

# *Natural Remedies*

FOR YOUR HEALTH AND WELLNESS





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## DISCLAIMER

I am a Certified Holistic Health Coach, Digestive Health Specialist and Herbalist certified by the American Association of Drugless Practitioners. I received my training from the Health Coach Institute and Institute of Transformational Nutrition, where I studied dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts, including Dr. Andrew Weil, Dr. Deepak Chopra, Dr. David Katz, Dr. Walter Willett, Dr. Mark Hyman, Dr. Alejandro Junger, Dr. John Douillard, Dr. Liz Lipski, Dr. Josh Axe, Donna Gates, and many other leading researchers and nutrition authorities.

Drawing on my background, training, skills, and life experiences, I support my clients spiritually, mentally, emotionally, and physically.

I am not a medical doctor, dietician, nor nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions. This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult with your doctor or wellness team if you have any questions regarding this whole foods program, and then make your own well-informed decisions based upon what is best for your unique genetics, culture, conditions, and stage of life.

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PLEASE NOTE: All contents within this guide are based on my personal knowledge, opinions, and experience as a holistic health coach. Please consult a medical advisor regarding medications or medical advice.

I look forward to working with you.

## MEET TIFFANY



**My name is Tiffany, Certified Gut Health Specialist and Herbalist.**

I believe that most disease is treatable and preventable through proper nutrition and lifestyle changes (including reducing stress and getting enough quality sleep). I believe there is no “one size fits all” approach to getting healthy. It’s about feeling comfortable in your body without taking extreme, unhealthy measures while reclaiming your energy and vitality.

My approach is about finding the underlying reasons for your symptoms and addressing them in a holistic and natural way, instead of just covering them up with a pill. I don’t believe in fad diets, but instead, working together to determine what is right for **YOU** and **YOUR** body. There is no one else like you, and there is no perfect solution that will work for everyone.

I help you find the underlying issue that’s causing not only weight gain, but also bloating, unpleasant and unexpected digestive issues, low energy, poor mental clarity, skin irritations, and all those other issues you think may be related. You can take back control of your health and life. I’m here to show you that it is possible, and so much more. With the right mentoring, information, and tools, you can reach all the much needed success on your health journey.



## INTRODUCTION

With the cost of modern healthcare and prescription medications rising each year, natural remedies are becoming an increasingly popular solution for ailments, illnesses and infections. Not only do natural remedies provide you with a cheaper alternative to prescription medications but they also have fewer unpleasant side effects, are more widely available and in many cases they're actually more effective than pharmaceutical drugs.

This eBook will provide you with a range of natural remedies for 100 of the most common ailments including acne, ear infections, joint pain, oily skin, tendonitis and yeast infections. For each of the 100 ailments covered in this eBook, you'll get:

The natural remedy

- An explanation of how the natural remedy works
- A description of how to prepare the natural remedy

For some ailments, I also include affiliate links to herbal supplements that I recommend to my clients. For a personalized approach, sign up for a FREE Wellness Consultation with me.

During this consultation I will review your basic health history and current health objectives so that I can make recommendations for you based on your health objectives. Recommendations may include essential oils, 100% natural, plant-sources supplements and/or lifestyle modifications.

[CLICK HERE TO SCHEDULE YOUR CONSULTATION.](#)



# ACID REFLUX

## Natural Remedy

### Apple Cider Vinegar & Manuka Honey

#### How the Remedy Works

Acid reflux occurs when acidic gastric fluid moves up into the esophagus. Its symptoms include nausea, pain in the lower chest and a sour taste in the mouth. This apple cider vinegar and manuka honey remedy helps to soothe acid reflux in the following ways:

1. **Apple Cider Vinegar:** Apple cider vinegar helps to treat acid reflux by stabilizing the acid levels in your stomach and promoting proper digestion.
2. **Manuka Honey:** Manuka honey helps to treat acid reflux by repairing the tissues that line the esophagus and stomach which helps to limit any painful symptoms.

#### How to Prepare the Remedy

1. Add 1 tablespoon of apple cider vinegar and 1 teaspoon of manuka honey to a cup of hot water, mix well and drink it.
2. Drink this remedy 30 minutes before each meal until the acid reflux subsides.

[Verdezymes™](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion and soothe the GI tract. Take Verdezymes at the start of each meal to help foods fully digest and nutrients to absorb properly.

[ProBio IQ™](#) combines mind/body herbal benefits with proven strains of probiotics to deliver a clarifying boost in vegetarian capsules. ProBio IQ can reduce levels of bad bacteria and can fight indigestion, leaky gut and acid reflux.



# ACNE

## Natural Remedy

### Baking Soda, Cinnamon, Manuka Honey & Lemon Juice

#### How the Remedy Works

Acne is a skin disorder that develops when the sebaceous glands of the skin become infected or inflamed and cause red pimples to develop on the surface of the skin. This baking soda, cinnamon, manuka honey and lemon juice remedy helps to treat acne in the following ways:

1. **Baking Soda:** Baking soda helps to treat acne by exfoliating your skin, unblocking your pores and getting rid of dead skin.
2. **Cinnamon:** Cinnamon is a powerful antioxidant that helps to repair the damage caused by acne.
3. **Manuka Honey:** Manuka honey helps to treat acne by reducing the buildup of bacteria in your pores and preventing inflammation on your skin.
4. **Lemon Juice:** Lemon juice helps to treat acne by drying out and disinfecting your skin.

#### How To Prepare The Remedy

1. Combine 5 tablespoons of manuka honey, 2 tablespoons of baking soda, 2 tablespoons of lemon juice and 1 teaspoon of ground cinnamon in a bowl and mix well.
2. Apply the mixture to the acne for 5 minutes and then wash it clean with warm water.
3. Use this remedy daily until the acne subsides.

#### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Drinking Vital daily helps your body eliminate toxins and promotes normal immune function which helps skin health by balancing hormones.

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream. It contains chamomile, which is used for its antioxidant and anti-inflammatory properties. It is extremely soothing and beneficial for skin damaged by acne.



## ALLERGIES

### Natural Remedy

#### Nettle Leaf & Peppermint

#### How The Remedy Works

Allergies are something that affect millions of people every single year with each season aggravating different types of allergies. Some of the common symptoms of allergies include a runny nose, coughing, itchy eyes and skin rashes. This nettle leaf and peppermint remedy helps to treat allergies in the following ways:

1. **Nettle Leaf:** Nettle leaf is a potent antihistamine (a substance that blocks the action of histamine – a chemical that gets released during allergic reactions and causes many of their unpleasant symptoms).
2. **Peppermint:** Peppermint is an effective decongestant that can clear your nasal passages and also relieve any inflammation you may experience when suffering from allergies.

#### How To Prepare The Remedy

1. Add 1 tablespoon of dried nettle leaf and 1 tablespoon of dried peppermint to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day until the allergy symptoms subside.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI features Suma Root, Horseradish, Wasabi, as well as Solle's SolleClear Clarifying Blend which have been proven to significantly improve allergy symptoms, including nasal discharge, sneezing, nasal congestion and itching.



# ANXIETY

## Natural Remedy

### Chamomile Oil & Lavender Oil

#### How The Remedy Works

With our modern lives becoming increasingly busy and stressful, anxiety is something that many of us face from time to time. The symptoms of anxiety include apprehension, fear, headaches and shortness of breath. This chamomile oil and lavender oil remedy helps to treat anxiety in the following ways:

1. **Chamomile Oil:** Chamomile oil has a soothing, relaxing effect and helps you to feel at ease.
2. **Lavender Oil:** Lavender oil is a natural relaxant and helps to eliminate feelings of anxiety.

#### How To Prepare The Remedy

1. Add 5 drops of chamomile oil and 5 drops of lavender oil to a hot bath and soak in it for up to 30 minutes.
2. Use this remedy every time you feel the symptoms of anxiety.

#### Other:

[\*\*Solle Naturals' Adaptable™\*\*](#) is a blend of 6 top adaptogenic herbs that are uniquely balanced using a combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.

[\*\*Solle ReNue\*\*](#) consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body.

Several Solle products contain **Ashwagandha**, an adaptogenic herb that has been shown to soothe anxiety symptoms by reducing the effects of stress on the body.



## ARTHRITIS

### Natural Remedy Ginger, Milk & Turmeric

#### How the Remedy Works

Arthritis is a painful disorder which is characterized by inflammation in one or more of the joints. The symptoms of arthritis include pain, redness and swelling around the affected joints which can range from mild to severe. This ginger, milk and turmeric remedy helps to relieve the unpleasant symptoms of arthritis in the following ways:

1. **Ginger:** Ginger is a powerful anti-inflammatory that naturally reduces the joint inflammation associated with arthritis.
2. **Milk:** Milk keeps your joints healthy and protects them against inflammation.
3. **Turmeric:** Turmeric is also a natural anti-inflammatory which has been shown to be particularly effective at treating arthritis in clinical trials.

#### How to Prepare the Remedy

1. Add ½ teaspoon of ground ginger and ½ teaspoon of turmeric powder to a glass of warm milk mix well and drink it.
2. Drink this remedy daily to treat arthritis.

#### Other:

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs including Turmeric which is a powerful anti-inflammatory herb.

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. An 18-month study showed that taking SolleMegas exhibited significant reductions in arthritis activity.



# ASTHMA

## Natural Remedy

### Eucalyptus Oil & Lavender Oil

#### How the Remedy Works

Asthma is a breathing disorder that causes the airways to tighten and make breathing difficult or impossible. The symptoms of asthma include coughing, shortness of breath, tightness in the chest and wheezing. This eucalyptus oil and lavender oil remedy helps to treat asthma in the following ways:

1. **Eucalyptus Oil:** Eucalyptus oil is a natural decongestant and helps to clear your airways, make breathing easier and prevent the buildup of mucus.
2. **Lavender Oil:** Lavender oil relieves inflammation in your airways, helps them to widen and allows more air to get through.

#### How to Prepare the Remedy

1. Put 5 drops of eucalyptus oil and 5 drops of lavender oil on a paper towel and then place it on your pillow while you sleep.
2. When you wake up, discard the paper towel, add 5 drops of eucalyptus oil and 5 drops of lavender oil to a bowl of boiling water and breathe in the steam with deep breaths for 5 minutes.
3. Use this remedy daily to treat your asthma.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI is a natural antihistamine and anti-allergenic which has been shown to decrease the severity and frequency of asthma attacks by increasing glutathione and thinning bronchial mucus.



## BACK PAIN

### Natural Remedy Almond Oil & Cayenne

#### How the Remedy Works

Back pain is something that affects millions of people around the world. Common causes of back pain include poor posture, a sedentary lifestyle and placing excessive strain on your back. Back pain can occur anywhere along the spine and can manifest as tightness, numbness or a sharp pain. This almond oil and cayenne remedy helps to relieve back pain in the following ways:

1. **Almond Oil:** Almond oil has analgesic properties and naturally soothes painful bones, joints and muscles when applied topically.
2. **Cayenne:** Cayenne contains high levels of capsaicin – a common ingredient in many topical pain relief creams which is one of the most effective natural solutions for fighting back pain.

#### How to Prepare the Remedy

1. Add 2 tablespoons of almond oil and 1 teaspoon of cayenne powder to a bowl and mix well.
2. Apply the mixture to the affected area of your back for 10 minutes and then wash it clean with warm water.
3. Use this remedy up to 3 times per day until the pain subsides.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas help cool inflammation in the body and support healthy joints and tissues.



## BAD BREATH

### Natural Remedy

#### Fennel Seeds & Lemon Juice

#### How the Remedy Works

Bad breath is an unpleasant disorder that can be caused by eating certain types of foods, gum disease, smoking and other medical disorders. This fennel seeds and lemon juice remedy helps to prevent bad breath in the following ways:

1. **Fennel Seeds:** Fennel seeds fight many of the common bacteria on the gums and tongue that cause bad breath.
2. **Lemon Juice:** The acid in lemon juice prevents the growth of bad breath causing bacteria in your mouth.

#### How to Prepare the Remedy

1. Add 1 tablespoon of lemon juice and 1 teaspoon of ground fennel seeds to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day until the bad breath subsides.



## BED BUG BITES

### Natural Remedy

#### White Vinegar & Witch Hazel Oil

#### How The Remedy Works

Bed bug bites are small, red and itchy. While they're not usually painful, if left untreated, they can be irritating and uncomfortable. This white vinegar and witch hazel oil remedy helps to treat bed bug bites in the following ways:

1. **White Vinegar:** White vinegar promotes good skin health and can help to soothe dry, itchy skin around bed bug bites.
2. **Witch Hazel Oil:** Witch hazel oil has a rejuvenating effect on the skin and helps it to recover from bed bug bites faster.

#### How To Prepare The Remedy

1. Soak a cotton ball in white vinegar and then add 5 drops of witch hazel oil to the cotton ball.
2. Dab the bed bug bites with the soaked cotton ball.
3. Use this remedy up to 2 times per day until the bed bug bites have healed.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered



# BLACKHEADS

## Natural Remedy

### Green Tea & Tea Tree Oil

#### How The Remedy Works

Blackheads are a common skin disorder that occur when the pores of your skin become blocked with bacteria and oil which causes small dark spots to form on the skin. This green tea and tea tree oil remedy helps to get rid of blackheads in the following ways:

1. **Green Tea:** Green tea removes oil from the skin and unclogs blocked pores which helps to treat existing blackheads and reduce the occurrence of blackheads in the future.
2. **Tea Tree Oil:** Tea tree oil opens up and disinfects your pores which helps to clean and remove blackheads from your skin.

