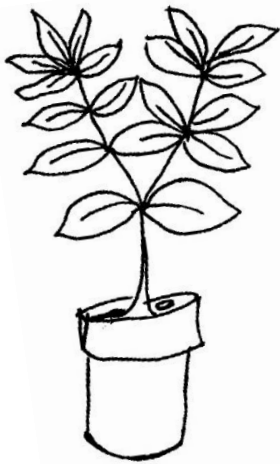




NATURE'S Alternatives

Natural solutions, remedies
and recipes for Health,
Home, and Beauty.



A Zine by Lindsey

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Introduction

This zine is meant as a guide for folks who are curious about more natural ways to deal with everyday life. It is meant to be a melting pot of all the information I have been collecting and researching for the past few years on natural means of living. In it you will find lots of suggestions on ways you can improve your health, your home environment, and your beauty regimen in ways that encompass and worship nature.

Society surrounds us with quick-fixes for almost every ailment and problem that we humans could possibly suffer from. They are advertised on radio, television, and visually, through eye-catching logos and billboards. We rely so much on brand-name products and become dependent solely on them, never questioning how the same problems can be helped in more natural, inexpensive, less harmful ways. Many ways to treat health problems are more easily accessible, and simpler to treat than we have been taught. Nature has provided us with its own resources that can help us humans resolve our problems. Why spend money on unnatural products that are foreign to our bodies and can have harmful side effects? We can reclaim independence and take charge by knowing our bodies and what natural solutions to health problems, home issues solutions, and natural beauty are available. That's why I have created this zine with natural solutions because I believe we can reconnect to natural solutions that are easier, cheaper and kinder to us and the health of our world.

Natural living is important for many reasons that include maintaining good health, saving money by not having to support the use of commercialized, chemical-laden products, and helping the environment by reducing the use of toxic substances in the home, in the air, and on the body. I felt that there was a need for information on natural living to be passed out to those who are curious but are not sure how to get started.



What is Natural Health?

Natural health is a broad term that encompasses any approach to good health and well-being that is derived from a natural source(s). Natural health includes the use of nutrition, supplementation, herbs, lifestyle factors, and many other means of achieving good health. In this zine I focus on natural health through the use of natural supplements, herbs, and positive lifestyle factors. I cover a few common health problems that most people will suffer from at least a few times in their life. I picked certain health problems based on popularity and on how much information I was able to find on them.

I have started off my zine by talking about natural ways of treating the common cold, coughs and sore throats, continued on the next page. **Please read the text below before continuing on to the next page.**

**** I have no interest in shaming or dismissing conventional treatments and products. I simply prefer to try to use natural methods when possible and to share with you information, in a gentle manner, that may be of use to you. Although I am a lover and proponent of natural remedies, I realize that not everything can be done naturally and that certain ailments may require a more regulated approach to treatment under the guidance of a professional. This is especially true when dealing with psychological disorders like anxiety and depression and serious physical conditions like broken bones, injuries, heart problems, etc. It is also worth noting that since each one of us is different, the herbs and supplements I suggest may affect certain people differently.*

Do not feel guilty if you are unable to switch from conventional medications to natural treatments. Do what you feel works best for you. If, however, you are curious about switching to a more natural approach for a serious ailment, make sure you have guidance from professionals and also family and friends.

Natural ways of treating the Common Cold

At the first throat tingle or other sign of a cold, take the following combination of nutrients and herbs. Continue until symptoms disappear, or up to one week:

- 500 to 1,000 mg of **Vitamin C**, 2-3x daily
- one 23-25mg lozenge of **Zinc** every 2 hours, up to 6x daily
- 1-2 dropperfuls of **Echinacea** tincture (taken with water or tea), or 300 to 400 mg of a dry extract (capsules) 2-3x daily.
- 1,000 to 1,500 mg of pure or concentrated **garlic** or garlic extract powder, or 2,400 to 3,600 mg of fresh garlic equivalent*



For coughs...

Try licorice Root Tea -soothes throat and relieves coughs

For productive coughs (coughing up mucus): Drink plenty of fluids to help rid yourself of what your lungs are trying to get out of your system.

Do not take cough medicine that helps to suppress coughs. Cold medicine that serves as an expectorant is good to take.

For nonproductive coughs (dry coughs): It is recommended to take a cough suppressant. The herb Thyme, when made into a tea can help to suppress coughs by relaxing tracheal muscles. Steep two teaspoons of loose Thyme in hot water for 10 minutes.

