

# QUICK REFERENCE CHART

## 100+ Conditions & Their Natural Remedies — At A Glance

A companion bonus to *Natural Herbal & Preventive Medicine* by Dr. Mofo

This chart pulls remedies from across the full guide into one fast, scannable reference. For complete context, dosage detail, preparation notes, and additional remedies for each condition, refer to the corresponding chapter in the main guide.

| Common Everyday Conditions      |                                                                                                                                                                                |
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| Arthritis                       | 1 to 3½ tsp ginger mixed with pure honey daily, or added generously to food and drinks. Fresh ripe pineapple eaten regularly supports the body's anti-inflammatory response.   |
| Asthma                          | Eucalyptus leaves boiled and drunk. Stinging nettle root/leaf juice mixed with honey, ½ glass morning and evening for 21 days. Garlic mixed with lemon juice and honey.        |
| Smoking (quit aid)              | Licorice root sucked on as a substitute for cigarettes to ease oral cravings. Carrots chewed regularly to help counter the effects of smoking.                                 |
| Erection Problems               | Raw groundnuts eaten alongside raw onion. Ginseng taken regularly to support blood flow.                                                                                       |
| Infertility                     | Ginseng taken as a regular tea. Ginger tea and ginger-spiced food to support sperm count. Diet rich in Vitamin B6 (cauliflower, watermelon, bananas, onions, broccoli, kale).  |
| Inhibited Sexual Desire (Women) | Ginseng, a glass morning and evening for about a month. Chinese angelica (dang gui) tea, up to 3 cups daily (avoid if pregnant).                                               |
| Menopause                       | Ginseng tea. Black cohosh root extract to help relieve hot flashes and other symptoms.                                                                                         |
| Overweight                      | Plantain (psyllium seed) in water before meals. Mustard seed added to meals to raise metabolic rate. Ginseng and lemon tea. Chickweed mixed with dandelion.                    |
| Prostate Enlargement            | Pumpkin seeds, a handful daily for about a month. Cucumber eaten regularly. Ginseng tea for about 2 months.                                                                    |
| Hemorrhoids (Piles)             | Comfrey paste (powdered comfrey moistened with vegetable oil). Plantain poultice. Ginseng, a teaspoon daily. Olive oil mixed with lemon juice, morning and evening for a week. |
| High Blood Pressure             | One clove of garlic daily (mixed with honey if needed). Hawthorn tea, up to 2 cups a day for a week.                                                                           |
| Body Odour                      | Ginger, rosemary, licorice, and white eucalyptus powdered and rubbed into underarms. Inhale eucalyptus; eat zinc-rich foods.                                                   |
| Colds & Flu                     | Garlic eaten generously. Fresh shredded ginger root steeped as hot tea.                                                                                                        |
| Constipation                    | Dry ginseng tea. One clove garlic, natural form, twice daily for about a week.                                                                                                 |
| Coughing                        | Ginger added to teas. Lemon, sage, and honey steeped together, drunk 2–3 times a day.                                                                                          |
| Cataract & Glaucoma             | Tea from stinging nettle, calendula, and horsetail with a teaspoon of Swedish bitters daily. For cataract, Swedish bitters brushed across the eyelids.                         |
| Bed Wetting                     | Corn silk (Zea mays) tea — ¼ liter hot water over 1 heaped tsp corn silk, ¼ glass taken 2–3 times daily.                                                                       |

