Wet Sheet Pack

"If Vincent Priessnitz had never done anything else for mankind but to have discovered and brought into use this form of bath (wet sheet pack) he would have done enough to make him immortal." James C. Jackson

Material:

- Table
- Single cotton sheet
- Two blankets
- Pillow

Procedure:

- Warm up the person in a shower, bath, or sauna, but not to sweat
- Place both blankets on the table, short side towrds you on the first, short side away from you on the second
- Dip the sheet in cold water and ring out so it doesn't drip
- Lay the cotton cold sheet on the blankets and immediately wrap the person with the cold sheet, the first blanket and then the second blanket
- NOTE: If the person is claustrophobic, leave the arms out of the wrap
- Check to make sure the person warms up within 10-15 minutes –If not, redo the outside of the pack, if still not warming, remove them and have them finish with a warm shower
- Person can be kept in this pack for 45 minutes - 1 hour 30 minutes.

Good for:

- Stress
- Anxiety
- Fever

Not good for:

- Weak heart
- Diabetes or other circulatory problems

Neutral Tub Bath

Sedative relieve hypertension

Material

-Bathtub
-Water thermometer
-Bath pillow or towel

Procedure

Fill tub with neutral water temperature 94-98, add warm water as needed to maintain temperature, duration 30-45 minutes. Dry without friction, go to bed and rest for at least 30mins.

Good for

-Insomnia
-Nervousness

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Hops and Skullcap Other herbs traditionally combined with valerian root include hops and skullcap. Hops (*Humulus lupulus*) is a plant native to Britain that is well known for its use in making beer. In the herbal world, hops is also used as a sedative and for its sleep-inducing effects. Skullcap (*Scutellaria lateriflora*) grows in Europe and North America, and was traditionally used to treat epilepsy. It has a sedative effect on the nervous system.

Valerian: The Herbal Valium One of the most important of these remedies is a herb known as valerian, which has been studied in several well-designed clinical trials. A placebo-controlled study of 128 patients showed that giving 400 to 900 mg of valerian root at bedtime resulted in a decrease in sleep latency (time required to fall asleep at night) and a reduction in night awakenings, as well as in increase in dream recall. All this was accomplished with no hangover effect. The lower dosages of valerian were shown to be as effective as the higher dosages in this study. A German study found that the combined effect of valerian root and lemon balm on the sleep patterns of 20 volunteers compared favourably with triazolam, a tranquilizer in the valium family.

Seattle naturopathic physician Dr. Donald Brown uses valerian root in combination with lemon balm and passion flower for the treatment of insomnia.

The secret for a good night's sleep is a complete digestion of all the day's dietary, mental and emotional experiences. Over 40 million sleeping pill prescriptions are handed out in America each year. When one category of drugs loses its efficacy, patients switch to a newer and stronger knock-out prescription. Drug dependence continues for years.

Physicians actively encourage the use of sleeping pills because it seems to be the easy way out. Clearly there is something wrong! More so when insomnia is one of the most easily treated conditions through natural and common-sense means. To overcome the problem it's important to develop an attitude whereby you continually remind yourself that if you are not getting any sleep you can easily make it up tomorrow (you can take a nap in the afternoon if you're really tired). It is also important to adhere to a regular, scheduled routine of diet and sleep.

Hydrotherapy is excellent. Application of hot packs to the spine or an alternate hot/cold foot bath at bedtime relaxes the stressed body. A simple hot bath 15 minutes before bedtime also produces a feeling of blissful lethargy.

Exercise daily. If we get tired by a long walk after dinner nature will force us to sleep. Regular active exercise during the day also helps. Exercise produces hormonal changes which are beneficial to the body and which fortify the sleep pattern. Vigorous exercise should, however, be eschewed since this can stimulate the system instead of relaxing it.

