FAB FIVE

Five Favorites for Home and Away

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INTRODUCTION

I am pleased to offer you Teri Cochrane’s Nutrition for Healthy Living FAB FIVE for Home and Away – easy things you can do every day to remain healthy and vibrant. In today’s pharma-oriented society, we are obsessed with treating symptoms – whether it’s a headache, acid reflux, edema or IBS. We have come to rely on chemical solutions to suppress symptoms which are really our body’s way of communicating with us.

We have forgotten some easy, tried and true remedies using natural substances which can help our bodies heal and maintain optimal function. The following FAB FIVE don’t come with a small print insert listing possible side effects or interactions and you don’t need letters after your name to use them. These natural substances have proven themselves to be useful throughout history. They should be a part of everyone’s pantry, and I travel with them regularly!

So go ahead and start using them.

Why wait?

THE FAB FIVE

Apple Cider Vinegar
Coconut oil
Tea tree oil
Charcoal
Arnica
APPLE CIDER VINEGAR

If you were to ask me what I consider to be the Nectar of the Gods, I would point to Apple Cider Vinegar. It is something that I personally use every day and one remedy which I recommend to the majority of my clients. I am so obsessed with it that I take a small glass container of it with me wherever I go – including both long and short term trips. Both of my kids, now young adults, are as committed to it as I am.

Recent research has linked the benefits of Apple Cider Vinegar to the following conditions:

- Pathogen control including yeasts, molds and fungus
- Anti-bacterial and antiseptic
- Prebiotic – provides the food our internal microbiome needs to thrive
- Blood sugar management and metabolic syndrome
- Skin health
- Digestion - A gentle digestive enzyme
- Calcium breakdown for unwanted arterial plaque, osteoporosis and joint abnormalities
- Cardiovascular health
- Maintaining the proper body PH
- Warts

In addition to these, you can use ACV in home-made household cleaners and deodorants.
TO USE ACV TOPICALLY, dilute 1:20 in water and apply to rashes, scalp, burns and acne. Put a capful into a foot bath and soak to help with nail fungus and athlete’s foot. Soak a cotton ball in ACV, squeeze excess liquid out, apply to a wart and cover with a Band-Aid. Rub diluted mixture on teeth to aid whitening. Use to treat bug bites too!

TO USE ACV ORALLY, dilute in 4-6oz of water and drink especially before meals. Start with 1-3 drops in 4 oz water and increase up to a capful over time. Take 2T in water in the evening to improve blood sugar control overnight.

BRANDS / TYPES: The Apple Cider Vinegar has to be raw and include the “mother”. Other types sold in stores are most likely pasteurized and/or heated to a high temperature which destroys the beneficial constituents of this substance. BRAGG’s is my “go to” brand, but feel free to choose your own as long as it meets the criteria above.

COUNTER INDICATIONS: Be careful with Apple Cider Vinegar if your gut feels irritated – if you have abdominal pain, gastritis, acute acid reflux or GERD; try 1 drop in 4oz of water before meals and work up to 1 teaspoon at a time. People with ulcers should avoid ACV.
COCONUT OIL

I am sure this is not the first time you have heard of the benefits of this miraculous fat. This has to be one of the most useful foods in our arsenal! From cooking to skincare, its benefits are wide-ranging.

LET’S BEGIN WITH COOKING – coconut oil is a saturated fat and as such, is extremely stable at high temperatures. If you don’t mind a little coconut flavor, please use for sautéing and frying. It will not oxidize like many other oils will. It’s great in baking instead of butter. I use coconut oil liberally on toast, sweet potatoes, pasta – any place where you use butter. Add coconut oil to coffee and smoothies – yes, I really said that! The medium chain triglycerides abundant in this fat provide an instant energy boost - they don’t need to be broken down like other fats and are immediately available for all your cells to use. In addition, “fat-ify” your green smoothie – some vitamins are fat soluble and will not be absorbed unless fat is present.

