

# The Captains Lady



## Energy Wellness Recipes for Highly Sensitive Women

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Energy Wellness Recipes for Highly Sensitive Women, by Mari J. Dionne, CHHP.  
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## Understanding Basic Skin Care

The recipes in energy wellness Recipes for Highly Sensitive Women can be made right out of your very own kitchen! But first, let me ask you this. Are you concerned about the products you use on your face and body? You should be! I have a general rule for you to consider.



**'Lilith', by John Collier, 1887.**

***If you would not want it in you, do not put it on you.***

Your skin lives, breathes, absorbs everything it comes into contact with, and excretes waste products from your body. It keeps you healthy. Therefore, it is important to keep *it* healthy.

Your cooperation is required here. You'll need to get up and collect your favorite bottles of skin products, that you are currently using, such as cleansers, shampoo, moisturizers, deodorants, cosmetics, to see if they might contain one or more of the following dangerous ingredients.

## **Are Any of These Ingredients Listed On Your Products Labels?**

**Acrylamide** – This is found in many hand and face creams and is linked to mammary tumors in research tests.

**Dioxane**– Found in compounds known as **PEG, Polysorbates, Laureth, ethoxylated alcohols**, are which are usually contaminated with high concentrations of Dioxane , easily absorbed through the skin. Nasal passages and the liver are the most vulnerable to its presence. It is a synthetic derivative of coconut. Watch for hidden language on labels, such as “comes from coconut”.

**Mineral Oil, Paraffin, and Petrolatum** – Petroleum products coat the skin like a layer of slime, which clogs pores and causes toxins to build up, which can slow cellular turn over and cause your skin to look older, faster. High toxicity levels in skin can be a cause of cancer. Skin breathes for us. It is actually the largest organ of the body. If your skin cannot breathe, your hormones are affected as well.

**Parabens** – Paraben is a preservative used widely by cosmetic and skin care companies. Studies have shown it can cause cancer. They can mimic estrogen and cause the body’s endocrine system to become hormonally unbalanced.

**Phenol carbolic acid** – This acid is found in many skin lotions and creams and causes everything from paralysis to convulsions, even death from respiratory failure.

**Propylene glycol** – Used as a moisturizer and carrier in cosmetics and fragrance oils. Can cause dermatitis, liver and kidney abnormalities, may decrease the ability of the skins cells to regrow and can cause skin irritation.

**Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth sulfate** - SLS or SLES is found in chemical washes, degreasers and cleansers, the type you would find to clean up industrial floors! It is used in over 90% of our over-the-counter products because it allows chemicals that follow it to easily penetrate the skin. Basically it is a welcome mat that is a 'nitrosamine', a vicious carcinogen. SLS is sometimes labeled as "comes from coconut" or "coconut-derived". Most of our over-the-counter products contain SLS, even our toothpaste. It is the cause of many stress syndromes! It can even cause hair loss!

**Toluene – Poison! Harmful or fatal if swallowed, or inhaled or absorbed through the skin.** Made from petroleum or coal tar, and found in most synthetic fragrances. Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage, and may affect a developing fetus. Watch for words such as **Butylated hydroxytoluene (BHT), benzoic and benzyl.**

Look for **Triethanolamine** and **Chlorphenesin** while you are at it. The first is suspected of causing lung failure and the next is a muscle relaxant that blocks nerve impulses sent to the brain!

Well? Did you find any of these 'bad' ingredients in your favorite products? If so, they are only helping to build up toxins in your body and your brain. Toxins lead to disease!

**Try These *All-Natural* Ingredients Instead!**

**Organic Aloe Vera Juice** Aloe contains more than seventy-five nutrients! It soothes minor burns, cuts, scrapes and skin irritation. It helps to produce **collagen and elastin for a youthful appearance** **Minerals.** Minerals found in aloe vera include calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, and zinc. Aloe vera includes vitamins A, B1, B2, B6, B12, C and E, folic acid. Amino acids are your bodies own building blocks. Eight are essential and cannot be produced by your body, but are found in the aloe plant.

**Organic Coconut Oil (Virgin)** is used to protect skin from blemishes, signs of aging or overexposure to sunlight. Coconut oil also keeps the skin's connective tissues strong and supple. It removes the outer layer of dead skin cells, making the skin smoother. It penetrates deeper layers of the skin and strengthens the underlying tissues, healing and repairing age-damaged skin. Choose a high-quality organic coconut oil free of chemicals, and without bleach or hydrogenation, which can irritate your skin. Fatty acids from coconut's saturated fat are called lauric acid, which is converted into monolaurin in your body, otherwise found only in human breast milk. **Monolaurin supports your healthy immune system.** Other studies suggest that monolaurin can stop messages sent between problem-posing cells, disrupting their ability to function.

**Organic Jojoba Oil** is a liquid wax ester from cold-pressed seeds of desert shrubs that speed healing and minimize scarring. It very similar to the sebum your skin produces to retain moisture and keep skin smooth and elastic. From about twenty years old, your skin's production of sebum decreases. Jojoba's mixes with your natural sebum and helps to maintain skin moisture and elasticity. Jojoba oil forms a thin non-greasy lipid layer that holds water in your skin without clogging it and helps your skin to do its job. Jojoba contains vitamin E, B-complex, and the minerals silicon, chromium, copper, zinc and iodine.

