

Stretch Marks

What are Stretch Marks? What causes Stretch Marks?

Stretch marks are tiny tears in the middle layer of the skin, called the dermis, which occur when the skin is stretched excessively or stretched to the point of breaking down. Loss of elastin and collagen fibres or excessive stretching in the skin, the mark actually shows through to the epidermis which is the top layer of skin.

Because the stretch marks are actually in the middle layer of the skin, the moisturizing cream daily on the affected area of skin won't completely prevent the stretch marks. It may help fade them or prevent more. A daily herbal warm bath is ideal as well. Check out the herbals below for more information and how to make your own skin repair products and internal treatments.

Stretch marks occur more so, if you gain weight too fast for the skin to grow or stretch. Exercising and physical activity when having tight skin will also cause skin breakage. Also pregnant woman suffer more from this condition on their stomachs and hips. Both men and woman get stretch marks. It also depends on your skin genetics if you suffer more from this condition. Common places for the marks are stomach, hips, arm pits, bum and behind the knees.

The only affective treatment is surgery by removing the damaged skin, (i.e. tummy tucks), and therefore prevention is a better option and preventing even more damage, when and where it is possible.

Gout

What is Gout? What causes Gout?

Gout is one of the most painful rheumatic diseases. It results from deposits of needle-like crystals of uric acid in connective tissue, in the joint space between two bones.

Gout is a severe form of Arthritis which normally affects the big toe of the foot, causing extreme swelling and pain.

It can be cured and prevented from re-occurring again, by diet control and adding certain herbals and key foods in your diet each day. Its rumored (but not scientifically proven), that wearing special rings made from certain metals (percentages and which metals are unknown to me), can prevent Gout, as trace amounts of the metal are absorbed through the skin surface and surface veins blood flow, and some how it reacts with the Acid and impurities in the blood changing the compounds preventing build up. But the most practical and sure way is to rid and control Gout is to try eating plant extracts and to apply poultices to the affected surface areas and also take extracts internally to detox your blood and kidneys and flush out uric acid.

Uric acid is a substance that results from the breakdown of purines, which are part of all human tissue and are found in many foods. Normally, uric acid is dissolved in the blood and passed through the kidneys into the urine.

But its got to be noted that over 70% of hyperuricemia cases are the result of under-excretion of uric acid, rather than uric acid over-production. Therefore, it bests to take medicines that normalise the levels and know if your condition is under or over production of Uric Acid.

Most Gout problems are idiopathic, meaning that the cause of the hyperuricemia cannot be determined. They are most likely due to a combination of hormonal and genetic factors that cause metabolic abnormalities, and researchers are still unsure why some joints are affected more then others in the same patient.

Diabetics (diabetes) produce more Uric Acid in their blood and can suffer from Sore joints, which lead to Arthritis and then Gout.

Renal insufficiency is a major cause of gout in older people. Maintaining your kidneys and blood is vital for long term health benefits. We recommend you try out some of the things meentioned in the Natural Cures ebook.

Indigestion

[What is Indigestion? What causes Indigestion?](#)

Indigestion is not a distinct condition, but it may be a sign of an underlying intestinal disorder such as peptic ulcer, gallbladder disease or chronic appendicitis. Indigestion maybe an upset stomach or dyspepsia, and is a painful or burning feeling in the upper abdomen.

People of all ages and of both sexes are affected by indigestion. Indigestion is not caused by excess stomach acid, but most likely one of the following; result of eating too much, eating too fast, eating high-fat foods, smoking or trapped air in stomach, drinking alcohol and caffeinated beverages or excessive stress, which can cause weak stomach lining and ulcer in the digestive tract or imbalance in digestive juices.

Prevention is ideal by avoiding the drinking of fluids or too much during food consumption, but it is best to only drink 30-60 minutes, after a meal, and avoid late-night eating. Avoid spicy foods, smoking, alcoholic beverages, and certain drug medications that weaken the stomach and intestinal track.

Ideally, you can ease or prevent indigestion by taking plant extracts and herbal teas before meals. See the Natural Cures ebook below to find out more.

Heart attacks and strokes

[What are heart attacks and strokes? What causes heart disease, heart attacks and strokes?](#)

A heart attack (acute myocardial infarction) occurs when there is a severe blockage in an artery that carries oxygen-rich blood to the heart muscle to keep the heart pumping and the muscle cells alive. The blockage is usually caused by the build up of artery plaque which is deposits of fat-like substances, known as atherosclerosis, along the walls of the arteries. Having High Cholesterol causes fat build up in the vital veins and arteries, and one of the most common conditions causing heart disease. A stroke is not a mild heart attack as some wrongly think it is, but a stroke called a "brain attack", because it is the result of cerebrovascular disease - damaged and blocked blood vessels in the brain. A stroke can injure the brain like a heart attack can injure the heart, since the vital parts are lacking oxygen keeping the cells alive. Strokes can lead to loss of speak and loss of movement in the limbs and face, which it normally affects one side of the body when it happens. It can turn people's hair completely white over night from the shock of it all, and the damage it causes.

To prevent such conditions and reducing such re-occurrences, we recommend some of the plant extracts and diet juices stated in the Natural Cures ebook.

Dermatitis

[What is dermatitis? What causes dermatitis?](#)

Dermatitis, also known as eczema, is a common condition that is the inflammation of the skin. It can have many causes and occur in many forms. Generally, dermatitis describes swollen, reddened and itchy skin. It's not life-threatening, and it isn't contagious.

There are several types of dermatitis; Contact dermatitis, Neurodermatitis, Seborrheic dermatitis, Stasis dermatitis, Atopic dermatitis and Perioral dermatitis.

A number of health conditions, allergies, genetic factors, physical and mental stress, and irritants including fabrics and chemicals can cause dermatitis.

To clear up the skin, or prevent further spreading and reactions we recommend you try herbal baths using some good known plant extracts and making own herbal creams and lotions to apply to the affect skin area daily. More can be found in the Natural Plant Cures ebook below.

Headaches and Migraines

[What is a headache and migraine? What causes headaches or migraines?](#)

Medical researchers have yet to completely determine the causes of headaches. It was once believed that blockage and narrowing of some small blood veins in the brain referred to vessel constriction and dilation brings on a pounding and migraine headache, while muscle contraction around the neck and head caused a tension headache (often a result of sitting and using computers all day called OOS, over use syndrome). The constriction of vessels in the brain and head was thought to cause the aura of migraine, as well as the nausea and vomiting.

A migraine is a vascular headache believed to be caused by blood flow changes and certain chemical changes in the brain leading to a cascade of events; including constriction of arteries supplying blood to the brain and the release of certain brain chemicals which result in severe head pain, stomach upset, and visual disturbances.

No matter, what the cause of the various types of head pain's, it all basically stems from poor cerebral blood flow which can be affected by poor diet, fatty foods, chemicals, internal physical problems and toxins. Cerebral blood flow is the flow of blood through the brain, important for delivery of oxygen and removal of "waste" products. It is found that people get headaches from stressful situations. Emotions do not cause your headaches; rather, they just make you more vulnerable to them. Why? Because stress can alter blood flow and weaken immune system and alter chemical levels in your body. Headaches can also be an early sign of a brain tumor, which a tumor (tumour) can put pressure on the brain and alter blood flow, therefore it pays to seek a doctor's attention if medicines and remedies aren't working, as maybe life threatening and surgery maybe needed. The key is to improve the blood flow in your body and especially your vital organ the 'brain'. Also plant extracts to prevent tumors would not be such a bad thing.

We recommend you read the Natural Plant Cures ebook on ways to improve your blood flow in and around the head and neck.

Tinnitus

What is tinnitis? What causes tinnutis?

Tinnitus, also known as 'ringing in the ears' is usually caused by a head injury, an ear infection, a disease or exposure to loud sounds such as gunshots, explosions, even lawn mowers, chainsaws and over volumed stereo systems, worse being headphones connected to portable music players like a cd or mp3 player. It can be also caused by bad blood flow around the ear and even wax build up.

For loud sound damage tinnitus form, and Depending on how badly the inner ear hairs are damage, can depend how well it's treatable. It's possible to reduce the buzz, static hiss type sound with some known herbal treatments and also boost ones hearing, But it does not work for everyone. All you can do is try them. Sometimes it takes years to reduce it. Plant extracts and herbals that target this condition can improve blood flow in the head and ear curing and reducing the problem.

There have been some new treatments using red laser to heat up the inner ear to straighten the damage hairs that cause the buzzing sound.

