

Old Time Cures – Home Treatments for Common Ailments

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Reasons to Treat at Home

- Avoid unnecessary treatments, especially antibiotics
- Manage symptoms without side effects
- Build immunity through the intelligence of the body; have more flexible immunity
- Avoid creating “super bugs”
- Cost
- Relationship to medicine

Grandma's and Grandpa's Cures

- Knowledge of the ordinary ills of life
- Treatments that support comfort and healing
- Empowerment of the family and the education of the observing mind
- Building relationships
- Low impact remedies using common household items and easily grown and made botanicals

Common Household Methods of Treatment

- Teas: Infusions and decoctions
- Tinctures
- Herbal Syrups
- Herbal Washes
- Herbal Poultices and Washes
- Baths and Steam Therapies
 - herbs and essential oils
- Herbal Oils, Salves

Common Treatments

- Colds and flus

- Is it hot (fever, running nose, inflamed tissues, Green or yellow mucous)
- Is it cold (stuffy, body aches, clear or white mucous)

Match the herb to the condition:

Heat: cooling, diaphoretics, mucilaginous herbs, febrifuge
iepeppering, mints, elder flower or berry, goldenseal

Cold: warming, diaphoretic, stimulating herbs: garlic, cayenne, boneset, echinacea, astragalus

Add herbs to decongest: goldenrod, cranesbill, eyebright

Use teas for sweating and soothing respiratory and gastrointestinal tissues, tinctures are good for speedy action and immune effect

At the first sign, or to build up a person who has low immunity: Astragalus, Mullein, Coltsfoot, Elecampane

Earaches

- Front line defense: onion juice
- Ear oils: St. John's Wort, Garlic, Mullein flower
- Add decongestants as needed
- Antimicrobial/antibiotics: Echinacea, Andrographis, Baptisia
- Long term tonics: Astragalus, Dandelion, Elecampane

Lung Infections

- Deep antibiotic/antimicrobials:
Elecampane(warming and stimulating), Hyssop (cooling and soothing), Baptisia (pus, infectious mucous), Ploveris root (anti-inflammatory)
- Antispasmodics: low dose lobelia, crampbark
- Tonic: Mullein, Licorice, Elecampane
- Astringents: Mullein, Elecampane, grindelia
- Thinning Mucous: Coltsfoot, Marshmallow, Licorice

Sinus Woes

- The marvels of Steams and Neti pot
- Essential Oils: Thyme, Eucalyptus, Hyssop
- Herbs: Chamomile, Eucalyptus, Thyme
- Decongestants (see Lungs)
- Antimicrobials: Goldenseal, Andrographis, Echinacea, Oregon Graperoot, Baptisia

Tummy Woes

- Stomach Flu
 - General treatments: charcoal, antispasmodics (catnip, lobelia), enemas
 - antibiotic: echinacea, calendula, goldenseal, garlic
 - for diarrhea: cranesbill, blackberry root and cinnamon

Heartburn or Gerd

- Is it hypo or hyperacidity? The pickle juice test
- What happens immediately after eating?
- Common fixes: not eating large portions, chewing well, slanting the bed, not eating 3 hours before bedtime
- Tummy Tea: Wild Yam, Meadowsweet, Chamomile, Licorice (or Marshmallow Root), Cranesbill, Catnip and flavor (a mint, anise etc)

Bladder Infections

- The importance of water
- Cranberry Juice
- Frequent urination
- Essential Oil Baths: juniper, thyme, lavender
- Antimicrobials: Kava kava, Juniper, Uvaursi, Hydrangea
- Soothing sore tissues: Plantain and Cornsilk

Insomnia

- Look at bedtime habits
- Grandma knew about warm milk (or for the lactose intolerant – Life Extension’s Milk Peptides)
- Teas: Chamomile, Passionflower, Kava, Skullcap, California Poppy
- Tinctures: Passionflower, Skullcap and Hops combines; Valerian and its dose

Anxiety and the Blues – maybe a few things Grandma didn't know

- Vitamin D
- St. John's Wort: herb and flower essence
- Tryptophan and 5-Htp
- Meditation and exercise
- EFT (Emotional freedom technique)
- Common herbs: rosemary, skullcap, kava kava, poppy, vervain, lavender

Oh My Aching Head- the Victorian cure

- Lavender and peppermint essential oils
- Herbal anodynes: Meadowsweet and Willow
- Hot water cure
- Antispasmodics: Mugwort, Crampbark and Valerian

Burns

- Lavender essential oil
- Homeopathic Catharis
- The Cold water fix
- Herbal salves (not for 3rd degree burns)

Herpes and Shingles etc

- The Herpes family: Chicken pox, shingles, mono, EBV, genital herpes, herpes simples
- The role of Lysine and arginine: chocolate, nuts etc
- The wonders of essential oils: Melissa, Ravensare, Lavender
- Herbal Tea: Echinacea and Burdock Root
- Herbal tincture: Echinacea, Burdock, Lemonbalm, Feverfew, St. John's Wort and Poke

