

PROBLEM	INTERNAL	EXTERNAL
Abdominal pain		Hot foot bath p72
Abnormal growths		Fig poultice p34
Abscess		Potato poultice (drawing) p23 Bread & milk poultice p34 Bentonite clay poultice (dispersing) p37 Aloe Vera p61
Acid stomach	Potato grated or juiced p23	
Acne	Flax seeds p50 Dandelion p57 Turmeric p60* Cat's Claw p63 Chaparral p65	Bentonite clay poultice (dispersing) p37 Oil pulling/mouth wash p42 Tea tree oil (anti fungal) p44 Lemon p46 Hydrogen peroxide p47 Banana peels p53 Chickweed p56 Calendula p64
Addictions		Wet sheet wrap p75
Adrenals	Stinging nettle p62 Liquorice root p63 Chaparral p65 Herb Robert p65	
Aftershave		Aloe Vera p61
Age spots		Coconut oil p41
Aggression	St John's Wort p64	
Aging process	Parsley p57*	
AIDS	Coconut oil p41 Aloe Vera p61 Cat's Claw p63 Liquorice root p63 St John's Wort p64 Chaparral p65	
Alcoholism	Bentonite clay (dispersing) p37 Cat's Claw p63 stress	Wet sheet wrap p75
Alertness	Sage p64 Maca p65 mental clarity	
Alkalizing	Aloe Vera p61	
Allergies	Dandelion p57 Aloe Vera p61 Stinging nettle p62 Cat's Claw p63 Liquorice root p63	Oil pulling/mouth wash p42 Hydrogen peroxide p49
Altitude sickness		Hydrogen peroxide p49
Alzheimer's	Coconut oil p41 Turmeric p60* Cat's Claw p63 Sage p64	
Anaemia	Comfrey (healing) p33 Bentonite clay (dispersing) p37 Dandelion p57 Alfalfa/lucerne p62 Stinging nettle p62 St John's Wort p64 Maca p65	Hydrogen peroxide p49*
Anaphylactic reactions	Turmeric p61	
PROBLEM	INTERNAL	EXTERNAL
Aneurysm		Tofu plaster p34 within 48 hours
Anorexia	Bentonite clay (dispersing) p37	
Anti aging	Charcoal (drawing) p31	
Anti bacterial	Chaparral p65 Peppermint p67	

Anti biotic	Garlic (anti biotic) p29 Herb Robert p65	
Anti fungal Anti viral Anti oxidant	Garlic (anti biotic) p29 Aloe Vera p61 Cat's Claw p63 Liquorice root p63 St John's Wort p64 Herb Robert p66 Pau D'Arco p66 Peppermint p67	Aloe Vera p61
Anti inflammatory		Bentonite clay poultice (dispersing) p37 St John's Wort p64
Antiseptic		Aloe Vera p61
Anxiety		Epsom salts p 36
Appetite	Turmeric p60*	
Arteries	Garlic (anti biotic) p29 reduces plaque Recipe for drink p29 Lemon p47 recipe	Epsom salts p36
Atherosclerosis	Coconut oil p41 Parsley p58* Cat's Claw p63	
Arthritis Arthritic inflammation	Comfrey (healing) p33 Honey p35 Lemon p47 Flax seeds p51 Borax p52 Dandelion p57 Parsley p58* Aloe Vera p61 Kelp p63 Cat's Claw p63 Chaparral p65 Herb Robert p65	Potato poultice (drawing) p23 Cabbage poultice (dispersing) p25 Castor oil poultice(dispersing) p26 Cayenne poultice (heating) p27 Comfrey (healing) p33 Bentonite clay poultice (dispersing) p37 Oil pulling/mouth wash p42 Ginger poultice (healing) p45 Mustard plaster p50 Vegetable turpentine p 54 Contrast bath – hot & cold p73 Ice packs p74
Asthma	Comfrey (healing) p33 Honey p35 Lemon p46 Flax seeds p50 Chickweed p56 Parsley p58* Turmeric p60* Red clover p61 Aloe Vera p61 Stinging nettle p62 Cat's Claw p63	Raw onion poultice (antibiotic) p24 Onion in boiling water p24 Oil pulling/mouth wash p42 Hydrogen peroxide p49*
Athletes foot		Raw onion poultice (antibiotic) p24 Epsom salts p 36 Bentonite clay poultice (dispersing) p37 Tea tree oil (anti fungal) p44 Lemon p46 Borax p52 Turmeric p60
PROBLEM	INTERNAL	EXTERNAL
Autism	Bentonite clay (dispersing) p37	
Avian myeloblastosis	Pau D'Arco p66	
Baby delivery		Epsom salts p 36 protects brain damage
Back problems	Stinging nettle p62	Comfrey (healing) p33 Epsom salts p 3 Ginger poultice (healing) p45 Mustard poultice p50 Ice packs p74 Heating compress p75
Bacterial infections	Calendula p64 inhibits kills St John's Wort p64 inhibits	Hydrogen peroxide p49
Bad breath	Charcoal (drawing) p31 Bentonite clay (dispersing) p37 Parsley p58* Peppermint p67	Oil pulling/mouth wash p42

Beauty mask		Bentonite clay poultice (dispersing) p37
Bed sores		Comfrey (healing) p33 White sugar poultice p34 Honey p35 Calendula p64
Bed wetting	Honey p35 Plantain p58 St John's Wort p64 Corn silk tea p66	Epsom salts drench p 36
Bile	Parsley p58* Calendula p64 Peppermint p67	
Bird mite infection		Hydrogen peroxide p48
Birth marks		Bentonite clay poultice (dispersing) p37
Blackheads		Bentonite clay poultice (dispersing) p37
Bladder	Slippery elm (drawing) p28 Coconut oil p41 Olive oil p43 Parsley p58 Stinging nettle p62 Calendula p64 infections Corn silk tea p66	Sitz bath p76 Cold water treading p77
Bleeding	Comfrey (healing) p33 gums haemorrhaging	Cayenne poultice (heating) p27 Oil pulling/mouth wash p42 periodontal Plantain p58 Aloe Vera p61
Blisters		Fig poultice p34 Calendula p64
Bloating	Charcoal (drawing) p31 Mallow p56 Parsley p57* Peppermint p67	
Blood to thin improve flow cleans purifies stop internal bleeding lower blood sugar	Cayenne in water p27 With garlic p27 Cayenne in water p27 Cayenne p28 Garlic (anti biotic) p29 Garlic water recipe p30 Charcoal (drawing) p31 Comfrey (healing) p33 excessive menses & Cleanse & internal bleeding p33 Chickweed p56 disorders Red clover p61 Aloe Vera p61 Alfalfa/lucerne p62 Stinging nettle p62 Kelp p63 Cat's Claw p63 Calendula p64 Chaparral p65 Herb Robert p65	Magnesium chloride p36 Hydrotherapy 69 Ice packs p74 Steam bath/ chair sweat p 74
PROBLEM	INTERNAL	EXTERNAL
Blood clots	Garlic (anti biotic) p29 reduces Sage p64	Epsom salts p 36
Blood pressure	Garlic (anti biotic) p29 lowers a little Comfrey (healing) p33 Honey p35 Coconut oil p41 Lemon p47 Flax seeds p50 Turmeric p60* Aloe Vera p61 Stinging nettle p62 Kelp p63 Cat's Claw p63 Liquorice root p63	Epsom salts drench p 36 Oil pulling/mouth wash p42 Steam bath/ chair sweat p 74
Blood sugar	Garlic (anti biotic) p29 reduces Charcoal (drawing) p31	

