

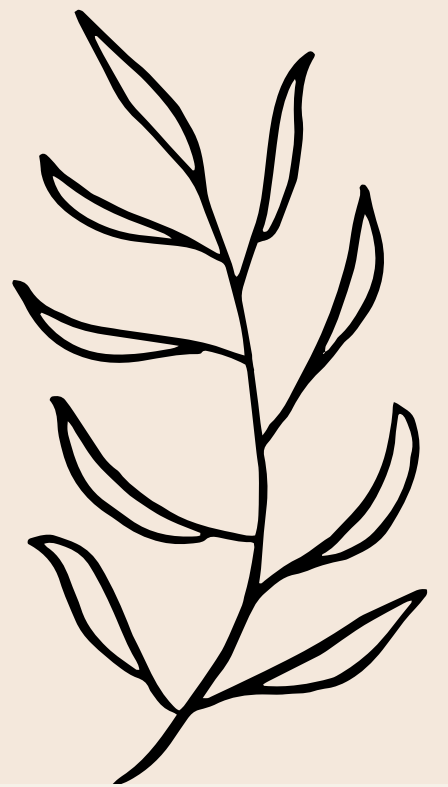


DIY Natural Healing by Saloux Inc.



# *WELCOME SALOUX INC DIY REMEDIES*

Where you're about to learn  
some of the simplest ways to  
heal yourself. But shhh...they  
don't want us to know...



N A T U R A L  
H E A L I N G

#DIY  
@salouxinc

# *VAMANOS!*

## BENEFITS:

**Ginger** – Soothes throat and breaks down mucus.

**Turmeric** – Reduces inflammation and boosts healing.

**Black pepper** – Enhances absorption of turmeric and clears congestion.

**Garlic** – Fights viruses and relieves respiratory symptoms.

**Raw/Manuka honey** – Coats throat and calms cough.



# HONEY IMMUNE BOOSTER

Honey is an immune booster because it's rich in antioxidants and has natural antibacterial properties that help the body fight off infections.

## INGREDIENTS:

1 tsp fresh ginger  
1 tsp fresh turmeric  
1 tsp fresh garlic  
½ tsp black pepper  
¼ cup raw or manuka honey

## INSTRUCTIONS:

- Chop ginger, turmeric, and garlic—like snipping off fake friends.
- Mix in black pepper and honey (spicy but sweet, just like your new boundaries).
- Store in a glass jar somewhere cool and dark—right next to that friendship's final resting place.



# HONEY IMMUNE BOOSTER

Eat 1 tablespoon daily on an empty stomach to help build and boost your immune system.



## BENEFITS:

**Chamomile** – Loosens up those tension knots in your head (and your heart), relaxes muscles, and calms your nervous system like a much-needed “you deserve better” pep talk.

**Raw/Manuka honey** – Naturally sweet, unlike your ex — balances blood sugar and reduces inflammation that’s messing with your head (literally).



# HEADACHE HONEY

Honey helps relieve headaches by reducing inflammation and providing natural sugars that support brain function and calm the nervous system.

## INGREDIENTS:

1 tbsp chamomile tea leaves  
½ cup hot water  
1 pinch cinnamon  
½ cup raw or manuka honey

## INSTRUCTIONS:

- Steep chamomile tea leaves in hot water for 10 mins.
- Strain and cool slightly.
- Add a pinch of cinnamon and mix in honey.
- Store in a glass jar and keep in a cool dark place.



# HEADACHE HONEY

Eat 1-2 tablespoons as needed.



## BENEFITS:

**Elderberries** – Fight viruses and ease cold/flu symptoms.

**Ginger** – Anti-inflammatory and antimicrobial.

**Cinnamon** – Antibacterial; supports respiratory health.

**Cloves** – Antioxidant; combats illness.

**Raw honey** – Soothes throat; boosts immunity.

**Apple cider vinegar** – Supports gut and immune health.



# ELDERBERRY COUGH SYRUP

Elderberry works by delivering antioxidants and antiviral flavonoids that block viruses from replicating, reduce inflammation, and boost immune response to help shorten and ease cold symptoms.



## INGREDIENTS:

1 cup dried elderberries  
4 cups water  
1–2 tbsp fresh grated ginger  
1 tsp cinnamon powder  
3 whole cloves  
1 cup raw or manuka honey  
1 tbsp apple cider vinegar

## INSTRUCTIONS:

- Combine elderberries, water, ginger, cinnamon, and cloves in a pot.
- Bring to a boil, then simmer 45 mins (reduce by half).
- Mash berries and strain liquid.
- Cool slightly, stir in honey and apple cider vinegar.
- Pour into a clean jar and refrigerate (lasts 2–3 months).



