- Preventive medicine / Herbs—therapeutic use

Good Health

KITCHEN CURES FOR WINTER HEALTH WOES

Outsmart seasonal ills with these pantry staples

BY BRENDA KEARNS



QUELLS COLD SYMPTOMS

A sweet-tart 'shot'

The delicious way to soothe a sore throat, quell coughing fits, ease congestion and speed healing? Combine 1 Tbs. each of raw honey and fresh lemon juice and take it twice daily. How it works: Raw honey is a natural cough suppressant that also inhibits invading germs, while fresh lemon calms irritated pain nerves, relaxes airways and breaks up mucus to improve breathing.

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CALMS ITCHY EYES

Green tea this way

Cold winter air is incredibly dry—and so is the air in heated buildings. So it's no wonder this is peak season for red, itchy, irritated eyes. For proven relief, soak a cloth in warm green tea and place it across your eyelids for 5 minutes twice daily. Scientists reporting in the journal *Heliyon* say green tea's antioxidants quickly dial down redness and inflammation, plus they stimulate eyelid glands to release healing fats that protect and moisturize the surface of your eyes.





HEALS WINTER-WEARY SKIN

Sunflower oil

If your skin gets dry, rough or rashy as winter drags on, try gently massaging it with a few drops of sunflower oil twice daily. Doing so can soothe symptoms in 24 hours, plus visibly improve your skin's texture in one week, a meta-analysis of 27 studies suggests. Sunflower oil is nature's number one source of linoleic acid, an essential fat that improves moisture retention, dials down redness and inflammation and strengthens the skin's protective barrier.

RESTORES ENERGY

A handful of peanuts

All that time spent cooped up indoors can leave you feeling sluggish and tired. Instead of refilling your coffee mug, munch a handful of peanuts. Earlier research found that the unique blend of protein and healthy fats in peanuts heightens energy, focus and stamina for 6 hours per serving. Now, Harvard investigators say nibbling peanuts every day is study-proven to prevent bouts of sluggishness, muscle weakness and fatigue.



EASES JOINT PAIN

Mustard

When a chilly day leaves your knees, fingers or other joints feeling stiff and sore, gently massaging them with a little warmed mustard oil could ease your symptoms in minutes, plus prevent flare-ups if you do it once daily. That's the word from Indian researchers, who found that a key compound in mustard soaks easily into tissues, where it acts as a powerful natural painkiller and anti-inflammatory.



ENDS INDIGESTION

Aniseed

The risk of bloat, heartburn and other GI miseries peaks on chilly days. Blame the physiological strain of keeping your core temperature steady, which disrupts the branch of nerves that controls digestion. Fortunately, scientists reporting in *Frontiers in Pharmacology* say eating a pinch of sweet, licorice-scented aniseeds can erase symptoms in 15 minutes. How? An anise compound called anethole calms intestinal nerves, prevents spasms and improves digestive enzyme release.