

Did you know that...

- tea tree oil recognises the difference between good and bad bacteria and will only attack the bad, leaving the good to help us fight off an infection?
- squeezing your little pinky toe can clear your sinuses?
- black pepper helps increase the hydrochloric acid in our stomachs and therefore helps us to digest our food more effectively?
- garlic can help repair a damaged liver?
- chromium can help reverse early stage diabetes and broccoli is an excellent source of chromium?
- you can stop a heart attack with cayenne pepper and a certain acupressure point?
- your liver might be the reason that you constantly wake up at 3 am?

Discover how simple everyday steps can dramatically transform your state of health and enhance your quality of life.

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For Review

*“There is no such thing as perfection,
there is only balance.”*

– Juliet Kelly-Wong



Whether it’s the common cold, allergies or a persistent skin condition, natural therapist Juliet Kelly-Wong opens us to the world of natural alternative treatments that have changed her life, with the ultimate goal to restore the natural balance inside all of us and set us on the path to good health.

Combining wisdom and remedies from East and West in the forms of acupressure, aromatherapy, foods as medicine and Bach flower remedies, this book is a comprehensive guide to alternative sources of healing and treatments. These simple and effective methods have helped humankind fight common ailments for centuries.

Learn:

- How overconsumption of antibiotics and drugs affects our bodies
- How over-sanitising affects the environment we live in
- What foods to include in a healing pantry
- How to use essential oils and Bach flower remedies effectively
- What to include in an emergency first-aid kit
- How to combat over 70 health conditions with specialised treatment plans



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Simply Natural Health

Juliet Kelly-Wong



Simply Natural Health

HARNESSING THE
HEALING POWER OF NATURE
ACUPRESSURE • AROMATHERAPY • FOOD AS MEDICINE

Juliet Kelly-Wong



Juliet Kelly-Wong

Diagnosed with multiple sclerosis (MS) at 19 and told by doctors that she would be in a wheelchair by 30, Juliet Kelly-Wong was determined not to let her health condition get the better of her. She turned to the alternative side of medicine for answers. Twenty-eight years later and symptom-free, she is now the founder and practicing natural therapist at The Natural Clinic and has spent the last decade treating and teaching others how to restore their health without the need for harmful medications. Juliet’s goal is to help others restore balance in their lives and ultimately give them an alternative choice in health.

For Review Only

Simply Natural Health

HARNESSING THE
HEALING POWER OF NATURE
ACUPRESSURE • AROMATHERAPY • FOOD AS MEDICINE

Juliet Kelly-Wong

For Review Only

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This book is dedicated to my
husband Nicholas and to our two children
Christopher and Sophia, who have been my willing guinea pigs
for many of the following remedies, and for this I am thankful.
They have made my life complete in so many ways.

For Review Only

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For Review Only

Preface

I started practicing as a natural therapist in 2007 with a combination of different therapies — namely acupressure, cupping, moxibustion, aromatherapy and nutrition. At that time, I did not realise the healing powers that I had in my hands.

As I now learn and have expanded my knowledge and continue to work with my patients, it has become evident to me that there are definite holes in the world's conventional medical knowledge. Don't get me wrong, medicine is now able to do the most amazing things but with all its complex machines, diagnostic tools and amazing drugs, it has also failed to embrace the simplicity of how the body works. Our bodies are always telling us something but medicine sometimes fails to listen, and instead relies on machines and drugs to give us the answers.

As natural therapies gain strength, the time has come for doctors to learn to embrace and incorporate their vast medical knowledge and diagnostic tools with the simplicity of nature as well as the ancient 5000-year-old diagnostic system of acupressure and acupuncture to truly understand what our bodies are trying to tell us. At this juncture I would like to quote a portion of the Hippocratic oath that doctors were and still are historically made to take before they start to practice: "I will remember that there is an art to modern medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug. I will not be ashamed to say 'I know not', nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery". Based on the original writing of Hippocrates, this was written in 1964 by Louis Lasagna, Academic Dean of the School of Medicine at Tufts University, and is used in many medical schools today.



