

**Pray** : [Ask for healing and repentance.](#) The only source of healing is God. [Thank God](#) for the trial ask to have [understanding](#) about the trial.

**James 1:2-4** My brethren, [count it all joy](#) when ye fall into divers temptations; Knowing *this*, that the trying of your faith worketh patience. But let patience have *her* perfect work, that ye may be perfect and entire, wanting nothing.

**Bible** : [Study on the subjects of health, healing and physical laws.](#) [The Plain Truth About Healing](#) is a good resource.

**Other Books** : [Nourishing Traditions Book of Baby and Childcare](#) by Sally Fallon (there's a great trouble shooting index in the back), [Essential Oils pocket reference](#) from Life Science, [www.westonaprice.org](http://www.westonaprice.org) - not a book but can be a good resource in a pinch,

**IMMEDIATELY CUT ALL CARBOHYDRATES/SUGARS AND PROCESSED FOOD WHEN SICK**

**Ear pain** : [Lavender essential oil](#) diluted with coconut oil or jojoba oil applied to the skin around the ear and neck. [Warm compress](#) use a wool sock filled with rice (lavendar flowers optional) tied off and warmed 30 seconds or less in the microwave (if no microwave - place sock in a coffee mug then place mug in a pot of warm water until sock is warmed) place over affected ear. Place a cut [onion](#) over ear - the same mechanism that causes eye watering can help a clogged ear run. [Oral probiotic](#) tablets to repopulate your mouth, nose and ears with good bacteria.

**Sore Throat** : Lacto-fermented [Sauerkraut juice](#) for the good bacteria and vitamin C, [Pineapple juice](#) - for the enzymes. [Honey](#). Gargle with [warm salty water](#).

**Cough** : [Steam](#) from hot shower or sauna to loosen mucus and soothe itchy throat. [Peppermint tea](#) or essential oil dripped into any drink.

**Fever** : CALM DOWN [Fever](#) is a remedy not a malady. Do not try to reduce a fever unless it is causing delirium or seizures - if it is, quickly put fevered person into a cool bath. Do not use fever reducer acetaminophen (Tylenol)- causes serious liver damage and brain damage including autism.

**Stomach/Intestinal Pain** : [Turmeric](#) (reduces inflammation)- capsule, brewed as tea, juiced by blending with water then straining.

[Fasting](#) with only water or broth.

[Broth with butter](#) (NOT STORE BOUGHT ,homemade broth has lots of gelatin which is restorative to the intestinal lining, butter is also soothing).

[Castor oil pack](#) applied to abdomen. [Beef gelatin](#) can be blended into a smoothie or made up as a solid (the way the dessert is made, if you must sweeten it use honey or stevia).

**Sinus Infection :** [Castor oil pack](#) applied to cheeks. Anti-inflammatory diet . [Near-infrared light](#) not red light (red light is too strong, while it is good for restoring things it can be irritating in this instance).

**Diarrhea :** [Sauerkraut](#) to boost good bacteria. [Digize essential oil](#) blend from Young Living diluted with coconut or jojoba oil or argon oil applied to the abdomen and bottom of feet, drop in capsule with carrier oil. **DON'T GET DEHYDRATED - SEE DEHYDRATION SEGMENT**

**Vomiting/Nausea:** [Fenugreek tea](#), [chamomile tea](#), [peppermint tea and/or peppermint essential oil](#)

[Soak](#) (to prevent dehydration)- the body can absorb water through the skin, if you can't keep anything down [soak](#) in a warm bath, see therapy baths segment for bath add-ins.  
**DON'T GET DEHYDRATED - SEE DEHYDRATION SEGMENT**

**Dehydration :** [Electrolytes](#) - water with Celtic or Himalayan salt, honey, lemon juice.  
OR use electrolyte drops (avoid electrolytes with fake sugar and natural flavors)

[Soak](#) - the body can absorb water through the skin, if you can't keep anything down [soak](#) in a warm bath, see therapy baths segment for bath add-ins.

[IV Therapy](#) - our top 3 locations for IV Therapy

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**Poor Sleep/Insomnia :** [Tart Cherry juice or dried fruit](#), [Light Hygiene](#) (be in the sun during the day, lights out after dark - read a "boring" book by candle or yellow light or sleep),  
[Magnesium salt bath](#), [Grounding or Earthing](#) daily 10 minutes minimum, [Lavendar Essential oil or lavender tea](#), [Chamomile tea](#), [Activity/Movement](#) to little activity, especially paired with calorie surplus can lead to insomnia.