For more information on Natural Treatments, we recommend the Natural Plant Cures ebook below.

Conjunctivitis

What is conjunctivitis? What causes conjunctivitis?

Conjunctivitis, also called pinkeye, is the inflammation of the conjunctiva, the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids. The inflammation can have many causes, the most common of which are infections from bacteria or a virus, allergic from dust and pollen, and irritant from air born pollutants. Infectious conjunctivitis is usually caused by either: bacteria, the most common are *Streptococcus pneumoniae*, *Haemophilus influenzae*, or *Staphylococcus aureus*, while allergic conjunctivitis occurs more frequently among children with allergic conditions such as hay fever. Parasites and fungal infections are rare causes of conjunctivitis, but not unheard of.

There are some very good natural herbal remedies to treat this condition, either easing it or curing it. To find out more information you can find it in the Natural Plant Cures ebook below.

Enlarged Prostate

[What is an enlarged prostate ? What causes enlarged prostate ?](#)

The prostate gland, which is normally around the size and shape of a walnut, wraps around the urethra which is between the pubic bone and the rectum, just below the bladder. When prostate enlargement occurs, the bladder muscle forces urine through the narrowed urethra with more effort, thus, the bladder muscle becomes thicker and more sensitive, causing a need to urinate more often. An enlarged prostate is a non-cancerous condition, but it can lead to kidney problems and sudden inability to urinate (acute urinary retention) over time, which it then becomes life threatening and a medical emergency. Sometimes laser surgery is needed to burn away the excessive tissue and muscle build-up. You could try some herbal treatments to repair and prevent more damage; some are outlined in the Natural Plant Cures ebook below.

Jaundice

[What is jaundice? What causes jaundice?](#)

Jaundice, and also called icterus, is a condition which is characterised by a yellowish discoloration of the skin and the whites of the eyes.

The yellow coloration is caused by an excess amount of the bile pigment known as bilirubin in the body. Bilirubin is formed by the breakdown of haemoglobin during the destruction of old or damaged red blood cells causing a pigment which is excreted by the liver into the bile via the bile ducts. Diseases such as Hepatitis B infection, malaria, thalassemia, and haemolytic disease of the new-born baby and liver disease can cause this condition. Mild jaundice is a common natural condition in new-born babies because at birth there is both a deficiency in the enzyme that helps to eliminate bilirubin and increase the breaking down of red blood cells.

There are several natural cures used over centuries to target this condition. You can find out more in the ebook below.

Suppressed Menstruation

[What is suppressed menstruation? What causes suppressed menstruation?](#)

Suppressed menstruation, also called Amenorrhea the menstrual obstruction resulting in the absence, delay, retardation, or suppression of menstruation. Normally, Affecting young girls.

Anxiety or tension can produce menopausal changes, as well.

There are several time tested natural cures that can normalise this condition by balancing the hormones of the woman, and nourishes the liver, and stimulates menstruation. Find more information in the ebook below.

Scabies

What is scabies? What causes scabies?

Scabies is a highly contagious skin disease caused by a parasite (a mite called scabies mite), usually spread from person to person by close, prolonged physical contact such as touching a person who has scabies or holding hands, or sexual contact and even wearing or laying on infected clothes, towels, or bed sheets. The mites will die within 48 hours if no human to feed on. You can not catch the mites from animals and pets.

The most common symptom is a rash that is very itchy, especially at night, most commonly found on the hands, breasts and genital area, elbows, knees, wrists, armpits, and waistline. Scratching may cause skin to bleed and become infected with bacteria.

There are natural remedies that can kill the mites and clear up the rash and infections. See the Natural Plant Cures ebook below for more information.

Intestinal worms

What are intestinal worms? What causes intestinal worms?

There are several types of intestinal worms. The most common are roundworms, hookworms, threadworms, pinworms and tapeworms. They are found world wide, although they are more common in tropical and sub-tropical climates. People can often catch them from their pets, since the worm eggs can live in soil for many years after animals pass them via their excrements, and can also float in the air on dust particles, and thus breathed in by people. The eggs can enter the mouth from unwashed hands and nails when eating or preparing food and some worms can borrow through the flesh into the blood stream, normally from bare feet on ground or the lungs. Also, eating raw or semi cooked food like fish, pig and beef meat can hide live worms and eggs. Ham can have tapeworms. It said, at any one point in time that 3/4 of the world have worms inside them. Tapeworms can be most dangerous if their young enter the blood stream by borrowing into the intestinal track, and grow in the human brain, causing commas, Convulsions, Epilepsy & Seizures. However, New research suggests some worms have beneficial affects on its host, as it can suppress their allergies, reduce weight and even control irritable bowel syndrome.

The usual symptoms of intestinal worms are diarrhoea, foul breath, dark circle under the eyes, constant desire for food, and restlessness at night with bad dreams, and itchy bum. The stool can show up worms and egg segments (like tapeworm), as well.

Worms can appear in bedding and clothing and you have to be careful of re-infection.

There are several affective home remedies for the expulsion of the worms. You can find out more in the Natural Plant Cures ebook. Normally, one dose will do the trick!

Urinary Tract Infections

What is urinary tract infections? What causes urinary tract infections?

The urinary tract includes the kidneys, the tubes that carry urine from the kidneys to the bladder called ureters, the bladder, and the tube that carries urine from the bladder called urethra.

The urinary tract is the body's filtering system for removal of liquid wastes. Women are especially susceptible to bacteria invading the urinary tract and multiply in numbers thus causing the infection.

Most urinary tract infections (abbrev: UTI) are not serious, they are painful.

Approximately fifty percent of all women will have at least one UTI in her lifetime with many women having several infections throughout their lifetime.

Bladder infection called cystitis is by far the most common UTI.

These infections are easily treated with antibiotics that cause the symptoms to quickly disappear, but some women seem to be more prone to repeated infections a ongoing life battle.

Having sex may also cause urinary tract infections in women because bacteria can be pushed into the urethra. It recommended females do not wipe their urethra upwards with toilet paper but always downwards after passing urine, as can reduce repeat infections.

Bacteria that cause urinary tract infections include *Staphylococcus saprophyticus*, *Chlamydia trachomatis*, and *Mycoplasma hominis*.

There are natural antibiotics and plant extracts that have been used over the centuries (in the form of herbal teas and ointments) that can be used to prevent re-occurrence and ease the pain. To find out many common plant extracts that treat this condition, then grab a copy of Natural Plant Cures below.

Kidney Stones

What is kidney stones? What causes kidney stones?

Kidney stones are hardened crystallised clumps comprising of calcium and salts that can develop in the urinary system such as the kidney. They can form in one or both kidneys and in most cases, the crystals are too tiny to be noticed, and pass harmlessly out of the body. They usually form because there is an imbalance of liquids and dissolved solids with in the urine.

The pain always begins as an ache in the back and side, and then it becomes constant and severe as the urinary system tries to rid itself of the stone. There maybe burning during urination, and blood may appear in the urine, or a frequent urge to urinate. Nausea and vomiting may occur, and the lower abdomen or flank may be painful if touched.

It's said about 1 to 2% of the western world get stones. Men are more prone than women, and people who have previously had a kidney stone have a 60% chance of getting another stone within seven years.

Treatment depends on the type and cause of the stone. Most stones can be treated without surgery. There are many affective natural herbal treatments and daily diets that can cure stones and prevent re-occurrence. Find out what treatments are available in the Natural Plant Cures ebook below.

Cystitis

What is cystitis? What causes cystitis?

Cystitis is an inflammation of the inside lining of the bladder. Cystitis is an irritating condition that usually affects women, although men and children can also get infected with the bacteria.

The most common cause of cystitis is when bacteria that usually live in the anus manage to enter the urethra and travel into the bladder. This can happen during sexual intercourse, when inserting products like tampons or by wiping and washing your bottom from back to front (rather than the safer front to back wipe method), after urinating. Women who use the contraceptive diaphragm may also be at risk of getting cystitis.

Common symptoms are pain or a burning in the genitals when passing urine or dull ache or pain in the lower back or abdomen.

There are many natural remedies to cure and control this condition. Find out more in the Natural Plant Cures ebook below.

PMS

What is PMS or Premenstrual Syndrome? What causes PMS?

A very debilitating condition for many women world wide.

About half of all menstruating women have Premenstrual Syndrome at some point in their life's.

Medical researchers are still exploring the cause of the common group of symptoms that develop one to two weeks before the onset of a woman's period, as it still not known the exact reasons that trigger it, but its believed to be related to high estrogen levels during the woman's cycles.

