

# 101 EFFECTIVE HOME REMEDIES

SAFE NATURAL RELIEF FOR COMMON AILMENTS

[101EffectiveHomeRemedies.com](http://101EffectiveHomeRemedies.com)



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# 101 Effective Home Remedies

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## Acknowledgements

Thank you Daddy God for all your blessings, favor and love. It's only because of your loving presence in my life that this eBook has been made possible. I give you all the glory and all the praise!

As with every eBook I've written, this one's also dedicated to my wonderful mom and dad... I love you both =)

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## Introduction

*15 October 2014.*

A date that would forever be etched in my memories.

It was the first time I had to be hospitalized. And it marked a turning point in my life.

There I was just lying in bed watching a movie when suddenly I felt breathless. I stumbled into my living room, sat down on the sofa and tried hard to breathe.

Then I felt this numbness originating from the right side of my head and spreading all the way down to the fingertips of my right hand.

“Oh Sh\*t! Am I having a stroke or something? But I’m so young...”

I started to panic as these thoughts flashed across my mind and quickly got my dad to rush me to the hospital.

**For someone who hates going to the doctor, the hospital was the last place I want to be in.**

When we got to the Accident & Emergency (A&E) wing of my local hospital, I told the nurse my symptoms and they immediately rushed me in to run multiple tests.

The doctors were mainly concerned that it could have been a heart attack or stroke. So they ran an ECG and chest x-ray and took some of my blood for analysis.

When I told them that my symptoms were worsening, they sent me in for a CT brain scan and admitted me into the ward so that they could run further tests such as the MRI Brain and Cervical Spine scans.

Now I don't know if you have ever been in a MRI machine before but let me tell you that it's probably one of the worst places you can ever find yourself in.

For almost 1 hour, I had to close my eyes and lie perfectly still while consciously stopping myself from swallowing so that they could get a more accurate reading... all the while while this machine was making really weird alien-like noises. It was pure torture.

At one point, I opened my eyes and a strong sense of claustrophobia overtook me... I immediately pressed the emergency button and they had to pull me out to tell me that everything was going to be alright and that I needed to keep my eyes shut for the entire procedure, before pushing me back into the dreadful machine again.

**At that point, I vowed to take better care of my health and never to land myself in such a vulnerable position again.**

Finally after running all the different tests, the doctors concluded that I didn't suffer from a heart attack or stroke (Thank God!) and they diagnosed what happened to me as an anxiety attack.

They told me that stress and anxiety could manifest into physical symptoms and referred me to a psychologist for outpatient care.

That was indeed a period where I was dealing with multiple personal challenges which explained the stress and anxiety.



After I was discharged, I was faced with having to explain to all my friends about why I was hospitalized:



**Yee Shun Jian**

20 October 2014 · 3 people

Thank you everyone for all your calls, texts, fb pm's/comments, whatsapp messages and prayers/love/healing energy! I'm deeply touched by all your concern 😊

I've already been discharged from the hospital and have been recuperating @ home the past few days. Sorry if I haven't gotten around replying to all your messages...

It wasn't a car accident. I was @ A&E and eventually admitted because I experienced difficulty in breathing and felt numbness in the right side of my body. The doctors ran multiple tests and ruled out heart attack and stroke. Praise The Lord!

I know Daddy God was watching over me the whole time because biblical numbers kept popping up throughout my time in the hospital (wheelchair 57 => CT scan, trolley number 7, ward 7 bed 21 @ level 3, wheelchair 12 => ultrasound + MRI scans; 3 = Trinity, 5 = Grace, 7 = Rest, 12 = God's authority, perfection and completeness)

Thank you Lord Jesus for your protection (Psalms 91) and healing (Isaiah 53:5)... Amen!!!

Unlike · Comment · Share

👍 You, Jimmy Chee, Sharon Chong, Rudy Pierre Low and 116 others like this.

I took about a week to recuperate and then I decided to start living a healthier lifestyle...



**Yee Shun Jian**

27 October 2014 · 3 people

While attending a wedding yesterday, I was showered with lots of love and concern from dear friends about my recent stint in the hospital (Thank you!)

This made me realize that I must stay healthy not only for myself but the people around me.

I'm taking baby steps to change my sleep cycle and oh... I just went for a 35 mins walk round my neighbourhood park 😊

Nobody said change was easy. But it starts with baby steps 😊

Unlike · Comment · Share

👍 You, Michael Lee, Justin Wayne, Yn Pheng and 55 others like this.

I started to research intensely on all the common ailments that I, or someone close to me, experienced at one point or other and to look for natural home remedies to deal with them.

That was how this eBook came about.

**I want you to understand that I'm NOT a healthcare professional.**

I'm just a normal guy who wanted to compile a book of home remedies of common ailments for my own personal use, after a bad hospitalization "wake up call".

But I figured that since I've already put together this eBook, I didn't want to waste all the time and effort that went into it so I've decided to share it with the world for FREE.

**This eBook is not a substitute for medical advice from a healthcare professional.**

In fact, I highly encourage you to go to the doctors for a full body check-up at least once every 1 or 2 years.

The purpose of this eBook is to help you to experience natural relief from common ailments.

If you've tried out any of the remedies in this eBook and still suffer physical symptoms that do not go away, I highly encourage you to seek treatment from a healthcare professional, who can better advise you based on your pre-existing medical conditions.

Oh one more thing before I sign off...

