

*Home Remedies, Hints and Recipes...*

*Helpful and Healthy*

*Isaiah 38: 21*

*"...and take a cake of figs and lay it for a  
plaster upon the boil, he shall recover"*

I am assuming the fact that you are reading this, your health care provider is Don Kraus. Please check with him to make sure this is something he recommends; he might want to change dosage according to your particular needs. Let's start with:

### **Homemade Laundry Soap**

3 Tbsp Washing Soda      3 Tbsp Borax      3 Tbsp Dawn\*      Mix and pour in a gallon jug of water and use ½ cup to a load of laundry. \*I use the green Dawn: antibacterial.

### **Fabric Softener**

Cut old T-shirts or cotton baby blankets into squares. Place in sealable container w/tight fitting lid. In a small bowl mix: ½ C White Vinegar and 8 drops of favorite essential oil. Peppermint, Lemon, Lavender; naming a few. [I also use 20 drops of Lavender in the Laundry soap in the gallon jug.] pour liquid over cloths in container, squeeze excess back into container, toss in dryer with clothes. These are reusable: put back in container.

There are several natural items that can be taken rather “prescription drugs” checking first, of course, with your health care provider for the amount of use...

#### **For pain:**

**Arnica:** There are 3 different to be taken topically: **gel**, **salve** and **oil**. Also, to be taken orally are the **Arnica Montana: homeopathic tablets:** 5 placed under the tongue; with no food or drink taken 15 minutes before and after taken them. These tabs should not only be taken when in pain, but also if it is expected to do physical work that might cause sore muscles, also chiropractic or massage therapy.

**Valerin:** 4 every four hours. If pain is severe or chronic...4 every 3 hours...headaches as well.

#### **For inflammation:**

**Wob N Zyme:** These can also be taken in conjunction with **Valerin** if inflammation is present; usually 4 – 3x daily unless otherwise recommended.

#### **Natural antibiotic:**

**Wild Oregano:** can be taken internally and topically.

**Honey:** Another good natural antibiotic, being careful with children taking honey under the age of 2.

#### **Healing:**

**Preparation H:** Contains shark liver oil, very good healing agent; not only good for hemorrhoids, but also a good healing salve to be taken topically only.

**Garlic Oil:** 2-3 drops in the ear will take care of most earaches in about 15 minutes. Also, for sore throats; putting some of the oil on a cotton swab and swabbing the throat directly and letting it set there for at least 5 minutes without clearing the throat, coughing or drinking if at all possible. Making your own is best, but you can also purchase it.

### **13 Uses for Cucumbers**

1. Contains most of the Vitamins needed daily: Vitamin B1, B2, B3 B5, B6, Vitamin C, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. A good source of B Vitamins and Carbohydrates that can provide the quick pick up that can last for hours. Feeling tired in the afternoon? Eat a **Cucumber** instead of drinking caffeine...coffee or soda.
3. Rub **Cucumber** slices on the bathroom mirror to eliminate fog. Also provides soothing spa-like fragrance.
4. In an aluminum pie tin and put it in the garden. Eliminates garden pests because of the chemical reaction with the **Cucumber** and aluminum undetected by people causing pests to leave area.
5. To remove cellulite, rub **Cucumber** slices on area for a couple of minutes. Phyto chemicals in the **Cucumber** cause collagen in skin to tighten, firming outer layer-reducing visibility. Works

- great on wrinkles as well.
6. To avoid hangover or bad headache, eat a few slices of **Cucumber** before going to bed. Wake up refreshed-headache free. **Cucumbers** contain enough sugar, B Vitamins and electrolytes to replenish essential nutrients the body lost.
  7. Fight off afternoon or evening snacking binges...eat a **Cucumber**. Used for centuries. European trappers, traders and explorers used for quick meals to stave off starvation.
  8. Polish shoes: rub freshly cut **Cucumber** on shoes. Chemicals provide a durable shine. Also repels water.
  9. Rub sliced **Cucumber** along squeaky hinges...squeak is gone.
  10. Stress: cut up 1 whole **Cucumber**, drop into a pot of boiling water. Chemicals and nutrients react with boiling water-released in steam, creating a soothing relaxing aroma.
  11. A slice of **Cucumber** pressed to the roof of your mouth for 30 seconds will kill bad breath. Thanks to the phyto-chemicals that kill bacteria causing bad breath.
  12. A slice of **Cucumber** will clean faucets, sinks or stainless steel. Just rub it on the surface you want to clean. It will remove years of tarnish, bring back the shine, and it won't leave streaks or harm fingers or fingernails.
  13. Made a mistake with a ballpoint pen? Use the outside of a **Cucumber** and slowly erase the pen writing. Also works great on crayons and markers left on the walls by children.

