

# 17 Powerful Health Remedies From Your Kitchen Cupboard

How everyday household goods could help  
ease pain, prevent disease and treat illness

*By Ray Collins*

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## INTRODUCTION

**F**or me, the kitchen cupboard used to be a place to store teabags, ketchup, old onions and sneaky bars of chocolate. And I suppose it still is. But I've recently discovered that many of the everyday items you find in your kitchen are, in fact, powerful health remedies.

You'll be amazed at how many ordinary, inexpensive, natural foodstuffs can come in handy when you're ill, in pain, or need an emergency boost to your immune system.

In this report, you'll discover:

How **bananas** could help relieve sciatica...  
how **ginger** can supercharge your love life...

how **tea** can help soothe your toothache...  
how **oil** could rid you of dandruff... how  
**cabbage** can soothe the pain of an  
ulcer...and much more...

They are just some of the many surprising and little-known remedies I've uncovered during the past three years writing my own FREE email service, *The Good Life Letter*.

My emails are a way you can stay informed of all the latest research, health scandals, medical breakthroughs, and nutritional news. Each issue is packed with simple ideas about how to live a longer, happier, healthier life... without having to live like a monk, or give up the stuff you really *enjoy* eating.

It's my view that, in the right circumstances, chocolate, steak, red wine and cheese can even be GOOD for you.

If you've never seen them, go to [www.goodlifeletter.co.uk](http://www.goodlifeletter.co.uk) and you can look at all my past letters for FREE. They're great fun to read, easily digestible in a few minutes, and packed with tips you can put to use right away.

Now, before I present you 17 of my favourite kitchen remedies, let me first explain... **Why I started collecting these amazing health secrets**

In the past 10 years, my life has completely changed. I used to be one of those overweight guys who ate fast food and thought health worries were something other people had. Lemons were something you put on kebabs. Ginger was something that went into biscuits. I didn't realise these foods had such potent healing qualities.

In fact, I knew very little about the many healthy alternatives to those artificial drugs I took to relieve pain and treat illness. I thought nothing at all about how food could affect my future health.

Then I had a family. And suddenly I started paying attention to what was going into my body. After all, the buck now stopped with me. It was now my duty to stay around on this planet for as long as I could.

That was when I became a natural health obsessive. I've always loved reading. So when I found myself with time on my hands, I scoured every piece of news, every research paper and health publication that came my way. My aim? To seek out the most powerful natural foods and supplements that could keep me happy, healthy and full of life. I was shocked by what I discovered. There are hundreds of ways you can fight the causes of the many chronic diseases in these modern times. And many of them really are *preventable*.

## **That is, if you learn basic facts about common foods**

This is why I started *The Good Life Letter*. Every week I began sending a small circle of subscribers the information I found during my research and reading. The number of these readers has steadily grown ever since.

That's probably because I'm not some preachy medical guy in a white coat. I'm an ordinary bloke trying to work out what's best for himself and his family. I try to break down the medical waffle, jargon and gibberish and tell it like it is.

This is why I created this report you're reading now. I want to introduce you to a world where you don't have to buy expensive products from the chemist to stay healthy. Where you understand exactly what you're putting in your body. Where you have the power of knowledge. Where you can eat tasty, gorgeous foods – *and feel fitter for it*.

One final thing before you begin...

**Because I'm a writer, not a medical professional, this report is NOT medical advice. It's here for your information only.**

**This information is as accurate as I can make it at the time of publication. If you want to dramatically change your diet, or if you're worried about any serious health issues at all, please consult your doctor first.**

Enjoy the report!

Ray Collins  
*The Good Life Letter*  
[www.goodlifeletter.co.uk](http://www.goodlifeletter.co.uk)

# 17 AMAZING KITCHEN CUPBOARD TIPS

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## 1. Protect your eyes with liver and carrots

Did your mother ever tell you that carrots could help you see in the dark? Well, as you'll see, perhaps she was right!

Vitamin A is essential for keeping your eyes strong. It helps them adapt to changes in light, and can even treat night-blindness. The richest sources are liver, fish liver oils, milk, milk products, butter and eggs. Liver is particularly good because vitamin A is primarily stored in the liver of animals.

You should also boost your intake of vitamin E and zinc. These help the body use vitamin A more effectively. Even more importantly, you need a dose of beta-carotene. This is quickly converted into vitamin A inside your body.

Your best sources of beta-carotene include carrots, spinach and butternut squash. So perhaps the old wives' tales are true...

## 2. Help fight wrinkle with an avocado

The vitamin A in avocados keeps your skin smooth. It's also packed with vitamin E, which prevents premature ageing. This makes it a powerful little ally to have hanging about in your kitchen.

