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Medicines From The Kitchen

| Food | Symptom | Remedy |
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| Apples: | For constipation; for styes | Grated and as a poultice |
| Apple Cider Vinegar: | Sore Throats | 4 tsp to 1 pint hot water, gargle |
| Apricots: | Diarrhea Constipation | Fresh, chopped & eaten strained, for babies |
| Baking Soda: | Itching due to urticaria Bee stings | ½ cup per neutral bathtub Mix with water and use as a paste |
| Barley: | Diarrhea | Barley and water |
| Bran: | Constipation | ½ tsp in foods, make sure there is enough fluid being taken in |
| Cabbage: | Gastric or peptic ulcers | 1 quart of juice/day for 2 weeks |
| Cayenne Pepper: | Bleeding Tickling Coughs Peptic or gastric ulcer | Mix powder with water and apply to wound ⅛ tsp. In ½ cup water, swallow and follow with plain water if needed, 3 times/day ½ tsp in one-cup water for pain relief. Can be mixed with buttermilk @ ½ tsp. To quart of milk. Can be taken in a capsule |
| Carob Powder: | Diarrhea | 2 tsp./ 3 ½ oz of water |
| Celery: | To replace sodium Good for bladder infections, especially the leaf portion | |
| Charcoal: | Diarrhea Toxicity/food poisoning | 2 capsules every 2 to 4 hours. Can also burn toast and eat Same as above |
| Caraway Seed: | Gas and bloating | Chewed whole or as a tea |
| Carrot: | Sore throats Styes Diarrhea in infants & children | Grate, place between 2 layers of cotton cloth and use as a poultice over the throat or stye Cooked or mashed |
| Cloves: | Toothaches | As a decoction on cloth which is sucked in the mouth |
| Dill: | Gas and bloating | Chewed whole or as a tea |

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| Epsom Salts: | Muscle pain, soreness & aching Colds & flu's with deep bone pains Insomnia, nervous tension | 1 cup per bath |
| Garbanzo Beans: | Severe weakness after a bout of the flu | |
| Garlic: | Sore throats, coughs Abscesses, boils, ulcerations Earaches Runny nose Pinworms Blood pressure | Slice & simmer with tea Poultice; Chopped & swallowed with water Poultice or as drops in olive oil Tea or chopped & swallowed Clove peeled but not cut placed in the rectum after every bowel movement for 3 days |
| Horseradish: | Sore throats Sinus congestion Coughs | Grate & use raw or in vinegar or tea |
| Honey: | Dehydration | Honey and salt together in water to restore fluids |
| Lemon: | Colds Coughs Constipation Arthritis | Fresh lemon in warm water, from 1 to 5 tsp.; take ½ hour before eating if used for constipation |
| Mint: | Coughs Constipation Nausea | Use as a tea |
| Milk: | Conjunctivitis Insomnia Itching/skin rash | Breast milk as it has immune properties ½ hour before bed, taken warm Raw milk, goats milk, applied topically |
| Mustard: | Bronchitis Coughs Pneumonia | Mustard plaster: - Take 1 part mustard to 3 parts flour (4 for babies). Add enough egg white to form a paste then place between 2 layers of cloth and leave on the skin for 15 to 20 minutes. Follow with a heating compress after the skin has turned red, wait 1 to 2 hours and repeat on back. Be sure to check with person to make sure they are not being burned. |
| Nutmeg: | Gas and Bloating Fainting, hysteria | Capsules or tea; may be toxic so be cautious |

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| Onion: | Bee stings | Slice of raw onion on the sting |
| Olive Oil: | Constipation | 1 to 2 tsp., may be given with lemon |
| Parsley: | Cystitis Urethritis Diuretic | As a tea or juice; 1 cup 3 to 4 times/day |
| Rice: | Diarrhea | Cook with extra water, use rice water |
| Potato: | Conjunctivitis Styes Abscesses | Grate and use as a poultice or directly over the eye or abscess |
| Salt: | Constipation Sore throat Sinusitis | 2 tsp to 1 quart water as an enema ½ tsp to 4 oz of water, gargle Same as sore throat except 1 to 3 drops in each nostril |
| Sage: | Sore throat Sinus drainage Hayfever | 1 tsp/cup of warm water, gargle & swallow |
| Rubbing Alcohol: | Fevers | Topically to cool down high temperatures |
| Oatmeal: | Urticaria/itching | 1 cup to a tub of neutral temp. water or place in a sock and wet, then dab affected area |
| Thyme: | Sore throat | 1 tsp./cup water gargle & swallow |
| Water: | Burns Caustic burns Cramps Colic Fever Punctures Sprains & strains Sinusitis Swellings | Warm water Flush with water Hot water bottle Hot water bottle Bath at 1 degree less than temperature – gradually lowering the temperature of the bath Clean with soap & water Ice packs Steam inhalation Ice packs |