**Organic Mango Butter** is extracted from the seed kernels of the mango fruit. It resembles cocoa butter and is commonly used as a base ingredient for soaps and other skin care products replacing petroleum based emollients. Mango butter protects against the sun's UV rays. Mango butter softens, soothes, moisturizes and protects your skin. It helps to maintain flexibility and control age-related damage.

**Natural Palm Oil** contains many potent antioxidants, including beta-carotene and tocotrienols, a potent form of vitamin E, which defends against free radicals generated by your environment. Palm oil contains phyto-nutrients, including phytosterols, squalene, CoQ10, and mixed carotenoids.

**Organic Shea Butter** is an all-natural vitamin A cream from the tropics of Africa. Unrefined and organic shea butter contains vitamins, minerals, proteins and unique fatty acids. It enables your skin to absorb moisture from the air. The name of its tree of origin is called the 'Tree of Life'.

**Almond and Olive Oil** are wonderful to have on hand in the bathroom! Almond oil is very light and works wonderfully for the face as a moisturizer and a make-up remover. Olive oil is great for the bath and as a skin moisturizer. It also works well as an instant shine booster for dull or frizzy hair. Just rub a little into your palms and then smooth hands through hair.

For the correct way of applying moisturizers, please see page 9.

### **Do You Think All-Natural Is Boring? Think Again!**

Natural products can help you to maintain not only your skin but your whole body as well! If you feel you will be missing the pleasure of scent, you can always add your own scents through use of essential and perfume oils such as Orange, Peppermint, Patchouli, Vanilla and others.

### **Nutritional Supplements for Your Skin**

Flaxseed oil and Ester-C help the skin to retain elasticity. Omega-3s keep skin soft. Pycnogenol deserves a paragraph of it's own! This antioxidant reduces skin inflammation, prevents wrinkles by protecting collagen and elasticin (which decline as we age), fades age spots, is a natural sun screen when used topically (look for 0.5 - 2% extract in creams), prevents blood clots when traveling!

Vitamin D is a vitamin that is created in the body from absorbing the sun's rays. Otherwise, our bodies cannot produce it. It is often touted on product labels as being good for the skin. As with everything, there are limits to how much is good and how much is not. When it comes to supplementing with Vitamin D, follow the guidelines below.

**Up to 50 years of age** - 200 IU per day

**51-69 years of age** - 400 IU per day

**69+ years of age** - 600 IU per day

Other important supplements are Alpha Lipoic Acid (aging and sun damage), Omega-3 Fatty Acids (may reduce sensitivity to UV rays), Green Tea Extract (sun damage), Topical Vitamin C (prevents damage from sunburn), and Vitamin E (aging). Zinc (45 mg per day) is almost always recommended for Acne. Vitamin K may also help. Make sure you stay hydrated with 6-8 cups of pure water per day.

**Caution!** Those on blood thinning medications, or having blood-clotting problems, should not use Vitamin K!

## The Energy Wellness Recipes

The following recipes cover a broad spectrum of all natural ingredients, including vitamins, herbs and natural foods that you will find right in your own kitchen!

I don't know about you, but I hate to have to run out and buy ingredients I have never heard of, don't know the price of, and have no experience using, when all I want is to try something right now in the privacy of my own home.

Although I do offer recipes that involve strange herbs and multiple concoctions, most of the recipes I share with you are those with common and few ingredients, guaranteed to be fun and easy!



**'Gathering Almond Blossoms', by John Waterhouse.**

## **Recipes for Your Skin**

### **Do You Know There Is Correct Way to Apply Lotion?**

The best time to apply skin care products is when you are fresh out of a warm bath or shower, when your skin is clean and moist. This is when it will better absorb anything you place on it. When you apply your lotion, don't pull or stretch your skin. This rule applies to drying off as well. Pat your skin dry with your towel rather than rubbing dry. Rubbing and pulling is damaging to your skin. What about using a loofa, you ask? I don't recommend them either. Use a bath brush or a sea sponge instead to get that layer of dead skin off. Would you use sand paper, or worse, on your skin? Even with calluses, it is better to soften and scrape gently, rather than using a file to shave down your corns!

### **Specific Oils Work Well With Certain Skin Types**

*For Younger Skin* - Coconut, Hemp, Olive, Wheat Germ oils.

*For Mature Skin* - Evening Primrose and Avocado.

*For Everyone* - Almond, Emu, Cocoa Butter and Jojoba.

### **Avocado for Youthful Skin**

Studies show that using avocado oil works better for moisturizing and healing than any other oil, as it gets down into the deeper layers of your skin, where other oils can't, and actually helps to heal your skin from the inside out.

Eat a small piece of Avocado everyday or take a small piece, each morning and night, and rub it into your skin where it is dry. This helps with dry, patchy eczema as well.

## **For Better Skin Circulation, Removing Toxins & Toning**

Use a dry bath brush and give your body a good brushing, not too hard, from neck to toe.

### **Skin Saver**

Mix together, 1 tablespoon honey, 4 teaspoons Olive oil and the juice of 1 lemon. Massage on rough spots for 3 minutes. Rinse if necessary, otherwise just pat dry.

### **Cuticle Saver**

Mix together 1/4 cup Virgin Olive oil and the contents of 1 Vitamin E capsule. Massage into cuticles on both hands and feet regularly. Leave on.

### **Dry, Cracked Feet? Here Are 4 Ideas!**

#1. Apply mashed banana on your dry or cracked heels. Leave it on for 10 minutes and rinse off for a softening affect.

