Index



A	for cardiovascular conditioning,	iron needs for preventing,
Acetaminophen, for treating	111, 112, 113	21-22
flu, 193	health risks associated with, 112	medical attention for, 16
menstrual cramps, 306	stroke and, 425	signs of, 20-21
Aches, muscle. See Muscle aches,	for treating	testing for, 21
spasms, and cramps	colds, 122-23	treating, 17, 18, 19, 22-25
Acid breath, from asthma attack, 45	cough, 134	in women, 18-20
	Alfalfa	types of, 17
Acidophilus	for increasing iron levels, 18	Angelica
for preventing traveler's diarrhea, 157	for preventing osteoporosis, 336	for preventing motion sickness,
 ·	for treating	328
for treating irritable bowel syn-	arthritis, 35	for treating
drome, 276	hot flashes, 260	heartburn, 232
Acne. See Zits	Allergies	vomiting, 438
Acupressure, for treating arthritis,	colds and, 10	Anger, high blood pressure from,
36-38	cough from, 133	247
Acupuncture, for treating	definition of, 8-9	Angina, with heart disease, 107
arthritis, 36-38	as emergency, 12	Aniseed
back pain, 57	food, 8, 10	for preventing flatulence, 189
headaches, 225-26	metal, 366	for treating
pain, 341	postnasal drip with, 355-56	asthma, 48
sciatica, 388	preventing, 11	flatulence, 190
Age spots	reflux from, 374	Ankle swelling, from fluid retention
causes of, 1-2	to semen, 343	196
preventing, 6-7	treating, 9, 10-13	Antacids
skin cancer and, 3	triggers of, 9-10	drawbacks of, for reflux disease,
treating, 1, 2-6	avoiding, 13-15	375
Agrimony, for treating	Aloe vera, for treating	for treating
asthma, 47	athlete's foot, 52	heartburn, 230-31
sore throat, 409	burns, 98	hiatal hernia, 238-39
AHAs, for treating age spots, 2-5	sunburn, 428, 429	Antidepressants, for treating
Airplane travel, blocked ears from,	Alpha-hydroxy acids (AHAs), for	depression, 143, 144
71-72	treating age spots, 2-5	irritable bowel syndrome, 277
Alcoholic beverages	American ginseng, for treating night	Antihistamines
avoiding	sweats, 300	dry vagina from, 174
with anemia, 24	Anaphylactic shock	for treating
with hiatal hernia, 239		e e
with high blood pressure, 246	as emergency, 12 with hives, 256	allergies, 11 earache, 178
with irritable bowel		
syndrome, 276	from insect stings, 86, 88	hives, 256
for preventing osteoporosis,	from sulfites, 43	pink eye, 349
333	Anemia	poison ivy, 351
	iron-deficiency, 17, 18	postnasal drip, 355
		sinusitis, 403

	-	
d	4=6	Th.
83	452	48
		1000

Antioxidants	Asthma	insomnia and, 266
for preventing	acid breath with, 45	for treating
cataracts, 116	attacks, 40-42, 45, 46, 48, 49	pain, 342
		*
macular degeneration, 296	in children, 50	pain from intercourse, 346
for treating sunburn, 429	treating, 40, 41, 43-50	shingles, 399
Anusol, for hemorrhoids, 235	triggers of, 41, 42-43, 50	Beano, for preventing flatulence, 189
Anxiety, treating, 26-30	Astragalus, for treating warts, 442	Beans
Anxiety disorder, distinguished from	Athlete's foot	for preventing heart disease, 109
worry, 27	causes of, 51-52	for treating
Apples	preventing, 52-53	constipation, 131
for preventing gingivitis, 213	treating, 52, 53-54	high cholesterol, 252
for treating bad breath, 64	Ativan, for treating anxiety, 30	Bearberry, for treating diabetes, 148
Applesauce, for treating	Avocado	Bee balm, for treating
constipation, 131	for dry hair, 166	flatulence, 188
diarrhea, 156	for facial mask, 137	nausea, 329-30
Arnica, for treating	Б	Beer, for dandruff, 140
arthritis, 33	В	Belching, from hiatal hernia, 238,
back pain, 58	Baby wipes, for hemorrhoids, 234-	240
bursitis, 99	35, 362	Belly, pot, 357-59
calluses, 105	Backpacks, back pain from, 60	Bergamot, for treating bad breath,
sciatica, 389	Back pain	65
Aromatherapy	causes of, 55-56, 62-63	Beta-carotene, for preventing macu-
for controlling food cravings, 198	as emergency, 61	lar degeneration, 297
for treating depression, 144	preventing and treating, 55, 56-	Betony, for treating
Arthritis	63	seasonal affective disorder, 391
diet for, 34	Bad breath	stress, 418
intermittent claudication con-	causes of, 64-65	Bilberry
fused with, 270	treating, 64, 65-67	for preventing
treating, 31, 33-39	Baking soda	cataracts, 115
types of, 31-33	for preventing athlete's foot, 52	macular degeneration, 293
Artichoke, for treating	for treating	for treating
gallstones, 208	body odor, 75	diabetes, 148, 151
high cholesterol, 254	calluses, 104-5	
	foot odor, 405	dry eyes, 165
Artificial tears, for treating	gingivitis, 210	glaucoma, 215 Riotin for treating dandruff 138
dry eyes, 164	itchy skin, 280	Biotin, for treating dandruff, 138
pink eye, 349	poison ivy, 351	Birch bark, for treating warts, 440 Bitters
Asparagus, for treating fluid reten-		
tion, 195	shingles, 399 sunburn, 428	for controlling food cravings, 199
Aspirin	,	for preventing hangover, 222
for preventing heart attacks, 109-	Baldness. See Hair loss	Blackberry, for treating diarrhea, 155
10	Balloon blowing, for increasing lung	Blackberry currant oil, for treating
for treating	capacity, 83-84	dry hair, 167
arthritis, 33	Balm of gilead, for bug bites, 90	Black cohosh, for treating
bursitis, 100	Bananas, for preventing high blood	arthritis, 32
headaches, 226	pressure, 242	hot flashes, 259, 261
sciatica, 387	Barley, for lowering cholesterol, 253	menopause, 302-3
shingles, 398	Basil, for treating warts, 443	menstrual problems, 305
sore throat, 408	Bathing	perimenopausal symptoms, 176



sciatica, 386	crow's feet, 135-36	hemorrhoids, 236
Black currant oil, for preventing	pain, 341	Butterbur, for treating gallstones,
crow's feet, 136	Bran, for treating constipation, 131	208
dry hair, 167	Bras	Buttermilk, for treating age spots, 6
Black willow, for treating repetitive	for relieving breast pain, 80, 362	B vitamins
stress syndrome, 378	for sagging breasts, 383-84	for cardiovascular conditioning,
Bladder, leaky. See Leaky bladder	underwire, infection from, 382	110
Bladderwrack, for preventing osteo-	BRAT diet, for treating diarrhea,	for preventing stroke, 423
porosis, 336	158	for treating dandruff, 138
Bleach, for treating athlete's foot, 54	Breast cancer, screening for, 77-79	_
Bleaching teeth, 444-45	Breast conditions, 76-80	C
Bleeding, rectal, as emergency, 371	Breast examinations, 77-78, 79-80	Cabbage leaves, for treating arthritis
Blemishes. See also Zits	Breast infection, 382	31
skin tonic for, 5	Breast pain, 76, 77, 79, 80, 362	Caffeine
Blessed thistle, for treating	Breast sagging. See Sagging breasts	avoiding, with
depression, 142	Breathing, for treating	breast pain, 80
Blisters	anxiety, 28-29	irritable bowel syndrome, 276
as emergency, 69	asthma, 47-48	blocking iron absorption, 24
from poison ivy, 351	irritable bowel syndrome, 276-77	increasing anxiety, 30
preventing, 68-70	pain, 340-41	for treating
with shingles (see Shingles)	Bromelain, for treating	asthma, 43
from sunburn, 429	bursitis, 102	headaches, 226
treating, 68, 69	sprains and strains, 416	withdrawal symptoms from, 226
Bloating, 357	Bronchitis	Calamine lotion, for treating
Blocked ears, 71-72	causes of, 81-82	poison ivy, 351
Blood pressure, high. See High blood	effects of, 81	shingles, 399
pressure	treating, 81-84	sunburn itching, 429
Bloody Mary, for treating colds, 121	Bug bites and stings	Calamint, for treating vomiting, 439
Blueberries	as emergency, 86, 88	Calcium
for cardiovascular conditioning,	preventing, 85-87, 89-90	non-dairy sources of, 281, 283
106	from ticks (see Ticks)	for preventing
for improving memory, 203	treating, 85, 87-89	leg aches in pregnancy, 361
Body odor	Bunions, 99, 101-2	muscle cramps, 321
causes of, 73-74	Burdock, for treating	osteoporosis, 335-37
from foot odor, 404-5	age spots, 5	for treating
preventing and treating, 74-75	constipation, 130	mood swings, 302
Bone-density test, for preventing	midlife crisis, 312	PMS, 308-9
osteoporosis, 332-33	zits, 449	Calendula, for treating
Bone soup, for preventing osteo-	Burnout, treating, 91-94	body odor, 74, 75
porosis, 332	Burns	burns, 96, 98
Borage	as emergency, 97	dry skin, 170
for preventing crow's feet, 136	sunburn, 97, 427-29	dry vagina, 174
for treating	treating, 95, 96-98	foot odor, 405
chronic fatigue syndrome, 118	types of, 95-96	gingivitis, 211
depression, 145	Bursitis	pain, 341
Boron, for preventing forgetfulness,	causes of, 99-100	pink eye, 349
204	treating, 99, 100-102	poison ivy, 352
Botox injections, for treating	Butcher's broom, for treating	postnasal drip, 355

