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Natural Health Remedies & Traditional Cures

Standard health care and the knowledgeable application of medicine have become such an institutionalized practice in the modern era that many people are woefully dependent upon clinics and hospitals for their medical care. Although modern medicine has brought about many benefits and great advances, particularly in the field of surgery, there are many reasons why it’s a good idea to explore alternatives.

Some people are religiously, ethically and/or morally opposed to certain modern medical practices or the way hospitals are generally run, while others simply don’t like doctors. Still many more people have been through the modern medical system and have found little or no relief, or have discovered that they are allergic to the kinds of medication they may need or that they have become resistant to medication that once helped them. And for a lot of people, medical care is cost-prohibitively expensive unless a dire emergency occurs.

All these reasons may lead someone to exploring other options, but there’s one more very good reason to have some knowledge of alternative medicine and traditional remedies: there’s no guarantee that hospitals or clinics will always be operative, especially if an emergency or disaster were to strike an area. Medical facilities, like the local police, fire department and other emergency response teams, are quickly overrun and overburdened during emergencies.

Medical emergencies can be compounded when access to a hospital or clinic simply isn’t available, so a little knowledge of what nature has to offer can mean the difference between life and death. A great, traditional piece of wisdom is that ‘an ounce of prevention is worth a pound of cure,’ so whatever your reason(s) for being interested in natural alternatives to modern medicine, the knowledge you acquire now may someday save your life or the life of a loved one.
Traditional Cures for the Common Cold

Everyone is familiar with the misery that the common cold or seasonal flu can bring, but not everyone realizes that you don’t have to suffer. The fact is that there are many traditional remedies, tried and true by the test of time, to the common cold. Best of all is that these remedies don’t involve visiting a doctor or popping a prescription pill from a bottle, and you may already have some of these herbs you need growing in your garden.

• **Rose hips** have a broad array of health benefits and have been popular for hundreds of years in folk remedies and recipes for jams and preserves, among other edibles. Packed with vitamin C and rich in bioflavonoids, rose hips are also high in vitamin E and vitamin K content, and are known to be a great tonic for the vascular system.

  o Steeped as a tea, the benefits of rose hips can stave off common infections and speedy recovery from the cold or flu. In addition to their vitamin content, rose hips also contain citric acid, niacin, iron, phosphorus, calcium and vitamins A, B1 and B2. Women are particularly apt to benefit from rose hips, too, as they’ve been shown to help reduce the severity of menstrual cramps. Rose hips will form on pollinated rose bushes during spring and summer, ripening toward the end of summer and throughout fall.

• **Chamomile** is a member of the daisy family and has been used for thousands of years by people around the world to treat and cure a variety of ailments, particularly stomach upset, sore throats and various skin ailments. A compress soaked in chamomile-infused water can be applied over bruises, scrapes, cuts and other wounds to speed healing.

  o The flowers are a popular ingredient for steeping into tea, while both the leaves and flowers can be crushed (and/or combined with other herbs) into a poultice for topical application. Recent research has begun to corroborate the centuries of use and anecdotal evidence
behind using chamomile, with studies revealing that chamomile has marked anti-inflammatory, antispasmodic and anti-bacterial properties. This great little plant has also shown promise against herpes simplex II, i.e. oral herpes or cold sores.

- **Ginger** has been used around the world for centuries, both as an excellent culinary addition as well as a potent medicine for a host of ailments. To this day, ginger maintains immense popularity throughout Asia, particularly in India where another member of the ginger family, *turmeric*, is also cultivated and widely used. Eaten raw, cooked into a meal, steeped as a tea or applied as a poultice, ginger is a great immunebooster and has known anti-inflammatory, antibacterial and even anti-cancerous effects.

  o To brew an energizing, revitalizing cup of lemon-ginger tea simply take a oneinch cube of ginger and slice it into thin pieces (~4 – 6 mm thick). Let the ginger simmer, covered, in one cup of boiling water for 10 – 20 minutes, depending on how strong you want your tea. After simmering the ginger, strain the tea into your cup and add ½ - 2 freshly squeezed lemons and 1 – 2 tablespoons of honey based on personal taste. This brew might take a little getting used to, but drink it warm and you’ll feel better in no time.

