

HOME REMEDIES CHEAT SHEET

ALOE

- ✓ Speeds healing for burns, blisters, and cuts
- ✓ Alleviates symptoms of eczema, psoriasis, and warts
- ✓ Helps heal rashes, foot sores, fungal attacks, and vaginal sores
- ✓ Can be ingested for use as a natural laxative or to help eliminate internal toxins
- ✓ Antiseptic properties can help destroy fungi, bacteria, and viruses

CALENDULA

- ✓ Anti-inflammatory and antiviral properties
- ✓ Assists in the treatment of acne, easing skin irritation and reducing inflammation
- ✓ Used to treat constipation and abdominal cramps
- ✓ Helps heal cuts, abrasions, scrapes, bruises, rashes, athlete's foot, and chicken pox
- ✓ Can be used in teas, made into a salve, or applied as a tincture

ASHWAGANDHA

- ✓ Anti-inflammatory, antioxidant and anti-stress properties
- ✓ Promotes better sleep and improved stress response
- ✓ May help ease anxiety and restlessness
- ✓ Promotes stable moods and adrenal recovery
- ✓ May improve cognitive ability and memory
- ✓ Helps fight signs of aging with antioxidants

CARDAMOM

- ✓ Prevents infections after an injury
- ✓ Alleviates constipation and gas
- ✓ Improves a lost appetite
- ✓ Treats sore throat, bronchitis, cough, and heartburn
- ✓ Helps treat urinary tract infections and gall bladder infections

BLESSED THISTLE

- ✓ Treat nervous system and brain conditions including vertigo, dizziness, memory loss and headaches
- ✓ Can help enhance blood flow
- ✓ Treats constipation and digestive problems
- ✓ Can help treat fevers and earaches
- ✓ Antibacterial and anti-inflammatory properties
- ✓ Can help alleviate bloating, stimulate appetite, and treat heartburn

CAYENNE

- ✓ Acts as a pain reliever
- ✓ Can help cure cluster headaches
- ✓ Enhances digestion and eliminates toxic waste from the body
- ✓ Used as prevention for edema and treatment for herpes

CHAMOMILE

- ✓ Treats stomach cramps, indigestion, diarrhea, colic, gas, and irritable bowel syndrome
- ✓ Can treat insomnia and anxiety when used in small doses
- ✓ Herbal cure for mouth sores or gingivitis
- ✓ Treats eczema and other skin irritations
- ✓ Helps treat and prevent chickenpox, acne, stomach ulcers, psoriasis, abscesses, and chest colds

DEVILS CLUB

- ✓ Stimulates a low appetite
- ✓ Improves arthritis and rheumatic pain
- ✓ Can be taken to regular menstrual cycles, reduce cramps, and resume menstrual flow post-partum
- ✓ Helps regulate blood sugar levels
- ✓ Remedies coughs, colds and other respiratory issues
- ✓ Used as a treatment for dandruff
- ✓ Alleviates joint and low back pain

ECHINACEA

- ✓ Treats and prevents respiratory infections with antiviral, antimicrobial properties
- ✓ Treats vaginitis and vaginal itching
- ✓ Helpful remedy for urinary tract infections and works as a natural antibiotic
- ✓ Treats earaches
- ✓ Stimulates the immune system and reduces inflammation caused by acne, burns, mouth sores, gingivitis and more

ELDER FLOWER

- ✓ Treats runny nose, common cold, sore throat, fever, muscle pain
- ✓ Heals acne sores, boils, and skin rashes
- ✓ Used as a mild laxative
- ✓ Treats sinus infections and enhances kidney health
- ✓ Improves bad cholesterol
- ✓ Fights free radicals

FENUGREEK

- ✓ Boosts libido in men
- ✓ Relieving joint pain
- ✓ Treats diabetes, heart diseases, and abdomen illnesses
- ✓ Helps remove boils, irritation, and eczema
- ✓ Treats diarrhea, bloating and digestive concerns

HOPS

- ✓ Used as part of breast enhancement drugs and hormone replacements
- ✓ Part of a remedy for swelling and hardening of the uterus
- ✓ Treats menstrual cramps
- ✓ Helps improve digestion and metabolism
- ✓ Has soothing properties to treat anxiety, stress, and insomnia
- ✓ Helps treat boils, kidney stones, diarrhea, fever, cystitis, and rheumatism
- ✓ Known to be a treatment for depression, anxiety, and insomnia