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Digestive System

1. Choose the correct order for the digestive system.
    a. mouth, stomach, esophagus, small intestines, large intestines
    b. mouth, small intestines, large intestines, esophagus, stomach
    c. mouth, esophagus, stomach, large intestine, small intestine
    d. mouth, esophagus, stomach, small intestine, large intestine

2. Which part of the digestive system makes food mostly liquid?
    a. stomach
    b. esophagus
    c. small intestine
    d. large intestine

3. The small intestine is about ____ feet long.
    a. 50
    b. 20
    c. 10
    d. 1

4. The first 10 inches of the small intestine is called the _____.
    a. epiglottis
    b. epidermis
    c. dendrite
    d. duodenum

Facts about the digestive system

- The human stomach produces about 2.5 litres of gastric juice every day
- Your intestine harbours around 100 trillion bacteria of 400 different species
- The human stomach produces a new layer of mucous lining every two weeks, otherwise the stomach would digest itself
- Muscles contract in waves to move the food down the esophagus. This means that food would still get to a person's stomach even if they were standing on their head
- The human body takes about 6 hours to digest a high fat meal and takes 2 hours for a carbohydrate meal
- Your digestive tract is probably about 9 meters long
- You feel hungry because your body receives signals that your cells need energy

The Link Between the Brain and the Gut

- The gut affects our mood more than we think. Did you know that 72% of people who suffer digestive discomfort from time to time say that it affects them emotionally? 31% say that they're not at their best, and 25% say that they're bad tempered and 15% feel unattractive
- 95% of serotonin, the body's feel good hormone, is produced in the gut
- The intestine can be regarded as a sensory organ as it sends messages to your brain. Did you know that the digestive system is home to up to 100 million neurons, more than in either the spinal cord or the peripheral nervous system?

Nutritional Values –Meats, Seafood, Eggs & Dairy, Grains, Fruits and Vegetables

Meats & Poultry	Calories/100g (3.5 oz)	Protein %	Fat %	Carbs %
Beef Rib (Roasted)	241	50	50	0
Hamburger (lean, raw)	177	50	50	0
Hamburger (lean, cooked)	219	53	47	0
Sirloin (choice, raw)	313	23	77	0
Sirloin (choice, broiled)	387	25	75	0
Chicken (roasted)	166	82	19	0
Turkey (roasted)	176	80	20	0
Leg of Lamb (roasted)	319	32	68	0
Pork Loin (roasted)	362	29	71	0
Seafood				
Cod (cooked)	78	97	4	0
Crab (steamed)	93	79	4	0
Flatfish (raw)	79	91	10	0
Halibut (raw)	100	89	11	0
Salmon	171	51	49	0
Scallops (steamed)	112	89	11	0
Tuna (canned in oil)	197	63	38	0
Tuna (canned in water)	127	94	6	0

Fruits	Calories/100g (3.5 oz)	Protein %	Fat %	Carbs %
Apples	58	1	9	90
Apricots	51	7	3	90
Avocados	167	4	82	13
Bananas	85	4	2	94
Carob	180	8	7	85
Cherries (sweet)	70	6	4	90
Dates (dried)	274	3	2	96
Grapefruit	41	4	2	94
Grapes	69	6	12	82
Lemons	27	14	10	76
Melon (honeydew)	33	8	8	84
Melon (watermelon)	26	7	3	90
Oranges	49	5	2	93
Peaches	38	4	5	91
Pears	61	3	3	94
Pineapple	52	3	1	97
Raisins	289	6	11	82
Strawberries	37	7	6	87

Eggs & Dairy	Calories/100g (3.5 oz)	Protein %	Fat %	Carbs %
Eggs (whites)	51	93	1	6
Eggs (poached)	163	34	64	2
Milk (whole 3.5%)	65	23	48	30
Milk (skimmed)	36	43	1	55
Milk (goat)	67	20	53	27
Cheese (blue)	368	25	73	2
Cheese (cheddar)	398	27	71	2
Cheese (low fat spread)	86	84	3	13
Cheese (parmesan)	393	39	58	3

Grains	Calories/100g (3.5 oz)	Protein %	Fat %	Carbs %
Barley (pearled)	340	8	2	89
Buckwheat (whole)	335	12	6	82
Cornmeal (whole)	355	7	9	83
Oats (rolled)	390	13	16	72
Rice (brown)	360	7	4	89
Rye Flour (dark)	327	15	7	79
Wheat (whole)	330	13	5	82