#### How To Prepare The Remedy

1. Crush 1 teaspoon of dry green tea leaves using a mortar and pestle.
2. Mix these ground dry green tea leaves with a small amount of water to form a paste.
3. Add 5 drops of tea tree oil to the paste.
4. Gently scrub the paste into the blackheads for 2 minutes and then wash them clean with warm water.
5. Use this remedy daily until the blackheads are gone.



## BLOATING

### Natural Remedy

#### Caraway Seeds & Fennel Seeds

#### How The Remedy Works

Bloating is caused by the buildup of gas in the small intestine and can result in a visibly swollen stomach, belching, cramps and pain in the lower back. This caraway seeds and fennel seeds remedy helps to treat bloating in the following ways:

1. **Caraway Seeds:** Caraway seeds have carminative properties and can help to remove intestinal gas from the body which eases bloating.
2. **Fennel Seeds:** Fennel seeds are an intestinal spasmolytic and help to relax the muscles in your intestinal tract and remove gas more quickly.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground caraway seeds and 1 teaspoon of ground fennel seeds to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day until the bloating subsides.

#### Other:

[\*\*Verdezymes™\*\*](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind. Verdezymes help break down hard-to-digest proteins and starches that can cause gas and bloating.

[\*\*ProBio IQ™\*\*](#) combines mind/body herbal benefits with proven strains of probiotics to deliver a clarifying boost in vegetarian capsules. Good bacteria act like friendly gut bugs in your digestive tract, reducing gas and promoting healthy digestion.



# BRONCHITIS

## Natural Remedy

### GINGER & MANUKA HONEY

#### How The Remedy Works

Bronchitis is a disorder that develops when the mucous membranes in the bronchial tubes become inflamed. The symptoms of bronchitis include breathing problems, chest pain and congestion. This ginger and manuka honey remedy helps to treat bronchitis in the following ways:

1. **Ginger:** Ginger's anti-inflammatory properties help to reduce the inflammation caused by bronchitis and relieve many of its symptoms.
2. **Manuka Honey:** Manuka honey is a powerful antiviral and can help to fight many of the viruses that cause bronchitis.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground ginger and 1 teaspoon of manuka honey to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day until the bronchitis subsides.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI uses a combination of herbs that naturally support the immune system and can help clear respiratory pathways.



## BURNS

### Natural Remedy

#### Coconut Oil & Raw Potato

#### How The Remedy Works

While major burns require immediate medical attention to prevent permanent damage, natural remedies are a great solution for minor burns. This coconut oil and raw potato remedy helps to soothe minor burns in the following ways:

1. **Coconut Oil:** Coconut oil is loaded with fatty acids and vitamin E which collectively help to soothe and refresh burnt skin.
2. **Raw Potato:** Raw potatoes help to cool and moisturize burns which limits the associated pain and discomfort.

#### How To Prepare The Remedy

1. Massage 1 tablespoon of coconut oil into the burnt skin for 1 minute.
2. After 1 minute, cut a slice of raw potato and rub it into the burn for a further minute.
3. Use this remedy every couple of hours until the pain, redness and swelling from the burn subsides.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. Contains Aloe Vera and Vitamin E. Both are important antioxidants for repairing tissue and healing burns.



## CHAPPED LIPS

### Natural Remedy

#### Coconut Oil, Milk & Rose Petals

#### How The Remedy Works

Chapped lips develop when the skin on the lips dries out and can cause your lips to become cracked, flaky, red and sore. This coconut oil, milk and rose petals remedy helps to treat chapped lips in the following ways:

1. **Coconut Oil:** Coconut oil is a very effective moisturizer and can help to rehydrate chapped lips.
2. **Milk:** Milk has a soothing effect on the skin and can help to relieve the unpleasant symptoms of chapped lips.
3. **Rose Petals:** Rose petals contain various oils that help to lock moisture into the lips and stop them from drying out.

#### How To Prepare The Remedy

1. Take a handful of rose petals and rinse them in water
2. Add the rose petals and 1 cup of milk to a small bowl, then leave them to soak for 4 hours.
3. After 4 hours, add 1 tablespoon of coconut oil to the bowl and then blend all the ingredients into a smooth mixture using a hand blender.
4. Apply this mixture to your lips up to 3 times per day until they are smooth and moist.



# COLD SORES

## Natural Remedy

### Black Tea & Garlic

#### How The Remedy Works

Cold sores are a highly contagious viral infection that cause small, painful blisters to develop around the mouth. This black tea and garlic remedy helps to treat cold sores in the following ways:

1. **Black Tea:** Black tea contains a range of phytonutrients that help to combat viral infections such as cold sores.
2. **Garlic:** Garlic has antiviral and anti-inflammatory properties and treats cold sores directly while also soothing the associated redness and soreness.

#### How To Prepare The Remedy

1. Crush 1 teaspoon of dry black tea leaves and 1 clove of garlic using a mortar and pestle.
2. Mix these crushed ingredients with a small amount of water to form a paste.
3. Apply the paste to the cold sore for 15 minutes and then wash it clean with warm water.
4. Use this remedy every couple of hours until the cold sore has healed.

[\*\*SolleFlex AC Therapeutic Cream\*\*](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered



# COMMON COLD

## Natural Remedy

### Cayenne, Fenugreek Seeds, Lemon Juice & Manuka Honey

#### How The Remedy Works

The common cold is a viral infection that many people suffer from in the winter months. Its symptoms include a persistent cough, a runny nose, headaches and tiredness. While there are no known cures for the common cold, this cayenne, lemon juice, manuka honey and fenugreek seeds remedy can help soothe many of its symptoms in the following ways:

1. **Cayenne:** Cayenne is a powerful decongestant and pain reliever which can help ease the congestion, headaches and sore throat that often come with the common cold.
2. **Fenugreek Seeds:** Studies have shown that fenugreek seeds can relieve almost all the symptoms associated with the common cold.
3. **Lemon Juice:** Lemon juice contains high levels of vitamin C – a nutrient that strengthens your immune system and helps it fight the common cold.
4. **Manuka Honey:** Manuka honey's antiviral properties help your body recover from the common cold at a faster rate.

#### How To Prepare The Remedy

1. Add 2 teaspoons of lemon juice, 1 teaspoon of manuka honey, 1 teaspoon of ground fenugreek seeds and ½ teaspoon of cayenne powder to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day until the symptoms of the common cold subside.

Other:

**[SolleClear SI:](#)** SolleClear SI acts as an anti-inflammatory, helping reduce symptoms of cold and flu.

**[Solle ReNue](#)** consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. This unique herbal blend will lead to fewer colds and faster recovery. It contains chamomile which has been used for centuries in teas as a mild, relaxing sleep aid. Due to its amazing antibacterial and anti-microbial properties, it also helps the body manage fever, colds, inflammation, and stomach ailments.



# CONJUNCTIVITIS

## Natural Remedy

### Calendula & Milk

#### How The Remedy Works

Conjunctivitis (also known as pink eye) is an eye infection that causes your eyes to become inflamed and pink colored. Its symptoms include a burning sensation in the eyes, excessive tear production and extreme sensitivity to light. This calendula and milk remedy helps to treat conjunctivitis in the following ways:

1. **Calendula:** Calendula fights the bacteria and viruses that cause conjunctivitis.
2. **Milk:** Milk has a soothing effect on the eyes and also reduces any inflammation caused by conjunctivitis.

#### How To Prepare The Remedy

1. Use a dropper to put 5 drops of milk in the affected eye.
2. Warm ¼ cup of coconut oil and ¼ cup of extra virgin olive oil in a saucepan and mix it well.
3. Massage the mixture into your scalp thoroughly, then wrap your hair in a towel for 30 minutes
4. After 30 minutes, remove the towel, comb your hair thoroughly and then wash it.
5. Use this remedy 3 times per week until the dandruff disappears.

[\*\*SolleFlex AC Therapeutic Cream\*\*](#) the arnica in the product is so healing that it can be used to clear up conjunctivitis.



## DEPRESSION

### Natural Remedy

#### Cardamom & St John's Wort

#### How The Remedy Works

Depression is an emotional disorder that causes constant feelings of dejection, sadness and despair. While serious depression often requires professional therapy, this cardamom and St John's wort remedy can also help treat depression in the following ways:

1. **Cardamom:** Cardamom is a natural antidepressant and can help lift your mood and make you feel more energized.
2. **St John's Wort:** St John's wort is one of the most effective natural treatment for depression and can alleviate many of the common symptoms associated with depression.

#### How To Prepare The Remedy

1. Add 1 teaspoon of cardamom powder and 1 teaspoon of St John's wort to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy daily to treat depression.

#### Other:

[Solle Naturals' Adaptable™](#) is a blend of 6 top adaptogenic herbs that are uniquely balanced using a combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas is high in EPA, which is critical for healthy neurotransmitter function--an important component of emotional and physiological brain balance.



# DIABETES

## Natural Remedy

### Bitter Gourd & Cinnamon

#### How The Remedy Works

Diabetes is a health disorder where your body struggles to properly regulate your blood glucose levels. The symptoms of diabetes include constant thirst, fluctuating energy levels, frequent urination and weight loss. This bitter gourd and cinnamon natural remedy helps to treat diabetes in the following ways:

1. **Bitter Gourd:** Bitter gourd lowers your blood glucose levels and boosts the secretion of insulin (a hormone that helps to control blood glucose levels in your body).
2. **Cinnamon:** Cinnamon promotes healthy blood glucose levels in diabetics.

#### How To Prepare The Remedy

1. Extract the juice from 4 bitter gourds using a juicer.
2. Dilute the bitter gourd juice with water at a ratio of 3:1.
3. Add 1 teaspoon of ground cinnamon to the diluted bitter gourd juice, mix well and drink it.
4. Drink this remedy daily each morning before eating to manage your diabetes.

#### Other:

[Neuro IM](#) is Solle's Restorative Mushroom Blend of concentrated and standardized mushroom extracts and mushroom powders for brain, immune and mood support. This unique mushroom blend has been shown to decrease cholesterol levels and can help lower triglycerides and lipoproteins (markers of diabetes) as well as raise HDL.

[CinnaMate](#) is a powerful herbal combination designed to provide increased energy and focus through natural stimulation, enhanced digestion, and sugar management. Cinnamon and other herbs in this formula have been shown as a viable blood-sugar-focused therapy, as it possesses anti-hyperglycaemic properties and the potential to reduce postprandial blood glucose levels.



# DIAPER RASH

## Natural Remedy

### Cornstarch & White Vinegar

#### How The Remedy Works

Diaper rash is something that many babies experience and is characterized by dry, inflamed skin around the buttocks and genital area of the baby. This cornstarch and white vinegar remedy helps to treat diaper rash in the following ways:

1. **Cornstarch:** Cornstarch absorbs moisture from the diaper and reduces your baby's risk of diaper rash.
2. **White Vinegar:** White vinegar helps to neutralize the urine in your baby's diaper and protects against the inflammation that can lead to diaper rash.

#### How To Prepare The Remedy

1. Add 1 teaspoon of white vinegar to 1 cup of water, mix well and use this mixture to wash your baby's bottom when you change their diaper.
2. Dry your baby's bottom with a towel, then sprinkle 1 tablespoon of cornstarch on their bottom and put the fresh diaper in place.
3. Use this remedy every time you change your baby's diaper.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered



## DRY EYES

### Natural Remedy

#### Cucumber & Lavender Oil

#### How The Remedy Works

Dry eyes are a common but irritating disorder that cause your eyes to become dry and itchy. This cucumber and lavender oil natural remedy helps to treat dry eyes in the following ways:

1. **Cucumber:** Cucumber is over 95% water and contains a range of nutrients that help to hydrate your eyes.
2. **Lavender Oil:** Lavender oil can help reduce the itchiness that comes with dry eyes.

#### How To Prepare The Remedy

1. Add 4 drops of lavender oil to a bowl of warm water, stir the water, dip a small, clean cloth into the water, drain the excess water from the cloth and then place the cloth over your closed eyes for 5 minutes.
2. After 5 minutes, remove the cloth and place 2 fresh cucumber slices on your closed eyes for 5 minutes.
3. After 5 minutes, remove the cucumber slices, dip the cloth into the lavender oil and warm water mixture again, drain the excess water from the cloth and wipe your closed eyes.
4. Use this remedy every time your eyes start to feel dry.



## DRY SCALP

### Natural Remedy

#### Banana & Sesame Seed Oil

#### How The Remedy Works

Dry scalp can be caused by a variety of factors and results in your scalp becoming excessively dry, itchy and sore. This banana and sesame seed oil remedy helps to treat dry scalp in the following ways:

1. **Banana:** Banana contains a variety of oils and nutrients that moisturize your scalp.
2. **Sesame Seed Oil:** Sesame seed oil hydrates, soothes and repairs dry skin on the scalp.

#### How To Prepare The Remedy

1. Warm ½ cup of sesame seed oil in a saucepan and combine it with 2 mashed bananas.
2. Massage the mixture into your scalp thoroughly, then wrap your hair in a towel for 30 minutes.
3. After 30 minutes, remove the towel, comb your hair thoroughly and then wash it.
4. Use this remedy 3 times per week until your scalp returns to normal.



## DRY SKIN

### Natural Remedy

#### Extra Virgin Olive Oil & Milk

#### How The Remedy Works

Dry skin is something that many people experience in the winter months. Its symptoms include redness, soreness and the skin becoming flaky. This extra virgin olive oil and milk natural remedy helps to treat dry skin in the following ways:

1. **Extra Virgin Olive Oil:** Extra virgin olive oil's moisturizing properties and skin boosting antioxidants help to treat dry skin.
2. **Milk:** Milk contains many vitamins and minerals that promote healthy, moist skin.