To get the benefit of avocados you can eat it in salads, or take a spoonful of avocado oil every day. But a really good way to fight the wrinkles is to puree an avocado and mix it with some ground oats. Apply it to your skin for 20 minutes. This will moisturise and heal the skin.

Do the same for those rough elbows and feet.

## 3. A vinegar remedy for headaches

In my wife's opinion, apple cider vinegar is one of the most amazing cures for headaches and migraines.

The trick is to take it at the onset of symptoms. Just mix two tablespoons of apple cider vinegar in 8oz of water, and take it two times a day. Add a tad more vinegar if it's a real pounder.

## 4. Fight verrucas with duct tape and a banana

Verrucas are warts on the foot, caused by infection with a strain of the human papilloma virus. Conventional treatments involve freezing them with liquid nitrogen, but why go through all that if there are natural remedies to try first?

Yes, okay, this sounds weird, but many of my readers insist that it works. You simply cover your verruca with duct tape and rub away the dried skin with an emery board once a week for two weeks. Tea tree oil is well known for treating verrucas and warts on other parts the body. Or try and rub the inside of a banana skin onto the verruca for a few minutes, two or three times a day.

## 5. Suffer from sciatica? Here's another strange banana tip

Bananas are rich in potassium, and large amounts of potassium seem to have helped some sufferers. Exactly why potassium helps is one of life's little mysteries, but if it works, why ask questions! Try loading up on potassium rich foods such as bananas, oranges and potatoes.

Or try a cup of nettle tea. Nettle has been used for centuries to treat dozens of ailments, including sciatica because active compounds in the leaves reduce inflammation.

## 6. Give your libido a lift with asparagus and ginger

Asparagus is rich in vitamin E, which is considered to stimulate the production of testosterone and may be important for a healthy love life. It's apparently very good for both female AND male libido levels.

And if you can't be bothered with all that "nonsense", it's just really nice and healthy anyway, especially wrapped in bacon and cooked in the oven.

Or for a stronger boost, try ginger. This is stimulating for your whole body. It can wake you up, give you an energy boost, and immediately stimulate your blood flow and circulation. Not surprising, then, that a couple of hundred years ago it was considered a bit of an aphrodisiac.

Here's what to do if you need a little boost: Simply take an ounce of fresh ginger and juice it up with quarter of a large watermelon. Drink, and Bob's your uncle!

## 7. Foods that can ease IBS

Irritable Bowel Syndrome is becoming ever more common. If you suffer from this condition, here are some good foods to try:

Brown rice, barley and oats are a good staple for IBS sufferers. Also cooked greens, mushrooms, lentils, chickpeas and beans.

One of the best herbs for irritable bowel syndrome is *Mentha Piperita*, (or peppermint to you and me). Drink plenty of peppermint tea – 1 to 2 teaspoons of dried leaf per 8 ounces of water.

If you have constipation, eat fibre and drink plenty of hot water.

## 8. Toothache? Try green tea

Green tea can help prevent the pain of toothache. This is because it contains numerous compounds, and polyphenols such as tannin, that act as antibiotics.

What you need to do is brew a cup of green tea. Let it cool so it won't burn, then swish it around the part of your mouth where the tooth throbs for about 30 seconds.

## 9. Help your body fight the causes of cancer

Have you ever heard of phytochemicals?

They are the natural, biologically active compounds in plants and fruits, vegetables, nuts, grains, legumes, seeds, soy and tea. These phytochemicals have powerful antioxidant effects, believed to protect molecules in your body from oxidation when they are exposed to free radicals – the little blighters that cause cancer.

In other words, some experts believe these compounds could help protect you against the causes of cancer.

They come in a variety of types, but I'll explain the top three:

- First, you've got your terpenes (carotenoids or limonoids). These are found in grains, soy products, citrus fruits, green foods, oranges, pink grapefruit, spinach, tomatoes and citrus fruit peels. They help protect your lung tissue.
- Secondly, thiols (glucosinolates, sulforaphane, allylic sulfides). These are found in broccoli, cabbage, Brussels sprouts, cauliflower, turnips and radishes. They act as natural antibiotics against viruses, bacteria and parasites... and produce

enzymes that deal with carcinogens. Thirdly, your phenols (flavonoids, flavonols or isoflavones). These are found in berries, grapes, grapefruit, citrus fruits, soybeans, artichokes, apples, grape seed, green tea, black tea and wine. They prevent cancer, heart attacks and strokes. What's more, they enhance the effects of vitamin C.

So let's get some into your system. I suggest you get a good quality juicer and try a different mix every morning.

## 10. Protect your body with this “super juice”

Here's a delicious recipe that could help protect your body by injecting you with all the powerful substances from my previous tip (see above). It's the ultimate combination of vitamin C, magnesium and phytochemicals... and it tastes great.

