

# Your Natural Healing Toolkit



12 All-Natural, Inexpensive  
Remedies for Better Health

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A gift from:



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# *Welcome to the world of wellness – powered by YOU!*



## **The Truth About Healing**

*“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well.” – Hippocrates*

Hippocrates was no fool. Every one of us has the power to heal. *Really* - that means you!

I realize you have probably heard that in order to maintain health (and be an obedient patient) you must take prescription medications, undergo surgery, or subject your body to the most expensive tests money can buy. Alternatively, perhaps you have come to believe that working with a gifted professional – a guru, a healer, a priest – is the *only* way to true wellness. Maybe you’ve even been told that the healing process requires a great deal of time and effort, or worse, that your health concerns are incurable. These statements just aren’t true.

There are inherent gifts that exist within your body, mind, and spirit that when optimized can help you achieve a greater sense of well-being and joy. What is not already available within you, nature readily provides through some of the **most effective** and **least expensive** healing tools available. In this guide, you will learn the **top 12 remedies** and activities that will jump-start you on your quest for greater healing and better balance of body, mind, and spirit. These simple, yet powerful treatments will work with your body’s natural tendencies to help you feel better fast.



## Relaxation Techniques

It is a well-known fact that stress is a leading cause of illness. Prolonged exposure to the stress hormone cortisol inhibits the immune system and makes it impossible for the body to regenerate. Likewise, when our body is bombarded with stress hormones due to the busyness of daily life, every organ speeds up – heart rate, breathing, digestion – making it harder for the body to function optimally.

But, life **is** stressful. You are not making stress up or failing in any way if you are experiencing it regularly. There really are countless stressors swirling around you every day. **Accepting** and **surrendering** to the existence of stress are two effective techniques for lowering cortisol levels. Moreover, they can happen immediately - as in right now!

***“We can’t solve problems by using the same kind of thinking we used when we created them.” – Albert Einstein***

The most common advice you hear when stressed is, “Just relax!” The theory is good, and even somewhat instinctual, but it is wrong. When you try to fight stress, you actually increase the production of stress hormones. After all, those hormones were not deemed the fight-or-flight response for nothing. Fighting or even “fighting” (trying to avoid) stress is not going to make it go away.

The alternative acts of accepting and surrendering calm the mind and help you focus on another proven technique that enables the body to relax - **SLOOOOWING DOWWWWN**. By simply shifting your body and mind into slow-down mode, you can regain your body’s natural pace.

The following techniques will help you to slow down and reclaim peace with minimal effort:

## #1 - Deep Breathing

When it feels like there is barely time to breathe, that is when you need to focus on your breath the most. We breathe without thinking, which is certainly a blessing given how essential breathing is for survival. However, the automatic nature of our breath means we often take it for granted. That leads us to breathe quickly in a very shallow manner, just barely filling our lungs with the calming oxygen we desperately need.

The solution is deep, belly breathing. This very simple process can be done while sitting or lying down.

Use these tips as a guide:

- ✳ Loosen any tight clothing and focus on giving your lungs and diaphragm the space to move.
- ✳ Put one hand on your chest and the other on your abdomen.
- ✳ Take a long, full breath in pushing out your abdomen. Hold for a moment.
- ✳ Exhale forcefully pulling in your abdomen.
- ✳ It may help to visualize your breath as an ocean wave, moving in and out slowly, yet with great power.
- ✳ Repeat for 5-10 breaths, or until you feel more relaxed.

Practicing this technique regularly is like hitting a reset button. You will increase your oxygen intake and clear your mind while combatting stress. For more details and breathing exercises, see the "[Breath Work](#)" page on HappyHealthyHer.com.

## # 2 - Meditation

Meditation is one of the most difficult activities to define or explain even though it is actually quite simple. Meditating is essentially tapping into the peaceful state within by letting go of all thoughts. It is a gentle, loving practice of acceptance and release.

