



NATIONAL
GEOGRAPHIC

NATURE'S BEST REMEDIES

Top Medicinal Herbs, Spices, and Foods
for Health and Well-Being

FOREWORD BY
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มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

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FOREWORD

WHY NATURE'S REMEDIES MATTER

There has been tremendous growth in all things “natural” over the past 20 years. No longer relegated to health food stores, organic foods, natural skin care products, nutritional supplements, and herbal remedies have all gone mainstream. Yoga, meditation, and tai chi classes are now widespread and fashionable. More and more people are coming to realize that eating a healthy diet, using natural remedies, and weaving meditation and mind-body medicine into our lives can make us more resilient, and that these lifestyle changes can make us more resistant to disease, allow us to recover more quickly when we do get sick, and help protect our health during periods of prolonged stress or strain.

The Centers for Disease Control and Prevention reports that roughly 1 in 3 adults in the United States now uses a complementary health approach,



Leaves, roots, flowers, and fruit can have healing powers.

supporting my own observation that people today are very interested in natural treatments, a passion that I have shared for the past 40 years. As a physician board certified in integrative medicine, I have partnered with many patients as they sought to improve their health. I have witnessed the dramatic transformation that can happen when people clean up their diet, learn to manage their stress, become more physically active, and nourish their inner spiritual life.

I have also spent much of my career teaching health care professionals how to think more broadly about health. I served as the fellowship director for many years at the University of Arizona's Center for Integrative Medicine, founded by Andrew Weil, M.D. I heard many physicians express frustration at their lack of training in nutrition, dietary supplements, mind-body medicine, and other natural remedies. They wanted more tools to help their patients optimize their health without always having to rely solely on pharmaceutical drugs. The specialty of integrative medicine, which has gained prominence over these past few decades, certainly includes the use of prescription medicines and surgery, but it also embraces other traditional, evidence-based approaches to healing.

Let's take chronic pain. The opioid epidemic is a real and dangerous problem in the United States, and the numbers clearly show why. Pain affects roughly 100 million Americans. That's more than all those with diabetes, heart disease, and cancer combined. So if acupuncture has been shown effective for treating neck and back pain, why not recommend it? If taking turmeric, an herb commonly used in curry, can help with knee arthritis, it seems logical to give it a try. Magnesium has been shown in multiple studies to reduce the number and severity of migraine headaches, a condition that affects almost 37 million



Tieraona Low Dog harvests chamomile in her garden at Medicine Lodge Ranch.

Americans. It's inexpensive and over the counter and both the American Headache Society and the American Academy of Neurology state that it is probably effective and should be considered for those requiring migraine preventive therapy.

There is overwhelming evidence that for many minor problems and stress-related conditions, lifestyle approaches are an effective and safe first choice. These include dietary guidance, strategies for coping with stress and improving sleep, and the judicious use of dietary supplements and herbal remedies for promoting health. I have discussed these subjects at length in the books I have written with National Geographic: *Life Is Your Best Medicine*, *Healthy at Home*, and *Fortify Your Life*.

And now I am delighted to recommend *Nature's Best Remedies* by Nancy Hajeski. This rich resource is a wonderful addition to anyone's self-care library. It is filled with practical guidance for managing many common problems, with clear instructions for therapies that can be incorporated easily at home. Whether you are looking for natural approaches for

insomnia, canker sores, headaches, or heartburn, you will find them here, among the beautiful and informative pages of this book. There are chapters for different life stages, such as pregnancy and childbirth; tips for healthy aging; an extensive section on commonly used herbs and spices; and a very nice chapter on using essential oils.

I love the chapter called Nature's Power Pantry, which provides great information on some of the most nutritious foods, with strategies for buying and integrating them into your weekly meal plan. An additional bonus is the last chapter, which focuses on natural pest control and safe household cleaners—such an important topic, and one that is not usually covered in a book on natural remedies.

Are you ready to take charge of your own well-being? Congratulations! In *Nature's Best Remedies*, you will find a great partner to take along the way.

—Tieraona Low Dog, M.D.
Pecos, New Mexico



Introduction

BE AT YOUR BEST

DISCOVER THE BENEFITS OF NATURAL ALTERNATIVES FOR YOUR HEALTH, DIET, AND HOME

We all know there are certain areas of our lives that could use improving—personal hurdles that have to be overcome, career decisions that should be addressed, or family conflicts that need to be resolved. It will come as a relief to know that one area of your life—your health—can be improved and brought into better balance through your initiative alone. It only requires a strong dose of resolve and the means to gain the knowledge that will enable you to make the proper choices.

It's never wise to throw yourself into a major revamp without forethought—just think how chaotic a simple closet clean-out quickly becomes—but sometimes just establishing a few goals can start you on the right road. Suppose you want to boost your general wellness and also address a few health issues. Begin by assessing the ways you've let your health care lag and your nutritional intake slide. Next, familiarize yourself with some of the natural options you can choose to correct these lapses.

It's reassuring when you begin to understand that there are natural remedies to help you treat almost any disease, ailment, or condition known to science. And many of these remedies involve nothing more radical than adjusting the foods you eat. No matter what your health concerns—indigestion, allergies, asthma, arthritis pain, headaches, PMS, infertility, erectile dysfunction, urinary tract infections,

(RIGHT) Some of nature's best remedies are healthy, nutrient-packed fruits, like berries.

