



Saludtm

**NATURAL
REMEDIES**



Acknowledgments

I feel truly blessed with the work I do every day. It is an honor for me to be able to put my knowledge and my heart at your service. Thank you to all who have trusted us throughout our career.

I especially thank my family for always accompanying me on this boat of life.

To the SALUD team for their contribution and dedication to the Mission of helping the Community and their commitment to providing the best services.

To you who allow us to reach your homes through advice, remedies, diets and supplements, thank you for trusting us and allowing us to be part of your family. Sincerely,

Dr. Rigo and the SALUD team

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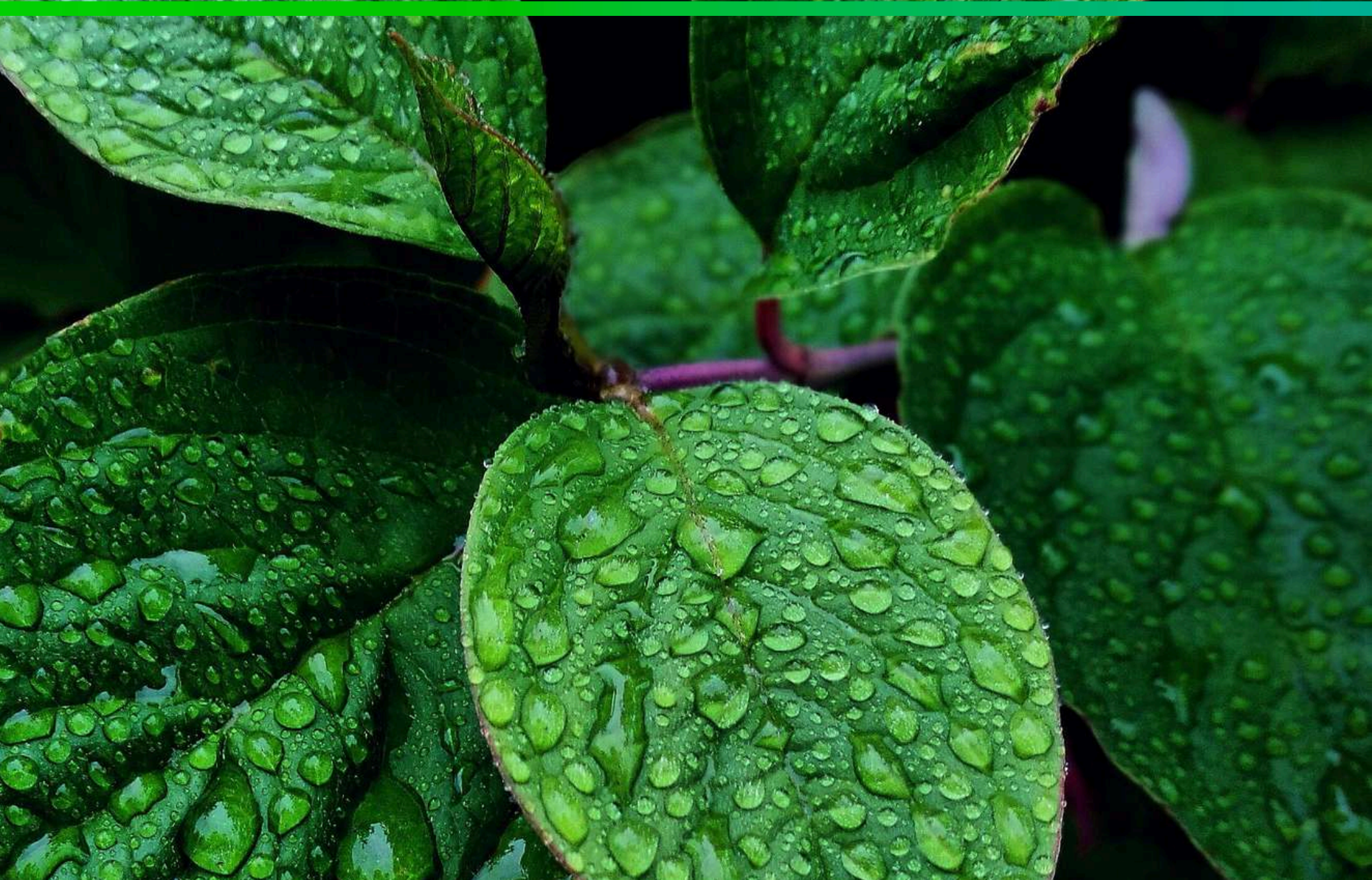
In an increasingly fast-paced world, many people are rediscovering the power of nature to take care of their health.

