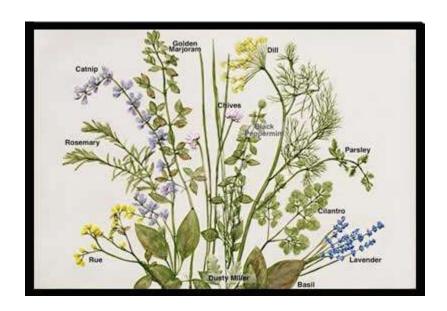
# The Quick Guide To Herbal Remedies



By

Dr. Akilah El

Naturopathic Doctor, Master Herbalist

## **Disclaimer**

Statements made in this book are for informational purpose only and are not intended to diagnose, treat, prevent or cure any disease. None of the statements made in this book have been approved or reviewed by the FDA. If you are suffering from any disease or illness you should consult your personal health care practitioner before changing any medication.

Although every attempt has been made to supply factual and helpful information throughout this book, please be aware that none of the content in this book should be taken as medical advice. I am a Naturopathic Doctor and Master Herbalist who is unaffiliated with the medical system in any way. I am not a medical doctor nor do I pretend to be. If you have any medical issue please consult your physician as soon as possible.

The information included in this book includes lifestyle and nutrition recommendations. Since the dosages of the various nutritional supplements to be suggested will vary with age, weight, and gender, as well as with nutritional status, please consult with your personal physician before embarking on a rigorous dietary-supplement program. Consultation with your personal physician who knows your detailed medical history and complete list of medications should always be done, even if you have first consulted with Dr. Akilah El. In addition to a nutritious diet, both exercise and a proper mental attitude are critical elements in combating sickness and disease, while still helping one to operate at peak performance. None of these suggested are intended for use by persons under 18 years of age. Neither are they for pregnant or nursing mothers. If you are taking prescription medications or have been diagnosed with a particular disease or illness, again consultation with your personal physician is necessary. None of the products or supplements described in our supplement section is intended to diagnose, treat, cure, or prevent a specific disease.

### Introduction

Greetings of Love, Peace, Health, Happiness and Prosperity. My name is Dr. Akilah El but you can call me Dr. Akilah. I am very excited to share with you my quick and easy to use herbal remedy guide. Please use this book as a reference guide for future use. Feel free to share this with your family and friends. SPREAD THE WORD!!! ©

My quick guide to herbal remedies book is a comprehensive alternative health resource providing information on a variety of natural remedies, nutritional healing foods, as well as the deficiencies associated with each dis-ease or illness.

Herbs have been used medicinally by a wide-range of cultures for thousands of years. Before taking any herb, individuals should research info as well as consult his/her physician and a qualified herbalist. Like medications, herbs can be risky and may have extreme side effects when taken in conjunction with other medications.

I will continue to strive to be an excellent source of information for living food remedies, alternative treatment options and natural solutions as well as living library for an extensive list of herbs. The Information I provide in this book is intended to provide invaluable knowledge on healthy lifestyle choices and should not be used in lieu of the advice of a qualified alternative professional or allopathic physician.

I highly suggest that you seek a health care professional who is very knowledgeable about herbs. If your health care professional doesn't know about the safety and effectiveness of herbal preparations, how can you take these herbs safely? The clerk at the health food store may tell you what they have read in a book about a particular herb but how much do they know from personal and professional experience? It could be hard to tell. So it is up to you to protect yourself with information. I highly suggest that you consult with an herbalist with at least five years of professional experience.

If you do not know of a reputable herbalist in your area please feel free to schedule a <u>phone</u>, <u>online (skype)</u> or <u>in-person consultation</u> with me. I offer <u>full phone consultations</u> and <u>mini consultations</u> for those living abroad.

I look forward to serving you.

