



natural remedy *kitchen*



tumeric



ginger



parsley



onion



coconut oil



lemon



olive oil



manuka honey

1 handful of blessedly simple natural ingredients

1 teaspoon of "know-how"

A dash of enthusiasm

Stir gently until well mixed

Serve fresh daily

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I am a natural product maker for Goodbye Sandfly, Goodbye Ouch + Goodbye Nits. I am also a product maker for my home. My family has been the (mostly) willing recipients of many natural remedies and body care products over the years.

In natural remedy *kitchen* I get to share my respect for clean, simple natural ingredients. These ingredients are not only better for you, but cheaper, fresher and often more effective than ready made products.

Make a cough remedy or a decongestant, soothe an ear infection, ease a stomach-ache, soak a cut, cover a wound or simply boost your immune system and more, just by knowing how to drive some basic elements nearly always available in your kitchen.

With a handful blessedly simple ingredients, a teaspoon of "know-how", and a dash of enthusiasm, you are a product maker too. And you have a natural remedy kitchen.

Becky



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8 Ingredients

Hi Sunshine,

First, what is a natural remedy kitchen? Well, it's a kitchen that's equipped to respond to the basic needs of the family. This goes well beyond food. It applies to health in good times and bad, taking care of the home, even pets and plants. The kitchen is the heart of a home. A good kitchen is a key step to making a good, healthy home.

What does it have to do with Goodbye Ouch, Goodbye Nits or Goodbye Sandfly? They all have one thing in common. Me. I'm a product maker for the Goodbyes AND for my family.

Take a look at the 8 ingredients on the cover page. Do you have 6 of them!? If you have at least 4, you're ready to start. Otherwise, pick up a few more on your next shopping trip. Make sure you buy the best quality that you can. We're talking remedies here. Ingredients need to be fresh and minimally processed.

I'm going to share some of my favourite recipes with you, using the 8 ingredients. They are all stunningly simple, gentle and effective.

I know you will enjoy the process of creating a natural remedy kitchen, and the way it takes care of you and your family.



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First Drink of the Day

For most of us,
the first drink of the day
is tea or coffee.

If that is the case with you, I invite you to create a new habit.

If you do nothing else in natural remedy kitchen but adopt this ONE new habit, you'll be doing something oceans and mountains better for your body. Isn't it great that something so simple can have such a huge impact?

Now, before you start to tense up and think I'm going to say you have to give up coffee or tea, I'll reassure you. It's not that you give up coffee or tea, it's that you have another drink first.

I've given you four variations so that you can find the one that suits.

You may find that you change them as the seasons, your mood or tastes change. Any one of them will give your body a great start to the day.

I'll drink to that. Will you? Give yourself a couple of days, then we'll take another step in natural remedy kitchen.

Until then, apple blossom.



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#1 First Drink of the Day

Before any other drink or food

(although you may want to brush your teeth, no toothpaste or you won't like the lemon)

Ingredients:

Hot Water

Cold Water

Optional-

Lemon

Manuka Honey

Ginger- fresh grated



Pour half hot water and half cold water into a cup. Drink!

Variations:

1) Add a squeeze of lemon (any amount that suits you, up to half a lemon)

2) Add a squeeze of lemon + up to a teaspoon of manuka honey to the warm water

3) Add a teaspoon of fresh grated ginger to hot water, steep for 3 minutes, then add sieved hot water to cold water

4) Put variation 2 and 3 together, all the optional ingredients, this is a power brew.

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Immune System

Hi pine cone,

There are many, many health store remedies that you can take to boost the immune system, beginning with Vitamin C and rolling through various freeze dried berries, olive leaf extract, zinc, propolis and various homeopathics. All of these have their time and place.

I prefer to boost the immune system before its standing at the cliff top (or already starting a rapid fall into illness). If you listen to your body each day, you'll feel when your body needs a little extra boost. You'll know to knock out the sugar and alcohol as your body is finely balanced and those elements may just tip the balance to being fully sick. You're willing to do that right? Skip the alcohol and sugar when you're body is feeling challenged.

