

365 DAYS OF DIY



1000 PAGES
WITH AMAZING
CRAFTS



365 Days of DIY

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Don't Get Sick in January

Home Doctor: Disease Prevention During Winter Season

This book, *How Not to Get Sick during Winter Season: 29 Homemade Remedies That are Approved by Doctors* is a great book to read if you want to lay off chemical based medicines and get through winter without chest congestion, joint pains and other winter related ailments. It shows you the ailments that are prevalent in the winter season, and also the remedies that you can prepare on your own at minimal cost. Gladly, most of the remedies mentioned in the book have been given a clean bill of health by qualified doctors, and that will give anyone preparing for the winter season much needed confidence as far as maintaining health is concerned.

It is a good idea to try and prepare the recipes even when you are not suffering from any winter ailment, because the recipes are not just medicinal but also nutritional. Read on...

Chapter 1: Ten Major Winter Ailments

Can you visualize the weather in winter? It is cold, in some areas it is not just cold but dry, while in other areas it is both cold and wet. One common factor in these scenarios is extremity – the cold is extreme, likewise the dryness, and sometimes even the wetness. You can find a place drizzling all through winter while the cold cuts through people’s spines and numbs the limbs. All that harshness is acceptable especially because it is foreseeable, but it does not mean that people have gotten comfortable with the running nose and the cold rushes for those who suffer in this manner, or any of those uncomfortable effects of cold weather.

What happens is that they try to make do, swallowing a pill every now and then, as they pray for the season of discomforts to end quickly. Unfortunately, while such pills are good in relieving congestion in the chest and warding off pneumonia, a good many of them have side effects. For that reason, some people have learnt to avoid taking the medication unless their issue becomes a serious medical case. Luckily, you do not have to live with the discomforts that come with the extreme winter weather. There are some natural remedies that you can use to sooth any irritations that you may suffer in your respiratory system and even on your skin. If you are equipped with the right information as you are about to be after reading this book, you can even keep many of the winter ailments at bay, and you will not have to talk about cures. After all, prevention, in all cases, is far better than the effort to cure.

Ailments That Threaten People in winter

When contemplating prevention of ailments, it is important to know first the ailments that are likely to attack people over winter. According to the National Health Service of the UK, there are around 10 different ailments that are likely to be triggered by the cold winter weather, or to be made worse. These ailments include:

(1) Common cold

Sometimes the cold might not have originated with you but rather passed to you through contact, where you touch infected surfaces like door knobs and such. Other times you could just keep re-infecting yourself when you use a handkerchief and while you may think this is inevitable, you can actually protect yourself by using disposable tissue in place of a handkerchief.

(2) Sore throat

Mostly, when you get a sore throat in winter it is because you have a viral infection. In such times, you may need something more than just gargling some salty water.

(3) Asthma

Asthma is underlined by wheezing and also being short of breath, and it is a condition often triggered by cold such as that of winter. Sometimes victims even use inhalers to open up the respiratory system, but helpful as they are, these rescue inhalers have their shortcomings.

(4) Norovirus

Beware of this winter bug that gets people vomiting. Although you can easily rehydrate yourself to counter the negative effects of vomiting and diarrhea, you would be better off preventing yourself from catching the norovirus in the first place.

(5) Suffering joint pains

If you ask people who suffer from arthritis, whose major manifestation is joint pain, they will confirm the pain is aggravated in the cold season. In winter, such people sometimes experience stiffness of the joints in addition to the intense pain. It is such symptoms that natural remedies target, so that you

remain healthy in winter and stay out of pain.

(6) Cold sores

Why get so stressed that cold sores come in to underline the fact that your body is under extreme stress? You can learn about natural remedies and proceed to use them as preventative measure against cold sores.

(7) Heart attack

For people who suffer from high blood pressure, the condition is likely to become more serious in winter. This happens as the heart strives to pump blood more effectively to keep your body warm.

(8) Suffering the condition of cold hands

If you have witnessed someone's fingers and toes turn blue, or even red or white in winter, they are, very likely, suffering from a painful condition that persists in winter. Some people reckon you have no choice but to live with the symptoms, but this is not exactly the case. You can preempt this condition and probably even alleviate it by making use of natural remedies. In the meantime, you need to maintain warmth by wearing socks as well as gloves in winter.

(9) The condition of dry skin

When you have the cold season being accompanied by reduced humidity, you are likely to have skin problems. If you are to use moisturizers to keep your skin moist in such times, you had better use the natural ones, as they do not have any significant side effects.

(10) The flu

A very dangerous winter ailment is the flu. It is actually a known killer.

Although anyone can suffer the flu, people are more vulnerable when they are advanced in age, say, being over 65yrs of age; and when they have other health conditions such as diabetes. Although these days there is a flu jab that people have for protection, there are also natural remedies that serve to boost your immune system, so that you become less susceptible to the flu.

Chapter 2: Natural Homemade Remedies for Winter

The Elderberry And 3 Other Homemade Remedies

The elderberry syrup

The elderberry syrup is made from the red berry or even the bluish black berry, a fruit that is often used to make jelly and also wine. You can consume the syrup to ward off colds and related winter ailments, and gladly, it is a remedy that you can make at home. For this recipe, you can bank on it to protect you from the winter flu and intense cold.

According to Dr. Madeleine Mumcuoglu who has done a lot of research while at the Israel University called Hadassah-Hebrew, elderberries have the capacity to weaken the enzyme that viruses engage in penetrating the body's healthy cells of the nose and throat. That is how these natural berries protect you from cold and flu in winter.

Ingredients to make the elderberry syrup:

- (i) Black elderberries (dried) – 2/3 cup or 3 ounces
- (ii) Plain water – 3½ cups
- (iii) Ginger root (dried) – 2 tablespoons
- (iv) As alternative: Ginger root (fresh) – 2 tablespoons
- (v) Cinnamon powder – 1 teaspoon
- (vi) Clove powder – ½ teaspoon
- (vii) Raw honey – 1 cup

The method to use:

- You begin by putting water into your medium size saucepan
- After that you add your elderberries and your ginger, plus the cinnamon as well as the cloves
- What you need to do now is add the honey
- Boil that mixture and after boiling it you cover it
- Then reduce the heat and let the mixture simmer for around 45min or so
- Boil that mixture well until the liquid has evaporated, reducing to half the original amount
- At that juncture, you need to remove your boiled liquid from the fire so that it can cool well enough for you to handle it.
- Now mash the softened berries by use of something flat such as a big spoon
- Finally, you need to strain that content, pouring it into some glass jar or some bowl.
- Allow the liquid to cool down and when it is lukewarm, you proceed to add a cupful of honey
- Stir the honey well to get distributed well in the liquid

Your remedy is now ready for use, so put it into a mason jar, or in a big glass bottle of around 16 ounces.

Do you want to know the best dosage?

(a) ½ teaspoon for children is a good dose

(b) ½ tablespoon or even a whole tablespoon is good enough for grown ups

Incidentally, you need to take this dose once a day for prevention of flu and colds, but for curing such ailments, you need you need to take it every 2 or 3 hours till the cold symptoms have disappeared.

The Vapor Rub

This is another remedy that you can use on your feet and also on your back plus your chest to protect you from the winter colds. It calms your coughing,

if you have a cough, and it also clears chest congestion.

The ingredients you need are:

(i) Olive oil – ½ cup

(ii) Coconut or almond oil (Alternative for olive oil) – same measurement

(iii) Beeswax pastilles – 2 tablespoons (level)

(iv) Eucalyptus oil – 20 drops

(For a children recipe, 4 drops of eucalyptus oil are sufficient)

(v) Peppermint oil – 20 drops

(Even here, 4 drops of peppermint oil are sufficient for children)

(vi) Rosemary oil – 10 drops

(Avoid using Rosemary oil on recipes for young children)

(Optional) Cinnamon – 10 drops

For the cinnamon option, you can substitute with clove oil

(Avoid taking the cinnamon or clove oil option on recipes for young children.

Here is the method of making the vapor rub:

- First of all melt your beeswax using whatever oil you want, using a double boiler
- After melting the beeswax, proceed to add your essential oils into it

(For baby recipes, you need to add only half your essential oils)

- It is now time to do your mixing, ensuring that every ingredient is evenly distributed in the mix
- Then pour your mixture in a container with a lid for storage. In fact, you can use some small jars or just some tin containers.

This is a recipe you can comfortably use as per need, without worrying about discomforts or overdose. Just ensure that the recipe for young children, including babies, is not very concentrated.

Cod Liver Oil that is fermented

Cod liver oil happens to have soluble vitamins as well as Omega 3 fats. It is, therefore, great as a supplier of these nutrients, and particularly Vitamin D in winter when the sunshine is scarce or non-existent. Of course, here we are talking of nutrients that keep common colds and related ailments away in the cold winter season.

Luckily, you do not need to do much to get the fermented cod liver oil. You could buy some fish liver and ferment it before extracting your oil. According to Dr. Weston A. Price, you could effectively use fermented cod liver oil or even butter oils to maintain your health during winter.

Herbal DIY Cough Syrup

This homemade syrup hastens healing even after you have caught some winter ailment, including those that do not involve coughing. The herbs you use in this recipe are soothing to the throat and the ease any coughing you may be suffering while promoting comfortable sleep. Owing to the fact that honey is highly concentrated, you may wish to use the remedy on children over a year old.

The ingredients to use:

(i) Filtered water – 1 quart

(ii) Ginger root – ¼ cup

You can use this root either grated or even dried

(iii) Chamomile flowers – ¼ cup

(iv) Marshmallow root – ¼ cup

(v) Cinnamon – 1 tablespoon

(vi) Lemon juice – ¼ cup

(vii) Honey – 1 cup

The method to make the cough syrup:

- You begin by pouring your filtered water into a saucepan

- Then you add your dried herbs
- The next step is placing your saucepan onto fire to boil the contents
- Once they boil, you need to reduce the heat and let the contents simmer
- Take your time until the amount in the pan halves

You are actually looking to have one cupful of liquid once you have strained the content. For effective straining, you can use some cheesecloth or even a mesh strainer with fine wire.

- It is now time to add your lemon juice plus the honey
- At the time of doing this, your liquid needs to be still warm; and then you stir the mixture properly.
- You finally have your winter home syrup remedy ready, and you need to store it in some airtight container
- Store it in your fridge and you will have a winter remedy that can last a whole 2mths.

For dosage, 1 tablespoon suits adults while 1 teaspoon suits children.

Chapter 3: More DIY Winter Remedies

Three Of Winter's Best Remedies

Winter Broth

Broth here simply means stock, which is essentially some rich infusion you make by boiling bones from well reared animals, and then mixing that soup with vegetables as well as herbs and also spices. So, today, the good news is that broth is not only useful for culinary purposes and exceptional flavor, but it is also handy in warding off winter ailments.

The ingredients you need for to serve 16 people:

- (i) Bones – 2 pounds
- (ii) Chicken feet (optional, to get more gelatin) – 2
- (iii) Onion – 1 bulb
- (iv) Carrots – 2
- (v) Celery – 2 stalks
- (vi) Apple cider vinegar – 2 tablespoons

As an option, you can also add:

- (vii) Parsley – 1 bunch
- (viii) Sea salt – 1 tablespoon
- (ix) Peppercorns – 1 teaspoon
- (x) Herbs or even spices of your choice – just enough to taste
- (xi) Garlic – 2 cloves (to add in the last half hour of your cooking)

How to prepare the winter broth:

- If you have the time, you can roast the raw bones first in an oven, particularly if they are from beef, just to improve the flavor of your broth. A period of 30min at 350°F is good enough.

- After that you can put the bones in a big stock pot, around 5 gallons.
- Then pour over the bones your filtered water
- Follow that with vinegar
- Allow your mixture to settle for between 20min to half an hour. The presence of the acid from the vinegar enables the bone nutrients to be more readily available.
- Now take your vegetables and chop them, and then add them into the pot. At this point, leave out the parsley as well as the garlic, in case you are using them.
- It is time to add some salt and pepper, and also any spices or even herbs you may be using.
- Put your pot on fire and let it boil.
- Once the pot contents have boiled vigorously, you need to lower your fire, and allow the contents to simmer.
- As it simmers, make a point of scraping off the floating impurities. You will see some foamy layer and you can scooped it out with ease using a large spoon
- Check for this frothy layer every 20 or so minutes and clear it. This exercise needs to go on for around 2hrs. If the bones are from an animal that has been grass fed, you are likely to see less foam.
- You need to leave your broth to simmer for around 8hrs
- In the last half hour of cooking the broth, you can add your garlic as well as your parsley, if they are part of your ingredients.
- Finally, get the cooking pot off the fire and allow the contents to cool
- You can now proceed to strain the contents so that you can get rid of any pieces of bone as well as vegetables.

Once your broth has properly cooled, you need to pour it into a glass jar, like the size of a gallon, and then store it in your fridge. You can use this broth safely for a period of 5 days. However, if you intend to keep it for a longer period, you can always freeze it.

The Garlic

This is one of the easiest natural winter remedies. All you need is raw garlic, and there are different ways of preparing it for consumption.

- You can simply mince the piece of garlic, put it in water and then drink that water.
- You can also put the garlic in your soup when boiling it
- Alternatively, you can fry the garlic in food.

The garlic in all those states is potent enough to speed up your recovery when you have any of the winter ailments listed in chapter one. Keep consuming the garlic in intervals of a few hours, and before long, you will be feeling much better.

Natural Probiotics

Probiotics have been in use from time immemorial, and the father of modern science, Hippocrates, advocated for them for their effectiveness in healing gut related ailments. According to Hippocrates, the gut becomes even more sensitive in winter, and so the need for probiotics is even higher. Coconut water and goji berries are just some of the probiotic examples.

Chapter 4: Some of Winter's Greatest Natural Remedies

Eight of Winter's Greatest Remedies

Echinacea

This is one herb that protects against colds by boosting your immune system. The parts of this herb that are useful in relation to medication include its roots, its leaves, and even its flowers.

All you need to do is get some of the herb's extract and then take between half a teaspoon to one full teaspoon of the tincture after each 2hrs. You need to continue taking it in this dosage until the symptoms of cold disappear.

Goldenseal

This extract that is bitter in taste can help you to kill bacteria during infections, and it can help to cure any cold that may attack you in the winter season.

The way to use the goldenseal is by taking tiny doses of it as it is quite potent, and you do this in form of capsules or even tinctures. For a warning, you need to be conscious not to give goldenseal to expectant women and also to people suffering hypertension.

The ginger cure

You can make some tea-like beverage from ginger and drink it, and this is bound to ease any congestion in your chest as it warms up your body. At the same time, this recipe acts as an anti-inflammatory, soothing and healing

your sore throat. It is also great at fighting anti-bacterial infection.

One of the easiest ways to prepare this recipe is by letting your fresh ginger simmer for around 20min, and then straining it, before adding a little honey. You can also use dried ginger and prepare it the same way. Finally, squeeze out some fresh lemon juice and add into your ginger mixture if you are comfortable with lemon. This is a cure you can take side by side with soups or meals like French fries.

The Slippery Elm

You need to get some lozenges of slippery elm, and these you can find in food stores, particularly those dealing with healthy foods.

You will require:

Bark of slippery elm (dried) – 1 tablespoon

Clean drinking water – 1 cup

All you need to do is put the dried elm into your cup of water, and then you strain it before drinking it.

This remedy is great at soothing the sore throat. It contains mucilage, something that has the capacity to coat your throat, helping it to relieve coughs.

The thyme remedy

Thyme is a herb with anti-bacterial properties, whether used as fresh or in dried form. It, thus, wards off cold related infections in winter, and keeps you protected as you consume it.

It is effective when you use it in soups or any of your stews, and it still has a great flavor. To make this winter remedy:

You can begin by pouring water that is near boiling point into your pot

Then you add to it a pinch of dried thyme, or even fresh thyme.

You then follow that up by switching off the heat.

To use the remedy effectively, you need to create some tent using something like a towel, nicely draped over your head and also your pot concurrently. After that you can breathe in the steam from this natural remedy for a period of 5 min.

The astragalus

Using the natural herb, astragalus, strengthens your body so that as time goes by it is able to withstand ailments. It is very handy in the winter season when the body is threatened by cold related ailments.

You can take this remedy in form of a capsule or even a tincture, to keep off colds and the flu. It also works when you consume it in soups or even in rice. Ensure you remove the actual herb before drinking your remedy or the food with the remedy.

(1) The eucalyptus remedy

Your ingredients are:

(i) Eucalyptus essential oil – a few drops

(ii) Boiling water

(iii) The easiest way of making the eucalyptus winter remedy is by:

(iv) Putting a couple of drops into the boiling water

(v) Then switch off the fire soon after that

Your winter remedy is ready, and you can use it immediately by first draping some towel over your head and over the basin with hot water. You can then proceed to breathe the vapor for some five good minutes. The remedy's anti-bacterial properties will begin working, and also its expectorant properties. In essence, if your chest was heavy and the breathing difficult, the chest will

feel lighter and you begin to breathe with more ease and comfort. Remember essential oils are not meant to be ingested but for external use.

The Siberian Ginseng

This potent winter remedy is also referred to as *Eleuthero*, which is short for *Eleutherococcus senticosus*. It is one of those cherished herbs that strengthen your immune system, making you ward off many of winter's ailments.

The ingredients you need:

- (i) Siberian ginseng
- (ii) Cardamom
- (iii) Ginger
- (iv) Cinnamon
- (v) Plain water

To prepare this remedy, you need to:

- Boil your water first
- Then put in your ingredients for them to boil with the water
- Once the natural ingredients are well blended, you need to reduce the heat of the fire, leaving the contents to simmer for around 20min.
- Finally, you can strain the contents.

The way to make use of this winter remedy is to drink 2 or 3 cups of it every day.

Mullein tea

This beverage that is made from the flowering plant, Mullein, is great in making a natural expectorant, which can keep your respiratory system open and clear all through winter. Moreover, it has a soothing effect which is very important particularly when you have a cough.

The ingredients for this recipe are:

- (i) Boiling water – 1 cup
- (ii) Mullein leaves – 1 tablespoon
- (iii) Honey – some
- (iv) Lemon

What you need to do is:

- To pour the boiling water on top of the Mullein leaves
- Then leave the contents to steep for around 20min
- After that you need to strain the contents
- Finally, squeeze lemon juice into the contents and add the honey.

The honey and the lemon do not only contribute to the healing, but they also serve to reduce the bitter taste of Mullein. What you have just made is Mullein tea, and it is a great winter remedy.

Chapter 5: DIY Remedies To Ward Off Winter Ailments

14 Great DIY Remedies

The Tulsi remedy

This is a winter remedy made from basil leaves. It protects you from bacterial infection when you take the tea made from the leaves.

You can make your own tulsi remedy by brewing the leaves into a form of beverage. For strong protection against illness, experts recommend that you take 2 or 3 cups of the tulsi tea on a daily basis.

Yin Chiao

The ingredients are:

- (i) The honeysuckle leaves
- (ii) The forsythia leaves

What you can do at home is make a decoction out of the ingredients shown, and then you drink it just like tea. It should ease congestion and any symptoms of a cold like sneezing.

Sage

The same sage herb that is known for its culinary properties is also great at curing sore throats. It is also useful when it comes to drying up sinuses.

All you need to do to prepare the recipe is make a concentrated tea-like beverage from the sage leaves, in the ratio of 4 ounces: 2 teaspoons when

measuring water to sage respectively.

Ensure its warmth is at room temperature before gargling it. Once you gargle the same amount of sage mixture three times in a day, your sore throat will be gone before you know what is happening. However, when it comes to drippy sinuses, you need to actually drink the sage beverage or tea for them to heal.

The Ginger Licorice remedy

This root remedy is great at boosting your immune system in winter. It soothes the throat and treats the winter coughs and colds. It has been hailed for its healing properties by herbalist, 'Dr' John Raymond Christopher.

The ingredients you need are:

- (i) Water – 2 quarts
- (ii) Ground Licorice root- ¼ cup
- (iii) Fresh ginger (unpeeled) – 1 finger

Method of preparing the recipe:

- You need to put the water in a pot
- Then add your licorice root
- Add the ginger next
- Put your pot on the fire and let the contents boil for around 10min
- Finally strain the contents
- Your ginger licorice remedy is finally ready for consumption

The Oregano remedy

Ingredients:

- (i) Oregano oil – 3 or 4 drops
- (ii) Water – 1 glass

You just need to dilute the Oregano with the water and then drink. This remedy is known for reducing nasal congestion. As long as you do not mind its not-not-so-nice taste that gives it the name Satan's urine, your respiratory system will be fine all through winter.

The Echinacea remedy

This is a tea-like beverage made from Echinacea, a flowering herb with great healing properties. You can take it in winter to boost and also stimulate your immune system, so that you can keep winter ailments and pains at bay.

Ginger tea

The ingredients are:

- (i) The ginger root (fresh)
- (ii) Lemon juice (fresh)
- (iii) Honey

You need to make a drink like tea from these ingredients and then drink it to fight the winter colds.

DIY natural cough syrup

Ingredients:

- (i) Honey – ¼ cup
- (ii) Apple cider vinegar (ACP) – ¼ cup

Once you mix the two ingredients properly, your cough syrup is ready. To keep the winter ailments at bay, you need to take 1 tablespoon in interludes of

4hrs.

The honey remedy

Dr. Oz recommends that you consume raw honey as it is, neither filtering nor heating it. It has the power to boost your immunity and keep winter colds at bay. Even the American Academy of Pediatrics says it is advisable to give honey to 1yr olds and those younger.

The honeyed lemon remedy

You just need to put some honey in water that is warm, and then squeeze in some fresh lemon juice. According to Dr. Benjamin Asher, this remedy will cure your sore throat.

ACV remedy

Apple Cider Vinegar is a great cure for sore throats and it works through gargling.

Natural salt remedy

Dr. Asher reckons that you can cure an irritating throat and other discomforts caused by dry air by gargling natural salt. Some winters are not just cold but also dry, and so salt is a handy natural winter remedy. You can also make nasal drops from it in order to loosen the mucus making breathing difficult.

Chicken broth remedy

Chicken broth is a great natural remedy, and Dr. Amy Myers recommends it together with bone broth in general. Chicken soup is great for winter particularly if you consider it has cysteines, substances that thin mucus. It is even better for killing germs when you add hot peppers as well as garlic in it.

The Olbas oil recipe

You need to put a couple of Olbas oil drops in some hot water in a bowl. The way to cure your cold with this remedy is by leaning over the bowl and covering yourself and the bowl using a towel. You will feel your congested vessels relax, and the aching vessels and muscles soothed.

Conclusion

I hope you have enjoyed reading the book, *How Not To Get Sick during Winter Season: 29 Homemade Remedies That Approved by Doctors*. I also hope that many of the ailments listed in the book do resonate with you, and that you look forward to warding them off using your homemade natural remedies.

At this juncture, you may wish to try out making different remedies, so that you can make it on demand whenever you or any of your family members needs to boost their immunity or require a quick natural cure for colds, the flu, and other winter related ailments.

Cough Relieving: 25 Home Remedies

The cough is one infection that virtually everyone will get at some point in their life. In fact, you may experience a cough or a cold once or twice every year, especially as the seasons change.

There are two main types of cough, infectious and non infectious.

- Infectious coughs are the result of an infection in our respiratory tract. This includes the common cold but also covers bronchitis, whooping cough and a whole range of sinus infections.
- Noninfectious coughs are when an existing condition, such as emphysema or asthma flares up and irritates the lining of your respiratory tract. These can also be caused by environmental toxins.

Put simply, a cough occurs any time your respiratory system is irritated. You can cough voluntarily or involuntarily but the good news is that these remedies will soothe your throat and provide instant relief for the irritation.

Of course, you can purchase a range of over the counter medicines which will promise to soothe the symptoms and help you to overcome your cough. But, you can achieve the same results with natural remedies. These have no potentially harmful chemicals in them; they are made from natural products and can cost virtually nothing.

You will hear people refer to different types of cough. These include:

- Dry coughs – these are the ones which sound like you’re hacking your lungs up and will quickly make the back of your throat feel sore.

It usually refers to the upper respiratory tract but it can be a sign that your lower tract has become infected.

This is the most common cough associated with a cold although it can also be caused by asthma and exposure to cigarette smoke.

- Wet cough – when fluid collects in the lower respiratory tract you need to cough in order to get rid of the fluid. If you don’t you will risk a more serious infection and even potential breathing issues.

These are commonly the result of an infection or asthma and you will generally cough up fluids; although not blood.

- Croup – this is a version of the dry cough but you’ll sound like a seal barking. You may also notice a high pitched noise when breathing.

This cough sounds much worse than it is and generally only affects children. But you do need to treat it as early as possible.

- Whooping Cough – if you have this you’re likely to have a dry cough but it will be hard to shift. It will generally be worse at night and result in a coughing fit. After the fit you’ll need to breathe deeply and there may be a whooping sound accompanying it.

It is worth noting that lying down will encourage fluids to collect in your lungs. You need to cough in order to get rid of this fluid. Fortunately, all the remedies in this book will help to relieve the symptoms and leave you feeling much better in no time at all. Read on to discover everything you need to know regarding relieving coughs!

Chapter 1 – 5 Homemade Syrups

Syrup can be extremely effective at soothing an irritated throat and stopping a cough. This is because it will slide down your throat and provide a protective layer over the fine hairs which are being irritated.

The following 5 syrups will all help to relieve the symptoms of your cold and prevent you coughing:

1. *Ginger Syrup*



You ' ll need:

- 1tsp of ground ginger
- A pinch of cayenne pepper
- 3 tablespoons Honey, preferably runny honey.
- 3 tablespoons apple cider vinegar

- 1 lemon juiced
- 1 cup of water.

Making this remedy is simple! All you need to do is place all the ingredients inside a bottle or container which can be sealed shut.

A sealed container allows you to keep the mixture for a while but it will also allow you to shake it vigorously. You should give it a further shake before you take the medicine.

It is advisable to only take 1 teaspoon of the syrup remedy at a time. This is a potent remedy, too much at one go might leave you feeling your throat is on fire!

The good news is that you can use this all natural al syrup remedy as many times as you want throughout the day.

While this is safe for children as well as adults, it should never be given to a child under 1 year old. At this age honey can be dangerous to children and this mixture has a fairly large amount of honey!

The mixture should be kept in a sealed container but it does not need to be kept in the refrigerator.

2. *Herbal Syrup*



Stick with the natural approach but add a few potent herbs. This will help to relieve the cough and heal the infection.

You might not realize it but herbs contain powerful medicines and many of the modern prescription drugs are derived from herbs!

Ingredients:

- ½ cup Ginger – preferably freshly grated root.
- ½ cup marshmallow root – again preferably freshly grated.
- ½ cup flowers from a Chamomile plant.
- 3 tablespoons of dried cinnamon.
- 1 Freshly squeezed lemon.
- 2 Cups honey; preferably liquid honey.
- 8 cups of water

Start by putting the water into a saucepan with the chamomile, marshmallow, cinnamon and ginger. Bring it to the boil and allow to simmer.

You ' ll need to keep it simmering until the mixture has reduced by half.

You can then run the mixture through a strainer to ensure you have just the liquid and not the flowers or other parts of the herb plants.

Next, allow it to cool for five minutes so that it is warm but not boiling. Add the honey and the lemon, stirring as you go to ensure it is thoroughly mixed.

You can then transfer it to a sealed container and store in your refrigerator. It should be used within 2 months of being made.

Administer 1 tablespoon for adults or a teaspoon for children when needed. There is no limit to how much you can consume each day.

3. Ginger & Pepper

Keep it simple with this easy and effective syrup recipe:

You will need:

- 1 cup of warm water.
- 2 tablespoons Dried ginger.
- 2 tablespoons dried Thyme.
- 2 tablespoons dried black pepper.
- 12 tablespoons of honey.

Start by mixing the honey and the warm water together. This can be warm from the tap or heated gently in the microwave or on the stove.

Next slowly add in the ginger, thyme and pepper. Stir it well as you do so. The mixture will become syrup. You may prefer to whisk your mixture to ensure it is blended thoroughly.

You can then store it in a sealed container. If you keep it in a cool place away from direct sunlight it should last for three or four weeks.

Take one teaspoon as and when you need it; there is no limit regarding how many times a day you can take this syrup.

4. *Chocolate Syrup*

Not only is this effective at relieving coughs, it also tastes delicious. You 'll have no problem getting your children to take it.

Of course, it must be noted that this recipe involves honey that should never be given to a child under one year old.

You will need:

- 4 Tablespoons honey.
- 1 Tablespoon Apple cider vinegar.
- 3 tablespoons water.
- 4 tablespoons melted chocolate; preferably dark chocolate.
- ¼ teaspoon grated ginger; preferably fresh ginger.
- ½ teaspoon grated garlic; preferably fresh.
- Pinch of cayenne pepper

This is another mixture which is very easy to make. Simply place all the ingredients into a sealable jar or container and shake vigorously for several minutes.

To use, take one teaspoon every couple of hours. The mixture will keep for approximately a week in a cool and dry place.

5. *Olive Cough Syrup*

Every kitchen should already have the ingredients needed for this cough syrup which makes it the perfect addition to your arsenal against coughs!

You will need:

- 1 Cup liquid honey.
- ½ cup olive oil.
- 1 freshly squeezed lemon.

Mixing them is easy; you simply need a suitable sized container and then place all the ingredients into it. Shake vigorously until they are fully blended and then store the syrup in the refrigerator.

It will last up to 6 weeks in the refrigerator or just 2 weeks if you keep it on the side.

To use, simply take 1 teaspoon as and when you need it. It is best to give half a dose to children and none to any child under one year old.

It is also worth noting that the honey in all these recipes can be replaced with maple syrup, if you prefer.

Chapter 2 – 5 Warming Balms

Another way to deal with your annoying cough is to create your own warming balm. These are generally rubbed into your chest to sooth your respiratory system.

This will allow you relief from coughing and assist your body in fighting any cough related infection.

There are some balms already on the market, such as tiger balm or even Vicks vapor rub. But you can make your own home remedy which will be just as effective and completely natural.

1. *Coconut Balm*



You should have these ingredients at home already and can make your own balm in less than 30 minutes; that's faster than getting to the shops and back!

You will need:

- 1 cup coconut oil
- ½ cup beeswax
- Eucalyptus oil
- White camphor oil

Start by putting the coconut oil and beeswax in a pan and gently heating them on your stove. You want them to melt but not boil.

Once this is done you can add approximately 20 drops of eucalyptus and 10 drops of white camphor. Stir it gently to ensure the ingredients are all blended.

Then, pour the contents into a suitable container or containers and leave on the side to harden. This should take approximately 15 minutes.

It is worth noting that you can re-melt it if you want to make it harder add more beeswax or you can add more oils to make it even more potent.

Once it is hardened you can rub it into your chest to warm and soothe your chest and cough.

2. *Garlic Balm*



Garlic has been used in a huge range of traditional medicines as it is an extremely effective antioxidant and anti-inflammatory. You can make a balm with garlic which will soothe your cough although it might not make you smell that good.

You will need:

- 6 cloves of Garlic
- ¼ cup Coconut Oil
- 10 drops of lavender oil

Start by peeling the garlic cloves and then acing them in a blender. You can add the coconut oil and lavender oil before you blend.

Then simply turn your blender on, with the lid in place, to transform the ingredients into a paste. This will take several minutes and you will need to scrape the bowl several times to ensure every part of the garlic is blended.

You might also note it smells!

Once it is all blended properly you will need to transfer it into a container. It will last in the refrigerator for approximately 4 weeks. The refrigerator will also speed up the setting process.

To apply simply rub a little on your chest, or your child's chest and some on the soles of your feet. There are a huge number of receptors in your feet.

You can reapply the balm every 3 hours and it can even be used on babies.

3. *Peppermint Balm*



The smell of peppermint is often enough to clear a blocked nose so it is hardly surprising that this is an excellent choice for your home made balm.

You will need:

- ½ cup coconut oil.
- 30 drops of Peppermint oil.
- ¼ cup beeswax.

- 20 drops Eucalyptus oil.
- 15 drops Rosemary oil.

The first step is to melt your beeswax in a pan. You can do this on the stove or you can use a double boiler system, a pan inside a pan of boiling water. Once it has melted stir in the coconut oil and blend, while continuing to warm.

Then add your peppermint, eucalyptus and rosemary oils. Again, stir thoroughly.

It is best to keep this in a glass container, but metal will also do. Plastic is not a good idea. Pour the mixture into your container and leave it to set. This will take between 15 and 30 minutes.

You can even use an old lipstick or lip balm tube to make portable balm!

This can be applied as many times as you like throughout the day. The balm can be put on the soles of your feet and on your chest; it will help to clear your airways while soothing your irritated throat.

4. *Essential Oil Balm*



There are many different essential oils which can be used to treat an annoying cough. This mixture is designed to help you to breathe easier, effectively preventing the irritation of your respiratory system which makes you cough.

You will need:

- 10 drops peppermint oil.
- 10 drops eucalyptus oil.
- 10 drops rosemary oil.
- 10 drops cypress oil.
- ½ cup beeswax.
- ½ cup sunflower oil.

Slowly warm the sunflower oil and beeswax in a bowl. This can be done on the stove or in the microwave but it must be done slowly.

Once it is melted and fully blended you can start to add the essential oils. It is possible to put more than the 10 drops in if you feel this will be beneficial. The mixture should be removed from the heat before you add the oils although it will still be warm.

Once thoroughly blended you can pour the mixture into a suitable glass container, or two, and then leave it to cool and set. This will take between 15 and 30 minutes.

You can smear it across your chest or on the soles of your feet to experience almost instant effects.

It is worth noting that this mixture is completely safe for use on children of all ages.

5. Vapor Rub

You can make an all purpose vapor rub very easily. This will help with coughs but can also be beneficial for sore and aching muscles!

You will need:

- 4 ounces sweet almond oil.
- 30 drops eucalyptus oil.
- 30 drops basil oil
- 30 drops hyssop oil

Simply mix all the oils together; you can warm them to ensure they blend effectively although this is not essential.

Once mixed you will be able to rub this onto your chest, the soles of your feet or any part of your body which aches.

However, it should be noted that the mixture is still a liquid and the oil is likely to stain your clothes; this is not something you can wear out.

It is possible to solidify the mixture by adding some beeswax; it will need to be warmed and melted in before it can be left to set. It's up to you to decide if this step is necessary or not!

Chapter 3 – 5 Ointments That Really Work

Ointments work in a very similar way to the balms we have just reviewed. However, they are generally designed to be applied to the chest and the throat. This is different from balms which are generally too powerful for the throat.

It is worth noting that an ointment can be very useful to help you sleep at night.

Here are 5 homemade ointment recipes:

1. *Lemon Ointment*



This delightful fragrance will help ease your cough while transporting you to a land of sunshine. By preventing the cough and helping you to feel more positive the ointment will allow your body to focus on what is important, beating the infection which usually comes with a cough.

You will need:

- 3 Freshly squeezed lemons
- 2 tablespoons of coconut oil
- Additional essential oils to suit your taste buds.

Simply warm the coconut oil gently, it will melt and become liquid. This allows you to add the lemon juice and any oils you want to the coconut oil.

Blend thoroughly before removing from the heat, pouring into a suitable container and allowing it to cool.

You can then use it on your chest and throat to help sure you don ' t need to cough.

2. Whipped Ointment



This is, as the name suggests, created by using a bowl and a whisk. It is very simple!

You will need:

- ½ cup coconut oil.

- ½ cu shea butter.
- 40 drops of peppermint oil
- 40 drops of eucalyptus oil.
- 20 drops lavender oil
- 10 drops lemon oil
- 10 drops tea tree oil.

Start by putting the coconut oil and shea butter in your bowl and whisking them for approximately 1 minute. Then add all the different oils to your mixture and whisk it again. It should take between 2 and 3 minutes to go 'fluffy'.

Once fully blended simply put the mixture into a suitable container and you can use it straight away.

It can be kept in a cool, dark place for up to 6 months.

To apply it all you need to do is rub the mixture on your back, shoulders, neck and chest. You can even rub it into your hands and hold them under your nose to help clear it.

This is safe to use on young children as well as adults.

3. *Plantain Ointment*



This ointment is an essential for every first aid kit. It has a range of positive effects, including anti-inflammatory and soothing qualities. This can help to soothe the irritation linked with coughing and help your body to recover from the infection.

It can also be used for bee stings, poison ivy, eczema and even sunburn.

You will need:

- 1 cup Fresh chopped plantain leaves
- 2 cups coconut oil
- 1 ¼ tablespoon of beeswax
- 1 teaspoon tea tree oil.

The first step is to warm the coconut oil to ensure it is a liquid. You can then add the beeswax to melt this as well.

While this is melting put the leaves into one or two jars. Only fill the jars half

full.

Then add the beeswax and oil mixture to each jar, covering all the leaves.

Let it sit for 30 minutes before gently warming the jars to return the mixture to liquid. Strain it through a fine mesh to remove all trace of leaves and then return to the glass jars; making sure they are clean in the process. Add a few drops of the tea tree oil to each jar and mix before leaving them to set.

Apply as and when needed to your chest, shoulders, throat and the soles of your feet.

4. *Eucalyptus Oil Ointment*



Eucalyptus oil has been used for centuries to treat a wild array of medicinal issues, including respiratory issues.

It is very effective at relieving the symptom and irritation of a cough but you should never use this essential oil directly onto your skin; it will burn!

Instead, mix 20 drops of it with $\frac{1}{2}$ cup of a carrier oil, such as sweet almond oil. This will provide an ointment which can be used directly on your skin.

5. *Herbal Ointment*



This ointment has an array of different essential oils and herbs in it which will virtually guarantee a positive effect on your cough.

You will need:

- $\frac{1}{4}$ cup crushed eucalyptus leaves
- $\frac{1}{4}$ cup crushed peppermint leaves
- Pinch crushed rosemary leaves
- Pinch crushed thyme leaves
- $\frac{1}{4}$ cup jojoba oil
- 1 teaspoon vitamin E oil

- 15 drops eucalyptus oil
- 10 drops peppermint oil
- ¼ cup beeswax

Place all the oils in a small pan or heat proof bowl and then add the crushed herbs to the mixture.

Place this bowl into a pan of hot water and allow them to infuse for thirty minutes. Then bring the water to boiling point and allow the mixture to simmer for one hour.

You can then strain the oil to remove all the crushed herbs. The liquid will need to be returned to the pan in order for you to add the beeswax.

Keep heating the pan so that the beeswax melts and blends with the other oils. You can then pour the ointment into a container and leave it to set. If stored in a cool, dry place it should last for a whole year!

To administer simply rub the ointment onto your chest, shoulders, back and neck. It should provide virtually instant relief.

Chapter 4 – 5 Infusions With Great Results

The best and most powerful infusions are certainly herbal teas. These harness the power of Mother Nature and couple them with delicious flavours to allow you to enjoy your medicine.

The sensation of the liquid travelling down your throat will soothe the irritated lining of your throat while the herbs will help your body to fight off any infection and end your cold.

1. *Sage Tea*



Sage is known to have positive effect on many of your body's systems. This makes it a good bet for dealing with a stubborn cough. It will not only relieve the cough it will help your body to recover from any infection.

You can infuse the tea by adding 3 or 4 fresh sage leaves to your cup of boiling water and leaving them to infuse for 5 minutes.

However, sage has a bitter taste. You can remove this bitterness by adding

lemon which is also beneficial for coughs.

You may also like to add a spoonful of honey as this will soothe your throat as you drink your sage tea.

2. *Herbal Honey Infusion*

Almost any herbal tea infusion can be improved in flavour by adding a natural sweetener. Honey is the obvious choice.

However, you can go one step further than this and actually infuse the honey with the herb, allowing you to have the benefits of the herbal infusion and honey in virtually any hot drink!

You will need:

- 1 cup honey
- ¼ cup of dried herbs; eucalyptus leaves are a good choice.
- Suitable container; sterilised.

Start by putting the honey and dried, crushed leaves into a jar. Then put this into a pan of boiling water and allow it to simmer for 15 minutes.

Do not let the honey mixture boil.

Now remove the jar and leave it to cool. Only once it has cooled can you add the lid and start using it.

The longer you leave the herbs in the honey the greater the infusion effect.

3. *Sore Throat Tea Infusion*



As its name suggests, this tea is designed to help relieve your sore throat; allowing you to focus on getting rid of your cough and cold.

You will need:

- 1 cup dried and crushed sage leaves.
- ½ cup slippery elm; also crushed.
- ½ cup cinnamon pieces.
- ½ cup grated fresh ginger.

Simply add all the ingredients to 2 cups of water and warm on the stove until it starts to boil. Allow it to simmer for 15 minutes before straining and drinking.

If you're feeling really brave you can add a pinch of cayenne pepper; to really clear your sinuses and sooth your throat. This is not a good idea if you are giving the infusion to young children!

4. *Horehound Tea Infusion*



You might not have heard of this herb before but it is rich in antioxidants and anti-inflammatory properties. In fact, it has been used for many years as a treatment for sore throats, coughs and colds.

There are many reports of this tea being beneficial.

The herb is native to Asia and most of Europe. You might be able to locate it near you. In this case you can add 3 or 4 fresh leaves to a cup of boiling water and allow it to infuse for 5 minutes before drinking.

If fresh leaves are not an option then you will be able to purchase dried and ground ones at your local health food store. A teaspoon of dried leaves is enough in a cup of water.

5. *Chamomile Tea*



You've probably come across this tea in one context or another. It is one of the most popular infusions for a number of reasons.

Chamomile tea has been shown to be effective at reducing swelling and redness; both of which you may be suffering in your throat.

It can also lubricate your throat and it has an antispasmodic action; which can help to reduce or even eliminate your coughing fits for a short while.

Again you can use fresh chamomile leaves brewed in boiling water for five minutes or you can opt for a dried equivalent. You can also use the flower in your tea! All types will help your body perform tissue repair.

Chapter 5 – 5 Additional Home Remedies

There are a range of other natural remedies which can be and should be used to help alleviate your cough and cold.

These five are incredibly simple to do but can aid the infusions, balms, ointments and syrups we have already made in this book:

1. Fluids



Dehydration causes dryness in all parts of your body, including your throat. This can cause your throat to become sore and irritated which will cause you to cough; even if you have no infection.

Simply consuming adequate amounts of water can prevent a cough from occurring or help to relieve the symptoms quickly and effectively.

Research suggests that an adult should consume between 2 and 3 litres of water a day.

2. Moist Air

When you have a dry cough it is a good idea to use moist air to help relieving the pain and irritation in your throat.

The easiest way to do this is to boil your kettle and pour it into a bowl. Then drape a towel over your head and hold your head above the bowl. The steam will go through your nose and throat, providing instant release.

You can improve the effectiveness of this steam by adding a few drops of eucalyptus or peppermint oil to the water. It will help to clear your sinuses and sooth your irritated throat.

3. Cool Air

If you have a wet cough then moist air is unlikely to have a positive effect on your cough. However, cold air will help.

You can step outside your apartment or stick your head out the window. The coolness of the fresh air will help to dry your throat and prevent it from being irritated by the mucus build-up in your lungs.

Of course, this only helps with the symptoms; you should still use some of the other remedies to help alleviate the cold and reduce your need to cough.

4. Pineapple juice

You might be surprised to learn that pineapple juice is actually a very effective cough reliever!

Pineapple juice is known as a lytic agent. This means it is capable of thinning the mucus in your body. The consequence of this is that the mucus will be

easier to shift and can be got out of your body without the need to have coughing fits.

Research has also shown that pineapple juice contains a substance known as bromelain which is effective at relieving other respiratory symptoms; such as asthma.

This makes it a good all-rounder and it is very easy to administer!

5. Salted water

Finally, you will find it beneficial to gargle with salt water. It is best to boil the water to ensure the salt melts into it and then wait for it to be cool before using it.

Salt water will kill the bacteria in your throat which is causing the infection and the need to cough.

All you need to do is gargle with the salt water two or three times a day and your cough will disappear in virtually no time!

Conclusion

Herbal and home-made remedies have been popular for many years and, in many cases, they have been proven to be effective at relieving the symptoms of disease as well as helping to cure illnesses.

It is certainly the case that the various remedies in this book can help to relieve your cough and will also aid your body in destroying any infection associated with the cough.

These recipes can be easily created by yourself at home and they can be adjusted to suit your own tastes. But, what is really important is that you appreciate that some of these medicines are not suitable for children.

It is also necessary to consider the fact that you can mix and match different recipes to give you the best combination for your specific circumstances. All the ingredients are natural.

However, it is important to proceed with caution. Although the ingredients are natural it is possible that too much of any one of them could lead to complications instead of cough relief.

If you are mixing your own versions of these recipes or taking a wide variety of different ones you should test each one first to ensure there are no side effects.

If you experience any issues it is essential that you stop taking your home-made remedy and seek professional help urgently. Although this might be unlikely it is important to be aware that it is possible.

This is particularly true if you are already taking any kind of medication as your cough relieving herbal remedy may conflict with your current medication.

Providing you are cautious in this regard then the recipes in this book should be easy to create and will help you gain relief from your cough as well as making you feel better quicker.

Most of these remedies have essential oils in and these should never be placed directly onto your skin. Indeed, if you are planning to use the remedy on a child then you may wish to half the dose of essential oil in the recipe; this will ensure your child is safe while still getting the benefit of the home-made remedy.

The best thing about home-made remedies is that you know exactly what goes into them!

Herbal Cold Remedies: 25 Kid-Friendly Homemade Treatments

I want to thank you and congratulate you for downloading the book, *“Herbal Cold Remedies: 25 Kids-Friendly Homemade Treatments for Sore Throat”*.

This book contains proven steps and strategies on how to treat a child suffering from sore throat and related ailments. The book begins by showing

you how to generally tell the child's sore throat is viral and not bacterial. This is important as it guides you on the best ingredients to use when preparing the cold remedy.

The book provides a list of 25 great cold remedies for children, which include syrups, infusions, lozenges, sprays and rinses. The beauty of this book is that it does not only give you easy-to-make recipes, but it also guides you on how to use them on children of different ages.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1: Facts about Kids Herbal Remedies for Colds

Would it be surprising to learn that kids are susceptible to sore throat just like adults? After all, children can also be exposed to viruses and bacteria the same way grownups are, ending up with viral or bacterial infections that lead to sore throat.

When your child develops sore throat from a bacterial infection, say of the strep strain, all you need to do is give the child an antibiotic and the kid's problem will be gone in a couple of days. However, if the sore throat is a result of viral infection, trying to treat it with antibiotics does not help. In fact, it might put the child in a worse health position, considering the medication ends up destroying some bacteria useful to the body.

If you are not yet prepared to take the kid for a doctor's test to determine if the throat infection is viral or bacterial, it may be a good idea to use natural homemade remedies on the child. Many times when a child develops a sore throat it is a result of a viral infection along the respiratory tract.

How to Tell the Sore Throat Is a Result of Viral Infection

It is easy to tell with relative accuracy when the child's sore throat is a result of a viral infection. For one, the child is likely to manifest a runny nose, a cough, or both. There may also be signs of a scratchy throat, sniffles, and sometimes sneezes, all of which can be alleviated by use of natural herbal remedies.

Advantages of Using Homemade Cold Remedies

Besides the fact that most synthetic medicines like those sold in chemists have side effects, there are other advantages to using herbal treatments in

their place. Many of the herbal remedies also serve to feed the body with natural nutrients, effectively making the body stronger and better prepared to fight off ailments the natural way.

Normally when you have treated a child of cold with pharmaceutical drugs and the symptoms are gone – the sneezing, the cough and the rest – there is still indication the child is feeling weak weeks after; sometimes up to six weeks after treatment. However, when you use herbal cold remedies, this general fatigue disappears fast; sometimes in a week or two.

Best Natural Herbs for Cold Remedies

Did you know there are some herbs that you can use to treat sore throats caused by bacteria too, and not just by viruses? Some herbs actually have antibacterial properties and others are antiseptic. They not only keep harmful bacteria at bay, they also kill those that may have invaded your body. When it comes to a child's sore throat, they actually kill the disease causing bacteria and hence heal the child's inflamed throat.

Some of the herbs go farther to sooth the throat and other parts of the respiratory system, bringing back peace and happy mood to the child.

Some of the most popular sore throat healing herbs also happen to have great culinary properties. Others have been used for years to treat other ailments with great success. Natural herbs that are handy to have around include:

1. Cayenne powder

This is generally great at numbing the pain a sore throat causes, hence helping to hasten the healing process. This is because the capsaicin in chilies has strong anti-inflammatory properties.

2. Cloves

These not only have antiseptic as well as anti-bacterial properties, they are also great at numbing pain. The herb has been popular with dentists for years, helping to numb patients' toothaches, and pain from sore throats and even mouth ulcers.

3. Echinacea root

The echinacea root has been hailed over the years for its power in boosting immunity, and also for speeding up the healing process where either bacterial or fungal infections are concerned. In addition, it has been known to effectively treat throat infections and general respiratory infections.

4. Garlic

Garlic is generally embraced for its immunity boosting properties, yet it also specifically treats infections of a respiratory nature as well as those affecting the chest and causing sore throat.

5. Marshmallow root

This one has anti-inflammatory properties and it soothes the irritated throat. If the child has a dry cough or a cold resembling bronchitis, the marshmallow root helps to treat it as well.

6. Licorice root

This herb helps to treat all kinds of coughs even as it soothes inflammation. It serves as an effective expectorant, relieving the child of phlegm when the cough is wet and productive. Since the root has a sweet flavor, children readily embrace syrups made from it, and the healing process is, therefore, hastened.

7. Sage leaf

This herb is great for healing, particularly when taken as infusion for sore throat, mouth inflammation, or coughs. It has anti-bacterial and antiseptic properties, and this means it can serve to cure a sore throat caused by bacteria.

8. Slippery Elm Bark

This is one herb that helps to treat sore throat by alleviating irritation on the mucous membrane. It has been used over the years to treat not only sore throat, but also coughs and an inflamed respiratory tract.

9. Lemon juice

This fresh juice has antiseptic as well as anti-bacterial properties, so it has a big impact treating a bacterial infected throat. Besides, it has anti-oxidant properties, making it suitable to boost the child's immunity. What makes it even better is the fact the lemon juice is effective in soothing inflammation and quelling coughs.

10. Raw Apple Cider vinegar

Apple cider vinegar is anti-bacterial and a great remedy for a sore throat caused by bacteria. It is also great at treating inflammation, even as it works to break up phlegm effectively serving as an expectorant.

11. Raw honey that is unfiltered

This natural honey has rich anti-bacterial and antiseptic properties. It also has moisturizing and soothing properties, meaning it does not only kill the bacteria that cause sore throat, but it also soothes the inflamed throat, and moisturizes it if dried up from continuous coughing.

12. Regular salt

Salt is effective in treating sore throat once you gargle it in water. The fact that it has antiseptic properties and bacteria find it hard to survive in a salty environment makes it suitable to treat sore throat.

13. Peppermint:

Peppermint is great at stimulating nerve endings within the mucous membrane, and effectively treating colds, including sore throat.

Caution While Using Herbs for Children Remedies

It is generally a good idea to avoid using herbal remedies on children when they are on other treatments, say prescription medicine. This is because the herbal treatment might be increasing some effect of the pharmacy medication that needs to be controlled, such as sedation.

For example, chamomile has a sedating effect while ginger has the effect of contracting the gall bladder to enhance the flow of bile into the intestines. If you give your child a homemade remedy with either of these ingredients while the same child is on medication with the same effect, you would be putting the child's health in jeopardy; and sometimes the situation can be fatal.

And although substituting over-the-counter medication for natural herbal remedies is a fabulous idea, you need to keep in mind that the US Food and Drug Administration (FDA) has recommended avoiding giving cough and cold drugs to children younger than 2yrs. It could be a good idea to follow the same principle in the case of herbal cold remedies.

As for honey, it is best to avoid using it in cold syrups meant for children below a year.

- Chamomile

Avoid using chamomile if the child is allergic to ragweed, a North American plant with lots of pollen, and which sometimes causes hay fever. Although allergies to chamomile are not very common, it is good to play safe where kids are concerned, because those allergic to ragweed might also be allergic to chamomile.

- Echinacea root

If the child has an autoimmune disorder, avoid using this root that stimulates the immune system.

- Peppermint

Peppermint can cause negative reactions in a child even as it treats the sore throat. For instance, if you apply a substance with peppermint under the child's nose, the child's breathing might be temporarily inhibited; what experts call infantile apnea. The child might also suffer heartburn after ingesting peppermint, and sometimes the child might experience a mild burning sensation around the rectal area.

Chapter 2: Natural Syrups to Treat Sore Throat

When preparing cold syrups for children, keep in mind the points of caution provided in the first chapter of this book. If, for example, there is an ingredient good for colds but which your child is likely to be allergic to, leave it out.

Also note that honey is not recommended for very young children – those below 1yr of age. The risk of botulism is one reason for this. So, use honey in your syrup only if the child is a bit older.

As for dosage, one teaspoonful of herbal cold syrup per day is sufficient if the child is very young, say three years or thereabouts. Otherwise, you can increase the dosage to twice per day if the child is big, say, five years and above.

5 Best Herbal Cold Syrups for Kids

1. Lemon-Ginger Immune Boosting Syrup

Ingredients:

- (i) Raw honey – 15oz
- (ii) Ginger – 2 large
- (iii) Lemon (organic) – 1
- (iv) Cinnamon (organic) – 2 sticks

Method of Preparation:

- Wash the pieces of ginger properly and then dry them
- Scrape the ginger skin off using the side of a spoon or something similar
- Take one piece of ginger and grate it.

- Take the remaining pieces of ginger and slice them.
- Wash the lemon properly and dry it. You may use vinegar for that or some fruit wash.
- Without peeling the lemon, cut it into quarters.
- Next, remove the seeds from the lemon if there are some
- Slice each piece of lemon quarter thinly.
- Take the cinnamon sticks and cut them so they can fit in the Mason jar you will be using to store your syrup.
- Grate some pieces of cinnamon and set the grated cinnamon aside
- Take the honey and pour it into your empty jar leaving it halfway full.
- Next, dip in the cinnamon sticks.
- Add in some sliced ginger, followed by slices of lemon, putting them in alternating layers till the jar is about filled up.
- Add in the grated ginger plus the grated cinnamon.
- Mix the jar contents well.

2. Garlic-Radish syrup

This syrup is effective enough to break up congestion within the chest area and clearing it out.

Ingredients:

- (i) Honey – 1 cup
- (ii) Lemon juice – 1 cup
- (iii) Radishes – 6
- (iv) Red onion – 1 small size
- (v) Garlic – 6 cloves

Method of Preparation:

- Wash the vegetables clean
- Trim the clean vegetables as need be
- Cut your onion into chunks; around two or three of them

- Put all the ingredients you have prepared into a blender
- Blend till the mixture is smooth
- Strain the mixture

Your cold syrup is now ready for use, and you can refrigerate it for a week or thereabouts as you continue using it.

Once you begin giving the child this cold syrup, you should begin to see positive results within 24hrs. Do not even be surprised to see the child expelling phlegm within just a couple of hours of taking the first spoonful of syrup.

3. Virgin-Lemon syrup

This syrup will soothe your child's sore throat and quell the night time irritating coughs. You can vary the number of lemons you use in your child syrup, minding the balance of sweetness you make between the lemon and the honey.

Ingredients:

- (i) Raw honey – 1½ cups
- (ii) Extra virgin olive oil – ½ cup
- (iii) Fresh organic lemons – 3

Method of Preparation:

- Put your honey into a small pot
- Add in the extra virgin olive oil
- Squeeze the juice out of the lemons and add it into the pot too
- Stir the ingredients
- Light a fire and place the pot over it.
- Heat the ingredients at medium temperature as you stir.
- Remove pot from the heat source when the contents begin

steaming.

- Let the mixture cool.

Your child's cold syrup is now ready for consumption. Pour the mixture into a jar and cover it with a lid. Every time you want to give the syrup to the child, you need to warm the amount a little and stir it. Store the remaining syrup in a refrigerator. Still, some people have been known to store the syrup at room temperature and it still lasted many days, still safe for use.

Giving the child this syrup when you notice signs of a cold on the way can keep the actual cold at bay. It is an effective and safe pre-emptive measure.

4. Lemon-Coconut Syrup

Ingredients:

- (i) Lemon juice – 4 tablespoons
- (ii) Coconut oil – 2 tablespoons
- (iii) Raw honey – $\frac{1}{3}$ cup

Do not be surprised that lemon is being used often in the children cold syrups, because it is a great detoxifier. It makes the child's body unfavorable for disease causing micro-organisms. Of course, this is in addition to the fact it has anti-inflammatory as well as anti-viral properties. Better still, it has unique capacity to break up mucous that clog the respiratory system.

Coconut is being used in this cold syrup for its anti-inflammatory, anti-microbial, anti-bacterial as well as anti-viral properties. It is actually credited with increasing white blood cells, which are known to fight infections and combat viruses. No wonder the fruit is popular for fighting winter colds.

Method of Preparation:

- Put the honey, the coconut and the lemon juice in a small pot
- Place the pot on fire, and heat it on low temperature. All you want

is to do is melt your coconut oil as you warm your honey, just to enable them mix well.

- Remove the pot from the heat source and mix the contents nicely.

Your child cold syrup is now ready, and you can let it cool for later use. If it is not needed for immediate use, you can store it in your refrigerator till you need it. However, if your child is already ill, you can put the syrup in a closed container for hygiene purposes, and then place it on some kitchen counter to keep it liquid and ready for use.

If you store it in the refrigerator, the coconut part of it solidifies, and you will need to warm the syrup every time to be able to use it.

Note:

If your child's sore throat is very serious, you can add some high quality oregano oil as an ingredient; say a teaspoon of it, as it serves as an effective natural antibiotic.

5. Sugared onion syrup

Ingredients:

- (i) Brown onion (peeled) – 1
- (ii) Granulated sugar (white) – 3 tablespoons

Method of Preparation:

- Take a small plate and slice your onion onto it. The onion slices should be big.
- Sprinkle the granulated sugar over the slices of onion.
- Leave the plate alone for a couple of hours. When you observe onion juice collecting at the bottom of your plate, you have your cold syrup ready.

Collect that onion juice into a teaspoon for immediate consumption, and keep

the remaining contents of the plate in a clean place. You can give your child a teaspoon of this juice on an hourly basis to treat the cold. Remember onion is a great natural expectorant.

Chapter 3: Natural Infusions for Colds

Once your infusion is ready, you can begin giving it to your child in doses similar to those of herbal cold syrups, until the sore throat and other signs of cold are gone. Ensure the strength of the infusion matches the age of the child.

5 Effective Herbal Infusions for Sore Throat

1. Chamomile infusion

Ingredients:

- (i) Dried chamomile flowers – a handful
- (ii) Fresh water just boiled – 250ml

Method of Preparation:

- Put the chamomile flowers in a clean mug
- Once the boiled water is a little cooler, pour it on the dried flowers.
- Leave it to steep for around 10 minutes.
- Sieve the infusion and you have it ready to treat your child's cold.

2. Ginger-Cinnamon infusion

Ingredients

- (i) Ginger (grated) – 1 stick
- (ii) Cinnamon – 1 stick
- (iii) Lemon zest – 2 lemons
- (iv) Fresh water – ½ cup

Method of Preparation:

- Mix the ginger, cinnamon and lemon zest in a small pot
- Add in the water and boil the contents for ¼hr.
- Your infusion is ready for use. A teaspoon twice a day is generally good for the child with a cold.

3. Lemon-Honey-Apple Cider infusion

Ingredients:

- (i) Apple cider vinegar – 1 teaspoon
- (ii) Fresh lemon juice – 1 lemon
- (iii) Raw honey – 1 teaspoon
- (iv) Cayenne pepper – just a pinch
- (v) Fresh water – 1 glass

Method of Preparation

- Heat the water first till it boils
- Take the water off the fire
- Add in half of the lemon juice
- Add in the apple cider vinegar
- Add in the honey too
- Add in the cayenne pepper, or leave it out if the child is very young.

Your herbal infusion is now ready to drink. If the child is big enough to understand, ask him or her to swallow the infusion slowly so that it lingers at the throat a bit. That way, the effectiveness of the infusion will be felt sooner.

If the child is big and can handle a strong drink, use all the lemon juice from your fruit and also add cayenne pepper to the infusion.

4. Infusion made out of Licorice Root

Ingredients:

1. Piece of Licorice root
2. Fresh water - 1 glass

Method of Preparation:

- Place the licorice root in a small pot
- Add in the fresh water
- Place the pot on fire and bring the water to a boil
- Lower the fire and let the contents simmer for around 10 minutes.
- Sieve the liquid that will serve as your child's cold infusion.

5. Infusion made out of Marshmallow

Ingredients:

- (i) Marshmallow root (dried) – 28g
- (ii) Fresh water – 1 liter

Method of Preparation:

- Wrap the marshmallow root in a cheesecloth
- Tie up the bundle
- Immerse the cheesecloth bundle in the cold water in a jar
- Pull the tied end of the cheesecloth over the mouth of the jar.
- Cover the jar with its lid nicely.
- Let your jar rest overnight, or, at least, for 8hrs, during which time infusion will be taking place.
- Pull out the bundle from the jar.

The infusion in the jar is the effective cold remedy. You can add some glucose or other sweetener to make it palatable for the child.

Chapter 4: Best Natural Lozenges for Colds

Herbal lozenges are good for big children as they can lick them without swallowing them whole.

5 Herbal Lozenges Great for Kids

1. Ginger root cold lozenges

Ingredients:

- (i) Raw ginger root – Around 5cm long
- (ii) Fresh water – 1 cup
- (iii) Raw honey – 1 cup
- (iv) Lemon zest – 1 tablespoon
- (v) Powdered sugar – enough to cast the lozenges

Method of Preparation:

- Scrape the skin off the ginger root
- Crush the peeled ginger root
- Pour the water in a pan and add in the crushed ginger
- Place the pan over fire to heat the contents
- Once boiling, lower the fire and let the contents simmer for 5 minutes.
- Remove the pan from the heat source when the contents begin to release a strong aroma.
- Strain the liquid into a jug. It is what you need to make the lozenges.
- Add the honey into the ginger liquid.
- Put the mixture into a pan and place it on the fire and let it boil to form syrup.

- Add in the lemon zest and let the contents simmer on low heat for around 3hrs.
- Stir the pan occasionally.
- Remove pan from the heat and let the syrup cool. The syrup will thicken in the process, forming the material you want for your lozenges.
- Cast the lozenges in the powdered sugar. You can do that on some butter paper.
- You can use a spoon to form dollops from the thick syrup, and once these have solidified they will serve as the child's lozenges.

2. *Honey-Ginger lozenges*

Ingredients:

- (i) Regular Sugar – 1 cup
- (ii) Powdered sugar – ¼ cup
- (iii) Water – ½ cup
- (iv) Lemon juice – 1 tablespoon
- (v) Honey – 1 tablespoon
- (vi) Ginger (ground) – ½ teaspoon
- (vii) Cloves (ground) – ¼ teaspoon

Method of Preparation:

- Put the water into a small pot
- Add in the sugar
- Cut the lemon into two and squeeze out the juice, then add it into the pot.
- Add in the honey
- Add in the ginger
- Mix the contents thoroughly.
- Add in the cloves and mix the contents again.
- Place the pot on fire and heat contents as you stir.

- Let it reach a point of simmering, and then lower the heat.
- Let contents simmer for a total 20 minutes and stir regularly.
- Remove pot from the heat source and let the contents cool a bit.
- Pour the thick contents onto a baking sheet lined with parchment paper, ensuring the contents drop in little separate dots.
 - Cover the drops of thick syrup with powdered sugar, and that will ensure they do not stick onto one another.

The drops soon firm into lozenges as they continue cooling, and you can transfer them onto a clean dry plate for use as need be.

3. Marshmallow cold lozenges

Ingredients:

- (i) Dried violet petals (untreated) – ¼ cup
- (ii) Dried rose petals (untreated) – ¼ cup
- (iii) Dried marshmallow root (ground) – 1 teaspoon
- (iv) Maple syrup – 1 tablespoon

Method of Preparation:

- Put all the dried petals in a food processor
- Crush them till they turn into a fine powder
- Add in the maple syrup and stir, mixing thoroughly till you see the mixture thicken.
 - Add in the marshmallow and continue mixing. The mixture needs to be thick enough to be used to form balls.
 - Create small balls from the mixture and put them on a cookie sheet that you would have greased earlier on.
 - Leave the balls to rest for around 36hrs to harden.

Your cold lozenges are now ready for consumption. For those you want to

use later, wrap them in wax paper and store them in a cool place.

4. Slippery Elm Cold Lozenges

Ingredients

- (i) Boiled water – ¼ cup
- (ii) Slippery elm (in powder form) – ¼ cup
- (iii) Raw honey – 2 tablespoons

Method of Preparation:

- Put the slippery elm into a big bowl
- Put the raw honey into a cup and add in hot water to dissolve the honey
- Pour the honey solution onto the slippery elm powder
- Mix the ingredients using a fork
- Use your hands to roll the dough into tiny balls
- Roll the balls onto some more slippery elm powder to create an outer coat.
- Your cold lozenges are ready for consumption, and you can store them in the refrigerator if not using them right away.

5. Slippery Elm-Cinnamon Cold Lozenges

Ingredients

- (i) Slippery elm bark (ground into powder) – ½ cup
- (ii) Cinnamon powder (organic) – ¼ cup
- (iii) Honey – ⅓ cup

Method of Preparation:

- Put the honey in a cup and immerse it in a bowl of hot water.
- Put the cinnamon and slippery elm in a bowl and mix them well.

- Pour in the melted honey and mix well. You now have a thick mixture from which to create lozenges.
- Dust your clean counter with some slippery elm powder and roll out your dough, making it around $\frac{1}{4}$ inches in thickness.
- Use a bottle top to cut the dough into lozenges.
- Leave them out in the open for 24hrs to dry.

Chapter 5: Herbal Throat Spray Tincture

Once ready for use, put the spray in a tiny spray bottle. Then spray the child's throat every 2hrs for fast healing.

5 Best Herbal Sprays for Colds

1. Elderberry Thyme Child Spray

Ingredients:

- (i) Dried Echinacea leaves – 1 tablespoon
- (ii) Dried Ginger leaves – 1 tablespoon
- (iii) Dried Marshmallow root – 1 tablespoon
- (iv) Dried Mint leaves – 1 tablespoon
- (v) Dried Elderberry leaves – 1 tablespoon
- (vi) Dried Thyme leaves – 1 tablespoon
- (vii) Fresh boiling water – ¼ cup
- (viii) Echinacea tincture – 1 cup

Preparation:

- Mix the ingredients in a mason jar.
- Add in the boiling water.
- Add in the Echinacea tincture.
- Cover the jar tightly with a lid.
- Leave contents for 2wks or longer.

By then your cold spray will be ready.

2. Marshmallow-Sage Spray

Ingredients:

- (i) Fresh water – $\frac{3}{4}$ cup
- (ii) Sage leaf – 2 tablespoon
- (iii) Marshmallow root – 2 tablespoon
- (iv) Peppermint hydrosol – $\frac{1}{4}$ cup
- (v) Raw honey – 1 tablespoon

Preparation:

- Heat the water to a boil
- Mix the sage and marshmallow and pour the hot water over mixture.
- Steep for $\frac{3}{4}$ hr then strain contents.
- Add in the honey and peppermint hydrosol.

3. Sage-Echinacea cold spray

Ingredients:

- (i) Ground sage – 1 teaspoon
- (ii) Ground Echinacea – 1 teaspoon
- (iii) Fresh water – $\frac{1}{2}$ cup

Preparation:

- Boil the water
- Put the sage and Echinacea in a tiny jar
- Pour in the hot water and let contents steep for $\frac{1}{2}$ hr.
- Strain the contents and store in a tiny spray bottle.

4. Oregano-Peppermint-Thieves spray

Ingredients:

- (i) Apple cider vinegar – 1 tablespoon

- (ii) Fresh water – 7 tablespoons
- (iii) Raw honey – 1 teaspoon
- (iv) A blend of Thieves oil– 8 drops
- (v) Lemon essential oil – 8 drops
- (vi) Peppermint essential oil – 7 drops
- (vii) Oregano oil – 1 drop

Preparation:

- Mix the honey and the apple cider vinegar and stir to dissolve the honey.
- Put the solution in a 4oz bottle.
- Add in the oils
- Fill the rest of the bottle with water.

Every time you want to use the spray, ensure cap is tightly closed then shake the bottle vigorously. Under room temperature, the spray lasts 4 days, but if refrigerated, it can last 2wks.

5. Thyme-Ginger-Elderberry cold spray

Ingredients:

- (i) Thyme tincture – 3 tablespoons
- (ii) Ginger tincture – 3 tablespoons
- (iii) Elderberry tincture– 3 tablespoons
- (iv) Raw honey – 1 tablespoon

Preparation:

- Put the ingredients in a tiny spray bottle and shake to mix well.

You can store this cold spray in the refrigerator for as long as 6 months.

5 Best Gargle Recipes

With herbal rinse, you need to get your child to gargle it and then spit it, and keep repeating the exercises every couple of hours.

1. Apple cider-Sage Gargle

Ingredients:

- (i) Sage – 1 teaspoon
- (ii) Apple cider vinegar – ¼ cup
- (iii) Brown sugar – ¼ cup
- (iv) Fresh water – 1/8 cup

Mix the ingredients well and the gargle is ready for use.

2. Baking soda rinse

Ingredients:

- (i) Baking soda – ¼ teaspoon
- (ii) Warm water – 1 cup
- (iii) Salt – 1/8 teaspoon

Mix and gargle every 3hrs.

3. Honey-Ginger rinse

Ingredients:

- (i) Organic ginger (grated) –1 tablespoon
- (ii) Boiling water – 1 cup
- (iii) Honey – 1 teaspoon
- (iv) Cayenne pepper – a pinch

Preparation:

- Put the ginger in the boiling water and stir for a couple of minutes.

- Let the mixture cool a bit, and then add in the honey and cayenne pepper.

That's it.

4. Lemon-Honey gargle

Ingredients:

- (i) Fresh lemon juice – 1 teaspoon
- (ii) Organic honey – ½ teaspoon
- (iii) Warm water – 1 cup

Preparation:

- Mix the lemon juice with the warm water
- Add in the honey and mix well.

Your rinse is ready. Gargle it several times daily till the sore throat heals.

5. Salt-Turmeric gargle

Ingredients:

- (i) Salt – 1 teaspoon
- (ii) Turmeric powder – ½ teaspoon
- (iii) Warm water – 1 cup

Preparation:

- Mix the salt and the turmeric powder
- Pour the mixture in the warm water and stir well.

Let your child gargle this rinse for around 25 seconds and then spit it out. Then repeat the process every couple of hours and the sore throat will be

healed in no time.

Conclusion

Thank you again for downloading this book!

I hope this book has helped you to identify suitable cold remedies for your child. It is my hope that you can now prepare safe and effective natural cures at home, and avoid treating your child with over-the-counter medication that is normally chemical based.

The next step is to go through the book once more, picking out the remedies most convenient for you going by the ingredients and the unique needs of your child. You can then proceed to prepare one at a time, and to test and see if it is effective in treating the cold when your child is ill.

Thank you and good luck!

Herbal Antibiotics

Unless you 've been hiding under a rock you 'll have probably heard the concerns regarding the effectiveness of man-made antibiotics. The sad truth

is that, just as humans evolve, so does the bacteria which threaten our way of life.

Bacteria which would have previously been destroyed by antibiotics has now evolved and become immune to them. This is not surprising when you consider that antibiotics were first discovered nearly 100 years ago! In the last three decades there have been just three new classes of antibiotics discovered.

The truth is we assumed that antibiotics would always be effective, but they are not.

The initial reaction has been to stop using antibiotics unless they are really needed; they are no longer prescribed for virtually any type of infection. This does increase the chances of long term issues from disease.

In fact, infection is still the number one cause of premature deaths across the world.

Fortunately there is a solution. Most modern medicines are actually derived from plants, including the humble antibiotic. Plants still have a huge amount which they can teach us; the ingredients we need to defeat a wide variety of diseases all still exist within these plants.

Just as we and the harmful bacteria have evolved, so has the plants; they can provide a natural alternative to man-made medicines.

There are many natural healers who still use plants, specifically herbs to treat infections. Until recently this alternative to traditional medicine was not well regarded by the medical profession. But, even they are starting to see the benefits of natural herb based antibiotics; as backed up by proven results.

So the next time you 're feeling ill, you might want to consider what herbs nature can supply you with that will help you to make a fast and full recovery.

This book will delve into some of the most common illnesses and which herbal antibiotics have been shown to be effective against these illnesses. This will ensure you know what to do if you get sick.

It is important to mention that some of the plants and herbs in the wild are harmful to humans and even the ones with helpful antibiotics can be dangerous if you consume too much of them. It is, therefore, important to approach herbs with respect and caution. If you are unsure as to whether you have the right herb or what it might do then it is best to verify it with someone first.

You should also note that over-indulging in herbal antibiotics when you don't really need them is likely to have the same effect as man-made antibiotics; they will lose their effectiveness at destroying harmful bacteria.

Chapter 1 – Common Sickneses & Their Cure

There are many different illnesses which can affect you on a daily basis, many are relatively minor but some are not. Fortunately all can be helped with natural herbal treatments:

1. *Headaches*



You ' ve probably experienced a headache before; a sudden blinding flash of pain or a throbbing and a dull ache which never seems to go away.

The problem with headaches is that they come out of nowhere and can be the result of a wide number of issues. Stress is a common one, but dehydration allergies, eye strain and even low blood sugar level are also causes; along with a dozen other things.

The pain of a headache stops you being able to focus on anything. Have these remedies handy and you ' ll feel better in no time:

Peppermint Oil

You can't generally place an essential oil directly onto your skin as it will burn. Therefore, dilute 10 drops of peppermint oil into $\frac{1}{4}$ cup of warm coconut oil (it will be a liquid) and allow it to cool. It will become a balm and you can smear it on your head for instant relief.

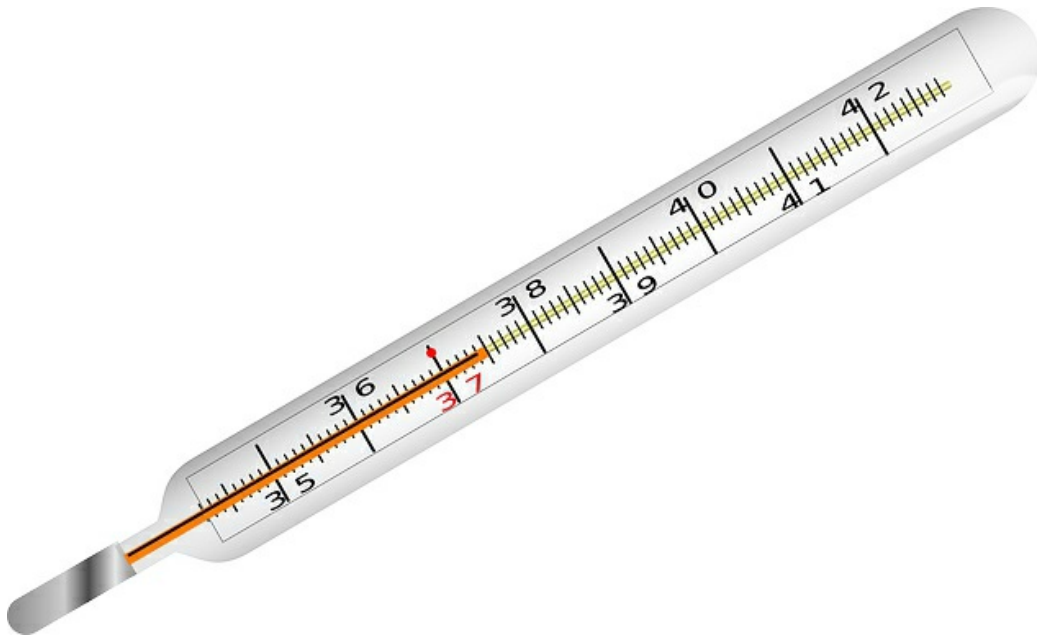
The coolness of this peppermint will relieve pain by increasing the amount of blood flowing to your head.

Lavender Oil

Add 10 drops of lavender oil to a bowl of boiling water and put your head over it, preferably with a towel covering your head.

Breathe in the lavender infused steam for 15 minutes and your headache will disappear.

2. *Fever*



A fever simply means that you have a high body temperature. However, it is unusual for your body temperature to increase without reason. The most

common cause for a fever is an infection in your body.

As your body fights the infection it generates excess heat which raises your body temperature. It also raises the temperature itself in order to weaken the attacking infection.

Herbs can reduce the fever quickly but they must also help your body to fight the infection. The following two are exceptionally good at this:

Garlic

Garlic is associated with cooking to add flavor but it is actually one of the most powerful antibiotic herbs in nature.

It has antibacterial properties and anti-fungal ones.

All you need to do is crush 5 cloves of garlic and eat them. They must be raw. This is not the most pleasant option but it is effective. It is possible to mix them with curd or something similar to make them a little more palatable.

Ginger

Ginger is excellent at treating a huge number of infections; in fact it should be your go to herb for any bacterial or viral infection.

The best way to use it to treat your fever is to cut a few slices of fresh ginger and put them in a cup of boiling water. Allow them to simmer for five minutes before straining the tea.

Then add 1 tablespoon of fresh lemon juice and 1 tablespoon of honey. Your fever will be gone in no time.

3. *The Common Cold*



There is no known cure for the common cold, mainly because there are so many different strains of this virus. This is why you will, on average, get 2 colds a year.

In general colds are short lived and prevent no real long term threat; they are just inconvenient. However, they can lead to ear infections and other issues which are much more serious.

Fortunately there are several things you can do to eliminate this pest quickly and effectively.

Nettle Leaf

Nettle leaf is becoming known as a powerful herb and the perfect answer for many ailments. It has a large number of vitamins and can even keep you hydrated.

Take it as a tea and you ' ll find that your cold symptoms disappear very quickly. Simply soak a dozen nettle leaves in a pan of boiling water. Be careful when you pick them, the sting will add to your pain.

Boil them for at least 10 minutes, this will remove their sting. You can then strain the liquid out and add a drop of lemon or honey to sweeten the taste.

Elderberry

If you don ' t fancy picking stinging nettles then Elderberry can offer an attractive alternative. There ' s no need to buy the elderberry syrup at the store, you can make your own.

Put 4 cups of water in a pan.

Add 1 cup of dried elderberries, 2 tablespoons of dried ginger, a pinch of cinnamon and a teaspoon of cloves.

Bring the mixture to the boil and allow to simmer for 1 hour.

Allow to cool for a few moments then mash the berries in the liquid before straining the liquid through a fine mesh.

Add a tablespoon of honey to sweeten, before the mixture cools completely and store the syrup in a glass bottle.

When you have a cold, take a teaspoon of syrup every couple of hours to relieve the symptoms.

4. Sinusitis



When your sinuses become infected you ' ll experience pain all across your face. This is because the sinuses connect your nose, ears and even your throat. The first sign is often thick mucus emitting from your nose, accompanied by intense pain.

Fortunately you can deal with sinusitis quickly and effectively with these antibiotic herbs:

Turmeric

This herb is frequently found in Middle Eastern cooking but it is also a powerful anti-inflammatory and an antioxidant.

It can loosen mucus and alleviate the pressure in your sinuses in no time.

Simply add a teaspoon of turmeric powder and a teaspoon of ginger to a cup of boiling water and stir. You can sweeten this tea with honey if required.

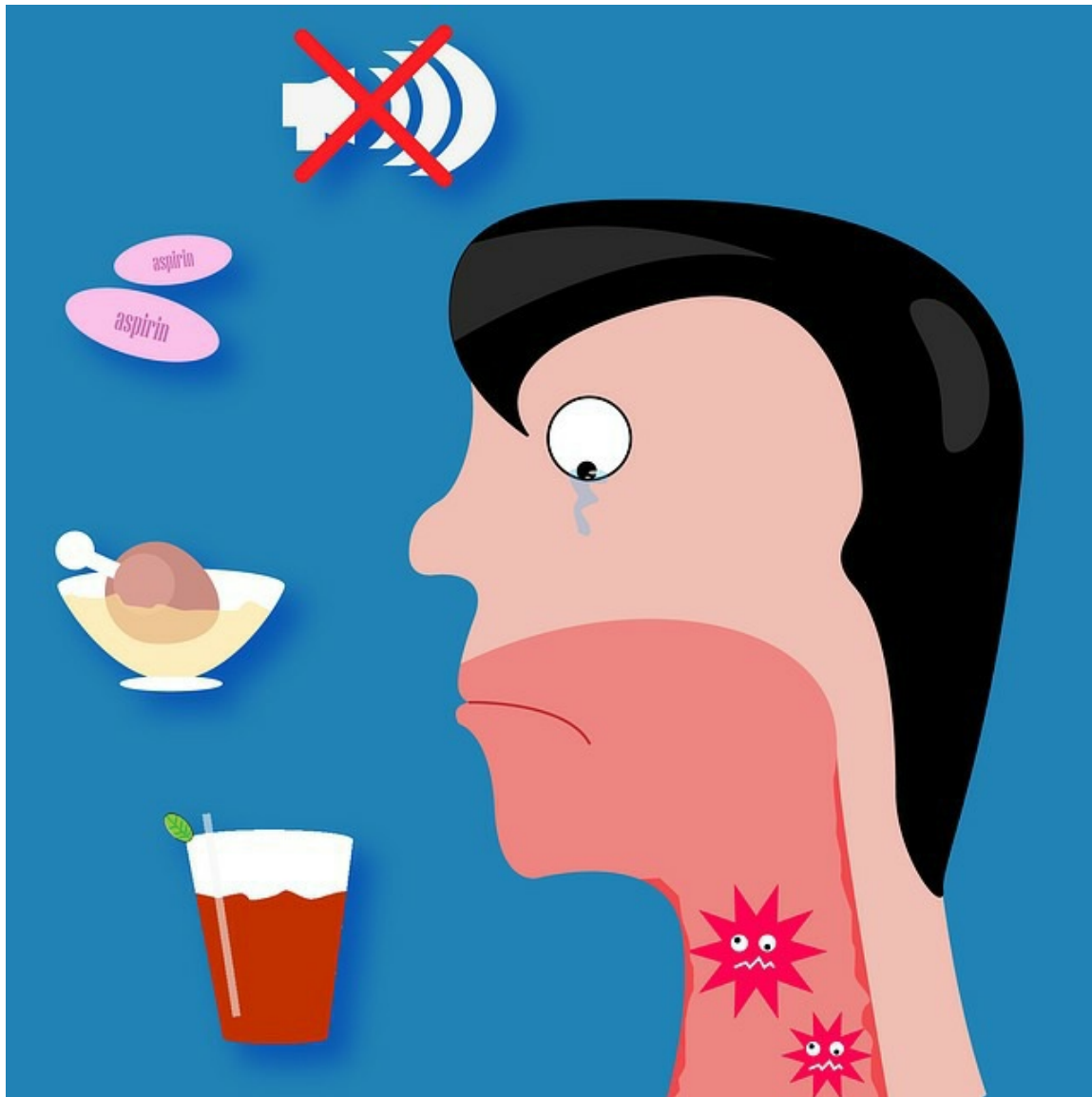
Drink once or twice a day and you ' re sinuses will be feeling better in next to no time.

Grapefruit Seed Extract

You can purchase this from your local health store, it is best to opt for one that is a nasal spray. Simply spray into your nose and the mucus will start to break up. It can also help to prevent the sinuses from being re-infected.

It is possible to get grapefruit seeds yourself and grind them into a powder but this is one time when the shop bought equivalent might be the better option. You should, however, be sure that the ingredients are 100% grapefruit seed extract.

5. *Sore Throats, Including Strep Throat*



A sore throat is often associated with a cold but this is not the only reason you might have a sore throat. Any infection in your throat or respiratory tract can lead to a sore throat. This includes strep throat which can make it hard to swallow, eat or even sleep.

Antibiotics are not always effective but these natural alternatives are:

Elderberry

Elderberry makes another appearance on the list of powerful antibiotic herbs. In fact, research shows that elderberry is effective at protecting you from

respiratory issues when on long flights.

The easiest way to consume this on a daily basis is to place several bunches of elderberries into a pan of boiling water. You can adjust the exact quantity to suit your own tastes. Boil them for approximately 15 minutes before straining and drinking as tea.

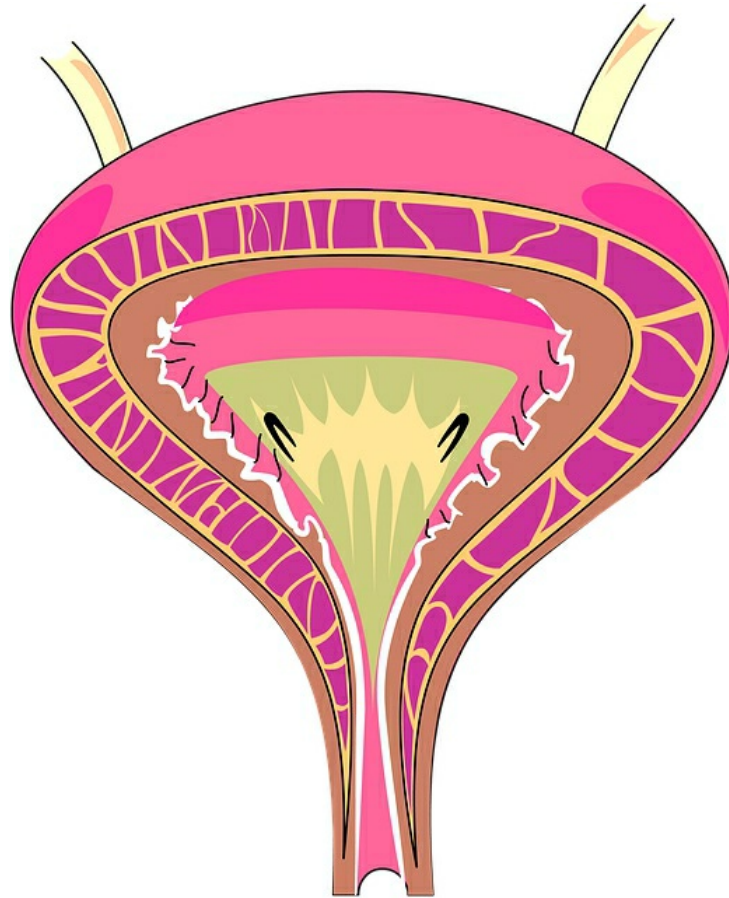
You can reheat it throughout the day, or drink it cold.

Echinacea

This herb has been described as having the potential to prevent you contracting the common cold. It boosts your immune system and stops the spread of bacteria in your body.

You can simply boil the leaves to create a tea. However, research suggests it is more effective to grind them into a paste. This paste can be applied directly to your throat, targeting the infection as it is absorbed into your skin.

6. *Urinary Tract Infections*



Bladder

There are many reasons why you can get an infection in your urinary tract. It covers the kidneys and the pathways from them down to the bladder and the urethra.

While you may never know how you picked up an infection you can be certain that it will be painful. In general the closer the infection is to your kidneys the more serious it is.

It is important to drink plenty of fluids when dealing with a urinary tract infection, but these natural remedies will also help:

Cranberry

Cranberries have a naturally acidic content which can prevent mucus from sticking to the side of the urinary tract. This makes it essential to consume

cranberry juice as soon as you know you have an infection.

It is possible to collect cranberries yourself and crush them to extract the juice. However, unsweetened cranberry juice is not to everyone ' s tastes. You might like to add a teaspoon of honey or purchase sweetened cranberry juice from your local store.

Uva Ursi

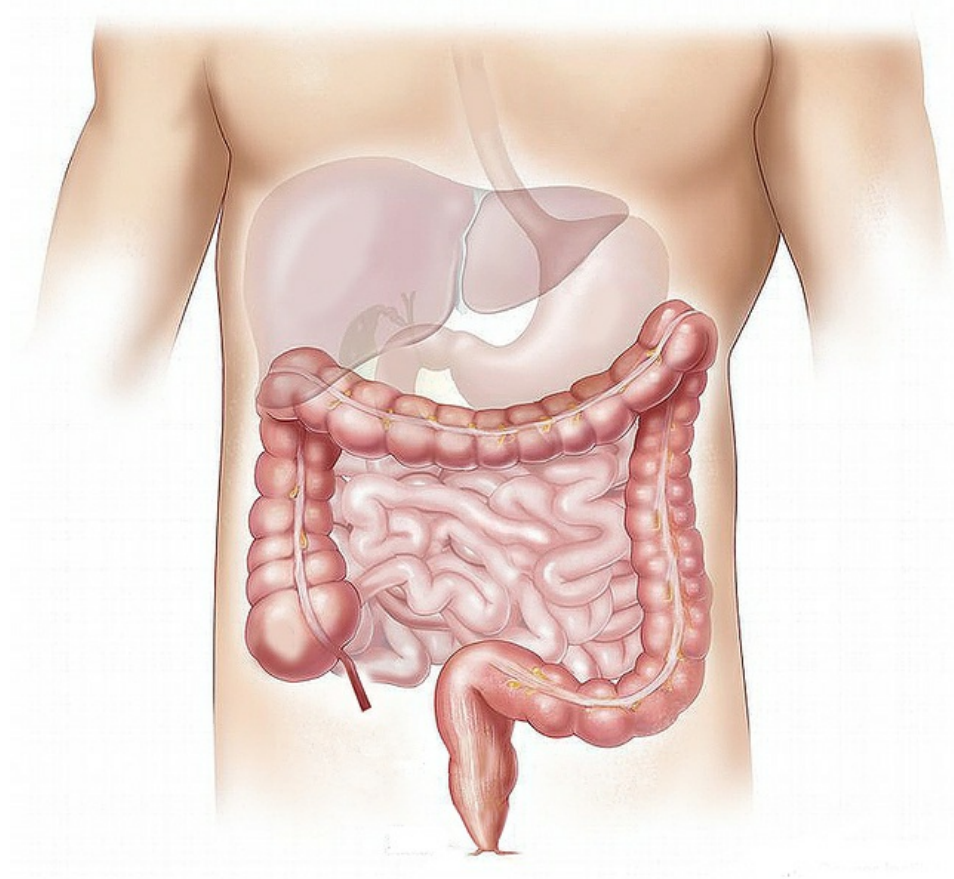
This herb loves dry and sunny weather so if you live in a climate like this then you ' ll be able to collect the leaves yourself.

The leaves of this plant contain a phenolic glycoside which is known as arbutin; it becomes a natural antiseptic inside the body; helping to kill off many infections, including those in your urinary tract.

You can soak the leaves to make tea; 10 minutes simmering in boiling water should be enough. Or you can use dried leaves and boiling water. Either use a tea strainer or sip the tea without drinking the leaves.

It should be noted that the taste is a little bitter which is why many people grind the leaves to make a paste; although this is not as effective as drinking this antibiotic herb.

7. *Intestinal Problems*



You've probably experienced that pain in your stomach before and wondered whether you have simply got trapped wind or something more serious. Whether you have heartburn or stomach cramps the pain can be unbearable. IBS is one of the most common issues which can, fortunately, be helped with these antibiotic herbs:

Turmeric

This powerful herb makes another appearance in the book as it is known to help with liver function and aid the digestive process.

It also has anti-inflammatory properties which help to ensure your intestine does not become inflamed and irritated.

The best way to take turmeric is to add a teaspoon of the dried powder to your food each day.

Ginger

This herb also makes a reappearance, proving how powerful its antibiotic effects are.

Ginger is known to alleviate nausea and sooth the digestive process. This allows your body to recover from any issues, particularly if they are centered round food sensitivities.

Ginger can be consumed in your meals or be used to make tea. You can even boil sliced ginger root in water with a little sugar to make a drink. Whether you dilute it with water o not will depend upon your personal tastes.

It is worth noting that too much ginger can actually cause stomach upsets. However this is in large doses, a few grams a day will definitely help your system.

8. *Diarrhea*



This is an unpleasant but common illness that affects everyone at some point in their life. While the cause may not always be known there is a good chance that it is from a mild infection which will quickly clear by itself.

However, you need to do something about the diarrhea!

Try one of these herbal antibiotics:

Astragalus

This powerful herb is known to have polysaccharides; these help your immune system to fight off diseases. It is also antiviral and anti bacterial which will assist you in dealing with any infection, quickly stopping the issue which is causing you to have diarrhea.

This is another herb which can be turned into tea and this is very effective when dealing with diarrhea. It adds water to your body and surprisingly diarrhea can cause you to dehydrate fast.

Simply boil 5g of the dried root powder in 12 ounces of water. Ideally you should drink this three times every day to boost your immune system and prevent diarrhea before it even happens!

Goldenseal

Goldenseal is recognized as being a powerful natural herbal antibiotic. It is used to help cancer patients.

The key ingredient in this herb is berberine which is known to be antimicrobial, anti-inflammatory and can even lower your blood glucose levels. It also improves the flow of food and drink through your digestive tract; reducing the likelihood of bacteria collecting and preventing diarrhea.

The best way to take this herb is by adding 40 drops of the liquid herbal extracts to a small glass of water. You should do this 3 times a day.

Of course, you can harvest the roots of this plant and dry them to make your own tea. Once the roots are dried simply boil one in two cups of water for ten minutes.