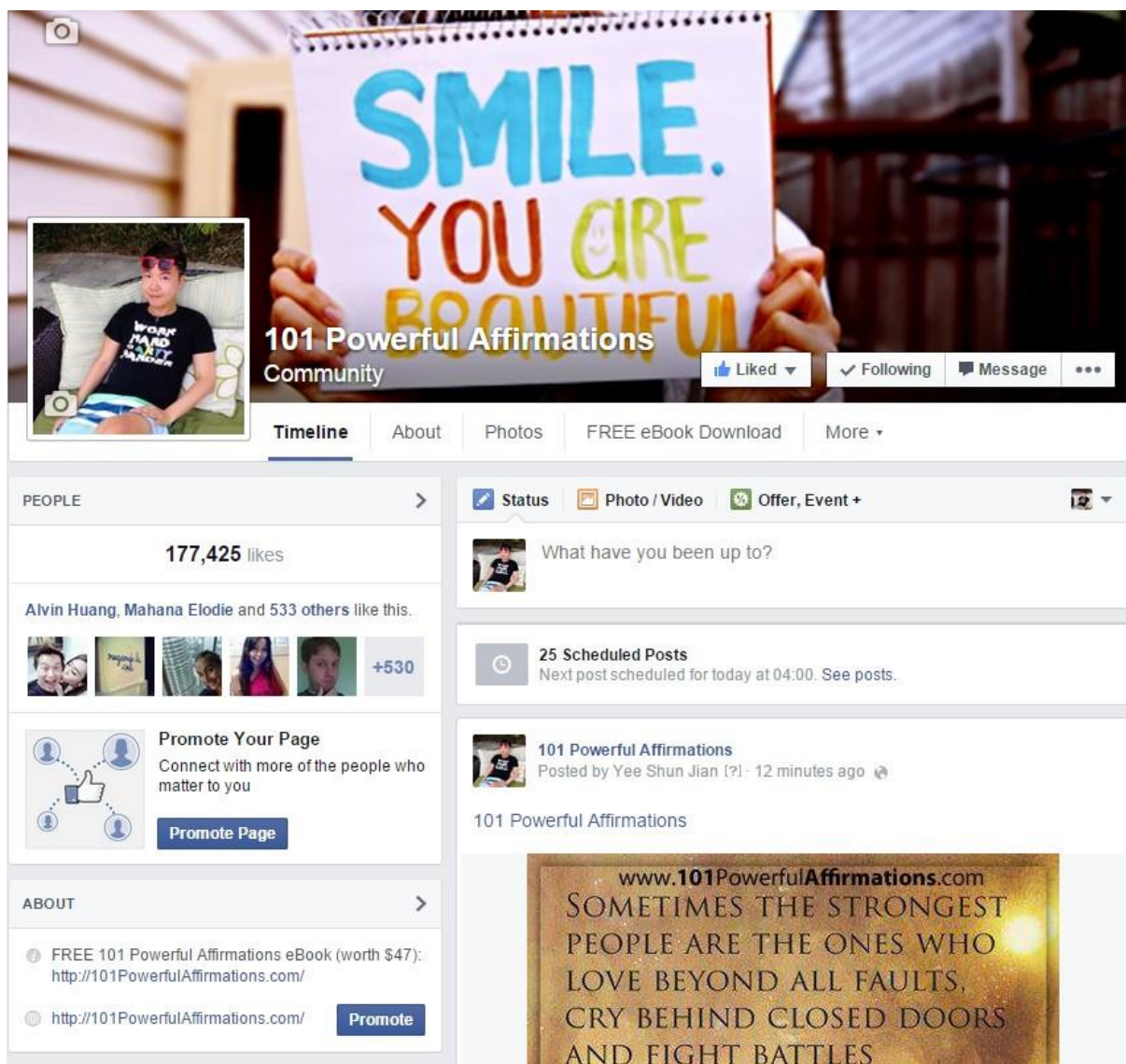
Since this is version 1.0 of this eBook, you'll realize there are no fancy



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If you have any feedback for me to improve this eBook, feel free to drop an email to [feedback@101effectivehomeremedies.com](mailto:feedback@101effectivehomeremedies.com)

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## 10 Home Remedies For Acne

Everyone hates breakouts, especially when they occur just before an important event like a major presentation or date.

Although acne is more common amongst teenagers due to the numerous hormonal changes associated with puberty, they can affect adults too. In fact, it's estimated that over 300 million people suffer from acne!

In this section, we will discuss 10 quick fixes to help you with your immediate acne woes. If you're looking for a more permanent solution towards **beautiful clear skin**, please go ahead and watch this video right NOW:

[>> Cure Your Acne Permanently <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/acne>

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### 1) Toothpaste

Just dab a little white toothpaste on your outbreak area before bedtime and leave it on while you go to sleep. The toothpaste will dry out the acne as well as reduce swelling. You should see a marked improvement in one to two days' time.

## **2) Tea Tree Oil**

Use one drop of 5% tea-tree oil on the affected area up to 3 times a day to help kill off the bacteria that's causing the acne infection.

## **3) Aloe Vera Gel**

Aloe Vera Gel not only soothe your skin (making it less likely for you to touch/scratch and aggravate your acne area), it also helps reduce inflammation. Apply it on your outbreak area twice daily. You should see a significant difference in about 5 days.

## **4) Dried Orange Peel**

The combination of Vitamin C and citric acid found in oranges make them a good home remedy for acne.

Dry out 2 orange peels in the Sun thoroughly. Grind them up and mix them with water to produce a paste.

Apply the paste on your face and leave it on for 15 - 25 minutes then rinse it off with warm water.

## **5) Baking Soda**

Yes, you'll soon realize that baking soda is such a good home remedy for almost every common ailment that you'd want to store up more of this miracle worker in your home.

