The Quick Guide
To Herbal Remedies

By

Dr. Akilah El
Naturopathic Doctor, Master Herbalist
Disclaimer

Statements made in this book are for informational purpose only and are not intended to diagnose, treat, prevent or cure any disease. None of the statements made in this book have been approved or reviewed by the FDA. If you are suffering from any disease or illness you should consult your personal health care practitioner before changing any medication.

Although every attempt has been made to supply factual and helpful information throughout this book, please be aware that none of the content in this book should be taken as medical advice. I am a Naturopathic Doctor and Master Herbalist who is unaffiliated with the medical system in any way. I am not a medical doctor nor do I pretend to be. If you have any medical issue please consult your physician as soon as possible.

The information included in this book includes lifestyle and nutrition recommendations. Since the dosages of the various nutritional supplements to be suggested will vary with age, weight, and gender, as well as with nutritional status, please consult with your personal physician before embarking on a rigorous dietary-supplement program. Consultation with your personal physician who knows your detailed medical history and complete list of medications should always be done, even if you have first consulted with Dr. Akilah El. In addition to a nutritious diet, both exercise and a proper mental attitude are critical elements in combating sickness and disease, while still helping one to operate at peak performance. None of these suggested are intended for use by persons under 18 years of age. Neither are they for pregnant or nursing mothers. If you are taking prescription medications or have been diagnosed with a particular disease or illness, again consultation with your personal physician is necessary. None of the products or supplements described in our supplement section is intended to diagnose, treat, cure, or prevent a specific disease.
Introduction

Greetings of Love, Peace, Health, Happiness and Prosperity. My name is Dr. Akilah El but you can call me Dr. Akilah. I am very excited to share with you my quick and easy to use herbal remedy guide. Please use this book as a reference guide for future use. Feel free to share this with your family and friends. SPREAD THE WORD!!! 😊

My quick guide to herbal remedies book is a comprehensive alternative health resource providing information on a variety of natural remedies, nutritional healing foods, as well as the deficiencies associated with each dis-ease or illness.

Herbs have been used medicinally by a wide-range of cultures for thousands of years. Before taking any herb, individuals should research info as well as consult his/her physician and a qualified herbalist. Like medications, herbs can be risky and may have extreme side effects when taken in conjunction with other medications.

I will continue to strive to be an excellent source of information for living food remedies, alternative treatment options and natural solutions as well as living library for an extensive list of herbs. The Information I provide in this book is intended to provide invaluable knowledge on healthy lifestyle choices and should not be used in lieu of the advice of a qualified alternative professional or allopathic physician.

I highly suggest that you seek a health care professional who is very knowledgeable about herbs. If your health care professional doesn’t know about the safety and effectiveness of herbal preparations, how can you take these herbs safely? The clerk at the health food store may tell you what they have read in a book about a particular herb but how much do they know from personal and professional experience? It could be hard to tell. So it is up to you to protect yourself with information. I highly suggest that you consult with an herbalist with at least five years of professional experience.

If you do not know of a reputable herbalist in your area please feel free to schedule a phone, online (skype) or in-person consultation with me. I offer full phone consultations and mini consultations for those living abroad.

I look forward to serving you.

Dr Akilah
www.celestialhealing.net
<table>
<thead>
<tr>
<th>Condition</th>
<th>Herbs</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACNE</td>
<td>Aloe – Basil – Dandelion - Evening Primrose Oil</td>
<td>Beets – Cucumbers – Chickpea - Grapes – Quinoa</td>
</tr>
<tr>
<td>AGING</td>
<td>Burdock - Ginkgo - Ginseng - Gota Kola</td>
<td>Black Seeds – Cherries – Plums - Watermelon</td>
</tr>
<tr>
<td>ANEMIA</td>
<td>Alfalfa - Chlorella - Chlorophyll -Kelp - Parsley - Spirulina</td>
<td>Blackstrap Molasses – Collards – Figs - Kale — lentils Prunes - Spinach</td>
</tr>
<tr>
<td>ARTHRITIS</td>
<td>Burdock - Feverfew - Ginkgo - Ginger - Turmeric</td>
<td>Apples – Cantaloupe – Kale – Olives – Walnuts</td>
</tr>
</tbody>
</table>