Other Helpful Herbs and Supplements for COLDS

- **Siberian Ginseng:** 300 mgs twice a day for 7-10 days
- **Astragalus:** 250-500 mgs 3-4x a day
- **Garlic:** 1,000 to 1,500 mg of pure or concentrated **garlic** or garlic extract powder, or 2,400 to 3,600 mg of fresh garlic equivalent*
- **Spirulina:** Take 1 teaspoon of spirulina in a liquid. (Putting it in smoothies is my favorite way of taking Spirulina)
- **Elderberry:** 1 tbsp. of liquid extract or syrup 4x daily for 3-5 days.

Useful tips for colds:

- Using an air humidifier
- Drinking hot liquids
- Eating chicken soup (yummm)
- If congested, salt water in your nose and spitting it out your mouth for congestion.
- **Eucalyptus oil** is good for relieving congestion. put 5 drops in a hot bath or 6 in a cup of boiling water and inhale.

Helpful Remedies for Sore Throat

- At first sign of sore throat drink tea (you can also add cayenne pepper, apple cider vinegar, honey, or lemon juice.)
- 3-6 drops of pure tea tree oil to warm water and gargle. do this 3x a day. hot liquids like turkey or chicken broth (sipped)
- gargle with warm salt water
- *** My own sore throat remedy that I have found to work (take at first sign of a sore throat). Mix one package of Emergen-C in water with a dropperful of Echinacea liquid extract (available at health food stores). Do this up to 3x a day.

Natural ways to treat a few common health problems

Some tips for alleviating **Canker Sores**:

- apply vitamin E oil to sore several times a day
- apply tea tree oil to sore twice a day and before bed
- Try consuming foods with probiotics (yogurt, kefir, etc.) or taking a probiotic supplement.
- Try taking a B-complex supplement. Zinc is also important.

For women: Premenstrual Syndrome & Menstrual Problems:

B-Vitamins are very important for menstruating women, so make sure you are taking a B-complex supplement. B6 has been shown to help with moodiness, fluid retention, bloating, and fatigue associated with Premenstrual Syndrome. Calcium and Magnesium are also important. Vitamin A has been shown to help lessen blood flow in women who have heavy menstrual bleeding.

For Menstrual Cramps

Fennel tea, Raspberry leaf tea, cramp bark tea, heating pad, taking a sea salt and baking soda bath.

***Fennel tea may increase menstrual bleeding in some women due to its muscle relaxing properties**

Some suggestions for combating Fatigue

- Getting regular exercise
- Eat a breakfast high in complex carbohydrates rather than simple sugars.
- Eat a light lunch (eating too much can make you feel tired)
- Watch less TV and spend less time on the computer
- Make sure you have enough downtime and alone time for yourself
- Wake up earlier and go to bed earlier
- Find something to be motivated about (creative projects are great)
- Have confidence in yourself (will get you more excited about life, thus making you more likely to take action).
- Try to avoid **these foods** as much as you can: sugar, alcohol, fats, caffeine, white flour products, and highly processed foods. **Eat more of:** fresh fruits and vegetables and less of red meat.

Natural Digestive Health



Suggestions for issues with Constipation

- Partake in regular, vigorous exercise (helps to speed up food digestion. Running is a good example)
- Drink more water (increased fluids in general)
- Eat flaxseeds (a natural, mild laxative)
- Take a psyllium husk supplement. I've heard eating the crushed seeds is even better. Make sure to drink plenty of water with these.
- Drink Aloe Juice
- Get more fiber in your diet (see below)
- Lower the amount of meat and dairy you eat if it is excessive and fill your diet with more fruits, vegetables, and fiber-filled foods)
- Drink dandelion root tea



Lindsey's digestion tea :)

- 1/2 teaspoon powdered ginger or 1/2 inch knob of peeled, fresh ginger
- 1 tablespoon dried fennel
- 1 tablespoon Honey (for taste)

Steep for 5-10 minutes.

This tea relieves cramps and bloating associated with irritable bowel syndrome (IBS), lactose intolerance, food intolerances in general, etc.



Natural First Aid

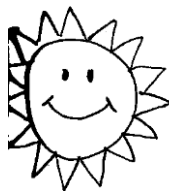
The following suggestions are some more natural ways of treating first aid issues.