Baking soda possesses antiseptic and anti-inflammatory properties. Just mix 2 teaspoons into warm water to make a paste. Apply the paste to your acne area and leave it on for 5 - 20 minutes. Rinse it off thereafter. Use this method sparingly (at most twice in one week).

## 6) Lemon Juice

Like oranges, lemons are rich in Vitamin C and citric acid but this lemon juice remedy is much easier to prepare compared to the dried orange peel remedy.

Just squeeze out about one teaspoon of lemon juice into a bowl and apply it on the affected area with the help of cotton swabs. You can leave this on for a few hours before rinsing it off. Use this method up to 2 - 3 times a week only to prevent over-drying.

## 7) Ice

This is good for when you're feeling the onset of a breakout coming. Wrap a couple of ice cubes in a hand towel and press it on the painful area for 5 minutes. Repeat a few times each day.

## 8) Steam

Steam can help open up your pores and allow trapped dirt to be flushed out.

Pour out some boiled water into a bowl and let it cool sufficiently. Test with the palm of your hand by placing it ABOVE the bowl to make sure that you're comfortable with the heat (*Caution: Do NOT put your hand into the hot bowl*)

Position your face on top of the bowl to steam it. Do this until there's no more steam. You can do this once every day.

## 9) Papaya

Raw papayas are rich in Vitamin A and other minerals and can help remove excess oil and dead skin cells from your skin surface. Just mash up the flesh to make a paste and apply it on your affected area for about 15 minutes then rinse it off thoroughly. Use a moisturizer after if it's too drying.

## 10) Banana Peel

When they tell you fruits are good for you, they mean it. Just look at how many of these home remedies rely on simple every day fruits.

For this remedy, all you need is one banana. Eat the banana but don't throw away the peel. Instead, use the inside of the banana peel (the part that was in contact with the actual fruit) and rub it on your acne area. Leave it for about ½ hour before rinsing it off.

I hope these 10 home remedies help you to combat your immediate acne woes. Again, if you're looking for a more permanent solution towards **beautiful clear skin**, please go ahead and watch this video right NOW:

[>> Cure Your Acne Permanently <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/acne>

## 10 Home Remedies For Back, Neck and Shoulder Pain

Back, neck and shoulder pain are a common problem especially among those of us who do most of our work on the computer.

They are usually caused by bad posture but there may be many other different causes such as falls or accidents.

For me personally, I was involved in a car accident a couple of years back (where I was the passenger and someone hit us from behind so there was no way I could have prevented the accident). It left me with a whiplash injury on my neck as well as a lumbar back contusion.

I have found many of the remedies in this section useful for quick, temporary relief. If you're suffering from **chronic pain** though, I urge you to check out this video right NOW:

[>> Erase Chronic Pain <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/chronicpain>

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### 1) Ice Pack

Cold temperatures can help to reduce inflammation, swelling, and pain by numbing the affected area.

Fill up an empty plastic bag with ice and use a towel to wrap over the

bag. Place the ice pack on the painful area for 15 - 20 minutes. If pain persists, wait for an hour before applying the same treatment again.

## **2) Heat Pack / Therapy**

Heat can provide instant and effective pain relief by stimulating your sensory receptors to block pain transmitting signals to your brain. It can also increase the elasticity of your muscles, reducing muscle spasms.

You can get a microwavable heat pack from any local pharmacy (Just follow the simple instructions on how to use it).

For a free alternative, just soak in a hot tub for 20 - 30 minutes.

## **3) Massage**

I find that one of the most effective way to relief back, neck and shoulder pain is to get a massage. You can either get a family member or close friend to do it or hire a professional massage therapist that makes house calls.

If you're going the professional massage therapist route, make sure to let him/her know of any past injuries or traumas that may be causing the pain so he/she knows how to handle your specific pain issues.

## **4) Milk**

Milk contains calcium that helps to build strong bones and guard against osteoporosis. Besides, they usually taste good too so drink up!



## **5) Camomile Tea**

Instead of taking synthetic muscle relaxants, why not try nature's very own "muscle relaxant"?

Camomile tea helps relieve tense muscles, which could be causing your neck/back/shoulders pain.

Go to any major grocery store in your area and you should be able to find pre-packaged camomile tea. Just prepare them like you would your regular tea.

## **6) Tennis Balls**

Who knew tennis balls could be useful for such an occasion?

Just stuff a couple of tennis balls into an old sock and tie the loose end up. Get someone to roll this home-made back massager on your back and notice how good it feels!

## **7) Peppermint Oil**

Peppermint oil can help improve blood circulation, prevent your neck/shoulders/back from becoming stiff and accelerate healing.

Just mix 10 drops of essential peppermint oil with about 30ml of almond oil and shake well. Apply it to the area that's causing you pain up to 2 times a day.

## **8) Invest in a good mattress and pillow**

We spend about 6 - 8 hours every night sleeping so it makes sense to invest in a good mattress that supports your back and a good pillow

that supports your neck. Depending on whether you're a side sleeper, back sleeper or tummy sleeper, there are many options and brands for you to choose from.

Go with something that's comfortable and also suit your budget. You'll be amazed at the difference a good mattress and pillow makes!

## 9) Garlic

Before your regular breakfast every day, eat up to 3 gloves of garlic on an empty stomach.

## 10) Relax / Take Regular Breaks

If you're working in a desk bound job, you need to take a sitting break every 30 - 45 minutes. What this means is you need to get up from your chair and walk about/stretch for at least 5 minutes once every 30 - 45 minutes.

Also try looking outside and focusing on some greenery (if that's available) as it will help you to relax and let go of the stiffness in your muscles.