### Deficiencies

- **Acne** – Friendly Bacteria (acidophilus, bifidus, etc), Vitamin A, B Complex, and E. Potassium and Zinc.
- **Aging** – Amino Acids, Calcium, Selenium, Silica, Magnesium, Zinc, CoQ10, Vitamin C D3 and E.
- **Allergies** - Calcium, Copper, Magnesium, Vitamin A, B5 (pantothenic acid), C and E.
- **Anemia** – Copper, Iron, Iodine and Vitamin B12.
- **Aphrodisiac** – L-Arginine, Iron, Vitamin B Complex, B12, C and Zinc.
- **Arthritis** – Calcium, Magnesium, Potassium, Vitamin D3.
- **Asthma** – Magnesium, Selenium, Vitamin A, C and D.
### BAD BREATH
**Herbs:** Alfalfa - Chlorophyll - Myrrh - Parsley - Peppermint  
**Food:** Apples – Blueberries - Lemon – Oranges - Parsley

### BLADDER
**Herbs:** Buchu - Cornsilk - Hydrangea – Juniper - Uva Ursi  
**Food:** Asparagus – Bananas - Cranberries – Pears – Peaches Watermelon

### BLOOD PRESSURE
**Herbs:** Capsicum – Hawthorn – Nutmeg - Parsley - Valerian  
**Food:** Bananas – Beans - Sweet Potato – Spinach

### BLOOD PURIFIER
**Herbs:** Blood Cleanser – Burdock - Garlic – Milk Thistle  
**Food:** Apples – Beets - Celery – Grapes – Grapefruit Watercress

### BOWELS
**Herbs:** Aloe – Psyllium Hulls - Cascara Sagrada - Slippery Elm – Dr Akilah’s Detox  
**Food:** Apples – Blackberries - Figs – Prunes – Rhubarb

### BRONCHITIS
**Herbs:** Cayenne – Eucalyptus - Garlic - Lobelia - Peppermint  
**Food:** Basil – Coconut- Guava- Jalapeno Peppers – Lemon

### Deficiencies
Bad Breath – Friendly Bacteria (acidophilus, bifidus, etc), Potassium, Zinc, Vitamin A, B6 and D3.  
Bladder –Selenium, Magnesium, Zinc, CoQ10, Beta Carotene, Vitamin C D3 and E.  
Blood Pressure – Calcium, Magnesium, Potassium and Selenium. Vitamin C and E.  
Blood Purifier – Chromium, Copper, Iron, Manganese, Selenium and Zinc. Vitamin A, B and D.  
Bowels – Friendly Bacteria (acidophilus, bifidus, etc), Potassium, Zinc, Vitamin B Complex, D3 and E.  
Bronchitis - Vitamin B5, B12, D3 and Magnesium.
<table>
<thead>
<tr>
<th>Condition</th>
<th>Herbs</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>Alfalfa, Garlic, Hawthorne, Nettle, Oatstraw</td>
<td>Apples, Asparagus, Bell Peppers, Carrots, Cabbage, Kiwi, Mushrooms, Peas, Potatoes</td>
</tr>
<tr>
<td>Circulation</td>
<td>Blessed Thistle, Capsicum, Garlic, Ginkgo, Ginger</td>
<td>Avocados, Cayenne Peppers, Dark Chocolate, Goji Berries, Oranges, Sunflower Seeds, Watermelon</td>
</tr>
<tr>
<td>Colds</td>
<td>Elderberry, Garlic, Ginger, Golden Seal, Yarrow</td>
<td>Bell Peppers, Broccoli, Brussels, Cantaloupe, Oranges, Papaya, Sprouts, Strawberries</td>
</tr>
<tr>
<td>Constipation</td>
<td>Aloe, Buckthorn, Dr Akilah’s Detox, Slippery Elm</td>
<td>Apples, Blueberries, Carrots, Figs, Flaxseeds, Peaches, Pears, Pineapple, Prunes, Quinoa</td>
</tr>
<tr>
<td>Coughs</td>
<td>Wild Cherry Bark, Fenugreek, Ginger, Rosemary</td>
<td>Almonds, raw, Cilantro, Citrus Fruits, Honey, Vegetable Broth or Soup</td>
</tr>
<tr>
<td>Cramps</td>
<td>Black Cohosh, Catnip, Chamomile, Red Raspberry</td>
<td>Bananas, Brussels Sprouts, Oatmeal, Watermelon</td>
</tr>
</tbody>
</table>

