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Weird

...and Wacky Cures

Cures in the Cabinet

Weird Remedies That Work

6 Amazing Cures That *Don't Work* and 1 That Does!

Best Natural Medicine

HomeCures *That Work*

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Weird Remedies That Work

By Dr. Scott Saunders

I read all sorts of literature on healthcare and I'm continually amazed at the number of remedies that exist for ailments. I have tried countless remedies with my patients and have found some really crazy ones that work!

In medical school, sometimes we called weird remedies that worked "the placebo effect." But, that doesn't really matter, does it? If something works, it works, no matter how or why! Just because I can't explain it chemically, doesn't mean a remedy doesn't have value.

For example, I give vitamin B12 shots for all sorts of neurological problems. But, one of my colleagues believes I shouldn't be doing that because it's just a "placebo" and isn't widely accepted by the medical community. However, to that thought I responded, "I promise I will stop using it as soon as it stops working!" I'm still giving those shots because they work - weird or not!

Humans all over the world for thousands of years have used weird disease cures and methods to become and stay healthy. While modern Western medicine has evolved into a system of doctors, hospitals, and pharmaceutical drugs, other remedies— some pretty silly remedies — are still in use around the world.

Here are 6 weird remedies that actually happen to work, no matter how foolish you feel.

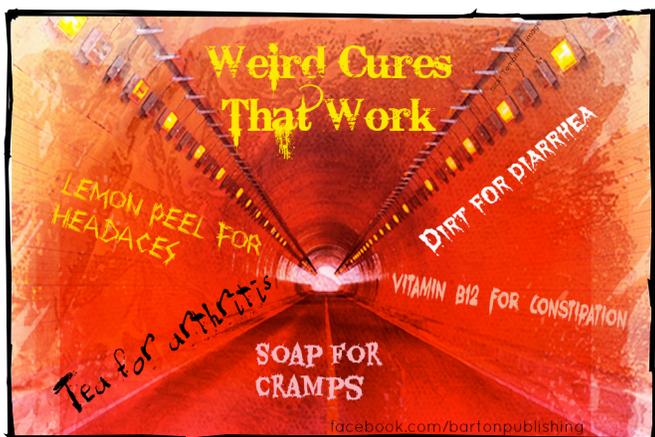
1. Lemon peels for headaches

In a small book on home remedies, I read about using lemon peelings for headache. Years later, I had a woman with chronic headaches who had a very hard time with the medications she took that didn't really work very well. I mentioned the lemon peel trick: peel a lemon and take the white part of the peeling and rub it on your temples, massaging it in to the skin on both sides. Within a minute or so the headache will be gone! She did it and it worked – better than the drugs she had been taking. Now she always has a lemon with her, in case she gets a headache.

2. Soap for cramps

One woman came into my office because of nighttime leg cramps. I know what to routinely do for leg cramps:

- Take coral calcium, magnesium or potassium.



- If that doesn't work, I tell people to drink more water to assure hydration.
- Some are low in sodium, so I tell them to use more salt on their food. A good trick is V-8 vegetable juice, which has sodium, potassium, magnesium and calcium all together.

However, none of the usual remedies worked. She tried increasing her stomach acid for better absorption, without any help. I also tried glycine and taurine to relax the muscles but to no avail. We then tried medications for Restless Legs Syndrome, but that didn't help either.

I didn't see her for a while and then when she came in to see me for something else I asked her about the cramps. She said a neighbor told her to put a bar of soap under her sheet by her legs. She did – and she slept all night without cramps! After a few months she started getting cramps again and the neighbor told her to change the soap. She swapped out the bar of soap for a new one and hasn't suffered with leg cramps since discovering this weird remedy.

Another patience of mine had the same problem with leg cramps, so I told her about the soap trick, which she said she had used in the past and it worked.

DIRT FOR DIARRHEA???



3. Dirt for diarrhea

Bentonite clay is a volcanic dirt that is often taken internally for detoxifying organic contaminants. Most people don't know that it can also be used for chronic diarrhea, such as those who have Irritable Bowel Syndrome. Bentonite clay works well for traveler's diarrhea and can be effective as drugs Immodium or Pepto Bismol.

There is another form of dirt that works well for diarrhea called diatomaceous earth. This is the same ingredient used in pool filters, but you can buy it in a "food grade" that is "clean." Taking about 2 tablespoons in a glass of water every two hours for diarrhea works well (adjust as needed). The normal dose for health maintenance is 2 tablespoons, once per day.

4. Tea for arthritis

One man who had Ankylosing Spondylitis, a genetic arthritis that affects the spine, was hunched-over because the vertebrae were starting to fuse. He went to his doctor, who told him that there was nothing that could be done. He went online and searched the internet, finding a place in Russia that promised they could cure arthritis.