Simply being still and taking long, centering breaths can put you into a meditative state. Adding in soft, relaxing music or repeating a phrase (mantra) that gives you peace (such as "I am love. I am light" or "Give it to God") can also assist in quieting the mind. Using a Sanskrit mantra can be helpful because the mind is less distracted by the words. Some

examples include *Aham Prema* (I am divine love), *Sat Nam* (true name, true nature), or *Om Shanti* (peace). Repeating the words while focusing on their sound, not their meaning, helps to detach from your thoughts.

There are no specific rules to meditating. However, the process is easier when performed in a quiet space where you can comfortably sit or lie down. Some meditators like to sit cross-legged, while others prefer to sit upright in a chair with their feet in contact with the floor, which is referred to as “being grounded.”

One key to effective meditation is remembering that quieting the mind is a practice. In our busy world, a still mind is not the norm. It is important to accept that fact and trust that through practice you will be able to access your body/mind/spirit’s inherent peaceful nature. While meditating, if thoughts arise simply allow them to pass on by, like floating clouds. Try not to fight your mind or become discouraged. Honor the restless chatter, while settling in to a state of surrender where you let all thoughts, emotions and feelings go. To help yourself refocus, you can always return to repeating a mantra or concentrating on your breath.

Guided meditations can be very helpful, especially for beginners. For more details and for links to free guided meditations visit “[Meditation](#)” on HappyHealthyHer.com.

### # 3 - Journaling

To journal is to write down your thoughts, feelings, or beliefs. Utilizing journaling as a healing tool releases negative thoughts, while encouraging positive thoughts and emotions. This literally frees the body/ mind/spirit from the power and energy contained in those thoughts. It doesn’t matter what you use - a scrap of paper, a bound notebook, or a computer keyboard. The most important component of a journal is its ability to provide **release**. Letting go of your swirling thoughts, worries, and fears helps your mind to attain peace. The trickle-down effect is relaxation in the body.

Again, as in the other relaxation techniques there are very few rules to journaling. However, the following tips can help you get started on a journaling habit:

- ✳ Invest in a journal or notebook in a favorite color or one with a picture that makes you happy. That way the mere site of the journal will train you to relax.
- ✳ Journal at the same time every day, perhaps as you sip your morning coffee or tea, or just before turning in for the night.

- ✳ Use a pen with easy flowing ink so that your hand is able to move as quickly as your thoughts.
- ✳ Don't worry if what you write is illegible, too silly, too angry, or too anything! Your journal is just for you. If your fear of someone reading your thoughts becomes too great, type them out on the computer, then hit "delete," or rip them out of the journal and burn them in the fireplace. You could even make a very symbolic act of tearing the paper into tiny pieces, freeing them from your life.
- ✳ Create a **gratitude journal** where you only write down things for which you are thankful. This helps refocus your attention on all the wonderful things in your life. In addition, according to the Law of Attraction when we focus on positive thoughts like gratitude, we tend to both attract and notice more positive outcomes in our lives.

You can find more tips and tools on journaling for health on the "[Journaling](#)" page of [HappyHealthyHer.com](#).



## Nutritional Remedies

Like the gas in a car, or the foundation of a strong house, food and its nutrients fuel and fortify your body. Everything we put into our body has a major impact on how we feel. Too much of any one substance, especially sugar, saturated fat, sodium, or the chemicals found in processed foods, can knock the body out of balance.

***“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” – Thomas Edison***

Every person's body chemistry, personal tastes, and cultural background is different, so prescribing one particular way of eating for all people is impractical and unhealthy. Luckily, many foods possess inherent healing properties that improve health when added to your diet. The following are a few such helpful nutritional remedies you can easily find in your local grocery store.