#2. Take 1 teaspoon of vaseline and the juice of a lemon. Make a paste. Apply it by rubbing it in until absorbed. Do this every day until you get the results you want.

#3. Make sure you are getting enough Zinc, other minerals and vitamins, and essential fatty oils in your diet.

#4. Keep your feet free from dirt and chemicals. Moisturize as often as possible. Avoid going barefoot.

## Recipes for Your Bath

*Note!* Before using any of the bath recipes below, make sure you have a drain screen in your tub so you don't clog your pipes!



### Essential Oil Bath

Essential oils are most often used by adding them to base oils, such as almond, soy, sunflower or grape seed oil. Never add more than 30 drops of essential oils to 4 ounces of base oil, or 15 drops of essential oils to 1 ounce of base oil. Do not use regular cooking oil as a base. It is washed with chemicals that contaminate the essential oils and are not compatible with them.

*Do not use* Peppermint Oil in the bath. It can cause respiratory and heart problems.

Mix four to 10 drops of your favorite organic essential oil in one tablespoon of 2% or whole milk. The milk distributes the oils evenly in your bath. Essential oils are used either to relax or to stimulate. The following list suggests a few oils you might try.

***Soothing Oils:*** Chamomile, Neroli, Geranium, Mandarin, Marjorum, Bergomot, Clary sage, Lavender, Ylang/Ylang, Orange or Lemon.

***Stimulating Oils:*** Lemongrass, Pettigrain, Tea Tree, Pine, Black Pepper, Rosemary, Grapefruit, Eucalyptus, Spearmint, Ginger or Coriander.

## **Mineral Bath**

For a mineral bath, add a handful (1-2 cups is also fine) of Epsom salts to the bath while the water is running. If you want some fizz add a handful of baking soda at the same time. Studies from Britain's University of Birmingham say bathing in these crystals can increase magnesium by 35%. The mineral passes through your skin into your bloodstream. Very good for the heart. Enjoy!

## **Relaxing Lavender & Rose Bath**

Equally measure Lavender Flowers (or buds), Epsom salts and Rose Petals into your bath. Heavenly!

## **Herbal Wash Bag for Dry, Itchy Skin**

Oatmeal and Lavender both soothe itchy, dry skin. Find an old pair of tights and cut a piece about 10 inches long from the leg. Tie one end. Place a handful of oatmeal and some Lavender inside. Tie the other end. Now you can use it as a wash rag. It only lasts for two baths during the same day.

Choose essential oils according to your skin type.

Oily Skin - Lavender, Neroli, Ylang-Ylang.

Normal Skin - Jasmine, Patchouli, Sandalwood, Rose, Lavender.

Sensitive Skin - German chamomile, Geranium, Lavender.

Dry or Damaged Skin - Lavender, Clary Sage, Myrrh.

*Lavender goes with every 'body'!*

For choosing essential oils according to mood, or meaning, download my *free* 'Creative Ritual for Highly Sensitive women' e-book.

## **Feminine Hygiene/Menopause Recipes**

Please, even if you are not menopausal age, I invite you to download my free e-book, '**Navigating Menopause for Highly Sensitive Women**'. It is a must for every woman, young or old, who wants to better understand her hormones and symptoms in regard to her cycle of life, better known as the *change*, or is curious about bio-identical Hormone Replacement Therapy.

It also contains Energy Wellness Recipes for vaginal complaints in every stage of a woman's life. You'll find natural remedies for uncomfortable symptoms, such as dryness, yeast, vaginitis, pain during intercourse and vulvodynia, which are often caused by stress.

## **Hair Care Recipes**

**Final Rinse** Collect rain water and use it as a final rinse.

### **Avocado & Mayo Deep Conditioner**

Mash 1/2 an Avocado with 1/4 cup Mayonnaise. Make sure your Mayo is the *real* deal, with eggs and oils. Start at the scalp, massaging in really well. Comb it out to the ends of your hair with your fingers or a wide-tooth comb. Pile your hair on top of your head, cover with a shower cap, and then wrap a hot, wet towel around your head for 30 minutes. Rinse out thoroughly.

### **Olive Oil Deep Conditioner**

Heat a 1/2 cup of Olive Oil in the microwave for 20-30 seconds (not to boiling!). Rub the oil through your hair, cover your hair with a shower cap and then wrap a warm towel around your head. Sit for about 45 minutes, (read a book or paint your toes!) and then shampoo and condition as usual.

### **Dry Hair Tips**

Make sure your shampoo and conditioners are as chemically free as possible. Chemicals dry out hair.

Do not wash your hair anymore than once every 3-4 days with a shampoo.

Rub a little coconut or olive oil between your hands and then run them through your hair. Pay attention to really frizzy areas. This will smooth hair follicles and add a bit of shine.

### **Hair Supplement**

Dr. Andrew Weil says that using 500 mg of black current oil per day, for 6-8 weeks, will get rid of dry hair. Once your hair is manageable, you can cut the dose in half to maintain your luster.

### **Hair Coloring**

Use Henna to color your hair. When touching up roots, apply conditioner to the hair not to be recolored.

### **Hair Highlights**

Combine 1 cup of cool Chamomile tea and 2 tablespoons (or more) of lemon juice to damp hair. Comb through and then sit in warm sunlight for 30 minutes.

