

Symptom	Food	Herb	Mineral/Vitamin/ Amino	Homeopathic
Acid Indigestion		Yarrow Tea / Drink ½ cup two times a day. DGL Plus by Pure Encapsulations	Zinc.	
Acne	AVOID Dairy and Chocolate.	Burdock Root Tea Dandelion, Nettle, Strawberry Leaves: Steep 1 tbsp. of each together as a tea.	Vitamin A, C and B6 (young people) Vitamin A, C, B2, E (Adults)	Bellis Perennris (for facial acne)
Allergies	Avoid Dairy	Stinging nettle	A, C, B5, B6, B12, E and L-Histidine	
Bloatedness	Find food triggers.	Caraway and Fennel (equal parts) grind and add to hot water. Steep for 5 minutes and drink.		
Blood Pressure (High)	Oranges and Lemons: 3 oranges and 2 lemons. Cut into pieces. Boil add 2 tbs. Of honey. Boil another 10 minutes. Strain and drink 6oz's 3 times a day before meals. Garlic.	Hawthorne by Dr Christopher's.	B-complex, potassium, B1.	Uranium Nitricum.
Blood Pressure (Low)	Cayenne added to food	Licorice Root	B1, B6. B-complex, Copper, iron and Niacin	Cactus Grandiflorus.
Constipation	Pears: 2 raw pears at bedtimes No water with them. More water during the day between meals.	Triphala or Psyllium	B, C, Sodium, Magnesium, Trace Minerals.	
Depression	Drink juice of 1 pomegrante in the morning, 1 persimmon at noon and 1 wineglass full of grapefruit juice	Lemon Balm, Daisy, Anise, Thyme, Borage – all, or any one, as a tea. St John's Wort.	Pantothenic Acid, Vitamin B6	

	in the evening.			
Hair	Celtic Sea Salt High protein and low sugar diet.	Nettle tea or as a wash for the hair.	Vitamin A, B, C, D, E, F and Biotin Sodium, Iron, Copper and trace minerals	Sulphur
Heart complaints	Clean up your diet.	Hawthorne, Reishi	CoQ10, Magnesium, Biotin, B1.	
Inflammation	Eliminate Dairy and Sugar	Turmeric, Ginger, Flax Seeds	B5 AND B6	
Kidney Infection	Eliminate Dairy and all dehydrating (carbonated, sweetened and caffeinated) beverages. Consume more water.	Parsley Tea. Asparagus. Concord grape juice+baking soda.		
Lung congestion.	More water and less dairy.	Cabbage. Add dill to your food. Lungwort tea.		
Memory	Almonds (raw), Mustard Seeds, Prunes	Eyebright. Lions Mane. Ginkgo Biloba.		
Neuropathy			Alpha Lipoic Acid!	
Night Sweats		Black Cohosh. Dandelion Leaf Tea – 3 cups a day.		
Obesity	Clean up your diet. Apple Cider Vinegar (Bragg's)	Celery seed – drink as tea. Chickweed Tea – drink 4 cups a day. 1 tsp of gelatin (by great lakes) with each meal.	B-complex, C, B5, Potassium, Glycine.	Calc Phos.
Parasites.	Avoid Sugar, Pork. Consume: garlic, pumpkin seeds, pumpkin, Apple cider vinegar (braggs), Lima bean pods	Cloves, Blackwalnut and Wormwood. Favorite: Parasite Syrup combined with Intestinal Sweep (both by Dr. Christopher's)		
Resistance (low)		Thyme Tea (drink 1	Calcium.	

		cup daily).		
Sleeplessness	Avoid Caffeine and Sugar.	Chamomile, Lemon Balm, Lavender and Dill seeds – steep all together and drink warm before bed.	Calcium, Magnesium	Chamomilla.
Thyroid complaints.	Avoid Gluten	Kelp, Dulse and/or Bladderwrack.	Trace Minerals, Iodine, A, B-complex, Choline, Vitamin E.	
Ulcers	Ginger! Carrots cooked and mashed.	Calendula Tea Comfrey Root Tea)2 cups daily Calamus Root – Chew.	K2 (from alfalfa), B-complex, B12, Vitamin C, Vitamin E, Iron	
Varicose Veins		Horse Chestnut + Butcher’s Broom.	ZINC.	Arsenicum Album + Aesculus Hippocastanum + Carduus Marianus.
Warts				Thuja (topically and internally)
Water Retention	Bananas, Celery, Cucumber, Watermelon seed Tea	Nettle (2 parts), uva ursi (1 part): mix, make tea, and drink 4 cups daily.	Potassium.	