9. *Acne*



[Photo credit: PracticalCures.com]

Acne is something that most people associate with their teenage years as it is directly linked to the surge of hormones in that period of your life.

However, acne can reappear at any stage of your life and can cause embarrassment or even restrict you from completing certain activities.

Fortunately there is a cure!

Cinnamon Spot Treatment

Take one tablespoon of cinnamon and mix it with a few drops of honey, it should be just enough to make a paste. Then mix in a pinch of nutmeg.

Whenever a spot appears apply some of this directly to it for up to 2 hours. The natural antibiotics in cinnamon will kill the bacteria in the spot while the honey and the nutmeg replenish the skin. You ' ll be surprised at the results!

Basil

They are two types of Basil, Holy and Sweet but they are both effective against acne. You have two options:

they are. Unfortunately there is no cure for this illness yet but there are ways of slowing it down and herbal antibiotics can play their part.

Caprylic Acid

You won't be able to make this substance yourself. It is a medium chain fat which is produced when you breakdown coconut oil or palm oil.

This substance is used in your body to create ketones which can be used by your cells as energy when there is no glucose or they are no longer able to burn glucose.

Cinnamon

The latest research suggests that Alzheimer's occurs when the brain cells become insulin resistant. However, cinnamon has already been shown to be effective in diabetes patients. This is effectively the same issue as Alzheimer's.

Regular intake of cinnamon can prevent the disintegration of the brain cells and help to restore normal brain function! This is truly a powerful antibacterial herb!

11. Arthritis



Arthritis is often seen as affecting older people but it can, and does, affect people of all ages. The main issue usually revolves round swelling at the joints which causes pain and then muscle stiffness through lack of use or by pressing n the muscle.

Ginger

Once gain this powerful herb comes to the rescue. Studies show that ginger is very effective at reducing the pain associated with arthritis. This is because it has anti-inflammatory properties which help to reduce the swelling round the joints.

You can add ground ginger to your food or simply make a tea by boiling

slices of fresh ginger and allowing the mixture to simmer for approximately 5 minutes.

Comfrey

This herb is known to have pain relieving properties. In fact it is useful for any type of joint pain.

It is best if you apply it topically. You can make a salve like this:

Fill a large pot half full with water and then add a glass bowl inside the pot. The inside of the glass bowl must stay dry.

Place the pot on the stove and turn the heat on. Put 1 cup olive oil in the glass bowl with 1 cup of dried and crushed comfrey leaves.

Leave this to simmer for 3 hours and then strain the mixture.

Add ½ cup beeswax and ½ teaspoon of vitamin E. Once the beeswax has melted remove the pot from the heat and pour the contents into an appropriate tin. Allow to cool before using.

You can apply the salve to anywhere you have pain, including your joints.

12. Athlete's Foot



Despite the name this is not an affliction for athletes. In fact it is a fungal infection on the base of your foot. The skin will become itchy and flaky.

It is important to have it treated to prevent the fungal infection from spreading.

Garlic

Simply eating garlic on a daily basis is enough to reduce or eliminate your athlete ' s foot problem! Garlic has antifungal properties making it the perfect herb for destroying the fungus on your feet.

Oregano

This herb is an effective antifungal but it also destroys mold and improves

your digestive system!

You can purchase it in oil form and mix it in equal parts with carrier oil such as olive oil, sweet almond oil or coconut oil. It can then be applied directly to the affected foot.

Just remember to wash your hands afterwards.

13. Bad Breath



Bad breath is usually associated with gum disease which is a direct result of plaque build-up on your teeth. If you don't deal with the issue then it can lead to more serious issues.

But this is not the only cause of bad breath; acid reflux, tonsillitis, diabetes

and liver disease can all cause bad breath.

Treating it is likely to require a visit to the doctor as you will need to understand what the cause is.

However, in the short term you can use these herbal remedies:

Peppermint

Mint smells fresh and has antibacterial properties which will help to remove bacteria in your mouth and even eliminate plaque.

The best way to eliminate your bad breath is to add a couple of drops of essential peppermint oil to your tooth brush after cleaning your teeth; then brush your tongue.

Tea Tree Oil

This oil is high in antioxidants and is antibacterial. Simply add a couple of drops to half a cup of water and swish it round your mouth several times a day. You don't need to swallow it.

Tea Tree is very effective at removing the bacteria which causes bad breath; you'll notice the difference immediately.

14. Constipation



There are many reasons why you might become constipated; these range from dehydration to illness.

It is possible that you ' ll feel stomach cramps or bloated when constipated.

Increasing your fluid intake is likely to help relieve the issue but you ' ll also find the following herbal antibiotics can be of assistance:

Rhubarb

Technically this is a vegetable and not an herb but it does have antibacterial qualities and is an excellent natural cure for constipation.

Rhubarb is known as a laxative. However, it has a natural anti-diarrhea effect on your body which will prevent your constipation from turning into diarrhea.

You can simply consume rhubarb raw although you might find the taste bitter. An alternative is to grind the rhubarb to make a juice which can be

sweetened with a little honey.

Slippery Elm

This herb has been used for centuries to deal with a wide number of gastric issues. Constipation is simply one of these.

The easiest way to add this to your diet is to pour yourself a cup of boiling water and then add slippery elm as a powder; you can purchase it at your local health store.

It is possible to grind the bark yourself but this is a time consuming process and will require you to strain the tea before you consume it.

Once you 've stirred the powder in you can add a little honey or cinnamon to sweeten and add flavor, then enjoy and feel the relief.

15. Diabetes



There are two types of diabetes, type 1 and type 2. Both of them relate to your body's ability to produce and use insulin. This creates high blood sugar level in your body which can lead to a number of other issues.

Type 2 is the most common but both can be helped by these herbs:

Fenugreek

This herb has been used in Indian cooking for centuries and also plays an important part in their traditional medicinal practices. You can purchase the leaves fresh or dried and the seeds in ground form.

It's the seeds which are beneficial to diabetes; they are high in soluble fiber which will lower your blood sugar level.

Simply add 7 grams of powdered seeds to your meal and you'll dramatically reduce the post meal rise in blood sugar levels.

Cinnamon

This sweet spice actually comes from the branches of cinnamon trees in South America and the Caribbean.

Studies have shown it reduces your blood sugar level and improves your body ' s ability to use insulin.

Simply add 5 grams of powdered cinnamon to one of your daily meals and your blood sugar levels will be reduced!

16. High Blood Pressure



High blood pressure is a serious issue and one that often goes unnoticed. It can cause heart attacks, strokes and even heart failure.

This is why it ' s important to have your blood pressure monitored regularly.

High blood pressure is usually caused by arteries hardening due to a sedentary lifestyle or a poor diet. However, it can also be caused by an underlying medical condition.

These herbs can help to reduce the damaging effects of high blood pressure:

Garlic

This is one of the most potent herbs nature has to offer. Studies have shown it is effective at reducing systolic blood pressure.

All you need to do is consume 1,000mg of garlic powder or approximately one clove crushed every day.

It is important to note that garlic is a powerful herb; you may wish to check with your doctor before using it.

Hibiscus

The hibiscus plant has been used for many years in traditional medicines. You usually take it in tea form where it is known as the sour tea. It is effective at lowering blood pressure.

Simply purchase the leaves, fresh or ground and allow them to soak in boiling water for 5 minutes before drinking. You can sweeten with honey if desired.

It is recommended that you only have 2 or 3 cups day, excessive amounts of hibiscus can cause excess urine issues.

17. Shingles

Shingles is a painful infection which is marked by a rash on your body. It can be on any part of your body and is very itchy. The rash is caused by a viral infection. In fact it is the same virus which causes chicken pox.

You need to have had chicken pox before you can catch shingles but it is contagious.

These herbal antibiotics can help you recover from this nasty virus:

Licorice

The use of this herb in medicine can be traced back to the ancient Greeks; it is still as potent today as it was believed to be in those days.

Licorice is considered an antimicrobial, antibacterial and even anti-inflammatory herb.

The easiest way to add this into your system is by purchasing licorice root in a ground form. It is possible to grind the licorice root yourself, if you prefer. Then, simply add two teaspoons to a cup of boiling water and let it brew for ten minutes.

Add honey to sweeten if required and drink twice a day for fast results.

Aloe Vera

This plant is known to soothe sore skin and this makes it an excellent ally in the fight against shingles.

All you need to do is take one fresh aloe vera leaf, you can easily grow the plant at home, and skin it. You ' ll find a gel is emitted which can be rubbed directly onto your shingles rash. You can repeat this several times a day.

As well as cooling and soothing your skin, aloe vera will prevent infection from entering the area and reduce the viral infection you have. This is because it is a powerful antiviral and anti-inflammatory.

18. Toothache

If you've ever experienced tooth ache then you'll know it is one of the most painful feelings you can have. It will prevent you from focusing and often feel like someone has a jack hammer in your head.

Toothache can be caused by sudden damage to the tooth but it is often a result of bacteria in the mouth attacking the tooth or its root.

Here are the herbs you need to deal with this issue:

Cloves

The clove is actually a flower bud; from a tree in Indonesia. The cloves can be ground to extract the oil or you can use them whole. They are known to reduce oral pathogens which are the primary cause of diseases in the mouth.

If you have toothache then place a whole clove on the affected tooth. Within a few minutes the pain will subside. This has not cured the issue but will make it bearable!

Echinacea

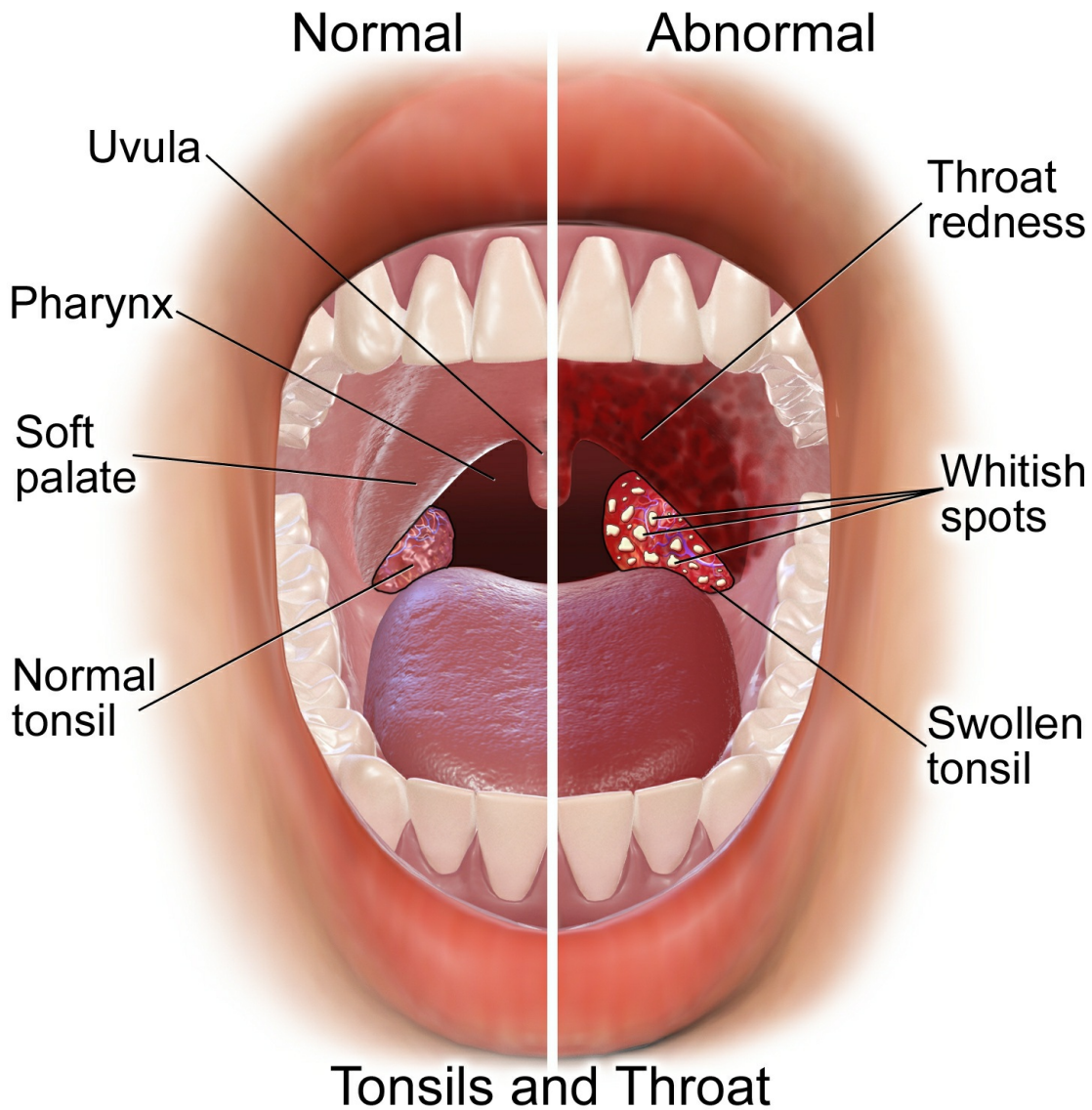
This cures an infection, not a cavity. The easiest way to use this is to purchase capsules and to take them two or three times a day, as per the instructions.

However, you can also get the Echinacea root yourself and allow it to dry. You can then slice it up and add it to a pan of boiling water. Allow it to simmer for approximately 30 minutes and then drink a cup full every two

hours to get rid of tooth ache.

To remove infection three cups a day will suffice.

19. Tonsillitis



Blausen.com staff (2014). "[Medical gallery of Blausen Medical 2014](#)". *WikiJournal of Medicine* 1 (2).
[DOI:10.15347/wjm/2014.010](#). [ISSN 2002-4436](#)

When your tonsils become inflamed it can be hard to swallow or even talk properly. This is a painful infection which is usually caused by a virus, although it is possible that a bacterial infection can also cause it.

To cure your tonsillitis naturally use these antibiotic herbs:

Cayenne pepper

The pepper is known for its heat but what many people do not know is that it is also a powerful antiseptic.

Simply mix one teaspoon of honey with one teaspoon of lemon juice, (preferably freshly squeezed). Add a pinch of cayenne pepper and warm if required. Then drink.

It should not burn your throat but soothe the pain while the antiseptics in it deal with the infection.

Fenugreek

The seeds of this herb are again useful. They are antibiotic and will quickly kill any infection.

All you need to do is put 2 tablespoons of fenugreek seeds into half a pan of boiling water and let them simmer for half an hour.

You can then strain the water and, once cool enough, use it to gargle with.

20. *Ulcers*

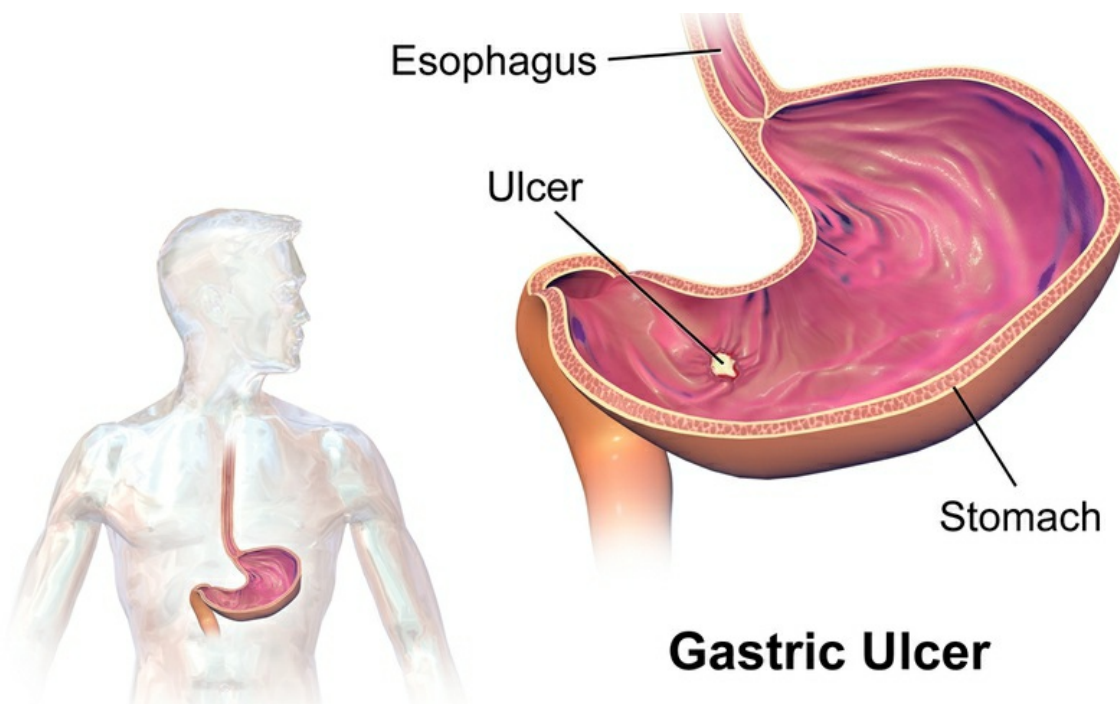


Image credit: [BruceBlaus](#)

There are many different types of ulcer and several different reasons why you might develop ulcers but the most common one is from a bacterial infection in your intestine.

These are generally referred to as peptic ulcers. It is worth noting that stress does not cause these ulcers but it can make the symptoms worse.

These herbal antibiotic remedies are the perfect way to treat your ulcers:

Uva Ursi

This herb is actually closely related to blueberries and cranberries. The best way to use this is to dry the leaves and then crush them. These can then be added to a cup of boiling water and left to simmer for 5 minutes.

You ' ll need to strain the liquid before drinking. Ideally you should drink this three times a day to help destroy the bacteria causing your ulcer.

An alternative is to grind the fresh leaves with some dandelion leaves and juniper berries. There should be equal parts of each ingredient. The resulting paste can be applied topically to help reduce pain and heal your ulcer.

Rosemary

You might be surprised to learn that this herb is actually part of the mint family. The antibacterial properties in rosemary will help to destroy the bacteria causing your ulcer.

You can purchase rosemary essential oil but the best way of consuming this herbal antibiotic is by making a cup of tea.

All you need is 2 to 4 grams of fresh or dried rosemary leaves. Allow these to simmer in a cup of boiling water for five minutes. Ideally you should have this 3 times a day.

Alternatively mix 10mg of dried rosemary with 40% proof alcohol. Apply this to your skin 3 times a day, above where the ulcer is. You should see an improvement within a few days.

Conclusion

There are literally hundreds of different herbs which can be used as alternatives to modern medicinal practices. This book shows you just a few of them and how they can be used to assist in the treatment of an array of common illnesses.

It is important to remember that many of these herbs have been used for centuries in traditional medicinal practices but might not have any research to back up their claims.

This is why you should consider carefully before starting taking herbal antibiotics, especially if you are already on medication.

Nature does provide you with the tools you need to defeat most illnesses. This is particularly relevant in modern times as prescription antibiotics are becoming less effective at dealing with a range of illnesses.

If you 're feeling under the weather then now is a good time to test out these powerful herbal antibiotics; you 'll be surprised at just how good they are!

Get Organized in February

Arrange Every Room In Japanese Minimalist Style

Japanese traditional Zen philosophy inspires the simplistic, natural essence found in minimalist architecture and design. Line, form, space, light and material are but a few of the essential elements central to this widely popular design aesthetic. Great value is placed on the absence of nonessential internal walls to open up a space and allow an organic flow between the structure's interior and exterior. This practice is believed to reduce all elements down to their core essential quality. Japanese architects like Tadao Ando, have translated this Zen concept through the use of materials, geometry and nature to create a poignant relationship between the natural environment, the site and its buildings

Japanese style is very special and differs from all the rest Asian styles. The simplicity is coming from the regular shapes of the furniture, the good organization of elements in the room and the free space around. Japanese homes also bring nature inside through large, expansive windows that allow a view of nature from every angle.

Japanese style living rooms possess these simplicity, comfort, serene and modern, sometimes ultra-minimalist elements, and the word Zen sums it all up. Clean and uncluttered living, holding tightly to balance, order, ancient customs and a love for natural beauty – this is what a Japanese living room is about. So, how do you add a Japanese feel to your living room?

In this article we look at designs that stay true to the essence of this fierce minimalism in Japanese interiors.

Chapter one

Incorporating A Japanese Feel Into Your Home

One appreciates the stunning beauty of a Japanese house. It is clean and doesn't have a messy look. It has a minimalistic approach compared to Western homes filled with so much furniture and home decors. The main goal is to lessen distractions that way you get to love the exquisite beauty of the house itself to shine. You'll appreciate the bamboo window blinds placed inside the house.

You can see that they have the sliding doors. It's what you call a tategu. It's not an easy task to make one. It's made by a Japanese craftsman with extreme precision with a hint of artistic sensibility. If you happen to see the flooring system of a Japanese home, you surely would be in awe of it. It has a tatami mat flooring system. It is usually 90 x 180 cm in size. If you want to achieve that look, you can redo your own flooring system. Get your old carpet out and trade it with highly polished bamboo flooring.

Japanese interior design is all about minimizing clutter. This entails peace and tranquility. To achieve that feeling, you need to get rid of all your clutter. Throw away all the things that fill the space. You can put items in a cabinet so you'll be able to have space.

When it comes to furniture, you don't have to invest a lot of it. You just have to get the basics. Just remember, less is better. Get a hint of nature inside of your lovely home. If you can find a good bamboo plant or orchid then put it inside. You can also have the element of water. Buy a small fountain and put it in your living room. Lamps would also be a great addition. You can put a slender lamp. You don't have to buy a huge chandelier. Instead, you can use pin lights.

What is Japanese Interior Design?

Japanese interior design involves an uncluttered clean look, which is why many Japanese homes seem empty compared to western homes. A Japanese home uses plenty of natural materials in its construction. Japanese Interior Design is all about the building and not about adding items to a room. It is all about minimization.

Japanese interior design involves the use of shoji screens, there are literally hundreds of different latticework patterns that to work with. Personal touches are added in regards to artwork, furniture and seasonal decorations.

Japanese interior design regarding flooring consists of tatami mats. These mats are approximately 90x120 cm. Floor plans consist of arranging tatami mats in six-inch mat or eight-inch mat arrangements.

A tokonoma alcove is where the Japanese art, family heirlooms and seasonal decorations are displayed. A similar area in a western style home would be the fireplace mantle. You would find such items as bonsai plants or hanging scrolls in the tokonoma alcove.

Where furniture is concerned in the style of Japanese interior design you will find as stated before a complete lack of furniture. The furniture that you will find in most Japanese homes is tansu, kotatsu and hibachi.

The Japanese use a style of bed called a futon, which is similar to the western style. The futon comes with a mattress and cover, the cover is called a kakebuton.

If you really want an unconventional look, then Japanese interior design will definitely give you what you want. Japanese interior design is not hard to create, there are simple designs that anyone can follow. You can use several sources for providing ideas for your Japanese theme. Interior design or

interior decorating magazines would be a great place to start. As always, there is the internet to provide your inspiration.

Your research will provide you with tips on color schemes, decorating ideas and types and styles of furniture to use. Many people associate Japanese interior design as being plain and boring. However, it does not have to be! Japanese antiques added to your living space will enhance the room's ambiance. Try to learn or perhaps you already know about the Japanese culture; that will help in your design plans as well.

When designing a room such as a bedroom based on Japanese interior design, it is important to visualize the function of each piece of furniture since Japanese interior design is based on the minimalist approach. Use Zen philosophy when furnishing your room as the Japanese use this approach when decorating.

Using natural lighting and natural materials are a big part of the Japanese interior design process. Items such as stones and wood are great for the natural look. If going with the natural lighting you will need to remove your light fixtures or conceal them as best as possible. Japanese interior design calls for tranquility and serenity, thus loud and bright colors are not generally used. Furnishing your rooms with furniture that is low to the ground creates the illusion of having more space, which is another key component of Japanese interior design.

Redecorate Your Home with Japanese Interior Design

Getting that perfect interior is not as hard as many people may think that it actually is. There are so many different interior designs that you can go for in each room, whether it is the master bedroom, the bathroom, the living room or even the dining room. One theme that may be of interest is Japanese interior design and because of its own unique style, it can really add character to any room in the house.

Why Consider Japanese Interior Design in Your Home

A lot of people crave to have something different but they are never sure what to go for. In the end they stick with conventional style, but if you do your research you will definitely not have to just settle for that. Japanese interior design is definitely the opposite of conventional, but it is not as over the top as some people may think that it is either. It is not as hard to create that Japanese theme as what you may think and it is certainly not complex or hard to achieve.

Simple Japanese interior designs are easy to get hold of and you can even make your own things up by using Japanese designs as inspiration. A couple of the benefits of Japanese designs are the fact that they offer something different as well as the fact that they are extremely impressive to look at too.

If you want to use the Japanese theme as inspiration, you can easily find some examples on the internet or you could try looking in home improvement magazines too. You can find tips on everything from the color schemes, decorating the room, making your own accessories and using furniture as well.

Rooms do not need to be plain and boring any more and if you are considering a Japanese theme, try to do a bit of research beforehand. By trying to understand some of the culture, this can give you more of an idea as to what you should aim to achieve for the overall look. The colors that you will want to use for this theme are neutral or natural ones. The furniture should be simple and minimalist in order to create the perfect Japanese look. If you have them or if you can get hold of them, Japanese antiques can only add to the effect of the room.

So, if you are after something that will have the "wow factor" and you do not mind putting in a little time and effort, Japanese interior decorating will certainly impress you and your guests in every way possible. Just be sure to put a little research into the Japanese theme before you begin and that way you will end up with the best possible results.

Add the Serenity of Japanese Decorating to Your Home with Just a Few Details

Using some Japanese decorating details in your home's decor will absolutely transform its look. Japanese decorating automatically adds a calm and serene beauty to your surroundings. Even just a few details from this school of design will help to change your home and help it to reflect a less hectic lifestyle.

It does not take a professional decorator to achieve this transformation from frantic to serene. It just requires an investment of time and money (and not much of either) to learn about the style and obtain some Japanese decorative items. How do you achieve a Japanese look in a room or home? Let's look at the culture of Japan to get some clues. The Japanese culture is based on formal, polite, calm manner of doing just about everything. This is reflected in their home design - Very simple designs without a lot of color or detail. is the hallmark of Japanese design. The Japanese decorate with a few sleek pieces, such as mats and screens in simple fabrics and designs. It is more important to choose the right item or artifact than to have a lot of different things in the room.

The role of natural light is very important to Japanese design, and rice paper screens and walls are used to allow light to shine through while still affording privacy. To emulate this look, you should use soft curtains in light colors such as white or cream with no decorations or detail around the windows. An open plan room, which allows light to enter every part of it, is very Japanese in feel. Floor mats or screens to delineate different areas take the place of walls. The whole concept is very minimalist with no clutter or knick-knacks around.

The simplest look that you can achieve is the look that will reflect a Japanese feel. Tables for example are usually low black lacquer without any vases or cloths on it. Plain hardwood floors will have no covering, and since the Japanese remove their shoes in the house none is needed. All of the furniture

is low. with clean cut lines. These lines are the essential spirit of Japanese design. You will see lots of straight lines and few curves in Japanese design including on walls, furniture, and any of the few decorative items to be found. Natural products such as wood and stone are used almost exclusively. Use these tips to add the important elements of Japanese design to your home and you will have the desired simple beauty in no time.

Make Your Home a Relaxing Sanctuary Using Japanese Decorating Details

You can easily transform your room or home into a relaxing and beautiful haven by adding Japanese decorating details.

Complementing your décor with a handful of carefully chosen Japanese features can wonderfully transform your home from reflecting your hectic lifestyle to promoting calm and serenity. If you spend a bit of time and energy adapting a few of the traditional Japanese details to the look and feel of your home, you can make it a perfect relaxation sanctuary to seek refuge from the craziness of modern life.

What Makes It Japanese

The best way to start on your Japanese scheme is to spend a bit of time thinking about the impact of Japanese culture on its design, and how you can use this to change the look and feel of your home. It is not necessarily a very easy process so here are a few hints and tips to help you.

You should opt for a simple, serene look. Japanese design is not crammed with loads of features, but rather pared down to highlight just the right looking elements in any given scheme. Japanese design is the opposite of a busy style with many colors, so you should keep the featured items and colors simple.

For a successful Japanese look, the use of natural light plays an important part. By opening up windows and allowing sunlight to flow in you can really

enhance a beautiful room. You can use soft curtains in light colors, and consider having a lot of windows to increase the Japanese feel of your design.

The room will not work if it is full of things, as Japanese design is minimalist. This means that you need to consider options to hide the clutter from view. Lines are kept simple and pure for a Japanese look. For instance if using a table it should be of a simple design and have very few decorative elements about it or on it. Rugs can make a floor look cluttered and should be avoided. Furniture should be kept low to the ground.

As a last note, remember that the lines in the Japanese design make it what it is. Incorporate many horizontal lines in the furniture, walls and the various other elements that you include in your design and make sure you only use only natural materials such as wood and stone. You can transform your home almost instantly with a calming and beautiful look by adding a few Japanese elements to your scheme.

Chapter two

Minimalist Designs for New Homes

Minimalism can be defined as a trend in design and architecture where the exterior and interior of a building are planned in such a manner that there is a feel of open vast spaces without any clutter. The designs exude expansiveness and harmony. Most minimalist designs are inspired by Japanese classic designs. Modern designers incorporate minimalism into their designs to make the most of the limited space available in modern homes.

Today's homes come with space at a premium and hence, minimalist designs for modern homes can help create a balance between form and functionality of interior design elements.

The form and structure can be broken down to the basic elements and space is used in the most efficient way possible. This gives the home a very comfortable and inviting feel. Less is more is the motto when minimalist designs are created. Every element is designed in such a manner that it is functional as well as visually appealing. Open floor plan without many walls is the basic feature in minimalist design.

Minimalist home design can be modern or contemporary. The focus is less on ornamentation and more on uniformity in shape, color and texture which creates an atmosphere of open spaces.

Modern minimalist designs come with neutral walls without any frills, allowing for display of big artworks and accessories. Large windows and glass walls help create a sense of airiness and also allow maximum natural light into the homes, making it a very eco-friendly environment.

Room division does not depend on walls. It is done with the help of basic interior elements like furniture, bookcases, cabinets etc.

Bold geometric patterns and polished surfaces are prominent in furniture and upholstery is neutral. Metal accents are infused with the designs of furniture and fixtures. Contemporary minimalist design has a slightly softer form. Furniture and accessories come with sweeping curves and softer lines. Neutral walls get a hint of bold color here and there with an art piece or a carpet or a single piece of furniture in a striking color. The textures are subtle and flooring requires least maintenance.

Art lamps, accent lights and spotlights complete the contemporary minimalist design. A well-lit living space is pleasant to the eye as well as healthy for the people who live there. Floral arrangements and softer textures add to the sophistication of this design.

The paint color chosen, the accessories and the furniture, all play an important part in creating the complete atmosphere in a modern home, and are chosen or designed in a manner that gives the place an open, uncluttered feel. Furniture is placed in such a manner that movement is not restricted. This kind of arrangement suits families with small children very well.

Minimalist design follows the basic principle that less is more and hence, there are no or very few internal walls and every piece of furniture is so designed that it is functional as well as in sync with the overall form of the home. Designs are simple and elegant. Ornamentation is kept to a minimum and stress is on unity in form and shape.

Room Design from Japanese Ideas

If you are looking for good ideas to use in redesigning your bedroom, you can find a lot in many different sources. The first thing you should think about, is your personal tastes; this is a room you will spend a lot of time in and you want to make sure it reflects you and that you will be comfortable in it.

You can start to do this by reviewing the various schools of interior design and deciding which one of them most reflects your philosophy of beauty and comfort. The main ones are Modern, Oriental, Gothic, Roman, Greek and Egyptian.

Oriental and Modern design have a great deal in common. The Japanese style of design is marked by straight, simple lines and natural materials, such as cloth and wood, very similar to modern (although modern will also include plastic). But this minimalist look is common to both of them, and smooth lines and lack of ornamentation will be the key. There are other oriental styles that may include some fancier lines, however.

The Gothic theme makes wide use of black and includes eccentric touches such as gargoyles and exotic curtains and such. IF you want to make a statement in your bedroom, this style will surely do it.

The Greek and Roman themes also have a lot in common, since it is said that Roman design is based on the Greek but also improves upon it. Large columns and open vistas mark this style, so it is really only possible if you have a large bedroom space.

If gold is your color, Egyptian is your theme. The liberal use of lush colors such as gold and fabrics such as silk and tapestry will make a room look like Cleopatra's court. For an added touch, use stone tablets with hieroglyphics or depictions of ancient Egyptian gods.

Picking style or period theme is a good way to get started on the best way to re-design your bedroom. There are many other ways to go, but if one of these reflects your personality, go for it!

Japanese Furniture Designs the Beauty in Minimalism

Haiku Designs believes furniture doesn't just make a statement - it is a statement. It's the elegance of a haiku with a timeless simplicity. Our Japanese furniture designs showcase the unique philosophy that one can do more with less. Rather, one can impress using a balance of space and beautiful design. Modern homes in the west treat space as a void to be filled; we treat it as an accent. Haiku Designs encapsulates the essence of what it means to be minimalist.

There are misconceptions surrounding the idea of a beautiful home interior. Purchasing furniture, piece after piece, filling the home with sofas and chairs for the sake of matching colors doesn't equate to beauty. Our goal has never been to inundate you with items. Our dream has always been to invite you to create. To create a lifestyle rooted in tranquility. To create an environment that ignites a sense of belonging within every guest you receive. To create a balance in your life - That is our dream.

As a means to that dream, we offer a variety of pieces and each is a statement. We provide dining room furniture in addition to living room pieces. We have an extensive selection of platform beds, with the option to present an ethereal touch in the form of an attached canopy. Our supplies also feature organic mattresses, as well as gorgeous Japanese sleeping mats. All of which are eco-friendly.

We believe harmony in the home and harmony with the earth is imperative to wellness. Our furniture is eco-friendly, made with materials that are sustainably produced. To improve one's position at the cost of another's, our planet included, is at odds with our ideology. Rest assured knowing our furniture is crafted without synthetics or chemicals that would do you or the world harm.

There are furniture companies around the globe looking to sell you as much as you'll buy. We aren't them. Haiku Designs is dedicated to providing you the instruments to create as much as you need. When you walk into your home after a chaotic day, we want a clarity to wash over you. Our Asian style

furniture isn't only a design, it brings a glimpse of a culture centered around peace. Each item we present is meant to instill that sense in you. Keeping balance in your life shouldn't be an afterthought. Visit us and let us help you create something more with a little less.

Home Decor - Creating a Minimalist Interior

Modern architecture is currently going through a minimalist movement which specifies that only essential elements should be present in a living space. Minimal interior decoration as a part of home decor involves matt finish walls preferably in a shade of white, hard floor boards, light furniture, covered cabinets to hide messy belongings, lots of strategic illumination and a clutter free space.

How to illuminate a minimalistic living space

The illumination of a minimally designed room must be bright. Large pendant lights, contemporary lamps, LED strips and concealed lights help in illuminating the house intelligently after dark. Slider window having a glass body is the original component of a minimalist Japanese home. Being the foundation of minimalistic movement thereby paves way for sliders to be included in a room; these windows can naturally flood a living space with light during the daytime. Slider windows can be customised into large floor to ceiling risers with the addition of sashes.

Decorating walls and floors of a minimalist home's interior

White is a tranquil colour because it completely transforms an area. Not only does this shade absorb negative vibes, but also it gives out a calm and serene feel about a living space. Minimalist interior decor stresses on lowly decorated walls that are preferably painted in a mat emulsion that is white in colour. In case some other tone is preferred, it is always better to stick to the same shade all over the house. A few large sized paintings on the walls can

further accentuate the home's elegance.

Flooring of such a space can be done with polished concrete or large white stone tiles. Sometimes contrasting floor and walls look good too. If a wall is white, wood coloured floor boards or flooring tiles bring out a royalty within the minimalist decor. In such a case, large wooden floorboards or wood finish ceramic tiles look great.

Furniture for minimalists

Reiterating once again that, this kind of architecture involves a tidy, open and airy look. Light furniture preferably with geometrical patterns work well. Wall mounted closets for books and CDs can save a lot of floor space. For sitting, simple sofa sets and stools work well. Experimentations with cushion covers display a hint of the owner's free spirit within a consciously decorated interior. Trying and restricting this experimentation exclusively to cushions is advisable. In a kitchen, clean lines, neat counter, enclosed cabinets and hidden appliances work best. The counter can be strategically lighted with hanging lamps instead of using extravagant chandeliers. A simple four poster bed with light linen and curtains works well for a bedroom. Dark-colored floor rugs and large paintings illuminated with hidden lamps further give this minimally decorated bedroom a touch of magnificence.

Thus, sleek furniture, matt walls, slider windows and lots of illumination are the fundamental elements required to achieve a minimalist interior that is at par with modern architecture.

Designing with Bamboo Hardwood Floors: Making Minimalist Work for You

Bamboo floors have a lightness airy-feel to them. The natural buff color radiates in a sun-lit room and can instantly create the illusion of space, even in a compact room. It also is the perfect compliment to the 'modern minimalist' home.

Modern design involves sleek furniture that doesn't take up a whole lot of space. Colors are typically cream, white, or beige, and a splash of color for pillows and typically one wall. Often times you'll see small glass coffee tables and bare windows without any curtains.

So how does bamboo flooring play in to the modern design scheme?

The key is light! The neutral, light-colored walls play off of the buff-colored of natural bamboo. The bare windows provide maximum sunlight, which creates space, space, and more space. Many designers are even matching the walls to the floor to further expand a room. Then the pillows, tile, or single splash of color on the walls become a focal point.

So what type colors go best with minimalist style?

For 2011, we're seeing chocolate brown, jet black or charcoal, coral, jade, and turquoise. Notice these colors all stem from an Asian influence, which makes bamboo flooring almost a crucial element in this type of design.

Other crucial elements for minimalist design include a rug to break up some of the openness (you don't want too much of a good thing). In a living room, a small white rug underneath a glass coffee table is perfect. For a bedroom, a large cream-colored rug underneath the bed will compliment a chocolate-colored bed-frame. Just be sure there is a clear separation between the color

of the rug and the color of the floor. In this scenario, cream-colored rugs will look best over a bamboo slightly darker than the natural color.

Another key accent for minimalist style that goes well with bamboo flooring - a plant in the corner of the room with a light-colored or clear-colored vase. Brown or black could work here as well, depending on how much of those darker colors are already used. The plant is used to set boundaries for space so again, there's not too much openness. A bamboo plant works very well here. Or you could put a glass on the coffee table with lotus flowers.

Pick one or two more accent pieces for the room and you're done. Really! A sleek floor lamp next to the couch will do, and a portrait on the wall with a splash of color from your main color. If you're using coral or red, go for a piece that has a white background and vibrant red or coral Japanese orchids. No need for fancy framing here. The canvas itself works beautifully!

Actually there's really no need to go 'fancy' over anything here. The soft elements of the bamboo and the tiny splash of color all complement one another, creating an array of harmony in your home.

Ikebana - The Way of Japanese Flower Arranging

Ikebana is the Japanese art of flower arrangement. Sometimes it is also referred to as "Kado," or "The Way of Flowers."

From Childhood my wife Satomi has informally learned Ikebana from her mother, who is a licensed Ikenobo-style teacher, and continues to take lessons with her teacher in Fukui, Japan.

This traditional art is a way of displaying flowers and interior decorating similar to western flower arrangement. However, it is unique and different in the following ways:

Minimalistic:

Unlike western flower arrangement, which emphasizes color, volume, and full-bloomed flowers, Japanese flower arrangement appreciates a lack of color, empty space, and other areas of the plant, such as its stems and leaves.

The beauty is to be expressed with a minimal number of blooms. In other words, it has to be "Just Enough," but not "Too Much." Here is an example of the "minimalist" approach:

Representations of Nature:

This serene art form aims to bring raw nature into your room. Therefore, it uses seasonal materials, several different types of plants, and various parts of the flowers and plants in one arrangement. The ultimate Ikebana experience would be to climb a mountain and use the materials you collected on the mountain to represent that scenery in your room. This is an art that reflects the connection between nature, humans, and creativity.

Serenity in Avoiding Symmetry:

Western flower arrangements tend to have the same face from various angles, but Japanese flower arrangements usually have a centered front face. This is because Ikebana is traditionally displayed in an elevated alcove, called a tokonoma, or at the front entrance.

I personally think it is partially due to the limited size of Japanese houses, so there is not much space to display flower vases in places where people can see them from all directions.

However, thanks to this restriction and being front-centered, Ikebana has developed ways of showing depth using lines, shapes, and spaces, similar to perspective drawings or 3D effects.

Spirituality:

Kado stems from Buddhism and animism within Shinto, and displaying a flower is a way to appreciate nature and connect the past, present, and future. For example, in a traditional style of ikebana, certain leaves represent the past (our ancestors), the present (ourselves) and the future (our children), and it is arranged in a circular shape representing the circle of life and death. These spiritual symbols that are inherent in nature remind us of the beauty of impermanence and how precious our time here is.

The Importance of Flower Containers and Tools:

Unlike western flower arrangement that often fills the container with various flowers and plants, the container displaying the flower arrangement is a very important part of this art. Our arrangement starts from choosing the right container for the flower material we are using and where you are displaying it.

Having the right tools for Ikebana is an important aspect of the art. The style and precision of Ikebana tools has been perfected little by little for hundreds of years; don't settle for cheap knock off tools. Finding authentic pottery containers and tools outside of Japan is very difficult because most traditional makers in Japan do not have the technical and communication abilities to sell to the international market.

Japanese Shoji Screens - The Beauty of Minimalist Furniture

Japanese shoji screens are simple and elegant, making them perfect for any home. They provide privacy while still letting enough light enter your room. Find an artisan creating these door, window, and partition units if you want something simple and minimalist.

The original purpose of these screens was to save space at home. A swinging door eats space, which you can use for additional storage. Shoji doors and windows slide on tracks attached to the wall. They will occupy minimal space, as they will simply slide over walls. These units are not thick - a traditional shoji uses a lattice of wood or bamboo held together by washi or rice paper. This provides enough shade to allow privacy, but light enough to allow sunlight into your room.

The modern shoji screen uses the same bamboo or wood frames and lattices, but does not use rice paper. Using paper is tedious because you will need to replace it every year. Modern products use more durable materials, including fiberglass, fabrics, and plastic sheeting. You can find these manufactured to look like traditional washi.

Install these in your home as doors and windows. These eliminate the need for curtains during the day. You can save on electricity because they will let light enter your room, even if you leave your doors and windows closed.

Japanese shoji screens also come in portable units. Choose between a single panel with a mobile base support and multiple hinged panels that form a folding screen. These mobile units are ideal for creating instant privacy and partitions in any room in your home or your office. Their size and portability makes them ideal for creating privacy if you live in an apartment with limited space.

Doors, windows and mobile partitions are not the only applications for a shoji

screen. Artisans creating handmade wooden furniture also turn these screens into other pieces of furniture. You can find a shoji-inspired table with frosted glass and wooden lattice details, or panels that have the same look and feel. Its most common application is in lighting fixtures, mainly because the materials let enough light pass through to illuminate your room. You can have your woodworker design custom lamps, tearoom lights, and other lighting panels inspired by shoji screens. They do not have to follow the traditional lattice pattern - you can have your woodworker create a more elaborate design based on your needs.

Find a woodworker who has experience in creating these units. You want your shoji to look as authentic as possible, and someone who specializes in Japanese-inspired furniture can replicate traditional ones better. Discuss which materials will withstand sunlight for the longest time to minimize the need for maintenance and replacement. Designers today use fiberglass because it looks like washi but it can withstand direct sunlight better than other materials.

If you need lamps, make sure your woodworker knows how to make lamp units for both electric light bulbs and candles.

Shoji screens are simple, elegant and timeless. Give your home a Japanese minimalist touch and use these throughout your house.

Conclusion

While you may not have grown up surrounded by the ancient Japanese culture, you can still fall in love with its very peaceful design aesthetic that is deeply rooted in history.

In order to achieve this style, mimic its clean, simple and minimalist design throughout all the rooms in your home. Add to your home: natural wood elements, simple greenery, natural lighting, modern furnishings, water features, a deep soaking tub, plush floor cushions, sliding doors or screens, a room for meditating and plenty of colors derived from nature.

All of these small pieces pull your home together into a rich Japanese interior design that speaks to its culture and love of nature.

Create a Capsule Wardrobe

Today, we live in a world where appearances matter. Whether it is your personal life or professional career, how you look has a direct impact on your position. Looks really do matter in a world where you have to stay presentable until you retire to your own personal space at the end of a day. More often than not, the expression "first impression is the last impression" stands true. It comes as no surprise that fashion and clothing trends differ vastly over even a small span of time. What was 'hot' last year is old school or boring this year.

Since fashion and trends are so fickle it seems like a good idea to develop a basic wardrobe of essentials. In your ever changing closet, it is very smart to have a section that always stays the same. That section of your wardrobe should be so self-sufficient that its presence kind of nullifies the presence of all other clothing items. This concept of having an ever present wardrobe of basics and essentials is called as a Capsule Wardrobe. As intimidating as it sounds, it is not that difficult of a task to compile a capsule closet once you put your mind to it. In this book we have discussed in detail the tricks of trade.

The book familiarizes the reader with the concept of capsule closet. It answers all questions like how, what and when? You just need to decide that you need a capsule closet and we have taken care of the rest. The book gives step by step guidelines on what are the essentials items of a capsule closet and the art of decluttering. It has information about what staples to have in your minimalist wardrobe. After reading this book you will be very well equipped with information regarding what to wear and how to dress elegantly with nothing but the items from your very own, customized capsule wardrobe. So without further a due, let us begin mastering the art of creating a capsule wardrobe.

Chapter 1 - Essentials of a Capsule Wardrobe

Today, we live in a world where appearances matter. Whether it is your personal life or professional career, how you look has a direct impact on your position. Looks really do matter in a world where you have to stay presentable until you retire to your own personal space at the end of a day.

However, fashion is fickle. Clothing trends come and go with the speed of sound. One thing that is everywhere today can be old news by next month. Above all that, trend can be expensive. Fashion is a multimillion dollar industry. It takes a lot of effort and finances to maintain your wardrobe. That being said, it is always a good idea to have a few trusty essentials you can always rely on. Those things that never go out of fashion. You can always go to them on the mornings when you cannot decide what to wear and you just know you cannot go wrong with them. This is where the concept of 'Capsule Wardrobe' comes in. A bunch of wardrobe staples and essential basic items that will never go out of fashion seem like a very good idea. It sounds smart to always have a dedicated section in your wardrobe to the good old classics that are ever green. You should include in this section only the clothing items and accessories that you deem essential. These items can be worn with each other or can be mixed and matched to other items in wardrobe. They are suitable for day to day life, errands and work as well as special occasions.

General definitions of a capsule wardrobe range the number of items from 25-35. While creating a capsule wardrobe there are certain things to be kept in mind which we will now discuss in this chapter.

Number of Capsule Wardrobes

There are differing opinions about the number of capsules one can have. Some people say that having more than one capsules ruins the idea and kills the purpose of having a capsule while other argue that one should have as many capsules as required to suit the needs of all individual lifestyles. In my

opinion, it is a relative matter. Mostly, it depends upon two major factors:

- **Season** - Every season has vastly different requirements for clothing. For instance, summer requires linen and summer dresses while winter wardrobe has no need of these. On the other hand, a winter wardrobe needs jackets and things to keep you warm which have no place in a summer wardrobe.
- **Occasion** - It seems perfectly sensible to have a different wardrobe for work and for special occasions like dinners, parties and weddings since the dress codes of all these are entirely different.

While making a wardrobe, it is absolutely vital to remember to create something that is minimalistic and contains items that will never go out of style. These items can be categorized into two main subcategories which are.

Accessories

These are all the items apart from clothing. For instance; Sunglasses, Purse/wallet, shoes, jewelry, belt, scarf. These items are absolutely essential to your everyday routine and must form a part of your capsule closet.

Clothing Items

As the name suggests, here you include all items of clothing such as jeans, skirts, shirts, sweaters etcetera.

According to the need of your daily life you can adjust the contents of your wardrobe. Generally, there are a few essentials that apply to all wardrobes. Refer to the following example of a capsule wardrobe to guide yourself through what to include in your wardrobe in each section.

Tank top - Chose from black, white, grey or have all three. You can never have too many. They are well under any see through shirts or even good for layering.

- Half sleeves Tee
- Full Sleeves Tee
- Blouse - To be worn over pants or even skirts.
- Light weight sweater - Works well on chilly autumn nights as well as good for layering in winter months under coats or jackets.
 - Cardigan and/or shrug - Throw that over out tank top and jeans and you are set for the day.
 - Jeans - This classic item never goes out of style and is perfect for daily wear.
 - Black dress - There was never a wardrobe that did not need a perfect little black dress. Wear it formal dinners, date night or just a night out in the town.
 - Blazer - This is very useful for when you need an instantly put together look
 - Black skirt - This goes well for work and formal gathering; when you are late for that 8 am meeting just throw that on with a blouse and get set go!

10 ESSENTIALS FOR YOUR

CAPSULE

WARDROBE



These items are pretty standard to all capsule wardrobes. Opt for greys, blacks and whites as opposed to reds and pinks which come and go out of style. Go for monochromes and avoid crazy, colorful patterns. Keep it simple, keep it classy!

Chapter 2 - How to Declutter Your Wardrobe

How many times did you find yourself staring at your open closet doors looking at mayhem of clothing and still nothing wearable in sight? If you just answered, "very often", it's time to declutter, folks! As hard as it may seem to part ways with your favorite old sweat shirt that you have been wearing constantly every winter night since high school, it's time to be out with the old and in with the new. Look at it this way; you will never have to see that horrible Christmas sweater that you never want to wear anymore. Think of all that space, clean and organized with neat piles of clothes that you will actually get some use out of.

While decluttering your wardrobe may seem like a very overwhelming task, it is not as tough. To be honest it is unnecessarily demonized. Decluttering is supposed to be refreshing. There is no need to be scared of it. By following some simple techniques and guidelines you can overcome this task. So let us look at the steps which are as follows.

Early Start

When starting any time consuming job make sure you are fresh. Try doing it on a day off or a holiday. Start early in the morning after you have had a hearty breakfast and a good night's sleep. This way you will not be fatigued and it will not seem as exhaustive as it would if you were to start after decluttering after working all day.

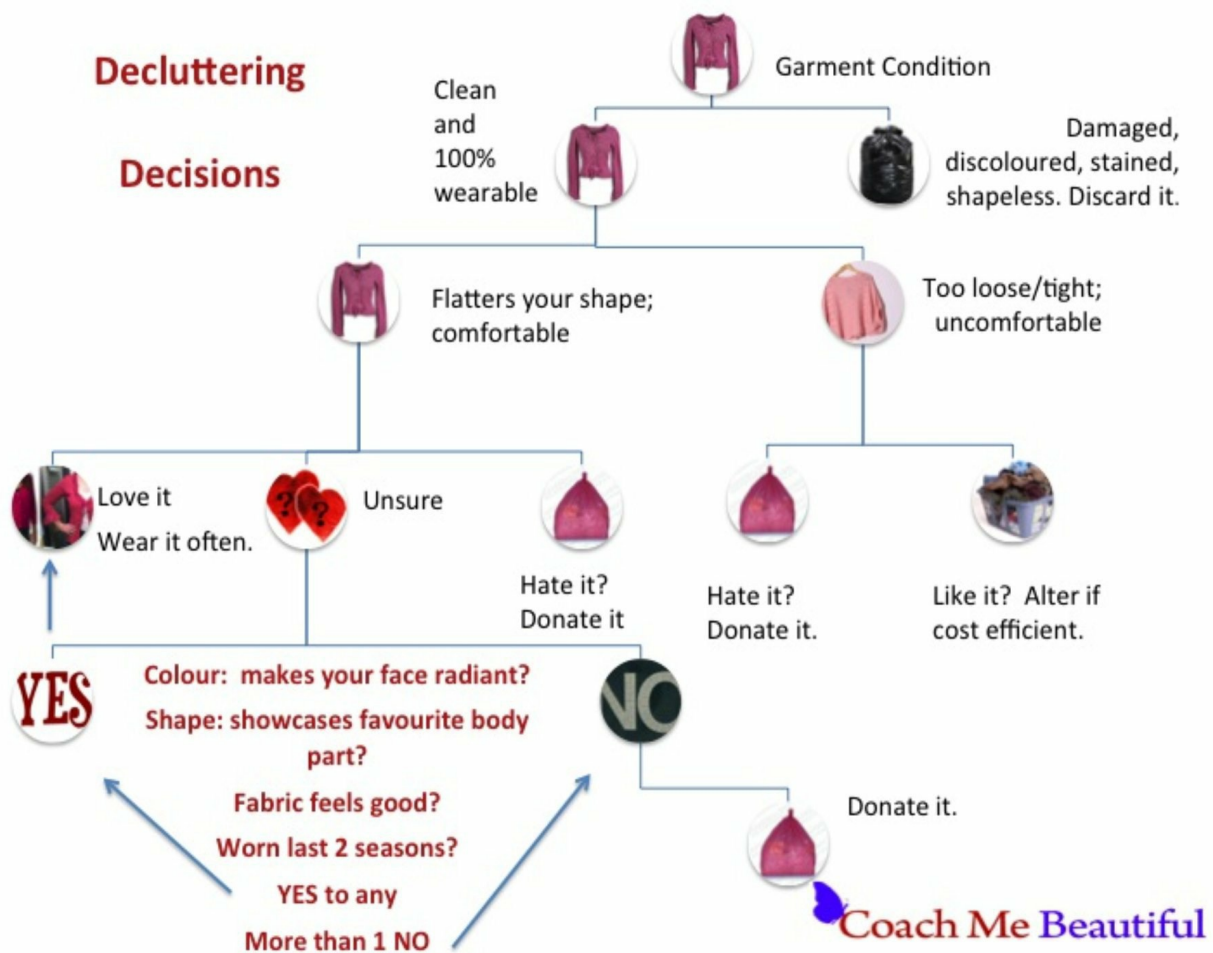
Clean

When you start decluttering the first thing to do is take out all your clothes and set them aside. We will decide what to do with them later. First things first. Grab a vacuum cleaner and a duster and clean your closet out well and good. Small closed up spaces like closets and stores tend to develop a smell due to lack of ventilation. Use disinfectant and spritz a light perfume or air freshener. Another great idea is to put some potpourri so it smells fresh and

floral every time you open it.

Sorting

Now comes the real deal. Start sorting through your clothes. Genuinely ask yourself what you do not wear anymore and throw it out. Follow this simple mantra; when in doubt, throw it out! Get rid of anything that is too uncomfortable, too tight, too big, too old, clothes that do not have match, worn out clothes and clothes from special occasions like your bridesmaid's dresses or costumes that are usually a one-time wear.



Organize

Once you have sorted through all your clothing, couple similar clothing together. On one side keep your work clothes and formal outfits while on another side organize your casual and daily wear. Dedicate another section to your home wear and sleeping suits. Try to put matching clothes together in the same place so you do not waste time matching when it is time to get dressed.

Store Away

Once you have organized all your clothes look for what is non seasonal wear. For instance, when decluttering as a part of spring clean store away all your sweaters and jackets in preparation for the coming summer months. You are not going to use them anytime soon and they are taking up a lot of valuable space in your closet. It is a smart idea to arrange your closet according to season.

Declutter Beyond Clothing

It is of prime importance to keep in mind that there is more to decluttering than just throwing away clothes. Look through your accessories like sunglasses, belts, scarves, purses and shoes to check what you can get rid of. This saves space and helps you prioritize your wardrobe in a more efficient manner.

Chapter 3: Wardrobe staples and essential items

So far we have discussed in this book regarding capsule wardrobes and how it practicality can work for us. Since capsule wardrobes are all about keeping it bare minimum but also look fashionably great, it takes more than a few thoughts to compose a wardrobe like that. Keep in mind the clothing items that are your favorite and most popular choices. And then piece together an ensemble of items that could formulate an entire outfit. Not just that, but you should be able to interchange the items to make new outfits and looks. This is what optimistically every perfect capsule wardrobe should be able to do for you. But deciding on those few items you may want to add to your mini wardrobe is the tricky part. The whole concept of a capsule wardrobe is to invoke a simpler living without compromising on one's style. However, its biggest advantage is budgeted fashion, and not spending too much on other than essentials. Updating these items is always welcomed, however, expanding your wardrobe further just goes against the very spirit of capsule wardrobes.

Now comes the tricky part. How to decide which items to keep and which ones to discard? The answer is simple once put to practice.

Set a rule

Set yourself a rule regarding the number of clothing items from a category. For example, set a "twos of every item" rule, and keep two pairs of shoes, 2 pairs of pants, 2 pairs of shorts, 2 tops and 2 dresses. This is just a demonstrative example of how you can minimize the item count in your wardrobe. Less essential items or accessories can follow a different rule. For example, you can always switch between a scarf, a hat or a prominent piece of jewelry with your outfits. This is step one to de-cluttering your wardrobe and organize the minimalistic items for your capsule.

Get colorful

Most people prefer a certain color tone for most of their outfits and stick to it

most of their lives. However, it can never hurt to let your inner color enthusiast out once in a while. While you can keep most of the items and essentials of your preferred color tone, pick out one item or accessory that could be in a different or contrasting color tone. The idea behind this, is that with just one different colored item, you just increased your styling possibilities. You can interchange between outfits this way many times by bringing a slight hint of color change to your wardrobe.

Strip down to the basics

It is no joke that forming your capsule wardrobe is all about shedding the extras. This in no way means that you bare down to just one top and one pair of jeans. This means that you identify in your closet the most convenient and used options. What are the basic essentials here? Most definitely the items without which any outfit would be incomplete. If you are all about leg day in summers and spring, then you may consider skipping pants throughout. This would leave more room for a few skirts or shorts.

Conversely, if your winters are too harsh for shorts or skirts, then you can bring back those pants and a pair or two more. Similar goes for jackets and sundresses that you can leave and add with changing seasons, without cramping any wardrobes. The idea is to simply keep it minimal, but without deviating from your style and comfort. If you are more outdoorsy and like a laid back look, then an assortment of few tops and tanks will do great for you.

However, if you enjoy a bit of night life and partying then you can add a dress or two instead. If you are a bit of both, then your minimalistic wardrobe can have a bit of both too. Same is the case with shoes. Depending on your lifestyle, you can add more weightage to fancier ones in place of simpler ones and vice versa. It is best to have at least one pair of practical and easy slip on shoes or sandals, particularly for warmer seasons. Accessories are definitely an important part of your outfit and fashion statement. Here you can cut down to the ones that compliment your style more. Most accessories are small, such as jewelry, and can be organized neatly without taking too much space, which makes this a happy bargain.

Perform some research

Shedding all your excess clothes does not mean you cannot do even the slightest bit of updating. Once you have your style mantra and know what is the hot trend this season, then you may not end up with all items that would math that. Perform some research and follow up on some current trends. Your capsule wardrobe means for you to possess items that would not go out of style, but have at least one item that is coherent with the new trends. Do it with a single pair of jeans, or shoes or even an accessory. Just having a single item that matches the current seasonal fashion, will leave you looking always top notch. However, the most important thing is staying true to your personal style statement. If it even goes against the new trend, then reject that trend, but never your personal style, because always feel free to express yourself.

Chapter 4: How to look elegant with minimalistic wardrobe

You may be familiar with the phrase “look more with less”. This obviously means that you can look your best, while keeping a minimum amount of clothing items in your wardrobe. This idea of having a minimalistic wardrobe means you can look your best every day while saving up on money, space, time and energy. Since you will constitute your capsule wardrobe with the clothing items you find best, you end up with more quality even with the less quantity. Therefore, you will surely look your best every day. Spending less time fretting what to wear and how, you will spend more time coming up with ways to put your mood to style.

Find your niche

What clothes you put on says a lot about your personality and preferences. Finding your niche and comfortable style is imperative to make your minimalistic wardrobe do the best for you. Are you more of a trend follower or a trend setter? Do you concentrate more on what you wear on the lower body or on the upper body? Do you like to make your outfit heavily accessorized, moderately accessorized, or none at all? Answer these questions for yourself and identify your style pattern. Once you are able to do this and pick out the items you want to keep for your minimalistic closet, you will automatically have identified your style statement for each coming day. No time and no dime will be wasted anymore on figuring out your style niche, and you will look your fashionably best every day.

Get the maximum from the minimum

Looking elegant by using your minimalist wardrobe is all about creating styles using the limited clothes you have now. As discussed in the previous chapter, you would like to make your capsule closet items based on season, so you may leave a few items out in favor for others most suited for the season. For warmer months of late spring and summer opt for a few dresses,

but mostly fill your wardrobe with tops with and without sleeves, shorts, skirts and at least one pair or two pairs of pants. For any outings during the day and night, opt for a dress or skirt with a sleeveless top. For places like work, skip the shorts and opt for the pants or a hemline skirt with a top. Interchange this by replacing dress or skirt with an occasional pair of simple shorts, with a funkier top, for a girl's night out or casual outing. You can even change your look with the accessories you have. To make your office look different, substitute the top with a sleeveless one but not a tank top, and style it with a scarf to look more edgy. Similarly, for a night out or morning brunch with friends or colleagues, style a simpler top with a skirt and throw on some jewelry such as a fancy necklace or earrings. Summer shoes are all about letting those toes breathe, so opt for slip on sandals that are also work appropriate, practical and look trendy.

For colder months during autumn, winter and early spring, it is all about the top layers. You can wear the same shirt underneath a different blazer or cardigan for a few times in a row. Winter boots are a great way to invest in a type of shoe you can wear anywhere such as the most casual work day to even a hip party. You can change your look more with winter accessories such as woolen scarves and hats that can be added to a simpler outfit ensemble. Add at least one long coat or jacket to your winter wardrobe for the colder days. A single piece of clothing like a coat or jacket can last you the whole season and you can style it differently with other items in your wardrobe.

Keep your eyes open

Keep yourself updated on the inventive ways you can work with your outfits. Minimalistic fashion is a real thing now, and designers everywhere are always creating new clothing items that are affordable and interchangeable to complement a capsule wardrobe user. Looking elegant with your minimalist wardrobe would not present a challenge if you make it at the start of the season. In doing this, you will be incorporating items that are in trend that season. This will help you transcend your inner style goddess while never looking out of fashion.

Chapter 5: Dressing on special occasions with a capsule wardrobe

So far you have been given a run through about what your capsule wardrobe must contain and how you can make it in a way that you look spot on every day. Surely dressing up for everyday activities like work or casual outings is fairly simpler and easier with a minimal wardrobe. But what if you have a rare special occasion such as a formal work party or friend's engagement party to go to? How do you use your limited closet items to look your absolute best for a dressier occasion? Well that is what we will be discussing in this chapter and surely you will get the most out of it.

Start from scratch

Ideally, when you build a capsule wardrobe, you do so considering your clothing choices for everyday normal ventures. But for the rare occasion of dressing up slightly formal, you would end up with a closet that has nothing fitting for the event leading to a shopping impulse. Now, if you are clear on the concept of a capsule wardrobe, then you would agree, that it is a bad idea to spend any more money on clothes, right? The answer is simple, yet very practical. When you make yourself an everyday capsule wardrobe, do not just toss out those formal or party dresses you may have. Keep those, or some of those if not all, and build yourself a small, formal dress capsule wardrobe. This will save you those last minute shopping sprees and the big bucks you may have spent on them. Your formal dress capsule will however, only have some basic essentials you need for dressing on special occasions. Remember, here you will have less of the quantity but more on the quality.

Divide into few favorite looks

Once you have your formal attire essentials incorporated into your capsule wardrobe, you need to divide the items into possible looks. Having your looks pre-decided at the start of season will save you from fretting about putting it together at the last minute. Have your looks divided on the basis of

type of occasions that may arise. For a formal office party or work related event, you can opt for a look that says “chic but sophisticated”. Try a straight cut tunic or dress with high heeled sandals. The same look can be tried out for many other events where you could need to tone down on the funky. For an event like an engagement or a wedding party, you can try the look “classic and fancy”. You can make your own version of this look, but here is a suggestion. Try pairing a fit-flare dress with high heel sandals or pumps.

The look can work for any formal party that may not be work official and you can go all out on your party girl look. For a more special occasion such as a date or anniversary dinner, try the “playful but modern” look. Make this look your own with your choice of clothing, but let’s paint a picture here. Pair a more modern straight maxi with a plain pattern or get playful with a striped one, with low heel sandals. The look can even work for a brunch out with friends or a last minute surprise bridal shower party. What looks you create with your minimal wardrobe for these special occasions should have the quality of being recycled for multiple occasions. Mixing and matching while interchanging is a great way to increase your number of looks using the same outfits over and over again.

Put in time, effort and some money

Dressier looks mostly cost just a tad bit more than your daily normal wear look. This all depends on your choice of brands and what dresses you feel more comfortable with. However, building this wardrobe requires you to put in some more time. Do not expect to have this nailed in one season, but since you are shopping less now, so expect to have this type of minimalistic wardrobe take its time to form according to your style and need. As far as the costs are concerned, minimalistic wardrobes stress a lot more on quality than quantity. So feel free to make once a season or year investment on a quality dress. But ensure this as a smart investment, by purchasing a dress that can be styled into more than just one look. This is where putting in extra effort comes in. Deciding on a dress at a store and doing the mental math on the number of looks, will ultimately save you the time and worry when you get ready. Special occasions can be rarity for some while a lot more frequent for others. Your wardrobe will definitely depend on the kind of lifestyle you

lead. The best part, however, is that you can always update and change your minimal wardrobe to suit your needs and your piggy bank.

Conclusion

Minimalism is always a good idea whether it regarding any aspect of one's life. Not only does it makes your daily life efficient but also ensures peace of mind. When it comes to clothing it can be a very hard to decide what to keep and what to get rid of. The answer to that age old question lies in the 21st century concept of capsule wardrobe. As you have seen in the chapters above, decluttering and making yourself a minimalistic wardrobe is the answer to all your clothing conundrums.

With fashion being such a fast moving and expensive industry it is always handy to have your trusty and ever green classic at hand so that you never find yourself staring at your full closet with nothing decent to wear. Capsule closets aim to minimize the clutter in your wardrobe while making sure you have an outfit ready to wear for any occasion. With the presence of a capsule wardrobe you will never find yourself looking at piles and heaps of clothes that you can no longer wear because they belong to last year's collection.

The items in your wardrobe are all those which never go out of style. Nobody can tell a black dress that you are out of fashion. No, Sir! Black dresses take no notes of that. It will always be an elegant style suited for any occasion. Any year in any given season. Not only do capsule wardrobes make getting dressed and efficient task but they also make sure you are prepared for all seasons. Most items that are included in the capsule wardrobe are somehow usable in all seasons. For instance, a full sleeved T-shirt can be used over jeans in summer or spring. The same can also be utilized in winter for layering under a sweater or a jacket. This saves space and helps your closet space stay more organized.

While picking out the clothes to form your capsule wardrobe make sure that you pick colors and patterns that are of neutral or earthy tones. Make sure you choose colors ever green colors like greys, blacks, whites and creams.

Care must be taken not to include any neon or bright colors to your capsule wardrobe. Colors and crazy patterns come and go out of style but a plain black blouse or classic slim fit jeans will never be out. So just bear in mind that you should always keep it minimalistic and classy. Remember, elegance is the best attitude.

Lower Your Bills in March

Homesteading 30 Instructional Steps

Modern life brings with a huge array of electronic gadgets and gizmos which are all designed to make life easier. Yet, in a world where you can communicate with anyone, anywhere in seconds; life appears to have become more complicated and stressful.

Of course there are those who have managed to rise above the daily grind and created vast fortunes for themselves. But, these people have worked extremely hard to get there and often do not appreciate the position they have achieved.

Fortunately there is another way. Homesteading provides the opportunity to become self-sufficient, eliminate debts and reduce the need for money. It provides financial freedom through developing the necessary skills to grow your own food, create your own products and even learn the skills of bartering and generating your own funds.

Homesteading is not for everyone; it takes hard work, dedication and there will be times when everything appears to be going wrong. However, the rewards are significant. You will gain true financial freedom and control over your own life. But, perhaps the biggest reward is the sense of satisfaction you feel when it all comes together.

There is nothing quite like the feeling of digging up and then consuming the vegetables you has worked so hard to grow.

It is important to note at this stage that there are varying degrees of homesteading. The main aim of a homesteader is to free themselves from the financial ties and stresses of modern life.

However, many homesteaders also place a huge emphasis on the fact that they are in control of the food they eat and can be assured it is healthy and organic.

You should be aware that some homesteaders continue to earn money in a semi-traditional fashion. They may sell excess produce or even undertake some work online. This maintains their sense of freedom but allows them to purchase the items they really need for their homes.

Homesteading is not about a life without money; it is concerned with returning to nature, improving the quality of your life and time with your loved ones. Most importantly it is about being prepared and able to deal with any eventuality.

This book takes a look at how you can join this revolution, free yourself from the financial ties you currently have and build an independent life without debt.

There are 30 instructional steps to take. You should appreciate that this is not an overnight process. To really become independent and debt free you must take it one step at a time.

An added bonus that you will gain once you have completed your journey to independence is that you will no longer be just a consumer of products; you will have successfully reduced your negative impact on the environment.

Chapter 1 – The First 10 Steps – Preparing To Be Independent

Like most things in life the most important stage of this change in your life is the preparation. By following these steps you will be able to start homesteading without the need for a loan and with a little financial backing to help you get started.

1. Make A Plan



The first stage in developing your independent life is to make a plan. There are several key elements you need to ensure are in the plan.

These are the amount you currently have in debts, the amount of assets you have and what you believe is a reasonable timescale to start your homestead.

Although you cannot generally move overnight; there are many homesteading techniques you can start learning and practicing in your current home. Even if you live in a flat in the city!

This means that you need to know your current financial position and what

you aim is. Do you wish to simply be debt free and in charge of your own income or are you intending to become a homesteader and live completely self-sufficiently?

Knowing your ultimate aim will allow you to create a plan with an overall goal and many smaller, achievable goals. This will make the whole project seem possible.

2. Review Your Budget



Once you know what you owe and what you own you will need to work out your budget. This simply means listing everything you earn and everything you pay out.

You must then be ruthless; remove any expenditure from your budget which is not entirely essential. Your focus should now be on simplicity, not on the must haves of life.

It is best to slash your budget in one go, but if you cannot then stage it across several weeks. This will help you to adjust your spending habits.

It is also advisable to reduce or even eliminate contact with friends that place instant gratification over money sense; they will not help you achieve your goal.

3. Start Selling



The crucial steps now will be to reduce your debt as quickly as you can. This is not an easy task; if it was you would have already done it.

However, by knowing your budget and cutting excess spending you will have funds available to reduce your debts. Commit to this; all excess funds should be used to reduce your debts.

In line with this, look round your home for the items that you have not used in the past six months. It is likely that they are not really needed and can be sold. You might be surprised by the level of income you can generate through selling unneeded items.

4. Cash Is King

Sticking to a budget can be extremely difficult, especially if you are used to simply pulling out the plastic and buying what you want.

To avoid this you should destroy all your cards, except any bank cards, and set yourself a cash amount each week to cover bills, food and entertainment.

Settle your bills first and then use the rest as you please; you will quickly learn to budget effectively as when you run out you will not be able to eat!

This is more than just an effective way to stay within budget; it is also good practice for the future when cash will always be king.

5. Build A Second Income

The fastest way to reduce your debts is to have two incomes and live on the lower income. The higher one can then be used exclusively to reduce debts.

This may mean working long hours, or may simply mean using your income for debts and your partner ' s for living. If you both work temporary second jobs you can quickly increase the funds available to settle your debts.

Although this is hard it is worth remembering your goal, a life without debt is rewarding in itself. You will only achieve this through dedicating yourself to reducing and eliminating the debts you currently have.

Once the figures start to come down this will be motivating and even inspiring in itself.

6. Look For Land



As your budgetary constraints help you to eliminate your debts you can start looking at what land is available.

This will also allow you to gauge the amount of funds you will need to get started. It is worth factoring this into your equations and building the necessary funds as soon as you finished eliminating your debts.

Of course, if you have a property to sell this will make this step easier.

However, selling your property should not be an option for settling your debts. You will not have mastered the concept of living on a tight budget if you adopt this approach.

When looking at land you need to consider whether you are focusing on cattle, vegetables or something else. This will help you select the right soil for your needs.

It is possible to find free land in various places; reserved for homesteaders. However you must decide if you are happy to live anywhere.

7. Identify Necessities For Your Homestead



While you should be eliminating non-essential items such as the waffle maker from your inventory, it is also important to consider the items you will need.

For instance, if you are away from the mains electricity and are hoping to install solar panels in the future, you will need a generator or two for the short term.

You can use the money generated from the sale of your unneeded items to purchase the things you really need. Of course, you will need to search through all the local classifieds to find the best deal.

8. Consider Your Skills

You may already be good at plumbing and general DIY jobs; this will be of valuable assistance when creating your dream homestead.

However, if you are not or if you need to learn about vegetable growing and animal care, now is the time to do so.

While you will research and learn as you deal with your homestead, you potentially have more time for research and learning before you start your homestead. These skills can be learned now and will help you in the future; you may even be able to earn a few dollars for a job well done in the future!

9. Have A dry Run



If you have sampled off-grid living or camp a lot you have an idea of what it is like to run your homestead. However, there will be many issues which you have not faced unless you actually try to live this way.

Take a little time off work as you approach readiness for your move to a homestead lifestyle. This will allow you to pretend you are homesteading and

discover the areas where you will need most assistance or that you had not even thought about. You can learn from this and adjust your plans accordingly.

10. Talk To Other Homesteaders

An essential part of your preparations should involve talking to other homesteaders who are already further along the journey.

It is easy to romanticize the notion of homesteading but the reality can be very different. Talking to people will allow you to see the reality but also to discover a range of valuable tips.

In fact, you will be starting to build a support network to help you in the future!

Chapter 2 – 10 Steps To Transition To A Homesteading Lifestyle

It may take a few months or a few years to get yourself in a position where you are ready to start homesteading. There is no right or wrong amount of time. Providing you have followed the first ten steps you are now ready to move into your new homestead and make your dream a reality.

To ensure the reality remains the dream you need to adopt the following steps. This will ensure the transition from your current life to a homesteading one goes as smoothly as possible.

Of course, nothing ever runs completely smoothly but this is something you will become accustomed to dealing with while running your homestead:

1. Maintain An Income Stream



It is tempting, once ready to make the move, to simply quit your job and plunge head first into growing your own vegetables and fetching the eggs from your chickens.

However, setting up a homestead takes time and you cannot do it all in one go. You must focus on one project at a time and slowly build your homestead. This will help to ensure you are successful.

Of course, you will need some funds to help you get through these early days. While your budget should have created a surplus to help you get started it is worth considering a part time job.

Many homesteaders create blogs and include affiliate marketing to generate additional funds. This can be a great way of sharing your experiences, learning from others and boosting your financial position; without needing to work for “the man”.

2. Learn About Water Catchment & Purification

If you are not connected to the mains water supply you will probably be intending to bore a hole for a well.

While this is an excellent idea it is only one potential source of water. To ensure you still have water if the well runs dry or becomes polluted you need to locate running water in the area.

Identifying a stream or even a local lake means you can access water but you also need to learn about the best ways of filtering and purifying the water. This is essential to ensuring you have all the drinking water you need.

3. Decide On Your Power Solution



Most homesteaders prefer to be off-grid simply because this means there are no bills to worry about.

However, being off-grid is not the same as being disconnected. You can still have access to the internet, cell phones and other electronic gizmos; but you will need to consider what power source will be most effective and reliable for you in the short and long term.

You may wish to have a connection to the grid and then move to solar panels later. If you are building your property it might be possible to incorporate solar panels into the build.

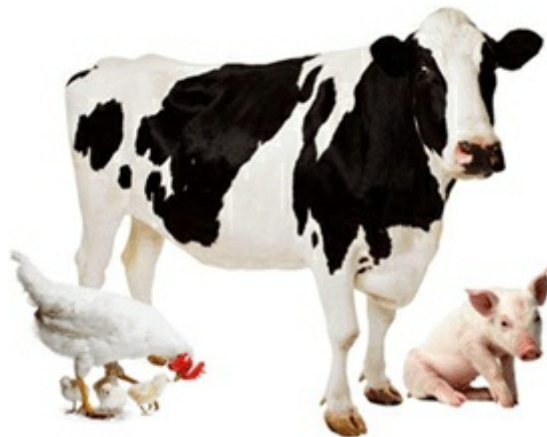
You may even choose to try wind power! There is no right or wrong solution but you should know what you are intending to use before you start your homestead.

4. Plant As Soon As You Can

One thing that many new homesteaders underestimate is the length of time it takes to get a good harvest from your crops. In some cases it can take several years for the crops to really start producing in quantity.

This means you need to get your vegetables planted as soon as possible; even before you build your home or adapt it to your needs. Planting should be seen as the first priority to ensure you have your own food source as quickly as possible.

5. Understand Your Animals



You will almost certainly be looking to have animals on your homestead. Almost every homestead has chickens as they are an excellent source of eggs and meat.

Chickens need a place to scratch around and a secure home at night to protect them from foxes and other animals. However, they also need to be contained in the daytime to stop them ruining your crops!

Whether you are just looking to have chickens or want cows, sheep, pigs and goats you need to know what each animal needs to eat and for shelter.

It is best to research this before you start and make sure the enclosure is available before you actually get the animals.

6. Know The Regulations

If you are looking to create a homestead and live off-grid you will probably not have close neighbors and will find there are few regulations which affect you.

However, if you are living on the edge of a town you might have neighbors who are not so convinced by your new approach to life.

Whatever your situation it is important to be aware of the regulations regarding your home, animals and even crop growing. This will ensure you do not get yourself in trouble before you start!

7. Build To Expand



Whether your new home is already built or not you will need to build outbuildings and possibly extensions to house your animals and various other projects.

With practice and patience you can learn to build any structure. However, when creating something you must consider how easy it will be to enlarge it later. Your startup efforts will revolve round small steps. As you become better at self-sufficiency you will increase the size of your plot and the number of animals you have. The ability to quickly and easily extend your outbuildings will be appreciated when you reach this stage.

By failing to plan for it you may end up building a separate structure or having to partially dismantle your current one. This will lead to the issue of where to keep your animals while you rebuild.

8. Learn How To Preserve Food



Vegetables tend to be harvested at certain times of year. Once you have created a successful and plentiful harvest your aim should be to use these vegetables over the course of a year.

This means that you will need to preserve them and freezing should not be

considered the only option. After all freezers require electricity and you may only have a limited supply of this.

The alternative options are canning, pickling or drying.

Canning means turning your produce into something, such as strawberries into a jam. Then you will need to sterilize a glass jar and add the jam before sealing it airtight; this will last for months or even years.

Pickling is very similar although the vegetables are simply dropped into a mixture of vinegar and spices or salted water. Again they need to be sealed.

Drying is the usual approach for herbs. You can do this in the sunshine, in the oven or in a dehydrator. All the moisture is removed and the products are then stored in airtight containers.

It is also worth considering creating a root cellar in your home as this can extend the life of your fruits and vegetables throughout the winter months.

9. Upcycling Is Essential

One thing that you will need to start doing is upcycling everything. Waste should be a thing of the past. Food scraps can be used for feeding animals; especially chickens.

Many other items round the home can be reused in a variety of creative ways. You can create automatic watering devices from old plastic bottles or cutlery holders from old tins.

You simply need to adapt the way you look at things; everything can be used again for something!

10. Pallets Are Good For Everything



You will be undertaking a wide range of products; particularly creating animal enclosures and perhaps fences round your land. This will require materials including wood, hammer and plenty of nails.

However, while you will need to purchase or locate nails, the hammer should already be owned by you and the wood can come from pallets.

Once you start looking you will realize that there are pallets everywhere and many of them are simply left to rot. All you need to do is ask a local supplier if you can have their excess pallets.

Then dedicate an area to keeping pallets and start collecting them; you can never have too many of them!

Whether you are building a chicken shed, or making a bed you can use the pallets you have collected. Of course, you must be aware that pallets which have been used to carry chemicals may have traces of these chemicals on them and should not be used inside the home.

Chapter 3 – 10 Steps To Ensure Your New Lifestyle Is A Success

There is no doubt that homesteading is both rewarding and extremely challenging. There will be times when you question your lifestyle decision. After all, you are likely to be working more hours for less financial reward.

However, there should be more positive moments than negative ones. To ensure this is the case and your new, independent and debt free life is a success you should include these steps in your list of things to do:

1. Temporary Electric Fences



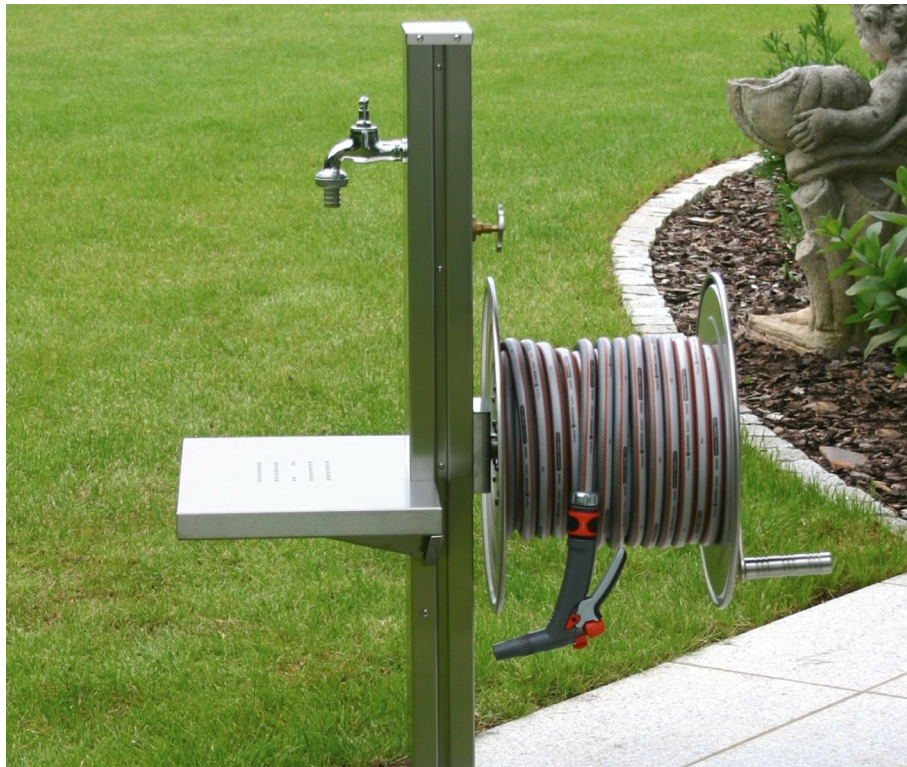
Although your outer perimeter should have sturdy fences the best way to create the internal fences which separate you animals from each other is through electrical wires.

An electric fence requires a battery and a long piece of wire; you can also extend the wire you have by wrapping another piece round it.

These are an effective way to keep animals in the designated area. But, more importantly, they make it very easy to move your fences and your animals. This allows them to graze where you dictate and actually use the animals to help maintain your land.

While an electric fence will only give you a mild shock it is worth having warning signs and reminders to ensure no one touches them by accident.

2. Water Spigot Installs



This is something that should be done early in your life as a homesteader. Whether you have animals, crops or both, you will need water at various places round your land. The larger the site the more difficult this will be to achieve through a conventional hosepipe or a watering can.

The fact is you will be too busy to spend several hours tracking back and forth just to supply your animals and crops with water.

Instead, run pipe round your land and add taps periodically to ensure you always have water where you need it. You can pump it from your well or you can collect rainwater for this purpose.

It is worth considering where your water pipe runs and the average temperature in the winter. If it often drops below freezing there is a risk that your pipes will freeze and then crack.

If this is likely to happen you must insulate your pipe properly; you do not want to lose your precious water or have to replace many meters of pipe.

3. Build Your Animals and Vegetables Slowly

Your vision may include having pigs, cows, chickens, goats and a host of other animals. There is nothing wrong with this!

However, you cannot give all these animals the care they need instantly. Every animal you keep will teach you lessons regarding how they need to be looked after and what special considerations need to be made to ensure they are comfortable and provide you with the milk, eggs or meat you desire.

It is therefore advisable to start with just one type of animal and not too many of them. As soon as you are comfortable with them you can increase the number of animals and then extend the types you keep.

Trying to take on too much straight away is going to reduce your chances of success; which will be disheartening and avoidable!

4. Practice Bartering



It is possible to earn money through blogs, a part time job or even offering your services to others. However, the general intention of a homesteader is to be self-sufficient. This means producing your own food and making your own items.

The reality is that, no matter how good you are, there will be elements that you have not yet mastered and you will need to use the services of someone who knows what they are doing.

Instead of using money you should endeavor to barter with them, swapping your goods or services for theirs. This is common in the homesteading world and the sooner you start practicing this the better you will be at it.

Start small and practice with friends and family before you need to test your bartering skills for real.

5. Buy Pre-owned



When you choose to leave the rat race behind you are committing to a life of seconds. This does not mean a second rate life experience but the idea that you never need to buy something new again.

There will always be an alternative available on the second hand market. You may need cash or you may need to barter for the item you need. But, buying a pre-owned item will assure you that you have not spent more than you need to and that you really need the item you are acquiring. After all, you will no longer spend money frivolously.

6. Prioritize

If you have bills then these must be paid first. You must always consider what funds you need to pay these bills and how you will obtain these funds.

The second most important thing is food, drink and shelter. If you are debt free on your own land then your shelter is taken care of and your food and water should come from your land.

This means any spare crops or funds can be used to purchase the luxuries of life. You will find that your perception and desire for luxuries changes over time; especially as these are always of the least importance to you.

Learning to prioritize will ensure you meet all the necessary bills and demands of life reducing the need to be stressed. This will improve your quality of life.

7. Learn From Professionals and By Experience

No matter how hard you try to prepare for your new life as a homesteader there will be things which you have not learned.

Some of these will require the intervention of a professional; such as slaughtering and butchering your cow. Others are simply a case of learning through experience; such as discovering what chickens will and won ' t eat.

The important thing is to be aware of this and take every opportunity you can to learn from others. You will find there are many farmers with small holdings and other homesteaders who have a wealth of experience to share. More importantly they will generally be delighted at the opportunity to share their knowledge with someone who is genuinely interested.

Even if you are shy round new people it is easy to ask about how a vegetable was grow or what approach they use to organic chicken farming. All you need to do is start the conversation; they and your natural interest will do the rest.

8. Roll With It



It is also important to be aware that not everything will go as you plan. This is impossible in any walk of life and even truer in your chosen lifestyle. Mother Nature has her own say in most of the things you undertake and she can be fickle as well as unpredictable.

Sometimes, despite your best efforts, your crop will be a disaster. However, you simply learn from it, roll with it and try again. It is part and parcel of your new, simpler, approach to life.

9. Clean Your Tools

You might be surprised at how few tools you actually need when building a homestead. However, the few that you do need are essential and must be looked after.

The best approach is to purchase quality spades, forks and other gardening implements and to look after them. This will ensure they give you a lifetime of service.

All you need to do is wash them down after you use them and wipe them off with a rag. This will make sure they do not rust and they are ready for use every time you need them.

This might seem like a simple thing but after a hard day digging it is easy to simply leave your spade where it falls and then forget it for several days or weeks. When you have spent the money purchasing quality products it is worth looking after them.

10. Improvise



The final step in your journey involves being ready for anything. No matter what you do there will be times when you are left clueless! The best thing you can do is improvise a solution.

This is likely to be easier the longer you have been homesteading for but there will always be something that needs to be fixed urgently or addressed in some way.

Learning to improvise means thinking outside of the box, you can either fashion your own repair on a tool or use an alternative item to do the same job. There is always a solution, you generally just need to step back and review what you are trying to achieve.

Conclusion

Homesteading is gaining popularity partly thorough the number of people who are concerned with what is happening to the environment. It is also a result of the increased tension round the world. Homesteading allows people to prepare for a disaster and have the best possible chance of surviving it.

However, homesteading is more than this. It is the opportunity to reduce the stresses of modern life and replace them with traditional values. You will gain great satisfaction from having provided your own food and looked after your own family through hard work and dedication.

Of course things will not always go smoothly but this is true for all lifestyle choices. Adopting a homestead lifestyle allows you to flex with the issue and keep sight of what is really important.

It is important to remember that there are many different levels of homesteading. Some people may be interested in becoming debt free and in more control of their lives without the hassle of needing to grow their own vegetables and look after animals.

This can be achieved through following the first ten steps of this book and adopting a new approach to your financial behavior. However, if you are interested in going the whole mile and creating a refuge from modern life which allows you to be at one with nature; then this is also acceptable.

This guide deals with how to prepare for you new life and the best way to transition smoothly. You should note that there are many skills which will need to be learned along the way and you may not be able to prepare for all of them.

The reason for this is simple. Even though you have created a plan which outlines your vision for the future it does not mean that the vision will remain the same. The further you progress along the path of a homesteader the more likely it is that your ultimate goal will change. This is simply human nature.

It is essential to accept this and be willing to adapt your approach and methodology to meet your changing goals. Indeed you should evaluate your plan and goals at least every few years to ensure they reflect what you really want from your homestead.

Building a homestead is a challenging but extremely rewarding lifestyle choice but it does not mean you need to cut yourself off from family, friends and modern technology. Instead you get to choose what is really important and you will find time for that in your life.

Perhaps the most important note to end on is that when you are undertaking this type of project as part of a couple it is vital that both parties are fully committed to the goal. Communication is essential to ensure you both remain happy and your relationship remains strong.

Homesteading together should strengthen your relationship, but if you take it for granted you may have issues. Make sure this is never a problem for you by keeping the channels of communication open at all times.

How To Setup Your Personal Solar Power System

In a world where there are a limited quantity of carbon fuels left, many scientists and even individuals are looking to devise new ways of creating energy. Of course, many countries operate nuclear power stations which provide them with all the electricity they need with surprisingly little amounts of environmental effects. However, a nuclear power station is inherently dangerous. If something were to happen at the power plant it is possible to have a disastrous fall out which could affect thousands if not millions of people.

As such, there has been a massive increase in interest in more passive, environmentally friendly approaches to creating energy. Wind and water power are two avenues which have been explored thoroughly within the last few years. Solar power is another potential solution to the energy crisis around the world. In fact, many companies and even individuals have invested in their own solar panels to generate electricity; assist the planet and save funds.

Of course, solar technology is not new. As long ago as the 7th century BC there are records showing a magnifying glass was used to create fire and to burn ants. The third century Before Christ refers to burning mirrors which lit the torches for religious ceremonies. There are even reports of the ancient Greeks using their bronze shields to focus the energy of the sun and set an enemy ship on fire. This has been attempted in more modern times and has been shown to be possible; providing the boat was no more than fifty feet away.

Just two thousand years ago, in the fourth century AD the Roman bathhouses harnessed the power of the sun to warm the rooms via large glass windows. Although the sun has always been used it is in relatively basic ways, until 1767 when a Swiss scientist known as Horace de Saussure devised a box to

collect the heat from the sun and cook food. It is recognized as the world's first solar collector.

It was not until 1839 that a French Scientist, known as Edmond Becquerel discovered the photovoltaic effect of the sun. He was experiment with electric generation through an electrolytic cell and realized electricity production increased when exposed to sunlight. The French mathematician August Mouchet continued this work and devised a solar powered engine; they were used for a variety of novel applications.

By the end of the 19th century the first solar cells had been created from selenium wafers and the first solar water heater had been created. Although there were steady developments throughout the first part of the twentieth century, it was not until 1954 that the silicon photovoltaic cell was developed; it was the first cell which could run everyday electrical equipment just from the power of the sun.

The technology has continued to develop with a massive increase in interest at the end of the twentieth century; including the creation of a solar powered aircraft!

Fast forward to the present day and you will find many houses with solar panels on their roofs and the ability to power their own electrical needs. Whilst these have been and will continue to be refined and improved, the basic principle remains the same. It is likely there is a big future for solar electricity and now may be the best time to purchase your own kit and install it to create your own electricity supply.

Chapter 1 – Parts Involved in a Solar System

Despite the fact that solar power is a massive step forward in terms of energy generation and the potential to save the planet; the number of parts involved in setting up your own system is surprisingly limited. Every install requires at least one solar panel; the more panels you have the greater the amount of electricity you can generate. Of course, the space you have available will restrict your project to some extent.



Initially solar panels were only ever placed onto the roof of buildings, in fact, many contractors would only offer favorable rate for an installation if your roof was south facing. The reason for this was simple; a south facing roof is in direct sunlight all day. However, many companies now accept that south west or even south east facing roofs can harness as much energy as a purely south facing roof.

