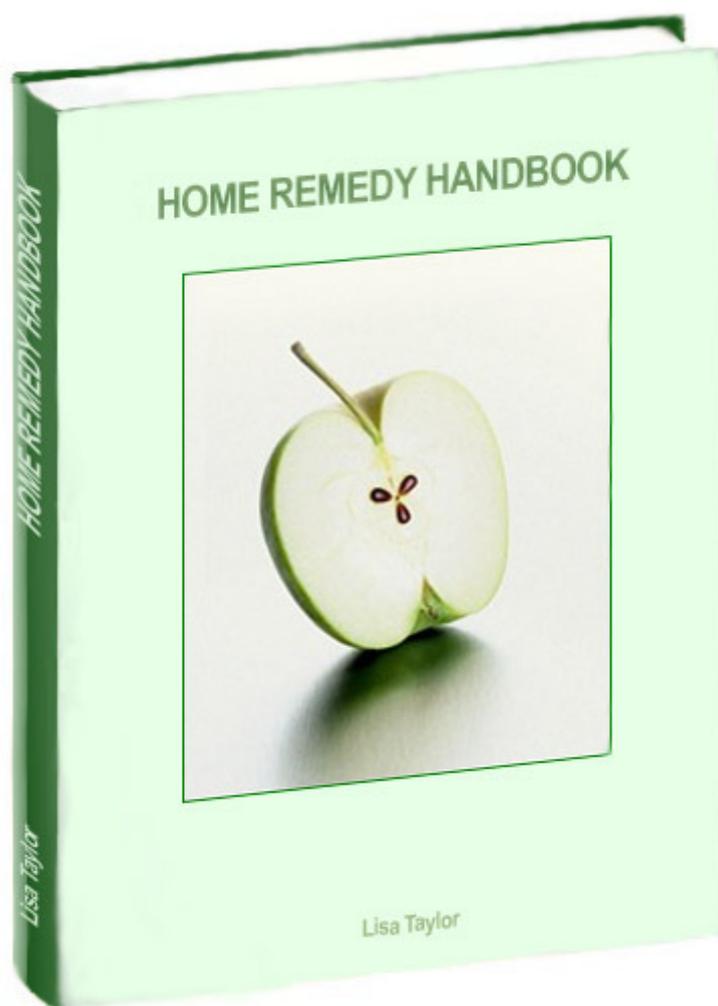


HOME REMEDY HANDBOOK

What to Keep on Hand to Fix What Ails You



by
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Home Remedy Handbook

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PROLOGUE

THIS E-BOOK IS WRITTEN FOR INFORMATION PURPOSES ONLY!

IT IS NOT INTENDED, NOR SHOULD IT BE USED, AS A REPLACEMENT FOR COMPETENT MEDICAL ADVICE FROM YOUR HEALTH CARE PROVIDER.

ALTHOUGH THE TRIED-AND-TRUE HOME REMEDIES IN THIS BOOK ARE MADE FROM GENERALLY SAFE AND NATURAL INGREDIENTS, THERE IS ALWAYS THE POSSIBILITY OF AN ALLERGIC OR ADVERSE REACTION.

NEVER EXCEED RECOMMENDED AMOUNTS, TIME LIMITS, ETC. ALWAYS USE EXTREME CAUTION WHEN TREATING YOUNG CHILDREN.

REMEMBER! YOUR FAMILY'S HEALTH IS IN YOUR HANDS!

NEVER USE THESE OR ANY OTHER HOME REMEDIES TO REPLACE THEADVICE OF YOUR HEALTH CARE PRACTITIONER! IF YOU HAVE ANY REASON TOBELIEVE THAT SOMEONE IS IN IMMINENT DANGER OF LOSS OF LIFE OR LIMB, GET EMERGENCY MEDICAL TREATMENT! DON'T HESITATE! A FEW MINUTES CAN MAKE A HUGE DIFFERENCE IN THE OUTCOME OF AN EMERGENCY SITUATION!

May you and yours enjoy good health!

HOME REMEDY THINGS

In this e-book, we are talking about things you probably already have and didn't know you could use as a remedy! It is a collection of common items you should keep on hand to treat minor illnesses and injuries quickly.

WHY HOME REMEDY?