## # 4 - Coconut

Coconut is an incredibly unique food. It is considered a fruit, yet unlike most fruits it is a source of saturated fats. For many years, this meant coconut got a bad rap as a food that could potentially raise cholesterol. The truth however is that the medium chain triglycerides (MCTs) in coconut do not have a negative impact on cholesterol levels or heart health. Instead, coconut and coconut oil contain a variety of compounds that aid immune function, decrease inflammation, fight microbes (yeast, fungus, bacteria) and serve as an easily digestible form of energy.

Although coconut is not particularly high in nutrients, what make it so special are its many uses. The liquid inside of a coconut, termed “coconut water,” is isotonic making it ideal for replacing electrolytes. The coconut meat itself can be eaten as a filling snack, or ground into flour and used as a replacement for wheat or corn (which are allergenic for many people.) Coconut meat can also be pureed to make coconut milk which when fortified with calcium and vitamin D, makes an excellent replacement for dairy (another highly allergenic food.) Finally, given its tolerance to high heat, coconut oil can be used as a healthier choice in frying.

In addition to coconut’s nutritional benefits, coconut oil or coconut butter are fabulous, chemical-free moisturizers for the hair, skin, and lips. They are great multipurpose items to keep on hand, as their antimicrobial properties protect and soothe the skin, while lasting a long time. Additionally, the light tropical scent has relaxing aromatherapy properties.

## # 5 - Ginger

Ginger is a warming spice popular in both Chinese Medicine and Ayurveda. Ginger is a root, and according to many ancient traditions, roots are “grounding” foods that are particularly helpful during the fall and winter months when our bodies need to be warmed and nourished.

Ginger root contains potent compounds called gingerols, which have anti-inflammatory and antioxidant properties. Research indicates that ginger is effective at relieving the nausea and dizziness associated with motion sickness. It is also effective in preventing nausea and vomiting during pregnancy (i.e. morning sickness). Due to its anti-

inflammatory properties, ginger has also shown promise in relieving pain conditions such as arthritis.

Finally, ginger helps to stimulate and aid digestion, making it a wonderful spice to add to meals. Because it is quite potent, when using ginger as a seasoning, just a sliver of the fresh root or a ¼ tsp of dried ginger is often all you need to flavor a dish. The warming, soothing benefits of ginger can be obtained in a variety of ways including ginger tea, candied ginger pieces, and powdered ginger.

## # 6 - Garlic

Garlic is helpful at fighting virtually every nasty bug including bacteria, fungi, parasites and viruses. This makes it a powerful ally for your immune system. The active ingredient in garlic is a sulphur-rich compound called allicin. It becomes most potent when you chop fresh garlic and allow it to sit for 5-10 minutes. Chopped garlic makes a tasty addition to soups, salad dressings, marinades, casseroles, and more.

In addition, garlic cloves can be soaked in oil, and then strained out. The resulting garlic-infused oil is antimicrobial, antifungal, and antiviral, and can be used to treat ear infections and fungal infections of the skin.



## Ayurveda – Panchakarma

The healing system of Ayurveda (eye-yur-vayda) began in India over 5000 years ago. With a history like that, it must be good! At its core, Ayurveda is about bringing the body into balance by honoring its natural inclinations (doshas) and rhythms. It focuses on optimizing the body through a variety of practices including:

- ✳ A **healthy diet** that balances the six tastes (sweet, salty, sour, bitter, pungent, and astringent) and includes medicinal herbs
- ✳ Exercise, typically in the form of **yoga**
- ✳ **Stress management** through meditation, breathing (*Pranayama*), music, and aromatherapy

- \* Good **hygiene and detoxification** practices (*Panchakarma*) which include thoroughly cleaning the mouth, eyes, ears, nasal passages, sinuses and throat, and massaging the body

***“If you can’t put it on your tongue, don’t put it on your skin.”***  
**– Ayurvedic Principle**

Following are two easy Ayurvedic healing practices that help the body avoid and eliminate toxins.