Photovoltaic Cells

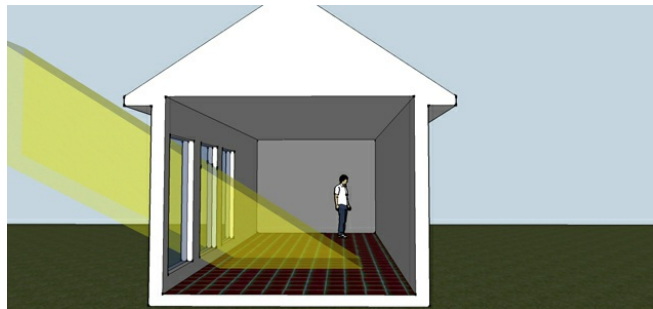
The key part to any solar installation is the solar panel. This is the large sheet of lightly checkered shimmering, almost mirror like substance. The solar panel has no moving parts; this means there is nothing which can go wrong with them. They simply collect the energy from the sun and convert it to

electricity. This is done by absorbing some of the photons which are present in the sun ' s rays. The energy in the photon is captured by an electron inside the semiconductor material. This energy allows the electron to move and occupy a place in the current; generating electricity in the process.

There are two types of photovoltaic cells; those which are made of crystalline silicon and those which are made of thin-film. The thin-film type cell is undergoing extensive research and development and offers exciting potential for the future. On the other hand, the majority of installs at present are using the crystalline silicon type cells.

The solar panel or energy collector is only one part of the system. You will need to connect this to your appliance or to the electrics in your house and potentially to the main grid. There are two different types of system depending upon your intended use of your photovoltaic cell.

The Direct System



The solar panel can be connected directly to what is referred to as the load. This is the appliance they are supposed to be running. Whenever there is sufficient energy generated by sunlight the appliance in question will work. This may be useful if you need to run and air conditioning pump on a hot day or even ventilation. Of course, when the sun is not shining no electricity is generated and your appliance will not work.

Off the Grid Systems



These are designed to create enough electricity to power an entire house. You will need more than one solar panel. The solar panels are connected to each other and the electricity generated is transferred to a bank of batteries; this is a second vital component. The bank of batteries is then connected to all the electrics in the house and power is available at all times of the day or night; providing there is juice in the batteries.

This type of system not only requires a battery bank, it will need an inverter. This is a device which can convert the DC power generated by the solar cells into AC power which is useable by all your appliances. As well as the inverter you will need to have a charge controller. Every battery can only handle so much energy. If you attempt to store too much electricity in one battery it will overload and can potentially explode. The charge controller prevents the battery from accepting any more electricity once it is fully charged.

Alongside this you will need a decent quantity of cabling to connect everything up and several safety features, such as a surge protector and a range of trip switches. These will help to protect you from any issues. It is also possible to get a monitor which will sound an audible alarm if there is any issue with the system.

Battery Backed-Up Grid

In effect this system is almost identical to the off grid system. You will need an array of solar panels, a battery bank, an inverter and the safety features. However, this type of system is also hooked into the main grid. This is an

exceptionally dangerous part of the process and must be completed by a qualified electrician. It is common for the electricity board to send someone to make these connections. The advantage of this type of system is that you will always have power regardless of whether the sun is shining or not. Whilst a battery back-up can support most functions, if there is a specific item which must have power then this system can ensure it does. It is also a comfort to know that you will always have power available!

No Battery Grid



This has become one of the most popular home style systems on the market. The photovoltaic cells generate electricity and send it through cables to all the appliances in the home or business. Every appliance will work as normal; although you will still need the inverter mentioned earlier. Excess or unused electricity is sent to the main grids; which must be connected to your system. The electricity unused by your home is effectively sold to the grid; in return you can purchase electricity from the grid and the two charges should off-set each other.

The system involves the solar panels, an inverter, an array of cables and the usual safety features including trip switches and surge protectors.

This type of system is designed to reduce your energy bills whilst providing you with the same access to electricity as a conventional electrical install.

However, the downside of this system, or any which does not have a battery bank, is that there is no power available in your house if the main grid fails.

Chapter 2 – Installing & Setting Up Your System

Now that you are aware of the different types of system and how few components are required you may be more interested in establishing your own system. Inverters, battery banks and cabling are not incredibly expensive. The main cost of a system is the solar panels. These are not generally cheap, but the more you have the more electricity you can generate which will help to reduce your dependence on the large energy companies, reduce your environmental impact and even ultimately lower your cost of living. Installing a solar system may even be a necessity if you live off grid already; understanding what is involved is the first step towards powering your own home.

To complete a successful install and set-up your home electricity you will need to consider the following issues:

Type of System

The first question you should ask yourself is which system most suits your needs. If you are planning to run your whole house then you will not want to have a direct system. The decision between off-grid, battery grid and no battery grid will be influenced by your location. If you are not near a current electrical system then the cost of connecting to the grid can be prohibitive; the off-grid system may be the right one for you.

If you are able to connect to the grid then this can provide a useful back up and allow you to have power all the time whilst reducing your energy bills and still having power available if the grid fails. The real question when choosing a grid system is whether you wish to have the ability to survive without the grid or not. It is also worth noting that a grid system is generally cheaper to install as there are less parts required and easier to maintain.

Buying the Equipment



There are many government backed schemes which will offer to supply you with your solar panels for free provided you commit to a contract with them. This can help to off-set the cost of purchasing the panels, but will restrict your savings and is only an option if you intend to have a battery less grid system. You will also need to choose a supplier and installer with caution as many of them will charge high rates for the solar panels; this can even off-set any savings you may get by using a government grant.

The alternative is to source the equipment yourself. There are many suppliers of photovoltaic panels on the internet. You should purchase the best ones you can afford; installing them and connecting them up is actually a simple process for any keen DIY 'er. Fortunately choosing the solar cells is relatively straight forward. The majority of solar cells are made in the same way using the same materials; there is no significant difference between those offered by different suppliers. This means you can choose the cells which are cheapest, or the firm which is offering the best deal on purchasing them.

Your solar cell supplier should also be able to supply you with a good quality inverter and batteries, as well as the charge protector. However, these are easy to pick up in a variety of places and may be cheaper elsewhere.

Before you can buy the equipment you will have to decide either the amount of panels you can afford; you can always expand the system later; or the amount you will need.

It is therefore important to consider the following:

Location

Solar panels will attract the most sunlight and therefore create more electricity when they are positioned facing due south. This is because the photo sensitive cells will dramatically reduce in productivity as soon as they are placed in shade. This is not to say it is not possible to generate electricity in a shady spot, but, if this is your only or preferred choice you may need to consider extra panels to gain the power you need.

Traditionally these panels have been mounted on the roof of a building, however, there is an increase in the amount of people and businesses who are choosing to mount them on the ground. You will need to ensure this is permissible with your local planning regulations and your neighbors!

Choosing the best spot to locate your panels will enable you to calculate how many panels you can fit in a spot and how much electricity you are likely to be able to generate. Of course, it is incredibly difficult to predict an exact amount of electricity as the sunshine is not a constant; you cannot tell which days will be cloudy or wet and windy.

Current Situation

Another important factor to consider which should influence your decision; is which type of system is best for your current situation. There are significant financial implications involved in purchasing a system; an average 3KW system will cost approximately \$5,000 and you will need to factor in an inverter, battery bank and charge controller. An entire system can be installed for \$10,000; whilst this is substantial cheaper than it has been this is still a serious financial commitment. Should you have the funds available then you will be freeing yourself from electricity bills for the foreseeable future. However, you will not recoup the money for several years.

Are finance options available but, depending upon the reason for your

impending solar install this may not be the best option. The alternative is to wait or build your system slowly with a long term goal of solar energy and the ability to survive off the grid.

Professional Assistance



If you are keen on undertaking and completing your own projects you will be pleased to know that it is possible to install a personal solar power system yourself. However, it is also worth obtaining some quotes from professionals. You may be surprised at the cost and will certainly find the system is installed without any hassle. Having said that not all professional firms have experience with installing off-grid systems; if this is your chosen option you should confirm they have the knowledge and experience to do the job properly.

Chapter 3 – Tips to Ensure a Successful Install

There is a distinct advantage to installing your own system which is even better than any financial savings you may make. This is that you will have designed the system and will know how it fits together and what to look at if any part may need to be replaced. This can be invaluable information if there is an issue with the system and it is not possible to contact assistance or to get anyone to help for a period of time. In fact, this concern relates directly to the reason why many people are considering either off-grid systems or battery back-up ones. The increase in natural disasters has increased the number of power outages; having your own system will allow you to navigate these pitfalls with little disruption.

The following tips will help you to complete your install successfully:

Preparation

One of the most important factors in any project is planning before you start. Successful projects always need to be planned and to have a contingency plan. There are several key elements you should consider when devising your plan:

- The average house can survive on a 3KW system which will take approximately twenty one square meters of space; either on your roof or a ground mounted install. Before purchasing any panels you should measure the space you have available. Ideally you should have a larger space than this and have the potential to expand your system in the future.
- Fastenings are vital. Your choice of fastenings will depend upon where you are intending to locate the panels and what your natural weather cycle is like. If you live in an area which is prone to cyclones or tornadoes you will need to ensure your fixing kit is likely to withstand a cyclone or tornado; you do not want your installation ripped apart right before you are most likely to need it.

- There are different types of panels; although many of them now offer similar rates of power production, the panels you choose and even the inverter will affect the power generation and efficiency of the system. Whilst installing on a budget may attract you to the cheaper panels; you may find it more beneficial to choose fewer panels but have the higher quality ones. You can always add panels to your system.

Testing



There is no reason why you cannot test your system before you install it properly. Whilst the panels are relatively heavy you can simply prop them up in your garden on a nice day and connect them up to either your battery bank or directly to your appliance. This can be especially useful if you are new to this type of install and wish to ensure you have understood all the parts of the system properly. This is also a good opportunity to test the equipment and confirm you have everything you need to install the entire system in one go. This can be a particularly useful exercise if you realize you have missed or forgotten one important part.

Information

Solar energy is still a rapidly growing and improving industry. Things which are the best possible today may not be the same tomorrow. It is important to stay abreast of the changes in technology as this will affect the prices of the current available solar panels or may even be worth waiting for if they offer significant advantages. Knowing the latest research and techniques should

also make it easier for you to install your system.

Planning

You may notice a nearby house has solar panels; this does not mean that you will automatically have the right to put solar panels on your property. It is essential to check with your local planning department and, if necessary, submit an application. You may also find that erecting them is acceptable but that there are restrictions on the quantity or some other small clause. Knowing what the planning regulations are will ensure you do not fall foul of them and have to remove your install at a later date.

Space

You will almost certainly have considered the amount of space you will need to keep free for the solar panels. However, you may not have considered where the ancillary parts will go. The inverter and batteries, as well as the charge controller all need to be inside and relatively easy to access. You will also need to connect into your wiring. This may be as simple as running cables into the power supply of your fuse box, or may necessitate some new wiring. Whichever path you need to take you will have to consider where the new wires are going; will they be fitted into the walls, out of sight? Knowing the space required and where you locate these items will make your installation process much easier.

Approval



If you are intending to install your system yourself but will be connecting to the grid you will need to gain approval from the utility company. Even if you can achieve solar power without touching the utility meter you may find yourself in trouble as you do not have permission to interact with the utility. To ensure your install is successful it is advisable to contact the utility company first and find out what their requirements are. You can then ensure you comply with them; this will ensure your new system is a success and has the potential to supply you with free power for the foreseeable future.

You are likely to find a dedicated section on their website which will allow you to access the information regarding their requirements and even complete a form to get the paperwork side of the installation finished as early as possible.

Installing your own solar energy system is more than just possible; it is actually fairly easy to do! All you need to do is a little preparation and have some patience whilst you design the system and ensure you have complied with all the relevant legalities.

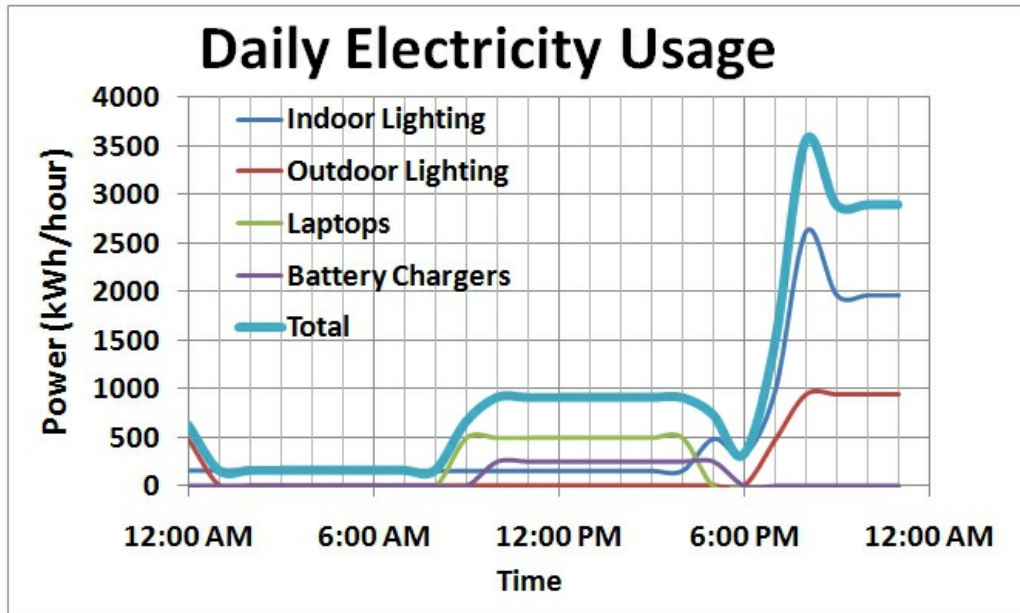
Chapter 4 – Electric Usage, reduction and Effective Solar Energy

There are several reasons why you might wish to power your home via solar power; the most obvious of which is the long term cost savings. Although solar panels have become cheaper in price it will still take on average three to five years to repay the cost of purchasing and installing the panels. This means that for solar energy at home to be financially worthwhile you need be intending on staying in your current home for at least the next five years. The benefits are then obvious; your energy is free! You will no longer have to concern yourself with electricity bills or power outages; as long as the sun is shining and your system is working properly you will have power!

The second most common reason for installing solar energy stems from a genuine concern for the environment. It is often the case that the general public is informed of an issue but is unable to do much about it; regardless of how they feel or what useful suggestions they may have. Thankfully, solar energy is different. You can install it and make a small difference to the environment; encouraging family and friends to do the same. In fact if you encourage enough people to do this then you can make a significant difference to the environment!

However, a fundamental part of changing your energy system should be looking at your current consumption and assessing how you might be able to reduce it. The less demand you have for electricity the smaller your system will need to be, or, you can make more money by selling the excess electricity to the grid.

Current Usage



This leads to the obvious question of how do you assess your current electricity usage? The most obvious way to do this is to physically monitor what you are turning on and how long it is on for. Combining this with the wattage rating of the appliance will give you an idea of how much electricity has been consumed by every task. This is a very time consuming method but it will provide you with the amount of electricity you are using, your maximum draw during a given period and what things are actually consuming your electricity. You may be surprised!

There is also a technological alternative. You can install a home monitoring system which will establish how much current is going through a specific cable without needing to splice into the cable. This device acts as a data gateway and talks to the sensors which are added to a multitude of appliances. The data is then displayed on screen where you can see how your electricity is being used.

Reduction

The most obvious way to reduce your dependency on the main grid is to reduce the amount you use. There are several easy, logical steps which can be achieved by almost anyone. These include turning lights off when not in a room and not leaving equipment on stand-by. However, there are a myriad of

other possibilities which can be extremely effective. These include switching bulbs to LED 's which last longer and are better for the environment. Establishing an effective reduction technique can save you hundreds of pounds a year; as well as making you more aware of your electricity usage and which systems are most suited to your needs.

Your Needs

An alternative way of assessing your electricity needs is to look at all the things you current use on a daily basis and how much electricity they use. If you monitor the ways you use electricity then you are likely to notice if everything you currently use is really essential to living comfortably. You will quickly pull aside a variety of items which you do not need to enjoy life; it can be surprising at how positive an effect this kind of approach can be.

Heat



One of the biggest electricity consumers is your heating system. There is no doubt that using electricity to heat your home can be expensive. However, it is possible to reduce this bill even in the coldest winters. There are two different approaches. The first is to simply use the heating system for a little less each day; half an hour less heat can make a difference to your consumption. The alternative is to simply lower your temperature dial. It has been suggested that a one degree reduction can save hundreds of pounds per year of the average electricity bill. However, an approach which is often overlooked is to simply change the way you heat your home. It is possible to add a gas fire or even a wood burner which will dramatically reduce your

electricity bill and your reliance on the grid. Combining this will reduce your need for electricity and will keep you warmer than simply using electrical means.

The same principle can be applied to all your appliances; particularly washing machines. By turning the settings down slightly you will consume much less electricity. It may seem ridiculous trying to reduce your electrical consumption if you are looking at going off grid and producing your own. However, the better you understand which items consume the most the easier you will find it to produce enough electricity to cover all your needs.

A solar energy system can be exceptionally efficient; providing you use the latest, most expensive solar panels. However, this may not be an option for you or you may not feel it is the most viable solution. There are other factors to consider including the intended use of the electrical system. The efficiency of any solar panel is calculated by working out how much of the percentage of the solar energy which hits the panel actually converts to electricity. Generally more expensive panels work better; but this may not always be true and may not fit with your plans. The location of your panels will, to some extent, alleviate the need for the most efficient panels. If yours are positioned facing south at the right elevation they will produce more than enough energy for your needs.

Conclusion

The technology involved in solar energy has improved rapidly in the last few years. It is now common to see houses with one whole side of their roof covered in solar panels. This is a testimony to the ability of the latest solar panels to provide enough energy for all of a modern household. With the massive increase in electronic gadgets there is now a much larger demand for electricity in the average house than there has ever been before.

When solar energy systems were first introduced to the public it was believed that they were only for the wealthy as they were incredibly expensive; even with the subsidies provided by many governments. However, as with all new technology, it is now much cheaper to purchase either the original equipment or even the latest version. The result has been the possibility of creating your own solar energy system and removing your home from the grid. This will provide an enormous sense of financial freedom and release you from any uncertainty regarding electricity prices in the future.

Perhaps more significantly is how easily you can design and build your own solar energy system. Whether you wish to power your home or simply have a back-up for any unforeseen issues and power outages. Understanding the basic principles and parts of any system means that you will be able to either purchase the necessary parts or talk confidently with a sub-contractor who is providing the service for you.

There is currently enough solar energy hitting the Earth every day to provide electricity to all of the billions of people living on earth. Of course, this does not mean that everyone will have electricity as there are still costs involved in the production of it. These costs are passed on to the potential consumer when you purchase the system or when you agree to install a system and sign up to a contract which will allow the electricity company to keep your business for at least two years.

It is important not to underestimate the feeling of satisfaction you will get when you connect your own home up to your own system and are officially no longer part of the grid. This is an achievable aim by anyone; even if you do not currently have the funds available. Simply apply patience and a disciplined approach and you will be able to buy your installation one piece at a time. The knowledge you have gained will ensure you are capable of fitting the system no matter where in the world you are located. This book should have provided you with all the information you need to establish a plan and get started with producing your own electricity at home. Installing and operating your own energy system will reduce your financial commitments and enable you to spend more time enjoying life; safe in the knowledge that you are making a difference in the world.

DIY Solar Charger For Electric Car

The search for new, environmentally friendly energy is an ongoing process. However, solar power has become one of the most popular options. There are several reasons why this is the case:

- It is clean energy, renewable and, once your panels are installed and set up, free!
- You don't actually need to live somewhere where there is constant sunshine; you may be surprised by how much power can be generated on a cloudy day.
- Solar energy created at home and not required can actually be sold to the main grid. This will either help you to cover the cost of the solar panels or reduce your electricity bill to zero.
- It is comparatively easy to add or even remove solar panels to create the right amount of electricity for your needs.
- Solar power can allow you to go 'off-grid'. You will need batteries and a charging device; you can then store your own electricity for use at night.

Solar energy is not a new form of power, the power of the sun has been harnessed in many different ways for hundreds of years. Even something as simple as starting a fire, with the aid of a magnifying glass and the sun could be described as solar power! What may surprise you is that this technique was used as long ago as the 7th century BC!

In fact, sunlight is reputed to have been used as a weapon in 212 BC when Archimedes used bronze shields to bounce and magnify the sun ' s rays. The result was impressive; several of the ships belonging to the attacking Romans were set on fire!

It was as early as 1767 that the sun was used to collect heat and power a cooker; examples of solar cookers still exist today and can be easily made at home.

However, it was in 1839 that the photovoltaic cell was discovered. This is the same basic technology which is used today! This discovery was made by the French scientist Edmond Becquerel. He was experimenting with electrodes and an electricity conducting solution; the energy generated was magnified when the cells were exposed to sunlight!

The second half of the 19th century saw a variety of advancements in solar technology; including solar powered engines and the potential of selenium.

Despite a constant stream of discoveries and improvements, it was not until 1954 that Daryl Chaplin, Calvin Fuller and Gerald Pearson created the first cells capable of taking the sun ' s energy and powering standard electrical equipment.

Now there are solar powered aircraft and electric cars. It was inevitable that the two would and should meet. Using solar power to power your electric car will ensure your environmental impact is virtually zero and allows you to run your car for free!

This book will guide you through the process of choosing the right system for your needs, installing it and setting it up; your electric car will be fully charged and ready to go whenever you need it.

Chapter 1 – Choosing the Right System For Your car

There are three distinct phases to establishing your solar charging system. The first is to verify the size of the system you require and whether you are charging just your vehicle or your entire home. There are several factors to consider during this stage; this chapter will guide you through them.

The second stage is the installation; this can often seem the most daunting but can actually be very straightforward; simply follow the step by step approach. Finally, you will need to set up, use and monitor your electricity generation and the amount you are using; this will tell you if your original calculations were correct!

Perhaps one of the greatest hurdles to overcome when attempting to power an electric car from a solar charger is how it is possible to recharge the vehicle after a long trip.

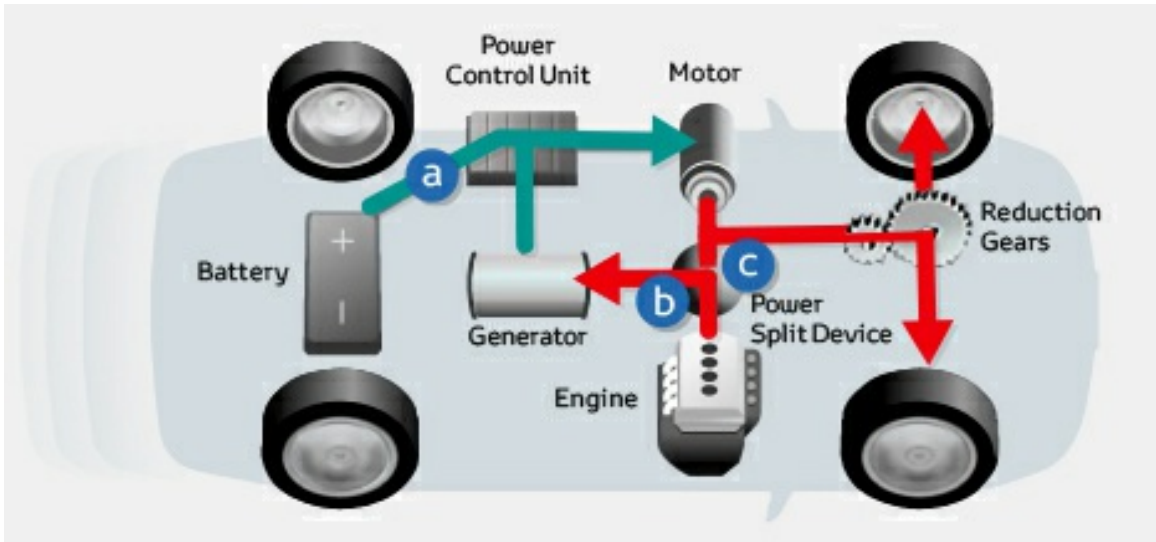
Home Based System

The most obvious route to take is to equip your home with solar panels and then use the electricity generated to charge your electric car batteries. This is generally considered to be the best option for anyone with an electric car. The amount of electricity it takes to recharge a car every night will increase the overall cost of your electricity bill significantly. This can even push the rate you pay per unit up.

You should already have an idea of how much the car will cost to charge; this is an important part of your calculations prior to buying a vehicle. If you have not looked into this and already purchased an electric car then you are likely to have noticed the additional electricity cost on your monthly bill.

If you are looking to purchase an electric car then this is a valuable piece of information to help you choose the right one for your needs and power costs

Understanding the Electricity Required to Power Your Car



Every type of electric car will have its own electricity rating. You will see it in the dealer or can locate the statistics online. The figure you need to be looking for is its kilowatt hours (kWh) rating. This figure tells you how much electricity is required to allow the vehicle to drive one hundred miles. An average vehicle will require approximately 30kWh; however, this will vary depending upon the performance of the vehicle, its size and its shape.

There are two important calculations you can look at from this; both of them will require you to know your average annual mileage:

1. Cost comparison to gas.

You should be able to work out your average yearly mileage. If you do not know it then simple calculate the number of miles you cover in an average week and multiply it by fifty two.

You will also need to know the cost of your electricity per unit, the cost of a gallon of fuel and the miles per gallon your vehicle will do.

You will then be able to calculate your costs:

Electricity: Annual mileage of 12,000 / 100 * the kWh rating of your vehicle; for the example the average of 30 will do. The resulting figure of 3,600 can then be multiplied by the cost per unit of electricity. For example, if you pay .12 cents per unit it will be \$432 to run your car for the year.

Gas: This time your annual mileage will need to be divided by the number of miles per gallon your car does on average. This will give you the amount of gallons of fuel you need. Simply multiple by the cost per gallon, (approximately \$2.40) and you will have your comparison cost for the year. $12,000 / 35 * 2.40$ equals \$805; a substantial difference.

Of course, there are other factors involved in this; such as the cost of charging your vehicle away from home. But the figures will give an idea of the cost savings you can generate.

2. Electricity Usage

The second calculation will simply illustrate how much power you need. This is simply the first part of the cost comparison equation. Your annual mileage divided by 100 and then multiplied by the kWh of your vehicle. In the above example this equates to 3600kWh of electricity per year.

You can further divide this by 52 to get your approximate weekly requirements; 69.23 kWh.

It is interesting to note that the average American home will use approximately 8,000kWh per year; charging your electric car at home could add half your current bill to the yearly charge.

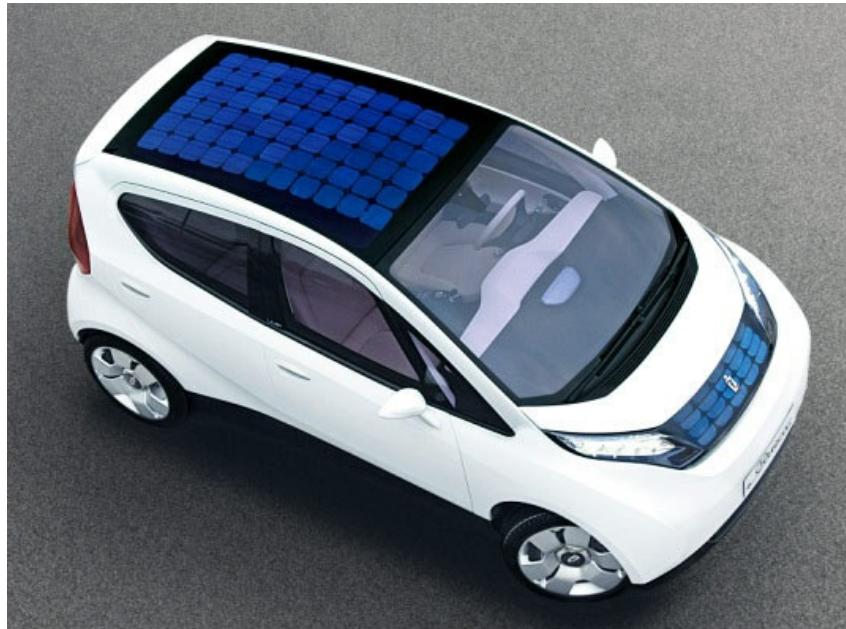
It is important to understand the amount of electricity your vehicle is likely to use. If you are planning to generate enough power just to charge your

electric car then you can fit panels accordingly. If this is in addition to powering your home; this figure must be taken into consideration when calculating the number of solar panels required.

Dedicated Car System

The second option available to you is to install solar panels which are just there to power your car. This can be done simply without connecting to the grid; if you desire. However, this may mean that much of the electricity generated will be wasted. This is not generally considered a viable option unless you are installing the system on a budget and looking to expand it in the future. As the figures above indicate, the cost of a small system could be offset within a few years; particularly if you follow this guide and install most of the components yourself.

On car



There has been some research and testing of systems which can be fitted to your vehicle and allow it to recharge or trickle charge whilst you drive. The intention behind this is to enable you to take longer trips without the need to pay and recharge along the way.

This type of system is only likely to be of interest if you regularly travel large distances. Staying fairly local and the annual vacation will probably not warrant this option which is discussed later in the book.

In fact, once you start monitoring your daily usage of electricity for your electric car you may be surprised by both how little you actually need and how few miles you actually cover!

Deciding the system will allow you to start planning the installation; however, you should also consider the power of the sun in your particular area. The more sunshine you have the better your power generation; if you live in a cloudier area then you may find that there is not enough electricity produced in the winter months to cover your needs. It is best to calculate this before you start your installation as it may affect the number of panels you use.

The average solar panel will produce 250 watts of electricity; in excellent conditions. To calculate how many will be needed simply to power your electric car you will need to look at how much you need on a daily basis. From the above example this will be approximately 10kWh per day.

You will then need to work out how much sunshine you get on the average day; this will depend on your location. If you get five hours of sunlight a day then you can divide your 10kWh by 5 to get 2. This is the amount of kilowatts you need to generate daily to cover your vehicle needs.

A final point to consider before you complete your calculation is to understand that the electricity created by the sun is transformed into Dc energy which then needs to become AC to be used at home. This results in a loss of 20% of your power. You must allow for this in your calculations. 2kw divided by .8 equals 2.5.

If you need to generate 2.5kw of electricity using 250 watt panels; you will

need 10 solar panels; this will be enough to power your vehicle. Should you wish to contribute or cover the cost of electricity in your home you will need to factor your home usage into the calculations.

Chapter 2 – Installing Your System

If you are looking to install a system just for your vehicle and not connect to the grid then it is possible for you to install the system yourself. Obviously you must take appropriate precautions. You may even prefer to have an electrician check the final work before you get the system working.

However, if you are powering your house and connecting to the grid then you will need to have an approved contractor complete the installation to the grid. Without this the electric company will not be able to buy back your excess electricity and they may even disconnect your supply until it can be confirmed to be safe.

The following guide will ensure you have a safe and reliable system for years to come; making it possible to charge your electric car and run your home. It covers all you need to know to be ready to connect to the grid:

Stage 1 – The Equipment

You will need several key pieces of equipment in order to install your solar charger for your electric car and, if required, home.



- Solar Panels – Using the calculations in the previous chapter you should have the number of panels you require to run your house or car. It is worth noting that the production rate of these panels is based on good sunlight. Any day which is not sunny will result in a decrease in the amount of electricity being produced.

If you wish to make sure you have enough electricity even on the darker days then you will need to base your calculations on the amount of light and power produced on these days. This will provide you with enough in the winter months and an excess in the summer; which can be sold back to the grid.

It is important to note that there are several factors to consider when choosing which solar panels are right for your installation:

- Cost; the price of solar panels can vary a surprising amount. Whilst your budget may not stretch to the most expensive ones it is worth considering purchasing less panels but having better quality ones. This will help to ensure they last for a long time and produce a consistent amount of power.

You may also find that there are packages available which reduce the cost per

panel.

- Assess the tier of the manufacturer. Tier one is for top producers whilst tier three is for the majority of the mass marketed solar panels in existence. In general tier one panels are better quality but will cost more to purchase.

- Tolerance – a panel which has a positive tolerance will achieve the wattage rate it has been advertised at. In fact, it may even produce more than that. If the tolerance is negative then the power rating will only be reached in optimum conditions; in reality you will lose approximately ten percent of the power.

- Temperature co-efficient – This is a measure of the effect of heat on the panel's capability to produce electricity. The lower the percentage the better the tolerance to heat.

- Conversion – This simply states the amount of power which is converted from solar to DC electricity. The higher the conversion rates the better!

- Solar cells – There are actually different types of solar cells which can be used in a panel. If your panel uses monocrystalline silicon cells it will be highly productive even in temperatures. This is generally considered to be the most efficient cell for creating electricity.

If the panel uses polycrystalline then it will actually offer a similar performance and efficiency to the monocrystalline brands. This is because of recent improvements in technology. These improvements are making this the most popular option for new solar panels.

It is also possible to obtain budget solar panels with amorphous cells; these have very little silicon and are generally considered to be inefficient.



- Inverter – The electricity generated by your solar panels is known as DC; this is not the same as that needed to power your car or home. You will need to convert this to AC electricity. An inverter will do just this for you! However, you will also need the inverter to charge your batteries and allow you to connect to the grid.

Your inverter will need to be able to handle the maximum watts that your solar panels can generate and your household may need. A good inverter will have surge protection to prevent it blowing if there is a sudden surge of power. This is also important when equipment is first turned on; most equipment draws a surge of power before it settles to the typical or continuous range. This figure should also be reviewed to ensure it is high enough to deal with all the electricity you may need simultaneously.

- Batteries – This is an essential part of your system if you plan to be able to access electricity when the sun has set; without needing to draw power from the grid. As your vehicle is most likely to be charged overnight; when there is no sun; it is advisable to have a bank of batteries which can power the charger.

It is worth noting that whilst a standard car or truck battery will work; it will

not handle the constant draining and recharging associated with solar systems. You should purchase deep cycle batteries which are designed to handle the ups and downs of solar power.

You will need to calculate the number of batteries you require. To do this you will need to know how much energy your solar panels could produce in one day. This is the rating of the panel (250w), multiplied by the number of hours of sun. In the example above this was five, so one panel could produce 1250 watts per day. If you have ten solar panels then this figure could be 12500 watts per day.

You can then multiple this figure by three or four to cover your electric needs for cloudy days.

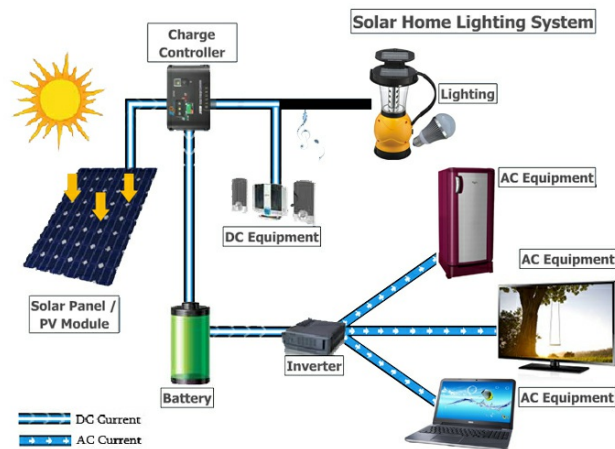
To calculate the number of batteries needed you must look at the volt and amp-hour rating of the battery. Multiple the two together, for example 6 volts multiplied by 200 amp-hours equals 1,200 watts.

This is nearly enough to hold one day 's supply of electricity from one panel. However, deep cycle batteries are not the most efficient. You should multiple your answer by .6 to establish the real watt rating. This equates to 720 watts. To store the power generated by one panel you would need two batteries.

Unfortunately there are other factors to consider; such as the loss of power transforming the energy and the fact that the panel will probably not be operating at peak proficiency for the entire five hours.

- Charge Controller – Your batteries cannot be continued to be supplied with electricity once they are full; this is likely to cause them to explode! Instead, you will need to have a charge controller. This allows the electricity to be fed to the batteries and then rerouted once the

battery or batteries are full. The charge controller can also help to prevent discharge from your batteries.



- **Distributor** – This part only applies to those homes which are connecting their solar install to the grid. The distributor is situated after the inverter. It accepts the AC power and sends it to a breaker in the main fuse box of your home. From there it can be fed round the circuits of your house. If there is not sufficient power being put in for your needs then the distributor will allow power to be drawn from the main grid as well. If, there is more power being generated by your panels than you need then the distributor will feed it back into the grid. The amount which enters the grid is usually monitored and a credit is supplied on your next electricity bill.

- **Cabling** – You will, of course, need a fair amount of cabling to run from your panels through the various pieces of equipment and into your home, car charger or even to the main grid. The type and quality of this cable will be controlled by the building regulations in your area.

Stage 2 – The Location

Most solar panels are mounted on the roof of your house and there are special kits to ensure they can be red properly. You should, ideally, have a south

facing roof as this will attract the most sunlight and generate the highest levels of electricity.

However, if for any reason this is not possible then it is acceptable to install the panels at ground level; angled towards the sun. Again, the easiest way of doing this is to use specialized kits but it is possible to make up your own securing brackets.

The most important factor is ensuring the panels get the maximum amount of sunlight possible.

Stage 3 – Installation

Once you have organized all your materials you will be ready to install them! As you will probably be working on your roof you will need to ensure you have all the relevant safety equipment and tools to access the roof.

Roof ladders are useful, as is scaffolding. However, you may prefer to hire a cherry picker which can hold you over the roof; allowing you ease of access.

Every panel needs to be taken onto the roof; you will need to exercise care when doing this part of the job. Panels are expensive if broken!

You will usually find that the mounting kit comes with the solar panels. If this is not the case then you will need to purchase enough mounting kits to fit all your panels to your roof.



You should always mount the bottom feet first with angle brackets. Alternatively, rails can be screwed into your roof which the panels will slide into position; each panel will need at least a top and bottom rail to ensure they cannot move; even in extreme weather. The rail approach also allows the panels to stay close to the roof; preventing the wind from getting under them and trying to lift them excessively; there will be a small gap to allow the wind to cool the panels; this will ensure they work more efficiently.

This approach is simple although can be time consuming to mount the rails and ensure the panels are fastened to the rails properly. The bolts holding the rails in place must go into the rafters.

It is important to note that, in order to make the most of the available sun, your panels must tilt at the same number of degrees the latitude tilt of your location; you can easily find this out on the internet.

You should be able to clip the connectors together on the solar panels to ensure they are connected in sequence. This will allow you to connect your cables to the one panel at the beginning of the install.

Electricity

You can now connect your cable to the indicated point on your panels; this will need to go into your house or down the outside; towards where you have decided to keep your batteries.

The other end of your cable will need to go into the DC input end of your inverter. It is worth noting that the black wire is positive, white negative (or neutral) and green is earth.

Once you have connected your inverter you can run a cable from the AC output side of your inverter to the master fuse box. This will be the standard colors that you see in your home as you are now dealing with AC electricity.

The solar panels will now direct electricity into your fuse board and round your home. If there is insufficient power the electricity will be drawn from the grid whilst excess will be sent to the grid.

It is important to note that the connection to the main fuse box must be with a distributor to ensure power can flow to and from the grid.

To improve your system you will want to connect the bank of batteries to it; this will help reduce your dependency on the grid. The easiest way of doing this is to simply connect the batteries into your system before the inverter. This approach does require your inverter to be grid activated; it will not detect the batteries but a sensor at the fuse box will ensure they are charged when possible.

Unfortunately, this is unlikely to provide you with power in the event of a power failure.

To deal with a power failure you would need to place the batteries after the inverter with the use of a charge controller. This will return the AC power to DC to charge the batteries and then a second inverter after the batteries would convert it back to AC. The batteries would be connected to the grid inverter which could draw power from the grid, solar panels or batteries; depending upon which has electricity available. Of course, you would set it to ensure solar power is replaced by battery and then the grid only if there is no other power available.

This system will work in reverse and provide you with the power in the batteries; topped up by daily sunshine, even if the main grid power is out.

Once you have installed all this and had it checked you will be ready to turn on your system and generate your own power!

Chapter 3 – Solar Power For The Car

Creating the electricity is not the only thing you need to do to charge your car at home. You can charge your car with a standard plug; but unfortunately this will result in a very slow charge. In general a standard plug will charge at 4 miles per hour; this means if you charge your car for ten hours overnight it will add just forty miles of driving to your batteries!



The alternative is the EVSE – This is dedicated Electric Vehicle Service Equipment. This is a specialist device which actually turns your AC power into DC; your car batteries will run on DC electricity. This means that you could simply run cable from your solar panels to the electric charge point and allow the current to stay in DC. However, you would still need a charge controller to ensure your car batteries do not overcharge and the EVSE to allow your car to plug in. As the EVSE converts AC to DC it may be confused by applying a DC current directly to it.

The EVSE is purchased as a complete kit; it simply needs to be wired into your home electrics. You can then plug your car in and charge it at a much faster rate.

Direct Solar Power on Your Electric Car

In theory it is possible to have a solar panel or two mounted to your car allowing it to charge either whilst driving or when parked. The fact that solar panels produce DC electricity and this is what is needed to charge the batteries means there are very few connections needed.

In reality, this type of car would look a little ridiculous unless the panels are built into the car. Manufacturers are working on this and there is already a prototype which can produce enough power to take the car approximately thirty miles every day; just from the solar panels attached to it! It can also be charged in the conventional way. This is a huge step forward from the original solar panels on electric cars which simply powered one system inside the car. It is, undoubtedly, the way that electric cars will operate in the future; but, at present this is not something which has been achieved. Ultimately a solar paneled car would be able to generate enough electricity to power even on a cloudy day. You would never need to stop or recharge the vehicle!

Conclusion

Electric cars have taken a while to become popular in the public eye. This is partly because of the original cost of manufacturing them and the cost of running them. However as the cost of fossil fuels creeps upwards the attraction and interest in alternative power is growing.

There are plans for hydrogen powered cars and even some by air, but, the electric car is already a reality. Recent improvements in technology have greatly improved the range and performance of all electric cars and this technology will continue to improve.

The logical next step to owning an electric vehicle is to be able to charge it for free. If you can generate your own electricity from the sun in sufficient quantities to charge your vehicle every night then your car will cost you virtually nothing to run! The bonus of this is that a well designed solar power system can easily be enlarged to include providing power for your home.

As the race to provide the fastest and most efficient electric vehicles picks up speed, virtually every manufacturer is starting to bring out their own electric vehicles. This is driving the cost down and improving the practicality of these cars. As an added bonus it is also helping to improve the look of these vehicles.

Creating your own solar charging system does not need to be difficult and can be completed on a budget. The majority of the process can be done by yourself with a little knowledge and this guide. You are likely to need help with the installation of the actual panels as these are large and heavy.

Perhaps the best part of installing your own system to charge your electric car is that it can be completed in stages. Just one panel, an inverter and a battery

will get you started. This can then be expanded over time to allow enough power for your electric car and your home; you can even charge a second electric car; if you wish!

It is worth noting that if you wish to create a charging station for your car and not for the home you can simply create a car port and set the angle and direction of the roof to the optimum collection point. Then simply cover the roof in solar panels and wire them directly to the charging point under the shelter. Of course, you will need to charge your car in daylight unless you add in batteries to your system. Again, you would need a decent array of batteries to create the required current; the same calculations would apply as already listed within this guide.

The future for electric vehicles is likely to include much better technology and faster charging times. However, until it is possible to generate significantly more electricity from one photovoltaic cell, it is unlikely that solar panels on cars will be the answer. This means that investing in a solar charging system for your car today will enable you to be prepared for the foreseeable future. Future costs may involve upgrading the performance of your system, but, this can be done in stages as the panels reach the end of their lives or the other parts of the system breakdown.

The beauty of a DIY solar charger for your car is that there are very few components to understand and join together. It is possible for anyone to create this charging station!

Wind Power Plant

This is a DIY book that will do much more than just tell you how to build a wind turbine. You will discover how the wind is green energy that for many seems unreachable, being the most complex form of green energy that we have. However, through the guidance within these pages, you will have your own wind turbine constructed and operational in no time! In the first chapter, we will take a look at the different components of a wind turbine and discuss topics such as:

- The kind of generator you will need to get your power from
- Understanding why color-coding wires are important
- Taking a realistic look at what wind energy will be able to do for you and also an explanation of the risks associated with wind energy

The second chapter will discuss the basic introduction on how electricity works, what stripping and soldering means in the electrical engineering sense, and why it is that electricity is typically unable to cross over the air.

With the third chapter we will review how the wind wheel works, and a more in-depth explanation about the different components you need to look for such as where to look for them. We will also look into the type of fan blade you will need for you to be more efficient, and how you are able to transfer the kinetic energy from the fan to the magnetic energy of the generator.

In the final chapter, we will review how you will make your wind wheel yourself, and we will go over issues such as:

- Building a wind turbine that suits your needs rather than a copy and paste formula everyone else follows without even genuinely understanding most of what they are building
- How to properly connect your generator to the fan and then how to safely and correctly connect to your other devices.

- Looking at a secondary fan design solution for the low-wind situation

With this book, you are not just being shown how to build a wind turbine, but it will genuinely help you to understand the various components so that you will not need a guidebook to develop your next wind turbine!

Chapter 1. Learning About the Components

In this book, we will be explaining exactly what it will take you to make a practical wind turbine. To begin with, we are going to take a look at the individual components for a wind turbine.

Generator

The generator is basically the core power behind the wind turbine, this goes for any electrical source. In the world, there are two types of generators, but the important one for you to keep focused on is the type of generator you will need for your project. There is AC electricity and DC electricity, which both have two different purposes in our electrical grid. AC electricity, or alternate current electricity, is electricity that is really big in the beginning and steps its way down as it gets to the source.

The reason it is named alternate current is that it is an alternating current of varying voltages of different levels and it's hazardous for devices because the voltage itself can be changed based on the electricity being produced. It is due to this that we are able to constantly use burning fossil fuels to power up the steam inside of steam turbines and electric facilities so that even though the electricity may vary in exact measurements, it can be converted to DC electricity.

DC electricity, or direct current, is the direct amount of electricity that is measured to pinpoint accuracy and only that amount of electricity is transferred into the device. If our devices did not have the DC electricity, then our devices would be blowing up more often than not. This would occur because the AC electricity does not control the overall voltage but severely increases it, so it can be sent over great distances.

Basically, unless we have a generator that is based on DC electricity, then we would not be able to construct a power grid for our electronics that would

evenly spread the electricity without blowing up our systems. Let us get back into the topic of electricity in a more in-depth level later on, but at this stage, it is crucial that you understand that the type of generator that you need is called a DC generator. You can get an AC generator, but then you would also need to get an AC to DC converter.

Wires

We will be looking into most of the electricity concepts in understanding electricity, but it is essential to realize that one of the components that you will be using is the classic black and red wires.

The color of the wires is vital because other colors of wires actually have different purposes to them. For example, if you took off the head of an Ethernet cable, then you would see that the Ethernet cable, a CAT5 or CAT5e, has several different colors of wire under the cap.

All these assorted colors of wires are because the Ethernet cable converts streams of electricity into data, but it also provides things like a telephone line and electrical power base so that the whole wire doesn't die and some other things along with it. The essential thing to be aware of is that you need to keep the wire colors organized, and for this project, you will need to get red and black wires. When you keep your wiring, colors coded and arranged it is leading you towards a more successful result, not to mention safer situation.

Wind Wheel

To make a wind turbine, you will need the actual wheel that the propellers turn, without it you would not have anything to generate the electricity. However, just understanding the fact that you need a wind wheel is not the end of this topic, because it is almost as important understanding the wind wheel as the wind turbine materials that make up the wind wheel.

Wind

This might be something that you really do not want to hear, but if you do not have any wind at around 10 to 20 feet in the air above you, then you shouldn't be constructing a wind turbine. It may turn out to be a rather harsh reality for some, but I am trying to teach you how to build wind turbines so that you will be able to generate electricity from it.

However, if you are located in an area where there is no wind produced that is at least 5 to 10 mile per hour around 10 to 20 feet in the air, then you are just not going to have a sustainable amount of wind that is going to produce the amount of electricity that you want to use.

When it comes to a wind turbine, the trouble is that you need a lot of wind to produce any type of usable energy out of it, and just to make things worse, you can only gain substantial benefits from wind turbines if you build them really big. For example, if you wanted to power a couple of houses, you would need a wind turbine that is about the size of two houses on top of each other.

If you are someone that uses loads of electronics that are connected to the wall, then you will need a big wind turbine for your household. However, if you do have 5 to 10 mile an hour winds and you need more electricity out of your wind turbine, then you need to discover a way or make a device that can turn those 5-10 mile an hour winds into much more significant numbers.

Lessening Your Expectations

When it comes right to it, building a wind turbine is a somewhat costly business, and if you have access to water wheels perhaps you might want to give a water wheel power system a try, or a solar power system might be the right setup for you.

The reason is that wind turbines require highly expensive materials that will

be strong enough to withstand heavy winds and sturdy enough that they will not fall apart but instead will generate a decent amount of electricity for you to operate on.

You need to keep in mind that if you build a small wind turbine on a small scale, you will not produce anywhere near the amount that a solar grid would produce on a monetarily equivalent level. Some feel the problem with wind turbines is that you only get the amount of electricity that can be useful if you go big regarding the size of your wind turbine.

Chapter 2. Learning to Understand Electricity

You really need to understand how electricity works, to get any use out of a wind turbine. Like many others, you may know a bit already about electricity, or maybe perhaps you know a lot about electricity, but there are others that feel that it is okay to try to attempt to build a wind turbine with no knowledge or understanding of electricity before they begin.

How Electrons work

When looking into all electricity, the core of it is based around the electron and how that electron actually moves. Electrons essentially, do not want to stick together, and if you were to push electrons forward, then the electrons in front of those would begin to move forward. However, before this can begin you need to have a catalyst to get things started which we will explain in Electricity 101, but basically you want to push the electrons forward but if the electrons cannot continuously flow they will be unable to move within a given environment.

Creating a Circuit with Positive and Negative

Now moving past the electrons, let us look into how to make a circuit because without a circuit you will not be able to generate any type of electricity through a wire. When it comes to the wire what it essentially does is acts as a conductor that allows the electrons to go from the positive part of the power source to the negative part of the raw power source. At this stage you may begin wondering why it is that you need a circuit, and the reason for this is way more complicated than how I am going to describe it. Basically, the idea behind it is that the air just has too much resistance for a standard power source to overcome and so when the circuit is broken the air prevents the electrons from moving forward, and this can cause a bit of a traffic jam made up of electrons within the wire. This is the reason that when you have your power source connected while you are touching it, you will act as the negative in this case end up getting zapped for it.

The table below shows the expected energy production at different wind speed with a 100W turbine:

WIND SPEED	ENERGY YIELD
3 m/s	3.2 kWh/month
4 m/s	7.2 kWh/month
5 m/s	12.5 kWh/month
6 m/s	19 kWh/month

How A Generator Works

The generator, in theory, is simple, but it can be very challenging when trying to explain how it functions to someone that has never had to deal with a generator in their life. When explaining about the generator, it is tough to conceptualize the idea of magnetism.

When it comes to magnets North magnets will always be attracted to South magnets but will never be attracted to other North magnets. These magnets serve as our first base line because the two attract each other we are able to drag electrons across them. What we do is take electrons coming out from one side of the magnet and pass it over a copper coil that 's been wrapped very thickly around something that will spin and then we place another magnet on the opposite side.

When the copper wire is turned, this causes us to generate a magnetic field based on the electrons passing from one end of the magnet to the other. This is the reason that you need to constantly spin the generator to produce usable amounts of energy, and this applies on almost all scales.

Basically, you are trying to provide enough power to create that magnetic field and this will, in turn, provide you with the magnetic field to disperse the electrons along the wire. This is the basic explanation of how a generator

works, but it is really far more complicated than I have just explained here.

Stripping and Soldering

The terms strip and solder are terms that you will hear a lot when you begin to view tutorials on how to strip and solder. These are kind of catch-22 versions of techniques in the electricity industry. You really should know how to work with electricity before you even think about wire stripping and soldering. However, for you to learn how to become an electrician, you will first need to learn how to strip wires and then learn how to solder connections together.

The term strip is describing that we are removing the rubber cover that protects the wires from the outside world and also helps to protect us from getting shocked. When it comes to soldering, this involves the active heating up of metal rod and using flux as well as some soldering metal to either do a repair or replace a component or to even add a component. Soldering is really simple to understand, as it basically entails the heating up of a giant metal big rod so that you can melt a little metal rod to fix another metallic part.

Electricity 101

When it comes right down to it, electricity is really easy to understand, but to use the mathematical equations you need to understand what electricity is a few principles. The voltage is what represents the catalyst that begins the movement of electrons, with more electrons in the wire the more they will move through the wire. However, this is where amperage comes in. Amperage is the flow of electrons through any given circuit and will generally be how you begin to measure how much power you have overall. Then there is the Ohm, and that is how much resistance that the amps are met with as they travel along the line. All three of these are core components of an electrical device, but there are a few principles that you need to follow when you are applying them to an electrical diagram.

To begin with, you need to make sure that you have a resistor when you are bringing power from a DC generator to curb any spikes in energy and to prevent any unnecessary lack of electricity.

Secondly, there is an electrical formula wheel, and if you are aware of any two parts of the equation, you can mathematically calculate your way to any variable that you need. Last but not least, you should always make sure that you are wearing protection, because there will still be false facts surrounding the level of safety around certain parts of electricity.

Right now, for instance, the most common misconception going around is that amps are the ones that kill you not the voltage, this is just a plain lie. When it comes to the amps, they are a measurement of flow for the electrons, which means the amps can kill you if the current is too much. It actually only takes 1 amp to kill a human being with electricity. To obtain the infamous watts needed to multiply the amperage by voltage. You may think that you may need to calculate for resistance, but the real truth of the matter is that you can only gain voltage by multiplying the amperage by the resistance.

This simply means that you need to multiply all three by increasing amps by resistance to get voltage and then amps by volts to get watts. Once you feel that you understand these three, you can then begin to implement the power source.

Chapter 3. Learning to Understand the Wind Wheel

You will not venture too far into your project to build a wind turbine if you do not actually know what goes into making a wind turbine produce power. In this chapter, we will take a look into the three different parts that generate the power that you might use from a wind turbine and study what their relative importance is to the overall design of a wind turbine.

The velocity of the Wind

The first thing we will look at, that at this point should be pretty obvious because the device is named after it, is that you need to have a strong wind speed. The device that you are constructing is going to have to generate a certain level of resistance for it to produce a needed amount of power, that can maintain a constant electrical path, but when it boils right down to the truth of the matter the faster the wind you have, the more electricity you are going to produce. This is why it is crucial to pay attention to the wind speeds in your area, because if it is between 5 to 10 miles an hour, then you have an average amount of wind power going to your device. If on the other hand, your average winds are between 0 to 5 miles per hour you would be lucky even to light a bulb with that amount of electricity.

You want to try and focus on striving for a design that will take in low amounts of wind and also boost the amount of energy that actually comes out of the device.

Materials Used to Construct Wind Wheel

Now, you need to use good quality materials to build your wind turbine, this too is just as important as having good wind speeds. If you build your wind turbine from shoddy material and craftsmanship, then you could be looking at a device that might not even work correctly, or work with very low expectations. You really want to care about the wind wheel itself, because it

will be responsible for providing resistance to the air that's trying to spin the rod that's attached to the generator

Often people will automatically search for light material to make their wind turbine, but this is not the ideal choice. Instead, you should be searching for the perfect material that will allow you to not only have a heavy blade but also be aerodynamically stable enough to turn with ease. By choosing to go with a more massive more stable wind turbine, you will be increasing the likelihood that, when you reach a mighty enough wind, the entirety of the wind will be captured in the electrical force. Rather than, choosing light material where you will soon discover that it is not substantial enough to actually turn the rod. You might think this seems a bit odd, but it indeed does happen because people try to build the lightest fan that they can to turn the generator as fast as mechanically possible. However, the flawed logic behind this is yes, technically it would go more quickly, but resistance provided by the lack of momentum that such a light device will have makes any benefits that you could gain by switching to a lighter blade obsolete.

The reason for this is the fact that the blade itself would not be large enough to turn the rod that it's sitting on and this is apparently a massive issue if you plan to build a wind turbine that is meant to power some features in your home.

Purchasing Your Generator

When it comes to buying your generator, you will want to test the amount of potential power that your wind turbine could generate. Now, you could learn about all the mathematics behind predicting the amount of electricity that specific wind turbines could produce, but honestly, you should be able to locate a calculator for this online.

Regardless, when it comes to the generator that you are going to want to buy it will be an AC to DC generator that will provide you with a direct current from your wind turbine. Now you can buy a DC generator, and it should work almost the same but if you really want to be safe then choosing an AC to DC generator will be a perfect choice. Another thing you should be tuned-

in about is the fact that you may sometimes require different sizes of generators.

Once you purchase your generator, all you need to do is to stick the shaft of the generator into the fan housing and attach it to the middle of the back of the propeller of your wind turbine.

After that, it is basically a slice, and solder type of step since the DC generator comes typically with black and red wires already inside it, and you just need to solder it onto something that can manage it.

You will soon discover, that generators come in all sizes. So, it is essential to not only pay attention to which ones you are purchasing and how heavy they are but also which ones are heavy enough that they can produce a decent amount of energy but also fit in your range when thinking about the support system that you have for your wind turbine.

The great things with wind turbines are that there is already a whole class of generators that have been built for wind turbines of all sizes. To find a wind turbine that will suit your needs, all you need to do is to just type in "wind turbine generator" into your Google search engine, and it will bring up a bunch of different listing for wind turbines that are specific for different needs.

For example, if you were wanting to know how much voltage or wattage you want from your system before you begin to delve into which one of these you want because some of them have limits on them. In fact, most of them do. These results are essentially due to the material on the inside of them is only made of a certain quality of content that you can just get so much wattage out of with that specific generator. If you wish to get more, you will likely have to build another one like it.

Chapter 4. Building Your Wind Wheel

Now that we are speaking about the type of generator you should buy, and wind turbine you should choose, let's go ahead and get into actually building a wind turbine. It is actually very easy to make a wind turbine, due to the fact that it is almost the same as the type of fan that you would find in your bedroom.

Building Your Wheel

Now, let us begin at the first step to this entire process, which is to make the wheel that's attached to the fan. Ideally, you could use a flat surface fan off one of the commercial fans and then just melt the fan to hold the rod that is to go inside of the generator. However, the problem with this is that the fans that you get from commercial industries tend to be built for sucking in energy from the back and pushing forward. If you have been keeping track, then you will be aware that wind turbines need to be pointed towards the wind and also need to be aerodynamically made.

Basically, the difference between the two blades is that your blade is being pushed on while the blade that generally comes out of the standard commercial fan will be something that you will be using inside of a room.

With the fan, it tends to cool down the area or, circulates the air which is the standard commercial fan that you will find readily available to you at most stores. This fan design tends to have a more oval look to them, and they are generally built to reverse the flow of air rather than to go against it.

What this means is that if you decide to use one of the premade fans that you have, or you went and bought for this project, you will likely discover that the amount of electricity that this device provides is insignificant. In technology, we refer to other technology that is either outdated or broken as

insignificant.

Deciding the most efficient method for making the wheel, this has been chosen for us, it is in the iconic image of a wind turbine. What you want to build no matter what materials you decide to build it with is a three-bladed fan.

This will allow the fan to be scalable in the fact that you can build it up to whatever height that you want, and it only benefits you because even the millionaires and billionaires can ' t build a wind turbine big enough to where the drawbacks exceed the benefits. Looking beyond that, making the wheel is actually just you are making a fan that works on a spindle.

Setting the Rod

When thinking of the spindle you should keep in mind which way you are going to insert the rod into the generator because the fan is going to be the thing that is turning this rod and the generator. Generally, you can use any type of rod, but sometimes you may need to use a specific kind of design based on the generator itself. Depending on the nature of generators, you will find that you will automatically get one whenever you purchase a generator that is used for a water wheel or wind turbine or things of this nature.

Deciding Where to Locate Your Wind Turbine

Deciding where you are going to locate your wind turbine might be one of those apparent thoughts, but you really do need to find an excellent location to locate your wind turbine before you begin setting it up.

An excellent location for a wind turbine would be a spot where the wind is not being blocked from objects such as houses and barns etc. Placing it at least above twice your height as well. The reason that it is suggested that you put it at least above twice your height is that this is where the wind tends to hit the most. The further that you travel into the atmosphere, the more intense the wind speeds become, and since we are seeking wind speeds, then

we want the wind turbine to be up in the air along with those powerful winds.

The problem with building wind turbines is that this usually means that you will have to construct and connect the wind turbine above an average height like you would when installing things such as a water wheel or solar panels. If you truly want to optimize how much wind you are getting to produce electricity, then you can continue to pull on that fan in front of the generator.

If your wind turbine is not located in an excellent location, then it could quickly go from being a great and useful and green energy source of energy to becoming a "failed product."

Connecting Generator

Once you have your wind turbine, you can start putting the pieces together and making the connections. You will only have to either solder the rod to the back of the wind turbine fan or you have to find another way to secure it, which often can mean melting some plastic around the endpoint and fuse the rod to the actual fan itself. Whatever you decide, you need to not only connect the generator to the fan, but you need to connect the red and black wires if they are not yet connected because some generators will not automatically provide these. You may want to shop around until you find the brand that offers the red and black wires with its package.

Measuring the Output

Finally, before you hook anything up to your wind turbine, you will want to test to find out how much is actually coming out of the wind turbine on a regular basis. Finding this out will help you to make a grid that's appropriate for the specific size that you want in a wind turbine. If you do not take the time to measure the amount that is being produced, then it is likely that you could be looking at facing issues of not having enough power in specific areas or having too much power. It can be a fascinating dilemma, but one that is easily avoidable if you first take an average rating of all your different

electrical outputs such as amps, voltage, and ohms.

Choosing Ways for More Efficiency

You can make your machine much more efficient in design by redesigning the way that it funnels air. Right now, what you are dealing is the standard wind turbine that you see across the fields of many governments. These types of wind turbines tend to require a lot of wind to work. A more efficient way is to build a very similar fan, but the fan is inside of a funnel, and the funnel goes from a huge tube with a top and with small slits to let air through and then as it gets to a much smaller fan.

This process takes air that is running at certain speeds and then condensing it so that it has more of an impact once it hits the propeller fans. This is actually part of a design that was released a few years ago, but it would be very easy for you to implement once you are aware of how to do it.

Conclusion

Welcome to the end of this book, while we have gone over a lot about the topic of DIY Wind Turbines, there's a lot more to be had when it comes to knowledge on this topic. What I have covered here is just a small amount of what there is to know about electricity. I would highly suggest if you are planning to build your own power grid that you delve more deeply into the topic of electricity. Understanding how electricity works will not only be beneficial to you in developing your devices right now but definitely after/during a worst-case scenario. If you are committed to building your own power grid in the future, then you are going to have to study how electricity works to build and repair your devices. Well, I am going to say farewell, for now, I wish you great success in building your suitable DIY wind turbine. I hope that my tips and suggestions within these pages will help you to achieve this goal!

Start Gardening Season in April

**Prepper 's Garden: Your Garden
Will Feed You Full When Life
Kicks Hard**

Preparing the land appropriately is in all probability one of the most vital steps to a thriving vegetable garden. An infertile land or a land with too many stones and non-putrid matter may make it difficult to cultivate plants and even if they grow, they might not bear any produce.

Growing a prepper garden takes hard work, perseverance, and knowledge.

By starting your survival garden today, you will have the skills and materials to get you through hard times.

Are you new to prepping? Have you ever reflected on the rewards of having your very own vegetable garden?

Learn all that there is to prepping in this detailed survival guide.

Prepping gardens helps cut down the monthly grocery bills on buying vegetables. Farming and cultivating is in our genes and it is easy and simple to become skilled at everything there is to prepping gardens. In this eBook, I will help you to learn all the essentials to assist you in cultivating your own vegetable garden.

Home gardens are well suited to everyone and once you start your own it will push you and your family to consume fresh vegetables. The choices of home gardens are endless. You can grow herbs, flowers, and vegetables of all colors, sizes, and shapes. Homegrown vegetables are also fresher than those purchased at the grocery store, and involve nearly none or no use of insecticides or pesticides.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – What is Prepping?

Prepping is the process of preparing something or preparing for something like possible natural disasters such as earthquakes, floods, droughts, famines, or man-made disasters like a terrorist attack, wars, riots etc.

- Prepping is preparing for an unknown future.
- In prepping, there is always something to learn, to do, and to prepare for worst case scenarios.
- In case something drastic happens, there will be significant changes in your life.
- Prepping is for those who realize that they have to fend for themselves.
- Prepping is for those who want to have the necessary items in store before disaster strikes.
- Prepping is a sort of passion for some and obsession for a few others.
- Prepping for some is to keep their family safe.

Types of preppers:

- Short term preppers: Preppers who prepare for a short duration, like a couple of weeks to about 3 months.
- Long term preppers: Preppers who prepare for a long duration.

Why should we prepare?

We should prepare because any of the above mentioned events cannot be controlled. The Main goal of prepping is to be self-sufficient. The main steps in prepping are as follows:

1. Buying the necessary things we need for survival and ensuring its

continual supply. Buying in bulk and storing for the future. Food and water are very important required for survival.

2. Learn basic necessary skills like cooking, first aid, and making temporary housing arrangements like building shelters, making tents. They can also learn about tying knots, life-saving techniques, firefighting, sewing etc.

3. Different preppers come together and form groups. They help and teach each other the skills they excel in.

Chapter 2 – Disaster Preparation

A disaster or catastrophe is an abrupt accident or a natural event that causes loss of life or great damage. A whole system goes haywire. The system involves great loss of humans, material, environment, or finances. The losses exceed the ability of the system to cope by using its own resources.

A number of organizations like, the Red Cross society and Red Crescent society define disaster management as the management of all the resources that are required to deal with the humanitarian characteristics of emergencies, especially response, readiness and resurgence so that the impact of the disaster is reduced.

Many countries around the world face many potential disasters due to its environment and location. At times there may or may not be time for warning. A tsunami or an earthquake could strike without warning. All disasters have the capacity to destroy lives, cause disruption, or damage property. So it is necessary to prepare now.

When is the best time to prepare for a disaster?

Now is the best time to prepare for a disaster. It is important to be prepared well in advance in the event of a disaster. It could happen that we have no electricity, no potable drinking water, or food. We may not have access to the police, fire, ambulance etc. What do we do then? We should turn the awareness into action by encouraging citizens, organizations, and communities nationwide to make an emergency preparedness plan.

Emergency situations do not wait for us to get ready. They hit unexpectedly, giving us little or no time to prepare. Now is the moment to undertake the preparations, the time to take action, and now is the time to plan, so that our family, neighbors, and communities can be ready for any natural disaster that may arise.

How to prepare for an emergency or disaster?

How to prepare for a natural disaster- emergency preparedness plan? With the availability of the latest technologies, we are able to predict with accuracy natural disasters such as dangerous tornadoes, hurricanes, floods, etc. We know the areas that are earthquake prone or that are prone to wildfires. All these natural disasters can be predicted well in advance.

Many times, in spite of all the warnings, most governments are poor at preparing for these disasters. Most people believe that it cannot happen to us. If disasters happen in another part of the world, then again there is a direct effect on the economy of other countries. Food shortages can cause a food riot which in turn leads to the spiraling cost of food.

Keep yourself well informed: Information is available from federal, state, and local resources. You can get information online to learn what to do before, during, or after a disaster. Keep a kit ready: Have a kit ready with bottled water, non-perishable food, first aid, flashlights, and a battery operated radio. Keep yourself involved: There are many ways to involve yourself, especially before a disaster occurs. Build up a brigade of trained and informed volunteers.

Emergency situations hit us unexpectedly and do not wait for us to get ready. We get little or no time at all to prepare. Now is the time to strategize, now is the time to start taking action, and now is the time to prepare so that our family, friends, and neighbors are prepared for any disasters that may occur.

Generally when a major natural disaster occurs, basic services like food, water, electricity, sewage, healthcare, transport, communications etc, get disrupted. These disruptions can affect the socio-economic status of a country. If relief activities are not well planned, it will have a negative impact on the citizens who have undergone disasters.

Once a disaster has occurred, it is the duty of the government to help. Help

from local, national, and international organizations should be welcomed. Each of these organizations would have prepared its own disaster management plan.

Chapter 3 – Benefits of Growing Your Own Food

When you are living a self-reliant life, another way to be more sustainable is choosing to grow your own food. The simplest way to get started with this is to plant your own backyard garden. Let us first look at the benefits of you growing your own food supply.

What are the reasons to grow your own food?

- You can have your own organic nutritious food supply. Many researches have shown that foods grown organically have more nutrients and minerals compared to those grown using synthetic pesticides. You do not need to worry about your food being safe for your family's consumption.
- You can save on your weekly grocery bill when you grow much of your own food.
- You can also use your organic garden as a source of income. Growing extra organic foods to sell is a great way to earn an income from your garden.
- You can prevent soil erosion with the use of organic gardening. The soil is the foundation of organic gardening so it is important to take precautions to build it up to prevent soil erosion.
- Protect the water quality. Water is an important factor to our very survival. However, due to the use of harmful pesticides when farming, many water sources become contaminated, which results in damaging the environment. These horrible pesticides can also cause cancer and are very poisonous to every living thing.
- Growing your own organic garden will help to reduce damage and keep the ground water in your area free of harmful pesticides.
- Growing your own food will save energy.
- You can keep harmful chemicals off your plate by growing organic

foods.

These are just a few of the benefits that you will gain by growing your own organic foods. There is such a great variety of crops from which you can choose from that you can easily find foods to grow in the comfort of your own backyard. I will show you also how to utilize the space that you have no matter how large or small it is.

Companion Planting

Companion planting is a considerable technique to maximize space in your garden while giving your plants the nutrients needed for them to thrive, naturally. Planting peas that produce large amounts of nitrogen next to nitrogen-loving tomatoes is a good example of companion planting. There are other plants that loathe each other, like peas and garlic. Do not plant these two plants beside each other. Learning the basics of companion planting will help you to grow a garden that will produce a bountiful harvest that you can feed your loved ones with and sell extra to others. Plant climbing peas between stalks of corn, they will use the tall corn stalks as stakes while they provide the corn with nitrogen. Peas like some shade and they will do well in the shade of the corn patch.

Learning how to preserve using techniques such as canning, freezing and dehydrating will come in very useful. When you are growing a large garden, you will not be able to eat all the fresh produce before it goes bad. By preserving your produce, you can keep it eat later. You will have a well-stocked pantry when you learn how to preserve your produce. Growing your food is a significant way to becoming more self-sufficient. You will no longer have to buy things at the store that you can grow yourself.

As part of your living off the grid you will also want to minimize the amount of garbage that you produce. One way to reduce this is to learn how to compost. A large amount of kitchen waste that you would normally throw in your rubbish bin you can instead toss into your compost pile. When the compost breaks down it is then used to feed the soil in your vegetable garden. This will help to ensure that the soil is healthy.

Herbs and vegetables are easy to grow, fruits can be a little more difficult. Strawberries are a great fruit to grow, they will grow quickly and in abundance, you may even want to sell some to others. You can also preserve strawberries for years. Do your homework to find the best fruit trees for your location. You could have a greenhouse and have some dwarf fruit trees in it. Your greenhouse can provide you with fresh veggies all year round. You may have to invest in a heater for your greenhouse.

You can construct a greenhouse out of inexpensive PVC pipe and plastic sheeting. You could use old glass doors for your greenhouse.

Choose the varieties of seeds that are the most natural, unaltered seed form. You may have to spend a little more on such varieties of seeds, but you will never need to purchase seeds again if you learn how to properly harvest and store the seeds.

Chapter 4 – A Sustainable Food Supply Chain

Now let us consider the finer details of growing your own sustainable food supply. There are many ways to setup your home garden, it will largely depend on what your personal needs are. For city dwellers size, will be a consideration as most city dwellers do not have a lot of areas to work with. It is possible to grow vegetables and fruits even for those living in apartments. You only need to select the right crops to suit your home environment.

Container Gardening

Let us start with small container gardening. This mode of gardening is considered the best option for those individuals who do not have outside garden space to work with. It is easy to practice and requires little attention and maintenance. You also will have a large selection of crops that you can choose from, you can practice seasonal growing without much worry.

Some of the vegetables grown in containers are the following: chard, squash, peppers, radishes, peas, onions, melons, potatoes, lettuce, eggplants, cucumbers, cabbage, cauliflower, broccoli, carrots, beets, and beans. You may also try planting different herbs such as: mint, basil, parsley, chives, coriander, rosemary, sage, thyme and sorrel. When it comes to choosing a few things, you must consider, aside from their size. You need to know what their requirements of sunlight and water needs are. This will help you to decide where to place the containers. Some vegetables thrive in direct sunlight where others do better with less of it. To help your plants stay healthy these are things that you should keep in mind.

Can You Grow fruits in Containers?

There are several different fruits that you can grow in containers. Here are some fruits you can grow in containers: apricots (compact varieties), peaches and nectarines (dwarf varieties), mulberry, cape gooseberries, figs, dwarf pomegranate, strawberries, and grapes just to name a few.

What about Growing your own Livestock?

For those that are beginners into this lifestyle, keeping chickens is a great gateway into growing your own livestock. They are stress-free to care for and you would no longer need to buy your eggs from the grocer, instead you will have fresh organic eggs at home. Before you purchase chickens, you need to make sure that the area you are in allows you to have chickens. Check to see about getting a necessary permit and find out what the limits are to having livestock in your area.

- Chickens will need ample area to walk around in and have a chicken coop for them also.
- Weather in your area — is it conducive to you having your own livestock?
- How available will you be to care for your livestock?

There are many different things that you can practice daily that will help you to lead a more greener kind of lifestyle. Below is a number of tips and suggestions to help get you started with living a more sustainable lifestyle:

- Whenever you go out always bring a canvas bag with you. This will come in handy and will help you to avoid using plastic bags. Many grocery stores will offer incentives if you bring your own bags.
- For different purposes within your home environment begin using organic products. Use products that are eco-friendly. Support the smaller businesses that make these products. Buy local as this means less carbon emissions from the transfer of goods.
- Do not accept paper catalogs. Save a tree in the process.
- Buy second-hand. You will not be contributing to pollution that is produced when making new products. They will be more affordable too.
- Unplug appliances that are not in use. Energy escapes when you leave them plugged in.
- Use recycled materials when building. You will reduce your overall

carbon footprint by doing this. You can get these materials far cheaper.

- When choosing a property that you want to live off-grid on then you should make sure that it has a trustworthy consumable water supply.
- Buy or make a solar oven. Use wood stove as a cook top in the winter. Invest in cast iron cookware to use on top of wood stove.
- Check out Craigslist or your local paper for free items that you can use to build pens, enhance your garden or house with.
- If you use a tractor consider switching to biofuel. This will require a lot of research. John Deere recently has given support for biofuel being used in their tractor engines.
- Maximize the use of your land, do you need a big green lawn that will not give you food?
- Make planned car trips once a month to pick supplies in town up. In between ride your bike or walk to cut back on travel expenses.
- Learn more about natural healing methods and home remedies to treat you with when you are sick.
- Make sure to take advantage of any government tax breaks offered for those who are using alternative power. Farms that grow certain crops can be eligible for tax incentives.

These tips and suggestions may seem to you that they will not make much of a difference but if they are done daily you will be surprised just how big an impact they can truly have. You can influence those around you by setting this good example, it can have the potential of snowballing into something far greater. Just keep in mind that change begins in the smallest of ways.

Chapter 5 – Choice of Seeds

Let ' s take a look at seed because without access to seed you cannot grow food. Most people likely have heard of the corporate conglomerates like Monsanto and Cargill. What you may not be aware of is that the vast majority of all seed produced commercially in the world is controlled by them. If food production on a global scale is a matter of national security then is it likely that in the future you may have to go through Uncle Sam to have access to seed to grow food?

What kind of seed do you think these giant corporations are going to provide? What kind of seed do you think is in the seed racks at your local store and available through many seed catalogs? If food production and distribution is now a matter of National Security, then shouldn ' t it also be a matter of “ personal security ” ?

The major seed suppliers in the world today have turned to three types of seed, (maybe more now) that allow them to keep their customers, the general public, captive.

1. GMO seed
2. Terminator seed
3. Hybrid seed

Most of us have heard of **GMO crops**. These are Genetically Modified Organisms. Seed is developed with the implanting of various different genes from most every type of thing in nature, both animal and vegetable, into the seed produced for the vast majority of agribusiness. These crops resist insect damage, drought, are immune to chemical sprays to control weeds, and a host of other things.

Let ' s consider another specialty seed produced by these mega corporations: **Terminator seed**. This seed has been developed such that it will grow the

crop for which it was sold, but will not reproduce after its kind. It may produce seed but it will be sterile. Again, you must go back for more seed every growing season. There are many seeds of this type in your local seed rack and many seed catalogs.

How about **hybrid seeds**? These are crosses between two varieties of let ' s say, sweet corn, which results in another seed with desired genetic traits. These are designated as F1 or F2 on the package, or just the designation, hybrid. There is nothing wrong with them, if you have enough of the seed to last you for generations. They will not grow the same crop as what you planted if you save their seed. In most cases it can be anything but what you would expect. However, they will grow something, in most cases. The biggest problem with hybrid seed is that it reduces the market potential for open-pollinated seed, which then becomes unavailable.

So, what is the solution to how to avoid the problems of these seeds and find the best for preppers to grow? First, look carefully at the description of any seed you are considering. Hybrid seed must be so labeled. This is not the case with GMO and Terminator seed. The surest way to know that you will not be getting any GMO or Terminator seed is to purchase “ organic ” seed, or its equivalent, such as Biodynamic seed.

However, you may find a local source of seed that is acceptable if not grown in close proximity to either the GMO or Terminator crops. These can cause cross-pollination with your seed crops, producing undesirable seed. Most companies do not grow their own seed and they must be able to authenticate the quality of their seed. Here are some simple guidelines for picking a seed company:

1. If you can find a seed source that is sure of the purity of their sources of seed.
2. Cannot be GMO or Terminator
3. Must label correctly the hybrid seed
4. Look for reasonably clean untreated “ Open-Pollinated ” seed in

bulk to try to ensure good prices.

Eventually, garden seeds will come into such high demand that they will become scarce and expensive. This is already beginning. If I do not order some varieties of seed early in the fall, they will, generally speaking, be sold out.

Will access to garden seed come under government control in the future? Maybe. It is my opinion that the best seed source will be to grow your own, once you get started or through networking, which I cover in chapters seven, eight, and nine. Suffice it to say here that seed raised where you are growing your food crops will out-perform purchased seed with more plant vigor, better germination rate and adaptation to your climatic conditions. It will acclimate to your weather and temperatures, your soil, your water supply, your season length, your elevation, your cultural practices in raising it, and even your geographical location. Not only will you grow better seed, but a better food supply. The food you grow from your own seed will have more nutrition specific to your location, will generate more yield, and will store better than what you can purchase.

If your locally grown food has more nutritional value for you, it will allow you to remain healthy on less food. If it performs better than purchased seed it could require less labor to produce it. If you cannot grow your own seed then support another local grower of seed by purchasing from them. Finding a seed company that grows seed in a similar climate to where you intend to grow is difficult. Most seed companies purchase from a wholesale source what they sell to you. Some grow only a portion of their seed.

Now, you must decide what kind of food you want to grow. My priority as a prepper is foods of resilience. The first five for me are corn for grain, dry beans, winter squash, potatoes, and eggs. The first three are what the Native Americans call the “ three sisters ” . The first four are indigenous to the Americas. And as for the fifth, am I calling eggs, seed? You bet your life I am.

When we think of seed we most often think of something from the flower of plants. However, did the chicken or the egg come first? It is my opinion that some form of animal protein is essential to both my mental and physical well-being. In the interest of brevity, let me also add that when you add animal protein to what you will provide for yourself it adds vastly to the amount of ground you must upkeep. Not to mention the amounts of water necessary to this operation is at least four times on a minimal basis.

Corn

Let me explain why I choose the other four of these five. Grain corn is very different from small grains like wheat, barley, oats, and rye. As said, they are small grains and much more difficult to plant, weed and harvest. You can do most everything with corn you can do with the small grains if you choose the correct varieties. Consider for a moment how long it would take you to harvest a pound of wheat and thresh it out ready to use. When you consider that to harvest a pound of corn you need pull from the plant typically no more than three ears and twist the kernels off. The average return on small grains, well grown, is about 100 to 1. A pound of corn, well grown, can produce 500 to 1. If you plant the 500 pounds the second year it can produce 250,000 pounds! The second season of small grain will produce about 10,000 pounds. This is of importance to survival, sharing, and resistance.

The nutritional value of corn and small grain is very similar. Of course, there are other grains such as millet and milo. Additionally, barley and oats have a hull that is very difficult to remove. I choose corn and it stores well and is a dry crop that can be available all winter and for years to come. Also, it's alive, even as a grain and can be sprouted. Sprouted grains have up to seventy more times nutrition.

Beans

Dry beans can be either bush type or pole type. So far, I have not found a variety of pole type that does well in a short season with cold nights and cold soils. The best bush dry bean I have found is called, "Indian Women Yellow" from "Native Seed/Search". Also, pole varieties need a pole or

grown on corn. I choose bush beans. Beans, when eaten with a grain, such as corn, provide the protein needed. Beans store well. A well managed bean patch can return 100 to 1, which is a much better return than you get at the bank on your savings. Beans are another dry storage crop that keep well for years. It ' s still alive in the dry stage and can be sprouted.

Squash

Winter squash comes in many varieties. I am not sure which varieties are owned by major corporations. I grow my own variety whose development was started by a vegetable breeder in the 80 ' s and passed on to me. Some companies might include Hubbards, banana, turban, some butternuts, and some varieties of buttercup, among others. Look for varieties that are no more than 75 days to maturity, as it typically takes 20 days longer in cool night, cool soil locations.

Look for seed supply companies that have actually grown them and are in a short season area. These varieties will store well fresh through the winter if kept cool and dry after a warm, dry curing period of about two weeks. They can be dried to keep even longer. In the fresh stored state they are a carbohydrate that is still alive and the seeds can be eaten for protein, or stored for future growing. I have been able to store my winter squash well into May. These seeds are a favorite of rodents and must be stored in a mouse proof container after drying. Most winter squash will produce seed at the rate of about 100 to 1. Seed from all of the three sisters, can be easily carried from place to place.

Potatoes

Potatoes are a bit different than the three sisters in that potatoes are not typically stored as seeds, but rather as tubers. Stored potatoes for planting can be cut into pieces golf ball size or a little larger. In warm climates with a longer growing season the stems can be cut and rooted for more plants that can then be planted. Storage of potatoes requires a dark, damp, well ventilated, and cold but not freezing place to keep them until spring planting. This is provided by a root cellar, typically. Light exposure will turn them

green and render them unfit for human consumption. Even a little green on a potato makes it unfit for human consumption due to the production of oxalic acid, which the green indicates.

Some potato plants produce seed pods but the seeds will not produce true to kind due to the high genetic diversity, like pomes fruits such as apple and pear. These seeds can be grown out for the resulting small potatoes produced, harvested, cured for 30 days, and then planted again for a main harvest. This takes two plantings and a very long season or greenhouse, or two years. Nevertheless, potatoes are very nearly a complete food.

You may be able to find storage space you can share with others for your potato crop. If you grow potatoes it would be good to have 3 to 5 different varieties. Potatoes in the typical grocery store will not grow well because they have been gassed in order to prolong their shelf life. Organic potatoes from the natural food store may be an acceptable source as they are not typically gassed. I have grown them from this source. Buy this seed locally.

More on Eggs

Eggs. Now this is a very different pot of fish. As I said before, this takes a lot more land. This doesn't just include the square footage for them to free range for insects, but includes land for feed production to feed them over the cold winters. It is likely they can free range all year in warm climates that have green pasture year-round. However, you must have facilities that ensure protection from predators and the elements. You must also factor in the time needed to care for them on a daily basis.

As you have likely thought, if one eats what can be grown and stored locally, it will require a change of diet. Perhaps it is a nice time for you to begin to consider what this may entail. This is why when storing food it is good to store what one is presently eating and to think about what kind of foods lift the spirits that might not be able to be grown, like popcorn, salt, sweeteners, and spices.

After considering the five foods of resilience, for myself I look at what other easy-to-grow foods would be good to consider planting. Here is my secondary growing list in prioritized order:

Onions

My next item is onions, in one form or another. Next to salt, few things can do more than onion to help food be palatable. As most forms of onions have a seed that does not store much more than one year in a freezer, it might be well to consider other options like some type of multiplier onion such as Egyptian Walking Onions that are cloned, rather than propagating from seed. Onions, like most root crops are biennial, requiring two years to produce seed. Multiplier onions are somewhat different. They divide each year and or produce bulblets in the flower head, like some garlic. My best bulb type storage onions, which I have grown in many different areas is Candy. Start the seeds inside early (January) to grow transplants for planting in May and you will always get a good crop that stores most of the winter.

Garlic

Garlic is nice to have as it is not only culinary, but also medicinal. Garlic is also grown from a clone, a clove from the bulb. The largest cloves grow the largest bulbs. These perform well in a place that is cool and dry, some growing better than others. There are many varieties of garlic available today from numerous seed catalogs. The garlic in the store will grow also, but remember small cloves produce small bulbs and large produce large. Here again, I would prefer them from an organic source or local. They are planted in the late fall. Spring plantings return small bulbs and small cloves.

Root Crops

Root crops, other than potatoes, are another consideration for seed purchase. They typically keep well in the winter, are easy to grow, hardy to eat, and although biennial, are easy to save seed from. For carrots I would select a short season carrot such as Minicor, or Napoli, or Nelson which can be sown in early spring for summer harvest and in mid-summer for fall/winter harvest; and standard season carrots such as Scarlet Nantes, Chantenay, or Danvers. Beets all have similar season length (55-65 days) but can also be grown for

the greens. Good varieties of beets for flavor, storage and seed production are Ruby Queen, Detroit Dark Red and Cylindra. Parsnips are nice for variety but the seed stores more poorly than even onions, requiring a constant, year to year, seed production program. Other great roots are turnips and rutabagas which store well, as well as more exotic roots such as burdock, salsify, and daikon.

Cabbage

Cabbage is another great survival food that is easy to grow. Red cabbages take longer to grow than green. The varieties of cabbage I recommend are also two-fold: short and long season. For short season of about 65 days I recommend Golden Acre as first choice and second is Copenhagen Market of about 70 days. For long season I recommend Danish Ballhead which is about 100 days and stores very well. Cabbage is one of the two main foods Napoleon marched his army across Europe with. The other was lentils.

To store cabbage, cut off all outer loose leaves and roots, and place in root cellar with potatoes and root crops. Also, I have pulled the late cabbage up by the roots, trimmed the roots to no more than a 6" ball, cut off the outer loose leaves and buried the roots deep in sand that is kept damp in the root cellar. This latter storage method has allowed me to keep my cabbage well into May.

Greens

Greens are something you won't want to forget, whether for steaming or salads. They can be grown most of the year and there are literally hundreds of varieties. Although greens are easy to grow, I left them until recently because I do not feel they are a survival food of much substance. I first think of high carbohydrates, proteins, sugars and bulk. However, when eaten raw they provide a live energy source to the body at very low levels. The more foods that are eaten raw, the better for the survivalist, if you can. Why do I say, "if you can"? Because one of the most difficult survival skills to learn is to eat what you grow and store.

Vitamin C

Also of importance are the vitamin-C carrying foods. This may include peppers, which are easy to grow; tomatoes, which may or may not grow where you are; potatoes, which carry a significant amount of this vitamin, as well as others. Fruits of all types, especially berries, carry this vitamin and there are surely some that will grow where you are. However, fruits of nearly every type do not have a seed you can carry with you and take time in most cases to establish.

Strawberries and raspberries can bear the first year and seem to lift the spirits. If you can start these where you are, you had better get started right away. Start small with berries as they provide lots of runners to plant the next season. My favorite berry for vitamin C is gooseberry, which will grow in a wide variety of climates and is perennial. I advise you to examine your need for vitamin C very carefully. Many of the pioneers of the American west died of scurvy. Had they known, they could have sprouted some of the grains they carried to grind into flour and it would have saved many lives.

There may be other foods that you like that can be grown in the garden but make sure you give priority to what will keep you healthy, both physically and mentally. One might perhaps consider bees as a source of sweet, for are not bees as much seed as eggs? Another source of sweet could be malted barley, which is very sweet. There are herbs that are very sweet that may suit your palate such as Stevia.

Conclusion

In this uncertain world, you need to be prepared for whatever mishaps that may befall them. In this book we have covered various ways on how to prepare and brace yourself in case of a disaster or food shortage. We hope this book was helpful and you will refer to it in the future again.

How to Kill Weeds without Chemicals

Here is a book, *“How to Kill Weeds without Chemicals: 12 Homemade Herbicides to Kill Weeds and Save Your Fruits, Vegetables and Flowers”*, that provides you with a list of recipes that you can conveniently use to prepare safe herbicides from the comfort of your home.

The ingredients used are familiar, some being commonly used in the kitchen for culinary purposes or even for sanitization. You no longer have to worry that your herbicides may contaminate waters around the area when the rains come, because the ingredients used here to make the natural herbicides are environmentally friendly. By reading this book, you will even have the skills to prepare safe herbicides that can also serve as pesticides without destroying your garden soil.

This book also gives you information on other items that you can use singularly as natural herbicides. This means you will learn how to acquire natural herbicides cheaply and conveniently, many of which are pretty easy to apply onto the weeds.

Read on...

Chapter 1: What, Exactly, Are Herbicides?

Herbicides, also referred to as weed killers, are chemicals that belong to a broad class of pesticides. They are used to eliminate or inhibit unwanted plants such as weeds. Herbicides are mainly used in farms but can also be used around the home and for landscape turf management.

Types of Herbicides

There are two main types of herbicides. These are:

- Species- specific Herbicides
- Non-specific Herbicides

For the species-specific herbicides, which are also known as selective herbicides, they are designed to eliminate a specific kind of plant while sparing the other desirable plants. This means you can spray the herbicide indiscriminately on your farm while targeting specific weeds, and still be assured your good plants will remain intact.

As for non-specific herbicides, they are those that kill every kind of plant they come into contact with, and so if you want to spray them indiscriminately in your garden, ensure you have cleared your harvest. These non-specific herbicides are also known as broad - spectrum herbicides.

Herbicides are mainly found in powder or liquid form, and while some of them are applied directly to the plants, others are mixed with other fertilizer products.

How Herbicides Work

Herbicides usually destroy weeds through:

- Contact
- Systematic action

Herbicides that work through contact only affect the part of a plant that comes into contact with the said herbicide and they act fast. You, therefore, need to be extra careful your contact herbicide does not touch any of your wanted plants. If you are using the herbicide in a flower garden, for example, ensure you spray a good distance away from the flower plants, lest they wither like the weeds.

As for systematic herbicides, much as they are effective, they are slow in acting. This is because they are absorbed into the plant through the roots, and they have to find their way up gradually through the entire plant. And, of course, the weed plant ultimately dies.

When to use Herbicides

The ideal way to deal with weeds and other unwanted plants would be to pull them out and dry them under the sun, and then use them as part of compost as this is environmentally friendly. Unfortunately, this is not always possible due to varying factors such as the long time it would take to pull out weeds in large farms. Also the work involved and cost of the exercise would be enormous. Herbicides then become the go-to method of destroying unwanted plants.

It becomes necessary to use herbicides when weeds or pest plants threaten to deplete the important resources such as water, light, space and nutrients that are needed by the desired plants. Farmers usually want to use herbicides where weeds have had a tendency to ruin the crop and decrease productivity, so that they can ensure returns from farming remain high.

How Weeds Increase the Cost of Farming.

It is said that weeds are simply plants whose virtues have not yet been discovered. Weeds can either be medicine, food or unwanted pests in the garden depending on the knowledge one has of them. However, weeds cause more harm than good and have adverse effects on the cost of production.

Ways in which weeds increase cost of production include:

1. Increased cost of cultivation:-

Control of weeds is done through tillage. An estimated 30 percent of all crop production expenditure is said to be from tillage operations. This high cost of tillage pushes the total cost of production up, consequently reducing the net margin profit.

2. Reduced prices of final produce:-

The quality of produce is low due to the presence of weeds. During harvest, weeds or weed seeds can get mixed up with the crop. This results into a low quality product which results into low prices in the market.

3. Reduced crop yield:-

Weeds take up the necessary nutrients that are needed by the main crop to grow. They also compete with the crop for light, space and water. Weeds grow at a fast rate, consuming large amounts of the crops nutrients hence reducing the yields. This leads to low profits and in some cases, heavy losses due to higher production cost.

4. Reduction of value of land:-

Agricultural land that is infested with weeds is less desirable to potential buyers or leasers and does not attract competitive prices. This is because it brings heavy tillage expenditure in the form of machinery, labor and herbicides.

5. Added cost of servicing/ replacing farm implements:-

There is wear and tear of farming machinery caused by weeds that cause them to be less efficient and can even fail entirely if not serviced or sharpened. This also causes an added expense of servicing and replacing the equipment.

6. Death of livestock and reduced quality of livestock:-

Some weeds can cause undesirable quality in animal products and in some cases even cause death of livestock, for example when a weed called gokhru attaches to a sheep's body, it compromises the quality of wool on the sheep.

When cattle consume a weed known as Hulhul, the flavor of the milk becomes undesirable. In severe cases, cattle may die when they consume a weed called Datura. This inevitably leads to financial losses.

7. Weeds reduce irrigation efficiency

Weeds block drainage therefore increases the seepage losses and losses caused by overflowing.