Let's face it; we have all needed a quick fix for a minor sunburn or a scraped knee! We simply don't have the need (or the time and money!) to run to a doctor's office every time we accidentally grab a hot pan. Or how about those times when we spend all day weeding the garden, only to discover later that the 'weeds' were poison ivy? Try as we may to keep a well-stocked medicine chest, there never seems to be any antibacterial ointment when we need it! This is where a Home Remedy Toolkit comes in.

Home Remedies are generally safe, simple and effective. Many of the pharmaceuticals sold today are merely chemically synthesized versions of old *home remedies*! Not so very long ago, willow bark tea was the remedy of choice for a headache.

Sounds weird, right? Today we get a synthesized version of that same tea every time we take an aspirin! Ladies, how many of you have a lotion or bath product with cucumber extract as an ingredient? Gentlemen, how many of you use orange oil hand cleaner in your garage? These are modern versions of *home remedies*!

ISN'T IT EASIER TO JUST BUY MEDICINE?

Well, that all depends on your point of view. And how loudly little Jimmy is howling about his earache! If you have medication on hand, great! But what do you do at 3:00 a.m. on Sunday? Are you absolutely certain that pharmacy is open 24/7? Wouldn't it be nice if you could restore peaceful slumber to the household with a quick trip to the kitchen?

You don't need any extra space. All you need are 10 common items you can find at any grocery store! As I mentioned earlier, you probably have most of them on hand right now:

- Fresh onion
- Fresh garlic
- Olive oil
- Lemon juice
- Black tea
- Oatmeal
- Apple cider vinegar
- Peppermint tea
- Chamomile tea
- Cold pack (alcohol, water and a zipper freezer bag)

HOW TO USE YOUR HOME REMEDY

Right about now you are probably wondering if you should use this Toolkit or eat it! Trust me, once you've tried some of these remedies, you won't think of these things as 'just' food ever again!

I will list each 'tool', some of the conditions you can treat with it and how to use it. This is by no means a comprehensive listing! You would be amazed at the many uncommon uses for common things in your home! Let's get started.

1) Fresh Onion

Cuts & Scrapes

Onion is a natural antibacterial agent. To use it for this purpose, simply cut a slice of raw onion and rub the juice over the damaged skin. Be sure you have properly cleaned the wound with soap and plenty of cool water. This is not to be used for deep cuts; those should be seen by a health care professional.

Sinus Congestion

Munch a few pieces of raw onion to relieve those stopped up nasal passages. A cup of hot onion soup at bedtime will clear up your nose and help you sleep! If you are worried about 'onion breath', simply chew on a couple of fresh parsley leaves! The onion remedy will be your secret. This is safe for anyone over the age of 2.

Cold Sores

Don't you hate those things? Cold sores seem to take *forever* to heal! Next time one pops up rub it with the juice from an onion slice. Repeat 3 or 4 times a day and watch that sore go away.

2) Fresh Garlic

Colds & Flu

This remedy may be a little hard to swallow (literally) but it really works! Crush 2 or 3 fresh garlic cloves and steep in a cup of boiling water for 10 minutes. Drink this 'tea' at the first sign of a cold and you can shorten its duration tremendously! 2 cups a day should do it.

Athlete's Foot

Garlic has wondrous antifungal properties. When you are troubled by the itching and burning that signals athlete's foot, try this quick fix. Cut a clove of fresh garlic in half and rub the cut side of the clove over the affected area. Stops the itching and helps heal the fungal infection that causes it.

Sore Throat

Eating a clove or two of fresh raw garlic can stop a sore throat in its tracks! Garlic soothes the pain and can help prevent infection.

3) Olive Oil

Psoriasis

Apply warm olive oil to those rough, scaly patches. It softens the hard layer of damaged skin and the anti-oxidants it contains encourage healing.

Diaper Rash

This is an excellent treatment or preventative for diaper rash. It soothes and protects Baby's tender bottom. Simply apply a very light coating of olive oil to the affected area.

Constipation

A spoonful of olive oil at bedtime will often relieve this all too common condition in one dose. Adults should take a tablespoon while a teaspoon or two is adequate for youngsters.

4) Lemon Juice

Cough

Lemon juice and honey mixed in equal parts is a time tested cough remedy! Simply take a tablespoonful as needed. This is safe for all ages, but never give raw honey to an infant!

Mosquito Bites

Pure lemon juice applied directly to the bite will stop that aggravating itch and prevent infection. Reapply as often as needed!

