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Medicines From The Kitchen

Food	Symptom	Remedy
Apples:	For constipation; for styes	Grated and as a poultice
Apple Cider Vinegar:	Sore Throats	4 tsp to 1 pint hot water, gargle
Apricots:	Diarrhea Constipation	Fresh, chopped & eaten strained, for babies
Baking Soda:	Itching due to urticaria Bee stings	½ cup per neutral bathtub Mix with water and use as a paste
Barley:	Diarrhea	Barley and water
Bran:	Constipation	½ tsp in foods, make sure there is enough fluid being taken in
Cabbage:	Gastric or peptic ulcers	1 quart of juice/day for 2 weeks
Cayenne Pepper:	Bleeding Tickling Coughs Peptic or gastric ulcer	Mix powder with water and apply to wound ⅛ tsp. In ½ cup water, swallow and follow with plain water if needed, 3 times/day ½ tsp in one-cup water for pain relief. Can be mixed with buttermilk @ ½ tsp. To quart of milk. Can be taken in a capsule
Carob Powder:	Diarrhea	2 tsp./ 3 ½ oz of water
Celery:	To replace sodium Good for bladder infections, especially the leaf portion	
Charcoal:	Diarrhea Toxicity/food poisoning	2 capsules every 2 to 4 hours. Can also burn toast and eat Same as above
Caraway Seed:	Gas and bloating	Chewed whole or as a tea
Carrot:	Sore throats Styes Diarrhea in infants & children	Grate, place between 2 layers of cotton cloth and use as a poultice over the throat or stye Cooked or mashed
Cloves:	Toothaches	As a decoction on cloth which is sucked in the mouth
Dill:	Gas and bloating	Chewed whole or as a tea

Epsom Salts:	Muscle pain, soreness & aching Colds & flu's with deep bone pains Insomnia, nervous tension	1 cup per bath
Garbanzo Beans:	Severe weakness after a bout of the flu	
Garlic:	Sore throats, coughs Abscesses, boils, ulcerations Earaches Runny nose Pinworms Blood pressure	Slice & simmer with tea Poultice; Chopped & swallowed with water Poultice or as drops in olive oil Tea or chopped & swallowed Clove peeled but not cut placed in the rectum after every bowel movement for 3 days
Horseradish:	Sore throats Sinus congestion Coughs	Grate & use raw or in vinegar or tea
Honey:	Dehydration	Honey and salt together in water to restore fluids
Lemon:	Colds Coughs Constipation Arthritis	Fresh lemon in warm water, from 1 to 5 tsp.; take ½ hour before eating if used for constipation
Mint:	Coughs Constipation Nausea	Use as a tea
Milk:	Conjunctivitis Insomnia Itching/skin rash	Breast milk as it has immune properties ½ hour before bed, taken warm Raw milk, goats milk, applied topically
Mustard:	Bronchitis Coughs Pneumonia	Mustard plaster: - Take 1 part mustard to 3 parts flour (4 for babies). Add enough egg white to form a paste then place between 2 layers of cloth and leave on the skin for 15 to 20 minutes. Follow with a heating compress after the skin has turned red, wait 1 to 2 hours and repeat on back. Be sure to check with person to make sure they are not being burned.
Nutmeg:	Gas and Bloating Fainting, hysteria	Capsules or tea; may be toxic so be cautious

Onion:	Bee stings	Slice of raw onion on the sting
Olive Oil:	Constipation	1 to 2 tsp., may be given with lemon
Parsley:	Cystitis Urethritis Diuretic	As a tea or juice; 1 cup 3 to 4 times/day
Rice:	Diarrhea	Cook with extra water, use rice water
Potato:	Conjunctivitis Styes Abscesses	Grate and use as a poultice or directly over the eye or abscess
Salt:	Constipation Sore throat Sinusitis	2 tsp to 1 quart water as an enema ½ tsp to 4 oz of water, gargle Same as sore throat except 1 to 3 drops in each nostril
Sage:	Sore throat Sinus drainage Hayfever	1 tsp/cup of warm water, gargle & swallow
Rubbing Alcohol:	Fevers	Topically to cool down high temperatures
Oatmeal:	Urticaria/itching	1 cup to a tub of neutral temp. water or place in a sock and wet, then dab affected area
Thyme:	Sore throat	1 tsp./cup water gargle & swallow
Water:	Burns Caustic burns Cramps Colic Fever Punctures Sprains & strains Sinusitis Swellings	Warm water Flush with water Hot water bottle Hot water bottle Bath at 1 degree less than temperature – gradually lowering the temperature of the bath Clean with soap & water Ice packs Steam inhalation Ice packs