



NO PRESCRIPTION NECESSARY:

NATURE'S MOST POWERFUL
HEALING REMEDIES

BY DR. MELISSA CRUM



ABOUT THE AUTHOR



As a practicing Doctor of Oriental Medicine for over two decades, Dr. Melissa Crum is passionate about harnessing the natural world to heal our bodies and minds. She received her initial training in acupuncture and Chinese herbs at the International Institute of Chinese Medicine. Later, she studied both homeopathy and flower essences with some of the leading teachers in their fields.

For Dr. Crum, this has been a lifelong calling – She has been interested in natural healing remedies since she was a teenager. Today, she is grateful for the relationships she has with her patients. Being able to affect positive change in their lives is a true gift. Their healing journeys inspire Dr. Crum to continue to grow and learn in her practice.

In this e-book, Dr. Crum not only identifies the best natural healing remedies for you, but also exactly how she uses these remedies for her own patients as well as in her personal life. So enjoy!

THE SECRETS TO GREAT HEALTH ARE HIDDEN IN PLAIN SIGHT

Hidden in plain sight, nature often provides safe and ready solutions to our most commonplace ailments. What an empowering gift! In an era where our overloaded healthcare system can feel completely out of step with what we need – not to mention costly beyond belief – I rely on several proven remedies for my personal wellbeing and the prevention of numerous common ailments. Of course, there are instances when prescription medications are necessary. But these eight therapies are both accessible and affordable, allowing us to be self-sufficient rather than depending solely on overworked medical professionals.

1 Ginger

Ginger, a spice originating in Southeast Asia, has long been used as a delicious culinary seasoning. It also has several medicinal benefits if taken in a tea, capsule, or tincture form. Ginger's primary bioactive agent is gingerol, which provides its anti-inflammatory potency.

This is nature's fix for...

Nausea: Ginger is a powerful anti-nausea remedy, especially for pregnant women suffering from morning sickness. It may also alleviate nausea and vomiting resulting from some surgeries, chemotherapy, as well as high altitude.

Onset of infections: As a warming agent, ginger can help fight the initial stages of colds and the flu. Like a fever, it induces sweating. The body's heat can overcome the pathogen before it takes hold. Ginger can also slow the spread of bacterial infections.

Anti-inflammatory conditions: Ginger fights inflammation in the body, which has powerful repercussions for overall health as inflammation is the root cause of conditions such as heart disease and cancer.



Dr Crum's How-To:

In the colder months, I enjoy using ginger in the bath to warm up and alleviate muscle pain. Fill the bath with the warmest water you can handle. Add $\frac{1}{4}$ cup of ginger (either in powder form or grated into a cheese cloth to avoid a mess) and $\frac{1}{2}$ cup baking soda to the bath water and soak for a minimum of 30 minutes. Once out of the bath, wrap up in warm clothing and enjoy a restful sleep.

2 Bentonite Clay

This remedy is literally from the earth – a clay that forms over millennia from volcanic ash. Bentonite clay contains calcium, magnesium, and iron. It removes toxins from the body and can be used both topically or internally, making it an extremely wide-ranging therapy.

Nature's fix for...

Gastroenterological Issues: Bentonite clay can be taken immediately upon feeling symptoms of digestive distress such as nausea, diarrhea, or vomiting. The clay has a negative charge, so it will attract positively charged toxins. It will absorb everything in your GI tract, so if you are taking any supplements or prescribed medicines, be sure to take bentonite clay no sooner than two hours after.

Skin conditions: the detoxifying power of bentonite clay can be used topically to treat acne, diaper rash, and poison ivy. Applied as a paste to the skin, it acts as a sponge. Its calming effects remove impurities that cause skin inflammation.

Dr. Crum's How-To:

I suffer from the occasional migraine, and was pleased to discover the healing properties of bentonite clay for this debilitating condition. Apply a thick layer of the clay to the forehead and around the eye area and then cover it with plastic wrap and leave it in place for as long as you need. You'll feel the clay actually pulsate, pulling out the toxins. It's messy, but for me the relief was pretty instant, and began my road to feeling better.

3 Flower Essences

In order to achieve physical health, we must first address our underlying emotional imbalances. A century ago, Dr. Edward Bach created 38 remedies based on flower essences to address emotional problems. Unlike prescription medicines and even herbal therapies, which work on a chemical level, flower essences affect the body energetically. This means that since they do not change blood chemistry, they do not interact with other prescribed and over the counter medicines.

Nature's fix for...

Fear: Flower essences work gently and powerfully with the body to address many negative emotional states. Fear is one that can impede living a full life. Whether you

fear the unknown or are afraid of losing control, natural remedies such as Aspen and Cherry Plum can be formulated to shift your fearful energy.

Despair: Several flower essences are devoted to eradicating hopelessness and sadness. Gentian and Gorse can be used as powerful tools to lift you out of low energetic feelings.

Uncertainty: Feeling a bit lost or unsure what your next step in life should be? There are several remedies that directly address feelings of drifting and being “stuck.” Flower essences Scleranthus, wild oat, and wild rose can be combines into a powerful remedy.

Dr. Crum’s How-To:

I enjoy different formulations of flower essences, depending on what is going on in my life emotionally. These remedies are so safe and powerful, and I love not having to be concerned about them interacting with other supplements or medicines. I truly believe our emotional health is directly connected to our physical well-being, so flower essences are a daily part of my life.



4 Red Light Therapy

Developed by NASA, Red Light Therapy (RLT) uses low-levels of red light to expose your cells to near-infrared light's healing energy. Your body responds on a cellular level as the mitochondria are able to generate more energy which speeds healing in the body's tissues.