Hiccups

Biting into a slice of lemon or taking a teaspoonful of pure lemon juice will often halt hiccups (hiccoughs) immediately! Try it the next time you or your child gets hit by one of these 'attacks'.

5) Black Tea

Lost Tooth

When your little one (or you!) loses a tooth, black tea will stop the bleeding and reduce any swelling. All you need to do is soak a regular teabag in warm water for 2 to 3 minutes, squeeze out the excess liquid and place it on the gum where the tooth used to be. My dentist taught me this quick fix years ago. It's never failed me!

Sweaty Palms

This is an embarrassing condition for many people. If you suffer from excessively sweaty hands, try this simple remedy. Soak a teabag in warm water for about 2 minutes. Remove the teabag from the water and place it in the palm of your hand. Close your fist and hold the teabag against your palm for at least 5 minutes. Let your hands air dry after you remove the teabag.

Poison Ivy or Oak

Wash the itchy rash caused by this noxious plant with a strong solution of unsweetened black tea. The tannins in the tea reduce the swelling and itching.

6) Oatmeal

Eczema

Oatmeal is a very soothing skin treatment. Pulverize old-fashioned rolled oats in your blender or food processor. Use a handful of this fine oatmeal mixed with pure water to wash the affected area. Use the oat paste just as you would soap. This is very safe for all ages, but please avoid the eyes!

Constipation

A bowl of cooked oats, followed by a large glass of cool water is very effective for a stubborn colon. If you are plagued by chronic constipation add oatmeal to your daily meal plan.

High Cholesterol

Yes, it's true! Adding oatmeal to your diet on a regular basis will help decrease your overall cholesterol level. What a delicious way to prevent heart attack and stroke!

7) Apple Cider Vinegar

Acne

We have used plain apple cider vinegar as an astringent and acne remedy in our family for many years. The acidic nature of vinegar dissolves the layer of sebum or oil that contributes to acne outbreaks. Its antibacterial qualities help prevent infection of the hair follicles. Please don't use vinegar on very young children or those with extremely sensitive skin!

Smelly Feet

A tried-and-true remedy for the worst offenders! Simply soak your feet in a solution of two (2) cups of vinegar mixed with one (1) quart of water. Leave feet in this bath for at least 15 minutes. Let them air dry. No more odor!

Dandruff

You can significantly decrease the flaking and itching of dandruff by massaging apple cider vinegar into the scalp. Leave it on the head for 5 to 10 minutes then wash hair as usual. You may never waste money on medicated shampoos again!

8) Peppermint Tea

Indigestion

A cup of peppermint tea can calm the most ardent digestive tract rebellion! Follow the preparation directions on the box of tea and prepare yourself for relief. Small sips of the warm tea will soothe and relax your overwrought stomach.

Earache

Remember little Jimmy's howling? This is the solution! Put 3 or 4 drops of body temperature, unsweetened peppermint tea into the offending ear. The menthol will numb the pain almost instantly.

Muscle Aches

Over worked your back in the garden? Use a cup of strong peppermint tea as massage lotion. Feels wonderful and smells great!

9) Chamomile Tea

Stress

You know those days when your nerves are jangling so loudly you can't hear yourself think? Let chamomile ride to the rescue. Prepare a cup of tea according to the package directions. Sit down, put your feet up and sip slowly. A steady supply of this tea has been a true sanity saver around my house.

Headache

It does not matter whether it is a tension headache or a pounding migraine, this home remedy will offer some relief. Drink as much as you would like of the hot brew. Blessed relief in a cup. Insomnia – Try a cup or two of warm chamomile tea on the nights when sleep just won't come. It relaxes your muscles and soothes your nerves. No wonder it was Grandma's #1 sleep-aid!

10) Cold Pack

Some advance preparation is needed for this jewel in your home remedy crown. Mix one (1) cup of isopropyl alcohol (rubbing alcohol) with two (2) cups of water in a quart sized zipper freezer bag. You may add a few drops of food coloring if you'd like. Close the zipper tightly and place in the freezer. The alcohol will keep the water from freezing solid so that the pack will mold itself to any body part. Reuse again and again! Simply put it back in the freezer until next time.

Toothache

Wrap the cold pack in a cloth and place it over the aching tooth on the outside of your face. This will relieve the pain very quickly. Don't ever put heat on a toothache! If the tooth is infected, heat will make it much worse.