**Deficiencies**

- Cholesterol: Calcium, Chromium, Selenium, Co Q10, Vitamin C and E.
- Circulation: Selenium, Magnesium, Zinc, CoQ10, Beta Carotene, Vitamin C D3 and E.
- Colds: Friendly Bacteria (acidophilus, bifidus, etc), Vitamin A, C Iron and Zinc.
- Constipation: Friendly Bacteria (Acidophilus, bifidus, etc), Potassium, Zinc, Vitamin B12, D3 and E.
- Coughs: Vitamin A, C, D and Zinc.
- Cramps: Calcium, Magnesium, Silica, Potassium, Vitamin B, C, D3 and E (*Vitamin E is Essential*)
DIABETES

**Herbs:** Buchu - Huckleberry - **Ginger** - Papaya - Stevia

**Food:** Blueberries - Broccoli - Cinnamon - Onions - Quinoa
Spinach - Steel Cut Oats - Sweet Potatoes - Walnuts

DIARRHEA

**Herbs:** Blackberry Root - Charcoal - Peppermint - Psyllium

**Food:** Applesauce - Bananas - Mashed Potatoes - Quinoa

DIGESTION

**Herbs:** Alfalfa - Basil - Fennel - **Ginger** - Parsley - Peppermint

**Food:** Avocados - Beets - Miso - Papaya - Pineapple

ECZEMA

**Herbs:** Burdock - Chamomile - **Turmeric** - Yellow Dock

**Food:** Apples - Carrots - Sweet Potatoes - Watercress

ENERGY

**Herbs:** Ashwaganha - Cayenne - Siberian Ginseng - Nettle

**Food:** Bananas - Cherries - Kale - Spinach - Sweet Potatoes

ERECTILE DYSFUNCTION

**Herbs:** Lavender - Gingko Biloba - Saw Palmetto - Yohimbe

**Food:** Asparagus - Cherries - Cocoa - Papaya - Watermelon

EYES

**Herbs:** Bilberries - Eyebright - Horsetail - Yarrow

**Food:** Apricots - Carrots - Mangoes - Peaches - Spinach

**Deficiencies**

Diabetes – Chromium, Copper, Magnesium, Manganese, Zinc, Vitamin A, B complex, B12, C and E.

Diarrhea – Friendly Bacteria (acidophilus, bifidus, etc), Iron, Potassium, Vitamin G Complex.

Digestion – Vitamin B-12, B6, Chromium and Potassium.

Eczema – Beta-carotene, Folic Acid, Iron, Zinc, Vitamin B2 and E.

Erectile Dysfunction – L-Arginine, Iodine, Niacin, Selenium, Zinc, Vitamin C and E.

Eyes – Lutein, Selenium, Zinc, Beta Carotene, Vitamin A, C, D and E.
### Fever
**Herbs:** Borage - Catnip – Feverfew - White Oak - Yarrow  
**Food:** Artichoke - Cantaloupe - Citrus Fruits - Watermelon  

### Flatulence
**Herbs:** Green Barley - Star Anise – Peppermint- Slippery Elm  
**Food:** Amaranth – Papaya – Strawberries - Tomatoes  

### Flu
**Herbs:** Bloodroot – Echinacea- Garlic- Golden Seal- Rosehips  
**Food:** Acai – Beetroots – Cherries – Citrus Fruits - Pumpkin  

### Gallbladder
**Herbs:** Burdock – Dandelion – Fenugreek - White Oak Bark  
**Food:** Avocados - Bell Peppers - Flaxseeds - Olives - Oranges  