For Review Only

Introduction

Congratulations on embracing the simply natural approach to healing yourself, your family and friends! I hope that what you will read in this book will change the way you look, feel, and perhaps live — all for the better.

Adopting these few simple, straightforward — yet often neglected — ways of treating yourself may make as profound a difference to you and your loved ones as they have to me and mine.

If you have read the preface, you will know what I was up against prior to investigating alternative treatments and simple ways of treating myself. The success I had — with myself as a guinea pig — led me to become who I am today. A healthy and happy wife and mother, not to mention a fully qualified natural therapist practicing in Singapore. I am qualified in the Traditional Chinese Medicine (TCM) art of acupressure, in aromatherapy, nutrition, kinesiology (Touch for Health) and the Bach flower remedies. The combinations of these remedies in the treatment of my patients and the results that have been realised have been more than encouraging. Many of my patients can attest to this!

None of these methods are new or different, but what I believe in is the combination of them. Never is there one method that is 'better' than the other, but it's the synergy and combination of these different areas working together where we see positive and lasting results.

I work with my patients in a very physical way, encouraging and restoring flow and balance with the use of acupressure points, which I combine with essential oils. I also explain how different foods can positively and negatively affect our systems and then instruct my patients how to use various foods as medicines.

I strongly believe that the emotional side of healing is crucial and I deal with this again through a combination of acupressure, essential oils and Bach flower remedies (more on all these methods in Part Two – Mother Nature's

Medical Kit). From the common to the complex, this combination of methods has proved to be highly effective. My only frustration as a therapist is that I wish more people could learn and experience this simple, natural system of healing, which is why I decided to write this book.

THE AIM OF THIS BOOK

Through and with this book, I want to empower and encourage you to realise that "we all have a physician inside us" and when it comes to our health, we can do more than we think to help our families and ourselves through nature and trusting our instincts.

This is really the crux of this book: giving you the tools to start and support healing without immediately reaching for conventional medicines, which can frequently be both harmful and avoidable.

The book is divided into 3 parts:

Part One will look at our health and the aspects of modern life that may be damaging our health and our immune system. Here, I encourage you to start asking questions about all the different elements that are affecting the health of individuals in this modern world, but at the same time give you confidence and knowledge that we still have the chance to make better decisions for our families and ourselves when it comes to health.

Part Two is called Mother Nature's Medical Kit. Here, I describe in detail all the ingredients that I use in my treatments: e.g. why you are being asked to drink cabbage juice and baking soda on an empty stomach to help your heartburn? This is to help people understand the varied and effective healing properties of foods, herbs and essential oils, so that you can perhaps use them in many other ways outside of this book.

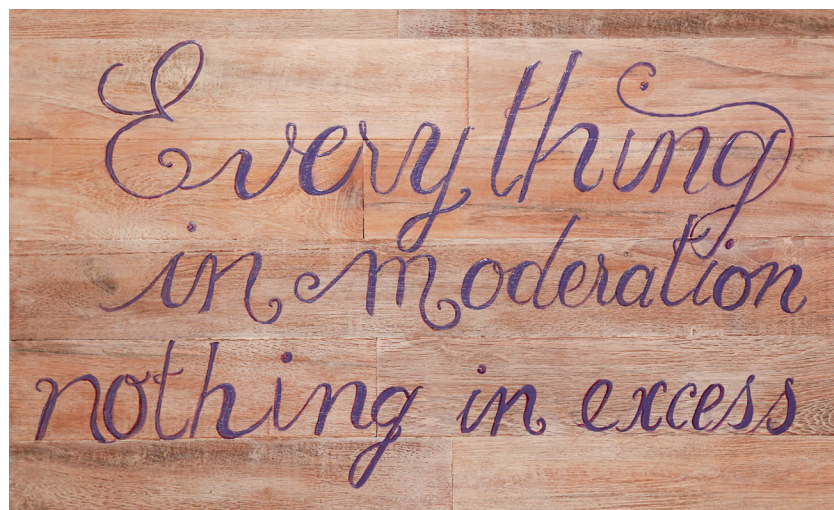
Part Three is an A–Z list of health concerns, which includes many of the conditions I have treated hands-on at my clinic as well as some standard conditions that I manage to treat by advice alone (e.g. lice and athlete's foot). The preponderance of the latter examples is what actually inspired me to write this book — realising that each of us has the possibility of becoming a healer with a little help and

