



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Home Remedies for Diarrhea

Stools that are loose and without consistency, called diarrhea, are an effective way for the body to get rid of an undesirable substance. Diarrhea may be accompanied by symptoms like vomiting, stomach pain, thirst, fever, nausea, or dehydration. These complications may be more dangerous than the diarrhea!

Diarrhea and vomiting cause the loss of fluids which need to be replaced. In some cases, diarrhea is the secondary symptom of another problem, but most instances are caused by food poisoning, bacteria in food or water, food allergies, or a virus. Also, excessive alcohol consumption, caffeine, and laxatives are all known to cause diarrhea. Some medicines can trigger diarrhea, such as antibiotics (tetracycline, clindamycin, penicillin). If you find blood or mucus in stool it could be a sign of infection or parasites.

Some well-known drugs may stop diarrhea, but they interfere with the natural process of cleansing that the body desperately needs. With natural remedies, we are able to help ourselves feel better without stopping the immune system from doing its job.

Your body uses diarrhea to flush bacteria or viruses you might have ingested by eating bad food. Therefore, it might be a bad idea to stop diarrhea too quickly. However, diarrhea does not thoroughly flush the pathogens sometimes, and if it goes on for several days dehydration and loss of important nutrients may occur. This may be particularly dangerous in children and those aged 65 and above. For this reason, it is advisable to use home remedies for diarrhea instead of over the counter drugs. Herbs may be effectively used to stop diarrhea and target the cause of it at the same time.

### **Home Remedies for Diarrhea:**

1. Take homeopathic Arsenicum if you feel you have eaten spoiled food. This will help control the discharge without interfering with the elimination of toxins.
2. If you feel weak and have burning pain in your mid-section take Cuprum Arsenicosum. Take 4 activated charcoal tablets every hour. This will absorb the toxins from the body.
3. Drink blackberry tea for mild diarrhea.
4. Take cayenne in capsules.
5. Wild oregano oil is an antibacterial, anti-parasitic, and anti-viral.
6. Garlic is also an antibacterial, anti-parasitic, and anti-viral.
7. Ginger tea can stop cramps and pain. Or take Ginger in capsules.
8. Drink plenty of fluids but stay away from caffeine and alcohol. Drinks like ginger ale or carrot juice are good for making stools less watery.
9. For decades activated charcoal has been used for absorbing and expelling intestinal gas. Activated charcoal may also be used for relieving a variety of ailments, such as indigestion, nausea, vomiting, diarrhea, high cholesterol and intestinal bloating. Activated charcoal's ability to absorb and prevent substances from dislodging or reabsorbing into the body makes it a popular choice for detoxifying the liver and kidneys.
10. Boil brown rice and a little extra water for 45 minutes. Reserve the rice for later use. Drink the water.

**TIP: Do NOT drink apple juice - this will make diarrhea worse!**