### **Hair Reviver**

Mix 1/2 teaspoon of Olive oil with 3 tablespoons of conditioner. Heat in microwave for 10 seconds. Apply to hair and shampoo out after 15 minutes.

## **Warm Oil Hair Treatment**

Warm 1/4 to 1/2 cup Virgin Olive oil. Use fingers to coat the strands of your hair, especially the ends. Wrap your head in a warm towel, turban style. Leave on for 15 minutes and then shampoo and condition as usual.

## **Color Protector & Breakage Prevention**

Apply a combination of vinegar and oil to the hair. Leave on for 15 minutes and then rinse with cool water. Also, wash hair less often, using only water or conditioner the rest of the time. Want long, thick hair? Use only warm water on your hair. Hot water dries hair out. This will prevent breakage.



## **Facial Recipes**

### **Herbal Face Steam Treatments**

Pour very hot water into a basin, stir in your chosen herb, and then place your face into the steam coming from the bowl. Not too close! Don't burn your face! You might want to drape a towel over your head, shoulders and bowl to keep in the steam. Do this for just a few minutes. Use only 1 teaspoon of herb per cup of water according to your skin type below.

*For Normal Skin* - Lavender, rosemary, chamomile and peppermint.

*For Oily Skin* - Rosemary, sage, peppermint and basil.

*For Dry Skin* - Lavender, rose, parsley and chamomile.

### **Oatmeal Facial Exfoliate**

Take 1/4 cup of oatmeal (finely crushed or ground) and add water to make a wet paste. Apply to face using gentle circles and then rinse. For added benefit, a real skin smoother, leave it on your face (a ground, thin, wet paste works best) for 10-15 minutes, or until it is nearly dry, and rinse off. Ooh...such soft skin!

### **Sugar Facial Exfoliate**

Take equal parts of Olive oil, Honey and Raw Sugar and mix in a small bowl (about a tablespoon each or less). Slightly dampen face with warm water and apply. Wash over face with the mixture, rubbing lightly. Rinse with warm water. No moisturizer necessary after this one. You'll be soft and glowing! You can also substitute oatmeal for the sugar if you have very sensitive skin.

### **Aspirin Exfoliate**

Mash 3 aspirin and dissolve in 1/2 teaspoon of lemon juice and 1/2 teaspoon of water. Massage on face. Leave on for 2-3 minutes and then rinse. If it stings or feels sensitive, rinse immediately.

### **Fruit Smoothie Dead Skin Cell Remover**

Place grapes, strawberries or pineapple (or other fruits containing acids) into a blender and puree. Apply to the face and leave on for 10-15 minutes and wash off.

### **Aloe Acne Ointment**

Aloe vera is a natural antibacterial and anti-inflammatory plant. Buy only 100% pure Aloe Vera gel and apply it topically as needed. Aloe Vera helps to heal wounds of all kinds. When I have spots, I gently cleanse my face with Tea Tree Oil Soap, pat dry, and apply Aloe Vera gel afterwards.

### **At Home Peel (Good for Acne Scars)**

Soak a cotton ball in apple cider vinegar and apply over face. Keep it on for 30 minutes. You must keep your eyes closed, so you may want to set a timer. then rinse with lukewarm water.

### **Easy Face Scrub**

Add a little water to Vitamin C powder. Gently scrub face in a circular motion with your finger tips and then rinse in lukewarm water.

*Note: Using exfoliates only once per week is usually enough.*

### **Menopausal Acne Fighter**

Treat your breakouts with Tea Tree Oil.

### **Menopausal Dry Skin**

Use Flaxseed oil in your diet (2 tablespoons per day). Ester C helps to increase your natural collagen.

### **Yogurt Skin Firmer**

Mix 1/4 cup plain yogurt with 2 teaspoons of brewers yeast. Add 1 teaspoon of wine vinegar. Spread over face and neck. Wait 15 minutes and then rinse with equal parts of water and cider vinegar.

### **Face Firmer**

Mix 1 raw egg with 1 teaspoon of honey and 1 teaspoon of almond oil. Leave on face for 10 minutes and rinse.

### **Skin Softening Mask**

Steam face. Mix 2 tablespoons of honey and 2 tablespoons of lemon or lime juice. Pat on face and leave on for 15 minutes. Rinse with cool water.

### **Banana Face Mask**

Mix together, 1 banana 1 tablespoon plain yogurt, 1 teaspoon honey, 1 tablespoon heavy cream. Leave on face 5-10 minutes and rinse with warm water.

### **Oatmeal/Yogurt Face Mask**

Mix 2 tablespoons honey, 1/2 cup ground oatmeal and 1/4 cup plain yogurt. Pat on face, avoiding eye area. After 15 minutes, rinse with warm water.

### **Herb & Veggie Circle & Bag Reducer**

For puffiness, dip a black tea bag in boiling water, cool and place on eyes to tighten skin and drain excess fluids. For circles, use Chamomile tea just as you would black tea (above). Laying a slice of Cucumber on each closed eye for 10 minutes may also help with circles. You might also try applying Aloe Vera (100% gel) under your eyes for circles.

### **'Kitchen Witch' Age Spot Dissolvers**

Mix equal parts of Lemon Juice and Buttermilk (or Rose Water) and apply to age spots or dab Castor Oil on your spots each day. When you have more time, grate 2 tablespoons of Horseradish in 4 tablespoons of whole Milk. Simmer for 2-3 minutes. Then, apply to the age spots. Let it dry and then gently wash off. Follow up with moisturizer.

