

TEN SURPRISINGLY EFFECTIVE NATURAL REMEDIES

By Sandra Orchard,

author of *Deadly Devotion*, featuring herbal-researcher-turned-amateur-sleuth Kate Adams

- 1) **For Bee Stings** – remove stinger, then cut an onion in half and press the inner flesh against the site of the sting to draw out the venom and gain instant relief.
- 2) **For Hiccups** – for children who can't drink water upside down, a spoonful of sugar, taken in one swallow works well. To avoid sugar, sucking on a lime also works.
- 3) **For Upset Stomach** – Chew a piece of candied ginger. Peppermint oil rubbed on the tummy in a carrier oil is also very effective.
- 4) **For Bruising & Sprains** – Apply a poultice made from steeped comfrey leaves and/or roots. Its natural anti-inflammatory properties reduce swelling.
- 5) **For Fever** - Fill up a bathtub with hot water and climb in. Rub baking soda under armpits and on chest, let it dissolve in the water and soak for 15 minutes.
- 6) **For itchy bites, poison ivy, diaper rash, chicken pox etc.** – Wash with baking soda, rinse, and pat dry. Excellent for washing diaper rashes, prickly heat, teething rashes, chicken pox. Soaking in a tub with black tea bags works for diaper rash too.
- 7) **Sore throat** – gargle with warm, salted water; for the not-faint-of-heart, take a swig of a couple of drops of oregano oil in water; Or drink honey and lemon in hot water.
- 8) **For Burns** – coat with the juice of an aloe vera plant, very soothing.
- 9) **Plantar's Wart** – soak foot nightly in warm water with a couple of drops of oregano oil, then cover wart with duct tape. Duct tape alone never worked for me. This did!
- 10) **For Mild Motion Sickness** – suck on a few lemon slices at the first sign of queasiness.
- 11) **For Bad Stomach Pains** – I haven't tried this one, but a reader tells me it works wonders for gas pain, even vomiting and diarrhea. Combine a spoon of coffee grains (not instant), juice from half a lemon and 2 TBSPs of water, and drink.

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