#### How To Prepare The Remedy

1. Apply a thin layer of extra virgin olive oil to the dry skin for 30 minutes.
2. After 30 minutes, warm some milk in a saucepan, soak a cloth in the warm milk and apply the soaked cloth to the dry skin for 5 minutes.
3. After 5 minutes, wash the dry skin clean with warm water.
4. Use this remedy daily until the dry skin subsides.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered



## EAR INFECTION

### Natural Remedy

#### Apple Cider Vinegar & Extra Virgin Olive Oil

### How The Remedy Works

Ear infections are a painful, disorientating disorder that can affect your balance, hearing and reflexes. This apple cider vinegar and extra virgin olive oil remedy helps to treat ear infections in the following ways:

1. **Apple Cider Vinegar:** Apple cider vinegar directly combats many of the viruses that cause ear infections.
2. **Extra Virgin Olive Oil:** Extra virgin olive oil helps to clear the built up wax in your ears that often causes ear infections.

### How To Prepare The Remedy

1. Warm 2 tablespoons of extra virgin olive oil and 1 teaspoon of apple cider vinegar in a saucepan and mix it well.
2. Lay on a towel on your left side and grab a cloth, then use a dropper to fill your right ear with the mixture and leave it for 10 minutes.
3. After 10 minutes, place the cloth over your right ear, turn so that the mixture drains onto the cloth and then rinse the cloth.
4. Lay on the towel on your right side and keep hold of the cloth, then use the dropper to fill your left ear with the mixture and leave it for 10 minutes.
5. After 10 minutes, place the cloth over your left ear, turn so that the mixture drains onto the cloth and then rinse the cloth.
6. Use this remedy up to 2 times per day until the ear infection subsides.

### Other:

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas have been shown to contain natural anti-bacterial and inflammation-cooling properties. Open capsule and place 2 warm drops in the ear.



## ECZEMA

### Natural Remedy

#### Colloidal Oatmeal, Epsom Salt & Lavender Oil

### How The Remedy Works

Eczema is a common skin disorder where patches of the skin become cracked, dry, itchy and inflamed. This Epsom salt, oatmeal and lavender oil remedy helps to treat eczema in the following ways:

1. **Colloidal Oatmeal:** Colloidal oatmeal is a powerful anti-inflammatory that can soothe any skin affected by eczema.
2. **Epsom Salt:** Epsom salt is another strong natural anti-inflammatory that can relieve and repair any skin that is affected by eczema.
3. **Lavender Oil:** Lavender oil cleanses and soothes any skin that is affected by eczema.

### How To Prepare The Remedy

1. Add 10 drops of lavender oil, 1 cup of colloidal oatmeal and 1 cup of Epsom salt to a hot bath and soak in it for up to 30 minutes.
2. Use this remedy up to 3 times per week until the eczema subsides.

### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges.

[ProBio IQ™](#) is a probiotic that provides friendly bacteria that help support a healthy gut and immunity.

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas contain essential fats that are critical for binding wounds, and they cool inflammation.



## EDEMA

### Natural Remedy

#### Epsom Salt & Grapefruit Oil

#### How The Remedy Works

Edema (also known as water retention) is a disorder that causes swelling in various areas of the body. This Epsom salt and grapefruit oil remedy helps to treat edema in the following ways:

1. **Epsom Salt:** Epsom salts contain magnesium sulfate – a mineral that helps to reduce swelling.
2. **Grapefruit Oil:** Grapefruit oil also naturally reduces the swelling associated with edema.

#### How To Prepare The Remedy

1. Add 10 drops of grapefruit oil and 2 cups of Epsom salt to a hot bath and soak in it for up to 30 minutes.
2. Use this remedy up to 3 times per week until the edema subsides.

#### Other:

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas are beneficial for fighting inflammation, which may improve edema.

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs including Turmeric which help to improve blood flow and cool inflammation.



# ENERGY

## Natural Remedy

### Apple, Matcha Green Tea & Spinach

#### How The Remedy Works

This apple, matcha and spinach remedy boosts your energy in the following ways:

1. **Apples:** Apples are rich in energy boosting carbohydrates and phytonutrients.
2. **Matcha Green Tea:** Matcha green tea contains caffeine and L-Theanine which collectively provide you with a sustained energy boost.
3. **Spinach:** Spinach is loaded with B vitamins which support energy production in your body.

#### How To Prepare The Remedy

1. Blend 1 apple, 1 cup of apple juice, 1 cup of spinach and 1 teaspoon of matcha green tea in a blender until smooth and then drink it.
2. Drink this remedy every time you need an energy boost.

#### Other:

[The Solle PowerChi Adaptive Metabolic Energy Blend](#) is a carefully formulated combination of standardized and concentrated plant extracts, powders, probiotics, and adaptogens for optimal energy, weight and mental focus.



## ERECTILE DYSFUNCTION

### Natural Remedy

#### Carrot & Pomegranate Juice

#### How The Remedy Works

Erectile dysfunction (also known as ED) is a health disorder that is believed to affect around 50% of men at some point in their lives. This carrot and pomegranate juice remedy helps to treat ED in the following ways:

1. **Carrot:** Carrot boosts sex hormone levels, enhances male libido and protects against impotence.
2. **Pomegranate Juice:** Pomegranate juice increases testosterone levels in men and can help you overcome ED.

#### How To Prepare The Remedy

1. Blend 1 carrot and 1 cup of pomegranate juice in a blender until smooth and then drink it.
2. Drink this remedy daily to treat and protect against ED.

#### Other:

[SolleMaca XD](#) contains an adaptogen herb, damiana, which not only acts as an aphrodisiac, but also helps support libido and the entire endocrine system. This supplement helps with blood vessel dilation and improves blood flow and supports hormone and testosterone production. Take 2 capsules daily.



## FATIGUE

### Natural Remedy

#### Basil Oil & Eucalyptus Oil

### How The Remedy Works

Fatigue is one of the most common health complaints and can leave you feeling drained, exhausted and lacking in energy. This basil oil and eucalyptus oil remedy helps to fight fatigue in the following ways:

1. **Basil Oil:** Basil oil stimulates your mind and boosts your concentration levels when you feel tired.
2. **Eucalyptus Oil:** Eucalyptus oil is invigorating and energizing and naturally combats fatigue.

### How To Prepare The Remedy

1. Add 5 drops of basil oil and 5 drops of eucalyptus oil to a hot bath, then soak in it for up to 30 minutes.
2. Use this remedy every time you feel fatigued.

### Other:

[CinnaMate](#) is a powerful herbal combination designed to provide increased energy and focus through natural stimulation, enhanced digestion, and sugar management. And, unlike other “energy” products, CinnaMate™ is not only safe to use daily, but due to its impressive nutritional profile, is also a health-building product designed for longevity

[The Solle PowerChi Adaptive Metabolic Energy Blend](#) is a carefully formulated combination of standardized and concentrated plant extracts, powders, probiotics, and adaptogens for optimal energy, weight and mental focus.

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.

Several Solle products contain **Ashwagandha**, an adaptogen herb, especially good at balancing cortisol levels and helping the adrenals adjust to stress, improving cellular energy.



# FEVER

## Natural Remedy

### Basil & Ginger

#### How The Remedy Works

Most fevers develop as the result of illness and infection and can lead to dehydration, headaches, sweating and weakness. This basil and ginger remedy helps to treat fevers in the following ways:

1. **Basil:** Basil fights inflammation and infection and can directly treat many causes of fevers.
2. **Ginger:** Ginger is a natural antiviral and can combat the viruses that lead to fevers.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground basil and 1 teaspoon of ground ginger to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day until the fever subsides.



# FIBROIDS

## Natural Remedy

### Dandelion & Milk Thistle

#### How The Remedy Works

Fibroids are a type of non-cancerous tumor that develop in the womb. This dandelion and milk thistle remedy helps to treat fibroids in the following ways:

1. **Dandelion:** Dandelion detoxifies the liver and removes excess estrogen from the body which reduces your risk of developing fibroids.
2. **Milk Thistle:** Milk thistle helps to balance hormone levels in your body and prevents fibroids.

#### How To Prepare The Remedy

1. Add dried milk thistle to a cup of hot water and let it steep for 15 minutes.
2. Add 1 tablespoon of dried dandelion root and 1 tablespoon of
3. After 15 minutes, strain the water into another cup using a fine mesh strainer and drink it.
4. Drink this remedy up to 4 times per day to treat your fibroids.



# FLEAS

## Natural Remedy

### Cedar Oil & White Vinegar

#### How The Remedy Works

Fleas are a problem that affect many household pets. This cedar oil and white vinegar remedy helps to treat fleas in the following ways:

1. **Cedar Oil:** Cedar oil is a natural flea repellent that will help keep them at bay.
2. **White Vinegar:** White vinegar kills fleas, their larvae and their eggs and also helps to condition your pet's coat.

#### How To Prepare The Remedy

1. Add 2 cups of water, ½ cup of white vinegar and 5 drops of cedar oil to a spray bottle, shake well and then spray the mixture directly on your pet or any flea infested area of your home.



# FLU

## Natural Remedy

### Ginger, Manuka Honey & Lemon Juice

#### How The Remedy Works

Flu (also known as influenza) is a contagious viral infection that affects the upper respiratory system. Its symptoms include congestion, fever, headaches, pain throughout the body and weakness. This ginger, honey and lemon remedy treats flu in the following ways:

1. **Ginger:** Ginger reduces the congestion associated with flu and directly combats the influenza virus.
2. **Manuka Honey:** Manuka honey treats the influenza virus and soothes many of the associated symptoms.
3. **Lemon Juice:** Lemon juice's antiviral properties make it very effective at fighting the influenza virus while its high vitamin C content strengthens your immune system.

#### How To Prepare The Remedy

1. Add 1 tablespoon of lemon juice, 1 teaspoon of ground ginger and 1 teaspoon of manuka honey to a cup of hot water, let it steep for 5 minutes and drink it.
2. Use this remedy up to 4 times per day until the flu subsides.

#### Other:

**[SolleClear SI](#):** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI helps with a healthy immune system function. It also boosts white blood cells and helps the body fight off infections.

**[CinnaMate](#)** has anti-microbial and anti-viral properties help promote the natural blood-cleansing functions of the body, and promotes a strong immune response

**[Solle ReNue](#)** consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body.



## FRIZZY HAIR

### Natural Remedy

#### Avocado & Manuka Honey

#### How The Remedy Works

Frizzy hair occurs when your hair lacks moisture and can lead to dull, dry, unmanageable hair. This avocado and manuka honey remedy helps to treat frizzy hair in the following ways:

1. **Avocado:** The healthy fats and vitamin E in avocado are very beneficial to the hair and help to lock in moisture and make it more manageable.
2. **Manuka Honey:** Honey has a hydrating effect on the hair and also gives it a vibrant shine.

#### How To Prepare The Remedy

1. Warm 2 tablespoons of honey in a saucepan and combine it with a mashed avocado.
2. Massage the mixture into your scalp thoroughly, then wrap your hair in a towel for 30 minutes.
3. After 30 minutes, remove the towel, comb your hair thoroughly and then wash it.
4. Use this remedy 3 times per week until the frizzy hair subsides.



## GALLSTONES

### Natural Remedy

#### Apple Cider Vinegar & Peppermint

### How The Remedy Works

Gallstones are hard, crystalline deposits that build up in the gallbladder. They can cause severe pain in the back and abdomen, bloating and digestive problems. This apple cider vinegar and peppermint remedy helps to treat gallstones in the following ways:

1. **Apple Cider Vinegar:** Apple cider vinegar helps to regulate cholesterol levels in the body (cholesterol is a key cause of gallstones) and also dissolves gallstones.
2. **Peppermint:** Peppermint supports healthy digestion and soothes gallbladder pain.

### How To Prepare The Remedy

1. Add 1 tablespoon of apple cider vinegar and 1 tablespoon of dried peppermint to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day until the gallstones disappear.

### Other:

**SolleThrive** is highly bio-active with nutrient-dense, bio-active sprouts, further activated with probiotics, enzymes, adaptogenic and strategic tonic herbs and fruits. The herbs found in this blend have shown to increase bile flow and aid the liver and gallbladder in detoxification. Drinking SolleThrive 3 times a day to break up gallstones and flush them out of the body.

**Verdezymes™** combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind. The enzymes in this blend can offer improvements in fat digestion and the use of bile.



# GAS

## Natural Remedy

### Baking Soda & Cinnamon

#### How The Remedy Works

Excess gas can be embarrassing and also lead to abdominal bloating, abdominal pain and uncontrollable flatulence. This baking soda and cinnamon remedy helps to treat gas in the following ways:

1. **Baking Soda:** Baking soda is an effective antacid that releases gas from the stomach.
2. **Cinnamon:** Cinnamon calms the stomach and helps to protect against the buildup of gas.

#### How To Prepare The Remedy

1. Add 1 teaspoon of baking soda and 1 teaspoon of ground cinnamon to a glass of cold water, mix it well and drink it.
2. Drink this remedy up to 4 times per day until the gas subsides.

#### Other:

[Verdezymes™](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind.