Natural remedies have been used for generations, harnessing the healing properties of plants, herbs and foods to improve well-being.

This ebook is designed to provide you with a simple, practical guide based on ancestral knowledge so that you can integrate natural solutions into your daily routine.

Here you will find everything from herbal teas to homemade hair treatments, all designed to help you connect with the best that the earth has to offer.





LIST OF REMEDIES

1) Headache

Remedy: Mint tea

Recipe:

- 1 tablespoon fresh or dried mint leaves
- 1 cup hot water

Instructions:

1. Place the mint leaves in hot water and let sit for 10 minutes.
2. Strain and drink slowly.

How it works:

Peppermint contains menthol, which acts by relaxing tense muscles in the head and neck, thus relieving headaches. It also improves circulation, reducing the intensity of pain.

Additional tip:

For faster relief, you can apply diluted peppermint essential oil to your temples and forehead.



2) Indigestion

Remedy: Ginger infusion

Recipe:

- 2 cm fresh ginger root, peeled and sliced
- 1 cup hot water

Instructions:

1. Add the ginger to the hot water and let it sit for 10 minutes.
2. Strain and drink after meals.

How it works:

Ginger has bioactive compounds such as gingerols, which stimulate the production of digestive enzymes, improve gastric emptying and relieve stomach spasms.

Additional tip:

If you feel nauseous, you can also chew a small piece of fresh ginger for quick relief.

3) Acne

Remedy: Honey and cinnamon mask

Recipe:

- 2 tablespoons of honey
- 1 teaspoon of cinnamon powder

Instructions:

1. Mix the honey and cinnamon until it forms a paste.
2. Apply to affected areas and leave for 15 minutes. Rinse with warm water.

How it works:

Honey has natural antibacterial properties, which inhibit the growth of acne-causing bacteria such as *Propionibacterium Acnes*. Cinnamon, on the other hand, has anti-inflammatory properties that reduce swelling.

Additional tip:

Use this remedy 2-3 times a week. You can also complement it with a natural apple cider vinegar toner to balance the skin's pH.





4) Common cold

Remedy: Echinacea infusion

Recipe:

- 1 tablespoon dried echinacea leaves
- 1 cup hot water

Instructions:

1. Let the echinacea sit in hot water for 10 minutes.
2. Strain and drink 2-3 times a day.

How it works:

Echinacea stimulates the immune system by increasing the production of white blood cells and T cells, which fight infections. It also has antiviral properties that help shorten the duration of a cold.

Additional tip:

Start taking the infusion at the first sign of a cold. You can combine it with vitamin C and zinc for an even stronger effect.



5) Sore throat

Remedy: Gargling with salt water

Recipe:

- 1 teaspoon sea salt
- 1 cup warm water

Instructions:

1. Dissolve the salt in warm water and gargle for 30 seconds.
2. Repeat several times a day.

How it works:

Salt water reduces inflammation in the throat and helps to eliminate bacteria. It also promotes healing by drawing excess fluid out of inflamed tissues.

Additional tip:

Alternate these gargles with a honey and lemon infusion to further relieve irritation.

6) Constipation

Remedy: Water with chia seeds

Recipe:

- 1 tablespoon chia seeds
- 1 glass of water

Instructions:

1. Soak chia seeds in water for 15-20 minutes.
2. Drink the water along with the seeds.

How it works:

Chia seeds are rich in soluble fiber, which absorbs water and expands, helping to soften stool and facilitate its evacuation.

Additional tip:

To further enhance the effects, you can add chia seeds to your daily smoothies or salads to ensure a constant intake of fiber.





7) Insomnia

Remedy: Valerian tea

Recipe:

- 1 teaspoon dried valerian root
- 1 cup hot water

Instructions:

1. Let the valerian sit in the hot water for 10 minutes.
2. Strain and drink before bed.

How it works:

Valerian acts as a natural sedative, promoting relaxation and helping you fall asleep more quickly.

