

Index

A

- Ache-No-More Foot Formula, 205
- Achy Muscle Massage Gel, 276
- Acid reflux, 185
- Acne-Erasing Toner, 96
- Acne remedies
 - baking soda, 39
 - bran, 228
 - carrots, 66
 - cinnamon, 118
 - garlic, 147
 - grapes, 60
 - hydrogen peroxide, 345
 - lemons, 191
 - nutmeg, 123–124
 - oatmeal, 220
 - olive oil, 240
 - onions, 254–255
 - raspberries, 56
 - sugar, 166
 - toothpaste, 285
 - tree fruits, 16
 - witch hazel, 339–340
 - yogurt, 352–353
- Acorns, 204
- Aftershave, 120, 178, 325, 338–339
- Age spot remedies
 - apples, 11
 - castor oil, 78
 - cherries, 15
 - honey, 161
 - horseradish, 153
 - lemons, 191
 - onions, 255–256
- Alcohol (rubbing), 341, 342
- Alcoholic beverages, 185, 230–231. *See also* Hangover remedies; *specific types*
- Allergy cautions, 211
- Allergy remedies, 3, 71, 82, 159–160
- All-Natural Shampoo, 241
- All-Over Honey and Herb Scrub, 162
- All-Purpose Cough Syrup, 247
- Allspice, 123
- Almond oil, 182, 205, 210
- Almonds
 - for beauty, 208, 209, 228
 - for health, 202–203, 204, 205, 207
- Alpha Hydroxy Facial Mask, 30
- Alzheimer’s disease, 6, 95
- Angelica, 108, 109
- Aniseed, 121, 123, 124
- Aniseed Syrup, 122
- Antacid tablets, 135
- Anti-Anxiety Punch, 203
- Antibiotics, 346–347
- Anti-Itch Bath, 303
- Anxiety. *See* Stress remedies
- Appetite, 21, 98–99, 202
- Apple cider vinegar. *See* Vinegar
- Apple Hair Rinse, 10
- Apples, 1–12
 - for beauty, 9–12
 - buying, 2
 - caution, 8
 - for health, 1–9, 16
 - popularity, 2
 - varieties, 4, 6
- Applesauce, 9, 10, 11–12
- Apple Tuna Wraps, 7
- Apricots, 12, 13, 16
- Arnica oil, 75
- Aromatherapy, 21, 134. *See also specific essential oils*
- Aromatic Oil and Milk Bath, 238
- Arrhythmia, 102–103
- Arteriosclerosis, 4

Index

- Arthritis remedies
 - apples, 5
 - castor oil, 77
 - cayenne pepper, 87
 - cinnamon, 117
 - Epsom salts, 128
 - flaxseed, 213
 - gin, 311
 - grapes, 58
 - honey, 154
 - horseradish, 151
 - limes, 310
 - olive oil, 236
 - parsley, 263
 - roses, 181
 - salt, 287
 - vegetable oil, 244
 - vinegar, 320, 321
 - yogurt, 348–349
- Aspirin, 135, 136, 137
- Asthma remedies
 - apples, 3
 - cranberries, 50
 - garlic, 142–143
 - lavender, 172–173
 - lemons, 185, 190
 - onions, 250
 - parsley, 264
 - sunflower seeds, 214
 - vinegar, 320
- Athlete's foot remedies
 - avocados, 20
 - berries, 48
 - chamomile, 102
 - cinnamon, 112
 - garlic, 143–144
 - mouthwash, 343
 - onions, 253
 - salt, 291
 - vinegar, 317
 - yogurt, 347
- Avocado Antifungal Cream, 20
- Avocado Body Butter, 23
- Avocado-Mango Salad, 24
- Avocado oil, 82–83
- Avocados, 17–28
 - for beauty, 22–28
 - caution, 22
 - for health, 17–22
 - history, 21
- B**
- Baby food, 22
- Baby oil, 282, 283, 285
- Baby powder, 283, 284
- Back-in-Balance Bath, 128
- Back Pain Panacea, 103
- Back pain remedies
 - cayenne pepper, 87–88
 - Epsom salts, 130
 - eucalyptus oil, 81
 - rice, 227
 - salt, 289
- Bad breath remedies
 - apples, 10
 - avocados, 22
 - cayenne pepper, 91
 - for garlic breath, 149
 - lemons, 196–197
 - parsley, 266–267
 - peppermint, 110–111
 - spices, 117–118, 123
 - tea, 305
 - yogurt, 350
- Baked Potatoes Hot Off the Grill, 71
- Baking powder, 43, 46
- Baking soda, 32–42
 - for beauty, 38–42, 46
 - caution, 38
 - as deodorizer, 260
 - for health, 32–38, 129
 - history, 36
- Balsamic vinegar, 329–330
- Bananas
 - for beauty, 31, 239–240, 298
 - constipation and, 216
 - for health, 28–29
- Banana-Walnut Smoothie, 113
- Barley, 225, 226
- Basil, 271, 272–273
- Bath blends
 - baking soda, 40, 45
 - bubble baths, 210
 - chamomile, 106, 108
 - cinnamon, 120
 - Epsom salts, 133, 134, 232
 - eucalyptus, 82
 - herbal, 178, 179, 273
 - honey, 155, 162, 313
 - milk, 238, 285, 356
 - oatmeal, 223
 - tea, 303, 309
 - vanilla, 123
 - wine, 313
 - wintertime, 236
 - witch hazel, 340
- Bay leaf, 348–349
- Beer, 312, 313
- Bees, 158. *See also* Insect bites or stings; Insect repellents
- Beets, 69, 72
- Belly fat, 329
- Berries, 47–57
 - for beauty, 54–57, 148
 - for health, 47–54
 - smoothie recipes, 169, 272, 348
- Bilberries, 49
- Blackberries, 49, 54–55
- Black eyes, 30, 289, 335

