

# Natural Remedies Content/Relationship-Building Email Series



## Email #1 – Welcome to Kitchen Cupboard Remedies

Hello and welcome to our series on natural kitchen cupboard remedies.

If you want to see the real value of natural home remedies, let's go back in history. From the Ancient Egyptians and Chinese right up to Native Americans and pioneers, all used what Mother Nature provided them to treat common illnesses, conditions and ailments.

Why?

One reason is because that is all they had at their disposal as doctors were scarce and pharmacies almost non-existent. The second reason is because they worked! And many of those natural remedies still work as good today as they did back then.

Using natural items found in most kitchen cupboards is not only cheaper than using prescribed or over-the-counter medications, but they typically don't have the harmful and undesirable side effects that are common when using today's pharmaceuticals.

However, caution does have to be exercised. Many people think because these are natural items, they are not dangerous. And while that is true in most cases, some people must exercise caution.

One group of people that should consult their doctor before using some of these items are pregnant women. Some prescribed medications can react negatively as can be the case if taking ginger at the same time. Always consult your healthcare professional before starting any regimen of home or natural remedies just to ensure they will be safe in your particular situation.

Over the course of the next 4 lessons, we will cover:

- Apple Cider Vinegar
- Raw Honey
- Oats
- Ginger

While all these items can be purchased in most supermarkets or health food stores, look for the ones that are organically grown. Otherwise you could suffer effects from pesticide or herbicide residue still in the product. This of course can produce health issues of its own, which you don't need.

That wraps it up for this first lesson. In the next lesson, we will talk about some uses of apple cider vinegar as a natural home remedy. Be sure to read that one!

{YOUR NAME}

## Email #2 – Apple cider vinegar

Welcome back. In this lesson we are going to talk about the health benefits of apple cider vinegar (and there are many).

Using apple cider vinegar as a natural remedy is nothing new. It is well-steeped in folklore and for good reason – it works! The father of modern medicine Hippocrates used it to clean wounds over two thousand years ago.

However, to get the most from your vinegar as a natural remedy from your cupboard, you must use the organic raw unfiltered type that contains a blob called the “Mother” and is slightly cloudy.

Because of its antimicrobial properties, it is good for controlling acne, treating nail fungus, warts, ear infections, head lice and basically anything that is bacterial caused.

When taken internally, it can help reduce cholesterol and lower blood sugar levels making it a great natural remedy for controlling blood sugar in Type 2 diabetics. In studies, it has proven to improve insulin sensitivity by 19% to 34%, reduce blood sugar by 34% after eating 50 grams of white bread, reducing fasting blood sugar readings in the morning by 4% if 2 tablespoons are taken before going to bed. And of course, it also works well for people diagnosed with prediabetes or anyone else trying to maintain or lower their blood sugar or prevent blood sugar spikes.

Another use for apple cider vinegar is to lose weight and belly fat. Each of these conditions can lead to health issues down the line so keeping those in check before they become issues is taking a proactive approach before health issues happen instead of trying to react to them post-state.

By taking either 1 or 2 tablespoons of it per day, it helps curb your appetite, so you eat less food – as much as 275 fewer calories. Make up the rest of a 500- calorie per day deficit with some cardio exercise for even more weight loss.

Whew, we have covered a lot and we are only on the second lesson. In the next lesson, we discuss the health benefits of raw honey. See you then!

{YOUR NAME}

### Email #3 – Raw honey

Hello again! So far we have covered apple cider vinegar and its uses as a natural remedy found in your kitchen cupboard. In this lesson we continue on that same path of kitchen cupboard remedies but with raw honey. Let's get started!

You know what honey is, but do you know how it is made? Most people don't. Honey is a sweet amber-colored thick liquid made by bees collecting flower nectar that is rich in natural sugar. They consume the nectar, digest and regurgitate it until it becomes honey and they store it in the cells of their honeycomb. To them it serves as food. Its smell, color and taste vary depending on the type of flower nectar they collected.

Honey is a powerful antioxidant. This makes it an ideal topical application to help protect from infection and heal cuts, scrapes and burns; it has been used in ancient Egypt for thousands of years and is still used today as a natural remedy. Many diabetics also use it to promote healing of foot ulcers which can lead to amputation if not properly treated.