## GUM DISEASE

### Natural Remedy Aloe Vera & Sea Salt

#### How The Remedy Works

Gum disease (also known as gingivitis) can cause bleeding, red or swollen gums, bad breath and even tooth loss. This aloe vera and sea salt remedy helps to treat gum disease in the following ways:

1. **Aloe Vera:** Aloe vera is a natural anti-inflammatory and can soothe many of the painful symptoms of gum disease.
2. **Sea Salt:** Sea salt is packed with minerals that fight many of the infections that cause gum disease.

#### How To Prepare The Remedy

1. Massage a teaspoon of aloe vera gel into your gums and leave it for 30 minutes.
2. After 30 minutes, add 1 teaspoon of sea salt to a cup of warm water, mix it well until the sea salt is fully dissolved, swirl the solution around your mouth for 30 seconds and then spit it out in the sink.
3. Use this remedy up to 4 times per day until the gum disease subsides.

#### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. The herbs in this blend help strengthen gums and aid with healthy tissue formation.



# HEADACHES

## Natural Remedy

### Lavender Oil & Rosemary Oil

#### How The Remedy Works

Headaches are something that many people experience at some point in their lives and can be caused by a variety of factors. This lavender oil and rosemary oil remedy helps to treat headaches in the following ways:

1. **Lavender Oil:** Lavender oil has a soothing effect on the body and mind and can make headaches melt away.
2. **Rosemary Oil:** Rosemary oil is a potent anti-inflammatory that can ease many of the symptoms associated with headaches.

#### How To Prepare The Remedy

1. Massage 2 drops of lavender oil and 2 drops of rosemary oil into your forehead.
2. Use this remedy up to 4 times per day until the headache subsides.

#### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind.

When you have a headache, take 2-3 SolleFlex PI and drink Vital to reduce headache symptoms. Taking these two supplements daily can help reduce the frequency of headache symptoms including pain, nausea, vomiting and sensitivity to light and noise.



# HEARTBURN

## Natural Remedy

### Peppermint & Slippery Elm

#### How The Remedy Works

Heartburn is a disorder that causes a burning sensation in the chest. This peppermint and slippery elm remedy treats heartburn in the following ways:

1. **Peppermint:** Peppermint helps to reduce indigestion (one of the leading causes of heartburn).
2. **Slippery Elm:** Slippery elm protects your esophagus against the acids that cause heartburn.

#### How To Prepare The Remedy

1. Add 1 tablespoon of dried peppermint and 1 teaspoon of ground slippery elm to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day until the heartburn subsides.

#### Other:

[Verdezymes™](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind. Verdezymes help break down hard-to-digest starches and proteins. They can also lower the pH in the stomach, increase the level of acid in the stomach necessary for proper digestion.



# HIGH BLOOD PRESSURE

## Natural Remedy Cayenne & Lemon Juice

### How The Remedy Works

High blood pressure (also known as hypertension) is a health disorder where your blood pressure is above 140/90 mm Hg. This cayenne and lemon juice remedy treats high blood pressure in the following ways:

1. **Cayenne:** Cayenne regulates blood pressure and promotes healthy blood flow in your body.
2. **Lemon Juice:** The antioxidants in lemon juice protect and repair your blood vessels from the damage caused by high blood pressure.

### How To Prepare The Remedy

1. Add 1 tablespoon of lemon juice and ½ teaspoon of cayenne powder to a cup of hot water, mix well and drink it.
2. Drink this remedy up to 4 times per day to treat high blood pressure.

### Other:

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas contains Sea Buckthorn, Chia, Flax Seed, Sunflower lecithin, Black Currant and Perilla which have both EPA/DHA that reduces blood pressure and cools inflammation when taken long-term.

[CinnaMate](#) and [Solle Vital](#) both contain herbs that have been shown to reduce blood pressure by relaxing smooth muscle.



# HOT FLASHES

## Natural Remedy

### Red Clover & Sage

#### How The Remedy Works

Hot flashes are a condition that often affect women going through menopause and cause them to suddenly experience intense heat in their body. This red clover and sage remedy helps to treat hot flashes in the following ways:

1. **Red Clover:** Red clover helps to regulate the hormones that cause hot flashes.
2. **Sage:** Sage naturally combats the symptoms of hot flashes.

#### How To Prepare The Remedy

1. Add 1 teaspoon of dried red clover and 1 teaspoon of dried sage to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day to combat hot flashes.

#### Other:

We all need stamina every day. And some moments require a distinct stamina boost. [SolleMaca XD](#) gives you stamina to perform in times when you need energy, and to boost your overall wellbeing, outlook, and activity in li



# HYPOTHYROIDISM

## Natural Remedy Coconut Oil & Ginger

### How The Remedy Works

Hypothyroidism is a disorder characterized by an underactive thyroid and it can lead to fatigue, mood swings, muscle cramps and rapid weight gain. This coconut oil and ginger remedy helps to treat hypothyroidism in the following ways:

1. **Coconut Oil:** The healthy fats in coconut oil support your thyroid and enhance your metabolism.
2. **Ginger:** Ginger contains a range of nutrients that boost your thyroid and help it function properly.

### How To Prepare The Remedy

1. Add 1 tablespoon of coconut oil and 1 teaspoon of ground ginger to a cup of hot water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day to treat hypothyroidism.

### Other:

[\*\*SolleMaca XD\*\*](#) nutritionally supports the glands and hormones in the body to optimal function, according to your individual unique requirements.

[\*\*Solle Excell\*\*](#) combines all three types of Maca, (Red, Black and Yellow) with the South American superfruit Cupuacu, and the powerful SolleClear herbal blend to help balance hormones, nutritionally boost the endocrine system, clarify the mind, eyes and blood and to help increase energy and libido

[\*\*Solle Vital\*\*](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.

All three of these blends contain **Ashwagandha**, and adaptogen herb, which helps hypothyroidism patients significantly increase thyroxine hormone levels, which can reduce the severity of the disorder.



# INDIGESTION

## Natural Remedy

### Coriander Seeds & Fennel Seeds

#### How The Remedy Works

Indigestion is a common digestive complaint that results in bloating, gas and stomach pain. This coriander seeds and fennel seeds remedy helps to treat indigestion in the following ways:

1. **Coriander Seeds:** Coriander seeds promote healthy digestion and help to alleviate digestive discomfort.
2. **Fennel Seeds:** Fennel seeds contain oils that calm the stomach and soothe indigestion.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground coriander seeds and 1 teaspoon of ground fennel seeds to a cup of hot water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day to treat indigestion.

#### Other:

[Verdezymes™](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind.



# INFLAMMATION

## Natural Remedy

### Cat's Claw & Green Tea

#### How The Remedy Works

Inflammation can affect any part of the body and is usually characterized by pain, redness and swelling. This cat's claw and green tea remedy helps to treat inflammation in the following ways:

1. **Cat's Claw:** Cat's claw blocks many of the substances that cause inflammation in the body.
2. **Green Tea:** Green tea is packed with powerful and natural anti-inflammatories.

#### How To Prepare The Remedy

1. Crush 1 teaspoon of dry green tea leaves and 1 teaspoon of ground cat's claw using a mortar and pestle.
2. Mix these crushed ingredients with a small amount of water to form a paste.
3. Apply the paste to the inflamed part of the body for 10 minutes and then wash it clean with warm water.
4. Use this remedy every couple of hours until the inflammation subsides.

#### Other:

[\*\*SolleFlex PI™\*\*](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. PI stands for Pain and Inflammation. Encourages a healthy inflammatory response and is very high in antioxidants which help the body fight free radicals

[\*\*Solle Vital\*\*](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Helps your body respond healthily to over-the-top inflammation by breaking down inflammatory proteins and toxins.

[\*\*SolleMegas™\*\*](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated for it's inflammation-cooling properties.



# INSOMNIA

## Natural Remedy

### Milk & Nutmeg

#### How The Remedy Works

Insomnia is a sleep disorder which makes it difficult or impossible to fall asleep. This milk and nutmeg remedy helps to treat insomnia in the following ways:

1. **Milk:** Milk contains a range of amino acids that stimulate sleep.
2. **Nutmeg:** Nutmeg is a natural sedative and makes falling asleep easier.

#### How To Prepare The Remedy

1. Add ½ teaspoon of nutmeg powder to a glass of warm milk and drink it 30 minutes before you sleep.
2. Drink this remedy nightly to treat insomnia.

#### Other:

[Verdezymes™](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind.

[Solle ReNue](#) consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. Drinking ReNue hot before bed promotes sleep.

Verdezymes and ReNue both contain **passion flower** which is an adaptogen herb that helps to relax your nervous system.

**\*Note:** you want to avoid taking melatonin supplements for sleep. They are synthetic and can become addictive. They interfere with your body's natural ability to produce its own melatonin causing more issues with insomnia in the long run.



# IRRITABLE BOWEL SYNDROME (IBS)

## Natural Remedy Flax Seeds & Yogurt

### How The Remedy Works

Irritable bowel syndrome (also known as IBS) is a gastrointestinal disorder that can cause constipation, diarrhea and stomach pain. This flax seeds and yogurt remedy helps to treat IBS in the following ways:

1. **Flax Seeds:** Flax seeds are rich in fiber and healthy fats which promote good digestive health and soothe your bowel.
2. **Yogurt:** Yogurt helps to remove harmful bacteria from your bowel and alleviate many of the unpleasant symptoms of IBS.

### How To Prepare The Remedy

1. Sprinkle 1 tablespoon of flax seeds onto 1 cup of yogurt and eat it.
2. Use this remedy up to 2 times per day to treat IBS.

### Other:

[The GoodTract 14 Day Cleanse Package](#) is a product package designed to cleanse the colon and detoxify the whole body! This combination of supplements will get you on a "GOODTRACT" toward your health goals.

[FasTract™](#) is a unique herbal formula designed to keep things moving through the intestinal tract, while soothing and building along the way. FasTract combines Cascara Sagrada Bark Powder and Extract, Whole Leaf Aloe Vera, Inner Leaf Aloe Vera, Holy Basil, as well as our Multiphyllin™ Prime Chlorophyll Blend.

[Verdezymes™](#) help with nutrient absorption. Take 2 before each meal.

[ProBio IQ™](#) is a probiotic that can help recolonize the gut with healthy bacteria.



If you have IBS, I highly recommend my [Gut Health Done Right](#) program.



# ITCHING

## Natural Remedy

### Basil & Peppermint

#### How The Remedy Works

Itching is a common sensation on the skin that can affect anyone and ranges from mild to severe. This basil and peppermint remedy helps to treat itching in the following ways:

1. **Basil:** Basil contains a range of compounds that reduce itching.
2. **Peppermint:** Peppermint has a cooling effect on the skin and can soothe the sensations of itching.

#### How To Prepare The Remedy

1. Crush 1 teaspoon of basil and 1 teaspoon of dried peppermint using a mortar and pestle.
2. Mix these crushed ingredients with a small amount of water to form a paste.
3. Gently scrub the paste into the itchy area for 2 minutes and then wash it clean with warm water.
4. Use this remedy every time you start to feel an itch.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered



# JAUNDICE

## Natural Remedy

### Barley & Lemon Juice

#### How The Remedy Works

Jaundice is a disorder where the skin turns a yellowish color. This barley and lemon juice remedy helps to treat jaundice in the following ways:

1. **Barley:** Barley is a natural diuretic and helps to flush out many of the toxins that cause jaundice.
2. **Lemon Juice:** Lemon juice boosts the liver and helps it to remove the waste products that cause jaundice from the body at a faster rate.

#### How To Prepare The Remedy

1. Add 1 tablespoon of lemon juice and 1 teaspoon of ground fennel seeds to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day until the jaundice subsides.



# JAW PAIN

## Natural Remedy

### Ginger & St John's Wort

#### How The Remedy Works

Jaw pain can be caused by fractures, grinding of the teeth and poor jaw alignment. This ginger and St John's wort remedy helps to relieve jaw pain in the following ways:

1. **Ginger:** Ginger reduces the pain, redness and swelling associated with jaw pain and allows your jaw to move more freely.
2. **St John's Wort:** St John's wort soothes the muscles in your jaw and allows you to recover from jaw pain quickly.

#### How To Prepare The Remedy

1. Crush 1 teaspoon of ground ginger and 1 teaspoon of ground St John's wort using a mortar and pestle.
2. Mix these crushed ingredients with a small amount of water to form a paste.
3. Apply the paste to the painful area of the jaw for 10 minutes and then wash it clean with warm water.
4. Use this remedy every couple of hours until the jaw pain subsides.

#### Other:

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs highlighted by a special extract of Chinese Scullcap



# JET LAG

## Natural Remedy

### Ginger & Lemon Juice

#### How The Remedy Works

Jet lag is a type of extreme tiredness experienced by people who travel across multiple time zones by plane. This ginger and lemon juice remedy helps to treat jet lag in the following ways:

1. **Ginger:** Ginger helps your body to reset and relax when switching between time zones.
2. **Lemon Juice:** Lemon juice helps to maintain healthy digestion while you fly and also keeps you hydrated.

#### How To Prepare The Remedy

1. Add 1 tablespoon of lemon juice and 1 teaspoon of ground ginger to a travel mug.
2. Once on board, ask a flight attendant to fill the travel mug with hot water, let it steep for 5 minutes and then drink it.
3. Drink this remedy up to 4 times during your flight to avoid jet lag.