454

sore throat, 408	Cayenne, for treating	Chicory
splinters, 411	bad breath, 66	for preventing osteoporosis, 336
zits, 447	bursitis, 100	for treating bone fractures, 331
California poppy, for treating	mouse shoulder, 314	Chilies, for treating
insomnia, 268	muscle pain, 322	asthma, 49
Calluses	paralyzed muscles, 423	sinusitis, 402
causes of, 103	Centaury	Chinese licorice, for treating
pain with, 103-4	for controlling food cravings, 199	asthma, 49
treating, 103, 104-5	for treating sciatica, 385	Chocolate
Cancer	Chamomile	for controlling food cravings, 199
breast, screening for, 77-79	for controlling food cravings,	for relieving stress, 420
skin, signs of, 3, 447	198, 199	Cholesterol, high. See High
tomatoes for preventing, 80	for preventing gingivitis, 213	cholesterol
Capsaicin cream, for treating mouse	for treating	Chondroitin sulfate, for treating
shoulder, 314	anxiety, 28	arthritis, 34-35
Capsicum cream, for treating	back pain, 57	Chronic fatigue syndrome
bursitis, 100	burnout, 92	causes of, 118
shingles, 399	diverticulitis, 159	prevalence of, 117-18
Caraway seeds, for treating	dry skin, 170	symptoms of, 118
bloating, 357	eye strain, 296	treating, 117, 118, 119-20
flatulence, 190	flu, 191	Cinnamon, for treating
Carbohydrates	pain, 342	asthma, 49
diabetes risk from, 152	pink eye, 348	flatulence, 190
for treating hangover, 221, 222	sciatica, 386	Citrucel, for preventing
Cardiovascular conditioning, 106-13	stress, 358, 418	diverticulitis, 161
Career change, midlife, 313	Charcoal, activated, for preventing	Clary sage, for treating menstrual
Carmol 20, for calluses, 104	flatulence, 189	problems, 307
Carob, for diarrhea, 156	Chasteberry, for treating menopause,	Cleavers, for treating
Carrot poultice, for treating	303	allergies, 15
blocked milk duct, 78	Chasteberry tree, for treating	athlete's foot, 54
laryngitis, 286	breast pain, 79	body odor, 74
sore throat, 409	hot flashes, 259	burns, 96
Cast iron cookware, for increasing	menstrual problems, 305	fluid retention, 196
iron intake, 24-25	perimenopausal symptoms, 176	pink eye, 349
Castor oil, for treating	Chest rub, for treating	sore throat, 409
breast pain, 76, 382	asthma, 41	Clover, for treating arthritis, 35
flatulence, 187	colds, 123	Cloves, for treating tooth pain, 434
sciatica, 389	postnasal drip, 356	Cocoa butter, for breast massage, 384
Cataracts	Chicken soup, for treating	Coffee
preventing, 114, 115, 116	asthma, 49	avoiding, with hiatal hernia, 240
risk factors for, 114-15	bronchitis, 84	heartburn from, 232
surgery for, 115-16	colds, 124	high cholesterol and, 249
Catnip, for treating	Chickweed, for treating	insomnia from, 266
flatulence, 189	bug bites, 85, 90	for treating
insomnia, 264, 265	bursitis, 101	asthma, 43
vomiting, 439	hives, 257	fluid retention, 195
Cavities, tooth loss from.	itchy skin, 279	hangover, 222
See Tooth loss	poison ivy, 352	



Cognitive behavior therapy,	causes of, 129	avoiding, with
for treating	diverticulitis from, 159-60	asthma, 47
anxiety, 27-28	as emergency, 130	bronchitis, 83
depression, 144	leaky bladder from, 289	colds, 127
Cold. See also Compresses, cold;	in pregnancy, 361	diarrhea, 156, 158
Ice pack	treating, 128, 129-31	postnasal drip, 355
asthma protection during, 41	Contact dermatitis, 364-65	sinusitis, 403
rashes from, 366	Coriander seeds, for treating	fermented, for lactose
for treating	flatulence, 190	intolerance, 283
breast pain, 80	Cornstarch	Dancing, for preventing
burns, 95, 96	for preventing blisters, 69	osteoporosis, 334
hemorrhoids, 234	for treating itchy skin, 280	Dandelion
itchy skin, 278-79	Coronary heart disease, 107	for controlling food cravings, 199
leaky bladder, 291	Cortisone, for treating bursitis, 101	for increasing iron levels, 18
muscle aches, 319	Cosmetics, hypoallergenic, for	for preventing
pink eye, 348	preventing rashes, 367	hangover, 222
shingles, 398	Cough	osteoporosis, 336
Colds	with bronchitis (see Bronchitis)	in sports drink, 413
allergies and, 10	causes of, 133	for treating
preventing, 126-27	function of, 132	age spots, 5
treating, 121-27	treating, 132, 133-34	constipation, 129, 130
Comfrey, for treating	Cough drops, horehound, 44	fluid retention, 196
blisters, 68	Cough suppressant	gallstones, 208, 209
bursitis, 101	for preventing laryngitis, 286	rectal itching, 371
dry skin, 170	for treating	warts, 443
fractures, 337	bronchitis, 82	Dandruff
pain from intercourse, 346	cough, 134	causes of, 138-39
sore muscles, 321	Cramp bark, for treating pain, 322,	treating, 138, 140-41
splinters, 411	338	Dates, for treating asthma, 49
sprains and strains, 415	Cramps	Decongestants
symptoms of sexually transmitted	leg, 320-21	for treating
infections, 394	menstrual, 304, 305-7, 308	allergies, 12
Computer use	muscle (see Muscle aches, spasms,	blocked ears, 72
mouse shoulder from, 314-17	and cramps)	earache, 178
repetitive stress syndrome from,	Cravings, food. See Food cravings	DEET, as tick repellent, 432
377-81	Crow's feet, 135-37	Dehydration, from vomiting, 438
Concealer, for eye bags, 185-86	Crunches	Dementia
Conditioner, for dry hair, 167-68	abdominal, proper technique	blood sugar and, 203
Condoms, for preventing sexually	for, 63	preventing, with
transmitted infections,	for pot belly, 357-58	social activity, 206
395	Cucumbers, for treating	vitamin E, 204
Congestion	eye bags, 186	Dental care, for preventing
from allergies (see Allergies)	fluid retention, 194	gingivitis, 212-13
blocked ears from, 71	sunburn, 428-29	Dental floss(ing)
with bronchitis (see Bronchitis)	Cuticle care, 325-26	for preventing tooth loss, 435
with colds, 122, 124-25, 127	D	substitute for, 434
Constipation. See also Irritable bowel	D	Depression
syndrome (IBS)	Dairy products	diagnosing, 143