  Other great immune-boosting herbs include lavender, bergamot, peppermint, lemon balm, oregano and rosemary; these herbs can be eaten or chewed raw, used to cook with or steeped as tea. Sage tea is also a popular natural remedy, especially for a cold or flu that comes with a sore or scratchy throat. Sage tea can be made with approximately 2 teaspoons of fresh or dry sage leaves steeped in one cup of water; steep the tea for 10 – 15 minutes and drink warm.

  In addition to any natural or herbal remedies you may use to kick a cold or recover from an illness, be sure to get plenty of rest and avoid chills and drafts. An all-too-common mistake we all tend to make is to get up and continue being active when we are feeling only ‘mildly’ sick. The fact is that, no matter how mild
or severe your illness is, your body will kick whatever is ailing you much faster if you stay warm and well rested. Remember when you’re feeling restless that a day in bed or wrapped up on the couch can help you avoid a week or two in bed instead.

**Prevention & Treatment for Migraine and Headaches**

If you’ve ever had a terrible headache or suffered through a prolonged episode with a migraine, then you know full-well just how debilitating the pain from these conditions can be. The last thing you need is to be incapacitated or crippled by a headache or migraine when you need to get important work done, or when you’re in an emergency situation or survival scenario. While staying hydrated, eating well and getting enough rest will go a long way toward helping you avoid the pain and misery of a headache or migraine, there are a number of additional remedies you can make use of to limit or relieve migraines and headaches.

- **Feverfew** is closely related to chamomile; both are members of the daisy family, and both have a long history of use as medicinal plants, but feverfew is particularly favored for use in preventing and alleviating headaches and migraines. Feverfew is a particularly helpful preventative measure to use against migraines (i.e. drink a cup or two of feverfew a day to keep headaches and migraines at bay) because of the parthenolide it contains.

  - Parthenolide has been shown to inhibit the production of chemicals in the brain that cause blood vessels to dilate and lead to the pain associated with a headache or migraine. A cup of feverfew tea can also be infused with ginger or with honey for additional medicinal benefits. Honey also has anti-inflammatory properties, amongst its many other health benefits, so it makes a great addition to many teas.
• **Ginger** has been used to treat nausea for hundreds of years, so if nausea or vomiting accompany your headache or migraine, you can brew a cup of ginger tea or eat a few pieces raw to settle your stomach and encourage healthy digestion. Ginger also has antiinflammatory properties that may help reduce pain by reliving inflammation.

• **Magnesium** deficiency has been shown to correlate to a higher incidence of migraines and recurring headaches, so supplementing your diet with additional magnesium may help to alleviate and reduce the number of headaches you have. A good magnesium vitamin can do the trick, or you can incorporate magnesium-rich foods into your diet. Kale, spinach, Swiss chard and other leafy green vegetables contain good quantities of magnesium, as do many seeds and tree nuts (although tree nuts can be a migraine trigger for some people) and some fish such as halibut, mackerel and pollock.

If you suffer from headaches regularly or, worse, you have to deal with recurring migraines there are additional steps you can take to reduce the amount of time you spend in miserable pain. Most people know that stress is a huge trigger of migraines and headaches, so make lifestyle choices that reduce your daily stress as much as possible. Other common triggers revolve around diet, with caffeine and alcohol being two major triggers for many migraine and headache sufferers.

When stress, tension or emotional distress doesn’t seem to be a contributing factor, dietary triggers are important to consider. Different people have different sensitivities, so the best way to test for food sensitivities is to keep track of what you eat for two, three or four weeks at a time.

