

Natural Remedies

Emergency Kit

Top 10 Must-Haves for Your Medicine Cabinet

By Giovanna Maimone



Quick Guide

INCLUDES: Alphabetized Index in the back for quick access to remedy

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DISCLAIMER: This book is not intended as a substitute for the medical advice of physicians.

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Natural Remedies: Emergency Kit

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Intro

My name is Giovanna Maimone and I have been studying natural healing for over 20 years. My journey to do so was a long one, but several occurrences in my life led me to start understanding Mother Earth a bit more as our healer. I was always interested in the healing effects of nature and it just made sense to me that nature can cure us. In fact, nature did and has cured people for 1000's of years until BigPharma was created in the early 20th century. Many cultures including Native American, Chinese Medicine, and Indian Ayurveda have been using herbs and plants to heal people since the beginning of time. These cultures continue to do so, because of the success it has shown for millennia.

It is impossible to patent a plant, so BigPharma had to come up with chemical ways to replicate a similar product in a lab. They use nature's plants and then synthetically come up with ways to formulate it, patent it, bottle it, and market it. Unfortunately, their medications have never cured one thing and they are not even designed to do so. Medications mask the symptoms by sending a signal to the brain that shuts off the receptors that are experiencing the condition, and make your body think it is not happening. Most people do not understand that is how medications function, by tricking the brain. However, the cause is still there and the condition does not "go away". Along with that, comes a plethora of side effects from medications that can be life-threatening. Then they suggest taking another pill to help with the side effects from the other pill. How does any of that make sense? Well, it never did to me. That is why my intuition led me to do my own research on natural healing.

I have now chosen to take the natural route, as I feel my body resonates with it immensely. I am fully confident in the decades of research and information I have obtained. But the proof is in the experience. I rarely get sick, and if I do, I know how to rid almost anything within days. It has become my life's passion to educate people on the magic of herbs and plants and to use nature to cure and heal us, as it was intended. I do not encourage people to look things up that may be sponsored and written by the pockets of BigPharma. They unfortunately have created a slander campaign against nature's way and you will often find articles that say some are dangerous or that there is no proof of any effectiveness. This is beyond unfortunate and my hopes are that people are starting to realize that Pharma medications just don't do a thing long-term. They may be helpful for acute conditions, but they are not designed for chronic health issues. I don't ever advise people to not take their medications, but I tell them what safe and natural alternatives are.

I have healed myself many times through natural medicine and mindful spiritual practices. I was diagnosed with a thyroid autoimmune condition in 2017 that was not treatable or curable and over the years, my symptoms have subsided or vanished. I work as an energy worker and know how to heal my body emotionally and physically with the help of nature. One time a few years ago, I got 2nd and 3rd degree burns on my leg from a pot of boiling water spilling on my leg. (See Pic in Appendix, pg. 35) It was the most pain I had ever felt. I knew I did not want to go to the hospital or a doctor as they probably would have done a skin graft, and I would have been scarred for life. Many people told me I was crazy for not seeking medical attention, but I knew I could do this way better on my own. In fact, within 30 days, I had no residuals except a small scar the size of a silver dollar.

I posted my burn and healing journey on Facebook and a nurse messaged me saying that she had been practicing for 44 years and had never seen anything like it. That industry unfortunately is not exposed to or taught the thousands of healing effects that nature has proven to have, over and over. I have not only read about nature's miracles but have personally experienced them many times.

I will teach you what I know from experience, and also my extensive research. I do not believe that our perfectly made bodies and immune systems are meant to be bombarded with lab-made chemicals, and I will never allow my mind to think otherwise. A lot of healing is mindset because we do create our reality. That is something the quantum world has proven. About 10 years ago, I was body surfing and had a terrible accident. When I put my hands out to stop a wipeout, they didn't quite make it to the sand and instead, my neck broke the fall. I heard it compress and snap back and I knew there could have potentially been a lot of damage. Instead of freaking out, I slowly went deeper into the ocean, floated on my back, wiggled my fingers and toes, and knew that I was ok. I thanked the angels for protecting me, and I allowed my body to relax in the healing waters of the sea without any stress on my body. I went to a chiropractor the next day, and she said that based on the condition of my spine, I was lucky not to be paralyzed. This is why our belief system is so much more powerful than anything as well as how we choose to respond during a traumatic event.

The placebo effect has been proven over and over. I'm not going to sit here and say medications don't work as I've also had many people tell me they saved their life. But I do know that their belief in what they were taking was part of the results. I believe it is the same with any route that one takes to heal.

If someone is hesitant about the miracles of nature and their belief system has left them trapped within the confines of allopathic medicine, then there isn't anything nature can do to bypass the mind. One must be in full trust and openness to allow nature to do its thing. Surrendering is the true gift in healing.

This book is not intended to replace any medical advice or attention, but instead to offer people information on what they may not know, or what they may not find themselves. I have been using natural medicines for almost 20 years and I don't even take Ibuprofen or any other over-the-counter medications. Besides internally, I have so many topical solutions for minor conditions that one may not know they don't need medication for. I have also saved 1000's of dollars at the vet by treating my pets naturally as well. I do not believe in taking antibiotics for anything, and doctors seem to dish them out like candy. They completely destroy all the good gut bacteria we need to stay healthy and will cause a lot more harm in the end. I do not believe in taking a pill for everything. I believe in turning to our original Mother for guidance... our Lovely Planet Earth. If you would like to know more about what I do, please visit: www.GiovannaRose.com or follow me on IG@ RealSpiritualist. I hope you enjoy learning about the miracles and magic of our Mother Earth. Thank you for going on this journey.



How to Use This Quick Guide

You will learn all about my top 10 suggested natural healing remedies for emergency and non-emergency situations. I have also included a runner-up since it was very hard to narrow it down to only 10. Then, there are five bonus honorable mentions that I did not include in the top 10 due to some of their perishable nature. Near each listed item, there will be an abbreviation of one to three CAPITAL letters. Those letters will then be listed in the ***Index: Ailments Quick Guide located at the back of the book***. All ailments and conditions are listed alphabetically. You will see the abbreviation with the page number (in parenthesis) where you will go to find more information on the remedy and how to administer it. The quick guide may also list some other remedies which will be in Italics to remind you that further information for that remedy is not contained in the book, but is another suggested remedy.

