

Emergency foods to keep on hand & Herbs in the Kitchen

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

- **Lemon** (fresh, not from a bottle)-

Good for:

- Anemia
- Circulatory Disorders
- Diabetes
- High Blood Pressure
- Arteriosclerosis
- Excess Uric Acid
- Kidney Stones
- Infections
- Acne
- Carcinogens
- a Sty in the Eye,
- Pink eye
- Glaucoma
- Cataracts
- Liver problems
- Gall Bladder problems
- Passing out
- Rheumatism
- Head
- Malaria
- Detoxification

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

Master Recipe Juice of 7 lemons or limes 7 cloves of garlic 1/4 red onion 1 tsp. cayenne pepper (90,000 Heat Units) 2 inches of ginger Blend and drink 4 oz. daily. Use a straw or rinse your mouth immediately after.

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** –

Good for:

- digestion
- exhaustion
- lack of appetite
- bloated stomach
- flatulence(gas)
- thinning out the blood for those who have blood clots or very thick blood

*****continue on next page*****

- brings on perspiration
- suppressed menstruation
- scanty urine
- sea sickness
- motion sickness
- fights inflammation
- cleanses colon
- reduces spasms
- stimulates circulation
- colds
- coughs
- headaches
- nausea
- vomiting
- induces weight loss
- sinus congestion
- killing germs
- protecting the Liver
- arthritis
- sore throat
- muscle pain
- hot flashes
- mumps
- Cancer

*****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.” (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** –

Good for:

- Asthenia
- Insomnia
- Underweight
- Constipation
- Diarrhea
- Respiratory Diseases such as asthma, bronchitis, pneumonia, cough, etc.
- Inadequate Liver function
- Skin problems such as Acne, wounds, ulcers, sores
- Throat Irritations
- Tonsillitis
- Pharyngitis
- Fatigue

***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

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- **Potato** –

- Good for:

- Neutralizes stomach acid
 - Digestive problems
 - Cardiovascular disease
 - Kidney Diseases
 - Diabetes
 - Obesity
 - Malnutrition
 - Skin disorders
 - Bruising
 - Swelling

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

- **Salt** –

- Good for:

- Low Blood Pressure
 - Faintness
 - 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** –

- Good for:

- digestion
 - flatulence
 - intestinal problems
 - diarrhea
 - bacteria
 - cough
 - sore throat
 - Immune system
 - Nervous system
 - Intestinal parasites
 - sores
 - gum infections/problems
 - stomatitis
 - tonsillitis
 - genital problems
 - Kidney pain
 - Edema
 - Skin infections
 - wounds
 - varicose veins
 - stiff necks
 - pain
 - sciatica

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- headache
- hangover
- anemia
- break the alcohol habit
- arthritis
- rheumatism

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

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

- **Sage –**

- Good for:

- reduce perspiration
 - night sweats
 - stop the flow of breast milk
 - reduce salivation
 - sinus problems
 - throat problems
 - eliminating mucous congestion
 - diarrhea
 - gas
 - stomach problems
 - colds
 - flu
 - hot flashes
 - estrogen deficiency
 - expelling worms
 - nervous conditions
 - trembling
 - depression
 - vertigo
 - tonsillitis
 - laryngitis
 - leukorrhea
 - dysmenorrhea
 - amenorrhea
 - all mouth diseases
 - wounds that are slow to heal
 - dandruff
 - stimulating hair growth
 - promotes shine in the hair
 - insect bites
 - bathing
 - vaginal irrigations
 - promotes hormonal balance
 - Diabetes
 - skin problems
 - beautifying facial skin

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

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

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- **Rosemary** –

- Good for:

- exhaustion
 - depression
 - low blood pressure
 - renal colic(kidney problems)
 - Edema(dropsy)
 - stimulates bile secretion
 - protecting the Liver
 - eliminating intestinal gas
 - easing digestion
 - sprains
 - muscular aches
 - rheumatic aches
 - massages
 - easing muscles of the back
 - back pain
 - wounds
 - eczema
 - skin ulcerations
 - mouth sores
 - inflammation

