

▣ **Anxiety** : Besides recommending exercise and breathing exercises, a mild tranquilliser is calming without being sedating. Passion flower is very much recommended. One dropful of the tincture in a little warm water or two capsules of the extract up to four times a day as needed.

▣ **Athlete's Foot** : Apply a light coating of tea plant oil (be sure it's the pure variety) to the affected areas three or four times a day. Continue for two weeks after the infection disappears to be sure the fungus is gone. People, who are prone to frequent fungal infections, also might try adding one or two cloves of raw garlic to the diet to prevent infections because raw garlic is a strong anti-fungal agent.

▣ **Skin Ailments** : Green oil of maltas is a wonder cure for pimples. Incipient pimples can be suppressed almost overnight with the application of conchshell powder. Juice of basil leaf blended with Chandan paste will dry up the most stubborn eruptions. Worried about scars left behind by pimples? Try green coconut water or mehndi if you can tolerate the stain on the original mark for a couple of days. Another effective remedy for pimples and stains is the paste of ginger and salt.

Interested in improving your complexion? Try oatmeal beaten up with an egg white. The mixture should be spread over the face and left to dry. It is removed by washing with lukewarm water and the treatment should finish with a wash using very cold water. Another formula is milk mixed with turmeric and almond paste. Yet another combination is turmeric and cummin seed. If you are simply considering a fresh look, try podina leaves, allowing the extract to dry on your face and wash it off after 15 minutes. Similar effects can be obtained by applying the papaya pulp.