I assure you with my 20+ years of research and much trial and error, that I have compiled what I believe to be some of the most effective, affordable, and accessible remedies. Most of them can be found at your local grocery or health food store and even a regular pharmacy. Please be mindful of the notes and suggestions I have made when buying some of the items such as raw, unfiltered, food grade, etc... I strongly suggested buying organic when using some of the perishable items, or purchasing essential oils.

Most of these remedies are safe for pets except the essential oils and some of the items in the honorable mentions. All of the top 10 natural remedies are safe for babies, elders, and pregnant women. Enjoy this easy-to-follow quick remedy guide book and HAPPY HEALING!

#1. Colloidal Silver (CS)

WHAT IT IS:

Colloidal Silver has been used for thousands of years during surgical procedures to sterilize instruments. It is composed of nanoparticles of silver. The FDA will not recognize it as safe and effective and has themselves, made false claims about it being dangerous.



I use colloidal silver regularly to treat current conditions and to prevent future ones. It is an immune support as well as an anti-bacterial, anti-fungal, anti-viral, and more.

It comes in several formulas measured by PPM (parts per million) Anything lower than 30PPM is intended for ingestion and the higher PPMs like 200 are intended for topical. However, I use a 30PPM made by “Sovereign Silver” that has been tested to be effective both internally and topically. I have not found the need to buy both measurements.

RECOMMENDED USES:

1. Immune booster.
2. Clean contaminated water for drinking or washing food.
3. Aides as an antibacterial and antimicrobial.
4. Anti-fungal.
5. Pink eye.
6. Ear infection.
7. Sinus Infections.
8. Pneumonia.
9. Skincare for wound healing, cuts, etc. and acne.
10. Flu, cold, sore throat.

HOW TO USE IT:

For immune support or to fight off a cold, flu, sore throat, or any other physical symptoms, I recommend taking half of a dropper every 2 hours for at least the first day. Drop it under the tongue, or right in the back of the throat for throat discomfort. Then take it at least 3-5 times a day for the next few days. Continue to take it once a day after the symptoms go away to ensure recovery of the immune system. I personally take it when I am not sick during the months of “flu season” when many people around me are. It is advised to take a few months off a year, but regular use during winter months is very effective. Colloidal silver is safe for babies and pets. It can be administered directly at the point of contact for conditions such as pink eye, ear infections, and large cuts. It does not burn or cause any harm to organs or orifices.

MY PERSONAL HISTORY WITH IT:

I first heard about colloidal silver when I was traveling to India. I heard that the water was really bad and can cause many health issues if ingested. Colloidal silver can make contaminated drinking water safe to use by adding it to the water. It kills the bacteria and parasites harmful to the human body and makes water safe for consumption in an emergency situation.

I also used it to fix my cat’s abscess. He had a big hole in his stomach and I could see his organs. I assumed he probably got bit by a spider. I took him to the vet to find out what it was and they wanted to put him on 3 different medications, including antibiotics. They wanted to run tests and the bill was going to be about \$900. I told them to just give me the cone for his head and charge me for their time and I would treat it on my own, now that I had a diagnosis. I applied the colloidal silver topically and wrapped it with gauze so nothing could get in the open wound and used the cone so he couldn’t lick it. I also gave it to him internally to prevent other infections. Within three days, the hole had completely closed up and he was fine.

#2. Activated Charcoal (ACH)

WHAT IT IS:

Activated charcoal is not to be confused with the charcoal found for grilling. According to Medical News Today;



“Making activated charcoal involves

heating carbon-rich materials, such as wood, peat, coconut shells, or sawdust, to very high temperatures. This “activation” process strips the charcoal of previously absorbed molecules and frees up bonding sites again. This process also reduces the size of the pores in the charcoal and makes more holes in each molecule, increasing its overall surface area.” This process allows one teaspoon of activated charcoal to have about the same surface area as a football field and gives it the strength to absorb toxins by binding to molecules, ions, and atoms, thus removing the substance.

Activated Charcoal is also antiviral, anti-fungal, antibacterial, and detoxifying.

RECOMMENDED USES:

1. Water filtration.
2. Intestinal gas.
3. Kidney health.
4. Teeth whitening and oral health.
5. Diarrhea.
6. Skincare: face masks/scrubs, acne, and infection: poison ivy/oak, insect/snake bites.
7. Deodorant.
8. Detox from mold exposure, excessive alcohol consumption, food poisoning or greasy rich foods, drug overdose.
9. Odor removal, environmental and body.

HOW TO USE IT:

Activated charcoal is most effective when taken within one hour of ingesting the toxin. This is most beneficial for detoxing from food poisoning, excess alcohol consumption, and most pharmaceutical medications. It can also help alleviate poison oak and ivy. It is taken orally for these conditions and 1-3 capsules are recommended for immediate attention depending on the severity of the condition being treated. One capsule is equivalent to 500mg or one teaspoon. It can be purchased in a loose form as well as capsules and must be manufactured for consumption.

For oral care, add to a toothpaste, or simply sprinkle some on your toothbrush to help with whitening and oral care and to reduce bacteria in the mouth. For topical poisonous bites, make a paste with water and apply it to the affected area to draw out toxins.

Survival Sullivan says: “It is often used in emergency rooms for treatment when a person has taken an overdose of sedatives, amphetamines or Acetaminophen, opium, cocaine, and morphine. The problem is that, the longer the time from ingestion to administering activated charcoal the less effective it is.”

MY PERSONAL HISTORY WITH IT:

I use activated charcoal for so many things. I take it when I have had greasy foods or too much alcohol. In fact, if you take it before you drink, it will reduce hangover symptoms. I recommend taking it before AND after drinking alcohol. It is extremely effective for food poisoning and several other toxic poisonings and should be taken immediately upon experiencing symptoms.

I also use charcoal in my toothpaste and buy natural deodorant that has it. It helps keep bacteria away and draws out toxins to the surface and destroys them.