I hope you put these 10 home remedies to good use in alleviating your back, neck and shoulder pain. Again, if you're suffering from **chronic pain**, I urge you to check out this video right NOW:

[>> Erase Chronic Pain <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/chronicpain>

## 10 Home Remedies For Bad Breath

We all know of at least one friend who has bad breath that we are too embarrassed to tell him/her about. And we always secretly pray we are not like that friend...

Whether you suspect you have bad breath or you just want to know how to keep your breath clean and fresh, there are 10 home remedies in this section that can help you... =)

Understand that besides poor dental hygiene, other underlying health problems may be the cause of bad breath. It's best to go see a doctor to have a proper full body check-up if you are also experiencing other concurrent symptoms such as cough, sore throat, heartburn, fatigue etc.

Lastly before we go on to the remedies, I just want to talk about a topic that people will usually shun away from. Having such ailments as acne and bad breath can also lead to social anxiety and depression.

I believe that mental health is as important if not more important than physical health. If you're grappling with **anxiety**, please go watch this video NOW:

[>> Cure Panic Attacks & Anxiety in 60 Seconds <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/anxiety>

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### **1) Water**

When your mouth is dry, you're more likely to experience bad breath. Make sure you keep yourself hydrated throughout the day.

After every meal, gargle some water in your mouth for about 30 seconds, then spit it out. This acts like a natural mouth wash to dislodge food particles and bacteria from your teeth.

### **2) Clean Your Tongue**

Make it a new habit to scrape your tongue. You can either use a tongue scraper or just a normal spoon. Cleaning your tongue regularly helps reduce the bacteria and residue food particles that cause bad odour.

### **3) Lemon Juice**

The citric acid in lemons can help kill the bacteria that resides in your mouth. You can use lemon juice as a mouth wash by squeezing about one teaspoon of it into ½ glass of water and adding a dash of salt in it. Gargle it just like how you would the water mouth wash above.

### **4) Cloves**

Cloves have antimicrobial properties. Just chew a couple of them in your mouth thoroughly and see them work their magic in bringing you fresher breath in just a few minutes!

### **5) Baking Soda**

Again? Yes... This miracle worker works wonders on bad breath too.

You can either brush your teeth with baking soda or mix it with some warm water and use it as a mouth wash to kill those bacteria that are causing the bad odours.

## **6) Fresh Vegetables**

Vegetables such as celery and carrots are good against plaque. Include them in your diet to enjoy fresher breath.

## **7) Tea Tree Oil**

Tea tree oil has antimicrobial properties. Just look out for any toothpaste with tea tree oil and use it. Combine with any one of the other methods for best effect.

## **8) Orange**

Like Lemons, oranges have a high concentration of citric acid which can not only kill odour-causing bacteria but stimulate the production of more saliva that will aid in fighting bad breath. Just include an orange in your regular diet, if you have not already done so.

## **9) Parsley**

Chew some fresh parsley leaves for about 2 minutes. Their chlorophyll content is effective in neutralizing bad odours.

## **10) Practise good dental hygiene**

I think the best way to prevent bad breath though is to practise good dental hygiene. Brush your teeth at least twice a day (once in the morning after you wake up and once before bed). If you can, brush your teeth after every meal too. Floss daily to remove plaque from

hard-to-reach places. Change your toothbrush at least once every 2 months. And visit your dentist regularly for scaling and polishing.

I hope these 10 home remedies help you to combat bad breath. Again, if you're suffering from **anxiety** due to bad breath or any other reason, please go watch this video NOW:

[>> Cure Panic Attacks & Anxiety in 60 Seconds <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/anxiety>

Your mental health is as important, if not more important than your physical health!

## **10 Home Remedies For Cough**

Coughs are perhaps one of the most common ailments we experience. If you're like me, you hate going to the clinic, waiting for hours just to see the doctor for a common cough.

In this section, you will find 10 home remedies to help you get rid of your cough. If you're serious about your health and would like to find out the REAL cause of diseases, please watch this video right now:

[>> Bulletproof Your Body Against Life-debilitating illnesses <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/diseaseless>

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### **1) Grape Juice**

Grapes are good for your lungs. You can relieve your cough in 2 to 3 days by drinking grape juice. Feel free to add some honey (1 teaspoon) for the best effect.

### **2) Carrot Juice**

Carrots are full of vitamins and nutrients that are good for helping you to combat cough.

Drink 2 - 3 glasses of carrot juice a day until your cough goes away.



### **3) Ginger**

You can use this remedy in one of these 2 ways. Either take it as ginger tea or just chew raw ginger a couple of times a day to relieve your cough.

If I were you, I would choose the first way. There's nothing like a nice hot cup of ginger tea to make you feel relaxed and wonderful at the same time.

### **4) Almond**

Almonds are particularly good for dry coughs.

Blend 2 to 3 teaspoons of almonds with a glass of orange juice and drink up...

### **5) Lemon**

The vitamin C in lemon is good to help you fight against infections. The best way to use this remedy is just to cut a lemon in half, add some salt and black pepper and suck on it.

### **6) Warm Milk**

Before you head to bed, drink some warm milk with honey. It will help you to get rid of the mucus and soothe your throat.

### **7) Onions**

Onions are extremely effective for eliminating phlegm.

Crush an onion and add it to lemon juice (from one lemon) and hot

water. Add a teaspoon of honey. Use this as a natural cough syrup 2 to 3 times a day.

#### **8) Drink lots of water**

Water or any of the juices mentioned in this section can help flush out the toxins that's responsible for your cough.

#### **9) Garlic**

Garlic has antimicrobial properties that can help you to combat cough. Simply eat some crushed garlic with honey or just add them to your cooking.

