

Catherine Chan's Natural Everyday Healthcare Hints and Tips



Healthy Hair Hints

- ✿ For shiny and dandruff free hair, add a few drops of essential oils (neat) rubbed into wet hair.

Dark/Brunette Hair → **Rosemary** oil
Blonde Hair → **Chamomile** oil
Redheads → **Cedarwood** oil

Dandruff prone?

- ✿ Apply neat **Tea Tree** oil to hair for a few minutes before washing off with **Tea Tree** shampoo followed by **Tea Tree** conditioner.

Scabby sores/psoriasis?

- ✿ Apply neat **Jojoba** oils on lesions and leave overnight. In the morning, use a natural shampoo and conditioner with **Lavender** and **Rose** Oil. Repeat until conditions have cleared. (avoid alcohol through course of treatment)

For hairline psoriasis and dermatitis?

- ✿ Apply healing cream several times daily.

Limp/Oily/Flyaways/Brittle hair?

- ✿ Use sulphate free natural shampoo and conditioners
- ✿ Apply 10 drops **Lime** essential oil to hair twice daily and comb through. Oils are plant based water molecules so there's no need to wash out
- ✿ Apply **Avocado** oils liberally to hair and leave for minimum 4 hours (normal hair), overnight (severe dry and damaged hair). Cover hair with gladwrap and wash off with a phosphate free shampoo. Repeat once a fortnight to repair dry damaged hair.

Excessively dry and brittle hair?

- ✿ Apply neat **Jojoba** oil all through hair and leave on for 3 hours (once a fortnight) to maintain healthy, silky smooth glow. Wash off oil with natural phosphate free shampoo and use a conditioner with added **Lavender** and **Orange** oil.

Effective eye remedy

- ✿ To reduce eye redness caused by tiredness, late nights, foreign bodies, over consumption of alcohol or fatty diet, bloody eyes, yellow eyes, sensitivity to glare, do as below:
 - ✿ Mix 5 drops of pure **Lemon Juice** into 30ls of sterile (boiled and cooled) water, and bathe eyes, one at a time. Repeat several times weekly (recommended)

Nutrients recommended for eye care :

- | | |
|--------------|------------------------------|
| ✿ Vitamin A | ✿ Catherine's Eyecare Tonic© |
| ✿ Vitamin B2 | ✿ Lutein |
| ✿ Vitamin C | ✿ Goldenseal |
| ✿ Vitamin E | ✿ Calendula |
| ✿ Magnesium | ✿ Bioflavonoids |
| ✿ Calcium | ✿ Horsevail |
| ✿ Bilberry | ✿ Rehmannia |
| ✿ Eyebright | ✿ Goji berry |

Magnificent Mouthwash

After normal teeth cleaning with a natural fluoride free toothpaste, this mouthwash formula can be used to

- ✿ Prevent gum shrinkage
- ✿ Improve gum and teeth health
- ✿ Treat mouth abscesses
- ✿ Halitosis
- ✿ Treat throat infections
- ✿ Treat plaque
- ✿ Treat oral thrush

How do you make it?

- ✿ Mix together : 2 tablespoons of bicarbonate soda, 1/2 tablespoons of fine sea salt, 5 drops of each of the following 100% pure essential oils: **Tea Tree Oil, Peppermint Oil, Chamomile** and **Myrrh** Oil can be added to improve general gum and teeth health

Instructions for usage:

- ✿ Keep the mixture in your bathroom in a dish or a glass jar. Use once daily with a soft toothbrush, massaging gums, palates, tongue and teeth, finishing by gargling with warm water. Will last around 5-6 weeks

****IMPORTANT NOTE** : after 2 months of usage, mix only 1 teaspoon of sea salt, 2 and half tablespoons of bicarbonate soda, **myrrh, chamomile, sage** and other herbs to maintain healthy gums, palates and teeth.

Fantastic foot fixes

Tinea?