- Blackheads, 133, 161, 191, 228
 - Black pepper, 93, 96
 - Bladder problems, 50, 188, 213, 316
 - Bleeding disorders, 141
 - Blisters
 - preventing, 44, 125–126, 275, 301, 342
 - treating, 62–63, 170, 173, 341
 - Bloating, 58
 - Blood sugar control, 2, 113, 330
 - Blueberries, 48, 51
 - Body care. *See also* Body scrubs; Itchy skin
 - bath powders, 45
 - body butters, 23, 211
 - body oils, 182, 215
 - moisturizers, 25, 163, 177, 193, 285
 - sponge baths, 41
 - wintertime, 41–42
 - Body odor remedies
 - lemons, 196
 - mouthwash, 343
 - parsley, 267
 - tea tree oil, 84
 - vinegar, 331
 - Body scrubs
 - almond, 228
 - avocado, 26
 - citrus, 194–195, 201
 - Epsom salts, 133, 237–238
 - honey, 162
 - mango, 31
 - oatmeal, 223
 - sea salt, 294–295
 - spice, 96, 119, 122–123, 124
 - sugar, 280, 294
 - vanilla, 210–211
 - Boil remedies
 - bread, 226
 - cornmeal, 44
 - eggs, 355–356
 - figs, 14
 - garlic, 139
 - tea, 300
 - Bone health, 262–263, 305
 - Boomeritis, 129–130. *See also* Muscle ache remedies
 - Bountiful Breakfast Smoothie, 169
 - Braces pain, 292
 - Brain function
 - aniseed for, 122
 - apples for, 5, 6
 - berries for, 47–48
 - carrots for, 63–64
 - cinnamon for, 117
 - seeds for, 214
 - turmeric for, 95
 - Bran, 217, 225, 228
 - BRAT diet, 7–8
 - Brazil nuts, 203, 206, 207
 - Bread, 226
 - Breast feeding, 62, 264, 304–305
 - Breast pain, 77
 - Brewer's yeast, 43, 45, 46
 - Bronchitis remedies
 - Epsom salts, 129
 - garlic, 139
 - honey, 159
 - lemons, 187
 - onions, 247–248
 - Bruise remedies
 - blueberries, 51
 - cayenne pepper, 90
 - Epsom salts, 128
 - fish oil, 83
 - fruit, 28
 - marigold salve, 181
 - onions, 250
 - parsley, 264–265
 - witch hazel, 335
 - Bunions, 130, 311
 - Burn remedies
 - acorns, 204
 - calendula, 179
 - caution, 278
 - honey, 155
 - lavender, 169–170
 - mustard, 296
 - olive oil, 230
 - onions, 250–251
 - petroleum jelly, 278
 - salt, 290
 - Bursitis, 48, 63, 77, 160–161
 - Butter, 356
 - Buttermilk, 355, 357, 358
- C**
- Cabbage, 69–70
 - Cajun Popcorn Topping, 43
 - Calendula
 - for beauty, 181, 183, 326
 - for health, 179–180
 - properties of, 234, 329
 - Calluses. *See* Corn and callus remedies
 - Cancer prevention, 95, 113, 163
 - Cancer treatment, 63
 - Canker sore remedies
 - baking soda, 32
 - castor oil, 74
 - cranberries, 50
 - milk of magnesia, 135
 - salt, 289
 - yogurt, 347–348

Index

- Cantaloupe, 60
- Carmelite Water, 109
- Carotenoderma, 64
- Carpal tunnel syndrome, 75, 87, 98
- Carrots, 61–69
 - for beauty, 66–69
 - caution, 64
 - cooking, 66
 - fishing rods from, 63
 - for health, 61–66
- Cashews, 203
- Castor oil, 73–81
 - for beauty, 78–81
 - cautions, 74, 75
 - for health, 73–77, 129
 - as lubricant, 79
- Cataracts, 302
- Catnip, 109, 234
- Cayenne pepper, 85–92
 - for beauty, 91–92
 - caution, 88
 - for health, 85–91
 - homemade tincture, 92
 - tolerance of, 89–90
- Cellulite remedies
 - cayenne pepper, 91
 - citrus, 199
 - ginger, 153
 - olive oil, 237
 - strawberries, 57
 - vinegar, 326
- Chamomile, 97–108
 - for beauty, 104–108, 111, 326, 329
 - caution, 100
 - essential oil, 134, 234
 - for health, 97–104, 201
- Chamomile Ice, 101
- Chard, 297
- Charley horses, 20, 187, 310
- Cherries, 13, 15, 16
- Cherry Pit-Spitting Championships, 14
- Chestnuts, 206
- Chewing gum, 244
- Chickpeas, 95
- Childbirth. *See See*
 - Pregnancy or childbirth
- Children. *See* Infants and children
- Chilled Berry Soup, 52
- Chives, 258, 259
- Chlorophyll, 337–338
- Chocolate, 163, 164, 165
- Cholesterol remedies
 - apples, 3
 - avocados, 17
 - cinnamon, 113
 - egg vinegar, 330–331
 - sunflower seeds, 214
- Chronic fatigue, 322
- Chub rub, 277
- Cinnamon, 112–120
 - for beauty, 117–120, 124
 - caution, 118
 - essential oil, 134
 - for health, 112–117, 175
 - history, 115
- Circulation, 86, 150–151, 249
- Citrus, 194–195, 197–201, 234. *See also* Lemons; Limes
- Citrus-Powered Tooth Powder, 190
- Classic Lemonade, 185
- Cloves
 - for beauty, 123, 124, 242
 - for health, 121, 185, 231
- Club soda, 313
- Cocoa butter, 79–80, 285
- Coconut, 206
- Coconut milk, 212
- Coconut oil, 204, 210–211, 237
- Coffee, 260, 313
- Cognac, 311–312
- Cold and flu remedies. *See also* Nasal congestion; Sinus remedies
 - apples, 3
 - baking soda, 35, 36–37
 - castor oil, 77
 - chamomile, 102
 - chives, 258
 - cinnamon, 113–114
 - citrus, 186–187, 198–199
 - cognac, 311–312
 - eucalyptus oil, 81, 82
 - garlic, 139, 140–141, 311–312
 - honey, 159
 - hot-pepper sauce, 94
 - hydrogen peroxide, 343
 - onions, 248–249
 - peppermint, 110
 - tea, 301
 - vinegar, 319, 320, 323
 - yogurt, 346
- Cold-Clobbering Tea, 301
- Cold sore remedies
 - baking soda, 37
 - echinacea, 180
 - garlic, 146
 - honey, 160
 - lemons, 189
- Cold-temperature relief, 144, 219
- Colic, 164

