

BOOK OF HERBAL REMEDIES

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HERBAL GUIDE TO HEALING.

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INTRODUCTION.

This work is inspired by a modern unfortunate reality. A large majority of deaths caused by diseases happen because of something called Medical Doctor Directed Treatments.

This does not mean that I am vilifying MDs. But the sad truth is that the world is suffering from the consequences of neglecting their very foundation, which is herbs.

I desire to teach many people very simple but effective natural treatments, to contribute my own quota to the wellness of the world.

I wish you wellness.

- Afolabi Michael

(1) HIGH BLOOD PRESSURE REMEDY.

Items.

Miracle leaves.

Garlic.

Method: Eat 3 leaf of miracle leaves together with 2 seeds of Garlic on empty stomach just for 5 days. it will lower you blood Pressure Naturally.

Alternative Remedy To lower your Blood Pressure.

Items.

Hibiscus *flowers.* (*ZOBO* pepper)

Method: Soak these flowers in water for 3 hours, or boil for 5 minutes.

Dosage.

Drink a glass of this remedy MORNING AND EVENING, for 7days.

Image of Miracle leaf:



(2) DIABETES REMEDY.

Items.

(1) scent leaves.

(2) bitter leaves.

Method: Get Scent leaves, Bitter leaves.

Wash the Two items together with a little water to Extract the juice. Filter it and sieve.

Dosage.

Drink a glass of this remedy on Empty Stomach Every Morning. For (ONE MONTH)

(3) TYPHOID AND MALARIA REMEDY.

Items.

(1) Papaya leaves.

(2) Guava leaves.

(3) Mango leaves.

(4) Mango peel.

Method: Sun dry the mango peel for 4 hours, put it in a pot, and add the other items to it. Cook/boil all these items for 20 minutes. Sieve the quantity you can drink at once, allow it to cool before drinking. Add the rest to your Bathing Bucket.

Dosage.

*Bath with it Twice daily morning and Evening. For 3 days. **note: this remedy is for the age of 10 years and above.***

(4) CEASED MENSTRUATION REMEDY.

Items.

(1) Negro pepper.

(2) Uziza seeds.

You can get these two items from any herbs seller.

Method: Boil the two items together for 15 minutes, sieve.

Dosage.

Drink it Twice Daily morning and evening.

Note: *Not for pregnant women. And should be taken on the day you normally see your monthly flow.*



Negro pepper



Uziza seeds

(5) FIBROID REMEDY.

Items.

- (1) Aiden.
- (2) Uziza seeds.
- (3) Negro pepper.

Method: Cook these items together for 15 to 20minutes.

Dosage.

Drink half glass of this remedy Twice daily.

Note: Those still seeing their menses should take this remedy a day before the day their menses normally comes. Not for pregnant women.

Alternative Remedy for fibroid.

Wash the fresh plantain leaves with little water to extract the juice, add a tablespoon of honey and mix. Drink the juice on empty stomach, morning and evening.

Image of Aiden:



(6) ULCER REMEDY.

Items.

- (1) Stone breaker.
- (2) Shea butter.
- (3) Pap (akamu).

Method: Pound the stone breaker leaves to form a paste, mix it with the shea butter.

Make your PAP (akamu). Use the stone breaker and the Shea butter paste to mix the pap, mix it very well.

Dosage.

Drink this remedy morning and evening, Twice daily. For 7 days.

Alternative Remedy For Ulcer.

Items.

- (1) Black plantain peels.
- (2) unripe papaya.

Method: Cut the unripe papaya into pieces, same with the black plantain peels, soak everything in a water for 48 hours.

Dosage.

Drink it Twice daily for 3 weeks.

Image of stone breaker:



(7) STROKE REMEDY.

The name of this leaf is OBE RIGBIBIGHO SHO VWI in (urhobo).



Method: Extract enough water from these leaves, the quantity should be up to 35cl, mix it together with the same quantity of honey.

Shake it very well.

Dosage.

Drink it Twice daily, on empty Stomach, and lastly before bed. For 1 month.

(8) PROSTRATE ENLARGEMENT REMEDY.

Items.

Dried soursop leaves.

Method: Boil the dried soursop leaves for 10 minutes. Sieve when cool.

Dosage.

Drink this remedy twice daily. Morning and night. Until improvement.

(9) ASTHMA REMEDY.

Items.

(1) Snail water. (The water that comes out from the pointed end of snail)

(2) Honey.

Method: Get enough snail water, and mix it with same quantity of honey leave it for 2 days. After the Two days start drinking it.

Dosage.

Drink 5 teaspoons. 3 TIMES DAILY.

(10) MIGRAINE/HEADACHE REMEDY.

Items.

(1) 8 bulbs of Garlic.

(2) 7 bulbs of Red Onions.

Method: Smash all the items together, and cook for 10 minutes with 3 liters of water.

Dosage.

Use the water to wash your face and head.

Every morning. once a day until improvement.

Note: *Make sure the hair in your head is low, if the hair is long then cut it down before you use this remedy. For effectiveness.*

(11) INFECTION, *std* REMEDY.

Items.

(1) Bitter cola.

(2) Garlic.

(3) Ginger.

(4) Lime juice.

Method: Pound no 1,2,3 together, put them into an eva can. Eg 35 or 50cl. Add the lime juice to it, cover it for 24 hours.

Dosage.

Drink it Twice daily.

Note: Not for pregnant and breastfeeding mothers, and not for ulcer patient. Ulcer patients should use the ulcer remedy first before they use this remedy.

(12) GENERAL PAIN RELIEF.

Items.

Pineapple leaves.

Method: Boil the pineapple leaves for 15 minutes.