expert guidance. Particularly if the guidance is followed. Just as reading this book will not qualify you as a natural health practitioner, not following the steps I recommend correctly will not alleviate a condition.

The step-by-step instructions are important, as they are the key to making nature work for you.

For example, it's easy to be told that manuka honey is great for colds or burns but how do you actually use it? My aim is to help you follow the same procedures that I use and give to my patients, along with time frames and specific instructions, to make sure that nature works for and heals your condition.

On this note I wish you luck with your endeavour to follow 'an alternative choice in health'.



This sign hangs on my clinic wall and I refer to it daily. I truly believe that "everything in moderation, nothing in excess" is how we should all strive to live, and I am not alone. The reference to moderation has been expounded on by Plato, Aristotle, Mark Twain and Benjamin Franklin, and is found inscribed

in the temple of Apollo at Delphi, and is even referenced in the Bible, so, as you read this book, I want you to keep this in mind.

This book is about providing information and allowing you to take what you need and figure out what works for you. Remember too that all the life changes you might want to make can't be achieved in a day, so relax and just do what you can and the rest will follow.

Finally, I want to say, this book is not a guarantee. I can't guarantee you will never need antibiotics again, but I can assure you that if you follow the steps and start this natural journey early, you will find you may be able to cope without them. If you feel something is beyond your capability do not feel guilty. Follow your instinct and seek medical advice. Never put a family member, yourself or anybody at risk.

What I really want to teach is that we can't be perfect, but we can always do something. The key to good health is moderation and knowing what to do.



For Review Only



OUR HEALTH

Since the start of my clinic in 2008, I have seen a huge increase of interest in approaching health through more natural means. I attribute this to a few different reasons: the worry of drug resistance is very real and being talked about more and more, people are finding that medicines often only help temporarily, and that they are just not getting the answers they want from modern conventional medicine. Why exactly are cancers, autoimmune diseases, diabetes and autism so much on the rise? Why are our guts becoming so sensitive? What else can I do to keep myself healthy besides popping pills? These questions are what I get asked all the time and it is these questions that I will try to answer in this book. What you are about to read are just my honest observations together with simple research and first-hand experience from my own health issues and from working with my patients over the past 10 years. I hope some of your questions get answered or at least start you on a natural path to your own health.

In these very modern times, we are actually a generation of people that are becoming less and less healthy each year. Here are some of the factors that have contributed to our decline in health.

CANCER

Cancer is the number one killer in the world¹. Fourteen million new cases of cancer are diagnosed every year, and there are 8.2 million deaths from cancer a year².

Around one third of cancer deaths are due to the five leading behavioural and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use and alcohol use.

The number of new cases is expected to rise by about 70% over the next two decades.

DIABETES

The number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014.

The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014. Diabetes prevalence has been rising more rapidly in middle- and low-income countries. Almost half of all deaths attributable to high blood glucose occur before the age of 70 years. World Health Organisation (WHO) projects that diabetes will be the 7th leading cause of death in 2030.

AUTOIMMUNE RELATED DISEASES

Autoimmune diseases are now the number two cause of illnesses after cancer. Over the past 50 years, multiple sclerosis (MS) rates have nearly tripled in many countries such as Finland, the UK, the Netherlands, Denmark, Sweden, Norway, Germany, Italy and Greece. In many developed countries, MS diagnosis has been rising at nearly 3% a year. Rates of increase of the numerous other autoimmune diseases — scleroderma, Crohn's disease, Addison's disease and polymyositis — show the same alarming pattern.