He spent many thousands of dollars to go to Russia and stay in a spa. Surprisingly, he was given only tea to drink; there was no kitchen and no food. He drank ginseng, turmeric, cinnamon, and ginger tea for thirty days – and his arthritis went into remission! He lost over 20 pounds at the same time.

However, when he got back to the United States, he began to eat his old junk food, gained the weight back and started getting arthritis again. He decided not to go back to Russia and drank the same teas for a month on his own and got better again. Now, he does the "tea cure" for ten days every quarter to keep his "genetic" arthritis at bay.

5. Eat eggs for better cholesterol

It seems we are always being told to lower our cholesterol. However, most people don't comprehend that good cholesterol comes from the food you eat and the "bad" cholesterol that is "sticky" is made from your liver.

A Pennsylvania prison conducted a study where inmates were given 6 eggs per day. The results found there was no change in their total cholesterol. Really, the best way to improve your cholesterol is by decreasing the sugar and starch, so you don't make the growth factors that cause your liver to produce cholesterol. For better cholesterol levels eat more fat and less carbohydrates. Weird.

6. Vitamin B12 for constipation

I had a patient with neuropathy (numbness) in his hands, and was given a series of vitamin B12 shots to help his nerves. When he came in after his shots for a follow-up appointment, he said that the feeling in the hands was back to normal, as expected. What he had failed to mention previously due to embarrassment, was that he had struggled with chronic constipation and intestinal gas. But after the B12 shots, the constipation and gas was completely resolved!

Subsequently, another woman who had suffered all her life with constipation, requiring enemas frequently and laxatives all the time, consulted me on this issue. She had tried thyroid hormones, and all sorts of remedies, which didn't work. I gave her a vitamin B12 shot and her problem resolved immediately! She has found that if she gets a vitamin B12 shot about once per week she can remain regular.

For many, an illness or ache means a trip to the doctor, a diagnosis and a handful of medication. But sometimes, persistence to get

a completely practical approach is the best way for a remedy to work.

I always weigh the risks versus the benefits of a treatment. If there are no risks to a cure, then any benefit is worth it. If someone tells you to put soap between your sheets for leg cramps, where's the potential for harm in that? Any weird remedy that won't do damage may be worth a try.



Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the

medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. <http://drsaundersmd.com/>

Best Natural Medicine

By Amanda Box

When I tell people that I am a Naturopath or that I work in alternative medicine, I get some pretty strange looks. Thoughts of “snake oil” cures and weird new age practices often come streaming to people’s minds. I can see it on their face. I then have to reassure them that I’m not crazy. I then talk about something they can relate to like vitamins or eating healthy. My choice of career hasn’t always been an easy path to walk on.

Even though it can be a challenge, I wouldn’t change a thing. I love the field I work in! Thankfully, natural remedies are becoming more and more accepted by the mainstream medical field. Things that were considered “weird” are becoming normal practice. Acupuncture is a great example. Many doctors now recommend acupuncture for pain management, which rarely happened 15 years ago. So much has changed for the better and it is my hope that more and more natural alternatives will make their way into the allopathic world.

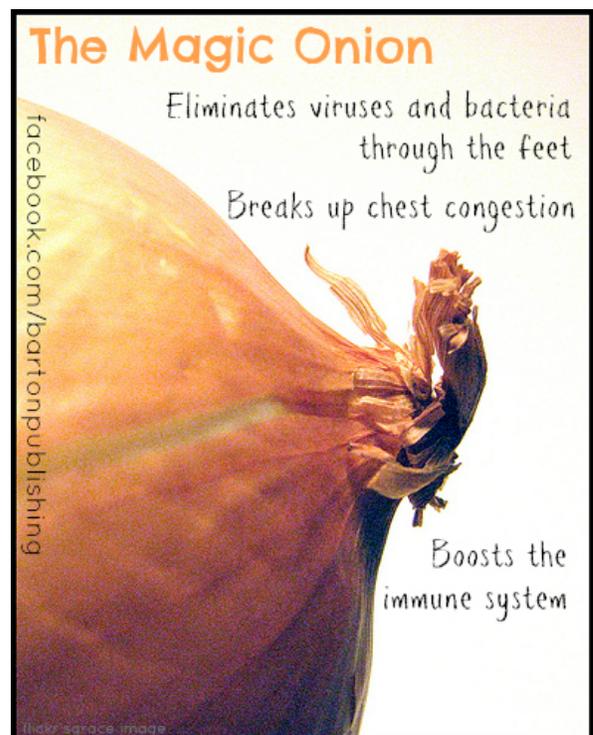
Not much surprises me any more when it comes to strange and natural remedies that work. I have actually grown to love the testimonies from people who have tried unusual remedies, usually with a hint of skepticism, only to see them actually work!

In this article, I am going to highlight some natural cures that are definitely out of the box. I have either used these myself or have friends

who have tried them and were pleasantly surprised by the results! Yes, they are unconventional and some may even make no sense whatsoever. However, they are completely pain free, chemical free, and side-effect free. So, why not give them a shot?