#3. Diatomaceous Earth (DE)

WHAT IT IS:

Diatomaceous Earth is made up of microscopic skeletons of algae, called diatoms, that have become fossilized over millions of years. It is found as sediment in river banks, lakes, streams, and oceans.

Most of its composition is silica which is the foundation of most of its health benefits and medicinal uses. It comes in a soft powdered form and is safe to ingest as long as you purchase food grade. It is also used industrially, which is not produced for consumption.

(FOOD GRADE ONLY)



RECOMMENDED USES:

1. Detoxification; absorbs toxins and heavy metals (Great for pets too who may have eaten something bad).
2. Digestive aid.
3. Reduces gas.
4. Improve skin, nail, and hair growth and health.
5. Flea remedy and other pests.
6. Boost liver function.
7. Fights parasites.
8. Improves bone and joint health.
9. Water purifier.

HOW TO USE IT:

For internal benefits such as detoxing, improving skin, bone, joint or organ function, digestion or gas, it is recommended to take one teaspoon with a large glass of water in the morning one hour before eating, or at least two hours after a meal. Do this for 10 days on and 10 days off for 90 days for safe and effective benefits. Gradually increase the dose.

after a couple of weeks to a maximum of one tablespoon, separating the doses in the morning and evening. It is most important to drink plenty of water with diatomaceous earth and stay hydrated.

Keep in mind for detoxing parasites or liver and gut benefits, you may experience some detoxing symptoms the first couple weeks as your body releases stored toxins. Some of these could include mild headaches, fatigue, and flu-like symptoms. They will go away, just be patient and not alarmed.

For your pet with fleas, sprinkle a light layer over their coat and avoid getting in eyes, mouth, and ears. For internal benefits such as parasites or ingesting something potentially toxic, sprinkle a bit in the pet's food or water. Make sure to consult with a professional before dosing as different weights and breeds can vary.

For pests around the house such as fleas, ants, roaches, and other exoskeleton bugs; first vacuum any carpets and sweep the floor. Then, sprinkle a light layer on the surface and allow to sit for 12 hours before vacuuming. Do this once a week for a month for optimal results. The silica in the diatomaceous earth dries out the exoskeleton in the insect and kills them.

MY PERSONAL HISTORY WITH IT:

I have used Diatomaceous Earth mostly for detoxing heavy metals. I take it a few times a year for about a week or two for detoxing. I have also used it as a safe alternative for ridding household pests such as ants and roaches. It dries out their exoskeleton and they cannot survive. It basically suffocates them. It is safe to have around pets, so that is why I prefer that to rid insects in the home.

#4. Apple Cider Vinegar (ACV)

(RAW/UNFILTERED)

WHAT IT IS:

Apple Cider Vinegar (ACV) is a fermented liquid made from apples and yeast. This process leads to the formation of Acetic acid which is what is believed to hold most of the benefits of this natural medicine. It is commonly referred to as ACV and its healing benefits have been traced all the way back to Hippocrates 420 B.C.



RECOMMENDED USES:

1. Reduces rashes, stings, bites, and hives instantly.
2. Treats acne.
3. Improve heart health by lowering cholesterol, heartburn.
4. Blood sugar and diabetes.
5. Helps with weight loss.
6. Antibacterial, anti-fungal, antiviral.
7. Yeast infections and UTIs.
8. Antioxidant.
9. Assists with cognitive decline.

HOW TO USE IT:

Make sure you purchase Organic Raw Unfiltered. Apple cider vinegar can be ingested, but it's best to dilute it with water as the taste can be strong. For rashes and other skin issues, it can be applied directly to the area with a cotton ball. Keep in mind, that if there is any open wound, or if you scratched the rash and punctured the skin, the ACV will burn. If the rash is open, then use the baking soda paste (see #5). If you have hives, the ACV will rid them almost immediately. For weight or health benefits, take 2 tbsp in water daily for a few weeks to months depending on the benefits needed.

MY PERSONAL HISTORY WITH IT:

I've used ACV internally and externally for so many things. I have used it in the morning to help balance my gut and PH levels for the day, and I have used it on many rashes and bites. Specifically, after gardening and I would get welts or hives on my arms, I would apply ACV to the skin with a cotton ball and it immediately stopped the itching, redness, and swelling. The hives were gone within minutes. I have used it for vaginal itching and it will literally kill all yeast and fungus on target and prevent a further issue, like a UTI. However, I would still treat the area topically if it has turned into a UTI. Most UTIs happen from bacteria and fungus entering the vagina, so it's best to still treat the area. It is also great for skin blemishes related to bacteria, such as acne.



#5. Baking Soda (BS)

(WITHOUT ALUMINUM
AVOID MAJOR BRANDS)

WHAT IT IS:

Baking soda is the household name for sodium bicarbonate, NaHCO_3 . This is a naturally occurring mineral that is made from trona rocks, which were formed four million years ago when the salt lakes of the world evaporated. That rock becomes the byproduct and then it's crushed into powder form, baking soda. It is the most useful items in this book with a multitude of benefits for all kinds of situations.



RECOMMENDED USES:

1. Antacid for heartburn and indigestion.
2. Air freshener/deodorizer for refrigerator, garbage, litter.
3. Nontoxic whitener for laundry, cleanser for dishwasher.
4. Nonabrasive cleanser for counters and pots and pans.
5. Unclogs drains (when mixed with vinegar).
6. Safe carpet stain remover.
7. Natural cleaner and disinfectant for bathroom.
8. Safe produce cleanser, removes pesticides.
9. Shoe deodorizer.
10. Kills beg bugs and other pests, in gardens too, and weeds.
11. Skin issues: bites, sunburn, burns, rash, blisters, coldsores.
12. Anti-fungal, antibacterial, kills mold.
13. Helps with Urinary Tract Infection (UTI).
14. Reduces muscle fatigue.
15. Natural deodorant.
16. Teeth whitener.
17. Softens dry hands and feet, and exfoliates skin.
18. Improves kidney function.
19. Reduces ulcers.
20. Baby diaper rash.
21. Extinguishes fire.