1. Take an unpeeled pear and an unpeeled apple.
2. Put them through a juicer, along with an unpeeled kiwi fruit and a few florets of broccoli and a handful of watercress.
3. Juice and mix with a carton of yoghurt.

It may sound like an odd concoction, but there's science behind it.

As I've mentioned in earlier letters, kiwi fruit has about as much vitamin C as three or four oranges, so there's your first bit of lung protection. There's magnesium in yoghurt, while the broccoli and watercress are packed with phytochemicals.

In fact, the whole drink is a supercharged shot of carotenoids, beta-carotene, iron, sulphur, vitamin E and protein.

## 11. Fight cataracts with jam

In World War II, British Royal Air Force pilots discovered that during their nightly bombing runs, their sight was much better if they'd been eating bilberry jam.

"I say," exclaimed Airman Smith, "Our breakfast could be the key to winning this war!"

These claims led to a great deal of research into the effects of bilberry fruit extracts on the eyes until, in the 1960s, scientists at last realised why the jam was so beneficial.

Bilberries – and blueberries to a slightly lesser extent – contain anthocyanosides, chemicals that improve blood circulation and protect fragile capillaries in the eyes. These enzymes are crucial to vision and to the eye's ability to adapt to the dark.

In the 1980s, Italian researchers reported that 76% of their test subjects reported a strong improvement in their short-sightedness after being given 150mg per day of a blueberry extract, plus vitamin A, for 15 days.

Further research has found that bilberry may also reduce chronic eye fatigue, severe near-sightedness, and day blindness.

Dr. Mark Stengler, author of *'A Handbook of Natural Remedies'* says:

"Most people notice their eyes feel much better after they take bilberry. Patients tell me their vision improves, their eyes get less tired and bloodshot, and they are less prone to headaches."

If you are a heavy computer user, operate machinery, or fly bombing missions over Germany, then bilberry or blueberry jam for breakfast every day could be the answer.



In another case study, a combination of bilberry and vitamin E, slowed cataract formation in 97% of patients. This is because bilberry and blueberries are packed with antioxidant vitamins A and C.

Many experts now believe that people suffering early-stage cataracts could avoid surgery if they use bilberry and vitamin E supplements.

The most popular bilberry supplements are extracts consisting of 15% to 25% of “anthocyanosides”. Bilberry extract is non-toxic, with no reported side-effects... but, as always, ask for some advice before you take supplements.

### **Or try this recipe...**

Because of its rich juice, bilberries are the fruit that needs the least amount of sugar when turning it into jam – just half a pound to sugar to a pound of berries. You can also use blueberries.

To make blueberry / bilberry jam, put 3lb. of the fresh fruit in a preserving pan with 1 ½ lb. of sugar and a cup of water. Bring to the boil for 40 minutes, cool and then store in screw-top jars.

## **12. How a lemon can relieve asthma**

To ease the symptoms of asthma there are two different remedies that you can try.

The first is to prepare a strong drink of lemon and boiling water, add a teaspoon of honey, and drink while inhaling the steam. Another tip for this is to take half a spoonful of lemon juice before each meal, and just before you go to bed.

## **13. Could mint tea help rid women of unwanted hair?**

In Turkey, researchers have discovered that drinking spearmint tea may help to control excessive hair growth in women, known as “hirsutism”. Hirsutism is caused by a surge in male androgen hormones, which include testosterone. All women produce these chemicals, but when production gets excessive, you can get unwanted extra hair growth on your stomach, breasts and face.

The Turkish researchers heard that extracts of the spearmint plant were reducing the libido of men in Isparta, a town in southwest Turkey. They wondered whether it was reducing their male hormone levels.

So they put it to the test on 21 women volunteers with hirsutism. They found a decrease in active testosterone in the blood and an increase in several female hormones.

They say it's early days yet, but it could be that drinking the tea twice a day could possibly reduce the levels of male sex hormones in your body.

### **How to make spearmint tea**

Spearmint tea comes from the plant *Mentha spicata* in the Mediterranean. The ancient Romans said it had the ability to "stir up the mind".

Not sure exactly what they meant by that... but then again, they were all marrying horses, drunk on wine, and eating while lying down... so let's take it with a pinch of salt.

Spearmint leaves are – surprisingly – spear shaped and crinkly. You can make the tea by pouring 250ml of boiling water onto a heaped teaspoon of dried spearmint leaves.

Now leave it for 5-10 minutes, strain... and drink! Spearmint tea is also good for treatment of stomach ache, can fight nausea, heartburn, morning sickness and mild indigestion.

## 14. Four natural migraine tips

If you suffer from migraines, one of these natural alternatives may just work...

- Feverfew is a herb that acts as an anti-inflammatory by slowing the release of substances that contribute to inflammation. Feverfew also stops your blood platelets releasing serotonin, which is believed to trigger the chain of events that lead to a migraine.