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Asparagus	26	24	6	69
Bean Sprouts (mung)	10	27	4	67
Beans (green)	44	15	5	80
Beets (raw)	43	10	2	88
Beets (cooked)	32	9	3	86
Broccoli	32	28	8	65
Cabbage	24	13	7	80
Carrots	42	7	4	89
Cauliflower	27	24	6	69
Celery	17	13	5	82
Cucumbers	15	15	6	81
Eggplant	25	12	7	80
Lettuce (romaine)	18	18	13	69
Lettuce (iceberg)	13	17	6	79
Mushrooms	28	25	9	55
Onions	38	11	2	88
Parsley	44	20	11	69
Potatoes	93	8	1	91
Pumpkin	26	9	3	89
Radishes	17	16	5	81
Squash (summer)	19	14	4	79
Squash (winter)	50	7	5	89
Rutabagas	46	7	2	92
Sweet Potatoes	114	4	3	93
Sweet Potatoes (baked)	141	4	3	91
Tomatoes	22	12	8	76
Tapioca	352	1	1	99
Turnips	30	9	1	84
Watercress	19	28	13	56
Water Chestnuts	74	5	2	92

Carbohydrates	70%
Protein	10%
Fat	20%

Benefits of Charcoal (Uchee Pines, ucheepines.org)

- Charcoal tablets are effective in fighting a sore throat
- Charcoal has been used to absorb a variety of poisons
- Charcoal can be used on venemous bites: spider bites, bee stings, ant bites
- Charcoal is good for poison ivy
- Charcoal has been used for generations for intestinal gas, diarrhea, nausea, vomiting

The person with travellers diarrhea will welcome a package of charcoal tablets or capsules. At the first sign of queasiness in the abdomen, four to eight charcoal tablets should be taken and repeated with every loose stool.

Charcoal Poultice

- Grind 3 tablespoons of flaxseed (or use cornstarch)
- Mix flax meal together with 1-3 tablespoons of charcoal powder
- Add 1 cup water
- Set aside for 10-20 minutes to thicken, or mixture may be heated and allowed to cool
- Spread the jelly evenly over an appropriate size cloth or paper towel
- Cover the jelly with a second cloth or paper towel
- Position poultice over area to be treated (i.e. liver, stomach, kidneys, spleen, knee, eye, ear, sting or bite area)
- Cover the poultice with plastic (when available, plastic food wrap works fine) cut to overlap the poultice by an inch on every side. This will keep it from drying out. If the charcoal dries out, it will not be able to absorb.
- Finish by bandaging or taping the poultice securely in place. Leave it on from 2-4 hours, if applied during the day, or better yet, overnight. After 6-10 hours another poultice can be applied.

- NOTE: Poultices of any kind only work if there is a continuous moist contact witht the skin

Benefits of Cabbage Juice

The appeal of cabbage juice lies not in its taste, which is rather bitter, but in the many health benefits you derive from drinking it. A member of the healthy cruciferous family of vegetables that also includes broccoli and cauliflower, cabbage contains a wealth of micronutrients as well as a wide array of phytochemicals with a similarly broad variety of medicinal properties. Consult your doctor before self-treating with cabbage juice or any other home remedies.

Heals Ulcers

Cabbage juice is a traditional treatment of peptic ulcers since it supports the mucosal linings of the gastrointestinal tract, explains Anne Louise Gittleman, a certified nutrition specialist. The juice is also rich in sulforaphane, an antioxidant that targets helicobacter pylori, a bacterium implicated as a causative factor of peptic ulcers. In a particular study, ulcer patients were able to heal their ulcers within 10 days by drinking a liter of cabbage juice daily, reports Gittleman. If the prospect of that much juice is somewhat daunting you can have a glass with your lunch and help portect your GI linings against ulcers. The phytochemicals in cabbage juice help soothe the gastric lining and provide relief from the symptoms of acid reflux.

Cabbage and several green leafy vegetables contain a factor known as "anti-gizzard erosion factor," later called vitamin U. It was observed that large amounts of fresh cabbage and lettuce protected stressed guinea pigs from ulcers. The factor was found in the juice of cabbage, thus eliminating the need to eat huge quantities of cabbage. Sixty-two ulcer patients were given at least a liter of cabbage juice daily. The average healing time for seven patients with duoodenal ulcers was 10.4 days, compared to 37 days for patients with standard therapy. Six patients with gastric ulcers healed in only 7.3 days, while six patients receiving conventional therapy required 42 days.