### **Zest Tonic: Good for the Pancreas**

26 Parts High Quality Gin

5 Parts \*Apricot Brandy: Must be made with fruit; not just flavored

2 Parts Mint Gin\*\*

While slowly adding steps 1, 2 and 3; very gently rotate the container. Which must be glass. Do not shake or mix or pour straight into the container as it might bruise the **Gin**. Take -2 oz. After every meal. Sip it very slow so some of the drink is absorbed by the tongue. . This is very good for the pancreas.

1.

Be sure **Gin** is made with Juniper Berries and of a high quality. Jaquin's London Tower is highly recommended, but there are others out there as well. The **Gin** must be 80% proof.

\*I have only been able to find the **Apricot Brandy** in Michigan at Black Star Farms in Sutton's Bay near Traverse City; phone number: 1 231 944 1270. Unfortunately, they cannot ship it because of the laws. Hopefully you will be able to find someone who makes it in your area. Wherever it may be, it is an item you must purchase at their establishment...and don't forget to carry any alcohol beverage needed for this in the trunk of your car. A must for your own safety should you for any reason be stopped.

\*\*I have not been able to find "**Mint Gin**" anywhere. It seems to have been pulled off the market. I have improvised and made my own by adding 2 or 3 fresh sprigs of **Mint** to the **Gin** and letting it set 4-6 weeks, turning it every 2-3 days.

6 ½ C + 3 oz High Quality Gin

1 ¼ C + 1 Tbsp Apricot Brandy

½ C + ½ tsp Mint Gin

Will make 6 - 12 oz bottles [long neck glass]

### **Slippery Elm Recipe**

To every cup of water add 2 tsp **Slippery Elm Powder**. Pour distilled water in stainless steel pot (6 to 8 quart). Whisk while adding **Slippery Elm Powder** to the water, stirring with a whisk to be sure powder is completely dissolved Turn burner on high continuing to whisk. Once it has come to a rolling boil, turn down to medium, maintaining a slow boil. Add **Maple Syrup** for the desired sweet-

ness while boiling, continuing to whisk periodically for 20 minutes. The **Slippery Elm** will thicken. Remove from burner and pour into another container that has a lid, preferably glass. Take out 1 serving as needed and heat to desired warmth. Adding raisins to be used as a gruel if preferred, or drink as a tea. NOTE: adding the sweetener later doesn't seem to hold well. It works better while cooking.

1 Serving	1 C Distilled Water	2 tsp <b>Slippery Elm Powder</b>
3 Servings:	3 C Distilled Water	6 tsp <b>Slippery Elm Powder</b>
6 Servings	6 C Distilled Water	12 tsp <b>Slippery Elm Powder</b>

### **To Help Prevent Colds, Flu and Sore Throats**

Place unpeeled **Onion**, cut in ½ with a fork stuck in it, place on saucer or shallow bowl. Set on bed stand or several places in the house. The **Onion** will absorb the cold and flu bacterias.

### **Ginger and Honey Syrup**

1/8 to ¼ tsp **Cayenne Pepper**  
¼ tsp **Ginger** (fine grate or use powder)  
1 tsp **Honey**  
2 Tbsp **Vinegar**  
2 Tbsp **Water** (Distilled)  
Mix altogether. Take 1 -2 tsp as needed.

### **Onion Syrup**

Peel **Onion** and slice thin. Alternate slices with [raw] **Sugar**. Set stove on medium heat; as **Syrup** develops bring to a low boil and then turner burner on lowest heat possible if using electric, or an automatic burner that keeps temperature. If using gas stove, just place container on pilot light. After the first step. This will keep it warm as well. Keep lid on container. Add more **Onion** and **Sugar** as needed. If syrup cools too much it will congeal. Take 1 or 2 teaspoons as needed. Optional: Both **Fennel** and **Curry** are good for congestion as well. Add 1 teaspoon **Curry Powder** and 1 tsp **Fennel Seed** that has been crushed in a mortar.

### **Honey and Lemon**

Squeeze the juice of ½ of a **lemon** into a small jar and fill with **honey**. Mix well. Take 1 teaspoon as needed. Keep lid on jar when not it use. Children under 2 years of age should be monitored for the amount taken. Check with your health care provider.