The Magic Onion

Onions have quite the reputation for eliminating viruses and bacteria. They have been getting quite a bit of press lately, but have been used for thousands of years as a standard treatment for illnesses. Onions can be used medicinally in several different ways.



- Onions sliced in half placed throughout the home are said to absorb airborne viruses and bacteria.
- Place sliced onion round on the bottom of feet. Tape or wear a sock to hold them in place. This method pulls the virus out of the body through the foot. It is also great for pulling out fever. The onion will typically be black in the morning because it is filled with toxins.
- Onion compresses on the chest are excellent at breaking up chest congestion. The old timers used to mix crushed onion with lard or goose fat. I think coconut oil would make a fantastic alternative. Cover the chest with the paste and wrap in flannel.
- It isn't tasty going down, but onion juice can be mixed with some honey to improve its flavor. This juice gives your immune system the boost it needs during times of illness.

Focusing on the Feet

Our feet are one of the most absorbent parts of our body. If you apply onion, garlic, or even essential oils to your feet, don't be surprised if you can taste it! This is why our feet are the focus for so many medicinal applications. Applying natural remedies to the feet gets the healing properties in the bloodstream easily and effectively.

External applications are sometimes better than ingestion. When you ingest something, it has to pass through the entire digestive tract and be processed by the liver, which can then take quite a while before it is effective in the bloodstream. Foot application is a quick way to get natural medicines into your bloodstream and where they need to go to work.

Wet Sock Treatment

Recommended by a great friend of mine, wet sock treatment has worked wonders for her kids. Placing cold wet socks on the feet stimulates the immune system and body circulation. The science behind this weird remedy is the body reacts to the cold, by heating the body and is very effective for congestion, headaches, sore throat and inflammation.

This remedy is incredibly easy! Make sure the feet are initially warm and dry and then apply a pair of thin socks that have been soaked in ice water and wrung out. Place another pair of thick, preferably wool socks on top and go to bed. Make sure the rest of the body is covered well and plenty warm.

Vapor Rub on the Feet

This is another favorite among Moms for their kids and babies who have a cough or congestion. This natural remedy actually began with mixing goose fat with either turpentine or camphorated oil. Now, it's much easier to have a jar of vapor rub on hand. Cover the bottoms of the feet with a liberal amount of vapor rub and then cover with socks for the night! Over the counter cough medicines are extremely dangerous, so this is a wacky cure for the common cough!

Coconut Oil on the Feet

Another weird way to get amazing medicinal properties into a child's body is applying coconut oil to the feet! Coconut oil is great to take internally to fight viruses and bacteria. It contains lauric acid, a component also in breast milk that has antimicrobial, antiviral, and antifungal properties. Taking a few tablespoons of coconut oil when you feel sick is a fantastic idea. However, a sick child or particularly an infant, may not be able to consume the oil. Applying a liberal layer to the bottom of the feet allows that amazing lauric acid absorb into the body and do its job!

Heavenly Honey Cures

Honey is another largely used natural medicine. It is really so much more than a deliciously sweet sugar alternative! I recommend using raw local honey medicinally. There is some controversy right now about honey being flown in from China and mixed with corn syrup. So check the label and make sure it's from your area and if it's raw, that makes it even better! Try not to heat honey because it can kill some of its healing properties.



Honey contains natural antibiotic properties and contains many antioxidants.

- Put a dab of honey on burns and wounds as a natural antibiotic ointment. It has been proven more effective at killing bacteria on wounds than hydrogen peroxide!
- Use it alone for a natural cough syrup. It soothes the mucous membranes.
- Gargle a mixture of honey and organic apple cider vinegar for sore throats. It coats the throats, soothes, and also kills bacteria in the throat.

Castor Oil Cures

One of the most ancient remedies that has nearly been forgotten is castor oil. It has been used for centuries in India, China, Africa, Greece, Rome, and Europe. It heals so well that it was often called “The Palma Christi” or “Hand of Christ.” I, personally, had never heard of castor oil until I started working in the natural health industry.

Castor oil is another trifecta remedy. By that I mean, it is antifungal, antibacterial and antiviral. Plus, it can be used both externally and internally. My first experience with castor oil was as a labor stimulant. I naturally induced the birth of 2 of my children with castor oil. I followed the famed “Midwife Cocktail” protocol and it worked both times - though not exactly a fun experience!

Castor oil not only contains the natural infection fighting properties, but it also stimulates detoxification in the body by pulling out toxins. The most effective way to use castor oil for healing most illnesses is using castor oil packs.