HOW TO USE IT:

As you can see, baking soda has so many uses. When applying to surfaces for cleaning, sprinkle it onto the surface, then gently rub away with a wet towel. This kills molds and bacteria on surfaces. When cleaning laundry or food, add a couple of tablespoons to the water. For drain unclogging, sprinkle about half of a box near the drain and wash it down with at least 2 cups of white vinegar. This creates a fizzing effect and will cut through debris causing the clog.

When used it for internal benefits; to neutralize acid, help with organ function, or assist with chemo treatments, it is ingested as well. It is believed to help medications work by neutralizing the acid and allowing a more alkaline body to heal. It will also slow down the growth of new cancer cells since they cannot grow in an alkaline environment. Take 1-2 tsp a day with water for a few weeks to months depending on treatment needs. Do not take long term.

For external uses, for rashes, and to neutralize stings or burns; make sure you alternate a soothing agent so you do not get a chemical burn from over use of it on your skin. Coconut or essential oils can be used in between baking soda applications as a soothing agent.

MY PERSONAL HISTORY WITH IT:

Baking soda is another amazing natural anti-histamine that doesn't burn as much as ACV. Sometimes the abrasion may be too raw or sensitive for ACV, so this would be a perfect time to make a baking soda and clean water paste. I got attacked by fire ants on my thigh one time in Florida when I was sitting on the ground. I had dozens of welts and bites that were stinging so badly, literally on fire! I made baking soda paste with clean spring water and applied it to the surface and experienced immediate results. I have also used baking soda to rid indigestion and to help with UTIs. These would be the times when I drank it.

#6. Lavender Essential Oil (LEO)

WHAT IT IS:

Lavender Essential oil is extracted from the lavender plant. The process is usually steam distillation, turning the vapors back into a liquid form. Please make sure you are buying a clean brand with no pesticides.



RECOMMENDED USES:

1. Skincare: cuts, scrapes, burns, insect bites.
2. Insect repellent.
3. Natural cleanser: antibacterial, antiviral.
4. Helps with sleep.
5. Helps with mood: depression, anxiety, stress.
6. PMS and menstrual cramps.
7. Respiratory disorders.
8. Relieves joint pain, sore muscles, and inflammation.
9. Relieves headaches.
10. Reduces Colic symptoms.
11. Diabetes treatment.
12. Supports brain function.
13. Promotes healthy skin and hair.

HOW TO USE IT:

Lavender Essential oil is so potent that you only need a few drops. The most important thing is to make sure you buy a clean brand, free of pesticides and other dangerous additives, especially if you will be treating open wounds. When used as a surface cleanser, it can be of less quality. But anything you apply to the skin, make sure it is clean. For skin irritations, apply directly to the skin. You may want to use a carrier oil, such as coconut oil, jojoba, or olive, to cover more surface area on the skin. Drop 1-2 drops into the palm of your hand with the carrier oil, and spread on the intended area. For all other conditions, it just needs to get into your body. Using a diffuser can help it permeate into your body and will be most effective long term. You may also dab a few drops on your wrists and neck, or the specific area needing attention. For cramps, apply directly to the pained area, and the same with headaches; or rub near temples, being mindful not to get it in your eyes.

MY PERSONAL HISTORY WITH IT:

I think lavender oil was the most fascinating and surprising for me, especially with trial and error. Besides smelling it to help relax me, I would say I have used lavender oil more times topically than anything else. It was a major healing component in my speedy 2nd and 3rd degree burns on my thigh. (See pic in Appendix, pg. 35) It reduces scarring, inflammation, pain, infection, and duration. The craziest experience I had with lavender oil was when I was at my friend's preparing dinner and sliced my thumb open with a sharp knife. It would not stop bleeding and was bleeding through several paper towels. I got the lavender oil out of my purse and put it in the open gushing wound and the bleeding stopped immediately. So, unbeknownst to me until that moment, lavender oil stops deep bleeding wounds immediately. I also use it in social settings or other settings where I want to feel more relaxed.

#7. Arnica (ARN)

WHAT IT IS:

Arnica is a yellow flowering plant that grows in several places in the world, but is most common and abundant in North America. It is from the Asteraceae plant family and is generally safe with no



reactions, unless someone has an allergy to a plant of that species. It has been used for centuries to combat injuries and pain. It comes in many forms, but is usually a cream or made into tablets for homeopathy.

RECOMMENDED USES:

1. Skin: Bruises, acne, rashes, bites, moisturizer.
2. Hair: Treats split ends, promotes hair growth, moisturizes and strengthens hair follicles.
3. Dandruff.
4. Reduces inflammation.
5. Helps arthritis.
6. Pain reliever for muscle sprains, and soreness.
7. Frostbite.
8. Stretch marks.
9. Internal bleeding.
10. Post-partum bleeding.

HOW TO USE IT:

Creams are applied topically on the skin, scalp, or hair. For stretch marks, frostbite, sprains, and other muscle soreness, apply directly to the area and massage it. Homeopathic pellets are taken sublingually under the tongue or put in water to dissolve and drink. This method targets internal bleeding as well as muscle soreness, inflammation from sprains or arthritis, and cramps. Take until symptoms subside or disappear.

MY PERSONAL HISTORY WITH IT:

Arnica is another topical favorite of mine. I love it for small sprains and strains, but it is also extremely helpful for burns and cuts. I have taken the oral homeopathy as well after things like car accidents or major workouts, to reduce severe muscle soreness. It is great for sunburns if you don't have access to fresh aloe. I prefer the arnica cream over the gel, and it's also great for massage and loosening up tight muscles. It reduces pain and swelling around cuts and allows them to heal with minimal to no scarring.



#8. Manuka Honey (MH)

WHAT IT IS:

Manuka honey is made from manuka flowers, and of course bees, and is found in New Zealand and Australia.

These blooms only happen for 2-6 weeks a year. This is different from regular honey and has a surpassing amount

of antibacterial, anti-inflammatory, and antiviral effects and has even been recognized by the FDA for wound care. Please note that regular honey is not the same however, it does have some of its own healing and health benefits.



RECOMMENDED USES:

1. Wound healing.
2. Oral health: plaque, cavities, mouth bacteria.
3. Ulcer and digestion.
4. Bronchitis and cystic fibrosis.
5. Acne.
6. Calms coughs.
7. Treatment for sore throat.
8. Anti-fungal, antiviral, antibacterial.