### **Garlic**

Take 1 clove of **garlic** chopped in pieces about the size of a small pill. Take with 8oz. Of water and swallow just as you would your supplements. Do not chew! You will have very bad breath and the **Garlic** is hot! Take on the onset of a cold. Not more that 3x daily. I suggest before going to bed and again in the morning if needed. If needed a 3<sup>rd</sup> time, take mid-day. Too much can cause your sinus cavities to become too dry. Usually one or two days does the trick. If not taken until the cold is full-blown, may need to take it a little longer.

### **Horehound**

**Horehound** candies are also good for coughs and soothing a sore throat.

### **Vicks**

**Vicks** salve rubbed on the bottom of the feet when a cold is taken is excellent. Before this is done, use the bathroom as a steam room. Close the door and let the hot water run either from the shower or the tub creating steam in the room. Do not fill; let it drain as it runs. Sit in the steam for 10-15 minutes. Before leaving the room, rub the bottom of the feet with **Vicks**, put socks on to keep salve

on the feet. Do not let yourself become chilled. Bundle up warm before leaving the bathroom and go right to bed. Make sure you remove the **Vicks** before going outside as it opens the pores and can cause further problems and symptoms of the cold. The **Vicks** can also be rubbed on other areas such as lung area, under the arms and behind the knees. If a small child is being steamed **Do Not** leave them unattended in the bathroom. Hold the child on your lap.

**NOTE:** When **Vicks** is rubbed on the feet the whole body is affected as the feet connect to all body parts. **Vicks** is not available, Jason's Cooling Gel is good to use as it has **Wintergreen** in it.

### **Hot Toddy**

1 Shot of Whiskey    1 Shot of Lemon Juice: fresh    1-2 tsp Honey    8 oz. Hot water

Mix altogether and sip as a tea. Doing this while taking a nice hot soak or steaming in the bathroom goes well with this method. When **Toddy** is drank go straight to bed, stay warm, and you should be able to sweat out the cold. Do not let yourself get chilled between the bath and bedroom.

### **Cold Sores**

**Peppermint Oil** applied, also smelling it can aid and fight viruses and/or bacteria in the nose and onset of colds. 2-3 drops in hot water: inhale vapors or rub a little just under the nose, inhaling vapors as you breathe normally. Never inject the oil. Drinking **peppermint** tea is good as well.

### **Relieving Congestion with Nutmeg**

Cut a piece of flannel about a foot square, apply camphorated oil to it, sprinkle with **Nutmeg**. Place on the chest and allow to remain over night.

Use a piece of flannel, again about a foot square, spread a thin layer of shortening on half and sprinkle generously with **Nutmeg** fold over. Warm it briefly, perhaps in a low oven and attach to the chest area by wrapping and pinning another clothe or towel around to keep it in place or pin it to the inside of your pajamas in the chest area.

### **Boils**

**Burdock Boil Cure:** Make a strong cup of **Burdock Tea** and drink it once a day to alleviate **Boils**.

**Slippery Elm Bark:** Using powdered **Slippery Elm**, mix with shortening to form a paste. Cover the **Boil**. When it becomes dry, apply a new coating until the **Boil** is completely drawn out.

### **Ingrown Toenails**

#### **Cause:**

1. Improperly trimming toenail too far from nail plate. Try trimming straight across, using the top of the toe as an "edger."
2. Ill-fitting shoes. Too short or too tight, which pinch the toes.
3. Running w/accompanied pounding and pressure on toes from shoes that are too short.
4. Bed sheets tucked too tight around toes.

#### **Suggestions for Care of Ingrown Toenails**

1. Proper Toenail Clippers to avoid slip-ups.
2. Never dig down into corners of the nail.
3. Wear proper fitting shoes with plenty of room in the toe area, especially if an ingrown toenail is present.
4. Soak affected feet to keep clean.
5. Apply a mild antiseptic. **Suggestion:** Young's Essential Oil: Pan Away, Chickweed

- Salve or Preparation H, which has Shark Liver Oil in it is very healing.
6. If the problem persists, see a PODIATRIST to have offending tissue removed.

### **Insect Bites and Bee Stings**

**Campho-Phenique** rubbed on a bee sting will take care of the sting almost immediately. It can be purchased in liquid or salve form: liquid is best. If that is not available, make a paste out of **baking soda** and water, or make a mud pack and cover the stings with it. Raw onion applied to a sting is also very good. **Eucalyptus** is good, but not quite as effective. One method I found was to apply **Campho-Phenique** and then make a **mud pack with diatomaceous earth** and apply it to the sting and far out around it...thick. Keep it on until the **diatomaceous earth** is completely dry, so it comes off in chunks. This process draws out the pain most effectively and stops the venom and swelling from spreading.

