

Here's Doc Tim's Legendary Collection of Simple Home Remedies . . .

Arkansas Folk Medicine

Volume #1



Henderson Chiropractic Center

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Henderson Chiropractic Clinic
Monthly Patient Newsletter
(Vol. I)

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"The Secret Home Remedies That Have Been Hidden From You All These Years"

On the next few pages are 12 of the best home remedies I've found and I am sure you will find one (or two) that will surprise you . . . and some you've never heard of before.

My patients and myself have tested all of these simple home remedies for years. Therefore, I know "beyond and shadow of a doubt" that they will work for you too.

I've tried to include a wide variety of soothing home remedies, and many are either free or cost under \$5.00. Any remedy that is complicated, confusing, or pricey is not included in this special report.

Please consider "Arkansas Folk Medicine Volume #1" as the first of many volumes to come. And remember, these soothing, simple, quick, easy, and inexpensive home remedies are the "best of the best".

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(Part I)

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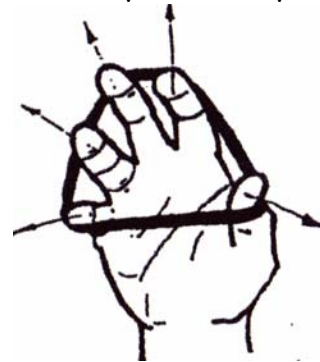
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How To Beat Hand & Wrist Pain At It's Own Game

Carpal tunnel syndrome (hand and wrist pain) is a **repetitive stress injury**. It usually slowly develops over time. The repetitive contraction and relaxation of the arm muscles . . . and . . . continuous hand and finger movements can irritate the nerves, tendons, and the muscle in the arms, wrists, and hands.

The "carpal tunnel" is a small canal inside of your wrist. The top part is formed by the wrist bones, and the bottom is formed by a ligament. Think of it this way: The wrist bones are near the top of your hand. If you turn your hand over, imagine a piece of nylon tape running across your wrist. Your nerves, arteries, veins, and tendons run through this "tunnel". You may have carpal tunnel syndrome if you experience and of the following symptoms:

- Tingling hands or fingers
- Weakness in your hands
- Numbness and/or Swelling
- Neck Tension
- Pain at night
- Hand Clumsiness



The best home remedy I've found for carpal syndrome is the take a $\frac{1}{4}$ inch thick rubber band and stretch it over the tips of your fingers. Then open your hand against the resistance of the rubber band 20 times. Repeat this procedure (with both hands) twice daily. Most of my patients do this while they drive home after work. We rarely extend our fingers . . . especially against resistance. So, this home remedy makes sense. Combined with chiropractic care, you can expect to get relief of hand and wrist pain in about two weeks if you do this exercise (faithfully) twice daily.

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(Part II)

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"A Simple \$3.00 Australian Folk Remedy That May Help You Avoid The Flu This Winter!"

As I write this article, we are starting a new year . . . and a new flu season. This year, the flu season seems to be hitting up especially hard. As I talk to people in my office, it is averaging about one in four people who have a serious flu condition in their family. I want to tell you two ways you can deal with the flu this winter.

- 1) **Make sure you get your spine adjusted on a regular basis in my office** to insure a healthy immune system. Your nervous system controls every part of your body and it needs to function properly so that you stay healthy.
- 2) **You can try a simple Australian folk remedy** that may help you avoid the flu this winter . . . and it costs about \$3.00!

A few years back, Australia had a severe flu epidemic. However, some people didn't get the flu. In fact, these same people were taking care of the people with the flu. The only thing different was . . . they were breathing **Eucalyptus Oil**.

These healthy people were wearing a piece of material around their neck, along with a few drops of eucalyptus oil added. (The eucalyptus oil is not to be taken internally . . . you simply breathe it in.) It smells similar to "Vicks Vapo-Rub", and I've just purchased a small bottle at a local health food for \$2.95.