The rapid increase in these numbers is being blamed on environmental factors.

AUTISM SPECTRUM DISORDER

Autism spectrum disorder (ASD) is the fastest growing neurobiological condition in the world.

In his 2009 article, *Autism Statistics*, Dr. Arthur Schoenstadt stated that "experts estimate that 2 to 6 children out of 1,000 will have autism in the coming years. The impact on education, families, and the healthcare system will be staggering. Autism is considered a lifelong disability. As these children grow, they will require continued long-term care as adults."

ALZHEIMER'S AND DEMENTIA

Nearly 44 million people in the world have Alzheimer's or a related dementia⁴.

The global cost of Alzheimer's and dementia is estimated to be \$605 billion, which is equivalent to 1% of the entire world's gross domestic product⁵.

There was an estimated 46.8 million people worldwide living with dementia in 2015. This number will almost double every 20 years, reaching 74.7 million in 2030 and 131.5 million in 2050. Much of the increase will be in developing countries. Already 58% of people with dementia live in developing countries, but by 2050, this will rise to 68%⁶.

OBESITY

Worldwide obesity has nearly doubled since 1980.

In 2008, more than 1.4 billion adults, aged 20 and older, were overweight. Of these, over 200 million men and nearly 300 million women were obese.

Overweight and obesity are the fifth leading risk for global deaths. At least 2.8 million adults die each year as a result of being overweight or obese.⁷

¹The World Health Organisation

²Cancer Research UK

³World Health Organisation

⁴Alzheimer's Disease International

⁵Alzheimers.net

⁶Alzheimer's Society

⁷The European Association for the Study of Obesity



For Review Only



MOTHER NATURE'S MEDICAL KIT

Now is the time to share all the tools that I use to treat the conditions detailed in Part Three. Creating your own Mother Nature's Medical Kit is neither difficult, expensive nor perplexing. In fact, it is simply rewarding.

There are four very important sections here:

CREATING YOUR HEALING PANTRY

How to use foods, herbs and natural products for health, most of which can be found in your kitchen cabinet or local supermarket.

HEALING WITH ESSENTIAL OILS

How to use and combine essential oils to optimise healing.

HEALING POINTS

How to use acupressure to support healing.

HEALING THE EMOTIONS: THE BACH FLOWER REMEDIES

How to use the Bach flower remedies to restore emotional health.

The beauty of using the tools that Mother Nature has given us in the forms of food, plants, herbs and acupressure points is that we are working with our bodies and nature to heal ourselves. As a result, we can get rid of bacteria, fungus, viruses and parasites with no harmful side effects. Our systems are left stronger and healthier by the time these problems are gone. This is very different from conventional medicine, which can upset the body's balance and sometimes create a new problem as a side effect.

The following list of foods, herbs, essential oils and Bach flower remedies are all the ingredients that I use to treat the conditions described in detail in Part Three.

I personally use these on my patients, family and friends and have had excellent results time and time again.

CREATING YOUR HEALING PANTRY

ALOE VERA

Whether taken as a drink, eaten or used as a gel, aloe vera has a multitude of healing properties. It contains high levels of Vitamins A, C, E, B12, folic acid and choline — all of these vitamins are crucial for a strong immune system and support the antibacterial properties of aloe. Aloe vera also contains an enormous amount of enzymes, which help to fight inflammation. Packed full of essential minerals like potassium, magnesium, sodium, chromium, calcium, selenium and zinc, just drink a shot of aloe vera juice first thing in the morning if your mineral balance needs a boost. High in antioxidants, it accelerates healing of all kinds due to its high mineral content: it was also used as a means to control diabetes for centuries.

ASPARAGUS

Asparagus is loaded with fibre, folate, Vitamins A, C, E and K as well as the mineral chromium. This vegetable is also a rich source of glutathione — a detoxifying compound that helps break down carcinogens and free radicals. Asparagus has been found to help our brains fight cognitive decline. It delivers folate, which works with Vitamin B12 to help prevent cognitive impairment.