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| <b>Liver &amp; Gall Bladder</b>     | Dandelion (leaves and root) as salad or infused in water, a glass morning and evening for about 10 days. Ginseng with chickweed as a blood purifier.                        |
| <b>Rashes &amp; Eczema</b>          | Dandelion leaves mashed and mixed with king grass, applied to the affected skin; can also be taken internally.                                                              |
| <b>Disease of the Bone</b>          | Yarrow tea, 4 cups daily. Calendula and stinging nettle tea for bone formation. Yarrow tincture massaged on the affected area.                                              |
| <b>Whitlow</b>                      | King grass mashed and applied to the affected finger. Chamomile infusion bath. Garlic boiled in milk for bathing the hand.                                                  |
| <b>Migraine / Frontal Headache</b>  | King grass applied to the forehead each morning for seven days.                                                                                                             |
| <b>Ulcers</b>                       | Ginger mixed with honey, taken regularly. Licorice tea, up to 3 cups a day (short term use). Ginseng mixed with kernel oil.                                                 |
| <b>Warts</b>                        | Celandine juice applied directly to the wart once or twice daily for seven days. Castor bean oil massaged into the wart several times daily.                                |
| <b>Epilepsy</b>                     | A mix of black cohosh, elder, mistletoe, Peruvian bark, vervain, valerian, and lady's slipper boiled and taken morning and evening for 14 days. Garlic combined with honey. |
| <b>Heart Burn</b>                   | Garlic mixed with honey, a cube morning and evening for 5 days. Charcoal (from coconut shells) mixed with kernel oil.                                                       |
| <b>Menstruation Problems</b>        | Ginseng and garlic boiled together, taken morning and evening for 7 days.                                                                                                   |
| <b>Malaria</b>                      | Green pawpaw leaves, moringa, and garlic boiled together, taken morning and evening for 7 days.                                                                             |
| <b>Typhoid</b>                      | Ginseng mixed with onkonghobong juice and garlic, boiled and taken morning and evening for 14 days.                                                                         |
| <b>Wrinkles &amp; Stretch Marks</b> | Focus on reducing sun exposure and smoking, which accelerate collagen breakdown; supported by consistent moisturizing herbs from the guide.                                 |

| Reproductive & Urinary Health        |                                                                                                                                                    |
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| <b>Gonorrhea</b>                     | Bitter sweet leaves, chickweed, golden silk, or red root mixed with garlic and lemon, boiled and taken morning and evening for about two weeks.    |
| <b>Syphilis</b>                      | Corn silk, ginseng, dandelion, gentian root, white yam, yarrow, and marjoram combined and boiled, a glass morning and evening for about 14 days.   |
| <b>Chlamydia</b>                     | Ginseng, garlic, and lemon fruits boiled together, a glass morning and evening for two weeks.                                                      |
| <b>Hepatitis B</b>                   | Yarrow, corn silk, ginseng, and dandelion combined and boiled, taken morning and evening for about 2 weeks.                                        |
| <b>Genital Burning &amp; Itching</b> | Chickweed, raspberry leaves, marshmallow, slippery elm, and ginseng combined with garlic, boiled and taken morning and evening for about ten days. |
| <b>Leukorrhea (Whites)</b>           | Bistort root, comfrey, cubeb berries, golden seal, and myrrh — used as a douche and taken internally.                                              |
| <b>Inflammation of the Testicles</b> | Chickweed, mullein, and saw palmetto berries used as a poultice or taken internally.                                                               |