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

- **Turmeric** (make sure it says “certified organic” or there’s a high chance of it containing lead) –

- Good for:

- increasing the production of gastric juice
 - digestion
 - lack of appetite
 - gastritis
 - emptying the gall bladder
 - intestinal gas
 - inflammation
 - pain
 - arthritis
 - diabetes
 - wounds
 - Alzheimer’s
 - maintaining ideal body weight
 - reducing cholesterol levels
 - clogged arteries
 - heart conditions
 - autoimmune diseases
 - dementia
 - preventing aging

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

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

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

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- **Parsley** –

- Good for:

- Edema
 - Heart Problems
 - Lack of Urine
 - Kidney Problems
 - Lack of appetite
 - Anemia
 - Physical exhaustion
 - Irregular menstrual cycles
 - Insect Bites
 - Asthma
 - Coughs
 - Jaundice
 - Kidney stones
 - Liver obstructions
 - Spleen obstructions
 - Thyroid problems
 - Bladder infections
 - Expelling worms
 - Relieving gas
 - Freshening breath
 - Anemia
 - Bed wetting
 - Fluid Retention
 - High Blood Pressure
 - Indigestion
 - Obesity
 - Prostate problems
 - Preventing the spreading of Cancer cells

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

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

- **Oregano** –

- Good for:

- Respiratory tract disorders
 - Stomach disorders
 - Menstrual disorders
 - Expelling worms
 - Acne
 - Dandruff
 - Skin conditions
 - Bacterial problems
 - Inflammation
 - Cancer
 - Colds
 - Muscle pain
 - Bronchitis
 - Toothaches
 - Bloating
 - Headaches

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- Heart conditions
- Allergies
- Earaches
- Repelling insects

*** <http://www.marksdailyapple.com/oregano/#axzz2w8Y4PTrB>
<https://www.medicalnewstoday.com/articles/266259.php>

- **Basil** –

- Good for:

- nervous problems
 - digestive disorders
 - gas
 - migraines
 - fatigue
 - low blood pressure
 - increasing the production of breast milk
 - menstruation pain
 - uterine pain
 - DNA protection
 - Inflammation
 - Heart problems
 - Liver problems
 - Lung conditions
 - fevers
 - anxiety
 - convulsions
 - nausea

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

*** <https://www.precisionnutrition.com/healthy-basil>

- **Marjoram** –

- Good for:

- High blood pressure
 - Digestive disorders
 - nervousness
 - insomnia
 - anxiety
 - flatulence(gas)
 - nervous disorders
 - bringing up phlegm
 - muscle contractions
 - aches from rheumatism
 - edema

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

- **Peppermint** –

- Good for:

- pain
 - muscle aches
 - digestive problems

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- intestinal gas
- respiratory problems(lung problems)
- Hepatitis A
- Migraines

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

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

- **Cilantro** (essential oil is called “coriander seed”)–

Good for:

- protecting against Salmonella poisoning, ecoli, MRSA(staph infection)
- binding to heavy metal toxicity in the body
- lowers blood sugar
- relieves intestinal gas
- prevents nausea
- builds magnesium levels in the blood
- lowers LDL(cholesterol that should be low)
- raises HDL(cholesterol that should be high)
- reduces menstrual cramping
- reduces hormonal mood swings
- anxiety
- lowering blood sugar
- improves sleep quality

*** <http://studiobotanica.com/cilantro-benefits/>

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

DISCLAIMER: The information provided below has been proven both effective and beneficial for hundreds of years. However, due to certain laws/restrictions, the information provided is not to diagnose, claim to

prevent, mitigate or cure such conditions, nor to provide a diagnosis. Therefore, if you are ill, have any disease, are pregnant, or just improving your health, we are required to tell you to consult a medical doctor for medical advice, treatment and services.