Applying castor oil packs can bring relief and healing to a number of conditions. Some of its more common uses include:

- Relieves chronic pain and tension by decreasing inflammation
- Restores proper digestion and bowel elimination when used over the abdomen
- Alleviates cramps during menstrual cycles
- Can heal ovarian cysts and fibroids
- Naturally detoxifies the liver, kidneys, intestines, and lymph system
- Can eliminate both gallbladder and kidney stones
- Draws out infections
- Heals scars, cysts, and tumors

Using a castor oil pack is incredibly easy, but it can get a bit messy. Be sure and wear older clothes when using the packs. You will need:

- A soft, clean, thick material like flannel, wool, or cotton (organic is best)
- Castor oil
- A glass bowl or glass jar that you can pour the castor oil in over your material
- A hot water bottle or heating pad
- A plastic bag (I find kitchen or regular garbage bags work best)
- A large towel

You first want to prepare your fabric. You will need at least 2 layers of the material you choose. Cut the fabric to size according to the area you are going to be covering. Next, cut a layer from the plastic that is slightly bigger than the fabric. This is to cover the oily fabric and keep it from getting oil everywhere. Saturate the fabric in castor oil. Make sure it is fully saturated, but not dripping. Apply the castor oil fabric over the area you are treating and cover with the plastic. Next, place the heating pad or hot water bottle on top. Finally, cover the entire thing with a towel. Leave in place an hour to an hour and a half.

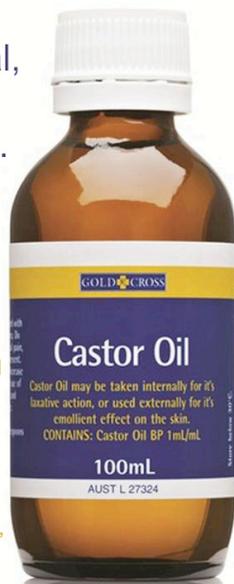
Castor oil is an antifungal, antibacterial and antiviral.

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- Can heal ovarian cysts and fibroids

- Naturally detoxifies the liver, kidneys, intestines and lymphs

- Can eliminate gallbladder and kidney stones

Remember to always place the castor oil packs over the affected area you want to treat. For example, If you want to break up gallstones,

put the pack over the gallbladder. If you want to detoxify the liver, place it over the liver. The castor oil soaks deep into the bodies tissues, to the affected area to do it's job. If you put it in the wrong place, then it won't give you the results you're looking for!

Nature's Best Medicine

Although many of these natural remedies may seem completely out of the box compared to what you're used to, they work! These are not snake oil remedies, but rather tried and true methods that have healed many over the centuries! It may sound cliché, but nature truly has the best medicines.

Stop bombarding your bodies with chemical based medicines from the drugstore and give one of these unique cures a shot! You will be surprised how much better you feel and how quickly you will recover.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn

to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

Cures in the Cabinet

By Amanda Box

You don't have to roam the aisles of a health food store or drugstore to find a cure for what ails you. You most likely have an entire medicine cabinet right inside the walls of your kitchen cabinets!

It's true, but many of these effective and safe remedies may surprise you. Others you may recognize as old wives tales passed down through the generations. In any case, you can forget the pharmacy and transform your health with these home cures that work!

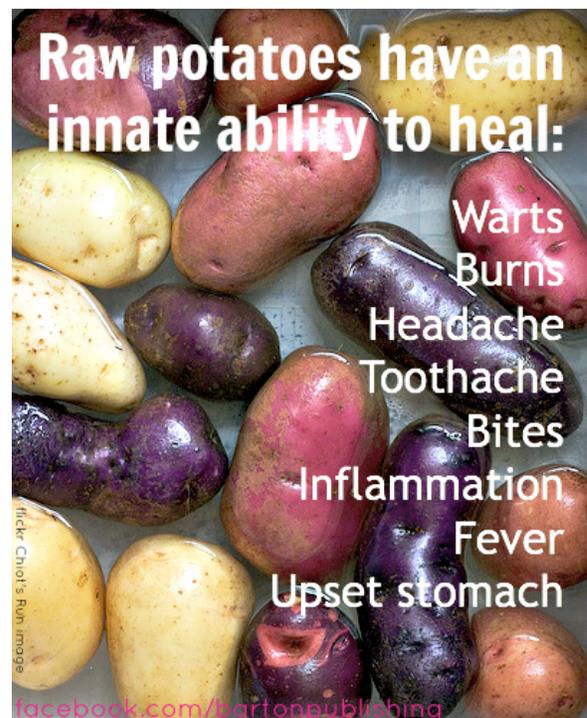
Nature is really quite amazing. Inside some of the simplest herbs and foods lies the capacity to heal the body. Natural cures work. Some might even seem a little wacky and without a clear explanation to why they work, but why not give them a shot? You'll probably be pleasantly surprised. Discover the healing hidden powers from behind your cabinet doors and put the fastest, strongest and safest homemade remedies to the test.