Now I can't guarantee that getting your spine adjusted and wearing a bandana around your neck (with a few drops of eucalyptus oil added) will prevent the flu . . . but . . . how many of you have a mother who rubbed Vicks Vapo-Rub on your neck, and then pinned a wool sock around your neck when you were sick? (Maybe she was right eh?)

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(Part III)

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"How Soaking In a Hot Bathtub May Cut the Length of Your Next Miserable Cold or Disabling Flu . . . In Half!"

Welcome back to another issue of our monthly patient newsletter! This month I want to tell you about a home therapy my family and I (and patients) use to deal with pesky colds, sore throats, and flu symptoms.

Generally, you know the exact day when you come down with something. It usually starts with a scratchy throat, or a chill, or even a runny nose. When you can catch this right away, many times the symptoms will be 50% to 80% better the next morning if you do what I'm about to tell you.

Now, remember that a virus can be killed by heat or by "running its course". (Therefore, antibiotics won't usually work on a viral condition). This is why many believe your body creates a "fever" to kill off a virus. Ok, I've recommended the following home remedy to patients:

- 1) **Soak in a hot bathtub for about 30 minutes.** Make sure the water is as hot as you can stand it, because I want you to really sweat!
- 2) After 30 minutes of soaking, **go right to bed and get some sleep.** Your body heals best when you sleep. The next morning you are usually 50% to 80% better. You may have cut a "week long" cold . . . down to a day or two!
- 3) **Repeat the next day if necessary.** I've rarely seen a condition go longer than 3 days if you do the above home therapy the first day you notice the cold, sore throat, or flu symptoms.

Now, let's also use a little common sense here, if you are already burning up with a fever, don't go jumping into a bathtub of hot water. This home remedy is for **minor** colds, sore throats, and flu! Ok, that's all there is to it. I've been using this procedure with excellent results. And you may want to try this the next time you come down with a miserable cold . . . or a debilitating flu!

I'll see you next month with another simple home remedy!

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(Part IV)

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"You Could Cut Your Healing Time In Half By Applying Ice and Receiving Chiropractic Care Immediately After an Injury!"

Welcome to our November/December issue! Man, oh man . . . winter is almost here and it's time to answer that age old question I hear this time of year: "Should I use an ice pack or heating pad after an injury or accident?"

My most common answer is: When in doubt . . . USE ICE!

Here's why ice (or even a bag of snow) should be used immediately after an injury: it will have an immediate pain relieving effect, as well as encouraging quicker healing.

All forms of heat (heating pads, hot baths, hot tubs, and hot water bottles) will have a short-term effect only. Heat may slow down the healing process by increasing tissue or nerve swelling and should be avoided.

Think about this: If you sprained your ankle and you immediately put it into a bucket of hot water . . . your ankle would swell like a balloon! The same thing happens when you put a heating pad on your back or neck. The heat feels great while it's on, but an hour later the painful area is swollen **big time!** Ok, here's what works best for most of my patients and friends . . .

- 1) Ice the area of pain for 15 minutes on, and 15 minutes off for 2 hours.**
 - 2) After the first 2 hours, ice should be used as often as possible during the next 72 hours.**
 - 3) Only apply the ice for 15 minutes or less at a time.** When you apply ice longer than 15 minutes, your body treats it as frostbite. Your brain (thinking there is frost-bite happening) sends fluids to the painful area, which may result in tissue or nerve swelling.
- Remember this: Your body heals best when you are sleeping. So, always apply ice before bed. Many times the ice/snow will numb the area of pain enough for you to get some sleep and allow healing. Using ice/snow at home, along with chiropractic treatment at my office should speed your healing time dramatically! So, when in doubt. . . USE ICE

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(Part V)

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"How Three Little-Known Herbs Quickly Rid Your Body Of Nasty Parasites . . . Without Nausea, Headaches, or Pain!"

There are three obtainable herbs that can make you feel like a "million bucks" when they are taken together. These three amazing herbs are available at any health food store, and they are especially helpful for anyone who just feels "drained", exhausted, or "out of it". These three herbs are: Black Walnut Tincture, Wormwood, and Cloves. Also, two other items help clear toxic ammonia (that is a waste product of parasites) from your system: One 500 mg. Capsule of ornithine (at night) and one 500 mg. Capsule of arginine (in the morning). If you want your chiropractic adjustment to hold better and longer . . . try the following program today:

(1) **Black Walnut Tincture:**

Day 1: Take one drop, four times in water, milk, or juice before meals on an empty stomach. Four hours apart is best.