Other undesirable properties of weeds include:

- (a) Harboring of insects, pests and diseases
- (b) Weeds often act as a host to diseases, pests and harmful insects further increasing crop damage.
- (c) They can cause harm to human beings
- (d) Some weeds cause allergy, skin irritation, swelling and even poisoning when they come into contact with human skin.
- (e) Some weed secretions are harmful
- (f) Some of the byproducts from weeds such as phytotoxins in quack grass can reduce the growth of many crops or hinder their germination .

Chapter 2: Why You Need To Use Herbicides with Caution

Based on the above knowledge about the adverse effects of weed, it is imperative that people use herbicides to curb the weed menace. However, it is important to use herbicides cautiously. You need to go for herbicides that are environmentally friendly as opposed to buying those that are loaded with harmful chemicals. Choosing better herbicides will ultimately be of benefit to you, your soil, as well as your waterways.

Use of strong herbicides can lead to a host of problems. Strong chemicals from herbicides can find their way into our drinking water, surface water and even underground water. This can have severe health issues that can even be fatal. Herbicides can also alter the environment, making it inhabitable for insects, birds and wildlife. It is therefore important to put in mind all environmental factors before settling for a particular herbicide.

Effects of Herbicides

Whereas herbicides are useful for elimination of unwanted weeds, they can be harmful to the environment, human beings and other living creatures if used recklessly. The effects can range from mild to severe. Some effects can be experienced after a short term of exposure to the herbicides, such as allergies and skin irritation while some others surface after a prolonged period of exposure, such as cancer. We need to create awareness on these effects in order to handle herbicides better.

Environmental Effects of Chemical Herbicides

All herbicides are potentially dangerous to the environment even though most of them are considered harmless. Disruption of animal food sources, patching areas, nest sites and water spots can lead to destruction of these animals. Most animals also feed on the treated plants and thus consuming the chemicals found in the herbicides. Extensive use of these herbicides over a lengthy period of time poses a threat to the animals as they continually digest

the lethal chemicals leading to their deaths and consequently, extinction of some species.

That is why it is important that people learn how to make their own safe herbicides with ingredients that are not only safe for people, but also for animals and the environment.

Health Effects on Human Beings

Cancer

There are certain herbicides that have been linked to cancer in humans. One of the most notorious herbicides that has been studied and identified to be the cause of several health problems is Agent Orange, a defoliant that was used in the Vietnam War by the U.S. military who sprayed gallons of the Agent Orange herbicide to defoliate trees in the jungle in order to deprive the enemy of cover and food.

The Department of Veterans Affairs disclosed that the herbicide was the cause of some types of cancers among the Vietnam veterans. The VA as well as the National Academy of Sciences also found out that there was a correlation between the non- Hodgkin's disease which is a cancer of the lymph system and exposure to the Agent Orange herbicide.

Another study done by Sagar Shah and his colleges that was featured in the March 6, 2009 edition of BJU International revealed that the dioxins found in Agent Orange are likely to increase the risk for developing a certain type of prostate cancer that is difficult to treat.

Respiratory Damage

Inhaling herbicides may affect the respiratory tract causing severe irritation or damage. The damage caused to the respiratory tract (the nose, throat, lungs or sinuses) can be either temporal or permanent depending on the length and amount of exposure to the chemicals.

According to studies done by Medline Plus, a lethal herbicide that was used in the 1970s and 1980s called paraquat was seen to cause throat burns, bleeding of the nose and acute respiratory distress syndrome. It further showed that when consumed in high amounts, it could lead to damage of the esophagus, pulmonary fibrosis which is a permanent lung condition or even in some cases cause death.

Birth Defects

Reports by BBC News showed that unborn babies who were exposed to Agent Orange were at a high risk of suffering from birth defects such as cleft palate, mental retardation and presence of extra fingers or toes. However as is also the case with cancer, it is difficult to directly link these birth defects cases to herbicides.

Nervous System Disorders

Several herbicides have been proven to have chemicals that can cause disorders in the nervous system such as peripheral neuropathy. Tingling and numbness in the toes are some of the early symptoms of peripheral neuropathy. The disorder gradually spreads to the feet and hands and in some cases pain is experienced. Other symptoms include sensitivity to touch and muscle weakness. Severe peripheral neuropathy occurs in only a few weeks of exposure. Peripheral neuropathy was cited as yet another symptom of being exposed to the Agent Orange by the Department of Veterans Affairs.

Skin Irritation and Allergic Reactions

Skin irritation is the most common reaction to herbicides. This irritation mostly happens when herbicides come into contact with exposed skin such as a handler's hands. On contact, one should wash the affected area immediately with cold water as some chemicals can burn through the skin.

The Department of Veterans Affairs confirmed that a form of acne called chloracne is linked to exposure to Agent Orange. The acne can be mild or severe depending on the exposure and can last up to a couple of years. In the case of high exposure, the skin thickens and flakes off.

Effects of Herbicides on Children

Children and infants have a weaker immune system as their bodies are still developing, hence their systems do not have the capacity to protect them from the adverse effects of chemicals. According to EPA, children and infants are more likely to be affected by herbicides than adults. When exposed, children may have complaints of nausea and dizziness in mild cases, but in severe cases where there is higher exposure, the chemicals can cause developmental and neurological damage.

Effects of Herbicides on Pets

Herbicides should be kept away from the reach of pets as these animals can easily ingest them. When playing outside, pets can also come into contact with the chemicals and end up ingesting them either by chewing on contaminated plants or licking themselves after having traces of the chemicals attach onto their bodies.

Animals could also unknowingly spread the chemicals around the home from outside leaving traces on the rugs and furniture. There is a study showed that dogs which played out in herbicide treated fields were at a three times higher risk of getting cancer.

Chapter 3: Best Ingredients for Homemade Herbicides

As has already been established, weeds are too costly to ignore, and chemical herbicides are too destructive to the environment to continue using. Luckily, you can still eliminate weeds from your flower or kitchen garden or from your big farm, by using homemade herbicides.

Besides destroying weeds, there are a number of advantages in using herbicides that you make yourself. First and foremost, you get to use ingredients that are not harmful to human health, and which are also environmentally friendly. In addition, the ingredients are affordable and easy to find.

This section of the book will outline some of the most convenient and effective ingredients to use for your homemade herbicide recipes. You can vary the amounts depending on the intensity of the problem and the area you want to cover.

Great Homemade Herbicide Ingredients

(1) Vinegar

Vinegar can, on its own, act as a natural herbicide, or it can be mixed with other safe ingredients to make homemade herbicides. The reason vinegar is effective in destroying weeds is that it has a high level of acetic acid, which raises the soil's pH hence making the ground not conducive for growth of any unwanted plants. In fact, if there is any foliage around the area you spray it, the foliage is killed.

Still, there is a kind of weed that is too adamant for vinegar alone, and that is the hairy or waxy type. For that reason, whenever you want to make homemade herbicide using vinegar, it is best to add either some salt or some soap in your vinegar solution. By so doing, you will not only have used a

strong, effective herbicide, but also one that is safe for you and the environment.

(2) Borax

Borax, a salty mineral compound with soft crystals, is also good at destroying weeds. In order for your borax solution to be effective, the best way of preparing it is to make the ratio of borax: water 10 ounces to 2.5 gallons.

The next step is to stir the borax solution properly, before spraying it onto the leaves of the weeds you want to eliminate from the area. Just like vinegar, you can use borax with other ingredients to make a safe homemade herbicide.

With borax, you need to take precautions so that it does not come into contact with your bare skin, and the only reason is that it is highly alkaline. A product like this whose alkalinity level is extremely high can easily irritate your skin. For this same reason of extreme alkalinity, it is advisable not to saturate your garden soil with borax, hence you alter its normal pH level. And, needless to say, if there are some plants in the garden you want to keep you will avoid any borax reaching them.

(3) Citrus oil

Citrus oil, while very friendly to people, is very detrimental to the health of weeds, and so you can safely use it to eliminate the weeds threatening the plants you want. It works very well when combined with some other ingredients that are lethal to weeds, such as borax. One big advantage with using a homemade herbicide that has citrus oil is that it leaves a beautiful aroma behind, unlike chemical based herbicides that often have an unpleasant smell.

(4) Dishwasher soap

Dishwasher soap is friendly to the user and the environment, yet very effective in destroying weeds. Like citrus oil, it is very effective when used with other safe ingredients to make homemade herbicides.

Some of the ingredients dishwasher soap works well with are vinegar and salt, with great results being visible in a matter of hours. The way this soap works is by reducing the weed's surface tension, effectively enabling the weed killer to stick on the foliage as opposed to dripping off or getting washed away into the surrounding soil.

(5) Coconut oil

Coconut oil has benefits close to those of citrus oil. Both are very helpful in the kitchen and around the house, yet they have a way of destroying unwanted herbs. Once used in the preparation of homemade herbicides, the coconut oil disrupts the weeds' capacity to carry out its normal functions, such as photosynthesis. The weeds are also unable to carry out their transpiration function well.

The thing that helps this earth friendly ingredient disrupt the weeds' normal functions is its richness in fatty acids. Coconut oil breaks down the weeds' outer cover that is waxy, thus making it difficult for the weeds to retain much needed moisture. As such, they wither away, leaving the field clean or your wanted plants safe and free of nuisance weeds.

(6) Table salt

Salt is not new as a herbicide, considering ancient generations have used it to destroy any growths they did not want. It works by destroying the soil's pH, hence killing the weeds in that soil. At the same time, it drastically reduces the soil moisture content, and any weeds in the affected area end up dying of dehydration.

However, the effect of table salt on weeds is quite short-lived, because if there are showers of rain, the salt easily dissolves and the soil becomes healthy again for weeds to survive. Still, for the period the salt will have lasted in the soil, no herbs will thrive.

(7) Sugar

Sugar, just like salt, is known for being valuable in the kitchen and at table,

but gladly, it can only act as a great natural herbicide. Having something consumable act as a herbicide is great because it means the ingredient is safe to humans and friendly to animals and the environment as a whole.

Sugar works effectively by lowering the nitrogen content in the soil, hence leading to the wilting and subsequent destruction of the weeds.

(8) Corn meal

You can spread corn meal in an area where you do not want any growth to emerge, and in this way, the corn meal will be acting as a pre-emptive measure, unlike herbicides that destroy weeds already in existence.

Nevertheless, it can serve as an effective herbicide in an area where you are planning to plant something in due course.

(9) Rubbing alcohol

Rubbing alcohol is effective especially when sprayed on the weeds' leaves because it sucks out any moisture they have and ends up dehydrating the plant completely. In the days following a spray of rubbing alcohol, you can watch the weeds shrivel and subsequently perish.

However, rubbing alcohol, like many other herbicides is non-discriminating and so is capable of destroying any kind of plant, your lawn grass included. As such, if you want to use it in a place that has plants you want to spare, the best thing is to coat the specific weeds with it rather than spraying your garden, flower pot, or whatever other place you want to weed. When using rubbing alcohol in your homemade herbicide, you need to keep in mind that the more concentrated with alcohol the herbicide is, the more lethal it is to weeds. You might even decide to go straight for vodka, since its alcohol content is already high.

(10) Clove oil

Clove is great in combating the weeds menace, especially because not only is

it effective in destroying the weeds, but it is also non-toxic. This means by making clove oil one of your ingredients in your homemade herbicide, you will be ensuring environmental safety. In fact, clove oil does not interfere with the soil pH level.

One extra advantage of using clove oil is that it is not only destructive to weeds, but it is also repulsive to pests. You can, therefore, solve two problems in one instance by including clove oil in your natural herbicide.

It is important to note that according to a report produced by the USDA, clove oil is better in destroying weeds appearing in mid-summer than those that emerge during winter. It has also been established that clove oil as a herbicide works best when combined with vinegar and a little salt.

(11) Lemon juice

Lemon juice on its own, or as part of the ingredients making a herbicide, is great in destroying weeds. Its active ingredient is the citric acid in it, which effectively burns the plants and leads to their certain death within just a couple of minutes. Also, the acetic acid in the lemon juice is great at eroding the weeds protective layer that is usually waxy, and that makes the plant easily lose its moisture content.

When using lemon juice as one of your ingredients in a herbicide recipe, it does well when combined with vinegar, and if you deem necessary, boiling water. A natural herbicide with this combination of ingredients is great at destroying the stubborn weeds that keep resurfacing after a while of being treated with herbicide.

(12) Baking soda

Baking soda, being a salt, works just as well as table salt in destroying weeds. When you spray an area with weeds with baking soda, the soil's salinity rises tremendously, and that makes weeds shrivel and subsequently die. In fact, when it comes to salts of all types, weeds cannot survive in high concentrations.

Chapter 4: Easy-to-Make Natural Herbicides

The recipes provided in this chapter are not only safe for people to use, but they are also environmentally friendly.

12 Homemade Herbicide Recipes

(1) Vinegar based multipurpose herbicide

Ingredients:

- (i) Vinegar – 1 gallon
- (ii) Table salt – 1 cup

Method of Preparation:

- Pour the vinegar into a pail and then add the table salt.
- Stir the solution well until the salt is all dissolved.
- Your herbicide is now ready for use, so fill a spray bottle with it.

Since most herbicides such as this one are non-selective, it is important that you direct the spray onto only onto the plants you consider a nuisance; the weeds. Usually when you make little amounts of herbicide for use in a spray bottle, the target is your flower garden, kitchen garden, or even the pavements in your home compound. Otherwise, to clear weeds in a big portion of land, you need to make more herbicide by increasing your ingredients.

(2) Vinegar-Dish soap based herbicide

Ingredients:

- (i) Vinegar – 1 gallon
- (ii) Liquid dishwasher soap – 1 tablespoon
- (iii) Table salt – 1 cup

Method of Preparation:

Use the same procedure used in the first recipe.

(3) Salt based herbicide

Ingredients:

- (i) Baking salt – 3 tablespoons
- (ii) Table salt – 1 tablespoon
- (iii) Lemon juice – $\frac{1}{3}$ cup
- (iv) Warm water – 3 cups

Method of Preparation:

Mix the baking salt, table salt and lemon juice and stir. After that add in the warm water and stir a bit more just to ensure all the salts are dissolved. That is all you need to do and your natural herbicide is ready for use. Also because this herbicide has some lemon juice in it, it could keep off some pests.

(4) Citrus oil based herbicide

Ingredients:

- (i) Citrus oil – 2 cups
- (ii) Liquid dishwasher soap – 3 tablespoons
- (iii) Warm water – 1 cup

Method of preparation:

- Put the warm water into a bowl.
- Pour the dishwasher soap into the warm water and stir.
- Add the citrus oil into the soap mixture and stir.

Your homemade herbicide is now ready, and you can put it into a spray bottle for use.

(5) Coconut oil based herbicide

Ingredients:

- (i) Coconut oil – 3 cups
- (ii) Vinegar – 1 cup

(iii) Lemon juice – 1 cup

Method of Preparation:

- Pour the vinegar into a bowl.
- Add lemon juice and stir.
- Then add the coconut oil into the mixture and stir.

That is all that is required to prepare a safe effective coconut oil based herbicide.

(6) Oil based herbicide

Ingredients:

(i) Citrus oil – ½ cup

(ii) Coconut oil – ½ cup

(iii) Vinegar – ½ gallon

Method of Preparation:

- Mix the two oils well and then pour in the vinegar and mix. You can use a hand spray to apply it onto the weed area.

(7) Herbicide with vegetable mix

Ingredients:

(i) Vinegar – ½ gallon

(ii) Garlic – ½ cup

(iii) Hot peppers – ½ cup

(iv) Warm water – 1 cup

Method of Preparation:

- Blend the pepper and the garlic or crush them in a food processor.
- Add the warm water into the vegetable mixture and stir.
- Pour the mixture into a jar.
- Finally add in the vinegar, mix well and leave the mixture to rest for a day before you can use it.

For this and other recipes that follow, you can use a spray bottle to apply the herbicide onto the weeds.

(8) Borax based herbicide

Ingredients:

- (i) Borax – 10 ounces
- (ii) Onions – 2
- (iii) Garlic – ½ cup
- (iv) Cold Water – 2½ gallons
- (v) Warm water – 1 cup

Method of Preparation:

- Use a blender to crush the garlic and the onions
- Add the warm water into the blender mixture.
- Mix the borax and the cold water in a pail.
- Add in the garlic mixture and stir.
- Let the mixture rest for a day and then use it.

(9) Clove oil-Lemon herbicide

Ingredients:

- (i) Clove oil – 1 cup
- (ii) Citrus oil – ⅓ cup
- (iii) Lemon juice – 2 cups

Method of Preparation

- Mix all the ingredients and your natural herbicide, which is also capable of repelling pests, will be ready for use.

(10) Alcohol based herbicide

Ingredients:

- (i) Vodka – 1 cup
- (ii) Liquid dish soap – 1 tablespoon

(iii) Vinegar – 1 tablespoon

Method of Preparation

- Mix the ingredients and you can begin using the herbicide instantly.

(11) Gin-based herbicide

Ingredients:

(i) Gin – 2 cups

(ii) Liquid dishwashing soap – 1 tablespoon

(iii) Lemon juice – $\frac{1}{4}$ cup

Method of Preparation:

- Mix all the ingredients and stir properly, and your herbicide will be ready for use.

(12) Vegetable-Oil herbicide

Ingredients:

(i) Coconut oil – 1 cup

(ii) Clove oil – 1 cup

(iii) Crushed garlic – $\frac{1}{2}$ cup

(iv) Onions – 2

(v) Ground hot pepper – $\frac{1}{3}$ cup

Method of Preparation:

- Mix all the ingredients in a blender and process them.
- Pour them out once they are well mixed and they will serve to destroy weeds as keep pests away.

Conclusion

Thank you for downloading this book, *“How to Kill Weeds without Chemicals: 12 Homemade Herbicides to Kill Weeds and Save Your Fruits, Vegetables and Flowers”*.

It is my hope that you have learnt from this book the basic techniques of making safe and effective herbicides, and that you now can avoid relying on harsh expensive herbicides that are normally very harmful to the environment. It is also my hope that you now know a number of ingredients that you can combine to produce multi-purpose herbicides, which you can use not only to rid your garden and pavements of weeds, but also of nuisance pests.

If you have found this book helpful, please feel free to recommend it to friends and family, so that they, too, can learn the skills of making homemade natural herbicides, which they can conveniently make from the comfort of their homes. Everyone can benefit from these ways of keeping flowers, fruit plants and other preferred plants safe and healthy.

Thank you!

Become a Woodmaster in May

30 Modern Wood Pallet Projects For Home And Garden

There you are, browsing the shelves of another home and garden store, looking for something that you can put in your back yard. You want something that is unique, fun to look at, and makes you stand out from the crowd, but you don't want to spend an arm and a leg to get it.

You want something that you can put together yourself, and hopefully save a few dollars in that realm. You want something that is as unique as you are, and that doesn't call for you to try a bunch of new things you haven't tried before, or to get a lot of tools you don't have.

Basically, you just want something that you can do yourself, something that makes you happy, and something that doesn't cost you a lot of money to do.

But what?

The more you look at the shelves of the department store, the more it feels as though you are stuck with only a few choices. Perhaps you like one wooden option ... but you see that you have to spend a lot more for it, and that you have to have a crew come put it together for you.

Or perhaps you like another, but again, you are stuck with the same old story. It's just like what everyone else has. It's expensive. It's not quite what you were after. So, you sigh and keep up the search.

You know if you want it, you will have to make it yourself. But how? Wood is expensive, the tools you need to make those projects are expensive, and the skills requires are going to take you a long time to learn. You just want your home and garden to reflect how creative you are, but it seems that's just not

going to happen.

Until now.

With this book, you are going to learn what you need to do to renovate your home and garden space, with nothing more than pallets. That ' s right. I am going to show you how to make a variety of fun and creative things, with nothing more than wooden pallets.

No special skills required, just a bit of creativity, some ambition, and a few tools.

In a matter of hours you can have a yard full of things you made yourself, out of pallets you saved from going to waste. Let this book be your guide in the world of pallet creations. And enjoy your brand new look.

Chapter 1 – Around the Yard

Simple Pallet Mini Pond



Photo made by: [h080](#)

What you will need:

Pallets

Hammer

Nails

Paint

Lining

Pump

Saw

Pencil

Measuring tape

Directions:

Start by pulling all the pallets apart. When you have all the wood separated, you are ready to begin.

Measure 20 boards to be 3 feet long. Cut all of the corners of these boards at an angle.

Next, measure 20 more boards to be 18 inches long, and cut all of the boards at an angle as well. Use the photo for reference.

You have 4 posts from the center of the pallets. Cut these so they are 30 inches in length. Now, paint all the wood to be any color you wish.

Measure where you want your pond to be, and dig holes for the posts at equal distances. You are going to hammer the wood to these posts at regularly spaced lengths. Use the photo as reference for how to assemble completely.

Once the entire pond is assembled, place your liner inside, as well as the pump. You are now ready to add water, or even fish!

Pallet Wood Shed



Photo made by: [Wapster](#)

What you will need:

Pallets

Hammer

Nails

Stain

Tarp

Saw

Pencil

Measuring tape

Directions:

Start by removing the boards on 1 side of 2 pallets. These are going to be the walls for your wood shed. You are going to take the wood from these pallets, and place it against the outside of the pallets so you don't have gaps between the boards any longer.

Hammer these in place, and set aside.

Next, set a pallet on the ground intact. This is the floor of your shed. Hammer the two walls you have made to either side of this board, and set aside.

Completely disassemble another pallet. Use the post board from the center of this pallet for the support beam in the center of the roof. Hammer in place.

You are going to use the wood from the pallet to form the back wall as well as the top of the roof. Hammer these all in place, then apply a stain to the entire building.

Let dry, and hammer a tarp stretched taught over the top. That's it! Your wood shed is ready to keep your woodstove wood safe and dry.

Upcycled Picnic Table



Photo made by: [MeganLynnette](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Screwdriver

Screws

Measuring tape

Directions:

Start by completely disassembling the pallets, and set all the wood aside in the piles it belongs in.

Next, take your pencil and measuring tape, and measure equal lengths for the legs of the table. I cut mine to be 4 feet long, angled at both ends to stand flat on the ground while supporting the table at the top.

Cut these and set them aside.

Next, you will need to set aside 18 of the boards. These will be cut to be a total of 6 feet, and laid end to end on the frame. You now have all the wood you need for the legs and the top of the table, so all you need is the 2 boards to support either side.

Start by laying out 2 legs side by side, then screwing 2 boards to equal 9 feet across these boards. These are the support arms for the seat, so place them across the legs as you see in the photo. Repeat for the other side.

Stand the legs on end now, and with the assistance of a friend or propping them against a wall, screw the board on lengthwise, to each end of the legs. You are now making the bench and top of the table.

I suggest you add more boards in the center beneath the table for added support after you have screwed the main frame in place. Once this is entirely assembled, sand down all of the rough edges.

Apply a stain first, then paint the color of your choice. That's it! Your new picnic table is ready for a party!

Beautiful Flower Planter

What you will need:

Pallets

Hammer

Nails

Stain

Saw



Photo made by: [eren {sea+prairie}](#)

Directions:

Set up the pallet you wish to use on its side, and apply a stain.

Take your saw and cut small lengths of wood, then screw these to the front of your stained pallet. This is going to hold the soil in place.

Drill holes in the bottom of this wood for proper drainage, then fill with soil. That's it! That's all you need for instant flower planters. Pick a sunny spot in your yard, and you are ready to bring in the bees.

Dark Stained Pallet Gate



Photo made by: [Wapster](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Hinges

Lock

Directions:

I made a long gate for my fence, using 2 pallets placed end to end. You can also follow these directions to make a single width gate... but it's up to you.

Start by removing the boards on 1 side of 2 pallets. These are going to be the walls for your wood shed. You are going to take the wood from these pallets, and place it against the outside of the pallets so you don't have gaps between the boards any longer.

Hammer these in place, and set aside.

Next, take extra wood from another pallet, and place it in the center of these 2 pallets. Screw this in place, so both pallets are together, end to end. Apply a stain all over the pallets, and let dry.

Apply a couple more coats, so the wood gets nice and dark. Measure now on your fence where you want your gate to be. Use your pencil to mark on the wood where to place the hinges and lock, and screw these in place before you try to hang them.

Using the help of a friend, make sure you have it properly fit before you screw your gate in place.

That's it! Keep everything where it should be in style.

Chapter 2 – Innovative Creations

Mini Desk Masterpiece



Photo made by: [Mike](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Sandpaper

Pencil

Measuring tape

Directions:

Start by removing all the wood on 1 side of your pallet. Measure your desk where the stand is going to be, and mark on your pallet where you need to cut. Follow these lines with your saw, then use sandpaper to sand down the wood so it's smooth.

Apply a stain to the wood now, bringing out the natural look.

Sand down any other rough spots, and your stand is done!

Rustic Pallet Wagon



Photo made by: [eren {sea+prairie}](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Wheels

Rope

Directions:

Start by sanding down your pallet. You don't want any rough patches or potential splinters from the wood. Apply a stain.

Once the stay has dried, flip the pallet over, and use your pencil to mark where you want the wheels to be placed. Screw them in place securely.

For the handle, I recommend you purchase 2 hooks from your local hardware store and screw them in place right at the front of the wagon. Loop the rope through these hooks and tie securely. That's it! Your wagon is ready for anything.

Quirky Office Desk



Photo made by: [pierre vedel](#)

What you will need:

Pallets

Extra poles for the legs

Paint

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Directions:

Remove all the wood from one pallet and cut the lengths of board in half. Screw these in place on the second pallet, then sand it down so you don't have to worry about splinters.

Make sure there are no cracks or rough spots, then stain. Once the stain has dried, flip the piece over.

Paint all 4 poles the color of your choice, and place them at equal distances at the bottom of your table. Screw securely in place.

Make sure there's no rough spots, and your new table is ready for action!

Practical Pallet Chair



Photo made by: [perre vedel](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Directions:

Start by completely disassembling the pallet. You may need 2, so go ahead and take apart 2.

You are going to need 16 boards that are 2 feet long, cut these. You will also need 4 boards that are 4 feet long, 2 boards that are 3 feet long (cut these with their legs at an angle to sit on the floor) and 1 support board.

Sand all of these smooth, and lay them out. Use the photo as a reference, and screw all 16 boards at an angle, these are the seat of chair, use the screw both sets of 4 foot long boards at right angles, then use the photo once more to see where to place the feet of the chair.

Screw the entire piece together, and apply a stain. Let dry, and use a cushion over the top.

Super Slim End Table (Pictured Above)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Directions:

This end table is incredibly easy to make. Simply cut 1 pallet down the center of each of the support pieces. Sand down and apply a stain, then stack up as

you see in the photo.

Apply another stain, and screw in place. Let dry, and you are done!

Chapter 3 – Little Pallets, Big Projects

Super Simple Chicken Run



Photo made by: [Richard Ash](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Chicken wire

Directions:

Decide how large of a run you want, and completely disassemble 2 pallets. You are going to lay the boards end to end, and use support boards to screw them all in place. Paint or stain the boards to give a personal touch, then securely attach the chicken wire over the entire project. Make sure all is secure, and you are done!

Planter Bench



Photo made by: [Leonora \(Ellie\) Enking](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Directions:

Start with disassembling 1 pallet, and cutting another directly in half. Stack the pallet you cut in half on top of itself, and screw in place.

Take the extra wood from the other pallet now, and place boards up on the sides. You are forming the 'arms' for your bench.

Use more of the extra wood across the back of the bench, screwing this in place. Apply a dark stain or paint over the entire bench, and let dry. That's it! Place all your plants on here for a welcoming, clean garden.

Pallet Compost Holder



Photo made by: [Ciarán Mooney](#)

What you will need:

Pallets

Metal posts

Hammer

Nails

Wire

Stain

Saw

Pencil

Measuring tape

Directions:

First, decide how big you need your compost enclosure to be, then pound the posts into the ground around this area.

Apply a stain to your pallets, if you like, or paint them. Next, place 1 pallet up against a post, and use the wire to secure it in place. Lift another pallet, and place this next to the first. You can screw this to the first, or simply use wire to hold this in place as well. Repeat for the rest of the pallets around the enclosure.

Garden Grower



Photo made by: [Angel Shatz](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Tarp

Directions:

Start by completely disassembling your pallet. Decide where you are placing your garden, the dig holes in the corner of this area.

Cut the mid section of your pallets, and use these as corners for your garden. Once they are securely buried, use your saw to cut the boards to the proper length, and screw them in place against these corners.

Finish with a nice stain, then line with a tarp and fill with soil. That's it! Your garden is ready to grow!

Shelf Garden Planter



Photo made by: [Ben Chun](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Directions:

Use the photo as a reference guide for what you are doing, and take apart your pallet. If you like, you can fill in the spaces on the back of your pallet, or you can use a second section of plywood to screw the planter sections to.

Either way, make sure you drill holes in the bottom of the planter, and securely screw these in place against the backing of your choice.

Apply paint or a nice stain, and make sure all is secure. Fill with soil, and you are done!

Chapter 4 – Have a Seat

Pallet Loveseat



Photo made by: [Leonora \(Ellie\) Enking](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Directions:

Sand down your pallets so there are no rough edges or spots on them. As you can see by the photo, you are going to use 2 pallets as the side of the seat, and 1 pallet as the seating itself.

Use another for the backing of the seat, and 2 extra boards on the front for support. Make sure all is smooth, and screw these together as you see in the photo above. Again, apply a stain or paint if you wish, and let dry.

That's it! Your new seater is ready to go!

Rustic Pallet Patio Tables

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Sandpaper



Photo made by: [Michael Coghlan](#)

Directions:

These incredibly easy tables are the perfect addition to any patio or garden. Simply decide how tall you wish for your table to be, and completely sand down your pallets. I use 2 pallets for the height, and a third pallet to take apart and fill in the gaps of the other 2.

Screw everything in place, and make certain there are no rough patches. Apply stain, and you are done!

Rustic Indoor Pallet Table



Photo made by: [\(Mick Baker\)rooster](#)

What you will need:

Pallets

4 extra posts for the legs

Hammer

Nails

Stain

Saw

Pencil

Measuring tape

Directions:

Remove all the wood from one pallet and cut the lengths of board in half. Screw these in place on the second pallet, then sand it down so you don't have to worry about splinters.

Make sure there are no cracks or rough spots, then stain. Once the stain has dried, flip the piece over.

Place the 4 legs of the table at equal distances on the bottom of the pallet. Screw securely in place.

Apply a dark stain to the entire table, and let dry.

Your elegant piece is ready to be placed anywhere in your home.

Pallet Patio Seating

What you will need:

Pallets

Hammer

Nails

Paint

Screws

Screwdriver

Saw

Outdoor cushions and pillows

Sandpaper



Photo made by: [SoniaT 360](#).

Directions:

Much like the patio tables, these require minimal effort. All you have to do is decide on the height you want for your seating, and assemble or disassemble the pallets accordingly.

I like to apply a nice paint to mine, and let dry completely, then screw the taller ones together, plus leave a few of the shorter ones for my more relaxed days.

Let everything dry, and add the cushions, then you're done!

Refurbished Pallet Bookshelf



Photo made by: [Dr Vedel](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Sandpaper

Directions:

Though this might look like a bit of a challenge, this is another easy project. Start by completely taking apart your pallets, I recommend you take apart 2 or three of them.

Decide how big you want your book shelf to be, then reassemble as you see in the photo. Make sure you sand everything down to ensure there are no splinters or rough ends, and add a nice stain or a coat of paint when you are

done, and that's it!

Chapter 5 – Simply Fancy

Easiest Ever Pallet Chair



Photo made by: [ryan griffis](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Screws

Screwdriver

Sandpaper

Directions:

To make this simple chair, all you need to do is remove the wood from the bottom of 2 pallets. Take 1 of the pallets, and cut $\frac{1}{4}$ of the end off. Place this pallet at an angle on the other pallet, as you see in the photo above.

Screw securely in place. Take 2 boards from some of the wood you have removed, and screw them to the front of the pallet, lifting the front of the chair, and putting it in a reclining position.

Sand down everything so there are no splinters, and apply a nice stain. That's it! Your chair is done!

Pretty Pallet TV Station



Photo made by: [Maria Papadodimitraki](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Sandpaper

Wheels (optional)

Directions:

Start by cutting your pallet in half right down the middle. Set the bottom on top of the top, and screw in place.

Sand down the rough edges, then flip over. If you are going to put wheels on the piece, place these at equal ends of the stand, and screw in place.

Set back upright, and add a nice dark stain to the entire piece. Let dry, and add another. Let dry completely, and your new stand is ready to showcase your entertainment system!

Elegant Glass Table Top

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Sandpaper

Screws

Screwdriver

Glass sheet



Photo made by: [Doug Lynne](#)

Directions:

Start by pulling apart several pallets. Apply a nice dark stain to all of them before you begin, so your entire table has a dark stain.

Decide how many different compartments you want to be in your stand, and cut the lengths of wood you need to match these measurements. Sand down the wood so there are no rough edges, and apply another dark stain.

Once all is dry, take your screws and screwdriver, and assemble as you see in the photo. Leave the glass for the very end, and when you are ready, carefully place this on top.

Use hot glue to secure in place, or simply set it inside if you aren't going to move the table often. That's it! Your new table is ready to showcase to your friends and family!

Fun and Fabulous Coat Hangers



Photo made by: [Sergio venuto](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Screws

Screwdriver

Paint

Sandpaper

Hooks

Directions:

Decide how big you want your coat hanger to be, and cut the pallet down to this size. Remove the backing, and leave the support boards in place so the wood lies flat against your wall.

Sand down the wood first, then paint it any color you want. The brighter the colors, the better. Let the paint dry, then add the hooks wherever you want them to be.

Add a hanger to the back of the rack, and that's it! Your coat rack is ready to roll!

Fancy Crab Art



Photo made by: [sailn1](#)

What you will need:

Pallets

Paint

Nails

Stencil

Saw

Sandpaper

Directions:

Remove the backing from your pallet, and if you want a closer knit section, screw them in place between the boards.

If you are good with your art, draw whatever outline you wish across the pallet. I like to use stencils, as they give a more clean looking line. But again, do what makes you happy.

Cut the shape out of the pallet, then sand the wood down so the paint will stay better. Paint the piece any and all colors you like, applying more than one coat if you wish.

Let dry, and hang wherever you wish to show off your work!

Chapter 6 – The Best of the Rest

Fancy Twin Bed



Photo made by: [Wicker Paradise](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Screws

Screwdriver

Sandpaper

Directions:

Start by cutting 1 pallet into thirds, and disassembling another. Leave 2 pallets complete, and sand all the wood down, you don't want there to be any splinters. Assemble as you see in the photo, filling in the gaps of the cut pallet with wood from the disassembled one.

Screw these in place on top of the two intact pallets, and apply a stain or paint to the entire piece. You can also place these on wheels, if you like, but that is up to you.

Once all is secure, you are done!

Leaning Bookshelf



Photo made by: [Christine Vazquez](#)

What you will need:

Pallets

Hammer

Nails

Stain

Saw

Paint

Screws

Screwdriver

Sandpaper

Directions:

Pull all the wood off the bottom of your pallet, and sand the entire piece. Use some of this wood you have taken, and place it against the pallet frame, only this time, pulling away from the frame so they form shelves.

Screw in place, and sand down the rough edge. Paint the entire piece, let dry, and apply another coat before you place in your home to show off to your friends and family!

Crazy Mandala Paint Piece

What you will need:

Pallets

Paint

Nails

Stencil

Saw

Sandpaper



Photo made by: [Amanda Baker](#)

Directions:

Remove the backing from your pallet, and if you want a closer knit section, screw them in place between the boards.

Now, if you are good with freeform art, go to town on this piece, making all the designs you can imagine. If not, you can use stamps, stencils, or anything else you like to make it a rustic, but modern, piece of art.

Have fun and express yourself.

Open Pallet Swing



Photo made by: [Joel Washing](#)

What you will need:

Pallets

Chain

Nails

Frame

Saw

Cushion

Sandpaper

Directions:

You can use a frame for this swing bed, or you can use trees or a porch. However you decide to hang the bed is up to you, but I assure you it's a relaxing way to spend the afternoon.

To make the bed, you need to take 2 pallets to 4 pallets and lay them out side by side, the size of the bed is determined by how many pallets you use. Take 4 boards, and add support to each of the pallets.

Screw in place on both the top and the bottom. Sand down all rough edges, and screw hooks in all 4 corners of the pallets. Determine where you are going to hang the bed, then measure how much chain you are going to need to hang it.

Loop the chains through the hooks, and bring together at the top. Make sure all is secure, and your bed is ready to relax.

Charming Pallet Fence



Photo made by: [Leonora \(Ellie\)Enking](#)

What you will need:

Pallets

Paint

Nails

Saw

Sandpaper

Directions:

Remove some of the boards from between the others. This is going to give the pallets a more open feel, making them appear to be more upscale.

Decide how many you are going to need to fence in the area you wish, and do the same to all the pallets. Sand them down, and apply a paint, then set aside

to let dry.

In the meantime, determine where the fence is going to stand, and dig holes for the fence posts. You can use wooden posts from a hardware store, or you can use pallets to make the posts. Either way, you are going to paint these as well, and when the pallets are dry, hang them against the posts.

Make sure they are entirely secure, and your new fence is ready to go.

I hope these projects were able to inspire you to use pallets in ways you never thought of before, and that each and every one adds a new bit of charm to your home and garden area.

There are so many things you can accomplish when you use your creativity and some skills, and the more you can use the things around you, the less you have to pick up at the store itself. Use what you have on hand to save money, resources, and time.

Show the world what you can do, and feel proud of each piece you create!

Conclusion

There you have it, everything you need to know to make your own pallet projects, and to show the world what you can do with a bit of wood and some creativity. No one thinks that a pallet can turn into something so incredible until they see someone do it, and now you can be the inspiration to all your friends and family.

Now that the door is opened, let the floodgates flow!

Pallets are easy to work with, easy to find, and inexpensive to acquire. If you need some, you can often get them for free outside of warehouses, or even in the newspaper. Ask around and see what your friends are getting rid of. So many people forget about the things you can do when you upcycle, you could be sitting on a goldmine and not even know it!

I hope this book inspires you to look around and use what you have on hand before you go to the store to buy things you could make yourself. I hope it helps you save money and time, and that it shows you how to use the things around you in new and creative ways.

There ' s so much this world has to offer right in front of our very eyes, and when we decide to use what we already have, we are doing wonders for the planet, for society, and for ourselves. I know you can make anything you can imagine, and I hope this book was the start you needed to get you going on something great.

Take the next step, and start building more and more. The more you make yourself, the more money you will save, and the more you will bring your own personal touch into your home. Your friends and family are going to be amazed, and you are going to discover a whole new side to what you can do.

So look at the world through the eyes of creativity, and don't let anything stand in your way. You can make anything you can imagine, and when you use the things you have on hand, you can do it without worry.

Now get out there and let your creativity shine!

DIY Mini Shed: Tutorial On Building Small But Roomy Shed In Only \$40!

The shed is a mainstay of every garden; in fact there are few homes which do not have one. The real question is not whether you need a shed but how big it needs to be. There are many different criteria to consider when deciding on the right shed for your needs. Your budget will feature prominently on this list; a shed is generally an expensive purchase. You will also need to consider what you intend to use the shed for; a small shed is acceptable for simply storing a few garden tools. However, if you wish to spend any amount of time in your shed it is important to consider the design carefully.

There are options available which will ensure a spacious shed on the inside with a small footprint on the outside. This will maximize the usefulness of the shed whilst minimizing its impact on your garden.

It is possible to purchase a shed pre-owned and transfer it to your own home. However, this approach will be time consuming and often extremely difficult. You will need access to a good sized van or trailer and will have to take the shed apart. You may find this is difficult as, depending on how long the shed has been in position, the nails, screws and bolts may be rusted in place. Once you have got it apart and conserved the fixings you will be able to start the moving process and then rebuild it. Unfortunately the rebuild process is the slowest part of all as you will need to ensure all the pieces go in the same order and the same place. You will also be limited in your ability to customize your shed as its size and style has already been established.

The most viable option is to build your own shed. At first this may seem daunting, but, this guide will help you calculate the right size and shape shed for the space you have available. There are three main stages of successfully creating a small but roomy shed; the planning stage, collecting the materials and the build. Each of these stages is essential if you wish to create a shed which will serve your needs and cost less than \$40.

It is important to note that there are very few places where you will have an issue building a shed. However, it is always a good idea to check with your local planning department to ensure you will not inadvertently fall foul of any regulations. Part of this process is creating a shed which will sit comfortably in your garden; this is one of the reasons wooden sheds have become the preferred option. Although they do require a little maintenance each year, they are generally easy to maintain and will last you for many years.

Chapter 1 – Planning and Materials

Getting the planning stage right means you will know exactly what materials you need to source and how to put them together. This is an essential part of their plan and the time taken to consider this can easily be as long as the time it takes to build the shed. This guide focuses on a small but roomy shed and not one which is likely to exceed the standard building regulations.

Use of Shed



The first stage of any project is to decide what you will be storing in the shed and what activities you intend to complete inside your new building. If you wish to simply store your garden tools and have a place to sit and rest when working on your garden then your shed can be a small but cozy affair.

However, if you need to pot plants, escape from the rest of the world or simply gain some peace and quiet then you may need to consider making your shed a little larger. The use of your space will be a significant factor in

the decision as to what size it should be.

Location



The next item you will need to establish is where you intend to site your shed. Ideally you should find a location which allows easy access but keeps the shed hidden from the main home. You will not wish to have your view ruined by a shed in the middle of your pristine lawn!

It is worth considering which paths are already laid into your garden. It is important to build a path to the door of the shed to ensure that you are not trampling mud back and forth during the wet winter months.

There are also considerations regarding the use; if you wish to use a telescope in your shed you cannot put it under the trees! Likewise, the trees will lose their leaves in autumn; if these fall directly onto your shed they can speed its deterioration; unless they are cleaned regularly. A practical and useful shed should be located where it is most needed. Whilst this may seem like common sense you may be surprised how many people choose a shed's location based on aesthetics; instead of practicality.

Construction



Having established the size and location you now need to consider the material you would like your shed to be created out of. The traditional material is, of course, wood. However, this is not the only option. It is possible to create a shed out of metal sheeting; although you may need to consider painting it to help it blend into your garden. This will be especially relevant if your shed will be visible to your neighbors as they may not like the look of a metal shed!

Plastic is an increasingly popular option as it is exceptionally durable and needs very little maintenance. However, plastic is not exceptionally strong and still requires a strong frame work to pin it to. In reality, plastic is only an option for a small shed which is just going to be used for storage.

There are also a variety of environmentally friendly options which you may wish to consider. The most obvious is simply wood that you know has come from a renewable source; the environmental impact is zero. Another substance which is often used to create a waterproof and well insulated shed is rubber. Old tires are plentiful and easy to get hold of. They can be used to create the walls with or without a wooden frame. You can even choose to use hay to create the walls of your shed. Your decision will depend upon the

resources near you and the time you have available; as well as how high your concern is for the environment.

Power



In general you will not need power inside your shed if it is simply for storage purposes. However, if you are likely to undertake projects inside the shed or it is a fair distance from your house; there is a good chance that it would be beneficial to have power. It is possible to add a solar panel or two and a battery to create the electricity you need. However, this is a more expensive option and not something that you would be able to do on a \$40 budget.

It is, however, possible to run a cable from your fuse box to the shed. But, unless you are a very competent Do-It-Yourselfer then you will need to use a qualified electrician to hook your power into place. If this is not an option at this stage it is worth laying a cable in place when constructing the shed and adding the electricity at a later date.

Tools



It is inevitable that you will need a selection of tools in order to build your shed. The assumption of this guide is that you already have these or are capable of borrowing them. If you need to purchase something like a cordless screwdriver your \$40 budget will be destroyed.

Alongside a cordless screwdriver you may need a selection of screwdrivers and drill bits. A circular saw is also beneficial although a manual one can be used. You will also need a spirit level, pliers and a tape measure. These should all be items that you already have.

Sourcing the Materials



Building a shed on \$40 means you do not have the luxury of visiting your local hardware store and ordering a shed; or even copious amounts of wood. Instead you will need to start thinking about what materials you have at home and what are available within the vicinity which can be used to create your small, but spacious shed.

Obviously if you happen to own a wood then you can chop trees to create walls. However, this is an unlikely scenario! Instead you can start researching which businesses are in your area. One of the cheapest ways to acquire wood for shed building is to locate a local business with an excess of pallets.



Pallets are the perfect material for building a shed; they can be obtained for free and are already strong enough to make solid walls. The only concern when acquiring pallets is that you locate ones which have not been used to carry chemicals or hazardous substances. Even if they have been treated to protect against spills they are likely to have substances which can make you ill. The best pallets are those which have been used by the food industry; they will be clean and untreated.

It is advisable to have at least a dozen pallets although more is better! You will also need plenty of screws and two pieces of thread; approximately five feet long.

Whilst using pallets is fine for the frame and the walls; you will need to consider what roofing material is going to be the best for your shed project. It is possible to purchase roofing felt for as little as \$20. This would be a roll of 10m by 1m and should comfortably cover a small shed.

An alternative is to use metal sheeting which can be purchased for as little as \$10. It is worth considering how this will make your finished shed look although this is a cheaper option. Plastic sheeting can also be purchased for a similar price and may look aesthetically more pleasing.

It is worth considering the shape of your roof before you commit to any materials. Although a pitched roof can make the shed look nicer and feel roomier inside; it will add to the cost of your roof. An angled roof can be just as effective and use less material; helping to keep your costs down. Opting for a clear plastic corrugated sheet on your roof can provide an additional benefit; you will always have light in your shed; without needing to create windows or add electricity.

Other materials which should be considered before you start your project are those which need to be used to create the foundations. For your shed to be level and long lasting you will need to raise the base above ground level; this will ensure water does not collect round the floor and slowly seep up into the walls. Over time this can rot your shed out from the bottom up; ruining your hard work. The easiest base to create for your shed is made from gravel. In fact you can use small hardcore; with a little patience and luck you will be able to find hardcore being given away for free near you. You may even be able to approach your local authority or local quarry to see if they have any excess which they are getting rid of. It is worth waiting to find the right source as gaining your foundations for free is a very satisfying experience; it also helps your budget to spread further!

It is also possible that you will have the materials you need sat in your garden already. A shed foundation can be made from paving slabs; you may be able to reallocate ones which are already sat in your garden, or, you may prefer to purchase them from your local garden centre. Paving slabs are often as little as a \$1 each although you may be able to purchase them second hand cheaper. To create a six foot by four foot shed you may only need between eight and twelve slabs.

It is also possible to use concrete for the base of your shed, however this is generally for bigger sheds and the cost of it will be very likely to put your project over budget.

Used Materials

When considering the materials you need it is worth considering what is on offer on the second hand market. For instance, you will often find paving slabs and gravel being practically given away. In addition there are sometimes cases where a shed is being got rid of. These adverts are usually marked as free to collector but you will need to take the shed apart. This can be time consuming and is probably not a viable opportunity to create your shed. However, there may be valuable bits of material which can be used and make your life easier.

It is, however, important to ensure that you have good quality materials as you will want your shed to last for a significant amount of time. There is little point saving funds on the build and having to do the structure again in a year or two.

As a final point before the building work starts it is also worth considering unusual items which are either very cheap on the second hand market. Even an old boat with a cabin can be utilized to create your perfect small shed.

Chapter 2 – Getting Started on Your Build

Having gone through all the planning stages you will now know what sort of shed you need, the approximate size and your preferred building material. The following list will provide you with all the materials you need to create a shed approximately two meters by one meter. You can make the shed bigger or smaller simply by adding additional pallets; the average pallet is approximately one meter on each side; hence the chosen shed dimensions:

- Approximately 20 wooden pallets – Free
- Collection of screws; including at least 24 three inch long ones and 24 nuts and washers. You will also need some screws for fastening the roof down. - \$10 although you may already have many of these.
- Thread; the best idea is to have four 1 meter pieces and four 2 meter pieces. Cost should be no more than \$10
 - Gravel or hardcore sourced from any local location for free.
 - Pavers or cement blocks to lift the base of the shed off the floor; protecting it from the elements. \$10 if you need to purchase them.
 - Roofing corrugated sheet; plastic or metal depending upon your preference. Cost should be no more than \$10.

Total cost is \$40 although it is possible to do this for less if you are able to source more of the materials cheap or free.

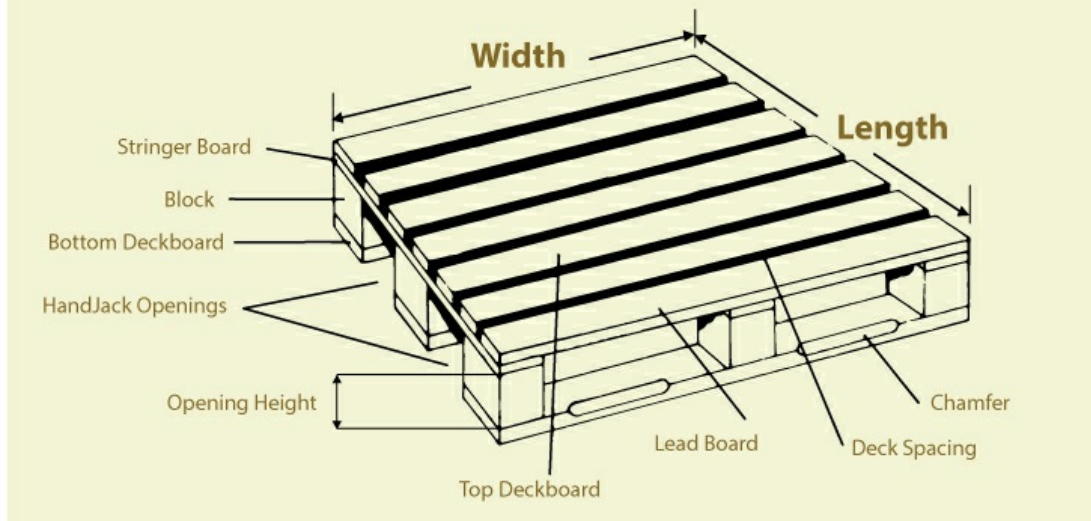
You will now be ready to start your foundations!

1. Dig the base



The first step is to dig approximately two inches down into the soil to create the outline size of your shed. You will need to take a pallet apart in order to take the two strongest sides and secure them to each other. This will create a long post; the same size as your finished shed. This should fit into the trench you have dug. You will need to use the spirit level to ensure this piece is in place properly; it must be level. This is vital to ensuring your finished shed is level and strong. You should take as much time as you need to complete this part of the process properly. Once your first piece is in you will need to add a second one on the opposite side; where the shed should sit. Once these are both leveled they can be joined at each end; again this will be using the base section of your pallet. This is often referred to as the block with the bottom deck board and top deck board attached.

BLOCK PALLET



You can then continue this process by adding in four cross sections between the original lengthways pieces. The mid sections can be supported by cement blocks or pavers; whichever product you already have or are able to get hold of easily.

This is also the time to consider whether you need to run electricity to your shed. If this is a yes then you will need to purchase some armored cable and dig a trench at least half a foot deep from the foundations of your shed to your home. Armored cable will help to prevent someone digging into the cable by mistake. It is also advisable to note the path the cable takes to help prevent the opportunity to accidentally make contact with it. If this is your desired option then you should make sure that you have more than enough cable and it should not be connected to the mains supply until the shed is finished.



2. Complete the Foundation

Once you have taken the time to create the frame work and leveled it all off you will be ready to fill the interior with your gravel or hardcore. This will help any excess water to drain away and prevent damage to your shed structure.



You will now be ready to start creating the actual shed! You will need to place two pallets onto the ground, upside down. You can now bolt these two

pallets together by putting a nut and bolt through the blocks on each pallet. This should prevent them from moving. These two pallets should fit perfectly into the foundation space you have already created.



Ideally the base pallets should be ones which are fully boarded without gaps. If this is not the case then you will need to add extra boards in to fill all the gaps. This will ensure you do not lose items when you are in your shed or leave avenues open for creatures to get into your new creation.

3. Creating the Walls

The walls are simply two pallets stood on top of each other. The long walls will require four pallets; whilst the end wall requires two pallets. You will need to use the thread that you purchased. A hole must be drilled through each of the blocks on one side of both base level pallets. This will need to be in the same spot to enable the pallets to be secured to each other. You can use the washers and nuts to ensure the pallets are tightly secured together. The thread should be cut to allow you to join the pallets in the middle and at the ends to the end pallet. It should also be used to connect the bottom row of pallets to the top; this will ensure the structure is bound securely together.



The pallets should be screwed and bolted to the base wood as well as bolted to each other. The three inch screws will come in useful at this stage.

You can work your way round your structure; until the ten pallets are securely fastened to each other and to the base. You will have created a ' U ' shape and will be heading towards a completed shed. One important consideration at this point is that the pallets all face the same way. Whether the outer wood is horizontal or vertical it is essential that it all moves in the same direction. This allows for uniformity and provides a good overall appearance.



4. Creating the Roof

The next stage is to create the roof. This adds additional strength to the shed as well as provides a cover against the rain. There are two options for this; depending upon your desired finish and use for the shed.

Both options require you to batten wood round the edges of the walls. Whilst it is idea to use on piece on each side this may not be an option. It is acceptable to batten two pieces of the pallet wood together to create a one long batten. This is the piece that the roof structure will sit on.



It is now time to decide whether you wish to have a sloping roof. This is highly recommended as it will allow the rain water to drain off in whichever direction you choose.

The easiest way to generate a sloping roof is to take the batten you have just created and, before you fasten it to your shed, use it to draw a line across the wood. It should be at least a ten degree angle front to back. You will then need to use your circular saw to cut this angle in situ. You can repeat the process with the other wall and cut a straight line of the back wall to match the new lower height of the sides.



The battens can then be added to the side walls as indicated in the picture. You should also add one or two running parallel to these which will support the middle of the roof line. It is important that a batten is added to the front side of the shed as these roof battens will rest on this and provide the whole structure with strength.

The roof can be screwed or nailed down to the roof battens you have just added. Every screw or nail should be dipped into a silicon sealant before you put it into place; this will help to prevent leakages from the holes created by the screws.

It is also important to note that the roof must overhang the walls on all sides; this will help to prevent the rain from coming through the walls.



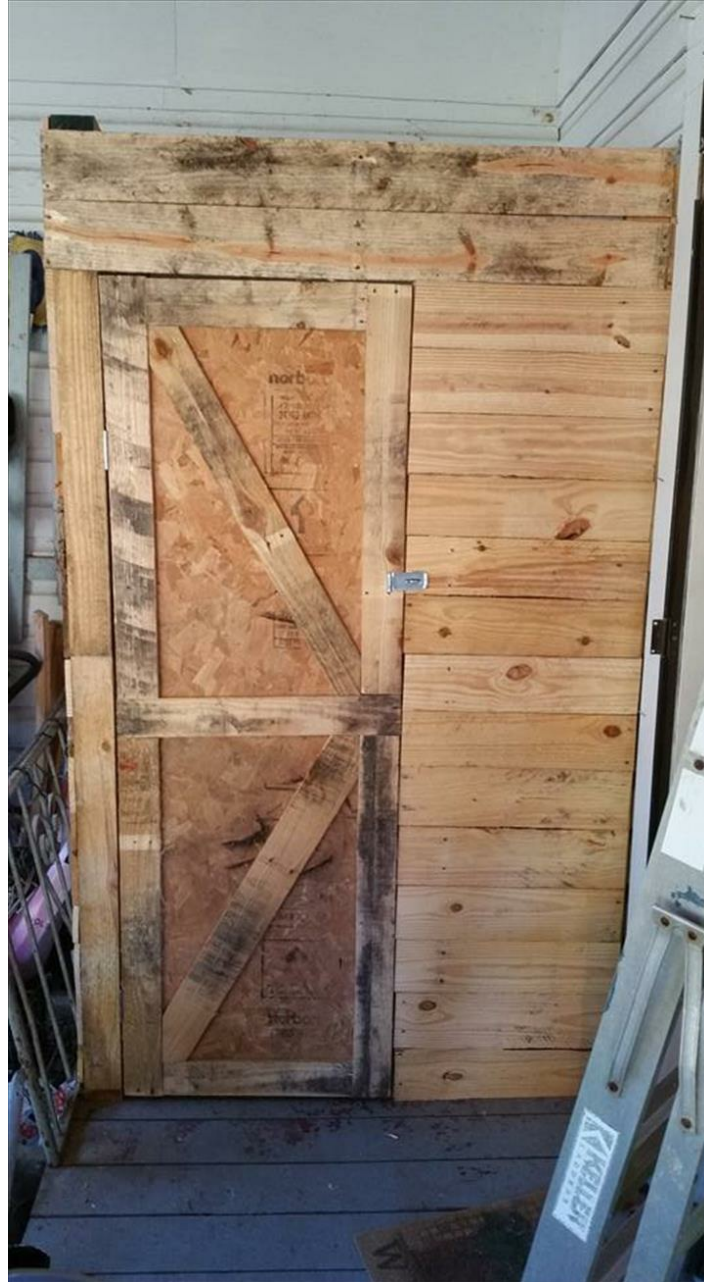
5. Adding the Door

At this point you should have three walls battened together and a sloping roof heading away from the door way. As this shed is just one meter wide it is as easy to generate the door out of two pallets. Simply stand them next to each other on the floor and bolt them together in the same way that you have done the side walls and the rear wall. The Pallets should have at least four hinges on them to fasten them to the side wall. This is because they are heavy and will quickly sag if not properly secured.



The two pallets should be the same size as the other end of the shed and the gap you have available. You will simply need to fasten a handle onto the pallets and then a latch and lock onto the frame.

It is possible to cut the pallets in half and make the door half the width of the available space. You can then fasten the other half of the two pallets to your shed. The easiest way of doing this is to screw a batten into the existing shed wall and then screw each of the pieces of pallet wood into this batten. The other side of the pallet will already be the block side; which is strong enough by itself to handle being screwed into the floor and the roof beams.



6. Finishing Touches

You will have noticed that there are some gaps in your shed, this is because, not all pallets are presented as a complete surface. There is usually space to add pallet boards between the existing ones. This is the next job you should undertake as it will seal up all the gaps in your shed. Obviously you will need to follow the lines that the pallets are already set in.



If you do not feel that you want to leave it as a pallet wall you can cover the whole wall with a sheet of chipboard or similar. Whichever end result you choose to adopt it is a good idea to stain the shed or paint it before it gets wet.



You will also need to consider cutting a couple of holes in your shed and fastening some clear plastic to them; these can act as windows as it does not yet have any. You will also spot the gap at the top of your structure; where the roof creates an angle. These gaps can also be filled with clear plastic or even pieces of wood taken from your remaining pallets.

Chapter 3 – Tips When Building

There are several things you can do to improve the effectiveness of your building.

- The heat and the coldness of the outdoors will affect the wood, it will contract and expand. Painting or staining the outside will greatly help to reduce this affect. However, it is also advisable to line the inside of your shed. The simplest option is black bin liners pinned to the walls. Plastic sheeting or even wood has the same effect and can help to make your shed windproof.

- By only using half the pallet as a door and the other half as a fixed piece you will create the perfect opportunity to run shelves all down one wall. In addition you can put a cupboard at the far end; providing you with plenty of space to store all the important items. Of course, you can make designated spaces for specific items of equipment!

- If you prefer not to have a plastic roof it is possible; with a few extra pallets, to create a pallet style roof. Simply attached your boards to the roof battens you have added to your structure. However, it is unlikely that wood alone will keep the water out. You will, therefore, need to add a plastic membrane on top of the roof before adding more wood above the plastic; this would ensure all rain is kept out of your shed whilst retaining the lodge feel.

- You can also create an apex roof; obviously this takes a few more pallets and will require more felt, plastic sheets or even a number of roof tiles.

- The door furniture can make a big difference regarding how your finished shed looks. It is important to take a moment to ensure you have chosen the right combination.

- If you prefer to minimize the work it is possible to create your shed against an existing wall. This could be a garden wall or even the side of your house. You would need to add a piece of wood to the wall for the roof battens to rest on. However there would be no need to complete the back wall. You would need to seal the roof to the wall to ensure water does not sneak into the back of your shed.

- Perhaps the greatest tip of all is to make sure you take your time with this build. Your preparation and patience will be rewarded with a shed that will last for many years. This is why it is essential to consider all the details before you start work. The right amount of preparation and a good coat of paint at the end will leave people believing you have purchased an expensive shed; not built one yourself!

Conclusion

A shed is important; whether it is a tiny one attached to the side of your house which simply houses your tools, or; a huge one at the bottom of your garden which could double as guest accommodation. The majority of properties could benefit from a shed; unfortunately they are generally very expensive and not all of them are well built. This is why it makes sense to create your own shed. As this guide illustrates you can easily produce a reasonable size garden shed for just \$40. If you wish to increase your budget slightly there are a huge number of options open to you; in particular this involves increasing the size of the shed. You can double it or even make an outside area as part of your build. The key is to consider the space you have available and what you intend to use the shed for.

In reality this book will provide you with an introduction to the world of shed making on a budget. With a little more spare cash you would easily be able to purchase four tall fence posts to create the corners of your shed. With a few long pieces of wood you can join these posts together. The sides can then be created from pallet wood or even with big sheets of chipboard. In fact, no matter what your budget or the material you use, it will quickly become obvious that your shed can be made into any shape you want.

Once you understand the basic structure of the shed; the importance of joining all the walls together and attaching the roof securely; you will realize how a shed develops and retains its strength.

The one factor that is often skimmed over and is actually the most important of all is the foundations. This pallet shed was designed to sit on a gravel base with a wood frame lifting it above the gravel and preserving the shed. However, you can, if you prefer, have a concrete or a paving stone base. The one base which is not advisable is soil; unless you are dealing with a plastic shed. Soil will not only introduce water and wet rot to your shed; it will make it difficult to level the shed and will encourage sinking. All of these factors will dramatically reduce the life of your shed.

It is recommended that you start shed building with a small project and then graduate to a more significant structure. This will ensure you understand the fundamentals before undertaking a more ambitious project. The reality is that, once you have created your own shed; you will not want to purchase one which can be made for you. Not only can you have any design you want; you will also gain a deep satisfaction from having successfully built a shed of your own and using it regularly. This guide has shown you how to create the first shed; from there it is simply a matter of your imagination!

Fence Building

You see a dog run right through your yard, trampling your flowers and digging holes where you don't want them. Or perhaps you see a group of kids cut through your yard on their way to the park.

Or perhaps you wish to let your own dog outside, but you know you have to stand there and watch him the entire time, or he is going to be the dog that is running loose throughout the neighborhood.

Or even worse, you wish to let your kids go play outside, but with the busy street nearby, you don't want to risk them running out into it without checking for cars. Although it's a beautiful day, everyone is trapped inside until you are able to go out and supervise what is going on.

You feel bad about this, and wish there was a way for you to let your pets and children outdoors, but you just can't risk their safety.

You know a fence would be a good idea, but times have been tight and you know that a fence would be expensive. You've seen the prices at the store, and you know a good fence would cost you several hundred dollars – money that you can't afford to spend right now.

Or perhaps you have finally gotten a little bit ahead in the bank, and you don't want to spend a bunch of money and send yourself back to where you started. The inner turmoil ends up causing you stress – which is the last thing you need in your life.

I would love to put a fence around my yard, but I honestly don't have the money to spend on that right now.

I want to put a fence around my yard, but I don't want my house to look like everyone else's. I want something that is unique.

I want to keep my kids in and the other kids out, but how am I going to do that without draining my bank account?

If you have been trying to find a good fence, odds are you have been thinking this very thing. But, that is where this book comes in. In it, you are going to find everything that you need to construct your own fence, without spending a lot of money to do it.

There's no end to the ways you can create your own fence, and give yourself the peace of mind you have been searching for. Gain inspiration

from the fences you see in this book, and secure your home and living space with a fence of your own.

With a little creativity, some work, and a few skills, you will be able to make a fence of your own. And still enjoy having money in the bank when you are done.

Chapter 1 – The Fences

Simple Striped Fence



Photo made by: [koochor](#)

Give yourself the gift of privacy and enjoy a change in the scenery with this artistic style fence.

You will need:

Wood (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Paint in the colors of your choice

Saw

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the boards now and screw them in place on these fence posts. Make sure you use several screws per board as these are going to take most of the stress of the fence.

Next, take the remaining wood and your saw, and narrow one end of the board to a fine point.

You can make this a sharp point, or keep it rounded. Screw the boards side by side on the fence, as you see in the photo. You are going to screw these to the boards that are running horizontally between the fence posts, attaching them both at the top and at the bottom.

Once all the boards are secure, apply 2 coats of paint to each board, in the

color of your choice.

Allow to dry completely, and you are done!

Naturally Minimalist Fence



Photo made by: [Clyde Poole](#)

You will need:

Wood (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Saw

Post hole digging tool

Directions:

Begin by calling and having the ground surveyed. You don't want to

accidentally hit a power or water line. This can be done for free and only takes a few minutes – it ' s worth doing that before you begin rather than dealing with a burst water line.

Following the photo as a reference, you are going to screw the boards in place along the posts. The fence is supposed to have a zig zag shape, so allow for this room when you plan the size of the fence. As you place the posts for the fence, take into account how long the wood is that you are working with. You may need to adjust how far apart the posts are based on the length of wood you are using.

You may need to take a saw and cut the lengths of wood to be close to the same before you begin.

The wood needs to be screwed into place at both ends, offering maximum support for the fence. Make sure all is secure, and you are done!

All Natural Picket Fence



Photo made by: [Clyde Poole](#)

You will need:

Wood (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Wooden boards (to screw between the fence posts)

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the boards now and screw them in place on these fence posts. Make sure you use several screws per board as these are going to take most of the stress of the fence.

Next, take the remaining wood and screw each piece side by side on the fence, as you see in the photo. You are going to screw these to the boards that are running horizontally between the fence posts, attaching them both at the

top and at the bottom.

Space them out according to your own size preference, creating a fence that is as secure or as decorative as you prefer. Try to mix and match the sizes for a more natural look throughout.

If necessary, cut the wood to roughly the same length before screwing it in place on the fence.

Make sure all is secure, and you are done!

Artistic Fence



Photo made by: [Tony Alter](#)

You will need:

Wooden boards (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Decorations of choice (can be tools as pictured, or you can use anything else you like)

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the boards now and screw them in place on these fence posts. Make sure you use several screws per board as these are going to take most of the stress of the fence.

Next, take the remaining wood and screw each piece side by side on the fence, as you see in the photo. You are going to screw these to the boards that are running horizontally between the fence posts, attaching them both at the top and at the bottom.

Keep the spacing for the fence close together, setting each board side by side

before screwing on the next board on the fence.

Once the main frame of the fence is in place, begin attaching the décor of your choice. Again, this can be something such as tools or pottery, or it can be anything you like. Let your creativity run wild, and show off your style.

That's it, your fence is done!

Barely There Fence



Photo made by: [Isaak Wedin](#)

You will need:

Smaller, rounded posts

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Directions:

Begin by calling and having the ground surveyed. You don't want to

accidentally hit a power or water line. This can be done for free and only takes a few minutes – it ' s worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the smaller posts now and screw them in place on these fence posts. Make sure you use several screws per post as these are going to take most of the stress of the fence.

Attach these posts at the top of the fence, keeping an even line across the entire fence.

Make sure all is secure, and you are done!

Easiest Ever Privacy Fence



Photo made by: [j_regan](#)

If you already have a chain link fence, this is an excellent way to bring in some privacy without having to take it down or change what kind of fence you have. Save money and enjoy more security without breaking the bank!

If you don't have a pre-existing chain link fence, you can easily place one in your yard to start. They are often less expensive than wooden fences, and are easy to put in place.

What you will need:

Chain link fence

Fence posts

Weather proof plastic strips (can be purchased at your local home and garden store)

Directions:

If you need to put up the chain link fence:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Secure the section of chain link to the fence posts. These can be screwed into place at the corners, or you can attach them with wire. If you are using wire be use gloves as you attach the fence in place, and snip off the long ends. Make sure anything sharp is folded inward so nothing gets cut or caught on the piece.

Once the fence is in place:

If the strips didn't come pre-cut, take your saw and cut them to the appropriate length. You may need to cut both the length and the width, and if this is the case measure carefully to ensure you get the right size before you begin.

Make each piece as uniform as you can, and keep in mind the thicker you make the strips, the more coverage you will have with your fence.

Once the strips are ready, begin weaving them through the chain links on the fence. It is easier to work from the top to the bottom, and to weave them in completely, one at a time. Make sure you run the full length of the fence as you work from the top to the bottom, and start at the center of the fence and work outward.

Once you have woven the strips throughout the entire fence, take your scissors and cut down any extra length that is on the stripping. Make sure all the strips are uniform, and that there aren't any loose pieces hanging out.

Look over the fence and make sure all is secure, and your new privacy fence is set in place!

Jagged Barrier Fence



Photo made by: [lt-ru](#)

You will need:

Wooden boards (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Saw

Paint

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts.

You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the boards now and screw them in place on these fence posts. Make sure you use several screws per board as these are going to take most of the stress of the fence. Once these boards are in place, apply a bright coat of paint.

Allow this to dry completely before applying another coat of paint. Again, allow this to dry completely before moving onto the next step.

As the paint is drying, take your saw and cut the boards to different lengths. Be consistent with the pattern of boards you are cutting, and try to make 3 different overall lengths for the pieces.

Next, take this remaining wood and screw each piece side by side on the fence, as you see in the photo. You are going to screw these to the boards that are running horizontally between the fence posts, attaching them both at the top and at the bottom.

You can space these as far apart or keep them as close together as you would prefer. As you can see in the photo I have chosen to space them a little further apart than some of the other fences you see, but it is up to you and the level of security you wish to have with your fence.

As you screw these boards in place, set up a pattern that you can follow with the different lengths. Use the same pattern as you work through the length of the fence, creating an artistic look with the lengths of the boards. Make sure

they are screwed securely in place.

When you have finished attaching all the boards to the main frame, apply 2 coats of a stain to the wood. Allow the first coat to dry completely before applying the second, and you are done!

Simple Beach Fence



Photo made by: [redde-mcallister](#)

You will need:

Wooden boards (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Wire

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Next, measure and cut long lengths of wire to run between these fence posts. You will need to wear gloves as you are working to ensure you do not cut yourself with the wire. Cut at least 2 feet longer of each length than you will need, to ensure you do not lose the length as you twist.

Wrap the wire around the fence posts, and begin to twist. Again, I recommend that you use gloves for this part of the project to ensure that you do not scratch or cut yourself on the sharp wire. Continue to twist the wire for a length of 5 inches, then add your first board.

Wrap the wire around both sides of the board, and continue to twist. Use the photo as reference, and add new boards at regular intervals. Continue for the entire length of the fence, using at least 4 lines of wire throughout.

The more wire you use, the more secure your fence is going to be, and the less likely it will be for something to push the boards aside.

When all is secure, cut off the excess length of the wire, and wrap the remaining section around the next post. Bend in the ends of the wire so no

one can get cut or snagged on them, and you are done!

Knee High by the Fourth of July Fence



Photo made by: [flossyflotsam](#)

You will need:

Wooden boards (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Saw

Paint

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the boards now and screw them in place on these fence posts. Make sure you use several screws per board as these are going to take most of the stress of the fence.

Measure how tall you wish for your fence to be, then take your saw and cut the remaining boards to this length. Be consistent with your cuts, and make sure they are all the same. You can add a pointed end to the top of the boards, or you can leave them blunt or rounded, whichever you prefer.

Next, take the remaining wood and screw each piece side by side on the fence, as you see in the photo. You are going to screw these to the boards that are running horizontally between the fence posts, attaching them both at the top and at the bottom.

Space the boards according to your own preference, keeping in mind that this is more of a decorative fence rather than a security fence. As you can see in the photo, this fence is spaced slightly wider than some of the other fences you find here.

When you are happy with the spacing and all the boards have been screwed into place, you are ready to paint.

Use the color of your choice and apply a coat to the entire fence. Allow this to dry completely before applying another coat. Again, allow this to dry completely before you allow anything to touch the fence. For a fence such as

this you can expect to have to touch up the paint regularly.

That's it! Your knee high fence is done and ready for action!

Recycled Upcycled Ski Fence



Photo made by: [zstasiuk](#)

You will need:

Wooden boards (begin by measuring your yard and determining how much wood you will need before you begin. This is going to save you both time and money in the long haul)

Fence posts (again, determine how many you will need on the outset of the project)

Screws

Screwdriver

Post hole digging tool

Skis (source these second hand, you can get excellent deals when you find them through thrift stores rather than paying for them up front)

Directions:

Begin by calling and having the ground surveyed. You don't want to accidentally hit a power or water line. This can be done for free and only takes a few minutes – it's worth doing that before you begin rather than dealing with a burst water line.

Start in one corner of your yard and begin digging holes for the fence posts. You will need to get them at least 2 feet into the ground, so take your time and fit them well. Fill in the holes with soil, tamping it down to ensure that the posts are secure.

Place fence posts at regular intervals, around 10 feet apart depending on the size of your yard.

Take the boards now and screw them in place on these fence posts. Make sure you use several screws per board as these are going to take most of the stress of the fence. Apply a bright coat of paint to these boards, and allow to completely dry before applying another coat of paint.

Allow this to dry, and you are ready to attach the skis.

Next, take the skis and screw each piece side by side on the fence, as you see in the photo. You are going to screw these to the boards that are running horizontally between the fence posts, attaching them both at the top and at the bottom.

Be careful as you are attaching the skis so you don't crack or break them. Use thin screws and be careful not to screw the skis on too tight. Hold the screwdriver straight ahead, and do not use an angle as this is going to make the skis more likely to break when you screw them in.

You can space them as far apart or keep them as close together as you like, keeping in mind that the further you have them apart, the more likely it is for something to get through. If you are using this for decoration, you have a lot

more freedom with how far you can space the skis.

When you are happy with the spacing and have screwed all the skis in place, look back over each piece and make sure all are secure and none of them have broken.

That ' s it! your new ski fence is done and ready for action!

Conclusion

There you have it, everything you need to make your own fences, without breaking the bank to do it. I hope this book was able to show you just how easy it is to create your own fences, and what you need to do to make them your own.

There are so many reasons to have a good fence, whether you want to keep something in, whether you want to keep something out, or whether you simply like the look. When you have a strong fence, you can rest assured things are going to stay where they need to stay.

It doesn't matter if you have pets, if you have kids, or if you merely want to keep your yard secure from those who pass by on the street, when you have the right fence, you have everything you need to make that happen.

Some of these fences are excellent options regardless of what you want to keep in or out, and others are a great way to show off your creativity and artistic style. When you own a house, you know you want to keep it safe and secure, and you want to show off your own style while you do this.

With these fences, you are able to do that very thing. I hope you feel all kinds of inspiration to make your own, and that you get out there and source the materials you need without spending a lot of money.

All too many people spend way too much money on the things they do around their homes, when they really don't need to. I hope this book was able to show you how to use the things you have around your home already, and how to find the things you need without spending all you have in your bank account.

With careful planning, you can fix and decorate your home and outdoor space

without spending much at all, meaning that you have money in the bank to use when you want to get out and do something fun.

There ' s no end to the ways you can create your own fences, and enjoy both safety and security without having to spend a lot of money to do it. Think of getting to sit out in your yard without being bothered, or allowing your pets or children to go outside and enjoy the fresh air without worry that they are going to wander off of your property.

With the right fence, you have the security you need to rest easy, and you give yourself the gift of a good peace of mind.

Now go ahead and rest easy, you know everything is safe and secure, and you don ' t have to worry about a thing.

Don't Let Summer Trick You in June

10 Myths About Summer And Beach Time

Most people eagerly await the summer. It is a time when you feel free; the heat of the sun warms your body bringing you to life. Passions tend to run higher and people undertake activities that they might never consider in the winter.

Of course, winter has its place but there is just something about when the sun comes out.

However, there are also many myths that suddenly raise their heads. If you're at all superstitious or just unsure about breaking these rules then it's time to discover what is actually a myth and why.

A myth is relatively easy to create. You simply tell someone that if they do a certain thing something will happen. The crunch that makes this believable is reminding them about a time it actually occurred. Of course as time passes it is usually very difficult to confirm that something really did occur or not. At this point people are not prepared to take the risk and either do or don't do the specific behavior in order to keep themselves safe!

In a time where science is breaking more barriers than ever before this may seem ludicrous. But, the fact is that the human spirit likes to believe in something. A myth is a great way to achieve this!

In fact the whole idea of summer and the school summer vacation is surrounded by myth! The theory is that in the past the summer vacation was essential as the children needed to help their farming parents. Of course this is an easy myth to dispel.

The farm is busiest in the spring when planting occurs and in the fall when it ' s harvested. The summer is a relatively quiet time and there is certainly no need for the extra help offered by children!

The number of myths that have arisen over time is huge, it would be virtually impossible to compile them all into one book. But, we can take a look at the most popular ones and why they aren ' t true; even though at first glance they appear to be reasonable.

The best myths are the ones that are simple and appear to be reasonable to our modern society. But this does not mean that many of the less believable myths are not still cherished. The simple truth is that unless it is proven to be false; people will cling to the myth. Perhaps the fear of the results is enough to keep many myths alive.

Chapter 1 – The Most Popular 10 Summer And Beach Time Myths

1) *Sweet aromas attract insects*

It's not actually surprising to discover that this myth is true. Sweet aromas do attract insects but not all aromas are the same!

Insects such as bees are attracted to any kind of flowery smell. This is because their sense of smell is much better developed than their eyesight. They will literally smell you before they can see you.

Bees are attracted to flowers; this is where they get the nectar they need to create honey. In the process they help the flowers to pollinate and spread.

If you wear any perfume this is likely to make you more interesting to the bees and similar insects.

The fact is they do appreciate sweet smells. Equally you can keep insects at bay by using peppermint, myrtle, basil or even cedar and fir.

But what you may find more interesting is the fact that vanilla repels insects; particularly mosquitoes.

Although a sweet scent to an insect it is overpowering. It temporarily prevents the insect from finding food; they are not keen on going near it! Cinnamon is also excellent at smelling sweet and nice while scaring off bugs!

Other than flowery perfume it is safe to say that your body odor mixed with bacteria is very attractive to mosquitoes but this is definitely not a sweet smell! In fact, mosquitoes are generally repelled by sweet smells, preferring body excretions, lactic acid and even the CO₂ we breathe out!

It is worth being aware what smells attract insects; this will help you to avoid using them and protect yourself from getting bitten:

- **Your Shoes**

If you have sweaty shoes then the mixture of heat, body odor and a little bacteria will make an irresistible cocktail of aromas for any fly or mosquito. It may be time to use sandals in the summer months.

- **Socks**

Socks attract the same smells and bacteria as your sweaty shoes. Wearing socks in the summer is the same as providing an invitation to all the local insects.

- **Being A Man**

The simple fact is that men are usually larger and sweatier than women. This makes them more attractive targets.

Men need to do their best to stay cool while everyone should avoid sweaty gatherings in the open air!

- **Beer**

Beer and other sugary drinks are attractive to all sorts of insects. Even if you drink the beer fast the smell will linger in the air and is likely to be present in your sweat.

The result: you're going to get bitten!

2) *Sharks feel period blood in the water*



You've all seen the film. The shark is innocently swilling through the ocean and then suddenly attacks the hapless teenagers which shouldn't have been in the water.

Was it the sun cream or the fact that there was period blood in the water?

Actually it's neither!

Sharks can smell blood and do have a very good sense of smell. However there is not enough period blood to attract their attention. If this small amount could attract a shark then the shark would have its own problems; there would simply be too much going on for it to be able to deal with. It literally wouldn't know in which direction to move.

The main reason that a shark will come close to a swimmer is because you look like you may be food. To check if this is the case they will nudge you and may take a small bite.

To you this is traumatic, to them it is normal. You're not the food they are after so they leave you alone.

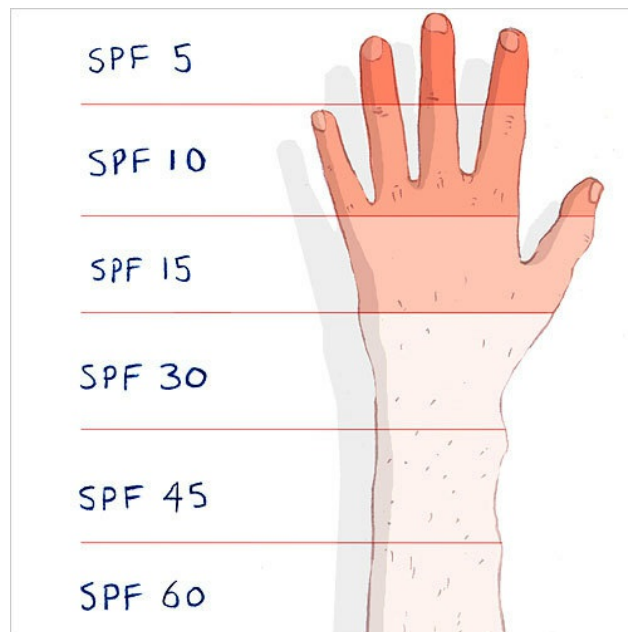
Fortunately there is more to this. While period blood is technically blood and

a shark can detect blood from a quarter of a mile away; you also need to remember that period blood is not just blood. In fact it consists of blood, mucus, endometrial particles and a variety of cells. This means that the shark would need to sense your blood smell despite the other smells round it.

Scientists have confirmed this is highly unlikely. In fact the natural electrical current that humans have is more likely to be noticeable to a shark. This current increases outside of your body when you're having your period. But, as sharks only use their electro abilities within a meter of their prey it is unlikely that your period blood will have attracted them.

It is also worth noting that shark attacks are actually very rare although they generally get a lot of publicity when they happen. Statistically speaking you are more likely to be hit by lightning or suffer a dog bite than you are to be bitten by a shark!

3) *The highest SPF the better*



The theory is that the higher the SPF you put on the better protected you'll be against the sun. Unfortunately it's not as simple as that.

Firstly it is important to understand the rating. It is based on the ability of the sun cream to block ultra-violet B (UVB). This is the one that is

predominantly responsible for causing skin cancer.

UVA will make you look older but it doesn't increase your chances of skin cancer.

- SPF 15 blocks 93% of UVB
- SPF 30 blocks 97% of UVB
- SPF 50 blocks 98% of UVB
- SPF 100 blocks 99% of UVB.

The real issue is in how you use it. You need to make sure the sun cream is evenly applied to all of your body and reapplied as directed by the manufacturer. Many sun creams are not water proof; you'll need to remember to reapply them after you've been in the water.

In reality SPF 15 can offer perfectly acceptable protection. In fact although the SPF protection reaches 100 there is very little difference between this and SPF 30 or SPF 15.

The real issue and the reason that you should think twice before reaching for the high factor sun cream is that the higher SPF sun creams will often offer better protection against UVB than they will against UVA.

In theory this means the higher SPF sun cream is protecting against sunburn but providing much less protection against a variety of potential skin issues. In fact, because the damage to the skin is not visible many people will not realize they are doing themselves any harm.

Some countries have even banned sun creams that are higher than 30 or 50. This is to help ensure people are getting the protection that they think they are.

The best solution is not to opt for the super high SPF. Instead use the 15 and make sure it is one that says UVA and UVB protection. You should also

apply it generously and reapply it as often as needed; in accordance with the guidelines given by the manufacturer.

Having said that it is important to be aware that applying 2 layers of factor 15 is not the same as one layer of factor 30. You'll still be wearing factor 15 even if you empty the whole bottle onto your skin. Re-apply your sun cream I accordance with the manufacturer's recommendations, usually about every 2 hours but don't overdo it; you won't get any additional benefit from it.

You can help to block the sun by wearing a hat with a wide brim and using suitable protective clothing. Avoiding the midday sun will also help!

But as for the SPF, don't get the ones with the high rating, use a little common sense and a bottle of SPF 15. This will allow you to enjoy the sunshine without risking your health.

4) *AC can make you sick*



The summer generally means the air conditioning units get turned on; giving you the space to cool down. This is an interesting one as the original hypothesis is really a myth but there are several ways in which your air conditioning unit can make you sick.

The theory is that because the air is cool and it is re-circulating air round a

room there will be more viruses and you are more likely to become ill.

This makes sense except that there needs to be a virus present already for this to be true. Whether you have the virus or a friend the reality is you are unlikely to become sick from the air conditioning unit. You are just as likely to get sick by being in close proximity to your friend.

Of course this does mean that air conditioning units in the office are likely to spread illness due to the sheer number of people breathing into the same space.

The other main cause of sickness and particularly colds is the temperature. When it's cold your nose tends to dry; this reduces the protective mucus layer and makes your system more vulnerable to disease. But again, there needs to be a virus in the air for you to catch and become sick.

The air conditioning itself may contribute to your ability to become sick but it won't actually make you sick itself. If the virus is in the air there is a good chance you will contract it anyway.

However, there are a few exceptions that it is worth being aware of:

- **Allergies**

If you suffer from allergic reactions and have air conditioning in your home it is possible that you will be moving dust mites and other pollutants round your home. This can increase the affect they have on you and your suffering.

However, it is important to note that a good HEPA filter should prevent this from being an issue.

Not cleaning the filters can cause you respiratory problems, dizziness and even headaches. These are all technically because of the air conditioning but in reality are a result of poor maintenance.

You must change your filters regularly and remember that too much air conditioning can make you intolerant to the heat. But the air conditioning unit won't make you ill by itself.

It is also worth noting that most air conditioning units pull in air from outside and circulate it across your room. This means you are at risk of any pollutants that are in the air.

Generally these are negligible and unlikely to cause you any harm. However, if there is ever a health warning issued you should either shut the air conditioning off or make sure it is only re-circulating air inside your home.

Generally speaking the air conditioning can help you to stay comfortable and reduce the chance of getting ill. It is worth noting that the best temperature for your room to stay healthy is approximately 20°C; this will help to ensure your air conditioning unit or your heating unit does not make you ill.

5) *Ocean/sea water can cure skin issues*



Sea water is full of salt and we all know that salt is an excellent way to relieve pain, inflammation and kill bacteria. Thus it appears logical that washing in sea water will help you to relieve any skin issues.

In addition the salt in the water will have an exfoliating affect; helping to clean your skin and leave it feeling soft and smooth.

The problem with this is that if you've ever spent a day at the beach you'll

know that you come away feeling dried out not silky smooth.

So is salt water good for your skin issues?

Yes, in small amounts.

Salt water can help to unblock your pores, allowing toxins to leave your body and preventing spots from forming. It can also kill bacteria and help your body to balance the oil production to give you the healthy glow.

However, it is impossible to say how much salt is in the water and the effect it will actually have.

The first factor to consider is what else you are doing if you are in sea water. Chances are you are relaxing and possibly swimming. This can help your complexion by itself.

You then need to consider the level of salt; it is unlikely to be enough to kill all bacteria; if it was then it would have a negative effect on the fish living in the sea. Instead you'll need to consider what else may be in the water.

The water travels round the planet coming into contact with a huge array of pollutants; it is possible that these are still in the water when you take a swim; potentially making you ill.

You also need to think about the amount of time you spend in the water. Some salt water is good for you but too much will leave you dehydrated. Salt naturally dries the skin so staying in the water will have an effect on your skin.

The issue is that you don't know how long is too long until you feel your skin drying up. Because you can't know the exact amount of salt you won't be able to calculate how long you should stay in for.

A better option is to make your own salt water with $\frac{1}{2}$ a cup of sea salt to your bath water. But even then you should stay in no longer than 30 minutes.

Salt water in small amounts isn't bad for you but it is unlikely to give you all the skin benefits you think and hope it will.

6) *Urine can help with the pain from the jellyfish sting*



There are in excess of 2,000 types of jellyfish in the world although some scientists believe there could be thousands more currently unknown.

All jellyfish sting; they have tiny cells on their tentacles to help them catch their prey. Fortunately not all stings are dangerous; some are not even noticeable. It is also difficult to know exactly how you will react to a sting; everyone is different!

Of course the fact that they don't mean to sting you will not make you feel any better.

When the wrong jellyfish stings you there will be an instant jolt of pain. The reach pain starts a short while later and can be extremely painful. In some cases it can even cause temporary paralysis.

The reaction you'll probably hear once you've been stung is for someone to

urinate on it. This is supposed to alleviate the pain of the sting and ensure the area is clean.

Unfortunately this is a myth.

When you're stung by a jelly fish they will leave tiny cells on you. Not all of these activate instantly. You mustn't touch these cells as you are likely to spread the sting!

Unfortunately urinating on the sting is likely to cause the remaining cells to react and actually make the sting worse!

If you are ever stung by a jelly fish you need to rinse it immediately in salt water. This will deactivate any of the cells that are still on your skin; preventing the sting from getting worse.

You'll then need to inspect the area to make sure there are no bits in your skin. The box jelly fish can actually leave pieces of their tentacles in the skin. You'll need to remove these with tweezers; not your hands.

If there is any tentacle still attached you can remove it after you've rinsed it. Ideally coat it with sand and then use a razor or credit card to get rid of it.

Do not use freshwater or urine; it doesn't have sufficient salt content to be effective at neutralizing the cells.

You can then rinse the sting with vinegar if you have any.

After this you may like to take some painkillers and will have to wait it out. The worst of the pain will be over within 24 hours. In this instance time is really the best healer

7) *Pools are cleaner than open water*



There is nothing like the sensation of diving into the clear waters of your local swimming pool and relaxing. Even better if it's your own pool at home!

Of course the fact there are no fish, stones and the pool is controlled by chemicals makes it far safer and cleaner than visiting the beach and swimming in the sea. Or does it?

Unfortunately this is simply not true, although the water does look so inviting.

Open water, such as the sea is a carefully balanced ecosystem. Nature and the animals in the water work together to keep it this way. The salt in the water helps to minimize bacterial issues; this is demonstrated by the fact that animals don't usually get sick unless they have been exposed to human pollutants.

In contrast do you really know what is in your swimming pool? A pool is only as clean as the people getting in and out of it. This means that all the dirt and debris you carry on your skin ends up in the pool. There are also deodorants, perfumes and other make-up products which go into the pool; even if you shower before getting in.

Chlorine is added to pools to kill bacteria. When you can smell the chlorine in the air this actually means there is not enough chlorine in the pool. What

was in there has already bonded with pollutants and bacteria and has left the pool!

Without enough chlorine in the pool you are effectively swimming in the excretions of every other person who is in and had been in the pool.

The fact is that even if you shower in the morning, by the time you get into the pool you will have been to the bathroom at least once. This means that you are carrying your body excretions into the water.

The chlorine in the water is rendered useless by all these contaminants.

The truth is the pool you're swimming in is full of other people's less enjoyable bits. Every time you open your mouth you're breathing them in.

Alongside this there are plenty of people that actually urinate in the pool. No, this doesn't show up with dye but it does mean that you are effectively swimming in their urine!

The pool is only as clean as the people that get in. To be safe you need to ensure the chlorine levels are right at all times.

In contrast the sea is massive. While there are some incidents where pollutants can get into the water and cause you to be ill, this is actually much less common than red eye from the pool; the result of all that urine.

This is not to say the sea is the best place to go! There are bacteria that live in the sea and these can get into any cut you already have; potentially causing infection in your body and causing a wide variety of diseases.

If you do go swimming with an open wound it is essential to disinfect it as soon as you leave the water and then monitor the condition of the wound.

8) *Solarium can prevent sunburns at the beach*



You've heard the theory; if you already have a tan then you've got a base layer which will protect you from getting sun burnt.

It's easy to see how the theory originated. People with dark skin appear to have a natural protection against the sun; the darker you make your skin the better protection you will have.

Unfortunately this is a myth.

While it is certainly possible that a tan obtained in the solarium may give a little protection to anyone who tans well the risks far outweigh the benefits.

The first thing to note is that no amount of sun tan can provide the same level of protection as a good sun cream; although as already mentioned higher is not always better.

But the real issue is not the burning of your skin; it is the rays you are exposed to. UVB is the ray that has been linked with causing cancer. Having a tan does not reduce the amount of this ray hitting your skin; it simply stops it looking so red. The damage associated with sun burn will still happen; and there will be some coloration of the skin.

In addition the solarium is likely to give you a higher dose of UVB than

sitting in the sun and you almost certainly won't be wearing sun cream while on the tanning bed!

The most effective way to prevent sunburn is to stay out of the sun between 10am and 4pm. You should also keep your body covered, especially if you need to go into the sun during this time.

A good sun cream will help but remember to reapply it regularly and take note whether it is waterproof or not.

It is also worth noting that scientists have demonstrated that pale skinned people are at more risk of developing skin cancer if they have a 'base tan'. The protection offered by a base tan is so small that it may give you an extra 10 minutes in the sun before you burn. That's a small reward for the price of using the solarium.

9) *You can get a sunburn through the window*



At some point you've probably been told to come away from the window before you get sun burnt. After all you can feel the sun's rays through the window so it does seem logically that you will still get burned.

Yet again this is a myth, especially with the modern glass that is used in new builds today.

Glass is an impressive substance. It starts life as sand and become clear enough for you to see through. It is literally everywhere round you.