The Condition often affects women who have undergone major hormonal changes in their life, such as childbirth, miscarriage, abortion, stopping birth control pills, and amenorrhea. There are natural remedies with plant extracts that can be consumed that can be used to control the condition. Find out more in the Natural Plant Cures ebook below.

Morning Sickness

What is morning sickness? What causes morning sickness?

Morning sickness is one of the early pregnancy symptoms, it shows up between the fourth and sixth week of pregnancy. Along with the happiness of pregnancy comes the uneasy feelings of nausea and sickness. It is a natural body defence and a alert, in order to make you aware of the pregnancy, and thus the sickness feelings reduces the urge of drinking alcohol, smoking, Eating certain foods, or engaging in other activities that are bad for your own and the babies health.

It is not really known what causes this condition, but it is currently believed that morning sickness is related to a pregnancy hormone, human chronic gonadotropin, and the cause is related to the changes your body is going through chemically to prepare for the development of the fetus/baby within you.

There are some natural remedies that can help relieve and control the sickness, including relaxing herbal baths and diet control. Find out more in the Natural Plant Cures ebook below.

Depression

What is depression? What causes depression?

There is no one answer but several possibilities. More than one possibility can be involved at the same time. Some people become depressed through overwhelming change or stresses in their life's, and some have biochemical imbalance of some sort, thus affecting the neurotransmitters of the brain. Even some think themselves into depression or learn to be depressed from others they are closely associated with all the time.

Some say daily exercise alters chemicals and oxygen levels in the blood and the body, which affect the mood and gives a sense of well-being and can produce some excellent results at curing much of the depression. Also, learning to laugh, joke and smile each day is said to help keep the doctor away, thus giving a burst of happy chemicals in your body and deep breathing enriching the body's oxygen levels, even if its for a short burst.

However, there are ways to control this condition with plant extracts with herbal teas and diet control; aiding in the relaxation of the body and mind, and giving the feeling of well-being and becoming internally healthier, and thus no need for expensive drugs or treatments. Natural cures are always worth a try first of all with some being used to control and cure depression in some people for many centuries. Find out more in the Natural Plant Cures ebook below.

High Blood Pressure

What is high blood pressure? What causes high blood pressure?

High blood pressure, technically known as Hypertension means high pressure (tension) in the arteries. The arteries are the vessels that carry blood from the pumping heart to all of the tissues and organs of the body.

In 90 to 95 percent of all high blood pressure cases, the cause is unknown. Certain foods are known to increase blood pressure, you can find some more information in the ebook below, so you can avoid eating them in your daily diet. Also, Exercising, Stress and a person's emotional state can temporarily increase blood pressure.

Normal blood pressure is below 120/80 with blood pressure between 120/80 and 139/89 being "pre-hypertension", and a blood pressure of 140/90 or above is considered to be high blood pressure. The first number being the heart pumping pressure and the second number the relaxing contraction pressure.

1 in 4 people suffer from this condition, and if they suffer from it in the long term it will damage internal organs and reduce a persons life span, thus it is important to reduce and normalise the blood pressure daily.

You can find many natural remedies that have been used over the centuries to control high blood pressure. In the Natural Plant Cures ebook below you will learn of the plant extracts and juices that can increase blood pressure and ones the can lower the pressure. If a person suffered from low blood pressure or low volume of blood, then the juices and plants in their diet can be important as well.

Heart Disease

What is heart disease? What causes heart disease?

Heart disease is the diseases of the heart, including the conditions that affect the heart's valves and muscle.

The signs of heart disease include impotence, swollen feet and ankles, and shortness of breath, with the most common symptom occurring when atherosclerosis prevents blood from flowing to the heart and the victim experiences chest pains. Chest pains called ischemia, is a warning sign that coronary heart disease has progressed to a dangerous level and urgent attention is needed else it could be fatal leading to death. Eventually, a heart attack results from the lack of blood flow to the heart, thus killing the person.

It is said that about 60 percent of children and young adults have early atherosclerotic damage that can lead to heart disease.

Most medical researchers and research result findings suggests that having high cholesterol leads to heart disease, thus over consuming a lot of red meat (although humans especially woman need hand size chunk of red meat 3 times a week for iron and other nutrients), or consuming saturated fats in the diet such as 'fast foods' like fried 'chips' will cause heart disease. New research may even suggest a protein in milk may be responsible for the epidemic of heart disease in the Western world, but non-conclusive, but either way the cause stems to a person daily diet over the long term.

There are many plants and juices you can add to your daily diet to reduce the risks of heart disease and also lower cholesterol levels, and even repair, reducing some of the existing damage. Find out more in the Natural Plant Cures ebook below.

Nausea

[What is nausea? What causes nausea?](#)

Nausea and vomiting are controlled by the same parts of the brain that control involuntary bodily functions. Vomiting is actually a reflex triggered by a signal from the brain, which is a way for the body to purge toxins out of the system, and warn a person of a problem. Smells like sewage, taste, various illnesses and emotions such as fear, pain, injury, infections, travel sickness and ear imbalance, food irritation, dizziness, motion, and other changes in the body can trigger this condition. Also side effects of drugs and allergies to consumed foods can cause nausea, including a chemical imbalance in the person's digestive track

There are many safe natural remedies and cures that can prevent and treat this condition. For more information we recommend the Natural Plant Cures ebook below.

Gastrointestinal Complaints

[What is gastrointestinal complaints? What causes gastrointestinal complaints?](#)

Gastrointestinal complaint is a general term for an upset in the digestive track, such as the small and large intestine and bowel. Such problems can be soreness and bleeding, Constipation and Diarrhea.

Constipation is the most common gastrointestinal complaint in the United States (most likely because of poor diet and good gut bacteria imbalances), thus resulting in about 2 million annual visits to the doctor. However, most people treat themselves without seeking medical help, with over 700 million dollars spent by Americans on laxatives each year. Others choose simple natural home remedies and modifying their daily diet of good healthy foods as outlined in the Natural Plant Cures ebook below.

Heart Burn

[What is heart burn? What causes heart burn?](#)

Heartburn is a pain behind the breast bone, often described as 'burning', it has nothing to do with the heart, but it is a digestive problem. There are several causes of heartburn. Finding out what these are, and how they cause heartburn, can help you prevent it. Some are caused by a faulty muscle in the stomach, but mostly it is caused by acid reflux. Acid is present in the stomach to digest food. Heartburn occurs when small amounts of this acid rise up into the gullet called the oesophagus which is the tube which carries food from the mouth to the stomach. This is called reflux or acid reflux. Most people suffer from heartburn at some point in their life's.

There are many safe and proven natural home remedies that can quickly relieve and also prevent acid problems ever re-occurring. The best cures and treatments are outlined in the Natural Plant Cures ebook below.

Atherosclerosis

What is atherosclerosis? What causes atherosclerosis?

Atherosclerosis is a condition in which lipids (fats) collect under the inner lining of damaged artery walls, eventually narrowing or blocking the artery and obstructing blood flow.

Medical scientists do not know exactly how atherosclerosis begins or the exact cause. It is a slow and complex disease that may start in childhood. In some people, atherosclerosis develops faster as they grow older. Atherosclerosis usually develops over many years. The disease may occur in any artery or group of arteries.

The lining of the artery called the intima, may first have some irritation or injury to it. This sets off a series of reactions causing Fatty particles that are rich in cholesterol 'blood fat' to start to accumulate around the irritated or injured area. This then causes a thickening of the artery wall and fatty deposits (plaques) form blocking the flow of blood.

There are many natural home remedies available that can treat or reduce the damage and also as a preventative. For more information we recommend you read the Natural Plant Cures ebook below.

Chronic Fatigue

What is chronic fatigue? What causes chronic fatigue?

Chronic fatigue syndrome is a non-contagious disease that was first detected as a physical illness in the 1980's and still remains the subject of a great deal of controversy.

Theories abound about the causes of chronic fatigue syndrome (Abbrev: CFS). Many Medical Scientists and doctors still doubt that CFS is an actual disease, but believe more that is to do with or a component of a psychological disorder or a symptom of other problems, similar to anemia, high blood pressure, and diabetes.

It is estimated that millions of people world wide suffer from this condition, generally between the ages of 20 and 40, and is more common in females, than males affecting all racial and ethnic groups.

The cause of CFS is not yet known. Current research is exploring the possibility that people with CFS may have a dysfunction of the immune and central nervous systems. Therefore, a natural home remedy and special daily diet to enrich the body with vital vitamins, compounds and trace elements should be explored to treat the illness and condition. There are some very good plant extracts and juices they will boost the immune system. You can find out more in the Natural Plant Cures ebook below.