Minerals and Herbs:

Calcium	Caraway seeds, Chamomile, Chives, Cleavers, Coltsfoot, Dandelion, Dill, Horsetail
Chlorine	Fennel, Goldenseal, Myrrh, Nettle, Plantain, Uva Ursi, Watercress and wintergreen.
Copper	Dandelion, Sheep Sorrel
Fluorine	Cornsilk, Dill, Horsetail, Oats, Plantain, Thyme, Watercress.
Iodine	Dulse, Irish Moss, Kelp, Mustard, Nettle, Parsley
Iron	Yellowdock, Burdock, Dandelion
Magnesium	Nettle, Primrose, Walnut Leaves, Carrot Leaves
Nickel	Algae, Bladderwrack, Kelp
Potassium	Carrot Leaves, Comfrey, Mullein, Plantain, Primrose Flowers, Yarrow
Phosphorus	Calamus, Chickweed, Dill, Licorice Root, Marigold Flowers, Rhubarb, Sorrel, Watercress

Silicon	Chickweed, Cornsilk, Flaxseed, Horsetail, Oat Straw, Red Raspberry
Sodium	Celery Seed, Cleavers, Dill, Fennel Seed, Meadowsweet, Stinging Nettle
Sulfur	Coltsfoot, Eyebright, Fennel, meadowsweet, Mullen, Plantain Leaves, Shepherd's Purse, Stinging Nettle. Watercress
Zinc	Horsetail, Paprika, Shepherd's Purse.

Healing Oils and Tinctures:

Take 2 handfuls of fresh herbs or 1 handful of dried herbs. Cover with olive oil. Let stand in a warm place for 14 days, stirring once in a while.
 After 14 days simmer for 15 minutes and strain.
 Squeeze the last drop of oil out of the mixture!
 Again put 2 handfuls of fresh herbs or 1 handful of dried herbs in the leftover oil and, placing it in a warm place, repeat the procedure. After 14 days, bring it to a boil and simmer it again for 15 minutes. Strain and squeeze out the last drop of oil. There is not much left; however, the oil is might potent and you need only a few drops!

Use the previous recipe for any of the following oils!

- Calendula Oil – Good for boils and everything that does not heal!
- Chamomile Oil – Good for cramplike pains
- Dill Oil – Can be rubbed on all aching parts of the body.
- Juniper Oil – Good for cramps in legs, pain in hips and paralysis.
- Lily Oil – Helps spasms, tendons, wrinkles and scars.
- Peppermint Oil – Helps frozen fingers or ears. Good for scars or calluses.

The symptom chart is compiled of the most common symptoms that I am asked about. This is a shortened version of the comprehensive version that I have created (around 100 pages) – if you're interested in that version you can email me from my website: www.HealthyLivingMontgomery.com

**I hope this is useful to you in your journey for a cleaner, healthier lifestyle,
 Claire D. Bridges, ND, MDE, CNHP, GMaS, ORDM, CCMA, PNI**

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit...
 -3 John 1:2

-Disclaimer-

I am not nor do I claim to be a Medical Doctor, nor am I licensed to practice medicine in any state. My training is in natural health, practices and healing, proper diet and the use of herbs and other natural methods to assist the body's natural ability to heal itself. I do not prescribe medications but rather I can make suggestions by which you can help your body regain balance and achieve healing. This knowledge should be used in conjunction with but not instead of proper conventional medical care and treatment.

I make these recommendations while reminding you to only take quality supplements. It is not recommended, nor will I be held responsible for adverse reactions from, mainstream supplements that are purchased at discount stores, grocery stores, convenient stores and supermarkets.