, 35	chapped lips and, 105,	Nerve pain, 274
for bunions, 84, 85–86	168	Nettle, as remedy
for constipation, 125	for denture pain, 146	for allergies, 308
for depression, 152	homemade, 41	for bone health, 277
for dry skin, 165	Mud, as remedy, 44	for dandruff, 141
for earaches, 172	Mullein, 84	for hay fever, 195
for gas, 187	Multivitamins, as remedy.	Niacin, 228
for IBS, 244–245	See also specific supplements	Nuts, 80, 223, 228
for muscle cramps, 268–	for bruises, 80	
269	for bursitis, 95	O
for stress, 321–322	for chapped lips, 105	0.1.1.1.52.53.04
for tennis elbow, 334	for coughs, 132	Oak bark, 52–53, 84
for TMD, 330	for flu, 178	Oatmeal, as remedy
for varicose veins, 352	for gingivitis, 191	for constipation, 126
Meadowsweet, 204–205,	for insect bites and stings,	for dry skin, 163
272	45	for high cholesterol, 219
Meat, cholesterol and,	for muscle cramps, 269	for hives, 227
221–222	for sore throats, 306	Oatmeal baths, as remedy
Medications. See Drug side	Muscle cramps, 267–270	for insect bites and stings,
effects; Prescription drug	Muscle pain, 220	45
treatment	Mushrooms	for rashes, 287
Melissa (lemon balm), 115,	compounds in, 9–10	for shingles, 295
321	as remedy	for yeast infections, 358
Melons, 59–60	for bronchitis, 76	Oatstraw, 39, 277
Menopause, 22	for colds, 112	Okra, 209
Menstruation	for UTIs, 347	Olive leaf extract, 109
asthma and, 22	Mustard, 72, 73–74	Olive oil, 303
bloating and, 55	Myrrh	Olives, 273
pain during, 257–261	in homemade	Omega-3 essential fatty
Menthol, 177	mouthwash, 41	acids. See Fish oil;

Flaxseed, flaxseed oil	for arthritis, 17	for IBS, 242
Omega-6 essential fatty	for back pain, 37	for nausea, 272
acids, 68	for black eyes, 49	for stomachaches, 317
Onions	for earaches, 171–172	for yeast infections,
compounds in, 27	for headaches, 198	359
as remedy	for menstrual pain,	Periodontal disease, 191
for acne, 4	258	Petroleum jelly, 118
for bronchial	for migraines, 263,	Pets, for high blood
problems, 24, 75	264	pressure, 217
for coughs, 130	for shingles, 292	Photolyase, 323–324
for earaches, 170	for shin splints, 296	Pillows
for flu, 178	for sunburn, 324	dream pillow, 239
for ulcers, 341	for toothaches, 338	headaches and, 201–202
Orabase, 281	side effects, 38, 227-228,	insomnia and, 241
Oral hygiene, as remedy	342	Pineapple. See also
for bad breath, 41–43	Pain relieving creams, 83	Bromelain
for denture pain, 147	Panty hose. See also	contraindications, 280
for gingivitis, 189–190	Compression stockings	as remedy
for toothaches, 337	athlete's foot and, 30	for calluses, 100
Oral splints, 329	yeast infections and, 359	for gas, 188
Oranges	Papain, 188	for sore throats, 306
contraindications, 280	Papaya juice, 306	Pine twigs, 52–53
as remedy, 248, 306	Parsley, 42, 56-57	Pizza mouth, 279–281
Oregano, as remedy	Passionflower, as remedy	Plantain, as remedy
for burns, 89	for depression, 153	for burns, 90
for colds, 107	for high blood pressure,	for heartburn, 203
for ingrown toenails, 233	214, 218	for splinters, 310
Orthotics, 101	for stress, 321	Pneumonia, 73, 282-285
Osteoarthritis, 15-16	Peaches, 302	Pokeroot, 67
Osteoporosis, 274–278	Peak flow meters, 27	Pollen, 195, 301
Over-the-counter drugs. See	Pectin, 223	Postherpetic neuralgia,
specific types	Pedicures, 234–235	292
	Pellitory-of-the-wall, 248	Posture, effects on
P	Peppermint, as remedy	back pain, 36
•	for bloating, 58-59	headaches, 200
Pain relievers, over-the-	for calluses and corns,	TMD, 330
counter	101	Potassium
contraindications, 172	for dandruff, 141	dandelion use and, 8,
rebound effects, 263	for diarrhea, 159	277