HOW TO USE IT:

Manuka honey is taken internally by ingesting it. It can be taken on a teaspoon or in your tea for absorption. This treatment method is for ulcers, digestion, cystic fibrosis or other lung issues such as cough or bronchitis. For sore throats, swallow it without diluting it. Topically, it would be applied directly to the area needing treatment. For acne, directly on the skin of affected area. The antibacterial properties kill the bacteria causing the acne. For wound treatments, apply directly as a paste and use sterile gauze to dress it to prevent leakage.

MY PERSONAL HISTORY WITH IT:

Manuka honey is probably just as necessary in my burn healing as the lavender oil was. (See pic in Appendix, pg. 35). Manuka honey is #1 for serious burns, grease splatter burns, and all kinds of other kitchen and fire burns. It is also great internally for viral or bacterial-type infections such as sore throat or colds. I use it for so many of its anti-fungal and antibacterial properties.



#9. Coconut Oil (CO)

(RAW UNREFINED)

WHAT IT IS:

Coconut oil is made from the meat of the coconut by apply great pressure and extracting the oils. Though it is high in saturated fat, the molecules are smaller and therefore, the benefits differ from other high saturated fats. To receive the healthiest benefits, make sure to purchase raw unrefined coconut oil.



RECOMMENDED USES:

1. Skin: excellent moisturizer, eczema, psoriasis, dermatitis, burns.
2. Dandruff.
3. Immune Booster: antibacterial, anti-fungal, antiviral.
4. Reduces inflammation, soothes arthritis.
5. Organ function; liver, kidneys.
6. High blood pressure, heart disease.
7. Brain and memory function, Alzheimer's.
8. Oral: Gum disease and tooth decay, toothpaste.
9. Weight loss, curbs appetite.
10. Bone health.
11. Reduces seizure risk.
12. Withstands high heat for cooking.
13. Balances hormones.
14. Safe lubricant for intimacy.

HOW TO USE IT:

Coconut oil is to be ingested and the dose is 1-2 tablespoons. This method addresses organ function, heart and bone health, and any other internal medical conditions. Apply topically for optimal benefits for the skin and any skin issues. It kills bacteria. So not only does it moisturize, but it keeps the skin, scalp, and mouth healthy. Use it for oil pulling to extract body toxins through the mouth, and for optimal oral care. Oil pulling has been used for thousands of years in many Eastern Cultures. It is also a non-toxic lubricant for sexual intimacy. Store-bought lubricants are very toxic. It is wonderful for cooking as it can withstand high temperatures without turning into a harmful heated oil. Use as a carrier oil with essential oils to cover more surface area.

MY PERSONAL HISTORY WITH IT:

I have been using coconut oil for years despite the controversy years ago. I would never put anything else on my skin. Most moisturizers contain chemicals and the good clean ones are usually very pricey. So, why bother spending the money or putting something on your skin that you're not sure of the ingredients? It is amazing for sunburns too and to simply just nourish and moisturize the skin after long-time sun exposure. I use it for oil pulling to draw toxins from the body through the mouth, and for general oral care. I use it as a carrier oil with my essential oils to get more coverage area on the skin.

#10. Peppermint Essential Oil (PEO)

WHAT IT IS:

Peppermint Essential oil is extracted from a hybrid Peppermint plant that is crossed with spearmint and water mint. The active ingredients are menthol and menthone.

Peppermint has been used for thousands of years in medicine and food and beverage consumption for health benefits.



RECOMMENDED USES:

1. Stomach: nausea, vomiting, IBS, indigestion, and other GI conditions.
2. Headaches and migraines.
3. Sleep disorders.
4. Muscle pain, tension, and soreness.
5. Colds and flu.
6. Allergies and other respiratory issues.
7. Skin: sunburn, burns.
8. Hair health.
9. Antibacterial, anti-fungal.
10. Increases energy.
11. Reduces itching.
12. Insect repellent (especially ants).

HOW TO USE IT:

Peppermint oil can be ingested for intestinal and other internal or organ-related issues. Ingesting also helps with respiratory issues, colds, coughs, and flu. It can be applied topically using a carrier oil such as coconut oil to be used as a pain reliever, for burns, itching, and other skin issues. Apply directly to the temples or in the area of the migraine or headache making sure to not get any in or around the eye area. It will burn very badly. **DO NOT TOUCH EYES AFTER APPLYING.** It is also great for other muscle pain or sprains. Ants hate it. Put it in a spray bottle with water and spray surface areas to keep ants and other insects away. Use it with a diffuser for benefits to help with sleep, or to increase energy while offering a calming effect. It may also be applied to wrists, neck or ankles for optimal overall health benefits.

MY PERSONAL HISTORY WITH IT:

I use peppermint oil almost as much as lavender oil. I make my own toothpaste with baking soda and coconut oil and peppermint oil. I use it to alleviate muscle pain and strains. I barely ever get headaches, but I use it for them if I do. I also use it as a safe way to rid insects, although it is **NOT SAFE** for most pets so make sure they do not ingest any or get it on their paws to lick from. Do not use in a diffuser around pets either.





First Runner Up

Oil of Oregano (000)



WHAT IT IS:

Oil of Oregano is the product of the extraction from the oregano herb plant. Oregano is rich in Vitamins C, E, and A, and has antimicrobial, anti-inflammatory, and anticancer properties. The compounds that assist in this are Thymol and Carvacrol; an anti-fungal and antioxidant. It also contains Rosmarinic Acid which helps protect against damage caused by free radicals.

RECOMMENDED USES:

1. Natural antibiotic, antiviral.
2. Reduces swelling and inflammation.
3. Skin Issues, anti-fungal; athlete's foot, yeast infection, cold sores, Candida,
4. Fights bacteria and Staph.
5. Pain relief.
6. Gut health, SIBO (small intestinal bacteria overgrowth).
7. Heart health; assist in lowering cholesterol.

