Pharmaceutical companies have the duty to protect the interests of their stockholders. Unfortunately for you, this means that they don’t have the consumer’s best interests in mind when manufacturing, marketing and selling new drugs. These companies make money by patenting new drugs and selling them at an exorbitant cost to you, the consumer.

You can remove yourself from the grips of these companies. There are a number of legitimate reasons that you might be interested in natural cures. You may not believe in curing yourself with chemicals not intended by nature. Maybe prescription drugs are costing you too much money. Or perhaps you are merely intrigued of the prospect of natural and herbal remedies. Whatever draws you to natural therapy, the benefits will be great both physically and financially.

Major pharmaceutical companies have in fact make excellent breakthroughs, but they fail to mention that for every illness, there is a natural cure. Hundreds of ailments and diseases do not need to be cured with drugs, no matter how much they try to make you think drugs are better or more powerful than home remedies. In many instances, there are numerous remedies for any one particular disease.

The truth of the matter is, pharmaceuticals companies don’t make money from plant-based treatments. Where there is no patent, there is no money. However, there are hundreds of tried and true remedies at little or no cost to you that these companies are trying to replace with prescription drugs and medicines. Many of these remedies have been around for hundreds of years before the birth of prescription drugs.

**Natural Acne Remedies**

No matter how severe your acne problem may be, you probably don’t need prescription medications such as Accutane or Tetracycline. Pro-activ and other over the counter medications aren’t necessary either. There are numerous all-natural remedies for acne and we’ve made room for just a few of them here.

- **Lime and Milk:** Add the juice of a whole lime to a cup of boiled milk. Use the mixture as a face wash to get rid of pimples and blackhead.
- **Garlic rub:** Despite it’s strong smell, a cut clove of garlic rubbed on problem areas can help alleviate pimples and consistent use can maintain clear, healthy skin.
- **Honey:** Honey mixed with water or milk is an excellent acne treatment that will also help give your skin a healthy glow.
- **Raw potato:** Raw potato rubbed on affected areas will act as an antiseptic, remove dead skin as well as provide important skin nutrients.
Natural Heartburn Remedies

Poor or inadequate diet is often the cause of heartburn. Greasy foods like pizza or gas forming foods like cucumbers can be the culprits of many cases of heartburn. Many people can cure their heartburn by choosing a healthier diet, not overeating and not smoking right before a meal. You may also want to take a short walk after meals to help stimulate your digestive system.

- Keeping a food diary can help you to pinpoint the exact trigger of heartburn so you know exactly what foods you should eliminate. Inversely, it can help you determine what foods help you feel your best.
- If these changes in diet do not work for you, ginger is a wonderful time-tested remedy for heartburn and nausea. Fresh ginger can be added to food, drunk in tea form or taken as a supplemental pill. If a supplemental pill is taken, the recommended dose is 500mg. Ginger is also a popular aid for pregnant women experiencing morning sickness.

Natural Constipation Remedies

Although over the counter medications can do the trick, these pills often use ingredients that can hinder your normal urge to have a bowel movement. This means that over time you can become dependent on the pills and unable to have a bowel movement on your own. Fortunately, for most folks, the answer doesn’t lie in pills or medications. Most simply need to increase the amount they exercise, make simple changes in diet or drink more fluids.

- Apricots and prunes are an excellent natural laxative. Both apricots and prunes are high in fiber, a natural bowel stimulate.. If you try dried apricots, try to find those that are made without sulfur dioxide. Sulfur dioxide causes many people upset stomachs. It is also important to avoid constipation causing foods such as cheese, milk, rice and bananas.
- Another popular remedy is dandelion tea. It’s easy to drink and helps relieve constipation quickly.

Natural Asthma Remedies

Doctors typically treat asthma with inhalers or other prescription medications. However, there are lots of home remedies that may help alleviate your symptoms and eliminate the need for costly inhalers.

- Honey – Try placing an open container of honey under your nose and breathe deeply. You will find yourself breathing easier and more deeply too. This remedy typically is effective for about an hour so you can repeat as necessary.
- Turmeric – Over the years, turmeric has been used to help a variety of illnesses, including asthma. As a preventative measure, 1 teaspoon turmeric mixed with a cup of milk can be taken two or three times a day. If you feel an attack coming on, try ¼ teaspoon turmeric mixed in with a few sips of mix.
- Veggies – Studies have shown that eating higher quantities of carrots, leafy greens, and tomatoes can reduce the severity of asthma symptoms.
- Boswellia – Studies have shown boswellia to help keep the airways clear. A vast majority of asthma sufferers that try boswellia see a great improvement in their symptoms. Typically, boswellia is taken in supplemental form.
**Natural High Blood Pressure Remedies**

Depending on how extreme your blood pressure problem is, you may be completely successful with home remedies. However, if you are overweight, smoke, drink, have high stress levels or don’t exercise, you may need to correct one of these problems in order to cure your high blood pressure. Although reducing stress or losing weight may be the key to your high blood pressure problem, there may be other, less drastic approaches you can take to remedy your high blood pressure.