as remedy	for hay fever, 196	as remedy
for anal pain, 13	for heartburn, 207	for bloating, 56–57

Potassium (continued)	R	for depression, 153
for high blood		for sprains and strains,
pressure, 216	Rabbit tobacco, 239	314
for kidney stones, 246	Range of motion exercises,	Routines, effects on
for muscle cramps, 269	315	insomnia, 239-240
Potatoes, as remedy	Rashes, 286-290	migraines, 266
for acne, 2	Raspberry, 258	Rubbing alcohol, 63, 172
for constipation, 123	Red clover oil, 52	Running
for earaches, 172	Red sage tea, 254	for bone health, 277
for hemorrhoids, 208	Reflexology, 266	shin splints from, 296–
for splinters, 309	Repetitive motion pain	299
Poultices, herbal, 129-130	arthritis, 16	
Precancerous lesions, 7	bursitis, 96	S
Pregnancy and lactation,	muscle cramps, 270	
359. See also specific herbs for	tennis elbow, 332	SAD, 149, 152
use warnings	Rest, as remedy	Sage
Prescription drug treatment,	for coughs, 132	contraindications, 62
2, 21. See also Drug side	for digestion, 128	as remedy
effects	for migraines, 264	for body odor, 62, 64
Pressure treatments	for pneumonia, 283–284	for dandruff, 142
headaches, 199, 202	for shin splints, 297	for insect bites and
splinters, 310-311	for tennis elbow, 332, 333	stings, 46
Prickly ash bark, 192	for varicose veins, 350-	for insomnia, 239
Prickly heat, 290	351	for oral care, 43, 191
Probiotic supplements, 156	Retinoids, 8, 165	side effects, 62
Protein	Reye's syndrome, 172	Saline solution, 285
needs calculation, 333	Rheumatoid arthritis, 17-21	Salmon, as calcium source,
as remedy, 332, 345	Rhubarb, 124–125	275
Prunes, 127, 128	Rice, 156–157, 273	Salt, salt water
Psyllium, 127	RICE treatment	contraindications, 281
Pumpkin seeds, as remedy	for bruises, 78–79	as remedy
for body odor, 63	for sprains and strains,	for calluses and corns
for burns, 87	314	99
for menstrual pain, 260	Rose hips, 166, 291	for earaches, 173
	Rosemary, as remedy	for oral care, 42-43,
0	for arthritis, 19	190, 337
4	for blisters, 54	for pneumonia, 285
Quercetin, as remedy	for body odor, 64	for sinusitis, 303
for asthma, 27	for bronchitis, 76	for sore throats, 305
for bronchitis, 74	for cuts and scrapes, 137	Salt intake, effects on
for hay fever, 195	for dandruff, 141, 142	bloating, 57-58

breast pain, 69	Sinusitis, 300–303	Soap
headaches, 200-201	Skin cancer, 7, 286, 288	antibiotic, 231
high blood pressure, 213,	Skin care	dry skin and, 164
216	acne, 3–4	eucalyptus, 193
menstrual pain, 258	age spots, 7–11	sunburn and, 326
Salves, herbal, 196	buttermilk for, 10	Socks
SAM-e, 151	dry skin, 163–169	athlete's foot and, 30
Sardines, as calcium source,	sunburn, 323–326	ingrown toenails and,
275	Skin lesions, precancerous, 7	233–234
Seafood allergies, 20, 228,	Skullcap, as remedy	Sodium. See Salt intake
329	for bunions, 84	Sorbitol, 156
Seasonal affective disorder	for depression, 153	Sore throats, 111, 304-308
(SAD), 149, 152	for high blood pressure,	Soup
Selenium, 80	214	bone, 278
Sesame oil, 169	for stress, 321	chicken, 75, 109, 285
Sex	Sleeping patterns, 237–238,	for sore throats, 309
for insomnia, 241	239	spicy, 302
UTIs and, 347	Sleeping position, effects on	Spearmint, 42, 207
yeast infections and, 359	back pain, 35	Spicy food, as remedy, 194,
Shampoos, dandruff-	coughs, 131	302. See also specific foods or
control, 140–141, 142	headaches, 201	spices
Shaving, ingrown hairs and,	heartburn, 205	Spinach, 306
231	varicose veins, 350	Splinters, 309–312
Shea butter, 168	Slippery elm, as remedy	Sports drink, 269–270
Shellfish allergies, 20, 228,	for anal pain, 13	Sprains and strains, 313-315