HOW TO USE IT:

Oil of oregano can be taken orally or topically. It is safe for babies and elders, and to take with medications, except lithium and diuretics. For anti-inflammatory, antimicrobial, gut and heart health, and immune boosting benefits, take it orally under the tongue or with water. Please note that some are very strong and spicy and will need to be diluted with water. The dosage will depend on the strength of the extract so please refer to the bottle for instructions. For topical needs, apply to the area where the fungus is, or directly to a wound to prevent infection.

MY PERSONAL HISTORY WITH IT:

I actually used to make oil of oregano. It grew in my organic garden like a weed and I figured I was meant to bottle and sell it. There are so many variations of the species, but mine was particularly sweet and not so spicy. People would even use it on their food. I mostly used it as an antiviral during the seasons when a lot of people get sick. I would use it as an immune booster. I have also used it topically on scrapes and cuts to prevent infection and to assist in healing and less scarring. It also helps for viral skin issues such as cold sores or shingles.



Honorable Mentions



There are so many wonderful remedies that most people have in their homes. I chose these additional 5 as honorable mentions because some of them are perishable and a bit less common, but still a necessity in my book. No pun intended.

A. Ginger (G)



WHAT IT IS:

Ginger is a root and has powerful healing properties. It contains gingerol which is what gives it its medicinal properties. It also has antimicrobial properties and can combat fungus and bacteria. It can help with Staph, E. coli, and Candida. Here are some of the uses for ginger.

RECOMMENDED USES:

1. Nausea (morning sickness).
2. Joint pain and stiffness.
3. Can lower blood sugar and reduce heart disease risk, heartburn.
4. Chronic Indigestion.
5. Menstrual cramps.
6. Can improve brain function and help against Alzheimer's.
7. Helps fight infections.

HOW TO USE IT:

I use ginger almost daily in my smoothies for health benefits, but I have used it for nausea and it helps it immediately. Chewing on raw ginger, and no, not ginger chews filled with sugar and other harmful ingredients, or the pink kind at Asian restaurants. Just peel and cut fresh ginger root and nibble on it. It can be spicy so be prepared.

B. Turmeric (T)



WHAT IT IS:

Turmeric is another amazing root that also goes by curcumin, which is its active medicinal ingredient. It does come in capsules, but I always recommend the fresh root. However, if that is all you have access to, then it's fine. You can also find it ground up as a spice since it is used in many worldly cuisines. It will stain your fingers and clothes, so be careful. Fun Fact, it is actually what makes mustard stain. Besides its delicious flavor, here are some amazing healing benefits:

RECOMMENDED USES:

1. Reduces inflammation.
2. Reduces pain.
3. Alleviates pain and inflammation due to stings and bites.
4. Fights off free radicals.
5. Can lower the risk of heart disease.
6. Can assist with depression.

HOW TO USE IT:

I cook with powdered turmeric a lot and it is one of the main spices in most of Asia and South East Asia. However, I prefer to use the raw root when using it for teas or tinctures. One of the most effective uses I have experienced was with wasp (or bee) stings. Make a paste with powdered turmeric and clean water. Apply it to the sting. This calms the histamines and reduces swelling.

C. Bentonite Clay (BC)



WHAT IT IS:

Bentonite Clay is an ashy fine-ground clay that contains several minerals such as Calcium, Magnesium, and Iron. It comes from volcanic ash and was named after Fort Benton in Wyoming, where it is found in large amounts. It can be found anywhere that volcanic ash has settled into the earth. Its fine particles bind to toxins and flush them out of the body.

RECOMMENDED USES:

1. Detoxes skin and body, particularly heavy metals and parasites.
2. Helps balance gut bacteria and aids with digestion.
3. Treat acne/oily skin.
4. Treats poison ivy.
5. Can assist in weight loss.
6. Relieves constipation and treats diarrhea.
7. Soothes diaper rash.
8. Can provide sun protection.
9. Can help lower cholesterol.
10. Used as natural deodorant (recipe found online).

HOW TO USE IT:

To take internally, mix 1-2 teaspoons in 8 ounces of water and drink for three days. Take every 4th day off and take for at least a month for optimal results. For topical, simply mix with water until you reach a desired consistency for a paste, and then apply to skin or affected area. You can also use it in a bath to cover more area when using for skin health benefits or to treat poison oak, ivy, hives, or other skin issues. It will also draw out toxins through the skin when used for detoxing.



D. Tea Tree Oil (TTO)

WHAT IT IS:

Tea tree oil is made from the leaves of *Melaleuca alternifolia*, the scientific name for a tree found in parts of Australia. It contains a number of compounds including 1,8-cineole and terpinen-4-ol which have proven to kill certain bacteria, fungi, and viruses.

RECOMMENDED USES:

1. Aids in healing wounds.
2. Treats hair and skin; acne, psoriasis, eczema, cuts and scrapes.
3. Hand sanitizer.
4. Treats nail and toe/foot fungus, athlete's foot.
5. Insect repellent.
6. Mouthwash. (Do not ingest).
7. Household cleaner.
8. Rids mold on produce.
9. Cold sores, Herpes Simplex Virus 1

HOW TO USE IT:

Tea Tree Oil can be diluted with another oil carrier such as coconut or sesame to apply to the skin, or can be used directly on the skin depending on the size of the affected area. It can also be added to shampoo, conditioner, and body care to help soothe and protect the skin and scalp from bacteria and other skin conditions. Tea Tree Oil should never be ingested or taken internally.

E. Cayenne Pepper (CP)



WHAT IT IS:

Cayenne pepper is made from the fruit of the capsicum plant; frutescens and annuum and is native to South and Central America. It grows in tropical and sub-tropical climates. It contains a chemical called capsaicin which is responsible for its healing and health benefits.

RECOMMENDED USES:

1. Aids in digestion and weight loss, boosts metabolism.
2. Relieves joint, nerve, and migraine pain.
3. Deters garden pests.
4. Prevents blood clots.
5. Eases ulcers, upset stomach, and diarrhea.
6. Cough suppressant.
7. Fights free radicals, anti-cancer properties.
8. Anti-fungal.

