

# Home Remedies for **Self Care**



Minako Seki

Creative Dojo  
Performing Arts Holistic Life



# Health Begins At Home

"Macrobiotics and home-made remedies are some of the ways we can bring about a fundamental, universal and peaceful revolution that can be carried out everywhere on Earth. These methods are directly related to the survival and prosperity of the human species.

It's about a clear understanding of the true cause of illness, and returning the concept of *daily life* to include: diet and exercise, consciousness, ways of thinking, human relationships, the natural environment, and a way of life that is in harmony with the natural order.

Therefore, it is necessary to ensure that our health prospers both physically and emotionally. These actions begin in each family by the individuals who make up society. This revolution is not initiated by political parties, social organizations or ideologies: it's our body.

You can start with a kitchen that provides support for your day-to-day life: good food, and a garden or backyard to grow it."

Minako Seki



# Make Medicine Yourself

## Loquat Elixir

### What is Loquat Elixir?

The loquat tree belongs to the Rosaceae family and its leaves have organic acids such as glucose, sucrose, fructose, maltose, starch, dextrin, tartaric acid, citric acid, malic acid, amygdalin and tannic acid. It reduces mucus in the lungs and some leaves are said to contain saponins.



## Benefits

- Eases pain from wounds, insect bites, burns, toothache, stomatitis, alveolar pyorrhea, sore throat, dermatitis, itching, athlete's foot.
- Loquat Elixir contains amygdalin which activates the cells and brings them vitality.
- Cells become tighter, giving the skin a youthful appearance.
- Application on the scalp prevents hair loss.
- Protects against mold, bacteria and viruses.

**\*Feels refreshing on the skin.**

**\*Why not carry a small bottle of Loquat Elixir with you for use in emergencies?**



# Loquat Elixir for Prevention

## Use Loquat Elixir for:

- Preventing **hair loss or balding** - massage the scalp with Loquat Elixir after washing hair.
- After the shower you can use as skin lotion as your **daily skin care** routine for **youthful skin**.
- After **shaving** - quickly soothes the skin.  
Now and again to **clean your ears** - protects from infection or itching.
- **Rinsing your mouth after brushing** - keeps your gums stronger and protects against mouth bacteria.

## Add a little water to the Loquat Elixir for:

Daily **gargling** - protects against viruses.

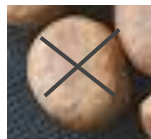
**Washing body and face** with plenty of water to keep your skin looking youthful. Use as a prevention or when you have skin dermatitis.





## For the treatment you need

- 1) Loquat leaf
- 2) Vodka (alcohol strength 32% - 35%)
- 3) Storage container or bottle

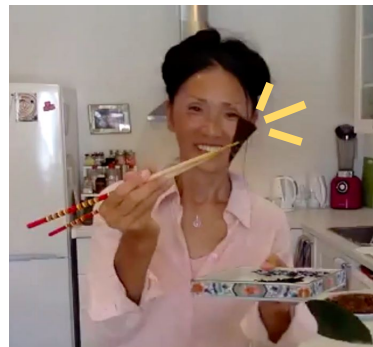


You can cut a cross in each seed and put them in the container too!



## How to make it

- 1) Cut the loquat leaf into strips of around 3 cm
- 2) Put the strips of leaf into the container and cover completely with vodka
- 3) Wait for 3 months before using