The cabbage must be freshly squeezed and not boiled, as boiling destroys the factor. A mixture of 75% cabbbage juice and 25 % tomato or celery juice was used with patients who objected to the flavour of cabbbage juice. Raw celery has been found to be high in the healing factor. Some patitents develop gas, abdominal distress, bloating, and constipation during the first few days of therapy, but after the fifth day of treatment, digestive disturbances are rare. If symptoms become severe, the juice may be eliminated for a day. Ordianrily it takes four to five pounds of cabbage to produce one quart of juice. Only fresh, green cabbage should be used. Wilted cabbage contains considerably less factor, and cabbage and cabbage juice held at room temperature for two ro three days loses some anti-ulcer potency. Spring, summer, and late summer cabbages are suitable for use, but winter cabbages have very litte juice. The juice may be taken in four or five 6-8 ounce servings. Cabbage juice maintains it anti-ulcer activity for at least three weeks if frozen and preserved at approximately 0°C.

Heating Compress
Relieve local Congestion

Material:
- Thin cotton cloth (i.e. cotton sheet, tea towel, cloth baby diaper)
- Wool to cover
- Safety pins or tensor bandage

Procedure:
- Cut cotton to fit area
- Cut wool to cover cotton
- Dip cotton in cold water and wring out excess water
- Wrap and cover with wool
- Secure in place with safely pins or tensor bandage

Good for:
- Chest area -Chronic bronchitis, early stages of influenza, cough
- Throat -sore throat, tonsillitis
- Joint -Relieves joint pain and inflammation
- Abdomen -slow digestion, constipation, insomnia

Castor Oil Packs

Castor oil packs are typically recommended because of their ability to promote healing, reduce inflammation, improve circulation, and reduce symptoms of constipation.

Material:

- Piece of flannel
- Castor oil
- Plastic wrap
- Hot water bottle or heating pad
- Baking soda

Procedure:

- Soak flannel in castor oil
- Place soaked flannel on the skin
- Cover flannel with sheet of plastic wrap
- Place hot water bottle or heating pad over plastic wrap to heat
- Leave pack in place for 45-60 minutes
- Remove pack and cleanse area with a dilute solution of water and baking soda
- Store the pack in a covered container in the refrigerator (may be reused 25-30 times)
- If the pack begins to dry, moisten with more castor oil

Good for:

- Inflammed and swollen joints, bursitis, and muscle strains
- The abdomen, to relieve constipation and other digestive disorders
- The abdomen, in cases of menstrual irregularities and uterine or ovarian cysts
- Contraindications

NOTE: Castor oil should not be taken internally. It should not be used during pregnancy, or breastfeeding.

Dealing with Digestion

It is no fun having a tummy ache. Pain, bloating, belching, constipation, and a wide range of other distressing symptoms accompany digestive disturbances. Taking an honest look at dietary and lifestyle habits will usually offer the best clues to solving your tummy troubles.

Natural digestive aids bring welcome relief for a variety of digestive problems. Follow the dosage recommendation on the label, or seek the advice of a qualified natural halth product advisor.

Here's an alphabetical list of the many digestive aids readily available at your local health food store.

Acidophilus:

Along with other probiotic strains of friendly bacteria, acidophilus works to establish a healthy environment in the intestinal tract. Antibiotic use increases the need for regular probiotic supplementation.

Activated Charcoal

This useful alternative to antacids is simply charcoal that has been processed fom pure vegetable ingredients. Economical and effective, it can absorb (attract and hold) many times its weight in irritating gasses and toxins.

Aloe Vera

The *World Journal of Gastroenterology* (April 2006) published a study that recognized aloe vera's role in reducing gastric inflammation and promoting gastric ulcer healing.

Artichoke Extract (Cynara scolymus)

An analysis of the effects of this traditional European remedy was published in *Journal of Alternative and Complementary Medicine* (August 2004). Analysts determined that artichoke leaf extract reduced symptoms of irritable bowel syndrome (IBS) and improved overall quality of life in IBS patients.

Betaine Hydrochloride

Many people make the painful mistake of assuming their indigestion is caused by too much stomach acid. If you are over 50, however, chances are your indigestion is because you don't produce enough. This beet-based source of hydrochloric acid quickly increases stomach acid and reduces embarrassing digestive noises.

Bitters

There are a variety of popular premixed bitter herbs, such as the traditional Swedish bitters. A regular spring tonic for Europeans, bitters increase bile production, remedy sluggish digestion, improve appetite, and alleviate flatulence (gas).

Calcium and Magnesium

In the form of tasty mint-flavoured chewable tablets, calcium and magnesium work quickkly as an aluminum -free antacid. These sister minerals are essential for relaxation of smooth muscles, including the large intestine.