When you boost before your body is in crisis, you head off most illness before it even begins. Doesn't that sound good?

The trick is listening, then responding with kindness.



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#2 Immune Boosting

Can be used anytime, healthy, challenged or ill

Ingredients:

Parsley- handful

Tumeric- 1 tsp

Olive Oil- 1 TBS



Optional-

Ginger- fresh grated

Garlic- crushed and finely chopped

Lemon

Salt + Pepper



Add tumeric powder to olive oil in small bowl. Finely chop and add a large handful of parsley. Stir together to coat parsley. Add any or all of the optional ingredients to taste. Serve on its own as small power salad, over steamed vegetables, or as a garnish for soup.

NOTE: every ingredient boosts immunity and digestion

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Sore Throat

Hi Tui,

Ok, it's happened. That moment where you realize there's a real tickle in your throat. Or you've progressed even further, you're throat is sore and you've got a cough.

Sometimes it happens quickly, or we bounce around feeling slightly challenged with a cough and cold for weeks.

On the next page is my all-time favourite remedy for throats.

Over the years it's been adapted to fit our family. This kids like the taste, and I can make it up in about 2 minutes flat, often in the middle of the night.

This is also the time to go for Immune Boosting- with heaps of parsley. You didn't really think it was just a garnish did you? Think of parsley as a vegetable, and a power one at that.



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#3 Sore Throat and Cough

Adapted over years, this is my all-time favourite recipe for throats and coughs

Ingredients:

Tumeric- 1 TBS

Coconut Oil- 1 TBS

Manuka Honey- 1 TBS



Mix ingredients in a small bowl until smooth and even texture.

For adults: 1 teaspoon up to 6 times in a day

For children over one year: ½ teaspoon up to 6 times in a day

NOTE: for a more wet cough add slightly more manuka honey. For a more dry cough add slightly more coconut oil

NOTE2: It is generally recommended that children under 1 year are not given honey. If you have not given your child honey before, even over 1 year of age, trying it for the first time when they are sick is not a good idea.

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Ear Ache

Hi Red Clover,

Several years ago I read that the first sign of a cold is via the ears. This made me pay attention. Because at the stage that a cold is starting to develop, the ears don't usually hurt badly enough to really take notice. Unless... you decide to take notice.

Today's remedy is both treatment and a preventative for sore ears.

There's two versions, depending on whether you want to feel like food or medicine (are they different??) From my experience they work equally well.

Have you had enough of cough and cold. In the next natural remedy kitchen, we go to something more topical... your skin!

ps. How's that warm water in the morning going? Just askin'



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#4 Sore Ears

Not just for babies and kids, this works a treat for adults too. Use at first sign of ear ache to give your body a hand dealing with whatever illness is trying to settle in

Version #1 Ingredients

Olive Oil ½ tsp
Juice from a grated onion ¼ tsp
(don't cry it's not too bad)

Version #2 Ingredients

Olive Oil ½ tsp
Tea Tree essential oil 2 drops



tea tree

To use:

Dip a small (ear sized) piece of cotton wool into either version with ingredients mixed, and place wool in ear. Best to do both ears even if only one is hurting. Keep in for up to 12 hours at a time. Make new mix and use new cotton wool., if repeat needed. Often works well to put in over night- put towel over pillow to protect pillow from oil.

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Sun Time

Hi baby bamboo,

The sun! How much we can say about this source of our life, that feeds the earth, and us. That delights us with a play of colour that makes artists jealous.

But sometimes it burns us. Sometimes we get too much. Maybe not super burned, but just that hot feeling that feels like you're glowing a little.

This recipe is for the skin warmth and glow you get when you're dealing with a little too much sun. As a potent antioxidant, it's actually best used before you get too much sun, but we don't always get it right.

And far more than that, you can use it for a wide variety of skin complaints- from cuts to rashes.



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#5 Skin Soothe

Ingredients:

Coconut Oil (cold pressed, extra virgin)

Directions:

Gently apply to skin as needed.