#### Other:

[CinnaMate](#) is a powerful herbal combination designed to provide increased energy and focus through natural stimulation, enhanced digestion, and sugar management. And, unlike other “energy” products, CinnaMate™ is not only safe to use daily, but due to its impressive nutritional profile, is also a health-building product designed for longevity



# JOINT PAIN

## Natural Remedy

### Nettle Leaf & Turmeric

#### How The Remedy Works

Joint pain can occur in the ankles, hips, knees, wrists, fingers and toes. This nettle leaf and turmeric remedy helps to treat joint pain in the following ways:

1. **Nettle Leaf:** Nettle leaf has a soothing effect on your joints and naturally relieves pain.
2. **Turmeric:** Turmeric protects against inflammation in the joints and can reduce any pain, redness and swelling.

#### How To Prepare The Remedy

1. Add 1 tablespoon of dried nettle leaf and 1 teaspoon of turmeric to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day until the joint pain subsides.

#### Other:

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs highlighted by a special extract of Chinese Scullcap



# KIDNEY STONES

## Natural Remedy

### Apple Cider Vinegar, Watermelon & Wheatgrass Juice

#### How The Remedy Works

Kidney stones are hard, insoluble calcium compounds that form in the kidneys and can lead to pain and frequent urination. This apple cider vinegar, watermelon and wheatgrass juice remedy treats kidney stones in the following ways:

1. **Apple Cider Vinegar:** Apple cider vinegar dissolves kidney stones and reduces the pain that they cause.
2. **Watermelon:** Watermelon boosts your kidneys and helps them to deal with kidney stones more efficiently.
3. **Wheatgrass Juice:** Wheatgrass juice contains a range of nutrients that naturally treat kidney stones.

#### How To Prepare The Remedy

1. Blend 1 cup of watermelon, 1 cup of wheatgrass juice and 1 tablespoon of apple cider vinegar in a blender until smooth and then drink it.
2. Drink this remedy up to 4 times per day until the kidney stones disappear.

#### Other:

**Solle Vital** is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.

**Solle Excel!** combines all three types of Maca, (Red, Black and Yellow) with the South American superfruit Cupuacu, and the powerful SolleClear herbal blend to help balance hormones, nutritionally boost the endocrine system, clarify the mind, eyes and blood and to help increase energy and libido



## LICE

### Natural Remedy

#### Extra Virgin Olive Oil & White Vinegar

#### How The Remedy Works

Lice (also known as head lice) are small parasites that feed on blood from the scalp. This extra virgin olive oil and white vinegar remedy treats lice in the following ways:

1. **Extra Virgin Olive Oil:** Extra virgin olive oil smothers and suffocates lice.
2. **White Vinegar:** White vinegar loosens lice eggs and clears them out of your hair.

#### How To Prepare The Remedy

1. Warm  $\frac{1}{2}$  cup of extra virgin olive oil and 1 tablespoon of white vinegar in a saucepan and mix it well.
2. Massage the mixture into your scalp thoroughly, then wrap your hair in a towel for 30 minutes.
3. After 30 minutes, remove the towel, comb your hair thoroughly and then wash it.
4. Use this remedy daily until the lice disappear.



## MENOPAUSE

### Natural Remedy

#### Chasteberry & Cinnamon

#### How The Remedy Works

Menopause is the natural ceasing of fertility and menstruation in women. While it is a natural part of any woman's life, it often causes a range of unpleasant symptoms including breast pain, hot flashes, thinning hair and tiredness. This chasteberry and cinnamon remedy helps to soothe these symptoms in the following ways:

1. **Chasteberry:** Chasteberry helps to balance hormone levels in menopausal women.
2. **Cinnamon:** Cinnamon can ease and reduce the pain caused by menopause.

#### How To Prepare The Remedy

1. Add 1 teaspoon of chasteberry powder and 1 teaspoon of ground cinnamon to a cup of hot water, mix it well and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day to ease the symptoms of menopause.

#### Other:

[Solle Excell](#) combines all three types of Maca, (Red, Black and Yellow) with the South American superfruit Cupuacu, and the powerful SolleClear herbal blend to help balance hormones.

[SolleMaca XD](#) nutritionally supports the glands in the body to optimal function, according to your individual unique requirements.

These herbs can help to prevent menopausal symptoms, improve sleep quality and reduce hormonal imbalances. They can also naturally reduce menopausal symptoms, such as loss of bone density, vaginal dryness and fibroids.



# MENSTRUAL CRAMPS

## Natural Remedy

### Basil & Fennel Seeds

#### How The Remedy Works

Menstrual cramps are painful muscle spasms that occur during the menstrual cycle. This basil and fennel seeds remedy helps to soothe menstrual cramps in the following ways:

1. **Basil:** Basil is a natural analgesic and can help to reduce the pain associated with menstrual cramps.
2. **Fennel Seeds:** Fennel seeds relax the uterine muscles and this helps to relieve any cramping.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground basil and 1 teaspoon of ground fennel seeds to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day to soothe menstrual cramps.

#### Other:

We all need stamina every day. And some moments require a distinct stamina boost. [SolleMaca XD](#) gives you stamina to perform in times when you need energy, and to boost your overall wellbeing, outlook, and activity in life



# MIGRAINES

## Natural Remedy

### Eucalyptus Oil & Peppermint Oil

#### How The Remedy Works

Migraines are a severe form of headache that can also cause blind spots, flashes of light in your vision and tingling in your limbs. This eucalyptus oil and peppermint oil remedy helps to treat migraines in the following ways:

1. **Eucalyptus Oil:** Eucalyptus oil helps to relieve the tension associated with migraines.
2. **Peppermint Oil:** Peppermint oil is a natural pain reliever and reduces many of the unpleasant symptoms of migraines.

#### How To Prepare The Remedy

1. Massage 2 drops of eucalyptus oil and 2 drops of peppermint oil into your forehead.
2. Use this remedy up to 4 times per day until the migraine subsides.

#### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind.

When a migraine occurs, take 2 SolleFlex PI and drink 1 packet of vital every 2-3 hours until the migraine is gone. The herbs in these blends stop the clumping of platelets in the blood and reduces blood vessel constriction and dilation, which can cause migraines. Using both of these products on a regular basis can decrease the frequency of headache attacks.



## MORNING SICKNESS

### Natural Remedy

#### Ginger, Lemon Juice & Peppermint

#### How The Remedy Works

Morning sickness is a type of nausea experienced by many women in the early stages of pregnancy. This ginger, lemon and peppermint remedy helps to treat morning sickness in the following ways:

1. **Ginger:** Ginger helps to protect against nausea and vomiting.
2. **Lemon Juice:** Lemon juice calms your stomach and soothes the symptoms of morning sickness.
3. **Peppermint:** Peppermint soothes your digestive tract and helps to keep morning sickness at bay.

#### How To Prepare The Remedy

1. Add 1 tablespoon of dried peppermint, 1 tablespoon of ground ginger and 1 teaspoon of lemon juice to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day to combat morning sickness.

#### Other:

**Solle Vital** is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.



## NASAL CONGESTION

### Natural Remedy

#### Lemon Oil & Lime Oil

### How The Remedy Works

Nasal congestion occurs when your nasal cavity becomes inflamed, swollen and full of mucus. This lemon oil and lime oil remedy helps to treat nasal congestion in the following ways:

1. **Lime Oil:** Lime oil fights many of the bacteria that contribute to nasal congestion.
2. **Tea Tree Oil:** Tea tree oil clears your nasal passages and reduces swelling.

### How To Prepare The Remedy

1. Put 5 drops of lime oil and 5 drops of tea tree oil on a paper towel and then place it on your pillow while you sleep.
2. When you wake up, discard the paper towel, add 5 drops of lime oil and 5 drops of tea tree oil to a bowl of boiling water and breathe in the steam with deep breaths for 5 minutes.
3. Use this remedy up to 2 times per day until the nasal congestion is cleared.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI features Suma Root 10:1 Extract, Horseradish, Wasabi, as well as Solle's SolleClear Clarifying Blend.



# NAUSEA

## Natural Remedy Clove & Cumin Seeds

### How The Remedy Works

Nausea is a feeling of extreme sickness that often creates an urge to vomit. This clove and cumin seeds remedy helps to treat nausea in the following ways:

1. **Clove:** Clove's powerful natural aroma helps to overcome feelings of sickness and has a soothing effect on your stomach.
2. **Cumin Seeds:** Cumin seeds calm the digestive system which helps to reduce the occurrence of nausea.

### How To Prepare The Remedy

1. Add 1 teaspoon of clove powder and 1 teaspoon of ground cumin seeds to a cup of hot water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day to soothe nausea.

### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Vital contains vitamins (including B6) which helps to relieve nausea.

[Verdezymes™](#) help the body digest macronutrients and can reduce symptoms of nausea when consumed consistently. Take 1-3 capsules with meals daily.



## NECK PAIN

### Natural Remedy Ice & Lavender Oil

#### How The Remedy Works

Neck pain is a common affliction that can be caused by poor posture, sitting in an uncomfortable position and straining the neck. This ice and lavender oil remedy helps to treat neck pain in the following ways:

1. **Ice:** Ice soothes inflammation and reduces pain in the neck.
2. **Lavender Oil:** Lavender oil directly relieves neck pain and helps your neck muscles to relax.

#### How To Prepare The Remedy

1. Wrap 4 ice cubes in a small towel and hold it against your neck for 10 minutes.
2. After 10 minutes, massage 5 drops of lavender oil into your neck.
3. Use this remedy every couple of hours until the neck pain subsides.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs including Turmeric and Curcumin which are inflammation-soothing herbs high in antioxidants and help to relieve pain and stiffness.



## NERVE PAIN

### Natural Remedy

#### Chamomile Oil, Marjoram Oil & St John's Wort Oil

### How The Remedy Works

Nerve pain is often caused by damage to the nerves in your body but can also be the result of a pinched nerve. This chamomile oil, marjoram oil and St John's wort oil remedy helps to treat nerve pain in the following ways:

1. **Chamomile Oil:** Chamomile oil has a soothing effect on your nerves and dulls any pain you may experience.
2. **Marjoram Oil:** Marjoram oil supports the nervous system and provides instant pain relief.
3. **St John's Wort Oil:** St John's wort oil is another natural pain reliever that can also repair nerve damage.

### How To Prepare The Remedy

1. Mix 1 tablespoon of St John's wort oil, 2 drops of chamomile oil and 2 drops of marjoram oil in a bowl and then massage this mixture directly into the painful nerves.
2. Use this remedy every couple of hours until the nerve pain subsides.

#### Other:

**SolleFlex PI™** is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs highlighted by a special extract of Chinese Scullcap



# NERVOUSNESS

## Natural Remedy

### Orange Oil & Rosemary Oil

#### How The Remedy Works

Nervousness is a common reaction to certain tasks and situations. This orange oil and rosemary oil remedy helps to treat nervousness in the following ways:

1. **Orange Oil:** Orange oil is uplifting, relaxing and helps keep nerves at bay.
2. **Rosemary Oil:** Rosemary oil naturally relaxes your body and mind.

#### How To Prepare The Remedy

1. Add 5 drops of orange oil and 5 drops of rosemary oil to a bowl of boiling water and breathe in the steam with deep breaths for 5 minutes.
2. Use this remedy anytime that you feel nervous.

#### Other:

[Solle Naturals' Adaptable™](#) is a blend of 6 top adaptogenic herbs that are uniquely balanced using a combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.



# OBSESSIVE COMPULSIVE DISORDER

## Natural Remedy

### Passiflora & St John's Wort

#### How The Remedy Works

Obsessive compulsive disorder (also known as OCD) is a condition that leads to unwanted repetitive thoughts or actions. If you suffer from OCD, you should seek treatment from your doctor but you can also use this passiflora and St John's wort treatment alongside your doctor's recommendations to reduce the symptoms of OCD in the following ways:

1. **Passiflora:** Passiflora relaxes your mind and can alleviate many of the symptoms of OCD.
2. **St John's Wort:** St John's wort can limit the obsessive thoughts and compulsive behaviors associated with OCD.

#### How To Prepare The Remedy

1. Add 1 teaspoon of dried passiflora and 1 teaspoon of St John's wort to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day to manage your OCD.

#### Other:

[\*\*Solle Naturals' Adaptable™\*\*](#) is a blend of 6 top adaptogenic herbs that are uniquely balanced using a combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.



## OILY HAIR

### Natural Remedy

#### Aloe Vera & Black Tea

#### How The Remedy Works

Oily hair can be caused by dietary choices, hormonal changes or stress. This aloe vera and black tea remedy helps to treat oily hair in the following ways:

1. **Aloe Vera:** Aloe vera contains a range of nutrients that control the release of oil onto the scalp.
2. **Black Tea:** Black tea closes the pores on the scalp and prevents excess oil from accumulating.

#### How To Prepare The Remedy

1. Add 1 teaspoon of black tea leaves to a cup of hot water and let it steep for 10 minutes.
2. After 10 minutes, strain the water into another cup using a fine mesh strainer and allow it to cool to room temperature.
3. Once the tea has cooled to room temperature, add 1 teaspoon of aloe vera gel to the cup, mix it well and pour the mixture onto your scalp.
4. Massage the mixture into your scalp thoroughly for 5 minutes, then comb your hair thoroughly and wash it.
5. Use this remedy up to 3 times per week until the excess oil is gone from your hair.



## OILY SKIN

### Natural Remedy

#### Apple & Cucumber

#### How The Remedy Works

Oily skin can lead to a range of skin problems including acne and blackheads. This apple and cucumber remedy helps to treat oily skin in the following ways:

1. **Apple:** Apple boosts your skin and helps to regulate the amount oil that gets released onto the skin's surface.
2. **Cucumber:** Cucumber contains a range of nutrients that promote healthy skin and help to remove excess oil.