Magnesium is thought to stop blood vessel spasms and keep your muscles and nerves healthy. There's plenty of it to be found in soybeans, whole grains, nuts, seeds, vegetables and fish.

American researchers have found that a combination of magnesium taurate and fish oil can help prevent migraine headaches. Both can reduce blood vessel spasms.

Also try cayenne pepper, goldenseal and ginger, but avoid St John's wort – it can make migraines a lot worse.

## 15. How a cabbage could help an ulcer

A stomach ulcer is an open sore found in the lining of the digestive tract. Peptic (or gastric) ulcers are found on the lining of the stomach. Duodenal ulcers are found on the lining of the upper small intestine.

The pain you feel when you have an ulcer is caused by the sore coming into contact with acidic digestive juices. When you eat, there's a bit of relief as the food neutralises the acids. But the pain soon returns after your food is digested.

One of the solutions to this pain is the humble cabbage.

During the early 1950s, Dr Garnett Cheney found

that peptic ulcer patients who drank four glasses of raw cabbage juice daily quickened the healing process and relieved the pain.

So drink cabbage juice: a large glass of cabbage juice daily can heal your ulcer more quickly. Choose only fresh green cabbages in season. You can also try celery juice for a similar effect.

## 16. Help control type 2 diabetes with vinegar

According to Carol Johnston, a professor of nutrition at Arizona State University, consuming vinegar before a meal can help those who suffer from type 2 diabetes.

She discovered this when she tried to develop the perfect menu for diabetics. She found that taking two tablespoons of vinegar before a meal reduces the blood sugar “spikes” you get after eating.

Now, we all get surges of glucose and insulin after a meal... but for diabetics they are so powerful that they can cause problems like heart disease later in life. Luckily, the type 2 diabetics who consumed vinegar saw this spike reduced by 25%. And even more excitingly it also reduced these spikes by 50% for those people with signs of future diabetes.

In my mind, the best way to have two spoons of vinegar before a meal would be to use a vinaigrette dressing on a tasty salad.

## 17. Fight the causes of dandruff... with thyme and sesame oil

Dandruff is caused by a reaction to a yeast called “*pityrosporum ovale*”. (Sounds bad, I know. Let's just say I wouldn't make my bread out of it!)

The reaction causes you to shed more and more dead cells from the surface of your scalp. But here's

the curious part... It's not actually dry parts of your skin where dandruff occurs, but the greasy parts, where the skin glands are more active. So don't confuse dandruff for dry skin.

Here are some natural ways to sort out your dandruff for good:

Remove margarine and oils from your diet. Except for sesame oil, which you shouldn't eat, but rub into your scalp instead. Yes, yes, it sounds ridiculous, but it does prevent the skin from peeling.

Don't wear a hat. Sunlight actually stops pityrosporum ovale yeast from growing. So get more light on your noggin – doctor's orders.

Don't scratch! Even when you shampoo, rub gently and don't dig your nails in. Fingernails damage the scalp.

Don't dye your hair. If you're gagging for Grecian 2000 or just hankering to return to the days of punk, forget it. Hair dye reduces the number of good bacteria on your scalp, some of which are essential in fighting dandruff yeast.

Use tea tree oil. In the *Journal of the American Academy of Dermatology*, research showed that a 5% tea tree oil shampoo improved dandruff by 41%.

Or try this interesting solution I discovered... Boil four tablespoons of dried thyme in half a litre of water for 10 minutes. After it has cooled, strain it through a sieve. Massage the liquid into your scalp three times a week and leave it there overnight. (This potion can also be used to turn your neighbour into a newt, so use wisely.)

Look for zinc. When you choose your anti-dandruff shampoo, try one with zincpyrithione, which is reputedly very good. Or you can try taking a zinc supplement. It could help.

As with most chronic diseases and conditions, getting the right nutrition is vital. Make sure you get vitamins B6 and B12 into your diet. You can get B6 by eating rice and wheat bran, sunflower seeds, avocados, bananas, fish, liver, nuts, poultry. The best sources of vitamin B12 are meat, dairy products and eggs.

## AFTERWORD

I hope you enjoyed this report. For more information like this, please go to [www.goodlifeletter.co.uk](http://www.goodlifeletter.co.uk) and you'll see hundreds of ideas, tips and alternative health remedies for FREE.

I also recommend you try out my FREE twice-weekly email service, *The Good Life Letter*. In a fun and entertaining way, I investigate everything from easing back pain, managing migraines and cleaning your arteries... to protecting yourself against heart, bowel, lung and liver diseases.

Go to [www.goodlifeletter.co.uk](http://www.goodlifeletter.co.uk), enter your email address, and I'll do the rest. Please understand that I respect your email privacy and won't pass on your details to anyone else.

All the best

Ray Collins  
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