Headache

You just can't beat a refreshing cold pack for a throbbing headache! Place the pack directly on the most painful area, sit back and enjoy the relief.

Muscle Strain

Cold is the preferred treatment for the first 24 hours after you have strained a muscle. Leave the cold pack on for 20 minutes and off for 1 hour. For children do not leave the cold pack in place longer than 10 minutes.

Quick Fixes For Minor Health Problems

Symptoms That Get Everybody Down!

Cough

Hack, cough or croup, by any name you choose, this is a pain. Sometimes, quite literally! A bad cough can make you ache all over. If there is ever a time for a quick fix this is it! One of the oldest and best ways to quiet a cough is to mix two (2) tablespoons of pure **lemon juice** with two (2) tablespoons of **honey**. Adults should take a full tablespoon of this mixture as needed. Children over the age of 2 years get one (1) or two (2) teaspoons. Please keep in mind that you should **NEVER** give an infant raw honey because of the danger of botulism.

Sinus Or Nasal Congestion

Here's a super simple tip for relieving a congested nose. Place a hot, wet cloth across the cheeks and nose. Hold the cloth firmly in place with your hands for 5 to 10 minutes. The heat will break up the stuffiness quickly. **DO NOT** leave the cloth in place for longer than 10 minutes! do not use on children under 2!

Sore Throat

This is another wonderful time to use **peppermint tea**. Peppermint contains menthol, which numbs that aching throat. Again, simply brew according to package directions. Cool with some ice and sip slowly. Make sure you dilute the tea with water for very young children.

Special Remedies For Special People?

These tips are divided into sections for women, men & children, but those divisions aren't set in stone. A woman can nick herself shaving, a man may need help for dry hands and a child might have indigestion. So it's a good idea to read through all the treatments listed here. You might be surprised at what you learn!

One note of caution about children...

If a specific preparation **SHOULD NOT** be used by a certain age group it will say so in the description. PLEASE pay attention to these limits!

Help for Women's Health

Dry, Cracked Hands

Dry hands are often the result of contact with harsh detergents or too much time spent in gardening gloves. Try this old-fashioned method of soothing your abused hands.

Keep a small covered dish of uncooked **oatmeal** next to the sink. Use a handful of this oatmeal, moistened with a little cool water, to wash up with. Rinse in cool water and gently pat or air dry.

Headache

Today's stressful life-style has made 'tension headache' a regular part of our vocabulary. If you don't like (or you worry about the long-term effects of) over-the-counter painkillers, use this quick fix instead.

Steep one (1) teaspoon of dried **sage** (yep, the herb you use for stuffing) in one (1) cup of hot water for 15 minutes. Cool slightly & drink it up, one small sip at a time.

EXTRA HELP – Place a cool cloth on the back of your neck while waiting for the tea to be ready!

DO NOT USE IF YOU ARE NURSING! Sage tea will decrease your milk flow!

Menstrual Cramps

One of the banes of female existence! Here's an easily made tea that really helps!

Steep two (2) teaspoons of crushed **fennel** seeds in one (1) cup of boiling water for 10 to 15 minutes. Drink while hot to get fast relief.

Fennel has a very pleasant licorice taste! Use as often as needed.

P.S. Fennel tea is great for menopause symptoms like hot flashes!

A Few Complaints That Men Have

Shaving Nicks

Those irritating little cuts seem to go hand in hand with shaving. One handy item will help stop the bleeding faster than a styptic pencil and much more attractively than those bits of tissue!

Ice – Have an ice cube waiting by the sink while you shave. If the razor cuts a little too closely (as it always seems to do) place the ice cube on the nick immediately. No bleeding, no redness, you may not even be able to see where you were nicked!

EXTRA HELP – This simple shaving lotion will soothe your razor-irritated skin and stop those nasty little bumps. Plus, it smells good! Peel & chop one (1) small cucumber (4 – 6” long). Place the chopped cucumber in a saucepan with two (2) cups of water and two (2) whole bay leaves. Bring to a boil, reduce the heat and let simmer for 15 minutes. Remove from heat and strain the liquid through a cheesecloth or coffee filter. When this cucumber extract has cooled, add one (1) tablespoon of apple cider vinegar. The vinegar acts as an astringent and preservative. NO, you won't smell like a pickle! The mild vinegar odor will evaporate quickly. Keep this lotion in a tightly covered container in the refrigerator. Apply after shaving.