as emergency, 147	infections, 395	shingles, 398
erectile dysfunction with, 184	Dieting, gallstones from, 209	sore throat, 122, 409
health effects from, 142-43	Dill seeds, for treating	splinters, 411
from seasonal affective disorder,	bad breath, 66	symptoms of sexually trans-
390-92	flatulence, 190	mitted infections, 394
treating, 142, 143-47	nausea, 327	Eczema, treating, 366, 367-69
in women and men, 145-46	Disk, herniated	Elder, for treating
Dermatitis, contact, 364-65	morning pain with, 387	hair loss, 217
Devil's claw, for treating arthritis, 32	sciatica from, 385-86	postnasal drip, 355
Devil's club, for treating	surgery for, 386-87	Elderberry, for treating colds, 125
depression, 143	Diverticulitis	Elderflowers
diabetes, 151	causes of, 159-60	for face wash, 2
Diabetes	as emergency, 162	for treating allergies, 15
causes of, 150	preventing recurrence of, 160-62	Electrical stimulation therapy, for
controlling, 148, 150-54	symptoms of, 160	leaky bladder, 290
challenge of, 148-49	treating, 159, 160	Endometriosis, symptoms of, 306
dementia risk with, 203	Dong quai, for treating hot	Epsom salts, for treating
detecting nerve damage from,	flashes, 259	back pain, 62
152	Dry eyes	burnout, 92
emergency medical help for, 149	causes of, 163-64	calluses, 103
as epidemic, 149-50	treating, 163, 164-65	muscle cramps, 320
risk of macular degeneration	Dry hair	sports injuries, 412
with, 295	causes of, 166-67	Erectile dysfunction
stroke risk from, 425	treating, 166, 167-68	causes of, 180-81
symptoms of, 149	Dry skin	stamp test for, 182
toenail care with, 326	causes of, 169-70	treating, 181-84
Diarrhea. See also Irritable bowel	treating, 169, 170-72	Estrogen cream, for treating
syndrome (IBS)	Dry vagina	dry vagina, 176
causes of, 155	painful intercourse from, 345	painful intercourse, 345
traveler's, 157	treating, 173-76	Eucalyptus
treating, 155, 156, 158	-	as disinfectant, 192
Diet	E	for treating
Mediterranean	Earache	allergies, 13, 14
for cardiovascular	as emergency, 178	bronchitis, 83
conditioning, 113	treating, 177-79	colds, 41, 122
for forgetfulness, 202-3	Ears, blocked, 71-72	nasal congestion, 13
for high cholesterol, 252	Echinacea	postnasal drip, 354, 356
for preventing	for preventing yeast infections,	sinusitis, 401, 402
diverticulitis, 161-62	346	Evening primrose oil
flatulence, 190	for strengthening immune	for preventing crow's feet, 136
for treating	system, 395	for treating
arthritis, 34	for treating	breast pain, 77
diabetes, 151-52	athlete's foot, 54	chronic fatigue syndrome, 119
diarrhea, 158	blisters, 68	diabetes, 150
high blood pressure, 244	burns, 96	headaches, 225
menstrual cramps, 306, 307	colds, 123-24	menopause, 302
nausea, 330	pain after intercourse, 344	PMS, 309
sexually transmitted	pink eye, 349	Expectorant, for treating



bronchitis, 82	calluses, 104	menstrual cramps, 304
cough, 133	cardiovascular system, 106	mouse shoulder, 316
Eye bags	cataracts, 116	muscle pain, 322
cause of, 185	chronic fatigue syndrome, 117	muscle soreness, 319
treating, 185-86	colds, 125, 127	nails, 323
Eyebright, for treating	constipation, 128	nausea, 327
allergies, 15	cough, 133	osteoporosis, 331
colds, 126	crow's feet, 135	pain, 338
eye conditions, 116, 163, 296, 349	dandruff, 141	pink eye, 347
postnasal drip, 355	depression, 142	poison ivy, 351
Eye examinations, for preventing	diabetes, 148	postnasal drip, 356
glaucoma, 215	diarrhea, 155, 158	prickly heat, 364
macular degeneration, 294-95	diverticulitis, 159	rectal itching, 370
Eye(s)	dry eyes, 162	reflux disease, 375
dry, 163-65	dry hair, 167	repetitive stress syndrome, 378
pink, 347-49	dry skin, 169	sciatica, 385
Eye strain, from macular	dry vagina, 174	seasonal affective disorder, 392
degeneration, 296	earache, 177	shingles, 397
Eye wash	erectile dysfunction, 183	sinusitis, 400, 402, 403
chamomile, 348	eye bags, 185	sneaker feet, 404
strawberry, 347	flatulence, 187	sore throat, 406
•	flu, 191	splinters, 410
F	fluid retention, 196	sports injuries, 412
Fabulous Folk Remedies	food cravings, 197	sprains and strains, 415
for preventing	forgetfulness, 200	sunburn, 427
stroke, 425	fractures, 337	tick bites, 430
tooth loss, 433, 434	gallstones, 208, 209	vomiting, 438
for treating	gingivitis, 211	warts, 440, 443
age spots, 2	glaucoma, 215	yellowed teeth, 444
allergies, 11	hair loss, 217	zits, 450
anemia, 20, 22	hangover, 221	Face wash, for treating
anxiety, 26	headache, 224	age spots, 2
arthritis, 31	heartburn, 231	zits, 447
asthma, 40, 44	hemorrhoids, 233, 235	Fat, dietary
athlete's foot, 51	hiatal hernia, 239	avoiding
back pain, 62	high blood pressure, 240, 245	with erectile dysfunction, 184
bad breath, 66	high cholesterol, 250, 254	with hiatal hernia, 240
blisters, 69	hives, 255	with intermittent
bloating, 357	hot flashes, 258, 260	claudication, 271-72
blocked ears, 71	insomnia, 268	for preventing macular
body odor, 75	intermittent claudication, 269	degeneration, 297
breast conditions, 76	irritable bowel syndrome, 274	with reflux disease, 376
breast infection, 382	itchy skin, 278	high cholesterol from, 250-51
bronchitis, 81, 83	lactose intolerance, 283	irritable bowel syndrome
bug bites, 89	laryngitis, 286	from, 275
burnout, 94	leaky bladder, 287	Fatigue, chronic. See Chronic fatigue
burns, 97	macular degeneration, 292	syndrome
bursitis, 101	menopause, 299, 303	Feet

