

15 Easy Natural Remedies for Your Busy Lifestyle



Feel Better Faster



& Stay Healthy

By: Jahnan Derso & Courtney Sullivan

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Introduction

Guarding Your Health With Natural Remedies

Our society runs at a frenzied pace. Not only do we need to keep up with the every day tasks just to meet our daily needs, but we must be productive to advance in our personal & professional lives. Over time this pace takes a toll on every aspect of our health and unfortunately, has even shaped the way we eat. The cheap foods and drinks that fuel our nation have a very high cost. This crucial connection between food and stressed out bodies is rarely talked about in regard to public health.

Instead, our society has been conditioned to think chemical drugs are solutions that pave the way to health. The very same people who profit off the junk food industry also profit from the pharmaceutical companies. The conversation about the state of public health isn't going to the root of why Americans deal with so much chronic and preventable diseases. Instead the focus is on who's busy rolling out the next wonder drug & pushing the new 'gotta have it' vaccine.

Clearly there is no time to deal with being sick or feeling yucky! In this fast paced world every person and family needs a working wellness plan that helps them maintain good health on the go. That's why we are offering you an introduction into our most relied upon natural remedies for common every day health challenges and acute illnesses.

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Be Prepared for Health

Something we have noticed is that not all "natural cures" and non-toxic solutions are created equally. We put this guide together to help you be among those who are successful in the science of natural health with the right tools.

For almost 20 years, we have been experimenting with the science of natural health. And what we can tell you is:

There is extreme value in being prepared.

As Henry Ford says, "Before everything else, getting ready is the secret to success." If you want to avoid the harmful side effects of pharmaceutical drugs and over the counter medications, getting yourself prepared ahead of time for acute illness and emergency situations is a key to successful staying healthy and beating illness.

We both often get calls from friends wondering how to treat a certain acute illness naturally. Time and time again we've seen situations where the possibility for swift healing is hindered by the *lack of key supplies and potent natural remedies on hand*. Friends, if you really want to have success with natural health and healing, you've got to keep a well-stocked natural medicine chest in your home. There is nothing worse than being up in middle of the night with a sick child, no plan and no natural remedies on hand to treat a common childhood illness.

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Intention

So after many requests, we finally wrote up this guide to share the natural solutions that have made our job of raising a healthy family and running our small businesses way more productive. Believe us, we know how busy you are, so we've distilled it down to the most important information.

Our intention is to pull back the veil of natural remedies and show you simple things you can use to beat illness, recover quickly, and stay healthy. For easy reference, the report is broken up into categories:

1. Our Top 5 Homeopathic Remedies
2. Our Top 5 Natural Remedies
3. Our Top 5 Herbal Remedies

Tracking

During the long haul of an illness you need to use keen powers of observation. Taking notes while treating your loved one is a great way to keep track of what's working, what's not, when there a period of improvement and what preceded that progress towards health. We suggest starting a Health Notebook just for your records.

Product Links & Affiliate Links

We also know how much time it takes to find many of these products. We don't want you to have to waste time searching out products. For your convenience, we have included links (some of them are affiliate links) for your ease in purchasing the products.

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Homeopathic Remedies

A Basic Overview of Homeopathic Remedies

Homeopathic Remedies are very helpful remedies that serve the healing process at a cellular level. Where Essential Oils are the most concentrated plant extracts, homeopathic remedies are the vibrational frequency of the original source. They are the diluted product - in essence the sub atomic particles of its source.

We are by no means Classical Homeopaths; we are simply mothers who look for the most effective ways to treat our families and ourselves at home with non-toxic solutions. We enjoy the gentle nature of homeopathic remedies. Personally, we've found they work wonderfully for:

- Trauma
- Children's illnesses
- A specific characteristics within an illness

There are a vast amount of homeopathic remedies available. However, since this is a getting started report, we are covering our most used Homeopathic Remedies. Generally we prefer the brand Boiron for most of the homeopathic tablets. We encourage you to do your own research and find what may work for you and your family.

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Our Top 5 Homeopathic Remedies

1. *Arnica Montana*

Arnica comes in a few forms that are all useful to have on hand depending upon what you are using it for.

Arnica Pellets: The pellets are the go-to remedy for all physical injury or muscle strain after strenuous activity. It's a preventative to soreness. We even used it after birthing children. It is amazing how big of a difference it makes when taken right after injury or strenuous activity.