For Burns

Submerge in cold water as soon as possible and leave it there until pain goes away, then apply aloe vera extract to soothe the burn. When scarring is about to happen, apply Vitamin E oil. This will help heal scars from burns.

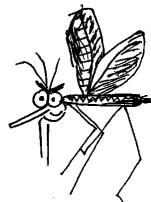
Sunburn lotion

- 2 tbsp water
- 1 tbsp witch hazel
- 1/4 cup baking soda
- 1-2 drops peppermint oil



Mix together all the ingredients to form a thin, milky solution. Shake well before applying. To use: gently apply to your sunburned skin and allow to dry. Reapply if necessary.

Mosquito Bites: moisten skin soon after the bite happens and rub an aspirin tablet on bite to reduce inflammation



Tea tree oil (used topically) is good for cuts and infections due to its antibacterial properties. Do not use on face, as much irritation can occur

Baking Soda for Bee Stings

For effective bee sting relief apply a baking soda paste. Bee stings are acid and the alkalinity of the baking soda helps to neutralize them.

- 1 tsp baking soda
- 1/2 tsp water
- 1 drop tea tree essential oil



Place baking soda in palm of hand or small vessel and add water, a few drops at a time, until a spreadable paste results. Add the tea tree oil and apply to bee sting. Leave on for as long as needed and reapply new paste if necessary.

The Mind

This next section talks about natural ways to help with issues that take place in our minds. I cover topics like anxiety, depression, and insomnia.

Mental health is different for all of us, so if you believe or know you suffer from any of the issues talked about in this section, you should be talking to a qualified healthcare professional. If you suffer from any of these mental health issues and want to try some of my recommendations in this section, make sure they are discussed with a health professional, especially if you are trying them as an alternative to or in addition to any prescription medications you may be using.

I will start of this section with some Natural energy boosting remedies!

- Doing a quick yoga routine every morning. The stretching will wake your body up and help your mind to transition from sleep to wakefulness. I've found that this is especially helpful when you have to wake up extremely early. It will also help ease that groggy feeling of having to get up early for work!

An alternative to caffeine!

- 1 glass of warm water
- Juice of half a lemon
- 1 tsp. apple cider vinegar



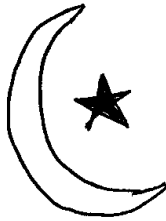
This drink boosts digestion, metabolism, and helps you to detox. It will give you a better, less jittery energy boost. Coffee tastes good but it can dehydrate you, and boost cortisol (stress hormone) levels amongst other things.

Energizing Essential oils

Peppermint and rosemary essential oils have fragrances that can instantly uplift you when inhaled. Rosemary has also been shown to boost brain function, so keep a little bottle at hand when studying. Take a few whiffs whenever you feel you need them. :)

Natural Sleep Aids

Most people experience trouble sleeping from time to time. Included below are some lifestyle factors and recommendations that help those who suffer from insomnia or have been experiencing changes in sleeping patterns lately. I have also included instructions on making an aromatherapeutic dream pillow. If lifestyle improvements do not make a difference in your sleeping routine, I recommend seeking help from a qualified healthcare professional.



Some suggestions for sleeping more soundly

- Limit caffeine consumption (avoid caffeine after lunch),
- Start an exercise routine
- Establish a set bedtime and stick to it every night
- Letting go of stressors before bed (guided meditation can help)
- Take a warm bath before bed
- Try taking **Melatonin**, a supplement found to help with sleeping problems.
- Try one of the following herbs: hops, passionflower, valerian, and chamomile. you can get these at health food stores.
- Reduce commotion in your bedroom where you sleep. stick to simple colors and don't put too many things on the walls.
- Address mattress problems.
- Don't use your bed for anything else besides sleep and making love. Don't do work on the bed.
- Eat foods high in tryptophan, which promotes sleep (turkey, bananas, figs, dates, yogurt, milk, tuna, nut butter).

Make-your-own Dream Pillow

Dream pillows are sacks filled with assorted herbs whose aromas help you get to sleep. You simply put it under your pillow at night after giving it a good squeeze to release the aromas in the herbs.