Keep a meal journal for additional accuracy, and remember that a headache or migraine can crop up anywhere from 12 – 36 hours after eating a trigger food. When you have a headache or migraine, review what you’ve eaten in the last several days; you can test foods you think might be triggers by either
removing them from your diet to see if that reduces your number of headaches or by purposefully eating them to see if a headache strikes.

**Cardiovascular & Heart Health**

Cardiovascular health and heart health are extremely important since your heart and cardiovascular system represent one of the most fundamental systems of your whole body. Health problems that start at the heart or spread through the cardiovascular system quickly affect other processes in the body, compounding health problem upon health problem until something gives out from the stress of it all.

It doesn’t have to be that way, though. There are tons of supplements, foods and lifestyle choices that you, or anyone, can make on a daily basis to improve their cardiovascular health. Staying in good physical shape or losing weight is a good place to start; extra weight often results from stress, but it can cause a lot of health problems if left unchecked. Eating well, quitting cigarettes (and other tobacco products) and taking a good multivitamin are all good steps to take.

There are some really great offerings from nature for managing heart health and keeping cardiovascular disease at bay, though. Take advantage of these nutrients and herbs to keep yourself and your loved ones in peak physical condition:

- **CoEnzymeQ10**, also known as CoQ10, is an awesome supplement for your cardiovascular system and heart health. In addition to its benefit for the heart and cardiovascular system, CoQ10 can be taken to prevent and manage the symptoms of headaches and migraines thanks to its action as a mitochondrial energizer.

  - One of the best food sources of CoQ10 is meat and fish. Beef, pork, chicken and lamb all contain CoQ10, but you’ll want to focus on organ meats such as the heart, liver and spleen to get the most
CoQ10 from these meats. Super oily fish like sardines, salmon, mackerel and herring are also a good dietary source of CoQ10. Overcooking, especially frying, will start to destroy the CoQ10, so cook your meat thoroughly but don’t broil it.

- For vegetarians and vegans, CoQ10 supplementation is really one of the best ways to go, but you can get some dietary sources in the form of dense leafy greens such as spinach, and vegetables like broccoli or cauliflower. Some berries also contain CoQ10, but the amounts in fruit and vegetables simply aren’t very high. To maximize the amount of CoQ10 you get from such fruits and vegetables, eat them raw or limit cooking them as much as possible.

- **Hawthorn** has a long history of use as a tonic for strengthening and fortifying the heart and supporting the healthy function of the cardiovascular system. Since the 1990s, several research studies have been done into the efficacy of hawthorn extracts, tinctures and various other preparations, and the results have been pretty good. From lowering blood cholesterol levels (including LDL levels) and reducing high blood pressure to reducing the risk of chronic heart failure, hawthorn is wonderful for the heart.

  - Hawthorn tea also promotes restful sleep and healthy circulation, so you can brew yourself a cup with fresh and/or dried berries. Some people brew leaves as well, but the uniquely tart hawthorn berries are the more popular and preferred source for tea. Taken over a period of time, hawthorn will promote the rebuilding of damaged heart tissue, it will help dissolve blood clots and strengthen blood vessels, and it aid in digestion.

  - Finally, hawthorn also contains many antioxidants and bioflavonoids that promote excellent overall health and have demonstrated anticancerous and anti-tumor abilities. Hawthorn berries and leaves are also high in vitamins C and B, tannins and sugars. A cup of hawthorn
tea may also aid against migraines and headaches. To brew tea simply boil 1 cup of water and steep 1 or 2 teaspoons of berries and/or leaves for 10 – 15 minutes; strain tea if desired and drink while still warm.

