



KITCHEN CURES REALLY WORK!

YOU can lose weight, clear stuffy noses, soothe burns and cure a host of common ills without costly medicines that can have troublesome side effects – just by reaching for items in your kitchen.

“For thousands of years, people from around the world have used herbs from healing plants for quick and easy remedies for minor ailments,” says **Dr. Ellen Kamhi**, medical school professor and author of *The Natural Medicine Chest*.

Remedies

“Many of these remedies can be found in the kitchen cabinet.”

Here are 10 easy and inexpensive remedies for common health problems:

- **VINEGAR** has been used for centuries to promote weight loss. Modern studies found people who drank a cup of water mixed with a tablespoon of vinegar for 12 weeks lowered their BMI (Body Mass Index) and their triglycerides. Vinegar contains acid that burns fat and curbs your appetite.
- **CHICKEN SOUP** cures hangovers by replacing the lost salt and potassium linked to alcohol consumption.

Sick? Try a home remedy, says Dr. Ellen Kamhi



- **PICKLE JUICE** relieves muscle cramps thanks to the salt, calcium chloride and vinegar that have been shown to make you move better. A 2008 Brigham Young University study found the sour liquid eased cramps in 85 seconds!
- **THYME** clears sinuses and reduces sinus pain and pressure,

according to a 2007 German study. Steep two tablespoons of dried thyme in a cup of boiling water for 10 minutes and drink the next time your sinuses are hurting.

- **HONEY** soothes minor cuts or burns and eases sore throats and coughs. A Dutch study also found the sticky sweetener kills bacteria

to help heal minor wounds. Apply warm honey to the wound and cover with gauze. Honey in tea eases a scratchy throat.

- **PEPPERMINT TEA** calms indigestion and stomachaches, say experts.
- **MEAT TENDERIZER** heals bee stings and non-poisonous spider bites. The same enzyme that breaks down protein to tenderize your T-bone helps dissipate the toxins in itchy insect bites.
- **OATMEAL** ground into a fine powder can alleviate the pain of eczema, sunburn and hives. Pour the powder into a bathtub of warm water and soak for 15 minutes.
- **BAKING SODA** can stop the progression of kidney disease by reversing a condition called metabolic acidosis that can cause coma or death, according to a breakthrough study. Just put a pinch in a drink or sprinkle it over food every day to do the trick.
- **GINGER** eases nausea and soothes upset stomachs. A University of Maryland study showed sailors who chewed ginger had fewer symptoms of motion sickness.

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Update

Breast drug helps prostate patients

➤ **TAMOXIFEN**, a commonly used breast cancer drug, can also ease some side effects caused by hormone therapy used to fight prostate cancer, a new study shows. Androgen-suppression therapy can slow the progression of advanced prostate cancer, but the testosterone-blocking drugs can trigger breast enlargement and pain that may stop men from taking them. German researchers determined tamoxifen halted the side effects, allowing men to continue treatment.

Blood tests fight off stroke

➤ **PEOPLE** at high risk for cardiovascular disease can be warned of an imminent possible stroke or heart attack with simple tests to determine levels of two markers in the blood. The markers, C-reactive protein and fibrinogen, are produced in the liver in response to inflammation in the body, which can be “predictive of subsequent cardiovascular events,” says American Heart Association spokesman Dr. Gregg Fonarow, who is also a professor of cardiology at UCLA.

Aspirin linked to macular degeneration

➤ **TAKING** a daily aspirin for more than 10 years can double your chances of getting sight-robbing macular degeneration, University of Wisconsin researchers warn. Even worse, those using aspirin at least twice weekly for longer than three months are at more than twice the risk of developing a more severe form of the age-related eye disease, called wet age-related macular degeneration. However, there was no correlation between aspirin use and more common, but less severe dry AMD.