#### How To Prepare The Remedy

1. Grate  $\frac{1}{2}$  apple and  $\frac{1}{2}$  cucumber, mix the shreds together and then use them to cover your oily skin for 10 minutes.
2. After 10 minutes, discard the shreds and wash your skin clean with warm water.
3. Use this remedy daily to treat oily skin.



## ORAL THRUSH

### Natural Remedy

#### Apple Cider Vinegar & Tea Tree Oil

#### How The Remedy Works

Oral thrush (also known as oral candidiasis) is a fungal yeast infection that affects the lining of the mouth and tongue. This apple cider vinegar and tea tree oil remedy helps to treat oral thrush in the following ways:

1. **Apple Cider Vinegar:** The enzymes in apple cider vinegar regulate the level of candida (one of the most common causes of oral thrush) in your body.
2. **Tea Tree Oil:** Tea tree oil is a natural disinfectant and helps to treat oral thrush quickly and efficiently.

#### How To Prepare The Remedy

1. Add 20 drops of tea tree oil and 2 tablespoons of apple cider vinegar to a cup of water and mix well.
2. Gargle this cup of water for 1 minute and then spit it out in the sink.
3. Use this remedy up to 2 times daily to treat oral thrush.

#### Other:

**Solle Vital** is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Features Eleuthero, Schizandra, Astragalus, Jioagulan, Ashwaganda and Rhodiola extracts which are all herbs that balance the body and heal thrush.



# PIMPLES

## Natural Remedy

### Lemon Juice & Tea Tree Oil

#### How The Remedy Works

Pimples are small, hard spots that appear on the skin as a result of inflammation. This lemon juice and tea tree oil remedy helps to treat pimples in the following ways:

1. **Lemon Juice:** Lemon juice boosts the skin and clears away pimples.
2. **Tea Tree Oil:** Tea tree oil disinfects and dries out pimples.

#### How To Prepare The Remedy

1. Soak a cotton ball in lemon juice and then add 5 drops of tea tree oil to the cotton ball.
2. Dab the pimples with the soaked cotton ball.
3. Use this remedy up to 2 times per day until the pimples disappear.



## PRE-MENSTRUAL SYNDROME

### Natural Remedy

#### Ginkgo Biloba & Lemon Balm

### How The Remedy Works

Pre-menstrual syndrome (also known as PMS) can occur up to 14 days before a woman's menstrual period. It has a wide range of symptoms including anxiety, changes in mood, menstrual cramps and stomach pain. This ginkgo biloba and lemon balm remedy helps to treat PMS in the following ways:

1. **Ginkgo Biloba:** Ginkgo biloba can reduce the severity of various PMS symptoms.
2. **Lemon Balm:** Lemon balm has a calming effect on the body and can alleviate many PMS symptoms.

### How To Prepare The Remedy

1. Add 1 teaspoon of ground ginkgo biloba and 1 teaspoon of ground lemon balm to a cup of boiling water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day when experiencing PMS.

### Other:

[SolleMaca XD](#) helps balance estrogen/progesterone ratios. Maca nutritionally supports the glands in the body to optimal function, according to your individual unique requirements. The adaptogenic herbs in the formula help boost all of the ingredients to lift and balance the body and mind, while supporting mental alertness and recall.

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. PI stands for Pain and Inflammation and can help eliminate pain from menstrual cramping, reduce bloating, and sooth pain from headaches.



# PSORIASIS

## Natural Remedy

### Apple Cider Vinegar & Colloidal Oatmeal

#### How The Remedy Works

Psoriasis is a skin disorder that leads to flaky skin, itching, redness and pain. This apple cider vinegar and colloidal oatmeal remedy helps to treat psoriasis in the following ways:

1. **Apple Cider Vinegar:** Apple cider vinegar neutralizes your skin and protects against the itching and irritation caused by psoriasis.
2. **Colloidal Oatmeal:** Colloidal oatmeal hydrates and moisturizes the skin which helps to combat psoriasis.

#### How To Prepare The Remedy

1. Add 1 cup of apple cider vinegar and 1 cup of colloidal oatmeal to a hot bath and soak in it for up to 30 minutes.
2. Use this remedy up to 3 times per week to treat psoriasis.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges.

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas have been shown to cool inflammation and improve psoriasis symptoms.



## QUEASINESS

### Natural Remedy

#### Fennel Seeds & Ginger

#### How The Remedy Works

Queasiness is a feeling of mild sickness that is similar to nausea. This fennel seeds and ginger remedy helps to treat queasiness in the following ways:

1. **Fennel Seeds:** Fennel seeds calm your stomach and combat the inflammation that can cause queasiness.
2. **Ginger:** Ginger has a positive effect on your intestines and stomach and helps to relieve any feelings of queasiness.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground fennel seeds and 1 teaspoon of ground ginger to a cup of hot water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day to treat queasiness.



## RASHES

### Natural Remedy

#### Baking Soda & Coconut Oil

#### How The Remedy Works

Rashes are red, inflamed, itchy sections that develop on the skin for various reasons. This baking soda and coconut oil remedy helps to treat rashes in the following ways:

1. **Baking Soda:** Baking soda repairs the damage caused by rashes.
2. **Coconut Oil:** Coconut oil is a potent moisturizer that soothes rashes on the skin.

#### How To Prepare The Remedy

1. Mix 1 teaspoon of baking soda with 2 tablespoons of coconut oil to form a paste.
2. Apply this paste to the rash for 5 minutes and then wash it clean with warm water.
3. Use this remedy daily until the rash disappears.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. Contains anti-inflammatory properties that can be effective in reducing hives because it reduces the overall histamine production

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Contains adaptogen herbs that are powerful antioxidants with antihistamine properties.



## RESTLESS LEG SYNDROME

### Natural Remedy

#### Almond Oil & Lavender Oil

### How The Remedy Works

Restless leg syndrome (also known as RLS) is a disorder that causes a tickling sensation in the legs that can only be relieved when you move them. This almond oil and lavender oil remedy helps to relieve RLS in the following ways:

1. **Almond Oil:** Almond oil is a natural relaxant and can reduce the sensations associated with RLS.
2. **Lavender Oil:** Lavender oil naturally relieves the itchiness and tingling that often comes with RLS.

### How To Prepare The Remedy

1. Mix 5 drops of lavender oil with 2 tablespoons of almond oil.
2. Massage this mixture into your legs for 5 minutes and then wash them clean with warm water.
3. Use this remedy daily to treat RLS.

### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. The herbs in this blend contain have been shown to fight pain.

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. PI stands for Pain and Inflammation. The herbs in this blend help relax muscles and nerves that cause restless leg syndrome.

[SolleMegas™](#) is a 100% plant-sourced product that provides powerful plant omegas including omegas 3, 6, 7, and 9 and is carefully formulated with our mind and body harmonized approach. SolleMegas cool inflammation associated with restless leg syndrome.



# RINGWORM

## Natural Remedy

### Neem Oil & Tea Tree Oil

#### How The Remedy Works

Ringworm is a fungal infection that causes ring shaped scaly patches to form on the skin. This neem oil and tea tree oil remedy helps to treat ringworm in the following ways:

1. **Neem Oil:** Neem oil is a powerful antifungal which destroys the fungi that cause ringworm.
2. **Tea Tree Oil:** Tea tree oil disinfects the skin affected by ringworm.

#### How To Prepare The Remedy

1. Add 5 drops of neem oil and 5 drops of tea tree oil to a cotton ball.
2. Wipe the affected skin with the cotton ball.
3. Use this remedy up to 2 times per day until the ringworm disappears.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So whether you are experiencing soreness, bruising, tightness or any number of skin challenges, with SolleFlex AC you're covered



# RUNNY NOSE

## Natural Remedy

### Eucalyptus Oil & Rosemary Oil

#### How The Remedy Works

A runny nose occurs when the nasal passages and sinuses get filled with excess mucus. This eucalyptus oil and rosemary oil remedy helps to treat a runny nose in the following ways:

1. **Eucalyptus Oil:** Eucalyptus oil flushes mucus out of the sinuses and nasal passages.
2. **Rosemary Oil:** Rosemary oil eases the inflammation that causes a runny nose.

#### How To Prepare The Remedy

1. Put 5 drops of eucalyptus oil and 5 drops of rosemary oil on a paper towel and then place it on your pillow while you sleep.
2. When you wake up, discard the paper towel, add 5 drops of eucalyptus oil and 5 drops of rosemary oil to a bowl of boiling water and breathe in the steam with deep breaths for 5 minutes.
3. Use this remedy daily until the runny nose subsides.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI features Suma Root 10:1 Extract, Horseradish, Wasabi, as well as Solle's SolleClear Clarifying Blend.



## SHINGLES

### Natural Remedy Garlic & Licorice

#### How The Remedy Works

Shingles is an inflammatory viral infection that causes a red blistering rash to form on the skin. This garlic and licorice remedy helps to treat shingles in the following ways:

1. **Garlic:** Garlic's anti-inflammatory and antiviral properties help to treat shingles and reduce the painful associated symptoms.
2. **Licorice:** Licorice is also a potent antiviral that directly combats shingles.

#### How To Prepare The Remedy

1. Crush 2 garlic cloves using a mortar and pestle.
2. Mix these ground garlic cloves with 1 teaspoon of licorice powder and a small amount of water to form a paste.
3. Apply the paste to the shingles for 5 minutes and then wash it clean with warm water.
4. Use this remedy up to 2 times per day until the shingles subside.

#### Other:

[SolleThrive](#) contains adaptogenic herbs like Holy Basil and Licorice Root which support healthy immune function that may help soothe shingles symptoms. Adaptogen herbs in this blend can help the body fight off infections, including viruses.



## SINUS INFECTION

### Natural Remedy Garlic & Oregano Oil

#### How The Remedy Works

Sinus infections cause swelling, inflammation and blockages in your sinuses. This garlic and oregano oil remedy helps to treat sinus infections in the following ways:

1. **Garlic:** Garlic fights the inflammation associated with sinus infections and helps to reduce any blockages and swelling.
2. **Oregano Oil:** Oregano oil clears your sinuses and also boosts your immune system which helps to speed up your sinus infection recovery.

#### How To Prepare The Remedy

1. Put 5 drops of oregano oil on a paper towel and then place it on your pillow while you sleep.
2. When you wake up, discard the paper towel, add 3 cloves of garlic and 5 drops of oregano oil to a bowl of boiling water and breathe in the steam with deep breaths for 5 minutes.
3. Use this remedy daily until the sinus infection subsides.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. This unique herbal blend has been shown to be highly effective as a disruptor of biofilms, which are germs that have invaded your sinuses.



## SLEEP PROBLEMS

### Natural Remedy

#### Chamomile & Valerian

#### How The Remedy Works

Sleep problems can be caused by illness, medications or stress. This chamomile and valerian remedy helps to treat sleep problems in the following ways:

1. **Chamomile:** Chamomile is a natural relaxant and makes it easy to fall into a deep, restful sleep.
2. **Valerian:** Valerian is a natural sedative and helps to relax your body and mind before you sleep.

#### How To Prepare The Remedy

1. Add 1 teaspoon of dried chamomile and 1 teaspoon of dried valerian root to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy each night 1 hour before you sleep to enhance your sleep quality.

#### Other:

[Solle ReNue](#) consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body.



# SNORING

## Natural Remedy

### Peppermint Oil & Tea Tree Oil

#### How The Remedy Works

Snoring is an irritating disorder that can disrupt your sleep patterns and the sleep patterns of those around you. This peppermint oil and tea tree oil remedy helps to treat snoring in the following ways:

1. **Peppermint Oil:** Peppermint oil soothes the inflammation in the nostrils and throat which often leads to snoring.
2. **Tea Tree Oil:** Tea tree oil opens up your throat and nostrils and promotes proper breathing which helps to eliminate snoring.

#### How To Prepare The Remedy

1. Put 5 drops of peppermint oil and 5 drops of tea tree oil on a paper towel and then place it on your pillow while you sleep.
2. When you wake up, discard the paper towel, add 5 drops of peppermint oil and 5 drops of tea tree oil to a bowl of boiling water and breathe in the steam with deep breaths for 5 minutes.
3. Use this remedy daily to treat snoring.

#### Other:

[Solle ReNue](#) consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. Contains the adaptogen herb, Yuzu, which has been researched to help calm the nervous system and specifically reduce endocrine stress, as well as creating a general feeling of mental relaxation.



## SORE THROAT

### Natural Remedy

#### Cardamom & Cinnamon

#### How The Remedy Works

A sore throat develops when your larynx becomes inflamed and can cause pain, discomfort and persistent coughing. This cinnamon and cardamom remedy helps to treat a sore throat in the following ways:

1. **Cardamom:** Cardamom calms your throat and helps to relieve many of the unpleasant symptoms associated with a sore throat.
2. **Cinnamon:** Cinnamon has a warming and soothing effect on the throat which helps to eliminate any soreness.

#### How To Prepare The Remedy

1. Add 1 teaspoon of cardamom powder and 1 teaspoon of ground cinnamon to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day until the sore throat subsides.

#### Other:

**SolleClear SI:** SolleClear SI is designed to help the body support the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress. SolleClear SI can help you body fight infections.

**CinnaMate** contains both cinnamon and a blend of adaptogen herbs that helps fight germs and boosts the immune system.





# STOMACH ULCERS

## Natural Remedy

### Banana & Coconut Milk

#### How The Remedy Works

Stomach ulcers (also known as gastric ulcers) are painful open sores that develop on your stomach lining. This banana and coconut milk remedy helps to treat stomach ulcers in the following ways:

1. **Banana:** Banana prevents the growth of various bacteria that cause stomach ulcers.
2. **Coconut Milk:** Coconut milk has a soothing effect on stomach ulcers and relieves their painful symptoms.