Day 2: Two drops, four times.

Day 3: Two drops, four times.

Day 4: Four drops, four times. Continue increasing until you are taking 20 drops four times a day. After this, continue these 20 drops once a day for three months. If interrupted, don't begin again, but don't get interrupted before day 6. Your parasites are dead by day 5!

(2) **Wormwood Capsules:**

Day 1: Take one capsule with water before dinner.

Day 2: Take 2 capsules before dinner.

Day 3: Take 3 capsules before dinner.

Day 4: Continue increasing until day 14. Take all 14 capsules in a single dose, a few at a time. Then do two more days of 14 capsules. After this, 14 capsules a week from now on as a maintenance program. You can stay on each dose after day six for two days before increasing to the next level if you have a sensitive stomach.

(3) **Clove Capsules:**

Day 1: One capsule, 3 times a day before meals.

Day 2: Two capsules, 3 times a day before meals.

Day 3 to 10: Take 3 capsules 3 times a day. After day 10, take 3 capsules once a day for 3 months. Then 3 capsules, twice a week, as a maintenance program. Those doses kill intestinal flukes in five days; the rest of the program kills most other parasites. If this program interests you . . . please come see me for more details. I've experienced great results with this program!

- Doc Tim

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One of the Best Home Remedies for Your Scratchy Sore Throat and Nagging Cough is in Your Kitchen Cupboard

This handy (and very effective) home remedy is for anyone who's ever had a "never-ending" cough or miserable sore throat. And I'm talking about those really nasty conditions that last six weeks or longer.

You will need only three common cooking ingredients that can be found in almost every kitchen. They are: 1) **Honey**, 2) **Ginger**, and 3) **Water**. Simply mix these three ingredients together into healthy syrup.

4 Tablespoons Honey

1 Teaspoon Ginger

1 Tablespoon Water

You may have to experiment a little by adding more (or less) water to your syrup just right. When you find a consistency that you like, take one tablespoon of this soothing syrup every 4 hours (or as needed).

Your nagging cough and/or scratchy sore throat should be handled quickly!

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Monthly Patient Newsletter
(Part VII)

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How To Make Your Own Pain-Relieving Reusable Ice Pack For Under 50¢

As you know, it costs anywhere from \$5.00 to \$15.00 to purchase a reusable ice pack from you local drug store or Wal-Mart.

So, if you want to save a few bucks, here's a way to make your own reusable ice pack for 50¢.

All you need is a 12 oz. Bottle of rubbing alcohol (about 79¢) and a "zip-lock" bag. Mix one part alcohol and one part water (50/50), and pour this mixture into the zip-lock bag.

Now, place this bag into your freezer (it will not freeze solid). The cold therapy it provides for your pain will last longer than pure ice. Remember, when in doubt . . . use ice. Apply for 15 minutes to the painful area, and then take it off for 15 minutes. Repeat this procedure (15 minutes on, and 15 minutes off) for two hours at a time for the best results.

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The Easiest Way For You To Exercise At Home This Winter

The recent holidays are over . . . and so is all of our overeating. It was great while it lasted, however, now comes the time to work it all off.

One of the easiest ways to exercise at home (when it's too cold to go outside, or go to the gym) is to use a simple piece of exercise equipment called a "Rebounder". The rebounder looks like a trampoline and costs about \$25.00. You can buy one at Wal-Mart, or K-Mart in the sporting goods department.

There are a few theories as to why "rebounding" keeps you healthy. One reason is that it gives you an aerobic workout. Another reason is that it strengthens your lymphatic system (or, immune system).

All you have to do is play your favorite music, and jump on your rebounder for about 15 to 30 minutes daily.

That's all there is to it. It's as simple as that.