	Coconut oil p41	
Blood vessels	Parsley p58*	Contrast bath – hot & cold p73
Body odour	Calendula p64	
Boils	Chaparral p65	Potato poultice (drawing) p23 Slippery elm poultice (drawing) p28 Comfrey (healing) p33 Fig poultice p34 Bread and milk poultice p34 Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p48*
Bones	Comfrey (healing) p33 Parsley p58* Herb Robert p66 fractures	Comfrey (healing) p33 broken bones Bentonite clay poultice (dispersing) p37 Broken bones
Bone spurs		Castor oil poultice (dispersing) p26
Bowel cancer	Turmeric p59* Cat's Claw p63	
Bowels	Slippery elm (drawing) p28 Comfrey (healing) p33 Mallow p56 Alfalfa/lucerne p62 Peppermint p67	Golden seal p55* Cold water treading p77
Brain	Sage p64	Fluxion to the spine p 76 congestion
Brain bleed		Tofu plaster p34
Brain building fats	Flax seeds p50	
PROBLEM	INTERNAL	EXTERNAL
Brain fog		Skin brushing p43
Breast cancer	Turmeric p59 60*	Cabbage poultice (dispersing) p25 Dandelion p57
Breast feeding	Bentonite clay (dispersing) p37 Alfalfa/lucerne p62 Stinging nettle p62	
Breast lumps		Castor oil poultice (dispersing) p26 Fig poultice p34
Breast tumours	Parsley p57*	
Breathing		Cold water treading p77
Bronchitis	Honey p35 Chickweed p56 Mallow p56 Stinging nettle p62 Liquorice root p63	Cooked onion poultice (antibiotic) p24 Hydrogen peroxide p49* Wet sheet wrap p75
Bruises	Flax seeds p50 Chaparral p65 Herb Robert p65	Potato poultice (drawing) p23 Charcoal (drawing) p32 Comfrey (healing) p33 Bran poultice P34 Banana peels p53 Calendula p64 St John's Wort p64
Bunions	Turmeric p60*	Bentonite clay poultice (dispersing) p37
Burns	Turmeric p60* Aloe Vera p61	Potato poultice (drawing) p23 Cabbage poultice (dispersing) p25 Slippery elm poultice (drawing) p28 Comfrey (healing) p33 Honey p35 Epsom salts p 36 Bentonite clay poultice (dispersing) p37 Sodium bicarb poultice (antiseptic Antifungal) p39 Chickweed p56 Mallow p56 Plantain p58 & 59 Aloe Vera p61 Calendula p64 St John's Wort p64

Bursitis	Cat's Claw p63	Ice packs p74
Callus		Raw onion poultice (antibiotic) p24 Castor oil poultice (dispersing) p26 Bentonite clay poultice (dispersing) p37 Radium weed p57 Calendula p64
Cancer	Garlic (anti biotic) p29 Comfrey (healing) p33 Sodium bicarb (antiseptic Antifungal) p39 Coconut oil p41 Flax seeds p50 Parsley p57 & 58* Turmeric p59 60* Red clover p61 Aloe Vera p61 tumours Stinging nettle p62 Cat's Claw p63 St John's Wort p64 colon leukemia stomach Chaparral p65 Herb Robert p65 66*	Comfrey (healing) p33 Tofu plaster p34 brain Bentonite clay poultice (dispersing) p37 Pain relief Sodium bicarb poultice (antiseptic Antifungal) p39 Hydrogen peroxide p49*
PROBLEM	INTERNAL	EXTERNAL
Cancerous lumps		Potato poultice(drawing) p23
Candida	Coconut oil p41 Borax p52 Vegetable turpentine p 54 Aloe Vera p61 Pau D'Arco p66	Hydrogen peroxide p49 Vegetable turpentine p 54
Carbuncles		Fig poultice p34 Honey p35
Cardio system	Flax seeds p50 Parsley p58* Aloe Vera p61	Magnesium chloride p36 Hydrogen peroxide p49*
Car exhaust	Cat's Claw p63	
Carpal tunnel		Comfrey (healing) p33 Bentonite clay poultice (dispersing) p37
Cataracts	Turmeric p60*	Cayenne eye wash p27 early Honey p35 Bentonite clay poultice (dispersing) p37 Olive oil p43 Lemon p46
Catarrh	Comfrey (healing) p33	
Cellulite		Coconut oil p41 Skin brushing p43
Cerebral vascular disease		Hydrogen peroxide p49*
Cervicitis		Calendula p64
Chafing		Mallow p56
Chemo	Turmeric p60* Cat's Claw p63	
Chest congestion	Inhale garlic smell p30	Cooked onion poultice (antibiotic) p24 Cayenne poultice (heating) p27 Cayenne with apple cider p28 Mustard poultice p50 Wet socks p77
Chicken pox		Honey p35
Chilblains		Cabbage pulp (dispersing) p25 Mallow p56
Childbirth	Stinging nettle p62 Calendula p64 post	
Cholera	Bentonite clay (dispersing) p37	
Cholesterol	Garlic (anti biotic) p29 Charcoal (drawing) p31 Bentonite clay (dispersing) p37	