- **Lemon** (fresh, not from a bottle)-

Good for:

- Anemia
- Circulatory Disorders
- Diabetes
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- Arteriosclerosis
- Excess Uric Acid
- Kidney Stones
- Infections
- Acne
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- a Stye in the Eye,
- Pink eye
- Glaucoma
- Cataracts
- Liver problems
- Gall Bladder problems
- Passing out
- Rheumatism
- Head
- Malaria
- Detoxification

Master Recipe Juice of 7 lemons or limes 7 cloves of garlic 1/4 red onion 1 tsp. cayenne pepper (90,000 Heat Units) 2 inches of ginger Blend and drink 4 oz. daily. Use a straw or rinse your mouth immediately after.

EYE INFECTIONS:

1 fresh Lemon Juice drop in each eye

Plus

Charcoal compresses over the eye for 30 minutes 2 x day. Look on YouTube on how to make a charcoal poultice. Use a Bounty Paper Towel to wrap your poultice in.

NUTRIENTS AND HEALTH BENEFITS IN LEMON PEELS

Lemon peels contain about 5 to 10 times more vitamins than lemon juice. Yep, that's what you've been wasting!

Lemon peels are also an **excellent source of fiber, potassium, magnesium, calcium, folate, and beta carotene.**

Lemon peels **improve bone health** too. Since lemon peels contain high amounts of calcium and vitamin C, lemon peels have been shown to aid preventing osteoporosis, inflammatory polyarthritis, and rheumatoid arthritis.

Don't forget all the **fiber you will get from lemon peels**. Just 3.5 oz. of lemon peels contains 10.6 grams of fiber.

LEMON PEELS REDUCE OXIDATIVE STRESS

We all want to reduce our levels of oxidative stress. **Lemon peels contain citrus bioflavonoids which are very powerful at reducing your levels of oxidative stress**. Lemon peels also aid in eradicating toxic elements in the body and removing carcinogenic elements.

LEMON PEELS HELP FIGHT CANCER

Lemons have been used to prevent and treat cancer. Lemons are anti-microbial and ward off against bacterial infections and fungi.

When lemon peels are consumed, they have been **shown to prevent various types of cancers**, including skin cancer, colon cancer, and breast cancer.

A study found that the consumption of lemon peels in tea was **beneficial in preventing the development of cancer cells**.

Lemons are also very alkalizing. Cancer thrives in an acidic body, by making your body alkaline this will prevent cancer. Take advantage of the whole lemon and don't just juice and toss.

Lemon peels contain salvestrol Q40 and limonene, which have been shown to prevent and treat cancer. These components fight against present cancerous cells in the body.

HOW TO EAT A LEMON PEEL

- **There are a couple different ways you can prepare your lemon peels**.

1. Place your lemons in the freezer for a couple of hours. Then take them out and grate them. You can sprinkle the grated lemon peel on your meals or in your water.

2. Grind your lemon peel (without freezing). Sprinkle the lemon peel pieces on your meals or in your water. Or you could just bite right into one.

Grated lemon peels make a great addition to salads and tea. **They add amazing flavor to any meal**.