• **Cinnamon** is mentioned multiple times in this guide because it’s great for a number of applications, including heart disease and cardiovascular health in general. As little as ½ a teaspoon of cinnamon a day can seriously cut down your cholesterol levels, especially the unhealthy LDL levels that are so important. As an incredibly potent antiinflammatory, cinnamon reduces the production of inflammatory molecules in the blood stream and helps to regulate the thickness of blood, thinning it and reducing platelet aggregation.

  o High levels of calcium and dietary fiber in cinnamon also promise better cardiovascular and heart health, giving your body nutrients it needs as well as aiding in the elimination of unneeded toxins. When supplementing with cinnamon, however, remember that is can interact strongly with prescription blood pressure medication.

  o Also keep in mind that there are two types or grades of cinnamon. Ceylon cinnamon is considered the higher quality form of cinnamon, and it is usually more expensive but also has added health benefits. The cheaper type of cinnamon, cassia cinnamon, is what is commonly sold in stores, and although it has many health benefits, cassia cinnamon can be irritating to the liver.

Other heart-healthy foods that promote good cardiovascular health include garlic, foods high in essential fatty acids (fish, also commonly referred to as Omega 3s, olive oil, hemp seeds, etc.) and foods high in dietary fiber, such as brown rice, whole wheat flour and bananas (bananas also have a good quantity of potassium in them, which can be helpful in lowering high blood pressure).
Please remember, if you have any cardiovascular health problems or if you suffer from heart disease, high blood pressure of hypertension, proper medical care and treatment of your condition is very important and can mean the difference between life and death. Many natural herbs and supplements are very good for the heart and cardiovascular system when taken on their own, but they can be dangerous in combination with many prescription medications.

If you or a loved one are taking any prescription medications, please consult with your doctor or prescribing physician before adding to or altering your medication or dosages. There is no substitute for proper medical supervision, so please use common sense and stay safe.

**Natural Relief for Arthritis**

Arthritis affects a huge number of people, often severely limiting or curtailing their lives. Aside from the chronic, even debilitating, pain that accompanies degenerative arthritis, there is a corresponding loss of freedom and it can sometimes seem like there is no end in sight. For many people with arthritis, the solutions offered by doctors come down to medication of one kind or another, often with an NSAID or two intended to address the pain. This solution may work for some, but it doesn’t work for everyone, and many people develop a resistance or tolerance to the drugs they use for long-term pain management.

On the bright side, nature once again comes through for the human race when you consider some of the natural remedies that exist for treating and reducing the pain caused by arthritis. Among the best natural remedies for arthritis are:

- **Turmeric** and more specifically one of its active compounds, **curcumin**, has been shown to have numerous beneficial effects on arthritis and other inflammatory conditions. A member of the ginger family, turmeric has been cultivated throughout Asia for thousands of years. Known in the west primarily as an exotic spice used for making authentic curries, turmeric has
been used in Traditional Chinese and Indian Ayurvedic medicine for hundreds upon hundreds of years.

- More recently, research has indicated that curcumin is responsible for many of the benefits of turmeric, although for curcumin to be properly used by the body it requires the presence of other essential oils from turmeric. As an extremely powerful anti-inflammatory, there are anecdotal reports and limited research studies that support the use of turmeric or curcumin as an alternative to prescription NSAIDs.

- **Honey** has been recognized for its medicinal potency and usefulness for thousands of years, with extensive use historically in Traditional Chinese and Indian Ayurvedic medicine. The Egyptians used honey in their embalming ceremonies, and in Hinduism honey is considered to be one of the five elixirs of immortality, such is its importance. Honey is a rich source of sugars (fructose and glucose) as well as several potent antioxidants; it is also strongly antibacterial and has anti-inflammatory properties.

  - Due to the anti-inflammatory properties and other health promoting benefits of cinnamon, one popular remedy for various forms of arthritis is to mix one teaspoon of cinnamon powder into one tablespoon of pure honey. Taken orally anywhere from one to three times a day, this traditional treatment for arthritis will reduce inflammation and can go a long way toward relieving painful symptoms.