Index

Colonoscopy prep, 122, 334
 Comfrey, 109–110, 111
 Conjunctivitis, 3–4, 303
 Constipation remedies
 angelica, 108
 apples, 8
 beets, 69
 castor oil, 74, 77
 Epsom salts, 126
 garlic, 145
 ginger, 151
 honey, 160
 oatmeal, 216
 olive oil, 231
 papaya, 30
 rhubarb, 59
 sunflower seeds, 214
 vinegar, 321
 Cooling Summer Skin
 Mist, 176
 Coriander, 94, 96
 Corn and callus remedies
 aspirin, 136
 avocados, 19
 bread, 226
 castor oil, 74
 chamomile, 102
 Epsom salts, 130–131
 garlic, 139
 lemons, 189
 onions, 254
 tea, 300
 Cornmeal, 43, 44, 46, 200
 Cornstarch, 43–46
 Cough remedies
 aniseed, 122
 barley, 226
 eucalyptus oil, 81
 ginger, 121
 honey, 159
 lavender, 171
 oatmeal, 217

olive oil, 231
 onions, 247
 radishes, 152
 vinegar, 319
 wine, 310
 Cradle cap, 235
 Cranberries, 49–50, 56
 Cranberry Complexion
 Complex, 55
 Cream of tartar, 44–45
 Creamy Orange Facial
 Spread, 201
 Crispy Pickled Chard
 Stalks, 297
 Cucumbers, 70, 72
 Cumin, 93, 94
 Curcumin, 95–96
 Curried Yogurt Dip, 353
 Cuticle creams, 28,
 79–80, 239
 Cut or scrape remedies
 avocados, 17
 bananas, 28
 calendula, 179
 cloves, 121
 cranberries, 50
 Epsom salts, 127
 grapes, 58–59
 honey, 155
 lavender, 174
 lemons, 184–185
 mouthwash, 341
 witch hazel, 335
 Cutting boards, 289
 Cyprus oil, 234
 Cystitis, 50

D

Dandruff remedies
 aspirin, 136
 baby oil, 284
 beer, 312
 chives, 259

eucalyptus oil, 84
 lavender, 176
 lemons, 195
 mint, 111
 mouthwash, 343
 tea tree oil, 84
 vinegar, 327
 yogurt, 350
 Darkening Color Rinse,
 309
 Dead Sea salt, 290. *See*
 also Salt
 Dentures, 32, 101, 292
 Deodorant, 38, 281–282,
 337–338
 Depression, 18–19, 82,
 203
 De-Stressing Bath Blend,
 356
 Detoxification, 185, 264,
 287
 Diabetes, 2, 113, 127, 289
 Diaper rash remedies
 baking soda, 34
 oatmeal, 219
 olive oil, 235
 petroleum jelly, 278
 witch hazel, 335
 Diarrhea Rehydration
 Formula, 37
 Diarrhea remedies
 apples, 7–8
 blackberries, 49
 carrots, 64, 65–66
 cinnamon, 116
 gelatin, 164
 honey, 160
 limes, 197–198
 onions, 251–252
 raspberries, 53
 rehydration, 227
 salt, 290
 DIY Sports Drink, 35

Index

Dizziness, 316
 Drug interactions, 88,
 100, 249, 317
 Dry scalp, 24
 Dysentery, 251–252

E

Earache remedies
 bran, 225
 carrots, 61
 castor oil, 76
 chamomile, 100
 garlic, 139, 141
 lavender, 172
 onions, 246–247
 salt, 287
 Earwax, 93, 244, 342
 Easy Oat Crackers, 221
 Echinacea, 180, 182
 Eczema remedies
 avocados, 19, 20
 milk, 354–355
 oatmeal, 217–218
 olive oil, 232–233
 tea, 303–304
 vegetable shortening,
 244
 Eggs, 354, 357, 358
 Egg vinegar, 330–331
 Elder flowers, 329
 Electrolyte balance
 avocados for, 20
 baking soda for, 35
 Epsom salts for, 128
 lemons for, 186
 rice for, 227
 salt for, 288
 Electrolyte-Replacement
 Tonic, 186
 Endometriosis, 77
 Energizing Bath Oil, 340
 Energy enhancers
 essential oils, 234

ginger, 150–151
 honey, 157
 lemons, 185
 peppermint, 110
 Epsom salts, 125–134
 for beauty, 132–134
 caution, 127
 for health, 125–131,
 287
 history, 130
 magnesium in, 125
 Essential oils, 21, 134,
 234. *See also specific
 essential oils*
 Eucalyptus oil
 for beauty, 84
 for health, 81–82, 129,
 171
 properties of, 134, 234
 Excellent Electrolyte
 Enhancer, 288
 Eyebrows, 280
 Eyelashes, 79, 237
 Eyes
 bags under, 27
 black eye, 30, 289, 335
 bloodshot, 52
 cataracts, 302
 dark circles, 16,
 209–210, 268
 makeup remover, 78,
 243, 245
 pinkeye, 3–4, 303
 puffy or swollen, 293
 sore or strained, 52, 74,
 97, 181, 189, 303, 335
 styes, 74, 266, 303
 vision, 29, 49, 64, 215
 Eye shadow, 279

F

Fabulous Facial Mist, 344
 Fabulous Flu Bath, 102

Fabulous Fragrant Facial
 Scrubbers, 105
 Facial cleansers. *See also*
 Makeup removers
 anti-acne, 352–353
 anti-aging, 307
 bracing, 222
 brightening, 54, 152
 deep-cleaning, 38–39,
 132–133, 166, 352
 exfoliating, 27, 46,
 200, 208–209, 293,
 299
 multitask, 272–273
 for normal skin, 274
 for oily skin, 46, 148
 softening, 105, 200,
 208, 299
 ultra-simple, 192–193
 Facial hair, 344–345
 Facial masks
 for all skin types, 15,
 26, 193
 alpha hydroxy, 30
 anti-acne, 56, 60, 66,
 147, 254–255
 anti-aging, 60, 68, 163,
 209, 222, 256, 354
 anti-inflammatory,
 307–308
 clarifying, 328
 cleansing, 25
 for combination skin,
 222
 detoxifying, 201
 for dry skin, 25, 31,
 95–96, 215, 299, 306,
 353
 exfoliating, 26, 137,
 270, 308–309
 firming, 10, 339, 357
 invigorating, 200–201
 for irritated skin, 353