Note! Kojic and azelaic acids are the best natural lighteners. Kojic acid comes from a mushroom and is a centuries old favorite in Japan. Azelaic acid comes from grains (wheat, barley or rye) and is available at prescription strength potency from your doctor.

### **Sweet Rosacea Rinse**

Dab with maple syrup and rinse after 2 minutes or apply dandruff shampoo to a gauze pad and press for 60 seconds against the area and then rinse. Do one or the other, but not both at the same time.

### **Brightening Mask**

Add 1 packet of unflavored gelatin to 1/2 cup apple juice. Heat in the microwave for 30 seconds, or in a small pan over the stove, until dissolved. Place in fridge until set (and cooled). Spread on face and let dry. Rinse with lukewarm water.

### **Circulation Mask**

Mix 1 teaspoon of cornstarch with 6 smashed grapes. Pat over face and let set for 15 minutes. Rinse with warm water and then cool water.

### **Honey 'Wrinkle Defense' Facial**

Apply Honey to the face. You can add other ingredients if you like, such as Avocado (for softening) or Lemon Juice (for lightening). Leave on for 5-10 minutes and then gently rinse off. Lemon juice can be irritating to some types of skin. Try a patch test first.

### **Fennel Anti-Aging Mask**

Take a handful of Fennel Seeds, mash them, and steep in boiling water. Strain out the seeds, add 1 tablespoon of honey and 2 tablespoons of plain yogurt. Apply to the face and leave on for 30 minutes, then rinse!

### **Egg White Skin Toner & Tightener**

Take egg white and smooth over face. Avoid eyes and lips. Let egg dry. You will feel it tightening. When dry, rinse, but before you do, look in the mirror! You'll see the girl you used to be. Rinse and pat dry.

*Note!* You may also apply a few dabs of egg white under your face powder (not foundation) to control wrinkles. This may not work so well for darker complexioned sisters!

### **Crows Feet Relaxer**

Pop open a Vitamin E capsule and apply around the eyes in the evening before bed.

### **Almond Oil Moisturizer**

To complete your facial, rub a bit of almond oil between your palms and then gently massage onto your face. You won't believe how fresh you feel and look! If you have minor blemish problems, add a couple of drops of tea tree oil to the almond oil. Tea Tree Oil works wonderfully on blemishes!

I use a tiny bit of Extra-Virgin Olive Oil as a moisturizer. Some find Olive Oil to be a bit too heavy, especially if they wear makeup. Almond may work better under foundation. Another great oil is Avocado oil!

## **Cosmetic Recipes**

### **Ruddy Complexion Tip**

Mix a little green or blue eye shadow in with your face powder.

### **Foundation Tips**

Add moisturizer (a little almond oil) to your cream foundation. Use a cream blusher. Bronzers work better than powder blushers for natural highlights.

### **Instant Face Firmer**

This works best on pale skinned women. Use the white of an egg under your makeup. Use wherever you want a firmer appearance. Don't use alot, just a little. Don't move until it is dry and then apply makeup over it.

### **Curlier Eyelashes**

Warm up the eyelash curler in hot water first. Careful! Not too hot. Works like a curling iron on eyelashes!

### **Bigger Looking Eyes**

Place a bit of lighter color shadow, like beige, right in the middle of your upper eye lid, directly above your eyelashes, and in line with your pupil.

## **Oral Care: Mouth, Teeth & Gum Recipes**

### **Be Careful of What You Put In Your Mouth**

Coffee, black tea and nicotine can stain teeth badly. Try to cut back, or eliminate these things from your diet. One way to get rid of tough stains is to use baking soda. Make a paste by mixing baking soda with a little water. use as you would toothpaste. Rinse well. If you have sensitive gums, brush gently.

### **Sensitive Teeth Tea Rinse**

If you have sensitive teeth, you know what it is like to drink something hot or cold and find yourself grimacing!

#1. Make Calendula tea using 1 Tablespoon of flowers. Steep for 10 minutes. Then strain and swish.

#2. Drop a handful of Lavender flowers in a pot of boiling water. Allow the pot to cool. Strain, and use liquid as needed for mouth-rinse.

### **Tooth Oils for Painful Teeth**

#1. Place 1-2 drops of Oil of Marjoram or Oil of Clove on your tooth. Or, add a couple of drops of water, to make a thick paste, to 1/8 teaspoon of ground cloves. Pack it on the sore gum around the tooth for 5-10 minutes, then spit out. Do not use on children or toddlers.

#2. Apply a cooled off and wrung out bag of Chamomile tea to your tooth as often as necessary.

### **Gingivitis**

Red, swollen and bleeding gums can lead to heart attack and stroke due to bacterial build up, which can cause blood clots (thrombosis). Gingivitis can lead to Periodontitis. Gums and bone that support the teeth get damaged, loose, fall out or have to be pulled. Green

tea (made from bulk tea leaves), once cooled, is great for reducing the chances of gingivitis and for keeping the mouth germ free! Just use cooled green tea as you would mouthwash.

### **Healthy Gum Paste**

Take 1 Teaspoon of Baking Soda and just enough Hydrogen Peroxide to make a paste. Work it under the gum line with your tooth brush or your finger tip. Leave on for a few minutes and rinse really well. *Do not use if you are allergic to Peroxide!*

### **Healthy Gum Tincture**

Mix 5 equal parts (5 drops each) of tinctures of Myrrh, Sage and Calendula in a small amount of water. Swish in mouth for at least 2 minutes and then spit out. Do this 2-3 times per day. You can buy tinctures at health food stores.