	Coconut oil p41 Flax seeds p50 Mallow p56 Dandelion p57 Turmeric p59 60* Aloe Vera p61 Alfalfa/lucerne p62 Liquorice root p63	
PROBLEM	INTERNAL	EXTERNAL
Crohn's disease	Turmeric p59* Cat's Claw p63	
Chronic fatigue	Coconut oil p41 Aloe Vera p61 Cat's Claw p63 Maca p65 Herb Robert p65	Oil pulling/mouth wash p42
Circulation system /boost	Cayenne in water p27 Bentonite clay (dispersing) p37 Flax seeds p50 Stinging nettle p62 St John's Wort p64	Epsom salts p 36 Skin brushing p43 Mustard plaster p50 Aloe Vera p61 Hydrotherapy 69 Salt glow p76 Cold water treading p77
Cirrhosis	Liquorice root p63	
Cleaner & for Washing machine		Tea tree oil (anti fungal) p44 Hydrogen peroxide p47
Clots	Turmeric p59*	
Colds	Boiled flax seed oil p51 Mallow p56 Stinging nettle p62 Liquorice root p63 St John's Wort p64 Herb Robert p65 Peppermint p67	Cooked onion poultice (antibiotic) p24 Cayenne poultice (heating) p27 Carrot poultice P34 Epsom salts p 36 Tea tree oil (anti fungal) p44 Vegetable turpentine p 54 Hot foot bath p72 Hot & cold showers p74 Steam bath/ chair sweat p 74 Wet sheet wrap p75 Wet socks p77
Cold sores		Lemon p46 Vegetable turpentine p 54
Colic	Olive oil p43 Liquorice root p63	Hot foot bath p72 renal
Colitis	Slippery elm (drawing) p28 Coconut oil p41 Mallow p56 Dandelion p57 Turmeric p59* Red clover p61 Cat's Claw p63 Liquorice root p63 Calendula p64 Chaparral p65 Herb Robert p65	Heating compress p75
Colon	Flax seeds p50 Turmeric p59* Aloe Vera p61 cancer Kelp p63 Liquorice root p63	
Colonic/enema		Hydrogen peroxide p48
Concentration	Kelp p63 Sage p64	Epsom salts p 36
Concussion		Tofu plaster p34
PROBLEM	INTERNAL	EXTERNAL
Congestion	Mallow p56	Epsom salts p 36 Hot fomentations p78
Conjunctivitis	Chickweed p56	

Constipation	Slippery elm (drawing) p28 Honey p35 Bentonite clay (dispersing) p37 Olive oil p43 Lemon p46 Flax seeds p51 Chickweed p56 Mallow p56 Dandelion p57 Aloe Vera p61 Alfalfa/lucerne p62 Stinging nettle p62	Castor oil poultice (dispersing) p26 Epsom salts p 36 Oil pulling/mouth wash p42 Sitz bath p76
Contact lenses		Hydrogen peroxide p49
Contusions		Ice packs p74
Corns		Lemon p46 Calendula p64
Coughs	Cayenne in water p27 Comfrey (healing) p33 Lemon p46 Boiled flax seed oil p51 Mallow p56 Plantain p58 Red clover p61 Liquorice root p63 Peppermint p67	Raw onion poultice (antibiotic) p24 Cayenne poultice (heating) p27 Mustard poultice p50 Vegetable turpentine p 54 Heating compress p75
Cough medicine	Onion & honey juice p24	
Cracked heels		Cayenne poultice (heating) p27
Cramps	Bentonite clay (dispersing) p37 menstrual Peppermint p67	Honey p35 Magnesium chloride p36 Skin brushing p43 Vegetable turpentine p 54 Hot foot bath p72
Crohn's disease	Slippery elm (drawing) p28 Coconut oil p41 Mallow p56 Aloe Vera p61 Chaparral p65	
Crushing injury		Comfrey (healing) p33 Bentonite clay poultice (dispersing) p37
Cuts	Turmeric p60*	Grapefruit poultice p34 need stitches Epsom salts p 36 Coconut oil p41 Tea tree oil (anti fungal) p44
Cystic fibrosis	Coconut oil p41	
Cystitis	Corn silk tea p66	
Cysts		Potato poultice (drawing) p23 Alt with Cabbage poultice(dispersing) p25 Castor oil poultice (dispersing) p26
Dandruff	Flax seeds p50*	
Dark eye circles		Oil pulling/mouth wash p42
PROBLEM	INTERNAL	EXTERNAL
Degenerative disease	Coconut oil p41	
Delirium		Wet sheet wrap p75
Dental health	Parsley p58*	
Deodorant		Tea tree oil (anti fungal) p44
Deodorise bins, Laundry, shoes & toothbrush		Tea tree oil (anti fungal) p44
Depression	Turmeric p59* Stinging nettle p62 Cat's Claw p63 St John's Wort p64	

Dermatitis	Coconut oil p41 Dandelion p57	Bentonite clay poultice (dispersing) p37 Mallow p56 Dandelion p57 Aloe Vera p61
Detox	Parsley p58 Turmeric p60* Herb Robert p65 Pau D'Arco p66	Epsom salts bath p 36 Lemon p45 Hydrogen peroxide p48 Alfalfa/lucerne p62 Hydrotherapy 69 Wet sheet wrap p75
Diabetes	Cayenne p28 Bentonite clay (dispersing) p37 Coconut oil p41 Flax seeds p50 & 51 Parsley p58* Turmeric p59 60* Aloe Vera p61 Alfalfa/lucerne p62 Cat's Claw p63 Sage p64 Herb Robert p65	Epsom salts p 36 Oil pulling/mouth wash p42 Hydrogen peroxide p49* Contrast bath – hot & cold p73
Diabetic retinopathy		Hydrogen peroxide p49*
Diarrhoea	Slippery elm (drawing) p28 Charcoal (drawing) p31 Comfrey (healing) p33 Bentonite clay (dispersing) p37 Olive oil p43 Lemon p46 Mallow p56 Plantain p58 Herb Robert p65 Peppermint p67	Sitz bath p76
Digestion	Cayenne in water p27 Slippery elm (drawing) p28 Charcoal (drawing) p31 cleanses Coconut oil p41 Ginger (healing) p45 Hydrogen peroxide p49* Parsley p58* Aloe Vera p61 Alfalfa/lucerne p62 Calendula p64 Herb Robert p65 Pau D'Arco p66 Peppermint p67	Oil pulling/mouth wash p42
PROBLEM	INTERNAL	EXTERNAL
Dishwasher		Hydrogen peroxide p47
Disinfectant		Hydrogen peroxide p48
Diuretic	Dandelion p57 Parsley p57*	
Diverticulitis	Slippery elm (drawing) p28 Cat's Claw p63 Liquorice root p63	
Dizziness	Stinging nettle p62	
Dopamine	St John's Wort p64	
Dry eyes		Honey p35 Castor oil p35
Dry hair	Alfalfa/lucerne p62	
Dry scalp		Slippery elm poultice (drawing) p28 Bentonite clay poultice (dispersing) p37
Dry skin	Kelp p63	Mallow p56 Aloe Vera p61
Dysentery	Comfrey (healing) p33 Honey p35 Olive oil p43 Cat's Claw p63	