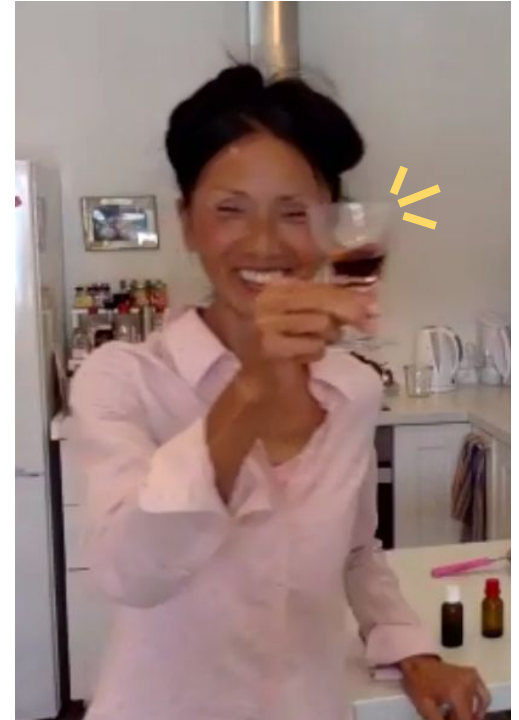






## How to use

- 1) *Wounds* - apply a couple of drops directly to the wound. Since it contains alcohol there will be a stinging sensation signalling disinfection. If you prefer, you can dilute it with hot water and then apply to reduce stinging.
- 2) *Insect bites* - apply directly to the bite.
- 3) *Burns* - Immediately immerse the burn in Loquat Elixir.
- 4) *Stomatitis, alveolar pyorrhea* - rinse mouth with Loquat Elixir.
- 5) *Sore throat* - Dilute with water at a ratio of 1 : 1. Gargle so that it reaches the back of your throat as much as possible. For severe pain, firstly use the **Ginger compress** directly on the area of the neck. (see Ginger compress pdf.) Afterwards, apply a **potato compress** to the neck, near the throat. Repeat gargling until it is no longer sore.
- 6) *Dermatitis* - apply to the affected area of skin.
- 7) *Itching* - apply to the affected area of skin.
- 8) *Athlete's foot* - immerse the affected foot in loquat elixir.



# To cure swelling

## Potato Compress

### 📌 Why potatoes?

Potatoes are high in vitamin B. Vitamin B has anti-inflammatory and antispasmodic effects, improves blood circulation, and gently soothes the heat of inflammation.



### 📌 Treats

- Sprains, mastitis, rheumatic fever, swelling





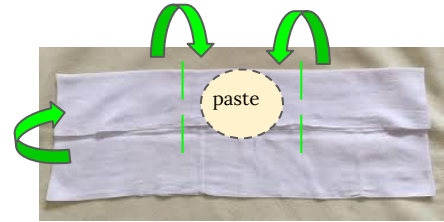
## For the treatment you need:

- 1) 1 potato
- 2) Ginger (1/5 of quantity of potato)
- 3) A little flour



## How to make it:

- 1) Grate the potato and ginger into a bowl.
- 2) Gradually add flour until it forms a paste with the water from the potatoes.
- 3) Put onto a cotton cloth and fold the sides of the cloth over.



## How to use:

- 1) Apply the cloth wrapped with potato paste to the affected area.

When you first apply it, the cooling effect will feel soothing and will reduce the pain. When you no longer feel the benefit of this comfort, it is time to make a new compress.

# To relieve yesterday's fatigue

## Footbath

With Loquat leaves, Horsetail, Mugwort or Kaki leaves.

### Why a Footbath?

- A footbath promotes blood flow by warming your feet in hot water to improve blood circulation throughout the body.
- Use one of the following leaves in the footbath: Loquat, Horsetail, Mugwort, Kaki leaves or ginger juice from grated ginger (put the grated ginger in a cotton bag and put it into the foot bath along with the ginger juice, see ginger compress slide).



### Benefits

- Re-balances the autonomic nervous system, which, if repeated over time, will also help improve your constitution.
- Relieves colds and menstrual cramps, and activates the gastrointestinal system to help with constipation.



## For the treatment:

- 1) A large towel
- 2) 2 buckets
- 3) Hot water and cold water
- 4) Large saucepan or pot (better to use an enamel pot)
- 5) One of the following...
  - 15 Loquat leaves /
  - A handful of a) Horsetail,
  - b) Mugwort or c) Kaki leaves



Dry and cut them like this



b

c



## How to make it:

1) Put the herbs with water in the pan and keep the heat low to allow it to cook for 5-6 hours. Keep the temperature to 40-50°C.

You can reuse the herbs once.

The benefits will not be felt if you use them a third time.



## How to use it:

- 1) Put the large towel around your neck to keep warm.
- 2) Pour the hot water and herbs from the pot into the bucket. Fill a second bucket with cold water.
- 3) Start by putting your feet into the hot water bucket. When you start sweating, put your feet into the cold water bucket. Repeat this movement for a total of 10-20 minutes.
- 4) If you decide to take a bath with the herb water instead, make sure that the water does not cover your knees or from your heart upwards. This way you can sweat easily and release toxins.



# Daily detox

## Red Rice for Celebrations

### The wonder of Azuki beans

#### What are Azuki beans?

-Azuki beans have been used for medicinal purposes since ancient times. Not only are they delicious, they also have many health benefits.

-Azuki beans are a source of protein. In addition, they contain nutrients such as abundant dietary fiber and polyphenols.