## Household & Honey-Based Remedies

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| <b>Weight Loss</b>                           | Honey and lemon juice in warm water, taken on an empty stomach each morning for two months.                                     |
| <b>High Blood Pressure (Honey Remedy)</b>    | Dried, ground avocado seed powder mixed with honey, 1 tsp twice daily for a month.                                              |
| <b>Severe Cough</b>                          | Bitter kola mixed with honey, 2 tbsp three times daily for 14 days.                                                             |
| <b>Hair Breakage</b>                         | Olive oil and honey warmed together, used to rub and wash the hair.                                                             |
| <b>Fatigue &amp; Sleeplessness</b>           | Honey and ginseng taken as tea.                                                                                                 |
| <b>Rheumatism</b>                            | Avocado mixed with celery leaves and honey, warmed and taken twice daily.                                                       |
| <b>Chest Pain</b>                            | Warm water mixed with honey, taken every 4–6 hours daily for two weeks.                                                         |
| <b>Wounds &amp; Sores</b>                    | Original honey applied directly to the wound surface.                                                                           |
| <b>Burns</b>                                 | Honey applied directly to the affected spot.                                                                                    |
| <b>Sore Throat</b>                           | Honey and lime stone in warm water, gargled twice daily for 7 days.                                                             |
| <b>Bleeding Gums &amp; Tooth Ache</b>        | Honey, onion, garlic, lemon juice, and a pinch of salt used as a regular mouthwash.                                             |
| <b>Chronic Toothache</b>                     | A clove of garlic bitten directly on the affected spot.                                                                         |
| <b>Boils &amp; Whitlow</b>                   | Equal parts honey and wheat flour wrapped on the affected area.                                                                 |
| <b>Facial Treatment</b>                      | Honey mixed with egg white and lemon juice, applied at night before bed.                                                        |
| <b>After-Shave Care</b>                      | Honey applied immediately after shaving, washed off after 30 minutes.                                                           |
| <b>Bladder Infection &amp; Bedwetting</b>    | Corn silk and honey taken as tea regularly.                                                                                     |
| <b>Pimples</b>                               | Honey, calabar chalk, and aloe vera gel applied to the affected spot.                                                           |
| <b>Weak Erection</b>                         | Lion kola combined with cocoa, taken as tea with honey daily for about a month.                                                 |
| <b>Filarial</b>                              | White burning grass smashed in water, a glass twice daily for 7 days.                                                           |
| <b>Prostate Enlargement (Pumpkin Remedy)</b> | Dried pumpkin seed, ground and taken as a teaspoon in warm water twice daily for two months.                                    |
| <b>Anemia</b>                                | Cassava leaf extract, half a glass morning and evening for 21 days.                                                             |
| <b>Nose Bleeding</b>                         | Cassava leaf juice, two drops in the nostrils twice daily for 3 days. Also eat cabbage regularly.                               |
| <b>External Pile</b>                         | White cocoyam leaf applied close to the affected area daily for about 7 days, alongside plenty of water, fruit, and vegetables. |
| <b>Arthritis (Turmeric Remedy)</b>           | Turmeric powder and black pepper combined, a teaspoon in warm water twice daily for one month.                                  |
| <b>Hard Labour (Childbirth)</b>              | Water plant juice, a glass close to the delivery period.                                                                        |
| <b>Poison</b>                                | Water leaf juice, a glass taken immediately after poisoning.                                                                    |
| <b>Night Poison</b>                          | King grass and alligator pepper chewed twice daily for 3 days.                                                                  |

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| <b>Children's Walking Difficulty</b>                | Water plant juice given to the child in small measured amounts.                                                                  |
| <b>Fungi &amp; Eczema</b>                           | Casia seme (eczema leaf) boiled and taken as a drink, also applied topically, twice daily for 21 days.                           |
| <b>Fibroid &amp; Growth</b>                         | Unripe pawpaw, ginseng, dogo yaro, and king grass boiled together, taken twice daily for 21 days.                                |
| <b>Malaria (Arthemesia Remedy)</b>                  | Arthemesia powder in warm water, twice daily for 14 days.                                                                        |
| <b>Gastritis</b>                                    | Ginseng powder chewed three times daily for 21 days.                                                                             |
| <b>Hepatitis B (Casia Seme Remedy)</b>              | Casia seme leaf boiled and taken twice daily for 14 days, alongside turmeric and bush pepper for 2 months.                       |
| <b>Sexual Weakness &amp; Low Sperm Count</b>        | Fermented ginseng with lime fruit, twice daily for 21 days. Tiger nuts, cocoa, and dates with honey daily for a month.           |
| <b>Frontal Headache (King Grass Remedy)</b>         | King grass smashed and rubbed on the affected area twice daily for seven days.                                                   |
| <b>Painful Menstruation &amp; Vaginal Discharge</b> | Fermented ginseng powder with garlic and lime fruit, twice daily for fourteen days.                                              |
| <b>Typhoid Fever (Okonghobong Remedy)</b>           | Ginseng powder, okonghobong leaves, arthemesia powder, and lemon, twice daily for fourteen days.                                 |
| <b>Toothache (Eye-for-Fowl Remedy)</b>              | The plant known as 'eye for fowl' combined with garlic and alligator pepper, applied twice daily for three days.                 |
| <b>Whitlow (Cocoyam Remedy)</b>                     | Cocoyam mixed with king grass and honey, applied to the affected finger.                                                         |
| <b>Wounds (Guava Remedy)</b>                        | Guava leaves washed and applied directly to the wound.                                                                           |
| <b>Ear Problems</b>                                 | Warmed bryophyllum pinnatum (miracle leaf) dropped in the ear, or warm castor oil, twice daily for three days.                   |
| <b>Stroke (Recovery Support)</b>                    | Pawpaw root pounded in water, a glass taken twice daily for one month.                                                           |
| <b>Eye Pressure</b>                                 | Turmeric powder and bush pepper as tea for three months.                                                                         |
| <b>Eye Scarring</b>                                 | Water plant (comelina bengalensis) dropped in the affected eye twice daily for seven days.                                       |
| <b>Belly Fat</b>                                    | Turmeric and black pepper tea with lemon, taken each morning on an empty stomach for three weeks.                                |
| <b>Chronic Constipation (Ginseng Remedy)</b>        | Ginseng chewed twice daily for seven days.                                                                                       |
| <b>Gout</b>                                         | Turmeric, moringa leaves, red onions, arthemesia, and dogo yaro combined, taken twice daily for twenty-one days. Avoid red meat. |
| <b>Ring Worm</b>                                    | Water plant applied to the affected spot twice daily for four days.                                                              |
| <b>Chronic Cough</b>                                | Red garlic, red onion, ginger root, and lemon juice mixed with honey, twice daily for seven days.                                |
| <b>Liver Disease</b>                                | Dandelion root boiled with turmeric powder and bush pepper, twice daily for 14 days. Avoid alcohol.                              |