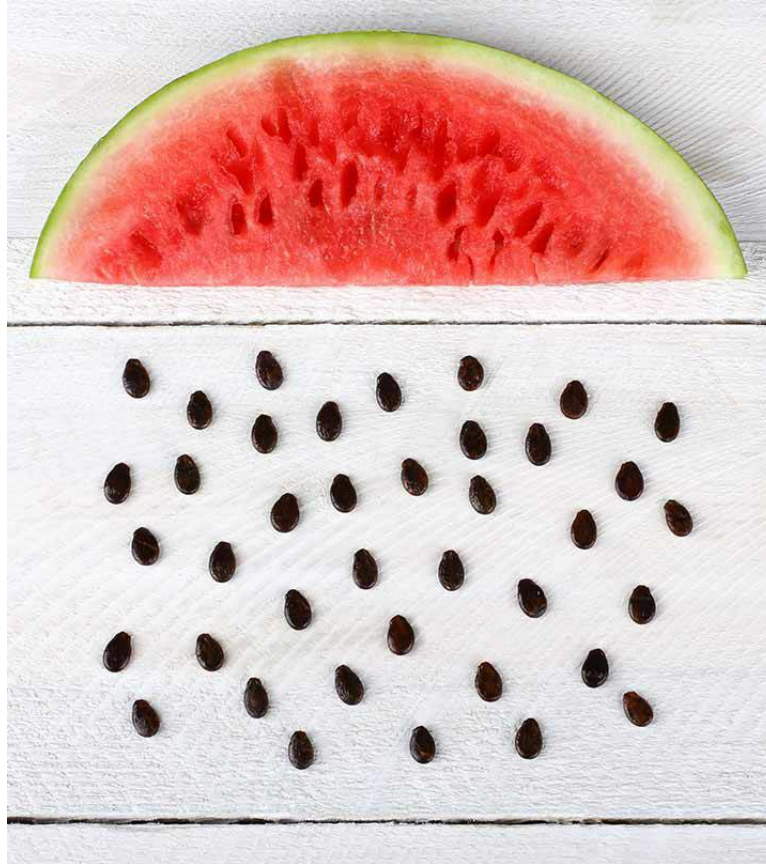
This compound structure is actually very effective at keeping the harmful UVB rays out of your home. It doesn't block all of them out but what does come through is so weak that it would take you months of sitting in front of the window to start developing any tan.

This may seem surprising as you can see the damage done by sunlight on your soft furnishings. The fact is that they are subject to the same rays that you would be. If you sat there for as long as your furniture does then you would start to develop a tan. But, it is highly unlikely that you could achieve that goal!

You don't need to have double glazed glass to enjoy protection from the sun. Almost all glass that is made today is created with UV protection in mind. You may not know this but the glass in your average car will actually block 80% of the sun's rays! That's much more effective than factor 30 sun cream.

However it is important to note that single pane glass, including the side windows of your car; generally offer a much lower rate of protection against the effects of the sun. It is important to avoid sitting in direct sunlight for too long or to keep yourself covered.

10) It's dangerous to swallow watermelon seed



There are plenty of myths regarding the dangers of swallowing fruit seeds. Some people think that it can cause a plant to grow inside you. Others believe that the seeds hold a chemical which will upset your stomach causing you to be ill or even vomit.

Of course there are plenty of people who simply think that they are tasteless and do nothing. But who is right? Should you be eating those watermelon seeds?

The answer is yes! That ' s if you want to.

There are no funny chemicals in watermelons which can, make you sick and the hostile environment of your stomach will certainly prevent a plant from growing inside you!

Perhaps the most interesting fact is actually that the watermelon seeds aren ' t

digested. Your body will happily move them through and then expel them. They don't cause blockages or any other health issues even though your body can't digest them.

This is actually the same thing that happens when you swallow chewing gum; it doesn't block you up or cause issues; it can't be digested so simply goes through your system and out the other end.

However, before you start eating the watermelon seeds you might want to know that they actually have a lot of nutritional value. One cup of seeds contains as much as 10grams of protein!

But, to get the nutrition from them you'll need to remove them from your watermelon and then keep them somewhere moist. This will encourage them to start sprouting. You can then shell them and enjoy. If you eat them with the shell on then your body won't be able to get any benefit from them. The shell actually seals in the nutrients!

So instead of avoiding watermelon seeds or worrying about your kids choking you should be embracing them and nurturing them to ensure you get all the nutrients you need!

Now you know what you can and can't do its time to sit back relax and enjoy the summer. You could even organize your own beach party and surprise your friends with the wealth of knowledge you've just gained!

Conclusion

Myths are great. In many cases it's impossible to know where they originated from or whether the intent was initially good.

But there is certainly no doubt that they can affect your behavior and that of your children.

The problem is that even in a world of instant answers via the internet there are still many questions which have not been answered nor have ambiguous results. Many myths have enough of a history and credence to make them believable; you don't want to be the one that finds out the hard way that the myth is actually true.

There are many other myths relating to summer activities that you may want to investigate and disprove before you change the way you behave.

For example it is certainly not true that any drink will rehydrate you on a hot day. Water is definitely the best medicine as sugary drinks and alcoholic ones are likely to leave you dehydrated.

Another is the idea that it is impossible to get sun burn on a cloudy day. Sadly this is not true. The sun may not be visible but it is still there and the rays can pass through the clouds.

The problem is that you are probably feeling warm enough to wear your shorts and don't realize how powerful the sun is. In fact, some of the worst cases of sunburn happen on cloudy days. That's why you should protect your skin whenever you leave the house.

There are also intriguing myths such as eating garlic to keep mosquitoes away. This may work on vampires although it's difficult to prove either

way.

Garlic may keep people away from you but it will do nothing to stop the mosquitoes finding you. Lavender oil is actually one of the most effective and natural remedies to prevent an array of bugs from making your body their feeding ground.

The beauty about a myth is the mystery and the potential it holds. Sometimes you don't want to know if it's true or not. But in other cases, such as urinating on a jellyfish sting; it is better to know first; it can save you an array of pain and anguish.

The key to understanding any myth is to consider what is really possible before you start looking for advice on the web. In many cases common sense can tell you that the myth is not real; although this does not necessarily make it easier to change your current habits!

Sugar-Free Summer Treats

As the summer arrives your thoughts will almost certainly turn to the delights of a glass of crisp, cool, lemonade. Or perhaps you prefer to enjoy your favorite flavor ice cream whilst sat staring at the deep blue sea.

Of course, the reality is that you have worked hard to get your body into shape and indulging in an ice cream, slushy or even lemonade means dramatically increasing your sugar intake. Fortunately this does not need to be the case! There are a variety of options available which will allow you to indulge in your favorite ice cold drink or ice cream without ruining your diet!

In fact low carb ice creams have been in existence for nearly as long as the standard alternative; carb filled ice cream. The mainstream ice cream manufacturers have realized that there is a huge market which was untapped. With the dramatic increase in those interested in fitness and eating healthily; this is no longer an area of the market that these companies can afford to ignore.

However, although the ice creams may be manufactured as ‘ low carb ’ or ‘ healthy ’ or even ‘ sugar free ’ ; you cannot always be certain how healthy these products are. The sad truth is that sugar is often replaced with sweetener; whilst it does not have the calorific content of sugar it can have other, detrimental, effects.

This book will look at some of the most popular manufacturer ’ s low carb ice creams, but its focus will be more on the ice cream recipes that you can easily create at home and enjoy at any time of the year.

The advantage of ice cream made at home is not just that it can be created whenever you want it; you will know exactly what is in it and can even adjust the flavor to suit your specific taste buds. This is the best way of generating

an ice cream which is full of flavor but healthy to eat.

Ice cream is not the only summer food which you will crave and may be shocked to realize just how much fat and artificial ingredients are included to make them high carb and unhealthy. A huge number of cocktails, slushies and even lemonades are packed full of sugar; giving you an artificial and unhealthy high.

Luckily this book can assist you with these as well! You will be able to tote your own range of low carb and low calorie foods which can help you to avoid temptation and stay healthy.

You may be interested to note that the low carb diet has been shown to be beneficial for many people. Research undertaken by Jeff Volek and Dr. Stephen Phinney over the last twenty five years has shown that the low carb diet can help people become healthier, lose weight and decrease the risk of major disease; such as heart disease or diabetes. Despite the fact that many low carb diets are high in fat and relatively high in protein; they are created to allow the body to burn fat first instead of carbs. The result is a decrease in weight and harmful cholesterol.

Test just a few of the recipes in this book and you will be amazed by the flavor and potential improvement to your health; whilst eating ice cream!

Chapter 1 – 10 Low Carb Ice Creams

Ice cream is one of those guilty pleasures that most people simply cannot live without! The hotter the day, the greater your need will be for this delicious substance. Thankfully, the following fifteen recipes will allow you to indulge without breaking your diet!

1) *Chocolate and Peanut Butter Ice cream!*



This recipe is surprisingly low in carbs; it is sugar free and even gluten free!

Ingredients:

- Almond milk
- Cottage Cheese
- Whipping Cream
- Egg
- Vanilla extract

- Stevia extract
- Natural Peanut Butter
- Glucomannan
- Coconut Oil
- Cocoa powder

You can mix these ingredients by hand or in a home ice cream maker. Simply place 2 cups of almond milk, with $\frac{1}{2}$ cup cottage cheese, $\frac{1}{2}$ cup whipping cream, the egg, a teaspoon of vanilla, a tablespoon of stevia and a teaspoon of glucomannan into your bowl. Then blend them thoroughly.

Separately you can mix $\frac{1}{4}$ cup coconut oil, two tablespoons of cocoa powder and a teaspoon of stevia. This can then be gently heated on the stove to melt it.

The original mixture needs to be put into a suitable container and placed into the freezer. Once it has been in there for five minutes you can bring it back out. Place two spoons of peanut butter on top of the ice cream and the liquid chocolate. Then mix it together; swirling it through the ice cream. Your finished product can then go back into the freezer until it has finished freezing!

2) *Chocolate Ice cream*

Ingredients

- Heavy cream



- Unsweetened Cashew milk
- Cocoa powder
- Stevia
- Egg Yolks
- Dark chocolate
- Vanilla extract

To make this ice cream you will need to put a bowl over an ice bath. You can then mix the two cups of the cream with a cup of cashew milk and two large tablespoons of cocoa powder in a pan. It is also worth adding a tablespoon of stevia. You will need to blend this mixture and heat until it reaches 170F

In a separate bowl you will need to place your four egg yolks and pour one cup of the hot mixture in with them. You will need to whisk the mixture continuously as you do so. You can then pour this mixture into the original mixture and mix it again.

The pan can then go back on the stove; keep stirring until the mixture reaches 175F. Whilst still hot add 3oz of chopped dark chocolate; preferably at least 70%.

Leave the mixture to sit for five minutes and then whisk smooth. It can then

be put into your ice bath bowl and leave to cool. It can then be wrapped in cling film and placed into the freezer. It must be left in there for at least three hours

After three hours add $\frac{1}{2}$ cup cashew milk and $\frac{1}{2}$ teaspoon of vanilla extract; whisk it thoroughly; you can use an ice cream maker if you like! It can be eaten straight away or placed back into the freezer until required.

3) *Sugar Free Peanut Butter Ice Cream*

Ingredients

- Unsweetened almond milk
- Natural peanut butter
- Cream cheese
- Stevia
- Vanilla extract



Photo made by: [Jules](#)

Creating this ice cream is simple! Simply add 2 ½ cups of almond milk to ½ cup peanut butter, 8 oz cream cheese and one teaspoon of vanilla extract. You will also need a tablespoon of stevia.

Then blend all the ingredients for several minutes to ensure they are well mixed. You can taste it at this stage and adjust any part of the recipe you need to.

Once blended, add to an ice cream maker and churn for approximately twenty minutes. Then place into a freezer container and freeze! It should be ready to eat in approximately one hour.

4) *Avocado Sorbet*



Photo made by: [Joy](#)

Ingredients

- Almond milk
- Avocados
- Stevia
- Lime juice
- Sea salt

Simply mix 2 cups of almond milk with two avocados, a large tablespoon of stevia and a tablespoon of lime juice. You can also add $\frac{1}{4}$ teaspoon of sea salt to help keep the sorbet soft. All these items should be blended in a food processor until smooth. Then simply add to your ice cream maker and churn for fifteen minutes. It can then be transferred to a freezer container and frozen! You can defrost and refreeze this as many times as you like!

5) *Peanut Butter sticks*

Ingredients

- Heavy Cream
- Almond Milk – unsweetened
- Vanilla extract
- Natural peanut butter
- Stevia

Start by whipping one cup of heavy cream until you can create soft peaks which stay. You can then continue to whisk whilst adding one $\frac{3}{4}$ cup of almond milk, $\frac{3}{4}$ cup of peanut butter; two teaspoons of vanilla and $\frac{1}{4}$ cup stervia.

You will need to whisk for approximately five minutes to get stiff peaks. You can then pour the mixture into molds; these can be any shape you like! You will need to add sticks to hold them with before you place them into the freezer.

The ice creams should be ready in approximately three hours to enjoy!

6) *Coconut Ice Cream*



Photo made by: [Jules](#)

Ingredients

- Eggs
- Vanilla extract
- Lime Juice
- Butter
- Coconut Oil
- XCT Oil
- Erythritol
- Water

You will need a blender to create this delicious ice cream. Simply mix four eggs with two teaspoons of vanilla extract, five drops of lime juice and one cup of butter. You also need to add a cup of coconut oil, half a cup of XCT oil and $\frac{3}{4}$ cup of Erythritol.

Blend all of these until your mixture is creamy. You can then add up to a cup of water; but add a little at a time until you get a smooth consistency. You will then be ready to put it into your ice cream maker follow the instructions which come with your machine!

7) *Lemon Poppy Seed Ice Cream*

Ingredients

- Coconut Milk
- Chia Seeds
- Stevia
- Poppy Seeds
- Lemon Juice
- Coconut oil

You can choose whether to add the poppy seeds at the start of the recipe to ensure a smooth ice cream, or at the end to add a little crunch.

You will need to grind a $\frac{1}{4}$ cup of chia seeds and, if desired, two tablespoons of poppy seeds. You can then blend the ground seeds with 3 cups of coconut milk. You will then need to add $\frac{1}{4}$ cup lemon juice, $\frac{1}{2}$ teaspoon stevia and $\frac{1}{4}$ cup coconut oil.

Give the mixture a quick stir and then freeze it. As soon as it is frozen you can remove it and cut it into chunks. You will then be able to blend it and refreeze it. This avoids the need to have an ice cream maker!

8) *Mint Fudge Ice Cream*

Despite being an unusual mix of flavors this is one delicious treat!

Ingredients

- Almond Milk
- Spinach
- Stevia
- Cottage Cheese
- Whipping Cream
- Mint extract
- Sea Salt
- Glucomannan

The fudge requires making; to ensure it is sugar free and low carb. Its ingredients are:

- Dark chocolate
- Coconut oil
- Butter
- Stevia
- Almond milk

You can make the ice cream with virtually no effort. Simply mix 1 cup almond milk with $\frac{1}{2}$ cup fresh spinach, $\frac{1}{4}$ cup cottage cheese and $\frac{1}{4}$ cup whipping cream.

You will also need to add $\frac{1}{4}$ teaspoon of stevia, 1 teaspoon of glucomannan and $\frac{1}{4}$ teaspoon of mint extract. The mixed ingredients should be placed in a blender until the mixture is smooth. Then simply add it to your ice cream maker and follow its instructions.

Whilst the ice cream maker is working you can mix $\frac{1}{2}$ oz dark chocolate with $\frac{1}{2}$ tablespoon of butter and $\frac{1}{2}$ a tablespoon of coconut oil. Then add a pinch of stevia and a tablespoon of almond milk. Microwave this mixture on

a low power stopping regularly to stir, until it is all melted.

Once the ice cream has frozen you can drizzle this fudge mix across the top. Either eat it immediately or stick it back into the freezer until you want it!

9) *Frozen Yoghurt Ice Cream*

Strictly speaking it may be difficult to call this an ice cream. However, it can be enjoyed as one and is too delicious to leave out of the book!



Photo made by: [stu spivack](#)

Ingredients:

- Frozen berries of your choice
- Plain Yoghurt
- Almond milk
- Ice

- Stevia – can be almond flavor if you prefer!

To create this delicious treat you can simply blend two cups of berries with one cup of plain yoghurt and ½ cup of almond milk. You will also need to add a cup of ice and a teaspoon of stevia.

Once the mixture is fully blended simply put it into your ice cream maker and follow the instructions on your machine. Alternatively you can freeze it in a suitable container for several hours. For those who are not concerned with sugar or carb content it is possible to add any sauce you wish to your ice cream dessert.

10) Coffee Ice Cream



Photo made by: [gordonramsaysubmissions](https://www.gordonramsay.com/submissions)

This is another ice cream which can be made without the aid of an ice cream maker.

Ingredients

- Heavy cream
- Almond milk
- Stevia
- Butter
- Xanthan Gum
- Instant coffee
- Vanilla extract

The first step is to place one cup of cream into a saucepan with one cup of almond milk. This mixture needs to be brought to boiling point and then allowed to simmer for approximately one hour.

You can then remove the pan from the stove and add a tablespoon of stevia and one tablespoon of butter. Whisk this until smooth before adding $\frac{1}{4}$ teaspoon of xanthan gum and 2 tablespoons of your favorite instant coffee; along with $\frac{1}{4}$ teaspoon of vanilla extract. Whisk it until the coffee has dissolved and then leave the mixture to cool.

In a separate bowl, whisk 1 $\frac{1}{2}$ cups of heavy whipping cream until it holds its peaks. You can then fold in your pan of mixture before pouring the entire mix into a suitable container and freezing. It should be ready in approximately six hours.

Chapter 2 – 10 Low Carb Slushies

The humble slushy is very easy to make but is also the perfect antidote to a hot summer 's day. The standard slushy has water, ice and sugar filled syrup or even Coca Cola! In fact, a regular large slushy can have as much as 250 calories and 64 grams of sugar!

This is certainly not good for anyone attempting to limit their sugar intake and balance their diet; especially if they are diabetic. Fortunately you can select one of the following delicious slushy recipes and enjoy the same beautiful coolness without the explosion of sugar and its associated health issues:

1) *The Fruit Slushy*

This fresh and light slushy will leave you feeling great!

Ingredients:

- Chopped Fresh fruit of your choice
- Ice
- Sparkling water

Start by washing chopping and, if necessary, de-seeding your fruit. You need 1 ½ cups of chopped fruit. Place the fruit into your blender and add one cup of ice and ¼ cup sparkling water. Now blend it until it reaches your desired consistency and then pour into a glass before you enjoy!

If you wish you can add a little lemon juice or similar to adjust the flavor; this should be done before it is blended.

2) *The Coke Slushy*



Fortunately this version of the coke slushy is actually sugar free!

Ingredients

- Sugar free Coca Cola
- Ice
- Lime

Simply mix one liter of sugar free Coke with 2 ½ cups of ice in your blender. Next you will need to pulse the blender until your mixture has reached the required consistency; then pour it into two glasses. Take one lime and cut it into quarters. One quarter can be squeezed into each drink; the remaining two quarters can be placed on each glass to create the right

look.

Then sit back and enjoy!

3) *Kool-Aid Slushy*

This type of slushy is usually laden with sugar; but it is possible to do it without!

Ingredients

- Sugar Free soda
- Unsweetened Kool-Aid mix
- Ice
- Stevia

Select a packet of unsweetened Kool-aid and put the contents into a blender with two cups of the sugar free soda. Then add 3 cups of ice and 2 ½ tablespoons of stevia.

To finish simply blend, pour and drink!

4) *The organic Slushy*

You will find many shops stock an organic fruit flavor concentrate which can be used to make a natural slushy. It will be low in carbs and sugar!

Simply mix one packet of the organic fruit flavor with a teaspoon of stevia and a cup of ice. Blend to your required consistency and your slushy is ready!

This drink is refreshing even on the hottest of days!

Ingredients

- Orange
- Lemon
- Water
- Liquid Stevia
- Ice

Start by juicing one orange and one lemon; you must remember to remove any seeds! The juice can be added to your blender with two cups of water and 30 drops of liquid stevia. You can use the vanilla flavored stevia if you wish!

Now blend your ingredients until the mixture is smooth and taste it. You can always add more stevia to make it sweeter.

Once ready pour it into two glasses and enjoy with a friend.

5) *The exotic Slushy*

Summer always brings images of exotic islands and lazy, sun filled days. What better way to keep the illusion alive but to enjoy a coconut slushy!

Ingredients

- Coconut Milk
- Coconut Water
- Stevia liquid
- Ice

As with the majority of these recipes, you will need to blend all the ingredients together. To make two slushies, mix 1 cup of coconut milk with half a cup of coconut water, a teaspoon of stevia liquid and three cups of ice.

Blend until the ice is in small particles, then pour and drink. The fresher the drink, the better the taste!

6) *Chocolate slushy*

It is difficult to resist the chocolate slushy, especially when you realize it is possible to enjoy this delicious drink without sugar!

Ingredients:

- Heavy whipping cream
- Water
- Unsweetened cocoa powder
- Sugar free chocolate syrup
- Vanilla extract

Start by putting one cup of cream, $\frac{1}{2}$ cup of water, 2 tablespoons of cocoa powder and $\frac{1}{2}$ cup of the sugar free chocolate syrup. Slowly bring the mixture to the boil, stirring thoroughly as it does so. You can then reduce the heat to allow the mixture to simmer. At this point add in one teaspoon of vanilla and then pour it into two or three ice cube trays.

This can then be frozen for at least two hours. When you are ready to drink it simply empty the contents into your blender and pulse the mix until you reach slushy consistency.

7) *Peach Slushy*



If you prefer it is possible to substitute the peaches for mangoes; or even nectarines. Both will taste just as refreshing and delicious.

Ingredients

- 2 peaches
- Water
- Lime juice

It is best to peel the peaches although you can leave the skin on if you prefer. To remove them you will need to pour boiling water over each peach. After thirty seconds the skin should just fall off. You will then need to remove the stones and place the peaches into your blender.

Add a teaspoon of lime juice, 50ml of water and blend. You can then consume the slushy straight away or freeze the mixture until you wish to drink it.

To add a little zing you can include 60ml of white rum or peach schnapps!

8) *The Mango Slushy*

This is another incredibly simple recipe with just a slight twist on the standard slushy option.

Ingredients

- Frozen Mango
- Lemon and Lime Sugar Free Soda
- Ice

Blend together a cup of frozen mango, one cup of lemon and lime soda and ½ cup of ice. As soon as it reaches the right consistency serve and enjoy!

9) *Banana Slushy Surprise*



This recipe will give you a tasty, sugar free slushy with an added zing!

Ingredients

- 4 Bananas
- Stevia
- Water
- Pineapple juice
- Orange juice concentrate
- Lemon juice concentrate
- Ginger Ale

Unsurprisingly this slushy is made in your blender! Place the bananas a tablespoon of stevia and three cups of water into your blender and combine them. You can then add 1 ½ cups of pineapple juice and the ½ cup of the orange concentrate and lemon concentrate. An additional three cups of water and blend the mixture until it is smooth. This can then be frozen until you need it; ideally split the mixture into three bottles.

When ready, add one liter of ginger ale to a bowl and one bottle of your slushy mix. Combine and enjoy your summer, sugar free punch.

Chapter 3 – 10 Low Carb Cocktails

Even if you are dieting you will be entitled to enjoy a little alcohol! However, it is important to consider which drinks are most beneficial to your diet and continued fitness. Sipping a cocktail is a fantastic way to enjoy a summer evening; providing you have taken the precaution of choosing one which is low in carbs and has zero sugar!

Of course, not all cocktails need to be alcoholic:

1) *Standard Spirit & Mixer*

Although not generally viewed as a cocktail, any drink which is created by mixing up liquids is a cocktail. Your standard spirit and mixer can be confidently consumed; providing you opt for the diet versions.

For example; drink gin, whiskey or rum with sugar free soda or even sparkling water. It is even possible to mix your rum with diet coke; your calorie and carb count will be zero!

2) *Grape & Pineapple Fizz*



This is a refreshing and revitalizing drink at any time of the year.

Ingredients

- Grape juice – unsweetened
- Pineapple Juice – unsweetened
- Sugar free soda
- Ice

This is best to mix in a jug then pour as required. Mix 1 ½ cups of grape juice with the same amount of pineapple juice. Then add in two cups of the sugar free soda and allow the mixture to chill for at least an hour.

You can garnish with mint leaves and, if desired, add a drop of your favorite liqueur. White rum is a particularly good choice!

3) *Margarita*



This is normally a sugar laden treat, but it can be created without the sugar input.

Ingredients

- Tequila
- Lime Juice
- Orange Extract
- Lime

Ideally you can mix this in a cocktail shaker, if not a jug and spoon will do! Place one shot of tequila into the shaker and add two tablespoons of lime, $\frac{1}{4}$ cup of water and $\frac{1}{4}$ teaspoon of orange extract. Shake well and pour.

To turn this into an even more refreshing drink, add ice and blend to create a slushy!

4) *Strawberry Vodka*



This drink will invigorate you and remind you that spring is in full flourish; with summer just round the corner!

Ingredients

- Vodka
- Strawberries
- Unsweetened apple juice.
- Sugar free soda water

To create this drink it is best to place several chopped strawberries into a cup of vodka and leave them overnight. You can then add half a cup of apple juice and two cups of sugar free soda water.

Mix all the ingredients together thoroughly and keep chilled. Serve over ice or even blend with ice and enjoy.

5) *Vodka Melon*

You may be surprised by just how refreshing this delicious cocktail is!

Ingredients

- Watermelon
- Lime juice
- Coconut Water

- Vodka

You will need one cup of watermelon; without the seeds. You can then blend it until it is smooth and pour it into a cocktail shaker. In addition you will need to place a teaspoon of lime extract, $\frac{1}{4}$ cup of coconut water and $\frac{1}{2}$ cup of vodka.

Close the shaker and make sure the ingredients are combined thoroughly. You can add some crushed ice if required. Then pour into your glasses and add a piece of lime or watermelon to garnish.

6) *Spicy Bloody Mary*



This is an ancient recipe with a small twist to add a little extra spice!

Ingredients

- Tomatoes
- Basil Leaves
- Pepper vodka – standard vodka can be used to reduce the ‘ kick ’
- Worcestershire sauce
- Pepper sauce

You will need to start by placing 2 cups of tomatoes into a blender with 6 basil leaves; these should be fresh. It should take a few minutes to blend them until they are smooth. The mixture can then be placed in the fridge to chill for one hour.

After the time has passed you can strain the mixture through a fine sieve; this will remove any particles. Then add it to your cocktail shaker, along with $\frac{1}{2}$ cup of pepper vodka, 1 teaspoon of Worcestershire sauce and $\frac{1}{2}$ teaspoon of pepper sauce. In addition some ice cubes or crushed ice can be added before you shake the mixture thoroughly.

Then simply pour it into your glass and enjoy!

7) *Red Wine Surprise*

This simple recipe adds a surprisingly tasty tang to your drink!

Ingredients

- Red Wine
- Sugar free (diet) ginger ale

Simple put three ounces of wine into a glass with three ounces of the ginger ale. Then stir, add an orange garnish and serve immediately.

8) *The Mojito*



This is one drink that most people find hard to resist; it will remind you of holidays and other good times!

Ingredients

- Fresh Mint leaves
- Lime juice
- Vodka
- Diet soda
- Crushed ice
- Liquid stevia

The first step is to grind up the mint leaves, four or five leaves are generally enough. These should be mixed with two shots of vodka and $\frac{1}{2}$ teaspoon of liquid stevia. Once this is fully mixed pour it into a glass half full of crushed ice.

Next add approximately the same amount of diet soda and, if required, a slice of lime or lemon to garnish.

9) *Pina Colada*



No cocktail list would be complete without a Pina Colada and perhaps that song

Ingredients

- White Rum
- Coconut Milk
- Pineapple Syrup – Must be sugar free
- Ice

Add ½ cup of rum to 7 tablespoons of coconut milk and 5 tablespoons of the sugar free pineapple syrup. All ingredients should be put into a blender with one cup of ice and blended for several minutes. Then drink and relax!

10) Mint Julep

Ingredients

- Bourbon
- Sugar free raspberry syrup
- Mint leaves
- Ice

Place one tablespoon of your raspberry syrup into a cup; then add several fresh mint leaves and allow them to soak up the raspberry syrup. Next, you will need to add one or two shots of bourbon; (to your own tastes) and then another tablespoon of raspberry syrup as well 1 ½ cups of ice.

You can add a garnish if you like before you enjoy!

Chapter 4 – 10 Sugar Free lemonades

Sometimes on a hot day a glass of lemonade is all you need to quench your thirst and revitalize your body. This drink has the advantage of being acceptable for your children as well!

These ten simple lemonades can be created in moments but taste delicious!

1) *Standard Lemonade*



Simply combine two cups of water with a teaspoon of stevia. Then extract the juice from one lemon and add to the mix. If required you can carbonate the water in a soda stream before mixing in the lemon and stevia.

Serve with ice for maximum refreshment.

2) *Strawberry Lemonade*



This will make enough for all the family! Combine two liters of water with 1 ½ cups of lemon juice. Then add ¾ teaspoon of stevia and stir thoroughly. Drop in two cups of sliced strawberries and leave the mixture to brew for a few minutes. It is being served with ice.

3) *Freshly Squeezed lemonade*

This is another non-fizzy version. Add up of lemon juice, 1 cup of liquid stevia and 2 cups of water. Once you have stirred this thoroughly you can fill up your jug with ice and add a few lemon slices to add to the look.

4) *Fizzy Sugar Free Lemonade*

This delicious, refreshing recipe can be further enhanced by adding a little lavender to it!

You will need to boil six cups of water and add one tablespoon of lavender to the water. This should be left for two hours; allowing the lavender to enthuse the water. You can then place it in the fridge for another two hours to help it

cool.

In the meantime extract the juice from three lemons and place it into a pitcher with the now chilled lavender water. The lavender water should be sieved before it is added to ensure the lavender flowers are removed. You can sweeten the mix by adding twenty drops of liquid stevia.

After you have taste tested and adjusted the stevia level, you will need to leave it to chill for another two hours. Then add 6 cups of sugar free soda and some ice before serving your delicious lemonade.

5) *Simple Lemonade*

This involves mixing eight cups of water with $\frac{1}{2}$ cup of lemon juice; or the juice extracted from four large lemons. Then add $\frac{1}{2}$ teaspoon of stevia. Stir the mixture thoroughly until the stevia has dissolved. You can then serve over ice!

6) *Ginger Lemonade*

Lemonade is a refreshing summer drink, but adding a touch of ginger, and you have a refreshing, energy boosting drink!

Simply use the juice extracted from four large lemons, add eight cups of water and half a teaspoon of stevia. Then you can take a large piece of ginger and run it over a juicer until you have extracted as much juice as possible. Add this to the lemon mixture and stir.

This can be served over ice, but if you prefer it fizzy simply use sparkling water instead of still.

7) *Shop Bought Lemonade*

It is possible simply to purchase sugar free lemonade from your local store.

This will provide you with instant refreshment when you or your children need it. However, you must be careful to ensure it is sugar free and that the sugar has not been replaced by a variety of alternative sugars.

8) *Pink Lemonade*



This delicious drink creates its own spin on the standard lemonade. Simply mix 2 liters of sparkling water with the juice of four large lemons. You can then add the juice from two large limes and a teaspoon of stevia; this can be adjusted to suit your tastes.

To finish you will need to introduce one cup of red berries; they must have been liquefied first. This will add an additional flavor to the lemonade and make it appear pink!

9) *Mint Lemonade*



This is exceptionally refreshing on a hot summer day! Simply mix $\frac{1}{2}$ cup of lemon juice with two cups of sparkling water. Then add $\frac{1}{2}$ teaspoon stevia and several mint leaves and allow the mixture to sit for at least an hour.

To serve, you will need to sieve the mixture to remove the leaves and pour the drink over ice and garnish with additional mint leaves.

10) Raspberry Lemonade



You will need to place two tablespoons of lemon juice into a blender with, $\frac{1}{2}$ cup of raspberries, $1 \frac{1}{2}$ cups of apple cider and $1 \frac{1}{2}$ cups of coconut water. Blend for several minutes until the mixture is smooth before serving over ice.

You will be impressed by the added zing the raspberries give this lemonade!

Conclusion

Summer does not mean high calorie treats have to be consumed and nor does it mean that you cannot indulge in some delicious ice creams and drinks. Whether you are adopting a no sugar lifestyle or are committed to the ketonic diet; there is something which will appeal to your taste buds!

It is worth noting that all the cocktails in this book can be created without the alcohol; if required. This means you can give them to your children or even enjoy them in the daytime; without feeling guilty!

There has been a large amount of research into the effects of sugar on diet and there is no doubt that excessive sugar can lead to tooth decay and excess weight gain. This is why it is so important to be aware of what ingredients are present in your food and drinks; it is very easy to consume high levels of sugar without realizing it!

Carbohydrates have also been studied although the opinion is still divided. There are those that say low carb diets do not work. However, there are hundreds of success stories resulting from these types of diet. In addition, the reduction of carb intake will allow you to start burning excess fat in your body instead of glucose. This is said to be more in tune with how the human body should behave and will actually reduce the likelihood of obesity and many serious health conditions.

Whatever your opinion and reason for looking at sugar free drinks and low carb ice creams; there is no doubt that reducing and monitoring the amount of sugar entering your body is beneficial!

Don't Get Sunburn in July

Waterproof Sunscreens 15-40 SPF

Summer is finally here, and it's time to start wearing sunscreens. Most factory-made sunscreens are jam-packed with toxins. They contain nanoparticles that accelerate skin aging, cancer, and environmental toxicity.

However, you can make organic sunscreens at home. There are many essential oils and several kinds of butter, and different natural ingredients that provide natural sun protection.

It is not possible to calculate exactly the proportion of SPF in your homemade sunscreen lotion or balm since no research has explicitly stated the quotient of SPF present in the essential oils and carrier substance. One simple rule of thumb is that if your skin burns, add more zinc flowers.

Some of these natural ingredients can have some adverse effects on your body, such as eye irritation, inflammation in cells, and skin rashes. Therefore, it is pertinent to take a patch test before adding any organic ingredient in the homemade sunscreens.

Chapter 01: DIY Sunscreen Lotions

Most factory-made sunscreens are jam-packed with toxins. However, the great news is you can make your own with all natural ingredients. There are many essential oils and several kinds of butter, and different natural ingredients from which you can make sunscreens for you at home.



DIY Sunscreen Recipes # 01: Beeswax Sunscreen Lotion

Ingredients:

1. Beeswax (SPF 15) = One tablespoon (three to four grams maximum)
2. Jojoba or Grapeseed oil (SPF 4 each) = One-third cup (seventy-five ml)
3. Flowers of Zinc (SPF 20) = Two tablespoons (fifteen grams maximum)
4. Antioxidant = One teaspoon (five ml)
5. Aloe Vera Gel (SPF 20) = Two tablespoons (twenty-five ml) (Do not buy aloe vera gel from the pharmacy but a natural food store because they dissolve alcohol and alternative preservatives in it).
6. Water = Half cup (one hundred and twenty-five ml)
7. Grapefruit Seed Extract = Ten Drops
8. Favorite Essential Oil = Up to thirty drops

Directions:

- Stir in the first three ingredients in a double saucepan.
- Warm slowly until the wax melts. Keep the heat medium.
- Take off from heat.
- Add the fourth component.
- In a separate pot gently heat the fifth and sixth ingredients on the stove until it is lukewarm. You can microwave oven too. Heating the mixture is pertinent. Otherwise, the ingredients of your homemade sunblock can separate shortly.
 - Slowly pour this mixture into the oil. Keep stirring and whisking until it is thick and sleek.
 - Stir in the seventh and eight ingredients in this solution.
 - Pour this DIY sun block lotion into a clean, sterilized PET plastic bottle. You can also use a dark glass jar.
 - Let it cool down.
 - Put on the lid.
 - Keep in the refrigerator. Shake the bottle sometimes because it prevents the ingredients from separating.

DIY Sunscreen Recipes # 02: Sunscreen Lotion Bars

Ingredients:

1. Vegetable Oil (SPF 20) = One-third cup (melted)
2. Shea Butter (SPF 4-6) = One-third cup
3. Beeswax (SPF 15) = half cup grated, tightly packed (two ounces maximum)
4. Flowers of Zinc (uncoated) (SPF 20) = Two tablespoons (rounded) and a half teaspoon
5. Optional: cocoa powder and vitamin E = one teaspoon of each. (This measurement of ingredients will make around two bars of 2.75 ounces).

Directions:

- Gently melt first three ingredients in a double saucepan.
 - Stir them until mixed.
 - Remove from heat.
 - Add the fourth component.
 - Add the optional ingredients.
 - Pour into the molds.
 - Allow to chill in the refrigerator before removing from the molds.
- If you wish to speed the things on, put them in the freezer for ten to twenty minutes.
- Rub one bar on your skin and massage in before going out in the direct sunlight. These bars can soften under the sunlight. If you want to take them to beach with you, put them in a portable cooler.



DIY Sunscreen Recipes # 03: Shea Butter Sunscreen

Ingredients:

1. Shea Butter (SPF 4-6) = Two ounces
2. Coconut Oil (SPF 4-6) = Two ounces
3. Flowers of Zinc (SPF 20) = One ounce
4. Optional: favorite essential oil (peppermint (SPF 6-7), eucalyptus (SPF 2-3), and lavender (SPF 5-6) essential oils only) = eight drops

Directions:

- Soften the first two ingredients together using a pan or double saucepan until they melt completely.
- Take off the heat.
- Stir in the third component wearing a face mask as you are not supposed to inhale it.
- Pour this DIY lotion into a clean jar.
- Let it cool down before use.



DIY Sunscreen Recipes # 04: Easy Beeswax Sunscreen

Ingredients:

1. Beeswax (SPF 15) = One ounce
2. Carrier Oil (almond (SPF 4-5) or jojoba (SPF 4) essential oils) = eight ounces
3. Zinc Oxide (SPF 20) = One ounce

Directions:

- Melt the first ingredient.
- Add the remaining ingredients to it.
- Let it cool down.
- Store in a clean container.
- Put in the refrigerator.



DIY Sunscreen Recipes # 05: An Easier Method

Ingredients:

1. An unscented lotion
2. Zinc Oxide (SPF 20)

Directions:

- Take your favorite body lotion bottle. It must be unscented.
- Add zinc oxide in this bottle.
- Shake well.
- Store in a cold place.



DIY Sunscreen Recipes # 06: Natural Sunscreen Sticks

Ingredients:

1. Olive oil (SPF 2-8) = Three Tablespoons
2. Beeswax (SPF 15) = One Tablespoon
3. Zinc Oxide (SPF 20) = Half Tablespoon
4. Vitamin E = One-eighth Tablespoons

Directions:

- Take a small bowl and add all of the ingredients in it except the Zinc Oxide.
- Bring one or two cups of water to boil.
- Take off the heat.
- Put the bowl in this boiling water.
- Stir until beeswax is melted.
- Now add the last ingredient.
- Pour the mixture into the tubes to shape them as sticks.



Notes:

Honey bees can forage up to two miles from their hives, therefore, it is not possible to control their contact with chemicals or pesticides. If you are allergic to pesticides then don't use beeswax.

If you have an allergy to tulips, onions, or garlic, then aloe vera gel can cause hives, itching, or rash on your skin.

Chapter 02: DIY Body Butters Sunscreen

The homemade butter sunscreens have a couple of half dozen month life period, but you must put them in the refrigerator when not using.

DIY Sunscreen Recipes # 07: Whipped Shea Butter Sunscreen Cream

People with sensitive skin must avoid putting vegetable oil in their sunscreen because they can cause mutation and inflammation in the cells.



Ingredients:

1. Vegetable Oil = One-third cup melted
2. Carrot Seed Oil (SPF 38-40) = Fifteen drops
3. Volatile Myrrh Oil (SPF 20) = Ten drops
4. Shea Butter (SPF 3-6) = Half cup
5. Optional: Zinc Oxide (SPF 20) = Two Tablespoons. (Increase the amount of myrrh to forty drops if you are not adding Zinc oxide).

Directions:

- Whip raw shea butter until it gets creamy.
- Slowly add the first ingredient in it. Keep on whisking.
- Add the second and third components in this mixture.
- Insert the fifth element. You are not supposed to inhale it.
- Whip until it transforms into the butter form.
- Pour in a jar.
- Keep in a cool place.

DIY Sunscreen Recipes # 08: Coconut Butter Sunscreen

People with oily skin must not use coconut butter on their skin. It can result in breakouts and increase in oily skin in such people.



Ingredients:

1. Coconut butter (melted) (SPF 45) = Half cup (It is better if you use fractionated coconut butter in place of the regular one).
2. Volatile myrrh oil (SPF 20) = Ten drops (You can increase the amount of myrrh oil up to forty drops in this recipe if you want to increase the SPF).
3. Carrot seed oil (SPF 38-40) = Five drops
4. Zinc Oxide (SPF 20) = Two Tablespoons

Directions:

- Combine all ingredients.
- Store in a jar.
- Keep in a cool place.

DIY Sunscreen Recipes # 09: Avocado Oil Sunscreen Cream Recipe

You must do a patch test with avocado oil if you don't like to apply thick oils on your skin. It is also not your bet if you have a latex allergy. In breastfeeding mothers, its usage can result in less milk production too.



Ingredients:

1. Beeswax (SPF 15) = One-fourth cup
2. Avocado oil (SPF 4-15) = One-fourth cup
3. Coconut oil (SPF 2-8) = One-fourth cup
4. Zinc oxide (SPF 20) = Two tablespoons
5. Volatile myrrh oil (SPF 20) = Ten drops
6. Carrot seed volatile oil (SPF 38-40) = Fifteen drops
7. Shea butter (SPF 3-6) = One-fourth cup

Directions:

- Use a double broiler. Add first three ingredients in it. (If you don't have a double broiler, you can place the ingredients in a glass bowl and put it over boiling water in a saucepan).
- Stir the ingredients on low heat until they are liquefied and mixed well.
- Take off the boiler from the heat.
- Add all the remaining ingredients in it. Add shea butter after you take off the pan from heat otherwise, it will get grainy.
- If you're adding Zinc oxide, add after shea butter and whisk till there are no clumps left.
- Stir until Shea butter is liquefied.
- Store in a jar.
- Keep in a cool place, preferably the refrigerator.

DIY Sunscreen Recipes # 10: Myrrh Essential Oil Sunscreen Cream Recipe

If you have a sensitive skin, you must never add myrrh essential oil in any of the skin products. It causes eye irritation and skin rashes. It can also result in diarrhea by absorbing into your bloodstream through the skin.



Ingredients:

1. Aloe vera juice (SPF 20) = One cup
2. Avocado oil (SPF 4-15) = One-fourth cup
3. Carrot seed oil (SPF 38-40) = Fifteen drops
4. Volatile myrrh oil (SPF 20) = Ten drops

Directions:

- Add all ingredients to a sprayer bottle.
- Shake before every use.

DIY Sunscreen Recipes # 11: Magnesium Sunscreen

People with weak digestive systems must not put magnesium in their skin products as it quickly gets in the blood by absorbing into the skin and cause diarrhea.



Ingredients:

1. Magnesium flakes = Half Cup
2. Boiling water = Three Tablespoons
3. Coconut Oil (unrefined) (SPF 2-8) = One-fourth cup
4. Beeswax (SPF 15) = Two Tablespoons
5. Shea Butter (SPF 3-6) = Three Tablespoons

Directions:

- Combine first two ingredients and mix them well.
- Take a broiler and heat the remaining ingredients in it.
- Slowly add the magnesium solution in it.
- Pour in a jar and put in the refrigerator.
- Take out after fifteen minutes and blend again.
- Store in the refrigerator.

DIY Sunscreen Recipes # 12: Mango Butter Sunscreen:

Shea butter contains a woody and nutty smell. If you have a sensitive nose, then you must avoid putting it in your skin products.



Ingredients:

1. Mango Butter = One Tablespoon
2. Cocoa Butter = One Tablespoon
3. Shea Butter (SPF 3-6) = Three Tablespoons
4. Raspberry Seed Oil (SPF 28-50) = One Tablespoon
5. Beeswax (SPF 15) = One-fourth Cup
6. Zinc Oxide (SPF 20) = One and a Half Tablespoon

7. Optional: Lavender essential oil = Ten drops

Directions:

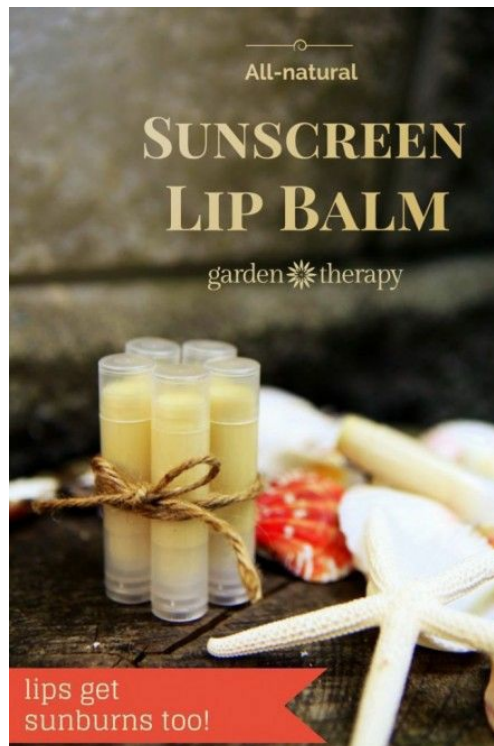
- Take a double broiler. Melt butter and beeswax in it on medium heat.
- Remove from heat after twenty minutes and add the rest of the ingredients in it. Wear a mask and gloves when mixing zinc oxide.
- Blend well.
- Store in a jar.
- Put in the refrigerator.

Chapter 03: Natural Sunscreen Balms

This chapter is about making cost effective sunscreen lip balms which are enriched with calcium, iron, lecithin, protein, and essential fatty acids.

DIY Sunscreen Recipes # 13: Lemon Mint DIY Lip Balm

Lemon mint is a citrus essential oil. Adding it in your sunscreens can cause dark and itchy skin under the sun, especially when applied for an extended period. Most of the people with dry skin are allergic to it.



Ingredients:

1. Cocoa butter = One Tablespoon
2. Shea Butter (SPF 3-6) = One-fourth Teaspoon
3. Beeswax (SPF 15) = One Tablespoon + One Teaspoons
4. Olive oil (Extra virgin) (SPF 2-8) = One Tablespoon
5. Apricot Kernel Oil = One Tablespoon

6. Sunflower Oil = One Tablespoon
7. Zinc Oxide (SPF 20) = One Tablespoon
8. Lemongrass essential oil (SPF 6-7) = Twenty drops
9. Peppermint essential oil (SPF 6-7) = Eight drops
10. Vitamin E oil = Three to Four drops

Directions:

- Take a double broiler. Add first three ingredients in it and melt.
- Stir in the next three ingredients in it.
- Combine well.
- Add the remaining ingredients.
- Pour in the lip balm tubes.
- Freeze in the refrigerator.

DIY Sunscreen Recipes # 14: Raspberry Mint Lip Balm



Ingredients:

1. Red raspberry seed oil (SPF 28-50) = One Tablespoon
2. Beeswax (SPF 15) = One Tablespoon
3. Vitamin E = One Tablespoon
4. Peppermint Oil (SPF 6-7) = Five drops

Directions:

- Take a broiler and add all the ingredients in it except the peppermint oil.

- Melt the ingredients on medium heat.
- Remove from heat once everything melts.
- Add peppermint oil in it.
- Pour into the lip balm tubes.
- Freeze for a while.

DIY Sunscreen Recipes # 15: Cocoa Butter Lip Balm

The greasy structure of the red raspberry essential oil can stain your clothes easily. It possesses a strong nutty smell which makes it difficult to blend it with other essential oils to achieve the preferred scent. It is not suitable for oily skins. However, you can use it by adding light weight carrier oil in it.



Ingredients:

1. Coconut oil (SPF 7-8) = Two Tablespoons
2. Olive Oil (SPF 7-8) = Two Tablespoons
3. Cocoa Butter = Two Tablespoons
4. Beeswax (shredded) (SPF 15) = One Tablespoon
5. Red Raspberry Seed Oil (SPF 28-50) = One and a half teaspoon
6. Castor Oil (SPF 5-6) = Forty to fifty drops. (These measurements will make up to twenty lip balm tubes).

Directions:

- Melt on medium heat the first four ingredients in a sauce pan.
- Remove from heat when melted
- Add the rest of the ingredients.
- Pour into the lip balm tubes.
- Freeze in the refrigerator.

DIY Sunscreen Recipes # 16: Natural Orange and Vanilla Lip Balm

Remember that adding citrus essential oils in your sunscreens can cause itchy and dark skin under the sun especially when applied for an extended period.

Ingredients:

1. Olive oil (SPF 7-8) = Two Tablespoons
2. Jojoba oil (SPF 4) = One Tablespoon
3. Wheat germ oil (SPF 40) = One Tablespoon
4. Raspberry seed oil (SPF 28-50) = Half Teaspoon
5. Beeswax (SPF 15) = Two Tablespoons
6. Carnauba wax = One and a half teaspoons
7. Shea Butter (SPF 3-6) = One Tablespoon
8. Vanilla essential oil = Ten drops
9. Sweet orange essential oil (SPF 3-4) = eight drops



Directions:

- Take a broiler and heat all of the ingredients in it except the essential oils.
- Once melted, turn off the heat.
- Add all of the essential oils.
- Blend well.
- Pour into the lip balm tubes.

DIY Sunscreen Recipes # 17: Easy Natural Lip Balm

Ingredients:

1. Shea butter (SPF 3-6) = Three ounces
2. Lemon grass essential oil (SPF 6-7) = Two drops
3. Peppermint essential oil (SPF 6-7) = Two drops

Directions:

- Heat the first ingredient in a microwave.
- When melted, take out and combine all of the essential oils in it.
- Blend well.
- Put in a small lip balm container.

DIY Sunscreen Recipes # 18: Coffee Flavored Lip Balm

With its high level of vitamins E and A and being rich with antioxidants, Shea butter is perfect for use as an ingredient in sunscreen to naturally shield and heal the skin. Just like green tea, it has a phenolic profile and has excellent emollient and moisturizing characteristics.



Ingredients:

1. Cocoa butter = Half ounce
2. Beeswax (SPF 15) = One-fourth ounce
3. Shea butter (refined) (SPF 3-6) = Half ounce
4. Coffee infused olive oil = One ounce
5. Clove essential oils (SPF) = Ten drops
6. Chocolate Devil's Food Cake flavor oil = Half milliliter
7. Optional: Pinch of sugar

Directions:

- Take a broiler and add the first two ingredients in it.
- When half melted, add the third ingredient in it as well.
- Stir until fully melted.
- Add a pinch of sugar (optional).
- Add the rest of the remaining ingredients in it.
- Stir well.
- Pour into a container.
- Cover the lid after cooling down.

Notes:

Never flush your eyes with water if a sunscreen gets in. It may push it in deeper. Use another carrier substance or keep your eyes closed.

Use Frankincense, Lavender, and coconut oil quite often to heal the trauma of sunburn and nourish the skin. Applying apple cider vinegar has proven to be helpful as well.

Chapter 04: Sunscreen Bars and Sprays to Protect Your Body from Sun

If you have to stay outside in the sun for longer time, than do the following:

- Wear loose, light clothing to cover your skin.
- Just put on a hat to protect your skin.
- Use an umbrella or stand under the shade of a tree.

If none of these alternatives are available, for instance, then try using a natural sunscreen. But remember that the risk of sunburn cannot be completely avoided with just applying a homemade sunscreen since it is not possible to calculate the exact SPF quotient of these skin products.

DIY Sunscreen Recipes # 19: Almond Oil Sunscreen Spray

Almond oil is of two types. (1) Bitter Almond Oil: It contains amygdalin which, after processing, turns into hydrocyanic acid and must be used for topical applications only, and (2) Sweet Almond Oil: It contains edible components. You can use it on your skin and hair.



Ingredients:

1. Sweet almond oil (SPF 4-5) = Half cup (you can also use avocado or vegetable oil)
2. Shea Butter (SPF 3-6) = Two tablespoons

3. Flowers of non-Nano zinc (SPF 20) = Two Tablespoons
4. Carrot seed oil (SPF 38-40) = Ten drops
5. Myrrh oil (SPF 20) = Ten drops
6. Lavender oil (SPF 6-7) = Twenty-five drops
7. Optional: seasoener = Ten drops

Directions:

- Take a glass jar and combine all ingredients except flowers of zinc in it.
- Fill a saucepan two-third with water and place it over medium heat.
- Add the mixture to it.
- When all ingredients dissolve, add the flowers of zinc, stir in well.
- Let it cool down.
- Pour into the jar. (Durability = six months).

DIY Sunscreen Recipes # 20: Carrot Seed Oil Sunscreen Spray

Pregnant women must not use carrot seed oil. They must consult their health care professionals before using any kind of essential oils.



Ingredients:

1. Carrot seed oil (SPF 38-40) = twenty drops
2. Vegetable oil = twenty drops

Directions:

- Take a spray bottle.
- Pour the ingredients into it.
- Shake well. Apply on your sun-exposed skin.

DIY Sunscreen Recipes # 21: Lavender Oil Sunscreen Spray

The possible side effects of lavender essential oils include vomiting, chills, headache, and nausea. It causes allergic reactions and irritation on people with sensitive skin.



Ingredients:

1. V6 oil = four ounces
2. Lavender oil (SPF 6-7) = ten to thirty drops

Directions:

- Combine all of the ingredients.
- Pour in a spray bottle.
- Keep in the refrigerator.

DIY Sunscreen Recipes # 22: Fun within the Sun Mix Sunscreen Spray

Patch test your skin for irritation, redness, or burning. If it does not appear within a few hours, then your skin is not sensitive to Roman chamomile oil.



Ingredients:

1. Roman chamomile oil = Three drops
2. Lavender oil (SPF 5-6) = Five drops
3. Helichrysum = Ten drops
4. Olive (SPF 7-8), coconut (SPF 7-8) or sesame (SPF 1-2) oil = One ounce

Directions:

- Combine all of the ingredients.
- Pour in a spray bottle.
- Apply on your skin before going under the direct sun.

DIY Sunscreen Recipes # 23: Fun within the Sun Plus Sunscreen Spray

Vegetable oil must not be added in your sunscreens if you have a sensitive skin because they can cause mutation and inflammation in the cells.



Ingredients:

1. V6 oil = four ounces
2. Myrrh essential oil (SPF 20) = fifteen milliliters
3. Optional: Sandalwood oil (SPF 10-15) = Ten drops

Directions:

- Combine all of the ingredients.
- Keep in a spray bottle in the refrigerator.

DIY Sunscreen Recipes # 24: Natural Mix Sunscreen Spray

Some people might not like the smell of sesame oil. It can cause irritation on sensitive skin sometimes. People with acne must not use it on their skin.



Ingredients:

1. Lavender Oil (SPF 5-6) = Twenty-four drops
2. Vitamin E = One teaspoon
3. Aloe vera gel (SPF 20) = Two ounces
4. Sesame oil (SPF 1-2) = Two ounces

Directions:

- Combine all of the ingredients together.
- Shake well before applying on skin.

DIY Sunscreen Recipes # 25: Avocado Oil Sunscreen Spray

If you don't like to apply thick oils on your skin, then you must do a patch test with avocado oil. People with latex allergy must avoid it. In breastfeeding mothers, its usage can result in less milk production too.

Ingredients:

1. Avocado Oil (SPF 4-15) = Four ounces
2. Lavender oil (SPF 5-6) = Thirty drops

Directions:

- Combine both ingredients in a spray bottle.
- Apply this solution on your skin every three to four hours.

DIY Sunscreen Recipes # 26: Myrrh Sunscreen Lotion

You must never add myrrh essential oil in any of the skin products if you have a sensitive skin. It results in diarrhea by absorbing into your bloodstream through the skin. It causes eye irritation and skin rashes as well.

Ingredients:

1. Any skin cream or lotion = Half cup
2. Carrot seed oil (SPF 38-40) = Five drops
3. Myrrh essential oil (SPF 20) = Five drops
4. Optional: Twenty drops of lavender essential oil (SPF 5-6).

Directions:

- Combine all of the ingredients together.
- Keep in a container.
- Apply on the skin every three-four hours.



Chapter 05: Homemade Waterproof Sunscreen

Zinc oxide and carrot seed oil are two key ingredients for a homemade sunscreen. Each of them contains high natural SPF and is nontoxic.

Zinc oxide (SPF quotient = 20) is a nontoxic, non-irritating sunblock agent with a real broad spectrum. The particles of zinc assemble on the outmost layer of your skin. They scatter and absorb UVB and UVA rays and thus, shield the skin beneath. Always make sure that you are using non-nano zinc oxide while making natural homemade sunscreen. You must never inhale it. Always wear a mask and gloves when adding this substance in your homemade recipes.

Carrot seed oil (SPF quotient = 38-40) is an incredible sun blocking agent. You can add additional layers of natural oils like beeswax, shea butter, and vegetable oil in it to convert it in a creamy emollient lotion. They are all natural sunscreens but contain SPF of less than ten.



DIY Sunscreen Recipes # 27: Homemade Waterproof Sunscreen Lotion

Ingredients:

1. Shea butter (SPF 3-6) = Two ounces
2. Coconut oil (SPF 7-8) = Two ounces
3. Flowers of zinc oxide (SPF 20) = One ounce
4. Optional: eight drops of essential oils like peppermint (SPF 6-7), eucalyptus (2-3), and lavender (SPF 5-6).

Directions:

- Soften the first two ingredients together using a pan or double saucepan.
- Take away from heat.
- Stir in the third ingredient wearing a face mask as you are not supposed to inhale it.
- Pour the lotion into a clean jar.

- Cool down before use.



DIY Sunscreen Recipes # 28: Homemade Waterproof Aloe Vera Gel Sunscreen

Ingredients:

1. Emulsifying wax (SPF 6-7) = One tablespoons (three to four grams maximum)
2. Jojoba (SPF 4) or Grape seed oil (SPF 4) = One-third cup (seventy-five ml)
3. Flowers of zinc (SPF 20) = Two tablespoons (fifteen grams maximum)
4. Antioxidant = One teaspoon (five ml)
5. Aloe vera gel (SPF 20) = Two tablespoons (twenty-five ml)
6. Water = Half cup (one hundred and twenty-five ml)
7. Grapefruit Seed Extract = Ten drops
8. Chosen essential oil = Up to thirty drops.

Directions:

- Stir the first three ingredients in a double saucepan.
- Heat slowly over medium heat until the wax melts.
- Take off from heat.
- Add the fourth ingredient now and stir.
- In a separate pot, gently heat fifth and sixth ingredients on the stove until lukewarm. You can microwave oven too.
- Slowly pour this mixture into the oil. Keep stirring perpetually with an electric hand mixer or wire whisk until it is thick and sleek.
- Stir in the remaining ingredients.
- Pour the homemade sunblock into a clean, sterilized PET plastic bottle or a dark glass jar
- Let it cool down before putting on the lid. Shake the bottle sometimes because it prevents the ingredients from separating. Store in a cool, dark place.



DIY Sunscreen Recipes # 29: Herbal Tea Waterproof Sunscreen

Lavender essential oil causes allergic reactions and irritation on people with sensitive skin. Its other possible side effects of lavender essential oils include vomiting, chills, headache, and nausea.

Tea tree and lavender essential oil are found to have hormone-like effects on the human body. Therefore, regular use of them in the form sunscreen can increase the size of breasts in young boys who have not reached the age of puberty.

Ingredients:

1. Coconut oil (SPF 7-8) = One cup
2. Beeswax (SPF 3-6) = four tablespoons
3. Herbal tea = One cup
4. Non-nano Zinc Oxide (SPF 20) = Two ounces
5. Carrot Seed Oil (SPF 38-40) = Twenty drops
6. Lavender essential oil (SPF 5-6) = Twenty drops
7. Myrrh essential oil (SPF 20) = Ten drops

Directions:

- Take a double boiler and melt first two ingredients together.
- Steep the third ingredient in it meanwhile.
- Pour this mixture into a blender and add rest of the ingredients in it.
- Store in squeeze tubes.



DIY Sunscreen Recipes # 30: Tea Tree Oil Waterproof Sunscreen

People with tumors are required to avoid tea tree and lavender essential oils especially if the tumors need estrogen to grow.

Ingredients:

1. Beeswax (SPF 15) = One and a half ounce.
2. Shea butter (SPF 3-6) = One and a half ounce.
3. Coconut oil (SPF 7-8) = One and a half ounce.
4. Zinc Oxide (SPF 20) = One ounce
5. Tea tree oil (SPF 2) = Ten drops

Directions:

- Combine all of the ingredients except the zinc oxide.
- Warm it on medium heat until all ingredients blend.
- Remove from heat.
- Add zinc oxide and stir.
- Store in a clean container.



Essential Oils with Natural Sun Protection Factor:

Essential Oil	Sun Protection Factor
Red Raspberry Seed Oil	28-50
Carrot Seed Oil	28-40
Wheat germ Oil	20
Soybean Oil	10
Hemp Seed Oil	6
Macadamia Oil	6
Jobba Oil	4
Rice Bran Oil	4
Shea Oil and Shea Butter	2-6
Sesame Seed Oil	2-4
Avocado Oil	2-3
Coconut Oil	2

Notes:

It is also important to dilute the essential oils with a carrier substance in your sunscreen recipes depending on the adverse effects and your skin conditions. Otherwise, skin irritations and allergic reactions can appear in people with sensitive skin especially when you apply them on your skin for an extended period. Never add citrus essential oils in your sunscreens. They can cause itchy and dark skin under the sun.

Conclusion

Eat healthy snacks, avoid sugar, drink plenty of water, wear a hat and sunglasses, and apply lots of sunscreens this summer. Commercial sunscreens are guilty of being harmful in maintaining healthy skin by containing harsh chemicals. Luckily, you can make sunscreen lotions, sprays, creams and balms at your home with all natural and organic ingredients.

The idea of using natural butter, essential oils, vegetable oils, and mineral makeup foundations as sunscreens might never have passed through your mind before. They have a high quotient of sun protection factor. They are enriched with calcium, iron, lecithin, protein, and essential fatty acids. They nourish your skin while protecting it from the sun.

However, some of these natural ingredients can have some adverse effects on your body such as eye irritation and skin rashes, and mutation and inflammation in the cells. They can also result in breakouts and increase in oily skin in some people while others may suffer latex allergy and diarrhea. The other possible side effects of lavender essential oils include vomiting, chills, headache, and nausea. Therefore, it is pertinent to take a patch test before adding any organic ingredient in the homemade sunscreens.

Sunscreen Recipes For Adults And Children

The sun is out and out come the cute summer clothes. You love showing off your tan lines, but you don't want to burn. It happens so quickly, you never know when you are going to be a victim of the burn until it is too late.

But, you also hesitate. You don't want to sacrifice your skin, but you also don't want to spread chemicals all over your body either. You want to do what is right for your skin, and you want to stay healthy, but when your only options are chemical laden mixes at the store, you feel like you have no choice.

Clearly, you are going to have to do something about this – but what.

Can you make your own sunscreen?

What goes into what you make?

How strong will the coverage be?

When it comes to the world of health, you simply must do your part. And that's where this book comes in. In it, you are going to discover a variety of recipes that you can make for your entire family.

Discover the recipes to give you the coverage you want, and enjoy this summer under full protection.

Chapter 1 – The Sunscreens

You may find it surprising how easy it is to make your own sunscreen – not only easy, but entirely effective, too. When you make your own sunscreen, you are in control of everything – from the quality of the ingredients to the amount of coverage you wish to have.

For this reason, it is important to understand the SPF in each ingredient that you use, as well as the overall SPF of the finished product. Examine the list below, decide how much protection you want your sunscreen to have, and get ready to make some ray protection!

Here are the base ingredients you will use for your protection, and their SPF levels:

Coconut oil – SPF level 4

Almond oil – SPF level 5

Beeswax – No SPF level but excellent for sun protection

Zinc Oxide – SPF level 2 per unit

Red Raspberry Seed Oil – SPF level 50

Shea Butter - SPF level 6

Carrot Seed Oil – SPF level 40

Essential Oil – no SPF but adds excellent scent

Of course, you will be using other ingredients as well, but this is where your protection will be coming from. Make sure you have all of these on hand, and you are ready to begin.

1) *Sunshine on My Shoulders*



What you will need:

12 drops rose oil

1/4 cup coconut oil SPF 4

2 tablespoons shea butter SPF 6

1/4 cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 12

2) Fun in the Sun

What you will need:

12 drops rose oil

8 drops lavender oil

¼ cup coconut oil SPF 4

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

2 tablespoons shea butter

¼ cup beeswax

2 tablespoons zinc oxide

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 15

3) Summer Vacation

What you will need:

12 drops geranium

8 drops chamomile

¼ cup coconut oil SPF 4

2 tablespoons shea butter SPF 6

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 15

4) So Tan

What you will need:

8 drops bergamot oil

8 drops cinnamon oil

1/2 cup coconut oil SPF 8

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 19

5) All Day Protection

What you will need:

15 drops sunflower oil

9 drops neem oil

¼ cup almond oil SPF 5

4 tablespoons shea butter SPF 12

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2



Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 19

6) Volleyball Season

What you will need:

12 drops rose oil

9 drops helychrisum oil

¼ cup coconut oil SPF 4

¼ cup almond oil SPF 5

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 20

7) Picnic at the Park

What you will need:

8 drops vetiver oil

8 drops ylang ylang

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

2 tablespoons shea butter SPF 6

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 22

8) *Family Reunion*

15 drops basil oil

15 drops myrrh oil

¼ cup coconut oil SPF 4

½ cup almond oil 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 25

9) *Rise and Shine*

What you will need:

12 drops frankincense oil

¼ teaspoon carrot seed oil SPF 10

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

2 tablespoons shea butter SPF 6

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature,

stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 32

10) Beautiful

What you will need:

12 drops chamomile oil

8 drops lavender oil

¼ teaspoon carrot seed oil SPF 10

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.



Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and

incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 35

11) All Over Glory

What you will need:

10 drops peppermint oil

9 drops geranium oil

½ teaspoon red raspberry seed oil SPF 12

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined.

Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 37

12) Youthful Glow

What you will need:

15 drops lavender oil

½ teaspoon red raspberry seed oil SPF 12

¼ cup coconut oil SPF 4

¾ cup almond oil SPF 15

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 42

13) Get Going

What you will need:

9 drops vetiver oil

9 drops bergamot oil

1 teaspoon red raspberry seed oil SPF 25

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.



Total SPF: 50

14) Beach Day

What you will need:

18 drops sandalwood oil

1 teaspoon red raspberry seed oil SPF 25

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 50

15) Lemonade Stand

What you will need:

23 drops neem oil

1 ½ teaspoon red raspberry seed oil SPF 37

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 62

16) Going Green

What you will need:

15 drops myrrh oil

10 10 drops ylang ylang

1 teaspoon carrot seed oil SPF 40

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 66

17) Nature's Naturals

What you will need:

16 drops chamomile oil

1 teaspoon carrot seed oil SPF 40

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

3 tablespoons shea butter SPF 9

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 66

18) Mom's Choice

What you will need:

15 drops myrrh oil

10 10 drops ylang ylang

1 teaspoon carrot seed oil SPF 40

¼ cup coconut oil SPF 4

½ cup almond oil SPF 10

4 tablespoons shea butter SPF 12

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 69

19) Healthy Skin

What you will need:

10 drops juniper berry oil

9 drops jasmine oil

10 10 drops ylang ylang

1 teaspoon carrot seed oil SPF 40

½ cup coconut oil SPF 8

½ cup almond oil SPF 10

4 tablespoons shea butter SPF 12

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 72

20) Freckle Free

What you will need:

25 persimmon oil

10 10 drops ylang ylang

1 teaspoon carrot seed oil SPF 40

½ cup coconut oil SPF 8

½ cup almond oil SPF 10

4 tablespoons shea butter SPF 12

¼ cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all

the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF:72

21) Super Blend

What you will need:

18 drops spearmint oil

12 drops eucalyptus oil

1 teaspoon carrot seed oil SPF 40

3/4 cup coconut oil SPF 12

1/2 cup almond oil SPF 10

4 tablespoons shea butter SPF 12

1/4 cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature,

stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 76

22) Camping

What you will need:

18 drops rose oil

1 teaspoon carrot seed oil SPF 40

3/4 cup coconut oil SPF 12

1/2 cup almond oil SPF 10

4 tablespoons shea butter SPF 12

1/4 cup beeswax SPF 0

2 tablespoons zinc oxide SPF 2

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 76

23) Wild Wonder

What you will need:

10 drops jasmine oil

12 drops lavender oil

1 teaspoon carrot seed oil SPF 40

3/4 cup coconut oil SPF 12

1/2 cup almond oil SPF 10

4 tablespoons shea butter SPF 12

1/4 cup beeswax SPF 0

4 tablespoons zinc oxide SPF 4

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 78

24) Dandelion

What you will need:

25 drops spearmint

1 teaspoon carrot seed oil SPF 40

3/4 cup coconut oil SPF 12

1/2 cup almond oil SPF 10

4 tablespoons shea butter SPF 12

1/4 cup beeswax SPF 0

4 tablespoons zinc oxide SPF 4

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 78

25) Bumble Bee Blend

What you will need:

10 drops cedar

10 drops rosewood

1 teaspoon carrot seed oil SPF 40

3/4 cup coconut oil SPF 12

1/2 cup almond oil SPF 10

4 tablespoons shea butter SPF 12

½ cup beeswax SPF 0

6 tablespoons zinc oxide SPF 6

Directions:

Fill a medium size pot or pan with 2 inches of water and place on the stove over medium heat. Select your jar of choice, and place all the ingredients except for the essential oils and zinc oxide in the jar. Place the jar in the water over the heat on the stove, and allow the ingredients to heat inside.

Using a thin spoon, stir the ingredients occasionally, until you have mixed all the ingredients well. Once the ingredients have been thoroughly mixed and incorporated together, add in the essential oils and the zinc oxide.

Remove from heat and allow the mix to come down to room temperature, stirring occasionally as it cools to ensure all ingredients remain combined. Store at room temperature and apply before going outside, or every 2 hours.

Total SPF: 80

Conclusion

There you have it, everything you need to make your own all nature sunscreen, in the SPF level that you want. I hope this book was able to inspire you to create your own sunscreens, and that you fall in love with each and every one that you create.

There is no end to the ways you can create your own sunscreen, and when you are in control, you get exactly what you want, when you want it. Let this book change the way you think of your sunscreen, and dive into an all natural world that is full of health, happiness, and sunray protection.

Now get out there and enjoy your summer.

Waterproof Safe Homemade Sunscreens

This book, *Waterproof Homemade Sunscreen: 35 Safe Sunscreen Recipes for Different Skin Types* is a great guide in the use of sunscreens. It is unfortunate that many people find their skin damaged for lack of knowledge, because there are not that many health experts talking about sunscreens. Some people with dark complexion, for example, think they do not need sunscreen at all, and that is a fallacy. Ultra Violet rays from the sun are capable of damaging any type of skin, and in some cases even cause skin cancer.

As such, you will find this book very helpful whatever skin type you have. What is special about this book is that it guides you on how to prepare customized sunscreens, so that you can make exactly what is appropriate for your skin. In addition, the sunscreen recipes provided in the book can keep you protected outdoors longer than the sunscreens sold ready-made in stores, and they can withstand exposure to moisture. Above all, they are safe and have high SPF.

Enjoy!

Chapter 1: What, Exactly, Is Sunscreen?

Did you know that people use the term ‘ sun cream ’ or even ‘ sun block ’ to refer to sunscreen? And sunscreen comes in form of spray, gel and sometimes lotion.

What Sunscreen Is

In fact, any product that can absorb part of the ultraviolet rays from the sun or even reflect it so that you do not suffer sunburn can serve as a good sunscreen. Some sunscreens simply ensure the ultraviolet rays do not penetrate deep into the skin. Fair skinned people are the most vulnerable to the sun rays and so need sunscreen the most. In addition to protecting your skin from sunburn, sunscreen also protects it from developing wrinkles too fast. As such, people who use sunscreen consistently often have a smooth face with tight skin, as opposed to a wrinkled face with skin sagging.

It is worth noting that many people may not be fans of the spray sunscreen, for one because it is flammable and can easily ignite fire around smokers, and also because when you use it, other people get into contact with it whether they like it or not.

Why Do Sunscreens Show SPF?

When you buy sunscreen, you will, most likely see on the label SPF 15, SPF 20, SPF 30 and so on. It is simply a way for the manufacturer to indicate the Sun Protection Factor, commonly referred to as SPF, in the sunscreen. For instance, if the sunscreen indicates SPF 30, it means that only 1/30th of the sun ’ s harmful rays, a very small fraction, touches your skin, because the rest gets trapped within the sunscreen.

Basic Uses of Sunscreen

- Protects skin from harmful rays from the sun
- Protects skin from sunburn

- Protects skin from aging prematurely
- Protects skin from wrinkles
- Protects skin from becoming leathery
- Reduces the risk of developing skin cancer
- Protects skin from becoming extra sensitive, especially after using medications like tetracycline and sulfa drugs.

Best Use of Sunscreen

Even with protection from good sunscreens, you need not expose yourself to the sun for too long. Also remember that sunscreens are meant for external use only – basically to be applied on your skin. It is also important that you keep off eyes when applying your sunscreen on the face. However, if ever you notice some sunscreen has entered your eyes, you need to rinse it off thoroughly using water. It is also important that you do not apply sunscreen on skin that is injured, and you use it with caution if the skin is irritated.

Is sunscreen good for children?

For infants who are 6mths and younger, it is best to avoid applying sunscreen on them, and instead literally keep them away from the sun. If you cannot avoid going outdoors with them, then it is important that you clothe them in protective wear, including long sleeves and full pants, and also hats.

Apply sunscreen around half an hour before going out to the sun. You only need a little of it at a time for effective protection. A single ounce, which is equivalent to 30gms, is sufficient to cover the area of your skin exposed to the sun, even if you are just wearing swimwear. Every time you think the sunscreen has worn off, for instance after having a swim, ensure you apply some more if you are still going to get exposed to the sun. Other instances you are likely to wear off your sunscreen are when you sweat and dry off the sweat with something like a towel. Whatever you are doing, if you plan on being outdoors for long on a hot day, be set to keep reapplying sunscreen after every 2hrs.

Problems with Factory Made Sunscreens

Many sunscreens that people buy from stores and supermarkets contain ingredients such as amino benzoic or even Para-amino benzoic acid, which are known to make the product stain clothes. What is worse is that some sunscreens contain ingredients that irritate the skin, making the skin turn sensitive. It often begins with redness of the skin followed by irritation. Instead of risking such side effects, why not prepare your sunscreen at home since that is a possible option? You will have the opportunity to utilize only ingredients that are friendly to your skin. Moreover, you will be certain that the SPF in your sunscreen is at a level good enough to protect your skin from the bad effects of ultra violet rays.

Why Ready-Made Sunscreens Are Unsuitable

The sunscreens available in stores, supermarkets and such other places are unfavorable basically because they are chemical based, and hence contain ingredients that are easily absorbed into your bloodstream. If only they soaked into your body and did not harm it there would be no problem. However, there is a long range of such chemicals that destabilize the natural functions of your system; endocrine disruptors. These are facts that have been supported by renowned professionals like Dr. Oz, and Arthur Perry who has been a Professor of surgery in Columbia University.

The disruptive ingredients from chemical based sunscreens mostly affect the levels of estrogen and progesterone, as well as that of testosterone. They also disrupt the workings of the thyroid. In fact, out of 15 common ingredients found in marketed sunscreens, 9 of them are unfavorable to your body. The most notorious chemicals include oxybenzone and octinoxate; homosalate and octisalate; octocrylene and retinyl acetate, some Vitamin A unsuitable for skin; Padimate O/PABA as well as Micronized mineral particles, otherwise referred to as Nano.

Of the sunscreens in the market, around 65% of them contain oxybenzone, which is notorious for disrupting the production of important body hormones. The skin highly absorbs this chemical, which has been observed to cause phototoxic reactions as well as photo-allergic ones, and this happens within hours, and sometimes days, of absorbing it.

As for octinoxate, it causes trouble by mimicking your normal estrogen, and that destabilizes hormone production and functioning within your body. Moreover, it has been established that this chemical finds its way into the breast milk.

When it comes to propylparaben, though a preservative, it disrupts the working of the endocrine system, so that the hormones produced by the system do not reach their destination. It cheats the body that the body is getting the hormones it requires from the endocrine system, whereas it is merely mimicking estrogen.

What retinyl acetate does is cause the level of Vitamin A to shoot all across the body, and this can cause toxicity. Whatever it does biologically to the body, the end result is cell death, and in some cases instigates cardiovascular disease.

Common dangers posed by OTC sunscreens include:

- Children experiencing early puberty
- Young girls developing breasts prematurely
- Boys developing small testicles that are not properly positioned
- Chances of men having a low sperm-count
- Chances of suffering infertility
- Increasing the risk of ovarian as well as breast cancer in women
- Increasing the risk of men suffering prostate cancer

In view of the dangers that ready-made sunscreens pose, it is more preferable to prepare your own sunscreen at home. You can make great sunscreens by using natural ingredients usually found in great skin lotions and creams. They include natural oils such as the coconut and jojoba, the almond, Shea butter and many others. Other ingredients that contribute to making great sunscreen include those that have antioxidant properties – ingredients such as green tea extract.

Why Mineral Based Sunscreens Are Preferable

When we speak of choosing mineral based sunscreens, we are comparing them to chemical based sunscreens. The most important difference relates to how each of the two categories works. The chemical based sunscreens have their chemical component being absorbed into your body, obviously through your skin, and here the ingredients at play include those already mentioned, such as oxybenzone, octinoxate and the rest, which are actually carbon based compounds.

They work by absorbing the UV rays received from the sun, and then turning converting them into heat. Subsequently that heat is emitted from your body through the skin. Now, besides the harmful side effects of many of these chemical based sunscreens, there is the element of delay. Once you apply it, whether it is on your baby or yourself, you can be sure its effectiveness begins after a whole 20 minutes. As such, if you forget to apply it early enough, your skin will mostly be vulnerable for the first 20 minutes.

As for the mineral based sunscreens, often referred to as physical barrier sunscreens, they do not penetrate through the skin into your blood stream. Rather, they work from the surface of your skin deflect any UV rays falling onto your skin, scattering them away to keep you safe from sunburn and other vulnerabilities. You can sometimes hear these mineral based sunscreens being termed physical blockers. The two common active ingredients incorporated into these sunscreens for their SPF rating are zinc oxide and also titanium oxide.

Something else that encourages the use of physical barrier sunscreens – the ones with zinc oxide or even titanium oxide – is the fact that the Environmental Working Group (EWG) a recognized body in the US that checks what is toxic and what is safe to use, gives them safety ratings that are higher in comparison to the chemical ones. In fact, the 11th Annual EWG Sunscreen Guide released recently (2017), indicates that in addition to sunscreens using zinc oxide and titanium oxide rating well, their effectiveness has proven to remain stable in direct sunlight, and also protects skin from both the Ultra Violet A (UVA) rays as well as the Ultra Violet B

(UVB) rays.

Difference between UVA and UVB

UVA rays are long-range and take their risk deep into the inner skin, and while they often cause wrinkles and make you age faster, they are also known to weaken your body's immune system. As for the UVB rays, they are short-range and do not go deep into the skin. As such, they mostly pose a risk only to the superficial layers of someone's skin. However, they are the ones mainly responsible for skin cancer.

Chapter 2: How to Choose Your Sunscreen

Is everyone suited to the same oil? Likewise, people are not suited to the same sunscreen, simply because their skin is different in texture, in complexion and so on. At the same time, you may need stronger sunscreen if you are spending a lot of time outdoors in sunny times, and less if you spend most of your days indoors or in cool weather.

If you spend little time exposed to the rays of the sun, then sunscreen whose SPF is 15 could be good enough for you, while you may require to use one whose SPF is 30 or even higher. When the risk of your skin being hurt by the sun's rays is high, you need to use sunscreen that is water resistant. This means you can go swimming for longer or get exposed to moisture without your sunscreen losing its protective effect. Of course, you need to keep replenishing the sunscreen on your skin every couple of hours, especially if you are outdoors.

However, if you have the appropriate sunscreen, only wiping your face will remove the sunscreen quickly. You can even sweat and still remain protected by your water resistant sunscreen if you do not use a towel or such material to wipe off the sweat. Wiping off the sweat means the sunscreen also comes off too from the wiping.

Physical versus Chemical SPF Sources

What does it matter where you source the ingredient for SPF? It does matter because some of the ingredients get absorbed into the blood stream, and they end up destabilizing the production and working of the natural hormones within your body. As a result, you may develop ailments you never had before, as you try to avert destruction of your skin by the sun. Some of the resulting illnesses can be very serious, to the extent of interfering with your reproductive function.

3 Great DIY Sunscreen Recipes for Baby Skin

Children have tender skin, and, inevitably, sensitive. As such, you need to ensure that the sunscreen you apply on their skin is mild and free from chemicals. Of course, the recipes in this book are all free from chemicals, but when it comes to children, even the other ingredients need to be mild as well.

1. Baby Sweet Almond sunscreen

Here are the ingredients:

- (a) Sweet almond oil – a quarter cup
- (b) Shea butter – 2 tablespoons
- (c) Vitamin E – a single teaspoon
- (d) Zinc oxide powder (with SPF) – 2 tablespoons
- (e) Beeswax – a quarter cup

We are keeping baby's sunscreen simple considering that the skin is sensitive. You also need to remember that ideally, the baby needs to be older than 6mths before you can use sunscreen on them.

The sweet almond oil is suitable for the baby as it maintains the elasticity of the tender skin, while Vitamin E helps to keep the sunscreen fresh for a reasonable duration. The zinc oxide powder is preferable as the main ingredient providing the sunscreen's protection from the sun's rays, because it is mineral based and not chemical based. As such, it is not absorbed by the skin and hence cannot harm the body in any way. Moreover it has SPF of 20 and it is all natural.

Method of Preparing Homemade Sunscreen

- Form a double-boiler for heating your ingredients and prepare a glass jar and some jelly containers/jars.
- Mix all your ingredients apart from your zinc powder
- Use your double-boiler to heat your mixture of ingredients, and ensure the heat is medium.
- Keep the mixture heating only long enough for the ingredients to melt.

- Next, pour your melted mixture into your glass jar
- Now add your zinc powder into the melted mixture
- Close the jar using a lid that is firm, and then shake up your mixture

Please note it is important that your glass jar is tightly closed, otherwise you risk inhaling the zinc powder, and in this case it might be hot. Some people reckon it helps to hold your jar with a small towel wrapped around it, but you can always improvise.

- Next, fill up your jelly jars with the ready sunscreen
- Place them at some cool location to allow the contents to cool properly before you can begin using.

This method of preparation will work well with all the other recipes contained in this book. You also need to note that using beeswax as one of your ingredients ensures your sunscreen is reasonably water resistant.

2. Baby sunscreen with raspberry

The ingredients are:

- (a) Shea butter – three-quarter cup
- (b) Coconut oil – half a cup
- (c) Raspberry seed oil – 2 tablespoons
- (d) Beeswax – 1 tablespoon
- (e) Zinc oxide (with SPF) – 1½ tablespoon

3. Baby cream sunscreen with sesame oil

Here are the ingredients:

- (a) Cocoa butter – 1 tablespoon
- (b) Sesame oil – 1 teaspoon
- (c) Mild baby cream (your choice) – ¼ cup

(d) Beeswax pastilles – 1 teaspoon

(e) Zinc oxide powder (with SPF) – 2 tablespoons

The method of preparation for this recipe is as the one used in the first recipe, and will be the same for the recipes in the chapters that follow. Where the first recipe indicates that you shake your jar well to ensure the zinc powder mixes well without harming you, there is still an option of you stirring your contents. You just need to ensure that you are doing it in a safe manner and that the zinc mixes well and is well distributed in the rest of the mixture.

Chapter 3: Water Resistant Sunscreens for Sensitive Skin

You may have a number of sunscreens at your disposal, but you need to understand the needs of your skin before you can make your choice. Sensitive skin, like the one that has been weakened by certain medications needs sunscreen with mild ingredients. You cannot afford to use ingredients that might irritate the skin or aggravate its sensitivity.

6 Best Sunscreens for Sensitive Skin

4. Coconut-Olive sunscreen

The ingredients are:

- (a) Coconut oil – a quarter cup
- (b) Shea butter – 2 tablespoons
- (c) Olive oil – a quarter cup
- (d) Beeswax – a quarter cup
- (e) Lavender essential oil – 4 drops
- (f) Zinc oxide – 2 tablespoons

Note that a good number of the oils used in our recipes here have their own natural SPF, and that raises the SPF level in the sunscreens, even before adding the mineral powder with SPF. In this particular recipe, the lavender oil has been included basically to give the sunscreen a lovely scent. Other recipes will also have some select essential oils to make the sunscreen smell nice, and you can always substitute such oils with your preferred scents.

For information regarding natural SPF, here below are some natural oils, some of which we have incorporated in our recipes, with their corresponding estimates of SPF.

- (i) The red raspberry seed oil – between 28 and 50 SPF
- (ii) The carrot seed oil – between 38 and 40 SPF
- (iii) The wheat germ oil – around 20 SPF

- (iv) The macadamia oil – around 6 SPF
- (v) The non-GMO soybean oil – around 10 SPF
- (vi) The avocado oil – between 4 and 10 (or even 15) SPF
- (vii) The olive oil – between 2 and 8 SPF
- (viii) The Shea butter – between 3 and 6 SPF
- (ix) The almond oil – around 5 SPF
- (x) The sesame seed oil – around 4 SPF
- (xi) The hemp seed oil – around 6 SPF
- (xii) The jojoba oil – around 4 SPF
- (xiii) The coconut oil – between 2 and 8 SPF

5. *Shea butter-Coconut sunscreen*

The ingredients are:

- (a) Shea butter – half a cup
- (b) Coconut oil – a third of a cup
- (c) Olive oil – 10 drops
- (d) Myrrh essential oil – 6 drops
- (e) Zinc oxide (with SPF) – 2 tablespoons

You are not limited in the amount of myrrh oil you use in the recipe. So even if you would like to increase it to 20 drops or more it is fine.

6. *Coconut-avocado sunscreen*

The ingredients are:

- (a) Avocado oil – half a cup
- (b) Coconut oil – a quarter cup
- (c) Shea butter – a quarter cup
- (d) Beeswax – a quarter cup
- (e) Zinc oxide (with SPF) – 2 tablespoons
- (f) Lavender essential oil – 5 drops

7. *Aloe Vera-Shea butter sunscreen*

The ingredients are:

- (a) Aloe Vera juice – One full cup
- (b) Shea butter – a quarter cup
- (c) Jojoba oil – 12 drops
- (d) Myrrh essential oil – 7 drops
- (e) Beeswax – a quarter cup
- (f) Zinc oxide (with SPF) – 2 tablespoons

8. *Jojoba-Vitamin E sunscreen*

The ingredients are:

- (a) Shea butter – a quarter cup
- (b) Jojoba oil – a quarter cup
- (c) Vitamin E oil – 15 drops
- (d) Red raspberry seed oil – 8 drops
- (e) Beeswax – a quarter cup
- (f) Zinc oxide – 2 tablespoons

These are recipes that will protect you from the sun and at the same time keep your skin safe from irritation. Shea butter, which we have used severally, is a natural moisturizer, a great vitamin source and with anti-inflammatory properties. Jojoba, on its part is a great moisturizer, and is also antiseptic and anti-bacterial. Raspberry itself is anti-inflammatory and Vitamin E is a great moisturizer with anti-inflammatory properties. Even beeswax, in addition to making the sunscreens water resistant, it also has antioxidant properties, anti-bacterial, and also anti-inflammatory. The ingredients are also non-comedogenic, and so you do not risk causing or exacerbating acne.

Chapter 4: Easy DIY Sunscreen Recipes for Dry Skin

For people with dry skin, it is important to use sunscreens that tend to moisturize the skin. If you are not careful, you might use sunscreens that contain dehydrating ingredients; or those that might irritate the skin and make it split or peel.

6 Waterproof Sunscreens Best for Dry Skin

9. Lavender scented Olive-coconut sunscreen

The ingredients are:

- (a) Coconut oil – half a cup
- (b) Olive oil – half a cup
- (c) Avocado oil – a quarter cup
- (d) Shea butter – a quarter cup
- (e) Beeswax – 3½ tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons
- (g) Lavender essential oil – 8 drops

10. Rose scented Argan-Jojoba sunscreen

The ingredients are:

- (a) Jojoba oil – half a cup
- (b) Argan oil – half a cup
- (c) Shea butter – a quarter cup
- (d) Rose essential oil – 5 drops
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons

11. Aloe Vera based sunscreen

The ingredients are:

- (a) Aloe Vera gel – half a cup
- (b) Sunflower oil – a quarter cup
- (c) Jojoba oil – a quarter cup
- (d) Beeswax – 3 tablespoons
- (e) Zinc oxide (with SPF) – 2 tablespoons
- (f) Sweet Olive essential oil – 8 drops

12. Rosemary scented moisturizing sunscreen

The ingredients are:

- (a) Coconut oil – a quarter cup
- (b) Shea butter – a quarter cup
- (c) Buriti oil – 8 tablespoons (If you can find it, use jojoba)
- (d) Aloe Vera gel – 5 tablespoons
- (e) Vitamin E oil – 3 tablespoons
- (f) Beeswax – 2 tablespoons
- (g) Zinc oxide (with SPF) – 2 tablespoons
- (h) Distilled water – a quarter cup
- (i) Rosemary essential oil – 10 drops

13. Essential oil based sunscreen

The ingredients are:

- (a) Chamomile essential oil – 14 drops
- (b) Lavender essential oil – 8 drops
- (c) Rosemary essential oil – 4 drops
- (d) Myrrh essential oil – 6 drops
- (e) Coconut oil – 5oz
- (f) Beeswax 1½ tablespoons
- (g) Zinc oxide (with SPF) – 2 tablespoons

14. Sweet almond-Lavender sunscreen

The ingredients are:

- (a) Sweet almond oil – half a cup
- (b) Lavender essential oil – 8 drops
- (c) Coconut oil – a quarter cup
- (d) Shea butter – 2 tablespoons
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons

Chapter 5: Best Protective Sunscreens for Light Skin

If you are of fair complexion, your skin is blotchy as if you have melasma, or you even have in the past suffered skin cancer, it is important that you use sunscreen that whose SPF is 30 and above. You will also benefit a lot from using water-resistant sunscreens, because then it will not be washed off when you get into contact with water.

Although it is advisable that you keep reapplying your sunscreen every 2hrs or so, you need not worry when you are using the recipes provided in this book because the sunscreens you produce will have high SPF – well beyond 30. The reason is that although zinc oxide usually provides SPF of 20, the recipe has oils with high level of natural SPF.

10 Natural Sunscreens for Light Complexion

15. Red raspberry-Avocado waterproof sunscreen

The ingredients are:

- (a) Red raspberry oil – a quarter cup
- (b) Avocado oil – a quarter cup
- (c) Almond oil – 10 drops
- (d) Lavender – 4 drops
- (e) Coconut oil – a quarter cup
- (f) Beeswax – 3 tablespoons
- (g) Zinc oxide – 2 tablespoons

16. Carrot seed-Soybean waterproof sunscreen

The ingredients are:

- (a) Carrot seed oil – half a cup

- (b) Soybean oil – a quarter cup
- (c) Avocado oil – 12 drops
- (d) Jojoba oil – a quarter cup
- (e) Beeswax – 3 tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons
- (g) Lavender essential oil – 6 drops

17. Wheat germ-avocado waterproof sunscreen

The ingredients are:

- (a) Wheat germ oil – a quarter cup
- (b) Avocado oil – half a cup
- (c) Ylang Ylang essential oil – 6 drops
- (d) Coconut oil – a quarter cup
- (e) Beeswax – 2½ tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons

18. Raspberry-Almond-Shea butter waterproof sunscreen

The ingredients are:

- (a) Red raspberry seed oil – a quarter cup
- (b) Almond oil – a quarter cup
- (c) Shea butter – 4 tablespoons
- (d) Coconut oil – a quarter cup
- (e) Beeswax – 2½ tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons
- (g) Clary sage essential oil – 4 drops

19. Carrot seed-Macadamia waterproof sunscreen

The ingredients are:

- (a) Carrot seed oil – half a cup

- (b) Macadamia oil – a quarter cup
- (c) Olive oil – 10 drops
- (d) Avocado oil – 10 drops
- (e) Jojoba oil – a quarter cup
- (f) Beeswax – 3 tablespoons
- (g) Zinc oxide (with SPF) – 2 tablespoons
- (h) Frankincense – 5 drops

20. Soy-Macadamia-Shea butter waterproof sunscreen

The ingredients are:

- (a) Soy oil – a quarter cup
- (b) Macadamia oil – a quarter cup
- (c) Shea butter – 5 tablespoons
- (d) Almond oil – 3 tablespoons
- (e) Beeswax – 2½ tablespoons
- (f) Ylang Ylang essential oil – 6 drops
- (g) Jojoba oil – a quarter cup
- (h) Zinc oxide (with SPF) – 2 tablespoons

21. Coconut-Soy waterproof sunscreen

The ingredients are:

- (a) Coconut oil – half a cup
- (b) Soy oil – a quarter cup
- (c) Shea butter – 3 tablespoons
- (d) Olive oil – 3 tablespoons
- (e) Lavender essential oil – 5 drops
- (f) Beeswax – 2½ teaspoons
- (g) Zinc oxide (with SPF) – 2 tablespoons

22. Wheat germ-Sesame seed waterproof sunscreen

The ingredients are:

- (a) Wheat germ oil – a quarter cup
- (b) Sesame seed oil – a quarter cup
- (c) Macadamia oil – 6 drops
- (d) Coconut oil – a quarter cup
- (e) Ylang Ylang essential oil – 6 drops
- (f) Beeswax – 2½ tablespoons
- (g) Zinc oxide – 2 tablespoons

23. Shea butter-Raspberry waterproof sunscreen

The ingredients are:

- (a) Shea butter – half a cup
- (b) Red raspberry seed oil – a quarter cup
- (c) Rose essential oil – 5 drops
- (d) Almond oil – 10 drops
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 2 tablespoons

24. Carrot seed-Wheat germ water proof sunscreen

The ingredients are:

- (a) Carrot seed oil – a quarter cup
- (b) Wheat germ oil – a quarter cup
- (c) Jojoba oil – a quarter cup
- (d) Beeswax – 2½ tablespoons
- (e) Lavender essential oil – 6 drops
- (f) Zinc oxide (with SPF) – 2 tablespoons

Chapter 6: Best DIY Sunscreens for Dark Skin

Here you need to note that although it is fine to use titanium dioxide in place of zinc oxide to provide the SPF, dark skinned people are better off using sunscreens with zinc oxide, because titanium dioxide can easily leave them with whitish residue showing on the skin; or looking somewhat chalky.