(Oil easily melts in hands if solid- and applies very smoothly)

Variations: (add either or both to 1 TBS of coconut oil):

1 tsp of fresh aloe vera goo from inside leaf

6 drops of lavender essential oil (must really be an essential oil, not a “fragrance”)



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NOTE: Coconut oil has been used for centuries in marriage with sun and skin. It cares for the skin when put on before sun exposure (some use it in place of sunscreen, but that is only recommended if you are managing your sun exposure very mindfully). It also soothes the skin after sun and helps minimize the oxidative damage to the skin.

Coconut oil can also be used for skin support for wide range of minor skin irritations.



Antioxidant

Hi Bell Bird,

Here's one of the simplest of all recipes, unless of course, you count warm water as a recipe :-)

So, caffeine. It's a tricky one, because it seems to give you energy, and then you have more of it, and then you're addicted.

Caffeine raises your heart rate, making it harder to stay balanced emotionally. It's harder to focus. And if you're still drinking it in the afternoon, it's probably messing up your sleep too. (or making you want alcohol in the evening to calm you down)

And if you stop drinking a daily dose of caffeine, not only do you feel less energetic, you probably get a headache.

Enter, green tea. Full of antioxidants so it's good for the immune system. And has a little bit of caffeine. If you're getting ready to tell me you don't like green tea, hold on! There's a thousand styles of green tea from dusty and woody to high, sweet and clear. Have a nosey around for one that might suit you.

Don't "give up" coffee and black tea, just replace some of what you are drinking with the green stuff. It will naturally lower your addiction without those scary side-effects. And it will give your body a daily dose of antioxidants. That's the good stuff.



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#6 Green Tea

Smoky, woody, clean clear and sweet, there's a green tea for everyone

High in antioxidants and just a little bit of caffeine to wean you off of too much coffee or black tea (or cola!)

Ingredients:

Green tea- a pinch to a teaspoon- preferably loose

Hot water

To Prepare:

Gently pour boiling water over loose green tea in a sieve (this rinses the tea). Place sieve over a cup or in a pot and pour in hot water. Let sit for 10 to 30 seconds (no longer or it will get bitter). Alternate with cups of water daily up to 2pm, then no more! (switch to water only)

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Hi Macadamia Blossom,

We've now covered all 8 of the simple ingredients- in fact, several have been used more than once. And I threw in Green Tea. How useful is that?

Have you found more ingredients? Used some of the recipes? Have you had a wrestle with caffeine? Sugar? Alcohol?

If you've answered YES to any question, I want to hear what you've been up to, and what you've found most useful.

If you've answered NO to all questions, and you are happy with that. Well, sweet. But if you'd still like to do SOMETHING, we need to talk.

[E-mail: faces@goodbyesandfly.co.nz](mailto:faces@goodbyesandfly.co.nz)

I am a believer in small flowing change over long spaces. I don't really go for earthquake or tsunami style changes. While they are effective at making deep, lasting change, over the short haul, they are too violent. And so it is with life. Small, graceful steps that improve the quality of your life.

Tell me what one small natural step you are prepared to take next. And I will cheer you on from the river's edge.



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Next Steps

On the next page is the full 15 ingredients of natural remedy kitchen. Oooh weee!! I have many more recipes to share with you from the full natural remedy kitchen. They just haven't been written down... yet!

Maybe you could find a few handy ones just from looking at the ingredients?

If you are already subscribed to natural remedy kitchen or my natural intelligence magazine at www.goodbyesandfly.com then I'll pass them along to you as they take shape.

If you enjoyed this series, pass it along. As you can see, we keep it simple. But simple is powerful. You can share this invitation link to natural remedy kitchen, www.goodbyeouch.com/naturalremedykitchen/

With love to you, Flea Bane, yep, just called you Flea Bane, Becky

p.s. Longing for some company on this sometimes bumpy road to better living? Tell someone what you're doing. That's the best way.

Becky Cashman

Natural product maker for Goodbye Sandfly, Goodbye Ouch, Goodbye Nits and family
Kerikeri, New Zealand

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