Camomile (Chamaemelum nobile)
Every mother knows the magic of camomile tea for settling an upset tummy. Made from the dried flowers, camomile tea is an excellent home remedy that relieves heartburn, indigestion, , colic, and general stress. It also has mild relaxant and sedative properties

Dandelion (Taraxacum officinale)
The next time you are uprooting this therapeutic plant from your garden, save the roots and hang them to dry. The dried roots, and fresh green leaves are both used traditionally as an overall digestive and liver tonic, expecially in the spring.

Deglycyrrhizinated Licorice (DGL)
The damaged mucosal lining of the gastrointestinal tract reponds quickly to DGL. Chewable DGL tablets provide quick relief from painful bowel inflammation and spasms.

Digestive Enzymes
Supplemental enzymes address a wide range of digestive functions. Enzymes are made from a variety of sources, including animal, plant, microbial fermentaions (also called plant-derived), and concentrated food or plant extracts. Proteins, carbohydrates, and fats all depend on specific enzymes for thorough digestion, but most people find multiple enzyme formulations that contain pancreatin to be most helpful for general digestive health support.

Fennel Seeds (Foeniculum vulgare)
Chewing a half-teaspoon of fennel seeds at the end of a meal, or any time you feel the beginnings of indigestion, will ease gas and bloating.

Fenugreek Seeds (Trigonella foenum-graecum)
There are some big benefits from these small seeds. Used as a tea, powder, or tablets, fenugreek soothes gastrointestinal spasms, pain and irritation.

Fermented Foods
Sauerkraut, yogurt, kefir, miso, tempeh, and Korean kimchi are examples of fermented foods used to improve digestive health around the world. Adding fermented foods to your regular food choices expecially benefits intestinal microflora.

Fiber
Remember to eat hig-fiber foods every day for good digestion. Fiber relieves constipation, adds bulk to the stool, eliminates toxins, and satisfies the appetite. Forty grams of fiber daily is ideal.

Ginger (Zingiber officinale)
A daily cup of ginger root tea alleviates nausea, strengthens the lining of the upper gastrointestinal tract, and a protects against ulcers and parasites.

Peppermint (Mentha piperita)
Just the smell of peppermint makes one feel better immediately. Therapeutic peppermint products work quickly and pleasantly to alleviate digestive upsets and irritable bowels. They are available in capsule, tablet, and liquid forms.

Slippery Elm
The powdered inner bark of this native tree should be in every family medicine cabinet. It acts almost immediately to coat irritated digestive membranes, soothe burning stomach ulcers, and promote healing of the mucosal lining of the digestive tract. It can also relieve constipation.

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Digestive System

1. Choose the correct order for the digestive system.
    a. mouth, stomach, esophagus, small intestines, large intestines
    b. mouth, small intestines, large intestines, esophagus, stomach
    c. mouth, esophagus, stomach, large intestine, small intestine
    d. mouth, esophagus, stomach, small intestine, large intestine

2. Which part of the digestive system makes food mostly liquid?
    a. stomach
    b. esophagus
    c. small intestine
    d. large intestine

3. The small intestine is about _____ feet long.
    a. 50
    b. 20
    c. 10
    d. 1

4. The first 10 inches of the small intestine is called the _____.
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    b. epidermis
    c. dendrite
    d. duodenum

Facts about the digestive system

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Beans (green)	44	15	5	80
Beets (raw)	43	10	2	88
Beets (cooked)	32	9	3	86
Broccoli	32	28	8	66
Cabbage	24	13	7	80
Carrots	42	7	4	89
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Celery	17	13	5	82
Cucumbers	15	15	6	81
Eggplant	25	12	7	80
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Lettuce (iceberg)	13	17	6	79
Mushrooms	28	25	9	55
Onions	38	11	2	88
Parsley	44	20	11	69
Potatoes	93	8	1	91
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Radishes	17	16	5	81
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Squash (winter)	50	7	5	89
Rutabagas	46	7	2	92
Sweet Potatoes	114	4	3	93
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Tomatoes	22	12	8	76
Tapioca	352	1	1	99
Turnips	30	9	1	84
Watercress	19	28	13	56
Water Chestnuts	79	5	2	92

Carbohydrates	70%
Protein	10%
Fat	20%

Benefits of Charcoal (Uchee Pines, ucheepines.org)

- Charcoal tablets are effective in fighting a sore throat
- Charcoal has been used to absorb a variety of poisons
- Charcoal can be used on venemous bites: spider bites, bee stings, ant bites
- Charcoal is good for poison ivy
- Charcoal has been used for generations for intestinal gas, diarrhea, nausea, vomiting

The person with travellers diarrhea will welcome a package of charcoal tablets or capsules. At the first sign of queasiness in the abdomen, four to eight charcoal tablets should be taken and repeated with every loose stool.