### Gout
**Herbs:** Birch - Celery Seed – Gravel Root - Nettle Leaf - Parsley  
**Food:** Apples(including Apple Cider Vinegar) – Blueberries  
Celery - Cherries – Strawberries - Watermelon  

## Deficiencies
- **Fever** – Zinc, Vitamin A and C.
- **Flatulence** – Selenium, Magnesium, Zinc, CoQ10, Vitamin C D3 and E.
- **Flu** - Vitamin C, D and Zinc.
- **Gallbladder** – Pectin, Vitamin A, B12, C, D3 and E.
- **Gout** – Potassium, Zinc, folic Acid, Vitamin B complex, C and E.
HEARTBURN
**Herbs:** Anise - Chamomile - **Ginger** – Slippery Elm  
**Food:** Apple cider vinegar (ACV) - Bananas - Lemon - Clove Oil

HEMORRHOIDS
**Herbs:** Buckthorn – Psyllium - White Oak – Witch Hazel  
**Food:** Bananas - Figs - Pears – Prunes – Steel Cut Oats - Quinoa

IMMUNE (builds)
**Herbs:** Astragalus – Echinacea – Golden Seal - **Power Booster**  
**Food:** Apples – Berries - Carrots - Kale - Mushrooms - Spinach

INSOMNIA
**Herbs:** Hops - Kava Kava - Lobelia – Passion Flower - Valerian  
**Food:** Almonds - Bananas - Black Beans - Cherries - Seeds

LIVER
**Herbs:** **Blood Cleanser** - Dandelion - Yarrow - Yellow Dock  
**Food:** Asparagus - Brussels Sprouts – Carrots – Grapefruits -Kale

LUNGS
**Herbs:** Eucalyptus – Fenugreek – **Garlic** – Nettle - Rosehips  
**Food:** Apples – Broccoli - Mushrooms – Oranges – Onions

**Deficiencies**

Heartburn – Potassium, Zinc, Vitamin A, B Complex, B12, D3 and E.

Hemorrhoids – L-Tryptophan, Calcium, Magnesium, Vitamin B Complex, B6, B12,C and E.

Immune - Chromium, Copper, Iron, Manganese, Selenium, Zinc, Vitamin A, B C, and D.

Insomnia – Calcium, Magnesium, Zinc, Vitamin B Complex, B5, and C.

Liver – Magnesium, Selenium, Vitamin A, B Complex, C, K and E.

Lungs – Iron, Magnesium, CoQ10, Vitamin B, C and D.
### MENOPAUSE
**Herbs:** Black Cohosh – Chaseberry – Dong Quai - Sage  
**Food:** Apples - Beets - Bell Peppers – Carrots – Cucumbers - Grapefruits – Kale – Onions – Sweet Potatoes - Tomatoes

### MIGRAINES/Headaches
**Herbs:** Cayenne - Chamomile - Lavender - Skullcap -Valerian  
**Food:** Apples- Bananas- Broccoli- Leafy Greens -Watercress

### MOTION SICKNESS
**Herbs:** Bach Flower Rescue - Lavender - Ginger - Peppermint  
**Food:** Cucumbers – Lemons- Olives – Pumpkin Seeds

### PAIN (mild)
**Herbs:** Angelica – Marjoram - Passion Flower - White Willow  
**Food:** Acai - Almonds – Cherries – Flaxseed - Grapes - Walnuts

### PSORIASIS
**Herbs:** Aloe - Oats - Oregon Grape - Tea Tree Oil* - Turmeric  
**Food:** Broccoli – Carrots – Green Leafy Vegetables - Oats