### **Mites or Chiggers**

Most people think these microscopic critters burrow under the skin. Because I have been bothered with them, I took the time to find out just what they are all about and they DO NOT burrow under the skin. Once the egg is laid, the babies or larvae, if you will, find their way into a pore, inject an enzyme into the pore, which causes intense itching to the point of driving one crazy, and they then eat the skin cell. The best way I have found to rid oneself of these Mites or Chiggers is to purchase a good **lice shampoo**. I have found the brand “**RID**” to be the best. You need to completely undress and rub your entire body with this shampoo right up to the hairline. DO NOT miss an area and DO NOT add water. [Females: DO NOT shampoo the hair area in the vaginal area. DO NOT get the shampoo inside that area], and it is not necessary to include your face, they seem not to go that far. Let this shampoo set on your body for a good 10 to 15 minutes; staying completely undressed during this time. After 10-15 minutes, stand in the shower letting just enough water onto your body to make a lather; lathering your whole body, using a back brush if needed. After you are completely lathered, rinse well. Also, make a solution with **alcohol and diatomaceous earth**. Keep it on hand and with cotton balls apply to bitten areas. Repeat with the shampoo if they are continuing to plague you. It takes a while to get rid of them, but being diligent with the **shampoo and alcohol with diatomaceous earth** will eventually rid you of them, depending on how severely you are infected with them. If you are susceptible to these critters, it is wise to keep the **lice shampoo and diatomaceous earth** on hand and stay away from hot areas in the spring and summer where there is a lot of grass and/or weeds; if at all possible.

### **Toothaches**

**Peppermint oil** will help with toothaches, also **Thieves essential oil**. Or a **teabag** or **ground gloves** wrapped in cheese cloth and applied/placed on the tooth is also good. Another good remedy is to have someone blow smoke in the ear and plug it with cotton.

### **Burns**

**Vinegar** is good applied to sunburns. It may sting at first, but it is very soothing and cooling. You can apply the **vinegar**, dabbing your skin with a cotton-ball or take a nice soak in a warm (not hot) bath with 1 or 2 cups of **vinegar**. It is best to **keep your skin hydrated** while lying in the sun. Keep a **spray bottle full of water** with you and apply it to the skin frequently. Also plenty of drinking water.

For burns that occur from touching something hot, having hot or scalding water spilled on your body, or a steam burn; immediately do the following which is quite effective: place **ice packs** on the burn until the skin is no longer burning and has gotten back to body temperature and staying cool, then apply **aloe vera gel** for the remainder of the day. Completely apply the gel thick and as soon as it dissolves...apply again. This method will keep the burn from blistering. By the next day only some

redness should be left, but you should still keep out of hot water and continue to apply the **aloe vera gel**, or use the gel straight from the plant.

Applying **raw egg white** is also quite affective. Separate the yoke from the white; do not beat it. Apply it directly to the burn. It is very healing and should not blister. Apply this as quickly as possible. Some say that **honey** is good as well, but I have never tried that one. When using any one of these remedies, after about the 3<sup>rd</sup> day you will experience a bit of peeling skin, which is normal and only the damaged skin is being removed. By applying **castor oil** this damaged skin can be removed quite easily and will help with healing and will also keep the skin soft. If the burn is serious, 2<sup>nd</sup> degree [blistered immediately] or 3<sup>rd</sup> degree [skin has been burned away and raw flesh is present], you should check with your health care provider or seek medical attention.

### **Yeast**

Are you bothered and plagued with yeast infections within your body that you just can't seem to get rid of? Try taking ½ tsp **Cream of Tartar** 2x daily mixed in 4 oz. of juice for a period of 10 days and in most cases it will kill the yeast. A product you can purchase in most, if not all Health Food stores. Also at your local grocers, but it most likely won't be organic.

### **Liver/Gall Bladder Flush**

2 oz Fresh Lemon Juice      2 oz Orange Juice      4 oz Olive Oil

Place in a jar with a lid and shake well to mix. Drink immediately and go to bed; lying on your right side for 1 hour with knees up as far as you can comfortably place them.

To do the **gall bladder/liver flush** you can fast 1, 2 or 3 days. This can be done by fasting just fruit for a day and follow with the flush that evening. Or:

### **Apple Juice Fast: 3 days**

Drink nothing but **apple juice** for 3 days,. Do not take more than 8oz per hour. This is very affective for loosening and softening any stones that might have formed and stored or lodged in liver and/or gall bladder. On the 3<sup>rd</sup> night do the flush.