Additional tip:

Combine valerian tea with deep breathing exercises or meditation before bed to maximize its effect.





8) Seasonal allergies

Remedy: Nettle tea

Recipe:

- 1 teaspoon dried nettle leaves
- 1 cup hot water

Instructions:

1. Let the nettle leaves sit in hot water for 10 minutes.
2. Strain and drink 1-2 times a day.

How it works:

Nettle contains natural antihistamine compounds that block the production of histamine, thus reducing allergy symptoms such as sneezing and watery eyes.

Additional tip:

If you are prone to allergies, start drinking this tea a week or two before allergy season begins to prevent symptoms.



9) Stress and anxiety

Remedy: Lavender infusion

Recipe:

- 1 teaspoon dried lavender flowers
- 1 cup hot water

Instructions:

1. Let the flowers sit in hot water for 5-10 minutes.
2. Strain and enjoy.

How it works:

Lavender contains relaxing compounds that calm the nervous system, helping to reduce stress and anxiety levels.

Additional tip:

Use lavender essential oil in a diffuser or apply to your wrists and neck for a long-lasting calming effect.

10) Joint pain

Remedy: Turmeric with black pepper

Recipe:

- 1 teaspoon turmeric powder
- 1/4 teaspoon black pepper
- 1 cup hot water or vegetable milk

Instructions:

1. Mix the turmeric and pepper into the hot liquid.
2. Drink 1-2 times a day.

How it works:

Turmeric contains curcumin, a powerful anti-inflammatory that relieves pain and inflammation in the joints. Black pepper improves the absorption of curcumin.

Additional tip:

For a more potent effect, consider a standardized turmeric supplement with a high concentration of curcumin.





11) Migraine

Remedy: Magnesium supplement or magnesium-rich foods

Recipe:

- Almonds, spinach, or pumpkin seeds

Instructions:

1. Eat magnesium-rich foods daily or consider a supplement of 400-500 mg per day.

How it works:

Magnesium helps relax blood vessels in the brain, reducing the intensity and frequency of migraines.

Additional tip:

Maintain a diet rich in magnesium and consider including riboflavin (vitamin B2) supplements, which may also help prevent migraines.



12) Those

Remedy: Honey and lemon syrup

Recipe:

- 2 tablespoons of honey
- Juice of 1 lemon

Instructions:

1. Mix honey with lemon juice and take a tablespoon every 3-4 hours.

How it works:

Honey has antimicrobial and soothing properties, while lemon provides vitamin C and strengthens the immune system.

Additional tip:

For a more potent remedy, add a pinch of grated ginger to the syrup.

13) Gas and bloating

Remedy: Fennel tea

Recipe:

- 1 teaspoon fennel seeds
- 1 cup hot water

Instructions:

1. Let the seeds sit in hot water for 10 minutes.
2. Strain and drink after meals.

How it works:

Fennel has carminative properties, which means it helps expel gas from the digestive tract, relieving bloating.

Additional tip:

Chew some fennel seeds after meals to prevent gas build-up.



14) Dandruff

Remedy: Apple cider vinegar rinse

Recipe:

- 1/4 cup apple cider vinegar
- 1 cup of water

Instructions:

1. Mix the vinegar with water and rinse your scalp after shampooing.
2. Let it sit for a few minutes and then rinse with water.

How it works:

Apple cider vinegar balances the pH of the scalp, fights bacteria and fungi that cause dandruff, and reduces product buildup.

Additional tip:

Use it once a week to keep your scalp free of dandruff.