- moisturizing, 269, 308–309
- multitask, 56, 273, 357
- for normal to oily skin, 25–26
- for oily skin, 111, 118, 220, 227, 353
- peel-off, 68–69, 165
- pore-refining, 60, 147–148, 294
- for rough, blemished skin, 193
- skin-lightening, 96, 256
- skin prep for, 104, 179
- softening, 56, 106, 107, 132
- soothing, 118–119
- stress-reducing, 353
- toning, 221
- Facial moisturizers
 - apple, 10–11
 - avocado, 26
 - baby oil, 285
 - butter, 356
 - castor oil, 81
 - commercial brands, 25
 - eucalyptus oil, 84
 - lavender, 177
 - lemon, 358
 - olive oil, 240, 243
 - petroleum jelly, 279
 - vegetable shortening, 245
- Facial neuralgia, 316
- Facial steams, 106–107, 124
- Facial toners
 - for all skin types, 228, 306
 - anti-acne, 96
 - antibacterial, 269–270
 - anti-inflammatory, 308
 - anti-shine, 339
 - astringent, 183, 192
 - cleansing, 66
 - detoxifying, 293–294
 - for dry skin, 16, 341
 - herbal, 328–329
 - invigorating, 152–153
 - multitask, 12, 93, 273
 - for normal skin, 340
 - for oily skin, 72, 306–307
 - pH-balancing, 328
 - softening, 192, 256
 - soothing, 104, 111, 179
 - ultra-simple, 268–269
- Fat, in avocados, 17
- Fatigue, 157, 249, 322
- Fettuccine Sweet and Hot, 89
- Fever, 54, 71, 86–87
- Fever blisters. *See* Cold sore remedies
- Feverfew, 180
- Fiber, 1
- Fibromyalgia, 128
- Figs, 14, 16
- Finger infections, 173
- Fingernails. *See also* Hand care
 - cleaning, 38
 - cuticles, 28, 79–80, 239
 - fungus, 83, 282, 318, 331, 343, 347
 - hangnails, 73, 275–276
 - polishing, 324
 - weak, 68, 148, 166, 197, 229, 245, 358
 - whitening, 196, 284, 313, 324, 345
- Fishing rods, 63
- Fish oil, 82–83
- Five-Minute All-Star Marinade, x
- Flaxseed, 213, 215
- Fleas, in carpet, 33
- Flowery Bath Crystals, 133
- Flu. *See* Cold and flu remedies
- Fluid retention, 21
- Foaming Ache Reliever, 291
- Food cravings, 99, 114, 185
- Foot care. *See also* Athlete’s foot remedies; Blisters; Ingrown toenails; Plantar warts
 - cold feet, 85, 115, 249
 - diabetes caution, 289
 - dry, cracked feet, 194, 229, 238–239, 277, 331
 - exfoliation, 124, 134, 194, 238, 295
 - foot odor, 134, 165–166, 181, 295, 305, 337
 - sweaty feet, 44, 301
 - tired feet, 41, 57, 131, 181, 205, 266, 298, 335
- Foot-to-Head Warm-Up Treatment, 219
- Four Thieves Vinegar, 321, 322, 323
- Freckle remedies
 - castor oil, 79
 - horseradish, 153
 - lemons, 191
 - papaya, 31
 - strawberries, 57

Index

French Carrot Salad, 62
 French Dressing, 239
 Fruit. *See specific fruits*

G

Gallbladder health, 188
 Garlic, 138–150
 bad breath from, 149
 for beauty, 147–150
 buying, 144
 caution, 141
 excessive use, 142
 for health, 138–147,
 311–312, 320
 history, 146
 Garlicky Broccolini,
 145
 Garlic-Strawberry Facial
 Scrub, 148
 Gas prevention
 baking soda for, 37
 bran for, 217
 carrots for, 64
 citrus for, 199
 parsley for, 262
 spices for, 94
 Gelatin, 164, 165–166
 Gem of a Germ-Busting
 Brew, 140
 Geranium oil, 134, 209,
 234
 Germs, killing, 323
 Get-Up-and-Go Honey
 Bars, 157
 Gin, 311
 Ginger
 for beauty, 122–123,
 124, 153, 238
 for health, 121, 122,
 150–151, 213, 236
 Ginger ale, 313
 Gingivitis. *See Gum*
 disease remedies

Gout, 13, 128, 146
 Gout-Be-Gone Preserves,
 5
 Grains, 225–229. *See also*
 Oatmeal
 Granita, 101
 Grapefruit essential oil,
 21, 134
 Grapefruit juice, 198,
 199
 Grapes, 58–59, 60
 Great Grape and
 Marvelous Melon
 Smoothie, 58
 Gum disease remedies
 baking soda, 33
 chamomile, 100
 lemons, 191
 salt, 286
 tea, 302–303
 witch hazel, 333

H

Hairbrushes, 42, 327
 Hair care. *See also*
 Dandruff remedies;
 Hair conditioners; Hair
 loss; Hair problems;
 Hair spray; Shampoos
 balancing pH, 72
 clarifying, 10, 42, 67,
 215, 327, 350–351
 coloring, 282
 dry-cleaning, 223–224,
 283
 enhancing color,
 67–68, 242, 257,
 260, 267, 309–310,
 351
 highlighting, 72, 105,
 313, 344
 lightening, 200
 moisturizing, 25

restoring shine, 25, 56,
 161, 183, 312, 331,
 343
 softening, 177, 257
 styling, 176, 283, 293,
 312, 358
 summertime, 229
 volumizing, 132, 212,
 292, 312
 washing, 11–12, 84,
 132
 Hair conditioners
 avocado, 24
 beer, 313
 cantaloupe, 60
 carrot, 67
 egg, 358
 garlic, 150
 herbal, 326
 macadamia oil, 212
 mayonnaise, 298
 molasses, 167
 olive oil, 242, 243
 peanut butter, 212
 rosemary, 274
 wheat germ, 229
 yogurt, 351–352
 Hair-Growth Tonic, 351
 Hair loss, 91, 241,
 256–258, 267–268
 Hair problems
 chlorine damage, 42,
 241, 313
 flyaway hair, 240, 268
 frizzy hair, 23, 165
 gray hair, 149–150,
 166, 274
 oily hair, 132, 195
 paint spatters, 283
 split ends, 282
 Hair spray, 167, 195
 Hair-Taming Treatment,
 150