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| <b>Nerve Problems</b>                 | Turmeric powder, bush pepper, and garlic combined, taken warm with honey twice daily.                   |
| <b>Diabetes (Bitter Gourd Remedy)</b> | Bitter gourd fruit juice, once daily for fourteen days, alongside soursop tea for two months.           |
| <b>Kidney Stone</b>                   | Garden egg leaves boiled, twice daily for fourteen days. Zea mays (corn silk) as tea daily for 21 days. |
| <b>External Pain</b>                  | Cayenne pepper applied to the affected spot.                                                            |
| <b>Sinusitis &amp; Congestive Flu</b> | Ground lion kola inhaled once daily for seven days. Eucalyptus oil used as an inhalant.                 |

| <b>Women's Health &amp; General Tonics</b>             |                                                                                                                                           |
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| <b>Menstrual Cramps</b>                                | Ginseng (5 packets) fermented with lemon fruits, a glass morning and evening for 14 days. Raspberry leaf tea also helps relax the uterus. |
| <b>Irregular Menstruation</b>                          | Yarrow tea taken from time to time; a cup on an empty stomach each morning.                                                               |
| <b>Inflammation of the Ovaries</b>                     | Yarrow tea, taken regularly until inflammation subsides.                                                                                  |
| <b>Infected Uterus</b>                                 | Yarrow mixed with ginseng and king grass, 2 cups daily for about 21 days.                                                                 |
| <b>Fibroids</b>                                        | Ginseng, yarrow, unripe pawpaw, and king grass taken until a medical check-up confirms improvement.                                       |
| <b>Neuritis (Arms, Legs, Feet)</b>                     | Bathing with an infusion of yarrow added to the bath water.                                                                               |
| <b>General Detox / Multi-Condition Support</b>         | Swedish Bitters — a curative blend historically used for a wide range of everyday ailments; a small glass taken morning and evening.      |
| <b>Immune &amp; Cold Defense (Herb Profile)</b>        | Echinacea — used broadly to support the body's resistance during colds and infections.                                                    |
| <b>Skin, Wounds &amp; Burns (Herb Profile)</b>         | Aloe vera gel applied directly to the affected skin for soothing and healing support.                                                     |
| <b>General Wellness &amp; Nutrition (Herb Profile)</b> | Moringa leaves, used regularly in food or as tea for broad nutritional support.                                                           |
| <b>Digestive Support (Herb Profile)</b>                | Comfrey and blood root, used traditionally to support healing and digestive comfort.                                                      |

**A note on using this chart:** This is a fast-reference summary, not a replacement for the full guide. Several conditions above have additional remedies, precautions, and full preparation detail covered inside *Natural Herbal & Preventive Medicine*. This chart is for educational and informational purposes only and is not a substitute for professional medical advice. Always consult a qualified healthcare provider before starting any new remedy, especially if pregnant, nursing, taking medication, or managing a chronic condition.