

Home Remedies Project

Pharmaceuticals and modern-medicines have led to an increase in accessibility for quality health care, better quality of life, and increased life expectancies. Despite these advancements, “tried-and-true” remedies for health issues have persisted throughout the years. Although the effectiveness is sometimes questioned, some people “swear” by them. Your task is to study a home remedy of your choice and present your research to the class. The project is worth 100 points and you will have two weeks to complete the project. The following criteria must be fulfilled :

1. Choose a home remedy (not limited to the list).

2. Create a presentation (Google Slides) for the class with the following :

1. Title : (6 points)

- Include Title, Picture, Name

2. Home Remedy Properties : (12 points)

- Include the following : Chemical Composition (what is the name / chemical formula)
Location (where can it be found, manufactured, or derived)
Origin Of Use (how/when was it originally used)
Dosage (effective amount needed)
Cost (what is the current cost to make)

- *Include a picture*

3. Medicinal Claims : (12 points)

- Include 5 medicinal “claims” that the remedy will assist or heal
- *Include a picture*

4. Side Effects / Risks : (12 points)

- Include 5 side effects or risks of using the home remedy
- *Include a picture*

5. Preparation / Administration : (12 points)

- Include 5 steps on preparing or administering the home remedy
- *Include a picture*

6. Interesting Facts : (12 points)

- Include 5 facts pertaining to the home remedy (*or what is derived from*)
- *Include a picture*

7. Video Element : (10 points)

- Link (don't embed) a 1-2 minute video about the home remedy
- *Include a picture*

8. Literature Cited : (4 points)

- Cite a minimum of 5 websites or books used during your research - include video link
- Don't cite Search Engines (For example : www.wikipedia.org)

9. Appearance : (10 points)

- Organize!, Organize!, Organize!
- Bullet information with “dot-jots” (DO NOT use large paragraphs or long sentences)
- Avoid “dead space” - Give the slides symmetry

10. Presentation : (20 points)

- Treat the Google Slides Presentation as an outline
- Elaborate on the slide content (DO NOT read the presentation word-for-word)

Home Remedies

- Activated Charcoal** (gassy, bloating)
- Aloe Vera** (burns, bee stings)
- Apples** (migraines, indigestion)
- Apple-Cider Vinegar** (acne, hiccups)
- Arnica Cream** (muscle pain, bruising)
- Artichoke Extract** (GERD, heart burn)
- Aspirin** (calluses & corns, heart attacks)
- Avocado** (skin hydration)
- Ayurveda** (cough syrup)
- Baking Soda** (dandruff)
- Banana Milkshake** (hangovers)
- Basil Leaves** (stomach acidity, vertigo)
- Baths** (Epsom / Ice) (joint pain, inflammation, recovery)
- Beets** (constipation, indigestion)
- Blackberry Tea** (diarrhea)
- Buttermilk** (age spots)
- Calendula** (eczema, diaper rash)
- Capsaicin** (psoriasis)
- Carrots** (vision)
- Cherries** (gout, insomnia)
- Chicken Soup** (colds)
- Chili Peppers** (pain, soreness)
- Cinnamon** (blood sugar levels)
- Clay Mask** (rash, itchy skin)
- Clove Oil** (tooth & gum pain)
- Coconut Oil** (skin moisturizer, acne)
- Cod Liver Oil** (vision)
- Comfrey** (back pain)
- Cranberry Juice** (urinary tract infections)
- Cucumber** (eye strain)
- Dates** (dry cough)
- Duct Tape** (warts)
- Echinacea** (colds)
- Elderberry** (immune health)
- Eucalyptus Oil** (sinusitis)
- Fennel Seeds** (indigestion)
- Flaxseed** (constipation)
- Fenugreek Seeds** (breast-feeding)
- Garlic** (gastric pain, fights cancer, ear infection, warts)
- Ginger** (nausea, upset stomach, motion sickness)
- Ginseng** (fatigue, mental focus)
- Goldenseal** (colds, respiratory tract infections)
- Grapes** (antioxidant)
- Green Tea** (joint pain)
- Honey** (wounds, sore throat)
- Horsehound Tea** (sore throat)
- Ice Packs** (pain & swelling)
- Lavender Oil** (foot odor, migraines, anxiety)
- Licorice Root Tea** (dry cough)
- Lemon Juice** (kidney stones)
- Magnesium Citrate** (constipation)
- Magnesium Glycinate** (anxiety, depression, stress, insomnia)
- Magnesium-rich Foods** (mood, migraines, bones, nerves, PMS)
- Milk of Magnesia** (canker sores, upset stomach)
- Neti Pot** (colds)
- Oatmeal** (bug bites)
- Olive Oil** (cracked lips)
- Omega-3 Oils** (asthma, cardiovascular health)
- Pelargonium** (cold, cough)
- Peppermint** (headaches)
- Petroleum Jelly** (blisters)
- Pickle Juice** (leg cramps, dehydration)
- Pomegranate Juice** (low blood pressure)
- Potato** (sweating)
- Prunes** (constipation)
- Salmon** (hair loss)
- Sea Salt** (yeast infections)
- Shiitake Mushrooms** (fights cancer)
- Silica & Zinc** (dry, dull hair)
- Soy** (osteoporosis)
- Sugar** (hiccups)
- Thyme Tea** (cough)
- Tomato Paste** (dark eye circles)
- Tree Tea Oil** (acne, toenail fungus)
- Turmeric** (arthritis, Alzheimer's)
- Valerian** (insomnia)
- Vitamin C** (allergies, immune health)
- Vitamin D** (menstrual cramps, mood)
- Watermelon Juice** (heat stroke)
- Wintergreen** (muscle pain)