Raw Potato Remedies

You would never guess it, but a raw potato is a lot more than a simple ingredient featured in many tasty meals. Raw potatoes have an innate ability to heal. Though they look innocent, but they're quite powerful. Some of the healing powers of potatoes include:

- *A Cure for Warts:* Rub a piece of freshly cut raw potato on your wart,

allowing the juice to cover the wart. Do this daily and watch the wart fade away! The natural acid of the potatoes kill the wart.



- *A Soothing Treatment for Burns:* The next time you get a superficial burn, including a sunburn, mix some shredded raw potato with a bit of water and make enough paste to cover the burn. Let it set for several minutes and you should feel the pain begin to subside. Potato peels provide moisture and they also have antibacterial properties that help in healing.

- *A Headache Reliever:* The next time you have a headache, reach for a raw potato instead of a pain relieving drug. Gently rub your temples with the sliced potato until the pain subsides. The alkaline juice of the potato neutralizes pain and improves circulation.
- *Easing Tooth Pain:* Chill a potato in the refrigerator and then slice it small enough that the pieces will easily fit in your mouth. Place a slice inside your mouth against the area that is causing you pain and feel your toothache ease.
- *Ease swelling, inflammation and insect bites:* Again, just slice a piece of potato and hold it against the affected area.
- *Drawing out Poison or Infection:* Apply a paste of raw potato on the area that is affected. The raw potato acts like a drawing salve, pulling out the poison or infection.
- *Lowering fever:* Put sliced potatoes on the bottom of your children's feet and put a sock over it to hold it into place. The potatoes slices cool the body and draw out the fever.
- *Even drinking raw potato juice* can soothe an upset stomach by cleansing your intestines and reducing the amount of acid in the gastrointestinal system.

The potato is one of the best all-round treatments for so many reasons. Keep potatoes on hand and it is like having your own first aid kit inside a vegetable!

The Greatness of Garlic

Garlic is quite popular for boosting the immune system. It isn't exactly an out-of-the-ordinary remedy for colds and flus. However, garlic has some very out-of-the-ordinary uses with extraordinary results. Garlic has super

powerful anti-viral and antibacterial properties. This gives it the ability to combat a variety of different ailments, beside the fact it is cheap, easy to prepare and readily available. Some of the more unconventional uses for garlic include:

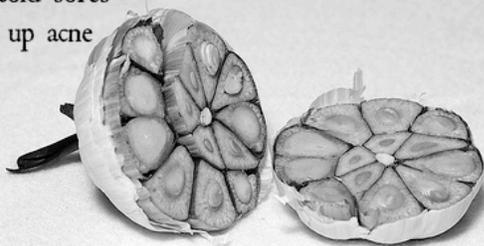
- *Clearing up acne:* Apply a slice of garlic over a pimple for speed of healing. Use a thin slice and hold it in place with a bandaid overnight. It also works great for those deep painful acne cysts. It's antibacterial properties from high sulfur content work very well to heal the acne.
- *Healing cold sores:* Use the same method as above, but leave the slice on only 10 minutes at a time. The garlic can irritate cold sores if left on too long. Do this several times throughout the day. Garlic kills the herpes simplex virus that causes cold sores and can keep them from coming back longer than OTC cold sore treatments.
- *Healing ear infections:* Garlic has a natural antibiotic called allicin and is an essential ingredient in some of the most effective home remedies for ear infections and ear aches. I have seen this one in action and it works wonders! Create your own garlic oil by lightly warming a few slices of crushed garlic in a little olive oil. Warm for about 5 minutes, then strain. Place a few drops of the warm oil into the ear. The warmth soothes the pain and the garlic goes to work killing bacteria and viruses in the ear canal.
- *Ending yeast infections:* Ladies, this is a safe effective remedy that is much better for your body than the over the counter medications. Wrap a whole clove of garlic in cheesecloth and insert in the vagina before bed. Remove in the morning and continue one or two days

until all itchiness is gone. Garlic is antifungal and is great at killing yeast.

- *Curing athlete's foot:* This garlic cure is such an inexpensive, simple, straightforward method. The Journal of the American Academy of Dermatology found 100% cure rate in treating athlete's foot with garlic.(1) Soak the affected foot in a warm foot bath with several cloves of crushed garlic for 30 minutes. Again, garlic's antifungal properties are quite strong and can kill the pesky fungus that results in athlete's foot.