- One nylon sock
- Dried lavender
- Dried Mint
- Dried Rosemary
- Dried rose petals
- Flaxseeds or rice

Mix herbs and flaxseeds/rice together and funnel them into a sock. Then tie the top of the sock in a knot so the herbs do not fall out. Give it a good squeeze with your hands to release the scents, and you're done! :)



Anxiety

Some suggestions that may help with anxious thoughts:

- Cut down on caffeine and stimulants in general
- Have a regular exercise routine (endorphins relieve anxiety)
- make sure you are getting enough sleep
- find a meditation technique that works for you (*youtube* it!)
- keep a journal to jot down thoughts to help better organize them and thus create more ease

Important supplements to be taking if you suffer from anxiety:

calcium & magnesium, b-complex, zinc, l-tyrosine (good for anxiety and depression). Follow recommended dosages.

Panic Attacks

Herbs for anxiety that aid in preventing panic attacks:

catnip, chamomile, hops, linden flower, motherwort, passionflower

**ragweed allergy could develop with use of chamomile on an ongoing basis. Do not use if you have a ragweed allergy”.

Skullcap and valerian root can be taken at bedtime to promote sleep and aid in preventing panic attacks at night

***For panic attacks:** *to help manage an acute panic attack:

inhale slowly to a count of four, hold breath for a count of four, exhale slowly to a count of four and then do nothing for a count of four. repeat until attack subsides. Remind yourself that the attack will pass



Depression

Some lifestyle suggestions that may improve overall mood and feelings of depression

- Having a diet that includes sufficient levels of B-vitamins(especially B6, B12, and folic acid), may be good to take a b-complex just incase.
- Cutting down on sugar (and see if it makes a difference in your mood throughout the day)
- Exercising regularly. Endorphins lift the mood. Exercise also helps to release anger and other negative emotions that can cause depression.
- Reaching out to loved ones. Don't isolate yourself
- Keeping a journal
- Making sure you are getting enough exposure to sunlight. Get outdoors as much as possible, if the weather permits. If this is not possible, make sure you are getting a good source of Vitamin D.
- St. John's Wort is an herb that helps with mild to moderate depression. Consult your doctor before taking. St. John's Wort can be found at convenience stores in the herbal medicine section or most health food stores. Take the recommended dosage on bottle.
- Eat enough complex carbohydrates (a diet low in them can cause serotonin depletion, resulting in depression).

Essential oils to help lift your mood:

Rose and Thyme are two herbs whose essential oil aromas can help bring temporary relief to a bad mood. Just dab a little on your wrist and inhale. Essential oils can be found online or at your local health food store.



Stress

To help combat the effects of stress, try some of the following suggestions:

- Limit intake of caffeine
- Get regular exercise
- Make sure you are getting enough sleep every night
- Adopt a meditation technique and stick to it regularly
- Try some deep breathing
- Monitor internal conversations you are having with yourself
- Take a vacation
- Pursue a hobby
- Create a relaxing, stress-free home environment,
- Aromatherapy. The following essential oils help to alleviate stress: chamomile, bergamot, sandalwood, lavender, ylang-ylang. Add 10 to 20 drops in a warm bath and relax, or just dab some on a tissue and inhale periodically throughout the day.
- Go hiking
- Drinking tea “mindfully”. Don’t just drink your tea while thinking about all the stressful things in your life. Take each sip slowly and focus on the act of “tea drinking”. This will get your mind into the present moment and you will get “out of your head”.



Herbal Teas for the Mind :)

You can find the herbs in these recipes in liquid form at health food stores or dried leaf form online or from local sources.

A Tea for Panic Attacks

- 4 parts chamomile blossoms
- 3 parts rose hips
- 2 parts lemon balm

Pour over hot water and steep for 30 minutes



A Tea for Stress and Nervousness

- pour one quart of boiling water over one ounce of chamomile flowers and steep for 20 minutes. Drink 3-4 cups daily or as often as needed. It has a lasting effect if used over a period of time.

Warning: Excessive use of the herb Chamomile may cause ragweed allergy. It's important to have more than one means of helping yourself with stress and nervousness.

A Tea for Depression

- 2 parts chamomile
- 1 part borage flowers, if available
- 1/2 part lavender flowers
- 1/2 part roses
- 1 part lemon balm

Pour over hot water and steep for 30 minutes. Drink 1-3 cups a day

A Tea for Headaches

- 3 parts lemon balm
- 3 parts chamomile
- 1 part skullcap
- 1 part passionflower

A Tea for Insomnia

- 1/2 part hops
- 1 part valerian
- 3 parts chamomile
- 1 part oats
- 1 part passionflower

Pour over hot water and steep for 15 minutes

NATURAL HOUSE CLEANING

In this next section, I feature some homemade natural cleaning recipes to use in the home. A typical home is loaded with cleaning products that are loaded with dangerous chemicals and pollutants which can harm the environment. We do not need to sacrifice our health and that of the environment in exchange for a clean house.