Eczema

What is eczema? What causes eczema?

No one really knows what causes eczema. However, we do know that people with eczema have skin that is different than most people, with dry and cracked skin, and the protective outer layer of skin damaged resulting in the loss of a lot of water (skin moisture), which interferes with the natural healing process and defences against bacterial invaders. There are treatments that inhibit inflammatory substances that cause the red, itchy skin associated with eczema.

We recommend first trying some plant extracts and herbal remedies like herbal baths of well-known plant compounds to try to treat, relieve and cure the condition. You can find

Arthritis

What is arthritis? What causes arthritis?

Arthritis is an illness that can cause pain and swelling in your joints. Determining the cause of arthritis can be difficult, because often several factors contribute to an individual developing this common problem. There are more than 100 different types of arthritis, caused from over weight conditions, environmental conditions, disease and allergies, to dietary factors that cause by-product compounds in the body. Gout is a form of Arthritis caused by the build up of Uric Acid that crystalises in the joints, causing inflammation and swelling of the big toe. Often, Diabetics suffer from sore joints because of Uric Acid. Arthritis pain is the MOST common pain, than any other pain cause, resulting in the sale of billions of dollars worth of pain relief each year.

There are several effective natural cure treatments that can reduce and cure this condition. Plant extracts and plant juices that can normalise blood and flush uric acid from the body via urine. To find out more information we recommend you read the Natural Plant Cures ebook below.

Asthma

What is asthma? What causes asthma?

Asthma is a disease that affects the bronchial tubes. Asthma causes are not exactly known, a common factor in all people that have asthma is chronic airway inflammation and airway sensitivity to various air born dust particles and possibly dust mites and their excrement's, and even other chemical compounds like pollens, industrial or atmospheric pollutants in the persons environment.

It seems to be a modern big city disease, as it's been noted that small jungle tribes and villages throughout the world going back 1000s of years have never reported one case of the disease. Therefore, suggesting it maybe a immune system break down from factors of our modern environment.

Overweight children from 9 to 14 years old are twice as likely to develop asthma then other age groups with Obesity a possible factor in developing asthma sooner. People whose partners smoke are nearly five times more likely to develop asthma in adulthood, according to new research.

There are several ways to improve the home environment that could be causing asthma. First, install a [ionised air filtration unit](#), which will clean the air of dust and pollutants. Secondly, Air the bedding and pillows daily, exposing them to direct sunlight for 2-3 hours before making the bed, and thirdly, natural remedies and daily diet control to boost a persons immune system and suppress the inflammation, which are outlined in the Natural Plant Cures ebook below.

Varicose Veins

What is varicose veins? What causes varicose veins?

Varicose veins are when veins in the leg become weakened and enlarged, twisted, painful superficial veins resulting from poorly functioning valves, and particularly after blood clots have formed in them. Such thin-walled, enlarged veins are called "varicose".

Medical researchers do not know the exact cause of spider and varicose veins, however there are several factors that causes a person to be more likely to develop them, such as Heredity factors like being born with weak vein valves. Other factors appear to be hormonal changes that occur during puberty, pregnancy, and menopause. Taking estrogen, progesterone, and birth control pills can cause a woman to develop varicose veins or spider veins.

Varicose veins can become quite painful and look unattractive, varicose veins usually enlarge and worsen over time, and may cause the legs and feet to swell. If they keep getting worse, they can cause ULCERS on the ankles.

However, there are some effective natural cure remedies to prevent and reduce these viens such as herbal teas or herbal baths of certain plant extracts, and home made herbal creams, ideally for pregnant mothers. You can find more information in the Natural Plant Cures ebook below.

Psoriasis

What is psoriasis? What causes psoriasis?

Psoriasis is a chronic, scaly rash, skin disorder that affects 2% to 3 % of the world's population. There is a genetic predisposition to psoriasis, as it seems to run in family members and relatives. Environmental factors can influence the problem, but it's not an allergy and is not contagious. It normally appears when a person reaches ages of 11 to 20 or later on at the age of 50 to 60. About 5% of those with psoriasis will also develop joint pains or arthritis.

Exactly what causes psoriasis is not fully understood by scientists but it seems to be related to the immune system being overactive in a way that causes the inflammation.

There are some successful herbal treatments that can reduce and relieve the condition, either by general normalising the person's immune system and applying plant extracts in the form of gel creams to the affected skin areas. For more information we recommend the Natural Plant Cures ebook below.

Nail Fungus

What is nail fungus? What causes nail fungus?

Nail Fungus, known as Onychomycosis, is made up of contagious tiny organisms called Tinea Unguium that can infect finger nails and toe nails, by living under the nail. It is not life-threatening, but the fungal infection of the nails can lead to pain and secondary infection, therefore it should always be treated as soon as possible.

Over 60 million people world wide get this fungus. The most common place for the fungus are the toe nails because the socks and shoes keep the toenails moist, dark, and warm, ideal for multiplying.

It can be caught from moist places like a shower and locker/gym room floors, where an infected person with bare feet have been, and also sharing nail files and clippers, that have not be disinfected.

Nail Fungus usually begins with an opaque white or silvery area at the distal edge; the outside edge of a nail. The fungus gradually works its way inward. The nail can become discolored either a yellow-green or dark yellow-brown. Sometimes white spots are seen and the nails thicken developing abnormal grooves, lines, and tiny punched out holes. There is occasionally mild discomfort, with itchiness, and even pain around the flesh surrounding the nails called cuticles. Bleeding or detachment of the cuticles may occur as well.

Treating the infection can take time, and therefore its best to prevent re-infection. There are special creams available and also herbal natural cures that have very good anti-inflammatory, anti-bacterial, and anti-fungal properties ideal to maintain your skin and nails from fungus again. For more information on Anti-fungal plant extracts and compounds can be found in the Natural Plant Cures ebook below.

Arterial Plaque

What is arterial plaque? What causes arterial plaque?

Arterial plaque is a fatty deposit inside an arterial wall; characteristic of atherosclerosis, which restricts or blocks the blood flow, that leads to heart attacks and killer clots. Some research has found a direct correlation between the amount of periodontal bacteria in the mouth and the formation of blockages in the carotid artery in the neck, suggesting that gum disease has been linked to the hardening of the arteries as well.

Even more recent research has shown that plaque exists in two modes called non-vulnerable and vulnerable plaque. Blood passing through an artery exerts a shearing force and can cause vulnerable plaque to rupture, which often leads to occlusion and myocardial infarction. This is a significant health issue, since it kills over one million people each year in USA, with over 60 percent perishing without showing any symptoms. New thinking is instead of plaque slowly building up and blocking maybe incorrect and is more likely to build up in the artery wall and expand it, without blocking the flow channel making it unstable and, worse still, completely hidden. When it ruptures it forms a major blood clot, blocks the artery and can kill within seconds.

The fats from a poor diet high in saturated fats and thus high cholesterol level provide the dangerous material for the plaque to form. Knowing these new facts; one should consider modifying their diet before its too late; by reducing animal meats and fried foods cooked in saturated fats, and eating more fruit and vegetables high in antioxidants and good oils and fats that reduce bad cholesterol.

By adding and using certain plant extracts in your diet; you can speed up the reduction of bad cholesterol levels, and fats and repair damaged arteries.

Some plant juices in a recent study in 2005 have shown to reduce heart attacks and also repeat strokes up to 50 percent! You can find out more in the Natural Plant Cures ebook below.

Bad Breath

What is bad breath? What causes bad breath?

Bad breath or odors, technically known as Halitosis, are terms used to describe noticeably unpleasant odors exhaled while breathing. Though specific odors can be caused by sometimes a serious medical condition, bad breath is typically innocuous in itself, and only causes problems in interpersonal relations since one's own breath odor is usually undetectable due to the process of habituation.

Bad breath odors can indicate an underlying pathology which can stem from the stomach, lungs, or bloodstream, although most odors can be just from the bacteria forming on and behind the tongue and back of throat and mouth. Dead and dying bacterial cells release sulphur compounds, which gives the breath an unpleasant odor. Other common odors are caused by diabetes mellitus sufferers who give off acetone in their breath, or people suffering a malfunction of their liver or suffering kidney problems.

Bad breath can cause embarrassment creating social and psychological barriers, and even affect marriages.

There are many natural herbal and plant extract remedies that can rid bad breath or reduce it. By treating the mouth and rinsing the mouth and also treating and flushing the liver and kidneys with herbal cleansers. More can be found out in the Natural Plant Cures ebook below.

