



NATURAL HOME REMEDIES and Beauty Care Tips

More Than 100 of the Most Effective
Natural Cures and Beauty Secrets



A must for every home!

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Quick, Easy and Useful!

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Introduction

Historically, men and women have looked to the wonderful world of nature to provide for their most pressing needs. While modern medicine and manufactured products are now used more predominantly, some of the simple natural remedies of the past are still the most inexpensive and effective methods for caring for the human body.

At TryAyurveda.com, our endeavor is to bring you the best tried and tested remedies from all generations for a healthy living. These amazing home remedies can be especially valuable in all of the following areas:

- For quick pain relief
- To build immunity
- To fight infections
- For treating skin diseases
- For enhancing appearance
- To increase energy
- For personal hygiene

Quick & Handy

In this eBook, the miraculous benefits provided by natural home remedies are just a click away. The table of contents is formatted to take the reader straight to incredible treatments for each condition, and a link back to the table of contents is conveniently displayed on each page. This will allow the reader to move easily from one topic to another.

While the startlingly useful natural remedies and medical tips in this book have not been tested by us, generations of people have found them to be helpful.

Important Note to Readers

This book is not a substitute for the medical advice or care of a physician or other health care professional. People, especially with chronic health problems or those currently taking prescription medications should consult with their own doctors before beginning any new treatment.

Unlike prescription drugs and manufactured beauty products, these astonishing natural remedies rarely have side effects. Medical attention should be sought immediately, however, if any new symptoms appear.

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Acidity and Heartburns

Sometimes the gastric glands in the stomach are over productive in secreting the hydrochloric acid which is necessary to break down the food that is eaten. When this happens, acidity and heartburn often develop.

This can cause a painful burning sensation which may be the result of chronic acid reflux. The pain can be very disturbing because people often confuse it for a heart attack.

Natural Home Remedies

Many home remedies work well to neutralize stomach acid and prevent damage to the esophagus and intestinal tract. The following suggestions may prevent acidity and heartburn from becoming disruptive:

- Combine equal parts apple cider vinegar and honey with a cup of water and drink just prior to each meal to control acidity.
- Eliminate spices and fruits that have not yet ripened from the diet.
- Drink a glass of milk with each meal.
- Eat a cup of yogurt as a snack between meals.
- Chew food longer and slow the eating process by putting down the fork between bites.
- Add watermelon, bananas, and cucumber to the diet to cool heartburn.

- Try a cup of chamomile tea for heart burn.
- Try to reduce events that cause a stressful reaction and use meditation or deep breathing to relax.
- Always sleep with the head much higher than the rest of the body to relieve the pressure that causes acid reflux to be more severe.
- Drink a glass of green tea sweetened with molasses to neutralize acids.
- Eat six small meals, rather than three large one, because a overeating aggravates acid reflux.
- Chew gum until the heartburn disappears.
- Eat a stick of raw celery to end heartburn quickly.

Some of these remedies will work better for one person than another depending on the cause of the acidity or heartburn.

Pregnant women seem to have excellent results from chewing gum while cider vinegar sometimes works better for those under stress.

Acne, Pimples and Skin Problems

Generally, acne, pimples and skin problems are associated with the hormonal changes which occur during puberty, but teenagers are not the only age group to suffer from these problems. Young adults, menopausal women, and people who work in certain unhealthy environments are also prone to develop trouble with their skin.

Though a dermatologist may be helpful, doctors can also be expensive. It might be prudent to try some of these natural home remedies first to clear your pores and save significant amounts of time and money.

Embrace Healthy Lifestyle

Since skin problems can actually be related to the health of the entire body, it is best to concentrate on a healthy lifestyle first. Try to develop these rules into daily habits:

- Drink large quantities of filtered water or green tea.
- Eat several raw foods, such as radishes, romaine, carrots, and tomatoes each day.
- Include foods containing probiotics, such as yogurt, to prevent yeast from developing.
- Get enough fiber in the diet to keep the body free of bacteria and toxins.
- Use olive oil to get omega 3's into the diet.
- Take a daily vitamin supplement containing zinc, chromium, copper, and vitamins A and B complex.

