

A Pinch of Ginger – Folk Medicine (NOT medical advice, just suggestions that MAY help)

Acne: Probiotics! Apply wet oatmeal, brewers yeast or egg white, dry, rinse & apply castor oil.
Athletes foot: Soak feet in water & vinegar. Then apply cinnamon or tea tree oil in coconut oil.
Allergies: Avoid GRAINS, DAIRY & SUGAR & substitutes. Boost metabolism w/exercise.
Anemia (fingernails flatten): Eat spinach. Avoid tea & all caffeine (blocks iron absorption).
Alzheimers (aluminum/mercury poisoning): chelate **heavy metals** (from deodorants, baking powder, canned soft drinks, antacids; dental fillings, vaccinations, gas fumes) with **EDTA cream**. Use coconut oil (another chelator) & rosemary (brain cell stimulator) in cooking. (The brain is mostly cholesterol—medications that lower cholesterol can **cause** dementia.)
Appendicitis: (may be caused by undissolved capsule pills) **fast** & drink fresh peppermint tea.
Arteriosclerosis: Eat bananas, walnuts, sweet potatoes, beets, turmeric. Avoid ALL margarines.
Arthritis: Rub skin with warm vinegar, mint, eucalyptus, menthol or emu oil after bathing. Take flaxseed oil & get **SUNLIGHT**—without glasses (better vit. D absorption). Avoid caffeine & fizzy drinks (bone leachers) & tomatoes/potatoes/peppers for awhile! Eat fresh pineapple, papaya (bromelain), salmon, tuna, nuts, onions, beets, okra, (manganese), yogurt, honey, dandelions or other dark greens & chicken wings (cartilage). Massage with emu oil.
Asthma: (selenium deficiency) Eat 4 or 5 Brazil nuts a day (the richest source of selenium), onions, butter, celery, broccoli, eggs, horseradish, walnuts, ginger, raw potatoes, licorice, cayenne & cucumbers. Sip very warm coffee through a straw. Drink tangerine juice or tea made of inner oak bark. Rub chest with aromatic oils or Selsun Blue Shampoo. Avoid all sulfates (sprayed on restaurant salad bars, bagged potatoes & in orange juice & wines). Blackberry leaf & comfrey ('bone-knit') poultices can repair fractures. Cherries for gout.
Bleeding: Apply sugar, honey or cayenne pepper on a wound (stops bleeding & disinfects).
Bleeding gums/nose bleeds (vitamin C deficiency): chew citrus peels, apply lemon juice (Q-tip)
Bone pain: Drink water with pinch of Himalayan salt (has 80+minerals-some are electrolytes). Chiropractic adjustment. Do liver/gall/kidney cleanses. Boswellia (frankincense) & ginger.
Bowel cleanses: Drink aloe juice, senna & cascara sagrada or buckthorn tea. Eat apples (pectin removes toxins) bentonite clay & burnt toast (charcoal removes impacted fecal matter, poisons & drug residues) Eat lemons, flaxseed, barberry, cayenne, garlic & ginger.
Breast lumps: Eat IODINE & selenium-rich foods (berries, eggs, seafood...) Apply castor oil poultices on lump for 9 months. Clean lymph glands with rebounding, jumping jacks. Use non-aluminum baking soda as deodorant. Take vitamin D3 supplements with magnesium.
Burns: Apply ice cold water or vinegar, aloe, yogurt, honey, carrot juice, emu or lavender oil.
Cancer: (fungal, Vit. B17 deficiency) Eat **well-blended flax seed oil**/cottage cheese but NO SUGARS or processed foods! Eat **ORGANIC WHOLE food WITH seeds**, especially apricot seeds (B17-laetrile—contains cyanide that exposes cancer cells so the body attacks them), beets, figs, muscadine grapes (resveratrol in skins), fresh **apples WITH SEEDS**. Drink carrot juice. Do a liver detox. * Take hot/cold showers. Take lots of vit. C & D. Have silver fillings & root canals removed. Use castor oil poultices. Exercise, REST & LAUGH!
Cavities: Teeth re-calcify when the mouth pH is **alkaline**. Chew xylitol gum after meals.