Hundreds of studies have supported the use of Coconut Oil for the following:

- Candida and yeast control
- Blood sugar management
- Cholesterol composition improvement
- Quick energy for brain and body
- Fat burning
- Hormone balancing
- Moisturizer
- Female lubrication
- Wrinkle and age spot reduction
- Rashes
TO USE COCONUT OIL TOPICALLY, apply directly on skin and hair (avoid areas that have acne on them). Leave on hair overnight to fortify follicles and add shine and manageability. Replace your body moisturizer and massage oil with Coconut Oil – save money while nourishing your skin.

BRANDS / TYPES: Look for organic varieties if possible. I prefer the unrefined or virgin type but the coconut flavor will be more pronounced. The unrefined coconut oil contains the most lauric acid, the compound with the highest anti-pathogen power.

COUNTER INDICATIONS: Avoid using Coconut Oil if you have a known oxalate metabolism problem or have been diagnosed with oxalate kidney stones.

Have you ever tried oil pulling? This ancient practice removes systemic toxins. Upon waking before brushing teeth, swish 1T of Coconut Oil in mouth for 5 minutes. Spit out and rinse with lemon or salt water or a 1:10 solution of hydrogen peroxide in water.
TEA TREE OIL

This wonderful oil comes from the Melaleuca plant which is native to Australia. Its antiseptic and antimicrobial properties have caused it to be included in a variety of personal care and household cleaning products. Numerous medical studies have confirmed this oil’s ability to kill various strains of bacteria, viruses, mold and yeasts.

Tea Tree Oil can be used in a variety of ways: apply it topically for skin issues, take it orally to treat various infections, diffuse it in your home to control mold and use it in homemade cleaning and personal care recipes. Great for lice - I kept my kids lice free for the entirety of their school experience by spritzing them with diluted tea tree oil on their heads before they left for school each morning. Just search for tea tree oil on Amazon and you will be amazed at the number of products which contain this powerful ingredient.

Here are some of the more common uses for Tea Tree Oil:

- Topically for cold sores, head lice, itching, staph infections, psoriasis and fungal rashes like jock itch
- Foot soak to help with nail fungus and athlete’s foot
- Mouth rinses to help with halitosis
- Acne face wash
- Smelly shoe rinse
- Insect repellant
- Mold inhibitor for bathrooms, A/C/ vents and other moldy areas

My favorite use and one which is not as common is to pour several drops of Tea Tree Oil into the basin when getting a pedicure – it will sterilize the water and give you peace of mind so you can enjoy those beautiful toenails!
BRANDS / TYPES: Tea Tree Oil can be bought full strength as an essential oil – just make sure you buy from a reputable company which guarantees potency and freshness. I like to buy products which have this oil as an ingredient but are formulated for a specific use – such as foot soak, spray and lotion. I personally use a “kinder to skin” version from Dessert Essence.

COUNTER INDICATIONS: Avoid using full strength Tea Tree Oil or any other essential oil directly on skin or internally if you have been diagnosed with fat malabsorption, are missing a gallbladder or have light-colored, floating and/or mucousy stools.
CHARCOAL

**ACTIVATED CHARCOAL** is a great natural binder – it can attach to pathogens and unwanted toxins in the body allowing them to be excreted instead of sticking around to affect our organs and tissues.

Our emergency rooms know the power of charcoal – it is administered orally in cases of poisoning and overdose. Many water filtration systems use charcoal to clean our water. I take it with me whenever I travel. It is fabulous for food poisoning!