### **Bad Breath Eliminator**

Gargle with Lemon juice and then eat some yogurt. Last up to 24 hours.

## **Medicinal Recipes**



### **Sweet Antibiotic for Cuts & Scrapes**

Honey is a natural antibiotic. Part of it breaks down into hydrogen peroxide. Dab it on small sores, cuts and scratches immediately. It draws out fluids and kills bacteria. Sugar does this too! Tea Tree Oil, Lavender Oil, Aloe Vera and Vitamin E also help.

### **Citrus Sunburn Soother**

If you have a sunburn, crush strawberries and apply to the skin as a poultice. Leave on for a few minutes and then gently rinse off.

You can also use Witch Hazel, Aloe vera gel (the store bought or the natural plant gel is fine to use in this case).

You may also use a Chamomile tea dressing. Brew some tea (1 cup boiling water over 2 tablespoons of leaves), cool, and apply topically to the skin with a soaked cotton ball.

### **Scorched Skin Veggie Treatment**

Puree 1/2 cup of mayonnaise with 1 tomato, 1 cucumber and 1/2 an avocado. Apply this paste to the skin and allow to air dry. Rinse carefully and apply a moisturizer, such as Aloe vera.

### **Apple Sunburn Soother**

Very gently rub apple slices on the sunburn for 15 minutes. Rinse with cool water and then spritz with cooled chamomile tea.

***Sunburn Energy Wellness Tips!*** Do not use suntan lotion, or other sunscreens, made of harsh chemicals! They cause skin cancer. Prevent sunburn before it occurs by avoiding the sun in the hottest part of the day. Wear white clothing, long sleeves, brimmed hats and sunglasses.

### **Rashes, Pimples & Burns Turmeric Soother**

Turmeric is an antifungal, antiviral and antitumoral. Add drops of Aloe vera or water to 1/2 teaspoon of Turmeric to make a thin paste. Apply the paste with your fingers and leave on for up to an hour, then rinse off. Turmeric stains, so watch your clothing and be sure to wash your hands well.

### **Eczema Wash**

Add to 3 Pints (8 cups) of boiling water, 2 handfuls of Oatmeal (old fashioned, not the 1-minute kind), 1 Tablespoon of Lavender buds (flowers) and 3 Chamomile tea bags. Turn the heat down and let it all simmer for 10 minutes. Strain and use liquid for washing, rather than soap and water. You may also pour this in the bath. It can keep in the fridge for 2-3 days.

### **Eczema Healing Lotion**

Add equal amounts of 100% Aloe Vera Gel and Witch Hazel. To this, add a few drops of Tea Tree Oil. (You can also add Calendula lotion to the mix.) Use this as often as you like to keep skin soft and protected.

### **Eczema Protectant Rub**

Rub Flaxseed Oil into the area affected before bed and after bathing.

### **Eczema Supplement**

Take 500 mg of Black Current Oil twice per day. Divide the dose in half for children under 12 years old.

### **Things to Use Topically for Bug Bites and Stings**

Mix together Aloe Vera, Witch Hazel and 2-3 drops of Lavender Oil and/or Tea Tree Oil to speed healing of irritations.

Or, make a paste out of Baking Soda and Water to reduce swelling.

Or, moisten a Black tea bag and apply it as a poultice to draw out fluids and reduce swelling.

An Oatmeal paste, Witch Hazel, Aloe and Black or Green tea bags also work for stinging plants!

## **Insect Repellents**

Lemon thyme (60% as effective as Deet), **Basil** leaves or **Lemongrass** may be crushed and rubbed directly onto the skin. **Black pepper** keeps ticks, flies and mosquitoes away.

***My Own Basil Story!*** I took my Basil from my spice rack when the family went camping one year. I didn't have full leaves, just the crumbled spice leaves. Some of us used store bought human 'bug spray'. It wasn't long before everyone was asking to be rubbed down with the Basil. It worked and it smelled great too! No one even minded having little particles of basil in their hair.

Essential oils to use as repellents are **Eucalptyus** (also remedies bites and stings), **Cedarwood**, **Citronella** (may deter mosquitoes as well) or **Citrus**. Add several drops to your oil base (no more than 6-12 drops per ounce of oil). Oils may last up to 12 hours.

## **Banana Bug Bite Relief**

The inside of a banana peel can alleviate the sting and itch of a bug bite. Hold it on your bite until the pain goes away. Eat your banana in the mean time.

## **For Skin Infections**

Honey, especially Manuka honey, draws infection out of the body. Spread a thick layer of it over the area to be treated and cover with plastic wrap or a bandage for 24 hours. Repeat as necessary. Always remember to see your doctor for serious or worsening infections.

## **Wicked Wart Remover**

Crush some basil leaves, apply to wart and cover with a bandaid. Wart should be gone in one week. You can also use the 'milk' of dandelion stems the same way.

### **Fingernail & Toenail Fungus Buster**

No one wants thick, yellowing, crusty nails! Refined sugars increase the chance of fungal infection, so reduce sugars in your diet.

