**BACK TO THE BASICS**

Whenever possible, it is best to let a homeopathic remedy assist the body to do its own healing. Sometimes, however, the symptoms are difficult or longer lasting and some coping strategies are necessary to get you through. Here are some safe, effective coping tools that generally are not suppressive to the body’s own healing response and typically do not interfere with homeopathic treatment.

BEFORE YOU GET FANCY, MAKE SURE YOU **GET BACK TO THE BASICS**:

* **WATER**
* **SLEEP/REST**
* **GENTLE DETOX BATH** (epsom salt, hydrogen peroxide, or cider vinegar)
* **BROTH (OR CLEAN DIET** if you have an appetite)
	+ For now, AVOID these things that are known to compromise immunity:
		- Refined sugar
		- Alcohol or Smoking
		- STRESS
		- Processed foods or foods that lack nutrition
		- Coffee
		- Pasteurized cow dairy products
		- Lack of water

**THESE HOUSEHOLD ITEMS ARE VALUABLE TO HAVE ON HAND:**

*You don’t have to have everything at once, but working towards having these things on hand can be a real stress reliever when something acute arises and you, or someone you love, are struggling with the natural discomforts of healing.*

* Celtic Sea Salt
* Bragg’s Cider Vinegar
* Hydrogen Peroxide
* Epsom Salt
* Calendula Salve
* Arnica Salve
* Activated Charcoal
* Coconut Water/Unsweetened Juices
* Chicken Drumsticks in the Freezer for quick chicken broth (without antibiotics etc)
* Baking Soda (without aluminum; such as Red Mill brand)
* “Bee Magic” salve
* Unrefined Organic Coconut Oil

**SUPPLEMENTS**

*Generally, less is more, but these few nutritional supplements are quite beneficial to maintaining strong health and immunity, as well as promoting successful healing.*

* BioKult or other Quality Probiotic
* Fat Soluble Vitamin C
* Vitamin D3
* Cod Liver Oil

**A FEW HELPFUL RECIPES**

**CHICKEN BROTH**

2lbs Chicken Legs or Whole Chicken

4 qts Water

2 T Apple Cider Vinegar, raw

1-2 Onions, quartered

2-4 Carrots, cut in larger chunks

2-4 Celery Stalks, cut in large chunks

2-3 tsp Himalayan or Celtic Sea Salt

(Optional: garlic, bay leaf, parsley)

1. Put chicken in pot
2. Add Water, Vinegar & Sea Salt
3. Add Onion, Celery, Carrots
4. Bring to boil and simmer 1 ½ -2 hrs (until chicken begins to separate and fall off the bone).
5. Strain the broth and consume; feel free to eat the cooked veggies and chicken separately or with the broth.

**GINGER / LEMON TEA**

Fresh Ginger Root

1 T Lemon Juice, freshly squeezed

1 T Honey, raw, unpasteurized (optional)

1. Cut a few slices off of the ginger root
2. Place into small pot of water for boiling
3. Simmer 3 minutes
4. Strain the ginger from the tea
5. Add fresh lemon juice and Honey

**DETOX BATHS**

**Epsom Salt**: 1-2 cups

1. Add 1-2 cups of Epsom Salt to bath under the faucet as water enters the tub
2. Soak in the tub for 15-30 minutes

**Hydrogen Peroxide**: use 2 – 32 oz. bottles of

1. Add two large bottles of 3% Hydrogen Peroxide to warm bath
2. Soak in the tub for 15-30 minutes