Cold sores: Swizzle berry juice, apply wet tea bag or tea tree (melaleuca) oil, eat licorice.
Colic: Give weak teas made with raspberry leaves. No grains! Apply warm rice bag to tummy.
Constipation: WALK! Eat raw veggies, add tsp. Epsom salt to water & drink. Take probiotics.
Cough: at bedtime, put each foot in a bag of cut up **onions**, sock & sleep. Discard in morning.
Cramps (magnesium deficiency?) Eat almonds & dark chocolate (magnesium rich) & take a hot Epsom salt bath. Eat prunes & laxative foods. Avoid pork. Dab castor oil in belly button.
Diabetes: Go **21 days** without ANY carbs (may cure Type II Diabetes). Also, eat grape seeds, black pepper (vanadium), cinnamon, beans, barley, onions (chromium) & watermelon seeds.
Diarrhea: Eat cooked brown rice, bananas, blackberries, burnt toast & Grapefruit Seed Extract.
Depression: Write thank-you notes, SING, bake bread, take one 50,000mg Vitamin D3 weekly. Walk or run **early** in the morning. Drink 1 tsp. molasses (vit. B rich) in hot water, **no coffee!**
Ear infections: Insert a drop of olive oil w/fresh garlic or onion juice in ear. Chew xylitol gum.
Eye trouble: Dab castor oil for styes. For blood vessel bursts in eyes (rutin deficiency), apply ice, then MSM drops. Drink fresh muscadine grape juice (resveratrol). Peel onions for conjunctivitis. Put a cool wet tea bag on irritated eyes. Eat parsley & carrots (vitamin A).

(Note: your physical body--especially your immune system--believes what YOU SAY more than what anyone else says. NEVER, declare that you HAVE a disease--only that you are **FIGHTING IT!** And, when you pray, if you are a disciple of Jesus, use His Name to **command your body to heal itself—speaking out loud** scripture (i.e. Ex. 15:26, 36:26-27, 23:25-26, Mt. 8:16-17, Mk. 16:17-18, Lk. 10:19, Jn. 15:7, 16:23 ...)

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Flu/colds: Sip hot chicken soup with cayenne pepper. Take a hot bath (to induce fever), drink goldenseal or elderberry tea, hot lemon or carrot juice with honey. Rest! Eat rosehips, spicy hot mustard, lemons or grapefruit with inner peel, raw garlic (a **potent antibiotic**), horseradish, curly dock or dandelion leaves. Ingest quality colloidal **silver** (kills MRSA!).
Gallbladder issues: Drink 1/2 cup beet leaf juice. Avoid all acetaminophen. **Do liver/gall detox.***
Halitosis/bad breath (vitamin A deficiency): eat parsley, carrots, dill, fennel seeds, hazelnuts.
Headache: 1st, **figure out the cause!** Sip a **pinch** of celtic salt in water every 15 minutes. Take a hot bath w/some vinegar, massage tender spots on the head. Dry, rub down with coconut oil & apply lavender, peppermint or rosemary oil to temples. Alternate cold & hot packs on neck.
Head lice: Apply warm Tea Tree oil or Vaseline & wrap in warm towel for 1 hour, comb nits out.
Hemorrhoids: drink water with a pinch of (mineral rich) pink Himalayan salt regularly & carrot juice. Alternate slices of raw potato as poultices. Eat fresh ground flax seed & coconut oil.
Hepatitis: Drink dandelion root or milk thistle leaf tea and seeds, eat tomatoes, anise & parsley.
Heart pain: **Avoid ALL margarines!** Eat wild-caught salmon, garlic, liver (copper & B vitamins) greens, avocados. Chewable aspirin reduces platelet stickiness. IV of magnesium for attacks.
Hyperthyroid (overactive): Eat berries, salmon, radishes. **Avoid** gluten, dairy, aspirin, shellfish.
Hypothyroid (underactive): Hyper & hypo are iodine & selenium deficiencies—often because of bathing in chlorinated, fluoridated water (bromine, fluorine & chlorine compete with iodine). Eat iodine-rich berries & beets. Stimulate thyroid gland with massage. Take selenium, vit. D.