Dr Akilah www.celestialhealing.net



ACNIE	Hanks Alas Paril Pandalian Francisc Drivers Cil
ACNE	<b>Herbs:</b> Aloe – Basil – Dandelion - Evening Primrose Oil
	<b>Food:</b> Beets – Cucumbers – Chickpea - Grapes – Quinoa
AGING	Herbs: Burdock - Ginkgo - Ginseng - Gota Kola
	Food: Black Seeds – Cherries – Plums - Watermelon
ALLERGIES	Herbs: Alfalfa - Mullein - Stinging Nettle - Thyme
	<b>Food:</b> Citrus Fruits – Elderberries – Garlic – Kale - Onions
ANEMIA	Herbs: Alfalfa - Chlorella - Chlorophyll -Kelp - Parsley - Spirulina
	<b>Food:</b> Blackstrap Molasses – Collards – Figs - Kale — lentils
	Prunes - Spinach
APHRODISIAC	Herbs: Damiana - Ginseng – Horny Goat Weed - Yohimbe
	<b>Food:</b> Avocados – Basil - Cocoa – Figs – Watermelon
ARTHRITIS	Herbs: Burdock - Feverfew - Ginkgo - Ginger - Turmeric
	<b>Food:</b> Apples – Cantaloupe – Kale – Olives – Walnuts
ASTHMA	<b>Herbs:</b> Eucalyptus – Fenugreek – Ginger – Lobelia - Mullein
	<b>Food:</b> Apples – Carrots – Garlic - Spinach – Onions – Oranges

Acne – Friendly Bacteria (acidophilus, bifidus, etc), Vitamin A, B Complex, and E. Potassium and Zinc.

Aging – Amino Acids, Calcium, Selenium, Silica, Magnesium, Zinc, CoQ10, Vitamin C D3 and E.

Allergies - Calcium, Copper, Magnesium, Vitamin A, B5 (pantothenic acid), C and E.

Anemia – Copper, Iron, Iodine and Vitamin B12.

Aphrodisiac – L- Arginine, Iron, Vitamin B Complex, B12, C and Zinc.

Arthritis – Calcium, Magnesium, Potassium, Vitamin D3.

Asthma – Magnesium, Selenium, Vitamin A, C and D.

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BAD BREATH	Herbs: Alfalfa - Chlorophyll - Myrrh - Parsley - Peppermint
	Food: Apples – Blueberries - Lemon – Oranges - Parsley
BLADDER	Herbs: Buchu - Cornsilk - Hydrangea – Juniper - Uva Ursi
	<b>Food:</b> Asparagus – Bananas - Cranberries – Pears – Peaches
	Watermelon
BLOOD PRESSURE	<b>Herbs:</b> Capsicum – Hawthorn – Nutmeg - Parsley - Valerian
	Food: Bananas – Beans - Sweet Potato – Spinach
BLOOD PURIFIER	Herbs: <u>Blood Cleanser</u> – Burdock - <u>Garlic</u> – Milk Thistle
	Food: Apples – Beets - Celery – Grapes – Grapefruit
	Watercress
BOWELS	Herbs: Aloe – Psyllium Hulls - Cascara Sagrada - Slippery
	Elm – <u>Dr Akilah's Detox</u>
	Food: Apples – Blackberries - Figs – Prunes – Rhubarb
BRONCHITIS	<b>Herbs:</b> Cayenne – Eucalyptus - Garlic - Lobelia - Peppermint
	Food: Basil – Coconut- Guava- Jalapeno Peppers – Lemon

#### **Deficiencies**

Bad Breath – Friendly Bacteria (acidophilus, bifidus, etc), Potassium, Zinc, Vitamin A, B6 and D3. Bladder – Selenium, Magnesium, Zinc, CoQ10, Beta Carotene, Vitamin C D3 and E. Blood Pressure – Calcium, Magnesium, Potassium and Selenium. Vitamin C and E. Blood Purifier – Chromium, Copper, Iron, Manganese, Selenium and Zinc. Vitamin A, B and D. Bowels – Friendly Bacteria (acidophilus, bifidus, etc), Potassium, Zinc, Vitamin B Complex, D3 and E. Bronchitis - Vitamin B5, B12, D3 and Magnesium.