*External Use Only

### Deficiencies
Menopause – Boron, Calcium, Magnesium, Selenium, Silica, Potassium, CoQ10, Vitamin B, D3 and E.  
Migraines –Calcium, Magnesium, CoQ10, Vitamin B Complex, B6 and C.  
Motion Sickness - Magnesium, Potassium and Vitamin B6.  
Pain – Calcium, Copper, Selenium, Vitamin B3, C and D3.  
Psoriasis – Vitamin A, D, E, C, Silica and Zinc.
<table>
<thead>
<tr>
<th>Organ</th>
<th>Herbs</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>RESPIRATORY</td>
<td>Eucalyptus – Marshmallow - Mullein - Wintergreen</td>
<td>Bell Peppers – Brussels Sprouts – Cabbage - Papaya</td>
</tr>
<tr>
<td>SINUS</td>
<td>Cat's Claw - Echinacea - Elderberry - Eucalyptus - Sage</td>
<td>Blueberries – Oranges – Strawberries - Tomatoes</td>
</tr>
<tr>
<td>STOMACH</td>
<td>Anise - Chamomile - Peppermint - Sage - Spearmint</td>
<td>Bell Peppers - Citrus Fruits - Green Leafy Vegetables - Potatoes</td>
</tr>
<tr>
<td>THYROID</td>
<td>Alfalfa – Burdock - Dulse – Ginseng – Kelp - Sage</td>
<td>Bananas - Blueberries - Cherries - Squash - Tomatoes</td>
</tr>
<tr>
<td>TOXINS</td>
<td>Burdock - Dandelion - Oregon Grape Root - Milk Thistle</td>
<td>Apples -Carrots – Cherries – Onions – Spinach - Watermelon</td>
</tr>
</tbody>
</table>

**Deficiencies**

Respiratory – Iron, Magnesium, CoQ10, Vitamin B, C and D.
Sinus – Friendly Bacteria (acidophilus, bifidus, etc), Zinc, Vitamin A, B Complex, B12, C and E.
Skin - Iron, Selenium, Zinc, Vitamin A, C and E.
Stomach – Vitamin B-12, Chromium and Potassium.
Thyroid – Copper, Iodine, Iron, Selenium, Vitamin A and D3.
Toxins - Chromium, Copper, Iron, Manganese, Selenium , Zinc, Vitamin A, B C and D.
## Deficiencies

<table>
<thead>
<tr>
<th>Condition</th>
<th>Herbs</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varicose Veins</td>
<td>Butcher’s Broom – Cayenne - Tansy - White Oak Bark</td>
<td>Apples - Cherries - Grapes - Grapefruit - Kale - Papaya</td>
</tr>
<tr>
<td>Vomiting</td>
<td>Aniseed - Clove - Ginger - Peppermint</td>
<td>Applesauce - Bananas – Steel Cut Oats - Watermelon</td>
</tr>
<tr>
<td>Warts</td>
<td>Aloe – Buckthorn Bark - Dandelion - Garlic - Tea Tree Oil*</td>
<td>Apples - Apricots - Bananas - Cabbage - Cantaloupes - Carrots - Grapes - Kale - Watermelon</td>
</tr>
<tr>
<td>Water Retention</td>
<td>Buchu – Juniper Berries - Peach - Princes Pine - Uva Ursi</td>
<td>Apples - Cantaloupe – Cranberries – Watercress</td>
</tr>
<tr>
<td>Wounds</td>
<td>Aloe - Calendula - Cayenne – Honey* - Tea Tree Oil*</td>
<td>Asparagus - Bell Peppers - Broccoli - Kale – Kiwi - Peas</td>
</tr>
</tbody>
</table>

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I can't begin to tell you how grateful I am of your support. I hope you've enjoyed this eBook as much as I loved writing it for you. I am very thankful for your continued support of my wellness centers and everything I do. I sincerely appreciate each and every one of you for taking time out of your day or evening to read my books.

So what do you think? I would love to hear your thoughts about it.

Please leave a comment at http://docakilah.com/the-quick-guide-to-herbal-remedies-ebook/ or tweet me on Twitter @docakilah.

You can also join our popular Facebook Fan Page full of nutritional, herbal and fitness information. We also upload positive affirmations Monday – Friday to get your day started on the right foot. Like Us today https://www.facebook.com/celestial.healing

Since I had so much fun writing this eBook expect more to come your way soon. I got the eBook writing bug and I'm not interested in an herbal cure. HA! HA!

If you want to see my next published eBook CLICK HERE and bookmark that page. All future eBooks will be listed on that page.

Once again THANK YOU for your support!

I wish upon you Love, Peace, Health, Happiness and Prosperity!

Your Servant in Health,

Dr Akilah El
www.celestialhealing.net