1. Lemons are alkalizing for the body: Lemons are acidic to begin with but they are alkaline-forming on body fluids helping to restore balance to the body's pH.
2. Lemons are rich in vitamin C and flavonoids that work against infections like the flu and colds.
3. Your liver loves lemons: "The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and other poisons, liquefies the bile," says Jethro Kloss in his book Back to Eden. Fresh lemon juice added to a large glass of water in the morning is a great liver detoxifier.
4. Cleans your bowels: Lemons increase peristalsis in the bowels, helping to create a bowel movement thus eliminating waste and helping with regularity. Add the juice of one lemon to 16 oz. warm water and drink first thing in the morning.
5. Scurvy is treated by giving one to two ounces of lemon juice diluted with water every two to four hours. In 1747, a naval surgeon named James Lind cured scurvy with fresh lemons. To this day, the British Navy requires ships to carry enough lemons so that every sailor could have one ounce of juice a day.
6. The citric acid in lemon juice helps to dissolve gallstones, calcium deposits, and kidney stones. Love This? Never Miss Another Story.
7. Vitamin C in lemons helps to neutralize free radicals linked to aging and most types of disease.
8. The lemon peel contains the potent phytonutrient tangeretin, which has been proven to be effective for brain disorders like Parkinson's disease.
9. In India, Ayurveda medicine values the lemon as a fruit and for its properties. It is sour, warm, promoter of gastric fire, light, good for vision, pungent and astringent.
10. It destroys intestinal worms.
11. When there is insufficient oxygen and difficulty in breathing (such as when mountain climbing) lemons are very helpful. The first man to reach the top of Mt. Everest, Edmund Hillary, said that his success on Mt. Everest was greatly due to lemons.
12. Lemons have powerful antibacterial properties; experiments have found the juice of lemons destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases.
13. Blood vessels are strengthened by the vitamin P (bioflavonoids) in lemon thus prevents internal hemorrhage. Also, making it useful in treating high blood pressure.
14. The symptoms of eye disorders, including diabetic retinopathy have been shown in research to improve due to the rutin, found in lemons.
15. Lemons contain 22 anti-cancer compounds, including naturally occurring limonene; oil which slows or halts the growth of cancer tumors in animals and flavonol glycosides which stop cell division in cancer cells.
16. According to The Reams Biological Ionization Theory (RBTI), the lemon is the ONLY food in the world that is anionic (an ion with a negative charge). All other foods are cationic (the ion has a positive charge.) This makes

it extremely useful to health as it is the interaction between anions and cations that ultimately provides all cell energy.

- Ginger –

- Good for:

- digestion
 - exhaustion
 - lack of appetite
 - bloated stomach
 - flatulence(gas)
 - thinning out the blood for those who have blood clots or very thick blood
 - brings on perspiration
 - suppressed menstruation
 - scanty urine
 - sea sickness
 - motion sickness
 - fights inflammation
 - cleanses colon
 - reduces spasms
 - stimulates circulation
 - colds
 - coughs
 - headaches
 - nausea
 - vomiting
 - induces weight loss
 - sinus congestion
 - killing germs
 - protecting the Liver
 - arthritis
 - sore throat
 - muscle pain
 - hot flashes
 - mumps
 - Cancer

GINGER is one of the world's oldest and most popular medicinal spices. It is **known to greatly aid in digestion and assimilation and is widely regarded to help prevent colds, flu, motion sickness, and vertigo.**

GINGER can also help to alleviate menstrual cramps, nausea, heart burn, migraines, sore throats, exhaustion, fatigue, and constipation and it is great in providing relief from the stomach flu and food poisoning.

GINGER also **contains potent anti-inflammatory compounds** called gingerols **and is a powerful painkiller** which makes it especially beneficial for those who suffer with joint, muscle, and nerve pain.

GINGER has incredible immune-boosting and germ fighting abilities and has even been shown to help provide protection and relief from E. coli, Staph infections, and Candida albicans

Fresh GINGER is one of the most potent ways to receive its health benefits. Try making a liter of ginger water or tea everyday by adding freshly grated ginger in water and let steep for 10-20 minutes. Adding fresh lemon juice will enhance its flavor and add to its protective and healing properties.

Using fresh GINGER in any of your cooking or preparing of food will provide healing benefits. If you find fresh ginger too strong for your liking, then try using ginger in powder, capsule, tea, or tincture (no alcohol) form that can be found online or in your local health food store.

GINGER TEA

- 1 cup water
- ¼ t. ground ginger
- ¼ t. ground turmeric
- Honey, to taste

Bring water to boil. Add ginger and turmeric, reduce heat, and simmer for 10 minutes.

GINGER TEA BENEFITS

Ginger is a very **effective remedy for headaches, flu, common cold and even sore muscles**. Due to ginger's unique substances, it is able to naturally stop pain (preventing prostaglandins from setting off an inflammatory response in the body).