Indigestion

Whether it was too much pizza & beer or a rough day at work, indigestion is a very common complaint for men. A tasty way to relieve the most over-indulged stomach:

Peppermint Tea – This fantastic tummy tamer is as close as your grocer's shelf. Simply prepare according to the package directions and enjoy. I make sure to keep plenty of peppermint around the house. It is so good for so many things.

Back Pain

Yard work, tinkering with the car or roughhousing with the kids may all bring on an aching back. An effective liniment can lessen the pain. I use this one.

Vinegar Liniment – I prefer apple cider vinegar but any type will work. Add one (1) teaspoon of ground cayenne pepper to two (2) cups of vinegar and mix well. Rub the liniment into those aching muscles and relax.

DO NOT USE ON BROKEN SKIN OR CHILDREN UNDER 2 YRS. OLD!
If you make this solution for a child, REDUCE the cayenne to ½ teaspoon. do not get this in the eyes!

Crying Child? Here's Some Help!

Teething Pain & Toothache

What misery a pain in the mouth can cause! The next time your little one's teeth are driving them (and you) crazy, try this. **Cold Cloth** – Probably one of the fastest ways to please a teething baby. Place a wet washcloth (the rougher the cloth, the better) in the freezer until it is well chilled. Give this semi-frozen cloth to baby to chew on. The cold will soothe swollen gums while the chewing encourages those little teeth to break through. Use a similar method to ease an older child's toothache. Simply place a cold cloth or ice pack on the outside of the face directly over the aching tooth. **NEVER** put heat on a toothache! Heat can worsen any infection that may be present.

Colic

This terrible tummy distress is fairly common in newborns. You will recognize it by the high-volume crying, red face and clenched fists of your infant. They will often pull their legs up to their little belly and keep them there. The bad news? This crying can last for hours. The good news? Colic will go away! You need lots of patience to deal with a colicky babe. So be sure to take care of you. Meanwhile, try this. It is really more a trick than a remedy, but it works! Turn on the **vacuum cleaner**. The noise seems to calm the crying. I've also had great success with placing the infant in a car seat or carrier and setting them on the washing machine during the spin cycle. Just be certain your machine is well balanced & **NEVER**, ever leave Baby unattended on the machine! You don't want to bounce Baby off of the machine!

Sunburn

A cooling treatment for sunburn that is useful for all ages. All you need to do is slice a chilled **cucumber** in half and rub the cut side on the sunburned skin. Cucumber juice is very soothing to any kind of skin irritation.

Usefully Advices

Toothache: 13 Tips for Pain Relief

A toothache hurts a lot. It hurts when you smile or frown or eat or drink, when you clench or unclench your jaw, when you move your head in any direction. Sometimes it even hurts when you breathe because cold air rushes into your mouth, over the tender tooth—and ouch!

Only your dentist can say for sure. Until you can see him, though, you'll want to stop the pain now. Here's how

Rinse your toothache away.

Take a mouthful of water (at body temperature) and rinse vigorously. If your toothache is caused by trapped food, a thorough rinse may dislodge the problem.

Floss gently.

If swishing doesn't work, you can try to pry the popcorn hulls or tiny bits of meat out from between your teeth by flossing. Be gentle! Your gums are likely to be sore.

Take a "shot" to numb the pain. Hold a swig of whiskey over the painful tooth. Your gums will absorb some of the alcohol and that will numb the pain. Spit out the rest.

Rinse with salty water. After each meal and at bedtime, stir 1 teaspoon of salt into an 8-ounce glass of water (again, at body temperature). Hold each mouthful, roll it around your mouth. Spit.

Try a hand massage. When you have an achy tooth, this can ease the pain by 50 percent. Rub an ice cube into the V-shaped area where the bones of the thumb and forefinger meet. Gently push the ice over the area for 5 to 7 minutes.

In a study, Ronald Melzack, Ph.D., a Canadian researcher and past president of the International Association for the Study of Pain, found **ice massage** eased toothaches in 60 to 90 percent of the people who tried it. His research shows this procedure works by sending rubbing impulses along the nerve pathways that the toothache pain would normally travel on. Since the pathways can carry only one signal at a time, rubbing outweighs the pain.

