

ISSUES/ SICKNESSES	"POTENTIAL" PHYSICAL SOLUTIONS
<b>OVERALL HEALTH</b>	Approximately 80% of health is spiritual, while 20% is related to physical factors. Therefore, engage in prayer, fasting, humility, self-reflection, and repentance. Speak words of life, not death, as words hold power. If someone is sick, refrain from blaming others for catching it; illness often exposes underlying weaknesses.
<b>Acid Burn/Heart Burn</b>	Eat apples. 1 tbsp ACV (Apple cider vinegar) in water.
<b>Avoid Mosquitos</b>	Vitamin B taken in the morning, starting 3 few days before or a good bee pollen. Bites: Directly applied the juice of Plaintain leaf.
<b>Reduce Sunburn</b>	Eat Tomatoes & Berries
<b>Bladder (UTI) or Kidney Infection</b>	Drink Cranberry juice (no sugar added). 1-2 tsp ACV in water; 1/2 tsp baking soda in water before meals (alkalize body); Cranberry Juice; Epsom Salt bath with Frankincense EO; Vitamin C ; lots of liquids; herbal teas. Eat foods rich in Calcium and Vitamin A.
<b>Burns, Bruises, Cuts</b>	Burns: direct instant application of Lavender EO or Aloe Vera Gel. Burn packs work well if you have on hand. Bruises: Arnica cream + internal. Cuts: Colloidal Silver gel
<b>Burnt Tongue</b>	Place cane sugar on it or honey directly on the tongue and leave it on for a minute.
<b>Cavity prevention</b>	Make Toothpaste: Coconut Oil + Baking Soda + Activated Charcoal + Turmeric. Take probiotics & Chew Cloves
<b>Cough &amp; Chest</b>	Grind Ginger in warm water, Olive oil, Zinc at night. Drink hot drinks (echinacea, elderberry, lemon grass, liquorice root etc.). Take Vitamin C and Garlic. Eat onion pieces through the day.
<b>Digestion, Diarrhea/ Constipation</b>	Reduce/remove coffee, alcohol, & wheat. Eat steamed veggies, rice, fish, & fruit. Include essential fats rich in GLA (gamma linoleic acid) & anti-inflammatory agents (evening primrose oil, blackcurrant oil, borage seed oil, hemp seed oil, oats, barley, & spirulina). Drink 1 tsp of organic Celtic or similar salt in water. Take 1 tsp of organic castor oil.
<b>Eczema/ Acne</b>	Half lemon squeezed in warm (not hot) water before bed. Apple cider vinegar tbps in the morning on an empty stomach (followed by water). Drink 1 tsp of organic celtic or similar salt in water. Take tsp of organic Casto-oil and rub some castor oil on the skin. One can also try taking Cod Liver oil, Vit D, C & E.
<b>Fever</b>	Fever is the body's way of fighting. Bath in Epsom Salts, Peppermint EO, DO NOT give aspirin if possible, drink fluids, rub diluted On Guard and Oregonian EO on soles of feet.
<b>Geographic Tongue</b>	Exercise and eat foods that contain vitamin B regularly.
<b>Gout / Elevated Uric Acid</b>	Eat lots of greens, basically Alkaline the body. Try 1/4 tsp Activated charcoal once a week in water and drink lots of water. 1 tbsp ACV/Lemon in cold water before bed. Eat apples and uncooked greens. Cut out sugars, pastas, red meat and dairy. Daily lemon juice + water. Eat foods rich in calcium, magnesium, zinc, Vit C, B6.
<b>Lack of Energy</b>	Overall Health Tips + Vitamin D & B. Check iron levels (nails and white of eyes)
<b>Lack of Muscle Growth</b>	Protein (eggs, salmon, turkey) and good carbs (buckwheat, quinoa, root veggies (sweet potatoes). Good fats - avocados, Greek yoghurt, nuts, chia seeds, olives. Exercise.
<b>Memory</b>	Greens, Olive oils, Cod liver oil. and light exercise. Ginseng. Walnuts.
<b>Mouth Ulcers</b>	Increase vitamin B & C, zinc; drink water and increase greens intake; lemon juice in hot water before eating. Avoid coffee, sugar, and chocolates.
<b>Nose Bleed</b>	Try stopping all caffeine and sleep 8hours, ideally start before 12pm.
<b>Painful Nerve endings</b>	Raspberries & Kefir. Lots of anti-oxidents. ACV tbsp or half a lemon in water in the morning and before bed. Drink 1 tsp of organic celtic or similar salt in water. Take tsp of organic Casto-oil.
<b>Rash, Yeast infection</b>	Eliminate Sugars & white flour products; fulvic/humic acid; reduce acidity; lemon juice in hot water before eating.
<b>Sore Muscles from work out</b>	Cod liver oil, Olive oil, Magnesium and Protein
<b>Sore Throat</b>	Blend Ginger and Cloves in glass of water, drink as needed. Take Zinc at night with no dairy. Drink and Gargle with high quality salt.
<b>Swollen gums/Bad breath</b>	Scrape Tongue. Rinse mouth with Salt. Chew Clove. Ensure good digestion - pre-probiotics. Eat crunchy fruit and veggies for saliva production to flush odor producing bacteria.
<b>Unstable Thyroid</b>	Take nascent Iodine drops, exercise, and eat apples.
	Legend - ACV - Apple Cider Vinegar, EO - Essential Oil