At the same time, it is important to note that it is important for everyone to use sunscreen on their skin, even when they are of dark complexion, because all skin types can be damaged by UV radiation albeit in varying degrees.

10 Great Waterproof Sunscreens For Dark Complexion

25. Cocoa butter-Wheat germ waterproof sunscreen

The ingredients are:

- (a) Cocoa butter – 5 tablespoons
- (b) Wheat germ oil – half a cup
- (c) Sunflower oil – 3 tablespoons
- (d) Avocado oil – 3 tablespoons
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 1 tablespoon
- (g) Jojoba oil – 6 tablespoons
- (h) Lavender essential oil – 5 drops

26. Cocoa butter-Carrot seed oil waterproof sunscreen

The ingredients are:

- (a) Cocoa butter – 5 tablespoons
- (b) Carrot seed oil – half a cup
- (c) Olive oil – 3 tablespoons

- (d) Coconut oil – 3 tablespoons
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 1 tablespoon
- (g) Ylang Ylang essential oil – 4 drops

27. Sweet Almond-Soybean waterproof sunscreen

The ingredients are:

- (a) Sweet Almond oil – a quarter cup
- (b) Soybean oil – a quarter cup
- (c) Macadamia oil – 4 tablespoons
- (d) Myrrh essential oil – 7 drops
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 1½ tablespoons

28. Carrot seed-Coconut waterproof sunscreen

The ingredients are:

- (a) Fractionated coconut oil – half a cup
- (b) Carrot seed oil – a quarter cup
- (c) Soybean oil – 4 drops
- (d) Jojoba oil – 4 drops
- (e) Lavender essential oil – 6 drops
- (f) Beeswax – 2½ tablespoons
- (g) Zinc oxide – 1 ⅓ tablespoons

29. Macadamia-Sesame seed oil waterproof sunscreen

The ingredients are:

- (a) Macadamia oil – a quarter cup
- (b) Sesame seed oil – a quarter cup
- (c) Distilled water – 3 tablespoons

- (d) Shea butter – 2 tablespoons
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 1 tablespoon
- (g) Ylang Ylang essential oil – 5 drops

30. Carrot seed oil based sunscreen

The ingredients are:

- (a) Carrot seed oil – half a cup
- (b) Avocado oil – a quarter cup
- (c) Walnut oil – 4 tablespoons
- (d) Jojoba oil – 5 tablespoons
- (e) Beeswax – 2½ tablespoons
- (f) Zinc oxide (with SPF) – 1½ tablespoon

31. Red raspberry-sesame seed sunscreen

The ingredients are:

- (a) Red raspberry seed oil – a quarter cup
- (b) Sesame seed oil – a quarter cup
- (c) Myrrh essential oil – 8 drops
- (d) Coconut oil – 10 drops
- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide (with SPF) – 1 tablespoons

32. Avocado oil based sunscreen

The ingredients are:

- (a) Avocado oil – half a cup
- (b) Aloe Vera juice – a quarter cup
- (c) Carrot seed oil – 10 drops
- (d) Myrrh essential oil – 6 drops

- (e) Beeswax – 2 tablespoons
- (f) Zinc oxide – 1 tablespoon

33. Personal lotion turned waterproof sunscreen

The ingredients are:

- (a) Your favorite lotion – 8oz
- (b) Carrot seed oil – a quarter cup
- (c) Aloe Vera gel – 8 tablespoons
- (d) Shea butter – 3 tablespoons
- (e) Clove oil – 8oz
- (f) Beeswax – 2 tablespoons
- (g) Zinc oxide – 1 tablespoon

34. Hemp oil based sunscreen

The ingredients are:

- (a) Hemp oil – a quarter cup
- (b) Wheat germ oil – 4 tablespoons
- (c) Carrot seed oil – 4 tablespoons
- (d) Distilled water – 5oz
- (e) Lavender oil – 8 drops
- (f) Beeswax – 2½ tablespoons
- (g) Zinc oxide – 1 tablespoon

Note that we have used less zinc oxide in the sunscreen recipes in this chapter because most of the other ingredients have high levels of natural SPF, and also because dark skinned people are less vulnerable than light skinned people.

Conclusion

Thank you for downloading this book, *Waterproof Homemade Sunscreen: 35 Safe Sunscreen Recipes for Different Skin Types*. It is my hope that you have found the information provided on sunscreens helpful. I also hope that you have found some recipes that are suitable for your skin type.

The next step is to go through the book once more, noting down the specific recipes that correspond to your skin type and at the same time have ingredients that you like. Then you can begin to practice preparing them one by one and trying them out too. If you found this book helpful, do not hesitate to refer other people you know to it, so that more people can know how to protect their skin from damage, even as they reduce the risk of skin cancer.

Thanks again for downloading the book!

Can Your Summer in August

27 Quick & Easy Salting and Pickling Recipes

This book, *Salting and Pickling: 27 Quick & Easy Salting and Pickling Recipes You and Your Family will Enjoy*, is one book that will surprise you how simple it is to salt and pickle your foodstuff and end up with uniquely flavored foods. Most of the pickles are not only suitable to consume as they are, they are also great when served with other foods. In addition, they are fitting for all seasons. It is important to note that you can make great pickled edibles from most of the common ingredients, just by salting and pickling.

Read on and enjoy the wide variety of pickle recipes available in the book!

Chapter 1: The Real Meaning Of Pickling

Pickling is a culinary art that people of different cultures practice all over the globe. To give you an idea what pickled foods look like, examples include, kosher cucumber pickles, salsas, pickled herring, chutneys, kimchi, miso pickles, and others. These examples are found in different countries, and that goes to underline the fact that pickling is a global practice. The big question, really, is what you do in order to be able to say you have pickled your food.

Basically, to make pickles or to pickle your food, what you do is to dip it in a solution that ensures the food has a long shelf life. Salting food is another complementary way of ensuring your food can last long without getting spoilt. In ancient times, nomadic tribes of Africa and elsewhere would salt their meat to ensure it lasts many days and sometimes weeks. In fact, people of different cultures would preserve their food supplies for use during the winter season or during famine, and for that lengthy preservation they would do salting and pickling.

In Asia particularly, pickling is not a new practice. Word has it that people who built the Great Wall of China used to eat *sauerkraut*, which is a form of fermented cabbage. That takes us to the next point, which is that although pickling is done for food preservation, it is also done to create some interesting flavor in food. Pickling also gets to alter the texture of the food sometimes. So an ordinary type of food may end up tasting exotic and yummy just from the pickling. Incidentally, pickling is what gets you the spicy foods of Southeast Asia and the acidic flavors of Eastern Europe.

Sometimes people use vinegar for pickling, and this is because vinegar is acidic enough to kill bacteria that would otherwise cause food to go bad. Foods like the kosher cucumber pickles that you see in supermarkets secured tightly in bottles, have vinegar as their preservative. Other foods are pickled in salt brine, and that is because it is a liquid that enhances fermentation. The reason fermentation is encouraged here is that good bacteria ends up

developing, and that makes the food much less vulnerable to the bad bacteria. And, of course, if the growth of bad bacteria is restricted, it means your food cannot get spoilt quickly.

An Ancient Brine Fermented Recipe

If you are looking for simplicity, this recipe will fit the bill. You will use brine here instead of salt, but guess what? Brine is basically a salt solution. So, is there a difference, really? You can use brine effectively in the pickling of cucumbers, of green tomatoes, of asparagus, of squash, of garlic, of carrots; basically any vegetable you could think of. At the same time, you need to know there is no limit as to the amount of food you can pickle at a go. As for storing your pickled food, mason jars do quite fine.

Ingredients for this ancient recipe include:

- (1) Brine
- (2) Vegetables of your choice
- (3) Spices of your choice
- (4) Some leaves to introduce crispiness

Pickling Procedure

- Begin by preparing the brine
 - Here you need to measure salt and water in the ratio of 2:1 respectively, where salt is in tablespoons and water is in quarts. Then, of course, you need to stir it properly.
 - Chop your vegetables into pieces that one can comfortably bite
- Put your pickling spices together
 - You can use any spices of your choice, or simply put together some fresh herbs, some onions and even some garlic.
 - Now put your herb mixture or spices in the jar
 - Of course, you need to have a jar, or whatever other container, in which to do your pickling, and it is where you need to put your spices or your herbs for starters. These should lie right at its bottom.

- Next, add some black tea so that it lies on those spices

• What the heck? Isn't black tea for making beverage? Well, pickling is a culinary art – yes, art. So you are allowed to be creative. However, you do not have to use black tea as there other food items that are just as effective in keeping your pickled food crisp. You can use horseradish, mesquite leaves, or even oak and any of them will keep your pickled food crisp alright.

- It is now time to include your vegetables

• Take your chopped vegetables and place them on top of the other ingredients in your jar. Even then, you need to ensure that you leave some space above the vegetables within the jar, making a distance of at least 2” (two inches). So from the level of vegetables to the jar brim, it should be a minimum of two inches.

- Add the brine

• Now take the brine you prepared and pour it over the vegetables. As you do so, ensure the amount of brine that covers your vegetables is a minimum of 1” high. We are talking of an inch here as the minimum, but if you can make it higher and your container allows, the better.

- Push down the vegetables

• Before you leave the pickling process to take effect, try and push down your vegetables, so that they remain below the brine. If you find them still rising above the brine, you can use something like small size plate or even some jar lid to suppress them.

- Cap your jar

• You need to cap your jar tightly now that you are through preparing your vegetables for pickling. You need to give them a span of around ten days while seated in an environment of between 65° and 85° Fahrenheit. For every hour the vegetables remain at that room temperature, the more they ferment.

- Keep checking lids for pressure

• You need to keep testing the lid on your jar to see if it is building pressure. If it is, this means the carbon dioxide that the vegetables normally release in the initial days is building up. You need to release

this gas, so open the lid quickly but carefully. You will effectively be, kind of, burping your jar, by unscrewing that lid to allow some reasonable amount of gas to go out. You need to screw back the lid after you have allowed that carbon dioxide to escape.

- Finally, store your pickled food in cold
- The final step, after the food pickling duration is up, is to move your food to some cold place, this time well below 65° Fahrenheit. What you will be seeking to accomplish is to store your pickled food in a refrigerator type of environment.

Chapter 2: Dill Pickles Recipes

What would you say dill pickles are? Well, they happen to be some popular condiment that people use on sandwiches and hotdogs, and they sometimes use them on burgers and other edible items. To make the condiment, you need to use fresh herbs with great flavors. Examples of such herbs include hot peppers, garlic, and even dill itself, so that you end up creating a tangy taste. Just so you know, dill is a herb in the parsley family.

Recipe Two and Three

Recipe Two

1. Take a dill and wash it, and then put its head in a jar
2. Add ½ teaspoon of peppercorns (whole ones) in the jar
3. Add 1 teaspoon of mustard seed in the jar
4. As an option, you could add 1 teaspoon of onion powder to the mix
5. Instead place of the option of onion powder you could make your addition fresh onions that have been nicely chopped.
6. As another option for you in case you enjoy spicy foods, you can add some hot pepper, probably adding red pepper that has been crushed into flakes
7. Now prepare your brine in this manner:
8. Put 2½ cups white vinegar in a saucepan
9. Add 2½ cups water in the same pan
10. Add ¼ cup pickling salt in the mix
11. Now heat the contents in the saucepan until they begin to boil. Then remove from the fire
12. Next take cucumbers and stuff them in your jar, aiming to fill it up
13. Then take the brine you have just prepared and pour it in your jar as you

watch it wash over the pickles.

14. For the space above the pickles, you need to leave only ½” from the jar lid.

15. Finally, put the jar lid on

16. Place your packed can in some kind of bath – often termed the canning bath

17. Let the can rest there for a maximum 5 minutes. Note that leaving the can in the bath for longer would cause the pickles to lose their crunchiness.

18. Now clean your pickle jar using some clean towel and let it cool down further

19. When you deem your pickle jar cool enough, put it in your pantry

20. Note that as for the part of putting your pickle jar in the bath, this is a step you can omit, but substitute that cooling by placing your jar in the refrigerator. So, essentially what you do is place your dill pickles in the refrigerator before you can deem them ready to serve.

21. In case you decide to use this latter method which is refrigeration, ensure that your pickle jar is well closed

22. Then let the jar rest somewhere on your counter so that it can cool down first before you can put it in your refrigerator

23. When you choose to use the water bath for cooling, you will effectively be preventing yeast and even mold from destroying your pickles.

24. For the pickles you have just prepared, it will take a week for them to be ready to serve. During this period, the pickles will be seeping in the flavors to make them enjoyable to consume.

Recipe Three

Ingredients

(1) Sea Salt – 5 tablespoons

(2) Water that is chlorine free – 2 quarts

(3) Horseradish leaves or oak – 4 or up to 6 pieces

- (4) Garlic (peeled) – 6 or even up to 9 pieces of cloves
- (5) Dill heads (large ones) – 2 pieces
- (6) Spices of your choice – e.g. mustard seeds; black peppercorns; or even red pepper flakes
- (7) Some fresh strips of horseradish as your secret ingredient that will add to the spicy taste
- (8) Cucumbers in plenty

How to Make the Pickles

- Prepare your brine using the chlorine free water
- Into the mix, add the sea salt
- Leave the mix to cool up to room temperature
- Take your jar and add some of your leaves, your garlic cloves, the dill, and a third of the spices you have prepared for use
- On top of those spices, now place half the cucumbers you plan on using, ensuring the long cucumbers come first
- Put another layer of your leaves, garlic cloves as well as some spices
- Continue adding layers of cucumber and following that with spices
- Now pour your brine on top of the pickles and as you do so, ensure you leave an inch or two of free space above the jar content
- Finally cover your content with some of those leaves that have tannin
- Cap your jar properly and store it at room temperature for a period of between 3 and 10 days. You could also do fine if stored in a cellar for up to one month.

How do you tell that your pickles are really ready? Well, the brine you put in will have turned cloudy and will no longer be bubbling. If you are not going to consume your pickles as soon as they are ready, you

need to store them in some cold storage.

Chapter 3: More Pickling Recipes

Recipe Four to Seven

Recipe Four: A Summer Squash Recipe

1. Chunks of summer squash – one or two pieces (medium size) which need to be diced into ½” width
2. Seasoning, e.g. onions and garlic; or pepper
3. Herbs of your choice, including oregano, parsley, or even dill and cilantro
4. Leaves to keep the pickles crunchy; such as grape leaves, mesquite or oak
5. Filtered water – one quart
6. Sea salt – 2 tablespoons

How to make the pickles:

- Here, you need to dissolve the sea salt in water to make the brine
- Then mix some herbs and the spicing leaves in a jar
- Add the summer squash up to halfway the jar
- Follow that with some more herbs plus seasoning
- Continue adding the summer squash pieces until your jar is almost full, leaving only one or two inches space to the rim
- Now pour the brine you made over the contents in the jar, and press down the squash so that it is submerged in the brine. This will ensure the fermentation is even.
- Finally cover your jar properly and let it sit in some cool place; at room temperature
- Keep checking your jar and burping it every 12hrs to let out the building carbon dioxide
- Leave your content to ferment for a period between 2 and 5 days,

your timing depending on the prevailing temperatures.

- After that time, your pickles will be ready

Recipe Five: Pickled Carrot Sticks

Ingredients to use:

- (1) Fresh carrot – one or one and a half
- (2) Water – one quart
- (3) Sea salt – one tablespoon
- (4) Garlic – Three peeled cloves
- (5) Fresh leaves of cilantro – Two handfuls
- (6) Cumin seeds – Half a teaspoon

Follow the procedure used there before and finally store your pickled carrots in a cold place if you are not going to consume it straightaway.

Recipe Six: Pickled Green Tomatoes

This is a recipe that will make your day in the time of season when ripe tomatoes are hard to come by. So, this recipe is not only great for consumption, it is also very convenient. When some people are mourning the absence of sweet red tomatoes, you will be glad you can pickle your green tomatoes to produce a dish with a tangy and flavored taste.

Ingredients to use:

1. Plain water – Around 3 cups
2. Sea salt – 2 tablespoon
3. Dill seed – 1 tablespoon
4. (Substitute for Dill seed) – Coriander seed
5. Garlic – 4 cloves, either peeled or smashed
6. Jalapeno – 1 piece
7. (Substitute for Jalapeno) – Any half piece of hot pepper

8. Green tomatoes that are cherry sized – 2 pounds

As for the methods of making the pickles, you can use any of those illustrated before in the book.

Recipe Seven: Pickled Sweet Potatoes

The Ingredients include:

- (1) Sweet potatoes – 5 pounds; washed and thinly sliced
- (2) Fresh ginger – 1½ inches; grated
- (3) Onion – a single large one and diced
- (4) Cayenne powder – 1 teaspoon
- (5) Sea salt – 3 to 4 tablespoons

You need to mix the ingredients and treat them in the same manner that happens in the recipes already described, only notice here that you need to crush your sweet potatoes to enable them produce juices better.

Chapter 4: An Array of Pickles Recipes

Recipe Eight to Twenty-one

Do you still recall that you can salt your foods by using brine since brine is essentially a water solution? That is why you will notice some salting and pickling recipes listing brine as an ingredient without mentioning salt. And as has been mentioned elsewhere in the book, salting, even without the conventional pickling, helps to preserve foods. Since the presence of natural herbs in pickling also enhances food preservation, the whole process of salting and pickling is not only great for preservation of otherwise perishable foods, it also makes for great flavoring.

Recipe Eight: Salt Pickles

The ingredients include:

1. Plain water – Half a gallon
2. Grain vinegar – One cup
3. Canning salt – Half a cup
4. Sugar – quarter cup

How to make the pickles:

- You need to mix the sugar and the salt and then dissolve them in your water
- Next add your vinegar
- Now let your solution cool down
- Now take your cucumbers, your dill as well as your herbs of hot pepper, grape leaves as well as garlic, and put them all in one jar.
- Next pour your vinegar mixture when it has cooled down in the jar with cucumbers and put on the lid. From this point, you need to wait for around 5 or 6 days and your salt pickles will be done.

Recipe Nine; Peanut Pickles

The ingredients include:

- (1) Sugar – 2 cups
- (2) Corn syrup that is light – 1 cup
- (3) Plain water – $\frac{1}{4}$ cup
- (4) Salted peanuts – $1\frac{1}{2}$ cups
- (5) Butter – 3 tablespoon
- (6) Vanilla – 1 teaspoon
- (7) Baking soda – 2 teaspoon

As for the method of making the pickles, you need to:

- Mix the sugar and corn syrup first in a saucepan
- Add your water to that mixture
- After you have mixed your contents well, heat it and ensure to use medium heat as you stir the contents
- Continue with the process till the heat in your mixture is 285° Fahrenheit.
- Now add in the peanuts plus the butter and begin to stir the contents. When the contents have reached 295° Fahrenheit, get the saucepan off the fire.
- It is at this point that you add your vanilla plus the baking soda and then proceed to stir your contents. You need to mix till you can see foam.
- Take a buttered pan and pour in the mixture, and let it sit for between 8 and 10 minutes
- Pick a knife and mark squares in your content
- When the brittle looks like it is cool, invert your pan and tap it off the pan
- You can even proceed to cut your brittle into pieces according to your guiding squares.

Recipe Ten: Taffy Pickles

The ingredients are:

- (1) Sugar – 1 cup
- (2) Corn syrup (light) - $\frac{3}{4}$ cup
- (3) Plain water – $\frac{2}{3}$ cup
- (4) Cornstarch – 1 tablespoon
- (5) Butter – 2 tablespoon
- (6) Salt – 1 teaspoon
- (7) Vanilla – 2 teaspoon or
- (8) Peppermint oil – $\frac{1}{4}$ teaspoon

The way to make the taffy pickles is similar to the method just explained above.

Recipe Eleven: Simple Salted Taffy Pickles

Ingredients to use are:

- (1) Sugar – 2 cups
- (2) Cornstarch – 1 tablespoon
- (3) Salt – $\frac{1}{2}$ teaspoon
- (4) Corn syrup (light) – 1 cup
- (5) Hot water – $\frac{1}{2}$ cup
- (6) Butter – 2 tablespoon

Follow the same method as in the taffy recipe above.

Recipe Twelve: Pickled Nut Bars

Ingredients to use:

1. Butter – $\frac{1}{2}$ cup
2. Flour – $1\frac{1}{2}$ cups
3. Salt – 1 teaspoon

4. Sugar (brown) – $\frac{3}{4}$ cup
5. White syrup – $\frac{1}{2}$ cup
6. Butter – 2 tablespoons
7. Butterscotch chips – 6 ounces or 1 cup
8. Mixed nuts – 1 can

Use the same basic method of making the pickles, but remember also that it is fine to be a little creative your own way.

Recipe Thirteen: Nut Bar Pickles

The ingredients include:

1. Flour – 3 cups
2. Sugar (brown) – $1\frac{1}{2}$ cups
3. Softened butter – 1 cup
4. Salt – 1 teaspoon
5. Mixed nuts – 1 can
6. Corn syrup (light) – $\frac{1}{2}$ cup
7. Butter – 2 tablespoon
8. Water – 1 tablespoon
9. Butterscotch chips – 6 ounces or 1 cup

Take flour, sugar, butter and salt, and mix them, then heat them at 350° Fahrenheit, baking the mixture for between 10 and 12 minutes. Then mix in a saucepan the syrup, 2 tablespoons of butter, the water, and the butterscotch chips, and then boil the mixture for 2min. Next sprinkle the nuts on the crust, and put the cooked mixture on top of the nuts. Bake your contents for another 10 or so minutes till it turns brown. You can then cut it into bars, ready for consumption.

Recipe Fourteen: Salted Nutty Rolls

The ingredients are:

1. Cake mix (yellow) – 1 packet
2. Soft butter – $\frac{1}{3}$ cup
3. Egg – 1
4. Marshmallows (miniature ones) – 3 cups
5. Corn syrup – $\frac{2}{3}$ cup
6. Butter – $\frac{1}{4}$ cup
7. Peanut butter (in chips) – 12 ounces
8. Vanilla – 2 teaspoon
9. Cocktail peanuts – 2 cups
10. Rice Crispy – 2 cups

Use any of the now familiar methods to make this recipe.

Recipe Fifteen: Pickled Peppers

The ingredients are:

- (1) Pickling salt – 1 teaspoon
- (2) Sugar – 1 tablespoon
- (3) Garlic – 2 cloves
- (4) Sliced pepper (hot or not hot) – 4 cups
- (5) White vinegar – 1 cup
- (6) Boiling water – 1 cup

Method

- Put salt, garlic and salt in jar
- Add peppers
- Next pour in the vinegar
- Add in the hot water, leaving about $\frac{1}{2}$ " from the top
- Close the jar, put it in a boiling bath for about 5min when the contents should begin to boil

- After that let the jar rest still for 12hrs straight for the pickles to be ready.

Recipe Sixteen: Pickled Green Beans

The ingredients are:

- (1) Fresh dill – 2 heads
- (2) Hot peppers – 2 pieces
- (3) Garlic – 2 cloves
- (4) Cayenne pepper - ½ teaspoon
- (5) Green beans (fresh) – 1 pound
- (6) Water – 1 cup
- (7) Cider vinegar – 1 cup
- (8) Salt – 2 tablespoons

Follow the method used in the pickled green beans, only this time when you seal the jar, let it stay in the hot bath for 15min.

Recipe Seventeen: Perpetual Pickles

The ingredients are:

- (1) Cider vinegar
- (2) Dill – 2 heads
- (3) Garlic – 2 cloves
- (4) Pickling salt – ¼ cup for 1 gallon of liquid
- (5) Bay leaves – 2 pieces
- (6) Black peppercorn – 1 tablespoon
- (7) Mustard seeds – 1 tablespoon

Choose one of the pickling methods above, but you can try out flavored vinegars and even dried herbs if you wish.

Recipe Eighteen: Pickled Crunchy Dill

The ingredients are:

- (1) Small cucumbers – Four pounds
- (2) Garlic – 2 cloves
- (3) Fresh dill – 1 sprig
- (4) Black peppercorns – 4 pieces
- (5) White vinegar – 2 quarts
- (6) Pickling salt – ½ cup

This recipe follows a similar method as the last few. Just ensure any jar with pickles closes properly. If it does not, you need to put it in the refrigerator the soonest.

Recipe Nineteen: Fermented Pickles

The ingredients are:

- (1) Salt to make brine
- (2) Vegetables – any that is in season
- (3) Pickling spices
- (4) Herbs to increase crispiness of the pickles

Method

- Mix salt to water in the ratio, 2 tablespoons: 1 quart, then stir
- Chop your vegetables to bite size pieces
- Mix your flavorings, e.g. fresh herbs, garlic, onions
- Throw those spicing herbs into the jar
- Then follow these with the vegetables, but leave some space of about 2” to the top of the jar

- Now pour in the brine you made covering the vegetables properly

Recipe Twenty: Garlic Dill Pickles

The ingredients are:

- (1) Garlic bulbs – All the cloves of 3 pieces of garlic
- (2) Vinegar – 700ml
- (3) Pure salt – 1 teaspoon
- (4) Mustard seeds – 1 teaspoon
- (5) Spice berries – 3 pieces
- (6) Dried chili – 1 piece
- (7) Fresh basil – 1 sprig

Method

- Have some water boiling and put in your garlic cloves for one minute blanching

The purpose here is to loosen the garlic skin, allowing it to slip off more easily once it has cooled.

- Put your spices in a jar that has been sterilized
- Now add in your garlic
- Next boil your vinegar and pour it on top of the garlic
- After this, seal your jar containing your pickling ingredients, and let it cool through the night.
- The next stage is to refrigerate your pickles.

Recipe Twenty-one: Wild Garlic Pickles

The ingredients are:

- (1) Wild garlic

(2) Vinegar – 1 part

(3) Plain water – 1 part

(4) Alum (sieved) – ½ teaspoon

Method to Follow

- Start off by washing your peeled garlic clean, and cutting off the tip that is green
- Now put the rest of the garlic in your chosen jar
- Next add half a teaspoon of alum
- Add the vinegar too
- Also add 1 part water
- You can now seal your jar and refrigerate it, letting it to remain in that cold environment for a period of between 2 and 3 weeks.

You can use this wild garlic pickle with your meals and everyone will enjoy.

Chapter 5: Different Ways of Pickling Eggs

Recipe Twenty-two to Twenty-seven

In this chapter, you are going to read about how to pickle eggs when they are hard cooked and also peeled.

- Prepare your pickling solution
- Boil all the ingredients apart from the eggs
- Next, lower the heat, letting the ingredients simmer for five minutes
- Take a jar and put in the eggs, and ensure they do not exceed 12 in number
- Now take your pickling solution, and when hot, pour it over those eggs in the jar
- Finally, cover your jar and immediately put it in the refrigerator

Recipe Twenty-two : Pickled Red Beet Eggs

Ingredients are:

- (1) Red beet juice – 1 cup
- (2) Cider vinegar – 1½ cups
- (3) Brown sugar – 1 teaspoon

Recipe Twenty-three: Pickled Sweet, Sour Eggs

The ingredients are:

- (1) Apple cider (pasteurized) – 1½ cups
- (2) Cider vinegar – ½ cup
- (3) Red cinnamon candy – 12 ounces
- (4) Mixed spice (for pickling) – 1 tablespoon
- (5) Salt – 2 tablespoons

(6) Garlic salt – 1 teaspoon

Recipe Twenty-Four: Pickled Spicy and Dark Eggs

The ingredients are:

- (1) Cider vinegar – 1½ cups
- (2) Water – ½ cup
- (3) Dark brown sugar – 1 tablespoon
- (4) Granulated sugar – 2 teaspoons
- (5) Pickling spices (mixed) – 1 teaspoon
- (6) Hickory smoke salt – ¼ teaspoon
- (7) Salt – 2 teaspoons

Recipe Twenty-five: Pickled Cider Eggs

The ingredients include:

- (1) Apple cider juice – 1½ cups
- (2) White vinegar – ½ cup
- (3) Onion slices – 6 pieces
- (4) Salt – 1½ teaspoon
- (5) Pickling spice – 1 teaspoon
- (6) Garlic clove (peeled) – 1 piece

Recipe Twenty-six: Pickled Dilled Eggs

The ingredients include:

- (1) White vinegar – 1½ cups
- (2) Water – 1 cup
- (3) Dill weed – ¾ teaspoon
- (4) White pepper – ¼ teaspoon

- (5) Salt – 3 teaspoons
- (6) Mustard seed – ¼ teaspoon
- (7) Minced onion – 1 piece
- (8) Garlic clove – 1 piece

Recipe Twenty-seven: Pineapple Pickled Eggs

The ingredients are:

- (1) Pineapple juice (not sweetened) – 1 can
- (2) White vinegar – 1½ cups
- (3) Medium size onions (sliced) – 2 pieces
- (4) Sugar – ¼ cup
- (5) Salt – 1 teaspoon
- (6) Pickling spice – 1 teaspoon

It is important to note that many of the salted and pickled recipes in this book go with different types of meals and they fit very well. At the same time, they are great to eat as they are without any other main dish. Something else worth noting is that how you treat your pickles after you have made them depends on the weather. For most of them, you need to refrigerate them as soon as they cool down unless it is winter. However, if you have made your pickles to be consumed in only a couple of days, refrigeration may not be necessary.

Conclusion

It is my hope that you have enjoyed reading this book, *Salting and Pickling: 27 Quick & Easy Salting and Pickling Recipes You and Your Family will Enjoy*. I also hope that you are now eager to try out some recipes on your own.

It may be a good idea to go back to the chapters that captivated you most, and see what recipes you could make fast and with utmost ease. Then later you can try out the other recipes one by one. Such practice is usually more enjoyable when you do it with other people, so that you get to compare notes. For that reason, you may wish to refer some of your friends and family to this book, and then enjoy the salting and pickling recipes together.

Thank you!

20 Savory Recipes Of Vegetables Preserves + 20 Sweet Recipes Of Fruit Jams And Marmalades

I would like to thank and congratulate you for downloading “ Canning and Preserving: 30 Delicious Savory Recipes for Preserving Summer Vegetables ” . You will enjoy sitting down to feast on this collection of tasty recipes. You will be able to enjoy the tastes of summer vegetables in the middle of the cold winter months. Canning and preserving is a great and safe way to store your food supplies to eat at later times. These methods can help you to prepare foods for the long winter months, when fresh fruit and vegetables are not readily available. Also by making your own preserves, you can save a lot of money, you won ’ t have to purchase as much food from the stores.

Enjoy preparing this collection of healthy summer vegetable and fruit preserves for yourself and loved ones. Think of how nice it will be when you are feasting on a yummy summer preserve, thinking about the warm summer months with each bite! You can enjoy your home canned food again and again if it is preserved properly. Now follow these easy recipes to help you to prepare some healthy foods at very little cost.

The process of pickling has been around for over 4000 years, originally invented to preserve foods. However, today many people love pickled foods because they love the taste of them. The nutritional value of food can also be improved by the pickling process that introduces B vitamins that are introduced by bacteria. Natural preservation and fermentation are the most unique ways of preserving foods. Foods that are naturally pickled and fermented also help to develop healthy gut microbes which help prevent unhealthy ones from developing. Adding these foods to your diet will help with your digestive process and help you to absorb healthy nutrients. You will be pleasantly surprised just how easily you can take some aging

vegetables and turn them into a healthy dish that you and your loved ones can enjoy the benefits from!

Enjoy this collection of summer vegetable preserves, and before you know it you will be making them a part of your daily healthy diet. Making changes in your lifestyle such as in your diet that are healthy is going to make you so happy that you decided to add some healthy foods to your diet. This collection of recipes will certainly help to get you started down the road to living a healthier lifestyle!

Jams, marmalades, confitures and other conserves are the products or extracts of fruit, which are preserved by the sugar. All of them vary in ingredients, gel texture and fruit preparation. They can be prepared at home, but there is the difference between each one of them.

Jams can be made by crushed fruit which has thick texture because of the high amount of pectin.

Marmalades are jelly like with pieces of fruit suspended in them. Citrus peels are commonly used in marmalades.

Vegetables are defined as any plant or part of a plant used as food. This includes any plant whose fruit, seeds, roots, tubers, stems bulbs, leaves and flowers are used as food. Examples of vegetables include Tomato, beans, beet, potato onion, asparagus, spinach, cauliflower and so on.

A **vegetarian** is someone who does not eat meat, and occasionally other animal products, especially for moral, religious or health reasons. This means that a vegetarian meal can include things like milk and eggs for those who do not mind.

Chapter 1 – Reasons for the Topic

There is a reason why I chose to write about the topic. Many health 's related killer diseases today bombard the world. Health is one of the most important things for any human being to have, you clearly realize this when you get sick or even see someone close to you who is sick. With good health you will feel better emotionally, physically and mentally and keep the doctor away. You will be able to work well at your given job, your sporting activity or whatever it is that you do. I thought vegetable and fruit recipes are a good idea for anyone trying to live a healthy lifestyle as well as a wake-up call to those who are not. I am interested in recipes from all over the world, this is because using the same recipe day in day out may become boring, I also intend to make your cooking interesting and encourage you to keep cooking.

Health benefits and nutrient of fruits and vegetables

- Reduces risk of heart diseases like heart attack and stroke; vegetables are high in fiber which is important for digestion.
- Protection against cancer; consider using flowering vegetables like cauliflower and broccoli.
- Reduce risk of blood pressure; vegetables rich in potassium like bananas, sweet potatoes, white potatoes, white beans, tomato products, soya beans, lime beans, spinach, kidney beans and lentils.
- Low-calorie level hence reduces your calorie intake naturally.
- Can be a way of losing weight as well as most vegetables have low fats and calories.
- Improved eyesight; carrots are a boost for good eyesight.
- Lovely skin; this is enabled by consumption of vegetables rich in vitamin A.
- Healthy strong teeth by consumption of vegetables rich in vitamin C.

- Formation of red blood cells and iron sufficiency.

Chapter 2 –Vegetable Preserves

1. Spicy Pickled Green Beans

Ingredients:

- 2 c. white vinegar
- 3 tbsps. kosher salt
- 2 c. water
- 1 ½ tbsps. sugar
- 1 ½ pounds trimmed green beans
- 4 small and dried red chilies
- 8 twigs of fresh dill
- 8 thinly sliced garlic cloves

Preparation:

Place all the ingredients except for dill, peppers, and garlic in a large saucepan, bring all ingredients to a boil. Once pan has reached a boil, remove it from heat and add the remaining ingredients and set aside. In a clean mason jar, layer it with green beans. Pour the mixture of vinegar over the beans and cover them. Refrigerate it for one week, before every use stir the jar.

2. Pickled Yellow Squash

Ingredients:

- 1 small red bell pepper
- 1 onion
- 2 lbs. small yellow squash
- 1 tbsp. mustard, ground

- ¾ c. sugar
- 2 ½ c. cider vinegar
- ¼ c. kosher salt

Preparation:

Take your yellow squash and slice it into thin rounds. Cut onions very thinly lengthwise. Dice your red bell pepper. In a mixing bowl add in pepper, squash, salt and onion. Cover the mixture with some ice and water, and let sit for 30 minutes. In a saucepan add the vinegar, sugar and mustard. Bring to a boil, and once they are dissolved remove from heat. Pour the vinegar mixture over the other mixture that was previously made. Pierce squash with a fork to make sure they have been well-soaked. Cover the mixture and keep in the fridge.

3. *Garlic & Coriander Pickled Baby Carrots*

Ingredients:

- 1 teaspoon toasted mustard seed
- 1 c. vinegar
- 1 c. water
- 1 pound baby carrots, peeled and chopped
- 1 teaspoon toasted coriander seeds
- 1 smashed garlic clove
- 1 bay leaf
- 2 tablespoons honey
- 1 tbsp. kosher salt

Preparation:

Take the carrots and water and place them in a saucepan. Bring them to a boil. Boil them for 2 minutes, then remove from heat and drain them through cold water. Transfer your carrots to Mason or canning jars. In a cup of water

add honey, bay leaf, salt, vinegar, coriander, garlic and mustard seeds. Boil these ingredients in a saucepan. Pour this mixture over your carrots in the jars and allow them to cool at room temperature. After jars have cooled add on the lids and place them in the fridge to store them.

4. Pickled Celery Relish

Ingredients:

- 1 small red Fresno Chile, thinly sliced
- Fresh Ginger, peeled and sliced
- 1 tbsp. kosher salt
- 6 tbsps. sugar
- 1 chopped bunch of celery,
- 1 c. of distilled vinegar

Preparation:

Cut up the celery, removing leaves and ends. Place celery into jars. In a saucepan bring remaining ingredients to a boil, then remove from heat. Pour this mixture over celery in jars, covering it over. Allow jars to sit and cool at room temperature. Secure lids and store in the fridge.

5. Jalapeno Pickle

Ingredients:

- 5 Jalapeno peppers, chopped
- 1 tsp. black peppercorns
- 1 tsp. coriander seeds
- 1 tbsp. kosher salt
- 1 onion, sliced
- 2/3 c. white vinegar

- ½ c. water

Preparation:

Add your coriander, salt, vinegar, peppercorns and water to a pot and bring to a boil. Cook for at least 5 minutes, then remove from heat. Add your jalapenos to mason or canning jars. Pour hot mixture over the jalapenos. Leave jars to cool at room temperature. Once they have cooled secure lids onto them and store in the fridge.

6. *Pickled Mixed Vegetables*

Ingredients:

- ½ tsp. mustard seeds
- ½ tsp. dill seeds
- ½ tsp. peppercorns
- 2 teaspoon kosher salt
- 1 tbsp. sugar
- ½ c. water
- ½ c. distilled vinegar
- ½ tsp. thyme
- ½ tsp. tarragon
- 1 thinly sliced clove garlic
- ¼ c. carrots, thickly sliced
- 6 oz. green beans

Preparation:

In Mason or canning jars place the herbs, vegetables and garlic into them. In a medium saucepan bring to a boil the vinegar and remaining ingredients. Remove from heat and allow to cool at room temperature. Pour mixture over vegetables in jars, covering them. Secure the lids onto jars and store them in the fridge.

7. *Tomato Salsa*

Ingredients:

- 1 tbsp. oregano leaves
- 2 c. vinegar
- 4 finely chopped cloves garlic
- $\frac{3}{4}$ c. chopped onions
- $\frac{1}{2}$ c. chopped jalapeno peppers
- 2 c. chopped and seeded green Chilies
- 4 c. chopped tomatoes
- 1 tbsp. fresh cilantro
- 1 $\frac{1}{2}$ tsps. kosher salt
- 1 tbsp. cumin, ground

Preparation:

Add all your ingredients in a saucepan and bring them to a boil. When bubbles appear, reduce the heat and simmer for 20 minutes. Add the mixture to mason jars and secure lids. Place steel rack inside large pot, fill with water. Place jars into pot on top of rack and boil for 15 minutes. Remove from pot, place on towel on top of counter to cool at room temperature for the day. Once the cooling process is complete store the jars in fridge.

8. *Tomato Taco Sauce***Ingredients:**

- 2 tsps. oregano leaves
- 1 tsp. cumin, ground
- 1 tsp. sugar
- 1 $\frac{1}{2}$ tsps. black pepper
- 2 tsps. salt
- 2 $\frac{1}{2}$ c. distilled vinegar

- 4 chopped and seeded green chilies
- 4 chopped and seeded jalapeno peppers
- 5 c. chopped onions
- 8 quarts tomato paste
- 2 crushed cloves garlic

Preparation:

Add all the above listed ingredients into a large saucepan and bring to a boil over medium heat. Once bubbles begin to appear reduce heat to a simmer. Cook for about 15 minutes on simmer. Add the mix to mason jars, place them into a canner and do the boiling process for 15 minutes.

Place your jars on top of a towel on counter, allowing them to cool at room temperature. Once the jars have cooled place them into the fridge to store them.

9. *Hot Tomato Pepper Sauce*

Ingredients:

- ½ tsp. pepper
- 3 tsps. sea salt
- 1 c. vinegar
- 4 c. chopped onions
- 6 c. chopped and seeded chili peppers
- 10 c. chopped and cored tomatoes

Preparation:

Over medium-heat, place all the above ingredients to a large saucepan. When the bubbles begin to appear reduce to simmer for 15 minutes then remove from heat. Add the mixture into mason or canning jars, leaving an inch-space at top of each jar. Secure the lids and place the jars into canner and put them through the boiling process for 15 minutes.

Place your jars on top of a towel on top of counter. Allow them to cool at room temperature. Once they have cooled place jars in fridge for storage.

10. Canned Sweet Potatoes

Ingredients:

- Sweet potatoes, cubed
- Kosher salt
- Water
- 1 ½ c. sugar

Preparation:

Wash sweet potatoes, then boil them for 15 minutes or until soft. Remove the skins. Place potatoes in Mason or canning jars. Add a dash of kosher salt to each canning jar. Make syrup by boiling sugar along with 5 cups of water. Cover the sweet potatoes with syrup, leaving 1-inch of space at top of jars. Place them in canner and process the jars in boiling water for 15 minutes. Remove the jars and place on a towel on counter. Allow jars to cool at room temperature. Store jars in fridge.

11. Canning Spinach

Ingredients:

- Fresh Spinach
- Kosher salt
- Water

Preparation:

Wash your spinach until the water runs clear, greens tend to grow close to the ground so they usually have a lot of dirt on them. Remove the stems and any other hard pieces from your spinach. Steam for five minutes or until the spinach is wilted. Place it loosely into canning jars. Add a dash of kosher salt to each jar. Fill jars with boiling water, 1-inch from top of jar. Seal the

jars and place them into canner and boil for 15 minutes. Remove the jars and place onto towel on counter. Allow jars to cool at room temperature and then place them in fridge.

12. Avocado Mango Salsa

Ingredients:

- 1 tbsp. chopped cilantro
- Salt
- 1 seeded and chopped habanero pepper
- 1 chopped small red onion
- 1 peeled and sliced mango
- 1 juiced lime
- 1 peeled and sliced avocado

Preparation:

Add your avocado to mixing bowl, and add in all the other ingredients and mix well. Add mixture into canning jars, and secure lids, storing in fridge.

13. Garlic Dill Pickles

Ingredients:

- 3 pounds Kirby cucumbers
- 1 ½ c. apple cider vinegar
- 1 tsp. red chili flakes
- 2 tsps. black peppercorns
- 4 tsps. dill seed
- 8 peeled garlic cloves
- 2 tbsps. pickling salt
- 1 ½ c. water

Preparation:

Wash and dry cucumbers, cutting them into spears. Remove the blossom end of cucumbers. In a saucepan combine vinegar, water and salt to make brine. Bring to boil over medium-high heat. Equally divide the dill seed, garlic cloves, red chili flakes, black peppercorns between the jars. Pack cucumbers into the canning jars as tightly as you can without crushing them. Pour the brine over the cucumbers, filling jars to $\frac{1}{4}$ of an inch from top. Tap jars to help remove air bubbles from jars. Wipe rims of jars and secure the lids in place. Add jars to canning pot and boil for 15 minutes. Remove jars and place on towel on counter to cool at room temperature. Once jars have cooled place in fridge. Let the pickles stay for at least one week before eating.

14. *Marinated Fava Beans***Ingredients:**

- 1 $\frac{1}{2}$ pounds fava beans
- 2 tbsps. red wine vinegar
- $\frac{1}{4}$ tsp. black pepper, ground
- $\frac{1}{2}$ tsp. kosher salt
- 2 sprigs fresh rosemary
- 1 tsp. fresh and minced garlic
- 2 tbsps. olive oil

Preparation:

Boil salted water. While water is heating up, remove beans from their pods. Once water is boiling add beans, and cook for about 3 minutes or until tender and green.

Drain the beans and rinse them under cold water. Pop the fava beans out of their casings and set them aside.

Mix the vinegar, garlic, olive oil, rosemary sprigs, salt and pepper in a mason jar. Place lid on jar and shake contents to combine. Add fava beans to jar and secure lid. These marinated beans will keep up to three days in the fridge. Allow the beans to soak for at least 15 minutes in the mix before serving them.

15. Pickled Oyster Mushrooms

Ingredients:

- 1 pound oyster mushrooms
- 2 ½ c. rice vinegar
- 2 peeled and sliced garlic cloves
- 2 bay leaves
- ¼ tsp. black peppercorns
- 1 tbsp. sugar
- 1 tbsp. pickling salt
- 1 sliced onion

Preparation:

Wash your oyster mushrooms well, and cut them into pieces. Bring a pot of salted water to boil, then reduce heat to a simmer. Add in your mushrooms to the pot and simmer them for 10 minutes or until they become tender. In another medium-sized pot combine onion, vinegar, peppercorns, sugar and salt. Bring the brine to a boil. Drain the mushrooms well, then add them to the brine. Cook the mushrooms in the brine for 5 minutes. Divide the garlic and bay leaves between two prepared pint jars.

Pack jars with mushrooms, onions, covering with brine. Leave ¼ of an inch space at the top of jars. Use wooden spoon and stir contents in jars to help get rid of any bubbles. Wipe jars lids and rims secure on the lids. Place jars into canner and boil for 15 minutes. Place jars on top of towel on counter. Allow jars to cool at room temperature. Store jars in fridge. Allow the jars to

rest for at least 48 hours before opening them.

16. Lemon Pickled Cauliflower

Ingredients:

- 2 lbs. cauliflower, florets
- ¼ tsp. peppercorns
- 1 sliced garlic clove,
- 1 sliced lemon
- 2 tsps. sea salt
- 1 c. water
- 1 c. apple cider vinegar

Preparation:

Wash your cauliflower. In a large saucepan combine your sea salt, apple cider vinegar, water, and bring to a boil. In a quart canning jar place two slices of lemon on the bottom of the inside of jar. Top with peppercorns and garlic slices and set aside. When the brine is boiling add your cauliflower to it. Add cauliflower to prepared jar using tongs, and cover with brine. Add two to three slices of lemon on top, then secure lid in place. Allow the jars to cool at room temperature, then place them in the fridge. Will be ready to eat within 12 hours, but the longer they rest the more their flavor will deepen.

17. Pickled Fennel with Orange

Ingredients:

- 1 c. apple cider vinegar
- ¼ tsp. black pepper, fresh and ground
- 1 sliced orange
- 2 tbsps. kosher salt
- 3 fennel bulbs, small

Preparation:

Wash your fennel bulbs and remove the stems, also cut out hard core. On a mandolin slice, paper-thin. Add kosher salt to shaved fennel, toss to combine, and allow to sit for at least one hour. After time is up pour fennel into colander, and press to remove any liquid that developed while it sat in the salt. Return the fennel to the bowl, and toss with black pepper and orange slices. Pack orange and fennel into a quart jar and top with apple cider vinegar. Use a wooden spoon to stir contents, and this will help to get rid of bubbles. Secure lids and keep in the fridge, do not eat for at least 24 hours.

18. *Pickled Brussel Sprouts Halves***Ingredients:**

- 1 pounds Brussels sprouts
- 2 garlic cloves
- 1 c. water
- 1 ½ c. apple cider vinegar
- 2 bay leaves
- ¼ tsp. divided yellow mustard seeds
- 20 divided peppercorns
- 1 tbsp. pickling salt

Preparation:

Trim the sprouts and set them aside. In a saucepan add vinegar, water and salt and bring to a boil. Divide the peppercorns, mustards seeds and cloves between pint jars. Pack the sprouts in jars. Pour the brine over your sprouts. Using a wooden spoon to get rid of air bubbles. Wipe the lids and rims and secure them in place. Place the jars into canner and boil, processing them for 15 minutes. Remove and place jars on top of a towel on the counter to cool down at room temperature. Once cooled place jars in the fridge. Allow to rest for at least 48 hours before eating.

19. Marinated Carrots & Mint

Ingredients:

- 1 tsp. pepper, freshly ground
- ½ tsp. sea salt
- 1 minced garlic clove
- 2 tbsps. chopped mint
- 3 tbsps. rice vinegar, seasoned
- ¼ c. olive oil
- 1 ½ pounds carrots

Preparation:

Peel your carrots and slice them into thick rounds. Simmer your carrots in salted water just until they become tender. While your carrots are cooking, whisk together mint, olive oil, salt, pepper, garlic and vinegar. When your carrots are fork tender, drain them. Toss carrots with vinaigrette and allow them to sit and cool. Add to mason jar and secure the lid and store in the fridge. Allow them to rest for at least 1 hour before eating.

20. Pickled Eggplant with Mint & Garlic

Ingredients:

- 1 ½ tsps. pickling salt
- ½ c. fresh mint leaves
- 1 ½ tbsps. chopped garlic
- 1 ½ pounds peeled and cubed eggplant
- 2 ½ c. red wine vinegar

Preparation:

Prepare two-pint jars and set aside. Add vinegar to a medium saucepan, bring to a boil. Once it boils add in the eggplant, reduce heat to simmer for 3

minutes. Remove eggplant with slotted spoon and place in a bowl. Add in the garlic, mint and salt, mix to combine. Pack eggplant into jars, top with boiled vinegar. Leave about ¼ -inch of space at the top of jars. Place jars into canner and boil for 15 minutes. Remove the jars and place them on top of towel on counter. Allow jars to cool at room temperature. Once they have cooled place jars in the fridge. They will be ready to eat in 1 week.

21. Pickled Red Tomatoes

Ingredients:

- 3 tbsps. pickling spice
- Fresh ginger, sliced
- ¾ c. sugar, granulated
- 2 tbsps. pickling salt
- 1 ½ c. red wine vinegar
- 2 pounds small meaty tomatoes, Plum

Preparation:

In a pot combine sugar, 1 ½ cups water, ginger, salt and vinegar. Bring to a boil. In the bottom of each jar add 1 tablespoon of pickling spices. Carefully pack prepared tomatoes into jars. Pour the brine over the tomatoes. Leave about 1/4-inch space at the top of jars. Use a wooden spoon to gently stir to help get rid of air bubbles. Add two to three ginger slices to each jar. Secure lids and place jars into canner and bring to a boil and process for 15 minutes. Remove jars and place on top of towel on counter. Give enough time to the jars to cool. Place the jars in the fridge once they have cooled. Allow the contents to sit in the brine for at least 1 week before you eat them.

Chapter 3 – Fruit Jams And Marmalades

1. Raspberry Jam

Ingredients:

- 4 c. raspberries
- 4 c. sugar
- 1 teaspoon vanilla extract
- ½ teaspoon citric acid

Preparation:

Gently wash and drain the raspberries. Lightly crush them with a potato masher, food mill or a food processor. Do not puree, it is better to have bits of fruit. Sieve half of the raspberry pulp to remove some of the seeds. Combine sugar and raspberries in a wide, thick-bottomed pot and bring mixture to a full rolling boil, stirring constantly. Skim any foam or scum that is seen to rise to the surface. Boil until the jam sets.

Test by putting a small drop on a cold plate – if the jam is set, it will wrinkle when given a small poke with your finger. Add citric acid, vanilla, and stir. Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or process 10 minutes in boiling water.

2. Raspberry-Gooseberry Jam

Ingredients:

- 2 c. raspberries
- 2 c. gooseberries
- 4 c. sugar
- Salt

- ½ teaspoon citric acid

Preparation:

Combine fruit and sugar in a wide saucepan. Stir and set aside for an hour. Gently boil fruit and sugar, stirring and removing any foam that rises to the surface. Boil until the jam sets.

Add citric acid, salt and stir. Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or process 10 minutes in boiling water.

3. *Raspberry-Peach Jam*

Ingredients:

- 2 pounds peaches
- 1 ½ c. raspberries
- 4 c. sugar
- 1 teaspoon citric acid

Preparation:

Wash and slice the peaches. Clean the raspberries and combine them with the peaches in a wide, heavy-bottomed saucepan. Cover with sugar and set aside for a few hours or overnight. Bring the fruit and sugar to a boil over medium heat, stirring occasionally. Remove any foam that rises to the surface.

Boil until the jam sets. Add citric acid and stir. Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or process 10 minutes in boiling water.

4. *Blueberry Jam*

Ingredients:

- 4 c. granulated sugar

- 3 c. fresh blueberries
- ¾ c. honey
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest

Preparation:

Gently wash and drain the blueberries. Lightly crush them with a potato masher, food mill or a food processor. Add the honey, lemon juice, and lemon zest, then bring to a boil over medium-high heat. Boils for 10-15 minutes, stirring from time to time. Boil until the jam sets.

Test by putting a small drop on a cold plate – if the jam is set, it will wrinkle when given a small poke with your finger. Skim off any scum or foam, then ladle the jam into jars. Seal, flip upside down or process for 10 minutes in boiling water.

5. Triple Berry Jam

Ingredients:

- 1 c. strawberries
- 1 c. raspberries
- 2 c. blueberries
- 4 c. sugar
- 1 teaspoon citric acid

Preparation:

Mix berries and add sugar. Set aside for some hours or overnight. Bring the fruit and sugar to the boil over medium heat, stirring frequently. Remove any foam that rises to the surface. Boil until the jam sets. Add citric acid, salt and stir.

Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or

process 10 minutes in boiling water.

6. Red Currant Jelly

Ingredients:

- 2 pounds red currants, fresh and crushed
- ½ c. water
- 3 c. sugar
- 1 teaspoon citric acid

Preparation:

Add in water, and bring to a boil. Simmer for 10 minutes. Strain the fruit through a jelly or cheese cloth and measure out 4 cups of the juice. Pour the juice into a large saucepan, and stir in the sugar. Bring to full rolling boil, then simmer for 20-30 minutes, removing any foam that may rise to the surface. When the jelly sets, ladle in hot jars, flip upside down or process in boiling water for 10 minutes.

7. White Cherry Jam

Ingredients:

- 2 pounds cherries
- 3 c. sugar
- 2 c. water
- 1 teaspoon citric acid

Preparation:

Wash and stone cherries. Combine the sugar and water and boil the mixture. Boil for 5-6 minutes then remove from heat and add cherries. Bring to a rolling boil and cook until set. Add citric acid, stir and boil 1-2 minutes more.

Ladle in hot jars, flip upside down or process in boiling water for 10 minutes.

8. *Cherry Jam*

Ingredients:

- 2 pounds fresh and pitted cherries, halved
- 4 c. sugar
- ½ c. lemon juice

Preparation:

Place the cherries in a large saucepan. Add sugar and set aside for an hour. Add the lemon juice and place over low heat. Cook, stirring occasionally, for 10 minutes or until sugar dissolves. Increase heat to high and bring to a rolling boil.

Cook for 5-6 minutes or until jam is set. Remove from heat and ladle hot jam into jars, seal and flip upside down.

9. *Quince Jam*

Ingredients:

- 4 pounds quinces
- 5 c. sugar
- 2 c. water
- 1 teaspoon lemon zest
- 3 tablespoon lemon juice

Preparation:

Combine water and sugar in a deep, thick-bottomed saucepan and bring it to the boil. Simmer, stirring until the sugar has completely dissolved. Rinse the quinces, cut in half, and discard the cores. Grate the quinces, using a cheese grater or a blender to make it faster. Quince flesh tends to darken very quickly, so it is good to do this as fast as possible. Add the grated quinces to

the sugar syrup and cook uncovered, stirring occasionally until the jam turns pink and thickens to desired consistency, about 40 minutes. Drop a small amount of the jam on a plate and wait a minute to see if it has thickened. If it has gelled enough, turn off the heat. If not, keep boiling and test every 2-3 minutes until ready. Two or three minutes before you remove the jam from the heat, add lemon juice and lemon zest and stir well.

Ladle in hot, sterilized jars and flip upside down.

10. Quince and Apple Jam

Ingredients:

- 2 peeled and diced quinces
- 3 diced apples
- 3 c. sugar
- 2 c. water
- ½ c. lemon juice

Preparation:

Place the quinces, lemon juice, sugar, and water in a saucepan and bring to the boil. Simmer for 10 minutes, then add in the apples. Simmer for 10 more minutes, or until the jam is set. Ladle into the warm, sterilized jars and seal. Flip upside down or process in boiling water for 10 minutes.

11. Apple Jam

Ingredients:

- 2 pounds clean apples, sliced
- 4 c. sugar
- ½ teaspoon cinnamon
- 2 teaspoons lemon juice

Preparation:

Place the sliced apples in a large saucepan. Cover with the sugar, add in lemon juice and cinnamon and bring to the boil stirring continuously. Boil for 30 minutes, removing any foam that may rise to the surface. When the jam sets, ladle in hot jars, flip upside down or process in boiling water for 10 minutes.

12. Orange Marmalade**Ingredients:**

- 1 ½ lbs. seedless orange
- 1 grated lemon zest, juiced
- 3 c. water
- 1 ½ lbs. granulated sugar

Preparation:

Using a mandoline slicer, cut the oranges into 1/8-inch slices. Pile the orange slices and cut them into quarters.

Place the oranges into a heavy bottomed pot or saucepan. Add the lemon juice, zest, and the water to the pot, bring to a boil over high heat. Reduce the heat to medium-low and simmer for 30 minutes, stirring frequently.

Add the sugar and cook for about 20 minutes or until a candy thermometer reads 220 F.

Pour orange marmalade into the newly sterilized jars, leaving 1/4 inch headspace. Cover tightly with lid.

Place jars in a hot water bath. Process for 15 minutes. Cool completely at room temperature.

Store in a cool, dark place. Keep refrigerated once opened.

13. Lemon Marmalade with Cinnamon

Ingredients:

- 1 lb. clean unwaxed lemons
- 2 c. water
- 2 lbs. sugar, granulated
- 1 tsp. ground cinnamon

Preparation:

Using a mandoline slicer, cut the lemons into 1/8-inch slices. Pile the lemon slices and cut them into quarters.

Place the lemons into a heavy bottomed pot or saucepan. Reduce the heat to medium-low and simmer for 30 minutes, stirring frequently.

Add the sugar and cinnamon. Cook further 20 minutes or until a candy thermometer reads 220 F.

Pour lemon marmalade into the newly sterilized jars, leaving 1/4 inch headspace. Cover tightly with lid.

Place jars in a hot water bath. Process for 10 minutes. Cool completely at room temperature.

Store in a cool, dark place. Keep refrigerated once opened.

14. Grapefruit-Lemon Marmalade

Ingredients:

- 3 clean grapefruits
- 2 clean medium lemons
- 4 c. water
- 5 c. sugar, granulated

Preparation:

Cut the grapefruits and lemons into quarters, then slice thinly. Place the fruits and water in a large, heavy bottomed pot or saucepan. Bring to a boil and cook for about 30 minutes, or until rind is tender.

Reduce heat and add the sugar, stirring constantly, until the sugar is dissolved completely. Add ginger and increase heat, cook until it reaches setting point 220 F.

Transfer marmalade to hot sterilized jars, leaving 1/4 inch headspace. Cover tightly with lid.

Place jars in a hot water bath. Process for 10 minutes. Cool completely at room temperature.

Store in a cool, dark place. Keep refrigerated once opened.

15. Orange Marmalade

Ingredients:

- 2 large lemons
- 5 c. sugar
- 4 medium oranges
- 1 ½ c. water
- 1/8 tsp. baking soda

- 13 oz. pectin
- ½ tsp. butter

Preparation:

Heat the jars in the boiled water to sterilize them. Wash the lids with warm water too.

Peel off the lemons and oranges. Slice them thin and put in baking soda with water in a pan. Cook for 20 minutes and cover the pan. Remove the fruit pulp, get the fruit chopped and save the juice. Include the fruit and juice to mixture and simmer it for 10 minutes. Cover it.

Mix the fruit with lime and sugar in a saucepan. Add butter or margarine for foaming, if required. Heat the mixture over high flame with frequent stirring.

Include pectin, instantly after squeezing the mixture from the pouch. Continue boiling for 1 minute, with continuous stirring. Remove from heat and skim the foam

Ladle the jam in sterilized jars. Cover the lids tightly.

Process them with boiling water method for 10 minutes.

16. *Cherry marmalade***Ingredients:**

- 4 tbsps. lime
- 4 c. cherries
- 2/3 c. peeled and chopped orange
- 3 ½ c. sugar

Preparation:

Take a large pan and mix cherries, orange and juice in it. Make them boil at medium heat. Low the flame and add cove with gentle boiling with frequent stirring for 20 minutes. Keep boiling with slow stirring.

Now boil hard with frequent stirring as the mixture gets gel like, for about 30 minutes. Remove the flame.

Pour the hot marmalade into sterilized jars. Remove the air bubble by adding more marmalade. Seal them with lids.

17. Strawberry Lemon Marmalade

Ingredients:

- 6 c. sugar
- 1 tbsp. lime
- ¼ c. peeled and sliced lemons
- 6 tbsps. classic pectin
- 4 c. crushed strawberries

Preparation:

Get the canners prepared. Heat jars with simmering water. Don ' t boil them. Wash the lids with hot soapy water.

Mix the lemon peels with water in a pan. Cover the pan. Boil the mixture at medium flame and let them boil for about 5 minutes, until the peel gets softened. Drain the liquid.

Now include the lime and strawberries to lemon peel and mix them. Slowly stir the pectin. Heat the mixture at high flame with occasional stirring.

Include sugar and stir until it dissolves. Make the mixture to get boiled for

one minutes with constant stirring. Remove the flame and skim off the foam if required.

Pour the jam into sterilized jars with ladle. Cover them with lids and seal them.

Process the jars in boiled water canner for about 10 minutes. Remove the jars and allows them to cool.

18. Gingered Zucchini Marmalade

Ingredients:

- 2 large lemons
- 2 large oranges
- 5 c. shredded zucchini
- 4 c. sugar
- 3 inches chopped and peeled gingerroot
- 1 tart shredded apple

Preparation:

Get the boiled water canner. Heat the jars in simmered water for use. Don ' t boil. Wash the lids with hot soapy water.

Wash the citrus fruit. Use peeler for removing peel from oranges and slice the peel. Put them in separate pan.

Use sharp knife to cut peel from lemons and oranges. Add the peels in pan.

Make the mixture boil at medium heat with frequent stirring. Boil the mixture until it forms gel like product.

Pour out the jam into sterilized jars. Remove the air bubble and cover them with lids.

Process the jars in boiled water canner for about 10 minutes. Allow them to cool.

19. Meyer Lemon Marmalade

Ingredients:

- 5 c. sugar
- 6 c. water
- 2 medium lemons
- 2 oz. Meyer lemons
- ¼ c. lime

Preparation:

Cut the Meyer lemons lengthwise and put them in stainless steel oven. Add water in it and boil them at reduced heat. Allow them to simmer, uncovered for 90 minutes until lemons get softened and liquid gets syrupy. Press the lemons to generate the juice. Remove heat, cover and allow it to stand at room temperature for whole night.

As the lemons are simmering, take some more Meyer lemons and cut them lengthwise while removing their seeds and cut them into slices. Put them in enameled or stainless steel oven. Add more water in it. Make them boil at reduced heat, allow them to simmer, uncovered for 30 minutes with occasional stirring. Remove the heat and cover them. Let them stand at room temperature.

Pour the lemon mixture via strainer in oven included the lemon slices, press them with wooden spoon to release the juice. Discard the pulp.

Add sugar and lime to the slices. Bring them to boil at high flame, reduce the flame to medium, cook, while keeping them uncovered and stirring for 45 minutes.

Pour out hot marmalade in the sterilized jars. Remove the air bubble and cover them with lids.

Process the jars in boiled water canner for about 10 minutes. Allow them to cool.

20. Three-Citrus Marmalade

Ingredients:

- 3 large lemons
- 6 c. sugar
- 4 medium navel oranges
- 2 pink grapefruit
- 4 c. poached zest liquid

Preparation:

Wash the fruit thoroughly and let them dry. Use the peeler to remove the zest of fruit. Cut the zest into strips by using fine confetti. Mix the zest in the pot along with 6 cups of water. Make them boil at reduced flame and allow them to simmer for 30 minutes.

As the zest cooks, cut the white pith off the fruit and separate their membranes.

Drain the zest and save the liquid or cooking.

Take a large stainless steel pot, add zest in it with citrus fruit, 6 cups of sugar, 4 cups of liquid from the zest, and cheesecloth roll. Boil them and cook

instantly as the mixture gets heated to 220 degrees.

Stir them before removing the flame for helping the zest to become spread evenly throughout the marmalade.

Pour out hot marmalade into the sterilized jars. Remove the air bubble and cover them with lids.

Process the jars in boiled water canner for about 10 minutes. Allow them to cool.

21. Tangerine Marmalade Recipe:

Ingredients:

- ½ tsp. vanilla extract
- 5 ½ c. sugar
- 12 oz. tangerines
- 3 lbs. kumquats
- ½ c. vanilla bean

Preparation:

Cut the fruits from the half and remove the flesh and skin. Cut them into thin slices. This will make 2 cups of the kumquat rinds.

Use fine mesh peeler to remove the zest of tangerines, be careful about the thin skin of tangerines.

Cut the peel of tangerines and divide the fruit into two. Put the segments of tangerine in a bowl. Collect the pulp of fruit in a separate bowl.

Mix the slices of kumquat with its juice, zests of tangerine, pulp of

tangerines, sugar and water. Boil them, reduce the heat from medium to low and cook the mixture for about 15 minutes. Remove the flame.

Take a large pot containing water and boil it. Put the jars in it along with lids. Pour the hot jam into these sterilized jars. Cover them with lids tightly and allow them to get cooled.

Conclusion

It is important to read through the whole book before you start using the recipes. This is because reading through will enable you to categorize the meals according to time and even nutrient. Through that, you will know what meals to start with. Do not decide to prepare all the recipes in a week, do one at a time and mix it strategically into your daily cooking. I want you to make your cooking interesting and long lasting in that you don ' t just cook today and tomorrow you are back to your no cooking habit.

Bring Warm Autumn to Your Home in September

20 Diffuser Essential Oil Blends and 10 DIY Strong Scented Candles

This book, *Fall Essential Oils: 20 Diffuser Essential Oils Blends and 10 DIY Strong Scented Candles* is a great read for anyone who appreciates natural goodness and beauty as well as health. All this is goodness you can get from diffuser oil blends made from natural essential oils.

The book explains to you how diffuser oils work and also how essential oils work when burnt as scented candles. Gladly, the book names the specific essential oils relevant in the creation of a fall-like environment, and gives you recipes that you can use to produce just the right oil blend. Even for those who have never made candles of their own, you will see easy-to-follow steps provided in this book, which you can use to create scented candles customized to your needs.

Why buy expensive diffuser oils when you can make your own at home? Why buy scented candles when you can make some with fragrances and wax of your choice right where you are? All you need to do is to read this book and pick out the diffuser oil recipes you like best.

Welcome

Chapter 1: Importance of Diffuser Essential Oils

Why would someone wish to use diffuser oils and not any other kind of perfume? Well, for one, diffuser oils are normally essential oils that are natural in nature, and whose great fragrance is spread all around through small equipments called diffusers. Naturally, when utilizing diffuser oils, you benefit more than one person. In fact, many people wishing to tune their home or business environments a certain way do make use of diffuser oils.

Another benefit associated with diffuser oils is their healing properties. This should not be surprising considering the fact that essential oils are normally derived from herbal plants that are famous for their healing properties. It may be worthwhile to learn the healing properties you stand to enjoy from the main diffuser essential oils used in the chapters that follow.

Note that the therapeutic benefits highlighted in this chapter are not exhaustive. In fact, there are many more benefits from these essential oils, which are best derived from actual body contact or oral consumption, and not necessarily by inhalation. Nevertheless, one quality cuts across them all – they emit lovely fragrances.

Essential Oils Best for Diffusers

1. Wild orange essential oil

- It purifies air within the surroundings
- It has an energizing, invigorating and revitalizing aroma
- It is uplifting and enhances good mood, turning an otherwise dull moment into an exciting one
- It enhances mind clarity and improves your awareness
- It is a great boost to the immune system, especially when it is cold

2. Cinnamon

- It drastically reduces inflammation
- It enhances blood circulation and hence overall health
- It fights free radicals and in the process suppresses the impact of viruses
- It provides relief against depression
- It is great in stimulating libido
- It boosts the immune system

3. Ginger

- It helps to relax the tummy and enhance digestion
- It enhances your breathing and treats respiratory problems
- It fights against infection
- It is great in fighting inflammation
- It serves as an effective antioxidant, hence improving your body system in a manner that keeps disease causing micro-organisms away.
- It helps relieve anxiety
- It is a healthy, natural aphrodisiac

4. Clove

- It is an antimicrobial, meaning you can bank on it to kill disease causing micro-organisms within and around you
 - It is an anti-fungal, hence helps to fight against fungal infection. When used as diffuser oil, it helps clear the air around you of micro-organisms of a fungal nature.
- It is a great antiseptic
- It is anti-viral
- It is a great stimulant that invigorates and revitalizes you
- It serves as a great aphrodisiac

5. Nutmeg

- It enhances your digestive function
- It serves as a great tonic to your brain, revitalizing it and enhancing your general alertness
- It helps to fight inflammation and associated pain
- It helps you relax and improve the quality of your sleep
- It enhances your blood circulation and hence the function of your entire body

6. Cassia

- It is a great anti-depressant, so it can easily change your mood from being dull to upbeat
- It is known to prevent vomiting
- It serves as an effective microbial, so you can bank on it to clear disease causing microbes from the atmosphere around you
- It is anti-viral
- It is known to relieve flatulence
- It provides relief from fever
- It has a stimulating effect
- Frankincense
- It has antiseptic properties
- It is a great disinfectant
- It is known to relieve flatulence
- It is a great expectorant, so you can bank on it to treat a congested respiratory system
- It is a great sedative, which means it is effective in making you relax, and to enhance your sleep
- It is a great tonic that has invigorating properties, effectively

improving the feeling of wellbeing

7. White Fir

- It enhances the respiratory function
- It has a cleansing aroma that helps enhance, not just your breathing, but also general relaxation
- It helps to effectively reduce mental fatigue, especially after a long day's work

8. Cedarwood

- It improves and enhances your focus. It is the kind of essential oil that people associate with wisdom, simply for clearing your mind and helping you concentrate.
- It has anti-inflammatory properties
- It helps fight skin irritation
- It also has anti-fungal properties; meaning it can help clean up the air in your environment

9. Coriander

- It is a great analgesic, with ability to relieve pain
- It has anti-fungal properties
- It also enhances digestion
- It is an effective natural stimulant
- It is a healthy, natural aphrodisiac

10. Cypress

- It has anti-inflammatory properties

- It has anti-septic properties
- It is great in clearing toxins
- It enhances the respiratory function
- It is great in providing relief against anxiety

11. Sandalwood

- It improves and enhances your mental clarity
- It is great in boosting memory
- It has a great calming effect
- It is greatly relaxing
- It has anti-viral properties
- It has anti-septic properties
- It has anti-inflammatory properties
- It serves as an effective expectorant, so very welcome in cold seasons
- It is a healthy natural aphrodisiac

12. Rosemary

- You can bank on this diffuser essential oil to improve and enhance your memory

13. Eucalyptus

- It has anti-inflammatory properties
- It has the capacity to decongest, so it is very handy in cold seasons
- It has anti-septic properties
- It has anti-bacterial properties
- It is a great stimulant that can get you easily invigorated

14. Lemon

- It improves and enhances mental clarity
- It helps enhance your intellect
- It improves and enhances concentration
- It helps enhance intuition, putting you in a great position to enjoy a wonderful spiritual experience when inhaled as a diffuser essential oil.
- It helps to improve blood circulation throughout the body
- It is a great boost to your immune system
- It is effective in fighting fever
- It has the capacity to soothe sore throat
- It acts as an anti-allergy, so inhaling it improves your respiratory function; unblocking clogged air passages, relaxing sinuses, and restoring steady breathing.
- It has anti-septic properties
- It is a great detoxifier, and that means it can improve your overall health
- It has properties that help improve your mood

15. Lime

- It has anti-septic properties
- It has anti-viral properties
- It has anti-bacterial properties

16. Bergamot

- It is calming
- It relaxes tension
- It is great in reducing stress, and hence keeping you from feeling depressed.

Chapter 2: Diffuser Essential Oil Blends That Signify Fall

Interesting Facts Regarding Fall

Did you know that fall actually refers to the autumn season? Presumably, you know there are four major seasons in each year, namely, summer, autumn, winter, and spring. Now, with autumn comes hope of a livelier, more enjoyable environment, richer and more fruitful fields. You are not there yet, but at least the extremes of summer are fading. That is where the nice smelling essential oils come in, to clear any depressing mood and boost your hope for cooler and more relaxing days ahead.

It is no wonder then that the very first day of the season has the same length of daylight as it has of darkness. And what better way to make your daylight feel manageable, than by diffusing some natural essential oils that spread the feel of green fields indoors...

10 Oil Blends That Brighten Like the Hope Fall Brings

(1) Wild Cinnamon-Ginger essential oil blend

This diffuser oil blend brings indoors the feel of the fields in fall, as its essence spreads all around you.

Ingredients

- Wild orange essential oil – 5 drops
- Cinnamon essential oil – 4 drops
- Ginger essential oil – 4 drops
- Sweet almond oil – 2 drops

(2) Nutty Cinnamon-clove essential oil blend

This diffuser oil blend helps you relax patiently as you wait for passing of the

remaining hot days. As you inhale fragrances you normally enjoy in a happy kitchen, it reminds you that you are just about to begin enjoying natural fragrances from the fields outside.

Ingredients

- Cinnamon essential oil – 6 drops
- Clove essential oil – 2 drops
- Nutmeg essential oil – 2 drops
- Olive oil – 2 drops

(3) Gingery Cassia-clove essential oil blend

Ingredients

- Cassia essential oil – 3 drops
- Clove essential oil – 3 drops
- Ginger essential oil – 2 drops
- Jojoba oil – 2 drops

(4) Woody Frankincense essential oil blend

Whatever the weather in fall, with this diffuser oil blend, all feels right; like you are on a peaceful picnic or on a walk through the serene woody habitat, without a worry in the world.

Ingredients

- Frankincense essential oil – 4 drops
- White fir essential oil – 3 drops
- Cedarwood essential oil – 2 drops
- Sweet almond oil – 2 drops

(5) Gingery Coriander-cinnamon essential oil blend

Ingredients

- Coriander essential oil – 4 drops

- Ginger essential oil – 3 drops
- Cinnamon essential oil – 3 drops
- Clove essential oil – 2 drops
- Fractionated coconut oil – 2 drops

(6) Soothing woody Cypress essential oil blend

Ingredients

- Cypress essential oil – 6 drops
- White fir essential oil – 3 drops
- Sandalwood essential oil – 3 drops
- Sweet almond oil – 3 drops

(7) Wild woody clove essential oil blend

This essential oil blend makes you sense the freedom a woody environment provides, even as tranquility surrounds you.

Ingredients

- Wild orange essential oil – 5 drops
- Clove essential oil – 3 drops
- Cedarwood essential oil – 3 drops
- Ginger essential oil – 2 drops
- Frankincense essential oil – 2 drops
- Sweet almond oil – 3 drops

(8) The invigorating healer essential oil blend

Whether the seething heat had gotten the better of you or not, this diffuser essential oil blend ensures you are upbeat and on the right road to recovery. Above all, it clears your mind and allows you to focus as if you are enjoying just the right weather.

Ingredients

- Wild orange essential oil – 3 drops
- Rosemary essential oil – 3 drops
- Eucalyptus essential oil – 3 drops
- Clove essential oil – 2 drops
- Cinnamon essential oil – 2 drops
- Olive oil – 3 drops

(9) Refreshing wild essential oil blend

Without stepping outside, you can still enjoy the freshness of the outdoors, as well as the scents of the first flowery growth of a promising season.

Ingredients

- Wild orange essential oil – 5 drops
- Cinnamon essential oil – 4 drops
- Clove essential oil – 4 drops
- Lemon essential oil – 3 drops
- Jojoba oil – 2 drops

(10) Wild Citrus essential oil blend

This is one diffuser oil blend that will give you wild sensations of the outdoors, while protecting you from any effects of harsh weather. Whatever space you are in, this oil blend makes it feel surprisingly spacious, free and fresh.

Ingredients

- Lime essential oil – 3 drops
- Lemon essential oil – 3 drops
- Wild orange essential oil – 2 drops
- Bergamot essential oil – 2 drops
- White fir essential oil – 1 drop
- Fractionated coconut oil – 2 drops

Chapter 3: More Diffuser Oils that Bring Fall Indoors

The list of essential oils can be long, but to have diffuser oils that are effective in uplifting your mood in the fall and keeping you largely free from ailments, we need to create suitable oil blends. This chapter will, therefore, show you different sets of essential oils that you can blend to produce effective diffuser oil blends for the season. In the meantime, see what ancient Greeks thought about fall.

Some Interesting Myth Associated with Fall

Whether you think there is truth in folklore or not, it does not matter when it comes to the joy that comes with warm bright weather. Fall is the season that brings an end to the harshness and barrenness that marks the preceding season. It brings in such favorable weather that the look of the fields changes and sounds of happy birds and insects can be heard all around.

In short, it is the season that indicates life is bound to continue whatever else is happening in the world. And so, fall, which precedes winter, is a season of hope. Since it is no good waiting for hope and anticipation to turn into anxiety, there are grounding essential oils that you can diffuse into your living quarters, and you should be quite fine.

According to the Greeks, in a rather boring period, Demeter's daughter, Persephone, was abducted by Hades, god of the underworld. Demeter was the Greek goddess of harvest. She was unhappy and depressed and her condition was reflected in the barrenness of the land. But then later, Persephone was set free. And lo and behold! Her mother, the goddess, was exhilarated, and the hopelessness that permeated the land disappeared. Bright plants filled the fields, and joy spread all around.

The dull, barren period was taken to be summer, while the bright, fruitful

season was taken to be autumn. And here we are, trying to bring some brightness and joy to you, whatever weather you are in.

10 Uplifting Oil Blends with Healing and Relaxing Properties

Fall is the season you cannot afford to focus solely on the self. The weather is so relaxing and enjoyable that you yearn to share the feel of wellbeing with friends and family. Moreover, it is the time for thanksgiving, seeing that the fields have a lot to offer for the year's upkeep. Essential oils are, therefore, a welcome addition to the hope-filled atmosphere. And considering the celebratory mood everyone is in, you can always choose what diffuser oil blends to make to suit your environment.

(1) The bergamot-based autumn breath diffuser oil blend

Ingredients

- Bergamot essential oil – 5 drops
- Ginger essential oil – 2 drops
- Frankincense essential oil – 2 drops
- Birch essential oil – 2 drops
- Sweet almond oil – 3 drops

(2) Candy-like Sandalwood based diffuser oil blend

Ingredients

- Sandalwood essential oil – 5 drops
- Vanilla essential oil – 3 drops
- Cinnamon essential oil – 2 drops
- Clove essential oil – 2 drops
- Fractionated coconut oil – 3 drops

(3) Traditional Sweet orange-based diffuser oil blend

Ingredients

- Sweet orange essential oil – 6 drops

- Cinnamon essential oil – 3 drops
- Clove essential oil – 2 drops
- Sweet almond oil – 3 drops

(4) Citrus scented Patchouli-based diffuser oil blend

Ingredients

- Patchouli essential oil – 4 drops
- Sweet orange essential oil – 3 drops
- Ginger essential oil – 1 drop
- Olive oil – 5 drops

(5) Citrus scented Sandalwood diffuser oil blend

Ingredients

- Sandalwood essential oil – 5 drops
- Sweet orange essential oil – 4 drops
- Bergamot essential oil – 2 drops
- Cinnamon essential oil – 2 drops
- Clove essential oil – 3 drops
- Sweet almond oil – 4 drops

(6) The party enhancing frankincense based diffuser oil blend

Ingredients

- Frankincense essential oil essential oil – 6 drops
- Pine essential oil – 4 drops
- Cedarwood essential oil – 2 drops
- Sweet almond oil – 3 drops

(7) Woody morning inspiration diffuser oil blend

Ingredients

- Fir needle essential oil – 6 drops
- Cedarwood essential oil – 3 drops
- Wintergreen essential oil – 3 drops
- Cajeput essential oil – 2 drops
- Rosemary essential oil – 2 drops
- Fractionated coconut oil – 4 drops

(8) Warming cardamom-cinnamon diffuser oil blend

Ingredients

- Cardamom essential oil – 4 drops
- Cinnamon essential oil – 4 drops
- Ginger essential oil – 3 drops
- Clove essential oil – 2 drops
- Nutmeg essential oil – 2 drops
- Jojoba oil – 2 drops

(9) Snuggle-friendly Cassia based diffuser oil blend

Ingredients

- Cassia essential oil – 5 drops
- Ginger essential oil – 3 drops
- Clove essential oil – 2 drops
- Cardamom essential oil – 3 drops
- Vanilla essential oil – 2 drops
- Sweet almond oil – 3 drops

(10) The ultimate autumn morning boost diffuser oil blend

Ingredients

- Sweet orange essential oil – 3 drops
- Rosemary – 3 drops

- Ginger essential oil –3 drops
- Eucalyptus essential oil –1
- Cinnamon essential oil – 2 drops
- Clove essential oil – 2 drops
- Sweet almond oil – 3 drops

Chapter 4: What You Need to Know about Scented Candles

Do you see the glow in people's eyes whenever someone mentions a candlelit dinner? There is something unique about such an event, and it cannot be the same without candles. They not only brighten the surroundings contrasting the place with dull areas farther off, but they also enhance the already welcoming ambience.

With the use of scented candles, not only do you add beautiful fragrances to the atmosphere, you also evoke great positive emotions. The candles discussed in this book contain natural essential oils in their recipe, and so you get to benefit from the uplifting and healing properties of those essential oils.

The Power of Scented Candles

Scented candles have a great influence on your sense of smell. As such, you can use specific scents in candles to create your intended mood. If you are on a dinner date, for instance, you will surely want to burn candles whose scents enhance the romantic environment. On the other hand, if you are hosting a group of stressed CEOs, you may wish to burn candles whose scents are calming and grounding.

There are also times when you may wish to have the feel of a particular season. If, for example, you have traveled to the south leaving your family behind in the north, and you want to have the feel of autumn the same time they are, you could burn candles scented with the smells of the fall. That makes you feel like you are sharing the happy season with them.

You could also vary the scents of your candles depending on the needs of a particular location. Surely the scents that fit the bathroom are not necessarily the best for the bedroom. While the bathroom calls for refreshing scents, the bedroom would normally call for mood enhancing scents, or calming scents if you want to improve your sleep.

Although there are shops that sell scented candles, you may wish to make your own so that you can create the exact fragrances you want. At the same time, once you make your own candles, you are sure there are not ingredients unfavorable to you or your environment. To give your candles the scents of your choice, all you need to do is select the matching essential oil and incorporate it in your list of ingredients. Then add it to your wax during the candle-making process.

Things You Should Not Do With Scented Candles

1. Do not add too much essential oil – just enough

If there is too much essential oil in your candle, no matter how nice your candle smells, it might produce soot as it burns and, definitely, you will not like it. When a candle produces soot, it interferes with the smooth burning. It also interferes with the original scent you had intended to spread around.

2. Do not use candles with strong scents in small enclosures

Have you heard the recommendation on moderation? It works very well here. Just as you feel like suffocating when in a small space with foul smell, so would you feel uncomfortable in a small enclosure with a good but very strong scent. In short, even when you want your bathroom to have smell fresh and lovely, use candles with subtle scents.

3. Do not use scented candles to camouflage bad odors

Just before someone says the vanilla scent can overwhelm a bad odor and make a smelly place habitable does not mean every essential oil will work that way. In fact, burning scented candles in a stinking place might just make the odor worse, this time in an indescribable way. So, clean up the place and only burn the candle for its original scent and related properties.

4. Do not burn scented candles at meal time

Whereas it is fine to burn a candle or two scented candles in advance as preparation for a romantic environment, ensure the candles burning as you eat are free of scent. This is because you do not want two significant senses – smell and taste – to compete against each other. In short, you do not want candle scents interfering your appetite or appreciation of the food flavors.

5. Do not crowd one spot with too many scented candles

The reason is almost like the advice given for not trying to use candle scents to neutralize bad odors. The odors are usually not neutralized; rather, you end up creating a new phenomenon of a smell – usually an unpleasant one. Likewise concentrating a single spot with different blends of scents produces an overwhelming mix of scents that is too strong to enjoy.

6. Do not be careless with candles

Scented or otherwise, candles are fire carriers and you should handle them with care. Above all, you need to place them on spots where it is unlikely for someone's clothes to catch fire when they are leaning over.

7. Do not think any essential oil is up for grabs

Why is it you cannot pick any essential oil you like to make scented candles? Well, some essential oils may have a nice natural smell; but when you burn them – pooh, foul. Others may simply irritate your nose.

Chapter 5: How to Create Fall Scented Candles

Are you aware the lovely fall scents can be disseminated through candles also? Nice as they are there are times you want to confine the scents to a limited area, and you do not have much control when you use the diffusion method. This is where scented candles come in handy.

What Are The Best Scented Candles To Use?

First of all, the kind of wax you use matters a lot, the reason you are better off making your own candles rather than buying. Put paraffin candles out of the equation before anything else, because the smell of paraffin somewhere along the line, no matter how faint, is a disaster. There are other candle choices, but for our scented candles, let us just give room to soy wax candles. Why the soy wax candles, you might ask?

- They are the closest to being genuinely natural; can actually be all natural
- They are eco-friendly
- They pose least risk to your health and the environment
- Their service is double that of ordinary candles in terms of burning time.

On the overall, soy wax candles give you most value for your time and money.

Benefits Of Using Essential Oils For Scented Candles

- Essential oils are derived from natural vegetation, the same source where modern medicine sometimes gets active ingredients for their medicine. However, you have the advantage of using extracts that are not at all adulterated with chemicals or synthetic material, and that makes your candles safer than the candles you could buy.
- You are in a good position to select only the scents you like; the ones you enjoy and the ones none of your hosts is allergic to.

- You can make scented candles suitable to the kind of therapy you need
- You can use specific scents to create or enhance the people's mood
- You can customize the scented candles to create the atmosphere you want.

Of course, there is another advantage of being able to create candles of the shapes of your preference, whether the scented candles are meant for ambience, therapeutic purposes, or anything else of the sort.

And you cannot underrate the benefit of being able to say for sure that the candles you are burning are all-natural and in no way synthetic.

Easiest Way to Make Scented Candles using Essential Oils

Ingredients

- (a) Soy wax (in flakes) – 450g
- (b) Wick
- (c) Spoon or skewer (wooden)
- (d) Measuring container (glass-made)
- (e) Mason jar
- (f) Essential oil (your choice)

Preparation Method

- (i) Into your glass container, pour in the soy wax flakes
- (ii) Leave some little space at the top, as precaution should the wax rise when heating and melting.
- (iii) Put your container in a pre-heated oven and leave it for 3 minutes
- (iv) Nevertheless, keep checking the wax every half a minute to see progress, during which time you should stir it using your wooden piece of equipment. The stirring is meant to distribute the heat within the wax and to facilitate better and even melting.
- (v) Remove the wax from the oven when 3 minutes are up.

(vi) Add in the drops of essential oil you prefer

Remember you just need a couple of drops if your essential oil of choice is strong, but if it has a light scent, it is fine to use even up to 10 drops.

(vii) Place your wooden piece of equipment – the spoon or skewer – inside your mason jar for the purpose of holding the candle in place.

(viii) You can now wrap your wick right around your wooden piece around three times, trying to keep to the center of your mason glass. Then drop the wick nicely into the glass.

(ix) Ensuring the wick remains in the middle of your glass, tape it right down to the base of the glass. You need to do what you can to keep the wick steadily in place.

(x) Pour your melted soy wax in the glass container, holding the wick in place.

(xi) Let the wax harden as you hold the wick in an upright position.

(xii) You can now put your candle in your refrigerator to allow it to cool further and harden properly. Give it 2hrs in the refrigerator.

(xiii) Thereafter, you can trim the candle wick so that only 2½cm of wick is visible.

You have just succeeded to creating a scented candle with essential oil of your preference.

10 DIY Scented Candles Made from safe, cost-effective oils

The best essential oils to use in creating your candle scents need to be safe and stable, besides having your preferred scents. You have already learnt the basics of candle making. What you now require are the best essential oils for your candles. The ten essential oils that lead the list of those that meet the criteria for scented candles are:

- 1) Ylang Ylang
- 2) Spearmint
- 3) Orange
- 4) Lavandin
- 5) Clove

- 6) Geranium
- 7) Eucalyptus
- 8) Benzoin
- 9) Lemongrass
- 10) Lime

Conclusion

Thank you for downloading this book – *Fall Essential Oils: 20 Diffuser Essential Oils Blends and 10 DIY Strong Scented Candles*. It is my hope that you have learnt a lot from the comprehensive information provided on individual essential oils and different diffuser essential oil blends. I also hope you are now conversant with the making of diffuser oil blends as well as scented candles for the fall season, and those that mirror the goodness of fall.

You may now wish to go through the book another time, to see which diffuser recipes suit your environment in the office, at home, within your business premises, or whatever other environment you want to improve and make more people friendly. You may also wish to pick out some essential oils to make customized candles for different occasions.

If you have found this book informative and helpful, feel free to recommend it to your friends, colleagues and family, so that they, too, can enjoy the goodness of fall scents anytime, courtesy of diffuser essential oil blends and scented candles.

Thanks again!

Be Creative in October

DIY Slime

Stress is something that everyone lives with and yet it remains one of the biggest killers. It is often referred to as ‘ the silent killer ’ . This is because elevated levels of stress have been linked with heart disease, irregular heartbeats and a variety of other heart issues.

But stress is also an essential part of the human make-up. Whenever you find yourself in a stressful situation your body releases a hormone called cortisol. This prepares your brain and muscles so that you are ready to fight or run. It

is one of the most primitive responses of modern man but a natural self-preservation system.

The real issue isn't that you get stressed is that your body doesn't know the difference between a life and death mugging and a stressful meeting with your boss. In the modern, hectic world this means that your body spends much of its time ready to fight or flight.

Unfortunately, the release of cortisol into your system inhibits many of your normal everyday functions and places huge amounts of pressure on your vital organs; specifically your heart.

There are many ways to lower your stress levels, change jobs, laugh or simply remove yourself from the situation. However, not all of these are practical options. Laughing in the middle of an important but stressful meeting with your boss will not help your overall situation!

This is why you need a stress reliever on hand, on to be exact, in hand. Stress relieving slime does exactly that. The act of squeezing it in your hand is enough to detract you from the stress of the situation; this allows your cortisol levels to drop reducing the stress on your body and the long term health implications.

Slime is a great way of reducing stress and the best part of it is that you can make lots of different versions of it at home for very little money. This means that you can have an array of different stress relieving limes according to the situation or mood you find yourself in. The great thing about this is that you don't need to get stressed if you lose one of your slime balls, you should have others and you can easily make more.

Slime balls can also be good as a distraction. For instance, if you are always biting your nails, even though you know it's not a good habit, you can use a slime ball to keep your hands busy, preventing the ability to bite your nails.

The idea behind the stress relieving slime ball is that your slime is always on hand to calm your mind. The simple act of squeezing and pulling the slime allows you to evaluate the issue in hand and calmly move on. It might not prevent you getting stressed but it can prevent you from staying stressed. By avoiding high levels of stress you will reduce your chances of heart disease, strokes and even cancer. All of this is possible through the use of the humble stress relieving slime ball!

It's time to start learning how to make some!

Chapter 1 – 20 Simple Stress Relieving Slime Recipes

The beauty of slime is that it is easy to make and generally only requires ingredients you already have at home. Each of the following 15 recipes is very simple to make:

1. The Basic Slime Ball



This is one of the easiest slimes you will ever make. You ' ll need:

- Scissors
- Empty plastic bottle
- Measuring cup
- Cornstarch
- Balloons
- Water

Take three tablespoons of cornstarch and mix it with some water until the

mixture starts to feel slimy. You should be able to pick it up and model things about of it. Of course, you will get dirty hands doing so!