458

calluses on, 103-5	bronchitis, 82	Foot rub, for treating burnout, 91
diabetic nerve damage in, 152	diverticulitis, 160	Forgetfulness
preventing blisters on, 68-70	Flaxseed oil	causes of, 200-201, 301
warts on, 442	for preventing crow's feet, 136	as emergency, 205
Fennel	for treating	treating, 200, 201-6
for controlling food cravings, 199	eczema, 366	Forgiveness, for lowering blood
for preventing flatulence, 189	seasonal affective disorder,	pressure, 245
for treating	392	Fractures, bone, treating, 331, 337
bad breath, 66	sunburn, 429	Freckles. See Age spots
bronchitis, 83	Fleas, repelling, 88	Fruits
erectile dysfunction, 181	Flower water, for menstrual	for preventing cataracts, 116
eye bags, 186	problems, 307	for treating
flatulence, 190	Flu	bad breath, 67
Fenugreek, for treating diabetes, 151	asthma protection during, 41	high blood pressure, 244-45
Feverfew, for treating headaches, 224	as emergency, 192	hot flashes, 261
Fiber	preventing, 192-93	Fungal infections of nails, 325, 326
in cereal, 161	symptoms of, 192	_
for preventing diverticulitis,	treating, 191, 193	G
161-62	types of, 191	Gallbladder attack, 207
for treating	Fluid retention	Gallstones
constipation, 289, 361	causes of, 194-95	as emergency, 207
hemorrhoids, 236	in pregnancy, 362-63	formation of, 207-8
Fibrocystic breasts, 77, 80	treating, 194, 195-96, 262	preventing, 208-9
Fibroid tumors, symptoms of, 306	Flu shot, 193	risk factors for, 208
Fibromyalgia, 321-22	Folate, for treating forgetfulness, 202	treating, 208, 209
Fire ant stings, 86	Folic acid	Garlic
Fish	for preventing tooth loss, 436	bad breath from, 64
for cardiovascular conditioning,	for treating anemia, 19, 24	body odor from, 74
113	Food additives, as asthma trigger, 43	for cardiovascular conditioning,
for preventing	Food allergies, 8, 10	111
macular degeneration, 295	Food cravings	for preventing
stroke, 424	controlling, 197, 198-99	cataracts, 116
traveler's diarrhea from, 157	in pregnancy, 198-99	pinworms, 370
for treating	triggers of, 197-98	stroke, 425
arthritis, 34	Food diary	for treating
asthma, 49	for finding triggers of	asthma, 49
depression, 144-45	hives, 257	athlete's foot, 53, 54
menstrual cramps, 307	irritable bowel syndrome, 275	colds, 127
Fish oil supplements	migraines, 228	congestion, 71
for cardiovascular conditioning,	for recording iron-rich foods, 24	earache, 179
113	Food dye, hives from, 257	flu, 193
for treating chronic fatigue	Food sensitivities, reflux from, 374	high cholesterol, 251
syndrome, 119	Foot baths, for treating	intermittent claudication, 269
Flatulence	anxiety, 26	sinusitis, 402
cause of, 187	Morton's neuroma, 414	Gas. See Flatulence
as emergency, 189	Foot odor, treating, 73, 404-5	Gastroesophageal reflux disease
treating, 187, 188-90	Foot pain, from Morton's neuroma,	(GERD). See Heart-
Flaxseed, for treating	414	burn; Reflux disease



Gelatin, avoiding, as supplement, 326	Glaucoma, preventing and treating, 214-15	108, 111 for treating
Gentian	Globe artichoke, for treating high	erectile dysfunction, 181
for preventing hangover, 222	cholesterol, 254	fluid retention, 196
for treating anemia, 25	Glucosamine, for treating arthritis,	forgetfulness, 202
GERD. See Heartburn;	33-34	high blood pressure, 246
Reflux disease		intermittent claudication, 271
Ginger	Goat's rue, for treating diabetes, 151	
for preventing flatulence, 189	Goggles, for preventing dry eyes, 165	Hazelnuts, as insect repellent, 89 Headaches
in sports drink, 413	Golden rod, for treating postnasal	cluster, 223-24, 227
for treating	drip, 355	as emergency, 226
arthritis, 32	Goldenseal	migraine
asthma, 48, 49	for strengthening immune	drugs preventing, 226-27
back pain, 57	system, 395	genetics and, 228
colds, 125, 126	for treating	in men, 223, 224
congestion, 71	athlete's foot, 53	reflexology for, 229
headaches, 224, 227	blisters, 68	from stress, 228-29
intermittent claudication, 271	gingivitis, 212	symptoms of, 223-24, 225
nausea, 329	gum disease, 434	treating, 225-29
pain, 341	pain after intercourse, 344	triggers of, 225, 227-28
sleep problems, 322	rashes, 365	in women, 223, 227-28
Gingivitis	splinters, 411	rebound, 227
causes of, 210-11	symptoms of sexually trans-	treating, 223, 224, 225-29
health risks from, 211-12	mitted infections, 394	Heart Attack
preventing, 212-13	Golf, for avoiding macular	gallbladder attack mistaken for,
signs of, 212	degeneration, 294	207
treating, 210, 211	Grapefruit seed extract, for fungal	preventing, with
Ginkgo	nail infections, 325	aspirin, 110
for cardiovascular conditioning,	Greater celandine, for treating	Chinese mushrooms, 424
111	gallstones, 208	symptoms of, 107, 232, 330
for preventing	Green clay, for treating foot odor, 73	Heartburn. See also Reflux disease
macular degeneration, 293	Grindelia, for treating poison ivy,	as emergency, 232
stroke, 426	351	in pregnancy, 361
for treating	Guided imagery, for treating	preventing, 230-32
allergies, 9	insomnia, 267-68	treating, 230, 231
asthma, 48	Gum, sugar-free, diarrhea from, 156	Heart disease, preventing, 106-13
chronic fatigue syndrome, 118	Gum disease, saving tooth with, 434	Heat. See also Compresses, hot;
erectile dysfunction, 184	Gum inflammation. See Gingivitis	Compresses, warm
fluid retention, 196	2 2 8	rashes from, 366
forgetfulness, 202	Н	for treating
intermittent claudication, 272	Hair, dry, 166-68	allergies, 13
Ginseng, for treating	Hair loss	breast pain, 80
chronic fatigue syndrome, 118	causes of, 216, 217	dry eyes, 164
diabetes, 153	treating, 217-19	earache, 178-79
erectile dysfunction, 183	Hangover	irritable bowel syndrome, 277
forgetfulness, 200	as emergency, 222	leaky bladder, 291
hot flashes, 261-62	treating, 220-22	
	Hawthorn	repetitive stress syndrome, 380
night sweats, 300	for cardiovascular conditioning,	300
	ioi caraiovasculai collultioning,	



shingles, 398	dry vagina, 173	Hydropel, for preventing blisters, 70
sinusitis, 402	zits, 450	Hypertension. See High blood pres-
sore muscles, 319-20	Hops, for treating dandruff, 140	sure
sore throat, 409	Horehound cough drops, 44	Hyssop, for treating blocked ears, 72
Helmet, for preventing sports injuries, 414	Hormone replacement therapy (HRT)	1
Hemorrhoids	memory function and, 201	IBS. See Irritable bowel syndrome
in pregnancy, 361-62	for treating	Ibuprofen, for treating
symptoms of, 233	hot flashes, 262	bursitis, 100
treating, 233-36	menopause, 299-301	painful intercourse, 345-46
Hepatitis B vaccine, 395	Hormones, affecting memory, 301	sciatica, 387
Herbal pillow, for treating	Horsechestnut, for treating	shingles, 398
burnout, 94	fluid retention, 196	Ice pack, for treating
insomnia, 264	hemorrhoids, 236	back pain, 59
Herniated disk	Horseradish, for treating	hemorrhoids, 234, 362
morning pain with, 387	age spots, 1	itchy skin, 279
sciatica from, 385-86	allergies, 12-13	muscle aches, 319
surgery for, 386-87	bronchitis, 83	sprains and strains, 416
Hiatal hernia	colds, 121	Immunizations
description of, 237-38	congestion, 71	chicken pox, 397
as emergency, 237	hemorrhoids, 233	against disease-carrying insects,
symptoms of, 238	sinusitis, 400, 402	90
treating, 238-40	Horsetail	hepatitis B, 395
High blood pressure	for preventing osteoporosis, 336	Impotence. See Erectile dysfunction
arteries and, 241-42	for treating	Incontinence, urinary (see Leaky
causes of, 242, 246	arthritis, 38	bladder)
preventing, 242	dry hair, 168	Infections
readings of, 243	erectile dysfunction, 184	fungal, of nails, 325, 326
risk of macular degeneration	nails, 326	sexually transmitted, 393-95
with, 295	pain from intercourse, 346	yeast, 346
from stress, 244	Hot flashes	Inhalers, asthma, 46-47
stroke risk from, 421, 425	causes of, 259	Insect bites. See Bug bites and stings
treating, 241, 243-47	cessation of, 260	Insomnia, treating, 263-68
High cholesterol	dressing for, 259, 299	Intercourse, painful. See Painful in-
coffee and, 249	treating, 258, 259-62	tercourse
interpreting levels of, 250	Hot toddy, for treating colds, 122-23	Intermittent claudication
lowering, 249-54	HRT. See Hormone replacement	arthritis confused with, 270
role of lipoproteins in, 248-49	therapy	causes of, 269-70
Hives	Humectants, for treating eczema,	treating, 269, 270-72
causes of, 255-56	369	Iron
as emergency, 256	Hydrocortisone cream, for treating	absorption of
treating, 255, 256-57	eczema, 367	foods blocking, 21, 24
Honey	rectal itching, 371	increasing, 20, 23, 24
for preventing allergies, 11	sunburn, 429	excess, health risks from, 16-17,
for treating	Hydrogenated fats. See Trans-fats	22
colds, 125	Hydrogen peroxide, for treating	food sources of, 22-23
cough, 133	gingivitis, 210	needed amount of, 21-22
dry skin, 135, 169	gum disease, 434	role of, 18