Regular consumption of ginger tea **strengthens the immune system**. It contains great amounts of antioxidants that boosts immunity and helps fight off infections.

Just one cup of tea a day will **minimize your chances of stroke**, as ginger helps break down fat deposits that block arteries.

Due to the warming properties of ginger, it **improves your blood circulation**. Increased blood flow will improve the delivery of vitamins, minerals and oxygen to your body's cells... aiding in overall health.

Ginger tea helps destroy the virus' that cause common colds, cold sores, and influenza.

Ginger Kills 76% of Lung Cancer Cells in Vivo: For the first time ever, researchers have discovered that not only is **ginger extract extremely toxic to lung cancer cells**, but it's metabolites (break-down products) are

even more toxic! They observed that 6-Gingerol, a major anti-cancer compound of ginger, was metabolized into 6-gingerdiol inside the cancer cells, and that this metabolite **killed up to 76% of the lung cancer cells.**

Ginger extracts have already shown **potent activity against prostate cancer, pancreatic cancer, breast cancer, colon cancer and leukemia** in previous lab studies, and this latest research has shed new light on exactly how **ginger kills these cancer cells.** And this super-herb's health benefits extend beyond cancer. A recent clinical trial showed ginger improved insulin sensitivity and lowered insulin levels in adults with diabetes. And another study on middle aged women showed ginger to significantly **improve memory and cognitive performance!**

Ginger Tea: Cleanses liver, Dissolves Kidney Stone and Obliterates Cancer Cells

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

Ginger: A stimulant, diaphoretic, aromatic It is good for gripes, diarrhea, colds, sore throats, bronchitis, gas, fermentation and nausea. It produces sweat when taken hot.

Ginger Poultice: Joint Inflammation (use wherever there is joint inflammation) Finely grate the ginger. Spread out on cloth. Fold all ends of the cloth together. Place on the affected area. Apply plastic over it. Bandage. The area gets heated. If applied to other area it will not cause any heat. It only works where there is inflammation in the joint. It will never burn the skin, even if it feels like it. Heat relaxes the muscles and reduces the inflammation.

One of the best anti-nausea medicines available.

The best way to make ginger tea is to grate it finely. Put a teaspoon in cup. Pour boiling water. Let steep 15 minutes. Strain and drink. Good for stomach discomfort, nausea. Very relieving.

- **Honey** –
Good for:

- Asthenia
- Insomnia
- Underweight
- Constipation
- Diarrhea
- Respiratory Diseases such as asthma, bronchitis, pneumonia, cough, etc.
- Inadequate Liver function
- Skin problems such as Acne, wounds, ulcers, sores
- Throat Irritations
- Tonsillitis
- Pharyngitis
- Fatigue

1. **Antibacterial** and **antifungal** properties.
2. Provides **minerals, vitamins, antioxidants.**
3. Strengthens **immunity.**
4. Honey also has its effect on **weight loss** which makes me mostly excited! Simply drink warm water with lemon and honey on an empty stomach.
5. Did you know that though honey has more calories than sugar, honey when consumed with warm water **helps in digesting the fat** stored in your body?
6. Promotes the **growth of good bacteria** in the intestine.
7. Boosts **energy** and reduces **fatigue.**
8. Relieves a **sore throat.**
9. Prevents **heart disease** by improving blood flow.
10. Soothes **burns, disinfects wounds.** Garlic honey, which is just a mixture of honey and garlic, can be applied directly to infected wounds to clean the area.
11. Reduces **inflammation and pain.**
12. **Alkalizes** body's pH.
13. Contains phytonutrients, which possess **cancer-preventing and anti-tumor properties.**
14. Helps with **indigestion and acid reflux.**
15. **Destroys bacteria** causing acne.
16. Prevents low **white blood cell** count.
17. Counters **pollen allergies.** Take a teaspoon of honey a couple of times a day starting a few months prior to allergy season.
18. Flushes **parasites** from liver and colon.
19. A salve made of honey can be applied to **eczema.**
20. Reduces **ulcers** and other **gastrointestinal disorders**
21. Honey helps **build stamina** in athletes.
22. Honey and cinnamon can help with **Arthritis.** Mix one part honey with two parts of lukewarm water and a teaspoon of cinnamon. Massage the mixture on the itching part of the body.
23. Helps with **scalp** problems and **dandruff.**
24. Helps with **anxiety.**
25. Reduces **metabolic stress.**
26. Helps clear your **sinuses.** To clear your sinuses, take a mixture of 1 teaspoon each of fresh ginger juice and honey two or three times a day.