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Monthly Patient Newsletter
(Part IX)

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Why Being Even Slightly Dehydrated Can Make Your Life A Nightmare . . . And How You Can Prevent It Now

When your body becomes dehydrated (or even slightly dehydrated) you can experience a variety of miserable symptoms. These nasty symptoms can include: Headaches, dizziness, joint pain and stiffness, asthma, allergies, stomach pains, and high blood pressure.

I recommend that you drink one-half gallon to one gallon of water daily. This water is to be slipped throughout the day. Many of my patients drink one-quart water in the morning and another quart in the afternoon as a minimum.

Now, "water" means water. It does not include soda, tea, beer, juices, and coffee. If you don't like to drink "bland" water, I also recommend adding liquid minerals. The best testing liquid minerals I've found can be purchased from Sam's Club for \$9.95/quart. This product has about 72 different minerals, with aloe and honey added for flavor.

All you have to do is add one or two ounces of liquid minerals per quart of water. Try this simple home remedy for seven days and see how great you feel.

So, the next time you start getting headaches . . . drink more water!!!

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(Part X)

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What To Do For Your Little One's Miserable "Growing Pains"

For some reason, almost all children go through a period when they grow so fast that their little bodies just can't keep up. And that's when the pain starts. I'm sure your children are no different.

The first sign of the "growing pains" usually starts when your child wakes up in the middle of the night crying with knee pains. And it usually goes downhill from there.

A simple home remedy can help your child's pain go away. Go to your local grocery store and purchase a bottle of chewable TUMS™. As you know, TUMS™ is a calcium product and I tried to find the "industrial strength" with at least 750 mg. Per tablet.

I then had my daughter chew 4 TUMS™ tablets before bed. Her pain went away in 2 days and I had her continue for 2 more nights just to be sure.

I've recommended this simple home remedy for years and it works great!

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How To Stamp Out Shoulder Pain & Stiffness

Pain in your shoulders can happen at anytime. It usually happens from over exertion, or doing something repetitively. If the pain goes on too long, you shoulder can freeze up. The experts call this: "Frozen Shoulder Syndrome".

The best home remedy I've found for shoulder pain and stiffness involves swinging a gallon milk jug (or a gallon water jug) like a "windmill".

Fill a one-gallon jug with about 2 inches of water. Remember, this isn't a weightlifting exercise. We only want the water to help you create momentum as you swing the gallon jug.

Swing the gallon jug like a "windmill" . . . 10 circles forward . . . and 10 circles backward. . . with each arm. Do this twice daily. Once in the morning, and once in the evening. Please leave the jug on the kitchen counter, or on a kitchen table to remind you. If you put the jug away, you'll forget to do this simple exercise.

Now, if you can't go all the way around (like a "windmill") then do a "pendulum" and go as high as you can forward, and the same thing backward with each arm.

When you do this exercise twice daily, you will see results in about two weeks. Please be patient, your results will come if you keep doing this exercise.

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(Part XII)

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How to Relieve Neck Pain, Back Pain, and Headaches With a Bath Towel

One of the quickest ways to relieve your nagging headaches (even migraine headaches) is to use a common bath towel. The same is true for your miserable neck pain and low back pain.

Here's how it works: Take a regular bath towel, fold it over, and roll it into a cylinder (about 4 inches in diameter). If you are experiencing a headache, lie down on your bed (on your back) and place this rolled bath towel under your neck for about 10 to 15 minutes. The rolled towel creates a natural curve in your neck that relieves nerve pressure.

If you need to drive long distances, place this rolled towel in the small of your back while you drive. The rolled towel creates a natural curve in your low back that also relieves nerve pressure. You may need to adjust the size of your rolled towel to be comfortable. Even if you have a "lumbar support" built into your car seat, I believe you will get more relief from a rolled towel.

At night, you can use your rolled towel as a passive neck exercise before bed. Simply place the rolled towel under your neck (while laying on your back) and do this for 10 to 15 minutes. Then go to sleep as you normally do. You don't have to sleep on your rolled towel, but you may want to!!!

- Doc Tim