# ELDERBERRY COUGH SYRUP

Eat 1 tablespoon 3 times a day for at least 3–5 days to reduce cough, congestion, and fever.



## NATURAL FIRST RESPONSE SUPPORT

### **Purpose:**

Traditionally used in herbal medicine to stimulate circulation and support heart function in emergency situations such as shock, overdose, or suspected heart attack.

### **Disclaimer:**

This remedy is not a substitute for professional medical treatment. Call emergency services immediately (911 or local emergency number) in any overdose or cardiac event. Use only as a potential supportive measure until help arrives. Always consult a medical professional before using herbal remedies in emergency care.



# TEMP CAYENNE RESCUE ELIXIR

**This is NOT medical advice. This is for educational purposes only.**

## INGREDIENTS + INSTRUCTIONS:

- Mix ½ tsp of organic cayenne pepper powder into a small 4 oz glass tincture bottle.
- Fill with warm water and shake to mix.
- In case of heart attack or overdose, call 911.
- In the meantime, shake tincture and administer 2 drops under the tongue OR on the back of the tongue and wait until the ambulance arrives.



# TEMP CAYENNE RESCUE ELIXIR

**This is NOT medical advice. This is for educational purposes only.**



## BENEFITS:

**Cayenne pepper** – Brings the heat (not the heartbreak) with capsaicin, which blocks pain signals and reduces joint inflammation — like ghosting your joint pain.

**Castor oil** – Thicker than your ex's excuses and way more healing — packed with ricinoleic acid to calm inflammation and ease those aching joints.



# JOINT + INFLAMMATION RUB

Cayenne pepper works by delivering capsaicin, which stimulates blood flow, reduces pain signals, promotes digestive enzyme activity, and decreases inflammation throughout the body.



## INGREDIENTS:

¼ cup castor oil

1 tbsp cayenne pepper

## INSTRUCTIONS:

- Combine in a heat-safe bowl.
- Lightly double boil for 10–15 mins, stirring occasionally (like simmering your emotions).
- Cool slightly, then strain.
- Pour into a glass jar and store in a cool spot.
- Patch test first and wash hands thoroughly after use.



# JOINT + INFLAMMATION RUB

Rub onto the aching area as needed. Elevate if possible to help get the blood circulating.



## BENEFITS:

**Avocado Seed** – Like that one calm driver in gridlock who somehow keeps it together—this powerhouse reduces inflammation and eases pain so your body doesn't honk at every little bump in the road.

**80% Alcohol** – Think of it as the tow truck for your pain—cuts through chaos fast, disinfects the scene, and gets your sore spots back in motion before road rage kicks in.



# JOINT + INFLAMMATION SPRAY

Avocado seed contains antioxidants and anti-inflammatory compounds like flavonoids and phenolics, which help reduce joint and muscle pain by lowering inflammation and blocking pain signals in the body.



## INGREDIENTS:

1 avocado seed

1 cup 80% or higher alcohol

## INSTRUCTIONS:

- Soak the avocado seed for 10-15 minutes.
- Peel the skin off of the seed.
- Chop into small pieces and put into a spray bottle.
- Fill with alcohol and let it infused for at least 3 hours before using.



# JOINT + INFLAMMATION SPRAY

Spray onto the aching area as needed.

## BENEFITS:

**Coconut oil** — Has mild antimicrobial properties and acts as a gentle carrier oil so essential oils don't burn your skin — like a reliable friend making sure you don't text your ex at 2 a.m.

**Peppermint oil** — Menthol helps break down mucus and reduce nasal inflammation (so you're not sniffing mid-flirt). Helps reduce symptoms of headaches from congestion or situationships.



# NICKX VAPO RUB

Peppermint and coconut oil make an effective natural vapor rub—peppermint's menthol opens airways and relieves congestion, while coconut oil soothes the skin and helps deliver the essential oils deep into the chest for respiratory relief.



## INGREDIENTS:

¼ cup coconut oil  
20 drops peppermint oil  
10 drops eucalyptus oil

## INSTRUCTIONS:

- Gently melt ¼ cup coconut oil — like you, it's softening up again.
- Remove from heat, stir in peppermint & eucalyptus oils — cool, fresh, and ready to mingle.
- Mix, jar it up, and dab on chest to reduce congestion and open up airways.



# NICKX VAPO RUB

Rub onto chest, under nose, temples, behind ears, and/or bottom of feet for congestion relief.