27. Cures **toothache**. Make a paste of honey and cinnamon and apply on the aching tooth.
28. **Moisturizes skin**. Mix a dollop of honey and two tablespoons of warm water and massage the mixture into your skin.
29. Relieves **morning sickness**.
30. Helps with **hiccups**.
31. Reduces **hay fever**. Take a tablespoon of honey in the morning.
32. Helps with **tension headaches**. Simply sip on a ½ glass of warm water with a couple of added teaspoons of honey.
33. Helps with **pink eye**. Place a teaspoon of honey with a cup of water and heat just enough to melt the honey. Let cool and use an eye dropper drop the mixture in the infected eye.
34. **Leg cramps**. Take 2 T. lemon juice and 1 T. honey each evening before bed.
35. Reduces **cholesterol**. Mix two tablespoons of honey and three tablespoons of cinnamon in 16 ounces of tea.
36. Helps with **bad breath**. Mix one teaspoon of honey and cinnamon in hot water.
37. **Soften hard water**, just add honey to bath water.

Buy honey from your local farmers market, Trader Joe's or local honey farm. The locally grown honey from the area you live is **more beneficial as it possesses the immune stimulating properties needed for your body** to adapt to its environment. The best part about it, you don't have

INFECTED DIABETIC ULCER/WOUND:

Immerse in hot water as hot as can be tolerated and soak x 3 minutes.

Switch to very cold water x 30 seconds

Do 5 rotations of this 2 x day (preferably morning + evening)

PLUS

Apply honey over the affected area

Be sure to only use honey from Trader Joes, a Farmer's Market, or a Honey Farm, because the pollen has been removed from all other honey, making it non-medicinal, less effective.

How to Use the Golden Honey Remedy

When you get the first symptoms of colds, flu or any other disease, make the Golden Honey mixture and consume it in this way.

Ingredients:

- 3.5 oz. (100 grams) organic honey
- 1 T. turmeric powder

Directions:

Add 1 tbsp. of turmeric in 3.5 oz. (100 grams) organic honey, mix well and place it in a glass container.

Upon the first symptoms of **colds and flu:**

Day 1 – Take ½ t. every hour during the day.

Day 2 – Take ½ t. every two hours during the day.

Day 3 – Take ½ t. three times a day.

The Golden Honey mixture should stay in the mouth until its complete dissolution. Many have prevented cold without taking any drugs and pills, thanks to this mix.

You can also **use this** Golden Honey mixture **in the treatment of respiratory diseases:** Take ½ three times a day during the week. You can add coconut milk or tea into the mix.

This mixture is an excellent choice in **weight management** as it aids in fat metabolism.

It is also a natural treatment for **arthritis and rheumatoid arthritis**, this is because of its anti-inflammatory properties.

Note – In case you are under treatment or taking any medication, consult your doctor before using this remedy. You should not take turmeric if you suffer from gallbladder disease. It causes muscle contractions of the gallbladder.