An EPA Study (1998) showed that

- Indoor pollution levels are often 2-5x higher than outdoor levels
- Cleaning supplies and hazardous household materials are often the cause of an increase in indoor pollution
- Commercial cleaning products contain toxins (volatile organic compounds, ammonia, chlorine, etc.)
- These toxins can create many problems for your health and the environment, especially if used over time or disposed of improperly.

(West Michigan Environmental Action Council's Green House Cleaning Guide, 2013)

What can you do?

Switch to natural household cleaners- they are better! This improves indoor air quality for you and your family, saves money, and benefits the watersheds.

3 Things to remember to green clean

- Reduce the use of household cleaners by buying less, using less and looking for natural, safer alternatives
- Be smart when you shop, read the label to avoid buying the more toxic product and buy only what you need
- Think safe when handling and storing cleaners and dispose of them legally and safely

(Easy Guide to Natural Cleaning, 2013)



Natural Household Cleaners & Disinfectants

All-Purpose Spray Cleaner

This is a good recipe for an everyday, all-purpose spray cleaner. It calls for the use of **borax** which is a mineral (usually powdered) that is used a lot for laundry purposes. You can find a box of borax in the laundry section of pretty much any grocery or convenience store.

- 1 16oz. spray bottle
- 1 tsp borax
- 2 tbsp vinegar
- ¼ cup vegetable-oil based soap
- 1 ½ cups hot water

Add borax to hot water in spray bottle, cap, and shake until borax is dissolved. Add vinegar and shake again. Then add soap and oil.



Disinfectant Spray

This spray disinfects with the power of tea tree oil. You can find tea tree oil in the health and beauty section of your local health food store. It also calls for castile soap which is another name for olive-oil based soaps. *Dr. Bonner's* is a popular brand of castile soap found at many health food stores.

- 16oz. spray bottle
- 1 tbsp borax
- ⅔ cup water
- 3 tbsp castile soap (a good, popular brand is Dr. Bonner's)
- 20-30 drops tea tree oil

Natural Window Cleaners

Simple Window Cleaner

- 2 cups water
- 1/4 cup white vinegar
- 1 tbsp. corn starch

Mix ingredients, scrub and wipe with newspaper to remove streaks

Simple Window Cleaner #2

- club soda
- spray bottle

Simply fill a spray bottle with club soda and clean!

Natural Stain Removers

All-Purpose Spot Remover

- 1/4 cup borax
- 2 cups cold water

Dissolve borax in cold water. Sponge it on and let it sit until dry. Wash with soap and water to completely remove spot. Works well on blood, chocolate, coffee, mildew, mud and urine.

Laundry Stain Remover

- 4 tbsp baking soda or salt
- 1/4 cup warm water
- eucalyptus oil



Make paste with baking soda/salt and warm water. Rub paste on spot and let sit for an hour and then wash as usual. Eucalyptus oil works on old stains. Apply with cotton ball. Let dry, then wash

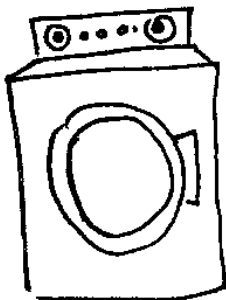
Natural Stain Removers Continued

Club Soda as a Stain Remover

Pour club soda on fresh spots and stains to remove wine and foods from clothing, carpets and linens.

Bleach Alternative

Use one cup of lemon juice in half a bucket of water and soak overnight, or substitute half a cup of borax per washload to whiten whites and brighten colors.



STAINS GUIDE

- Blood - rinse with club soda or pour hydrogen peroxide directly on the stain and rinse in cold water. For stubborn stains mix cornstarch with water and rub into the stain. Allow to dry and brush away
- Coffee/Tea- Soak in strong vinegar solution or rinse with seltzer water
- Berries: Soak in either vinegar or milk until stain recedes
- Red Wine: blot with paper towels, then apply either club soda, rubbing alcohol, borax or white wine to blot out stain

Pest Repellants

INSECT REPELLANT

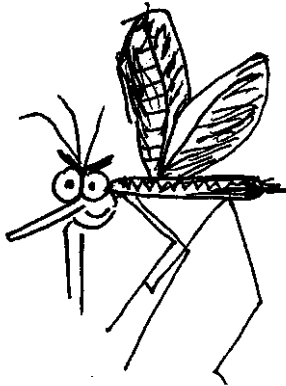
This recipe calls for some essential oils which can be found at health food stores or online. Witch hazel can be found in the First Aid section of most convenience stores, and Apple Cider Vinegar can be found at most grocery stores.