- The most commonly available strength is 30c. Purchase this one for everyday bumps and bruises. The other potencies you may come across are: 6c the weakest strength (great for babies) & 200c (the most powerful strengths, which is used for special cases like after birth or deep injury). [Buy 30c here.](#) [Buy 6c here.](#) [Buy 200c here.](#)
- This is a remedy that is often sold in 3 packs. The reason for that is, aside from the obvious that the company would like to sell you more of their product, people who experience the remarkable difference it makes in their healing process always want to have it on hand. [Buy it!](#)
- We recommend having a tube in your everyday out of the house gear like your diaper bag, purse, gym bag, or even the glove compartment of the car. At home keep one in your medicine kit and one in a secret yet easy-to-find place in the kitchen for quick grabbing. Mothers of many small children might find themselves simply carrying one in their apron pockets.

Arnica Gel: The gel is the topical version of the pellet. It's effective for treating strained muscles, hard bumps, bruises and inflammation right on the skin. It is only to be used on unbroken skin, never on abrasions, cuts or scrapes. Keep a tube in many places.

- [Buy it here for our favorite brand.](#)

Arnica Oil: The oil is perfect for adding to other oils to make a healing blend for example in salve. You may be treating an open cut, wound or burn and you want the component of arnica in it, but it needs to be in a base that serves as a carrier of the properties. A carrier oil is safe to apply to the skin even when open. (We will discuss [herbal salve](#) below. Jahnan makes her own arnica oil.)

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2. *Chamollia*

This is homeopathic chamomile.

- We use it for calming restless children who are either over-tired or miserable.
- We also use it for comforting teething babies.
- It's helpful to take if you are having a hard time falling asleep at night and a cup of chamomile tea will keep your bladder up.
- [Buy 30c here.](#)

3. *Carbo Vegetabilis*

This is homeopathic charcoal. We call it Carbo-Veg for short!

- It is useful in many of the same applications as activated charcoal, specifically gas, bloating, and GI discomfort.
- It's an excellent remedy to end the passing of foul smelling wind and gently get the bowel moving.
- It's not a remedy for constipation, more like a solution of digestive sluggishness. If your body is having trouble digesting something and you need to move it through, Carbo Veg just might be the all-star remedy you are looking for.
- It's very useful for children who often cannot tolerate the very strong flavor of ginger or the aroma of peppermint oil.
- [Buy 30c here.](#)

4. *Belladonna*

This is a homeopathic dilution from the plant, but due to dilution, no longer toxic for adults or children.

- This remedy is very useful for any condition that includes pain, heat or inflammation.
- It is often used to bring down fevers, treat Flu symptoms or treat painful throbbing burns. (We don't typically bring down fevers and rarely if ever use it for this purpose.)
- [Buy 30c here.](#)

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5. *Homeopathic Ear Drops, Eye Drops, and Nose Spray*

All three are crucial to keep in your kit. You never know when someone will get an ear infection, pink eye, or a sinus/allergy issue. Similason is a great brand we tend to reach for.

Earache Relief

- We use it for swimmers ear, infections, or inflammation in the ear.
- [Buy Adult Earache Relief here.](#) [Buy Kids Earache Relief here.](#)

Irritated Eye Relief

- We use it across the board for pink eye, redness, burning, dryness, stinging, and watering of the eyes.
- [Buy Adult Irritated Eye Relief here.](#)
- [Buy Kids Eye Relief here.](#)

Sinus Relief

- We use this for congestion, allergies, and dryness.
- [Buy it here.](#)

Our Top 5 Natural Remedies

In order to maintain excellent health, you'll need a variety of natural remedies in your arsenal. We've had a lot of success with these remedies over the years.

1. *Rescue Remedy*

This is a flower essence and is used for emotional imbalance. You can also use specific flower essences for emotional conditions. [Click here to learn more about flower essences.](#)

- It's safe for the whole family and comes in many forms.
- It is really useful during times of:
 - Stress
 - Injury
 - Trauma
- Here is a link to buy [Rescue Remedy.](#)

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2. Herbal Salve

A good skin salve is a necessity. For those of you who aren't familiar with herbal salve, it's like a natural Neosporin. Everyone who makes their own salve has a different recipe, but basically it's a blend of herbally infused oils in a base of beeswax. Herbal salve heals cuts, burns, and even deep wounds. It's a potent, soothing way to heal skin quickly.

