

Autumn/Early Winter Issues – Home Remedies*

Common issue	Generally Suggested remedy
<i>Anxiety</i>	Ginger bath - Warm bath with ½ cup ground ginger and ½ cup baking soda. Connection - Spend time with people that make you feel grounded and loved Hugs - Give and get!
<i>Backaches</i>	Ginger paste + oil - Make a paste from ground ginger and purified water and apply to the area. Then rub the area with eucalyptus oil.
<i>Common colds/flu</i>	Ginger Cinnamon Teas - 1 tsp cinnamon + 1 tbsp fresh grated ginger + 1 tsp licorice - boil in 4 cups of water for 10 mins (drink 1 cup 3x/day); OR ½ tsp ginger + ½ tsp cinnamon + 1 tsp lemon grass in 1 cup of hot water (steep for 10 mins); Diet: Avoid Dairy, sugary foods, deep fried foods, choose ginger, tulsi, garlic, cayenne, oregano taken with honey.
<i>Constipation</i>	Mild: 1tsp ghee in a cup of warm milk before bed. Moderate: Boil 1 tbsp flax seeds in 1 cup of water. Drink. Severe: Warm water enema. Followed by a focus on prevention Diet: Avoid junk food, deep fried foods; Choose fatty soups, stews, garlic, fennel, ginger, fermented foods.
<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>Gas (bloating)</i>	Cumin-fennel-ajwan - Combine 1tsp each of cumin, fennel, and ajwan seeds. Chew ½ tsp of the seed mix, follow with a ½ cup of water. Cardamom - fennel - ginger - Make a tea with equal parts of each herb - add 1 tsp of the tea to 1 cup of fresh water + pinch of asafoetida.
<i>Headaches</i>	Vata type [Back of the head (Occipital)]: Massage - Sesame oil to the back of the neck followed by a warm shower; Nasya - 2-3 drops liquified ghee in the nose;
<i>Insomnia</i>	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.
<i>Muscle strain</i>	Ginger turmeric paste: Make a paste with 1 tsp of ground ginger + ½ tsp of ground turmeric + purified water. Apply to the affected area 2x/day
<i>PMS/Menstrual cramps</i>	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.
<i>Rash</i>	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.

* 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.