## **# 7 - Oil Pulling**

The practice of oil pulling involves swishing oil in the mouth, allowing it to coat the tongue, teeth and tissues, enabling the oil to collect any bacteria or germs, and then discarding the oil. It is similar to the more conventional practice of rinsing your mouth with mouthwash. However, instead of using mouthwash, which often contains drying alcohol or harsh chemicals, you use high quality oil such as sesame or coconut oil. The added benefit of using coconut oil is that, as you already learned, it is able to kill a variety of microbes.

To perform oil pulling:

- \* Place approximately **1-2 teaspoons of oil** into your mouth. NOTE: sesame oil is liquid at room temperature, whereas coconut oil may be solid. You may wish to warm the oil first; otherwise, you will have to hold it in your mouth for a moment until it liquefies.
- \* Swish the oil in your mouth, moving it between your teeth vigorously.
- \* Swish for as long as you can – ideally **5-20 minutes**.
- \* Then spit the oil into the garbage to dispose of not only the oil, but also the bacteria and germs drawn into it. Do not dispose of oil through the sink as it can harden in the pipes.

Oil pulling draws toxins from the mouth (and some say from the entire body), while also hydrating the oral tissues and cleaning the teeth. Those who practice daily oil pulling report stronger, whiter teeth, and fewer cavities.

## # 8 - Nasal Irrigation

You may not give much thought to cleaning your nasal passages, but you really should. Most germs and viruses invade through the mucus membranes. Likewise, sinus infections occur when bacteria enter through the nasal passage and are trapped within the sinuses causing swelling and pain. By keeping your nasal passages clean through daily nasal irrigation, you will wash away the allergens, bacteria, and viruses that could otherwise lead to illness or breathing difficulties.

The process of irrigating and cleaning the nasal passages is very simple and requires just a few tools:

- ✳ A **neti pot**, **squeeze bottle**, or **bulb syringe**
- ✳ **Saline solution** or non-iodized, USP grade **sodium chloride**
- ✳ **Warm filtered water** (distilled, sterile, or boiled and cooled)
- ✳ **Essentials oils** (optional) – peppermint and eucalyptus are particularly good for cooling and clearing the nasal passages

Nasal irrigation is easiest to complete during your daily shower, because it is less messy. In addition, by incorporating it with your daily hygiene routine, you are more likely to stick to this healthy habit. It can also be done over the sink any time you desire. The steps include:

- ✳ First, prepare your neti pot or squeeze bottle by making sure it is clean and sterile.
- ✳ Then fill the chosen device with saline solution or warm, filtered water combined with sodium chloride (most bottles come with instructions for the correct ratio of salt to water). If you wish, add a few drops of essential oils.
- ✳ **If using a neti pot**, tilt the head to the side and pour the water into one nostril, allowing it to run out the other nostril. Tilt your head to the other side and repeat the process.
- ✳ **If using a squeeze bottle** or bulb syringe, tilt your head forward, insert the bottle into the left nostril, give a gentle squeeze, exhale through your nose and swallow slightly (to relieve any built up pressure). Then repeat in the right nostril, always going slowly. As you get more comfortable with the process, you may choose to alternate the squeezes and exhales in short bursts to clear the nasal passages quickly of any debris.

- \* Always remember that the sinus tissue is very delicate, and nasal irrigation can cause pressure to build up in your ear canals. After you have finished the process, blow your nose gently.
- \* Rinse and clean your nasal irrigation device and make sure it can dry fully so that bacteria will not grow.

With practice, cleaning your nasal passages will become as routine as brushing your teeth. Being able to breathe with greater ease is such a positive benefit you will wonder why you hadn't learned about it sooner.



## Essential Oils

Extracted from plants, essential oils are healing aids straight from nature. Their complex qualities make them amazingly effective at killing germs and assisting the immune system.

Using fragrant essential oils is also an incredibly easy way to tap into the relaxing and energizing qualities of aromatherapy. The only caveat – be careful with full strength oils as they can cause burns or irritation. Simply diluting most essential oils in a carrier oil (jojoba, coconut or olive oil) eliminates this problem.