- We have found it to be a very effective product for almost all skin irritations and injury. It can even help with eczema.
- We have used it on everything from burns to diaper rash.
- Here is a link for Hibiscus Healing Salve with 8 herbal oils of: Arnica, Calendula, Jackass Bitters, Echinacea, Chamomile, St. John's Wort, Comfrey, and Plantain in a base of Shea Butter, Aloe Butter, and Beeswax.
- [Buy Hibiscus Healing Herbal Salve here.](#)

3. Activated Charcoal

A MUST have for every home. Activated Charcoal has a long history of being an effective anti-poison remedy.

- We find it to be extremely valuable for treating Stomach Bugs because it works as an absorbent of toxins in the digestive system, relieves gases, and can eliminate fungi, viruses and bacteria. Activated Charcoal Powder has the ability to absorb a variety of particles and gases, which is why we value it so highly for removing potentially toxic substances from the digestive tract. The stomach acid will not break down the Activated Charcoal; it's not absorbed by the body, but carries toxins out of the body in the feces. Don't be alarmed by very dark stool, this is just the charcoal being passed.
- The basic rule we go by is if anything sketchy was consumed on purpose or by accident take charcoal! For example, if you take your children swimming in a natural setting, and they swallow water from the pond or stream...don't wait for a problem just give the child charcoal pro-actively. It is a superb preventative remedy.
- Same rule applies for issues of stomach flu exposure. If it's a time of year where many people in your community are ill, try being pro-active and use a small amount of activated charcoal to prevent a heap of suffering late.
- Buy bulk [Powdered Activated Charcoal](#). Buy a **3 oz. tin here.**

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4. *Throat Spray*

It's always important to keep some kind of good tasting and effective throat spray on hand for easing sore throats.

- *Herbs For Kids* is one of our favorite choices for children and adults.
- This is a great addition to using diluted Essential Oils topically on the outside of the throat.
- [Buy it here.](#)

5. *Silver Hydrosol*

This is a remedy we keep on hand for more serious acute illnesses.

- It is an excellent anti-bacterial, anti- viral and anti-fungal remedy that is pretty much tasteless and very easy to get into young children when frequent doses are required. We use it like an antibiotic treatment for a course of 5-10 days depending on how serious the condition is.
- There is a lot of conflicting information on the Internet about Colloidal Silver. For these reasons we prefer to stick with the hydrosol version of silver. Unlike colloidal silver that could potentially leave heavy metals in your body, silver hydrosol is more like a homeopathic silver remedy operating within the spectrum of healing with frequency and vibration. It's extremely diluted and safer for all ages.
- For example, when we are faced with a big challenge, we hit it with everything we've got at the first signs of illness. This is especially true with coughs. Our current protocol is to attack all coughs aggressively with many remedies and go on a course of natural antibiotics immediately. We do not see any reason not to be very aggressive with natural treatment. You might utilize the same strategy; it sure is a lot easier and less expensive to treat illnesses early on.
- The brands we've used with great success are: Sovereign Silver and OxySilver.
- [Sovereign Silver: Buy 1 oz. Buy 2 oz here. Buy 4 oz. Buy 16 oz.](#)
- For more serious nasal infections, we go for the Silver Hydrosol [Nasal Spray](#). It is truly effective.

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Our Top 5 Herbal Remedies

We use Herbal Remedies selectively. Many of the ones we do use are from the Maya Rainforest's of Belize. 98% of today's pharmaceuticals are made of 2% of the rainforest. These are very potent herbs that are harvested sustainably. The recipes come from a strong tradition that has proved effective through the years. We've been able to replace many of the terrible tasting herbal remedies not on this list with Essential Oils because we've gotten better results. What's below has stood the test of time.

1. *Jackass Bitters*

Jackass Bitters is a powerful anti-viral. Its main use is for treating parasites, which includes fungus, Candida, amoebas, Malaria, ringworm, and any internal parasite. It can even be used as a hair wash to treat head lice. We also use it to fight colds and the flu for adults.

Tincture Form:

A tincture dose of Jackass Bitters is a liquid form in alcohol. The alcohol extracts the properties and goes right into the blood stream for immediate relief.

- It can be taken directly under the tongue or in a 1 oz. glass of water or juice. To remove the alcohol put it in hot water or tea.
- When taking it internally to kill parasites, use caution because it can be internally drying. Don't take it for long durations or be mindful to eat healthy oils to keep the intestines lubricated if you do.
- We suggest taking probiotics to build flora. The key is taking the two many hours away from each other.
- If cleansing from internal parasites, a colonic can be helpful to remove the dead parasites from the intestines.
- Some children over 7 years of age will take it, but its bitter taste makes it more of an adult remedy. It's not safe for pregnant and nursing women.
- [Buy Jackass Bitters here or learn more.](#)

Oil Form:

It adds the anti-fungal factor in a carrier oil to heal open cuts, burns and wounds. Jackass Bitters Oil is found in [Hibiscus Healing Herbal Salve](#).