461

Irritable bowel syndrome (IBS)	chronic fatigue syndrome, 120	stress, 358, 418
causes of, 273-74	depression, 145	vomiting, 439
symptoms of, 129, 273-74	dry skin, 170	Lemongrass, as insect repellent, 85,
treating, 274-77	foot odor, 405	86
Itching	insomnia, 264	Lentigines. See Age spots
from bug bites, 89, 90	pain, 342	Licorice
from hives (see Hives)	after intercourse, 344	Chinese, for treating asthma, 49
from poison ivy (see Poison ivy)	paralyzed muscles, 423	as herbal toothbrush, 433
rectal, 370-72	sunburn, 427	high blood pressure from, 247
from sunburn, 429	zits, 448	for strengthening immune
treating, 278-80	Lavender oil	system, 395
1	for controlling food cravings, 198	for treating
.	for treating	bronchitis, 83
Jamaican dogwood, for treating	allergies, 14	chronic fatigue syndrome, 120
headaches, 227	anxiety, 30	colds, 126
sciatica, 386	gallstones, 208	earache, 177
sleep problems, 322	headaches, 229	erectile dysfunction, 181
Jewelweed, for treating poison ivy,	menstrual problems, 307	heartburn, 230
351	Laxatives, avoiding, for constipation,	sore throat, 122
K	130-31	Lifting
	Leaky bladder	avoiding, with sciatica, 388
Kava, for treating	causes of, 288, 289	hiatal hernia from, 240
headaches, 227	treating, 287, 288-91	proper technique for, 61
high blood pressure, 245	Leg cramps	Light therapy, for seasonal affective
leaky bladder, 291	from intermittent claudication	disorder, 391-92
seasonal affective disorder, 391	(see Intermittent	Lime blossom
Kegel exercises, for treating leaky bladder, 289	claudication)	for cardiovascular conditioning,
Keratolytics, for treating eczema,	treating, 320-21	111
369	Lemon	for treating
Kissing, for preventing cavities, 436	for increasing iron absorption, 20	burnout, 92
Kyphosis, from osteoporosis, 359	for treating	high blood pressure, 241
Tryphosis, from osteoporosis, 337	age spots, 6	Lobelia, for treating flatulence, 189
L	colds, 125	Lozenges, for treating sore throat, 408
Lactaid, for lactose intolerance, 282	constipation, 128 dandruff, 140	
Lactose intolerance		Lubricants, vaginal, 175
cause of, 281	hangover, 221 high cholesterol, 250	Lutein, for preventing macular de- generation, 296
lactose-free foods for, 281, 282,	nails, 323	Lycopene Lycopene
283	nausea, 330	for cancer prevention, 80
symptoms of, 281-82	sore throat, 407	for cardiovascular conditioning,
treating, 282-83	Lemon balm, for treating	111
Lady's-mantle, for treating men-	anxiety, 27	for treating erectile dysfunction,
strual problems, 305	burnout, 92	181
Laryngitis	chronic fatigue syndrome, 120	Lyme disease, 430-31
causes of, 284-85	colds, 126	
treating, 284, 285-86	hangover, 221	M
Lavender, for treating	headaches, 224	Macular degeneration
body odor, 75	pain, 341, 342	choroidal neovascularization as
burnout, 93	shingles, 398	form of, 293-94



preventing, 292, 293, 294-97	nausea, 330	hot flashes, 258-62
risk factors for, 293	sciatica, 388-89	thinning hair, 217
symptoms of, 292-93	stress, 358, 419-20	hormone replacement therapy
Magnesium	Meadowsweet, for treating	for, 299-301
deficiency of, food cravings from,	arthritis, 38	symptoms of, 298-99
199, 420	heartburn, 231	treating, 299, 300, 301-3
for preventing	nausea, 330	Menopause creams, for hot flashes, 259
forgetfulness, 203	pain, 341	Menstrual cramps
leg aches in pregnancy, 361	repetitive stress syndrome, 380	as sign of medical problem, 306
muscle cramps, 321	sciatica, 386	treating, 304, 305, 306-7, 308
osteoporosis, 337	sleep problems, 322	Menstruation
for treating	Meat, iron in, 22-23	cramps with (see Menstrual
fluid retention, 195-96	Medications	cramps)
PMS, 309	acne, 447-48	food cravings before, 199
Magnets, for back pain, 63	allergy, 11-12	iron-deficiency anemia and, 19,
Mallow, for treating sunburn, 428	anxiety, avoiding, 30	20-21
Mammography, 78-79	arthritis, 33, 35	PMS with, 307-9
Manipulation, joint, for arthritis, 39	asthma, 43-44	Menthol chest rub, for colds and flu,
Margarine, high cholesterol from,	cholesterol-lowering, 249-50	41
251	effects of	Menthol cooling sprays, for hot
Marigold	dry vagina, 174-75	flashes, 259-60
for preventing athlete's foot, 52	high blood pressure, 246-47	Metal allergies, 366
for treating	hives, 256	Metamucil, for preventing
athlete's foot, 54	insomnia, 268	diverticulitis, 161
body odor, 75	irritable bowel syndrome, 275	Midlife crisis, 310-13
rashes, 368	leaky bladder, 289	Migraines. See Headaches, migraine
Marshmallow ointment, for treating	reflux disease, 375	Milk ducts, blocked, 77, 78
splinters, 411	glaucoma, 215	Milk thistle
Marshmallow root, for treating	for hiatal hernia, 238-39	for preventing
bronchitis, 83	for high blood pressure, 243-44	hangover, 222
diverticulitis, 160	for migraine prevention, 226-27	macular degeneration, 292
dry hair, 167	for reflux disease, 375	for treating gallstones, 208
erectile dysfunction, 181	for shingles, 398	Mint. See also specific mints
flatulence, 188	vomiting and, 439	for treating
hiatal hernia, 238	Mediterranean diet	chronic fatigue syndrome, 118
lactose intolerance, 282	for cardiovascular conditioning,	hives, 256
reflux disease, 375	113	insomnia, 264
Massage	for treating	Moisture gels, as vaginal lubricant,
breast, 384	forgetfulness, 202-3	175-76
for treating	high cholesterol, 252	Moisturizers
arthritis, 39	Melanoma, signs of, 3, 447	homemade, 171
bursitis, 101	Memory	for treating
constipation, 131	hormones affecting, 301	calluses, 104
dry skin, 169	problems with (see Forgetfulness)	dry skin, 171
flatulence, 189	Menopause	eczema, 368
hair loss, 218	effects of	Molasses, blackstrap, iron in, 22
irritable bowel syndrome, 275	dry vagina, 173-76	Morning sickness, preventing,
menstrual cramps, 308	forgetfulness, 201	360-61
* *		