- You may need more calcium, magnesium, or potassium in your diet to help bring down your blood pressure. Milk and dairy products are excellent sources of calcium, and many fruits and vegetables are also very high in potassium. Magnesium can be found in halibut, nuts and spinach.
- You may be able to remedy your high blood pressure by avoiding a few simple things. Licorice, Ginseng, Rosemary and ephedra are all known to raise blood pressure and should be consumed with care.

**Natural Arthritis Remedies**

There is no cure for arthritis despite what some drug companies may claim. However, there are a number of drug free therapies that you can try to help alleviate symptoms and pain associated with arthritis.

- One of the best ways to alleviate arthritis pain if you are overweight is to drop the weight. Some hold that simply fasting for a period of time can help alleviate the symptoms. However, there is no conclusive evidence that this really works. Actually dropping the weight is the best way to help reduce the pain.
- Glucosamine with Chondroitin is a very popular and effective way to alleviate arthritis pain. Glucosamine helps rebuilt the cartilage in the affected areas while the Chondroitin acts as a lubricating agent by drawing fluid into the cartilage, thus helping provide shock absorbance in the area as well. Glucosamine and Chondroitin are typically available in a combined supplemental pill in vegan or regular form. The regular pills are derived from shellfish, so those with shellfish allergies should be sure to choose a vegan variety that is typically derived from corn.
- Fish oils, ginger and MSM are all known to help reduce inflammation and can be useful to help treat arthritis.

**Natural Anxiety Remedies**

Anxiety is typically the result of too much physical or emotional stress. If you allow your anxiety to fester, it can cause chemical imbalances in the brain that in turn cause overreactions and anxiety. Fortunately, anxiety is a condition easily treated without the use of drugs or intervention.

- At the first signs of stress and anxiety, it’s important to take time out to relax. Breathing deeply and trying to relax yourself in spite of any stressful situations you might be dealing with at the time. Try to set aside at least 10 minutes an hour, especially while working to relax. You’ll find that you’ll work more productively and you’ll keep the stress and anxiety from building up.
- Limit your caffeine intake to no more than 2 or 3 beverages a week. Larger quantities can hinder normal body functions and increase stress.
• Frequent exercise can also help reduce anxiety. Exercise helps reduce the edgy feeling and keep you feeling fresh and motivated, ready to take on the challenge instead of letting it cause you worry or anxiety.

Natural Ulcer Remedies

Before you reach for the antacid, there may be some things you can do to help. Prescriptions drugs are often not necessary and changes in diet or other simple changes may be all that are needed.

• There are a variety of foods and other substances that are known to irritate ulcers. Steering clear of one the following foods may help reduce your ulcer pain: cigarettes, alcohol, coffee, tea, aspirin, ibuprofen, as well as spicy or fatty food.
• Milk and other dairy products should also be avoided because it can inhibit the ulcers from healing.
• Deglycyrrhizinated Licorice or DLG is a revolutionary treatment, derived from licorice root that has been proved to have results equal and in many cases superior to many prescription medications available for ulcer control. DLG works by stimulating mucus production which helps protect the stomach lining. DLG is typically available in supplemental form.

Natural Burn Remedies

Burns don’t typically require prescription medications, however there are a lot of natural remedies available to you without buying overpriced aloe gels or other salves from the drugstore.

• Papaya is a great remedy for sunburns. Slice a papaya into thin slices and cover and let sit on the affected area for at least an hour. Many people will experience their sunburn turning into a golden tan.
• Small burns from such as touching a flame, frying pan or grease splatters can be quickly remedied with a small amount of baking soda, or sodium bicarbonate mixed with enough water to make a small paste. Apply the mixture to the affected area for at least 10 minutes and the baking soda will not only help alleviate pain but also help promote healing without scarring.
• Keep an aloe plant on hand. When needed, cut off a leaf and cut open. Squeeze out the aloe onto the affected area at least once daily until the burn is healed.

Natural Flu and Cold Remedies

Flus and Colds are two of the most common illnesses most people experience. Unfortunately, most people have a hard time finding relief from symptoms without during to drugs and other chemically engineered substances. However, many civilizations have been effectively treating symptoms with a variety of natural herbs.

• Echinacea is an excellent way to build up the immune system during cold and flue season as well as defend against symptoms while you have them. Echinacea is commonly found in tea or supplemental form.
• Vitamin C works similarly to Echinacea. It helps build up your immunity and lesson the severity of the cold or flu. Bulk up on vitamin C with fruits like oranges, grapefruit and pineapple.
• Lemon Balm is an excellent way to help reduce a fever because it induces sweating and helps eliminate toxins produce while sick.