Other ways to reduce or potentially eliminate the pain of arthritis include lifestyle changes, moderate exercise (eg. walking, swimming, etc.) and losing weight if you are unhealthily overweight. Many people who have suffered from arthritis have found relief through the needles and careful ministrations of a skilled acupuncturist, so perhaps that is something you might consider as well.
Oral supplementation with glucosamine and chondroitin, especially in combination with one another, has also shown promise for slowing the progression of arthritis and alleviating much of the pain associated with it. Topical applications of a heated compress or a salve or lotion infused with cayenne pepper can also bring relief from arthritic pains.

**Herbs & Supplements to Manage Type II Diabetes**

Once again the magic words diet and lifestyle choices have to come out first. One of the chief problems that crops up with type II diabetes is weight gain and a whole host of associated health problems, including poor circulation to the extremities which can result in wounds that won’t heal well and can lead to gangrene infection and subsequent amputation. None of these are things you want for yourself or your loved one who has diabetes, so get serious and get tough now to enact any necessary lifestyle changes, including changes in diet and what to eat.

Exercise is also very important in managing diabetes, but it doesn’t need to be hard, strenuous exercise. Simply keep in the habit of going on regular walks, bicycle rides, swimming or something similar a few times a week. Yoga can also be beneficial to the health, but there are also some exceptional dietary supplements you can use to help manage your diabetes:

- **Cinnamon** has been shown in recent studies to have promising effects on stabilizing and maintaining healthy blood glucose levels, as well as being extraordinarily healthy for the heart and cardiovascular system as a whole. It has also been found to have an insulin-like effects. Taken in dosages ranging from 2 grams to 6 grams of cinnamon powder daily, subjects in a 40-day study were measured to have reductions in their LDL cholesterol levels of anywhere from 10% to more than 30%.

  - A rich source of bioflavonoids and other antioxidants, cinnamon has been shown to increase glucose metabolism by upwards of 20 times.
It also tastes great in foods and on desserts, and can aid in digestion as well as arthritis (as mentioned above).

- **Olive oil** has been shown to have many beneficial health effects, especially with regard to the cardiovascular system. With regard to type II diabetes, however, a diet rich in olive oil has been shown to potentially reduce the likelihood of developing diabetes. This may be because olive oil is great at lowering LDL and triglyceride levels in your blood, which also reduces the likelihood of cardiovascular disease or atherosclerosis.

There are many other herbs and supplements that can help reduce the effects of type II diabetes, including turmeric which has awesome anti-inflammatory and cholesterol lowering effects. Increased vitamin C intake can also help manage your blood sugar levels and regular your diabetes, so citrus foods, pine needle tea and rose hips are great additions to your diet.

Healthier sugars to substitute with in cooking include maple syrup and honey, as well as agave syrup, molasses and cedar or birch syrup. Avoid refined sugar as much as possible, and don’t gorge on highly processed foods if you can help it because sugar is, unfortunately, everywhere at this point. High fructose corn syrup is especially bad for you if you have diabetes or pre-diabetes, so pay close attention to labels and avoid anything with HFCS like the plague.

**IBS, Stomach, Digestion & General Intestinal Issues**

Stress levels, lifestyle and diet often have a lot to do with determining whether you suffer from stomach, digestion or general intestinal issues such as IBS. In addition to being painful and uncomfortable, stomach and intestinal issues can be embarrassing and hard to deal with, especially if you are trying to lead a professional career. For many people, intestinal issues like IBS simply lead to years or decades of suffering and pain, often silently endured by the victim because of the embarrassment that such issues can cause.
It doesn’t have to be that way, though. When you’ve had enough of doctors shrugging their shoulders at you and telling you to learn to live with the pain, or offering to prescribe you various medications, here are some suggestions for soothing the pain or discomfort:

• **Yogurt** can be used to help soothe an upset stomach, resolve a case of acute diarrhea, or relieve gas, bloating and indigestion. For those who suffer from IBS, if they aren’t lactose intolerant then yogurt can often help to relieve the symptoms of IBS. Yogurt is great for the stomach and great for digestion because it is just teeming with living critters known as **probiotics**. These probiotics are a blend of beneficial flora and fauna, microscopic bacteria that actually serve your body well when they get into your guts.

  o Since many digestion, intestinal and stomach issues occur because of an imbalance of bacteria in the gut, dosing up on healthy probiotics can really help. Antibiotics often cause diarrhea when they kill off all the bacteria in your body, so if you know you have to take a course of antibiotics try grabbing some yogurt to aid in the repopulation of your guts after the antibiotics have run their course.