When taken internally, it promotes lower bad cholesterol, reduces the risk of heart disease, lowers blood pressure and triglycerides. Your triglyceride level is important because it plays a part in insulin resistance – an issue in Type 2 diabetics and a risk factor for heart disease. For children that are coughing from an upper respiratory infection, it helps suppress the cough allowing them to sleep better and consequently get better faster. However, don't give to children under one year old.

Because honey contains natural sugars – 1 tablespoon has 17 grams of fructose, glucose, maltose and sucrose – diabetics still must be careful how much they consume. It will still increase blood sugar levels, but not as much as eating foods containing pure refined sugar. And like apple cider vinegar, raw unprocessed honey works the best!

That was interesting wasn't it! In the next lesson, we delve into the world of oats and the health benefits derived from them. See you then!

{YOUR NAME}

## Email #4 – Oats

As promised, I'm back! In this lesson we delve into the world of oats. In case you don't know, oats are the healthiest grain on earth. It is gluten-free and a great source of vitamins, minerals, fiber and antioxidants. Half a cup (78 grams) of dry oats contains:

- Manganese: 191% of the RDI
- Phosphorus: 41% of the RDI
- Magnesium: 34% of the RDI
- Copper: 24% of the RDI
- Iron: 20% of the RDI
- Zinc: 20% of the RDI
- Folate: 11% of the RDI
- Vitamin B1 (thiamin): 39% of the RDI
- Vitamin B5 (pantothenic acid): 10% of the RDI
- Smaller amounts of calcium, potassium, vitamin B6 (pyridoxine) and vitamin B3 (niacin)

This all comes with 51 grams of carbs, 13 grams of protein, 5 grams of fat and 8 grams of fiber, but only 303 calories.

These micro and macro nutrients lead one to better understand the health benefits of oats when eaten. Because oats are high in antioxidants, they help lower blood pressure by increasing the production of nitric oxide which dilates blood vessels and improves blood flow, thus lowering the pressure on veins and arteries.

They also have a powerful soluble fiber beta-glucan which increases the feeling of fullness – resulting in weight loss, an increase in good bacteria in the digestive tract, lower bad cholesterol LDL. And it also reduces blood sugar level and in turn slows the insulin response making it a great food for diabetics.

However, when used topically, it is great for improving the skin and treating in particular eczema. If you read the labels of many of the skin products, you will find most of them include “colloidal oatmeal” which is nothing more than finely ground oats. The FDA approved it for skin protection back in 2002, but its use goes back much farther.

We only have one lesson to go. In it we wrap things up by talking about the health benefits of ginger. I'll be back soon!

{YOUR NAME}

## Email #5 – Ginger

Well this is it – the last lesson in this series and one where we talk about the health benefits of ginger.

Ginger is probably one of the most underrated ingredients as far as its health benefits. Grown in Jamaica, Fiji, Indonesia and Australia, it is part of the Zingiberaceae family with its spice siblings cardamom and turmeric.

Ginger in its natural form is a root or underground stem called a rhizome and should be stored in the refrigerator. But it is also found ground, dried, as an extract or oil, as tincture, in capsules and lozenges – all of which can be stored in the cupboard. Ginger is found as an ingredient in foods such as ginger snap cookies, gingerbread, ginger ale as well as an ingredient in many different food recipes.

Unlike the other items in this series, ginger is mainly ingested. It is used to treat:

- digestive issues such as gastrointestinal irritation
- nausea when chewed raw
- cold and flu relief when ingested as a tea
- exercise-induced pain
- inflammation resulting from osteoarthritis

It is also used to reduce cholesterol, lower the risk of blood clotting and helping maintain healthy blood sugar levels. If you currently don't have any ginger in your kitchen, pick up some the next time you go to the produce section of your supermarket.

Well that's it. I hope you have enjoyed it as much as I have and maybe even learned something new along the way about using natural ingredients found on most kitchen cupboards as remedies to many health conditions and ailments both externally and internally. Until next time!

{YOUR NAME}