Mix 1 ounce Aloe vera gel, 1 ounce witch hazel and 1 ounce of Olive oil (anti-fungal). Add 2 drops of garlic juice (anti-fungal) or open 2-3 capsules of garlic into the mixture. Cut your nails as far back as it is comfortable. Soak to soften the nail-bed. Pat dry. Then, rub mixture into nails every night until you see an improvement, and then for another 5 days after. You should begin to see a difference within one week. Store your mixture in an air tight jar in a cool place. It will keep for a very long time.

or for tough cases...

soak the nails in peroxide (anti-infectant) 3 times per day for up to two weeks (as long as you are not allergic to peroxide). Afterwards, rub the above mixture into, and under, the nail. Leave it on. It may take awhile to see a difference because it can take the nail up to 3 months to grow out depending on how fast your nails grow. In the meantime, watch your sugar intake.

### **Cabbage Patch for Pain!**

Apply blanched cabbage leaves to the skin (not too hot!) and wrap in gauze for inflamed joints. Leave on for 15-20 minutes. Remove and rinse skin in warm water.

For getting rid of inflammation, itching and swelling of the skin, brew **green tea** (made from bulk leaves), allow the tea leaves to cool and use them as a compress.

### **Panic Preventer & Sleep Aid!**

Add Lavender Essential Oil to your lotion to prevent anxiety attacks and relieve stress. Lavender calms the emotions. Add no more than 6 drops to 1 ounce of carrier oil (like almond) or fragrance free lotion. Apply to neck and chest area.

For a better night's sleep, place a small pouch (3" x 3") of lavender flowers under your pillow. The next night reverse your pillow and sleep on the other side. It will have absorbed the smell of the lavender. Repeat this ritual every night. Refresh your pouch as necessary.

### **Sadness Dispeller**

Feeling kind of down today? Pour 1 cup of boiling water over a stick of cinnamon and steep for 10 minutes. Drink and cheer up! Cinnamon also helps to stabilize blood sugar.

### **Fatigue Buster**

Dissolve 1-2 teaspoons of Blackstrap molasses in ½ cup of warm milk or water and drink daily. You might use almond, rice or soy milk as well.

### **Vericose Vein Deflator**

Place Castor oil on large areas where veins are visible. Allow it to soak in. It treats damaged structural and connective tissue. Turmeric and Horse Chestnut also help to heal vericose veins. With Horse Chestnut make sure you are using an extract containing 40 mg of aescin.

### **Stinky Feet Zapper**

Soak your feet every night in 1 part vinegar and 2 parts water or in strong black tea for 30 minutes. You should see results within a week or sooner.

### **Cold Sores & Herpes Reliever!**

Pour 1 cup of pure boiling water over 2 tablespoons of fresh or 2 teaspoons of dry Lemon Balm leaves. Steep for 15 minutes. Once cooled, dip a cotton ball into the mixture and apply topically to cold sore or herpes ulcers frequently for as long as needed until skin has healed over.

Tea Tree oil also helps with Herpes and Cold Sores, but make sure it is diluted very well. Tea Tree is an antiseptic. It burns a little when it is first applied on scrapes, bites and irritations. The burn lasts about a minute or two and disappears leaving you feeling much pain relief. During an outbreak of Herpes, I wouldn't suggest using it on open blisters.

Cornstarch works wonders for keeping open blisters dry and from pulling or rubbing against your skin, which reduces itch and pain.

### **Cracked, Sore Lips?**

Rub olive oil on your lips.

### **Hiccup Stopper**

Swallow 1-2 teaspoons of sugar. The granules help set the irritated nerve that is causing the spasms in your diaphragm back to normal.

### **To Quell Nausea**

Drink some Ginger Tea. make your own by grating fresh Ginger and placing 1 teaspoon in a cup of very hot water. Strain, once it reaches a taste you like (2-5 minutes of steeping), then sip.

### **Morning Sickness**

Cut a large piece of Ginger Root into thin slices. Coat all of the slices with a bit of sugar. Stack slices in a jar. Syrup will appear in about a day. Strain out the syrup and put it in another jar. Swallow a tablespoon of the syrup when you begin to feel nauseas. Syrup will last, refrigerated, for up to 3 weeks.

### **Sore Throat**

Gargle twice per day (for three days) with Garlic and Water. Mash 6 garlic cloves and place in a glass of very warm water, add some water and drink it all down. You can do this every 3-4 hours.

### **Chocolate Lover's Cough Reliever**

Have a couple small squares of dark chocolate! The theobromine compound in chocolate works better than codeine!

### **Nagging Cough or Itchy Throat Calmer**

Adults: Take 2 teaspoons of Honey with 500 mg of Ester C (non-acidic type) before you go to bed.

Children: 1-2 teaspoons as long as they are over 1 year old. Skip the C.

### **Spicy Sore Throat Reliever**

Fill a tablespoon half way with Honey and the rest of the way with Lemon juice. Sprinkle on 1/8-1/4 teaspoon of Cayenne Pepper and then suck on the concoction very slowly. Repeated as necessary.

### **Cold Shortener**

Cut a clean lemon in half. Squeeze the juice into a cup. Add boiling water and 1-2 teaspoons of honey. Then, plop in the lemon rind. Sip on one of these drinks up to 3 times per day. You can breathe in the steamy vapors to open sinuses too!

### **Fever Reducer**

Add 1 cup of Apple Cider Vinegar to 2 cups of cold water in a bowl. Dip a cloth into the bowl, wring out an apply to arms, legs and torso.