### **Apple Juice Fast: 1 day**

Drink 16oz **apple juice** every 1-2 hours for 1 day. Follow with a flush that night. When doing any of these juice fasts in the winter, it is always good to have them warmed. It helps keep the blood sugar up.

### **Fasting**

One should always strive to maintain good eating habits and a healthy diet, but periodically one should also fast from food and give the intestines a rest, and also clean the bowel by doing a gall bladder/liver flush. Below are several suggestions, but it is also a good idea to consult with your health care provider for the best remedy for you. After completing the fast and flush, don't get right back into eating meat and sticky/starchy foods. Go slow, depending on how long you fasted, it could take 1, 2, 3 days or longer. Again, if you are not sure what to do your health care provider can help you.

### **Lemonade Fast**

2 Tbsp Fresh Squeezed Lemon Juice      2 Tbsp Maple Syrup: Grade B      8 oz. Distilled Water  
Cayenne Pepper to taste is optional

Drink 6 to 12 glasses every day. Before going to bed, take 2 **Swiss Kriss** herbal laxative with 8oz of water. If your health care provider recommends it, take 2 "Experience" capsules at the same time. The Experience is available through "Awareness." To find a distributor in your area the phone

number is: 1-800-692-9273. This will get you in touch with Awareness.

Each morning take 1 tsp of **Himalayan Salt** with 8 oz distilled water.

No supplement while doing this fast, if you are cleaning. Check with your health care provider.

1 month or day before starting fast a liver flush is recommended to start the detox pathway.

**Maple Syrup** has the sugar needed, and Vitamins A; B1; B2; B6 and B5. Also:

Minerals and Sodium Potassium, Calcium, Magnesium, Iron, Copper, Phosphorus, Sulfur and Silicon. The Cayenne breaks down mucous, contains B and C Vitamins, dilates the blood vessels and warms the body. Salt water flushes any wastes that have been loosened during the night. Do not gulp, but sip the lemonade every 15 minutes through the day to stabilize the level of blood glucose. To finish the fast will take 4 days.

**Day 1:** sip several glasses of **orange and grapefruit juices**.

**Day 2:** continue **juices**. At dinner have homemade **vegetable soup broth** with just a few vegetables.

**Day 3:** **juice** for breakfast; more **soup** for lunch; and **veggies** and **salad or fruit** for dinner.

**Day 4:** normal meals

### **Seneca Indian Fast**

This 4 day fast will help you not only shed a few unwanted pounds and inches, but will help you get in tune with yourself and back on a spiritual purification and balance. Besides drinking your daily water do the following along with short meditations throughout the day, and if weather permits, go for a walk or two getting back in touch with YhVh's (God's) creation. Listen to the birds, pick and smell the flowers, walk in the grass barefooted, hug a tree, sing along as you listen to some good music...and don't forget your will to overcome...

**Day 1:** Eat only **Fruit**...all you want and anything you want, including Citrus Fruit, like Grapefruit and such; just NO Bananas...starchy. On this **1<sup>st</sup>** day, eating only Fruits, you will be cleaning the colon.

**Day 2...**Drink all the **Herb Teas** you want. ...good teas, not Lipton and such. Drink Hyssop, Chamomile, Ginger, Peppermint. \*Chai Tea is another good one. There are a variety of Teas out there that you can choose from. Sweeten with Honey or Maple Syrup. On this **2<sup>nd</sup>** day Toxins, Salt and Excessive Calcium Deposits in the Muscles, Tissues and Organs will be released.

**Day 3...**Eat all the **Vegetables** you want...raw, steamed or both. NO Carbohydrates, like Corn or Potatoes. On this **3<sup>rd</sup>** day you will be supplying the digestive tract with healthy, mineral-rich bulk.

**Day 4...**Make a pot of **Vegetable Broth**. Whatever you have available. I like to make a Potassium Broth, which includes Cabbage, Carrots, Onion, Celery, a couple Cloves of Garlic and Red Potatoes with skins. You can also include, Broccoli and Cauliflower. Make a Bouquet Garni. Using cheese clothe, put a little Rosemary Stix, marjoram, Basil, Parsley and Bay Leaf. Wrap it up and tie it with some kitchen string to secure it, toss it in the pot. Bring all to a boil and then simmer until the veggies are tender. Toss the veggies out with Bouquet Garni and put the Broth in a crock pot to keep warm all day or on a very low burner on the stove. What you don't use at the end of the day, freeze for later use as a soup base or another fast. Sometimes, if I feel it is needed, I will continue fasting a **5<sup>th</sup> day** with just Apple Juice and maybe a little Fruit and end the day with a liver flush. Be careful coming off and only eat a Salad and/or Veggies when starting to eat again on the **6<sup>th</sup> day** if you continue with a flush.