Dysmenorrhea		Hot foot bath p72
Dyspepsia	Chickweed p56	
Ears sore/ache	Cooked onion juice p24 Coconut oil p41	Cooked onion poultice (antibiotic) p24 Garlic poultice (anti biotic) p29 Charcoal (drawing) p32 Tofu plaster p34 Lemon p46 Hydrogen peroxide p47 wax Calendula p64 Hot foot bath p72
Eczema	Coconut oil p41 Flax seeds p50 Dandelion p57 Red clover p61 Liquorice root p63 Chaparral p65	Rolled oats poultice p34 Bentonite clay poultice (dispersing) p37 Oil pulling/mouth wash p42 Tea tree oil (anti fungal) p44 Lemon p46 Chickweed p56 Mallow p56 Dandelion p57
Electrolytes	Aloe Vera p61	
Emphysema		Hydrogen peroxide p49*
Endocrine system		Skin brushing p43
Energy	Stinging nettle p62 Kelp p63 Maca p65 stamina endurance Herb Robert p66	Epsom salts p 36 Magnesium chloride p36
Engorged breasts		Cabbage poultice (dispersing) p25
Enteritis	Slippery elm (drawing) p28 Herb Robert p65	
Epilepsy	Coconut oil p41	Olive oil p43
PROBLEM	INTERNAL	EXTERNAL
Episiotomy		Sitz bath p76
Epstein Barr	Liquorice root p63	Hydrogen peroxide p49*
Erectile dysfunction	Maca p65	
Eyes	Potato juice p23 Bentonite clay (dispersing) p37 Parsley p57* Plantain p58 Turmeric p60* Sage p64 Herb Robert p65	Potato poultice (drawing) p23 Cabbage poultice (dispersing) p25 Castor oil poultice (dispersing) p26 Charcoal (drawing) p32 Egg white poultice p34 Olive oil p43 Calendula p64 Hot foot bath p72
Eyesight	Lemon p47	
Face cream		Coconut oil p41
Fat	Coconut oil p41	
Fatigue	Stinging nettle p62 Kelp p63 St John's Wort p64 Maca p65	Magnesium chloride p36 Hot foot bath p72 Hot & cold showers p74
Feet sore		Calendula p64
Fertility	Parsley p58* Sage p64 Maca p65 Herb Robert p65	
Fever	Aloe Vera p61 Stinging nettle p62 Liquorice root p63 Sage p64 Peppermint p67	Olive oil p43 Ice packs p74 Wet sheet wrap p75
Fibroids		Castor oil poultice (dispersing) p26

Fibromyalgia	Borax p52* Aloe Vera p61 St John's Wort p64	Bentonite clay poultice (dispersing) p37
Fissures		Sitz bath p76
Flatulence	Parsley p58*	Cold water treading p77
Flu	Coconut oil p41 Vegetable turpentine p 54 Stinging nettle p62 Cat's Claw p63 Liquorice root p63 St John's Wort p64 Flu bomb recipe p67	Cooked onion poultice (antibiotic) p24 Epsom salts p 36 Hydrogen peroxide p49* Hot foot bath p72 Hot & cold showers p74 Steam bath/ chair sweat p 74 Wet sheet wrap p75
Food poisoning	Coconut oil p41	
Frost bite		Aloe Vera p62
Frozen hip		Cayenne poultice (heating) p27
Frozen shoulder		Cayenne poultice (heating) p27
Fruit & veg wash		Hydrogen peroxide p48
Fungus	Vegetable turpentine p 54 Parsley p58* Alfalfa/lucerne p62 Cat's Claw p63	Hydrogen peroxide p48 Hydrogen peroxide p49 Vegetable turpentine p 54 Aloe Vera p61
PROBLEM	INTERNAL	EXTERNAL
Gall bladder	Coconut oil p41 Lemon p46 Parsley p58* Kelp p63 Calendula p64	Castor oil poultice (dispersing) p26
Gall stones	Dandelion p57 Parsley p58 Turmeric p59*	Hot foot bath p72
Ganglion		Castor oil poultice (dispersing) p26
Gangrene		Comfrey (healing) p33 Honey p35 Hydrogen peroxide p48 Hydrogen peroxide p49 diabetic*
Gas flatulence	Charcoal (drawing) p31 Olive oil p43	
Gastric problems	St John's Wort p64	
Gastritis	Slippery elm (drawing) p28 Cat's Claw p63 Herb Robert p65	
Gastrointestinal Tract	Slippery elm (drawing) p28 Cat's Claw p63	
Gingivitis		Hydrogen peroxide p49* Calendula p64
Glands	Cayenne in water p27 Comfrey (healing) p33 glandular fever Parsley p58* Sage p64	Comfrey (healing) p33 neck Skin brushing p43
Glaucoma	Turmeric p60*	Honey p35
Gout	Stinging nettle p62	Cayenne poultice (heating) p27 Epsom salts p 36 Bentonite clay poultice (dispersing) p37 Vegetable turpentine p 54 Chickweed p56 Wet sheet wrap p75
Gums	Comfrey (healing) p33 Plantain p58 Sage p64 Herb Robert p65	Fig poultice p34 Oil pulling/mouth wash p42 Lemon p45
Gut	Mallow p56 Parsley p58* Herb Robert p65	

Haemorrhages	Herb Robert p65	
Haemorrhoids	Herb Robert p65	Cut potato to size p23 Castor oil poultice (dispersing) p26 Honey p35 Bentonite clay poultice (dispersing) p37 Coconut oil p41 Oil pulling/mouth wash p42 Lemon p46 Aloe Vera p61 Calendula p64 Sitz bath p76
Hair colour	Sage p64 reduce grey hair hair growth	Oil pulling/mouth wash p42
Hair conditioner		Coconut oil p41 Mallow p56 Calendula p64 rinse
PROBLEM	INTERNAL	EXTERNAL
Hair disorders	Kelp p63	
Hair gel		Aloe Vera p61
Hair loss	Bentonite clay (dispersing) p37	
Halitosis	Sage p64	
Hamstring		Cayenne poultice (heating) p27
Hay fever	Honey p35 Lemon p46 Stinging nettle p62	
Headache	St John's Wort p64	Cayenne poultice (heating) p28 Charcoal (drawing) p32 Tofu plaster p34 Oil pulling/mouth wash p42 Hydrogen peroxide p49 Banana peels p53 Hot foot bath p72 Wet socks p77
Head cold		Cooked onion poultice (antibiotic) p24
Head lice		Vegetable turpentine p 54
Head wounds		Tofu plaster p34
Heart attack	Cayenne in water p27 Flax seeds p50 reduce risk Cat's Claw p63 Sage p64	Magnesium chloride p36
Heart health	Coconut oil p41 Flax seeds p51 Hawthorn berries p55 Mallow p56 Parsley p57* St John's Wort p64	Epsom salts p 36 Magnesium chloride p36 Oil pulling/mouth wash p42 Ice packs p74 increased heart rate
Heart burn	Slippery elm (drawing) p28 Lemon p46 Mallow p56	
Heart muscle rebuild	Cayenne in water p27	
Heavy metal detox	Raw potato juice p23 Garlic (anti biotic) p29 Bentonite clay (dispersing) p37 Borax p52* Kelp p63	
Hepatitis	Coconut oil p41 Dandelion p57 Liquorice root p63 St John's Wort p64	Heating compress p75
Herbicides	Cat's Claw p63	
Hernia	Slippery elm (drawing) p28 Comfrey (healing) p33	

