



FILL YOUR CUP

Under the weather? Take care with these get-well teas.

BY K. Aleisha Fetteris



IF YOU HAVE...

A tickle in your throat	Nausea	Congestion	A cough	A fever
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TRY SIPPING...

 <p>ECHINACEA Though studies are mixed, some suggest the herb can help boost the immune system as it fights infection. "Taking it at the first sign of symptoms may help decrease the severity and duration of a cold," says herbalist Ellen Kamhi, PhD. WE LIKE: Pukka Herbs Elderberry & Echinacea Tea (\$6; pukkaherbs.us for stores)</p>	 <p>GINGER Compounds called gingerols and shogaols help give the root stomach-settling powers, according to a 2016 study. The effects are impressive enough that some doctors recommend ginger to women experiencing morning sickness or undergoing chemotherapy. WE LIKE: DavidsTea Organic Sweet Ginger Heat (from \$10; davidstea.com)</p>	 <p>ELDERBERRY Research indicates it can fight bacteria as well as flu viruses to potentially alleviate symptoms, including congestion, Kamhi says. A 2016 study in the journal <i>Nutrients</i> found that the herb reduced cold duration and symptoms in air travelers. WE LIKE: The Republic of Tea Organic Elderberry Red Tea (\$13.50; republicoftea.com)</p>	 <p>HOREHOUND It's traditionally used as an expectorant, loosening mucus in the chest to help you cough it out, says Kamhi. And the mint relative (also known by its scientific name, <i>Marrubium vulgare</i>) may even help ease coughs triggered by asthma. WE LIKE: Buddha Teas Organic White Horehound Tea (\$8; buddha teas.com)</p>	 <p>YARROW A member of the daisy family, this plant is thought to help bring temperature down by inducing the body to sweat, according to Kamhi. Studies indicate it may also act as an anti-inflammatory. WE LIKE: Traditional Medicinals Gypsy Cold Care (\$5.50; traditionalmedicinals.com)</p>
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SWEET DEALS

These candies are just as tasty as the classics—and better for your body.

Your fave: Candy bars

You'll love: Go Max Go

(\$2.50; gomaxgofoods.com for stores)
Named for the owners' beloved pound puppy, Max, this company creates vegan versions of iconic bars like Twix (called 2fer) and Snickers (Jokerz) that taste deliciously close to the originals and are made without hydrogenated oils or corn syrup.

Your fave: Gummies

You'll love: Yum Earth Gummy Bears

(\$7 for ten snack packs; yumearth.com)
They're flavored partly with fruit juice, are colored with plant-based ingredients (never dyes), and contain roughly 1 gram of sugar each. More important, they nail the texture and juiciness of the bears we know and love, and the heart-shaped Valentine's Day edition comes in packs that await your "To" and "From."

Your fave: Peanut butter cups

You'll love: Justin's Dark Chocolate Cashew Butter Cups

(\$2.50; justins.com)
Mild, creamy cashew butter balances dark chocolate's bittersweetness. Plus, these organic goodies have about half the sugar of the classic. Peanut butter purist? There's also a PB variety with an equally righteous nutrition label. —C.K.



THAT'S HOW MANY MILLION AMERICANS are projected to be living with hearing loss by 2060—compared with 44 million by 2020—according to research from the Johns Hopkins University. All ears? Lower your risk by dialing down the volume on your phone. "It can put out sound exceeding 110 decibels, which is equivalent to levels often heard at concerts," says Sreek Cherukuri, MD, otolaryngologist and founder of the mail-order company MDHearingAid.com. Cherukuri recommends the 60-60 rule: Listen at no more than 60 percent of max volume for 60 minutes at a time. And over-the-ear headphones may be better than buds, he says, since they keep the sound slightly farther from your eardrum and often muffle environmental noise, so you don't need to crank up the volume to 11 for Aretha to touch your soul. —C.K.