- ✿ Apply neat **Tea Tree** Oil twice daily
- ✿ Mix 2 tablespoons of cornflour to 2 tablespoons of arrowroot flour, and mix in 10 drops of **Lavender** Oil and 10 drops of pure **Tea Tree** Oil. Apply to smelly feet and tinea feet as a talc, or fill some socks day and night.
(store talc in airtight container) . also can be used for jock itch or underarm rashes.

*quarter the amount of oils added for children under 5 years of age.

**can also be used for scabs, cuts, rashes and as a healing talc.

Dry Cracked Feet?

- ✿ First, exfoliate old dead skin then soak feet in a bath of warm water added with 1 tablespoon of Epsom salt. Apply goldenseal ointment and then soak feet in warm salty water with a few drops of **Lavender** Oil added to the water day and night until symptoms subside.
- ✿ Regularly soak feet in warm water with added 20 drops of **Lavender** Oil.
- ✿ To prevent feet from getting dry, regularly apply **Avocado** oil or other oils such as sesame oil, macadamia oil, wheatgerm oil, or apricot kernel oil, rubbed thoroughly into feet
- ✿ Drink more clean filtered water

DIY Deodorant

There are many aluminium-free products now available in supermarkets and health food shops. However, you can make your own deodorant which is 100% natural, more cost effective and more beneficial to your lymph system

How do you do it?

Rub a slice of **lemon** under your arm, squeezing the juice under arms, this works as well for dryness and odour. If a rash appears in the first few days of use, this can be treated with **Lavender** Oil neat until the rash goes, and then resume the lemon treatment. Generally, the rash will not reappear.

Sensational Sinus Solutions

Blocked sinus? Coughs? Colds?

🌿 Apply a few drops of the following oils into a hankie/tissue and inhale constantly.

🌿 **Aniseed**
🌿 **Grapefruit**
🌿 **Pine**

🌿 **Eucalyptus**
🌿 **Peppermint**

**These oils may also go into a carrier oil (e.g.: sweet almond oil) and massaged around nose, forehead, throat & chest several times daily, or it can also be used in an oil burner and used to keep the air purified overnight while sleeping. For best results, electric burners are recommended for use here.

Excellent Ear Alternatives

Infected ear?

- ✿ Apply small amount of cold pressed Virgin **Olive Oil** into ear, then apply 2 drops Tea Tree Oil (4 drops for adults), then plug with cotton wool. Leave cotton wool in all day, then repeat overnight. After 2-3 days on this, use an Ear Candle to draw out any additional waste from the ear.

Waxy Ear?

- ✿ Apply warmed cold pressed Virgin **Olive Oil** overnight, then do ear candling the next day.

Itchy Ear?

- ✿ Apply a small amount of **Rose Oil** into the ear and rub the oil around lightly. Alternatively, healing cream or **Lavender Oil** may be used as well.

Uncomfortable Altitude Pressure on Ear?

- ✿ Take some cotton wool and **Olive Oil** on board flights and apply on ear to relieve pressure. Babies are more susceptible to altitude pressure and this may be alleviated by blocking one ear with cotton wool dampened by **Olive Oil**.

Travel care advice

Take 1 Vitamin c, low dose, eg: ASCEROLA C every hour while on board flights. Exception if sleeping.

This improves circulation to all body, reduces fluid build up & prevents jet lag, as well keeps one healthier from picking up coughs and colds while on flights.

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Take also with you on travels, Tea tree oil & peppermint oil as these may be used for treatments of any infections Firstly Tea Tree oil may be used on cuts grazes, wounds and bites, or 2 drops in water may be gargled for throat or any mouth infections. This can be repeated every hour or so depending on how bad the infection is.

The peppermint oil is used for inhalations if colds or sinus's or for nausea, a few drops may be applied on hair for headaches, and when combined with Tea Tree is a natural repellent of insects/bugs. A few drops of each may be dabbed onto clothes/skin to repel and well and treat insect stings,

Peppermint is also excellent for bad breath! A drop applied to gums and drawn in deeply will give a clean fresh breath that will last for an hour or more.

Other uses of these oils may be found in a simple aromatherapy booklet or just email Catherine.