Constipation

What is constipation? What causes constipation?

Constipation is a condition in which the stool becomes hard and dry, thus the passage of small amounts of hard, dry bowel movements, usually fewer than three times a week. It is not a disease, but a symptom.

The most common cause of constipation is a poor diet low in soluble fiber which is found mostly in cereals, vegetables and fruit. Other causes can be any of the following; the lack of exercise, not enough liquids, Irritable bowel syndrome, alterations in life's routine; such as pregnancy which produces hormonal changes, general old age or travel, abusing laxatives, Ignoring the urge to have a bowel movement, Specific diseases such as multiple sclerosis; Parkinson's disease; a stroke and lupus disease, Problems with the intestines and rectum, and Drugs and Medications affecting the intestinal track.

Altering ones diet by increasing fibre and liquids will cure the condition most of the time, and there are also some great natural remedies and plant extracts that cures the condition or stubborn constipation, which are outlined in the Natural Plant Cures ebook below.

Bronchitis

What is bronchitis? What causes bronchitis?

Bronchitis is the inflammation of the bronchi tubes; the lung airways that causes a persistent cough and sputum or phlegm production; especially common in smokers and in the living regions with high atmospheric pollution from factories, cars and open fires. Also Infection by certain bacteria called Mycoplasma pneumoniae or several viruses cause bronchitis, including influenza A and B, can also cause acute bronchitis or 'walking pneumonia'.

Most people get acute bronchitis at some point in their lives from infections. Chronic bronchitis is a long-term condition of excessive mucus with a productive cough. This ongoing condition is inflammation but not infection. It blocks air flow in and out of the lungs. Chronic bronchitis is caused by inhaling bronchial irritants, especially cigarette smoke. Chronic bronchitis, like emphysema, is also known as chronic obstructive pulmonary disease where they become increasingly short of breath and needing a oxygen mask.

Although, not smoking cigarettes, or being around smokers and using a [ionised air filtration unit](#) in your home, especially your bedroom can help very quickly ease or rid the condition if it's the non-viral form.

There are many natural remedies that can be used to prevent and treat the viral forms, by boosting the immune system and easing inflammation of the air ways. More can be found out in the Natural Plant Cures ebook below.

Bowel Cancer

What is bowel cancer? What causes bowel cancer?

Bowel cancers are in two forms; small and large bowel cancers. The causes of most common small bowel cancers are unknown, but it seems to stem mostly from poor diet lacking fiber and a weak genetic pre-disposition. Occasionally the cancer can cause a blockage or obstruction in the bowel, which may be complete or partial blockage, which is a serious life threatening condition.

Cancers affecting the small bowel are rare, making up less than 5% of all bowel cancers. The small bowel forms part of the digestive system and extends between the stomach and the large bowel or colon. Some people with non malignant/non-cancerous bowel conditions may be at higher risk of developing small bowel cancer.

Medical Researchers have discovered that large bowel cancer develops because of defects in the genes of cells, lining the bowel. These cells start to multiply, and form a small protrusion or 'polyp' on the bowel surface. The majority of polyps remain localised and cause no symptoms. However, further changes can occur in the cells within a polyp, which cause them to become cancerous. This is why removal of polyps can prevent cancer.

The symptoms of small bowel cancer are often vague and difficult to diagnose. They may include any of the following; blood in the stools from the bowel motions; dark and black stools; intermittent cramps and abdominal pain, weight loss or diarrhea (diarrhoea).

A wise preventative is to modify ones diet to include many green salads, soluble fibers and fruits.

There are some amazing plant extracts and combination of plant compounds that have cured cancers in people world wide, over the centuries and even prevented re-occurrence.

More can be found out in the Natural Plant Cures ebook below. If you have cancer, you have nothing to loose to try the recommendations outlined in this book. Natural Cancer cures over harsh drugs and chemo has some appeal to many people.

Irritable Bowel

What is irritable bowel? What causes irritable bowel?

Irritable bowel syndrome (IBS) is a group of functional bowel disorders which are fairly common, with 20 to 50% of visits world wide are to a gastroenterology specialist. The bowel which is also called the large intestine is part of the digestive system that makes and stores stool. IBS is not a disease, but it is a functional disorder, which means it is not caused by any physical damage to the bowel.

Acid Reflux

What is acid reflux? What causes acid reflux?

Acid reflux is the backflow of stomach acid into the oesophagus, which is the portion of the gut between the mouth and stomach in the anterior neck. Acid reflux, generally occurs because the lower oesophageal sphincter (abbrev: LES) relaxes, allowing stomach juices back up into the oesophagus. This is also called gastroesophageal reflux. The acid reflux may reach the throat called the pharynx, and the mouth. It is sour and may burn, hence the term HEARTBURN.

New research suggests that drinking alcohol, coffee or tea may not cause acid reflux disease as once was thought, although they can still make reflux symptoms worse if someone has the disease already. More surprising, was the findings that table salt may increase a person's risk of developing acid reflux by as much as 70%! Also Smoking strongly increases the risk for developing acid reflux disease, and elevated hormone levels of pregnancy probably cause reflux in women, as well.

Therefore, a simple cure for acid reflux could be reducing table salt intake with meals, although some salt and iodine in the diet are needed to prevent other diseases, and to keep the body healthy, it exists in processed foods, and therefore a person should not rid salt in their diets completely.

Many people have turned to natural cures for stomach conditions and over acid problems. There are several amazing plant juices and extracts that seem to rid the problems of digestion and over production of acid for good. To find out what these plants are, please read the Natural Plant Cures ebook below.

Diabetes

What is diabetes? What causes diabetes?

Diabetes is a condition in which the body either cannot produce insulin or cannot effectively use the insulin it produces. There are several forms of this disease; Gestational Diabetes Mellitus type 1, and Diabetes Mellitus type 2.

The cause of Type 1 Diabetes is unknown, although it seems to stem from childhood infections and a family genetic tendency are two possibilities. The pancreas undergoes a change when infected or from genetic disruption, and so the cells that normally produce insulin are destroyed. People with Type 1 Diabetes have little or hardly any ability to produce insulin and therefore are entirely dependent on injections of insulin for survival. In Type 2 Diabetes, the pancreas retains its ability to produce insulin, but either the quantity is inadequate for the body's needs, or insulin cannot be used to its full extent by the tissues. Most people who have this condition suffer from being overweight and require treatment. Loosing weight can reduce or rid the Type 2 Diabetes problem; therefore it's recommended that diet control is the best option together with daily exercise program.

Diabetes Type 2 is a world wide epidemic, that's affecting children of all ages and adults, which can lead to early death or other medical conditions such as blindness, loss of limbs, numbness, heart damage and many other horrible conditions. Over 90% of all diabetes is the Type 2 condition.

There are natural remedies and natural diets that can help reduce sugar levels and normalise with out the need of expensive drugs. Some plant extracts have been used for many centuries to control diabetes or cure it before modern drugs came along. You can find out more information on such plant compounds in the Natural Plant Cures ebook below.

Diarrhea

What is diarrhea? What causes diarrhea?

Diarrhea (UK spelling diarrhoea) is a common problem that a person may get more than once in their life time, which results in an uncontrollable, loose, and frequent bowel movements caused by diet, infection, medication, and irritation or inflammation of the intestine, digestive chemical imbalance. Generally a person will get loose, watery stools occurring more than three times in one day.

Severe or prolonged diarrhea can lead to weight loss and malnutrition.

AIDS virus related diarrhea may have excessive loss of fluid which can be life threatening.

There are many possible causes of diarrhea in people who have AIDS. The most common infectious organisms causing AIDS-related diarrhea include Cytomegalovirus (CMV), the parasites Cryptosporidium, Microsporidia, and Giardia lamblia, and the bacteria Mycobacterium avium and Mycobacterium intracellulare.

Several types of bacteria, consumed through contaminated food or water, can cause diarrhea. Common culprits include Campylobacter, Salmonella, Shigella, and Escherichia coli.

Many viruses cause diarrhea, including rotavirus, Norwalk virus, cytomegalovirus, herpes simplex virus, and viral hepatitis.

Some people have food intolerances, where they are unable to digest a component of food, such as lactose, the sugar found in milk. Diarrhea can cause dehydration, which means the body lacks enough fluid to function properly. Dehydration is particularly dangerous in children and the elderly, and it must be treated promptly to avoid serious health problems.