GARLIC HAS SOME VERY OUT-OF-THE-ORDINARY USES WITH EXTRAORDINARY RESULTS FOR:

- Healing ear infections
- Ending yeast infections
- Clearing athlete's foot
- Healing cold sores
- Clearing up acne



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One of the most incredible ways to use garlic is as a compress. I remember my friend from work raving about how she used a garlic compress on a strange growth that was on her hand. The doctors had told her it would have to be surgically removed if she wanted to get rid of it. She applied a compress of garlic paste each day for a month for about 2 hours each night. At the end of the month, the growth had completely disappeared! Garlic compresses are also great for:

- Chest congestion
- Boils
- Cysts

- Skin eruptions and infections

Life Saving Cayenne

You'd never guess it, but the spicy pepper that most people avoid consuming can actually save your life!! Yes, cayenne (otherwise known as capsicum) has an amazing capacity to boost heart action and increase circulation by opening clogged arteries. Dr. John Christopher, a well known naturopathic doctor who used primarily herbal remedies, states that cayenne could stop a heart attack!!(2)

Just 1 teaspoon of cayenne in a cup of warm water drunk immediately upon feeling heart attack symptoms can work in just 3 minutes! If you are at risk for a heart attack or have had one in the past, carry a bottle of cayenne tincture with you at all times. Squirting a couple droppers full in your mouth could be the difference between life and death!

Don't have cayenne within reach during a heart attack? Grab that bottle of hot sauce! Most restaurants have several bottles on hand. It can work almost as well in a near death situation!

One of Dr. Christopher's interns states, "If you only master one herb in your life, master cayenne pepper. It's more powerful than any other." (3)

Cayenne has some other great medicinal properties, as well.

- *Arthritic pain* - Many health food stores sell capsicum infused cream for use during times of pain and inflammation. They are quite effective and are gaining popularity as an alternative to Icy Hot. The capsicum sends chemical messengers from the skin into the joint, blocking joint pain.
- *Psoriasis* - Capsicum cream can also benefit those with psoriasis by decreasing formation of new skin plaques. It also helps soothe the

psoriasis itchiness, as well as the itch from other skin conditions.

- *Sinus infections* - Sniffing cayenne up into your nostrils can clear a stuffy nose and help cure sinus infections. Cayenne pepper is known as a stimulant that will enhance your blood flow and open up your breathing passages. Sniff a pinch of cayenne powder as far up into your nose as you can. Rinse by using a saline nose rinse or a netipot with water. I recommend a product called Sinus Buster. It makes the process much easier as the cayenne is already mixed into the liquid inside a nose spray.



- *Headaches and migraines* - Capsaicin also reduces platelet aggregation factor, or PAF, which contributes to the onset of migraine headaches by constricting blood circulation in your head. Apply the same method to healing migraines as for sinus infections. There are even scientific studies backing this up. Cayenne worked much better than a placebo in most over 33 studies!(3)

The Master Tonic

My all time favorite cupboard cure is The Master Tonic. This lively tonic blends some of the strongest ingredients in your cabinet into a super powerful blend. This amazing immunostimulant packs a punch that most over the counter remedies are lacking.

Master Tonic is a natural home remedy for any number of infections – it can cure far more than just the common cold. It's naturally antiviral, antibacterial, antifungal and antiparasitic. I've often seen it referred to as a modern day plague tonic that can cure the most chronic conditions, stubborn diseases and antibiotic-resistant infections. It's uses are truly endless and should be a staple in everyones home.

The master tonic is compromised of these incredible ingredients:

- 1 part garlic - Antiviral, antibacterial, antifungal, and antiparasitic
- 1 part onion - Antiviral, antibacterial, and antifungal
- 1 part ginger - Increases circulation, anti-inflammatory, and antibacterial
- 1 part horseradish - Increases circulation to the head and clears congestion
- 1 part hot pepper - (jalepeno, hot bonnet, habenero, cayenne, etc) Cleanses the blood, increases circulation, and clears congestion.
- Organic apple cider vinegar - Balances the bodies pH, antifungal, antiviral, and antibacterial.

Directions:

Making the tonic is incredibly simple. I like to make a large batch at once in a quart jar, but you can also make a smaller batch. It keeps over a year, so don't worrying about it going bad.

Grate or shred each ingredient and add to a glass jar. Shredding or grating allows their potent properties to infuse properly. You could also pulse each ingredient separately in your blender or food processor. But be careful not to puree. Place equal parts of each of the ingredients in a glass jar and cover with enough apple cider vinegar to completely submerge. A good guide is to fill the jar $\frac{3}{4}$ full and then fill it to the top with the vinegar.

Put the jar in a safe place and let it soak for a couple weeks, shaking it once or twice a day. Strain the solids out and keep the infused apple cider vinegar. This is your tonic!

I recommend drinking one teaspoon a day to keep your immune system in tip top shape. If you feel like you are coming down with something, then try taking a teaspoon every hour. Gargling master tonic can stop a sore throat, as well!

The Master Tonic can be used in smaller doses for children since food is completely non-toxic. I make a mild version for my children by leaving the peppers out. If you cannot handle spicy foods, then this modified Master Tonic version can be an option for you as well!

Crazy Home Cures That Work!

Instead of reaching for your first aid kit, or a bottle from the drug store, try these amazing natural cures! So many **natural** antibiotics and **antivirals** medicines are inside your **cabinets** mixed in the presence of everyday foods. These common foods just don't improve the flavor of our meals, they can help improve our health!