HORSETAIL

- ✓ Helps alleviate symptoms of arthritis, joint pain, and more
- ✓ Assists in the treatment of kidney stones and serves as a diuretic and can be used for urinary tract infections
- ✓ Treats respiratory concerns and symptoms of tuberculosis
- ✓ Assists in healing bones and preventing excessive bleeding
- ✓ Benefits kidney health

OSHA

- ✓ Treats coughs, bronchial pneumonia, flu, colds, and other respiratory infections
- ✓ Alleviates pains, aches, digestive problems, skin infections and wounds
- ✓ Triggers sweating to help release toxins from the body
- ✓ Prevents pain associated with ulcers developing
- ✓ Helps improve the function of kidney and uterus
- ✓ Helps cure headaches, pneumonia, painful menstruation, and retained placenta

LADY'S MANTLE

- ✓ Treats diarrhea, stomach ailments, muscle contractions, diabetes, and excess water retention
- ✓ Alleviates menstrual cramps
- ✓ Heals rashes, ulcers, wounds and lower abdominal pain
- ✓ Useful for healing scrapes, burns, and cuts

PARSLEY

- ✓ Essential organic compound myristicin helps inhibit tumor formation
- ✓ Fights disease with the enzyme glutathione-S-transferase
- ✓ Helps neutralize carcinogens like benzopyrene in cigarettes
- ✓ Eliminates free radicals to fight the aging process
- ✓ Boosts the immune system with Vitamin A and C

MILK THISTLE

- ✓ Contains active substances believed to possess anti-cancer properties
- ✓ Used as part of comprehensive treatments for Type 2 diabetes
- ✓ Helps protect the liver
- ✓ Helps lower bad cholesterol
- ✓ Protects against cell damage by strengthening cell walls
- ✓ Treats stomach upset and diarrhea

PEPPERMINT

- ✓ Soothes stomach problems including indigestion, flatulence, nausea, and menstrual cramps
- ✓ Treats anxiety and headaches
- ✓ Antibacterial, anti-fungal, antiviral properties
- ✓ Treats skin from hives, poison oak, poison ivy, and more
- ✓ Calms sore throats and dry coughs

ROSEMARY

- ✓ Anti-fungal properties help fight dandruff
- ✓ May help improve memory and protect the brain from free radicals
- ✓ Considered to be a heart and circulatory stimulant
- ✓ Stimulate hair growth and prevent head lice
- ✓ High in calcium, iron and vitamin B6

THYME

- ✓ Antiseptic and astringent properties restore good bacteria, ideal for respiratory and vaginal health
- ✓ Can help remove toxins from the liver
- ✓ Treats colds, flu, coughs, and lethargy when taken as a tea
- ✓ Alleviates tension, sleeplessness, and anxiety
- ✓ Assists in the treatment of irritable bowel system, colic, hay fever, thrush, and ringworm

SAGE

- ✓ Antiviral, antibacterial and anti-fungal
- ✓ May reduce the effects of menopause
- ✓ Effective treatment for canker sores, halitosis, and eczema
- ✓ Can improve bad breath
- ✓ Use for toothaches or add to tea to promote a sense of calmness

TURMERIC

- ✓ Treats stomach problems including colic, flatulence, heartburn, and liver ailments
- ✓ Fights free radicals and can assist in preventing heart disease
- ✓ Therapeutic for irritable bowel syndrome, Crohn's disease, and Type 2 diabetes
- ✓ Can treat menstrual problems, toothaches, and pain
- ✓ Helps maintain healthy cholesterol levels

SAINT JOHNS WORT

- ✓ Use as a balm for burns, wounds and bug bites
- ✓ Treat anxiety, mild depression, and sleep disorders
- ✓ Pain relieving and sedative effects are ideal for sciatica and rheumatic pain
- ✓ May help in the treatment of alcoholism

VALERIAN

- ✓ Helps reduce high blood pressure caused by stress and anxiety
- ✓ Treats menstrual cramps and spasms
- ✓ Can help treat insomnia and restlessness
- ✓ Herbal remedy for asthma and colic
- ✓ Helps alleviate feelings of anxiety and emotional stress

A glass bottle of Yarrow essential oil is shown next to a cluster of white Yarrow flowers. The bottle is amber-colored and has a black cap. The flowers are small and white with yellow centers. The background is a soft-focus wooden surface.

YARROW

- ☑ Helps treat arthritis, rheumatism, and gout
- ☑ Assists in thinning blood for improved blood flow
- ☑ Remedy for bronchitis, inflammation or pneumonia
- ☑ Use as part of a first aid kit as a disinfectant
- ☑ Treats diarrhea and the common cold



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