- Hand care. *See also*
- Finger infections;
- Fingernails; *specific conditions*
- cleaning, 167, 197, 244, 292, 324
- deodorizing, 41, 260, 306, 324
- exfoliating, 238
- mask treatment, 357
- moisturizing, 26, 78, 245
- protecting, 282
- rough or raw hands, 170, 220, 277, 314–315
- sanitizing, 172, 312
- Handy Hand Sanitizer, 312
- Handy Hydrator, 227
- Hangnails, 73, 275–276
- Hangover remedies
- citrus, 198
- honey, 156
- milk, 356
- Pernod, 311
- vinegar, 319
- Hard-as-Nails Tonic, 166
- Hasty-Tasty Avocado Spread, 18
- Hay fever, 49, 346
- Hazelnuts, 206
- Headache remedies. *See also* Migraine remedies
- angelica, 108
- avocados, 22
- cinnamon, 115
- lavender, 173, 174
- lemons, 184
- limes, 197
- mint, 110
- nuts, 204
- rice, 227
- salt, 287
- tea, 301
- vinegar, 318
- Healing Oil and Salt Soak, 232
- Heartburn. *See*
- Indigestion and heartburn remedies
- Heart health
- apples for, 3
- caution, 127
- cayenne pepper for, 88
- chamomile for, 102–103
- nuts for, 205
- onions for, 249
- Heat exhaustion, 253, 291
- Heat rash, 43, 59, 173
- Heat-relief agents
- apples, 8
- baking soda, 35
- cabbage, 69–70
- chamomile, 101
- hydrogen peroxide, 344, 345
- lavender, 176
- mangoes, 29
- spicy food, 296
- witch hazel, 337
- Heirloom Flu Stopper, 3
- Hemorrhoid remedies
- baking soda, 34
- cabbage, 69
- chamomile, 103–104
- cornstarch, 44
- cranberries, 49
- leeks, 259
- lemons, 188
- nuts, 207
- witch hazel, 332
- Herbal infusions, 99
- Herbal Super Soak, 273
- Herbs, 108–111, 270–274. *See also specific herbs*
- Hiccups, 99, 164, 189
- High blood pressure
- apples for, 5
- aspirin for, 135
- avocados for, 21
- cautions, 127, 289
- cream of tartar for, 45
- garlic for, 138
- raspberries for, 53
- vinegar for, 320
- Hives
- baking soda for, 33
- chamomile for, 98
- cream of tartar for, 44
- Epsom salts for, 128
- tea for, 303
- vinegar for, 316–317
- Honey, 154–163
- for beauty, 161–163, 211, 313
- buying, 156
- caution, 160
- for health, 154–161, 247, 320
- Honey of a Hot Toddy, 159
- Horseradish, 71, 151–152, 153
- Horseradish Detox Dip, 151
- Hot flashes, 7, 316
- Hot-pepper sauce, 94
- Human papillomavirus (HPV), 41
- Hydrogen peroxide, 342, 343, 344–345
- I**
- IBS, 14
- Ice pack, homemade, 341

Index

- Immunity, 15, 185
- Indigestion and heartburn remedies
 - aniseed, 121
 - baking soda, 35
 - chamomile, 99
 - cinnamon, 115
 - honey, 154
 - lavender, 174
 - lemons, 186
 - nuts, 202–203
 - oatmeal, 216–217
 - olive oil, 231
 - papayas, 29–30
 - parsley, 261
 - pickles, 296
 - turmeric, 95
 - vinegar, 316
- Infants and children
 - baby food, 22
 - colic, 164
 - cradle cap, 235
 - diaper rash, 34, 219, 235, 278, 335
 - diarrhea, 64, 164
 - honey caution, 160
 - newborn care, 206
 - shampooing, 282
 - teething, 235
- Inflamed-Ear Elixir, 76
- Inflammation, 76–77, 95
- Ingrown toenails, 128–129, 226, 291
- Insect bites or stings
 - antacids for, 135
 - aspirin for, 135
 - baking soda for, 33–34
 - bananas for, 28
 - calendula for, 179
 - cornstarch for, 43
 - Epsom salts for, 126
 - honey for, 155
 - lavender for, 168
 - lemons for, 188
 - mouthwash for, 341
 - oatmeal for, 217–218
 - onions for, 251
 - parsley for, 265
 - salt for, 291
 - toothpaste for, 283
 - vinegar for, 315–316
- Insect repellents
 - Brazil nuts, 207
 - feverfew, 180
 - garlic, 142
 - lavender, 168
 - mentholated rub, 283
 - parsley, 265–266
 - rosemary-sage, 272
 - vinegar, 315, 323
 - witch hazel, 336–337
- Insomnia remedies
 - avocados, 21
 - castor oil, 73
 - citrus, 199–200
 - essential oils, 234
 - honey, 157
 - lavender, 175
 - onions, 252
 - wine, 310
- Intensive Avocado Hand Treatment, 26
- Intensive Molasses Hair Conditioner, 167
- Iron intake, 189
- Irritable bowel syndrome (IBS), 14
- Italian Dipping Oil, 233
- Itchy skin
 - almond oil for, 205
 - salt for, 291
 - thyme for, 271
 - vinegar for, 316–317
 - yogurt for, 349
- J**
 - Jasmine oil, 234
 - Jock itch, 144, 291
 - Joint pain remedies
 - apples, 5
 - bananas, 28
 - cinnamon, 117
 - ginger, 121
 - herbs, 271
 - lavender, 171
 - olive oil, 236
 - roses, 181
 - vinegar, 321–322
 - Juniper oil, 234, 237, 350
- K**
 - Kidney infections, 50, 252
 - Kidney stones, 128, 185, 264
- L**
 - Laryngitis remedies
 - garlic, 141
 - honey, 158
 - onions, 253
 - salt, 291
 - witch hazel, 334
 - Lavender, 168–179
 - for beauty, 176–179, 326, 329
 - caution, 171
 - essential oil, 21, 134, 234
 - for health, 168–175
 - history, 177
 - soap recipe, 224–225
 - tea recipe, 174
 - Lavender Blister Dust, 170
 - Lavender Lemonade, 174
 - Laxatives. *See* Constipation remedies

