

Summer Issues - Home Remedies*

Common issue	Generally Suggested remedy
<i>Acne</i>	Turmeric Sandalwood - Mix ½ tsp each of turmeric and sandalwood powder with purified water to make a paste. Apply to affected area 2x/day. Diet: Avoid sugar, sweets, starchy, greasy foods. Choose leafy greens, fermented foods, turmeric.
<i>Anger/hostility</i>	Oiling - Rub coconut oil on the scalp and soles of the feet; Cooling drink - 1 cup of grape juice with ½ teaspoon cumin, ½ teaspoon fennel and ½ teaspoon sandalwood powder; Nasya - 2-3 drops of liquified ghee in the nose (ensure it is not hot)..
<i>Anxiety</i>	Ginger bath - Warm bath with ⅓ cup ground ginger and ⅓ cup baking soda.
<i>Bites and stings (insects)</i>	Coriander (cilantro) juice - blend a handful of leaves with ⅓ cup of water. Strain and drink the juice and apply the pulp to the sting.
<i>Burns</i>	Aloe Turmeric - Mix fresh aloe gel with a pinch of turmeric to make a paste. Apply to the burned area. Ghee or Coconut oil - Apply ghee or coconut oil to the area.
<i>Conjunctivitis</i>	Coriander tea - 1 tsp coriander seeds in 1 cup of hot water. Steep and allow to cool. Apply to closed eyes with cotton ball. Goats' milk compress - Sterile cotton ball in goat's milk, apply to closed eye
<i>Dehydration</i>	Lime Water - Add 1tsp lime juice, 1tsp raw cane sugar, a pinch of salt to 2 cups of room temp water and sip throughout the day.
<i>Diarrhea</i>	Spiced Apple - Cook 1 apple with a little water until it is soft. Add 1 tsp ghee, a pinch of cardamom, and a pinch of nutmeg; Yogurt & Ginger - ½ cup yogurt + ½ cup water + ⅓ tsp fresh grated ginger. Drink. Diet: Avoid spicy, greasy food, choose broths, light rice dishes (kitchari, rice soups), choose fennel, ginger, cardamom, asafoetida, cinnamon, coriander, rock salt
<i>Eyes (red or burning)</i>	Rosewater eye wash - 2 tbsp purified water + 5 drops of rosewater (NOT rose essential oil). - Rinse the eyes using an eye cup.
<i>Heartburn/acid indigestion</i>	Aloe Vera - 2 tbsp aloe vera gel with pinch of baking soda; Papaya Juice - 1 cup papaya juice + 1 tsp raw organic sugar + ¼ tsp cardamom [NOT for PREGNANT WOMEN] Diet: Avoid hard to digest foods, sweets, greasy foods, alcohol and spicy herbs (garlic, peppermint, ginger). Choose simple rice dishes and light soups, high fiber
<i>Hangover</i>	Spiced Orange Juice - 1 glass of orange juice + 1 tsp lime juice + pinch of ground cumin. Soothing Lassi - 1 tbsp fresh plain yogurt + 1 cup of fresh water + pinch of cumin (drink 3-4x/day); Rehydration Lime drink - 1 glass of water with 1 tsp lime juice + ½ tsp sugar + a pinch of salt. Add ½ tsp baking soda just before drinking.
<i>Headaches</i>	Pitta [Temporal]: Aloe vera gel: 2 tsbps 3x/day; cumin coriander tea - ½ tsp of each in 1 cup of hot water - allow to cool before drinking.
<i>Hemorrhoids</i>	Aloe Vera drink - ½ tsp aloe gel in water or ½ cup aloe juice with a pinch of

	ginger, 2x/day. Carrot Coriander - 1 cup carrot juice mixed with 2 tsp coriander leaf (cilantro) juice 2x/day on an empty stomach.
Insomnia	Nutmeg Milk - Add ⅛ tsp nutmeg to 1 cup of warm milk. Oil massage - Massage the scalp and soles of the feet with warm sesame oil before bed.
Jet lag	Before flying: 2 capsules of ground ginger; In-flight: Drink plenty of water (2-3 cups every 1-2 hrs), avoid coffee/caffeine; In destination: Massage feet and scalp with sesame oil, Warm milk with pinch of nutmeg + pinch of ginger.
PMS/Menstrual cramps	Aloe black pepper: 1 tbsp aloe vera gel + ¼ black pepper 3x/day; Roasted cumin seeds: Dry roast 1 tsp of cumin seeds, cool them and chew them slowly, follow with a tbsp of aloe vera juice. Diet: Choose omega-3 rich foods, high fat, high protein foods. Reduce sugary, deep fried or process foods. Choose turmeric, ginger, rose.
Rash	Coriander leaf pulp: Make a pulp from a handful of coriander (cilantro) leaves. Apply to the affected area; Coriander tea - Drink tea made from 1 tsp of coriander seeds steeped in 1 cup of water.
Sore Throat	Gargle - Add ½ tsp ground turmeric + ½ tsp salt to 1 cup of warm water. Gargle morning and evening; Turmeric milk - 1 cup hot milk + ½ tsp ground turmeric. Drink.
Sunburn	Coconut oil - Apply directly to the affected area; Milk - Apply cows milk or goat's milk to affected area (use a gauze pad); Lettuce pulp - Mash lettuce in a mortar and pestle. Apply to the affected areas.

* Please note that the information provided here should not be considered medical advice. This information has been provided for educational purposes only. I make no claims of the particular healing qualities or efficacy of these recipes as they relate to any specific symptoms or issues you may be experiencing. So please be sure to consult with your health professional before following.