• **Ginger** is such a great medicinal plant that it gets mentioned under multiple headings, but it’s use as an aid and medicine for all manner of gastrointestinal issues is worldrenowned. Used in traditional Asian medicines for thousands of years, ginger has known anti-inflammatory, anti-spasmodic and anti-nausea effects. You can eat ginger raw, pickle it, cook with it or steep it in a tea for consumption, but however you eat it you will certainly feel its effects.

  o Ginger is great if you’ve overeaten or if you suffer from poor digestion since it is full of potent digestive enzymes as well, aiding your body in so many more ways than one. For consumption raw or to steep in tea, chopping, cutting or grating up fresh ginger will activate more of its properties and make it easier to digest and faster
acting. Finally, for a sweet treat you can crystallize ginger to make a delicious, healthy ginger candy.

- **Bananas** and other foods with a high fiber content, such as **beans, brown rice** and **oatmeal** are all great for adding bulk to your intestines. Many people who suffer from IBS or chronic gas don’t have enough fiber in their diet, which can also lead to constipation and other related problems. Keeping your fiber intake up can also help reduce many other health problems, including hemorrhoids and even colon cancer.

Where diet and other methods may have failed, if you have chronic intestinal issues of IBS then acupuncture might be something to try. You can also avoid trouble foods and things that you know are problematic for your intestines to digest, including greasy, fried foods and foods that contain a lot of spicy peppers or hot sauce. Overconsumption of meat can also lead to intestinal problems, gassiness, bloating and constipation, as well as stomach, intestinal and colon cancer, so try to regular your consumption of meat products, especially red meat.

**Maintaining a Healthy Thyroid Gland**

The thyroid gland is small and shaped much like a butterfly and it is located in the throat. Chiefly responsible for producing a variety of ‘thyroid hormones’ that help regulate the endocrine system and stimulate the production of a variety of other hormones, the thyroid has the highest concentration of iodine in the body.

Most people believe they get enough iodine from dietary sources, such as fish or iodized table salt. Unfortunately, this isn’t the case, and an increasing number of people are finding themselves with unexplained, chronic health problems. It can take years for a diagnosis of hyperthyroidism or hypothyroidism to be turned up, and in the meantime, you may be left suffering from depression, weight gain, mood swings, irritability, low energy and a host of other symptoms.
As a result, many problems with hypothyroidism or hyperthyroidism can be resolved with the supplementation of additional iodine.

There are two forms of iodine generally sold and purchased for internal consumption:

- **Nascent iodine** or **potassium iodide tablets** are an essential item to have in your first aid kit or emergency supplies stash. A nascent iodine tincture can be taken internally, applied topically as a disinfectant and antiseptic, and used to purify water, while potassium iodide tablets can also be taken internally or used to purify water. The thyroid gland is the biggest user of iodine in the body and it needs iodine in order to function properly. Since the thyroid gland regulates much of the endocrine system, a poorly functioning thyroid can lead to a host of other health and medical problems.

  - The thyroid is also very sensitive to radioactive iodine, which is usually released in large quantities in the event of a nuclear bomb or radiation leak such as Chernobyl or Fukushima, Japan. Exposure to radioactive iodine during a nuclear event can lead to many health problems, including thyroid cancer 5, 10 or 15+ years down the line. By taking nascent iodine or potassium iodide tablets during a nuclear event or radiation leak, you can effective fortify your thyroid gland and block out the harmful radioactive iodine.