Herpes	Bentonite clay (dispersing) p37 Coconut oil p41 Aloe Vera p61 Cat's Claw p63 Liquorice root p63 St John's Wort p64 Sage p64 Herb Robert p65 Pau D'Arco p66	Hydrogen peroxide p49*
PROBLEM	INTERNAL	EXTERNAL
HIV	Turmeric p60* Stinging nettle p62 Cat's Claw p63 Liquorice root p63 St John's Wort p64 Chaparral p65	Hydrogen peroxide p49*
Hives		Bentonite clay poultice (dispersing) p37 Aloe Vera p61
Hoarseness	Comfrey (healing) p33	
Homeostasis	Maca p65	
Hormones	Bentonite clay (dispersing) p37 Coconut oil p41 Stinging nettle p62 Liquorice root p63 Maca p65	Oil pulling/mouth wash p42
Horse eye cancer		Aloe Vera p62
HRT	Maca p65	
Humidifier/steamer		Hydrogen peroxide p49
Hyperglycaemia	Turmeric p59*	
Hypertension	Red clover p61	
Hysteria	Stinging nettle p62	
IBS	Aloe Vera p61 Cat's Claw p63 Peppermint p67	
Immune system	Flax seeds p50 Aloe Vera p61 Stinging nettle p62 Kelp p63 Herb Robert p66 Peppermint p67	Skin brushing p43 Lemon p45
Impotency	Herb Robert p65	
Indigestion	Slippery elm (drawing) p28 Comfrey (healing) p33 Lemon p46 Parsley p58* Turmeric p60* Peppermint p67	Cayenne poultice (heating) p28 Heating compress p75
Infections	Plantain p58 Red clover p61 Pau D'Arco p66	Potato poultice (drawing) p23 Slippery elm poultice (drawing) p28 Hydrogen peroxide p48 Contrast bath – hot & cold p73 Ice packs p74 Heating compress p75 Wet sheet wrap p75
Inflammation	Coconut oil p41 Chickweed p56 Mallow p56 Turmeric p59* Aloe Vera p61 Cat's Claw p63 Liquorice root p63 Calendula p64 St John's Wort p64 Herb Robert p65	Charcoal (drawing) p32 Bran poultice p34 Ice packs p74 muscles Hot & cold showers p74

	Pau D'Arco p66 Peppermint p67	
PROBLEM	INTERNAL	EXTERNAL
Ingrown toenails		Potato poultice (drawing) p23 Castor oil poultice (dispersing) p26
Inhalations		Onion in boiling water P24
Insect bites/stings	Sage p64	Potato poultice (drawing) p23 Garlic poultice (anti biotic) p29 repellent Charcoal (drawing) p32 Comfrey (healing) p33 Honey p35 Bentonite clay poultice (dispersing) p37 Sodium bicarb poultice (antiseptic Antifungal) p39 Tea tree oil (anti fungal) p44 Lemon p46 Hydrogen peroxide p49 Banana peels p53 Chickweed p56 Mallow p56 Plantain p58 Aloe Vera p61 Calendula p64
Insomnia	Honey p35 Turmeric p60* Alfalfa/lucerne p62	Epsom salts drench p 36 Oil pulling/mouth wash p42 Heating compress p75 Wet sheet wrap p75 Wet socks p77 Cold water treading p77 Wet grass walking p77 Hot fomentations p78
Insulin resistance	Turmeric p59*	
Intestines	Aloe Vera p61 Cat's Claw p63	
Irritability	St John's Wort p64	Sitz bath p76 nervous
Itching		Cayenne poultice (heating) p28 Honey p35 Bentonite clay poultice (dispersing) p37 Chickweed p56 Mallow p56 Calendula p64 St John's Wort p64
Iron	Stinging nettle p62	
Irritable bowel	Bentonite clay (dispersing) p37 Turmeric p59*	Castor oil poultice (dispersing) p26
Jammed fingers/toes		Raw onion poultice (antibiotic) p24
Jaundice	Parsley p58* Alfalfa/lucerne p62	Charcoal (drawing) p31*
Joints sore	Comfrey (healing) p33 inflammation Lemon p47 Liquorice root p63	Castor oil poultice (dispersing) p26 Cayenne poultice (heating) p27 Epsom salts bath p 36 Olive oil p43 Skin brushing p43 Ginger poultice (healing) p45 Lectric soda poultice p53 Vegetable turpentine p 54 Contrast bath – hot & cold p73 Ice packs p74 Hot fomentations p78
PROBLEM	INTERNAL	EXTERNAL
Keratoses		Aloe Vera p61
Kidneys		Cold water treading p77
Kidney problems	Slippery elm (drawing) p28 Charcoal (drawing) p31 Coconut oil p41 Olive oil p43 Lemon p46 47	Charcoal (drawing) p31 Charcoal drawing) p32 Bentonite clay poultice (dispersing) p37 Golden seal p55* Sitz bath p76 colic

	Turmeric p60* Aloe Vera p61 Stinging nettle p62 Kelp p63 Calendula p64 Sage p64 Chaparral p65 Herb Robert p65 Corn silk tea p66	
Kidney stones	Lemon p47 Mallow p56 Dandelion p57 Parsley p58 Aloe Vera p61 St John's Wort p64 Herb Robert p65	Castor oil poultice (dispersing) p26
Knee problems		Ginger poultice (healing) p45 Heating compress p75
Lactating problems		Castor oil poultice (dispersing) p26
Laryngitis	Sage p64	
Laundry		Hydrogen peroxide p47
Leaky gut	Slippery elm (drawing) p28 Bentonite clay (dispersing) p37 Mallow p56 Cat's Claw p63	
Leg cramps	Chaparral p65	
Lethargy	Herb Robert p65	
Leukemia	Turmeric p59 60* St John's Wort p64 Pau D'Arco p66	
leukorrhea		Aloe Vera p62
Ligaments torn	Comfrey (healing)? p33	
Liver	Comfrey (healing) p33 Coconut oil p41 Lemon p46 Dandelion p57 Parsley p58* Turmeric p60* Alfalfa/lucerne p62 Stinging nettle p62 Kelp p63 Liquorice root p63 Calendula p64 Sage p64 Chaparral p65 Herb Robert p65	Castor oil poultice (dispersing) p26 Charcoal (drawing) p32 Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p49* Heating compress p75 congestion
PROBLEM	INTERNAL	EXTERNAL
Low HDL acid	Cayenne in water p27	
Lumbago	Alfalfa/lucerne p62 Stinging nettle p62	
Lump		Aloe Vera p62
Lung cancer	Turmeric p59*	
Lungs	Comfrey (healing) p33 Boiled flax seed oil p51 St John's Wort p64	Comfrey (healing) p33 lung cancer Mustard poultice p50 Vegetable turpentine p 54 congestion
Lupus	Comfrey (healing) p33 Borax p52 Turmeric p60* Cat's Claw p63 Liquorice root p63	Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p49* Sitz bath p76
Lyme disease		Bentonite clay poultice (dispersing) p37
Lymphatics		Skin brushing p43 Ice packs p74 groin