**Gallbladder Pain :** [Apple Cider Vinegar](#), [green apples](#), [cut sugar/carbs](#), [fasting](#),  
[eating lots of fat in your diet will reduce or eliminate a backed up Gallbladder](#)

**Tooth/Mouth Pain :** [Clove oil](#) neat for adults diluted in coconut oil for kids directly on painful area. Swish with [warm salt water](#).

**Heartburn :** Can be a sign of mild but chronic dehydration. Seed oils and hydrogenated oils commonly cause heartburn. Feeling heavy and ill after eating meat is also a sign of low

stomach acid/bile production.

**Poison Ivy :** [CeraVe Salicylic Acid Wash](#) to dry it out, works better than Teknu.

[Very hot shower](#) washing with the [CeraVe Salicylic Acid Wash](#) keep rash dry. Increase [vitamin c](#).

**Mild Burns :** [Tallow Balm](#) or [coconut oil](#) applied to area. Consume [cod liver oil and gelatin in broth](#) to aid healing.

**Rash or Skin Irritation :** [Oats](#) in cotton tea bag or sock in bath, [Chamomile](#) tea or essential oil in bath

**General Remedies for ANY discomfort physical or emotional:**

[Therapy Baths](#): magnesium flake or epsom salt, brewed chamomile tea, lavender essential oil or loose flowers brewed or in a cotton tea bag or sock.

**Vitamin C** for immune boost (stress on the body from emotional stress, pain, illness or injury sucks up your vit c) : [lacto-fermented sauerkraut, beef adrenal glands](#) (use a tiny pinch for children - the size of a ladybug or smaller)

**Vitamin A** is essential for most processes in the body [Cod liver oil/ High Vitamin Butter oil](#) are a great fast source. They are also high in **Vitamin D**

**Vitamin D** is essential for most processes in the body and needs DAILY renewal. Minimum [10 minutes with sun on skin](#). If you are irritable and have achy popping joints and old injuries are inflamed - you are low in vit D

[Castor oil packs](#) are good for many ailments and injuries that do not involve broken skin. Castor oil applied to organic cotton, lay cotton over afflicted area of the body, wrap in plastic wrap to protect surfaces from the oil, place heating pad on top. Use one hour in a day. Castor oil can also be applied to a band aid or bandage for smaller areas.

SLEEP, CUT SUGAR - ALL SUGAR (anything with more than 1 carb per serving), EAT LIVER AND OTHER ORGAN MEATS, GROUNDING (BARE FEET ON PLANTS AND SOIL), NO BLUE LIGHT (that's all electronics and LED light bulbs) AFTER SUNDOWN, CHIROPRACTIC ADJUSTMENT, RED LIGHT/NEAR INFRARED LIGHT THERAPY, ALKALINE/ANTI-INFLAMMATORY FOODS, FASTING, FRESH AIR, WALKING, REBOUNDED, SAUNA.

Soothing classical music, looking at or reading or listening to books, and drawing are much better for real rest than highly stimulating videos. If you must have videos check my Charlotte Mason video list on Wifely.org or watch something on the PCG Youtube channel.

Get into nature if the weather is at all bearable.

When you have put in your share of effort to help your body restore itself and you are not progressing and unable to perform your normal tasks and unable to attend services -  
CONTACT THE MINISTER

Tips :

Use organic castor oil in a dark glass bottle as the oil breaks down plastic bottles.

NOW FOODS, Young Living, and Eden's Garden essential oils are good brands (Young Living is the very best, but very pricey).

Coconut oil is best if it's virgin unrefined - the kind that smells like coconut and hardens when cool.

Use a whole salt - Redmond's Real Salt, Celtic Sea Salt or other sea salt, real pink Himalayan salt. The body uses minerals to process everything that passes through it. If what you put in your mouth does not have minerals in it (including water) the body must pull minerals from your organs and bones in order to process it.

Honey, if you can get raw unrefined (as in never heated) that has the most active enzymes of any form.

Get all your vitamins from whole food sources not capsules of isolated vitamins. In food sources the vitamins are together with their cofactors as God made them. Many supplements are either contaminated with unclean things like pork and shellfish or just plain dishonest. Isolated vitamins can be dangerous as they are much easier to overdose on in that form, especially vitamin A.

Best vitamin sources:

Vitamin A - cod liver and/or the oil, high vitamin butter oil, chicken and beef liver, butter, egg yolks, sardines

Vitamin D - salmon, tuna, sardines, egg yolks, SUNLIGHT on skin, cod liver and/or the oil

Vitamin E - sunflower seeds, fresh milled wheat(as in at home the same day as use) , salmon roe

Vitamin C - lacto-fermented sauerkraut, beef adrenal glands

Omega 3 fatty acid - cod liver and/or the oil, salmon, tuna, fish in general