329	for colds, 110	St. John's Wort
Shingles, 291–295	for cold sores, 115	contraindications, 154
Shin splints, 296–299	for diarrhea, 158	as remedy
Shoes	for flu, 176	for back pain, 38
buying, 101	for heartburn, 203	for blisters, 51
effects on	for IBS, 243	for burns, 90
arthritis pain, 17	for laryngitis, 255	for cold sores, 117
bunions, 82, 85	for pizza mouth, 280	for depression, 154
calluses and corns, 99	for rashes, 287–288	for nerve pain, 274
headaches, 198-199	for sore throats, 111	for pizza mouth,
ingrown toenails, 234	for ulcers, 341	280
shin splints, 298	Smoking, effects on	for shingles, 292
warts, 354	chapped lips, 102	for tennis elbow,
Shortness of breath, 23	high cholesterol, 224	334–335
Silence, for sore throats,	laryngitis, 256	Standing, heartburn and,
254–255, 305	ulcers, 342	204

Steam treatments	Stroke symptoms, 197	Teeth clenching, 322
for acne, 3–4	Sugar, effects on	Temperature extremes,
for asthma, 25	diarrhea, 157	288–289
for bronchitis, 72, 76	IBS, 243	Temporomandibular
for colds, 107	UTIs, 345	disorder (TMD), 327–330
for dandruff, 141–142	Suicidal thoughts, 148	Tennis elbow, 331–335
for dry skin, 166-167	Sunburn, 323–326	TENS, 16
for earaches, 173-174	Sun exposure	Tetanus shots, 138, 312
for laryngitis, 255	insomnia and, 238	Throat lozenges, 304
for sinusitis, 302	protection from, 9, 10–11	Thuja, 354
Stomachaches, 38, 316–319	vitamin D and, 276	Thyme, as remedy
Stoneroot, 248	Sunflower oil, 164	for athlete's foot, 31
Strawberries, 30, 120	Sunglasses	for back pain, 38
Strength training	conjunctivitis and, 120	for blisters, 54
bone health and, 277, 278	dry eyes and, 161	for bronchitis, 71, 72,
bursitis and, 97	Sunscreen	73, 76
Strep infection, 304	for lips, 103	for coughs, 129, 131
Stress	for skin, 10–11, 325	for dandruff, 142
effects on	Sweet oil, 172–173	for ingrown toenails, 233
acne, 4	Swimmer's ear, 173	for laryngitis, 255
asthma, 25–26	Swimming	Tiger Balm, 37
chapped lips, 102, 104	for back pain, 33	TMD, 327–330
cold sores, 116	eye problems and, 120-	Toast, 156, 273
depression, 149	121, 161–162	Toe spacers, 84
high blood pressure,		Tofu, as calcium source, 275
214–215, 218	T	Tomatoes, 27, 280
insomnia, 236	1	Tomato juice, 108
migraines, 265	Take Control margarine, 220	Tongue scrapers, 41
nausea, 272	Tartrazine, 227	Toothaches, 144, 336–338
rashes, 290	Tea. See also Black tea;	Toothbrushes, 190
TMD, 330	Green tea; specific herbs	Toothpaste
ulcers, 342	body odor and, 64	for burns, 89
remedies for, 320-322	as remedy	chapped lips and, 105,
Stretching, as remedy	for colds, 106	168
for back pain, 35	for coughs, 131	homemade, 40, 42-43
for bunions, 84	for laryngitis, 256	Transcutaneous electrical
for headaches, 201	Tea tree oil, as remedy	nerve stimulation (TENS),
for muscle cramps, 267,	for acne, 5	16
268, 270	for athlete's foot, 29	Tryptophan, 150
for shin splints, 299	for cold sores, 115	Turmeric
for tennis elbow, 333-334	for yeast infections, 359	compounds in, 24

as remedy for arthritis, 20–21 for bronchitis, 73–74 for bursitis, 96–97 for gallstones, 182 for sprains and strains, 314 for stomachaches, 317	Vegetables and fruits, as remedy for bad breath, 43 for body odor, 63 for breast pain, 68 for chapped lips, 103 for hemorrhoids, 212 for high blood pressure, 216	Vitamin A oil, 323 Vitamin B ₆ , as remedy for bloating, 58 for depression, 150 for kidney stones, 249 for menstrual pain, 259 Vitamin C contraindications, 30, 48
Tweezers, for splinters, 310	for high cholesterol, 223	as remedy for athlete's foot, 30