It is also known to help with liver drainage. The liver is responsible for filtering out the toxic materials from the food and drinks we consume. Often, toxins can block up the drainage and asparagus has a bit of a *draino* effect which unblocks that "drain".

Asparagus also contains high levels of the amino acid asparagine, which serves as a natural diuretic. Being a diuretic, this not only helps the body to release unnecessary fluids, but it also gets rid of excess salts which can really help those with oedema, high blood pressure and kidney stones.

AVOCADOS

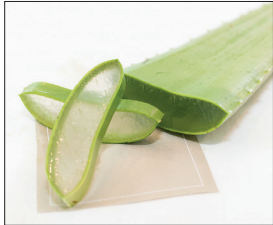
Avocados are full of Vitamins K, C, B5, B6, E, folate (which helps us absorb B12) and potassium. They used to have a bad reputation as they are, indeed, high in fat. However, this fat is a good fat, which we now know, is incredibly important for us. Good fats provide essential fatty acids, keep our skin soft, help our bodies deliver fat-soluble vitamins and are a great source of energising fuel. Avocados also help our bodies to reduce LDL (bad cholesterol), raise HDL (good cholesterol) and are key in reducing high triglycerides. Avocados are also one of the most potassium-rich foods we know of — even richer than bananas. Therefore, avocados will also help to regulate blood pressure.

BAKING SODA OR BICARBONATE OF SODA

Throughout this book, most of the remedies will make use of baking soda (bicarbonate of soda). Baking soda is one of my all-time favourite remedies. It comes from the earth and should be viewed as one of the most useful substances in the world as it can actually save lives. How? Drinking a small amount of baking soda helps to alkalise our bodies and our cells rapidly. Most of our health problems (indeed most diseases in general) are a result of our systems being too acidic. Most of the modern foods we eat encourage this acidity and leave us susceptible to diverse problems. Baking soda can correct this acidity within seconds and turn us into balanced alkaline people. Fungus, viruses, bacteria and even cancer cells do not like alkaline surroundings, so the benefits are immediate.

BEETROOT

Beetroots are high in immune-boosting Vitamin C, folate, fibre, potassium, iron and manganese. They also contain something called betaine, a nutrient that helps protect cells, proteins and enzymes from environmental stress. Beetroots are also known to help fight inflammation, protect internal organs, and improve vascular risk factors. As if that were not enough, they help lower blood pressure and enhance physical performance.



TIP

If you have a sunburn or have burnt yourself on something hot, apply the gel on your skin for instant relief.



TIP

Drink a glass of beetroot juice before physical exercise. This has been documented to increase athletic performance.



TIP

With a pepper grinder, grind black pepper into all your food and even into your juice in the morning.

Beetroots are also high in the phytonutrient department — this is what gives them their beautiful crimson colour. These phytonutrients are now recognised as helping to fight off cancer. Research has shown that beetroot extract can reduce multi-organ tumour formations in animals and it is now being studied for use in humans, particularly those being treated for pancreatic, breast and prostate cancers. Beetroots don't just protect us and enhance our well-being — while possibly killing off cancer cells — but they are also incredibly good at detoxifying. Beetroots help to bind toxins to other molecules so that they can be excreted from our systems. This helps to purify the blood and liver. Who can argue with that?

BLACK PEPPER

Black pepper is a rich source of manganese, iron, potassium, Vitamin C, Vitamin K, chromium, calcium and dietary fibre. Black pepper stimulates the taste buds in such a way that an alert is sent to the stomach to increase hydrochloric acid secretion, thereby improving digestion. Hydrochloric acid is necessary for the digestion of proteins and bicarbonates. When the body's production of hydrochloric acid is insufficient, food may sit in the stomach for an extended period of time, leading to heartburn or indigestion. Not only does black pepper help us derive the most benefit from our food, but the outer layer of the peppercorn also stimulates the breakdown of fat cells and stimulates metabolism.