SOP:

“I have already told you the remedy I use when suffering from difficulties with my throat. I take a glass of **BOILED HONEY**, and into this I put a few drops of eucalyptus oil, stirring it in well. When the cough comes on, I take a teaspoonful of this mixture, and relief comes almost immediately. I have always used this with the best of results. I ask you to use the same remedy when you are troubled with the cough. This prescription may seem so simple that you feel no confidence in it, but I have tried it for a number of years and can highly recommend it.” {2SM 301.1}

Now you may think well she was making cough syrup **BUT she boiled the honey** and **if she says boiled is best then I go by the prophet!**

There is a reason she boiled it and so in the medical missionary classes I been taking the presenter said it is **best to boil the honey first like the prophet did because...**

There are serious potential side effects, such as allergic reaction, intoxication and food poisoning. You may come down with a case of food poisoning after eating raw honey. Raw honey is a potential source of botulism spores, according to the National Institutes of Health. Symptoms of food poisoning from botulism include stomach cramps, diarrhea, nausea, vomiting and fever.

Some people eat raw honey in the **belief that the tiny particles of pollen in local honey can be considered an inoculation that will make your seasonal allergies less intense.** By eating small amounts of the trees or flowers you are allergic to in the honey, the theory is, you build up your tolerance to these allergens. However, **this theory is flawed** and **the side effects are dangerous**, according to Chris Wagner, a nurse at Dallas Children's Medical Center, in an interview on WFAA-TV Dallas/Fort Worth. Wagner said he has **seen cases of anaphylactic shock in people who eat raw honey with allergens in it.** Anaphylactic shock an allergic reaction at its worst, as its symptoms are widespread and include difficulty breathing, low blood pressure, dizziness, fainting, heart failure and possible death. Signs of **less severe allergic reactions that may result from eating raw honey include, itching, puffy skin and rash.** Because you cannot control how much pollen is in the raw honey you eat, Wagner **does not recommend consuming it to help treat allergies.**

Also, another reason to boil it is because it is not pasteurized when raw and can make you sick!

Researchers at The University of Florida says it's not good to eat raw honey

<http://healthyeating.sfgate.com/dangers-benefits-raw-honey-5387.html>

If raw honey was medicinal, the prophet would have had us take raw honey with the Eucalyptus Oil instead of boiled.

- **Potato** –

Good for:

- Neutralizes stomach acid
- Digestive problems
- Cardiovascular disease
- Kidney Diseases
- Diabetes
- Obesity
- Malnutrition
- Skin disorders
- Bruising
- Swelling

Potato Poultice For Tissue Inflammation: It is one of the most alkaline foods

Very powerful potent poultice. Wherever you see, red, raised, swollen angry tissue use the potato poultice. Potato

is very alkalizing, cooling and it draws the heat out of and through the skin.

Potato also has potassium and phosphorus. It goes into the skin and helps with the healing process and reduces

the swelling. It is alkaline, the pulp is acidic and it is decongesting, soothing and anti-irritating.

Anti-Aging Agent: Wash face daily with potato juice. It helps to prevent wrinkles on face and makes your face glow.

Headache: Take half a slice of potato and apply it to the temples.

If you put too much salt in your food. Add some potato, it will absorb the salt.

“Solanine poison” is prevalent in potatoes too green in color.

It is said that potatoes are the ONE food you could eat if you had NOTHING else and get almost ALL the nutrition your body needs.

Potatoes are a nutritious, healthy food that are **rich in vitamins A, C, & B-complex and minerals such as manganese, iron, magnesium, copper, and potassium.** Potatoes contain an antioxidant called quercetin which **has anti-cancer and cardio-protective properties** as well as a storage protein called patatin which has been shown to exhibit activity against disease causing free radicals.

Potatoes are an excellent source of B6, a vitamin which is essential for the formation of almost every new cell in the body. Vitamin B6 also is a vital component for the neurological system and for the creation of amines which are neurotransmitters that send messages from one nerve to the next. This makes potatoes an **important food for those who are heavy thinkers and those recovering from stress damage and adrenal exhaustion.** They are also particularly **beneficial for depression, insomnia, sleep disorders, brain fog, and stress related illnesses.**

Potatoes are also known to be **good for promoting cardiovascular health** and are highly beneficial for reducing the risk of heart attack, stroke, atherosclerosis, and COPD. Potatoes themselves are **virtually fat-free** and **packed with dietary fiber** which helps to prevent constipation and protect the colon from polyps and cancer. Their high fiber content also **helps to lower blood LDL cholesterol and keep blood sugar levels stable** and within normal range.