Charcoal Poultice

- Grind 3 tablespoons of flaxseed (or use cornstarch)
- Mix flax meal together with 1-3 tablespoons of charcoal powder
- Add 1 cup water
- Set aside for 10-20 minutes to thicken, or mixture may be heated and allowed to cool
- Spread the jelly evenly over an appropriate size cloth or paper towel
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- Position poultice over area to be treated (i.e. liver, stomach, kidneys, spleen, knee, eye, ear, sting or bite area)
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The appeal of cabbage juice lies not in its taste, which is rather bitter, but in the many health benefits you derive from drinking it. A member of the healthy cruciferous family of vegetables that also includes broccoli and cauliflower, cabbage contains a wealth of micronutrients as well as a wide array of phytochemicals with a similarly broad variety of medicinal properties. Consult your doctor before self-treating with cabbage juice or any other home remedies.

Heals Ulcers

Cabbage juice is a traditional treatment of peptic ulcers since it supports the mucosal linings of the gastrointestinal tract, explains Anne Louise Gittleman, a certified nutrition specialist. The juice is also rich in sulforaphane, an antioxidant that targets helicobacter pylori, a bacterium implicated as a causative factor of peptic ulcers. In a particular study, ulcer patients were able to heal their ulcers within 10 days by drinking a liter of cabbage juice daily, reports Gittleman. If the prospect of that much juice is somewhat daunting you can have a glass with your lunch and help portect your GI linings against ulcers. The phytochemicals in cabbage juice help soothe the gastric lining and provide relief from the symptoms of acid reflux.

Cabbage and several green leafy vegetables contain a factor known as "anti-gizzard erosion factor," later called vitamin U. It was observed that large amounts of fresh cabbage and lettuce protected stressed guinea pigs from ulcers. The factor was found in the juice of cabbage, thus eliminating the need to eat huge quantities of cabbage. Sixty-two ulcer patients were given at least a liter of cabbage juice daily. The average healing time for seven patients with duoodenal ulcers was 10.4 days, compared to 37 days for patients with standard therapy. Six patients with gastric ulcers healed in only 7.3 days, while six patients receiving conventional therapy required 42 days.

The cabbage must be freshly squeezed and not boiled, as boiling destroys the factor. A mixture of 75% cabbbage juice and 25 % tomato or celery juice was used with patients who objected to the flavour of cabbbage juice. Raw celery has been found to be high in the healing factor. Some patitents develop gas, abdominal distress, bloating, and constipation during the first few days of therapy, but after the fifth day of treatment, digestive disturbances are rare. If symptoms become severe, the juice may be eliminated for a day. Ordianrily it takes four to five pounds of cabbage to produce one quart of juice. Only fresh, green cabbage should be used. Wilted cabbage contains considerably less factor, and cabbage and cabbage juice held at room temperature for two ro three days loses some anti-ulcer potency. Spring, summer, and late summer cabbages are suitable for use, but winter cabbages have very litte juice. The juice may be taken in four or five 6-8 ounce servings. Cabbage juice maintains it anti-ulcer activity for at least three weeks if frozen and preserved at approximately 0°C.

Heating Compress
Relieve local Congestion

Material:
- Thin cotton cloth (i.e. cotton sheet, tea towel, cloth baby diaper)
- Wool to cover
- Safety pins or tensor bandage

Procedure:
- Cut cotton to fit area
- Cut wool to cover cotton
- Dip cotton in cold water and wring out excess water
- Wrap and cover with wool
- Secure in place with safely pins or tensor bandage

Good for:
- Chest area -Chronic bronchitis, early stages of influenza, cough
- Throat -sore throat, tonsillitis
- Joint -Relieves joint pain and inflammation
- Abdomen -slow digestion, constipation, insomnia

Castor Oil Packs

Castor oil packs are typically recommended because of their ability to promote healing, reduce inflammation, improve circulation, and reduce symptoms of constipation.