Index

Leek Liniment, 259
Leeks, 259
Leg cramps, 20, 53, 187, 310
Lemon essential oil, 21
Lemon-Fresh Face Cream, 358
Lemon-Fresh Smoothie, 194
Lemons, 184–197
 for beauty, 72,
 191–197, 200, 358
 caution, 188
 as deodorizer, 260
 for health, 184–191,
 198
Lettuce, 70
Light Cherry Clafoutis, 13
Lime essential oil, 234
Limes, 197–200, 310
Linden flowers, 329
Lip balms, 120, 243, 280
Lip stain, 55
Lipstick, 279
Lip treatments, 239–240, 304
Liver function, 263
Lovely Leg Lotion, 84
Lubricating oil, 79

M

Macadamia oil, 212
Magnesium, 125. *See also*
 Epsom salts
Makeup
 face color, 72, 119, 279
 face powder, 46, 284
 oily skin fix, 46
Makeup brushes,
 327–328
Makeup removers
 baby oil, 285
 castor oil, 78

 mayonnaise, 298
 olive oil, 243
 vegetable shortening,
 245
Mallow, 329
Malt vinegar, 331
Mangosicles, 29
Mangoes, 24, 29, 31
Marigolds, 181
Massage, 20–21, 27, 276
Mayonnaise, 106,
 298–299
Medical test prep, 122,
 334
Melons, 58, 59, 60
Memory. *See* Brain
 function
Menopause symptoms,
 7, 316
Menstrual problems
 cramps, 70, 98, 115
 heavy flow, 90, 115,
 270
 iron loss, 12
 irregular cycles,
 214–215
 late start, 271
Mentholated rub,
 282–283
Mighty Minty Anti-Bug
 Brew, 336
Migraine remedies
 cayenne pepper, 88
 feverfew, 180
 ginger, 122
 honey, 156
 lavender, 174
 mustard, 298
 nuts, 204–205
 tea, 302
Milk, 354–355, 356
Milk of magnesia,
 135–136, 137

Mint, 110, 111, 329, 336.
 See also Peppermint
Miracle Whip®, 299
Moisturizers. *See* Body
 care; Facial moisturizers
Moisturizing Bubble
 Bath, 210
Moisturizing Skin Mask,
 269
Molasses, 164, 166, 167
Mood. *See* Depression;
 Stress remedies
Morning sickness, 53,
 171–172, 316
Mosquitoes. *See* Insect
 bites or stings; Insect
 repellents
Motion sickness, 53, 189
Mouth bites, 291–292
Mouthwash
 homemade, 53, 65
 as remedy, 341, 343
Multipurpose Marigold
 Salve, 181
Muscle ache remedies
 calendula, 179
 garlic, 143
 ginger, 121
 lavender, 171
 leeks, 259
 mustard, 298
 olive oil, 236
 petroleum jelly, 276
 salt, 291
 vinegar, 320, 321–322
 witch hazel, 334, 335
Muscle cramp remedies
 avocados, 20
 lemons, 187
 mustard, 297
 pickles, 296
 raspberry, 53
 tonic water, 310

Index

Muscle injuries, 75, 298.
See also Sprains and strains
 Mustard, 296–298

N

Nasal congestion, 35, 173, 283, 296
 Nausea and vomiting
 apples for, 5–6
 citrus for, 198
 cranberries for, 50
 hydration for, 227
 lemons for, 187
 oregano for, 270
 pickles for, 296
 Nettles, 326
 Nightmares, 271
 Nosebleeds, 90–91, 189, 318, 336
 Nutmeg, 123–124, 188, 356
 Nuts, 202–212. *See also* Seeds
 for beauty, 207–212
 caution, 211
 classification, 206
 for health, 202–207
 nutrients in, 207–208

O

Oatmeal, 216–225. *See also* Grains
 for beauty, 46, 220–225
 caution, 218
 for health, 216–220
 instant, 217
 Quaker Oats, 224
 soap recipe, 224–225
 Obesity, 320. *See also* Weight-loss aids
 Olive oil, 230–243

 for beauty, 237–243
 caution, 236
 extra virgin, 231
 for health, 230–237
 legend, 243
 Onions, 246–258
 in ancient Egypt, 252
 for beauty, 254–258
 caution, 249
 for health, 246–254
 juicing, 248
 odor on hands, 260
 roasted, 330
 Onion skins, 253, 257
 Oral care. *See also* Bad breath remedies;
 Dentures; Gum disease remedies;
 Toothache remedies; *specific conditions*
 bleeding gums, 286, 302
 healing remedy, 30
 lemon caution, 188
 preventive care, 59, 175, 214
 teeth cleaning, 32, 33, 54, 190
 teeth whitening, 9, 40, 68, 161, 191, 226, 325, 345
 tooth extractions, 126, 302
 Oranges
 for beauty, 200–201
 essential oil, 21
 for health, 198, 201
 salad recipe, 250
 word derivation, 199
 Oregano, 270
 Osteoporosis, 262–263, 305
 Outdoorsy Bath Salts, 40

P

Papayas, 29–30, 31
 Parsley, 261–270
 in ancient Greece, 267
 for beauty, 266–270, 326
 caution, 264
 for health, 261–266
 protein in, 261
 tea recipe, 264
 Parsley Pesto, 262
 Patchouli, 234
 Peaches, 14, 15, 16
 Peachy-Keen Facial, 15
 Peanut butter, 212
 Peanut oil, 129
 Peanuts, 206
 Pears, 13, 14, 16
 Pecans, 204–205
 Pectin, 2–3
 Peppermint
 for beauty, 110–111, 124, 131
 essential oil, 21, 134, 234
 for health, 33, 82, 110, 236, 237
 Peppermint Foot Soak, 131
 Perfect Peppermint Toothpaste, 33
 Perfume, 183, 281
 Pernod, 311
 Pesticides, 8, 38, 323
 Petroleum jelly, 275–282
 for beauty, 279–282
 caution, 278
 for health, 275–278
 history, 280
 Photosensitivity, 188
 Phytoestrogens, 7
 Pickles and juice, 296, 299