What an incredible way to keep you and your family healthy without side-effects. All this just by using around-the-house ingredients as some of the best natural cures for everyday health concerns. Foods that are easily available in our kitchen are full of **medicinal properties** and the power of nature!

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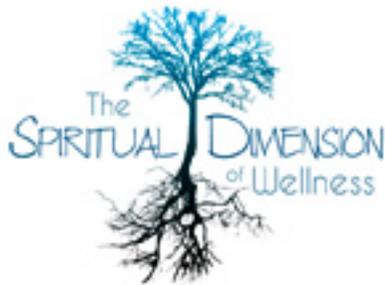
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Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info: <http://amandabox.blogspot.com/>



6 Amazing Cures That Don't Work and 1 That Does!

By Michael Tyrrell

Sometimes the truth is stranger than fiction.

So, here's the truth... I am writing this article *without a topic title!* And to add insult to injury, I've chosen "Six Amazing Cures That Don't Work & One That Does," for the title of my article.

Now, you may be thinking:

1. Michael has lost his mind.
2. Michael has a lot of faith.
3. Michael knows something we don't.
4. All the above.

And the correct answer is...wait for it... D)! You see, sometimes life follows no direct pattern. Try as you may to get all your "ducks" in a row, sometimes they refuse to walk in a straight line. When I encounter this scenario, I have two choices:

1. Stress and try to be in control.
OR
2. Relax, laugh and throw caution to the wind!

Laughter is a medicine that always works. So, if you haven't caught on yet, this article is written with tongue in cheek and a hearty chuckle.

When I consider God's genius in His creation of man, I quickly discover His equally amazing sense of humor. Think about it, God creates man at the tip top of the "food chain" and endows him/her with amazing minds that build skyscrapers, satellites and super computers, grants them the talent to paint masterpieces and guides them to rule nations. Yet, man can still fall prey to gullibility!

When it comes to man, the line between genius and insanity is razor thin. That is why each of us possess a margin of sense... as well as nonsense. You don't believe me?

Consider this example: the 2012 Presidential debates. If you are a conservative, then you probably viewed the platform of the liberal candidate as *nonsense*, But if you are a liberal, then you probably considered the platform of the conservative as *nonsense*.

Does that make sense? Here at Barton Publishing's *Home Cures That Work*, we are dedicated to finding cures that not only make sense...they work! So this month, I couldn't resist researching a few "cures" that don't work and one that really does.

6 Cures That Don't Work

In 2001, an edgy game show "Fear Factor" hosted by Joe Rogan made its American debut. The contestants had to perform death-defying stunts like repel from skyscrapers, sit enclosed in caskets full of snakes, stay bound

in a locked cage underwater. You name it, they did it!

But nothing, I mean nothing, was nastier to watch than the food! Contestants would have to *eat* roaches, maggots, rat hair tortilla chips and the infamous live Madagascar hissing cockroaches!

I would bungee dive off the Statue Of Liberty, parachute out of a plane at 20,000 ft and swim with sharks but there is NO way I am eating a bowl of live Madagascar hissing cockroaches!!!!

But as you will soon discover, people endure far worse in search of cures *that don't work!*

So, here are my top Six Cures That Don't Work:

1. Eating live tree frogs cures stomach pain.

Confucius say, "Man who eat live frog's feel a little jumpy!"



Our first entry for, "Six Amazing Cures That Don't Work" comes to us from China (same place we received "Chinese drywall," children's toys coated in lead paint and 99% of the junk we buy at the dollar store.

A man, Jiang Musheng, claims eating live tree frogs cures stomach pain. He later admits that he needed to eventually add live mice and baby rats to his diet and had once eaten 20 mice in a single day! Funny, I had a friend who owned a boa constrictor and surprisingly the snake had the same diet!

2. Psychic Surgery.

There is a famous quote, "There's a sucker born every minute." After researching :psychic surgery," I think we need to amend that quote to, "There's a sucker born every second!" Psychic surgery is a "sleight of hand" procedure typically involving an alleged incision using only the bare hands of the practitioner.

The "surgeon" palms a balloon filled with chicken blood and slowly dispenses it as his fingers "appear" to be making an incision. Then, the surgeon begins to pull out fake tumors which are usually chicken livers, kidneys and even foreign objects hidden in the surgeons other hand.

When the "surgery is completed, the chicken blood is washed off and the incision mysteriously disappears. This practice is still popular in Brazil and the Philippines and some continue this quackery in the U.S. even though the practice has been condemned in many countries as a form of medical fraud.

3. A bowl of onions in a room wards off the flu.

Since the 1500s, people have believed that keeping a bowl of onions in a room would absorb the "noxious air," thus keeping the room virus free. The only way an onion can ease a cold or flu is if it is thrown into a bowl of chicken soup which, by the way, has been proven to have a positive effect by clearing

nasal passages. A little fresh garlic in soup wouldn't hurt either!