- 2 cups witch hazel
- 1 1/2 tsp essential oil of citronella or lemongrass.
- 1 tbsp apple cider vinegar

Store in a spritzer

Combine all ingredients in a 16oz spray bottle or two 8oz bottles. Shake vigorously. Requires no refrigeration. Apply liberally as needed. Keep away from eyes, nose, and mouth.

Eeeeeek!!!



Ant Repellant

Sprinkle Red Chili Powder, cream of tartar powder, salt, or sage near ant infestations.

Roach Repellant

place bay leaves in cracks around room

Miscellaneous Do-It-Yourself Natural Home recipes

Drain Cleaner/Opener

- 1/4 cup vinegar
- 1/4 cup baking soda

Mix ingredients and pour mixture down drain. Let stand for a few minutes and rinse with boiling water

- A paste of baking soda, salt, and hot water makes a great **Oven Cleaner**.
- Use baking soda or cornstarch as a **Carpet Deodorizer**

Rust Remover

- Lemon Juice
- Steel Wool

Apply lemon juice to rusted area and scrub with steel wool.
Wipe Clean

Floor Cleaner

- 1/4 cup of white vinegar
- 1 gallon hot water

Mix and apply to vinyl, linoleum, and tile floors. Allow to dry.

Tile, Tub and basin cleaner

- 1 2/3 cup baking soda
- 1/2 cup liquid soap
- 1/2 cup water
- 2 tbs vinegar

Mix soda and soap. Then add water and mix. Then add vinegar and mix. Apply. Rinse with sponge to avoid leaving residue. Store in a squirt top bottle and shake before using.

Miscellaneous Do-It-Yourself Natural Home Recipes (Continued)...



Toilet bowl cleaner

use above recipe ^ with the addition of 1/2 cup borax or baking soda. You can also sprinkle borax or baking soda directly onto toilet brush and apply.

Easy-Clean Microwave

- lemon slices
- water

place lemon slices in microwave safe cup with atleast 8oz of water. Heat on high for 3 minutes. Let sit for 3 minutes without opening the microwave door. After 3 minutes, safely remove the cup and wipe down the inside of the microwave.

Natural Air Freshener: Baking Soda!

- baking soda
- cleaned yogurt container

Put scented baking soda in a yogurt container. Punch holes in the top of container- works well in problem areas

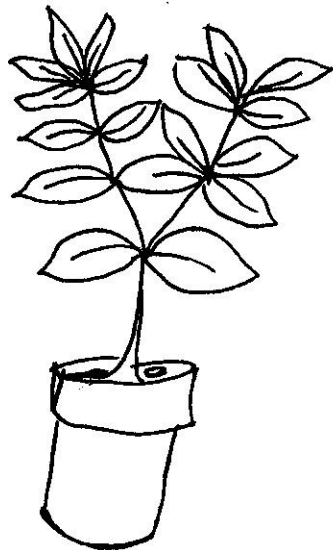


Natural Air Purifiers (House Plants)

Having plants in your home is great for more than aesthetic purposes. Plants convert carbon dioxide to oxygen and some can even remove chemicals from the air. The air in our homes is often polluted with chemicals from disinfectants, artificial air fresheners, paint, and aerosols. If you spend a lot of time indoors, it is wise to invest in houseplants so the quality of the air in your home can be improved upon.

The following plants are natural air detoxifiers that can improve air quality in your home. These plants are highly efficient and low maintenance. Consider adding one (or a few) to your home. :)

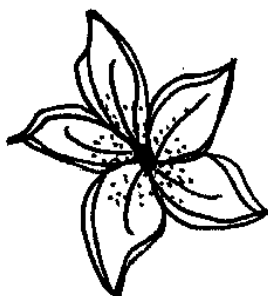
- Peace Lily
- Chinese Evergreen
- Golden Pothos (Devil's Ivy)
- Snake Plant
- Daisies
- Chrysanthemums
- Spider Plants
- Australian Umbrella Tree
- Dracaena
- Ficus
- Philodendrons
- Aloe Vera
- English Ivy
- Boston fern



Natural Beauty

This next section focuses on natural living in the “beauty” sense. It features many recipes for the face and body using simple ingredients that are naturally derived. They are a lot of fun to make and will be sure to pleasure your senses as well as your body and mind! Most of the ingredients can be found at your local health food store.

