**Emergency Foods to Keep On Hand**

**And Herbs in the Kitchen**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

* **LEMON IS GOOD FOR:**

Acne

Anemia

Arteriosclerosis

Carcinogens

Cataracts

Circulatory Disorders

Detoxification

Diabetes

Excess Uric Acid

Gall Bladder problems

Glaucoma

Head

High Blood Pressure

Infections

Kidney Stones

Liver problems

Malaria

Passing out

Pink eye

Rheumatism

Sty in the Eye

**\*\*\*Encyclopedia of Foods and Their Healing Power, Volume 1 pp 50/138; Volume 2 pg. 124**

**Lemon As A Remedy**

**“…I use lemon juice freely. It is the best thing you could use for rheumatism, for your head, and for malaria.”** {2MR 48.1} 1896

“…Then came a confused noise in my head and I became blind and fainted entirely away. **In half an hour I revived by lemon juice being pressed in my mouth.** I knew as soon as I revived that it was the smoking of cigars which had thus affected me…” {11MR 122.1}

**Lemon as a drink – “…In the morning I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water…”** {21MR 290.6}

**“…I find the lemon you kindly provided for us fully meets all my wants as far as drinking is concerned…”** (11MR 69.4)

* **GINGER IS GOOD FOR:**

Arthritis

Bloated Stomach

Brings on Perspiration

Cleanses Colon

Colds

Coughs

Digestion

Exhaustion

Fights Inflammation

Flatulence (Gas)

Headaches

Hot Flashes

Killing Germs

Lack of Appetite

Motion Sickness

Mumps

Muscle Pain

Nausea

Protecting the Liver

Reduces Spasms

Scanty Urine

Sea Sickness

Sinus Congestion

Sore Throat

Stimulates Circulation

Suppressed Menstruation

Thinning Out the Blood

Vomiting

**\*\*\*Not recommended for people suffering from ulcers**

**\*\*\*Encyclopedia of Foods and Their Healing Power, Volume 1, pg. 341**

**\*\*\*Encyclopedia of Medicinal Plants, Volume 1, pg. 377**

**\*\*\*Natural Remedies Encyclopedia, 5th Edition, pg. 131; 7th Edition, pg. 160**

**Ginger As A Remedy –**  “We have just finished breakfast. It is now five minutes past eight o'clock…**Sara bought a bottle of milk and some warm water this morning. I put ginger in it and it went well.”**

--Letter 22, 1883, pp. 1-3. (To W. C. and Mary White.) {11MR 70.2}

**Ginger As A Food  –** “In regard to our **using spice, I plead not guilty.** **We have not had spice in our house** for ten years, **except a little ginger, which we have always used** to some extent.” {15MR 245.4}

* **HONEY IS GOOD FOR:**

Asthenia

Constipation

Diarrhea

Fatigue

Inadequate Liver function

Insomnia

Pharyngitis

Respiratory Diseases such as asthma, bronchitis, pneumonia, cough, etc.

Skin problems such as Acne, wounds, ulcers, sores

Throat Irritations

Tonsillitis

Underweight

**\*\*\*CAUTION: Not to be given to children under the age of one year old.**

**\*\*\*Encyclopedia of Foods and Their Healing Power, Volume 1 pg. 160/353**

* **POTATO IS GOOD FOR:**

Bruising

Cardiovascular disease

Diabetes

Digestive problems

Kidney Diseases

Malnutrition

Neutralizes stomach acid

Obesity

Skin disorders

Swelling

**\*\*\*Encyclopedia of Foods And Their Healing Power, Volume 1 pg. 111; Volume 2 pg. 201**

* **SALT** **IS GOOD FOR:**

Faintness

Low Blood Pressure

Sore muscles (heat the salt in a microwave, pour into a pillow case, put the pillow case over the

painful site)