Finally, and most importantly, black pepper helps us to absorb and activate various nutrients such as Vitamins A, C, B12, selenium, beta-carotene and the *curcumin* from turmeric. So, basically, we can take or eat huge amounts of these vital nutrients but may not absorb or access their benefits. Thank goodness for black pepper, which helps us to do this in such a pleasant manner every day.

BROCCOLI

Broccoli is so packed full of vitamins and minerals that it should be looked at as a multivitamin food, as it really has a little bit of everything we need. Of the many nutrients that broccoli has, the two things that really stand out to me are the levels of chromium and sulforaphane.

Broccoli is an excellent source of chromium, which can help prevent and even reverse the onset of diabetes.

Sulforaphane is thought to have protective effects against various types of cancers, but also, specifically, helps the body to work with the enzymes in the liver to turn toxins into something our bodies can eliminate easily.

CABBAGE

Forget oranges. Cabbage is one of the vegetables that is most packed full of Vitamin C — one cup of cabbage will give us 75% of what we need every day — and drinking it as juice doubles its potency.

Sulphur compounds found in cabbage have natural antibacterial properties as well as effective cancer-fighting properties. Cabbage's antibacterial properties work inside the body's cell processes and aid in detoxifying major organs. These same properties help to boost the immune system, which increases the body's resistance to invading bacteria and viruses.

Naturally antibacterial, eating shredded raw cabbage in salads, as a side dish in the form of coleslaw, or drinking fresh cabbage juice (with manuka honey added to sweeten it) is an excellent way to fight bacterial infections, detoxify the system after taking any medication, improve digestion and heal the stomach lining and stomach ulcers.

CAYENNE PEPPER

The active ingredient in cayenne pepper is called capsaicin and it is what gives the heat and power to the pepper. Cayenne is a powerful and pure stimulant — it increases the power of the pulse and helps to carry blood to all parts of the body, which improves circulation and therefore benefits the cardiovascular system. As it has such a powerful effect on the circulation, it is well-documented that cayenne is a cardiac tonic that can help to rebuild the heart. Even more importantly, it can stop a heart attack. It does this by forcing the circulation to flow and restoring balance to the circulatory system.

Cayenne pepper is also a haemostat, which means that, applied topically, it can stop the flow of blood from a wound in seconds, and so it would be ideal to have cayenne pepper in your first-aid kit.

Cayenne pepper also breaks down mucus buildup and helps the body to flush mucus from the system. Once the mucus is removed, general relief from head cold and flu-like symptoms usually follow quickly.

TIP



If it's the time of the year where lots of sweets are being consumed (e.g. holiday seasons or birthdays), make sure you serve lots of broccoli as the high levels of chromium in broccoli will help to counteract the bad effects that sugar has on our bodies.



For Review Only

FIRST AID

Let's not beat about the bush. An emergency is an emergency. In any of the following situations, first call for an ambulance or doctor to come to your aid.

You can then apply my emergency techniques whilst either waiting for medical assistance or on the way to seeking medical attention.

You need the following few items in your basic home Emergency First-aid Kit to treat the most common medical emergencies. It is worthwhile ensuring that you have all of them at hand as you never know when an emergency may occur.

EMERGENCY FIRST-AID KIT

- Baking soda
- Cayenne tincture (see recipe below)
- Cayenne pepper powder
- Frankincense essential oil
- Lavender essential oil
- Manuka honey UMF 15+
- Sea salt or liquid minerals (sodium, potassium and magnesium)
- Sterile cloths
- Syringe (for oral use only)
- Tea tree oil
- Turmeric powder

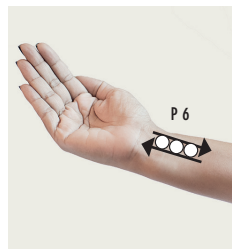
Cayenne Tincture

170 g cayenne pepper powder
470 ml vodka

Method

Combine cayenne pepper powder and vodka in a jar. Mix well, then seal the jar and put it in a dark cupboard. Let sit for 3–4 weeks, shaking it up every other day. Strain mixture through a muslin cloth, coffee filter or a nut bag. Place the tincture in a dark bottle or in a dark area. Use when called for.