Material:

- Piece of flannel
- Castor oil
- Plastic wrap
- Hot water bottle or heating pad
- Baking soda

Procedure:

- Soak flannel in castor oil
- Place soaked flannel on the skin
- Cover flannel with sheet of plastic wrap
- Place hot water bottle or heating pad over plastic wrap to heat
- Leave pack in place for 45-60 minutes
- Remove pack and cleanse area with a dilute solution of water and baking soda
- Store the pack in a covered container in the refrigerator (may be reused 25-30 times)
- If the pack begins to dry, moisten with more castor oil

Good for:

- Inflammed and swollen joints, bursitis, and muscle strains
- The abdomen, to relieve constipation and other digestive disorders
- The abdomen, in cases of menstrual irregularities and uterine or ovarian cysts
- Contraindications

NOTE: Castor oil should not be taken internally. It should not be used during pregnancy, or breastfeeding.

Dealing with Digestion

It is no fun having a tummy ache. Pain, bloating, belching, constipation, and a wide range of other distressing symptoms accompany digestive disturbances. Taking an honest look at dietary and lifestyle habits will usually offer the best clues to solving your tummy troubles.

Natural digestive aids bring welcome relief for a variety of digestive problems. Follow the dosage recommendation on the label, or seek the advice of a qualified natural halth product advisor.

Here's an alphabetical list of the many digestive aids readily available at your local health food store.

Acidophilus:

Along with other probiotic strains of friendly bacteria, acidophilus works to establish a healthy environment in the intestinal tract. Antibiotic use increases the need for regular probiotic supplementation.

Activated Charcoal

This useful alternative to antacids is simply charcoal that has been processed fom pure vegetable ingredients. Economical and effective, it can absorb (attract and hold) many times its weight in irritating gasses and toxins.

Aloe Vera

The *World Journal of Gastroenterology* (April 2006) published a study that recognized aloe vera's role in reducing gastric inflammation and promoting gastric ulcer healing.

Artichoke Extract (Cynara scolymus)

An analysis of the effects of this traditional European remedy was published in *Journal of Alternative and Complementary Medicine* (August 2004). Analysts determined that artichoke leaf extract reduced symptoms of irritable bowel syndrome (IBS) and improved overall quality of life in IBS patients.

Betaine Hydrochloride

Many people make the painful mistake of assuming their indigestion is caused by too much stomach acid. If you are over 50, however, chances are your indigestion is because you don't produce enough. This beet-based source of hydrochloric acid quickly increases stomach acid and reduces embarrassing digestive noises.

Bitters

There are a variety of popular premixed bitter herbs, such as the traditional Swedish bitters. A regular spring tonic for Europeans, bitters increase bile production, remedy sluggish digestion, improve appetite, and alleviate flatulence (gas).

Calcium and Magnesium

In the form of tasty mint-flavoured chewable tablets, calcium and magnesium work quickkly as an aluminum -free antacid. These sister minerals are essential for relaxation of smooth muscles, including the large intestine.

Camomile (Chamaemelum nobile)
Every mother knows the magic of camomile tea for settling an upset tummy. Made from the dried flowers, camomile tea is an excellent home remedy that relieves heartburn, indigestion, , colic, and general stress. It also has mild relaxant and sedative properties

Dandelion (Taraxacum officinale)
The next time you are uprooting this therapeutic plant from your garden, save the roots and hang them to dry. The dried roots, and fresh green leaves are both used traditionally as an overall digestive and liver tonic, expecially in the spring.

Deglycyrrhizinated Licorice (DGL)
The damaged mucosal lining of the gastrointestinal tract reponds quickly to DGL. Chewable DGL tablets provide quick relief from painful bowel inflammation and spasms.

Digestive Enzymes
Supplemental enzymes address a wide range of digestive functions. Enzymes are made from a variety of sources, including animal, plant, microbial fermentaions (also called plant-derived), and concentrated food or plant extracts. Proteins, carbohydrates, and fats all depend on specific enzymes for thorough digestion, but most people find multiple enzyme formulations that contain pancreatin to be most helpful for general digestive health support.

Fennel Seeds (Foeniculum vulgare)
Chewing a half-teaspoon of fennel seeds at the end of a meal, or any time you feel the beginnings of indigestion, will ease gas and bloating.