\*If you care to include the "**Chai Tea**" and my "**Potassium Broth**" I have included these recipes from my cookbook below.

### Chai Tea

2 Cinnamon Sticks; 3" ea.    10 Cloves: whole    10 Green Cardamom Pods    2 tsp Fennel Seed  
¾ tsp Black Peppercorns    6 Earl Grey Black Tea bags w/Bergamot    7 C Water: distilled  
Almond Milk or ½ n ½    1 Pouch Honey/Ginger Tea Crystals

Bring all Spices to the boil in 7 C water. Reduce heat to medium; partially cover pot and heat for 10 minutes. Add Earl Grey Black Tea: bags: steep 5 minutes. Remove bags: strain. Makes 6 cups. Serve hot or cold with 1 pouch Honey/Ginger Crystals. Opt: Boil 2 Tbsp fresh Ginger: chopped, with the Spices in the boiling water and add Honey to the individual cups of Tea, instead of adding the Honey/Ginger Crystals to individual cups.

**Note:** Can't find Ginger Honey Crystals in your local health store or grocers? Go to: [www.popus.com](http://www.popus.com) to purchase on line.

### Potassium Broth: Vegetable Stock

1½ gal. Distilled Water    3 L. Red Onions: peel and quarter    1 Small Green Cabbage: quarter  
1 Stalk Celery w/leaves, discard core: wash thoroughly (3" lengths)    1# Carrots: scrub well\* (3" lengths)  
2# Red Potatoes: quarter, scrub well\* \*do not peel

### Bouquet Garni:

1 tsp Rosemary Stix    1 Tbsp Thyme    1 Tbsp Oregano    1 Tbsp Basil    2 L Garlic Cloves    6 Peppercorns  
1 Bay Leaf

Add all ingredients to a 12 qt. pot, let simmer 2 hours or longer. Instead of putting Herbs in **Bouquet Garni** for clear Broth, put them in the Broth. Fresh or dried Herbs: your preference. I use dried. When Broth is done, remove vegetables: discard. Strain stock for clean Broth. After removing the vegetables, add another ½ gallon water, giving a total of 2 gallons. Stock will hold in refrigerator 3-5 days. A natural diuretic, use as a beverage when fasting or a soup base. Option: add a couple of Chicken Breasts w/bones (no skin) when making the Broth. Remove Chicken, cool, de-bone: freeze for later use. Cooking the Chicken like this gives it a wonderful flavor. Divide Broth into three smaller soup pots and freeze for future use to make soup. Place pot on the stove right from the freezer, turn heat on low, while thawing and heating up, start preparing whatever is needed for the soup. When making soup from frozen Broth, add more Herbs/Spices...whatever the soup calls for. If using this Broth with the Seneca Indian Fast, DO NOT ADD THE CHICKEN!

### De-Worming Fast

Before we get started on the different ways one can get rid of these worms, let me give you a little insight on who they are and what they can do to your body beginning with the fact that these worms, or little critters as Don sometimes refers to them, are no respecters of people. There are several different parasites, namely Roundworms, Single Cell Parasites, several different Tapeworms, Flukes and Spirochetes. Within 5 named Parasites or worms are other related, all in groups. In the Roundworm Group there is:

#### The Common roundworm

Eggs migrate out of the digestive tract into other organs, including the Liver. Also, blood and Lymph. Traveling into the Lungs and Trachea where they are again swallowed and return to the intestines to mature. Occasionally reaching the eyes, ears and brain, causing extensive damage. When infected with these, one might experience abdominal pain, lung or eye infections, blood sugar imbalance, weight loss and/or fatigue. Symptoms could be:

Grinding teeth at night	Snoring	Intestinal Gas	Digestive Disturbance
Allergies	Anemia	Asthma	Restlessness and
Weight gain usually around a full moon			

There is an area at the bottom of each foot giving signs of parasites. You will experience a soreness on the left foot beginning just below the big toe extending down to ball of the foot to the edge of the instep, beginning in the heel area, all the way across there will be a soreness, indicating the tape worm. This would be a soreness in this area on both feet. On the right foot, at the ball of the foot towards the outer edge, will be a sore spot indicating a worm nest, just by pressing in these designated areas, if it is sore, you will find the area.