Pineapple, 30
 Pinkeye, 3–4, 303
 Pistachios, 209–210
 Plantain, 315–316
 Plantar warts, 28–29, 75–76
 Plums, 13, 14–15
 Poison ivy, oak, or sumac
 acorns for, 204
 bananas for, 29
 chamomile for, 97–98
 cornstarch for, 43
 Epsom salts for, 126
 garlic for, 144
 lavender for, 170
 oatmeal for, 217–218
 olive oil for, 233
 salt for, 291
 tea for, 303
 vinegar for, 314
 Postnasal drip, 276–277
 Potassium, 21
 Potatoes, 71, 72
 Pot marigolds. *See*
 Calendula
 Pregnancy or childbirth
 baby oil for, 285
 castor oil for, 83
 coconut oil for, 206
 essential oils for, 234
 lavender for, 171–172
 raspberries for, 53
 remedy cautions, 74, 127, 180, 264, 304, 317
 vinegar for, 316
 Prickly heat, 43, 59, 173
 Prostate problems, 213, 214, 264
 Prunes, 15
 Pruritus, 316–317
 Psoriasis remedies
 avocados, 19

 buttermilk, 355
 Epsom salts, 129
 fish oil, 82–83
 olive oil, 233–235
 petroleum jelly, 275
 salt, 290
 vegetable shortening, 244
 vinegar, 316–317
 witch hazel, 333
 Pumpkin seeds, 213, 214
 Puncture wounds, 50, 127
 Pure and Simple Wrinkle Remover, 137

Q

Quaker Oats, 224

R

Radishes, 152
 Raisins, in gin, 311
 R & R Bath Blend, 285
 Rash remedies
 Epsom salts, 126
 lettuce, 70
 milk of magnesia, 135–136
 oatmeal, 217–218
 olive oil, 233
 salt, 291
 Raspberries, 51–53, 55, 56
 Raspberry-Leaf Tea, 48
 Raspberry-Rosemary Smoothie, 272
 Raspberry Sore Throat Solution, 51
 Razor burn, 40, 84, 136
 Relaxing Bath Blend, 45
 Rheumatism, 131, 143
 Rhubarb, 59
 Rice, 227, 228

Rice vinegar, 331
 Ringworm, 146, 253, 288
 Roasted Balsamic
 Onions, 330
 Rosacea, 103
 Rose hips, 111
 Rosemary
 for beauty, 177, 241, 274
 for health, 129, 175, 236, 271, 272, 273
 properties of, 234, 329
 Rose oil, 234
 Roses, 181, 182, 183
 Rose water, 182, 183
 Rosewood oil, 234
 Rosy Vinegar Splash, 183
 Rubbing alcohol, 341, 342

S

SAD, 12–13, 99, 203–204
 Sage, 271, 273, 274, 326
 Salt, 286–295
 for beauty, 292–295
 caution, 289
 cravings for, 258–259
 as deodorizer, 260
 for health, 286–292
 superstitions, 295
 types, 290
 Scalp treatments
 avocado, 24
 garlic, 149
 ginger, 153
 herbal, 268
 mouthwash, 341
 sea salt, 292–293
 Scars, minimizing
 lavender for, 178
 nutmeg for, 123–124
 oils for, 80, 83, 243
 Sciatica, 75, 128, 141
 Scoville scale, 94

Index

- Sea salt. *See* Salt
- Seasonal affective disorder (SAD), 12–13, 99, 203–204
- Seeds, 207, 213–215
- Sensational Salad Dressing, 325
- Sesame oil, 213
- Sesame seeds, 215
- Shampoo for Harried Swimmers, 42
- Shampoos, 72, 104, 196, 241
- Shaving cream, 41, 211, 243, 285. *See also* Razor burn
- Shingles, 51, 131
- Shin splints, 75
- Shortening, vegetable, 244–245
- Simply Citrus Hair Spray, 195
- Sinus-Clearing Bath Oil, 82
- Sinus remedies
 - bath blends, 82, 236
 - horseradish, 151–152
 - onions, 246
 - peppermint, 237
 - salt, 287–288
 - vinegar, 316, 320
- Skin cancer risk, 190
- Skin care. *See* Body care; Facial cleansers; Facial masks; Facial moisturizers; Facial toners; Hand care; *specific conditions*
- Skin-Soothing Chamomile Smoothie, 107
- Sleep. *See* Insomnia remedies
- Smoking cessation
 - antacids for, 135
 - baking soda for, 38
 - carrots for, 62
 - cinnamon for, 114
 - cloves for, 121
 - lemons for, 185
 - sunflower seeds for, 214
- Smoothies
 - Banana-Walnut, 113
 - Bountiful Breakfast, 169
 - fruit, 16
 - Great Grape and Marvelous Melon, 58
 - Lemon-Fresh, 194
 - Raspberry-Rosemary, 272
 - Skin-Soothing Chamomile, 107
 - Smooth-Skin, 308
 - Triple-Delight, 348
- Softening Body Scrub, 223
- Solid Perfume, 281
- Soothing Sunburn Bath, 155
- Sores, weeping, 63, 173
- Sore throat remedies
 - blueberries, 51
 - carrots, 61
 - cayenne pepper, 86, 90
 - chamomile, 100
 - garlic, 139
 - lemons, 187
 - limes, 198
 - mustard, 296
 - radishes, 152
 - raspberries, 51
 - roses, 181
 - salt, 292
 - vinegar, 319
 - witch hazel, 334
- Sour cream, 357
- Sour stomach, 71
- Sperm count, 145, 164, 207
- Spicy Chickpea Dip, 95
- Spicy Flu Fighter, 114
- Spicy Sore Throat Syrup, 90
- Spinach Salad with Onions and Oranges, 250
- Splinters, 36, 125, 247
- Sports drinks. *See* Electrolyte balance
- Sports food, 157
- Sports injuries, 129–130, 236. *See also* Muscle ache remedies
- Sprains and strains
 - avocados for, 22
 - castor oil for, 75
 - cayenne pepper for, 87
 - comfrey for, 109–110
 - Epsom salts for, 130
 - garlic for, 143
 - leeks for, 259
 - mustard for, 298
- St. Hildegard’s Parsley Wine Tonic, 263
- St. John’s wort oil, 75
- Stamina, 4–5
- Styes, 74, 266, 303
- Stimulating Ginger Hair Cleanser, 153
- Stomachache, 98, 254
- Stomach cramps, 43, 261
- Stomach flu. *See* Nausea and vomiting
- Strawberries, 48, 53–57, 148
- Stress-Busting Cookies, 116