- · · · · · · · · · · · · · · · · · · ·	for IBS, 243	for black eyes, 48
U	for muscle cramps, 268	for bruises, 78
	for pizza mouth, 279	for bursitis, 95
Ulcers, 339-342	for tennis elbow, 332	for constipation, 126
Urinary tract infections	for varicose veins, 350	for coughs, 132
(UTIs), 343–347	Vervain, 153, 321	for denture pain, 146
Urination	Vinegar, as remedy	for gallstone
UTIs and, 345, 347	for athlete's foot, 31–32	prevention, 180
yeast infections and, 359	for colds, 113	for headaches, 200
UTIs, 343–347	for dandruff, 140	for insect bites and
Uva-ursi, 346	for earaches, 172	stings, 45
	for hives, 228	for shingles, 291, 292,
V	for insect bites and stings,	293
	46	for sore throats, 306
Vacuum cleaners, 24–25	for muscle cramps, 269	for sunburn, 324
Valerian	for rashes, 290	for TMD, 328
contraindications, 39,	for shin splints, 298	for ulcers, 340
238, 294	for sunburn, 326	for UTIs, 346
as remedy	Violets, 305	for varicose veins, 348
for back pain, 39	Visualization or guided	side effects, 200
for diarrhea, 157	imagery, 241, 322	Vitamin D
for insomnia, 238	Vitamin A, as remedy	for calcium absorption,
for shingles, 293–294	for bruises, 80	damassian and 153
Varicose veins, 348–352	for shingles, 293	depression and, 153 intake requirements, 276
Vegetable juice	for sore throats, 306	•
contraindications, 156	for ulcers, 340 Vitamin A-based drug	Vitamin E, as remedy for breast pain, 69–70
as remedy	treatment	_
for body odor, 64 for coughs, 132	for acne, 2	for insect bites and stings, 45
for gallstone	for age spots, 8	for shingles, 293
prevention, 181	for dry skin, 165	for sunburn, 325
P10.011.1011, 101	201 01 , 511111, 100	-01 00110 0111, 020

Vitamin E (continued)	hemorrhoids, 210	for blisters, 51
for ulcers, 340	kidney stones, 247	for bloating, 58-59
Vitamin E oil, as remedy	muscle cramps, 270	for cuts and scrapes, 137
for cold sores, 114	oral hygiene, 191	Yeast infections, 356–359
for dry skin, 167	pneumonia, 283	Yellow cedar, 354
for sunburn, 323	stomachaches, 318	Yellow dock, 8
Vitex (chasteberry), 69	sunburn, 326	Yellow Number 5 (food
7,7,	toothaches, 338	dye), 227
W	UTIs, 346	Yoga, 128, 260–261
VV	Websites, for dairy-free	Yogurt
Walking, as remedy	living, 253	calcium content of, 275
for arthritis, 18	Weight loss. See Body	lactose intolerance and,
for depression, 152–153	weight weight	252
for gallstones, 183	Willow bark	as remedy
for stomachaches, 316	contraindications, 266	for age spots, 10
for stress, 322	as remedy	for athlete's foot, 31
Walnut bark, 84	for back pain, 34	for body odor, 63
Walnuts, 223	for headaches, 198	for breast pain, 70
Wart remover, 311, 355	for migraines, 266	for diarrhea, 156
Warts, 353–355	Wine, 131	for gas, 186
Wasabi, 301	Wintergreen, 19, 335	for IBS, 245
Watercress, 55	Witch hazel, as remedy	for stomachaches, 318
Water intake, effects on	for acne, 4	for sunburn, 326
anal pain, 13	for hemorrhoids, 212	for yeast infections,
arthritis, 21	for sprains and strains,	357
bad breath, 42	315	Yucca root shampoo, 142
bloating, 57	for varicose veins, 351	rucca root shampoo, 172
body odor, 65	Wood betony, 200, 321	7
bronchitis, 72	Wormwood, 84	Z
bursitis, 97	worliwood, or	Zinc, as remedy
chapped lips, 103	V	for athlete's foot, 29
colds, 107	X	for body odor, 63–64
cold sores, 117–118	Xerosis (dry skin), 163–169	for bruises, 80
constipation, 124	Acrosis (dry skiii), 103–107	for burns, 87
dry eyes, 162	V	for colds, 108
• •	Y	
dry skin, 166 flu, 177–178	Varrous as remadu	for cold sores, 117
	Yarrow, as remedy	for shingles, 293
heartburn, 204	for acne, 4–5	for sore throats, 307–308