Indigestion: Drink water with a pinch of baking soda. Only drink **between** meals (to **not dilute stomach acid**) and **don't use mouthwash** (it destroys good bacteria & nitric oxide in saliva).
***LIVER/GALL BLADDER DETOX:** Clean bowel (drink water w/Epsom salt), then blend & drink (on an empty stomach): 8 oz of water, 8 oz of citrus or apple juice, 1-4 TBSP of olive oil, 1-4 cloves of garlic & ginger, followed 30 min. later w/peppermint tea or cranberry juice.
Lyme Disease: Hydrochloric Acid! Grapefruit Seed Extract, Diatomaceous Earth (all kill parasites).
Malaria: MMS (chlorine dioxide).
Measles-Take a **food-sourced** organic vitamin A, Add oatmeal (in a pouch) to bath and apply wet oatmeal paste to skin afterwards. Avoid sugar (delays healing) & bright lighting (it hurts).
Muscle pain: Add Epsom salts (magnesium sulfate), baking soda or vinegar to bath. Massage. Take high-quality Boswellia (frankincense) for pain. For bursitis, eat the white part of citrus peel (bioflavonoids) & eat grape seeds & drink pine needle tea (pycnogenol rich). Leg cramps may be a magnesium:calcium imbalance. Rub on quality **eucalyptus** oil to promote healing.
MS/Lupus/Polio: Have root canals/silver fillings (mercury in thimerosal) **safely removed!** Get 7 hours total darkness at night (raise serotonin levels). Take **good Vit. D3—50,000 mg**. Use magnets on temples (30 min.) to reduce pineal calcification. Vigorously massage affected muscles from 4 different angles (stimulates blood). Eat buckwheat, greens, honey. Do detoxes.
Plantar Fasciitis: Comfrey leaf poultice.
Prostate trouble: Eat pumpkin seeds (zinc), eggs (selenium), grapefruit & tomatoes (lycopene).
Rashes/bites/stings: Apply meat tenderizer, lime juice, curry, vinegar, baking soda or corn starch.
Shingles: (for nerve pain)—lecithin tablets; (for rash)—apply blue Listerine mouthwash to rash
Sinusitis (usually fungal): Apply oregano oil to the bottom of the feet at bedtime, cover w/socks. Inhale or apply eucalyptus, peppermint, oregano **anti-fungal oils**. Drink lots of mineral water.
Stomachache/Irritable bowel: Don't drink much with (or after) meals! Take grapefruit seed extract (GSE) to absorb water-borne parasites. Avoid mouthwashes! Eat peppermints, raw ginger, bananas, raw potatoes and/or burnt toast (charcoal absorbs toxins). Apply cold & heat.
Strep Throat: can be transmitted by kitchen dishrags or pets (who carry but show no symptoms) Grapefruit juice, honey & lemon, colloidal **silver** drops, Insert peeled garlic clove as a tampon.
Stroke: Ingest cayenne pepper or magnesium in warm water **quickly** to break up blood clots.
Sunscreen: Apply a light paste of water & brewer's yeast to skin before sunning. Take vitamin C.
Toothache: Put garlic or cloves on the tooth with white bread or peanut butter as adhesive to stop pain. Chew peelu bark or xylitol gum. Brush with baking soda and/or hydrogen peroxide.
Tetanus (lockjaw): Oxygen (hydrogen peroxide) and sunlight **kills tetanus** germs.
Ulcers: Avoid pork! Eat cabbage, plain yogurt w/honey, **Don't drink w/meals (inhibits digestion)**
Vaginal infection: Insert a peeled, pierced (w/fork) clove of garlic (antibiotic) like a tampon.
Worms: Eat pumpkin seeds, cayenne, garlic, black walnut hull tea, cloves & wormwood or GSE.
Wounds: Clean, apply raw potato, onion or aloe slice, bandage & sock. Change every few hrs.
(Note: internal problems can be indicative of a spiritual problem--i.e., constipation may accompany inability to forgive; unresolved traumas of rejection or fear may manifest as heart trouble, ingratitude as arthritis ...)