Next you pour the slime or place the slime into an empty bottle. Follow this by putting your balloon over the bottle opening, as though the bottle was a balloon pump.

You can then slowly slide your slime into the balloon. Your balloon will fill and then you will need to squeeze on the bottle to stretch the walls of the balloon and ensure it is packed full.

Once it is the right size simply and carefully remove the bottle and tie off the balloon. It is a good idea to snip of the excess without damaging your knot.

You should then get a second balloon, cut the end of it off and glide it over the first one. Again it will need to be tied off. This will make your stress ball stronger and it less likely that you have slime exploding everywhere!

Then all you need to do is start using it!

2. Glue Ball



This option uses glue to create a slime ball that can be held in a pot and squished with your fingers, much like you can buy in the shops as children ' s toys.

You will need:

- Food coloring
- Liquid starch
- Clear Elmer ' s glue
- Water
- Mixing bowl & spoon
- Measuring cup

To create your new slime ball pour some glue into a mixing bowl and add a few drops of food coloring; this will make your slime ball a unique color.

Next add a little water and half a cup of starch liquid. This should be done slowly, mixing as you go. You can adjust the amount of water to create the right consistency; this is personal preference not a set consistency.

Once you have finished mixing it is best to pour the slime into a pot and leave it for a couple of hours. This will allow the slime to half set and feel smooth when you stick your fingers into it later.

You don't need to keep it in the pot when de-stressing, the pot provides a convenient means of storing your new creation. The great thing about this slime is that it will fill any size or shape container. It is also very smooth to the touch.

3. Glitter Slime



This is a variant on the glue ball as it uses a very similar recipe but provides nice, glittering stress relieving slime.

You will need:

- Water
- Liquid starch
- Glitter glue
- Acrylic Paint

Of course you still need a mixing bowl and spoon! Again you will need to add some glitter glue into a bowl; the exact quantity will depend upon how large you wish your slime to be. Then add a touch of acrylic paint; the color choice is all yours. This will help to bind the ingredient together and add some color to the slime. You can then add half a cup of liquid starch; stir it in slowly. This is followed by a little water; make sure you add just a little at

a time until you find the right consistency.

Again, this can now be put into the pot and left for a couple of hours before you start using it.

4. Lavender Putty



This is just like holding a ball of putty but without the stickiness. The addition of lavender will help you to unwind; its scent is naturally calming. Research actually shows it will reduce your heart rate and help you to simply chill, no matter what is going on around you.

You will need:

- Cup of boiling water
- Cup of salt
- 2 cups flour
- 6 tablespoons cream of tartar
- 2 tablespoons of a carrier oil, such as almond or coconut. They must complement the smell of lavender.
- 30 drops lavender oil
- Food coloring

To create the ultimate de-stressing putty, start by mixing all the flour with the

salt. Then add the cream of tartar, carrier oil and the lavender oil before slowly adding the boiling water, stirring as you do so.

It should almost immediately become putty like. It is important to add the boiling water slowly to ensure the mixture doesn ' t become too liquid.

If you want you can now add a few drops of food coloring, the choice of color is entirely yours. You can then add extra flour if the putty is too sticky.

The mixture will take approximately 30 minutes to cool before you can start manipulating it; have fun de-stressing!

5. Scented Goo



The above recipe uses the power of lavender as a calming mechanism but you can choose virtually any aroma. Providing you like the scent it will help to calm you and lower your stress levels. This works by triggering the release of endorphins, simply because you are feeling happier!

This option adds a scent in to your goo, the range of aromas is virtually limitless.

You will need:

- Glue, any sort of liquid glue will do.
- Mixing bowl and spoon
- Measuring jug
- Essential oil; your choice of aroma.
- Food coloring
- Borax crystals

Start by putting approximately 4 ounces of glue into a bowl and then mix in approximately 3 ounces of warm water; not boiling.

Once you have stirred this thoroughly you can add four or five drop of food coloring. The color is up to you, the more coloring you add the darker it will be. You can even leave the coloring out if you want it to be white.

Next add 3 or 4 drops of your chosen aromatic oil and stir until it is all blended.

Separately you need to put quarter of a cup of boiling water into a measuring jug with 2/3 teaspoon of borax crystals. They should dissolve fully before you pour it into your glue mixture.

This will absorb quickly into the glue mixture and it is important you keep

stirring the whole time. As soon as it has become slime like you need to continue kneading it with your hands. This will ensure the mixture is blended properly and there are no lumps.

That ' s it; you ' re ready to start de-stressing!

6. The Squidgy Slime Ball



This variant of the slime ball is designed to be placed inside a net. This will allow you to squeeze it and watch it pop out of all the holes, before it disappears back inside. It can literally give you hours of fun for virtually no cost.

You will need:

- Bottle of liquid glue
- Liquid starch
- 2 cups of water.

Start by pouring the whole bottle of liquid glue into a bowl. This should be 4 fluid ounces. Then put a little water in the glue bottle and swish it round before adding it to the glue.

Mix thoroughly then add a tablespoon of liquid starch. The mixture will immediately start to become gooey. Add a little more until you get a slime like putty that you can pick up in your hands and stretch without getting sticky.

You will then need to put the mixture into a bottle and pour it into a colorful balloon by covering the end of the bottle with the balloon. A striped balloon adds a nice effect but it can be any style you like.

Next you need to get a piece of netting, like the ones you get round fruit. Cut a piece big enough to wrap round your putty filled balloon and encase it in the netting. Tie this off and your stress ball is ready.

The harder you squeeze the more it will come out of the netting holes, making it fun as well as de-stressing.

7. Slime Without Liquid starch (Shampoo)



It is possible that the borax found in liquid starch that is used in many DIY slime balls could burn your fingers, although there have not yet been any reported cases of it.

To avoid the risk it is best to avoid using liquid starch. This recipe will create a ' fluffy ' de-stress slime.

You will need:

- ½ cup shampoo
- ¼ cup cornstarch
- Food coloring
- Water
- Mixing bowl

Start by mixing the shampoo and cornstarch together in one bowl. You can then add several drops of food coloring to get the color of your choice.

Next add 6 tablespoons of water and stir as you add each spoonful. You should have a dough like mixture that you can knead with your hands. You may need to knead it for several minutes.

If needed you can always add extra cornstarch to create the right consistency; this will need to be a personal decision.

That ' s it, your fluffy slime is ready to use.

8. Volcano Fluffy Slime



This has the same fluffy texture as the previous mix but it has an extra component. If you add heat it will melt and then, as it cools become fluffy again; much like lava!

You will need:

- $\frac{1}{4}$ cup liquid glue
- $\frac{1}{2}$ cup cornstarch
- Food coloring
- Mixing bowl

Start by mixing the glue and the cornstarch until blended smooth. You can then add a few drops of food coloring to get your desired color.

You will need to mix thoroughly before kneading it for at least ten minutes!

You can then heat it in the microwave for 20 seconds before kneading it for a further 10 minutes. Then start feeling the stress leaving your body as you play with lava!

9. Sand Slime



Without borax this mixture will not be as smooth, hence the title sand slime. However, it will be as stretchy and gooey!

You will need:

- 1 cup liquid glue
- 1 tablespoon baking soda
- 1 tablespoon contact lens solution
- Food coloring

To start mix your glue and baking soda together until you have a smooth blend. You can then add any food coloring you want to get your choice of color.

Once this is mixed add your contact lens solution and mix for several minutes. If necessary add a little more contact lens solution until you reach the right consistency.

It is worth noting that if the consistency is soggy then kneading it can resolve this. As soon as you have the right consistency you can use it or find a suitable place to store it.

10. Magnetic Slime



This is good for de-stressing but also a lot of fun for any child:

You will need:

- Liquid starch
- Liquid glue
- Iron Oxide powder
- Neodymium magnet
- Mixing bowl

Start by putting $\frac{1}{2}$ cup of the liquid starch in your mixing bowl and adding 4 tablespoons of the Iron oxide powder. You will need to blend it thoroughly.

Next add $\frac{1}{2}$ cup liquid glue and stir! This will take several minutes to look like anything other than a mess. Once mixed you will be able to remove the slime and knead it with your hands, (which will get black).

You can then pat the slime with some paper towel until the excess liquid has been removed. As soon as it is dry you can start to use it. As well as de-stressing by kneading it you will be able to wave your neodymium magnet over it and make it move without touching it!

11. Saline Slime



This is just another way of making your standard slime.

You will need:

- $\frac{1}{2}$ cup liquid glue
- 1 Tablespoon saline solution
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon baking soda
- Food coloring
- The usual tools

Start by combining your liquid glue with your water and stirring thoroughly. You can then add a dozen drops of food coloring and even some glitter to create your desired effect.

Again, stir the mixture thoroughly.

You then need to add the baking soda and stir which will dry the mixture out a little. Then add the saline solution and stir quickly. The chemical reaction will be quick and you need to have it all mixed together

As soon as it looks like you can easily remove it from your bowl you need to use your hands to knead the mixture for approximately 5 minutes.

That ' s it, you can play straight away.

12. Crunchy Slime



This adds a nice touch to the slime de-stressing tool as you can feel the crunch every time you squeeze the slime.

You will need:

- Liquid glue
- Food coloring
- Water
- Baking soda
- Saline solution
- Beads
- Mixing implements

Start by mixing $\frac{1}{2}$ cup of liquid glue with the same amount of water. You

can then color your slime, if you want to. If you 've used transparent glue it can look goo without the food coloring.

You can then add $\frac{1}{2}$ teaspoon of baking soda, followed by half a cup of small beads. Don 't put too any beads in as this will affect the stretchiness. Less is definitely more!

You are now ready to add a tablespoon of saline solution and mix fast! If necessary add a little extra saline solution. Your slime will then be ready to knead. The beads make an unusual sensation in your hands, helping to distract and de-stress you.

13. Floam Slime



This is effectively the same recipe as the one above. However, instead of adding beads you can add foam balls; obviously very small ones! This will give the slime a squishy ball type texture which will feel particularly funny in your hand!

14. Super Stretchy Slime



Slime is supposed to be stretchy but this recipe takes it a step further and makes it super stretchy!

You will need:

- Standard eye drops
- Liquid glue
- Baking soda
- Food coloring

$\frac{1}{2}$ cu of liquid glue needs to be placed into your mixing bowl and then add 6 drops of food coloring, or as much as you need to get the desired effect. You can then mix in a teaspoon of baking powder and mix thoroughly.

You now need to add forty to fifty eye drops but you should do this ten at a time to ensure you get the consistency right. When it is still slightly sticky put a few eye drops on your hands and lift the mixture out of the bowl. You can then knead it for several minutes until it 's no longer sticky to the touch.

Keep it in a container and use whenever you want!

15. Putty Slime



This is another version of the putty mentioned earlier and an effective stress reliever which can be easily carried with you.

You will need:

- Water
- Liquid glue
- Borax powder
- Food coloring

Again you need to start with $\frac{1}{4}$ glue and add a few drops of food coloring to get your desired color. Separately you need to mix $\frac{1}{4}$ teaspoon of borax powder with the same amount of warm water. This can then be added to the glue mix, stir as you add it will react quickly.

After a few minutes continue the mixing process by hand; you don't even need to wait for it to cool to start using it.

16. Edible Slime!



It is possible to de-stress and carry a snack with you, although I can't guarantee it will be tasty!

You will need:

- 3 packs Gelatin
- Water
- Food coloring
- Corn syrup

Follow the instructions on the gelatin packs to make the gelatin; this should just require boiling water. Once this has been done you need to add $\frac{1}{4}$ cup of corn syrup and blend it thoroughly. To finish add a little color; any one is fine!

More corn syrup will allow you to stretch the slime more. However, you should be aware that this is sticky slime and not for everyone!

17. Soap Slime



This slime is actually the product of two processes, exploding soap followed by slime!

Start by putting a bar of soap in a big glass dish and then putting it into the microwave for two minutes. It will explode into a huge ball of foam. This can then be chopped into small pieces.

Simply add a little water and mix thoroughly. Too much and you will have a liquid slime so take this part slowly.

Once it reaches the right consistency you 're good to start playing!

18. Two Ingredient Slime



Did you know that you could make slime with just two ingredients with a third as an optional extra? Here ' s how.

You will need:

- Cornstarch
- Liquid glue
- Optional food coloring

Put some glue in a mixing bowl and add a few drops of food coloring. Then simply add three times as much cornstarch as the amount of glue you used.

You need to add the starch slowly, stirring all the time until the mixture thickens. Once it stops being sticky to the touch you can continue to knead it with your hands. A few minutes of kneading will suffice to finish preparing your stress relieving slime.

19.No Glue Slime – Chia Seed



This is a different approach which produces a slightly sticky version of the slime but it is a lot of fun!

You will need:

- Chia Seeds
- Water
- Cornstarch
- Food coloring

You need to put two cups of water with $\frac{1}{4}$ cup of chia seeds in a container and leave them to soak overnight; preferably in the fridge.

The following day you can stir the seeds to break up any clumps and add a teaspoon of xanthan gum along with a few drops of your preferred food coloring.

Once you've mixed this gently you can add 16 ounces of cornstarch and keep mixing. As soon as it is too hard to mix with a spoon you can knead it with your hands. You may need a little extra cornstarch to get rid of the sticky feel.

It should be noted that this is made with food products so it will perish over time.

20. Seedless No Glue Slime



Seeds create the stretch in your slime without them you may find your slime is more brittle but can still be a good stress reliever.

You will need:

- Water
- Xanthan gum
- Food coloring
- Cornstarch

Simply mix 2 cups of water with 1 $\frac{1}{4}$ tablespoons of xanthan gum. Then add a little food coloring followed by 16 ounces of cornstarch.

Again mix until you can no longer do so with the spoon and then start kneading it by hand. Adding cornstarch reduces stickiness while extra water can stop crumbling problems.

Chapter 2 – 10 Fun Variations OF Slime Recipes

There are so many potentially good recipes for slime that it is hard to choose the best 30. But, the ones in this book are all very easy to make and satisfying.

Here are 10 variations which can be just as fun and help to relieve your stress.

1. *No Borax Slime*

You will need:

- Body wash
- Food coloring
- Water Cornstarch

Start with two tablespoons of body wash in a bowl and add a few drops of food coloring until you have a uniform color of your choice. Then simply add approximately the same amount of cornstarch to your bowl and keep mixing.

You will need to knead it with your hands to finish the process. A little water can make your slime stretchier.

2. *Liquid Soap Glitter Slime*



You will need:

- Cornstarch
- Food coloring
- Dish soap
- Glitter

This is a really quick way to make slime. Simply add four tablespoons of liquid hand soap to a bowl and mix in as much food coloring as you need to make your desired color. Add in plenty of glitter to the mix.

Then add approximately the same amount of cornstarch and mix. Within 10-20 seconds you will struggle to mix it with your spoon. This is your cue to remove it by hand and knead it.

After a few minutes of kneading you will have slime and relieved you stress in the making process!

3. *Yoghurt Slime!*



This actually works even though you might not think it would!

You will need:

- Yogurt – plain
- Cornstarch
- Coloring

Mix the same amount of cornstarch with yoghurt to form a stiff mixture. Add a few drops of coloring and then keep mixing before switching to kneading.

After approximately ten minutes of kneading you'll have slime!

Of course this is edible so will not last that long!

4. Borax & Glue Free Slime



You will need:

- Liquid glue, preferably clear although white can be used.
- Laundry detergent – in powder form
- Water

Start by putting 4 ounces of glue into a mixing bowl. Then add two tablespoons of laundry detergent powder. This must be done slowly to allow you to mix it thoroughly. Keep mixing as you add a tablespoon or two of water.

Once it has all blended and clumped together you can knead it with your hands, after several minutes the slime will start to form!

5. *Rainbow Slime*



You will need:

- Glitter glue – 4 tubes each of a different color
- 1 teaspoon borax
- 2 tablespoons water

Start by emptying each of your glitter tubes into their own bowls. Then mix your borax and water thoroughly. Add a little borax to the first color and stir until it lifts away from the side of the bowl. Then knead it by hand until it is soft, not sticky.

You will then need to repeat this process with the other color glitter glues.

Roughly roll each piece of slime so that you have four sausages against each other. All you need to do then is pinch the sausages together and start stretching from the ends. The colors will stretch and become rainbow slime!

6. *Heated Slime*



You will need:

- Liquid glue – $\frac{1}{4}$ cup
- Thermochromic pigment – 3 teaspoons
- Water – 1 tablespoon
- Liquid starch – $\frac{1}{4}$ cup
- Food coloring

Put your liquid glue in the mixing bowl and add the water and 5 drops of your preferred food coloring. Once mixed add the thermochromic pigment and stir again.

Add the liquid starch and you will have a slimy mixture which can be kneaded with your hands. One ready you can use it or store it.

The slime will change color in the sunlight thanks to the warmth and the thermochromic pigments!

7. *Glow in the Dark*



This is just fun!

You will need:

- Liquid starch
- Liquid glue
- Glow in the dark paint

Place $\frac{1}{2}$ cup of liquid starch in a bowl and add 3 tablespoons of glow in the dark paint. Once mixed properly you can add $\frac{1}{2}$ cup of liquid glue.

Stir thoroughly then place on a paper towel to absorb excess water. You can then knead it with your hands; it will slowly go from messy to slimy and will glow in the dark!

8. *Confetti Slime*



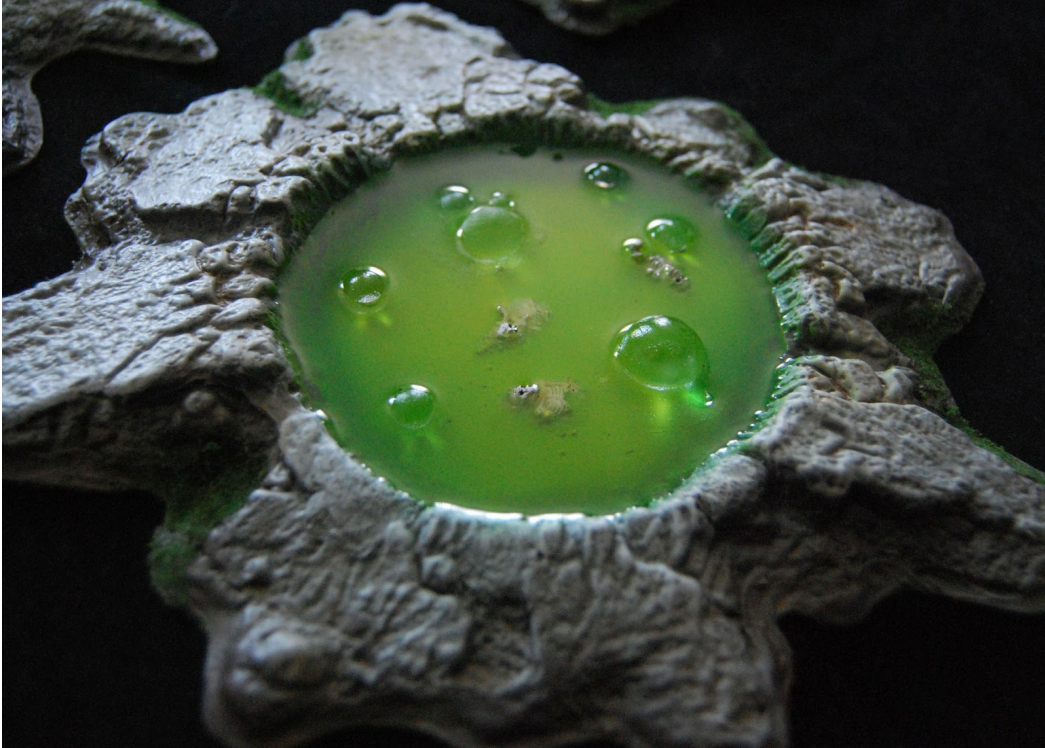
You will need:

- Water
- Liquid starch
- Confetti
- Liquid glue

Mix 4 ounces of liquid glue with 2 tablespoons of liquid starch and one tablespoon of water. Add in your confetti and mix thoroughly.

When it is mixed you will need to put it onto a paper towel to remove excess liquid and then knead it until it becomes very attractive slime!

9. *Bubbling Slime*



This slime actually bubbles and continues to do so for hours after you have made it.

You will need:

- Xanthan gum
- White vinegar
- Baking soda
- Food coloring

Start by putting 2 cup of white vinegar in a bowl and whisking whole adding the xanthan gum. You can also add any food coloring you fancy. As you will struggle to get rid of all the xanthan gum it is best to put the mixture in the fridge for several hours; this will dissolve them.

Once removed you can whisk it again to make it creamy and very gooey.

Now cover the bottom of your storage tub with baking soda and pour your

slime mixture over it. It will bubble for hours and the bubbles will become trapped in your slime. Alternatively you can mix the baking soda in to get the trapped bubbles look but not see them bubbling.

10. The Most Basic Slime



This is for when you are in a hurry.

All you need is 2 cups of cornstarch, one of water and a few drops of food coloring. Mix and then keep mixing. It will eventually become slime!

To speed this process up you can actually warm it slightly; this will speed the chemical reaction between these two substances.

Conclusion

No matter which way you look at it slime is fun! Making it is generally very easy and you only need a few simple household ingredients. You can make it with your children to bond and teach them a little about chemistry.

More importantly you can take most of these slimes with you, either in a container or in your pocket. This will allow you to squeeze; poke or prod the slime as hard as possible when you are in a stressful situation.

You will feel less stressed as you are distracted and the pleasure of poking or pulling slime is contagious even as an adult. Even if you have it on your desk at work you will find others recognize its value and may even ask you how you have managed to make it yourself.

There are many ways to de-stress. One of the easiest is to remove yourself from a stressful situation but this is not always possible or a good idea. Your stress relieving slime is acceptable in almost any situation and will make you feel better.

Perhaps the best thing is that, with the aid of this book, you can easily replace any slime which has been lost or damaged. You can also try a wide variety of different types of slime and experiment with your own recipes; there is really no limit to what is possible!

The idea of slime may date back to children's television when you were young but it serves far more purpose today, you can even baffle your friends by creating magnetic slime and manipulating it without touching it.

It is important to remember that any slime made entirely with consumable products will perish in time and just because it is edible does not mean that you should eat it! Slime can be made with or without borax, starch or glue

according to your preference; all you need to do is experiment.

Macrame Knots For Absolute Beginners

There you are, standing at the craft fair with your family, looking over the different projects others have made. You are amazed at the beauty in the art, and you are eager to add one of each to your home.

But, you look at the price, and you suddenly put it down. You would love to be able to support the artist, and you would love to fill your house with all kinds of handmade and unique items, but when it comes down to it, you simply can't afford to pay those kinds of prices. Of course, it is all worth it,

but when you can ' t afford it, you can ' t afford it.

Yet, you don ' t walk away empty handed. You now have more inspiration than you know what to do with. You want to make and create. You want to do something that is going to catch the eye of your friends and family, and you want to turn it into something that is amazing. When it comes to the world of hand crafted items, you are going to find that there really is no end to the ways you can show off your creativity by the things that you make.

But, you have creativity, but you don ' t know what to do with it. You want to make something, but when it comes to the actual execution of the craft, you feel lost.

And that ' s where this book comes in. In it, you are going to find all kinds of new knots that you can then use to create whatever it is you want to create. You are going to find that there is no end to the ways that you can use your skills to create whatever it is you wish.

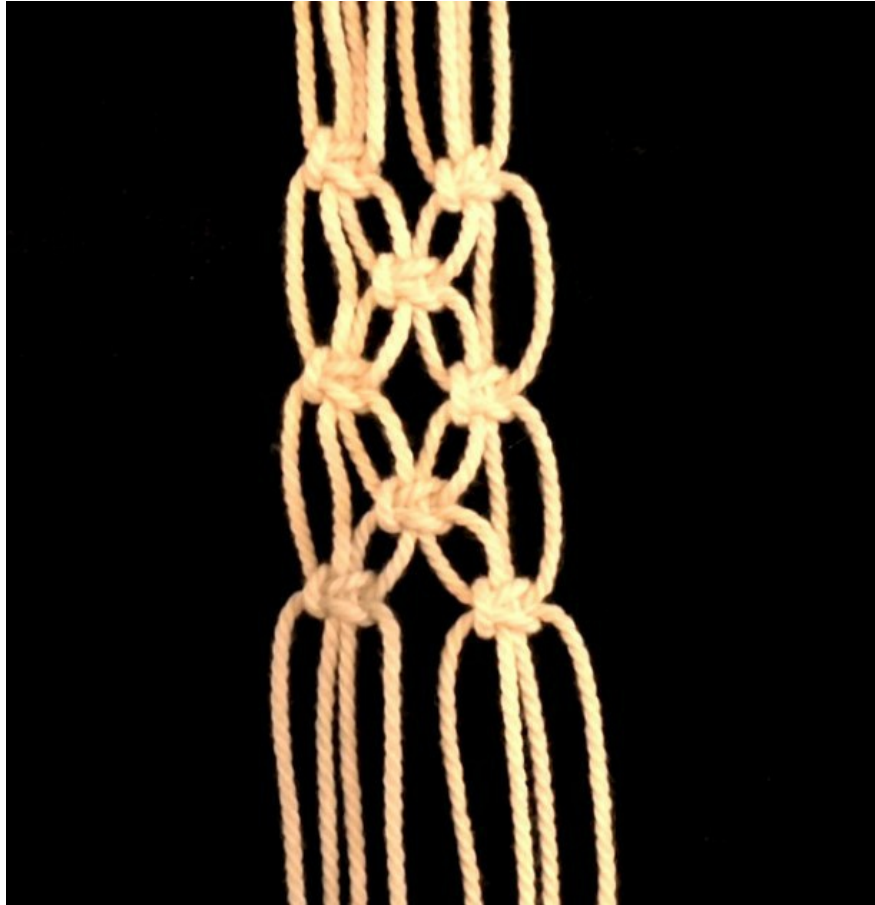
This book is going to open the door to a whole new way of crafting for you, and you are going to find that there really is no end to the ways that you can show off your skills to your friends and family, or to the ways that you can create anything that you wish to create. This is going to be the inspiration that you have been waiting for, and you are going to find that it ' s everything you need to make any macram é project that you can imagine.

The new year is coming, and you are ready to start fresh with a new way of doing things – including the crafts that you make. Why not learn a new skill that you can use any time you wish? You are going to fall in love with the process, the projects, and everything else that comes with the work that you put into these things.

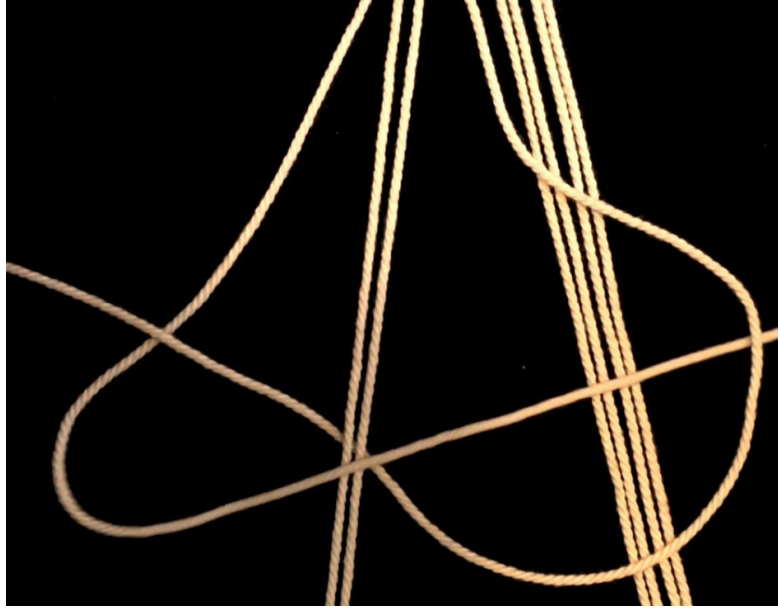
There is a whole world of crafting out there, just get ready to dive in.

Chapter 1 – The Knots

Alternating Square Knots



This is the perfect knot to use for basket hangings, decorations, or any projects that are going to require you to put weight on the project. Use a heavier weight cord for this, which you can find at craft stores or online.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.

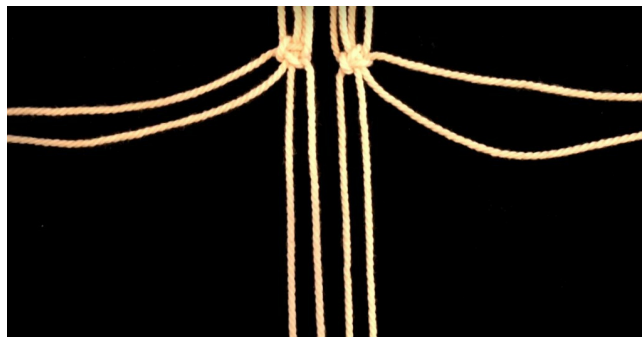


Start at the top of the project and work your way toward the bottom. Keep it even as you work your way throughout the piece. Tie the knots at 4 inch

intervals, working your way down the entire thing.

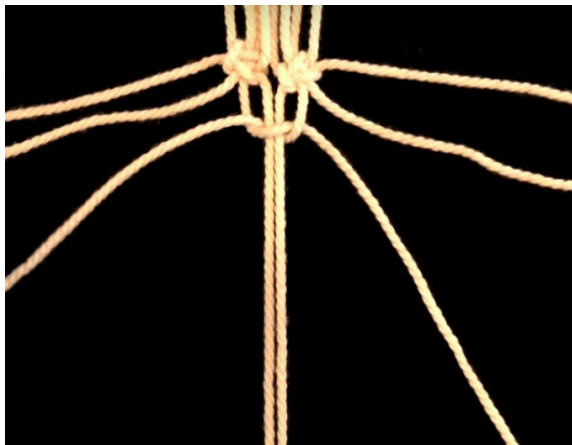
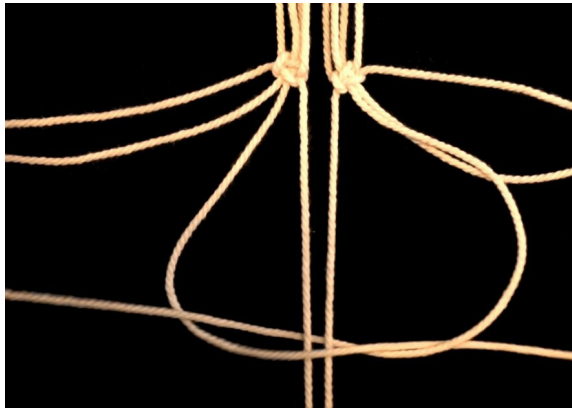
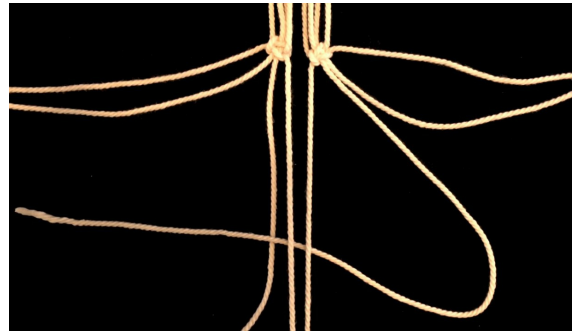


Tie each new knot securely before you move on to the next one. Remember that the more even you get the better it is.

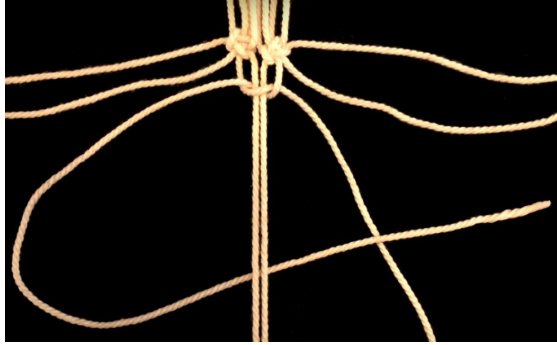


Work on one side of the piece first, then tie the knot on the other side. you are going to continue to alternate sides, with a knot joining them in the middle, as you can see in the next photo.

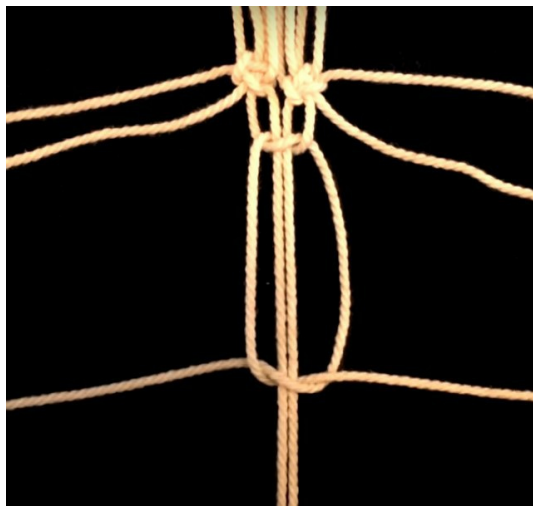
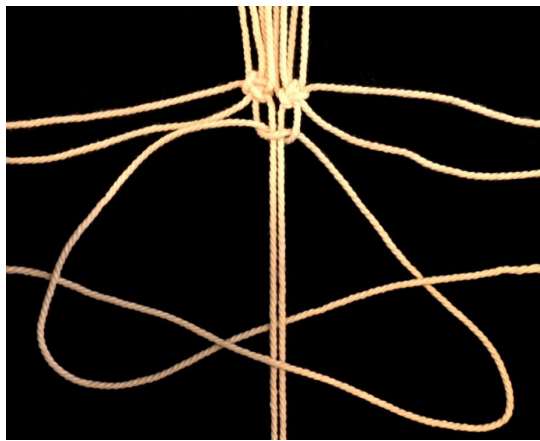
Again, keep this even as you work throughout.

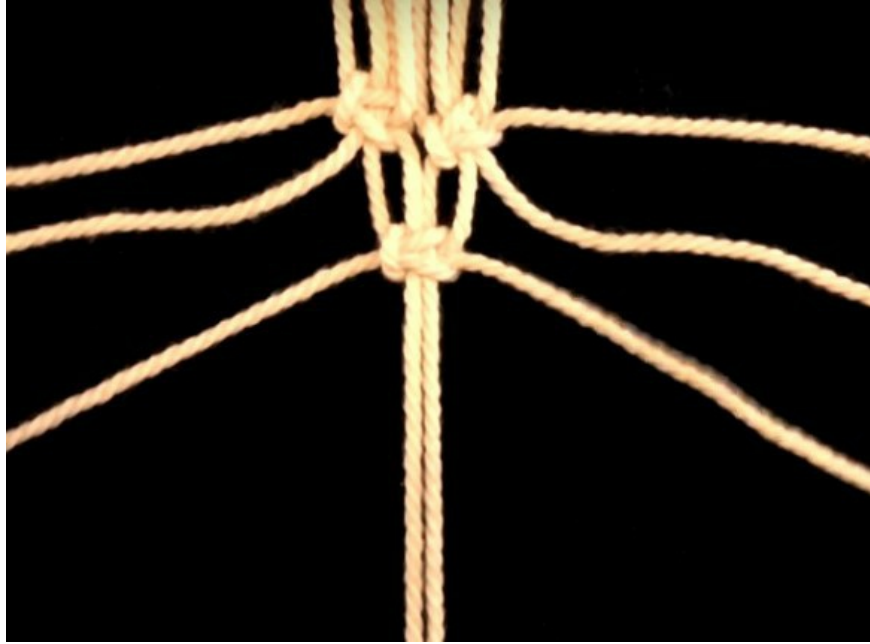


Bring the knot in toward the center and make sure you have even lengths on both sides of the piece.



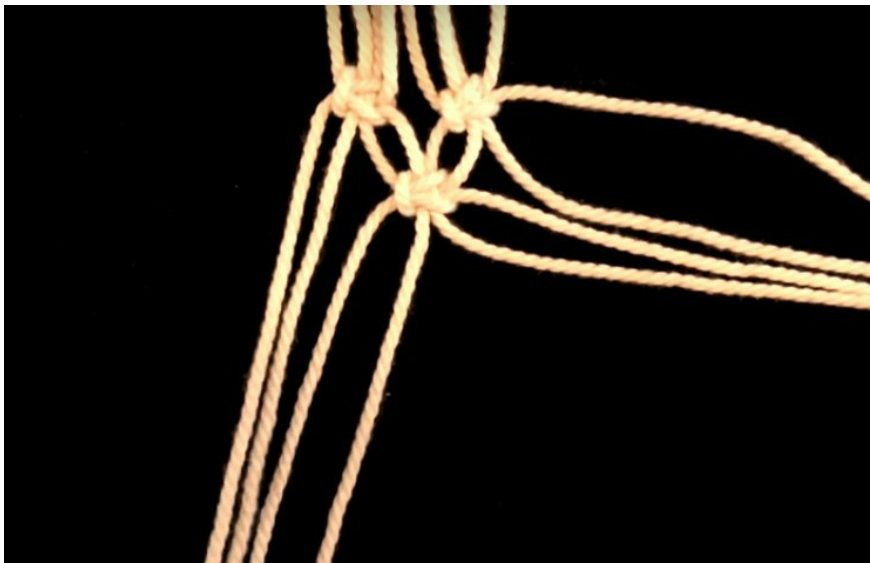
Pull this securely up to the center of the cord, then move on to the next section on the cord.

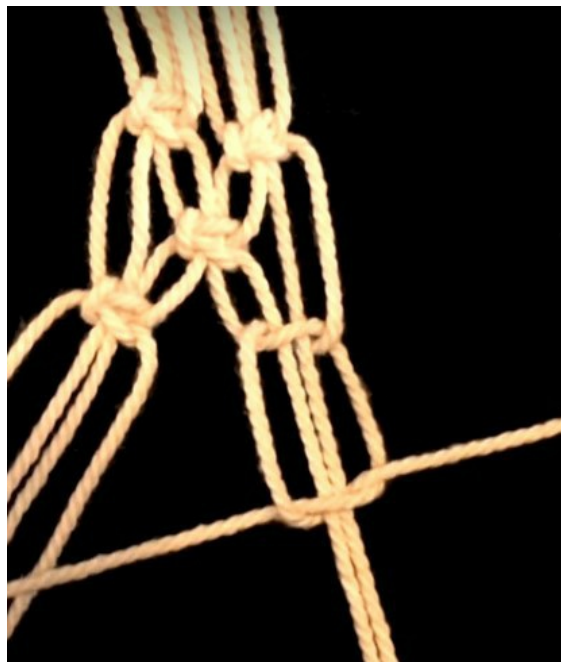
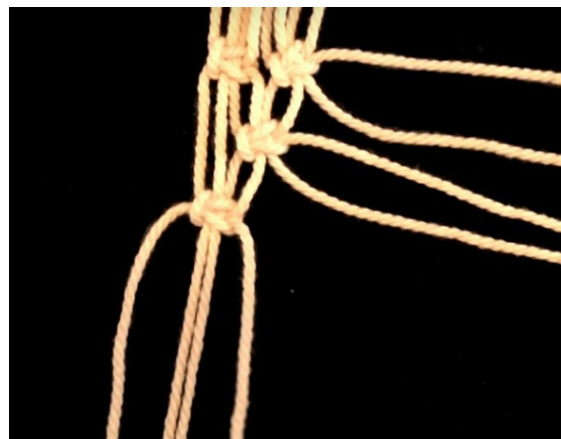




You are going to gather the cord on one side for the next set of knots, then you are going to go back to the other side of the piece to work another set of knots on the other side.

Work this evenly, then you are going to come back to the center.





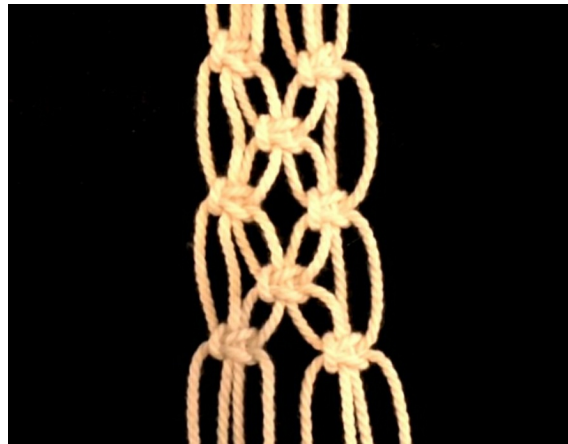
It ' s a matter of sequence. Work the one side, then go back to the beginning, then go back to the other side once more. Continue to do this for as long as

your cords are, or as long as you need for the project.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

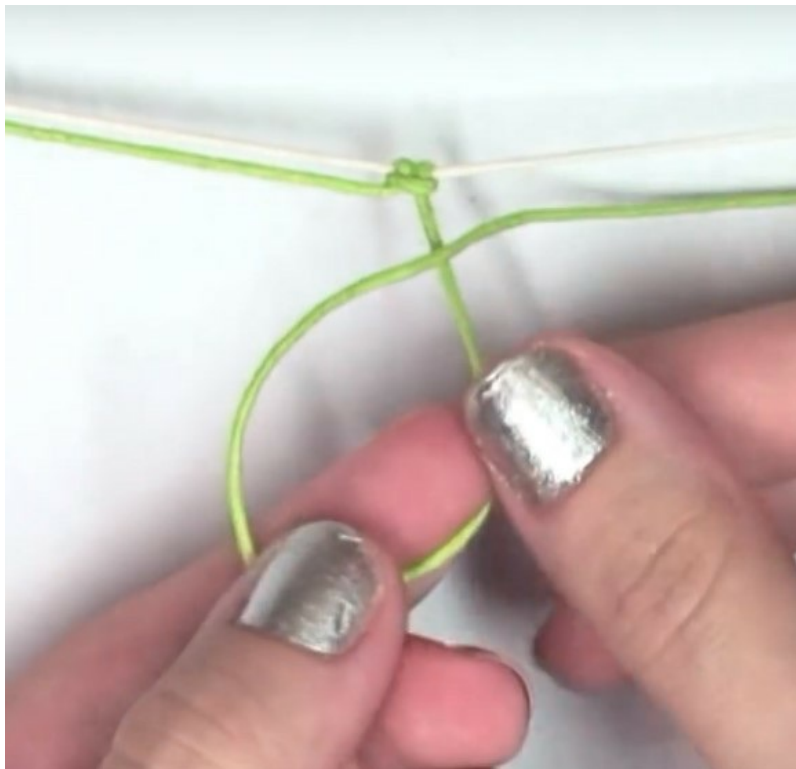
Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Capuchin Knot



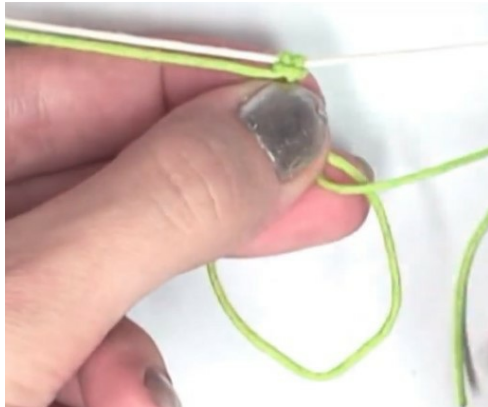
This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and

take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Start with the base cord, tying the knot onto this and working your way along the project.

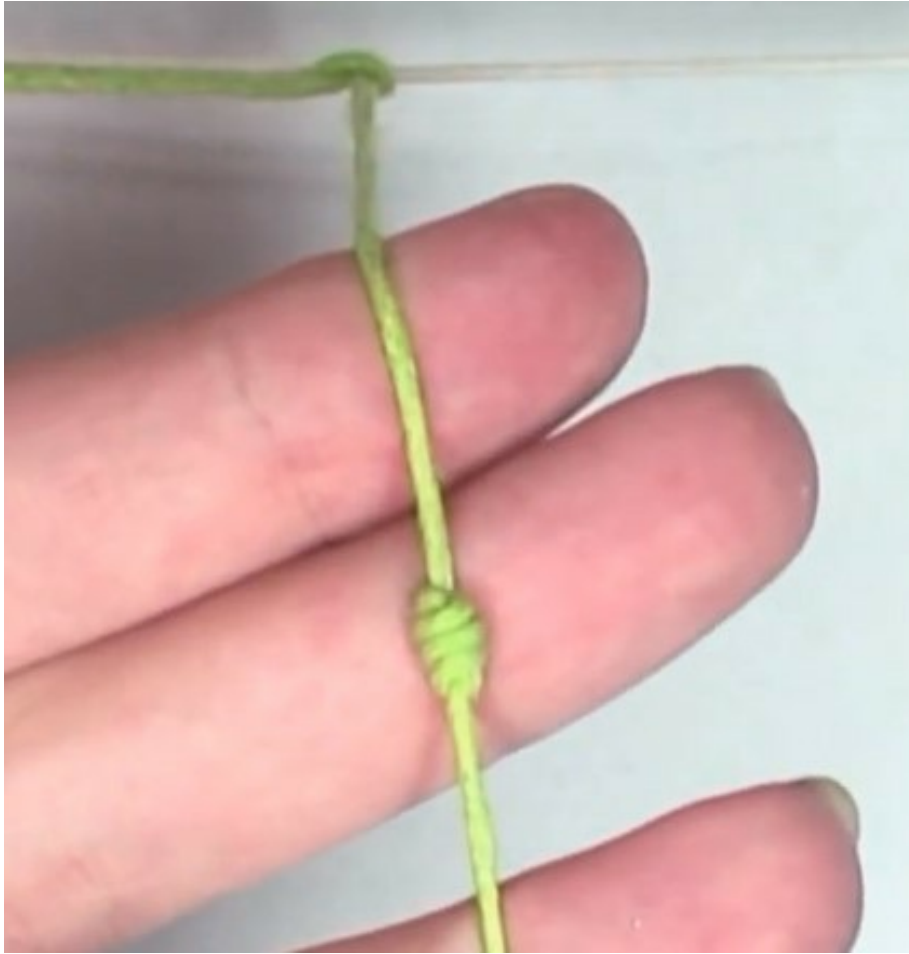


Twist the cord around itself 2 times, pulling the string through the center to form the knot.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Crown Knot



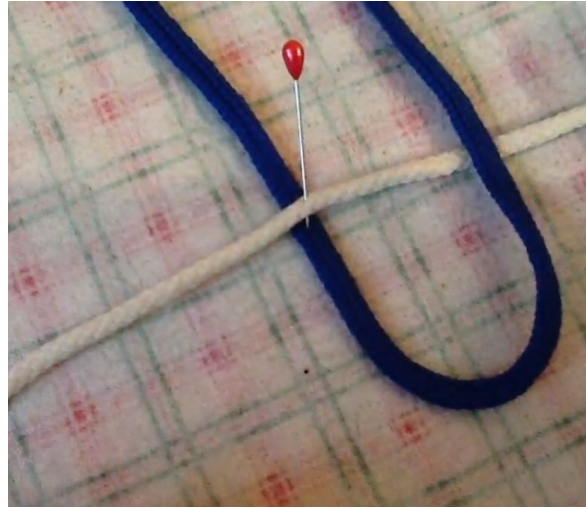
This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



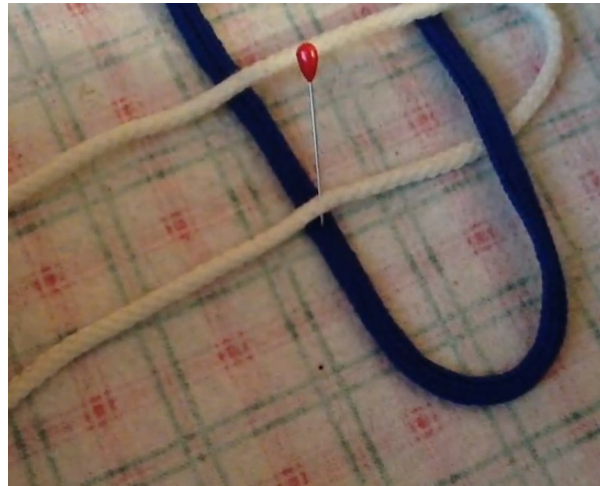
Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice

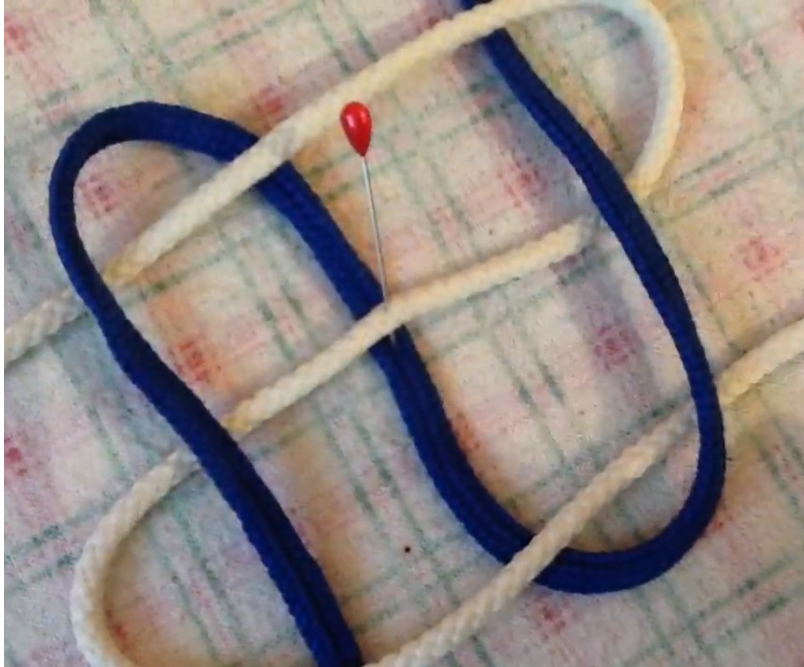
makes perfect, but with the illustrations to help you, you ' ll find it ' s not hard at all to create.



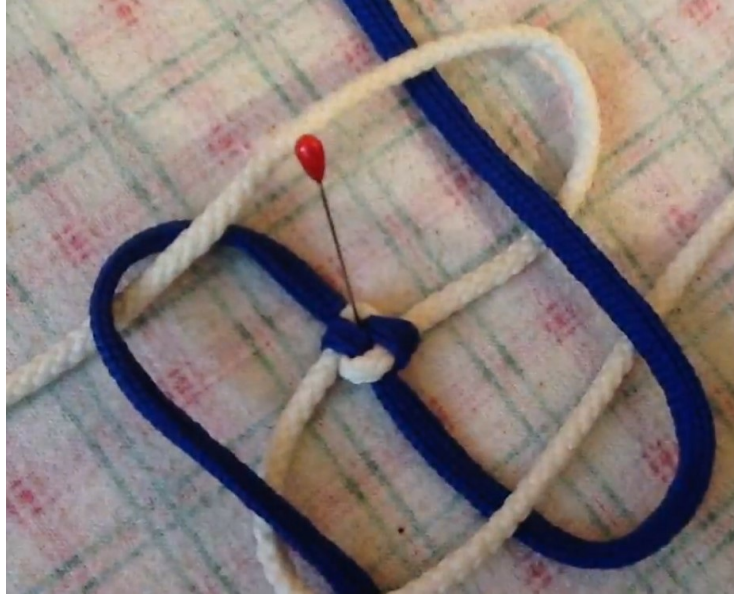
Use a pin to help keep everything in place as you are working.



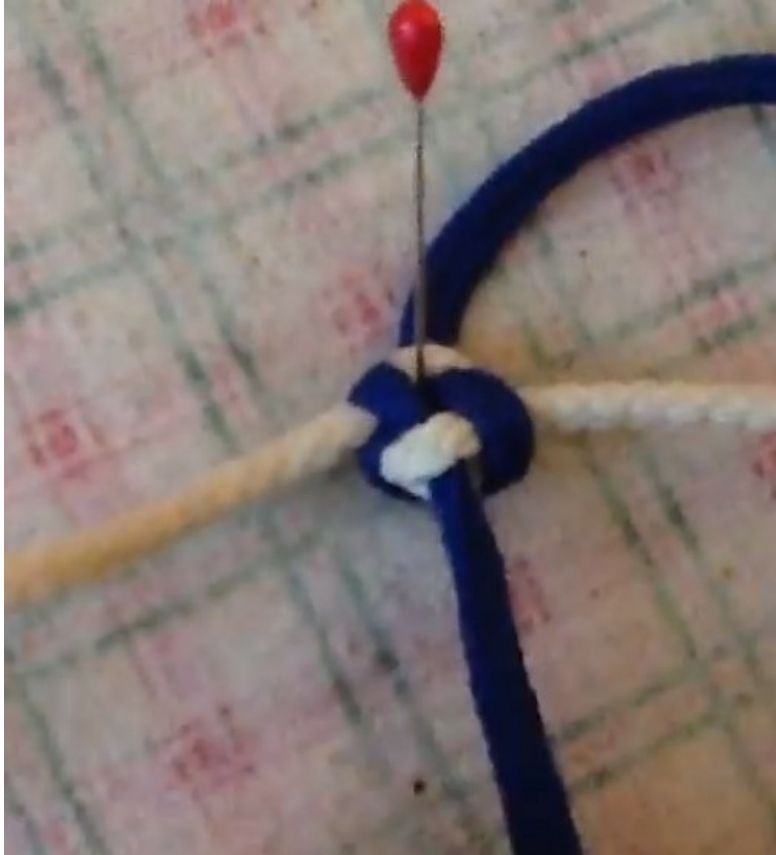
Weave the strings in and out of each other as you can see in the photos. It helps to practice with different colors to help you see what is going on.



Pull the knot tight, then repeat for the next row on the outside.



Continue to do this as often as you like to create the knot. You can make it as thick as you like, depending on the project. You can also create more than one length on the same cord.



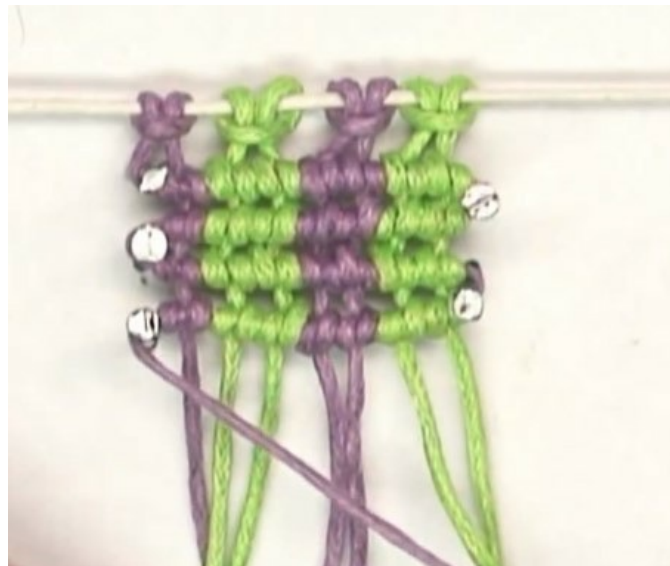
For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!

Diagonal Double Half Knot

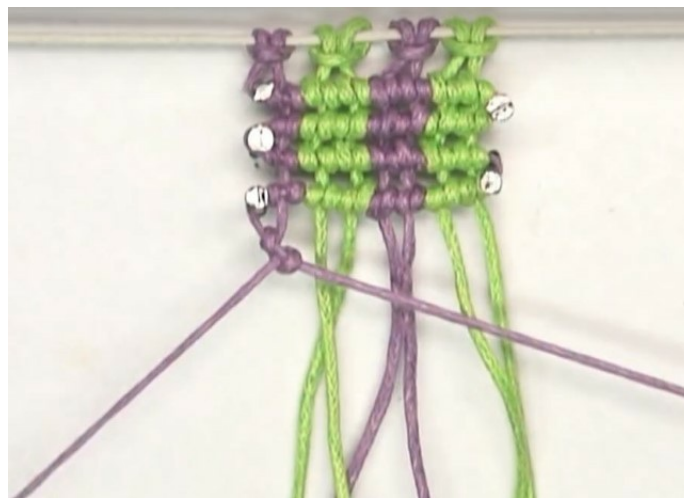
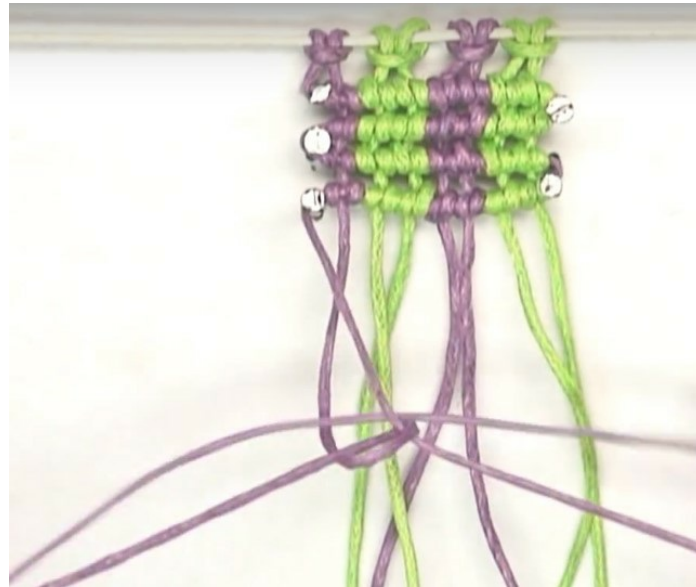


This is the perfect knot to use for basket hangings, decorations, or any projects that are going to require you to put weight on the project. Use a heavier weight cord for this, which you can find at craft stores or online.

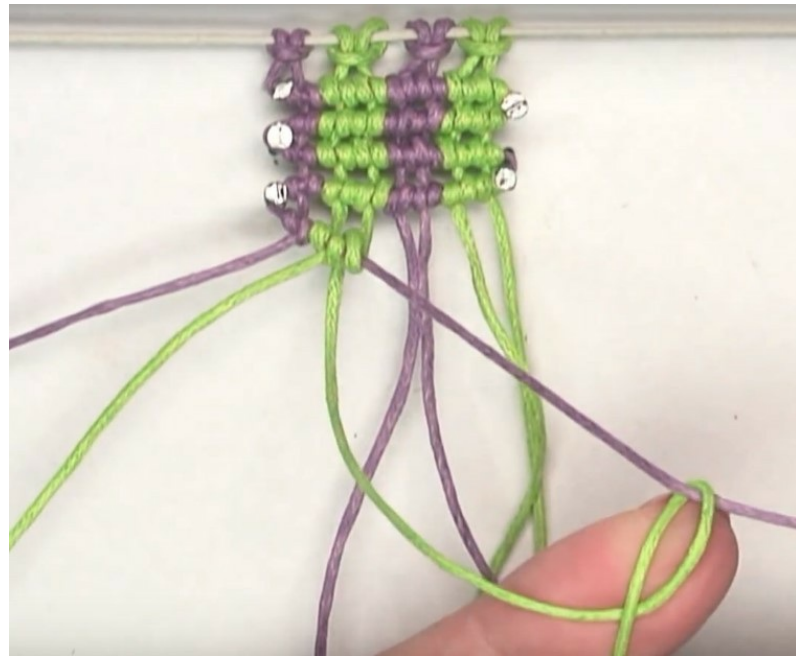
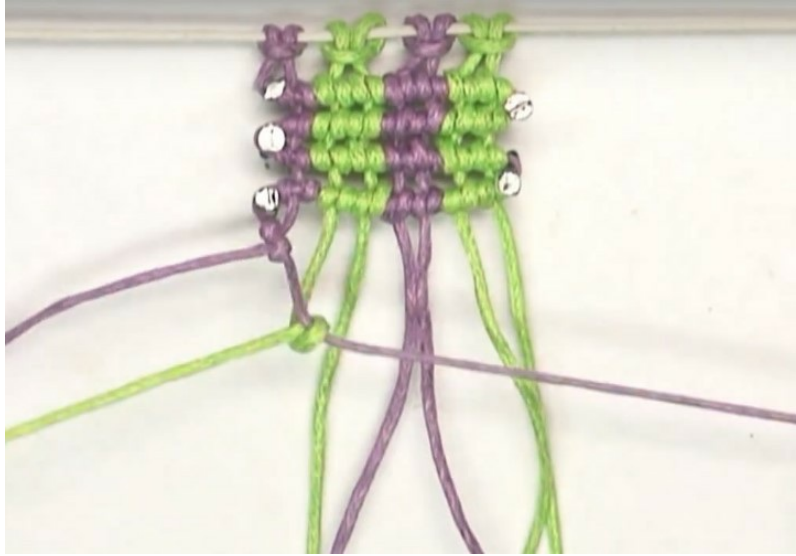


Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

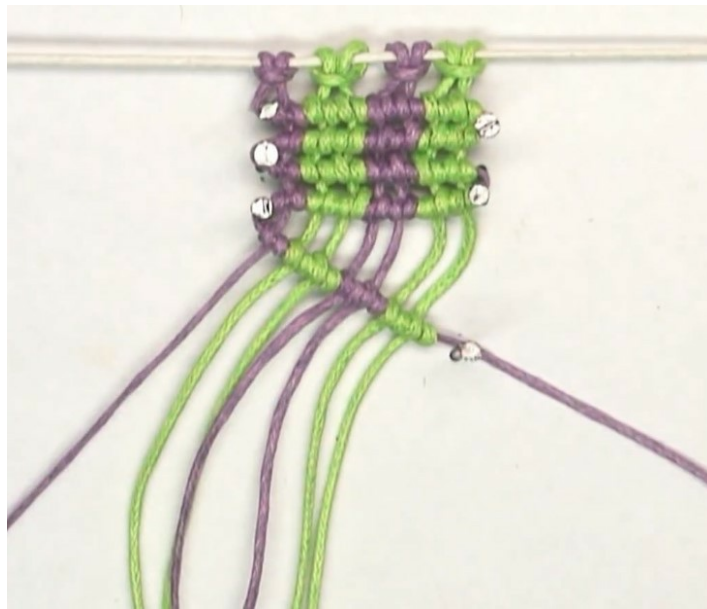
Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Start at the top of the project and work your way toward the bottom. Keep it even as you work your way throughout the piece. Tie the knots at 4 inch intervals, working your way down the entire thing.



Weave in and out throughout, watching the photo as you can see for the right placement of the knots. Again, it helps to practice with different colors so you can see what you need to do throughout the piece.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Frivolite Knot

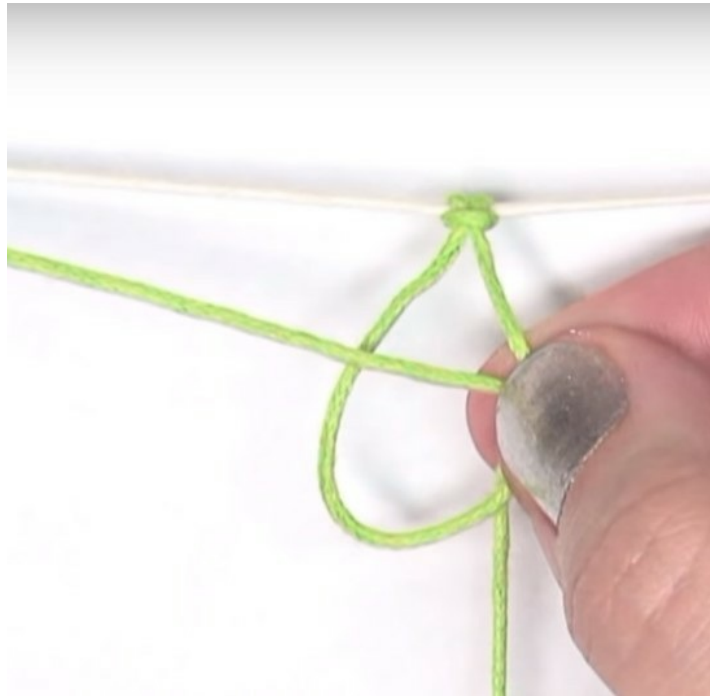


This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.

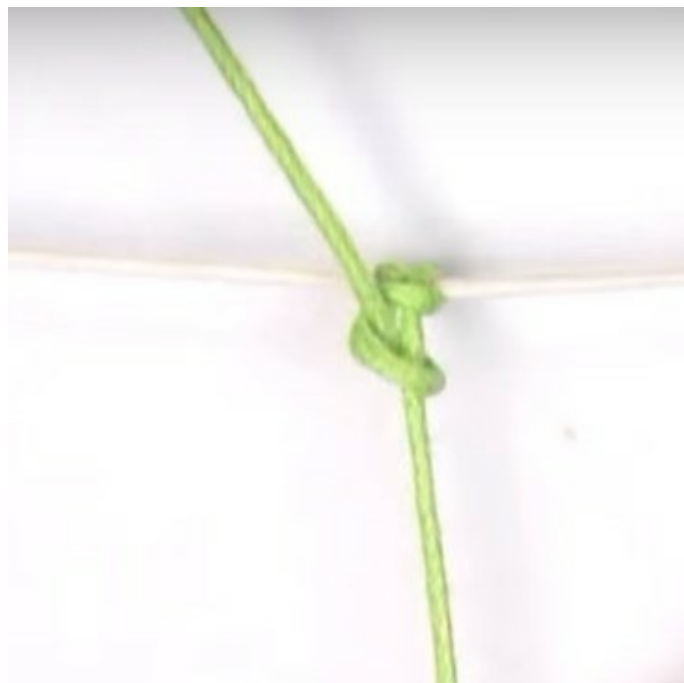


Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Use the base string as the guide to hold it in place, then tie the knot onto this. This is a very straightforward knot, watch the photo and follow the directions you see.





Pull the end of the cord up and through the center.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Horizontal Double Half Knot



This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Start at the top of the project and work your way toward the bottom. Keep it even as you work your way throughout the piece. Tie the knots at 4 inch intervals, working your way down the entire thing.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Josephine Knot



This is the perfect knot to use for basket hangings, decorations, or any projects that are going to require you to put weight on the project. Use a heavier weight cord for this, which you can find at craft stores or online.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Use the pins along with the knots that you are tying, and work with larger areas all at the same time. This is going to help you keep the project in place as you continue to work throughout the piece.

Pull the ends of the knots through the loops, and form the ring in the center of the strings.

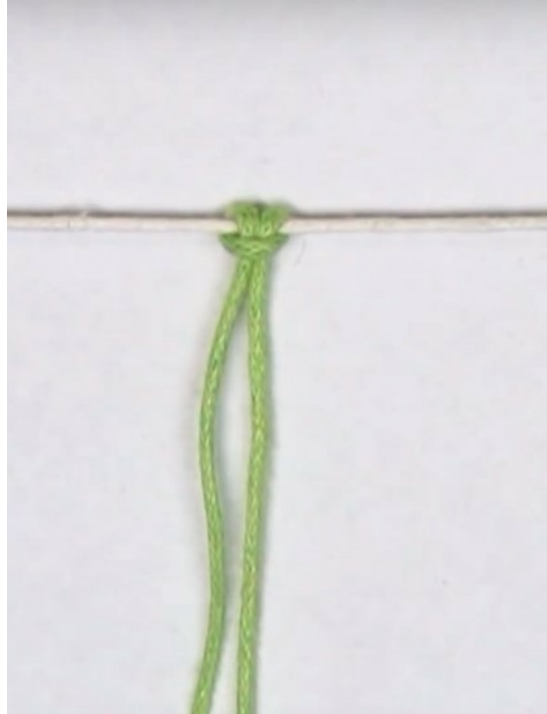


For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Lark's Head Knot

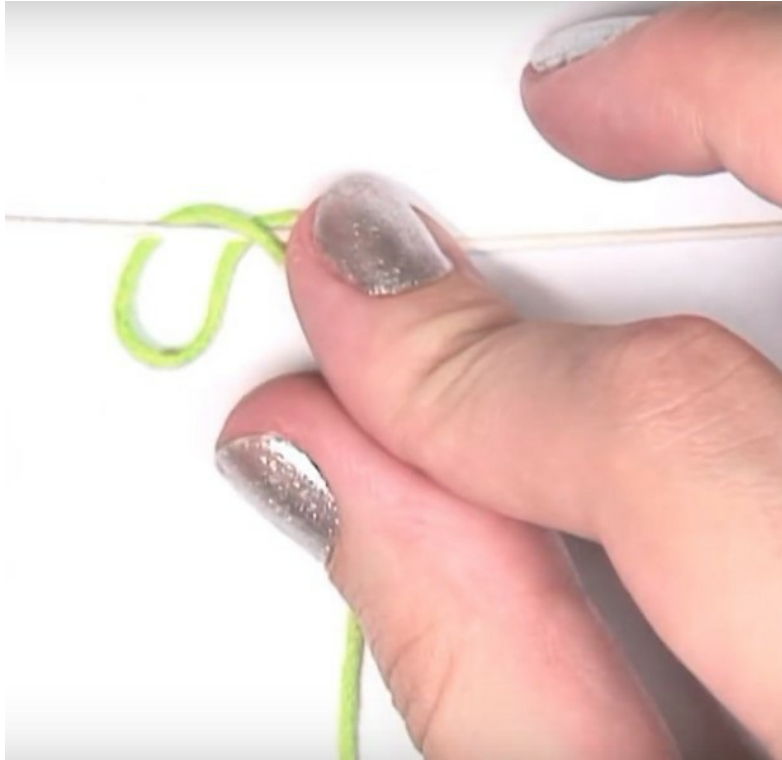


This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.

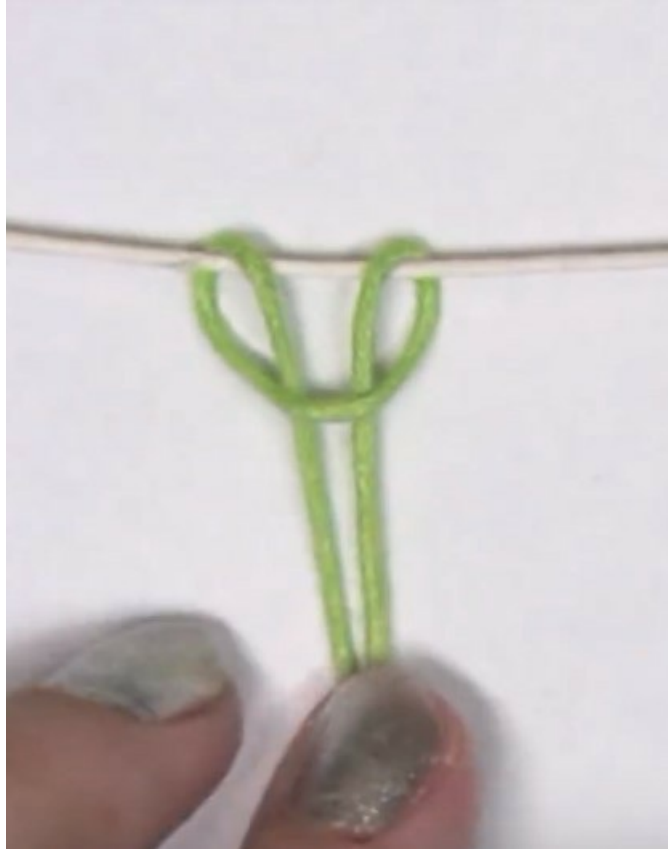


Use the base string as the core part of the knot, working around the end of the string with the cord. Make sure all is even as you loop the string around the base of the cord.





Create a slip knot around the base of the string and keep both ends even as you pull the cord through the center of the piece.



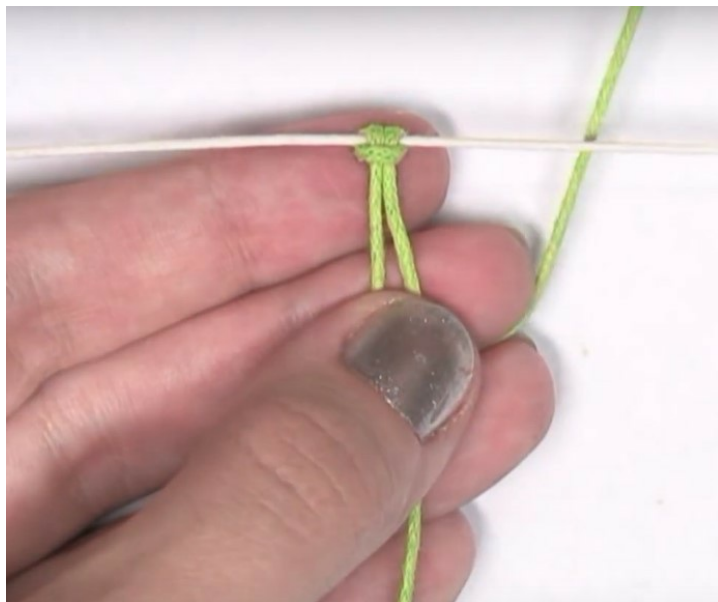
For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!

Reverse Lark's Head Knot



This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.

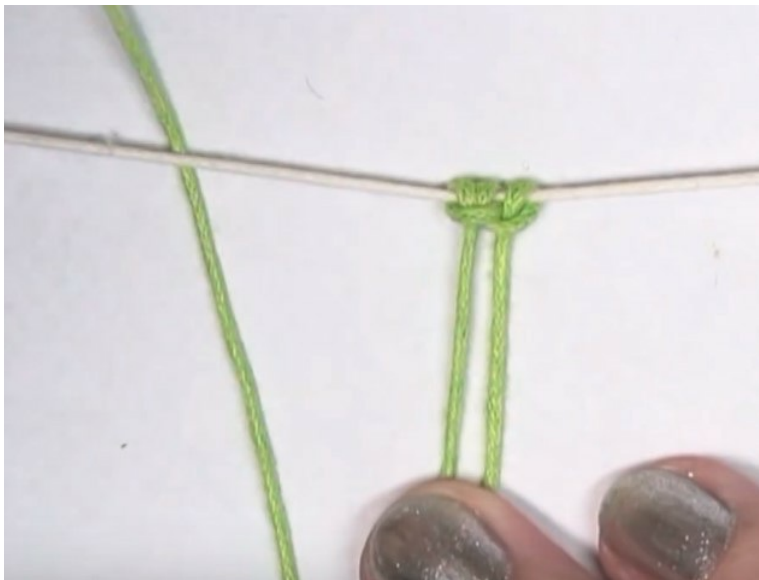


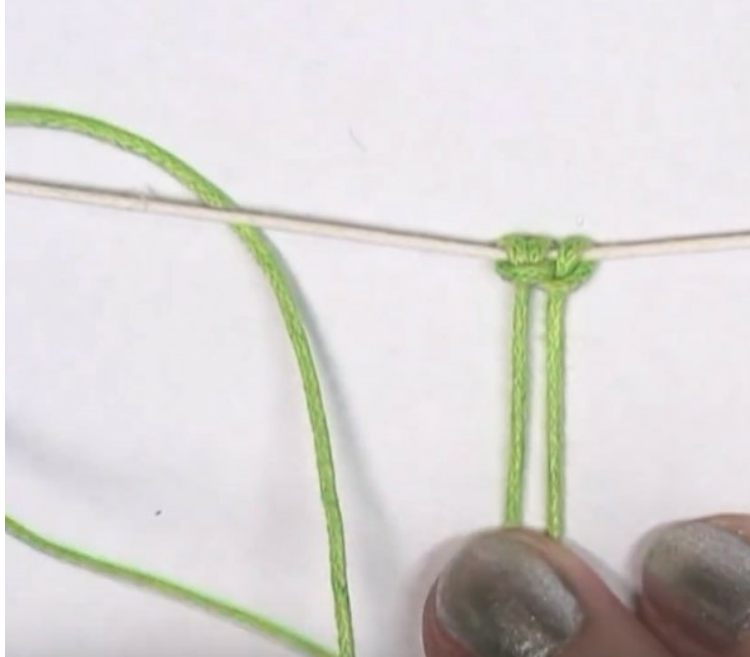
Use two hands to make sure that you have everything even and tight as you work. You can use tweezers if it helps to make it tight against the base of the string.



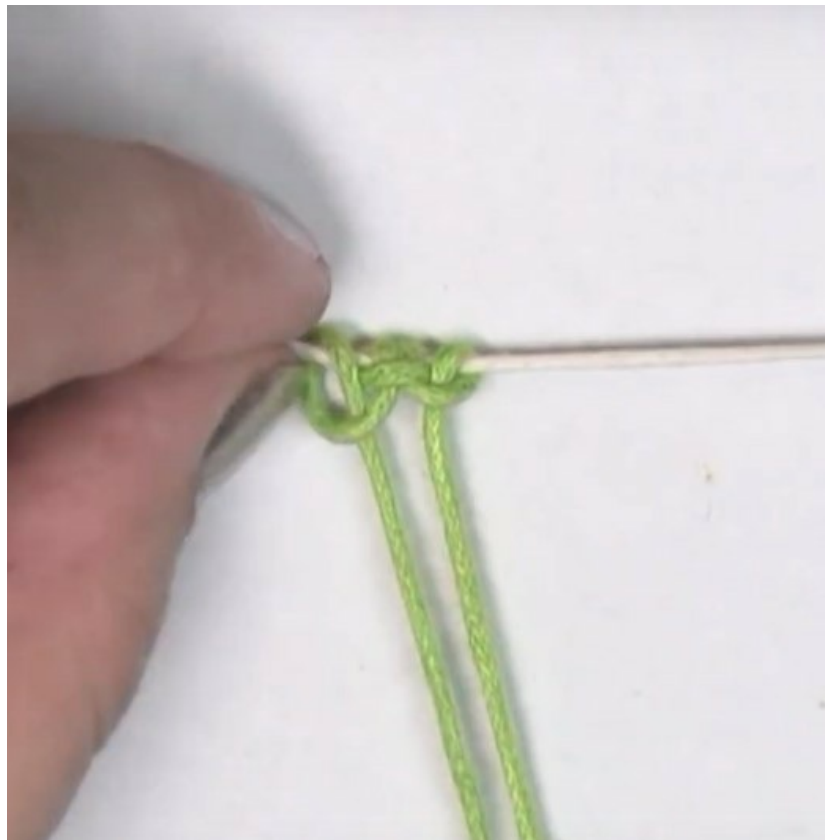


Use both hands to pull the string evenly down against the base string to create the knot.





Again, keep the base even as you pull the center, creating the firm knot against your guide cord.



For the finished project, make sure that you have all your knots secure and

firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!

Lark's Head Half Stitches Knot

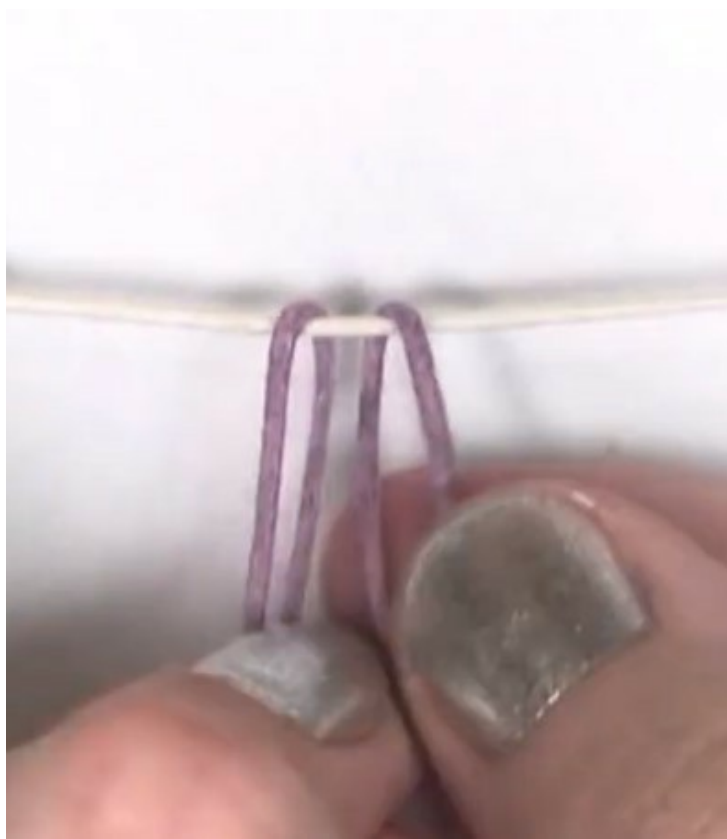


This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



You are going to work this the same as the lark ' s head, just going in the opposite direction. Make sure you keep it firm against the base of the cord and work through the steps as you did with the last.

Watch the photos as a guide, following each step as you see them outlined there.



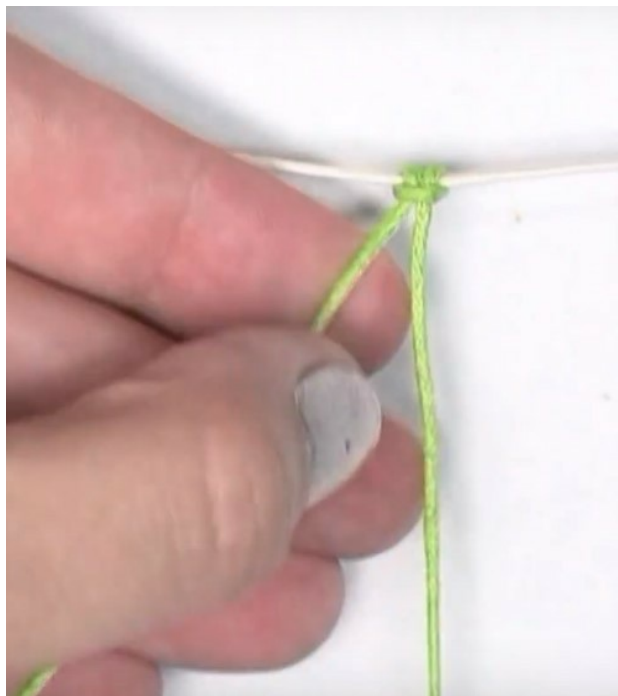
For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!

Single Half Stitch

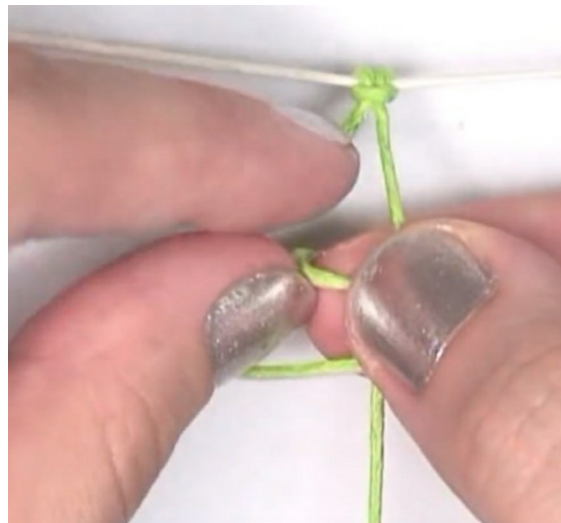
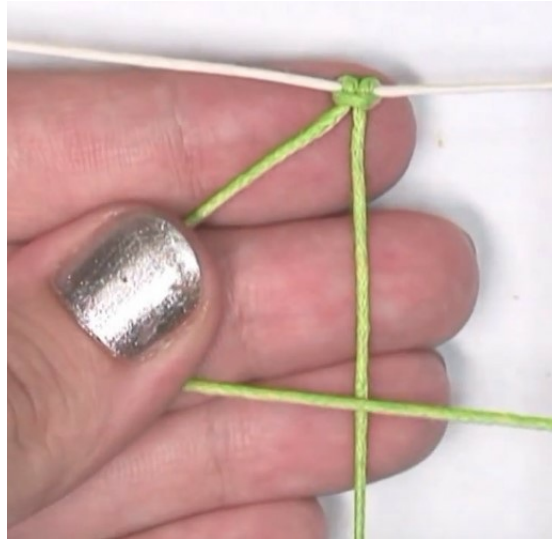


This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Use both hands to work around the cord, and make sure you follow each loop before you put on the next loop. One step at a time as you see in the photo, and you're going to be fine.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Spiral Stitches

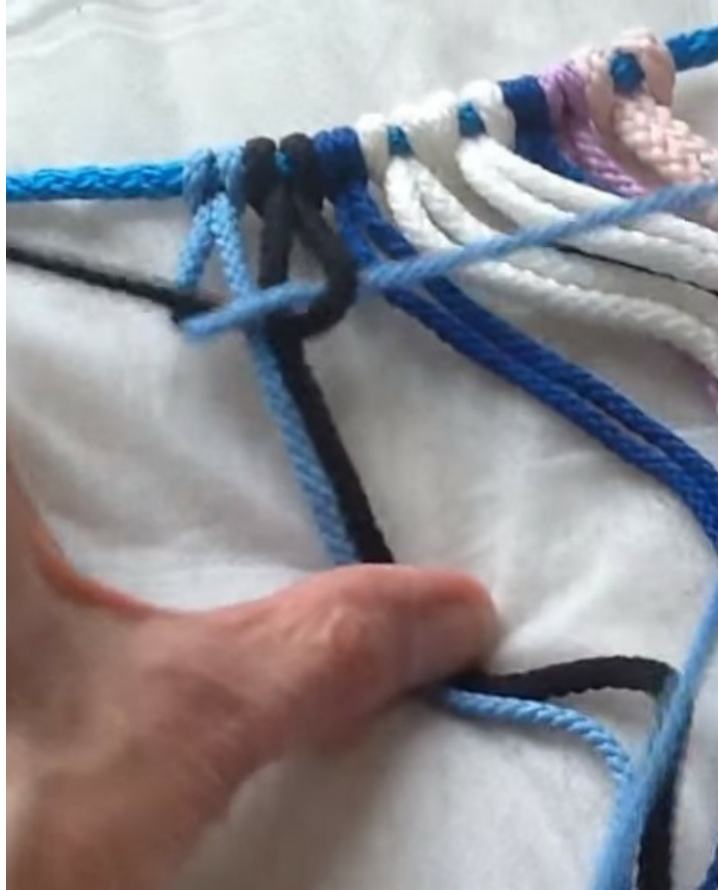


This is the perfect knot to use for basket hangings, decorations, or any projects that are going to require you to put weight on the project. Use a heavier weight cord for this, which you can find at craft stores or online.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



Use different colors to start so you can find it easy to see where you should be on the project. Take your time and don't rush it – go slow at first and find where you should be on the project before you move on to the next step.





Go through one row at a time, following the photos as you work each set of knots. Move on to the next one after you get through the first set.





Once you go through the set of knots on one side, you are going to come back and do it on the next. Then, take the center of these knots and work through that to create a new set.



Next, you are going to work through the same sequence on the other side.



Keep the stitches even until you get to the bottom.

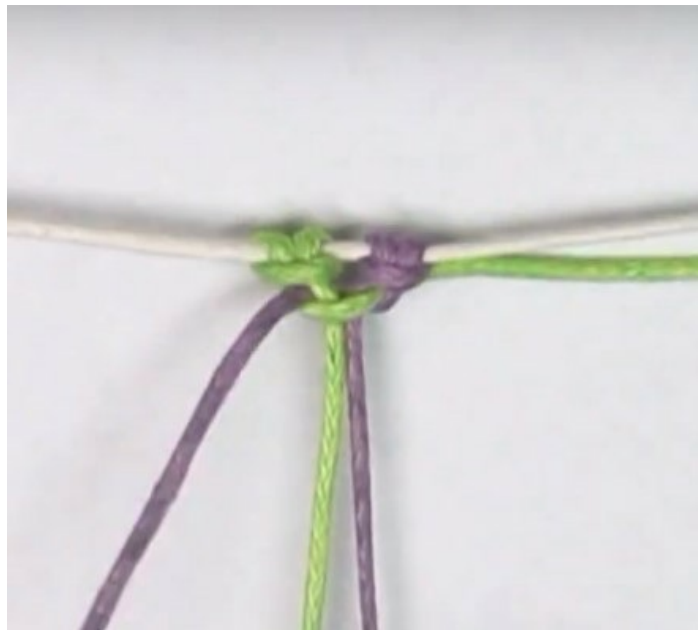


For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

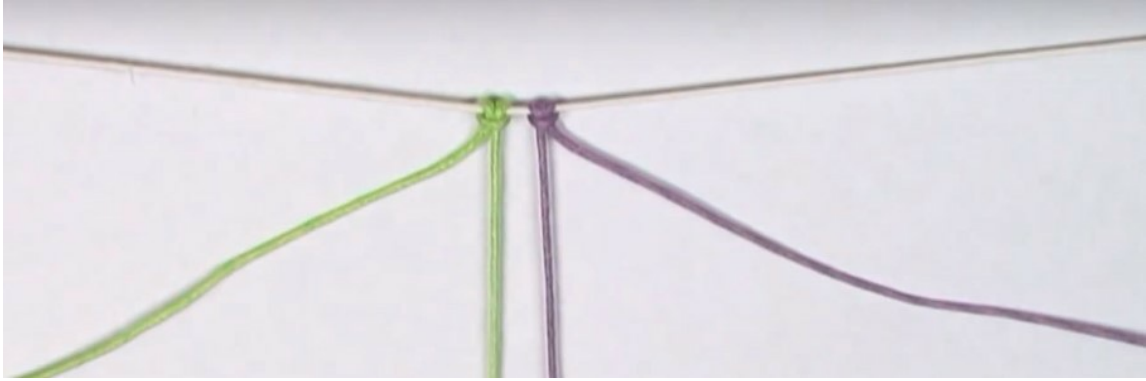
Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Square Knot

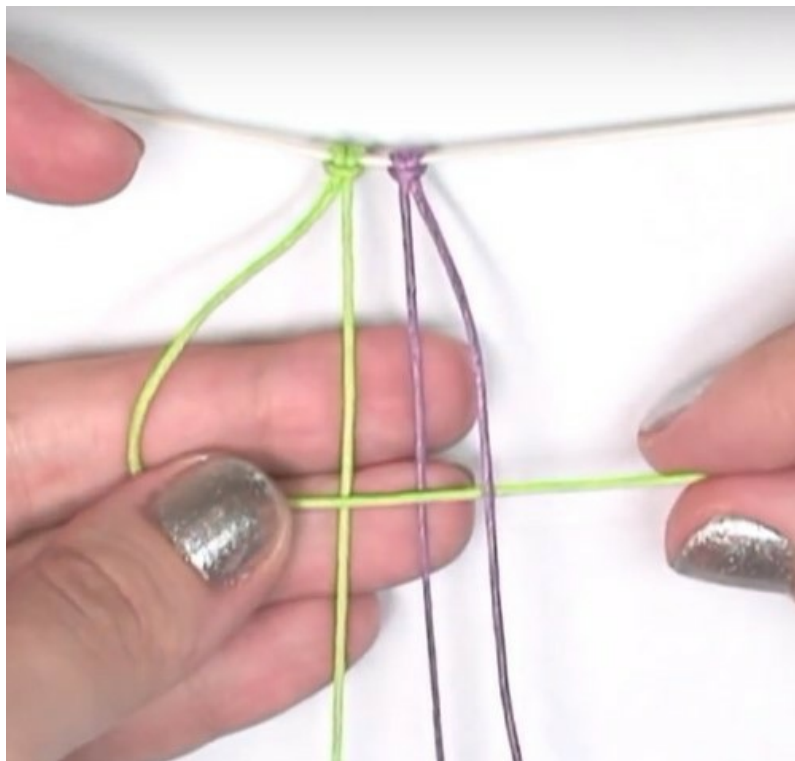


This is a great beginning knot for any project, and can be used as the foundation for the base of the project. Use lightweight cord for this – it can be purchased at craft stores or online, wherever you get your macramé supplies.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember

that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!

Vertical Double Half Knot



This is the perfect knot to use for basket hangings, decorations, or any projects that are going to require you to put weight on the project. Use a heavier weight cord for this, which you can find at craft stores or online.



Watch the photos very carefully as you move along with this project, and take your time to make sure you are using the right string in the right point of the project.

Don't rush, and make sure you have even tension throughout. Practice makes perfect, but with the illustrations to help you, you'll find it's not hard at all to create.



You are going to weave the third piece throughout the other knots as you see here. Use the same color if you like, or start with alternating colors so you can keep track of where you are.



Keep your tension even throughout, and continue until you run out of the cord, or until you are happy with the size of your project.



For the finished project, make sure that you have all your knots secure and firm throughout, and do your best to make sure it is all even. It is going to take practice before you are able to get it perfectly each time, but remember that practice does make perfect, and with time, you are going to get it without too much trouble.

Make sure all is even and secure, and tie off. Snip off all the loose ends, and you are ready to go!



Conclusion

There you have it, everything you need to know to get you started with your own macramé knots. This book is going to show you just how easy it is to get started in this hobby, and once you get the hang of things, you are going to find that it is easier than ever to get started with your own projects.

Remember that each of these knots is going to be the foundation of the other projects that you create, so you are going to have to take the time to get familiar with each of them – and practice them until they are what you need them to be. You aren't likely going to get them perfectly right away – so take the time to make sure you do it right before you move on to the next one.

Don't worry if you don't get it at first, it's going to come with time, and the more time you put into it, the better you are going to become. It does take time and effort to get it right, but the more time and effort you put into it, the better you are going to be. My goal with this book is to give you the inspiration and direction you need to master macramé.

It can be difficult at first, but the more you put into it, the easier it's all going to become until it is just second nature to you. I know you are going to fall in love with each and every aspect of this hobby, and when you know how to work the knots, you are going to want to make them in all the ways you possibly can.