#### **10) Thyme tea**

Amongst other useful functions, Thyme tea helps reduce inflammation. Add two teaspoons of dried thyme to a glass of boiling water. Let it steep for 15 minutes. Feel free to add some honey if you want. Then drink up!

I hope these 10 home remedies help you to relieve your cough. Again, if you're serious about your health and would like to find out the REAL cause of diseases, please watch this video right now:

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## 10 Home Remedies For Dandruff

Like acne and bad breath, having dandruff can be a major source of embarrassment for us. Not only that, the itchiness that comes along with it can be extremely irritating too.

Dandruff is actually a scalp condition. When your scalp is too dry, too oily or infected by bacteria or fungus, you will experience excessive formation of dry skin flakes (dandruff).

In this section, we will discuss 10 home remedies that will help you get rid of your dandruff. If you're suffering from other related conditions such as **hair loss**, then you must watch this video NOW:

[>> 100% Natural Hair Restoration Method <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/hairloss>

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### 1) Yogurt

Start by washing and rinsing your hair. Next apply plain yogurt on your scalp and leave it on for 15 - 20 minutes. Finally, rinse it off and wash your hair again with the minimum amount of shampoo.

### 2) Salt

Salt can help exfoliate your scalp to get rid of excess oil and dead skin flakes. Simply rub 3 teaspoons of salt onto your scalp and massage

gently for up to 5 minutes. Then wash your hair like usual with shampoo.

### **3) Aloe Vera Gel**

Aloe Vera's antifungal and antibacterial properties makes it an ideal candidate for dandruff control.

Just apply aloe vera gel onto your scalp 10 minutes before your shower. Then wash your hair like usual with shampoo.

You should do this twice a day.

### **4) Tea Tree Oil**

Tea tree oil has antifungal properties and best of all it can relieve the itch caused by dandruff. The easiest way to use this remedy is to shop for shampoos with at least 5% of tea tree oil in them.

Wash and shampoo your hair like usual but make sure to massage the tea tree oil shampoo onto your scalp. Leave it on your scalp for at least 5 minutes while you brush your teeth or continue your shower. Rinse off after.

### **5) Lemon Juice**

The high acidity in lemons makes them effective natural dandruff killers. Plus they make your hair smell good too.

Spread some lemon juice on your hand and proceed to massage your scalp with it. Make sure you cover your whole scalp. Let it sit for about ½ hour.

You may experience some itching as the lemon juice starts working its magic but that's normal.

The final step is to wash and shampoo your hair thoroughly.

## **6) Baking Soda**

Baking soda to the rescue again!

So what you're going to do for this remedy to work is to replace your regular shampoo with baking soda for 2 weeks.

Mix up 1 teaspoon of baking soda for every glass of warm water until you have enough "baking soda shampoo" for your hair length. Wash and shampoo your hair like usual with your new "baking soda shampoo" making sure you massage your scalp thoroughly.

You should start seeing positive results in about 2 weeks when your scalp starts producing natural oils that acts as a moisturizer, keeping you free from dandruff.

## **7) Apple Cider Vinegar**

Dilute Apple Cider Vinegar (or white vinegar) with an equal amount of warm water.

After you're done shampooing your hair, use the diluted apple cider vinegar on your scalp by applying it with your hands. Leave it on for 15 minutes then rinse it off with water. If you experience any burning sensation, it means you have an open wound in that area (and you should just rinse that area immediately with water).

Use this remedy daily for 1 full week.

## 8) Coconut Oil

Wash and dry your hair like normal but do not apply any conditioner.

Apply coconut oil on your scalp and leave it on for about 20 minutes.

Wash your hair to get the coconut oil out. You may have to wash it for about 2 times before you can get all the oil out.

Use this remedy twice a week until you're dandruff-free.

## 9) Egg Yolks

Mix 2 egg yolks together and beat them thoroughly. Apply the mixture to your scalp and let it sit for an hour, then wash it out thoroughly.

## 10) Baby Oil

Apply baby oil to your scalp and leave it on overnight. Use an anti-dandruff shampoo to wash your hair in the morning.

I hope you enjoy using these 10 remedies to combat your dandruff!

If you're suffering from other related conditions such as **hair loss**, then please watch this video NOW:

[>> 100% Natural Hair Restoration Method <<](#)

Click on the link above or visit the following webpage:

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## **10 Home Remedies For Diarrhoea**

One of the worst feelings in the world is when you have diarrhoea. You constantly worry about getting to the toilet in time and generally don't feel well at all.

In this section, I'll show you 10 ways you can get rid of the dreaded diarrhoea. If you're serious about your health and would like to find out the REAL cause of diseases, please watch this video right now:

[>> Bulletproof Your Body Against Life-debilitating illnesses <<](#)

Click on the link above or visit the following webpage:

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### **1) Chamomile Tea**

Chamomile is great for reducing intestinal inflammation.

Add 1 teaspoon of chamomile leaves and 1 teaspoon of peppermint leaves into a glass of boiling water and let it steep for 15 minutes. Drink up to 3 times a day for maximum relief.

### **2) Yogurt**

Take two bowls of yogurt (with live cultures) daily until your diarrhoea subsides. The "good" bacteria introduced into your intestines will fight off the "bad" ones and help you feel all better quickly.



### **3) Apple Cider Vinegar**

Apple Cider Vinegar can also help kill off the “bad” bacteria that’s causing your diarrhoea.

Dilute one teaspoon of apple cider vinegar with one full glass of water. Drink the mixture up to 2 times a day until your diarrhoea goes away.