  - If you don’t have a source of iodine supplement on hand, natural sources of iodine include kelp and fish.

Aside from keeping your lifestyle choices healthy and eating a well-balanced, nutritional diet, there are some other things you can do to keep your thyroid at peak performance, too. Resist the urge to gorge on sweets and highly processed foods, and try to eat things that are rich in minerals and trace nutrients, especially selenium. Eggs, garlic, mushrooms, shell fish and many types
of seeds are all good sources of selenium, which will support your thyroid and keep it healthy.

**5 of Nature’s Superstars**

Just as every sport or music genre has its superstars, those people who stand out far above their competition, occupying their own special distinction, so too does nature have its own superstars. There are many super-nutritious plants out there, but here are five of the alltime best:

1. **Hemp seeds** are one of nature’s all-time powerhouse foods. Traditionally consumed throughout the world, hemp seeds come from non-psychoactive hemp, a type of cannabis. Hemp seeds can be eaten raw, toasted, tossed into salads, dried and pounded into a flour, ground into a hemp butter paste or many other ways. They are a great source of dietary fiber, can be made into protein shakes, and are well tolerated by most people.

2. **Tree nuts**, unfortunately, are not suitable for everyone, but most people can consume tree nuts without serious problems. Depending on the specific tree, nuts and seeds are a rich source of minerals, trace nutrients, certain vitamins, antioxidants and omega fatty acids. Nuts and seeds can also be a good source of protein in a vegetarian or vegan diet, and when dried out they can be pounded into flour or ground into various forms of nut butter.

3. **Fruits** and **berries** are one of the greatest natural deserts you could ask for. Packed with vitamins, certain minerals and other trade nutrients, fruits and berries from limes, lemons and oranges to peaches, pears and plums to raspberries, blackberries and blueberries, there is a fruit or berry for everyone’s taste. Fruits and berries are also a rich source of antioxidants, amino acids, phytochemicals, dietary fiber and cancerfighting bioflavonoids.
4. **Garlic** has got to be one of the tastiest and most powerful natural antibiotics on the planet. Freshly cut or crushed garlic produces what is called allicin, but allicin breaks down quickly and isn’t produced well in the stomach because stomach acid destroys the alliin and allinase necessary to create allicin. As a traditional remedy for everything from the common cold to foot fungus or a yeast infection, garlic has earned its place among the most useful healing herbs known to humankind.

5. **Leafy greens** like spinach, mustard greens, collards and kale are some of the most nutritionally dense vegetables you can grow. Stock full of minerals, vitamins and a multitude of trace nutrients, dense leafy greens are exceptionally good for aiding digestion, detoxification of the body and are the best source of vitamin K. Vitamin K has many health benefits, including regulating blood pressure and clotting, preventing the buildup of plaque in the arteries, reduction of inflammation and prevention of diabetes.

**In Conclusion**

Whether you are twenty-five or a hundred and five, there are many ways you can take your nutrition and medical care into your own hands to improve your health. As a final word of advice, however, please remember that just because something is natural does not always mean that it is safe, and even when something is safe for one person it may not be safe for another. What is best for you and your situation may be highly variable and quite different from what is best for someone else, but with the proper knowledge you can make informed decisions.

Before altering any medications you may be taking, or adding additional supplements that you think may help a condition you have, it is always a good idea to do additional research. Talk to your doctor or prescribing physician about
whatever you are considering, and make sure you do adequate research regarding any contraindications or warnings about health supplements.

Finally, although it may not need saying, always source your supplements from reputable and trustworthy manufacturers or your own garden. Nutritional supplements are not regulated in the same way that prescription medications are, so shady manufacturers or thirdparty sellers may sell fake products or products that have been cut with potentially dangerous additives.

Exercise sound judgment when choosing herbal supplements or alternative medicinal therapies, and good luck in taking advantage of all that our wonderful world has to offer.