“Nature has truly rewarded us with a multitude of all-natural, wholesome ingredients with which to create a variety of products to both cleanse and nourish your skin, hair, nails, and more”. -Stephanie Tourles, author of The Herbal Body Book



When thinking of the topic of “beauty”, try to focus on a more natural, inclusive vision of what it is. Everyone possesses beauty in their own way. Our culture has turned beauty into a strict standard that is attained by few, leaving the others to feel disempowered. When using my recipes, think of them as a way to “play up” your own innate beauty rather than trying to “attain” or cover-up a lack of beauty.

10 Suggestions for Natural Beauty



The following list includes lifestyle factors that, when followed, will make you feel more beautiful from the inside out. These will give you a greater sense of wellbeing, thus making you feel and live more beautifully :)

1. Get plenty of rest
2. Exercise regularly
3. Eat a balanced diet
4. Take breaks to boost your energy. Meditate, relax, or walk.
5. Keep your skin and hair clean and full of moisture.
6. Use sun protection
7. Brush and floss your teeth regularly
8. Drink plenty of water
9. Give yourself a monthly total body treatment
10. Use natural beauty products
11. Don't smoke
12. Find ways to relax and de-stress
13. Invite joy into your life



Easy to Make Natural Facial Masques :)

Honey as a facial

Honey brings fresh blood to the surface, removes impurities, and smooths and softens skin. Make sure your skin is dry before using. Make sure hair is out of the way as well. Rinse off with warm water

Egg White Firming Mask

- White of 1 fresh egg
- 1 tsp cornstarch

Minimizes the appearance of large pores. Excellent skin tightener

Combine ingredients and beat until stiff peaks form. Smooth onto a clean face and allow to dry. Rinse. You'll swear you've had a mini face-lift when you're finished

Egyptian Facial Mask

- 1 egg, beaten
- 1/2 tsp olive oil
- 1 tbs flour
- 1/4 tsp sea salt
- 1 tbs whole milk



Glowing Honey Face

a soothing, moisturizing masque

- 1/2 tsp honey
- 5 drops olive oil
- 1 squirt fresh lemon juice
- 1 drop lavender essential oil

Exfoliating Scrub Recipes for the Body

All-Purpose Scrub

- 1/2 cup ground oatmeal
- 1/3 cup ground sunflower seeds
- 4 tablespoons almond meal
- 1/2 teaspoon ground peppermint, spearmint, or rosemary leaves
- dash of cinnamon powder (optional)
- water, milk, or heavy cream

Mix dry ingredients together thoroughly. Use approximately 2 teaspoons of scrub mixture for face, more for the body, and enough water (for oily skin), milk (for normal skin), or heavy cream (for dry skin), to form a spreadable paste. Allow to thicken for 1 minute. Massage onto face and throat or body area. Rinse

Sea Salt and Oil Scrub

- 1/4 cup sea salt
- 1/4 cup warmed coconut oil or olive oil

Stir both ingredients together. Massage onto body with hands or mitt using a light, but firm pressure. Continue massaging, not rubbing, until a rosy glow appears. Rinse with warm water, towel dry.

Cornmeal and Honey Scrub

- 1 1/2 tsp cornmeal
- 1/2 teaspoon water
- 1 teaspoon honey

(Mix as needed. Yields one treatment)

Combine ingredients thoroughly and allow to thicken for 1 minute. Massage onto face and throat and leave on for 15 minutes. Rinse with warm water.

Indulgent Bath Recipes ☺

“Herbal baths can be extremely therapeutic. The addition of specific herbs, essential oils, sea salts, or oats can be used to treat skin disorders, headaches, stress, anxiety, and congestion. When bathing, the pores of the skin are open and receptive to the healing properties of the herbs.” - Rosemary Gladstar, author of *Herbs for Natural Beauty*

*The loose herbs in these recipes can be purchased online, from local vendors, herb shops, or some natural food stores. Many of them can be found in your own kitchen ☺

Stimulating bath blend

This bath has stimulating aromas that are sure to wake up your mind and refresh your spirit :)

- 3 parts peppermint
- 1 part sage
- 1 part rosemary
- 2 parts calendula
- 1 part bay leaf or eucalyptus
- One long sock

1. Mix herbs. Place a large handful or two of the herbal mixture into a long sock. Tie sock at the end and attach to bath nozzle
2. Turn the tap on hot and let it pour through the herbal bath bag, making a strong herbal infusion.
3. Adjust the water temperature as desired.