Oil up with oil of cloves.

People have been using this over-the-counter remedy for many years. Most drugstores carry tiny bottles of the oil. Drop a little directly onto the tooth, or dab a little on a cotton ball and pack the elixir next to the ache.

Don't bite.

If the toothache is caused by a blow to the tooth, try not to use that area when you eat. If nothing is damaged, rest for the tooth may restore its vitality.

Suck on some ice.

Treat the problem like any good bruise. Put ice on the aching tooth or the nearest cheek for 15-minute intervals at least three or four times a day.

Keep your mouth shut.

If cold air moving past the tooth is a problem, just shut off the flow, says Roger P. Levin, D.D.S., president of the Baltimore Academy of General Dentistry and a guest lecturer for the University of Maryland.

Or keep your mouth open. Some toothaches happen when a person's bite isn't quite right. In that case, avoid shutting your mouth as much as possible until the dentist can take a look.

Swallow your aspirin.

Don't believe that old-time remedy calling for placing an aspirin directly on the aching gum. This can cause an aspirin burn. For pain relief, take an aspirin every 4 to 6 hours as required.

Stay cool

Keep heat away from your aching cheek even if it makes the toothache feel better. If it is an infection, the heat will draw the infection to the outside of the jaw and make the infection worse.

Health Tips: Cures for insomnia

Advice for a people suffering from sleepless nights. Ideas for fallinsg asleep, medication and exercise information.

How to sleep well?

Many of us could have experienced sleepless nights when sleep seems to be miles away. You could be tossing and turning for hours with frustration that you can't sleep. "What is wrong with me?" you might ask yourself in annoyance. Well, not to worry cause help is here for you. Listed below are some useful tips on how you can enjoy sleep. Follow the tips and soon you will be enjoying sleep.

1. Regular sleeping pattern

It has been found out in research that those who stick to a scheduled sleep enjoy sleep more than those who have irregular sleeping schedules. For example, if you over-sleep on a Saturday night and wake up late on the Sunday morning, you might face the trouble of sleeping well on that Sunday night. Thus, the only way you could try to enjoy a good sleep is to follow a regular sleeping schedule. In other words, sleep at the same time on everyday even on weekends.

2. Eating Before Bedtime

Ever heard others say that it is not wise to have a heavy dinner before bedtime? Yes, it applies here. It is advisable that you should not eat or drink a lot before heading for bed. One common cause of sleeplessness is the many trips to the toilet. So if you wish to cut down on the toilet trips after bedtime, don't drink too much liquid before going to sleep. Experts have stated that it is best to have a light dinner at least 2 hours before bedtime.

3. Coffee Addicts

If you are a coffee addict, you don't need much time to figure out why you are always having sleepless nights. Caffeine in the coffee is a strong stimulant and it only helps in keeping you awake. Thus, avoid drinking coffee when you are going to sleep

4. Nap

If you are the type who is used to enjoying an afternoon nap, you could be losing your hours of sleep due to your nap. It has been found out in research that naps could affect one's sleep at night. So avoid naps if you want to enjoy a blissful sleep at night.

5. Environment

Can you imagine getting peaceful sleep in a noisy environment? Never and that's why you have to make sure that your room, which is your sleeping environment is quiet enough for you to have a good sleep. Avoid blasting radios and if the noise from the street disrupts your sleep, have heavy curtains to muffle the noise.

6. Your bed

If your bed is messy and uncomfortable high chances are that you won't be enjoying a good night's sleep any time. Experts have found out in a research that a comfortable bed is an essential factor in determining if one is able to enjoy a good sleep. Another advice given by experts is that if you are unable to fall asleep within 15 minutes of hitting bed, you are to get out of the bed and do something until you're tired to go to sleep again.

7. Shower

It has been found out that a hot shower before bedtime can do wonders to your sleep. It seems that a hot bath can bring you sleep easily as it relaxes those tensed muscles in your body. So go ahead and indulge in a hot shower before bed and find out how easy it is for you to doze off to sleep!

Heartburn home remedies

Try these heartburn home remedies. Learn how to reduce your chances of getting heartburn and how to treat it now.

Heartburn is known by many names. Indigestion, bloating, borborygmus and dyspepsia are all used to define this condition, which in many cases, occurs after eating.