HOW TO USE IT:

Cayenne Pepper can be ingested or used topically. You can purchase the whole dried pepper and crush it yourself, or buy a pure powdered one. You can also buy it in capsules in case you are sensitive to the spice. It can also be added to food or just drank in water to treat internal conditions. For garden pests, mix with water and garlic in a spray bottle and spray on the leaves. It may be best to use whole peppers as the fine grains get caught in the spray pump. Also, sprinkle it around corners or ledges to keep pests away.

I hope you enjoyed the information in this book. Please recommend it to your friends and family so more people can know how to heal themselves naturally. Also, feel free to contact me through my website if you have any questions:

www.GiovannaRose.com.

Thank you and Happy Healing!



Appendix



This was my burn journey. I went on complete instinct on this one as well as a little guidance from the lady at the store. I was cooking and I spilled a pot of boiling water all over my leg, and I had jeans on. I immediately stripped down while screaming in pain. This happened at about 8pm at night so I was limited to what I could do at that moment. I did a little research and was told to wrap it in plastic wrap to keep it moist until I could treat it properly. I immediately applied lavender oil because I knew it was great for skin abrasions. The next day I went to the store to get some Manuka honey. The lady there told me to also use Emu oil. I regularly applied all three along with colloidal silver to prevent infection. You can see the progress of healing in the picture, but the most important thing was my belief that I was going to be ok. I also only washed it with filtered water and dressed it every 8 hours, diligently for weeks. That is why it healed so perfectly in just 30 days. If I had gone to the hospital, they would have done a skin graft and I for sure would have had scars most likely all over my leg. I was able to prevent that by using just nature.

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Index: Ailments Quick Guide

A

Abdominal Cramps: LEO (17), ARN (19), PEO (25), G (29), *Magnesium*.

Abscess: CS (7), ACV (13), MH (21), TTO (32).

Aches: LEO (17), ARN (19), PEO (25).

Acne: CS (7), ACH (9), ACV (13), BS (15), MH (21), BC (31), TTO (32).

Alcohol Poisoning: (Excessive drinking): ACH (9), BC (31).

Arthritis: LEO (17), ARN (19), CO (23), T (30).

Ants: DE (11), ACV (13), PEO (25).

Anxiety: LEO (17).

Athlete's Foot: ACH (9), BS (15), OOO (27), TTO (32).

B

Back Issues: ARN (19), T (30), CP (33).

Bad Breath: BS (15), MH (21), PEO (25), TTO (32).

Bacteria: CS (7), ACV (13), BS (15), LEO (17), MH (21), CO (23),
OOO (27),TTO (32).

Bleeding: LEO (17) - Stops (most) bleeding immediately, ARN (19).

Blisters: ACV (13), BS (15), ARN (19).

Bites: (See Skin).

Blood Sugar: ACV (13), G (29).

Blood Pressure: CO (23), *Garlic*.

Body Odor: ACH (9), BS (15), *Lime*.

Brain Cognition: ACV (13), LEO (17), CO (23), G (29).

Bruises: ARN (19).

Burns: ARN (19), LEO (17), MH (21), CO (23), *Aloe Vera*.

Bronchitis: CS (7), MH (21).

C

Candida: ACV (13), OOO (27), G (29), T (30), CP (33).

Cold Sores: BS (15), CO (23), OOO (27), TTO (32).

Cavities: MH (21), CO (23).

Cholesterol: ACV (13), OOO (27), BC (31).

Circulation: G (29), T (30), CP (33).

C (con't)

Cold: CS (7), MH (21), (See also Sickness).

Constipation: BC (31).

Cough: MH (21), CP (33), (See also Sickness).

Cramps: LEO (17), ARN (19), PEO (25), G (29), *Magnesium*.

Cuts: CS (7), LEO (17), CO (23), TTO (32).

D

Deodorant/Deodorizer: ACH (9), BS (15), BC (31), *Lime*.

Dandruff: ARN (19), CO (23), TTO (32).

Detoxing:

Alcohol: ACH (9), BC (31).

Heavy Metals: ACH (9), DE (11), BC (31), *Cilantro*.

Household chemicals: ACH (9), BC (31).

Greasy/rich foods: ACH (9), BC (31).

Diabetes: ACV (13), LEO (17).

Diaper Rash: ACV (13) - NOTE: may burn. BS (15), CO (23).

Diarrhea: ACH (9), BC (31), CP (33).

Digestion: ACH (9), DE (11), ACV (13), BS (15), MH (21), BC (31), CP (33).

Disinfectant: ACV (13), BS (15), TT (32).

Dizziness: ACV (13) with MH (21), LEO (17), PEO (25).

E

Ear Ache: CS (7), G (29), TTO (32), *Garlic, Olive Oil*.

Ear Infection: CS (7), G (29), TTO (32), *Garlic, Olive Oil*.

Eczema: CO (23), TTO (32).

Eye: (See Pink Eye, Stye)

F

Face (redness): ACH (9), BS (15), MH (21).

Fever: CS (7) - for immunity, MH (21), G (29).

Fleas: DE (11), TTO (32).

Flu: (See Influenza).

Food Poisoning: ACH (9), BC (31).

Frostbite: ARN (19), Aloe Vera.

Fungus: ACV (13), BS (15), MH (21), OOO (27), TTO (32).

G

Garden Pests: BS (15), LEO (17), PEO (25), C (33), TTO (32), CP (33),
Garlic.
Gas: ACH (9), DE (11).
Gum Problems: ACH (9), MH (21), CO (23), OOO (27).
Gut Health: ACV (13), BS (15), OOO (27), BC (31), *Garlic*.
IBS & SIBO: OOO (27).

H

Headaches: LEO (17), PEO (25), CP (33).
Heart: ACV (13), CO (23), OOO (27), G (29), T (30).
Heartburn: ACV (13), BS (15), G (29).
Hemorrhoids: CO (23), *Aloe Vera*.
Herpes Genitalis: ACV (13), BS (15).
Herpes Simplex: OOO (27), TTO (32).
Hives: ACV (13), BS (15).
Household Pests:
 Ants: DE (11), BS (15), PEO (25).
 Roaches: DE (11), *Borax*.
Household Cleaner: ACV (13), LEO (17), TTO (32), *Lemon Juice*,
White Vinegar with a Citrus or Clove Essential oil.