The following multipurpose oils are gentle yet effective, and they don't require dilution.

### # 9 - Lavender Oil

Best known for its ability to promote relaxation and restful sleep, lavender is a popular scent in beauty products and air fresheners. You can make your own fragrant perfume or massage oil by combining a drop of lavender oil in your favorite cream or oil. Given its relaxation benefits it is particularly soothing when added to a warm bath along with 1/2 cup of Epsom salts. Placing a drop on a pillow or on a sachet placed by the bedside is a great way to utilize its calming aromatherapy properties.

Lavender oil is also a helpful addition to any medicine cabinet, as it possesses antiseptic and anti-inflammatory qualities. It can be used on minor cuts, for fungal infections of the skin, and even for acne.

Finally, lavender oil is a great addition to the laundry. It provides a clean fresh scent while killing germs and dust mites.

## # 10 - Tea Tree Oil

Like lavender oil, tea tree oil is an excellent addition to a medicine cabinet or first aid kit. Tea tree oil is antibacterial and antifungal making it ideal for treating cuts and scrapes. It also works well on skin inflammations including burns, acne, bug bites, athlete's foot, and more.

Tea tree oil is also helpful at relieving ear infections when applied gently using a cotton swap, and for soothing throat infections when used as a gargle. Its scent is not nearly as pleasant as that of lavender oil. But, some find the crisp earthy scent to be refreshing, and what it lacks in scent it makes up in effectiveness.



## Homeopathy Essentials

Homeopathy is a healing system based on the philosophy that “like cures like.” Homeopathic remedies are selected based on an individual’s unique symptoms. These remedies are made from natural ingredients formulated in infinitesimal amounts. The remedy simply kicks the body into action, helping it to heal.

In general, homeopathy is best practiced by a licensed homeopath who is able to carefully assess your symptoms in order to select the remedy that is perfect for you. However, there are homeopathic remedies that provide effective relief without requiring a professional evaluation of your symptoms. The following two remedies are particularly helpful for symptoms that plague us all on occasion.

## # 11 - Arnica Montana

Muscle soreness due to strenuous activities, minor injuries, or even daily activity is quite common. Arnica Montana is very effective at relieving sore muscles and decreasing the swelling or bruising of minor injuries. Arnica can be used as a topical gel (for mild effects) or as a traditional homeopathic pellet taken under the tongue when soreness arises.

## # 12 - Calendula Cream

Calendula (ka-len-jew-la) cream, which is derived from the calendula flower (or pot marigold) makes a great addition to a first aid kit because it is incredibly effective at healing minor wounds like cuts and scrapes, or soothing burns from cooking or sunburn. It even helps to stopping bleeding. Since calendula cream is safe for ingestion, it is an excellent choice in treating skin abrasions on animals like dogs and cats that are prone to licking their wounds.

*So there you have it - a dozen of the **easiest, natural remedies** to give your health an instant boost! Customize your own healing toolkit with the choices that feel best to you. Find lots more remedies and healing tools, along with inspiration and support at [HappyHealthyHer.com](http://HappyHealthyHer.com).*

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## About HappyHealthyHer.com

*I hope you've enjoyed this overview of some of my favorite natural healing tools. I'm Michelle Gibeault Traub, MA, RDN, the editor of [HappyHealthyHer.com](https://happyhealthyher.com). I created both the website and this free guide after discovering the power behind natural healing. I have been a Registered Dietitian (Nutritionist) since 1997, so I have understood the power of food and nutrition for well over two decades. However, it wasn't until I completed a master's degree in Integrative Healing in 2012 that I realized how amazing the interplay between body, mind, and spirit are in helping us to live a balanced life filled with happiness and good health. I hope that by learning this information you will uncover your own amazing power in becoming and staying **Happy** and **Healthy**.*



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