There are many herbal remedies and plant extract and juices that can boost the internal immune system and normalise the digestive tract. For more information on which plants process these qualities we recommend reading the Natural Plant Cures ebook below.

Warts

What is a wart ? What causes warts ?

Warts are non-cancerous skin growths caused by a viral infection in the top layer of the skin or the mucous membranes. Viruses that cause warts belong to the "family" called human papillomavirus (HPV). The appearance of a wart depends on where it is growing. Warts are usually skin colored and feel rough to the touch, but can be dark, flat or smooth. There are 4 kinds of warts; common wart grow around the nails, on the fingers and on the backs of the hands; Foot wart called plantar wart appear on the soles of the fee and are painful with black dots of small blood vessels, and tend to grow up in to the foot feeling like a pebble when walking. When they grow in clusters they are called mosaic warts because the pattern they produce; Flat wart is smaller and smoother than other warts and grow in groups of 20 to over 100 anywhere on the skin, but usually on kids faces, men's beards and females legs; Genital wart known as condyloma are a common and worrisome problem in adults. They can be small and flat, or thin and tall, occurring on the genitalia, within the vagina or rectum, on the cervix or penis, and around the anus and spread during sexual contact. Genital warts have been linked to cancer of the genital area, and they can be spread to inside of the mouth, but rarely the hands and feet. Warts are passed from person to person directly and indirectly. Generally people get at least one type of wart in their life span; hence the name of common wart since its a common skin infection, with about 10% teenagers getting the foot warts.

There are some very good plant extracts and saps when applied to warts they remove a wart within days. Many plants produce anti-fungal, anti-viral compounds, which make good lotions for home based remedies and herbal baths. To find out more read the Natural Plant Cures ebook below.

Ulcer

What are ulcers? What causes ulcers?

An ulcer is an area of skin loss involving the whole thickness of the skin, either caused by infection, trauma, or cell damage causing cell death. There are various kinds of ulcers from mouth and throat ulcers, stomach ulcers, internal and external skin ulcers.

A peptic ulcer is the most common ulcer which is the erosion in the lining of the stomach or duodenum. Each year there are over 800,000 new cases of peptic ulcer disease in the USA alone. A peptic ulcer located in the stomach is called a gastric ulcer. Peptic ulcers was thought to occur when the acid and enzyme which the body produces to break down eaten food, overcome the defence mechanisms like the mucus lining of the gastrointestinal tract and cause an erosion in the mucosal wall, however we no longer believe that lifestyle factors like spicy foods, cause these ulcers, but stress may have some impact by causing an imbalance some how in the immune system, although not proven completely. Some drugs like aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) can cause ulcers if taken regularly, and new research has shown that ulcers are now mostly caused by infection with a bacterium named *Helicobacter pylori*, usually called *H. pylori* and can be spread to other people via stools and not washing hands and is more common in African people. Regular drinking alcohol, smoking and disease like arthritis can also cause ulcers and inflame it more. Radiation burns especially 'chemo' treatments can cause ulcers. It is important to distinguish between ulcers caused by *H. pylori* and those caused by medications only, because the treatments are completely different.

Stomach pain is the most common symptom of a Peptic ulcer. It usually feels like sharp aches between the breastbone and the belly button. This pain often comes a few hours after eating. It can also happen during the night or early in the morning, when the stomach is empty. Eating something or taking an antacid medication sometimes makes the pain go away for awhile.

There are some herbal and plant juice extracts drinks that can cure and prevent ulcers re-occurring with their anti-bacterial and anti-inflammatory and immune system boosting properties. Find out what they are in the Natural Plant Cures ebook below.

Tumor

What is tumor? What causes tumor?

A Tumor [UK Spelling: Tumour] is an abnormal mass of tissue that results from excessive cell division, either being benign or malignant tumor; or just a large and deep solid growth of skin or subcutaneous fat. A benign tumor is an abnormal growth that is not cancer and does not spread to other areas of the body, however a malignant tumor is a tumor made up of cancer cells of the type that can spread to other parts of the body via the blood stream and infect the lymph nodes.

The causes of malignant tumor are not exactly known, but it stems from one bad cell turning cancerous and rapidly multiplying to form the cancerous mass. A benign tumor may not be harmless as it slowly grows in to a mass of cells, and this growth may cause damage to any organs, tissues and brain, or nerves in its vicinity causing extreme pressure and pain. Hence, a benign tumor can still cause serious illness and death with about 20,000 annual deaths in the USA alone, compared to more than 500,000 annual deaths from malignant tumors.

Removing tumors can not always been done by surgery and radiation treatment may not be successful. Many people try to avoid chemo therapy treatments as it has unpleasant side affects like the loss of hair and weakens the immune system allowing other diseases like the flu to invade the body. Such a serious condition as a tumor or cancer should always seek a doctor's opinion.

However, for many centuries some natural cures and herbal remedies have reduced and cured many tumors, with some tumors being easier to treat, although it does not always work for some people. When you have nothing to loose, anything is worth a try they say; as health is more important regardless of financial cost. For a list of plant compounds and extracts properties that work on cancer and tumor cells, then please read the Natural Plant Cures ebook below for more information and the possibilities.

Aids Virus

What is aids virus ? What causes aids virus ?

The human immunodeficiency virus (HIV) is a contagious retrovirus which causes acquired immune deficiency syndrome (AIDS) by its effects on the human immune system. A very small minority of scientists continue to question the connection between HIV and AIDS and even the very existence of HIV. The virus that causes AIDS, HIV, was discovered in the year 1983.

The origins of HIV is believed to have evolved from the simian immunodeficiency virus (SIV) found in monkeys. The hypothesis that HIV evolved from SIV is based on the many similarities between these two viruses, especially at the genetic level. The two viruses are genetically very similar and are transmitted the same way. However HIV only causes AIDS in humans and SIV only causes AIDS in monkeys. The SIV virus, like HIV, is found in blood. From what we can tell, HIV entered man via monkey blood. This could have been possible by either drinking the blood of monkeys, eating raw monkeys or perhaps another direct exposure of monkey blood into humans.

There is no known cure for it, other then boosting the body's own immune system to try to fight it. There have been many drugs developed over the years that had some success at targeting and killing the virus and infected blood cells, but the virus mutates quickly and the drugs no longer work. However, extending the life of Aids patents with these drugs and maintaining the immune system has been possible. Catching the infection early can improve the odds at beating it, but until a vaccine or cure is found there is a big effort on Aids prevention; such as using condoms during sex or having only one sexual partner and hospitals monitoring blood supplies. It's said that Africa has 2/3 of its population infected with AIDS VIRUS, with 3 million people dying of AIDS in 2001. About 10,000 and increasing a day said to get infected with the AIDS virus. AIDS does not know no national boundaries and does not discriminate by race or sex.

There are many plant extracts and juices that can help boost the immune system naturally, and modifying ones diet with certain foods is recommended. You can find out more information in the Natural Plant Cures ebook below.

Cold or Flu

What is cold or flu ? What causes cold or flu ?

A 'cold' and the 'flu' cause many of the same symptoms. But a cold is generally more mild, while the flu tends to be more severe and harder to rid. A cold often starts with feeling tired, with sneezing and coughing occurring and having a runny nose. You may not have a fever or you may run a low fever with only 1 or 2 degrees higher than usual body temperature. You may also have muscle aches, a scratchy or sore throat, watery eyes or a headache. The 'flu' starts suddenly and impacts the immune system hard. You'll probably will feel weak and tired, and have a fever, with a dry cough, and a runny nose, and some of the following conditions; chills, muscle aches, severe headache, eye pain and a sore throat. It usually takes longer to get over the flu than a cold.

There are over 100 different viruses that can cause colds, but about half of the time a cold is caused by a class of viruses called rhinoviruses which gets into the cells lining your nose and starts reproducing. The 'Flu' is a viral respiratory tract infection. The influenza viruses are divided into three types or strains: A, B, and C; with 'Influenza A' being the more common.

Influenza Type A is responsible for the deadly influenza pandemics and worldwide epidemics that strike every 10 to 40 years periods, whereas type B causes smaller, more localized outbreaks. Type C is less common and causes only mild symptoms. The influenza virus and cold virus are generally passed from person to person by airborne transmission; such as sneezing or coughing, and the virus can also live for a short time on objects like door handles and toilets, and infect a new person when they rub their nose or eat food without washing their hands.

There are many good plant extracts for natural remedies, which can be used to ease a cold and boost the immune to rid the invasion. For more information, please read the Natural Plant Cures ebook below.

Sore Throat

What is sore throat? What causes sore throat?

