

# The 5 Fastest Natural Cures *for*

## **YOUR MOST ANNOYING HEALTH ISSUES**

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By Dr. David Williams



## About Dr. David Williams

Dr. David Williams is a leading authority on natural healing. A medical researcher, biochemist, and chiropractor, Dr. Williams is committed to using the best natural remedies, foods, and high-quality supplements to achieve peak health.

Dr. Williams' exclusive natural treatments and remedies, often uncovered in far-flung places such as the African Bush or Australian Outback, are usually years ahead of those offered by conventional medicine. Using leads provided to him by an extensive international network of scientists and researchers, Dr. Williams has travelled the world investigating natural treatments for almost every major health concern.

His travels have spanned six continents and innumerable countries, and he has identified almost 30 breakthrough ingredients that he has incorporated into treatments and supplements. For example, in 1989, years before most people had heard about saw palmetto, Dr. Williams encouraged its use to promote prostate health. Then, as early as 1992, Dr. Williams wrote about how chondroitin sulfate can benefit people with arthritis. In 1994, he unmasked the truth behind glucosamine sulfate.

Dr. Williams' degrees and academic affiliations include multiple bachelor's degrees, a Doctor of Chiropractic from Texas Chiropractic College, and research projects at the University of Houston, University of Texas at San Antonio, and Rice University. Today Dr. Williams is an active author, speaker, health advocate, and adviser for the research and development of nutritional supplements. He joined the Healthy Directions family of experts in 1995.

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# INTRODUCTION

Dear Reader,

When you get right down to it, most health problems are simple. It is a common misconception that good health requires drugs, money, or surgery. The truth is we need to cooperate with our bodies and identify the root cause of our health and wellness issues. If you can find the true reason for your health complications, you can respond to them with a more efficient and healthy solution.



The problem is that many doctors will choose to medicate your symptoms, rather than using the therapies that target the issues themselves. I want to help you have a better understanding of your own body, so you do not have to rely on someone else to take care of it for you.

In this report, you will find a list of five health issues that affect people on a regular basis and the easy, natural solutions that counteract them. These cures do not include drugs or surgery; they only require your ability to support your body's natural functions. I hope you find it helpful.

Thank you,

A handwritten signature in black ink that reads "Dr. David Welby". The signature is written in a cursive style with a long, horizontal flourish at the end.

DISCLAIMER: The content in this report is offered on an informational basis only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a qualified health provider before making any adjustment to a medication or treatment you are currently using and/or starting. All recommendations are "generally informational" and not specifically applicable to any individual's medical problems, concerns and/or needs.



### FAST CURE #1:

## Swish Away Your Canker Sores

Canker sores are those annoying lesions generally related to food allergies or emotional stress. Left untreated, they usually persist for a week or two.

**However, an Indian study showed that a mouthwash containing deglycyrrhizinated licorice (DGL) is likely to cause improvement in canker sores within one day—and complete healing by the third day.**

DGL heals canker sores the same way it heals stomach and intestinal ulcers. It works by helping your body to form a protective mucus lining, instead of just decreasing acid production like most prescription drugs do to help with the pain. This way, you are relieving pain and speeding up your recovery.

You can find DGL chewable tablets in health food stores. Just pulverize half a tablet of DGL and mix it with half a cup of warm water to make a mouthwash.

If you use this mouthwash about four times a day, and avoid drinking anything afterwards for several minutes, your canker sores should heal in a matter of days!



## FAST CURE #2:

# Pinch Out Muscle Cramps

At one time or another, everyone experiences one of those unrelenting muscle cramps that will not stop, regardless of what you do.

**Luckily, Dr. Donald Cooper has revealed an amazing acupressure technique he claims works 90 percent of the time.**

Here is how he explains the technique: “At the first sign of muscle cramping, take a good, firm hold on the upper lip between the thumb and index finger, maintaining constant pressure. The cramping will stop or fade away, usually within 20 to 30 seconds, although sometimes it may take longer.”

If you try this, make sure to use a little restraint to avoid bruising or injuring your upper lip!

Lastly, if you are having severe and frequent cramping problems, be sure to see a doctor since it could be a sign of an underlying problem that needs addressing.