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Witch Hazel Form:

Extracting the healing power of Jackass Bitters and combining them with witch hazel's astringent properties was a breakthrough for us. Putting it in an oil base can clog the pores, especially in humid climates. It has a few purposes in this form:

- A toner for oily faces or prone to breakouts.
- Great for skin rashes that need an anti-viral and oil worsens it.
- Helps break down shaving bumps.
- [Buy it here.](#)

Dry Herb Form:

Vaginal (or Pelvic Floor) Steams -

- Dry Jackass Bitters can be made into a tea and then used as a douche or in a vaginal steam for a vaginal itch or infection. For more [information on vaginal steams click here.](#)

2. Nerve Tonic

This is a nervine tincture that relaxes the soft muscles.

- This tincture is commonly used as a sleep aid and for anxiety. It's only made of one plant, Man Vine. It's even safe for pregnant and nursing women. Because it's a tincture, it goes right into your blood stream, acting quickly. You can keep it by your bedside and use as needed for insomnia, stress and anxiety because it calms the nerves.
- [To learn more or purchase Nerve Tonic click here.](#)

3. Belly Be Good Tincture

This is a tincture for digestive complaints. It's made of Gineweo, Guaco, and Man Vine herbs from Belize.

- This tincture is for those moments when you feel abdominal cramping, bloating or you ate something that didn't sit right. It specifically aids in digestion, relieves constipation, and moderates gastritis.
- For more chronic conditions take 10 minutes before every meal. It can even relief a chronic condition where your intestines are stuck in a spasm. One dose and you could be free from pain!
- If you eat something that doesn't sit right, you can take it after eating.

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- Because it's a pretty mild tincture, you can take one dropperful under the tongue. You can also put one dropperful in a small glass of water (1 to 2 oz.) and drink it that way. If you are concerned about the very small amount of alcohol, you can put it in tea or hot water and the alcohol will evaporate.
- It's safe for pregnant and nursing women and children. It does not help with morning sickness.
- [Learn more or buy it here.](#)

4. Herbal Tea Blends

Teas are soothing and gentle. The warmth and nurturing a cup of tea provides is part of the healing. Teas are especially helpful for children who can't take the stronger remedies that adults can. There are many over the counter teas blends for different conditions like sore throats, congestion, etc. They tend to have far too many ingredients and a very small amount in each tea bag.

If you are as serious as we are, you keep loose bulk herbs in your pantry and make your own blends as needed. We have provided some of our favorite blends below for your convenience. With colds, we use specific herbs for different members of the family. These are the ones we use to boost the immune system and for prevention.

Children's & Nursing Mama's ImmuniTea - This mild yet immune boosting tea is perfect for little ones and nursing mamas. It contains all-organic ingredients of: Chamomile, Echinacea Leaf and Hyssop.

- The Echinacea & Hyssop gently fight the disease while the Chamomile helps them fall asleep. Resting is the best way to heal.
- [Buy it here.](#)

Adult's ImmuniTea - This all-organic tea contains Red Hibiscus Flowers, Hyssop, Echinacea, and Ginger Root.

- Hibiscus is high in Vitamin C.
- Hyssop is an antibiotic and anti-inflammatory. (It's not to be consumed if pregnant. See [Pregnant Mama's ImmuniTea.](#))
- Echinacea is an immune booster.
- Ginger Root is high in Cooper and also an immune booster.
- [Buy it here.](#)

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Pregnant Mama's ImmuniTea - This all-organic tea features Red Hibiscus Flowers, Echinacea, and Ginger Root.

- Unlike the other ImmuniTea, this blend has no Hyssop, which is a uterine cleanser and brings the menses.
- Hibiscus is high in Vitamin C. Some people say Hibiscus has too many antioxidants for the first trimester. Ask your health care professional and decide if it's safe for you.
- Echinacea is an immune booster.
- Ginger Root is high in Cooper and also an immune booster.
- [Buy it here.](#)

5. Wild Cherry Bark Tincture

This tincture has a long history of being a very effective herbal remedy for hacking, spasming coughs. It's a great strategy to always keep remedies on hand for respiratory issues. When someone gets sick with a cough the more they hack and cough the worse things get. Things can go from bad to awful pretty quickly. Additionally, these kinds of coughs tend to worsen at night.

