

Emergency Foods to Keep On Hand And Herbs in the Kitchen

Website: [Healthy Christian Living - Living by the Blueprint](#)

- **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
Leukorrhea
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/>

*****Questions on next page...**

Emergency Foods To Keep On Hand & Herbs In The Kitchen

(Questions)

1. Please list 21 things that lemons are good for:

1. _____
2. _____
3. _____
4. _____
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21. _____

2. Please List 28 things ginger is good for:

1. _____
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7. _____
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11. _____
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21. _____
22. _____
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26. _____
27. _____
28. _____

3. Ginger is not recommended for people with _____.

4. Even though it's considered a spice, it's really a _____.

5. List 18 things honey is good for:

1. _____
2. _____
3. _____
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11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

6. Honey is not to be given to children under the age of _____

7. List 10 things potatoes are good for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

8. List 3 things salt is good for:

1. _____
2. _____
3. _____

9. What kind of salt is best? _____

10. List 29 things Thyme is good for:

1. _____
2. _____
3. _____
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29. _____

11. List 36 things sage is good for:

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35. _____
36. _____

12. List 20 things Rosemary is good for:

1. _____
2. _____
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10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

13. List 20 things Turmeric is good for:

1. _____
2. _____
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6. _____
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8. _____
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10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
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19. _____
20. _____

14. List 28 things Parsley is good for:

1. _____
2. _____
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19. _____
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21. _____
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27. _____
28. _____

15. List 20 things Oregano is good for:

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12. _____
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16. _____
17. _____
18. _____
19. _____
20. _____

16. List 18 things Basil is good for:

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2. _____
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4. _____
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8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

17. List 11 things Marjoram is good for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

7. _____
8. _____
9. _____
10. _____
11. _____

18. List 7 things Peppermint is good for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

19. List 13 things Cilantro is good for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____