### **Mustard Poultice for Dry Cough & Inflammation**

Combine 1-2 tablespoons of ground mustard with 1 cup of flour. Add water to make a paste. Apply paste onto a piece of t-shirt material or muslin. Apply olive oil to the chest to keep poultice from burning the skin (mustard can burn). Then, place the mustard pack mustard side down on chest. Put a thin cloth over that and lay a hot water bottle (warm water) on top. Relax for 15-20 minutes and then remove and wash off.

*Note!* Check the skin every 3-4 minutes for any signs of irritation, as mustard can be irritating.

### **Diarrhea Stopper**

Cook rice in twice as much water as usual, then strain the water off into a jar or pitcher. Save the rice for another use, but sip the water cold or hot until diarrhea subsides.

### **Gas Popper**

Make your own Chai out of 1/3 teaspoon each of ground nutmeg, cloves and cinnamon. Add to 8 ounces of very hot water and steep for several minutes. Strain and drink. You can add a bit of honey for flavor. Use before or after meals.

### **Lettuce Sprain Relief**

Chop up cold lettuce leaves, apply to the sprain and wrap loosely in plastic wrap. Change poultice when it gets hot.

### **PMS Tea**

Boil 1/3 teaspoon of dried or fresh sage in a cup of water. Strain and drink up to 4 times per day when faced with bloating or other PMS symptoms. Works to calm menopausal hot flashes as well.

## **House Cleaning Recipes!**

### **Toaster Oven Cleaner**

Combine 2 tablespoons each of baking soda, liquid casteele soap and 1/2 cup hot water in a spray bottle. Preheat your oven or toaster oven to 250 degrees, then unplug or turn off. Spray the interior. Let it sit for 20 minutes and then wipe with a damp sponge.

### **Furniture Polish for Wood**

Mix a few drops of olive oil and 1/4 cup of lemon juice. Dip a soft cloth into the fluid and polish away!

### **Air Freshener & Disinfectant**

Add 20 drops of Lavender essential oil to 1 cup of water and place in spray bottle. Shake well and spritz the air. When using to disinfect, just wipe off with a clean dry cloth. Lavender contains linalool, a natural alcohol that kills viruses and bacteria better than store bought, harmful disinfectants.

### **Baking Soda Disinfectant & Cleanser**

Combine baking soda with a tiny bit of water and dishwashing liquid to use as a mild abrasive that won't scratch.

### **Vinegar Glass Cleaner/Air Freshener**

Vinegar cuts grease, helps keep mold away and disinfects. I remember my mom spraying the windows with vinegar and then polishing them dry and squeaky clean with old newspapers.

## **Healthy Dog & Cat Tips!**

Over the counter pet foods and products are not always safe!

As we have seen on the news, some pet foods are killing our beloved pets. This goes on everyday, everywhere, right under our noses. Animals are slowly dying of the same diseases we are, from eating the same kinds of additives and preservatives. The average over-the-counter pet food is full of fillers and preservatives that compromise our animal's health. Learn to fix natural food for your pet. Check into holistic methods of keeping your pet healthy and happy.

### **Supplements for Dogs and Cats**

Dogs typically need more of Vitamins A, C, D, E, B-Complex, Zinc, Calcium, Magnesium, Iron, Omega-6s and Omega-9s.

Cats typically need more of Vitamins A, C, E, B-Complex, Selenium, the amino acid Taurine, Omega-6s and Omega-9s.

Greens help boost your pets energy and immune system. Glucosamine can help with arthritis. Chondroitin taken with Glucosamine neutralizes enzymes that erode cartilage.

And, last, but not least, Omega-3 Fish Oils (fatty acids) reduce the chance of your pet's chance of dying from kidney or heart failure. Omega-3s also reduce inflammation and contribute toward a healthy coat.

### **Healthy Hair Tip for Your Pet**

Mix 2 Tablespoons of Olive Oil in with your dog or cats food twice a week. It helps to reduce or even eliminate shedding and adds shine to their coats!

### **'Kitty Cat' Snacks!**

Take 7 ounces of sardines, 1/4 cup non-fat dry milk and 1/2 cup of wheat germ and mix together well. Roll into 24 balls, place on greased cookie sheet and flatten with fork. Bake at 350 degrees until brown. You can store them by freezing in zip lock bags.

## Great Tea Recipes!



The people of Northern Europe had the right idea in establishing a set time for tea each day. Not only did it stave off hunger, it encouraged relaxation and provided opportunity to indulge in therapeutic herbals, which toned and healed the body. We can do the same as others have for thousands of years.

If you haven't already, be sure to download my free e-book, "Tea Anyone?" for Highly Sensitive Women, from my website at [www.thecaptainslady.com](http://www.thecaptainslady.com)! It's contains information on deciphering the different flavors of Japanese tea, how to brew the perfect cup of tea, what kind of tea to drink to eliminate hot flashes, anxiety, insomnia and more!

*"All things are poisons, for there is nothing without poisonous qualities.*

*It is only the dose which makes a thing a poison."*

**- Paracelsus**

## An Invitation...



John William Waterhouse (1849-1917). 'Lamia'.

You are invited to visit The Captains Lady at [www.thecaptainslady.com](http://www.thecaptainslady.com) for Energy Wellness Tips, All-Natural Product Links, and complimentary suggestions on improving your personal, physical and environmental energy wellness!

**May Love & Energy Be Yours!**

**-Mari**

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