Nature's fix for...

Skin Aging: Red Light Therapy smooths the skin and heals scars due to acne and sun damage. The energy emitted promotes cell turnover and collagen creation, both keys to youthful looking skin.

Inflammation: The anti-inflammatory properties of red light therapy may spur the healing of a number of maladies, including arthritis and tendinitis.

Dr. Crum's How-To:

I stand in front of my RLT panel a few times a week for five minutes a day. I wear goggles for eye protection, but don't worry – this is not the same frequency of light that you would get from a damage-causing tanning booth. I notice my skin and mood have improved after each session. What's more, after falling during a tough hike, I shone the light directly onto my injured knee. The next day, I was pain-free!

5 Hawthorn Berry

With deep roots in Chinese medicine, the hawthorn berry is an adaptogenic herb with many healing properties related to the circulatory system. It contains sky-high levels of antioxidants which assist the body is recovering from stress.

Nature's fix for...

Heart Failure: Hawthorn Berry can be used for improved heart function. It helps to dilate the coronary arteries and well as strengthens the heart's ability to pump



blood. One large study showed that regular use of Hawthorn Berry may even lower the risk of heart-related death.

Shortness of breath/fatigue: Related to the heart, hawthorn berry can serve as a valuable performance enhancer.

Dr. Crum's How-To:

I enjoy an active lifestyle, so am always eager to get in a good workout. I like to take a hawthorn berry supplement before I go trail running. I can feel a real difference in my performance. My heart pumps more efficiently, my breath is more even, and my body recovers quickly.

6 Arnica

Arnica is derived from the sunflower family, and is commonly used as a topical ointment. (The arnica plant itself is highly toxic, so seek a diluted homeopathic gel, table, or tincture.) Arnica's anti-inflammatory effects are due to helenalin, a compound found within the plant that affects certain cellular processes.

Nature's fix for...

Muscle pain, sprain, and bruising: sports medicine has long relied on arnica to support the wear and tear athletes experience. Muscle injuries and pain respond well to the anti-inflammatory properties of arnica.

Wounds (post-op or accidental): These same properties make Arnica a valuable tool when the body is healing from surgery or an accident. The remedy bolsters our healing process as it relieves pain.

Viral Aches: taken in a pill form, arnica can help ease the body aches experienced with a viral infection.

Dr. Crum's How-To:

After a challenging workout, I know I'll likely be sore the following day. To prevent this, I like to take three pellets of arnica supplement under my tongue every few hours after my run or hike or bike outing. The next day, I am pain free!

7 Alpha Lipoic Acid

Alpha Lipoic Acid is another antioxidant that the body naturally produces. As well, taken as a time-released supplement, it can help regulate blood sugar levels. People with type 2 diabetes can especially benefit from taking Alpha Lipoic Acid as it has been shown to ease symptoms of nerve damage caused by this disorder.

Nature's fix for...

Sugar Overload: Most people in our culture ingest too much sugar. The obvious culprits – candy, granola bars – are just part of the problem. Sugar is in everything from spaghetti sauce to bagels to even salad dressing! This is a problem because sugar feeds all sorts of ailments, including cardiovascular disease, cancer, and inflammation. Alpha Lipoic Acid can help the liver process our sugar intake to help augment health.

Dr. Crum's How-To:

I'll admit, I have some serious sugar cravings. Alpha lipoic acid is a helpful tool to help me resist the proverbial cookie jar. I take one capsule in the morning with breakfast and it stabilizes my blood sugar level throughout the day.



8 Classic Homeopathy

Like flower essences, classical homeopathy is energetic medicine that does not interact with prescribed or over the counter medicines. Homeopathic remedies address the individual on a holistic level – physical, emotional, and mental. It requires an in-depth consultation to reveal the necessary treatment plan, and is especially useful for those who suffer from chronic ailments. Unlike many modern treatments, holistic medicine is highly individualized – there is no one-size-fits-all approach. These remedies are gentle, powerful, and easy to take.



Nature's fix for...

Allergies: Seasonal allergies can keep you indoors even when the weather is most lovely, but thankfully there are many non-drowsy homeopathic solutions to alleviate this dilemma. Symptoms such as nasal drip, itchy eyes, and sneezing can be treated with remedies such as Allium Cepa, Dulcamara, and Euphrasia – all easily found at your local health food store or Amazon.

Chronic Fatigue Syndrome: This debilitating syndrome can limit you from accomplishing daily, normal activities. Its origins vary, but the power of seeking a homeopathic treatment is that it can be highly individualized. There are a variety of remedies, but Gelsemium and Kali Phos are a few that can alleviate extreme exhaustion and impaired memory.



Dr. Crum's How-To:

Homeopathy can address a wide range of ailments, and I rely on it daily for wellness and especially the prevention of my personal nemesis – migraine headaches.

The common ailments that so many of us suffer from can be eased – without a prescription! With these eight affordable, accessible remedies, the power of wellness and simply feeling good is within our reach.

TAKING THE NEXT STEPS ON YOUR ROAD TO WELLNESS

My goal is to make these incredible healing remedies accessible to everyone. Because of that, just because you downloaded (and hopefully read) my e-book, I am offering you two things to get started on your road to wellness:

A 20% discount when you order any of our healing remedies, using the code: FLOWERWELLNESS

A free download of my healing meditation: ***

Thanks for taking the time to read this. I look forward to hearing from you and helping you feel amazing. Please feel free to reach out to me anytime on the socials to let me know how you're doing to ask any questions:

Facebook, Instagram, Tiktok, Pinterest.    