Morton's neuroma, 414

repelling, 86, 87, 89

Motherwort, for treating

hot flashes, 259

Mouse shoulder, 314-17

Mullein, for treating

asthma, 47

earache, 178

mouse shoulder, 316

back pain from, 55-56

causes of, 318-19

in pregnancy, 361

Mustard, for treating

congestion, 71

bronchitis, 83, 84

asthma, 49

cough, 134

Myrrh, for treating

athlete's foot, 53

gingivitis, 211

bad breath, 65, 66

gum disease, 434

treating, 319-21, 322

Muscle aches, spasms, and cramps

from fibromyalgia, 321-22

Mushrooms, Chinese, for preventing

attacks, 424

stroke and heart

Mosquitoes. See also Bug bites and

stings

high blood pressure, 246

Motion sickness, preventing, 328

Mouthwash, for bad breath, 65, 66,

Mugwort, for treating insomnia, 264

INDEX



for treating age spots, 1

allergies, 14

anxiety, 30

arthritis, 33

asthma, 41

athlete's foot, 52

back pain, 55, 58

bad breath, 65

blocked ears, 72

bronchitis, 82, 84

bug bites, 85, 87

breast conditions, 79

blisters, 68

N Nails

bacteria under, 324 care of, 323, 324-26 fungal infections of, 325 health indicated by, 324 Nasal balm, for postnasal drip, 354 Nasal douche, for postnasal drip, 355 Nasal sprays saline

for preventing colds, 122 for treating postnasal drip, for treating sinusitis, 402

for treating allergies, 11

Natural Native Medicine, for treating allergies, 13

arthritis, 36 asthma, 47 bad breath, 65, 67

bug bites, 89 dandruff, 140 hot flashes, 261 insomnia, 264

menstrual conditions, 308

Nausea

as emergency, 330 from motion sickness, preventing, 328 treating, 327, 329-30

Neck cricks, 61-62

Neem oil, as insect repellent, 85-86 Nerve damage, from diabetes, 152 Nerve pain

from shingles, 396, 397-98 spinal, with osteoporosis, 334 Nettles

for preventing osteoporosis, 336 in sports drink, 413

for treating allergies, 15 dandruff, 139 dry hair, 168 hair loss, 217

nails, 326

Niacin-rich foods, hives from, 257 Night sweats, in menopause, 300 Nonsteroidal anti-inflammatory

drugs (NSAIDs), for treating

arthritis, 33, 36 sciatica, 387 shingles, 398 sore throat, 408

Nose drops, for treating earache, 178 Nose plugs, for preventing sinusitis, 403



burnout, 91, 93	warts, 441	treating bone fractures from, 331
burns, 95, 96, 98	yellowed teeth, 445	Overweight
bursitis, 99, 100	Odor, body. See Body odor	back pain from, 62-63
calluses, 103	Olive oil	diabetes risk from, 150
colds, 123	for cardiovascular conditioning,	erectile dysfunction and, 183
constipation, 131	113	_
crow's feet, 137	for treating	Р
dandruff, 139	forgetfulness, 202	Pain
depression, 144	high cholesterol, 252	abdominal, from irritable bowel
dry hair, 166	Omega-3 fatty acids	syndrome (see Irritable
dry skin, 170, 172	for cardiovascular conditioning,	bowel syndrome)
dry vagina, 173, 175	113	avoidance of treatment for,
earache, 179	for preventing	338-39
eczema, 366	crow's feet, 136	back (see Back pain)
eye bags, 186	forgetfulness, 206	breast, 76, 77, 79, 80, 362
flatulence, 189	macular degeneration, 295	describing, 339
fluid retention, 195	stroke, 424	insomnia from, 264
food cravings, 198	for treating	nerve, in spine, 334
foot odor, 73	arthritis, 34	sciatica, 385-89
gingivitis, 212	depression, 144-45	from shingles, 396-99
		treating, 338, 339-42
gum disease, 434	dry skin, 172	Pain clinics, 339-40
hair loss, 218	itchy skin, 280	Painful intercourse
hangover, 220	Onions	causes of, 343-44
headache, 229	body odor from, 74	after childbirth, 345
hemorrhoids, 234, 362	for treating	
hives, 257	asthma, 40, 49	treating, 344-46
intermittent claudication, 270	colds, 124	Panic attack, symptoms of, 29
itchy skin, 279, 280	cough, 133	Paralyzed muscles, liniment for, 423
Morton's neuroma, 414	sinusitis, 402	Parsley
mouse shoulder, 314	zits, 450	for preventing body odor, 74
muscle soreness, 321	Oregano, for treating	for treating
nail infections, 325	athlete's foot, 52, 54	bad breath, 65
painful intercourse, 345	burns, 96	fluid retention, 195, 262
paralyzed muscles, 423	colds, 122	Partridgeberry, for treating
poison ivy, 352	rectal itching, 372	menstrual problems, 305
postnasal drip, 354	Osteoarthritis, 31-32. See also Arthritis	perimenopausal symptoms, 176
pot belly, 358	Osteopathic manipulative therapy,	Passionflower, for treating
rashes, 368	for back pain, 56-57	arthritis, 32
repetitive stress syndrome,	Osteoporosis	burnout, 92
380	pot belly from, 359	depression, 143, 145
sagging breasts, 384	preventing, with	high blood pressure, 243, 246
sciatica, 389	calcium, 335-37	sciatica, 386
shingles, 396, 399	exercise, 333-35	seasonal affective disorder, 391
sinusitis, 401	herbal tea, 336	sleep problems, 322
sore throat, 408	vitamins and minerals, 337	stress, 418
spinal nerve pain, 334	risk factors for, 331-32, 333	Peak flow meter, for asthma, 45-46
splinters, 411	spinal nerve pain with, 334	Pectin, for treating high cholesterol,
sunburn, 428, 429	testing for, 332	254



Pellitory of the wall, for fluid reten-	Pink eye	allergies, 9, 15
tion, 196	causes of, 347-48	anemia, 17, 18
Pennyroyal, as insect repellent, 88,	treating, 347, 348-49	anxiety, 27, 28
432	Pinworms, preventing, 370	arthritis, 32, 35, 38
Peppermint	Plantain	asthma, 43, 48
avoiding, with hiatal hernia, 239	as insect repellent, 89	athlete's foot, 53, 54
for preventing hangover, 222	for treating hemorrhoids, 236	back pain, 57, 60
in sports drink, 413	PMS, 307-9	bad breath, 66
for treating	Pneumonia, symptoms of, 192	blisters, 70
arthritis, 38	Poison ivy	body odor, 74
back pain, 57	preventing, 352	breast conditions, 77, 79
body odor, 74	symptoms of, 350-51	bronchitis, 83
bug bites, 90	treating, 350, 351-52	bug bites, 90
congestion, 71	Poke root, for breast health, 79	burnout, 92
dandruff, 139	Polyps, postnasal drip from, 356	burns, 96
diarrhea, 158	Pomegranate juice, for cardiovascular	bursitis, 102
fluid retention, 195	conditioning, 110	calluses, 105
gallstones, 208 intermittent claudication, 270	Postnasal drip causes of, 353-54	cardiovascular system, 108, 111
		cataracts, 115
irritable bowel syndrome, 277	treating, 354-56	chronic fatigue syndrome,
morning sickness, 361	Posture, for preventing back pain, 58	118, 120
nausea, 330	Potassium	colds, 122, 126
vomiting, 439	for preventing	constipation, 129, 130
Peppermint oil	forgetfulness, 203	cough, 132
for controlling food cravings, 198	high blood pressure, 242	crow's feet, 136
for foot rub, 91	muscle cramps, 321	dandruff, 138
for treating	osteoporosis, 337	depression, 143, 145, 146
allergies, 14	stroke, 424	diabetes, 150, 151
hangover, 220	sources of, 242, 424	diarrhea, 156, 158
irritable bowel syndrome, 276	for treating fluid retention,	diverticulitis, 160
postnasal drip, 354	195-96	dry eyes, 165
Perimenopausal symptoms, 299	Potatoes	dry hair, 167, 168
herbs for treating, 176	for preventing stroke, 424	dry vagina, 176
Pets	for treating	earache, 178
for lowering blood pressure, 247	eye bags, 186	erectile dysfunction, 181, 184
for preventing insomnia, 268	hemorrhoids, 234	eye bags, 186
Photolyase, for treating sunburn,	splinters, 410	flatulence, 188, 190
428	Pot belly, 357-59	flu, 192
Phytoestrogens, for treating hot	Powder	fluid retention, 196
flashes, 261	for preventing athlete's foot, 52	food cravings, 199
Pillows	for treating foot odor, 405	forgetfulness, 202
herbal, for treating	Powerful Potions	gallstones, 208
burnout, 94	for preventing	gingivitis, 211, 213
insomnia, 264	stroke, 422, 424, 426	glaucoma, 214
for preventing back pain, 62	tooth loss, 435, 436	hair loss, 217, 219
Pimples. See Zits	sports drink, 413	hangover, 222
Pine twigs, for preventing	for treating	headache, 223, 225, 227
blisters, 70	age spots, 5	heartburn, 230, 232