Here are some at-home and on-the-road uses for this wonderful product:

- Control excessive bloating and gas
- Prevents hangovers when taken with alcohol
- Acute diarrhea treatment – take charcoal instead of OTC medication until stools normalize
- Food poisoning remediation
- Topical treatment for bites, stings or rashes – open a capsule in some Coconut Oil, make a paste and apply
- Topical spot acne treatment – open a capsule in some Aloe Vera gel and apply on top of pimple

Please remember to drink at least 8-10 glasses of water daily when taking Activated Charcoal. This will help flush out the toxins it is binding with and prevent them from being reabsorbed. In addition, dehydration while taking charcoal will invariably lead to constipation – something to be avoided at all cost. **Activated Charcoal should never be taken long term as it inhibits nutrient absorption.**
BRANDS / TYPES: Activated Charcoal can be made from a variety of sources including wood and peat. I prefer varieties made from charred coconut shells – combining the powerful antimicrobial properties of coconuts with the “binding” power of charcoal.

COUNTER INDICATIONS: Avoid using Activated Charcoal for prolonged periods of time - while it binds with pathogens and chemicals, it can also bind with nourishing nutrients our body needs. In addition, if you are constipated, this product is not for you. When taking AC, always take AWAY from prescription medication as it may render it less effective.

Planning a trip – don’t leave home without Activated Charcoal! At first sign of Montezuma’s revenge or any other intestinal malady, pop several and keep going until you get your gut back! Suspicious of that native dish or unclean serving utensils – take a charcoal; it may save you a boatload of trouble!
ARNICA

If you are not using Arnica as part of your first-aid kit, you should start today. Ancient civilizations realized the potent anti-inflammatory effects of Arnica Montana – a flower from which various medicinal Arnica products are derived. It is known by other names such as Mountain Tobacco, Leopard’s Bane and Wolf’s Bane.

LET’S BEGIN WITH PREVENTION – Arnica should be a part of everyone’s pre- and post- surgery routine. Start taking Arnica orally and applying topically one week before planned surgery and continue until healing is complete.

WHAT ABOUT TRAUMA OR PHYSICAL INJURY – Arnica comes to the rescue. This wonder flower reduces bruising, redness and speeds recovery from injury. It is helpful after concussions. Many clinical studies prove its efficacy.

Arnica has been studied in a scientific setting and found effective for the following:

- Accelerated bruise healing
- Carpal Tunnel syndrome
- Inflammatory conditions of muscles, tendons and other tissue
- Exercise-induced muscle and joint pain
- Treatment for insect bites and stings
- Speed
BRANDS / TYPES: Arnica comes as an oil, in pellets and in gels and creams. My first-aid kit contains homeopathic 30C Arnica pellets and a homeopathic gel for both oral and topical uses.

COUNTER INDICATIONS: When using topically, do not use Arnica on broken skin. If taking other homeopathic remedies, please consult your prescribing professional before oral use.

Familiar with homeopathy? It’s a well-established medical treatment modality following the concept of “like treats like”. Arnica is one of the most widely used homeopathic remedies in use today. When buying for oral use, Arnica comes in pellets which dissolve under the tongue bypassing the acidic environment of our stomachs and making absorption possible.
MEET TERI COCHRANE

Teri Cochrane was drawn to the field of nutritional health after experiencing a health crisis in her own family. Her children spent their early lives struggling with asthma, digestive issues, and failure to thrive, and life threatening conditions. After not finding answers with conventional medicine, Teri finally found a nutrition-oriented doctor who inspired Teri to start her family’s healing journey through nutrition.

Inspired by the success of nutritional therapies on her children’s health, Teri left her twenty year corporate finance career and returned to school. Building on her Bachelors of Science degree from the University of Florida, Teri graduated from Huntington College of Health Sciences, the National Leadership Institute, and the Upledger Institute.

Teri is a Certified Nutritionist and a member of the International Association of Healthcare Practitioners and National Association of Nutrition Professionals. She also has certifications and extensive experience in holistic medicinal practices.

Teri is the owner and operator of Teri Cochrane Nutrition, a wait-list only practice located in Reston, VA. Our practice gets to the Root of the Root using epigenetics, bio individuality, anatomy and physiology, and most important of all, nutrition. We are BODY INTERPRETERS. To learn more, visit www.tericochrane.com.