Fenugreek Seeds (Trigonella foenum-graecum)
There are some big benefits from these small seeds. Used as a tea, powder, or tablets, fenugreek soothes gastrointestinal spasms, pain and irritation.

Fermented Foods
Sauerkraut, yogurt, kefir, miso, tempeh, and Korean kimchi are examples of fermented foods used to improve digestive health around the world. Adding fermented foods to your regular food choices expecially benefits intestinal microflora.

Fiber
Remember to eat hig-fiber foods every day for good digestion. Fiber relieves constipation, adds bulk to the stool, eliminates toxins, and satisfies the appetite. Forty grams of fiber daily is ideal.

Ginger (Zingiber officinale)
A daily cup of ginger root tea alleviates nausea, strengthens the lining of the upper gastrointestinal tract, and a protects against ulcers and parasites.

Peppermint (Mentha piperita)
Just the smell of peppermint makes one feel better immediately. Therapeutic peppermint products work quickly and pleasantly to alleviate digestive upsets and irritable bowels. They are available in capsule, tablet, and liquid forms.

Slippery Elm
The powdered inner bark of this native tree should be in every family medicine cabinet. It acts almost immediately to coat irritated digestive membranes, soothe burning stomach ulcers, and promote healing of the mucosal lining of the digestive tract. It can also relieve constipation.

SILVERHILLS
guesthouse

Belloc & Breslow's Seven Health Factors for Longevity

1. Sleep 7 to 8 hours

2. No eating between meals

3. Eat breakfast regularly

4. Maintain proper weight

5. Regular exercise

6. Moderate or no use of alcohol

7. No smoking

Health Age Related to Lifestyle Habits (For Men and Women)

Age	Habits 0-2	Habits 3	Habits 4	Habits 5	Habits 6	Habits 7
20	+14.3	+7.4	+0.5	-1.1	-4.2	-9.4
30	+16.9	+9.1	+ 3.0	-0.6	-4.7	-11.1
40	+19.4	+10.7	+5.4	-0.1	-5.2	-12.9
50	+22.0	+12.4	+7.9	+0.3	-5.7	-14.7
60	+24.5	+14.0	+10.4	+0.8	-6.2	-16.4
70	+27.1	+15.7	+12.8	+1.3	-6.8	-18.2

Let Nature Take Better Care of You

Hot Foot Bath
One of the simplest and most frequently employed hydro-therapeutic procedures

Material:
- Foot tub
- Bath thermometer
- Towels
- Washcloth
- Pitcher of ice water

Procedure:
- Make sure the room is warm and the person is warm and comfortable (wrap in blanket for extra wamth if needed)
- Start the footbath at 104°F and place feet in foot tub
- Add hot water gradually over the next 5 minutes to bring the temperature up to 110°F mixing with your hand to ensure the feet are protected from direct hot water
- When used to relieve headache, dip the washcloth in ice water, ring out excess water and apply to forehead, repeating frequently to keep the cloth cold
- Finish footbath with cold and pour ice water over feet and ankles
- Dry feet and ankles thoroughly and make sure they do not come in contact with cold surface

Good for:
- Relieving headaches
- Chest congestion
- Relaxation and comfort

Not good for:
- Diabetics
- Any condition where circulation is poor (i.e. frostbite)
- Any loss of sensation in the feet
- Any sores on the feet

Fomentations
Excellent for increasing circulation in specific area (i.e. chest)

Material:
- Table
- Blanket
- Sheet
- Pillow
- Wool fomenation material
- Towels / face cloths
- Ice cubes
- Pan for cold ice water
- Large pot for hot water
- Thick rubber gloves or 1 pair of thin knitted gloves inside of rubber gloves

Procedure:
- Lay blanket on the table and cover with sheet
- Lay person on the sheet and cover up with sheet and blanket only exposing area to be treated
- Dip fomenation in very hot water keeping ends dry to make it easier to ring out excess water
- Fold into towel and place dry towel over skin and lay hot fomentation wrapped in towel over dry towel
- Keep your hand under the pack checking heat transfer –if too hot raise momentarily to allow some heat to escape
- Keep in place 3-5 minutes then rinse with cold water and repeat for a total of 3-4 times
- Finish with cold

- NOTE: Take precautions not to burn the person

Good for:
- Pain
- Chest colds
- Sciatica

Not good for:
- Diabetes
- Loss of sensation