hemorrhoids, 236	zits, 447, 449	Reflexology, for treating migraines,
hiatal hernia, 238	Prayer, for stress management, 417	228-29
high blood pressure, 243, 246	Pregnancy	Reflux disease. See also Heartburn
high cholesterol, 251	food cravings during, 198-99	causes of, 373-74, 375
hives, 256	iron deficiency in, 20	diagnosing, 374
hot flashes, 259, 262	Pregnancy discomforts, 360-63	symptoms of, 374
insomnia, 265, 267	Premenstrual syndrome (PMS),	treating, 373, 374, 375-76
intermittent claudication,	307-9	Remifemin, for treating menopausal
271, 272	Prickly ash, for treating	symptoms, 302
irritable bowel syndrome, 277	burns, 96	Repetitive stress syndrome
lactose intolerance, 282	hair loss, 217	causes of, 377-78
laryngitis, 285	pain, 341	preventing, 378-81
leaky bladder, 288, 291	Prickly heat rash, 364, 369	symptoms of, 377, 378
leg cramps, 320	Prozac, increasing anxiety, 30	treating, 378, 380, 381
macular degeneration, 293,	Prunes, for treating constipation,	Resistance training
295	131	for cardiovascular disease, 108, 109
menstrual conditions, 305	Psyllium, for treating constipation,	for preventing
midlife crisis, 312	131	bursitis, 102
mouse shoulder, 315	Pumpkin, for treating anemia, 19	osteoporosis, 334-35
muscle pain, 322	Pumpkin seeds, for preventing	Retin-A, for treating age spots, 4-5
nails, 326	pinworms, 370	Rheumatoid arthritis, 32-33, 35, 39.
nausea, 329, 330	_	See also Arthritis
night sweats in menopause,	R	RICE, for treating
300	Rashes	bursitis, 101
osteoporosis, 332, 336	eczema, 366, 367-69	sprains and strains, 416
pain, 341	preventing, 366-67	Rice water, for treating diarrhea, 158
painful intercourse, 344	prickly heat, 364, 369	Rocky Mountain spotted fever, 431
pink eye, 348, 349	from serious infection, 366	Rogaine, for treating hair loss,
postnasal drip, 355	with shingles (see Shingles)	218-19
pregnancy discomforts, 361	treating, 365, 368	Rose hips, for treating
rashes, 365	types of, 364-65	asthma, 48
rectal itching, 371, 372	Rectal bleeding, as emergency, 371	colds, 126
reflux disease, 374	Rectal itching	hemorrhoids, 236
sciatica, 386	causes of, 370	reflux disease, 374
seasonal affective disorder,	treating, 370-72	Rosemary, for treating
391	Red clover, for treating	burnout, 92
sexually transmitted	body odor, 74	dandruff, 139
infections, 394, 395	burns, 96	depression, 145
shingles, 398	dry hair, 168	forgetfulness, 202
sinusitis, 403	hot flashes, 258	hair loss, 218
sneaker feet, 405	menopause, 299	insomnia, 264
splinters, 411	perimenopausal symptoms, 176	nasal congestion, 13
sprains and strains, 416	tick bites, 430	paralyzed muscles, 423
stress, 418	zits, 449-50	Rose petals, for treating dry skin,
vomiting, 439	Red raspberry, for treating menstrual	170
warts, 442	problems, 304	Running, for preventing
veast infections, 346	Red sage, for treating laryngitis, 286	osteoporosis, 333

d	esi			b
8	1	6	4	7
	in.	r.	4	48
鼮				32

S	Seasonal affective disorder (SAD), 390-92	high blood pressure, 246 leaky bladder, 287
SAD, 390-92	Sea vegetables, for preventing	shingles, 398
Sage, for treating		
bug bites and stings, 87	osteoporosis, 336	stress, 418 Sleep
foot odor, 73	Semen, allergy to, 343 Sex	
gingivitis, 211		beneficial effects of, 266
insomnia, 264	painful (see Painful intercourse)	for chronic fatigue syndrome, 120
sore throat, 409	during pregnancy, 363	position for
Sagebrush, for treating nausea, 329	for treating	in pregnancy, 363
Sagging breasts	dry vagina, 173-74	with sciatica, 387-88
bra for, 383-84	insomnia, 267	problems with
cause of, 383	Sex therapist, for treating erectile	from muscle pain, 322
exercise and, 383	dysfunction, 182	treating, 263-68
massage for, 384	Sexually transmitted infections	Slippery elm, for treating
	preventing, 394-95	body odor, 75
Salicylate-containing foods, hives	risk of, 393-94	foot odor, 405
from, 257	symptoms of, 394	heartburn, 231
Saline nasal spray	Shampoo	irritable bowel syndrome, 274
for preventing colds, 122	dandruff, 140	laryngitis, 285
for treating	for dry hair, 168	rashes, 365
postnasal drip, 355	volumizing, for hair loss, 219	sore throat, 122
sinusitis, 402	Shingles	Smoke, as asthma trigger, 50
Salmon, for preventing osteoporosis,	origin of, 396-97	Smoking cessation
336	treating, 396-99	for preventing
Salt	Shoes	cataracts, 116
for preventing muscle cramps,	for preventing	crow's feet, 137
321	back pain, 58-59	macular degeneration, 297
for treating	calluses, 105	stroke, 426
gingivitis, 211	sports injuries, 414	for treating
sinusitis, 403	preventing blisters from, 68-69	diabetes, 153
Salt water, for treating	Shoulder, mouse, 314-17	erectile dysfunction, 184
athlete's foot, 54	Sinusitis	headaches, 227
itchy skin, 279	causes of, 400-401	high cholesterol, 253-54
sore throat, 407-8	headaches with, 229	intermittent claudication, 272
Sandalwood, for treating sunburn,	postnasal drip from, 356	laryngitis, 285-86
428	preventing, 402-3	reflux disease, 376
Sardines, for preventing	treating, 400, 401, 402-3	Sneaker feet, 404-5
osteoporosis, 336	Sinus oil, for treating sinusitis, 401	Snoring, insomnia from, 268
Sassafras, as insect repellent, 86		Sodium. See Salt
Saw palmetto, for treating	Sitz bathtub, for rectal itching, 372 Skin	Sore throat
erectile dysfunction, 181, 184	dry, 169-72	causes of, 406
hair loss, 219		
Sciatica	itchy, 278-80	as emergency, 406-7, 409
causes of, 385-86	Skin cancer, signs of, 3, 447	from tonsillitis, 407
exercises for preventing, 389	Skullcap, for treating	treating, 122, 406-9
morning pain with, 387	anxiety, 27	Soup
symptoms of, 386-87	back pain, 57	bone, for preventing
treating, 385, 386, 387-89	chronic fatigue syndrome, 120	osteoporosis, 332
	depression, 145	chicken (see Chicken soup)