Relaxing Bath Blend

- 2 parts lavender
- 2 parts roses
- 2 parts chamomile
- 1 part comfrey leaf
- One long sock

Use same directions as recipe above

Skin-Softening Bath

- 1/4 cup ground oatmeal
- 1/4 cup ground sunflower seeds
- One long sock

Use same directions as first recipe

Sugar and Spice Bath Mix

A sensual wintertime bath for just you, or with the addition of a partner too ;) Using ingredients that can be easily found in any kitchen!

- 1/2 cup baking soda
- 2 tbsp sugar
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves

Mix together all ingredients until well blended and store in a sugar bowl or shaker. Add 2 tbsp of bath mix to a warm tub of water.

Foaming Vanilla Honey Bath

- 1 cup oil
- 1/2 cup honey
- 1/3 cup liquid soap
- 1 tbsp vanilla extract

Mix ingredients together and run through the faucet of your bathtub ☺



Refreshing Astringents and Toners for the face 😊

Astringents and toners help to cleanse the facial skin and minimize the look of pores on the face.

Lemon Refresher

- Juice of half a lemon
- 1/2 cup witch hazel

Mix ingredients, store, and shake well before each use. Good for oily skin. Store in a spritzer.

Mint Julep Toner

Whiskey on your face!? Yup!

- 1/2 cup rosewater (can be found at healthfood stores)
- 1/2 tsp granulated sugar
- 2 tbsp Kentucky Bourbon (can be found in your liquor cabinet!)
- 1 tbsp dried mint leaves

Mix together all the ingredients, cover, and let sit overnight. Filter the liquid with a funnel and coffee filter and pour into a clean container. Pour liquid into a clean container with a tight-fitting lid. Apply to your skin using a clean cotton ball.

Vodka-Cranberry Astringent

A favorite girly drink turned refreshing facial toner!

- 1/4 cup pure cranberry juice
- 2 tbsp vodka
- 2 tbsp witch hazel

Mix all ingredients together. Bottle in an airtight container. Apply to your skin using a clean cottonball.

Some Moisturizing Recipes :)

Soft Hands Paste for Rough hands

- 2 heaping teaspoons almond meal or oatmeal
- 1 teaspoon honey
- 1 egg yolk beaten frothy yellow

Mix together ingredients, apply to hands, and enjoy :). Can be stored in a jar and refrigerated for a few weeks.

Amorous Massage Oil

This sensual massage oil is sure to ignite some passion ;)

- 1/2 cup light oil (canola, almond, safflower)
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract

Mix together all ingredients. Let the mixture sit for several hours to allow the oil to absorb the cinnamon and vanilla. To remove any solids in the oil, pour the mixture into a clean jar or bottle through a funnel lined with a coffee filter. Cover your container and enjoy.

For your hair :)

Tuscan Protein Hair Mask

Egg is rich in protein, and the oil will moisturize your hair. After applying, wrap your head. This mask will make your hair soft and shiny.

- 1/2 cup honey
- 1/4 cup olive oil
- 1 egg

1. Mix the honey and olive oil
2. Whisk egg and mix it in
3. Massage into the hair, and let it sit for 20 minutes.
4. Shampoo out. Rinse

Conclusion

– Thank you for taking the time to look through this zine! I hope that you enjoyed exploring all the recipes I provided and are hoping to put some of them to use. It was a lot of fun gathering all this information to share with you. If you are new to natural living, I hope you learned a thing or two after finishing this book. Next time you are thinking of using any product on your body that is loaded with unnatural substances and chemicals, please do a little research and see if there is a natural alternative that will give you the same results, or even better ones! Be sure to talk to your doctor if you are thinking of trying any natural health remedies in place of any prescription medications you may be taking. Become more proactive about your health and wellbeing by questioning what you have been told and doing some independent research on how you can achieve good health and well-being through more natural means.

Happy learning!

-Lindsey



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