Dosage.

Drink a glass of this remedy TWICE DAILY.

(13) WEAK ERECTION.

Items.

(1) White onion.

(2) Honey.

Method: Pound 30 to 40 pieces of white onions to extract the juice. Put the juice inside a can, add enough honey to it, cover it for 12 hours.

Dosage.

Drink 3 teaspoons 3 times daily.

(14) URINARY TRACT INFECTION.

Items.

(1) Corn Silk.

(2) Honey.

Method: Cook the corn Silk for 15 minutes. Sieve and add 1 teaspoon of honey, stir very well.

Dosage.

Drink 5 teaspoon. Morning and Evening,

For 3weeks.

(15) SEVERE COUGH REMEDY.

Items.

- (1) Lime juice.
- (2) Palm oil.
- (3) Honey.

Method: Mix all the items together.

Dosage.

Adult should drink 5 teaspoon 3 times daily. Children should drink 1 teaspoon 3 times daily.

Alternative Remedy for Severe Cough

Items.

- (1) miracle leaves
- (2) a pinch of salt.

Method: Squeeze enough of miracle leaves to extract the juice, add a pinch of salt and mix it very well.

Dosage

Drink two tablespoon 3times daily, until improvement.

(16) HALITOSIS/MOUTH ODOUR.

Items.

- (1) Baking soda.
- (2) Lime juice.
- (3) Garlic powder.
- (4) Rice water.

Method: Mix the baking soda, lime juice, garlic powder together, Put these items in a container and cover. Boil rice and filter the water, you can preserve the rice water for usage, but always heat/warm before use.

Dosage.

Use the mixed items to wash your mouth, after washing your mouth, then turn the warm rice water inside your mouth, Gurgle it for some minutes and spit it out. Do this Twice daily for 3 Weeks.

(17) TUBERCULOSIS REMEDY.

Items.

- (1) Ginger powder
- (2) Garlic powder.
- (3) Bitter cola powder.
- (4) Salt half teaspoon.
- (5) honey.

Method: Mix all the items together, cover for 12 hours before use.

Dosage.

Drink 4 teaspoon 3 times Daily.

(18) REMEDY TO BOOST SEMEN.

Items.

- (1) Raw egg. (One)
- (2) Honey. (5 teaspoon)

Method: Use 1 raw egg to mix 5 teaspoon of honey.

Dosage.

*always drink this remedy anytime you want to make love. **One hour before sex.***

(19) TOOTH PAIN REMEDY.

Items.

(1) Lime juice.

(2) Potash.

(3) Salt.

Method: Mix all the items together.

Dosage.

Use the above remedy to brush your teeth together with warm water.do this for 2 weeks.

(20) INSOMNIA REMEDY.

Items.

Organic banana.

Method: Cut the Organic banana, and cook with 1Litre of water for 10 mins. filter the water and Sieve.

Dosage.

Drink a glass of this remedy. Only when you are ready to sleep. this remedy can be preserve in fridge, but always drink it warm.

ALTERNATIVE REMEDY FOR INSOMNIA. (TYPE 2)

The name of this leave is called (O,BE AME) in urhobo language.

This leaf has it's own water naturally, add a little water and wash this leaves to extract the juice in a cup or jug.this remedy can be preserve in fridge, but not more than 3 days.

Dosage.

Drink a glass of this remedy. Only when you are ready to sleep.

(21) MISCARRIAGE REMEDY.

The **name** of the **leaf** is called "**O'BERI GBIBIGHO SHOVWI**" in *urhobo language*. The image is in the stroke remedy above.

Method: Get enough quantity of this leaf, wash with little water to extract the juice.

Women experiencing miscarriage should drink this remedy very effective.

Dosage.

Drink a glass on empty stomach, morning, and lastly before bed.

(22) EYE DISEASES.

Items.

White onions.

Method: Pound the white onions and extract the juice.

Dosage.

Apply a drop of the onion juice inside the eye Two times Daily. morning and Evening.

Note: It should be done by 8:30 morning and 5:00pm in the evening.

Alternative remedy for eye disease.

Items.

(1) Carrot

(2) Garlic.

(3) Beetroot.

Method: Blend beetroot and strain out the juice, and blend garlic and Carrot together, strain the juice and add to your beetroot juice.

Mix beetroot, garlic and Carrot juice together, blend all and mix the juice.

Dosage.

Drink early morning before you eat. once daily.

Note: You can get the beetroot from those that sell salad ingredients. You can use the two remedies together.

(23) WEIGHT LOSS.

Items.

- (1) Garlic.
- (2) Aloe-Vera Plant.
- (3) Lime juice.

Method: Grind fresh aloe-vera plant together with garlic, add lime juice to mix it.

Note: Please buy your own lime and extract the juice by yourself.

Dosage.

Take one shot on empty stomach. Morning and Evening. do this for 7 weeks.

Alternative remedy for weight loss.

Items.

- Honey.
- Warm water.

Method: Add two teaspoon of honey to a glass of warm water.

Dosage.

Always drink it on empty stomach morning. And lastly before bed,for 14days.

(24) KIDNEY DISEASE.

Items.

(1) Roots of bitter leaf plant (fresh ones).

(2) Lime leaves (fresh ones).

(3) Roots of coconut tree (fresh ones).

Method: Boil all the items together with water, for 20 minutes.

Dosage.

Drink one glass of it TWICE DAILY for 7 weeks.

(25) EXTERNAL PILE REMEDY.

Items.

Scent leaves.

Method: Squeeze a little quantity of scent leaves.

Dosage.

Use the scent leaves to push the pile inside, whenever it comes out. do this often, it will stop automatically.

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