### **The Hookworm**

These worms drink a large amount of blood daily, which causes malnutrition and anemia in those who are infected with this parasite. These worms are tiny and live in the soil or water. It is easy to become infected if one goes barefooted as they attach to the feet and burrow into the skin, or work in a garden without gloves. They can also be picked up eating fruits, vegetables and drinking water contaminated with these worms. One reason it is so important to clean them before eating these fruits and vegetables. They go into the circulatory system, eventually into the lungs. From there they go down to the digestive tract, attaching to the walls of the intestine where they drink blood. Symptoms could come on slowly showing: Ground itch: marked by blisters and itching skin, usually on the bottom of the foot. One might experience:

Anemia	Malnutrition	Listlessness	Slow: mentally	Weak
Lazy	Abdominal Pains	and	Diarrhea	

### **The Whipworm**

A common parasite, especially in children. Ingested by infected fruits and vegetables, develop in the small intestine, traveling to the large. Symptoms with a few worms:

Abdominal Pain	Weight Loss	Diarrhea	Gas	Nervousness	Insomnia
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Symptoms with heavy infections of worms could cause:

Appendicitis	Prolapse	Edema of the Rectum	and	Digestive Disturbances
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There are others as well, if infected can cause auto-infection, itching and discomfort of the skin, worms that cause tumors, which include cancer. To recognize these, press around the entire heel area...if sore, be aware. The best thing to do is talk to Don, he has written a book concerning these parasites. Also there is a book by Hanna Kroeger. **“Parasites: The enemy Within.”** to obtain this book, the address and phone number is:

**Peaceful Meadow Retreat**  
**7075 Valmont Drive**  
**Boulder, Colorado 80301**  
**1-303-442-2490 or 1-303-443-0755**

And now some remedies and solutions to rid one of these parasites:

For 2 days take nothing but fresh garlic...as much as you can. I suggest every hour with an 8 oz glass of water. You will need several bulbs of garlic. If the clove is small, that is plenty for 1 hour, it must be chopped small enough to swallow with water. You do not want to chew it as it would be very unpleasant and leave you with bad breath. Do this every hour if you can. If the clove is quite large, slice it in 2 or 3 good portions and use them every hour. Wrap the unused portion to save for later. Also, if the “Awareness” Products, Clear and Experience are available to you, take 2 Clear in the morning and 2 Experience before retiring to bed in the evening. To keep your sugar up, it is okay to take an occasional teaspoon of honey and a cup of tea if needed. It would probably better to take the tea towards the evening around 6:00 or 7:00 P.M. To help relax. It is good to do a coffee enema each morning upon arising. Do not take any supplements while doing this fast; only what you absolutely need. For example: hormonal capsules that are taken orally. Check with your health care provider on this, which I am sure is Don. On the 2<sup>nd</sup> night, before going to bed, take a laxative. On the 3<sup>rd</sup> morning take a

warm milk bath to be just below the anus opening...3 to 4 gallons of milk; as warm as you can stand it. Relax in this for 1 hour. It may be uncomfortable, but you must stay there for 1 hour. If you have not killed them with the garlic, you will have weakened them. They will smell the milk and vacate through the rectum. Or put a pan of hot milk in a bowl and set it in the toilet bowl, sit there for 1 hour, whichever is more suited for you, but sit for 1 hour. Read a book or something to take your mind off of what is going on. After this you may take a shower or bath. During this fast, you may experience some cramping in the intestinal area. It could be mild or it could be strong. Bear with it, it could continue through the 3<sup>rd</sup> day as you get rid of things left inside. After this fast, you may continue through the day with juices. Try to purchase those that are not concentrated. Simply Orange, Apple or Grapefruit can be found at most grocers and they are not concentrated. There are others as well in the regular grocery isles that do not have to be chilled. Also at health food stores. End the 3<sup>rd</sup> day with a flush. After the flush, which would be the 4<sup>th</sup> day, you can start eating again, but lightly. Do not start out with starchy foods such as breads, meats and pastas. It has been a few days since you have put anything solid in your body, be kind to it and start with brothy vegetable soups and/or salads on the first day. You should always check with your health care provider for any questions and/or particulars.

Another way is to: boil 5 oz of milk with 2 cloves of smashed garlic cloves. This must be brought to a complete boil. Once boiled, strain garlic from milk and let cool. At bedtime prepare as an enema and insert in rectum, retaining throughout the night. In the morning do a coffee enema. Do this for 3 nights. Repeat in 7 days. While doing this one, you may continue to eat, but lightly, not big heavy meals. You will see definite results each morning....

