



**KEYSTONE**  
chiropractic

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## **HELPFUL HOME REMEDY TIPS**

**Note:** *These are simply tips that have been compiled from various sources for alleviation of symptoms. They are listed for your information and further investigation. ALWAYS check for possible allergies/reactions or contraindications first. These tips in no way, suggest that they “cure” any of these problems, nor are they a replacement for seeking medical care as deemed necessary by the involved situation.*

*Lavender Essential Oil should be patch tested on skin for sensitivity. Should redness occur, dilute in a carrier oil. Carrier oils should be natural (olive, jojoba, grapeseed, peanut, etc). DO NOT use baby or mineral oil.*

*Lymphatic Drainage is very helpful for any/all congestion issues. See back for more information/directions.*

*\*Indicates products available for purchase for you convenience at Keystone Chiropractic as well as at most health food stores.*

### **Common Cold – Stuffiness, Upper respiratory and Sinus problems**

- Lymphatic Drainage
- Apply lavender oil and/or chest congestion rub to the bottoms of the feet
- Vitamin C
- 1 part Apple Cider Vinegar : 2 parts Water in a humidifier/vaporizer
- Decrease dairy and sugar from diet
- Eliminate or decrease animal dander and passive smoking
- Oscillococcinum\* – great for colds, feeling run down, flu like symptoms and anything viral
- Homeopathic sprays and blends (King Bio Cold & Flu)\*
- Saline and suction (Nose Frida)\*

### **Sore Throat – Adenoid swelling**

- Lymphatic Drainage
- Apply lavender oil to the gland areas under the chin and down the neck
- Gargle with vinegar and water (as much vinegar as you can tolerate)

### **Recurrent Ear Ache (In addition to common cold suggestions)**

Pre-made ear drops are available at most health food stores including Whole Foods and The Vitamin Shoppe. They include garlic and mullein drops as well as homeopathic pain relief drops

- Or make your own with Olive and Garlic Oil (crush a clove of garlic in olive oil), place 2-3 drops per ear a couple of times per day
- Lymphatic Drainage
- Warm compress placed over ear
- Probiotics for kids – Lactose free options are available and are found at health food stores

## **Colic**

- Probiotics for kids/infants. Lactose free options are available and are found at health food stores
- Chamomile drops or tea
- Homeopathic sprays and blends (King Bio)\* and Gripe Water
- Gas massage
- Lavender and German Chamomile essential oil rubbed on the belly
- Pre-made tummy oil (made by Weleda) rubbed on the belly

## **Common Aches & Pains**

- Arnica Gel\* (found at Whole Foods & Vitamin Shoppe)
- Blue Emu (NOT 'Blue Ice')- Cream containing MSM, Glucosamine and Emu Oil. Great for direct local use on sore areas. Found in any pharmacy, Target, WalMart, etc.
- Bath Soak (Epsom Salt plus Active Athletic Gel). Epsom Salt can be found at any grocery or drug store. Active Athletic Gel ("Kiss My Face" brand name) can be found at Whole Foods/Vitamin Shoppe or grocery stores in the "Organic" section
- Celestial Seasonings Herbal Tea - Tension Tamer
- CALM - The anti-stress drink, available at health food stores.

## **Lymphatic Drainage**

- Helpful with any/all congestion issues
- Wiggle the ears, then massage from the chin back to the ear along the jaw line. Next, massage down the neck from the ear to the collar bone.
- Apply lavender oil from the chin back to the ear along the jaw line, behind the ears down the neck to the collar bone, across the top of the shoulders and on the bottom of both feet