Don't worry about the colors, and don't worry if you don't get it right the first time. This is going to give you everything you need to make it happen the way you want it to, and it is going to show you that you really can have it all with your macramé projects.

I hope you become a master at this hobby, and that you are able to get the

projects you want from the patterns you use. There is no end to the ways you can create macramé projects, and the more familiar you become with them, the easier it is going to be for you to make them no matter what you want them to be. So dive into the world of macramé with both feet, and learn that there is nothing that is going to stand in your way when it comes to these projects.

So what are you waiting for? All it's going to take is your time and effort, and you are going to get just what you are after with your macramé projects. From now on, you are on the path to being a macramé master, and you are going to fall in love with everything macramé. The world of macramé awaits, just begging you to dive in and get started.

Good luck, and create to your heart's content.

Crochet Dream Catchers: 10 Mystic Dream Catchers To Protect Your Sleep

You have dreams, hopes, and ambitions, and you want to follow all of them. You sleep well, you wake up, and you remember some of the dreams that you had, but other times, your dreams just feel like a distant memory.

There are times your dreams aren't so sweet, and you fear going back to sleep lest you somehow end up back inside one of them. You spend a night worried about this, and you wake up feeling tired and groggy the next day. It doesn't really matter what you do, when you fall asleep, it is little more than a gamble.

You want something that is going to help you sleep well. Something that is going to capture your imagination, fill you with motivation, and provide that

sweet night you have been yearning for. No, you don't want medication and you certainly don't want to take any kind of pill – you want something that has been around longer than either of those.

You want a dreamcatcher.

But, how are you going to get one?

Sure, you can get online and order one. You can go to the store and buy one, but they aren't going to be personal. They aren't going to give you the end result you are looking for. To do that, you are going to have to do it yourself.

You are going to have to make one.

But, you ask – is that hard?

Is there a way you can do it without too much trouble?

How do you get them to fit inside those rings?

With all these questions in your head, it is easy to feel overwhelmed. But, this book is going to change all that, and it is going to provide you with the simple directions you need to create your very own dreamcatchers. This book is everything you have been searching for, and it is going to help you chase your dreams.

So what are you waiting for? All you need are a few tools to get the job done – and with this book, you've got them handed to you right here, and right now.

Let ' s get started – you have some dreaming to do.

The Dream Catchers

Mystic Mountain Dreamcatcher



You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.



Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip stitch, chain 1, turn, and go back the other way, following the same pattern.

Continue to do this until the center measures 2 inches across.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

Repeat this sequence twice more for the two smaller hoops – set both

aside.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

King of the Sea Dreamcatcher



You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 10 and join with a slip stitch. Single crochet back around to the other side. Chain 1, turn, and single crochet back to the beginning. Join with a slip stitch. Chain 1, turn, and single crochet back to the other side. Continue for a total of 5 rows.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

You are now going to go back to single crochet for the next 3 rows, joining the tops of the humps you have created from the previous row. You may have to chain a few extra stitches between the humps to ensure that you get the right shape to the piece, so work with the piece until you are happy with the shape.

For the next row, you are going to chain 8 and skip the next 4 stitches, then join with a slip stitch in the next stitch. For the next row, you are going to chain 8 and skip the next 4 stitches, then join with a slip stitch in the next stitch. For the next row, you are going to chain 8 and skip the next 4 stitches, then join with a slip stitch in the next stitch. For the next row, you are going to chain 8 and skip the next 4 stitches, then join with a slip stitch in the next stitch.

Repeat the last row until the piece is nearly as big as the hoop you are going to use.

For the next row, you are going to single crochet around the boarder of your piece 2 times. Again, you want this to still be smaller than the hoop of your

choice, so don ' t make this border too thick.

When you are happy with the size, tie it off and set aside.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Perfect for Fall Dreamcatcher



You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip stitch, chain 1, turn, and go back the other way, following the same pattern.

Continue to do this until the center measures 2 inches across.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

Remember to attach beads to the ends as you stitch this to the hoop of your choice.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you

are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Spring Center Dreamcatcher



You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip stitch, chain 1, turn, and go back the other way, following the same pattern.

Continue to do this until the center measures 2 inches across.

Tie off this color and join with the next color.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

Remember to repeat this two more times for the other hoops. You are going to follow the same sequence throughout, just alter the piece to fit the hoop you are currently making it for.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have

crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Pretty in Pink Dreamcatcher



You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip stitch, chain 1, turn, and go back the other way, following the same pattern.

Continue to do this until the center measures 2 inches across.

Change colors and join with the next color (for the larger hoop only.)

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

You are going to now go back and repeat this sequence for the smaller three hoops. Remember that you are not going to change colors for those pieces.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have

crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Delicate Lace Dreamcatcher



You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.



Chain 10 and join with a slip stitch. Single crochet back around to the other side. Chain 1, turn, and single crochet back to the beginning. Join with a slip stitch. Chain 1, turn, and single crochet back to the other side. Continue for a total of 5 rows.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

You are now going to go back to single crochet for the next 7-8 rows, joining the tops of the humps you have created from the previous row. You may have to chain a few extra stitches between the humps to ensure that you get the right shape to the piece, so work with the piece until you are happy with the shape.

How thick you make this second piece is going to depend on the overall size

of the hoop you are using, as well as the piece itself. Don't be afraid to adjust within the piece as you are working to ensure that you get the right shape and the right thickness – the good thing about these dreamcatchers is that you are able to adjust them to fit your needs as you work, instead of having to go with the black and white directions to get them the proper shape.

Make this thicker or even thinner if you are going to be using a smaller hoop, as long as you are happy with the end result, you are doing it the right way.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Catching the Wind Dreamcatcher



Photo made by: [flyone1106](#)

You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip

stitch, chain 1, turn, and go back the other way, following the same pattern.

Depending on the size of your piece, you can make the center as thick as you want, or leave it on the small side. Use the photo as a reference for the size of your piece.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the

piece, and you are done!

Mini Beaded Dreamcatcher



Photo made by: [amylovesyah](#)

You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip stitch, chain 1, turn, and go back the other way, following the same pattern.

Depending on the size of your piece, you can make the center as thick as you want, or leave it on the small side. Use the photo as a reference for the size of your piece.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

Add the beads to the piece after you have it sewn in place.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Triple Crown Dreamcatcher



Photo made by: [mikeporterinmd](#)

You will need thread weight yarn in the colors of your choice and a size G crochet hook.

You will also need a needle and thread, a hoop in the size of your choice, and any decorations you wish to add to the finished catcher.

Chain 5 and join with a slip stitch to form a ring. Single crochet in the center of this ring 12 times, and join with a slip stitch. Chain 1, turn, and single crochet back to the other side, using 1 stitch in each stitch. Join with a slip stitch, chain 1, turn, and go back the other way, following the same pattern.

Depending on the size of your piece, you can make the center as thick as you want, or leave it on the small side. Use the photo as a reference for the size of your piece.

For the next row, you are going to chain 5 and skip the next stitch and join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Chain 5 and skip the next stitch then join with a slip stitch in the next stitch. Continue around.

Chain 5 and join with a slip stitch in the center of the chain space. Chain 5 once more and join with a slip stitch in the center of the next chain space. Continue around.

Repeat the last row until the piece is nearly as big as the hoop you are going to use. Tie off and set aside.

Add the beads to the main part of the piece after you have it sewn securely into place.

To assemble:

Take your piece now and stretch it slightly to fit in the ring. Remember that you are going to make it slightly too small to fit the ring, so you have a nice, tight stretch when it is time to put it in.

Use your needle and thread to sew around the outside of the piece you have crocheted, wrapping it around the outside of the ring, and through the piece once more. Continue with even stitches all the way around the piece until you are happy with the center.

Tie off.

Add any additional ornaments you like to the centerpiece as well as the outside bottom of the ring. Attach a hook or a loop at the top to hang the piece, and you are done!

Now that you have your dreamcatchers, it's time to decorate! Of course, you can follow each of the images and decorate them with real feathers, or you can crochet your own. For this final project, we are going to look at how you can crochet your own feathers.

Crochet Feathers



Photo made by: [Regina Rioux](#)

You will need 1 ball of cotton yarn in the color of your choice and a size G crochet hook.

Decide how long you want your feather to be, and chain a length that is equal to this measurement. Single crochet back to the beginning. Next, take your hook and slip stitch to the base of where you want the feather to start fanning out.

Chain 10 and join with a slip stitch to the same stitch. Chain 10 and repeat on the other side. Now, move to the next stitch. Chain 10, and join with a slip

stitch in the first stitch. Chain 10 and repeat on the other side. Chain 10 and join with a slip stitch to the same stitch. Chain 10 and repeat on the other side. Now, move to the next stitch. Chain 10, and join with a slip stitch in the first stitch. Chain 10 and repeat on the other side.

Chain 10 and join with a slip stitch to the same stitch. Chain 10 and repeat on the other side. Now, move to the next stitch. Chain 10, and join with a slip stitch in the first stitch. Chain 10 and repeat on the other side. Chain 10 and join with a slip stitch to the same stitch. Chain 10 and repeat on the other side. Now, move to the next stitch. Chain 10, and join with a slip stitch in the first stitch. Chain 10 and repeat on the other side.

Use the photo as reference, and as you get closer to the end, begin to chain fewer stitches to taper the end of the feather. Leave a point at the very end, and tie off the yarn.

That's it! Make as many of these as you like and your feathers are done!

Conclusion

There you have it, everything you need to know to make your own collection of dreamcatchers. It's no secret that these pieces are some of the most enchanting things you can use to decorate your home, and when you know how to make them yourself, you are giving yourself everything you need to decorate your house the right way.

I hope you make each and every one of the pieces you find in this book, and that you are able to take each of these and throw in your own creativity. There is no end to the ways you can show off your style, and with dreamcatchers, you're going to be sleeping well all night – every night.

Good luck, and sweet dreams.

Learn To Work With Essential Oils in November

Meet Essential Oils: 15 Must Have Essential Oils and Their Usage for Everyday Life

Here is a book, *Meet Essential Oils: Use This For That - 15 Must Have Essential Oils And Their Usage For Everyday Life*, that will save you tons of hours trying to find out the best essential oil to use for everyday health and comfort.

The book contains details on 15 essential oils that are on high demand everywhere, and it explains exactly how each of them can improve your life. You will learn how you can avoid using over-the-counter medication that normally come with unpleasant side effects, and instead make use of high quality essential oils that are potent with natural healing properties.

Besides, even when you are not ill, the essential oils play a great role in boosting your immune system. Also owing to their pleasant uplifting scents, the essential oils introduced in the book make your environment the best place to be away from the stresses of everyday life. In fact, after reading the book, you will realize these oils are a must-have. They are what you need to boost your mood when you are low, to calm you down when you are agitated, and to keep common ailments at bay.

Read on...

Chapter 1: The Meaning and Use of Essential Oils

Essential oils are organic plant extracts that have immense healing properties. The typical method of extracting essential oil from the plant is distillation, where the oil is effectively separated from the water based compounds of the plant. You can safely use essential oils for aromatherapy, meaning you will be using them to improve your physical, mental, as well as emotional health. In short, essential oils enable you to enjoy a holistic treatment, with the added benefit that they do not have the nasty side effects modern medicine has.

Essential oils have been in use for more than five centuries now, and they are the reason people from different cultures survived the harshness of their environments without modern medicine or technology. Essential oils have several benefits besides healing illnesses. You can rely on them to boost your immunity, for relaxation, to enhance your beauty, and even for safe and effective home cleaning.

Essential oils come from the bark of plants, flowers, seeds, leaves, and even roots and the compounds are so potent that one drop is sufficient to provide immense health benefits. Just to give you an idea how potent essential oils are, note that 27kg of rose petals are used to make a small bottle of rose essential oil, 15ml in size.

Lavender, Frankincense and Peppermint

(1) Lavender Essential Oil

The numerous benefits of lavender were discovered over 2,500 years ago. It is now arguably the most used essential oil in the world.

Amazing Benefits of Lavender

(a) Natural Antioxidant

Use lavender essential oil to prevent and reverse disease because it has antioxidant properties. Research studies reveal that lavender oil increases the activity of catalase, glutathione and SOD, which are the most powerful antioxidants in the human body.

(b) Natural Treatment for Diabetes

Use lavender essential oil to prevent the following diabetic symptoms:

- Increase in blood glucose
- Weight gain caused by metabolic disorders
- Depletion of antioxidants in the liver and kidney
- Damage of liver and kidney caused by lipoperoxidation

(c) Relieves Stress and Improves Mood

Use lavender to relieve neurological problems such as anxiety, stress, depression, migraines, headaches and PTSD. You can take lavender oil capsule supplements to reduce anxiety, depression and sleep disturbance without experiencing side effects or withdrawal symptoms. You can also put a diffuser by your bed when sleeping to enjoy the calming effect of lavender.

Use lavender essential oil too if you are a woman suffering from postnatal depression as it is great in reducing anxiety. A study that was carried out identified 28 women with a high risk of postpartum depression and put them on a four week treatment plan. The results showed that the aromatherapy plan significantly reduced their stress levels.

(d) Supports Brain Function

Use lavender oil as a natural treatment for Alzheimer's disease. A patient suffering from Alzheimer can inhale lavender vapor as it reduces cognitive impairment and brain oxidative stress. Additionally, stroke patients can use the essential oil as treatment due to its antioxidant properties.

(e) Heals Cuts and Burns

Use lavender essential oil to speed up the healing process of burns, cuts and wounds. Its antimicrobial compounds work to fight fungal and bacterial disorders. You can also combine lavender oil with other essential oils such as cinnamon, clove and tea tree oil.

(f) Promotes Healthy Hair and Skin

Combine lavender oil with carrier oils like coconut oil or jojoba oil to treat most skin conditions. Its antioxidant and anti-inflammatory properties soothe the skin, reverse signs of aging and fade dark spots. Combined with oils like rosemary and thyme oil, lavender can also treat hair loss and improve alopecia areata, which is a condition where a person loses patches of hair on the head or body hair in its entirety.

(g) Relieves Pain

Use lavender oil if you are a hemodialysis patient, topically applying it before the insertion of dialysis needles so as to reduce pain. Lavender oil also reduces menstrual cramps when massaged into the skin on the lower abdomen.

(h) Therapy for Cancer

Use lavender oil if you are a cancer patient, because it helps in coping with chronic pain, stress, nausea and depression. You can apply the oil on skin, inhale or diffuse it.

Other Home Uses of Lavender

i) Natural perfume

Use lavender as a natural perfume on your skin and hair. Lavender can also serve as a non-toxic air freshener around your home.

ii) Chemical free lip balm

Combine lavender oil with a few drops of a carrier oil to make a chemical free sun blocking lip balm.

iii) Sooths Stomach Discomfort

Rub lavender oil on the skin so as to reduce nausea and treat stomach discomfort.

iv) Enhances Food Flavors

Add flavor to healthy recipes by adding a few drops of lavender essential oil.

(2) Frankincense Essential Oil

Frankincense, also known as olibanum, is an essential oil that is commonly used in aromatherapy. It is harvested from the resin of the Boswellia trees. Frankincense is used in two ways, either being absorbed through the skin or being inhaled.

Amazing Benefits of Frankincense Oil

a) Relieves Stress and Controls Negative Emotions

Control high blood pressure and reduce heart rate by inhaling frankincense oil. Its anti-anxiety properties also make it ideal for treating depression. There are no negative side effects caused by inhaling frankincense.

b) Boosts Immune System Function

Use frankincense oil to fight oral bacteria that cause mouth sores, bad breath and toothaches. Further, you can use it as a disinfectant around your home to prevent cold and flu germs as well as other illness causing germs.

Frankincense oil has proved to have strong immune-stimulant activity that gives it the capacity to destroy harmful bacteria and viruses.

c) Potential Cancer Treatment

Try frankincense for cancer cases. Studies have shown that AKBA, a chemical compound found in frankincense, can kill stubborn cancer cells. This could potentially become a treatment for cancer.

d) Has Anti-aging Properties

Apply frankincense to the skin to reduce blemishes, delay signs of aging, fade stretch marks and sooth irritation.

e) Improves Memory

Use frankincense to improve memory and stimulate the brain cells, and consequently you will improve your learning functions.

f) Improves Infertility and Balances Hormones

Use frankincense oil to reduce the risk of cysts and tumors in women. This oil also balances hormone levels and reduces menopause symptoms.

g) Detoxifies the Digestive System

Ease digestion by ingesting a small amount of frankincense oil. It speeds up secretion of digestive enzymes which, in turn, facilitate bowel movement and allow the digestive system to detoxify efficiently. This reduces gut related symptoms like IBS, chronic colitis, leaky gut syndrome, Crohn's disease and ulcerative colitis.

h) Acts as a Natural Sedative

Inhale or apply frankincense before going to bed to relieve anxiety, stress and open up breathing passages. This puts you in an ideal sleeping mood.

i) Relieves Pain and Reduces Inflammation

Conditions such as asthma, arthritis, IBS and other diseases affecting joints, muscles and tendons are painful due to the release of inflammatory molecules

in the body. Apply frankincense to drastically reduce inflammation and make it bearable.

Other Home Uses of Frankincense Oil

You can use frankincense oil in your daily self care routines. For example, add a few drops into your hot bath for relaxation or mix some drops with baking soda and use the mixture as toothpaste for oral hygiene. You can also use it as anti-aging oil on the skin to fight wrinkles. Frankincense oil can also help to relieve or treat conditions such as cold and flu, inflammation, pain and indigestion.

(3) Peppermint Essential Oil

Peppermint oil has been used for centuries due to its wide range of benefits. Several Egyptian pyramids housed the documented uses of peppermint that dated back to 1,000 B.C.

Amazing Benefits of Peppermint Oil

a) Relieves Muscle and Joint Pain

Use peppermint oil to relieve pain and relax muscles since the oil has antispasmodic properties. Research shows that peppermint oil and other herbal oils such as menthol, eucalyptus and menthol are efficient as topical analgesics.

b) Relieves and Treats Respiratory Conditions

If you have clogged sinuses, inhale diffused peppermint oil to open your airways, reduce congestion and clear mucus. Peppermint oil is among the best essential oils used to fight coughs, flu, cold, asthma and sinusitis. Studies reveal that antiviral and antioxidant components found in peppermint oil can help to fight infections that cause respiratory conditions.

c) Provides Relief to Allergies

Medical research found that mint has therapeutic properties that make it effective for the treatment of inflammatory disorders such as colitis, bronchial asthma and rhinitis. Inhale diffused peppermint oil for the muck and pollen in your respiratory tract to clear and to gradually provide relief.

d) Boosts Energy Levels

Peppermint is a healthy alternative to energy drinks that happen to be loaded with chemicals. Inhale a few whiffs of the essential oil to get reenergized, improve memory and increase concentration.

e) Treatment for Headaches

Apply a few drops of peppermint on your forehead and temples to sooth and relax tense muscles as well as improve circulation, causing relief from headache.

f) Relieves IBS symptoms

Ingest 1-2 drops of peppermint to relieve irritable bowel syndrome. This relaxes the intestine's muscles, reduces spasm in the colon and reduces gassiness and bloating.

g) Promotes Oral Health

Bacteria and fungus can lead to oral disorders such as cavities, mouth sores and bad breath. Combine peppermint oil and baking soda to create a paste and use it to manage or treat such disorders.

h) Manages Dandruff and Promotes Hair Growth

Peppermint oil has been used in hair products for ages to nourish and thicken hair. Apply some oil on your scalp or add it into your products to stimulate the scalp and reduce dandruff.

i) Relieves Itchiness

The menthol component found in peppermint oil relieves itching. To soothe itchy skin, apply the oil topically on the affected areas. If your skin is sensitive, add some carrier oil before use.

j) Natural Bug Repellent

A natural alternative for repellents, peppermint oil can be used to ward off little critters such as mosquitoes, spiders and cockroaches.

k) Reduce Nausea

Use peppermint on surgery patients, pregnant women and anyone experiencing nausea. It can get relief by directly inhaling peppermint oil.

l) Improve Colic Symptoms

Administer drops of peppermint oil, which is as effective as the simethicone drug, to an infant to treat infantile colic.

m) Boost Skin Health

Use peppermint oil to soothe the skin and treat skin conditions such as sunburns, ringworm, blackheads among others.

n) 14. Potential Anti-Cancer Agent

Ongoing studies show that peppermint could contribute in reduction of cancer cases.

Chapter 2: Wonders of 4 Essential Oils

The Eucalyptus, Tea Tree, Rosemary & Lemon

(1) *Eucalyptus Oil*

Eucalyptus oil is made from leaves of specific eucalyptus trees found mainly in Tasmania and Australia. The numerous benefits of eucalyptus oil are enjoyed in vapor rubs, ointments, perfumes and cleaning products.

Amazing Benefits of Eucalyptus Oil

a) Relieves Respiratory Conditions

Use eucalyptus oil to treat a range of respiratory conditions such as asthma, chronic obstructive pulmonary disease (COPD), bronchitis, flu, sore throat, sinusitis among others. You can also use the oil to rid your body of toxins and microorganisms that cause respiratory conditions.

b) Controls Seasonal Allergies

Anti-inflammatory properties in eucalyptus which are found in eucalyptol and citronellal make eucalyptus oil ideal for relieving allergies.

c) Fights against Infections

Apply or aromatically use eucalyptus to protect you against a wide range of bacteria strains, fungi and viruses. Eucalyptol, a component in eucalyptus oil has antimicrobial effects that protect and boost immunity. Research studies indicate that eucalyptus oil has inhibitory effects against the herpes simplex virus that can lead to genital herpes. Use eucalyptus too to fight common fungal infections such as toenail fungus and candida.

d) Reduces Pain and Inflammation

Use eucalyptus topically on skin, or inhale it to relieve swelling, muscle and joint pain, as well as soreness.

e) Treatment for Headache

When you have a headache, combine eucalyptus oil and peppermint oil and apply it on your forehead and temple. It reduces sinus pressure and relaxes tense facial muscles, bringing relief against the headache.

f) Heals Wounds

Use eucalyptus oil to soothe skin and treat skin conditions like burns, cuts, sores, wounds and others since it has antiviral, antibacterial and antifungal properties.

g) Relieves Earaches and Ear Infections

Use a few drops of eucalyptus to relieve earaches because it has antimicrobial properties that unclog your respiratory tract and rids you of infection causing bacteria.

h) Encourages Mental Alertness

Combine ethanol, eucalyptus and peppermint oil and apply it on your forehead to increase cognitive performance. The soothing and purifying properties of eucalyptus clear your airways to allow more oxygen into the lungs and to reduce brain fog.

i) Rat Repellant

Spray or pour eucalyptus oil around your home to keep rats away. Rats are easily repelled by the smell of eucalyptus.

Other Uses of Eucalyptus

Use eucalyptus in your home to disinfect surfaces, inhibit growth of mould and repel rats. For self care, apply or inhale eucalyptus to remedy several

medical conditions. You can, for instance, improve respiratory conditions by clearing sinuses, alleviating sore throats and relieving earaches. Eucalyptus oil also boosts the immune system, boosts energy, treats seasonal allergies, alleviates headaches, and relieves coughs. It also helps in the relief of skin irritation, soothing insect bites, relief of muscle pain and soreness, as well as fighting bad breath.

(2) *Tea Tree Oil*

The tea tree essential oil is harvested from a plant called *Melaleuca alternifolia*.

Amazing Benefits of Tea Tree Essential Oil

a) Fights Skin Conditions

The anti-inflammatory and anti bacterial properties found in the tea tree oil help to relieve conditions such as eczema, acne and psoriasis.

b) Remedy for Dry Scalp and Head Lice

Add a few drops of tea tree oil into your shampoo to prevent dandruff and dry patches on the scalp. Its insecticidal properties also help in getting rid of head lice.

c) Fights Bacterial, Fungal and Viral Infections

Use tea tree oil to inhibit growth of bacteria that causes conditions like urinary tract infection, respiratory illness, and other ailments.

d) Inhibits Antibiotic Resistance

Combine tea tree oil with other conventional antibiotics as it serves as a strong antibacterial agent with no side effects.

e) Relieves Respiratory Tract Infections

Antimicrobial activity exhibited in tea tree oil helps fight bacteria that cause respiratory infections. Use it to treat colds and congested nose.

f) Scabies Treatment

Terpinen-4-ol, an active component in tea tree, heals scabies on top and beneath the skin by destroying scabies mites' thriving environment.

g) Improves Bad Breath

Use tea tree oil as a mouth wash to kill bacteria and other oral disorders.

Other Uses of Tea Tree Oil

You can use tea tree oil in health, beauty and cleaning products with no side effects. Please note that tea tree oil is poisonous when ingested, so use it either topically to treat skin conditions or aromatically as a mood relaxer.

(3) *Rosemary Essential Oil*

Rosemary has been used for thousands of years for its numerous benefits.

Amazing Benefits of Rosemary Essential Oil

a) Prevents Hair Loss

Use natural rosemary oil as a hair loss remedy especially because it has no side effects.

2. Remedy for Memory Loss

Use rosemary by itself or combine it with lavender oil to stimulate the mind and to enhance memory. It can also help treat and prevent Alzheimer's disease.

b) Liver Cleanser

Use rosemary for its choleric and hepatoprotective effects that help to

increase bile secretion and prevent damage to the liver. The oil also cleanses the liver and thus discourages gastrointestinal issues.

c) Lowers Cortisol

Use rosemary oil to protect your body from chronic diseases caused by oxidative stress. The oil greatly reduces cortisol levels, cortisol being the 'stress' hormone.

d) 5. Fights Cancer

Carnosol is an active component in rosemary oil which has exhibited anti-cancer properties, which can be used to fight breast, skin, prostate, colon cancer and also leukemia. Rosemary oil has also shown that it only fights cancer cells but leaves non-tumorigenic cells unharmed.

Precaution

Rosemary oil can cause skin sensitivity when used on its own. It is, therefore, advisable to dilute it with carrier oils. Avoid applying it too close to the mucous membranes, eyes and any other sensitive areas.

(4) *Lemon Essential Oil*

Lemon oil is harvested by cold pressing the lemon peel. It contains natural compounds such as sesquiterpenes, terpenes, alcohols, aldehydes, esters and sterols.

Amazing Benefits of Lemon Essential Oil

a. Nausea Treatment

Inhale lemon oil to reduce nausea or to prevent it altogether. This is especially useful to pregnant women.

b. Improves Digestion

Ingest lemon oil or apply it on your abdomen to relieve gastritis issues and constipation. The oil also reduces the erosion of gastric mucosa, which is the stomach lining, and also protects against stomach legions.

c. Treatment of Skin Conditions

Lemon oil has strong anti-aging and antioxidant properties that make it ideal to reduce acne, hydrate the skin and regenerate damaged skin.

d. Promotes Weight Loss

Lemon oil contains d-limonene that cleanses your lymphatic glands and speeds up metabolism, thus leading to weight loss. Use a few drops everyday to experience gradual weight loss.

e. Rids Body of Impurities

Lemon oil promotes detoxification through the blood and liver, which protect the body against harmful pathogens.

f. Promotes Oral Health

Citrus juices are known to cause tooth erosion over time due to their acidic nature. However, essential oils do not cause erosion. Use lemon oil as mouth wash to treat oral thrush and bad breath.

g. Stimulates Lymphatic Drainage

Use lemon oil to relieve cough. It has capacity to stimulate lymphatic drainage which then allows the body to get rid of toxins and reduce fluid accumulation which normally triggers coughs.

h. Acts as a Antimicrobial Agent

Incorporate lemon oil into your cleaning and for food protection. Its antimicrobial component gets rid of harmful pathogens like fungi and bacteria that cause disease. Hence, lemon oil is a suitable natural alternative for factory made cleaning agents.

i. 9. Discourages Tumors

According to research studies, ingesting lemon oil or topically applying it on the skin can reduce chances of developing breast cancer.

Chapter 3: Marvels of 4 Essential Oils

Rose, Bergamot, Grapefruit & Cinnamon

(1) *Rose Essential Oil*

Therapeutic compounds found in the rose oil make it useful for healing the body.

Amazing Benefits of Rose Essential Oil

a. Improves Depression

Take in a whiff of the rose essential oil to get reenergized, reduce anxiety, boost your mood and relieve depression.

b. Nourishes Skin

The rose essential oil is a healthy alternative to chemical filled lotions and beauty products. Use a few drops of rose essential oil on your face to treat acne. You can also dilute it with some coconut oil.

c. Increases Libido and Hormonal Health

Rose oil contains an anti-anxiety agent which relieves stress and anxiety. This can help men with performance anxiety and other sexual dysfunctions. It has also been known to balance sex hormones and this can lead to increased sex drive. Combine rose essential oil with carrier oil like jojoba or olive and rub it onto the skin. Alternatively, you can diffuse it throughout the bedroom or your home.

(2) ***Bergamot Essential Oil***

Bergamot oil is harvested from the peel of the bergamot fruit.

Amazing Benefits of Bergamot Essential Oil

a) Relieves Depression, Stress and Anxiety

Use bergamot essential oil to promote cheerfulness and raise energy levels. You can rub a few drops of bergamot onto your skin, or even inhale or diffuse it to get relief from depression, stress and anxiety.

b) Lowers Blood Pressure and cholesterol

Bergamot oil stimulates hormonal excretions of digestive juices, insulin and bile, which, in turn, aid in the breakdown of sugars and consequently lower blood pressure.

c) Protects against Infections

Diffuse or apply topically 2-3 drops of bergamot essential oil on the skin to protect yourself against bacteria and fungi.

d) Acts as a Pain Reliever

Rub a few drops of the oil on the problem area to get relief from muscle aches, headaches, sprains and other discomforts. Bergamot oil is a natural alternative to chemical filled pain relievers.

e) Promotes Skin Health

Sooth skin, fade marks and tone your skin by applying bergamot essential oil onto your skin.

f) Eases Digestion

Rub bergamot oil onto your stomach to ease digestion and to regulate your appetite.

g) Acts as a Natural Deodorant

Add drops of bergamot oil into your deodorant or use the essential oil directly to inhibit growth of germs that cause body odor.

h) Reduces Fever

Use a few drops of bergamot oil to relieve stress and reduces body temperature.

i) Promotes Oral health

Use bergamot oil as a mouthwash to prevent tooth decay.

j) Protects against Respiratory Infections

Bergamot essential oil is a natural remedy for cough and other respiratory conditions.

(3) *Grapefruit Essential Oil*

Benefits of the grapefruit essential oil can be experienced through aromatherapy, ingesting and applying the oil topically.

Amazing Benefits of Grapefruit Oil

a) Boosts Weight Loss

Use grapefruit essential oil for weight loss as it has some active ingredients that help to reduce your appetite and boost metabolism.

b) Natural Antibacterial Agent

Use the oil to eliminate harmful strains of bacteria such as E. coli and Salmonella.

c) Relieves Stress

Diffuse some grapefruit oil in your home to reduce blood pressure and enjoy a relaxing environment.

d) Relieves Hangover Symptoms

Stimulate the liver and gallbladder with grapefruit essential oil and also reduce hangover symptoms. Use it also to detoxify the body.

e) Reduces Sugar Craving

Limonene, which is a component in grapefruit, balances blood sugar levels and controls sugar cravings.

f) Reduces Inflammation

Grapefruit oil has the capacity to increase blood flow, and that relieves inflammation.

g) Promotes Digestion

Drink grapefruit to reduce the erosion of gastric mucosa, which is the stomach lining, and to protect yourself against stomach complications.

h) Boosts Energy Levels

Improve your mental focus and promote your energy levels by inhaling or digesting grapefruit oil. The oil also has properties that act as anti-depressants.

i) Improves Skin Health

The anti-bacterial and anti-aging properties found in grapefruit help the skin by fighting bacteria and protecting the skin from harmful sun rays. So, use the oil to protect and repair damaged skin.

j) Stimulates Hair Growth

Add a few drops of grapefruit oil into your shampoo to help thoroughly cleanse the hair and scalp and to promote hair growth.

k) Enhances Meal Flavors

Add some flavor into meals and drinks by adding grapefruit oil into your recipes.

(4) *Cinnamon Essential Oil*

Amazing Benefits of Cinnamon Essential Oil

(a) Boosts Heart Health

Lower your bad cholesterol, otherwise called LDL while raising levels of good cholesterol, otherwise referred to as HDL, by consuming using cinnamon essential oil and doing some bit of exercise on a regular basis.

(b) Acts as Natural Aphrodisiac

Use cinnamon oil as a possible natural remedy for impotence.

(c) Balances Blood Sugar Levels

Inhale cinnamon oil to help you release insulin to stabilize your blood sugar.

(d) Nourishes Hair and Skin

Sooth your skin with cinnamon essential oil whenever it is inflamed as the oil has anti-inflammatory and antimicrobial properties. It is also ideal for treating itchy scalps while nourishing the hair.

(e) Encourages Weight Loss

Use cinnamon essential oil to curb sugar cravings that can easily cause weight gain. A chemical compound in cinnamon called cinnamadehyde activates responses that help fat cells burn energy.

(f) Relieves Ulcers

Use cinnamon oil over a period of time and you will get rid of ulcer symptoms. Eugenol, a compound found in cinnamon is said to be responsible for these positive results.

(g) Fights Parasites and Fungal Infections

Use cinnamon to inhibit growth of harmful parasites that could cause disease.

(h) Soothes Sore Throat

Drink a glass of hot water, lemon and cinnamon to cure or soothe a sore throat.

(i) Natural Deodorant

Give your home the sweet natural scent of cinnamon by diffusing cinnamon essential oil into your living room. That way you and everyone else in the home will also benefit from the oil's calming effects.

Chapter 4: 4 Essential Oils to Give Your Life a Balance

Jasmine, Clove, Geranium and Patchouli

(1) *Jasmine Essential Oil*

Jasmine oil is a popular essential oil extracted from the jasmine flower.

Amazing Benefits of Jasmine Essential Oil

(a) Relieves depression and anxiety

Apply jasmine oil topically or use it as an aromatherapy treatment to relieve anxiety and treat depression.

(b) Increases arousal

Use jasmine to enhance your romantic relationship. Adult women who use jasmine oil have increased signs of physical arousal, including fast breathing, high body temperature and diastolic blood pressure.

(c) Fights infections and boosts immunity

Use jasmine essential oil to fight a wide range of infections since it has antifungal, antiviral and antibiotic properties. The oil is also great in boosting immunity.

(d) Acts as a natural sedative

You can inhale jasmine oil, diffuse it around your home or take jasmine tea to reduce heart rate for a calm and relaxed mood. This calming effect induces sleep.

(e) Decreases symptoms of menopause

Menopausal women can apply jasmine oil or use it as an aromatherapy treatment to increase energy levels while decreasing emotional and physical symptoms such as depression and hot flashes.

(f) Relieves PMS symptoms

Use jasmine oil to help balance your hormone levels and to mitigate symptoms of menopause, PMS and other hormone-related conditions.

(g) Manages post-pregnancy symptoms

Apply or diffuse jasmine oil to relieve postpartum symptoms such as muscle and joint pain, low energy levels, headaches, depression and anxiety.

(h) Increases concentration and alertness

Add some jasmine into your bath or rub some into your skin when taking your morning shower to stay refreshed and alert all day.

(i) Promotes healthy skin

Add drops of jasmine oil into your skin care products to treat skin conditions such as psoriasis, inflamed skin and wrinkles.

(j) Used to create calming massage oils

Mix jasmine oil with other essential oils like peppermint and rose oil to make calming massage oil.

(k) Natural perfume

Dab some jasmine oil onto your neck and wrist for a chemically-free natural perfume.

(2) *Clove Essential Oil*

Amazing Benefits of Clove Essential Oil

(a) Improves skin health

Mix drops of clove oil and honey, rub it on your face, and then wash with water to treat acne.

(b) Fights candida and other parasites

To fight candida or any other parasites, ingest clove oil under the supervision of a physician for a period of two weeks.

(c) Relieves toothache

Use clove essential oil to treat dental disorders such as toothache and to numb teeth before a minor procedure.

(d) Acts as an antioxidant

Use clove oil to protect the body against viruses and harmful bacteria.

(e) Aids in digestion

Use clove oil to relieve bloating, flatulence, motion sickness and indigestion.

(f) Used as an antibacterial agent

Use clove essential oil to treat infection. Studies show that clove exhibits strong antimicrobial properties that fight E. coli and other harmful bacteria.

(g) Boosts immunity

Use clove essential oil to fight disease as it has antiviral and antibacterial properties and it is also great in strengthening immunity.

(h) Lowers blood pressure and improves heart health

Use clove oil to lower blood pressure. Eugenol, a compound found in clove oil, is an antihypertensive agent that dilates major arteries in the body,

consequently lowering blood pressure.

(i) Provides protection to the liver

Use clove oil as the eugenol in it, according to recent studies, has capacity to protect the liver from disease.

(3) *Geranium Essential Oil*

Geranium oil is an extract from the flowers, stem and leaves of the geranium plant.

Amazing Benefits of Geranium Essential Oil

(a) Relieves muscle pain

Apply geranium onto your skin to relieve any muscle cramps and aches and to reduce soreness.

(b) Fights infections

Use geranium essential oil to fight internal infections, as it has antifungal and antibacterial properties.

(c) Flushes out toxins

Geranium is a diuretic which promotes urination causing excretion of toxins.

(d) Natural deodorant

Use geranium essential oil to eliminate bad odor around you. The sweet smell of geranium and its capacity to fight bacteria that causes odor makes it an ideal natural deodorant.

(e) Protects against dementia and Alzheimer's Disease

Reduce the risk of dementia and Alzheimer's by using geranium essential oil.

The oil has anti-neuroinflammatory effect that helps in the treatment of neurodegenerative diseases such as Alzheimer's and Dementia.

(f) Promotes skin health

Use geranium essential oil to treat acne, dermatitis, wrinkles and other skin conditions.

(g) Kills respiratory infection

Inhale or rub geranium oil onto your nose and throat to get relief from cold, sinus infections, acute rhinosinusitis and acute bronchitis.

(h) Reduces nerve pains

Mix geranium and coconut oil and massage it into the painful area to relieve pain.

(i) Reduces anxiety and depression

Relax your mind and body by using geranium which has capacity to improve the mental function and to reduce depression.

(j) Anti-inflammatory agent

Use geranium to treat diseases caused by inflammation, such as arthritis and heart disease.

(k) Insect Repellent

Mix geranium essential oil with water and spray around your home to keep mosquitoes and other insects away.

(l) Treats candida

Geranium oil suppresses growth of candida cells which cause yeast infection in the body.

(m) Reduces hemorrhages

Use geranium essential oil to treat hemorrhages.

(4) *Patchouli Essential Oil*

Patchouli comes from the labiatae family that also includes mint, sage and lavender.

Amazing Benefits of Patchouli Essential Oil

(a) Acts as an antidepressant

Add drops of patchouli into your bath or diffuse it to enjoy a tranquil atmosphere. Patchouli encourages the secretion of dopamine and serotonin hormones which ease anxiety and anger.

(b) Reduces inflammation

Sooth patchouli essential oil to sooth inflammation as it has antiphlogistic properties.

(c) Protects against infections

Apply patchouli onto wounds, cuts and sores to prevent infections.

(d) Improves metabolic system

Use patchouli essential oil to tone your stomach, liver and intestines, and to enhance the process of decomposition and adsorption of nutrients.

(e) Stimulates hormones

Use patchouli essential oil as an aphrodisiac as it boosts estrogen and testosterone levels and increases libido.

(f) Promotes healthy hair and skin

Improve the health of your hair and skin by using patchouli essential oil,

since it regenerates new skin cells and stimulates muscle contractions, giving you vibrant hair and skin.

(g) Reduces insomnia

Rub patchouli oil on your skin as a natural sedative to cure insomnia.

(h) Repels bugs

Diffuse, spray or apply patchouli oil around the home to keep fleas, ants, mosquitoes and other insects away.

(i) Relieves fever

Use patchouli essential oil to treat fever. The cooling properties of patchouli, its capacity to kill infections and to relieve inflammation brings down body temperature.

(j) It is a natural deodorant

Apply sweet smelling patchouli oil under your armpits as deodorant and to kill odor causing bacteria.

(k) It is a natural diuretic

Ingest patchouli oil to increase the frequency of urination, which helps to get rid of toxins such as excess salt, uric acid and water from the body.

Conclusion

Thank you for downloading this book, *'Meet Essential Oils: Use This for That - 15 Must Have Essential Oils and Their Usage For Everyday Life'*. I hope you have found the information on the natural essential oils helpful.

It is also my hope that you have learnt the illnesses that you can treat with essential oils instead of relying on chemical-based medication, and that you can now live a healthier life in a cost-effective way. I also hope it was great learning what oils to stock in your home cabinet as opposed to having to hunt all over for information regarding the best essential oils to use.

If you have found this book helpful, do not hesitate to recommend it to other people so that they, too, can learn the essential oils to use to boost their immunity, to heal common or stubborn illnesses, and to improve their environment.

Thank you!

Make Wonderful Gifts in December

Essential Oils Scrubs, Bath Bombs, Soaps and Scented Candles

This book, *“Essential Oil Gifts: 40 Recipes Of Fragrant Scrubs, Bath Bombs, Soaps And Scented Candles”*, is a great read for people who like to care for their bodies, relieve stress, feel and look happy, or just feel energized.

Some of the recipes in the book are mood enhancers, and you can use them to create gifts that enhance a couple’s romantic life. You can also prepare gifts that can get a friend from a long period of grief to one of hope and optimism. This is because the essential oils included in the recipes have been carefully picked to make your products rich and effective.

This is a guide for everyone and every season, and you will be glad you decided to read it.

Welcome

Chapter 1: Why Essential Oil Gifts are Popular

Why are essential oil products so popular? Well, for one, they smell irresistibly nice. Others make you feel fresher than usual. At the same time, many essential oils have therapeutic value, so that instead of you going to see the doctor, you can simply utilize a product with a particular essential oil, or a combination of more than one, and you are good.

Is that why people are eager to receive essential oil gifts? Yes, it is. Where the difficulty comes in, however, is the pricing. Commodities with valuable essential oils are pretty expensive, and in many cases only the affluent can afford to buy them and give their friends and family as gifts. Luckily, there is an easy way to make your own essential oil gifts, which would be appreciated by anyone you give.

The question you need to consider is: what are some of the best essential oil gifts you can conveniently make at home? There are around four of them that come to mind, and that is because they are otherwise ordinary items, but which you upgrade and make them precious and alluring. These items are fragrant soaps, fragrant bath bombs, fragrant scrubs, and scented candles.

How to Determine the Right Essential Oil to Use

Isn't an oil and oil and a scent a scent, you may wonder? And while you are going to, obviously, choose a nice smelling essential oil for your gift, there are other factors to consider. Like for example: Is the person you are giving the essential oil gift prone to respiratory problems? If so, there is a category of essential oils that is very good in unblocking nasal passages and relaxing a tense chest.

Is the person going through a stressful period? There are those essential oils that are great at relieving stress and uplifting a person's mood. We are essentially saying we can rely on specific essential oils for aromatherapy,

while targeting physical needs, emotional needs, and even mental health. Let us see what oils are advisable to solve certain health issues.

(1) For relief of anger and frustration

Whatever essential oil gift you are preparing, for the purpose of relieving you of a foul mood, you need to add Jasmine or Rose, or even Chamomile or Ylang Ylang.

(2) To ease the feeling of depression

The best essential oils to use for this purpose, including days when you are feeling drained or low – a kind of hangover – after a long holiday, include Lavender or Jasmine, Clary Sage or Bergamot, Grapefruit or Sandalwood, or even Tangerine.

(3) For Restlessness and nervousness

Suppose you are feeling anxious about an impending meeting, or a conference that you are going to do some presentation. Among the best essential oils to use are Frankincense or Jasmine, Sandalwood or Jasmine, or even Patchouli.

(4) In times of grief

Let's say you want to prepare a gift for someone who has lost a loved one, or probably someone who has just undergone a messy divorce. Among the best essential oils to use is Clary Sage or Marjoram, Fir or Cypress, Sage or even Rosemary.

(5) For memory enhancement

If you think the person you want to give the essential oil gift can do with some memory improvement, because they probably have a tough exam ahead, or they are recuperating from an ailment that affected the brain, the helpful essential oils would include Rosemary or Lavender, Lemon or Bay Laurel, or even Jasmine.

(6) For relief of anxiety

The best essential oils to bring calmness to an anxious person include Lavender and Hyssop, Cypress and Bergamot, Cedarwood and Orange, Geranium and Rose, Violet Leaf and Neroli, Frankincense, and Myrrh, and even Peach and Marjoram.

(7) For relief of aches and fever

In case you want something that can help to subdue a headache or discomforts caused by a cold, use Oregano or Pine, Rosemary or Peppermint, or even Eucalyptus or Pine.

(8) For an invigorating product

If you want to make a gift that is invigorating, one that wakes up the entire body when someone has had a long night, the oils to use that are also refreshing include Spiced Apple or Cinnamon, Lemon or Cardamom, Basil or Sage, or even Peppermint or Clove.

(9) To eliminate irritability

You may have a friend whom you know is has kids who overwhelm her, and she is prone to being irritable. To calm her and make her relax and happy, you need to incorporate in her gift Geranium or Chamomile, or even Neroli or Rose.

(10) To enhance libido

For a romantic and fulfilling sexual relationship, you may wish to incorporate in the gift you are making essential oils like Vanilla or Jasmine, or even Ylang Ylang or Sandalwood.

Chapter 2: Fantastic Fragrant Scrubs

The area of the body people care much about scrubbing is the face. So let us understand what facial scrub is. It is any beauty product or any form of treatment that you use to cleanse your face, exfoliating the dead skin cells from your face. Experts say you need to use a facial scrub regularly in order to maintain a healthy complexion.

10 Facial Scrubs with Natural Essential Oils

(1) Melaleuca Fragrant Scrub

Ingredients:

- (i) Water – 2 drops
- (ii) Melaleuca essential oil – 1 drop
- (iii) Orange essential oil – 1 drop
- (iv) Cane sugar (organic) – 1 teaspoon

Method of Preparation

- Take a bowl and put all your ingredients in it
- Mix the ingredients very well

That is all.

How to use the fragrant scrub:

- Use your fingertips to rub the contents onto your face, ensuring you keep off the eyes.
- Then to rinse off the scrub, use cool water.
- Use a clean towel to pat your face dry.
- Finally, you can apply a layer of moisturizer but this is optional.

(2) Jasmine fragrant scrub

Ingredients:

- (i) Jasmine essential oil – 2 drops
- (ii) Coconut oil – 1 tablespoon
- (iii) Granulated sugar – 2 tablespoon

Method of Preparation

- Take a tiny bowl and put in your ingredients
- Mix them well

That is all.

How to use the fragrant scrub:

- Using the tips of your fingers, and in circular movements, rub your face with jasmine scrub
- Rub your neck with the scrub as well if you so wish
- 60 seconds are sufficient for the rubbing
- Rinse off the scrub with warm water.

Owing to coconut oil's low melting point, you may require to refrigerate your scrub if your area of residence is hot. Then you can keep your scrub for up to 3mths.

(3) Vanilla Fragrant Scrub

Ingredients:

- (i) Vanilla extract – ½ teaspoon
- (ii) Olive oil – ¼ spoonful
- (iii) Cocoa powder
- (iv) Brown sugar – ¼ cup
- (v) Vanilla essential oil – 1 drop

Preparation Method:

- Take a tiny bowl and put in all your ingredients
- Mix them well

That is all.

How to use the scrub:

- Apply amounts of your scrub onto your face, lathering it generously.
- Rub your face for around 60 seconds
- Leave the scrub on your face for around 10 minutes (optional)
- Rinse off the scrub using warm water.

(4) Lemon-Honey Fragrant Scrub

Ingredients:

- (i) Fresh blueberries – ½ cup
- (ii) Raw honey – 2 tablespoons
- (iii) Brown sugar – 2 tablespoons
- (iv) Lemon essential oil – 1 drop

Preparation Method:

- Take a tiny bowl and put in all the ingredients
- Mix them well till you get a smooth mixture.

That is all.

How to use the scrub:

- Apply a generous layer to your face
- Let the scrub remain on your face for around 15 minutes
- Rinse off the scrub using warm water.

(5) Lavender-Honey fragrant scrub

Ingredients:

- (i) Granulated sugar – ½ cup
- (ii) Fresh lemon – ½
- (iii) Organic honey – 1 tablespoon
- (iv) Olive oil – 1 tablespoon
- (v) Lavender essential oil – 1 drop

Method of Preparation:

- Mix all the ingredients till you get a smooth mixture.

How to use the scrub:

This particular scrub is both exfoliating and moisturizing.

When it comes to application, for this and the rest of the scrubs that follow, use the method applied in Recipe 2 for the Jasmine Fragrant Scrub.

(6) Oatmeal-Lavender Fragrant Scrub

Ingredients:

- (i) Raw oats – ¼ cup
- (ii) Raw honey – 2 tablespoons
- (iii) Nutmeg – 1 teaspoon
- (iv) Dried Lavender (optional) – 1 teaspoon
- (v) Lavender essential oil – 8 drops
- (vi) Melaleuca essential oil – 4 drops

You can rely on this scrub to reduce the rate of breakouts and to even out your skin tone. The scrub also has a moisturizing effect.

The method of preparation for this and other scrubs that follow is as for all others above: just mixing ingredients until all ingredients are evenly

distributed and mixture is fairly smooth.

(7) Tangerine-Honey Fragrant Scrub

Ingredients:

- (i) Raw oats – $\frac{1}{4}$ cup
- (ii) Honey – $\frac{1}{8}$ cup
- (iii) Olive oil – $\frac{1}{8}$ cup
- (iv) Tangerine essential oil – 3 drops

(8) Tomato-Orange Fragrant Scrub

Ingredients:

- (i) Raw tomato paste – $\frac{1}{4}$ cup
- (ii) Brown sugar – $\frac{1}{4}$ cup
- (iii) Orange essential oil – 4 drops

This scrub can also protect your skin from UV rays, courtesy of the lycopene present in the tomatoes.

(9) Oatmeal-Lavender Fragrant Scrub

Ingredients:

- (i) Ground oatmeal – $\frac{1}{2}$ cup
- (ii) Cornmeal – $\frac{1}{4}$ cup
- (iii) Powdered milk – $\frac{1}{8}$ cup
- (iv) Lavender flowers – $\frac{1}{4}$ cup
- (v) Lavender essential oil – 4 drops

(10) Coffee-Ylang Ylang fragrant scrub

Ingredients:

- (i) Coffee grinds – $\frac{1}{4}$ cup
- (ii) Raw organic honey – $\frac{1}{8}$ cup
- (iii) Olive oil – 2 tablespoons
- (iv) Ylang Ylang – 3 drops

The scrub made out of these ingredients is does not only accomplish its exfoliating role, but it is also stimulating and energizing.

Chapter 3: Great Fragrant Soaps

Whenever you go natural on skin products, you are bound to look and feel better, younger and happier for longer. When it comes to soaps, basing your recipes on plant extracts and other natural products is a great idea. In addition to cleansing and refreshing, such soaps also heal your body in different respects, and they also stimulate and energize it.

Some of the Best Essential Oils for Soap

The essential oils to be highlighted in this chapter are versatile, cost-effective, and generally readily available. Although some of them have already been highlighted as being great for natural body products, they will be included here with a little more information.

(1) Lavender Essential Oil

If you like to be very particular about the scent of the essential oil you are going to use, it may interest you to know that lavender essential oil comes in varying tones – smelling like lavender alright, but each being a little different.

The standard one used in soap making is Lavender 40/42, and its scent remains unaltered at all times. Its scent is similar to that of the English Lavender, which means it is not only a herbaceous floral fragrance, but it also has a balsamic undertone. In comparison, Bulgarian Lavender has a more floral scent.

You could also check out the Lavandin category of Lavender essential oils, which include the Lavandin Grosso and the Lavandin Abrialis. The great thing about Lavender essential oil is that it blends well with any of the other popular essential oils.

(2) Rosemary Essential Oil

Rosemary also comes in variety of scent profiles. While some are somewhat herbaceous and camphorous, others are somewhat woody and resinous. Good examples are the Spanish Rosemary essential oil that happens to be, kind of, camphorous, and the Moroccan Rosemary essential oil whose aroma is basically woody and herbal.

Rosemary blends well with other popular essential oils, including those with citrus, woody and herbal scents, like peppermint, orange and lavender; cedarwood, patchouli and bergamot.

(3) Lemon Essential Oil

From this essential oil, what you should anticipate is a cheery aroma that is somewhat tart. It blends very well with other essential oils of the citrus family, and generally other popular oils. You need to note that even when you blend it with other essential oils, the sparkling note of the lemon reveals itself above all else.

(4) Cedarwood Essential Oil

Whereas there are popular varieties of Cedarwood such as the Virginian, Atlas and Himalayan, some essential oils that pass for Cedarwood are actually derived from the Juniper family. Nevertheless, all Cedarwood essential oils made for a great dry base in an oil blend that is also woody.

Do Cedar essential oils blend well with other essential oils? Yes, they do, especially those with herbal or citrus scents. You can confirm that by trying out a blend that has bergamot, rosemary, clary sage or even lavender.

(5) Dark Patchouli Essential Oil

If you would like essential oil whose scent becomes better as the oil ages, Patchouli is your oil. It has a musky scent that is earthy, and, kind of, sweet. There is Dark Patchouli and Light Patchouli, and the former is richer in scent than the latter.

When it comes to blending with other essential oils, it does best with the citrus, the floral, as well as the herbal categories. So you can try blending your Dark Patchouli with oils like the lavender, rosemary, cinnamon, clove, orange, or even Clary Sage.

Best Acne Soap Recipe

(1) The Malaleuca Acne Soap Recipe

For your information, the Maleuca essential oil is the one referred by the name Tea Tree essential oil. This recipe here uses some unique ingredients, activated charcoal and Malaleuca essential oil, among other natural ingredients.

The activated charcoal is made out of normal charcoal, but which has undergone treatment in order to open up within the carbon atoms millions of very tiny pores. The essence of these pores is to absorb toxic elements from your skin. Those that manage to clear are the ones on the surface as well as immediately under your skin, and they do that by chemical attraction. While a few of the toxins may not bond with the activated charcoal, the majority will, and will leave your skin fresher and healthier.

As for Malaleuca essential oil, it introduces the disinfectant properties in your soap due to its anti-bacterial properties.

Ingredients:

- (i) Grass-Fed Beef Tallow – 14 oz
- (ii) Olive Oil – 6 oz
- (iii) Coconut Oil – 6 oz
- (iv) Water – 10 oz
- (v) Lye – 4 oz
- (vi) Tea Tree Oil – 1oz
- (vii) Activated charcoal powder – 1 tablespoon

Method of Preparation

- Put the tallow, the coconut oil and the olive in one big pot.
- Heat the contents till they melt
- Leave the pot to cool till contents are 100°F.
- Next, pour the lye into the water that is around 100°F. Just ensure you do not inhale the lye as you pour it. You can use a zipped bag for that.
- For the next step, pour your lye water into the tallow mixture
- You can use an electric hand blender to ensure mixing is done well.
- Switch off the blender periodically to ensure all the contents are being centrally blended.
- Ensure the mixture is thickening. However, if you find it developing the look of pudding, hasten your blending so the contents do not start setting.
- Add in the Malaleuca oil and mix well
- Scoop out a cup of the mixture, and in it add your activated charcoal powder.
- Whisk the contents well, ensuring there are no chunks developing.
- Pour the mixture back into your pot and blend with the rest of the contents.
- Finally, pour the entire contents into a mold
- Proceed to incubate the contents for 24hrs before taking it out. The process you have just used is termed cold pressing.
- You can remove the soap and cut it into bars or pieces as you wish.
- However, before declaring it ready for use, allow the pieces to air for a span of between 4wks to 6wks.

This recipe is enough to produce 36 bars of soap, each 4oz in weight. You can still cut your soap into fewer but heavier bars, say, 18 bars. Overall, this recipe can produce soap over two pounds in weight.

2 Juicy Sweet Aroma Soaps

(2) Sweet Orange Fragrant Vanilla Bean Soap

Preparing this recipe takes around 1hr, but to get the soap ready for use will take around 3 days.

Ingredients:

- (i) Aura Cacia Vanilla (mixed in jojoba oil) – ½ ounce
- (ii) Sweet Orange Essential Oil – ½ ounce
- (iii) melt and pour soap base – 2½lb
- (iv) Raw cacao nibs (well chopped into tiny granules) – 2 tablespoons
- (v) Vanilla bean (well chopped into tiny granules) – 1

Helping items and equipment:

- Cake pan - 9-by-9 nonstick in size.

Ensure you grease it with some cooking oil

- Wax paper
- Tape
- Silicon spatula
- Kitchen scale (in ounces)

Method of Preparation:

- Take your wax paper and line up the greased pan
- Ensure to fold the excess paper over the rim, and also to tape the edges to the sides.
- Use a double boiler that is seated over simmering water, to melt your soap base on low heat.
- Once melted, remove the soap base from the boiler and add in

the cacao nibs

- Add the vanilla bean as well
- Stir the contents nicely till smooth
- Next, add in the essential oil and mix the contents properly
- You can now empty the contents into your pan and allow it to set
- Once the contents have solidified into firm soap, remove it and cut it as you wish.
- You need to let this one remain untouched for 3 days, and thereafter you can release it for use.

For the fragrant soap recipes that follow, you need to use the same method of preparation as used in the Sweet Orange Fragrant Vanilla Bean Soap recipe.

(3) The Citrus Breeze Fragrant Soap

Ingredients:

- (i) Melt and pour soap base – 2½lb
- (ii) Orange Essential Oil – 3 tablespoons
- (iii) Bergamot Essential Oil – 2 tablespoons
- (iv) Tea Tree Essential Oil – 1 tablespoons
- (v) Litsea Cubeba Essential Oil – 1 teaspoon

4 Sharp and Cheery Fragrant Soaps

(1) Smooth Lemon Fragrant Soap

Ingredients:

- (i) Melt and Pour Soap base – 2.5lbs
- (ii) Lemon essential oil – 3 tablespoons
- (iii) Rosemary essential oil – 2½ tablespoons

- (iv) Cedarwood essential oil – 1 teaspoon
- (v) Litsea Cubeba essential oil – ½ teaspoon

(2) Peppermint Fragrant Spa Soap

Ingredients:

- (i) Melt and Pour Soap base – 2.5lb
- (ii) Peppermint essential oil – 3 tablespoons
- (iii) Lavender essential oil – 2 tablespoons
- (iv) Patchouli essential oil – 1 tablespoon
- (v) Malaleuca essential oil – 1 teaspoon

(3) Herbal Orange Fragrant Soap

Ingredients:

- (i) Melt and Pour Soap base – 2.5lb
- (ii) Orange essential oil – 3 tablespoons
- (iii) Rosemary essential oil – 2 tablespoons
- (iv) Lavender essential oil – 1½ tablespoons
- (v) Peppermint essential oil – 1 tablespoon
- (vi) Litsea Cubeba Essential Oil – ½ teaspoon

(4) Clary Sage-Lemon Fragrant Soap

Ingredients:

- (i) Melt and Pour Soap base – 2.5lb
- (ii) 34% Clary Sage Essential Oil – 3 tablespoons
- (iii) 32% Lemon Essential Oil – 2½ tablespoons
- (iv) 25% Lavender Essential Oil – 1 tablespoon
- (v) 5% Orange Essential Oil – ½ teaspoon

- (vi) 4% Litsea Cubeba Essential Oil – ½ teaspoon

2 Spicy Floral Fragrant Soaps

(5) Bergamot-Lemon Fragrant Soap

Ingredients:

- (i) Melt and Pour Soap base – 2.5lb
- (ii) Bergamot essential oil – 3 tablespoons
- (iii) Lemon essential oil – 2 tablespoons
- (iv) Peppermint Essential Oil – 1 teaspoon
- (v) Litsea Cubeba Essential Oil – 1 teaspoon

(6) Gentleman's Bergamot Soap

Ingredients:

- (i) Melt and Pour Soap base – 2.5lb
- (ii) Bergamot essential oil – 3 tablespoons
- (iii) Lavender essential oil – 1½ tablespoons
- (iv) Clary Sage Essential Oil – 1 tablespoon
- (v) Orange essential oil – 1 teaspoon
- (vi) Patchouli essential oil – 1 teaspoon
- (vii) Cedarwood essential oil – ½ teaspoon
- (viii) Litsea Cubeba Essential Oil – ½ teaspoon

Chapter 4: Easiest Way for DIY Bath Bombs

3 Sensual Bath Bomb Recipes

(1) Ylang Ylang-Jasmine Bath Bomb

Ingredients:

- (i) Baking Soda – 1 cup
- (ii) Citric Acid – ½ cup
- (iii) Epsom Salts – ½ cup
- (iv) Water – 1 teaspoon
- (v) Essential Oil – 2 teaspoons
- (vi) Olive oil – 1 teaspoons
- (vii) Ylang Ylang essential oil – 2 teaspoons
- (viii) Jasmine essential oil – 1 teaspoon
- (ix) Food Coloring (any you prefer)

To help in preparation, you require a bowl, jar, a whisk, and a bath bomb mold.

Preparation Method:

- Put all your ingredients in the bowl, apart from the liquids.
- Mix them properly using your whisk, till they are all evenly distributed.
- Next, mix the liquid ingredients separately, including all your oils.
- Scooping a spoonful at a time, add your liquid mixture into the dry one.
- Mix everything thoroughly.
- Next, pack the contents tightly and quickly into your bath bomb

mold.

- Leave the mixture to dry.

That is how easy it is to prepare a fragrant bath bomb.

(2) Ylang Ylang-Lavender Bath Bomb

Ingredients:

- (i) Cup Baking Soda – 1 cup
- (ii) Cream Of Tartar – ½ cup
- (iii) Tablespoons Epsom Salt – 3 tablespoons
- (iv) Peppermint Tea – 2 bags
- (v) Ylang Ylang essential Oil – 2 teaspoons
- (vi) Lavender essential oil – 1 teaspoon
- (vii) Olive Oil – 5 teaspoons

For preparation of this and other fragrant bath bombs, follow the method used in the first recipe of this chapter.

(3) Bergamot-Lavender Fragrant Bath Bomb

Ingredients:

- (i) Baking Soda – 1 cup
- (ii) Citric acid – ½ cup
- (iii) Tablespoons Epsom Salt – 3 tablespoons
- (iv) Lemon Tea – 2 bags
- (v) Bergamot essential Oil – 2 teaspoons
- (vi) Lavender essential oil – 1 teaspoon
- (vii) Olive Oil – 5 teaspoons

4 Anti-Stress Fragrant Bath Bombs

(4) Roman Chamomile Fragrant Bath Bomb

Ingredients:

- (i) Baking soda – 2 cups
- (ii) Citric acid – 1 cup
- (iii) Water – 2 tablespoons
- (iv) Roman Chamomile essential oil – 15 drops
- (v) Lavender essential oil – 5 drops
- (vi) Ylang Ylang essential oil – 5 drops
- (vii) Olive oil – 5 drops

(5) Bergamot-Frankincense Fragrant Bath Bomb

Ingredients:

- (i) Baking soda – 2 cups
- (ii) Citric acid – 1 cup
- (iii) Water – 2 tablespoons
- (iv) Bergamot essential oil – 12 drops
- (v) Frankincense essential oil – 8 drops
- (vi) Ylang Ylang essential oil – 5 drops
- (vii) Fractionated coconut oil – 5 drops

(6) Vetiver-Bergamot Fragrant Bath Bomb

- (i) Baking soda – 2 cups
- (ii) Cream Of Tartar – 1 cup
- (iii) Water – 2 tablespoons
- (iv) Vetiver essential oil – 10 drops
- (v) Bergamot essential oil – 10 drops

- (vi) Lavender essential oil – 5 drops
- (vii) Fractionated coconut oil – 5 drops

(7) Rose-Chamomile Fragrant Bath Bomb

Ingredients

- (i) Baking soda – 1 cup
- (ii) Cream Of Tartar – ½ cup
- (iii) Water – 1 tablespoon
- (iv) Rose essential oil – 7 drops
- (v) Chamomile essential oil – 7 drops
- (vi) Bergamot essential oil – 4 drops
- (vii) Frankincense essential oil – 2 drops
- (viii) Olive oil – 4 drops

3 Energizing Fragrant Bath Bombs

(8) Rosemary-Thyme Fragrant Bath Bomb

Ingredients

- (i) Citric Acid – 1 Cup
- (ii) Baking Soda – 1 Cup
- (iii) Cornstarch – ½ Cup
- (iv) Fractionated Coconut Oil – ½ Cup
- (v) Rosemary essential oil – 6 drops
- (vi) Thyme essential oil – 6 drops

(9) Eucalyptus-Cypress Fragrant Bath Bomb

Ingredients

- (i) Citric Acid – 1 Cup
- (ii) Baking Soda – 1 Cup
- (iii) Cornstarch – ½ Cup
- (iv) Almond Oil – ½ Cup
- (v) Eucalyptus essential oil – 6 drops
- (vi) Cypress essential oil – 6 drops

(10) Fir-Eucalyptus Fragrant Bath Bomb

Ingredients:

- (i) Baking soda – 1 cup
- (ii) Citric acid – ½ cup
- (iii) Sea salt (or Epsom salt) – ½ cup
- (iv) Cornstarch – ¾ cup
- (v) Almond oil – 2 tablespoon
- (vi) Witch hazel – 2 teaspoons
- (vii) Vanilla extract – 1 teaspoon
- (viii) Fir essential oil – 8 drops
- (ix) Eucalyptus essential oil – 8 drops
- (x) Peppermint essential oil – 6 drops
- (xi) Ginger essential oil – 2 drops
- (xii) Lavender essential oil – 6 drops

Chapter 5: Best Scented Candles As Gifts

2 Scented Candles for Stress Relief

(1) Lavender-Bergamot Scented Soy Candle

Items to use:

- (i) Flakes of Soy wax – ½kg
- (ii) A cotton wick
- (iii) Wooden spoon – 1
- (iv) Glass measuring container – 1
- (v) Mason jar – 1
- (vi) Lavender essential oil – 6 drops
- (vii) Bergamot essential oil – 4 drops

Method of Preparing the Candles:

- Put all your wax flakes into a glass container
- Do not fill the container to the brim; rather leave some space as a precautionary measure, just in case the soy wax rises on heating and subsequent melting.
- Pre-heat your oven
- Next, put the glass container with wax flakes inside the oven
- Leave the wax to heat for 3 minutes

It is advisable, however, to check the soy wax in one minute intervals. In addition to seeing whether the wax is melted or not, you also get an opportunity to stir the contents with your wooden spoon. On stirring, the heat is distributed evenly within the soy wax.

- Once the soy wax is well melted, remove its container from the oven.
- Add your essential oils into the wax at this juncture.

- Take a mason jar and in the middle of it place your wooden spoon. Its purpose is to hold the candle you create properly in place.
- Take your cotton wick and wrap it around the wooden spoon over and over again – three times.
- You can now let the wick drop nicely in the middle of the Mason jar.
- Tape the cotton wick at the bottom of the jar to ensure it remains steadily in the middle.
- Next, pour your melted wax into the container with wax as you hold the wick firmly in the middle.
- The wax should harden quickly, so you need to hold onto the wick until then, so that as the soy wax dries, the wick is upright.
- Put your scented soy candle in the refrigerator, just to ensure it cools further and hardens nicely.
- Leave the lavender-bergamot scented candle in the refrigerator for 2hrs.
- Finally, remove the soy candle from the refrigerator and trim the wick, leaving 2.5cm clearly visible.

For all other candles in the chapter, follow the same preparation method.

(2) Ylang Ylang-Lavender Scented Soy Candle

Items to use:

- (i) Flakes of Soy wax – ½kg
- (ii) A cotton wick
- (iii) Wooden spoon – 1
- (iv) Glass measuring container – 1
- (v) Mason jar – 1
- (vi) Ylang Ylang essential oil – 7 drops
- (vii) Lavender essential oil – 3 drops

4 Romance Enhancing Scented Candles

(3) Sandalwood-Candamom Scented Candles

Items to use:

- (i) Filtered beeswax – ½kg
- (ii) Coconut oil – ½ cup
- (iii) Sandalwood essential oil – 5 drops
- (iv) Candamom essential oil – 5 drops
- (v) A cotton wick
- (vi) Wooden spoon – 1
- (vii) Glass measuring container – 1
- (viii) Half pint canning jars (in place of a mason jar) – 3

(4) Neroli-Patchouli Scented Candles

Items to use:

- (i) Filtered beeswax – ½kg
- (ii) Coconut oil – ½ cup
- (iii) Neroli essential oil – 4 drops
- (iv) Patchouli essential oil – 4 drops
- (v) Rosewood essential oil – 2 drops
- (vi) A cotton wick
- (vii) Wooden spoon – 1
- (viii) Glass measuring container – 1
- (ix) Half pint canning jars – 3

(5) Jasmine-Geranium Scented Candles

Items to use:

- (i) Palm wax – ½kg

- (ii) Coconut oil – ½ cup
- (iii) Jasmine essential oil – 4 drops
- (iv) Geranium essential oil – 4 drops
- (v) Rose essential oil – 2 drops
- (vi) A cotton wick
- (vii) Wooden spoon – 1
- (viii) Glass measuring container – 1
- (ix) Half pint canning jars – 3

(6) Clary Sage-Neroli Scented Candles

Items to use:

- (i) Palm wax – ½kg
- (ii) Coconut oil – ½ cup
- (iii) Clary Sage essential oil – 4 drops
- (iv) Neroli essential oil – 4 drops
- (v) Candamom essential oil – 2 drops
- (vi) A cotton wick
- (vii) Wooden spoon – 1
- (viii) Glass measuring container – 1
- (ix) Half pint canning jars – 3

5 Revitalizing Scented Candles

(7) Limy Peppermint Candle Recipe

Ingredients:

- (i) Soy wax – ½kg
- (ii) Lime essential oil – 3 drops
- (iii) Peppermint essential oil – 3 drops

- (iv) Lavender essential oil – 2 drops

(8) Limy Rosemary Scented Candle Recipe

Ingredients:

- (i) Soy wax – ½kg
- (ii) Lime essential oil – 4 drops
- (iii) Rosemary essential oil – 6 drops

(9) Limy Basil Scented Candle Recipe

Ingredients:

- (i) Soy wax – ½kg
- (ii) Lime essential oil – 3 drops
- (iii) Basil essential oil – 5 drops
- (iv) Rosemary essential oil – 2 drops

(10) Gingery Lemongrass Scented Candles

Ingredients:

- (i) Soy wax – ½kg
- (ii) Ginger essential oil – 4 drops
- (iii) Lemongrass essential oil – 4 drops
- (iv) Jasmine essential oil – 2 drops

(11) Candle of Motivation

Ingredients

- (i) Palm wax – ½kg
- (ii) Coconut oil – ½ cup

- (iii) Lime essential oil – 3 drops
- (iv) Frankincense essential oil – 5 drops
- (v) Roman Chamomile – 2 drops

Conclusion

Thank you for downloading this book, *“Essential Oil Gifts: 40 Recipes of Fragrant Scrubs, Bath Bombs, Soaps and Scented Candles”*.

It is my hope that you have learnt a lot about essential oil based gifts, which you can give to people you care about over Christmas or any other time. I hope you have found some items to interest you, from among the soap recipes, bath bomb recipes, scrub recipes, and even the scented candle recipes.

You may now wish to go through the book another time, picking out the recipes you would like to try out first. I hope you will take the opportunity to please your friends and family at relatively low cost, even as you enjoy the recipes for personal use.

If you have found this book informative and helpful, feel free to refer your friends and family to it, so that they, too, can benefit from the simple but valuable DIY recipes.

Thanks again!

32 Essential Oil Recipes For Handcrafted Soap And Skin Care

The use of essential oils dates back thousands of years; they have been used in religious ceremonies, to aid in healing and even as an important part of aromatherapy. An essential oil is simply nature bottled! Every distinct smell in nature can be captured. The smell may originate from the seeds of a plant; their flowers or even the bark of a tree; in all of these items it is possible to find oil. The oil can be removed from the plant; most typically by crushing the relevant part. The resulting liquid is the essential oil and is a volatile compound.

The term volatile is given as these oils tend to be capable of quickly changing from a solid or even liquid state to a gas. The change happens at room temperature and is the reason why the smell of essential oils can be so powerful. This rapid change to a gas form allows the oil to spread quickly across the room.

There are thousands of different oils available on the market; everyone is unique as even oil from the same species of plant can vary in quality and smell depending upon the condition of the plant and the soil; as well as other environmental factors. These oils have been and are still widely used as a form of alternative therapy; although many people disclaim them as there is no scientific proof of their effectiveness. However, despite this Eucalyptus oil has become popular in many products ranging from use as a cleaning product to a health aid in the form of nose drops, throat sweets or even to aid keep insects away from houses and food stocks. There are many other essential oils which are regularly used in a variety of ways and are accepted by society.

There are several ways of extracting the oil from a plant:

- Distillation – This is the process of removing oil by placing part of a plant into water. For instance the leaf of the Eucalyptus. The heat of the water causes the volatile oils to vaporize. These vapors are then condensed back into a liquid form and ready to use.
- Expression – This is generally used when extracting citrus oil and simply refers to crushing, or cold-pressing the peel of a citrus fruit to access the essential oil which is normally available in a high quantity.
- Solvent – When you are dealing with oil which is too sensitive to be extracted through the above methods you may find that a solvent is added to the plant material. This draws the oil out of the plant and it can then be removed from the solvent by the distillation process.

As volatile compounds it is important to follow some basic safety guidelines when dealing with these oils; this will ensure you can craft a beautifully aromatic soap or skin care product:

- These oils must be recognized as a natural product which are generally strong and have not got additives in; some oils can burn.
- All oils should be stored in their original bottles and the lids kept closed tight. This not only reduces the risk of a leak and damage to the surrounding items it will prolong the life of the oil. Lids left loose will allow the small to diminish. Essential oils should also be stored in a cool, dark place; sunlight will cause them to quickly degrade; plastic bottles should be avoided.
- You should never touch the undiluted essential oil with your bare skin. The bottles have pipettes to use and you should never mix these up as you will damage the smell. If you are at risk of splashing it on your hands then it is advisable to wear latex gloves.
- Essential oil which is to used on the skin should never be more than 3% oil.
- Oils should always be kept away from children; drinking them or even playing with them can be harmful.
- You should always check with your doctor before using an

essential oil if you have a serious medical condition.

- Alcohol should never be drunk whilst using essential oils
- Always perform a small skin test before using oil for the first time.
- Finally, you should always wash your hands thoroughly before and after you use the oil; whether diluted or concentrated.

Following these guidelines will ensure you gain the benefits from these powerful natural substances; without the risks.

Chapter 1 – 10 Simple Hand Soap Recipes

One of the most common uses of essential oils is to use them when making soap. This will allow you to enjoy the aroma every time you wash your hands or face and the oil can be beneficial to your skin; depending upon which one you have used. The following recipes all make excellent soaps with a slightly different use for each one:

1. *Citrus Soap*



This soap has a beautiful, fresh fragrance and can be very effective at exfoliating your skin. You will need some glycerin soap which comes in blocks. Melt several of them in the microwave; preferably in a glass bowl to ensure the flavor is not tainted. Whilst they are melting you can either have your citrus oil ready or you can make it yourself by crushing the peel of your favorite citrus fruit; ideally use several different ones such as oranges and lemons. It is acceptable to have very small pieces of peel in the mix as this will aid the exfoliating effect.

As soon as the glycerin has melted you will need to let it cool slightly before you add your essential oil. It is essential to stir your mixture thoroughly to ensure the flavor spreads evenly as the glycerin sets.

You can then pour the mixture into the container; this can be any size or

shape. It will need to cool for one hour at room temperature and then one more hour in the freezer. You will then be able to remove it from the container and use it or slice it into smaller chunks with a sharp knife.

2. *Chai Latte Soap*



This soap is designed to warm your hands whilst leaving them clean and soft. It is excellent for during the winter months when the weather is harsher.

You will need to slowly blend together 90g of palm oil, coconut oil and olive oil with some cocoa butter and castor oil; 30g of each. You will also need 100g of water and 46g of Lye. Once it is fully prepared you can pour it into plastic cups and allow the mixture to cool slowly.

You will then need to make a second dose of this; approximately half the size and add a small amount of titanium dioxide; this must be dissolved in water first. This addition will make a white mixture which can be added to the top of your cups to create a latte effect. The most effective way to get it white is to whisk it for approximately ten minutes. They will take 24 hours to set

properly and then ten minutes in a freezer before they just slide out of their molds.

3. Scented bar soap

This is your base soap; you will need to use Lye to create it and you must wear gloves as Lye will burn through clothing and skin. Fortunately it is completely removed during the creation process. You can add any essential oil you like to this mixture.

You will need to measure three quarters of a cup of water; preferably distilled. Then slowly add a quarter cup of Lye whilst stirring continuously. There will be fumes; it is best to stand back whilst stirring to avoid breathing these in. After a few minutes the water should become clear.

In a separate container mix one cup of olive oil, almond or sunflower oil and coconut oil. This mixture should be warmed in the microwave for approximately one minute. You will now need a thermometer to confirm the temperature. The Lye and water mix must be approximately 120 degrees and the oils approximately 100 degrees. Once they hit the right temperatures mix them slowly together; ideally pour the lye into the oil. It should be stirred for at least five minutes; you will see it start to clear. Ultimately it should look like a vanilla pudding!

This is the point you can add essential oils. You will then need to pour your mixture into an appropriate container and leave it to set for at least twenty four hours. It should then be firm to touch; if it is not then leave it for another twenty four hours. At this point you will be able to remove it from its container and cut it to the size you require. It is then best to leave it on a wire rack for four weeks to cure properly; turning it regularly. It is then ready to use and should be wrapped or placed in an airtight container.

4. Lavender Soap



You will need to select your preferred choice of oil; there are many different manufacturers although the smell should always be the same! Simply add the essential oil to the soap recipe above; it can be used on its own or paired with almost any other oil to make a delightful smell which will help to keep your skin soft. It is reputed to be good for the relief of headaches and a variety of skin conditions such as eczema and sunburn.

5. *Cedarwood Soap*

Cedarwood essential oil has been shown to act as an effective antiseptic and an anti-inflammatory. It generally has a woody scent and is an effective exfoliate. In fact it is known to help remove oils and other dirt which have become embedded into your skin. It is best used by people with normal to oily skin and can be exceptionally beneficial if you work with your hands a lot; such as a mechanic. A few drops of this essential oil in your soap mixture can be supplemented by almost any other flavor to make the soap of your choice.

6. *Patchouli Soap*



If you use too much of this essential oil you will know about it! It is a powerful oil but has excellent anti-inflammatory properties as well as being good for dry skin. It is best to use a few drops of this oil mixed with another fragrance of your choice.

7. *Rosemary Soap*

You will probably have already come across this scent. When mixed with the soap mixture above it creates a delicate yet uplifting fragrance. It is also considered a stimulant; helping you feel better and ready to face the day. Because it is a stimulant it should be avoided by anyone who is pregnant or has epilepsy.

8. *Peppermint Soap*



As you would expect, this soap offers a fresh, minty smell which is invigorating and will help to clear your sinuses in the morning. It has even been associated with reducing the effects of a cold. It is also known to be an effective antiseptic although it is not recommended to be used if you have dry or flaky skin as it can dry your skin out further. IT is for this reason it is best to only add a few drops to your soap; ensuring the flavor and benefits are there without excessive skin drying.

9. *Bergamot Soap*

It has been suggested that bergamot oil can improve your mood and even inspire confidence. The oil comes from a citrus fruit which is a cross between an orange and a lemon. It has also been associated with reducing the appearance of scars on the skin as well as effectively killing many types of bacteria.

The oil is known to reduce headaches and can be effective as relaxing muscles. Adding fifteen drops of this essential oil to your soap mixture will help you soothe

those aches and pains away!

10. Tea Tree Soap



Tea tree is a well known essential oil which is used in multiple applications; particularly as a health benefit to heal skin and improve the appearance of damaged skin. There are actually over three hundred species of teat trees; this means you will need to experiment with which specific tea tree oil is right for your soap. You can even use this soap to wash your hair as tea tree is known to help reduce or eliminate dandruff.

Chapter 2 – 10 Essential Oil Hand Lotions Recipes

Because of the natural healing and antiseptic properties of many essential oils they can be exceptionally effective ingredients when making your own hand creams. In fact, although these are described as hand lotions they are generally very effective when used across your body to look after your skin. Essential oil hand creams should become part of your daily skin care routine as they will help to keep your skin looking and feeling younger.

11. Calamine Lotion

Calamine has been known throughout history as a soothing essential oil. Mixed with the following ingredients it can be an effective deterrent to many insects and soothe after a bite.

Simply mix four teaspoons of clay and four of baking soda with one tablespoon of sea salt. Then slowly mix in a quarter cup of water. This can be adjusted to suit your mixture; you do not want it too liquid! Once this has been mixed add a teaspoon of glycerin to keep the mixture smooth. You can then place it in a container and use as needed.

12. Vanilla Lotion

Mix a quarter cup of carrier oil with two tablespoons of coconut oil, one ounce of beeswax and two teaspoons of shea butter. This should be done in a bowl inside a sauce pan of water; to ensure the mixture melts slowly. Once they have all melted you can take it off the stove and add one teaspoon of vanilla extract. You should then pour it straight into a container and leave until it reaches room temperature before using. You can whisk this to make a creamier mixture; if you prefer.

13. Coconut Oil Body Butter



This mixture is thick and creamy and will make your skin feel fantastic as well as moisturizing it.

Simply add one cup of coconut oil to a teaspoon of vitamin E oil and five or six drops of your preferred essential oil. Almost any flavor will do; you can even mix them.

Next use an electric whisk to mix the ingredients thoroughly. It will take at least five minutes before they reach a light, almost airy consistency; this is now ready to use! Simply add the mixture to a suitable container and use regularly to enjoy the maximum benefits.

14. Whipped Peppermint

You should already be aware of the benefits of peppermint. This mixture will provide you with a lotion that can be used on your hands or any part of your body. You will need to place half a cup of each of the following ingredients into a bowl; coconut oil, shea butter and cocoa butter. This should then be placed into a saucepan of warm water over a hot stove. The mixture will melt slowly and you can add in half a cup of sweet almond oil, one teaspoon of vitamin E and four drops of peppermint.

Once you have mixed these ingredients thoroughly you will need to leave the mixture into the fridge for approximately one hour. It should then be firm but not solid. Then, using an electric whisk mix the firm ingredients until you have a creamy mix; this can then be placed into a container and is ready to use. Just be careful not to keep it anywhere too warm!

15. Lavender Hand Cream



Mix quarter of a cup of sweet almond oil with three tablespoons of coconut oil and three tablespoons of olive oil. You will then need to heat this slowly on your stove until it has melted. This will need to be stirred constantly. Then add four tablespoons of grated beeswax and approximately forty drops of lavender oil.

Next, allow the mixture to cool in a fridge for ten minutes before pouring it into your choice of container. It can then be left to cool. Then enjoy!

16. Lemon Hand Lotion

This mixture is designed to give you a lift when feeling a little down or

simply to help you get started in the morning.

All you need to do is mix six tablespoons of lemon juice with an equivalent amount of glycerin. You can mix by hand although it is recommended to use an electric whisk. This will reduce the amount of time taken to create your lotion; it will also create a creamy, lighter mix.

Once it has been mixed thoroughly you can place it in a container and use straight way. Easy!

17. Summer Lotion

This lotion will make you think about the warm summer days; it is a great pick you up for a cold winter day! It is also exceptionally easy to make and can be ready to use within a few minutes!

Place half a tablespoon of raw honey with the same quantity of aloe vera in a small bottle. Then add three tablespoons of calendula oil and ten drops of chamomile oil. You can also add ten drops of lavender if you wish. Close the lid of the bottle and shake vigorously for several minutes. It can be used immediately although it is even better cooled; keep it in the fridge.

It can be an effective treatment of sunburn as well as a moisturizing hand and body lotion. It is worth noting that as it has raw honey in it you should not use it on a baby under one year of age.

18. Lavender Moisturizer

This is a fantastic lotion to moisturize your skin and leave you with an amazing glow! Simply mix one cup of Shea butter with one cup of coconut oil, a third of a cup of arrowroot powder and eighty drops of lavender oil. These need to be mixed with an electric whisk until you have a consistency like whipped cream. You can then place it in suitable containers and use

immediately.

It is worth noting that the mixture makes a lot of lotion; you can halve the ingredients if you choose to. It is also possible to leave the arrowroot out; its purpose is to dry the mixture slightly to ensure your skin is not left looking oily.

19. Essential Exfoliating Body Scrub



Every day your skin will shed dead cells. This happens all over your body and is a natural process. To ensure your skin glows and is healthy it is essential to remove these dead cells. The best way to do this is to use an exfoliating scrub:

You will need to put one cup of sea salt in a large bowl; preferably glass so the flavor is not tainted. Then add half a cup of olive oil and five drops of each of the following essential oils; ylang ylang, lavender and frankincense.

Slowly stir all the ingredients together until the mixture is thick and creamy. Then put it into a pot and use as necessary – covering your body once a week should be sufficient.

20. Mixed Oil Salve

This salve uses lavender to sooth and nurture your skin as well as tea tree to heal and lemon to invigorate. Simply place two ounces of coconut in a bowl and add five drops of each of the three essential oils mentioned above. Mix it all thoroughly and when satisfied with the texture put it in a pot to store until needed. You can use this whenever your skin needs a lift!

Chapter 3 – 12 Alternative Hand Crafted Essential Oil Care Products

Essential oils have been part of the alternate medical scene for thousands of years; the medicinal and therapeutic properties of plants are an important part of traditional medicine in many cultures. In recent years it has become more recognized in the west; the following recipes will help you to make the most of what nature has provided.

21. Hair Serum



As well as looking after your skin you should take care of your hair with this simple but effective mix:

Start by putting two ounces of castor oil into a dropper bottle. Then add five drops of ylang ylang, rosemary and lavender. Shake the bottle vigorously for several minutes to ensure the ingredients are thoroughly mixed. Simply apply half a dozen drops to your hair and wait twenty minutes before you wash your hair normally. You can do this morning and night if you wish.

22. Essential Bath Salts

This essential oil concoction is excellent for using in the bath; it will relax your muscles and invigorate your body whilst encouraging a quick recovery from any sports related injury.

Add one cup of Epsom salts to a big bowl and then mix in ten drops of both the essential oils; Panaway and Aroma Siez. You can even add a few drops of lavender if you wish. Once you have mixed it all thoroughly pour it into a suitable container and put between one quarter and half a cup in each of your baths. You will be impressed!

23. Essential Cellulite

No one wants cellulite; especially anywhere it may be visible. This mixture will help to reduce and even eliminate the issue.

Add one cup of organic coffee to a glass bowl and mix in half a cup of olive oil. Continue mixing this as you add ten drops of grapefruit essential oil and five drops of cypress. Once it is mixed thoroughly add it to a container and either use across all your body in just on the cellulite prone areas.

24. The Essential Perfume Choice



This is a light and fresh fragrance but it is possible to adjust the aroma by adding more or less essential oils; or even using different ones!

You will need a roll on bottle. Add three drops of grapefruit oil, two of frankincense and one of both bergamot and copaiba. Then fill your bottle with coconut oil. This should be about a tablespoon of coconut; if you need two then double then essential oils!

Put the lid on your bottle and shake vigorously; you can then use it as needed; ideally on your wrists and sides of neck.

25. Peppermint Shaving Cream

Peppermint is known for its ability to sooth and to reduce inflammation. This makes it the perfect ingredient into a shaving cream.

To create this place one third of a cup of shea butter and one third of a cup of coconut oil into a bowl; this should be sat in a pan of hot water on the stove. Keep the heat low and this will slowly melt. Once melted pour it into a glass bowl and immediately add three tablespoons of olive oil. It should then cool for fifteen minutes before you add one teaspoon of castile soap and eight drops of peppermint oil. Mix thoroughly before placing into the fridge for one hour. Once it starts to harden remove it and whisk until creamy. It can then be put into a suitable, preferably glass container ready to use when shaving.

26. After Shave



Using this mixture will soothe your skin after a shave and make it small fantastic!

Add half a cup of aloe vera gel to a glass pump bottle and then put half a cup of witch hazel in. Next add two tablespoons of jojoba oil and one teaspoon of vitamin E oil. Mix before adding ten drops of orange essential oil and ten of sandalwood. Shake the mixture well to ensure it is mixed completely and then the pump action lid can be used to squirt it onto your skin as required.

27. Anti-Stretch Essential Cream

This lotion was originally envisioned for women who are pregnant and suffering from enlarged breasts and stomachs. However, it is excellent for any sort of stretch marks:

Place half a cup of shea butter in with half a cup of cocoa butter in a bowl set in a pan of hot water. Once melted add one tablespoon of vitamin E and a quarter cup of olive oil as well as five drops of both geranium essential oil and lavender.

Again the mixture will need to cool for approximately one hour. You will then be able to whisk it until creamy. You can use this daily to achieve the best results on stretched skin.

28. Essential Relaxation



There are times when you may be struggling to relax or even get to sleep. This spray is designed to soothe and calm your nerves allowing you to rest your mind and body.

Place two ounces of magnesium oil in a spray bottle and add twenty drops of any of the following oils; lavender, tangerine, peace and calming, cedarwood or roman. You can even mix the oils.

Shake the mixture well and then apply a little to your feet and rub into them twenty minutes before you go to bed.

29. Essential Eczema Cream

Eczema is a serious skin condition and the irritation can be greatly reduced by the regular use of this cream:

Place a quarter cup of shea butter and a quarter cup of coconut oil in a bowl set in a pan of hot water. Allow the mixture to melt slowly. Once this has been completed allow it to cool for ten minutes before adding fifteen drops of lavender and five drops of tea tree oil. Next, place the mixture in the fridge to cool until it starts to solidify. Although it can be used like this it is generally easier to whisk it until creamy and then store in a container. You can apply it as much as you like to any affected area of your skin.

30. Essential Toothpaste

Looking after your teeth is an essential part of your healthcare regime. Unfortunately it is often the case that you do not know exactly what is placed into commercial toothpaste. This alternative natural version is a much better solution:



Mix quarter cup of baking soda with a quarter of a cup of coconut oil. You can then add a teaspoon of sea salt and six drops of your preferred essential oil; peppermint or orange are excellent choices.

Once mixed thoroughly store in a suitable container and use a small amount

each time you brush your teeth. You should avoid dipping your brush into the mixture to avoid contamination.

31. Essential Lipstick

Your lips can easily suffer dry and chapped skin during the colder months and even in the warmer months from the heat of the sun! A good lipstick such as this will help to protect and revitalize your lips:

Melt two tablespoons of almond oil in a pan with one teaspoon of beeswax and one teaspoon of cocoa oil. You can then add a variety of natural ingredients to obtain your desired color; choose from beetroot powder, turmeric, cinnamon or alkanet root. You may need to experiment to get this right! Then simply add a few drops of your favorite essential oil and store ready to apply when needed.

32. Essential deodorant



This is truly an essential product to the majority of people! It is also very easy to make at home!

Mix a quarter of a cup of baking soda with a quarter cup of arrowroot powder and four teaspoons of cornstarch. You can then mix in one third of a cup of coconut oil and ten drops of your preferred essential oil. Sweet orange,

lavender or frankincense are all excellent choices but any will do! You should then be able to put the mixture into a roll on jar and apply as normal!

Conclusion

Making soap can be a very simple process but it can have a huge benefit in terms of both the cleanliness and the health of your skin. Perhaps more importantly is the fact that a product you have made yourself has known ingredients. There is never a concern regarding whether it has toxins or other unknown substances included within it.

Home-made soap and skin products are also incredibly flexible. Every recipe in this book can be adjusted to meet your specific tastes. If you are not a fan of lavender oil you may wish to try rosemary or something similar. Making your own product means there is no wrong product; simply one that you do not like personally. This will be to do with the aroma; which can be corrected by using different oils. Or, it could be because the mixture is too dry or too liquid. If this is the case then you can adjust the amount of dry ingredients or wet ingredients to achieve the right balance for your tastes and skin type.

Of course, it is also possible to purchase organic products which are similar in make-up to the products you can make at home. This should not be confused with any product which is described as 'natural'. These types of soap and skin care products may still contain a variety of extra ingredients such as hardeners. However, whichever product you are interested in purchasing you will find it difficult to locate one that has the same perfect balance as your hand crafted product; once you have revised the recipe several times. There is also a considerable amount of pleasure and satisfaction to be had in producing your own product.

An additional benefit of your own creations is that you will be able to share them with your friends. You can easily wrap soap or even a lotion in a nice package and present it as a gift to those you love. Indeed, when you are first testing the different recipes you may wish to ask your friends to assess your product for you!

This book should be seen as an entry point into the fantastic world of soap and skin products. You will quickly realize that there are hundreds of different recipes and, with a little understanding, it is possible to experiment with these and create your own product.

Finally it is worth remembering that any hand-made soap with essential oils in it will offer a double benefit; not only will you clean your skin you will gain a health benefit from the essential oil. Every oil has a different advantage to your skin and you may need to have several different ones available depending upon your mood or the time of day.