### **Pumpkin Vermifuge**

Clean the membranes from the seeds of pumpkin (or squash). Wash them well in salt water. With clean water and a good portion of salt, boil them until they are cooked through. Drain and add a little butter or oil. Spread them evenly on a baking sheet and toast them in the oven @ 350° until they are crisp and lightly brown. Eat several handfuls over the next few days. Any worms will begin being expelled almost immediately.

### **Cantaloupe Cure**

Eat the seeds and pulp of the Cantaloupe to rid yourself of tapeworms.

### **Recognizing a Stroke**

1. S: Ask the individual to "Smile."
2. T: Ask the individual to "Talk and Speak a Simple Sentence" [correctly] Example: "It's sunny out today."
3. R: Ask the individual to "Raise both arms."
4. S: Stick Out Your Tongue.

If the tongue is crooked; goes to one side or the other, it also is an indication of a stroke.

If the individual has trouble with any one of these call emergency immediately: describe the symptoms to the dispatcher.

A stroke can be totally reversed if recognized, diagnoses and individual is medically cared for within 3 hours of the incident.

### **FROZEN LEMON**

I received this via an e-mail from a friend who is in Homeopathic healing. I am going to pass it on verbatim as not to take credit for it, but I will say this. Don and I have tried it and use it daily in all meals and it is delicious! Following is the full e-mail as presented:

Freezing lemons has some unbelievable benefits!

Simply take a lemon, wash it, and put it in the freezer. Once it is frozen get whatever is necessary to grate or shred the whole lemon without peeling it first. Then sprinkle it on your salad, ice cream, soup, cereal, noodles, spaghetti sauce or whatever. No holds barred.

What you will experience is whatever you sprinkle it on will take on a taste you may never have experienced before.

Why would I, \*[you or anyone] do this? Because a lemon peel contains 5-10 times more vitamins than the lemon juice itself and the peel is the part that is usually wasted. Not only that, but the peel helps to get rid of toxins in the body.

But wait, there is more. Lemon is effective in killing cancer cells because it is allegedly 10,000 times stronger than chemotherapy. This has been revealed because there are people out there that want to make a synthetic, chemicalized version that will bring them huge profits. Shades of Monsanto.

The good news is that the taste of the lemon is pleasant and does not deal with the horrific effects of chemotherapy. What is bizarre is that people are closely guarding this fact so as to not jeopardize the income to those that profit from other's illnesses. Another interesting aspect of the lemon is that it has a remarkable effect on cysts and tumors.

Some say the lemon is a proven remedy against all types of cancer.

It doesn't end there. It has an anti-microbial effect against bacterial infections and fungi; it is effective against internal parasites and worms; it regulates blood pressure, which is too high; it acts as an ant-depressant; it combats stress and nervous disorders.

There have been numerous studies since 1970.

The process is simple: buy a lemon, wash it, freeze it, grate it, and put it on everything you eat. It is not rocket science. [YhVh] (God) puts stuff on this planet \*[the earth] to keep the body healthy.

\*Anything in brackets is something I added.

**NOTE:** FYI: I find it easier to grate what we want on our plate with a microplane and place the lemon back in the freezer until using it again. I find this easier because in grating the whole lemon all at once, it has to be used in a certain amount of time. When the lemon is grated and placed back in the freezer it becomes a solid block and hard to remove what you want.

### **HEALTH DRINK TO PREVENT: VEIN AND ARTERY BLOCKAGE**

1 C Fresh Lemon Juice      1 C Fresh Ginger Juice: from Ginger Root  
1 C Fresh Garlic Juice      1 C Apple Cider Vinegar

In preparing this, it is better to use a juicer, if not, then a blender. If a juicer is used, you don't have to bother with putting Garlic and Ginger in cheesecloth and extracting the juices from it. The juicer will do it for you. After you have the juice of the Garlic and Ginger, to this you add the Lemon Juice and Apple Cider. Bring this to a boil, then to a low simmer until reduced 50% or only 3 cups of the liquid is left. Let this cool and then add 3 cups of Honey. Pour into a clean jar: take 3 tsp, which is equivalent of 1 Tbsp. Take this on an empty stomach every morning before breakfast...if you eat breakfast. In most cases, taking this will clear any blockages in your veins and arteries, preventing having to go through Angioplasty and/or Bypass Surgery. It is not only good for you...it doesn't taste that bad either. Use stainless steel equipment.

Be Blessed...  
Mary Jane