### **FAST CURE #3:**

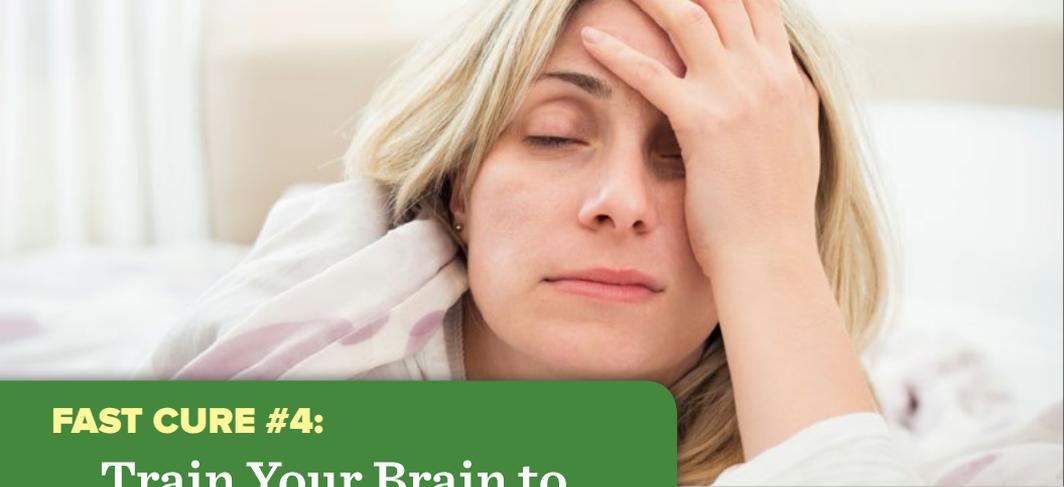
## **Breathe Out Sinus Congestion**

If you have mucus buildup in your sinuses, a simple technique called “nasal irrigation” is usually enough to bring quick, much-needed relief.

Your nostrils are a crucial filtering system that humidifies the air you breathe. When the nostrils become irritated or blocked and you start to breathe through the mouth, you place undue stress on both the bronchial tubes and the lungs.

### **Here is how to irrigate your nostrils:**

- 1.** Dissolve one teaspoon of salt in 16 ounces of warm water.
- 2.** Place a small amount of the water in a small plastic inhaler bottle and use it gently, as you would any inhaling mist to clear the nostrils.
- 3.** If you don't have an inhaler, pour the entire 16 ounces of mixture into a wide bowl. While bending forward, block one nostril and place the other below the water surface in the bowl. Very carefully, pull the water gently up the nostril until you can taste the salty solution trickling to the back of the throat; then it blow it out.
- 4.** Repeat this several times with both nostrils.



## FAST CURE #4:

# Train Your Brain to Counteract Insomnia

One of the most common questions I get is how to treat insomnia. Sadly, far too many people rely on sleeping pills to combat their condition. Luckily, there are two easy and cost effective methods to help you drift off to sleep once again.

- 1. Give yourself the right balance of bright light and darkness.** Make sure your house is bright and receives natural sunlight during the daylight hours, since exposure to bright sunlight during the day is critical for sleeping at night. Then, just as importantly, turn off all lights at night to help you sleep better.
- 2. Drink some “walnut milk” prior to bedtime.** Walnuts are one of the richest dietary source of the compound serotonin, a neurotransmitter in the brain that promotes feelings of relaxation and well-being to help you sleep more soundly. In addition, it helps you feel less hungry—squelching late-night food cravings.

You can make a sleep-inducing walnut “serotonin shake” simply by blending  $\frac{1}{8}$  to  $\frac{1}{4}$  cup of walnuts with an equal amount of skim milk about 30 to 45 minutes before bedtime.

For even greater benefits, you could also include a teaspoon of ground flaxseeds and/or raw sunflower seeds, a tablespoon of lecithin granules, and a dash of powdered cinnamon and vanilla extract. The walnuts alone will do the trick, but you can experiment a little with the other items to come up with your own personal formula.



## **FAST CURE #5:**

# **Intercept Insect Stings**

The reason insect bites and the stings from many poisonous plants cause pain is because their venom (or juice) is either highly acidic or highly alkaline.

Since the sting from stinging nettle, ants, and bees is acidic, you can often relieve the pain by quickly applying an alkaline substance. You can try bicarbonate of soda (more commonly known as baking soda) and soap. Wasp stings are alkaline in nature, so you will need something acidic, like vinegar, to counteract their pain.

For other simple bites, you can use several things. You can rub fresh lime or lemon juice on the bite, as well as raw garlic or even a salt-type paste.

What also seems to work very well, if done immediately after the bite or sting, is to soak a small cotton pad with apple cider vinegar—and sprinkle a small amount of baking soda on top. The mixture of this acid and base will cause a bubbling reaction right on the cotton pad. Quickly place the pad directly over the bite with the baking soda and vinegar against the skin for several minutes.

As I mentioned, these techniques will usually work well for minor stings and bites, but if you have allergic reactions to insect stings or bites with abnormal swelling or difficulty in breathing it is best to get medical help as soon as possible.

**Visit Dr. Williams on the Healthy  
Directions website:  
[healthydirections.com](http://healthydirections.com)**

A dedicated medical researcher,  
biochemist, and chiropractor,  
Dr. Williams searches the world for  
better health. Visit his website to:

- ◆ Get complete health guidance and tools to help you make informed choices
- ◆ Learn the science behind his supplements
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