HEART ATTACKS

Apart from administering CPR, immediately give 1 teaspoon of the cayenne tincture (page 97). If you can give this in a drink (ideally a little warm water, juice or tea), do so, otherwise, syringe it directly into the mouth. Press acupressure point P 6 for 30 seconds at a time. Release for a second and then continue. Repeat this until the condition improves or until help arrives. Keep sipping the cayenne tincture.



STROKES

Mix 1 teaspoon cayenne tincture (page 97) into a little warm water and get the person to drink it if they are able to. If not, syringe it directly into the mouth. Make a very small incision with a sterilised needle on the top of the middle finger of either hand. This will relieve the pressure from the brain. Press on the acupressure point Du 26.



FAINTING

Press acupressure point Du 26 with your fingernail until the person starts to revive. Release and then hold again for another 30 seconds. Give 4 drops of Bach rescue remedy (page 89).



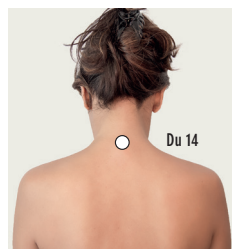
SEVERE ALLERGIC REACTIONS

Allergic reactions can manifest themselves in many ways. Symptoms can appear as hives, swelling, breathlessness, sneezing, itching and watery eyes. Allergic reactions can come on very quickly.

If the allergy is more of a reactive type (sneezing, hives, swelling, breathlessness etc.), quickly make a mixture of 1 teaspoon turmeric powder with 1 teaspoon manuka honey UMF 15+. Either feed it to the person from the spoon, dilute it in warm water for drinking or syringe it into the mouth.

As allergic reactions are known to quickly affect both a person's breathing and swallowing capacities, it is very important to get the person to rest until further help arrives.

While the person is resting, press acupressure points Du 26, St 36 and Liv 3 for 30 seconds each.



ANAPHYLAXIS

Most people who know that they have a dangerous allergy (or anaphylaxis) will carry an EpiPen with them. If the allergy is a first off, or the EpiPen is mislaid, press acupressure points St 36 and Du 26. Try to keep constant pressure on the Du 26 point. Get emergency medical help as quickly as possible.

CUTS

For deep cuts that are bleeding uncontrollably, pour cayenne pepper powder onto the cut. Cover with a clean/sterile cloth and apply pressure. This should stop the bleeding until you can reach medical attention or until it reaches you. If you are uncomfortable applying cayenne, drop 5 drops each of tea tree and lavender essential oils onto a sterile cloth, hold this over the cut and apply strong continuous pressure until you get help. The problem with not using the cayenne and using the latter method is that when you remove the pressure from the cut, it might start to bleed again. For minor cuts, see page 148.

SUNSTROKE

This condition is much more serious than is commonly believed: it can quickly become very dangerous for the vital organs. Firstly get the person out of the sun and heat as fast as possible. If you are at home, get the person into a cool bath and add 1 cup of baking soda, 1 cup of Epsom salts, 2 drops each of peppermint and eucalyptus *globulus* essential oils. If there is no bath available, get the person into a cool shower or get a bowl of cool water with some Epsom salts, baking soda, peppermint and eucalyptus essential oils, and sponge him or her down with a cloth. Make a drink with room temperature water with 1 teaspoon baking soda added to it or water into which you have added 1 teaspoon of minerals (magnesium, sodium and potassium). If you don't have any of the above, add 1 teaspoon of salt (preferably good quality rock, sea or pink salt, but any salt will do in an emergency) and 1 teaspoon of sugar or honey into water or juice and drink. Repeat every hour until the sunstroke victim is feeling better.

The best drinks to alleviate the symptoms of sunstroke, in addition to the rather salty concoctions above, are coconut water or mango juice, both of which contain heaps of healing electrolytes.

Rub acupressure point Du 14 in a clockwise direction.