



# GEO HEALTH REMEDIES

All suggestions are meant to be used at your own discretion. We are not doctors but people who care about taking care of ourselves and our families. These are some remedies that have helped us do that.

## JESSICA GORDON-NEMBHARD

Saline solution for scratchy throat and stuffy nose: 8 oz warm water and 1/2 teaspoon of salt. (Should taste like tears). Warm water is best. For throat gargle with it. For nose spray it into nose or use netty pot instrument.

## MATT NOYES

Plain yogurt for cold sores or other mouth injuries. Umiboshi (sour plum) paste on plain rice for stomach problems.

## AJOWA IFATEYO

Drinking aloe water - cut with the skin and boiled (making it very better) - everyday as a tonic.

## MICHAEL JOHNSON

Eucalyptus steams for head & chest colds.  
Broad plantain boiled, steeped & mixed (infused water) w/coconut oil & beeswax for bug bites.  
Golden seal mixed w/ shea butter for hemorrhoids/anal lesions.

## SARAH EPPLEY

Ginger tea is good for almost every ailment ! Including tummy trouble, cramps, and colds

## MALIKIA JOHNSON

Rubbing peppermint oil on temples to relieve headache