Luckily, there are many ways to support the lungs naturally. The number one thing to guard against is exhaustion and inflammation. Rest is a very important part of that equation. To remedy that annoying hacking cough that keeps everybody up, wild cherry bark is our go-to natural remedy.

Wild Cherry Bark is a tincture that is very easy to make yet hard to find on its own. You will often find wild cherry bark as an ingredient in combination cold & cough tinctures. We find those combination remedies to be geared towards adults. The mix of strong, overpowering flavors in the combination tincture makes it difficult to convince young people to cooperate and actually consume them.

There are some combinations made for kids, but they are often made in glycerin and may not be strong enough to get the desired effect. The goal is to stop the spasmodic coughing so the child can sleep or resume normal daily activity without coughing fits.

We often put the Wild Cherry Bark Tincture in a bit of honey to help coat the throat. It encourages children to take it happily.

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For a very minimal cost you can make your own cherry bark tincture. Are you ready to learn how to make a tincture? This is our special gift to you! We are on our last remedy of the report and wanted to make sure you had a new tool in your natural remedy kit.

Below is how to brew up your own wild cherry bark tincture. This is enough tincture to last 1-2 years. Here's the recipe:

1. Put wild cherry bark into a clean, glass Mason jar about 1 inch from the top.
2. Pour vodka over the herbs until they are covered completely. It's a 4-1 ratio (4 parts alcohol to 1 part bark).
3. Label it with what it is, when you started it, and when it will be finished.
4. Let it steep for 6-8 weeks in a cold, dark place. Shake every week.
5. Strain off the bark using cheesecloth.
6. The liquid that remains is the medicinal properties of the wild cherry bark extracted into the alcohol.
7. Store this in a new clean mason jar. Re-label it.
8. You can pour a small amount of this off into a tincture bottle and mix it with an equal amount of distilled water.
9. Store your mother tincture separately because it lasts longer when not mixed with water.

It's easy and empowering to make your own remedies. If you don't have any wild cherry bark locally, check out Mountain Rose Herbals.

This is the company we buy our bulk herbs from:

- <http://www.mountainroseherbs.com/index.php?AID=134544>

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Conclusion

Final Thoughts

The amazing thing about these tools that we just shared with you is that they are really effective. You can enjoy remarkable results if/when you are prepared to treat things naturally and use different remedies at the right time, which is most often when the health crisis first starts. Please remember, you are not alone in your quest to find a more sane approach to healthcare. Even though your friends may not care about natural remedies and your extended family may think you're a bit odd, you're just a bit ahead of the pack in your search for non-toxic solutions and natural remedies.

We encourage you to start a Natural Health Binder to record your questions, issues and successful home remedy solutions. This way if you ever face the same issue again you've recorded what worked. Isn't this an empowering approach to guarding your family's health?

Looking For Remedies?

If anything in this guide has sparked your interest, here are some links to easily purchase the products referred to.

Find your Therapeutic Grade Essential Oils here:

- <http://www.mamashealthcare.com/order-natural-remedies/>

Find bulk herbs here:

- <http://www.mountainroseherbs.com/index.php?AID=134544>

Find Herbal Salve and Herbal Tinctures here:

- <http://www.hibiscushealing.com/herbal-remedies.html>

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Have Questions?

Start off on the right foot and get a free Self-Care Coaching Session. In this 15 minutes session we can talk about your biggest health concern and come up with solutions for you to find the path to more optimal health. Click here for more details: [Free 15 minute Consultation.](#)

If you decide to take this conversation to the next level, Jahnan Derso offers private Health Coaching Sessions. [Learn more here: Self-Care Coaching](#)

One on One:

- Self-Care Coaching via Skype ~ (\$60 per hour)
- Teaching Sessions of Self-Care Massage Techniques ~ (\$85 per hour)

Get Started Today

To get started right away with your own [Wellness Kit click here.](#)

It includes many of the items referred to in this report. It's just enough to get you going, so you can be on the offense with health.

It includes: Jackass Bitters Tincture, Silver Hydrosol, Herbal Salve, Immune Boost Tea, and Activated Charcoal. You can also add on Thieves and/or Lavender Therapeutic-Grade Essential Oils.

Don't hesitate to contact us at Hibiscus Healing. We are committed to serving you on your quest for natural remedies. Thank you for taking the first step by reading this E-Guide. *Blessings on your healing journey!*