**\*\*\*Be sure it’s pure sea salt for internal use. Himalayan sea salt is the best for consumption.**

**\*\*\*Table salt is good for using on sore muscles.**

**HERBS IN THE KITCHEN:**

* **THYME IS GOOD FOR:**

Anemia

Arthritis

Bacteria

Break the Alcohol Habit

Cough

Diarrhea

Digestion

Edema

Flatulence

Genital Problems

Gum Infections/Problems

Hangover

Headache

Immune System

Intestinal Parasites

Intestinal Problems

Kidney Pain

Nervous System

Pain

Rheumatism

Sciatica

Skin Infections

Sore Throat

Sores

Stiff Necks

Stomatitis

Tonsillitis

Varicose Veins

Wounds

**\*\*\*Natural Remedies Encyclopedia, 5th Edition, pg. 147-148; 7th Edition, pg. 183**

**\*\*\*Medicinal plants, Volume 2, pg. 769pg. 769**

* **SAGE** **IS GOOD FOR:**

Amenorrhea

Bathing

Beautifying Facial Skin

Colds

Dandruff

Depression

Diabetes

Diarrhea

Dysmenorrhea

Eliminating Mucous Congestion

Estrogen Deficiency

Expelling Worms

Flu

Gas

Hot Flashes

Insect Bites

Laryngitis

Leukorrheal

Mouth Diseases (all)

Nervous Conditions

Night Sweats

Promotes Hormonal Balance

Promotes Shine In The Hair

Reduce Perspiration

Reduce Salivation

Sinus Problems

Skin Problems

Stimulating Hair Growth

Stomach Problems

Stop the Flow Of Breast Milk

Throat Problems

Tonsillitis

Trembling

Vaginal Irrigations

Vertigo

Wounds That Are Slow To Heal

**\*\*\*Natural Remedies Encyclopedia, 5th Edition, pg. 143-144; 7th Edition, pg. 177-178**

**\*\*\*Medicinal Plants, Volume 2, pg. 638-639**

* **ROSEMARY IS GOOD FOR:**

Back Pain

Depression

Easing Digestion

Easing Muscles of the Back

Eczema

Edema (Dropsy)

Eliminating Intestinal Gas

Exhaustion

Inflammation

Low Blood Pressure

Massages

Mouth Sores

Muscular Aches

Protecting the Liver

Renal Colic (Kidney Problems)