Simple Home Remedies

Depending on your age and skin type, some of these suggestions may prove useful:

- Make a paste of turmeric and cinnamon with a drop or two of water, and gently rub face daily.
- Use heat to zap bacteria by boiling water in a coffee mug, pouring it out, and rolling the heated cup over the face while it is still fairly hot. Be sure to test cup heat with fingers first to avoid burns.
- Rub fresh fenugreek leaves, which contain bioactive ingredients, into problem areas each night; leave on for ten minutes and rinse with lukewarm water.
- Squeeze the pulp from tomatoes and apply to the affected area for sixty minutes each night. Rinse thoroughly before retiring.
- Ground turmeric added to mint juice may be smoothed onto the face for twenty minutes to treat breakouts; rinse completely after application.
- Purchase a soap containing neem for daily cleansing.
- Make a mixture containing equal parts of rose water and fresh lemon to use once a day after cleansing. Leave on the skin for thirty minutes and rinse.

Meditation, deep breathing and exercise are also beneficial in preventing acne, pimples, and skin problems because they are excellent ways to reduce stress.

Aging and Wrinkles

Although aging is a process inevitable for all of us, some natural home remedies may help to slow its effect on the skin and body.

While wrinkles and other signs of aging can be the product of weight loss, lack of moisture, poor diet, heredity, sun exposure, environmental pollutants, or a combination of these factors, Nature has given us some wonderful tools to guard against them.

Avoiding Dark Pigmentation, the Natural Way

- The following ideas are a good place to start to keep dark pigmentation from becoming problematic:
- Combine basil leaves with water, and apply to the darkening areas of skin each night.
- Mash a papaya, and rub this pulp on the darker patches of skin.
- Mix equal parts of turmeric and ground sesame seeds and rub on the discolorations.
- Combine one teaspoon of cream with several ground almonds; leave on the skin of the face and neck for fifteen minutes, and rinse.

Herbal Products and Dietary Changes

Aging brings about hormonal changes in both men and women, but these can be mitigated somewhat through the use of herbal products and dietary changes. The following ideas have worked for many people throughout the years:

- Eliminate these substances from the diet: chemicals, artificial flavors, dyes, and preservatives.
- Make a cooling face mask using grated cucumber; apply for ten minutes and rinse.
- Habitually apply the gel from an aloe plant to the face, especially after sun exposure.
- To enhance moisture, rub almond oil, ghee, or coconut oil into the skin each night.
- Take an anti-aging herb such as Shilajit for whole body rejuvenation.

Skin Care Routine to Prevent Early Wrinkling

If your skin does not respond to these treatments, you might consider adding one of the following to your skin care routine to prevent early wrinkling:

- Start your day with a pinch of ginger mixed into a tablespoon of raw honey.
- Mix pineapple juice with apple juice, and apply to the skin daily to soften and brighten.
- Boil rosemary leaves in sixteen ounces of purified water; remove from heat and add four ounces of brandy. Use this on the face morning and night.
- Mix the juice squeezed from sugarcane with a half teaspoonful of turmeric. Apply to wrinkled skin daily.

It is important to drink plenty of water, and reduce sun exposure as much as possible. Eating a variety of fresh fruits and vegetables can also provide important antioxidants to keep the skin healthy.

10 Healthy Eating Habits

Good eating habits may take a while to develop, but the body's response to good food choices will be positive reinforcement for continuing to make healthy food choices. A healthy diet can affect almost every part of the body, including the condition of the hair and skin.

Healthy eating habits can also prolong life by giving the organs and systems of the body the fuel they need to remain strong and function properly.

One method of eating suggests choosing healthy foods by color, incorporating reds, greens, yellows, and oranges as often as possible. The color of a fruit or vegetable often denotes specific beneficial nutrients in the contents, and science backs up this plan as being useful when one is working toward making better food choices.

The following ten healthy eating habits are also recommended by researchers as being important in strengthening the immune system and prolonging a good quality of life:

- Always eat meals and snacks in a designated place to prevent mindless eating.
- Eat with a companion whenever possible because conversation slows the eating process and relieves stress.
- Create healthy recipes from personal favorites by substituting ingredients. For example, use egg whites instead of whole eggs, substitute applesauce for some of the oil, and use olive oil to replace other less healthy alternative fats.

- Cook with spices, onions, and peppers to help limit the amount of salt that is added to foods. Lemon juice or orange juice marinades will also give flavor without adding extra sodium, which can cause blood pressure problems.
- Eliminate frying altogether or use non-stick sprays to sauté foods.
- Begin the day with breakfast and eat several other smaller meals throughout the day.
- Keep water conveniently located throughout the day and consume frequently.
- Learn to recognize the signals that indicate the body is full and to stop eating even if food remains on the plate.
- When eating out, split the entrée with a companion or have half of it boxed to take home for another meal. Most restaurants are notorious for serving super-sized portions.
- A single glass of red wine each day may be part of a healthy diet, but other alcohol should be severely limited.