Definition

Heartburn is a vague chest or abdominal discomfort often suffered after consuming food or liquids.

Symptoms

- Mild nausea.
- Burning sensation behind breastbone.
- Upper abdominal fullness or heaviness.
- Excessive gas or belching.
- Full feeling in abdomen.
- Acid taste in mouth.
- Growling stomach.
- Pain or pressure behind breastbone.
- Pain between shoulders or in neck that follows food.

Causes

The exact cause of heartburn is not known. Most symptoms are related to eating, drinking, swallowing air, and emotional upset. Excessive smoking, eating and drinking are the most common causes of heartburn.

Prevention

Heartburn and its symptoms can often be prevented or at least minimized by following a few, standard guidelines.

1. Never smoke before or while eating. Smoking often causes one to swallow small amounts of air, which form air pockets in the digestive tract with the added pressure of food. Smoking also slows the body's ability to digest food.
2. Monitor which foods cause you to suffer heartburn. Often times, eliminating certain gas forming foods (such as beans, cabbage, cucumbers and onions) from the diet, brings an end to suffering.
3. Eat at a dinner table in an upright, sitting position.
4. Go for a small walk after eating, which will help stimulate the digestive system.
5. Don't chew gum before meals, which also causes one to swallow air.
6. Never exercise following a large meal.
7. Avoid wearing tight or restrictive clothing.
8. Chew food thoroughly and slowly, allowing for a leisurely meal.
9. Don't consume alcohol with food.

Treatment

Traditionally, heartburn and its many symptoms have been relieved through the use of antacids. Many mild cases of heartburn respond well to medications which help to absorb excess stomach acids and increase the rate of digestion. Liquid antacids most often work faster and neutralize stomach more quickly than their pill or tablet alternatives.

Doctors also now suggest that heartburn sufferers keep a daily food diary, so they are better able to see what food triggers are present in their day-to-day life. Once a list of common triggers have been found, begin eliminating foods one by one. Common heartburn triggers include chocolate, fried and fatty foods, and spices.

While suffering heartburn, you're advised to refrain from consuming alcohol, caffeine, over-the-counter pain relievers, and other stimulants, which change the acidity of the stomach, and irritate the lining of the stomach further.

Severe cases of recurrent heartburn are now successfully being treated with acid reducing medications. Over-the-counter medications like cimetidine and ranitidine reduce stomach acidity by curbing the production of acids. Long term sufferers remain on acid blockers for 6-8 weeks, during which time the lining of stomach begins to heal itself.

Alternative Treatments

There are many promising alternative treatments for heartburn, as well.

The Ginger Alternative

Many find that ingesting ginger with a meal helps to reduce suffering and stomach upset. Fresh ginger can be ground and added to foods or taken in tea or capsule form. Herbalists recommend consuming 500mg. of ginger with a full glass of water after each meal.

Digestive Enzymes

Enzymes which help to speed the digestive process often eliminate heartburn altogether. Papaya enzymes are sold in chewable capsule form, and are taken immediately following a meal with a full glass of water. Both ginger and digestive enzymes are not medically proven to help with symptoms.

Increase Fiber

Consuming more fiber nutrient foods is another natural way to alleviate future suffering. Bulk foods help to absorb excess acid and gas, and allow your body to rid itself of toxins more quickly. For those who respond poorly to high fiber vegetables, fiber pills and beverages are an easy alternative.

Add More Water

The more water you drink, the less likely you are to suffer the pains of heartburn. Drinking at least 8-glasses of water each day will rid the body of toxins and allow your body to expel acid naturally.

Try Tea

Green tea has been used for centuries in Japan as an after dinner drink. Green teas aid the body in the digestion process, and help soothe the stomach's sensitive tissue.

Go Herbal

Herbal teas containing even trace amounts of peppermint, chamomile, ginger, licorice root and catnip help the stomach lining repair itself. Often, one cup of tea following dinner is enough to stave off future heartburn episodes.

Tips on Preparing a Healing Tea

- 1) NEVER steep an herbal tea in a metal container! In fact, any tea will taste better if prepared only in non-metallic containers.
- 2) The flavor of an herbal tea may be new to you, but very few are actually unpleasant! Sweeten your tea, if you must, with honey. Try to avoid refined white sugar and artificial sweeteners.
- 3) When making tea with seeds or coarse dried materials, crushing them first will yield better results

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