### **4) Ginger**

Ginger is good for abdominal pain, stomach cramps and food poisoning.

Drink ginger tea with a teaspoon of honey.

Alternatively, slice up a small piece of ginger and add honey to it. Eating this mixture helps get your gastric juices flowing and improves digestion.

### **5) White Rice**

Cooked white rice, because of its starchy nature, adds bulk to your stools. It’s also easy to digest. Include this in your diet when you’re battling with diarrhoea.

### **6) Blueberries**

Blueberries are ideal as a diarrhoea remedy. They contain anthocyanosides, which have both antibacterial as well as antioxidant properties. They also have tannins. These aid you in your fight against diarrhoea.

## **7) Orange Peel Tea**

This helps with your digestion.

Boil the peel of an organic orange in about 500ml of water. Add a teaspoon of honey to sweeten. Drink it while it's warm.

## **8) Fenugreek Seeds**

Fenugreek seeds are rich in mucilage which helps combat diarrhoea. You can either mix them with water (½ teaspoon) and drink the mixture or sprinkle them (1 teaspoon) into yogurt and eat the mixture.

## **9) Bananas**

Ripe bananas are high in pectin and potassium that are good for fighting diarrhoea. Eat up to 3 a day until your diarrhoea goes away.

## **10) Clear Fluids / Potato**

Potatoes, like white rice, are starchy in nature and helps to relieve diarrhoea. Make sure you don't eat them as fries though. It's better to prepare them as baked potatoes.

I hope these 10 remedies help you to relieve your diarrhoea. Again, if you're serious about your health and would like to find out the REAL cause of diseases, please watch this video right now:

**[>> Bulletproof Your Body Against Life-debilitating illnesses <<](#)**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/diseaseless>**

## 10 Home Remedies For Eye Bags

Eye Bags, otherwise known as Dark Eye Circles or puffy eyes, may look cute on some people but generally, it's not something we want to live with because it makes us look older than we really are.

In this section, we will discuss 10 remedies to treat dark eye circles. For more **beauty tips**, I highly encourage you to visit this webpage now:

[>> Look 5 Years Younger With Just 5 Minutes A Day <<](#)

Click on the link above or use the following URL:

<http://101effectivehomeremedies.com/beautyfood>

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### 1) Cucumbers

I'm sure you've seen spa commercials where customers are looking happy and relaxed with cucumbers over their eyes.

And that's because cucumbers actually work in reducing your eye bags!

Just chill some cucumbers in your fridge. Cut out 2 thick slices and put one over each eye. Once they lose their coolness, use another 2 cool slices. Repeat until the puffiness goes away.

## **2) Stay Hydrated (Water)**

The puffiness under your eyes may be caused by dehydration. When the body does not have sufficient water, you will experience water retention. Make sure to drink 8 glasses of water a day to keep yourself fully hydrated so your body doesn't have to store up water in all the wrong places!

## **3) Potatoes**

Potatoes, like cucumbers, are great for reducing your eye bags.

You can prepare them like you would the cucumbers (two thick chilled slices) or you can use them in this other way:

Grate 1 - 2 potatoes and place the shavings onto a clean cloth. Tie up the cloth and place it over your eyes for 15 minutes. Repeat until you feel the puffiness go away.

## **4) Egg Whites**

Egg whites can help tighten your skin and help prevent wrinkles.

Crack 2 eggs into a bowl and remove the yolks. Beat the remaining egg white thoroughly until it becomes stiff. Apply it underneath your eyes and leave it there for about 20 minutes. Wash off thoroughly with cold water and/or your facial wash. You will start to see the difference.

Feel free to repeat this for a couple of days.

## **5) Lemon Juice**

Apply fresh lemon juice onto your face underneath your eyes with a cotton ball. Caution: Make sure the lemon juice doesn't get into your eyes. Wash it away after 15 minutes. You can repeat this daily.

## **6) Tomato**

You can add tomato juice to the remedy above (lemon juice) and use the mixture for even better results!

## **7) Tea Bags**

Tea bags help reduce swelling and inflammation due to their caffeine and antioxidants content.

To use, put 2 used green or black tea bags in your fridge for 30 minutes to chill them. Once they are nice and cold, place them over your eyes (one on each eye) and leave them there for 15 minutes. Use this remedy up to 2 times a day, as needed.

## **8) Cold Spoons**

Chill 6 spoons in your fridge for 30 minutes - 1 hour. Take out 2 of them and position them with the curved side over each eye (make sure your eyes are closed). When they become warm, put them back into the fridge and replace with 2 new cold ones. Do this until your eye bags subside.

## **9) Aloe Vera Gel**

Apply aloe vera gel carefully underneath your eyes making sure that they don't get into your eyes. Wait patiently while they work their

magic.

## 10) **Strawberries**

Chill a couple of strawberries in your fridge. Once they are sufficiently cool, cut them in half and place each half over your closed eyes and relax. Repeat as necessary.

I hope these 10 remedies will help you to alleviate your eye bags. If you're also having challenges with your **vision**, please check out the following video NOW:

[>> Do This To Get Perfect Vision In 2 - 3 Weeks <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/vision>



## 10 Home Remedies For Heartburn

Most of us would have experienced this some time in our adult lives - that uncomfortable burning sensation in our chests, more commonly known as Heartburn.

This usually, but not necessarily, occurs after a heavy meal.

According to Wikipedia, "*Heartburn is usually associated with regurgitation of gastric acid (gastric reflux) which is the major symptom of gastroesophageal reflux disease (GERD)*".

It is estimated that 60 million Americans suffer from Acid reflux. The following remedies in this particular section are useful for alleviating the occasional heartburn.