Lymph glands	Calendula p64 nodes	Carrot poultice P34
Lymphedema	Garlic oil recipe to get in lymphatics p30 Garlic bath pelvic soak enema p30	Cabbage poultice (dispersing) p25
Malaria		Sitz bath p76
Mange in dogs		Aloe Vera p62
Mastitis		Ice packs p74
Measles	Coconut oil p41	Olive oil p43
Melanoma	Turmeric p59 60*	
Melatonin	St John's Wort p64	
Memory	Lemon p47 Sage p64	
Meningitis	Coconut oil p41	
Menopause	Maca p65	
Menstrual bleeding	Stinging nettle p62 Cat's Claw p63 cycle	
Menstrual cramps	Bentonite clay (dispersing) p37 Lemon p46 Kelp p63 Liquorice root p63 St John's Wort p64 PMS	Cayenne poultice (heating) p28 Oil pulling/mouth wash p42 Calendula p64
Metabolism	Bentonite clay (dispersing) p37 Coconut oil p41 Flax seeds p50 Kelp p63	Steam bath/ chair sweat p 74
Mental illness		Wet sheet wrap p75
Migraine	Honey p35	Epsom salts p 36 Bentonite clay poultice (dispersing) p37 Oil pulling/mouth wash p42 Hot foot bath p72
Mildew		Tea tree oil (anti fungal) p44
PROBLEM	INTERNAL	EXTERNAL
Moles		Castor oil poultice (dispersing) p26 Bentonite clay poultice (dispersing) p37
Motion sickness	Peppermint p67	
Mood disturbances	Turmeric p60* Stinging nettle p62	
Mould		Hydrogen peroxide p49*
Mouth detox/wash		Oil pulling/mouth wash p42 Tea tree oil (anti fungal) p44 Hydrogen peroxide p48*
Mouth sores	Sodium bicarb (antiseptic Antifungal) p39 Plantain p58 ulcers	Aloe Vera p62 ulcers
Morning sickness	Dandelion p57	Epsom salts p 36
Mucous	Comfrey (healing) p33 inflammation Boiled flax seed oil p51 Parsley p58* Plantain p58 Stinging nettle p62 Liquorice root p63 inflamed membranes Sage p64 Herb Robert p65	
Multiple myeloma	Turmeric p60*	
Multiple sclerosis	Turmeric p60*	Hydrogen peroxide p49*
Multi vitamin	Bentonite clay (dispersing) p37	
Mumps	Plantain p58	Potato poultice (drawing) alternate with Charcoal & linseed poultice p23 Ice packs p74
Muscular pains		Comfrey (healing) p33 Skin brushing p43

		Tea tree oil (anti fungal) p44 Mustard plaster p50 Vegetable turpentine p 54 Contrast bath – hot & cold p73 Ice packs p74 Hot fomentations p78
Muscle relax		Hydrotherapy 69 Hot fomentations p78
Muscle weakness	Turmeric p60*	
Nail fungus		Epsom salts p 36 Bentonite clay poultice (dispersing) p37 Tea tree oil (anti fungal) p44 Hydrogen peroxide p48 Borax p52
Nail infection	Herb Robert p65	Aloe Vera p61 Contrast bath – hot & cold p73 ingrown
Nappy rash		Bentonite clay poultice (dispersing) p37
Nausea	Charcoal (drawing) p31 Ginger (healing) p45 Parsley p58* Turmeric p60* Liquorice root p63 Peppermint p67	Heating compress p75
Neck pain		Cayenne poultice (heating) p28 Carrot poultice P34 Ice packs p74
PROBLEM	INTERNAL	EXTERNAL
Nerve pain	St John's Wort p64	Hot fomentations p78
Nervous system	Cayenne in water p27 Flax seeds p50 Alfalfa/lucerne p62 Kelp p63 Sage p64	Epsom salts p 36 Magnesium chloride p36 Bentonite clay poultice (dispersing) p37 Nerve pain Vegetable turpentine p 54 nerve pain Hydrotherapy p 69 Salt glow p76
Neuralgia	Alfalfa/lucerne p62 Stinging nettle p62 St John's Wort p64	Comfrey (healing) p33 Contrast bath – hot & cold p73 Sitz bath p76 intestines
Neuritis	Stinging nettle p62	Bentonite clay poultice (dispersing) p37
Neurodegenerative disorders	Parsley p57*	
Neuropathy	Turmeric p59*	
Nicotine		Wet sheet wrap p75
Nose bleeds		Calendula p64
Obesity	Flax seeds p50 Chickweed p56 Kelp p63	
Oedema	Drink cooked onion water p24 Lemon p47 Mallow p56 Parsley p58 Alfalfa/lucerne p62 Stinging nettle p62 Calendula p64	Cabbage poultice (dispersing) p25 Contrast bath – hot & cold p73
Ointments		Comfrey ointment p68 Face cream p68
Osteoarthritis	Stinging nettle p62	Ginger poultice (healing) p45
Osteoporosis	Coconut oil p41 Borax p52 Maca p65	
Ovarian cyst		Castor oil poultice (dispersing) p26
Oxalates	Aloe Vera p61	
Oxidative stress	Aloe Vera p61	

Pain	Mallow p56 Turmeric p59 60* Pau D'Arco p66 Peppermint p67	Cayenne poultice (heating) p28 Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p49* Stinging nettle p62 Hydrotherapy p 69 Ice packs p74 Hot & cold showers p74 Heating compress p75 Hot fomentations p78
Pancreas	Dandelion p57 Stinging nettle p62 Kelp p63	
Pancreatic cancer	Turmeric p60*	
Pancreatitis	Charcoal (drawing) p31 Coconut oil p41	Charcoal (drawing) p31
Panic attack		Hot & cold showers p74
PROBLEM	INTERNAL	EXTERNAL
Paralytics		Olive oil p43
Parasites	Bentonite clay (dispersing) p37 Vegetable turpentine p 54 Stinging nettle p62 Cat's Claw p63	Hydrogen peroxide p49*
Pelvis		Sitz bath p76
Penicillin	Recipe p 32	
Peptic ulcer	Alfalfa/lucerne p62 Herb Robert p65	
Periodontal problems	Comfrey (healing) p33 Coconut oil p41	Hydrogen peroxide p49 Calendula p64
Period pain		Hot foot bath p72 Sitz bath p76 Wet socks p77
Perspiration	Sage p64	
Pesticides	Cat's Claw p63	
Pest repellent		Tea tree oil (anti fungal) p44
Pharyngitis	Sage p64	
PH balance	Bentonite clay (dispersing) p37	
Phlegm	Stinging nettle p62	
Pimples		Potato poultice (drawing) p23
Pituitary gland	Alfalfa/lucerne p62	
Plantar fasciitis		Epsom salts p 36
Plants		Hydrogen peroxide p48
Pleurisy		Cayenne poultice (heating) p27 Hot foot bath p72
PMS	Flax seeds p51 Parsley p58* Maca p65	Oil pulling/mouth wash p42
Pneumonia	Coconut oil p41 Aloe Vera p61	Olive oil p43 Mustard plaster p50
Poisons	Parsley p58* Plantain p58	
Polio	Pau D'Arco p66	
Poor diet	Cat's Claw p63	
Potassium	Cayenne rich in potassium p 27	
Pregnancy	Parsley p58*	
Premature aging	Coconut oil p41	
Prem babies	Coconut oil p41	