These tips will take time to become second nature, but they will all contribute to better mental and physical health, and healthy food will keep the body stronger and more resilient.

The antioxidants, nutrients, fiber, vitamins and minerals that the body needs can all be found in natural food choices, but even these can cause problems when consumed in excessive amounts.

Better Sex through Yoga

When looking for ways to spice up a stale sex life, some people turn to food, pills, toys, or lingerie, but a better way to infuse some steamy action back into the bedroom may be the ancient art of yoga.

Though yoga, meditation, and fasting were originally intended to take the mind away from carnal pleasures in order to dwell on spiritual elements, research has shown the positions and stretches involved in yoga can actually enhance sexual pleasure and make it easier to achieve satisfaction.

Even if going through all of the exotic sexual positions in Karma Sutra are not in your sexual plans, researchers agree that a pliant body is important to sexual pleasure. To keep your body pliable and ready for the next hot sexual encounter, try this yoga position:

- **Bound Angle:** While sitting on the floor or mat, place the hands on the ankles and put the bottom of the feet together. Allow the knees to drop toward the floor, and bend forward, keeping the back as straight as possible. The pull should be felt from the hips, which gives more openness and easier movement in the lower extremities of the body. This allows the sexual organs greater access to stimulation.

Yoga can amplify the sensations felt during sex by training the muscles of the pelvic area to support sexual activity. One of the yoga positions which give more muscular control during sex is the following:

- **Mula Bandha:** This yoga move is similar to the Kegel exercises prescribed by modern sex therapists. Either in a seated position or while standing upright, squeeze the pubococcygeus muscle and hold for a count of ten. Then, release. The beauty of this yoga move is that it may be practiced anywhere throughout the day.

The third yoga move which can change boring sex into bedroom chills and thrills is intended to improve stamina and endurance. The longer a sexual adventure lasts, the more pleasure is derived from it so everyone wants to be able to go the distance. Try this yoga move to provide that staying power:

- **Yoga Pushups:** Begin this move as you would a regular pushup, but before reaching the floor, pull the elbows in and hold the position. Take five inhalations and exhalations before lowering the body to the floor. Just five yoga pushups a day can give you the power needed for great sex at any time.

Yoga move number four is a yoga exercise involving breathing which will heighten sensations and help you learn to stay in the moment:

- Sit quietly with feet together and hands resting on the abdomen. Take short quick breaths through the nose only. Once you have practiced this, you can incorporate this type of breathing during sexual play to heighten climax or achieve a more powerful orgasm.

How to Start Living a Stress-Free Healthy Life

Because modern society seems to move at the speed of lightening, it seems that everyone is desirous of living a low-stress healthy life. In order to attain this goal, several key issues must be addressed. These include the following:

- Making healthy food choices
- Keeping the body hydrated
- Incorporating exercise into the day
- Developing a social support system
- Setting aside time for rest

When all of these elements have been become habitual, the mind and body can relax, and the immune system will begin to function at top efficiency.

Making Healthy Food Choices

First, living a stress free healthy life requires fuelling the body with the nutrients that it needs for energy and growth. Incorporating fruits and vegetables into the daily diet is a great beginning. At least five daily servings are recommended.



Protein is also an important building block for a healthy body, and calcium is needed for the teeth and bones to remain strong. If this is difficult, vitamin and mineral supplements may help to bridge the gap, but whole foods are always better.

Keeping the Body Hydrated

Since the body is composed of large quantities of water, it needs liquid to function properly. Water keeps the kidneys functioning and the cells of the body full and healthy.

Scientists now say that most liquids can count toward a daily consumption quota, but good clean water energizes the body and helps it release toxins better than any other fluid for those keen on living a low-stress healthy life.

Incorporating Exercise into the Day

Low stress healthy living is almost impossible without exercise. Exercise not only keeps the body at a healthy weight by burning calories, it also allows the mind to release stress.

If life really becomes stressful, one should not only practice some form of aerobic exercise and weight training but should also add a form of meditative exercise such as yoga. Exercise can lower the cortisol levels in the body which are so damaging to the heart.

Developing a Social Support System

A social support system is also an important component in living a low-stress healthy life. Friends and relatives can give support and encouragement when stress becomes unbearable.

Talking is therapeutic and allows for a release of burdens. If friends and relatives are not close, a social network may be developed through civic or religious organizations.

Setting Aside Time for Rest

Finally, living a low-stress healthy life is impossible without getting enough rest. When nightly sleep is impossible, incorporate cat naps throughout the day. The body rebels with illness when it is forced to work long periods without enough rest.





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