Cooked potatoes are very healthy and if you boil the water FIRST, it will ensure that they retain their vitamins and minerals and remain a strongly alkaline, healing food.

HEALTH BENEFITS

1) Bone Health

The iron, phosphorous, calcium, magnesium and zinc in potatoes all contribute to the **building and maintaining of bone structure and strength.**

Iron and zinc play crucial roles in the production and maturation of collagen. Though phosphorus and calcium are both important in bone structure, the careful balance of the two minerals is necessary for proper bone mineralization - consumption of **too much phosphorus with too little calcium intake can result in bone loss.**

2) Blood Pressure

Maintaining a low sodium intake is essential to lowering blood pressure, however increasing potassium intake may be just as important because of its vasodilation effects. According to the National Health and Nutrition Examination Survey, fewer than 2% of US adults meet the daily 4700 mg recommendation.

In addition, **potassium, calcium and magnesium** (all present in the humble potato) have been found naturally to decrease blood pressure.

3) Heart Health

The potato's **fiber, potassium, vitamin C and vitamin B-6 content,** coupled with its lack of cholesterol, **all support heart health.**

Potatoes contain significant amounts of fiber, which helps lower the total amount of cholesterol in the blood, thereby **decreasing the risk of heart disease.** In one study, those who consumed 4069 mg of potassium per day had a 49% lower risk of death from ischemic heart disease compared to those who consumed less potassium (about 1000 mg per day).⁵

Vitamin B-6 **prevents the buildup of a compound** known as homocysteine. When excessive amounts of homocysteine accumulate in the body, it **can damage blood vessels and lead to heart problems.**

4) Inflammation

Choline is a very important and versatile nutrient in potatoes that **helps with sleep, muscle movement, learning and memory.** Choline also helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat and reduces chronic inflammation.

5) Cancer

Potatoes contain folate, which plays a role in DNA synthesis and repair, thus **preventing the formation of cancer cells from mutations in the DNA.**

Fiber intake from fruits and vegetables like potatoes are associated with a lowered risk of colorectal cancer. Vitamin C and quercetin function as powerful antioxidants that **help protect cells against free radical damage.**

6) Digestion And Regularity

Because of their fiber content, potatoes **help to prevent constipation** and promote regularity for a healthy digestive tract.

7) Weight Management and Satiety

Dietary fibers are commonly recognized as important factors in weight management and loss by functioning as “bulking agents” in the digestive system. These compounds increase satiety and reduce appetite, **making you feel fuller for longer** and thereby lowering your overall calorie intake.

8) Metabolism

Potatoes are a **great source of vitamin B-6**, which plays a vital role in energy metabolism by breaking down carbohydrates and proteins into glucose and amino acids. These smaller compounds are more easily utilized for energy within the body.

9) Skin

Collagen, the skin's support system, relies on vitamin C as an essential nutrient that **works in our bodies as an antioxidant to help prevent damage caused by the sun, pollution and smoke**. Vitamin C also promotes collagen's ability to smooth wrinkles and improve overall skin texture.

DO POTATOES MAKE YOU FAT?

Research has demonstrated that people can **incorporate potatoes into their diet and still lose weight**. Researchers studied 86 overweight women and men over twelve weeks to determine how a reduced calorie diet with the addition of potatoes affected weight loss. The individuals were randomly allocated to 3 groups and each one had a diet that included 5 to 7 helpings of potatoes each week. The outcomes showed that all 3 groups lost weight.

The soluble fiber in potatoes can also help with weight loss by providing a longer feeling of fullness.

It is what you put ON the potato that can make you fat....butter, cheese, sour cream, etc.

NUTRITIONAL VALUE OF POTATOES PER 100G:

- How many calories in a potato – 77
- How much protein in a potato – 2g
- How many carbs in a potato – 17g
- What is the fat content of a potato – 0.1g