CHOLESTEROL	<b>Herbs:</b> Alfalfa - Garlic – Hawthorne - Nettle - Oatstraw
	<b>Food:</b> Apples - Asparagus – Bell Peppers – Carrots - Cabbage
	- Kiwi – Mushrooms – Peas – Potatoes
CIRCULATION	<b>Herbs:</b> Blessed Thistle - Capsicum – Garlic - Ginkgo - Ginger
	<b>Food:</b> Avocados - Cayenne Peppers – Dark Chocolate – Goji
	Berries – Oranges – Sun Flower Seeds - Watermelon
COLDS	<b>Herbs:</b> Elderberry - Garlic - Ginger - Golden Seal - Yarrow
	Food: Bell Peppers - Broccoli – Brussels - Cantaloupe
	Oranges – Papaya - Sprouts –Strawberries
CONSTIPATION	<b>Herbs:</b> Aloe - Buckthorn - <u>Dr Akilah's Detox</u> - Slippery Elm
	<b>Food:</b> Apples – Blueberries - Carrots – Figs - Flaxseeds –
	Peaches – Pears - Pineapple – Prunes - Quinoa
COUGHS	Herbs: Wild Cherry Bark - Fenugreek - Ginger - Rosemary
	<b>Food:</b> Almonds (raw) – Cilantro – Citrus Fruits - Honey -
	Vegetable Broth or Soup
CRAMPS	Herbs: Black Cohosh - Catnip - Chamomile - Red Raspberry
	<b>Food:</b> Bananas – Brussels Sprouts – Oatmeal - Watermelon

Cholesterol – Calcium, Chromium, Selenium, Co Q10, Vitamin C and E.

Circulation –Selenium, Magnesium, Zinc, CoQ10, Beta Carotene, Vitamin C D3 and E.

Colds - Friendly Bacteria (acidophilus, bifidus, etc), Vitamin A, C Iron and Zinc.

Constipation – Friendly Bacteria (Acidophilus, bifidus, etc), Potassium, Zinc, Vitamin B12, D3 and E.

Coughs - Vitamin A, C, D and Zinc.

Cramps – Calcium, Magnesium, Silica, Potassium, Vitamin B, C, D3 and E (Vitamin E is Essential)



DIABETES	<b>Herbs:</b> Buchu -Huckleberry - Ginger - Papaya - Stevia
	Food: Blueberries - Broccoli – Cinnamon – Onions – Quinoa
	Spinach - Steel Cut Oats - Sweet Potatoes — Walnuts
DIARRHEA	<b>Herbs:</b> Blackberry Root – Charcoal – Peppermint - Psyllium
	Food: Applesauce - Bananas - Mashed Potatoes - Quinoa
DIGESTION	<b>Herbs:</b> Alfalfa - Basil – Fennel - Ginger - Parsley - Peppermint
	Food: Avocados – Beets - Miso – Papaya - Pineapple



ECZEMA	Herbs: Burdock - Chamomile - <u>Turmeric</u> - Yellow Dock
	<b>Food:</b> Apples – Carrots – Sweet Potatoes – Watercress
ENERGY	Herbs: Ashwaganha - Cayenne - Siberian Ginseng - Nettle
	<b>Food:</b> Bananas – Cherries – Kale – Spinach - Sweet Potatoes
<b>ERECTILE DYSFUNTION</b>	<b>Herbs:</b> Lavender - Gingko Biloba - Saw Palmetto - Yohimbe
	Food: Asparagus – Cherries - Cocoa - Papaya –Watermelon
EYES	Herbs: Bilberries – Eyebright – Horsetail - Yarrow
	<b>Food:</b> Apricots – Carrots – Mangoes – Peaches - Spinach

Diabetes – Chromium, Copper, Magnesium, Manganese, Zinc, Vitamin A, B complex, B12, C and E.

Diarrhea – Friendly Bacteria (acidophilus, bifidus, etc), Iron, Potassium, Vitamin G Complex.

Digestion – Vitamin B-12, B6, Chromium and Potassium.

Eczema— Beta-carotene, Folic Acid, Iron, Zinc, Vitamin B2 and E.

Erectile Dysfunction - L-Arginine, Iodine, Niacin, Selenium, Zinc, Vitamin C and E.

Eyes – Lutein, Selenium, Zinc, Beta Carotene, Vitamin A, C, D and E.



FEVER	Herbs: Borage - Catnip – Feverfew - White Oak - Yarrow
	<b>Food:</b> Artichoke - Cantaloupe - Citrus Fruits - Watermelon
FLATULENCE	Herbs: Green Barley - Star Anise – Peppermint- Slippery Elm
	<b>Food:</b> Amaranth –Papaya – Strawberries - Tomatoes
FLU	<b>Herbs:</b> Bloodroot – Echinacea- Garlic Golden Seal- Rosehips
	<b>Food:</b> Acai – Beetroot – Cherries – Citrus Fruits - Pumpkin



GALLBLADDER	<b>Herbs:</b> Burdock – Dandelion – Fenugreek - White Oak Bark
	Food: Avocadoes - Bell Peppers - Flaxseeds - Olives - Oranges
GOUT	<b>Herbs:</b> Birch - Celery Seed – Gravel Root - Nettle Leaf - Parsley
	Food: Apples(including Apple Cider Vinegar) – Blueberries
	Celery - Cherries – Strawberries - Watermelon

Fever – Zinc, Vitamin A and C.