#### How To Prepare The Remedy

1. Blend 1 banana and 1 cup of coconut milk in a blender until smooth and then drink it.
2. Drink this remedy up to 2 times per day until the stomach ulcer subsides.

#### Other:

[Solle ReNue](#) consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. Contains **Lemon Balm** which has been used for centuries to help soothe tension. The herb has traditionally been used to help the body support gastrointestinal distress.

[AmiTox DC](#) detoxifying blend of carefully selected herbs nature has given us to help maintain and support optimal health. AmiTox DC features Manjistha, Holy Basil, Activated Charcoal and 9 other detoxifying herbs that support healthy mucous membranes in the stomach and may help inhibit H.pylori. Also helps soothe the intestinal lining.



## TEETHING

### Natural Remedy

#### Carrot

#### How The Remedy Works

Teething is a natural process in babies that occurs when their teeth start to emerge from their gums. This carrot remedy helps to soothe your baby's gums and teeth and limit any pain caused by teething.

#### How To Prepare The Remedy

1. Take a chilled carrot from the fridge, peel it, wash it and hand it to your baby.
2. Make sure you watch your baby at all times so that they don't choke on pieces of carrot.
3. Use this remedy whenever your baby experiences teething pain.



# TENDONITIS

## Natural Remedy

### Cayenne & Extra Virgin Olive Oil

#### How The Remedy Works

Tendonitis is a condition that develops when your tendons become inflamed. It can cause pain, redness and swelling in the affected area. This cayenne and extra virgin olive oil remedy helps to treat tendonitis in the following ways:

1. **Cayenne:** Cayenne's pain relieving and warming properties help to soothe tendonitis.
2. **Extra Virgin Olive Oil:** Extra virgin olive oil stimulates blood flow, reduces pain and speeds up your recovery from tendonitis.

#### How To Prepare The Remedy

1. Warm ½ cup of extra virgin olive oil in a saucepan, then add 1 tablespoon of cayenne powder and mix it well.
2. Massage the mixture into the affected tendons, leave it on for 30 minutes and then wash it clean with warm water.
3. Use this remedy up to 4 times per day to treat tendonitis.

#### Other:

**SolleFlex PI™** is a 100% plant-based product uniquely formulated for flexibility of both body and mind. SolleFlex PI contains 7 superior herbs highlighted by a special extract of Chinese Scullcap



# TOOTHACHE

## Natural Remedy

### **Black Pepper, Garlic & Sea Salt**

#### How The Remedy Works

Toothache can be caused by various things and can range from a slight soreness in the teeth or gums to an intense pain in these areas. This black pepper, garlic and sea salt remedy helps to treat toothache in the following ways:

1. **Black Pepper:** Black pepper has natural pain relieving properties and can instantly reduce toothache.
2. **Garlic:** Garlic directly targets the pain associated with toothache and helps you to recover from it at a faster rate.
3. **Sea Salt:** Sea salt combats many of the infections that cause toothache.

#### How To Prepare The Remedy

1. Mix 1 crushed garlic clove with 1 teaspoon of black pepper and 1 teaspoon of sea salt, then apply it directly to the affected tooth or teeth for 5 minutes.
2. After 5 minutes, rinse your mouth out with water or mouthwash and brush your teeth.
3. Use this remedy up to 4 times per day until the toothache subsides.

#### **Other:**

[SolleFlex PI™](#) is a 100% plant-based product uniquely formulated for flexibility of both body and mind. Very high in antioxidants which help the body fight free radicals. Encourages a healthy inflammatory response.



## UPSET STOMACH

### Natural Remedy

#### Apple Cider Vinegar & Ginger

#### How The Remedy Works

An upset stomach is an unpleasant condition that can cause bloating, diarrhea and stomach pain. This apple cider vinegar and ginger remedy helps to treat an upset stomach in the following ways:

1. **Apple Cider Vinegar:** Apple cider vinegar boosts your digestive system and calms your stomach.
2. **Ginger:** Ginger combats many of the bacteria that cause an upset stomach.

#### How To Prepare The Remedy

1. Add 1 tablespoon of apple cider vinegar and 1 teaspoon of ground ginger to a cup of hot water, mix well and drink it.
2. Drink this remedy up to 4 times per day until the upset stomach subsides.

#### Other:

[Verdezymes™](#) combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind.

[Solle ReNue](#) consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. Contains chamomile which has been used for centuries in teas as a mild, relaxing sleep aid. Due to its amazing antibacterial and anti-microbial properties, it also helps the body manage fever, colds, inflammation, and stomach ailments.



# URINARY TRACT INFECTION

## Natural Remedy

### Baking Soda & Cranberry Juice

#### How The Remedy Works

Urinary tract infections (also known as UTIs) are a type of bladder infection that can cause back pain, increased frequency of urination and pain when urinating. This baking soda and cranberry juice remedy helps to treat UTIs in the following ways:

1. **Baking Soda:** Baking soda reduces the acidity of your urine and this helps to relieve many of the unpleasant symptoms associated with UTIs.
2. **Cranberry Juice:** Cranberry juice contains various protective compounds which prevent the formation of bacteria in your urinary tract.

#### How To Prepare The Remedy

1. Add ½ teaspoon of baking soda to a glass of cranberry juice, mix it well and drink it.
2. Drink this remedy up to 2 times per day to treat your UTI.

#### Other:

[ProBio IQ™](#) combines mind/body herbal benefits with proven strains of probiotics to deliver a clarifying boost in vegetarian capsules. Six probiotic strains provide 6 billion CFUs. ProbiolQ also contains Red Reishi and Bacopa Monnieri for superior mind nutrition. Probiotics help increase good bacteria in the bladder and reduce the growth of unwanted bacteria.

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. The herbs in this blend have powerful analgesic properties and inflammation-relieving benefits that acts as an anti-inflammatory and pain reliever.



# VAGINAL INFECTION

## Natural Remedy

### Tea Tree Oil & Yogurt

#### How The Remedy Works

Vaginal infections have a range of possible symptoms including a burning sensation while urinating, vaginal discharge and itching around the vagina. This manuka honey and yogurt remedy helps to treat vaginal infections in the following ways:

1. **Tea Tree Oil:** Tea tree oil fights many vaginal infections and speeds up your recovery.
2. **Yogurt:** Probiotic yogurts prevent the growth of the fungus that cause vaginal yeast infections.

#### How To Prepare The Remedy

1. Add 2 drops of tea tree oil to a fresh tampon, then dip the tampon in probiotic yogurt and insert it into your vagina.
2. Replace the tampon and repeat this remedy 2 times per day until the vaginal infection subsides.



# VERTIGO

## Natural Remedy

### Basil & Coriander Seeds

#### How The Remedy Works

Vertigo is a sensation that can cause dizziness, loss of balance, nausea and ringing in the ears. This basil and coriander seeds remedy helps to treat vertigo in the following ways:

1. **Basil:** Basil helps you feel more coordinated and alleviates many of the symptoms of vertigo.
2. **Coriander Seeds:** Coriander seeds are one of the most popular natural ingredients for fighting vertigo.

#### How To Prepare The Remedy

1. Add 1 teaspoon of ground basil and 1 teaspoon of ground coriander seeds to a cup of hot water, let it steep for 5 minutes and drink it.
2. Drink this remedy up to 4 times per day to treat vertigo.

#### Other:

**Solle Vital** is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood.

**Solle ReNue** consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. Contains the adaptogen herbs Yuzu, Lemon Balm and Passion Flower which calm the nervous system and specifically reduce endocrine stress, as well as creating a general feeling of mental relaxation.



# VITILIGO

## Natural Remedy

### Bakuchi Oil & Coconut Oil

#### How The Remedy Works

Vitiligo is a skin disorder which results in white patches appearing on the skin. This bakuchi oil and coconut oil remedy helps to treat vitiligo in the following ways:

1. **Bakuchi Oil:** Bakuchi oil contains various components that restore color to white patches on the skin.
2. **Coconut Oil:** Coconut oil stimulates repigmentation of the skin.

#### How To Prepare The Remedy

1. Mix 2 tablespoons of bakuchi oil and 2 tablespoons of coconut oil in a bowl and then massage this mixture directly into the white patches of skin.
2. Use this remedy up to 4 times per day until the white patches disappear.

#### Other:

[AmiTox DC](#) detoxifying blend of carefully selected herbs nature has given us to help maintain and support optimal health. AmiTox DC features Manjistha, Holy Basil, Activated Charcoal and 9 other detoxifying herbs for a broad clarifying result.



# VOMITING

## Natural Remedy

### Clove & Peppermint

#### How The Remedy Works

Vomiting can be caused by illness, excessive alcohol consumption, food poisoning and stomach disorders. This clove and peppermint remedy helps to treat vomiting in the following ways:

1. **Clove:** Clove has antiseptic properties and fights many of the infections that cause vomiting while also calming the stomach.
2. **Peppermint:** Peppermint has a refreshing quality and naturally reduces vomiting and feelings of sickness.

#### How To Prepare The Remedy

1. Add 1 tablespoon of dried peppermint and 1 teaspoon of clove powder to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day until the vomiting subsides.

#### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Solle Vital has herbal ingredients that represent an “insideto-outside” health approach by supporting healthy circulation, digestion, respiration and immunity.



# WARTS

## Natural Remedy

### Aloe Vera & Tea Tree Oil

#### How The Remedy Works

Warts are a viral infection that cause rough, bumpy patches to appear on the skin. This aloe vera and tea tree oil remedy helps to treat warts in the following ways:

1. **Aloe Vera:** Aloe vera's anti-inflammatory properties soothes the skin affected by warts.
2. **Tea Tree Oil:** Tea tree oil is a powerful antiviral and directly targets the human papillomavirus (the virus that causes warts).

#### How To Prepare The Remedy

1. Place 1 teaspoon of aloe vera gel on a cotton ball and then massage it into the wart for 1 minute.
2. After 1 minute, add 5 drops of tea tree oil to a fresh cotton ball, hold it over the wart and then use a bandage to hold it in place.
3. Replace the cotton ball and repeat this remedy 2 times per day until the wart is gone.



# WHOOPING COUGH

## Natural Remedy

### Almond Oil, Cypress Oil & Eucalyptus Oil

#### How The Remedy Works

Whooping cough (also known as pertussis) is a contagious bacterial disease that mainly affects children. It causes uncontrollable violent coughing and also makes it difficult to breathe which leads to a whooping sound. This cypress oil and eucalyptus oil natural remedy helps to treat whooping cough in the following ways:

1. **Almond Oil:** Almond oil is a natural pain reliever and can soothe many of the symptoms associated with whooping cough.
2. **Cypress Oil:** Cypress oil is highly beneficial for the respiratory system and can eliminate whooping cough.
3. **Eucalyptus Oil:** Eucalyptus oil promotes proper breathing and enhances the recovery time for whooping cough.

#### How To Prepare The Remedy

1. Add 2 tablespoons of almond oil, 5 drops of cypress oil and 5 drops of eucalyptus oil to a bowl, mix well and then apply the mixture to your child's chest.
2. Use this remedy up to 2 times per day until the whooping cough subsides.

#### Other:

**Solle Vital** is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Solle Vital has herbal ingredients that represent an “insideto-outside” health approach by supporting healthy circulation, digestion, respiration and immunity.

**Solle ReNue** consists of only plant-sourced ingredients that provide unique nutritional benefits to reset, relax and restore mind and body. Due to its amazing antibacterial and anti-microbial properties, it also helps the body manage fever, colds, inflammation, and stomach ailments.



## WORMS

### Natural Remedy

#### Coconut & Pumpkin Seeds

#### How The Remedy Works

Worms (also known as intestinal worms) are parasites that live on the intestinal wall. This coconut and pumpkin seeds remedy helps to treat worms in the following ways:

1. **Coconut:** Coconut contains various anti-parasitic ingredients that help to kill intestinal worms.
2. **Pumpkin Seeds:** Pumpkin seeds contain cucurbitacin – a compound that paralyzes worms and removes them from the intestinal wall.

#### How To Prepare The Remedy

1. Eat 1 tablespoon of dried, shredded coconut and 1 tablespoon of pumpkin seeds each morning shortly after waking up and then again each night shortly before you go to sleep.
2. Use this remedy daily until the worms disappear.

#### Other:

[The GoodTract 14 Day Cleanse Package](#) is a product package designed to cleanse the colon and detoxify the whole body! This combination of supplements will get you on a “GOODTRACT” toward your health goals.

[FasTract™](#) is a unique herbal formula designed to keep things moving through the intestinal tract, while soothing and building along the way. FasTract combines Cascara Sagrada Bark Powder and Extract, Whole Leaf Aloe Vera, Inner Leaf Aloe Vera, Holy Basil, as well as our Multiphyllin™ Prime Chlorophyll Blend.



## WRINKLES

### Natural Remedy

#### Aloe Vera & Extra Virgin Olive Oil

#### How The Remedy Works

Wrinkles are lines or folds that appear on the skin and cause it to sag. This aloe vera and extra virgin olive oil remedy helps to treat wrinkles in the following ways:

1. **Aloe Vera:** Aloe vera boosts the elasticity of your skin and reduces the appearance of wrinkles.
2. **Extra Virgin Olive Oil:** Extra virgin olive oil re-moisturizes the skin and provides it with beneficial antioxidants which help to prevent wrinkles.