Sore throat is an inflammation of the fauces and pharynx. Contagious bacterial or viral infections cause the inflammation. Also known as pharyngitis or tonsillitis, it is a disease primarily located in the area around the tonsils. A sore throat is partly a disease in itself and partly an effect of other diseases, such as flu and glandular fever.

Among the bacteria that cause sore throats, the streptococcus group A is the most common, and often referred to as a 'STREP THROAT'. The incubation period between picking up the infection until the disease

Acne

What is acne? What causes acne?

Acne is a chronic disorder of the hair follicles and sebaceous glands. Acne is characterized by black heads, pimple outbreaks, cysts, infected abscesses, and maybe scarring. For most people with acne, it begins at puberty. This is when the body starts to produce hormones called androgens. Androgens cause the enlargement and over stimulation of the sebaceous glands in people with acne.

Acne is often genetic related such as unnaturally oily skin, but other factors are as follows; Stress can also cause the production of hormones, such as cortisol, which can aggravate acne; Some medications and steroids; Heavy or oily make up; Over abrasive cleansing drying out the skin so it over produces more sebum; squeezing blackheads and spots forcing the infection deeper in to the skin and causing deeper scarring; A poor diet high in saturated fats.

By changing ones diet to include daily green leafy salads and fresh fruits can help but there are some plant extracts that have anti-bacterial and immune system boosting properties that can be applied to the surface skin problem area, as well as tonic herbal teas and herbal baths with plant powders and leaves. To find out more read the Natural Plant Cures ebook below.

Cold Sores and Mouth Sores

What is cold sores and mouth sores ? What causes cold sores and mouth sores ?

Cold sore is a localized collection of clear fluid causing elevation of the skin, separating it into an upper and lower layer of skin causing a blister. Breakdown of a blister produces an ulcer. Cold sores are associated with Herpes Simplex Virus 1 (HSV-1) appearing on the face, lips, and inside the mouth as blisters or small ulcerations. Cold sores usually appear on your lips.

Signs and symptoms are Small, painful, fluid-filled blisters on a raised, red, painful area of your skin. Pain or tingling, called the prodrome, often preceding the blisters by 1 to 3 days. Cold sores are contagious. They can pass from one person to another through skin-to-skin contact. The herpes simplex virus can be transmitted even when blisters aren't present, but the greatest risk of infection is from the time the blisters appear until they have completely dried and crusted over. Avoid contact with infants, anyone who has eczema (atopic dermatitis) or people with a suppressed immune system, such as people with AIDS, cancer, or an organ transplant. Some people get re-occurrence of cold sores throughout their life spans. Cold sores cause social embarrassment to the sufferers, and barriers like kissing which can spread it to other person.

There are natural remedies using some excellent plant extracts with anti-fungal, anti-bacterial and immune boosting properties. Making ones own herbal creams and applying to affected sores. Daily herbal baths with some plant powders and drink herbal teas that act on cell repair and immune system are a great way to keep skin healthy. For more information we recommend reading the Natural Plant Cures ebook below.

Obesity

What is obesity? What causes obesity?

Obesity is a condition in which excess fat has accumulated in the body; usually considered to be 20 percent above the recommended weight for height and age.

Although the basis of obesity is not only fully understood, the condition has been recognized since 1985 as a chronic disease caused by a complex set of factors. Studies show that obesity has a strong genetic component. If one or both of your parents are obese, your obesity risk is raised because genes determine your body shape and, to some extent, your weight.

You can control the condition by learning to control your daily diet and exercise habits. In certain cases, medication or stomach surgery can also help control the weight gain.

Although, over use of laxatives and diuretics can be harmful to internal organs. If your metabolism tends to be slow, you are more likely to store excess calories in the form of fat. A slow metabolism means you probably need to work harder at losing weight.

There are some every day raw fruit and raw vegetable juices that can help reduce weight. Having 1 or 2 juice only days a week is a great way to loose some weight without starving and loosing vital nutrients to keep the body and immune system healthy. There are some fruits you should avoid as they provide too much energy, and therefore the excessive carbohydrates will be turned into fat stores. Avoiding, fast foods and saturated fats are very important to maintain health and a balance weight.

There are plant extracts used moderately, that can cleanse the liver, kidneys, stomach and bowel and help burn fat quicker when exercising and suppress or increase the appetite. To find out some of the special plant extracts we recommend the Natural Plant Cures ebook below.

Stress

What is Stress? What causes Stress?

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. Stress doesn't always happen in response to things that are immediate or that are over quickly. Ongoing or long-term events, like coping with a divorce or moving to a new environment or school, can cause stress, although some moderate stress can be a good thing for everyone, stress overload is another story, and can lead to serious health problems and fatigue. Over Stress can lead to stomach problems, heart problems and a break down of the immune system which leads to being and feeling sick. In some case, it can even kill a person.

When stress occurs the hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and release them into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, putting our muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy levels while sweat is produced to cool the body from the burning of the energy in the muscles. All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment.

There are home remedies and plant extracts that act on the nervous system causing it to relax and aids in maintaining the immune system, rich in vital vitamins like vitamin B that are ideal for the stress condition. Herbal warm baths are a great way to relax and ease stress. Find out more information on what plant extracts can help we recommend reading the Natural Plant Cures ebook below.

High Cholesterol

What is high cholesterol? What causes high cholesterol?

High cholesterol, also medically known as Hyperlipidemia, is a condition of elevated cholesterol in the blood. The blood total cholesterol panel is composed of the LDL-cholesterol; the bad cholesterol, and the HDL-cholesterol; the good cholesterol, the cholesterol ratio which is the total cholesterol divided by the HDL component, and the triglycerides. The goal cholesterol value depends on the medical history, family history, and health status, but is generally accepted as an LDL-cholesterol of less than 130. A good cholesterol ratio is less than 5.5 and higher than 1.

High Cholesterol leads to heart disease and heart problems; such as coronary heart disease (CHD) and stroke, therefore gaining a good cholesterol level is a must for a long healthy life span.

Cholesterol is a type of fat (lipid) made by the body. It is essential for good health and is found in every cell in the body. Cholesterol is transported around the body in the blood attached to a protein. This fat-protein combination is called a lipoprotein. Triglycerides are a different type of fat, which mostly come from fats in food. Calories that are eaten and not used immediately are converted into triglycerides and transported to fat cells for storage. A raised level of blood triglycerides together with high LDL can increase the risk of heart disease.

There are several factors that may contribute to high blood cholesterol such as; a diet that's high in saturated fat; lack of exercise; family history such as coronary heart disease; being overweight; excessive alcohol ; and generally rises slightly with increasing age, and men are more likely to be affected than women.

Although, modifying diet with good foods and fats; lowering red meats, animal proteins like milk and eggs, and getting daily exercising will have excellent results, sometimes drugs are needed by certain people where diet and exercise alone are not helping to normalise levels.

There are some wonderful plant extracts that can lower cholesterol levels over weeks and months and keep it normalised. You can find out more in the Natural Plant Cures ebook below.

Skin Burn

What is a skin burn? What causes skin burns?

A skin burn is a type of injury to the skin caused by heat, electricity, chemicals, or radiation; such as sunlight. There are three degrees of burns; First-degree burns are usually limited to redness and pain at the site; Second-degree burns additionally have blistering of the skin; Third-degree burns additionally have charring of the skin or eschar formation. An eschar is a scab that has separated from the unaffected part of the body. These are painless because at this stage the nerve endings are burnt away. Chemical burns are usually caused by chemical compounds, such as sodium hydroxide (lye), silver nitrate, and the most serious compound called sulphuric acid. Scalding is a specific type of burning that is caused by non-solid hot material, such as a liquid and/or steam, usually comprising of water and vapour, and sometimes oil.

Immediate first aid for burns consists of immersing the injured area in cool clean water to cool the injured tissues.

However, burn creams have been invented to sooth the burn giving a cooling affect and aiding in skin repair and pain relief.

There are excellent natural plant remedies using certain plant extracts that contain a natural healing aid to damaged skin giving anti-bacterial and anti-inflammatory relief. More can be found out in the Natural Plant Cures ebook below.

Vaginosis

What is vaginosis? What causes vaginosis?

Bacterial vaginosis is a type of vaginitis which causes a swelling and irritation of the vaginal tissue. It is not known for sure what causes this condition. 1 in 3 women will probably get this condition in their life times.

