

Who is Dr. Candice?

Candice Davis Sc D, Doctorate of Sciences in Health Science and Medical Herbalist, is founder of *Children's Natural Health and Herbs*. Candice, has a strong research background in the environmental and bio-medical field from Arizona State University, plus years of clinical experience in herbal medicine from the Asian Botanical College—Greenfingers herbal Clinic. She specializes in caring for women and children, as well as helping with fertility issues, including pregnancy and birth.

Candice teaches a child birth preparation series based on her new book, *The Joy of Labor: The Secret to a Pain Free, Drug Free labor and Birth*.

Besides her work in print, she was on Asheville's URTV channel 20 as a featured guest on the Dale Joyner Show. Advocating birthing rights, and supporting women and children in the under-served community.

Children's Natural Health and Herbs is located in Phoenix. Here we use Chinese and Ayurvedic herbal medicine to help the body heal from many chronic and acute conditions in which Western or Allopathic medicine just treat the symptoms. It specializes in helping children, from infants to teens and in between, along with pregnant and nursing women.

I believe that well being is the predominant state of the body; that "symptoms" don't have to turn into a "condition"; and that pain is just an indicator of resistance or an imbalance, which can simply be allowed to correct itself with gentle guidance.

Instead of focusing on "what is wrong," I first look at what is going right, and enhance *that* in order to spark the flame of wellness within.



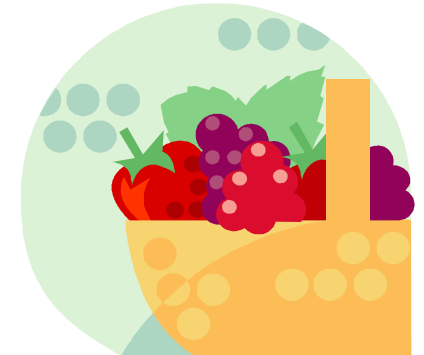
www.PhxHerbs4Kids.com

602-324-9607

**Children's Natural Health
And Herbs
Presents**



Easy Home Remedies



**Health from
your own
kitchen**



Healing from your own Pantry.

COLDS AND FLU

The best home remedy for colds is ginger.

Combine the following herbs/spices together:

- Ginger 1 part
- Cinnamon 1 part
- Lemongrass 2 parts

Steep 1 teaspoon of this formula for about 10 minutes in 1 cup of hot water, strain it, add honey for sweetness if you like. If you drink this delicious tea several times a day, it will help to take care of cold, congestion, and flu.

Another excellent remedy is:

- Ginger 2 parts
- Cinnamon 3 parts
- Cardamom just a pinch

Steep 1 teaspoon in a cup of hot water for 10-15 minutes. When the tea has cooled down, drink it several times a day. You can add honey if you like.

COUGHS

DRY COUGH

For a dry cough without much mucus, eat a ripe banana with 1 teaspoon of honey and about 2 pinches of ground black pepper. Eat 2 or 3 times a day. Also you can chew 1/4 teaspoon of Ajwan seeds mixed with 1teaspoon natural organic sugar.

STUBBORN COUGH

Chop a clove of garlic, and boil it in a cup of milk. Then add 1/4 teaspoon of Tumeric. This creates a yellow-gold milk that tastes like garlic soup. This soup is effective at healing and soothing most types of cough.

PRODUCTIVE COUGH

One of the besst remedies for a mucus cough is simply 1/4 tsp of black pepper with 1 tsp of raw Honey eaten on an empty stomach. Take 2-3 times a day for 3 to 5 days. The heating quality of black pepper helps relieve congestion and drives out cough.

Also a tea that is good for productive coughs:

- Combine 1/2 teaspoon Ginger
- Cloves 1 pinch
- Cinnamon 1 pinch

Place the herbs in a cupful of boiled water and drink 2-3 times a day.

IF ANY OF YOUR SYMPTOMS PERSIST FOR MORE THAN 5 DAYS, PLEASE GO SEE A QUALIFIED HEALTH PROFESSIONAL OR YOUR DOCTOR.

DIARRHEA and NAUSEA

Cook one or two apples without the skins or core until they are mushy. Add a pinch of nutmeg, a pinch of Cardamon, and 1 tsp ghee (clarified butter). Eat slowly. This mixture is not only delicious, it will help stop diarrhea immediately.

Chop 1 or 2 ripe bananas into pieces, add a pinch of nutmeg, a pinch of cardamom, and 1 tsp of ghee. Bananas are high in potassium, which helps to bind the stool.

Take about a cupful of cooked basmati rice, add 1 tablespoon of ghee and 3-4 tablespoons of plain fresh yogurt, stir and eat.

A great tea for nausea including Morning Sickness is : Add 1 tsp of lemon juice to 1 cup of Coconut Water, and sip every 15 minutes to settle the stomach.

For vomiting and nausea add 10 drops of lime juice, 1/2 tsp sugar, and 1/4 tsp baking soda to 1 cup of water. Stir and drink. This will immediately stop nausea and vomiting.

For more home remedies and information, visit our blog at WWW.GOODFEELINGPLACE.COM