If you experience **frequent** and/or **persistent** episodes of heartburn/**acid reflux**, please watch this video NOW:

[>> Acid Reflux Can Lead To Cancer <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/acidreflux>

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### 1) Baking Soda

Baking soda, being alkaline in nature, can help to neutralize stomach acid and provide effective relief for your heartburn.

Just mix ½ a teaspoon to 1 teaspoon of baking soda to a full glass of warm water, stir thoroughly and then drink up.

Avoid using this remedy in excess though because too much salt can lead to unwanted side effects such as nausea and swelling.

## **2) Apple**

You heard the age-old saying, “An apple a day keeps the doctor away” - Well, there’s definitely truth to that. Apples contain trace minerals that help provide relief from heartburn.

Include a raw or organic apple in your diet (after your “main course”) and experience the difference for yourself!

## **3) Chewing Gum**

The result why this works is because the act of chewing gum stimulates the production of saliva that neutralizes your stomach acid.

Tip: Try chewing a piece of sugar-free gum for 30 minutes after each meal.

## **4) Almonds**

Snacking on a small handful of organic almonds after every meal is another way you can stop or prevent heartburn.

## **5) Slippery Elm**

This tree extract coats your stomach with a strengthened “protective” layer against the effects of your stomach acid.

To use this as a heartburn remedy, just add 1 teaspoon of the powdery bark into a cup of warm water and stir thoroughly. Drink a few cups a day for the best effects.

## **6) Licorice**

Licorice has natural stomach healing properties but taken in excess can lead to high blood pressure.

Go for chewable DGL licorice tablets (that do not contain glycyrrhizic acid) and take them before meals.

You can buy them off most natural-food stores.

## **7) Marshmallow Root Tea**

Like Slippery Elm, Marshmallow Root provides a “protective” layer to your stomach and oesophagus walls.

Mix 1 teaspoon of powdered marshmallow root with warm water and stir thoroughly. You can drink about 3 cups of this tea a day.

## **8) Aloe Vera Juice**

Aloe Vera is typically used to treat sunburns but do you know it's good for reducing inflammation in your stomach too?

Drink ½ cup of Aloe Vera juice before meals.

Note: Aloe Vera juice can be a laxative so unless you're planning to spend a lot of time in the bathroom, please go with brands that have had the laxative component removed.

## 9) Eliminate or cut down on cigarettes and alcohol

Both cigarettes and alcohol weaken your immune system and are known to be the cause of really bad cases of acid reflux.

As much as you can, cut down or even eliminate these 2 unhealthy habits totally and you will see significant improvement in other areas of your health and wellness too.

## 10) Identify & Eliminate Your Heartburn Triggers

Besides smoking and alcohol, there are many things that can potentially trigger heartburn... Here's a non-exhaustive list:

Stress

Certain Types Of Prescription Medication

Peppermint

Fish Oil Supplements

Obesity etc.

Identifying your heartburn triggers and working to eliminate them from your life will prevent heartburn from surfacing in the first place.

I hope these 10 home remedies help you to relief your heartburn. Again, if you experience **frequent** and/or **persistent** episodes of heartburn/**acid reflux**, please watch this video NOW:

[>> Acid Reflux Can Lead To Cancer <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/acidreflux>

## **10 Home Remedies For Sore Throat**

I don't know about you but I really hate sore throats. They are painful and irritating and just generally ruin my day.

In this section, you'll find 10 remedies to help you alleviate your sore throat fast. If you're serious about your health and would like to find out the REAL cause of diseases, please watch this video right now:

[>> Bulletproof Your Body Against Life-debilitating illnesses <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/diseaseless>

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### **1) Apple Cider Vinegar**

Apple Cider Vinegar's high acidic nature helps kill the bacteria associated with sore throats. To use this remedy, simply add 1 teaspoon of apple cider vinegar with 1 teaspoon of honey into a glass of warm water and mix well, then drink up =)

### **2) Salt Water**

Salt water helps reduce swelling and inflammation. Add ½ teaspoon of salt to a glass of warm water and gargle on the resultant salt water mixture. Use this remedy only up to a maximum of 3 times a day to avoid over-drying.

### **3) Drink More Water**

A sore throat may be a sign that your body is dehydrated. Make sure you drink enough water so that the colour of your urine is clear or at most mild yellow.

### **4) Wheatgrass Juice**

The chlorophyll in wheatgrass has antibacterial properties and this in turn relieves the pain in your throat. To use, just gargle it in your mouth like you would a normal mouthwash.

### **5) Raspberry Tea**

You can also gargle raspberry tea to achieve the same effect. Add 2 teaspoons of dried raspberry leaves into a glass of boiling water. Let it steep for about 15 minutes, then strain the tea. Once it's cooled down sufficiently (warm but not hot), you can then use it as a gargle.

### **6) Cloves**

Cloves have anti-inflammatory and antibacterial properties that will help you to relieve your sore throat. To use, just take 2 cloves into your mouth and chew them like gum. You can choose to spit them out after or swallow them. Both are fine.

### **7) Marshmallows**

Having a bad sore throat? Time to snack on some marshmallows. The gelatin can soothe your throat making you feel all better.

## 8) Honey

Take 1 teaspoon of honey and drink it like a natural cough syrup. If you find that it's too sweet, you can mix it with warm water. Honey is very effective at soothing your throat.

## 9) Ginger Tea

Ginger tea is not only good for treating coughs and colds. It can relieve your sore throat too.

## 10) Garlic

Yes, you'll find that a lot of the natural remedies that help you with your cough can also help you get rid of your sore throat too.

