

# Healthorium®

By Mimi Borger

## *"Practice simple steps to remain healthy"*

Imagine a worldwide computer crash. Does that sound like an idea for a science fiction movie? Just 50 years ago, electronic devices, that our culture now depends upon, were the imaginings of brilliant albeit far-fetched thought. Could all stored information be virtually lost? Consider the impact on everyday life of such an event. Imagine the initial shock as people wander, dazed for the first few hours or weeks, faces drawn as if a massive wind of destruction ripped through their lives. Feeling confused and on the edge of weeping, they might wonder and stammer, "Where's my stuff? Do I still have any stuff?"

It seems in all of their brilliance, human beings have backed themselves into a hypothetical corner. Storage of financial and personal (especially medical) information is prone to human failing. Basics, such as food and drug distribution, are most often controlled through technology. Our society is now at the mercy of electronics and software. Has anyone backed-up the system?

As we have become increasingly dependent upon computers to simplify life, we seem to be losing our basic knowledge of life and sustainability. Can humans survive without computers? Collectively, do we simply know what to feed ourselves and how take care of our health?

Many already depend upon drug companies for a good night's sleep, pain relief, control of depression, regulation of hormones, blood sugar, blood pressure, breathing, and digestion, ad infinitum. Food and drug choices are often based upon lifestyle rather than need, while natural treatment of common cold, flu and allergy symptoms have gone the way of cake made from scratch.

So, now as the season of airborne irritation, bacteria and ensuing ill symptoms arrive, it might be wise to keep a few good old-fashioned home remedies tucked in your hip pocket.

Start by preventing disease. Build up a strong mental and physical immune system. Get plenty of vitamins, minerals and proteins through fresh fruits, vegetables, dark leafy greens, grains, and meats. Stay hydrated; drink plenty of water. Indulge in sweets within reason. Keep calm in life and feel plenty of happiness.

When flu season hits the fan, don't stand in front of the fan. To the extent possible, avoid contact with sick people and, when sick, stay home from work, school, or shopping.

To sooth a sore throat take a mixture of equal parts honey and lemon juice. To clear nasal congestion and feel an energy lift, inhale the fragrance of a dry peppermint tea bag.

Simple saline solution (gel or liquid form) placed inside nostrils lessens stuffiness and a comfortable bath provides steam and moisture to an aggravated respiratory tract.

For headaches, enjoy a soothing neck and shoulder rub. A cold compress on throbbing forehead keeps blood flowing and a warm compress to neck and shoulders relieves pain from tension. Aromatherapy with lavender or peppermint oil (at temples, wrists, and neck) lessens headache pain. Eucalyptus or capsaicin (pepper) liniments are great topical treatments for pain and stiffness. Herbal teas, such as the naturally calming chamomile, helps sleep and lowers stress. Ginger root acts as anti-inflammatory, relieving pain as well as aiding in digestion. Broth made from bones and meat (such as chicken soup) is notorious for benefiting the entire digestive system, relieving intestinal tract irritation.

As long as not dangerously high, fever is a sign that the immune system is working to create anti-bodies. To keep temperature under control, apply a cool cloth to the forehead, wrists, and bottom of feet helps and consume plenty of fluids.

Simple skin preparations made with about 40% zinc oxide (such as diaper rash ointment), honey, or a Calendula (marigold) creams can clear up rashes and help heal wounds. For relief of itchy eyes, use homeopathic (natural) eye drops. Place a cool cloth over eyelids and enjoy a sublime 20-minute nap.

Often the physical and mental symptoms of allergies are confused for seasonal flu, so recognize and lessen contact with allergens. Pollen count is high in the evening and morning, less with rainy weather, and more with humidity. Pollen can travel hundreds of miles through the air, so keep windows closed, especially at night and on windy days. To protect skin from exposure, wear natural lightweight clothing and shower or rinse pollen from skin often.

Avoid allergens. Understand food families and cross-reactivity – that is, how foods and plants are related to each other in molecular or chemical structure. The immune system can confuse one structure for another. For instance, an allergy to birch tree pollen may be aggravated by eating stone fruits such as peaches, plums, cherries, or apricots. Eating too many strong grains such as rye or corn can exacerbate common grass allergies.

Practice a simple healthy lifestyle. Keep informed by reading newspapers, magazines, and books. And -- while we still have computers – look-up all kinds of natural health information on the Internet!

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