15) Hemorrhoids

Remedy: Sitz bath with Epsom salt

Recipe:

- 1 cup Epsom salt
- Enough warm water to fill a small bathtub

Instructions:

1. Dissolve the salt in warm water and soak the affected area for 15-20 minutes, 2-3 times a day.

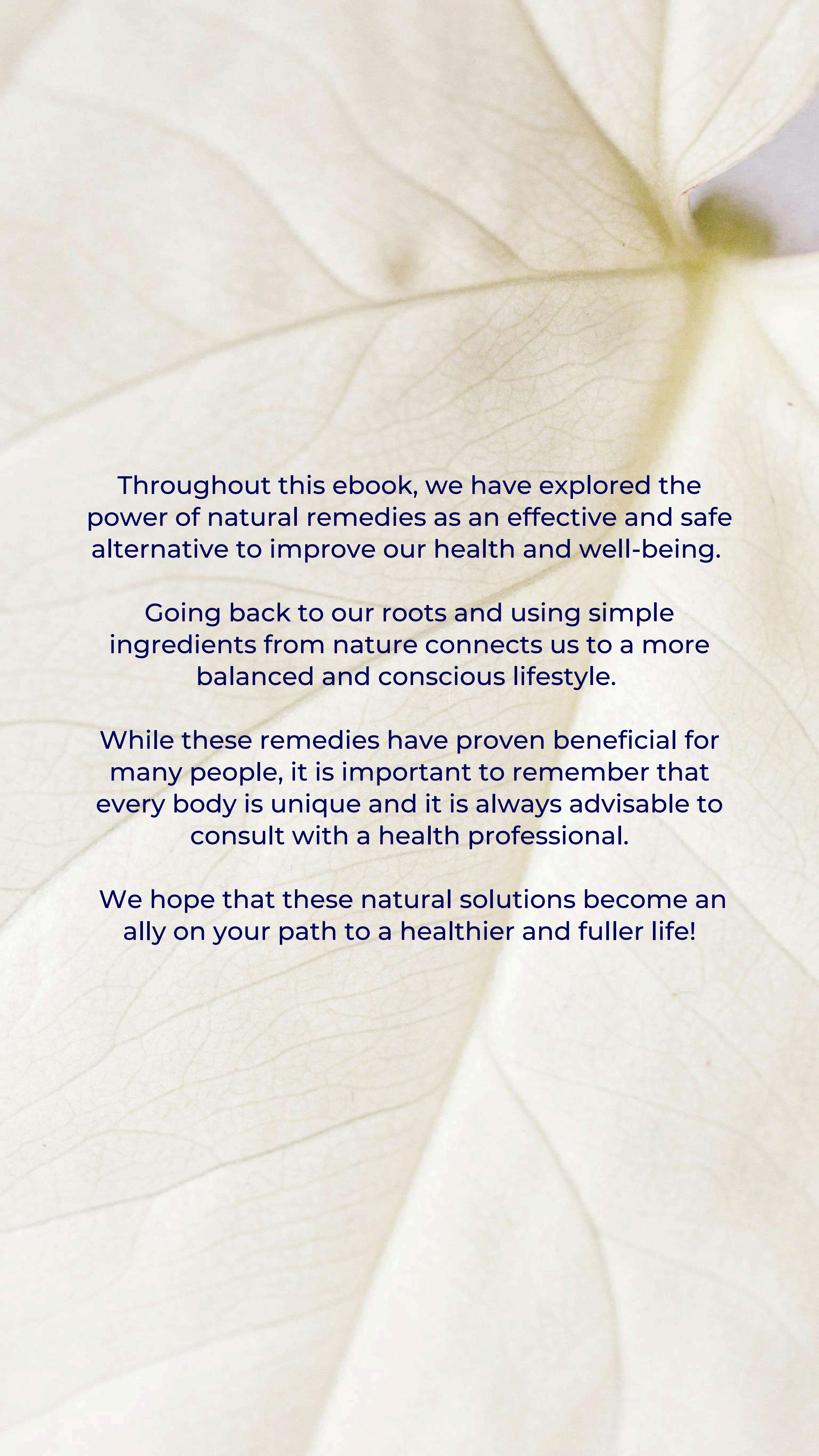
How it works:

Epsom salt reduces inflammation, relieves pain and helps heal hemorrhoids.

Additional tip:

Use an aloe vera cream or gel after your sitz bath to keep the area moisturized and promote healing.





Throughout this ebook, we have explored the power of natural remedies as an effective and safe alternative to improve our health and well-being.

Going back to our roots and using simple ingredients from nature connects us to a more balanced and conscious lifestyle.

While these remedies have proven beneficial for many people, it is important to remember that every body is unique and it is always advisable to consult with a health professional.

We hope that these natural solutions become an ally on your path to a healthier and fuller life!



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