To use garlic effectively in your combat against sore throat, just slice a fresh clove of garlic in half. Take each half into each of your cheeks and start sucking like you would a cough drop. Do this once a day until your sore throat subsides.

I hope you find these 10 home remedies useful in helping you to relieve your sore throat. Again, if you're serious about your health and would like to find out the REAL cause of diseases, please watch this video right now:

**[>> Bulletproof Your Body Against Life-debilitating illnesses <<](#)**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/diseaseless>**

## 11 Home Remedies For Insomnia

It's 2am but you still can't get to sleep. You've tried everything... Counting sheep, clearing your mind and even sleeping pills but they don't seem to work.

You know that not getting the sleep you need will cause you to be really lethargic the next day and you pray for a solution to end your insomnia woes.

If that sounds like you, there are 11 home remedies you can try in this section to help you overcome your insomnia.

One very common cause of insomnia is anxiety. If you suspect that you have an issue with **anxiety**, please go watch this video NOW:

[>> Cure Panic Attacks & Anxiety in 60 Seconds <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/anxiety>

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### 1) Magnesium Supplement

A magnesium deficiency may lead to sleep problems and fatigue. Taking a magnesium supplement can help you to make it easier to relax and fall asleep. Follow the instructions that come along with your magnesium supplement for dosage requirements.



## **2) Cherries**

Cherries are rich in tryptophan which breaks down in your body as melatonin. Melatonin causes you to be drowsy and fall asleep easily. Have some cherries or tart cherry juice before you head to bed. They can help you combat your insomnia.

## **3) Bananas**

Bananas are another good insomnia remedy. Eat one about 30 minutes before you head to bed. They contain both tryptophan and magnesium and can function as a natural muscle relaxant.

## **4) Chamomile Tea**

Chamomile tea is another natural muscle relaxant. It's not only good for backaches, it's also good for inducing sleep. Drink one glass of chamomile tea just before you head to bed.

## **5) Warm Milk**

Drink one glass of warm milk ½ hour before bed. It puts you in a relaxed state both physically and mentally, and prepares you for a good night's rest.

## **6) No Coffee/ Caffeine or Alcohol**

Alcohol and caffeine can disrupt your sleep cycle. There's a reason why people drink coffee to "keep awake" in the morning. As much as possible, cut down or eliminate them from your diet, especially 8 hours before bed time.

## **7) Relaxing Music In the Background**

Playing relaxing music in the background can make it easier for you to drift into sleep. That's why they are the default type of music in spas. Combining relaxing music with a nice massage can most certainly ease all your troubles away and allow you to fall asleep fairly quickly.

## **8) Wild Lettuce**

Wild lettuce can help you to relax your muscles and calm your nerves. You can take a wild lettuce supplement before bed. Just follow the instructions that come along with the supplement.

## **9) Lavender Spray**

You can get a lavender spray from any aromatherapy shop. Spray some of it around your pillow and pyjamas just before you head to bed. Lavender helps you relax comfortably into sleep.

## **10) Valerian**

The medicinal herb, Valerian, not only helps you to fall asleep faster, it can improve the quality of your sleep by increasing the amount of time you spend in deep sleep. You can use a valerian supplement for this remedy. Follow the instructions that come with the supplement.

## **11) Use your bed for sleeping or sex only**

One bad habit that most of us have is to use our beds for all sorts of things other than the main 2 functions they are designed for: Sleep and sex.

By using our beds when we are not supposed to, we lose the very powerful “anchoring” effect it can have on us as a place for a good night’s rest (or activity just before the rest).

Force yourself to carry out other activities such as reading off your bed and only use it for the 2 functions we discussed so that you can retrain your body and mind as to what your bed is for. This way, you won’t be turning and tossing for hours when you want to use it to help you get into dreamland.

I trust that these 11 home remedies will help you get closer to getting a great night’s sleep. Again if you suspect that you have an issue with **anxiety**, whereby your fears and worries are what’s keeping you awake, please go watch this video NOW:

[>> Cure Panic Attacks & Anxiety in 60 Seconds <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/anxiety>

## References & Resources

- 1) Wikipedia.org
- 2) 1801 Home Remedies - Reader's Digest
- 3) Everyday Roots:

<http://101effectivehomeremedies.com/everydayroots>

### **Bonus Video 1:**

[>> Cure Your Acne Permanently <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/acne>

### **Bonus Video 2:**

[>> Erase Chronic Pain <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/chronicpain>

### **Bonus Video 3:**

[>> Cure Panic Attacks & Anxiety in 60 Seconds <<](#)

Click on the link above or visit the following webpage:

<http://101effectivehomeremedies.com/anxiety>

#### **Bonus Video 4:**

**>> Bulletproof Your Body Against Life-debilitating illnesses <<**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/diseaseless>**

#### **Bonus Video 5:**

**>> 100% Natural Hair Restoration Method <<**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/hairloss>**

#### **Bonus Resource 6:**

**>> Look 5 Years Younger With Just 5 Minutes A Day <<**

Click on the link above or use the following URL:

**<http://101effectivehomeremedies.com/beautyfood>**

#### **Bonus Video 7:**

**>> Do This To Get Perfect Vision In 2 - 3 Weeks <<**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/vision>**

### **Bonus Video 8:**

**>> Acid Reflux Can Lead To Cancer <<**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/acidreflux>**

### **Bonus Video 9:**

**>> Weird 30-Second Treatment For Diabetes <<**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/diabetes>**

### **Bonus Video 10:**

**>> Do This EVERY Day To Restore Your Brain <<**

Click on the link above or visit the following webpage:

**<http://101effectivehomeremedies.com/brain>**