Stress remedies
 baking soda, 37
 carrots, 64
 cayenne pepper, 89
 chamomile, 98, 103, 201
 cinnamon, 116–117
 citrus, 201
 cucumbers, 70
 eucalyptus oil, 82
 lavender, 174, 175
 milk, 356
 nuts, 203, 204
 vinegar, 322–323
 yogurt, 349–350, 353
 Stretch marks, 83, 285
 Sugar, 164, 166
 Sugar and Spice Scrub, 124
 Summertime Clarifying Mask, 328
 Sunburn remedies
 avocados, 19
 baking soda, 34
 carrots, 63
 chamomile, 101
 cornstarch, 44
 eggs, 354
 Epsom salts, 126
 honey, 155
 lavender, 169
 lettuce, 70
 milk of magnesia, 136
 oatmeal, 217–218
 olive oil, 232
 salt, 290
 tea, 304
 vinegar, 315
 witch hazel, 332–333
 yogurt, 348
 Sunflower oil, 215
 Sunflower seeds, 207, 214, 215

Sun spots. *See* Age spot remedies
 Suntans
 dry skin from, 31
 fake, 119–120, 167
 Super Juice, 319
 Super Skeeter Repellent, 142
 Super Spray Deodorant, 338
 Super Sunflower Wafers, 214
 Sweet and Salty Body Scrub, 294
 Sweet-and-Sour Onions, 255
 Sweet and Spicy Sore Throat Cure, 86
 Swimmer's ear, 342

T

Tamago-su, 330–331
 Tangerine essential oil, 234
 Tangerines, 198–199
 Tea, 300–310. *See also specific herbs*
 for beauty, 305–310
 caution, 304
 for health, 300–305
 history, 306
 Tea Times Two, 99
 Tea tree oil
 for beauty, 84, 270
 for health, 20, 82, 83, 235, 312
 properties of, 234
 Teeth. *See* Oral care
 Teething, 235
 Thyme, 129, 271, 274, 329
 Thyme-for-Rice Toner, 228

Timely Tick Repellent, 315
 Tinnitus, 76, 147, 253
 Tip-Top Mouthwash, 65
 Tomatoes, 72
 Tongue bites, 291–292
 Tonic water, 310
 Toothache remedies
 black pepper, 93
 catnip, 109
 cayenne pepper, 85
 chamomile, 101
 clove oil, 231
 Epsom salts, 126
 garlic, 138–139
 salt, 286–287
 Toothpaste, 283, 284, 285. *See also* Oral care
 Toxin-Tossin' Bath Blend, 287
 Traveler's diarrhea, 251–252
 Trigeminal neuralgia, 127
 Triple-Delight Smoothie, 348
 Turmeric, 95–96

U

Ulcer remedies
 baking soda, 35
 barley, 225
 cabbage, 70
 caution, 141
 cayenne pepper, 88–89
 garlic, 146
 plums, 14–15
 vinegar, 320
 Ultra-Healthy Hair Conditioner, 67
 Urinary tract infections (UTIs), 45, 50, 249, 264
 Urination problems, 152, 251, 259

Index

V

Vaccination pain, 305
Vaginal lubricant, 22
Vanilla extract, 122, 123, 211
Variations on a Theme of Beautiful, 193
Varicose vein remedies
 garlic, 146
 marigold salve, 181
 molasses, 164
 vinegar, 319
 witch hazel, 335
Vegetable oil, 244–245
Vegetables. *See specific vegetables*
Vertigo, 175
Vinegar, 314–331
 for beauty, 177, 324–329, 331
 buying, 318
 Four Thieves, 321, 322, 323
 for health, 314–323, 329–331
 homemade, 6–7
Vitamin E oil, 83, 237, 239
Vodka, 312

W

Walnuts, 203–204, 207, 208–209
Warming Winter Bath Soak, 120

Wart removers
 baking soda, 41
 carrots, 68
 castor oil, 78
 caution, 41
 garlic, 148, 245
 lemons, 191
 onions, 255
 vegetable shortening, 245
 vinegar, 325
Watermelon, 59
Water retention, 50
Weight-loss aids
 apples, 8–9
 avocados, 18
 bananas, 29
 honey, 158
 hot-pepper sauce, 94
 lemons, 185
 peppermint, 110
 strawberries, 53–54
 vinegar, 317, 320
Well-Routed Toner, 256
Wheat germ, 227, 229
Windburn, 14, 80, 217, 232
Wine, 249, 263, 310, 313
Wintergreen oil, 234
Winter-Weather Guard, 80
Winter Wonder Cream, 349
Witch hazel, 332–341
 for beauty, 337–341

 buying, 333
 for health, 332–337
 name origin, 334
Wonderful Walnut Dip, 208
Wounds, 278, 342
Wrinkle remedies
 apples, 12
 bananas, 31
 brewer's yeast, 45, 46
 castor oil, 81
 cayenne pepper, 92, 93
 chocolate, 165
 cranberries, 55
 echinacea, 182
 egg, 357
 grapes, 59
 honey, 162
 lemons, 192
 milk of magnesia, 137
 oatmeal, 221
 olive oil, 243
 onions, 256
 pickles, 299

Y

Yarrow, 329
Yeast infections, 112, 145–146, 218–219
Yogurt, 346–354
 for beauty, 227, 350–354
 buying, 347
 caution, 350
 for health, 346–350