

to affected joints, and can also be taken internally. Capsules are available and you may take up to four 490-milligram capsules per day.

- Turmeric – Turmeric is a common Indian spice that is helpful in the treatment of arthritis, because it has anti-inflammatory properties. It can be ingested as well as used topically on affected areas. You can take 250 – 300 milligram capsules up to three times per day or up to one teaspoon per day in food. It is also available as a tincture.



*Garlic and onion have long been used to treat bronchitis and asthma*

### **Asthma**

Asthma affects about 14 million Americans, many of them children. Asthma is a respiratory disorder triggered by certain allergens, and asthma attacks can come on suddenly and become very severe quickly. People with Asthma need to work closely with their doctor to find suitable remedies. The herbal remedies suggested here have been shown to help.

- Ginkgo – This ancient Chinese herb has long been used to help treat asthma, and studies have shown this to be particularly effective against exercise-induced asthma. Treatments require continued use

for six to eight weeks at a time for maximum effectiveness. There have been rare cases of skin rash and upset stomach associated with the use of ginkgo. Check with your doctor if you are taking any blood thinners.

- Garlic and Onion - Garlic and onion have long been used to treat bronchitis and asthma, and they have been shown to inhibit allergen-induced responses. The ingredient that possesses these characteristics is called quercetin. It can be found as a dietary supplement in health food stores. Allicin, the ingredient in garlic, is available in capsule form as well.
- Licorice - This herb has anti-inflammatory properties as well as expectorant and anti-viral properties. It also has been known to stimulate the immune system, a huge factor in the treatment of asthma. Use products from the whole root, rather than the DGL form, which does not contain the active ingredient glycyrrhizin, which is necessary to get the effects desired. Do not take for longer than 6 weeks at a time. Also, do not take if you are pregnant, have high blood pressure or diabetes.
- Turmeric - Turmeric is one of the main spices in curry. It contains curcumin, which is known to work as an anti-inflammatory, anti-viral and anti-oxidant. You can easily add turmeric to your spice rack and use it when cooking. It is also available in capsule form and as a tincture. Do not take if you have gallstones.
- Ephedra - Ephedra has been known to help with asthma, however, it is no longer a recommended remedy due to possible side effects. Consult with your doctor before taking this herbal remedy.



*Cranberry juice can help prevent and cure bladder infections by acidifying the urine.*

### **Bladder Infections**

Nearly half of all women suffer from a bladder infection at some time in their life. They are most common in sexually active and pregnant women. Bladder infections can become serious, so if it persists you need to see a doctor as the infection can travel to the kidneys where it can cause more serious damage.

- Cranberry – Yes, the old wives tale is actually true. Cranberry juice can help prevent and cure bladder infections by acidifying the urine. In order to be effective, though, you need to drink at least 5 cups of cranberry juice per day. You can also get cranberry in capsule form,

which is easier to take. To prevent infections, drink 1-½ cups of unsweetened cranberry juice per day.

- Goldenrod – This herb is popular in Europe for treating bladder infections. It is one of the safest and most effective herbs for increasing urine flow and inhibiting bacteria growth. It also helps decrease inflammation. Taken as a tea, drink 2 to 3 cups of tea daily.
- Oregon Graperoot – The active ingredient berberine can help kill many types of bacteria that are harmful. It also helps prevent bacteria from sticking to the bladder wall, thus preventing bladder infections. Available as a tincture, take one teaspoon three times per day as needed. Do not use if you are pregnant.
- Echinacea – This acts as an anti-bacterial as well as an anti-inflammatory. It also is known to help pump up the immune system, which helps those with frequent bladder infections. If you have an allergy to ragweed, do not take this herb, as you could experience an allergic reaction.



*Calendula – This herb helps heal and has antiseptic and anti-inflammatory properties.*