

Natural Remedies

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27.02.2016 - Barbara O'Neill - Natural remedies

<https://www.youtube.com/watch?v=YgjzY6cyXEM>

Australian Barbara O'Neill is a naturopath, nutritionist (retired), author, educator and an internationally acclaimed speaker on natural self-healing. Barbara O'Neil has raised eight children and she is a specialist in women and children's health. She has some of the best health educational videos on YouTube. On this 1:52:39 long YouTube video, her Natural Remedies are described for those who may not have any means to access to her video.

Some of her natural remedies include:

Burns: Aloe Vera

Earache: *Onion poultice*: Steam an onion, cut it in half, squeeze the juice in a teaspoon and pour the juice in the ear. Wrap the warm half onion in a cloth and put over the ear, wrap it around the head with a plastic or cloth.

Cough (Baby): Place a finely chopped onion on a plate in the baby's room. The baby will breathe in the onion fumes, which will help to clear the baby's airwaves.

Cough Syrup: Place a finely chopped onion in a jar, add a layer of honey, add another layer of chopped onion, another layer of honey, repeating these steps with few more times and cover the jar. Use the resulting syrup as a cough mixture, 1 teaspoon three times a day. For a child, ½ teaspoon, 3 times a day.

Flu Bomb (19:37)

Garlic - 1 clove – crushed

Ginger - ¼ teaspoon chopped

Lemon - 1 lemon juice

Honey - 1 teaspoon

Eucalyptus oil - 1 drop of TREE Oil

Cayenne Pepper – a pinch or dash

Hot Water - ½ cup

Take the potion with a meal.

Flu (baby) – *Garlic poultice*: Slice some cloves of garlic, wrap in a cloth (garlic poultice) and place the poultice under the baby feet. Put on the baby's socks.

Morning sickness is a symptom of magnesium deficiency.

Flu (little children): *Onion poultice*. Place finely chopped onions in two plastic bags. Place child's feet in the plastic bags and put socks on.

The feet are the reflux for the body, the chest, the head and the abdomen.

Joint inflammation: *Ginger poultice (27:55)*: Place grated ginger on a cloth (ginger poultice) and wrap the elbow or knee with the cloth. This can also be used for lower back pain and arthritis. This pulls the inflammation out of the joints.

Tissue inflammation: *Potato poultice (38:26)*: Recommended for swollen fingers, toes, ankles, knees, etc.

Ginger and potato poultices can be applied alternatively to the swollen body-part.

Castor oil (59:00) *breaks up lumps, bumps, congestion, adhesions; it can break up tumors – lumps in the breast.*

Lumps in the breast: *Castor oil compress*

Fibroids in the uterus: *Castor oil compress*

Cyst in the ovaries: *Castor oil compress*

Constipation: *Castor oil compress*

Diarrhea: *Castor oil compress*

Castor oil compress on the abdomen: Pour Castor oil on a cloth (Castor compress), wait ½ an hour for it to soak in, and then wrap it around the abdomen. It will penetrate and break up fibroids in the uterus, break up cyst in the ovaries. Wear for 5 hours a day for 5 days or longer. The compress and be reused. It softens the colon for those with constipation. Castor oil also penetrates the colon and remedies diarrhea.

Gallstones: *Castor oil compress:* apply the compress on the liver area on the right hip. 1:02:35

Kidney stones: Place ***Castor oil compress*** on the back over the kidney area.

Cataract: Put one drop in both eyes at night before going to sleep (1:06:54 / 1:52:39)

Insect bites: *Charcoal*

Snakebites: *Charcoal*

Charcoal ((1:07:38 / 1:52:39) absorbs and neutralizes poisons from insect bites / snakebites

Charcoal (1:07:37) is unique; it can absorb and neutralize poisons. It can be used both internally, for example, if poison has been ingested and externally, as well. It can be used for diarrhea, gastric condition or bloating. For insect and snakebites: Mix with water and drink.

Charcoal Poultice: Ground charcoal into powder. Mix 1 teaspoon of the ground charcoal with 1 teaspoon of ground linseed or with 1 teaspoon of slippery elm. Add a little water, until the mixture turns into a jelly. Put in in

a cloth (charcoal poultice), wrap it up and band it around the affected area. It can also be used if puss is in the area.

Cuts: *Cayenne pepper*

Wounds: *Cayenne pepper*

Stomach ulster: *Cayenne pepper*

Blood thinner: *Cayenne pepper*

Cuts: Cayenne pepper: It close the cuts, stop the blood and heals the wound.

It heals stomach ulcers.

It is a blood stimulant (1:18:57): Add ¼ teaspoon in water and drink.

Cayenne pepper causes constriction of open blood vessels. When applied on any cut, the blood vessels will constrict and cause the cut to close.

It is the best blood thinner and can be used instead of Aspirin.

Heart attack (1:25:55): Put ½ teaspoon in the mouth.

If someone is on blood thinner, maybe, they can try to start with ¼ teaspoon 3 times per day. Get blood test tested after a month.

Peripheral neuropathy and cold feet (1:28:51): Lost of feeling in the feet, due to one of the side effects of chemotherapy, cayenne pepper compress can be used under the feet (1:30:53).

Cayenne pepper compress at the bottom of feet:

- . Pour some olive oil on a cloth with plastic under the cloth.
- . Sprinkle cayenne pepper on the olive oil or castor oil so that the cayenne pepper sticks to it.
- . Put the cayenne pepper compress under the feet.
- . Put socks on the feet and sleep with it.
- . Repeat this until feeling is restored in the feet.

Under-active thyroid gland: Apply *cayenne pepper poultice* for a few hours over the thyroid gland (1:34:06).

Over-active thyroid gland (1:35:34): Apply ice on the area of the thyroid gland. High intensity exercise can wake up the thyroid gland.

Iodine test (1:36:04): Put some iodine on the inside of your arm, if it disappears in an hour your iodine level is low. To get the iodine level up, put some on the inside of your arm every day until it disappears in about 5 hours.

Five Brazilian nuts a day can provide all the iodine your daily iodine need.