Flatulence – Selenium, Magnesium, Zinc, CoQ10, Vitamin C D3 and E.

Flu - Vitamin C, D and Zinc.

Gallbladder – Pectin, Vitamin A, B12, C, D3 and E.

Gout – Potassium, Zinc, folic Acid, Vitamin B complex, C and E.



HEARTBURN	Herbs: Anise - Chamomile - Ginger – Slippery Elm
	Food: Apple cider vinegar (ACV) - Bananas - Lemon - Clove Oil
HEMORRHOIDS	Herbs: Buckthorn – Psyllium - White Oak – Witch Hazel
	<b>Food:</b> Bananas - Figs - Pears – Prunes – Steel Cut Oats - Quinoa



IMMUNE	<b>Herbs:</b> Astragalus – Echinacea – Golden Seal - Power Booster
(builds)	Food: Apples – Berries - Carrots - Kale - Mushrooms - Spinach
INSOMNIA	Herbs: Hops - Kava Kava - Lobelia – Passion Flower - Valerian
	Food: Almonds - Bananas - Black Beans - Cherries - Seeds



LIVER	Herbs: Blood Cleanser - Dandelion - Yarrow - Yellow Dock
	<b>Food:</b> Asparagus - Brussels Sprouts – Carrots – Grapefruits -Kale
LUNGS	<b>Herbs:</b> Eucalyptus – Fenugreek – <u>Garlic</u> – Nettle - Rosehips
	Food: Apples – Broccoli - Mushrooms – Oranges – Onions

Heartburn – Potassium, Zinc, Vitamin A, B Complex, B12, D3 and E.
Hemorrhoids – L-Tryptophan, Calcium, Magnesium, Vitamin B Complex, B6, B12,C and E.
Immune - Chromium, Copper, Iron, Manganese, Selenium, Zinc, Vitamin A, B C, and D.
Insomnia – Calcium, Magnesium, Zinc, Vitamin B Complex, B5, and C.
Liver – Magnesium, Selenium, Vitamin A, B Complex, C, K and E.
Lungs – Iron, Magnesium, CoQ10, Vitamin B, C and D.



MENOPAUSE	Herbs: Black Cohosh – Chaseberry – Dong Quai - Sage
	<b>Food:</b> Apples - Beets - Bell Peppers – Carrots – Cucumbers
	Grapefruits – Kale – Onions – Sweet Potatoes - Tomatoes
MIGRAINES/Headaches	Herbs: Cayenne - Chamomile -Lavender - Skullcap -Valerian
	Food: Apples- Bananas- Broccoli- Leafy Greens -Watercress
MOTION SICKNESS	<b>Herbs:</b> Bach Flower Rescue -Lavender -Ginger -Peppermint
	Food: Cucumbers – Lemons- Olives – Pumpkin Seeds



PAIN (mild)	<b>Herbs:</b> Angelica – Marjoram - Passion Flower - White Willow
	<b>Food:</b> Acai - Almonds – Cherries – Flaxseed - Grapes - Walnuts
<b>PSORIASIS</b>	Herbs: Aloe - Oats - Oregon Grape - Tea Tree Oil* - Turmeric
	Food: Broccoli – Carrots – Green Leafy Vegetables - Oats

<sup>\*</sup>External Use Only

Menopause – Boron, Calcium, Magnesium, Selenium, Silica, Potassium, CoQ10, Vitamin B, D3 and E. Migraines –Calcium, Magnesium, CoQ10, Vitamin B Complex, B6 and C.

Motion Sickness - Magnesium, Potassium and Vitamin B6.

Pain - Calcium, Copper, Selenium, Vitamin B3, C and D3.

Psoriasis – Vitamin A, D, E, C, Silica and Zinc.