for treating nausea, 329	Strawberry juice, for whitening	for treating rectal itching, 372
Sour foods, for treating bad breath,	teeth, 444	Sunscreen, for preventing
Say for treating manages 303	Strawberry leaves, for treating	age spots, 4, 5, 6-7
Soy, for treating menopause, 303	anemia, 17	crow's feet, 136
Spasms, muscle. See Muscle aches,	pink eye, 347	Sweet fern, as flea repellent, 88
spasms, and cramps	Strength training. See Resistance	Swimming, for treating arthritis,
Spearmint, for treating	training	38-39
bad breath, 65	Stress	Т
vomiting, 439	controlling, for preventing	
Spicy foods	forgetfulness, 204	Tanning salons, avoiding, 392
rectal itching from, 372	heart disease, 109	Tannins, for preventing blisters, 70
for treating	zits, 450	Tartrazine, hives from, 257
allergies, 12	health effects of, 417-18	Tea
colds, 124	food cravings, 198	green, for preventing tooth loss,
Splinter removal, 410-11	high blood pressure, 244	435
Sports drink	migraines, 228	herbal, for treating insomnia, 266
homemade, 413	pain, 341-42	for preventing
for treating vomiting, 438	pot belly, 358-59	blisters, 70
Sports injuries	managing, 359, 417, 418-20	stroke, 422
preventing, 413-14	symptoms of, 420	for treating
treating, 412, 414	Stretching	asthma, 49-50
Sprains and strains, 415-16	for preventing sciatica, 389	burns, 97
St. John's wort, for treating	for relieving leg cramps, 321	eye bags, 185
depression, 143, 146	Stroke	foot odor, 404
seasonal affective disorder, 391	preventing, 422-26	laryngitis, 286
shingles, 398	risk factors for, 421	sunburn, 97
St. John's wort oil, for treating	symptoms of, 426	Tea tree, for treating
burns, 95	types of, 421	athlete's foot, 53-54
bursitis, 99	Sugar, increasing anxiety, 30	foot odor, 73
		Teeth primers, before bleaching
Morton's neuroma, 414	Sulfites, as asthma trigger, 43	teeth, 445
nerve pain from shingles, 396	Sunburn	TENS, for treating arthritis, 35-36
sciatica, 389	as emergency, 429	Therapy
spinal nerve pain, 334	treating, 97, 427-29	
Stamp test, for analyzing erectile	Sunglasses	cognitive behavior
dysfunction, 182	for preventing	for anxiety, 27-28
Steam, for treating	crow's feet, 137	for depression, 144
asthma, 50	dry eyes, 164	sex, for treating erectile
bronchitis, 82	macular degeneration, 294,	dysfunction, 182
colds, 122	295-96	Thuja, for treating warts, 441
cough, 133-34	for preventing cataracts, 114	Thyme, for treating
postnasal drip, 356	for protection with pink eye, 349	asthma, 48
sinusitis, 402	Sunlight	back pain, 60
zits, 448	avoiding, to prevent	bronchitis, 83
Stingers, removing, 88-89	age spots, 7	Thyme oil
Stings, insect. See Bug bites and	cataracts, 114	in chest rub, 41
stings	macular degeneration, 295	for treating
Strains, 415-16	zits, 446	athlete's foot, 53
Strawberries, for treating	for preventing osteoporosis,	bronchitis, 83
constipation, 129	336-37	dandruff, 141



laryngitis, 284	bursitis, 102	Vinegar
postnasal drip, 354	mouse shoulder, 315	for iron absorption, 20
Ticks	sprains and strains, 416	for treating
illnesses caused by, 430-31	Tylenol. See Acetaminophen	athlete's foot, 51, 54
removing, 431	••	colds, 125
repelling, 431-32	U	dandruff, 140
Tiger Balm, for treating	Upset stomach. See Nausea	hair loss, 217
back pain, 55	W	prickly heat rash, 364
blocked ears, 72	V	sore muscles, 319
Toenail care, with diabetes, 326	Vacation, for treating depression, 146	Violets, for treating sore throat, 406
Tofu, for preventing osteoporosis, 336	Vacuum cleaners, for asthma	Vitamin A
Tomatoes	sufferers, 42	for preventing macular
for preventing cancer, 80	Vaginal dryness. See Dry vagina	degeneration, 297
for treating erectile dysfunction,	Vaginal wash, for treating pain after	for treating sunburn, 429
181	intercourse, 344	Vitamin B ₆ , for treating
Tongue scraping, for treating bad	Vaginal weights, for treating leaky	forgetfulness, 202-3
breath, 65	bladder, 290	mood swings, 302
Tonsillitis, symptoms of, 407	Vaginismus, 344-45	sources of, 202-3
Toothbrush	Valerian, for treating	Vitamin B ₁₂
licorice, 433	back pain, 57	deficiency of, in vegetarians, 25
selecting, 435	insomnia, 267	sources of, 203
Tooth brushing	shingles, 397	for treating forgetfulness, 202,
for preventing gingivitis, 213	stress, 359	203
proper technique for, 434-35	Vegetables	Vitamin C
for treating bad breath, 65	cruciferous, for preventing stroke,	for increasing iron absorption, 23
Tooth loss	422-23	for preventing
causes of, 433-34	iron in, 23	gallstones, 209
preventing, 433, 434-36	for preventing cataracts, 116	glaucoma, 214
Toothpaste	preventing flatulence from,	macular degeneration, 297
homemade, for bad breath, 66	188-89	osteoporosis, 337
whitening, 445	for treating	for treating
Tooth powder, for treating bad	bad breath, 67	colds, 123
breath, 67	chronic fatigue syndrome,	poison ivy, 352
Tooth whitening, 444-45	119-20	Vitamin D
Transcutaneous electrical nerve	hot flashes, 261	deficiency, arthritis from, 37
stimulation (TENS),	Vegetarians	for preventing osteoporosis, 336
for treating arthritis,	iron sources for, 23	sources of, 37
35-36	vitamin B ₁₂ deficiency in, 25	Vitamin E
Trans-fats	Vervain, for treating	for preventing
in fast food, 251-52	burnout, 92	dementia, 204
health risks from, 113	chronic fatigue syndrome, 120	macular degeneration, 297
high cholesterol from, 250-51	depression, 145	for treating
True unicorn root, for treating erec-	seasonal affective disorder, 391	hemorrhoids, 362
tile dysfunction, 184	stress, 418	hot flashes, 260
Tryptophan, for treating depression,	Viagra, for treating erectile	menopause, 302
144 T. 1. C	dysfunction, 180, 181	sunburn, 429
Tucks, for treating rectal itching, 371	Vicks VapoRub, for treating calluses,	vaginal dryness, 345
Turmeric, for treating	104	Vomiting



causes of, 437	sore throat, 408	colds, 126
dehydration from, 438	sunburn, 428	fluid retention, 195
treating, 438-39	Watermelon, for treating fluid	forgetfulness, 202
***	retention, 194	hair loss, 217
W	Water retention. See Fluid retention	hemorrhoids, 236
Walking	Weight loss	intermittent claudication, 270
for preventing	for preventing stroke, 426	Yeast infections, 346
flatulence, 188	for treating intermittent	Yellow cedar, for treating warts, 441
heart attacks, 107-8	claudication, 272	Yellow dock
for treating	Weight training. See Resistance	for increasing iron levels, 18
asthma, 46	training	for treating, age spots, 5
forgetfulness, 205	White cedar, for treating burns, 98	Yellowed teeth, 444-45
intermittent claudication, 271	White peony root, for treating	Yellow Number 5, hives from, 257
sciatica, 388	asthma, 49	Yoga, for treating asthma, 48
stress, 420	Wild cherry bark, for treating	Yogurt, for treating
Walnuts, for lowering cholesterol,	bronchitis, 81	age spots, 1
253	Willow bark, for treating headache,	dry vagina, 175
Wart removers, for treating	223	flatulence, 189-90
splinters, 411	Willow root bracelet, for treating	Yucca roots, for treating dandruff,
warts, 442-43	arthritis, 36	141
Warts	Wine	7
cause of, 441	for cardiovascular conditioning,	Z
plantar, 442	111, 112, 113	Zanfel, for preventing poison ivy,
preventing spread of, 441, 443	for treating cough, 134	352
treating, 440, 441-43	Winter blues, 390-92	Zinc, for treating
Wasabi, for treating	Wintergreen oil, for treating	colds, 125-26
bronchitis, 83	bursitis, 99	erectile dysfunction, 182
sinusitis, 403	Witch hazel, for treating	Zinc oxide, for treating
Water drinking	hemorrhoids, 235, 362	poison ivy, 351
for diabetics during exercise, 154	sprains and strains, 416	rectal itching, 371
with high-fiber diet, 162	zits, 449	Zits
for preventing	Wood betony	causes of, 446-47
gingivitis, 213	for controlling food cravings, 197	preventing, 446, 448-50
hangover, 222	for treating	treating, 447-48
muscle cramps, 320	chronic fatigue syndrome, 120	
for treating	headaches, 227	
bad breath, 66	Wool, avoiding, with eczema, 369	
bronchitis, 82	Worrying, 26-30	
constipation, 130, 361	Wrinkles, crow's feet as, 135-37	
dry eyes, 165	Writer's cramp, 379	
dry skin, 172 fluid retention, 195	X	
hangover, 221-22	Xanax, for treating anxiety, 30	
hemorrhoids, 236	Adilax, for treating afficiety, 50	
irritable bowel syndrome, 277	Υ	
leaky bladder, 288	Yarrow, for treating	
postnasal drip, 354-55	arthritis, 38	
sinusitis, 403	body odor, 74	
3111431413, 100	2041 0401, 1	