[Main nutrients]

- Dietary fiber (3 times that of burdock)
- Vitamin B1
- Vitamin B2
- Polyphenol (1.5 times that of red wine)
- Saponin
- Zinc
- Potassium (twice as much as avocado)
- Iron
- Calcium (more than rice or bread)
- Anthocyanins

\*All nutrients are for red azuki beans after cooking







# Benefits



## **Carbohydrate metabolism**

Azuki beans contain vitamin B1 which supports the metabolism of carbohydrates. When you do physical training, a substance called lactic acid is generated in your body. Vitamin B1 has the effect of promoting the metabolism of lactic acid and converting it into energy, so it supports a quick recovery from fatigue.

## **Swelling reduction**

Azuki beans are rich in potassium. Potassium connects with sodium (salt) and the balance between the two changes the water balance in the body. Too much sodium causes water accumulation in the cells which leads to swelling, but potassium discharges the excess salt from the body, helping the swelling to go down.

## **Constipation relief**

Azuki beans contain a lot of insoluble (hard to dissolve in water) dietary fibre. This has been shown to stimulate peristaltic movement that stimulates the intestines and pushes out the stool. In addition, it turns into good bacteria in the intestine so adjusts the intestinal environment.

## **Anti-aging**

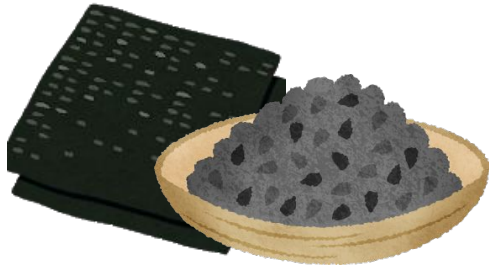
Azuki beans are rich in polyphenols with strong antioxidant properties. This prevents cells from oxidation, giving azuki beans an anti-aging effect.





## Red Rice for Celebrations

- 1) 1 cup of brown rice / 2.5 cups of water when cooking rice and Azuki beans together.
- 2) I like to suggest cooking 200g dried Azuki beans, add 1L boiling water & 1 tsp salt. This makes extra for daily use (see page 16).
- 3) From 2) you use 5 to 10 tablespoons of half cooked Azuki beans for soaked brown rice.
- 4) Kombu, 5x7cm.



## Suggestions

- 1) Sprinkle on Goma Shio (ground sesame with a pinch of salt) to help with digestion.
- 2) Eat with seaweed such as Nori to increase mineral content.

## How to make it

- 1) Soak the brown rice for at least 8 hours.
- 2) Wash the Azuki beans.
- 3) Put beans in a pressure cooker, add 1 tsp salt, kombu and pour over boiling water.
- 4) Cook beans for 5 to 7 minutes until they are just under half cooked.
- 5) In another pressure cooker add the soaked **brown rice** and transfer 3-6 tablespoons of half cooked **Azuki beans**. (The remaining Azuki beans can be used for recipes such as page 16).
- 6) Add 1 cup of the cooked Azuki bean water and 1.5 cups of regular water.
- 7) When the pressure cooker begins to hiss, reduce heat and simmer for **40-45** minutes.



# AZUKI Water

## Benefits

-This broth contains plenty of nutrients that are easily soluble in water, such as polyphenols, saponins, and vitamins B1 and B2.

-Polyphenols make it harder for body fat to accumulate and suppress the absorption of sugar.

-Vitamin B1 and B2 support healthy metabolism of carbohydrates and lipids, leading to a structure that does not cause weight gain. Diuretic saponins prevent swelling.

## How to make it

- 1) Wash 200g Azuki beans and put in a pressure cooker. Add a 5cm x 7cm strip of Kombu. Pour 1L of boiling water over the Azuki beans and cook them for about 20-30 minutes.  
If you don't have a pressure cooker, cook in a saucepan for 45 minutes to 1 hour. Top up with more water from time to time during the cooking process to keep the water level at around 3cm above the beans.

## How to use

- 1) Just drink it and eat the Azuki beans!



**Our ancestors knew  
how to maximise the  
benefits of food to  
support the body's  
natural energy.**

**Why not reconnect with  
the power of Nature  
instead of relying only  
on medicine?**



**Thank you!**  
**Take care of yourself and others!**



Minako Seki

Creative Dojo  
Performing Arts Holistic Life

Visit us!

<http://minakoseki.com>

*Design by Kayoko Uchida, English translation by Jessica Cottee*