RESPIRATORY	Herbs: Eucalyptus – Marshmallow - Mullein - Wintergreen
	Food: Bell Peppers – Brussels Sprouts – Cabbage - Papaya



CINILIC	Hada Calla Cla Falcinana Flatada a Facilita Cana
SINUS	<b>Herbs:</b> Cat's Claw - Echinacea - Elderberry - Eucalyptus - Sage
	<b>Food:</b> Blueberries – Oranges – Strawberries - Tomatoes
SKIN	<b>Herbs:</b> Aloe – Burdock – Dandelion – Evening Primrose - Nettle
	Food: Apples – Beets – Carrots – Lemon – Pumpkin Seeds
	Strawberries – Sweet Potatoes - Tomatoes
STOMACH	Herbs: Anise - Chamomile - Peppermint - Sage - Spearmint
	<b>Food:</b> Bell Peppers - Citrus Fruits - Green Leafy Vegetables - Potatoes



THYROID	Herbs: Alfalfa – Burdock - Dulse – Ginseng – Kelp - Sage
	Food: Bananas - Blueberries - Cherries - Squash - Tomatoes
TOXINS	Herbs: Burdock - Dandelion - Oregon Grape Root - Milk Thistle
	<b>Food:</b> Apples -Carrots – Cherries – Onions – Spinach - Watermelon

Respiratory – Iron, Magnesium, CoQ10, Vitamin B, C and D.

Sinus – Friendly Bacteria (acidophilus, bifidus, etc), Zinc, Vitamin A, B Complex, B12, C and E.

Skin - Iron, Selenium, Zinc, Vitamin A, C and E.

Stomach – Vitamin B-12, Chromium and Potassium.

Thyroid – Copper, Iodine, Iron, Selenium, Vitamin A and D3.

Toxins - Chromium, Copper, Iron, Manganese, Selenium, Zinc, Vitamin A, B C and D.



VARICOSE VEINS	<b>Herbs:</b> Butcher's Broom – Cayenne - Tansy - White Oak Bark
	Food: Apples - Cherries - Grapes - Grapefruit - Kale - Papaya
VOMITING	Herbs: Aniseed - Clove - Ginger - Peppermint
	Food: Applesauce - Bananas – Steel Cut Oats - Watermelon



WARTS	<b>Herbs:</b> Aloe – Buckthorn Bark - Dandelion - Garlic - Tea Tree Oil*
	Food: Apples - Apricots - Bananas - Cabbage - Cantaloupes -
	Carrots - Grapes - Kale - Watermelon
WATER RETENTION	<b>Herbs:</b> Buchu – Juniper Berries - Peach - Princes Pine - Uva Ursi
	Food: Apples - Cantaloupe – Cranberries – Watercress
WORMS	<b>Herbs:</b> Black Walnut Husk - Clove – Garlic – Wormwood
	Food: Basil – Thyme - Oregano – Pumpkin Seeds – Radishes
WOUNDS	Herbs: Aloe - Calendula - Cayenne – Honey* - Tea Tree Oil*
	Food: Asparagus - Bell Peppers - Broccoli - Kale – Kiwi - Peas

<sup>\*</sup>External Use Only

Varicose Veins— Vitamin A, B Complex, D3 and E. Potassium and Zinc.

Vomiting -Selenium, Magnesium, Zinc, Co Q10, Vitamin C D3 and E.

Warts - Magnesium, Potassium, Vitamin A, C with Bioflavonoids and E.

Water Retention – Calcium, Iron, Magnesium, Potassium, Silica, Vitamin B Complex, C and E.

Worms – Zinc, Vitamin B12 and C.

Wounds – Zinc, Vitamin A, C and D.

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Thank You So Much!

I can't begin to tell you how grateful I am of your support. I hope you've enjoyed this eBook as much as I loved writing it for you. I am very thankful for your continued support of my wellness centers and everything I do. I sincerely appreciate each and every one of you for taking time out of your day or evening to read my books.

So what do you think? I would love to hear your thoughts about it.

Please leave a comment at <a href="http://docakilah.com/the-quick-guide-to-herbal-remedies-ebook/">http://docakilah.com/the-quick-guide-to-herbal-remedies-ebook/</a> or tweet me on Twitter @docakilah.

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Since I had so much fun writing this eBook expect more to come your way soon. I got the eBook writing bug and I'm not interested in an herbal cure. HA! HA!

If you want to see my next published eBook <u>CLICK HERE</u> and bookmark that page. All future eBooks will be listed on that page.

Once again THANK YOU for your support!

I wish upon you Love, Peace, Health, Happiness and Prosperity!

Your Servant in Health,

Dr Akilah El www.celestialhealing.net