



★ Every family has favorite home remedies – and doctors say many of them really do work and have a sound medical basis.

With cold and flu season just starting, here are some “old wives’ tale” treatments that are effective:

◆ **COMMON COLD:** Taken as a preventative, the Chinese herbal remedy echinacea can slash chances of catching a cold by nearly 60 percent – and that figure rockets to an astonishing 86 percent when used in combination with vitamin C, according to University of Connecticut researchers.

◆ **SORE THROAT:** Try putting clean fingers in each ear for a few seconds. Stimulating the nerves in the ears seems to short-circuit throat pain temporarily.



◆ **HICCUPS:** A teaspoon of sugar swallowed dry can stop hiccups in just a few minutes. The sugar is believed to soothe the nerves that would otherwise tell the diaphragm to contract spasmodically.

◆ **PUFFY EYES:** The tannins in black tea are believed to tighten the bags under eyes. Dip two tea



# Home remedies that REALLY WORK

bags into boiling water for several minutes, allow to cool, and then place the damp bags gently over each closed eye for 10 minutes.

◆ **URINARY INFECTIONS:** Drink a solution of half a teaspoon of baking soda mixed into eight ounces of water. Baking soda makes the bladder more alkaline, which reduces bacterial growth.

◆ **BLISTERS:** Moisten a cotton ball with a commercial mouthwash such as Listerine and dab it on

your blister three times a day until the area dries out and no longer hurts.

◆ **BLEEDING CUTS:** Sprinkle black pepper on the wound. Experts say it stops the bleeding and helps blood coagulate for faster healing, while killing lingering bacteria and reducing scarring.

◆ **MOTION SICKNESS:** Suck on a lemon. Compounds in lemons help soothe queasiness.



★ Texting while driving is considered less risky than driving while drunk, according to a shocking survey of 700 14- to 17-year-olds.

Only 36 percent agreed that they could be killed if they text and drive, compared to 55 percent agreeing the same could happen if they were to drink and drive.

Says State Farm’s Laurette Stiles: “We have a lot of catching up to do when it comes to helping teens understand that texting while driving can be every

bit as dangerous as drinking while driving.”

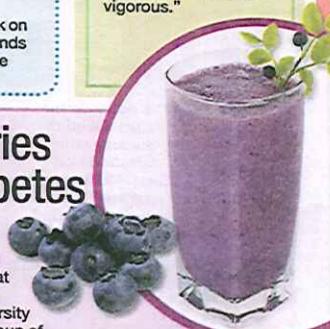
## Teen texting SHOCKER



## Blueberries FIGHT diabetes

★ Here’s some berry good news! Blueberries can help control insulin levels in people at risk for type 2 diabetes.

Louisiana State University researchers had one group of adults drink blueberry smoothies twice a day while another group drank placebo smoothies. The study subjects were obese and prediabetic. After six weeks, 67 percent of the people in the blueberry group had a greater improvement in insulin sensitivity, compared to only 40 percent of those getting the placebo.



## Drug-free insomnia FIX

★ Can’t get to sleep? Hit the gym!

Exercise cures insomnia without risky drugs, according to a Northwestern University study.

The study involved 23 inactive adults, 55 and older, who had a hard time falling asleep or staying asleep, and also had impaired daytime functioning.

One group bicycled, walked or jogged for 40-minute sessions four times a week. The others did not exert themselves physically.

After 16 weeks, the exercisers reported better sleep quality. They also said they had more vitality and less symptoms of depression.

Concluded Dr. Phyllis Zee: “Now we have promising results showing aerobic exercise is a simple strategy to help people sleep better and feel more vigorous.”