Prostate	Coconut oil p41 Flax seeds p51 Turmeric p59* Stinging nettle p62 Kelp p63 Corn silk tea p66	Hot foot bath p72 Sitz bath p76
Prostatitis		Hydrogen peroxide p49*
Psoriasis	Coconut oil p41 Dandelion p57 Turmeric p60* Red clover p61 Sage p64	Cayenne poultice (heating) p28 Bentonite clay poultice (dispersing) p37 Tea tree oil (anti fungal) p44 Borax p52* Banana peels p53 Chickweed p56 Dandelion p57 Aloe Vera p61 Calendula p64
PROBLEM	INTERNAL	EXTERNAL
Pulmonary issues	Chaparral p65	
Pulse rate		Steam bath/ chair sweat p 74 increase
Pus tumours		Roast onion poultice p24 Slippery elm poultice (drawing) p28
Quit smoking & alcohol	Lemon p46	
Radiation exposure therapy	Aloe Vera p61 burns Kelp p63 Cat's Claw p63 Chaparral p65	Bentonite clay poultice (dispersing) p37 Calendula p64
Rancid fats	Cat's Claw p63	
Rashes		Slippery elm poultice (drawing) p28 Comfrey (healing) p33 Bentonite clay poultice (dispersing) p37 Coconut oil p41 Calendula p64
Rectum		Sitz bath p76
Reflux	Slippery elm (drawing) p28 Bentonite clay (dispersing) p37	
Relax	Peppermint p67	
Reproductive system	Flax seeds p50	
Respiratory problems	Mallow p56 Plantain p58 Stinging nettle p62	Raw onion p24
Retinopathy	Turmeric p59*	
Rheumatic inflammation		Potato poultice (drawing) p23 Cayenne poultice (heating) p27 Comfrey (healing) p33
Rheumatism	Lemon p46 Dandelion p57 Kelp p63 Cat's Claw p63 Chaparral p65 Herb Robert p65	Lemon p46
Rheumatoid arthritis	Flax seeds p50 Turmeric p59 60* Alfalfa/lucerne p62 Stinging nettle p62 Cat's Claw p63 Liquorice root p63	Hydrogen peroxide p49 rheumatoid* Steam bath/ chair sweat p 74
Rhinitis	Stinging nettle p62	
Ringworm		Bentonite clay poultice (dispersing) p37
Rosacea	Borax p52*	Bentonite clay poultice (dispersing) p37
Ross River	Cat's Claw p63	
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RSI		Ginger poultice (healing) p45
PROBLEM	INTERNAL	EXTERNAL
Scarlet fever		Olive oil p43 Sitz bath p76
Scars		Fig poultice p34 Bentonite clay poultice (dispersing) p37 Aloe Vera p61
Sciatica	Stinging nettle p62 St John's Wort p64	Cabbage pulp(dispersing) p 25 Castor oil poultice (dispersing) p26 Comfrey (healing) p33 Bentonite clay poultice (dispersing) p37 Sitz bath p76
Sebaceous cyst	Dandelion p57	Dandelion p57
Sedation		Heating compress p75 Sitz bath p76 Hot fomentations p78
Seeds		Hydrogen peroxide p49
Selenium	Garlic (anti biotic) p29	
Serotonin	Stinging nettle p62 St John's Wort p64	
Sex hormones	Borax p52	
Sexual lubricant		Coconut oil p41
Scleroderma	Turmeric p60*	
Shingles	Cat's Claw p63 Sage p64 Herb Robert p65	Castor oil poultice (dispersing) p26 Comfrey (healing) p33 Honey p35 Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p49 Aloe Vera p61 Calendula p64
Sinus congestion	Comfrey (healing) p33 sinusitis	Cabbage poultice(dispersing) p25 Cayenne poultice (heating) p27 Hydrogen peroxide p48 Vegetable turpentine p 54 Golden seal p55 Contrast bath – hot & cold p73
Sinusitis	Alfalfa/lucerne p62 Stinging nettle p62	Oil pulling/mouth wash p42 Hydrogen peroxide p49*
Skin cancers	Turmeric p59* Cat's Claw p63 Chaparral p65	Castor oil poultice (dispersing) p26 Radium weed p57 Aloe Vera p61
Skin health	Flax seeds p50 Dandelion p57 Parsley p58* Red clover p61 Aloe Vera p61 Alfalfa/lucerne p62	Aloe Vera p61
Skin problems	Coconut oil p41 Turmeric p60* Herb Robert p65	Rolled oats poultice p34 Epsom salts p 36 Oil pulling/mouth wash p42 Skin brushing p43 Hydrogen peroxide p48 Mallow p56 Dandelion p57 Aloe Vera p62
Sleep	Comfrey (healing) p33 Lemon p46	Epsom salts p 36
PROBLEM	INTERNAL	EXTERNAL
Sluggish organs		Hydrotherapy 69
Smog	Cat's Claw p63	
Smoking	Cat's Claw p63 Liquorice root p63	
Snake bite		Plantain p58

Soap		Tea tree oil (anti fungal) p44 Parsley p58
Soft tissue injury		Ice packs p74
Sore throat	Plantain p58 Liquorice root p63 Herb Robert p65	Raw onion poultice (antibiotic) p24 Charcoal (drawing) p32 Carrot poultice P34 Lemon p45 Hydrogen peroxide p49* Hot foot bath p72 Hot & cold showers p74 Heating compress p75
Sores	Herb Robert p65 Pau D'Arco p66	Slippery elm poultice (drawing) p28 Charcoal (drawing) p32 Carrot poultice P34 White sugar poultice p34 sores won't heal Honey p35 Coconut oil p41 Aloe Vera p61
Spasms muscles		Ice packs p74
Spine		Fluxion to the spine p 76 congestion
Spleen	Parsley p58* Red clover p61 Sage p64	
Splinters prickles		Potato poultice (drawing) p23 Slippery elm poultice (drawing) p28 Epsom salts p 36 Banana peels p53
Sprained ankle		Potato poultice (drawing) p23 Contrast bath – hot & cold p73
Sprains	Flax seeds p50	Cabbage poultice (dispersing) p25 Cayenne with apple cider p28 Charcoal (drawing) p32 Bran poultice P34 Bentonite clay poultice (dispersing) p37 Vegetable turpentine p 54 Ice packs p74
Stamina	Cat's Claw p63	
Stay awake	Liquorice root p63	
Stimulates		Hot fomentations p78
Stomach cancer	Turmeric p59*	
Stomach lining	Cabbage juice p25	
Stomach pain	Cayenne in water p27 Slippery elm (drawing) p28 Garlic water for stomach bacteria p30 Comfrey (healing) p33 Lemon p46 Chaparral p65	Castor oil poultice (dispersing) p26 Cayenne poultice (heating) p28 Heating compress p75
PROBLEM	INTERNAL	EXTERNAL
Stomach ulcer	Cayenne in water p27 Mallow p56 Stinging nettle p62	
Stones	Stinging nettle p62	
Strains		Potato poultice (drawing) p23 Bran poultice P34 Epsom salts p 36 Magnesium chloride p36 Ice packs p74
Stress	Liquorice root p63 Maca p65 Peppermint p67	Epsom salts p 36
Stretch marks		Bentonite clay poultice (dispersing) p37 Aloe Vera p61
Strokes	Cayenne in water p27 Flax seeds p50 reduce risk of	