Rheumatic Aches

Skin Ulcerations

Sprains

Stimulates Bile Secretion

Wounds

**\*\*\*Medicinal Plants, Volume 2, pg. 674-675**

* **TURMERIC IS GOOD FOR:**

Alzheimer’s

Arthritis

Arthritis

Autoimmune Diseases

Clogged Arteries

Dementia

Diabetes

Digestion

Emptying the Gall Bladder

Gastritis

Heart Conditions

Increasing the Production of Gastric Juice

Inflammation

Intestinal Gas

Lack Of Appetite

Maintaining Ideal Body Weight

Pain

Preventing Aging

Reducing Cholesterol Levels

Wounds

**\*\*\*Medicinal Plants, Volume 2, pg. 450**

**\*\*\*Articles on Turmeric** (links provided)

<http://www.naturalnews.com/turmeric.html>

* **PARSLEY IS GOOD FOR:**

Anemia

Asthma

Bed Wetting

Bladder Infections

Coughs

Edema

Expelling Worms

Fluid Retention

Freshening Breath

Heart Problems

High Blood Pressure

Indigestion

Insect Bites

Irregular Menstrual Cycles

Jaundice

Kidney Problems

Kidney Stones

Lack of Appetite

Lack of Urine

Liver Obstructions

Obesity

Physical Exhaustion

Preventing the Spreading Of Cancer Cells

Prostate Problems

Relieving Gas

Spleen Obstructions

Thyroid Problems

**\*\*\*Encyclopedia of Medicinal Plants, Volume 2, pg. 583**

**\*\*\*Natural Remedies Encyclopedia, 7th Edition, pg. 172; 5th Edition, pp. 139-140**

* **OREGANO IS GOOD FOR:**

Acne

Allergies

Bacterial Problems

Bloating

Bronchitis

Cancer

Colds

Dandruff

Earaches

Expelling Worms

Headaches

Heart Conditions

Inflammation

Menstrual Disorders

Muscle Pain

Repelling Insects

Respiratory Tract Disorders

Skin Conditions

Stomach Disorders

Toothaches

<http://www.marksdailyapple.com/oregano/#axzz2w8Y4PTrB>

<http://www.medicalnewstoday.com/articles/266259.php>

* **BASIL IS GOOD FOR:**

Anxiety

Convulsions

Digestive Disorders

DNA Protection

Fatigue

Fevers

Gas

Heart Problems

Increasing the Production of Breast Milk

Inflammation

Liver Problems

Low Blood Pressure

Lung Conditions

Menstruation Pain

Migraines

Nausea

Nervous Problems

Uterine Pain

**\*\*\*Encyclopedia of Medicinal Plants, Volume 1, pg. 368**

<http://www.precisionnutrition.com/healthy-basil>

* **MARJORAM IS GOOD FOR:**

Aches from Rheumatism

Anxiety

Bringing Up Phlegm

Digestive Disorders

Edema

Flatulence (Gas)

High Blood Pressure

Insomnia

Muscle Contractions

Nervous Disorders

Nervousness

**\*\*\*Encyclopedia of Medicinal Plants, Volume 1, pg. 369**

* **PEPPERMINT IS GOOD FOR:**

Digestive Problems

Hepatitis A

Intestinal Gas

Migraines

Muscle Aches

Pain

Respiratory Problems (Lung Problems)

**\*\*\*Encyclopedia of Medicinal Plants, Volume 1, pg. 366**

**\*\*\*Natural Remedies Encyclopedia, 7th Edition, pg. 173-174; 5th Edition, pp. 140-141**

* **CILANTRO IS GOOD FOR:**

Anxiety

Binding to Heavy Metal Toxicity in the Body

Builds Magnesium Levels in the Blood

Improves Sleep Quality

Lowering Blood Sugar

Lowers Blood Sugar

Lowers LDL (Cholesterol That Should Be Low)

Prevents Nausea

Protecting Against Salmonella Poisoning

Raises HDL (Cholesterol That Should Be High)

Reduces Hormonal Mood Swings

Reduces Menstrual Cramping

Relieves Intestinal Gas

<http://voices.yahoo.com/10-health-benefits-cilantro-11832495.html>

<http://www.globalhealingcenter.com/natural-health/health-benefits-of-cilantro/>

**Emergency Foods To Keep On Hand & Herbs In The Kitchen**

**(Questions)**

1. **Please list 21 things that lemons are good for:**
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Please List 28 things ginger is good for:**
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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
28. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
29. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
30. **Ginger is not recommended for people with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
31. **Even though it’s considered a spice, it’s really a \_\_\_\_.**
32. **List 18 things honey is good for:**
33. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
34. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
36. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
37. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
38. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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42. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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45. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
46. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
47. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
48. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
49. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
50. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
51. **Honey is not to be given to children under the age of** \_\_\_\_\_
52. **List 10 things potatoes are good for:**
53. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
54. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
55. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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61. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
62. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
63. **List 3 things salt is good for:**
64. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
65. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
66. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
67. **What kind of salt is best?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
68. **List 29 things Thyme is good for:**
69. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
70. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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96. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
97. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
98. **List 36 things sage is good for:**
99. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
100. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
101. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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133. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
134. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
135. **List 20 things Rosemary is good for:**
136. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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156. **List 20 things Turmeric is good for:**
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177. **List 28 things Parsley is good for:**
178. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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206. **List 20 things Oregano is good for:**
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226. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
227. **List 18 things Basil is good for:**
228. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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246. **List 11 things Marjoram is good for:**
247. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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258. **List 7 things Peppermint is good for:**
259. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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266. **List 13 things Cilantro is good for:**
267. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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