(OPPOSITE) You can grow many of the ingredients for nature's remedies, including healthy fruits, vegetables, and herbs.

endocrine issues, fatigue, insomnia, anxiety, and depression—they can become more manageable and even disappear once you focus on foods with the specific nutrients, micronutrients, antioxidants, and probiotics that will help you treat illness. And by maintaining wellness and supporting your immune system, you can combat, or even prevent, the onset of serious diseases like type 2 diabetes, cancer, and heart disease.

A World of Options

It's also good to know that a healthy diet needn't mean starving yourself or choking down Scandinavian flatbreads or some ancient bean from the rain forest (chocolate doesn't count). Healthy fruits and vegetables and lean meats and seafood, even the more exotic varieties, are now available almost everywhere—you simply need to find the ones that appeal to you and use them to replace the processed, packaged high-fat, high-sugar, low-nutrient foods you have probably been consuming.





Consider shrimp and other seafood, properly sourced, as healthful alternatives to meat.

Even if you are a picky eater, there are options. Perhaps you avoid most fruits, but might enjoy a fresh banana smoothie made with almond milk. Or you can't yet give up meat, but are perfectly happy eating shrimp and tuna. Or you don't like broccoli, but crave corn on the cob. For every dislike, there is a similar food that you might very well grow to love, or at least like. And in case there are some foods you just can't touch (read: liver), vitamin and mineral supplements, while not as potent as natural micronutrients, can fill in the nutritional gaps.

Plus there are health-building herbs, spices, and condiments that add few calories to dishes but contribute a world of flavors. Some of these can even be grown at home or in your garden. There are also essential oils of plants and herbs that, through the practice of aromatherapy, may act as curatives, anti-inflammatories, stimulants, and relaxants, and which can be used for the practical, if less glamorous, purposes of repelling insects and purifying the air.

New Attitudes, New You

Once you have determined to make certain changes, you will be amazed at how quickly these new attitudes and behaviors become a part of your life. Meals that were once a chore to prepare now become a pleasant task, especially once you realize you are feeling more fit, more alert, more energetic, and more involved in the world around you.

If you are pregnant or planning on becoming pregnant, there are many holistic options—natural childbirth, midwife and doula care, birthing classes, delivery at home or in a family-care center, and breastfeeding—all safe, healthy ways to experience the birthing journey as intimately and as naturally as possible and without having to face a potentially alienating, clinical hospital setting.

Aging, too, is something that can be affirming, even rewarding, if you approach it from a natural perspective—one in which physical, mental, and emotional health are given equal importance. And if you are baby boomer who has not been overly

scrupulous about making wise health choices as you've grown older, relax. It's never too late to seek the path of wellness. You will still reap the benefits of eating properly, maintaining cognitive skills, staying involved in your life and the lives of those around you, and keeping fit and active.

Your home also benefits from natural choices. You can eliminate potentially harmful products that contain hazardous toxins and chemicals and replace them with safe, natural substances that have been used as effective cleaners and antimicrobials for centuries.

Ultimately, this book showcases the nutrient-packed power foods you should be eating and the herbs, plants, and essential oils that can help you treat diseases and ailments, as well as maintain a youthful appearance and detoxify your home. It will show you how to take a natural outlook toward the approach of new life . . . or teach you how to maintain good health and expand your social and mental parameters as you age. It is also full of practical tips and suggestions, easy-to-follow recipes, and do-it-yourself projects. By using it as a guide, you can take a hands-on approach to improving your health and well-being and that of your family.

How to Use This Book

This book is presented in two parts: Nature's Cures and Nature's Pharmacopoeia. Nature's Cures focuses on how to employ natural remedies to cure or control common physical ailments and also how to cope with emotional and mental stresses. It then delves into the special issues that come

Look no farther than your local supermarket shelves for some of the most versatile ingredients for concocting natural remedies. You can turn inexpensive items like white vinegar, baking soda, lemons, and limes into effective, nontoxic home cleaners, as well as safe internal remedies.

with each stage of life, from pregnancy, childbirth, and infancy to aging—and how natural remedies can make sure you handle any stage of life with grace and good health. Nature's Pharmacopoeia turns to the elements of nature's remedies—the medicinal herbs and beneficial spices, as well as the healthful fruits, vegetables, grains, and other foods that you can stock in your medicine chest and pantry so that you can maximize your health. It also features sections on essential oils and on natural ways to keep your home clean without harmful chemicals. Throughout, you will find Up Close looks at key topics. And as you proceed, don't forget to review the Lifestyle Reboot Checklist on pages 302-303 to see how well you are progressing in your journey through the world of natural remedies.

KEY ITEMS

- **DID YOU KNOW?:** *interesting and informative factoids*
- **MAKE IT YOURSELF:** *featured recipes and projects*
- **HEALTH BENEFITS / HEALTHY SOLUTIONS:** *major nutritional or health properties*
- **RESCUE REMEDY / PANTRY PICK:** *short, easy-to-follow recipes and tips for natural wellness*
- **SUPPLEMENTAL BOX:** *covers tips, related topics, or unusual aspects of the featured topic*



CHAPTER 1

REMEDIES FOR COMMON PHYSICAL AILMENTS

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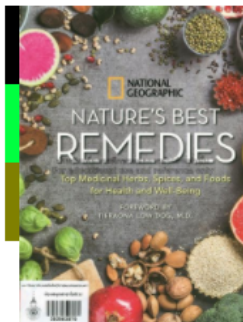
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"สำหรับเพื่อการศึกษาค้นคว้าและอ่านออนไลน์"