I

Immune support: CS (7), MH (21), CO (23), OOO (29), CP (33).
Indigestion: ACV (13), BS (15), PEO (25), G (29).
Insect repellent: DE (11), LEO (17), PEO (25), BC (31), CP (33).
Infection: Sinus; CS (7), OOO (29)
 Ear; CS (7), OOO (29)
 Eye; CS (7), OOO (29)
 Skin; CS (7), ACH (9), BS (15), MH (21), OOO (29).
Inflammation: LEO (17), ARN (19), CO (23), G (29), T (30).
Influenza: CS (7), MH (21), OOO (27). (See also Sickness)
Injuries: (See Bruises, Joints, Muscles, Skin).
Insomnia: LEO (17).
Intestines: G (29) (See also Gut).
Itching: ACV (13), BS (15), BC (31), TTO (32).

J.K

Joint health; DE (11), CO (23), T (30), CP (33).

Joint/Muscle pain: LEO (17), ARN (19), G (29), CP (33).

Kidney Health: ACH (9), ACV (13), BS (15), CO (23).

L

Laryngitis: CS (7), MH (21).

Liver: DE (11), CO (23).

M

Menstrual Problems: LEO (17), G (29).

Migraine Headaches: LEO (17), PEO (25), CP (33).

Mold: ACH (9), ACV (13), BS (15), TTO (32).

Mouth (Sores): CS (7), ACH (9), BS (15), MH (21).

Muscles (Tightness/Tension): LEO (17), ARN (19), G (29).

N

Nausea: PEO (25), G (29).

Neck: Stiff; LEO (17), ARN (19), CP (33).

Nerves/ Nervousness: LEO (17), PEO (25), CP (33).

Nose/Sinus: CS (7), PEO (25).

Numbness: CP (33).

OPQ

Odor Removal: ACH (9), BS (15).

Oral Care: ACH (9), MH (21), CO (23).

Pain: LEO (17), ARN (19), PEO (25), OOO (27), G (29), T (30).

Parasites: DE (11), G (29), BC (31), T (30).

Pimples: (see Acne).

Pink Eye: CS (7).

PMS: (See Menstrual).

Pneumonia: CS (7), MH (21).

Poison Ivy/Oak: ACH (9), BC (32), TTO (32).

Psoriasis: ACV (13), CO (23), TTO (32).

R

Rash: ACV (13), BS (15), ARN (19), BC (31), *Aloe Vera*.

Respiratory Problems: (LEO (17), MH (21), PEO (25), OOO (27)).

Ringworm: ACH (9), ACV (13), T (30), TTO (32), *Garlic*.

S

Scabies: TTO (32), CP (33).

Sciatica: LEO (17), T (30).

Scratches: LEO (17), ARN (19), TTO (32).

Shingles: BS (15), OOO (27), TTO (32).

Sickness:

Cold/Flu: CS (7), MH (21), OOO (27).

Cough: MH (21), CP (33).

Sore Throat: CS (7) MH (21).

Headache: PEO (25), CP (33).

Sinus Infection: CS (7), MH (21), G (29), OOO (27).

Skin: Acne: CS (7), ACH (9), ACV (13), BS (15), MH (21), BC (31),
TTO (32)

Bites: ACV (13) - Red Ants, BS (15), LEO (17), T (30) TTO (32).

Burns: LEO (17), MH (21), CO (23).

Bruises: ARN (19).

Cuts: CS (7), LEO (17), T (30), TTO (32).

Dry: CO (23).

Health: DE (11), LEO (17), CO (23).

Hives: ACV (13), BS (15), LEO (17).

Stings: Wasp, bees; ACV, (13) BS (15), T (30).

Snake: ACH (9), T (30).

Sores: CO (23), TTO (32).

Sprains: LEO (17), ARN (19), T (30).

Staph: OOO (27), G (29), TTO (32).

Stomach:

Alcohol/Food Poisoning: ACH (9) DE (11).

Nausea: PEO (25), G (29).

Ulcer: BS (15), CP (33).

Stress: LEO (17), *Magnesium*.

Stye: CS (7).

Sunburn: LEO (17), ARN (19), CO (23).

I

Teeth: Whitening; ACH (9), BS (15).

Throat: (See Sickness)

Tonsillitis: CS (7) MH (21).

U

Ulcer: BS (15), MH (21), CP (33).

Urinary infections (UTI): ACV (13), BS (15), TTO (32).

V

Vaginitis: ACV (13), BS (15).

Viral Infection: ACV (13), LEO (17), MH (21), CO (23) OOO (27),
TTO (32), *Grapefruit Seed Extract*.

Vomiting: ACH (9), G (29).

WXYZ

Warts: ACV (13), TTO (32).

Water Purification: CS (7), ACH (9), DE (11).

Weight Loss: ACV (13), CO (23), CP (33).

Wound Healing: CS (7) MH (21), TTO (32).

Yeast Infection: ACV(13), BS (15).





The Reason...My Purpose

I was born in New Jersey and spent my adult life in Southern California, where I studied and trained for my natural and alternative healing modalities, as well as 20+years of research. I moved to Mexico a couple of years ago to learn more about their healing plants and traditions. I realized I wanted to help people with all the information

I obtained through my lifelong dedication to research. I have always been a writer, so I wanted to share this information in blogs and books. I know that a lot of people don't have the time to dedicate to finding out things that aren't generally taught to us. And I have learned that a lot of the things that are taught to us, have been chosen by industries that are only profit-driven. There is no money in cures, only in sickness and dis-ease. I dedicated my life to becoming knowledgeable in the truth and empowering myself to know that I can help myself through anything that comes my way. I never ever want to rely on the medical business that has alarming statistics of deaths: With their over-prescribing, mis-prescribing, misdiagnosis, and everything else that I have witnessed, it made no sense to me to play Russian Roulette with my life. Nature makes sense to me. It's what our body is in tune with and resonates with. It's the only thing I will use to treat myself for anything emotional or physical that I face. This is my passion and purpose, to help the rest of the world regain their connection to the one thing we can always count on to heal us....Nature. Information IS power. You now have the power to heal yourself. Now believe it!

Much Love and HAPPY HEALING!

Giovanna Rose Maimone