#### How To Prepare The Remedy

1. Massage 1 tablespoon of aloe vera gel into your wrinkles and then leave it for 15 minutes.
2. After 15 minutes, massage 1 tablespoon of extra virgin olive oil into your wrinkles, leave it for 15 minutes and then wash it clean with warm water.
3. Use this remedy up to 2 times per day to treat wrinkles.

#### Other:

[SolleFlex AC Therapeutic Cream](#) combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. It contains Tilia Cordata (Linden Blossom), which is used as a skin conditioner to help address freckles, age spots and wrinkles.

[SolleThrive](#) is a transformational, sprout-based, daily nutritional beverage unique to any other product within the Solle Naturals line or anywhere else in the nutrition industry. SolleThrive is a green superfood that contains foods high in antioxidant compounds such as activated greens, sprouted nutrition and herbs that slow normal aging.



# XEROSTOMIA

## Natural Remedy

### Peppermint & Rosemary

#### How The Remedy Works

Xerostomia (also known as dry mouth) is caused by a lack of saliva in the mouth. This peppermint and rosemary remedy helps to treat xerostomia in the following ways:

1. **Peppermint:** Peppermint increases saliva production and protects against dry mouth.
2. **Rosemary:** Rosemary moisturizes the mouth and stops it from drying out.

#### How To Prepare The Remedy

1. Add 1 tablespoon of dried peppermint and 1 tablespoon of dried rosemary to a cup of hot water and let it steep for 5 minutes.
2. After 5 minutes, strain the water into another cup using a fine mesh strainer and drink it.
3. Drink this remedy up to 4 times per day to treat dry mouth.

#### Other:

[Solle Vital](#) is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Solle Vital has herbal ingredients that represent an “insideto-outside” health approach by supporting healthy circulation, digestion, respiration and immunity.



# YEAST INFECTION

## Natural Remedy

### Manuka Honey & Yogurt

#### How The Remedy Works

Yeast infections (also known as candida) are a type of infection caused by microscopic yeast that can affect the breasts, nail beds and vaginal area. This manuka honey and yogurt remedy helps to treat yeast infections in the following ways:

1. **Manuka Honey:** Manuka honey fights the inflammation caused by yeast infections and alleviates many of their unpleasant symptoms.
2. **Yogurt:** Probiotic yogurt inhibits the growth of the yeast which cause infections.

#### How To Prepare The Remedy

1. Add 1 teaspoon of manuka honey to 1 cup of probiotic yogurt, mix it well and then eat it.
2. Use this remedy up to 4 times per day until the yeast infection subsides.

#### Other:

**ProBio IQ™** combines mind/body herbal benefits with proven strains of probiotics to deliver a clarifying boost in vegetarian capsules. Six probiotic strains provide 6 billion CFUs. ProBioIQ also contains Red Reishi and Bacopa Monnieri for superior mind nutrition.



# ZINC POISONING

## Natural Remedy

### Lemon Juice & Milk

#### How The Remedy Works

Zinc poisoning is a rare but potentially harmful condition that can cause a metallic taste in the mouth, fever, pain and vomiting. This lemon juice and milk remedy helps to treat zinc poisoning in the following ways:

1. **Lemon Juice:** The citric acid in lemon juice reacts with excess zinc and allows it to be removed from the body more easily.
2. **Milk:** Milk lines the stomach and helps to flush excess zinc out of your system.

#### How To Prepare The Remedy

1. Add 1 tablespoon of lemon juice to a glass of milk, mix it well and then drink it.
2. Drink this remedy up to 2 times per day to treat zinc poisoning.

#### Other:

**Solle Vital** is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Solle Vital has herbal ingredients that represent an “insideto-outside” health approach by supporting healthy circulation, digestion, respiration and immunity.



## What is Solle?

You are probably wondering what is this company called Solle Naturals?

Many of you may not have heard of us! We are a Holistic wellness company that is based out of Utah. We have been in the health industry for 7 years, however, we first limited our exposure to the Holistic health industry, ie chiropractors, reflexologists, acupuncturists, Holistic Doctors, and Naturopaths. The company has now branched out to bring Solle directly to you!

Solle naturals is a 100% plant based company, no fillers, concentrated plants, non-gmo, vegan, gluten free, no sugars added, and they select only the best ingredients from farms that meet these standards it's the Solle Certain Guarantee!

Solle has 4 lines, Lift, Clarify, Balance and Calm. We have many products to help with many systemic issues, addressing the mind and body connection using powerful Plant adaptogens!

Our products come in powder, essential oil or capsule form. Solle delivers their products in whatever way best reaches the needs of your body. Exciting right? Tomorrow, I am going to highlight some of my favorite products!

Solle can do to put us back into balance - both our physically, mentally and emotionally!

If you're ready to get started , the best place to start is with my online [health assessment](https://www.tiffanydeluisi.com/health-assessment/). This will be able to point you in the right direction of what your body needs! You run through the quick online assessment by clicking the link → <https://www.tiffanydeluisi.com/health-assessment/>

Click the link, answer the questions, enter your email address and hit Send! Then it will take you to my scheduling calendar where we'll jump on a call to go over your results. I look forward to chatting with you!



## SUMMARY

I hope this eBook has proved useful to you and allows you to naturally treat any ailments that you suffer from. To finish the report, I've organized all the remedies by ingredients used, so you can easily find remedies that use a certain food, herb or oil.

### Almond Oil

- [Back Pain](#)
- [Restless Leg Syndrome](#)
- [Whooping Cough](#)

### Aloe Vera Gel

- [Gum Disease](#)
- [Oily Hair](#)
- [Warts](#)
- [Wrinkles](#)

### Apple

- [Oily Skin](#)

### Apple Cider Vinegar

- [Acid Reflux](#)
- [Ear Infection](#)
- [Gallstones](#)
- [Kidney Stones](#)
- [Oral Thrush](#)
- [Psoriasis](#)
- [Upset Stomach](#)

### Avocado

- [Frizzy Hair](#)



## Baking Soda

- [Acid Reflux](#)
- [Gas](#)
- [Rashes](#)
- [Urinary Tract Infection](#)

## Bakuchi Oil

- [Vitiligo](#)

## Banana

- [Dry Scalp](#)
- [Stomach Ulcers](#)

## Barley

- [Jaundice](#)

## Basil

- [Fever](#)
- [Itching](#)
- [Menstrual Cramps](#)
- [Vertigo](#)

## Basil Oil

- [Fatigue](#)

## Bitter Gourd

- [Diabetes](#)

## Black Pepper



- [Toothache](#)

## **Black Tea**

- [Cold Sores](#)
- [Oily Hair](#)

## **Calendula**

- [Conjunctivitis](#)

## **Caraway Seeds**

- [Bloating](#)

## **Cardamom**

- [Depression](#)
- [Sore Throat](#)

## **Carrot**

- [Erectile Dysfunction](#)
- [Teething](#)

## **Cat's Claw**

- [Inflammation](#)

## **Cayenne**

- [Back Pain](#)
- [Common Cold](#)
- [Coughs](#)
- [High Blood Pressure](#)
- [Tendonitis](#)



## Cedar Oil

- [Fleas](#)

## Chamomile

- [Sleep Problems](#)

## Chamomile Oil

- [Anxiety](#)
- [Nerve Pain](#)

## Chasteberry

- [Menopause](#)

## Cinnamon

- [Acne](#)
- [Diabetes](#)
- [Gas](#)
- [Menopause](#)
- [Sore Throat](#)

## Clove

- [Nausea](#)
- [Vomiting](#)

## Clove Oil

- [Cramps](#)

## Coconut

- [Worms](#)



## Coconut Milk

- [Stomach Ulcers](#)

## Coconut Oil

- [Burns](#)
- [Chapped Lips](#)
- [Dandruff](#)
- [Hypothyroidism](#)
- [Rashes](#)
- [Vitiligo](#)

## Colloidal Oatmeal

- [Eczema](#)
- [Psoriasis](#)

## Coriander Seeds

- [Indigestion](#)
- [Vertigo](#)

## Cornstarch

- [Diaper Rash](#)

## Cranberry Juice

- [Urinary Tract Infection](#)

## Cucumber

- [Dry Eyes](#)
- [Oily Skin](#)



## Cumin Seeds

- [Nausea](#)

## Cypress Oil

- [Whooping Cough](#)

## Dandelion

- [Fibroids](#)

## Epsom Salt

- [Eczema](#)
- [Edema](#)

## Eucalyptus Oil

- [Asthma](#)
- [Fatigue](#)
- [Migraines](#)
- [Runny Nose](#)
- [Whooping Cough](#)

## Extra Virgin Olive Oil

- [Dandruff](#)
- [Dry Skin](#)
- [Ear Infection](#)
- [Lice](#)
- [Tendonitis](#)
- [Wrinkles](#)

## Fennel Seeds

- [Bad Breath](#)
- [Bloating](#)
- [Indigestion](#)
- [Menstrual Cramps](#)



- [Queasiness](#)

## Fenugreek Seeds

- [Common Cold](#)

## Figs

- [Constipation](#)

## Flax Seeds

- [Constipation](#)
- [Irritable Bowel Syndrome](#)

## Garlic

- [Cold Sores](#)
- [Shingles](#)
- [Sinus Infection](#)
- [Toothache](#)

## Ginger

- [Arthritis](#)
- [Bronchitis](#)
- [Fever](#)
- [Flu](#)
- [Hypothyroidism](#)
- [Jaw Pain](#)
- [Jet Lag](#)
- [Morning Sickness](#)
- [Queasiness](#)
- [Upset Stomach](#)

## Ginkgo Biloba

- [Pre-Menstrual Syndrome](#)



## Grapefruit Oil

- [Edema](#)

## Green Tea

- [Blackheads](#)
- [Inflammation](#)

## Ice

- [Cramps](#)
- [Neck Pain](#)

## Lavender Oil

- [Anxiety](#)
- [Asthma](#)
- [Dry Eyes](#)
- [Eczema](#)
- [Headaches](#)
- [Neck Pain](#)
- [Restless Leg Syndrome](#)

## Lemon Balm

- [Pre-Menstrual Syndrome](#)

## Lemon Juice

- [Acne](#)
- [Bad Breath](#)
- [Common Cold](#)
- [Flu](#)
- [High Blood Pressure](#)
- [Jaundice](#)
- [Jet Lag](#)
- [Morning Sickness](#)



- [Pimples](#)
- [Zinc Poisoning](#)

## Licorice

- [Shingles](#)

## Lime Oil

- [Nasal Congestion](#)

## Manuka Honey

- [Acid Reflux](#)
- [Acne](#)
- [Bronchitis](#)
- [Common Cold](#)
- [Flu](#)
- [Frizzy Hair](#)
- [Yeast Infection](#)

## Marjoram Oil

- [Nerve Pain](#)

## Matcha Green Tea

- [Energy](#)

## Milk

- [Arthritis](#)
- [Chapped Lips](#)
- [Conjunctivitis](#)
- [Coughs](#)
- [Dry Skin](#)
- [Insomnia](#)
- [Stomach Ulcers](#)
- [Zinc Poisoning](#)



## **Milk Thistle**

- [Fibroids](#)

## **Neem Oil**

- [Ringworm](#)

## **Nettle Leaf**

- [Allergies](#)
- [Joint Pain](#)

## **Nutmeg**

- [Insomnia](#)

## **Orange Oil**

- [Nervousness](#)

## **Oregano Oil**

- [Sinus Infection](#)

## **Passiflora**

- [Obsessive Compulsive Disorder](#)

## **Peppermint**

- [Allergies](#)
- [Gallstones](#)
- [Heartburn](#)
- [Itching](#)
- [Morning Sickness](#)
- [Vomiting](#)
- [Xerostomia](#)



## Peppermint Oil

- [Migraines](#)
- [Snoring](#)

## Pomegranate Juice

- [Erectile Dysfunction](#)

## Pumpkin Seeds

- [Worms](#)

## Raw Potato

- [Burns](#)

## Red Clover

- [Hot Flashes](#)

## Rose Petals

- [Chapped Lips](#)

## Rosemary

- [Xerostomia](#)

## Rosemary Oil

- [Headaches](#)
- [Nervousness](#)
- [Runny Nose](#)



## Sage

- [Hot Flashes](#)

## Sea Salt

- [Gum Disease](#)
- [Toothache](#)

## Sesame Seed Oil

- [Dry Scalp](#)

## Slippery Elm

- [Heartburn](#)

## Spinach

- [Energy](#)

## St John's Wort

- [Depression](#)
- [Jaw Pain](#)
- [Nerve Pain](#)
- [Obsessive Compulsive Disorder](#)

## St John's Wort Oil

- [Nerve Pain](#)

## Tea Tree Oil

- [Blackheads](#)



- [Nasal Congestion](#)
- [Oral Thrush](#)
- [Pimples](#)
- [Ringworm](#)
- [Snoring](#)
- [Vaginal Infection](#)
- [Warts](#)

## **Turmeric**

- [Arthritis](#)
- [Coughs](#)
- [Joint Pain](#)

## **Valerian**

- [Sleep Problems](#)

## **Watermelon**

- [Kidney Stones](#)

## **Wheatgrass Juice**

- [Kidney Stones](#)

## **White Vinegar**

- [Bed Bug Bites](#)
- [Diaper Rash](#)
- [Fleas](#)
- [Lice](#)

## **Witch Hazel Oil**

- [Bed Bug Bites](#)



## Yogurt

- [Irritable Bowel Syndrome](#)
- [Vaginal Infection](#)
- [Yeast Infection](#)