

## Home Remedies

Written by Melissa Larsen

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Instead of reaching for your favorite over-the-counter relief, try one of these (mostly) more natural home remedies to cure what ails you. (Of course, seek medical help for more than minor upsets.) Four local health professionals provide their favorite at-home cures for muscle fatigue, headache, insomnia and more.



**1. Denise Millstine, MD-Women's Health and Integrative Medicine, Mayo Clinic** Anxiety and gentle treatment for insomnia: chamomile tea, with or without lemon balm and hops. Nasal congestion or allergies: nasal saline flush with salt, baking soda and distilled (or boiled) water. Essential oils for congestion and cold symptoms: eucalyptus.

**2. Chris Holly, RN-John C. Lincoln and Discover the Cause, LLC.**

Lavender To assist the body in adapting to stress and imbalances, apply a drop of essential oil across your forehead and your pillow. Lemon In the morning, put a drop in your water for a refreshing pick-me-up. Peppermint Apply the oil topically across your temples or neck, or put a drop on your tongue or in water to jump-start your morning routine.

**3. Cynthia Via-Nurse and Senior RN, Banner Health**

Essential oils: rosemary (10 drops for pain relief), sweet marjoram (10 drops for muscle fatigue relief), lavender (10 drops to neutralize acidity that is produced from muscle fatigue). Add five drops of above combination to one tablespoon of grape seed oil and aloe vera gel. Mix well and rub onto area of muscle pain. Avoid any broken skin or skin area that is reddened.

**4. James Dearing, DO-Vice President and Chief Medical Officer, John C. Lincoln Accountable Care Organization** Icy Hot roll on the forehead at the onset of a migraine can stop the headache. Perrier water is excellent for nausea, irritable bowel syndrome and abdominal pain. Cranberry juice at onset of urinary tract infection symptoms can help stop them. Aloe vera is great for soothing sunburns. Ginger can bring relief for diarrhea, heartburn, dizziness, nausea and gas. It can also help with morning sickness. Honey has natural antibacterial benefits and, taken with toast, also helps with hangovers.

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