Vaginitis (inflammation of the vagina) can be caused by many different types of organisms, although the symptoms tend to be similar. Thrush infection caused by a fungus (*Candida albicans*) is the most common cause of vaginitis and is a cause of irritation for many women. Trichomonas is caused by a small organism called a flagellate. It is common to experience an abundant greenish-yellow discharge, an itching, burning sensation, or pain in the vagina. Gardnerella vaginalis (bacterial vaginosis) is caused by the growth of bacteria that causes the acidity of the vagina to become more alkaline. It commonly causes a greyish, foamy discharge with a fishlike smell. Gonorrhoea is caused by the gonococcus bacteria, and is only transmitted sexually. Chlamydia is an unusual cause of vaginitis, since infection often does not produce symptoms unless pelvic inflammatory disease is present. Chlamydia is a sexually transmitted disease. Herpes is caused by the herpes simplex virus and is usually a sexually transmitted disease. It is possible to infect the genital area with the virus via contact with a cold sore; since it is part of the same family. Herpes is seen at the entrance to the vagina as small blisters.

Most are treated by modern antibiotics, however there are natural remedies that have been used over the centuries to treat and cure the conditions. By boosting the immune system to fight the invaders, and daily bathing and soaking warm water with anti-fungal, anti-fungal and anti-inflammatory plant herbs and extracts, and applying home made anti-fungal creams made from 2 or 3 plant saps and compounds to the affected area by insertion and using cotton buds on long sticks. To find out what plants have these healing and anti-fungal properties we recommend reading the Natural Plant Cures ebook below.

Yeast Infection

[What is \(vaginal\) yeast infection? What causes yeast infection?](#)

Candida fungus imbalance can cause a vaginal yeast infection. A yeast infection, also known as candidiasis, is the name for a common infection caused by a type of yeast-like fungus called Candida. Small numbers of Candida are always present in female bodies, but normally at the right levels of bacteria. Thrush infection caused by a fungus (Candida albicans) is the most common cause of vaginitis and is a cause of irritation for many women. Candida can overgrow for many reasons such as Stress, pregnancy, and illnesses that affect your immune system may allow yeast to multiply, as can certain medicines, such as birth control pills and steroids.

if you have an active yeast infection, you should refrain from sexual activity that involves vaginal penetration to prevent transmitting it to others and spreading the infection.

Many girls find that yeast infections tend to show up right before they get their periods because of the hormonal changes their bodies go through, that come with the menstrual cycle. It is not a 'sexual active' condition, but having sex can spread and cause more problems. Tight under pants and warm climates can make conditions for the fungus more popular since they love warm moist dark places to multiply.

There are natural remedies that use plant extracts for their anti-fungal properties, which can be used in home made creams that are applied to and in the vaginal areas with cotton buds on long sticks to reach inside, and also herbal bath treatments. Also general herbal treatments to flush the kidneys and blood system of the toxins, and boost the immune system are used for curing and also preventing re-infection of this condition. For more information have a read of the Natural Plant Cures ebook below.

ADHD

[What is adhd or add \(Attention Deficit Hyperactivity Disorder\)? What causes adhd?](#)

ADHD is a disorder of childhood and adolescence characterized by lack of impulse control, with the inability to concentrate as well as hyperactivity. Also called attention deficit disorder (ADD).

The existence of ADHD in adults is a question still debated in the mental health field, but it is defiantly a disorder in some kids. While the causes of ADHD are not entirely clear, research into the brains of children with ADHD show that the brains may function differently than those of other children. These children may have an imbalance of chemicals in the brain that help to regulate behavior. ADHD tends to run in families, which means that genes may play a role. Most children with ADHD have at least one family member with the disorder.

Although drugs can control the behaviour to some degree, and new research for medicines are being investigated, some parents are turning to natural remedies with less side effects. There are various plant extracts that have a calming affect on the body and increase the blood flow to the brain and central nervous system that can have beneficial results. A modified diet of natural foods that don't have additives such as coloring and preservatives is recommended, such as natural green salads and fruit juices daily. For more possible solutions and great resource for other natural cures can be found in the Natural Plant Cures ebook below.

Boils

What are boils? What causes boils?

A boil, also known as a furuncle is a type of skin disease caused by the inflammation of hair follicles, thus resulting in the localized accumulation of pus and dead skin cell tissues. Individual boils can cluster together and form an interconnected network of boils called carbuncles. In severe cases, boils may develop to form abscesses. Boils often resemble the inflamed, painful lumps about 1/2 inch in size often pink or red in color, caused by cystic acne bacteria.

Boils and carbuncles are caused by bacteria, many of which normally colonize on the surface of the skin and hair follicles. The strain of bacteria most commonly responsible is Staphylococcus. Because bacteria are everywhere in the environment, almost everyone may develop a boil at some point in their life's. However, boils and carbuncles are more likely to occur in conditions of poor hygiene or when illness lowers resistance, so the immune system is unable to fight the bacterial infection. Since the bacteria can spread from personal contact, it is possible to spread the condition to other people. Every year, millions of Americans seek treatment for skin problems. Although most skin conditions aren't life-threatening, they can be uncomfortable and emotionally distressing. Boils can occur anywhere on your skin, but appear mainly on your face, neck, armpits, buttocks or thighs. People who have diabetes, a suppressed immune system, or acne or other skin problems are at increased risk of getting boils. In some cases, bacteria from a boil can enter your bloodstream and travel to other parts of your body. The spreading infection, commonly known as blood poisoning; and technically called septicemia, and this can rapidly become life-threatening.

Although some boils disappear a few days after they occur, most take about two weeks to heal. Never squeeze a boil since you will spread the infection by pushing the pus downward. Apply warm, moist compresses to the boil to encourage early drainage. Antiseptics and ointments are of little value. However, there are natural remedies and herbal teas from specific plant extracts that can boost the immune system and purify the blood and also warm herbal baths can help by absorbing the compounds through the skin layers and surface veins. For more information on what plants are useful for skin infections, then it is recommended to read the Natural Plant Cures ebook below.

Bee and Insect Stings or Bites

What are bee and insect stings or bites? What causes bee and insect stings or bites?

A bee or insect sting happens when the creature inserts a sharp hollow needle part of their body, normally on their rear end into the person's skin and injecting a toxin as part of its defensive reaction or territorial behaviour. Some stings are detached from the insect's body and have a little sac of venom which pumps in the poison.

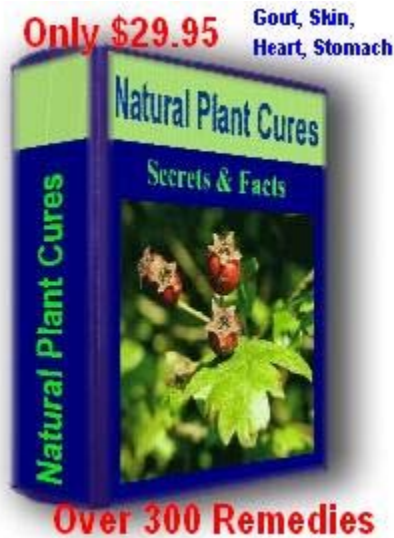
Each year, many Americans are stung by insects. Mostly, these stings mean pain and discomfort generally lasting only a few hours. Symptoms may include redness, swelling and itching at the site of the sting. Wasp, Bee, Fire ants, and Hornet stings and bites can cause allergic reactions; where the person's immune system overreacts to the venom injected by a stinging insect. Severe allergic reactions to insect stings can involve many body organs and can spread rapidly, and can even kill a person by inflaming the airways and blocking air to the lungs. In severe cases, a rapid fall in blood pressure may result in shock and loss of consciousness. Anaphylaxis which shows up as hives over large areas of the body is a medical emergency, and may be fatal. If you are stung by a honeybee that has left its stinger and attached venom sac in your skin, then remove the stinger within 30 seconds to avoid receiving more venom, by scraping a fingernail over the inserted sting which easily removes the stinger and sac.

You can then apply a natural home remedy skin compound made from plant extracts that can draw out the venom and break it down and providing a cooling effect on the skin and blister. To find out what plant extracts have anti-inflammatory and immune system enhancing properties, then please read the Natural Plant Cures ebook below.

Natural Plant Cures

There are 1000s of remedies used over many centuries. Too many to cover here in this manual so we recommend this 2005 book for more details. Modern medicine has its origins from many herbal and plant extracts. Here are just a few common time tested remedies that covers the general treatments.

A delightful colorful resource and encyclopedia to own - Jen, USA.



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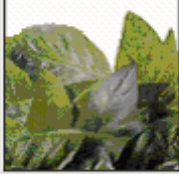
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