	Cat's Claw p63	
Stubbed toe		Bentonite clay poultice (dispersing) p37
Stuffy nose		Tea tree oil (anti fungal) p44
Stunted growth in children	Turmeric p60* Kelp p63	
Sunburn	Coconut oil p41	Lemon p46 Aloe Vera p61
Swelling	Mallow p56	Charcoal (drawing) p32 Ice packs p74
Sweating	Peppermint p67 causes	Steam bath/ chair sweat p 74 Hot fomentations p78
Swollen glands		Ice packs p74
Tachycardia	Turmeric p60*	
Taste buds		Oil pulling/mouth wash p42
Tattoos		Bentonite clay poultice (dispersing) p37
Teeth	Cayenne in water p27 Coconut oil p41 Liquorice root p63 decay	Garlic poultice (anti biotic) p29 Charcoal (drawing) p32 & whitening p32 Fig poultice abscess p34 Bentonite clay poultice (dispersing) p37 & cleaning teeth p42 Wisdom teeth toothache Oil pulling/mouth wash & abscess & sensitivity p42 Hydrogen peroxide p48 Banana peels p53 whitening
Temperature		Hydrotherapy p 69 Steam bath/ chair sweat p 74 Hot fomentations p78
Tendons		Comfrey (healing) p33
Tendonitis	Stinging nettle p62	
Testicular lumps		Castor oil poultice (dispersing) p26
Thirst	Liquorice root p63	
Throat issues	Chaparral p65	
Thyroid	Comfrey (healing) p33 Borax p52* Kelp p63	Contrast bath – hot & cold p73
PROBLEM	INTERNAL	EXTERNAL
Thrombosis	Cat's Claw p63	
Tinea		Aloe Vera p61 Calendula p64
Tissue damage		Comfrey (healing) p33 recipe p33 Bentonite clay poultice (dispersing) p37
Tonsillitis	Mallow p56 Plantain p58 Sage p64	
Toothpaste		Hydrogen peroxide p48
Toxins	Charcoal (drawing) p31 removes poisons toxins	
Thymus	Stinging nettle p62	
Thyroid	Turmeric p60* Stinging nettle p62 Maca p65	
Thyroid overactive		Ice p27
Thyroid underactive		Cayenne poultice (heating) p27
Tongue		Oil pulling/mouth wash p42
Tonic	Recipe p32	

Toxaemia	Alfalfa/lucerne p62	
Tumours	Garlic (anti biotic) p29 Comfrey (healing) p33 Turmeric p60* Chaparral p65 Herb Robert p65*	Potato poultice (drawing) p23 Raw onion poultice (antibiotic) p24 Comfrey (healing) p33 Pineapple poultice p34 Tofu plaster p34 in brain Sodium bicarb poultice (antiseptic Antifungal) p39
Typhoid bacteria	Honey p35 in 24 hours	Sitz bath p76
Ulcers	Slippery elm (drawing) p28 Comfrey (healing) p33 Bentonite clay (dispersing) p37 Coconut oil p41 stomach Aloe Vera p61 Cat's Claw p63 Liquorice root p63 peptic duodenal gastric Mouth Herb Robert p65 mouth Pau D'Arco p66	Raw onion poultice (antibiotic) p24 Cayenne poultice (heating) p28 Slippery elm poultice (drawing) p28 Charcoal (drawing) p32 Comfrey (healing) p33 Fig poultice p34 Honey p35 varicose Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p49* Golden seal p55 Calendula p64 mouth Contrast bath – hot & cold p73 leg
Urethritis	Corn silk tea p66	
Uterine colic		Sitz bath p76
Uterus		Calendula p64
Urine	Comfrey (healing) p33 blood Parsley p58* Stinging nettle p62	Sitz bath p76 difficulty
UTI	Mallow p56 Parsley p58*	
Vaginal infections		Aloe Vera p61
Vaginal thrush		Garlic poultice (anti biotic) p29 Aloe Vera p61
PROBLEM	INTERNAL	EXTERNAL
Vaginismus		Sitz bath p76
vaginitis		Aloe Vera p62 Calendula p64
Varicose veins	Stinging nettle p62	Castor oil poultice (dispersing) p26 Comfrey (healing) p33 Calendula p64
Vascular thrombosis	Turmeric p59*	
Venereal disease	Parsley p58*	
Vesicular stomatitis	Pau D'Arco p66	
Veterinary uses	Charcoal (drawing) p31	
Viral infections		Hydrogen peroxide p49
Viral meningitis		Charcoal (drawing) p32
Virility	Stinging nettle p62	
Virus	Coconut oil p41	
Vomiting	Peppermint p67	Heating compress p75
To warm feet		Cayenne poultice (heating) p27
Warts		Castor oil poultice (dispersing) with baking soda p26 Garlic poultice (anti biotic) p29 Fig poultice p34 Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p49 Banana peels p53 Dandelion p57 Radium weed p57 Aloe Vera p61
Water filtration		Charcoal (drawing) p31

Water retention	Lemon p47 Mallow p56 Dandelion p57	
Weight	Turmeric p60*	
Weight loss	Cayenne p28 Coconut oil p41 Peppermint p67	
Weight gain	Slippery elm p28	
White blood cells		Steam bath/ chair sweat p 74 increase Hot fomentations p78
Whole body		Cold water treading p77
Whooping cough	Plantain p58	Garlic poultice (anti biotic) p29
Women's problems		Golden seal p55*
Worms	Garlic (anti biotic) p29 Bentonite clay (dispersing) p37 Plantain p58 St John's Wort p64	
Wounds	Turmeric p59 60* Herb Robert p66 Pau D'Arco p66	Comfrey (healing) p33 Honey p35 Bentonite clay poultice (dispersing) p37 Hydrogen peroxide p48 Chickweed p56 Mallow p56 Aloe Vera p61 Calendula p64 St John's Wort p64
PROBLEM	INTERNAL	EXTERNAL
Wrinkles		Coconut oil p41 Banana peels p53 Aloe Vera p61
X rays	Cat's Claw p63	
Yeast infection	Garlic (anti biotic) p29 Cat's Claw p63	Hydrogen peroxide p49 *

* = could be either internal /external treatment not specified