4. Placing a copper penny over a bee sting relieves pain and swelling.

This is a hoax. It doesn't work at all. Penny for your thoughts?

5. Touching a turtle will heal rheumatism.

Here's a winner from Cambodia where the Terrapin turtle is regarded as "a powerful healer." Cambodians believe a turtle's touch will cure rheumatism and other bodily ailments. They also believe cows and snakes have supernatural healing powers, as well. Maybe that's how the "Teenage Mutant Ninja Turtles" became so popular!

6. The 2012 "Flu" shots.

The latest statistics for the 2012 flu vaccine were abysmal, at best. As of this week, the CDC is reporting this seasons vaccine was only 59% effective and virtually ineffective for children and the elderly. The University of Minnesota reported on October 15, 2012 that, "Flu shots are not as effective as previously reported." They went on to say that, "This misperception of effectiveness is standing in the way of creating new more effective vaccines."



If you study the statistics and studied people groups, you will quickly discover that this 2012 vaccine was virtually worthless in combating this year's flu outbreak. A further

study of the side effects will quantify this statement.

So, there is my top six cures I recommend *never* trying at home! As a minister of the Gospel (good news!), I am amazed at the myriad of bizarre things people put their trust in. Doesn't it stand to reason that trusting a creation rather than its Creator is irresponsible at best?

"They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised." ~ Romans 1:25

Even if I wasn't a Christian, I would have considered the fore mentioned cures total foolishness! So as promised, I will share a cure that does work for every single need... Jesus Christ!

The One Cures That Always Works

"For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: 'I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate.' Where is the wise man? Where is the scholar? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe." ~ 1st Corinthians 1: 18-21

"The fool says in his heart, 'There is no God.'" ~ Psalms 14:1

If you have subscribed to *Home Cures That Work*, then you have undoubtedly read about hundreds of natural cures that can restore quality of life to people suffering from a multitude of illnesses. Have you ever stopped

to consider who created the *natural* ingredients we recommend?

The same God that created the Heavens and the Earth should always be our first line of defense, healing and ultimately salvation!

For the last 28 years, I have witnessed first hand, miraculous physical healings wrought by the power of God. Blind, deaf, lame, stage 4 cancer and people that medical science gave no hope...have been cured by their Creator.

There are thousands of documented cases of unexplainable divine healings for thousands of years, yet people would still put their trust in charlatans and reptiles! Maybe you are asking yourself, "Michael how can you be so sure God heals?"



I am sure God heals because He healed my neck after it was broken in a car accident! My documented healing came in 1986, three days after the driver of the car I was riding in hit a parked car. Since the young man's car had no seat belts, my head shattered the windshield... and my C-4 and C-5 vertebrae. After my x-rays

were examined and metal slivers were removed from my knee and elbow, I was told my neck was broken and I would not walk again. My response was, "Either you will zip me up in a body bag or I will walk out of here in three days."

Faith is substance and it has a voice. God responded in the middle of the night and His presence felt like fire in my neck and limbs.

The next morning, a well-known neurosurgeon was flying in from New York to examine me. When the neurosurgeon arrived, he ordered another set of x-rays. Later that afternoon, he came into my hospital room visibly shaken.

"Mr.Tyrrell," he said, "I do not believe in miracles but I have no explanation for what I am about to show you. On the left, we have the x-rays that were taken when you were admitted clearly showing a totally shattered C-4 vertebrae and a partially shattered C-5 vertebrae. On the right, we have the x-rays I ordered today, which clearly show a perfect C-4 and C-5 vertebrae. I see no reason why you shouldn't be able to move."

Now, remember up until this moment, I was paralyzed and had no feeling in my neck or legs. Yet, when this wonderful Jewish neurosurgeon said I see no reason why you can't move, the feeling returned to my legs, arms and neck! I was discharged and walked out of that hospital exactly three days after I was admitted!

Dear friend, before you put your trust in anything or anyone else, call upon the one who created *everything* and *everyone*! He is the one cure that ALWAYS works!

"When they had crossed over, they landed at Gennesaret. And when the men of that place recognized Jesus, they sent word to all the surrounding country. People brought all their sick to him and begged him to let the sick just touch the edge of his

cloak, and all who touched it were healed.”
~ Matthew 14:34-36

Jesus is no respecter of persons. What He has done for me, He will do for you, as well...Just call out His name and He will answer you. I am expecting to hear reports of amazing and miraculous healings from our readers! Write us!

To God be the Glory!

Michael

Q. Why do we always run to the medicine cabinet before we run to God in prayer?

Q. Have you ever experienced a miraculous healing?

Q. Would you eat frogs to heal your upset stomach?



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries.

Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting.

Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

www.michaeltyrrell.com