

NO PLACE LIKE HOME

HEALTH HACKS THAT ACTUALLY WORK

BEFORE YOU SHELL OUT 20 BUCKS ON THAT INDUSTRIAL-SIZED CONTAINER OF PAINKILLERS, CONSIDER HOLDING A PENCIL IN YOUR JAWS TO TREAT A HEADACHE. LEARN ABOUT WHY CERTAIN HOME REMEDIES ACTUALLY WORK — AND WHICH ONES YOU SHOULD AVOID.

BAD BREATH

BAD BREATH IS CAUSED BY A BUILDUP OF BACTERIA IN YOUR MOUTH THAT CAUSES MALODORATION AND GIVES OFF NOXIOUS GASES. IT'S TYPICALLY THE RESULT OF AN ORAL SOURCE, SUCH AS CAVITIES, OR, ON OCCASION, AN INTERNAL SOURCE, SUCH AS DIABETES.

SOLUTION



EATING PARSLEY CAN ALSO DO THE JOB, AS IT CONTAINS CHLOROPHYLL, WHICH CAN FIGHT THE BACTERIA THAT CAUSES BAD BREATH. CHWING ON A SPRIG FOR A MINUTE OR TWO IS ADVISED.



RESEARCH HAS SHOWN THAT EATING YOURS UP CAN SUPPRESS LEVELS OF BAD BREATH-CAUSING BACTERIA.

SEASICKNESS/ MOTION SICKNESS

CAUSED WHEN THE INNER EAR, EYES AND OTHER AREAS OF THE BODY THAT DETECT MOTION SEND CONFLICTING MESSAGES TO THE BRAIN, WHEN ONE PART THINKS IT'S MOVING AND ANOTHER DOES NOT SENSE MOTION, THIS CONFLICT OF THE SENSES CAN CAUSE MOTION SICKNESS, WHICH IS TYPICALLY DISPLAYED AS DIZZINESS, FATIGUE AND NAUSEA.

SOLUTION



MOTION SICKNESS CAN CAUSE YOU TO PRODUCE EXCESS SALIVA, WHICH CAN CAUSE NAUSEA. RINSING, A CUP OF TEA IN OLIVES, DRY OUT THE MOUTH AND CAN SOOTH DIZZINESS. SUCKING ON A LEMON ALSO WORKS.

HICCUPS

THESE ANNOYING EPISODES OCCUR WHEN A SPASM CONTRACTS THE DIAPHRAGM AND CAUSES AN INTAKE OF BREATH THAT IS SUDDENLY STOPPED BY THE CLOSURE OF THE VOCAL CHORDS, WHICH CAUSES THE "HICCUP" SOUND.

AS MANY AS **60 TIMES A MINUTE**

RECURRING HICCUP RATE FOR MOST PEOPLE

SOLUTION

A TEASPOON OF SUGAR IS BELIEVED TO SMOOTH THE NERVE PULSES THAT WHEN OTHERWISE TELL THE MUSCLES IN THE DIAPHRAGM TO CONTRACT SPASMODICALLY AND CONTRIBUTE TO HICCUPS.



STINKY FEET

THE BACTERIA ON YOUR FEET EAT DEAD SKIN CELLS AND OILS IN THE RIGHT CONDITIONS (LOTS OF SWEAT AND DARKNESS), THESE BACTERIA WILL GROW AND BEGIN TO PRODUCE ORGANIC ACIDS AS WASTE. THESE ACIDS ARE WHAT GIVE FOOT ODOR ITS UNFORGETTABLE STENCH.

15% ESTIMATED NUMBER OF PEOPLE WITH STINKY FEET

SOLUTION

GIVING YOUR FEET A 10-MINUTE SOAK IN A BATH OF WATER AND VINEGAR CAN HELP THE HIGH ALCOHOL CONTENT OF THE VINEGAR KILL AN ANTISEPTIC EFFECT DESTROYING THE ODOR-CAUSING BACTERIA.



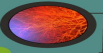
MIGRAINES

MIGRAINES ARE A RESULT OF BLOOD VESSEL ENLARGEMENT AND A RELEASE OF CHEMICALS FROM NERVE FIBERS THAT COIL AROUND THOSE BLOOD VESSELS. DURING A HEADACHE, AN ARTERY LOCATED OUTSIDE OF THE SKULL, JUST UNDER THE SKIN OF THE TEMPLE, CAUSES A RELEASE OF CHEMICALS THAT CAUSE INFLAMMATION, PAIN AND FURTHER ENLARGEMENT OF THE ARTERY.

28 MILLION AMERICANS WHO SUFFER FROM MIGRAINE HEADACHES

SOLUTION

REPERIMENT DIT'S AND ANTI-INFLAMMATORY PROPERTIES CAN HELP EASE THE PAIN AND SMOOTH NERVES WHEN RUBBED ONTO YOUR TEMPLES AND LEFT ON FOR 15-30 MINUTES.



HOLDING A PENCIL BETWEEN YOUR TEETH AND BITING DOWN CAN ALSO HELP EASE HEADACHES BY PREVENTING YOU FROM CLENCHING YOUR JAW AND TENSE, WHICH STRAINS THE MUSCLE THAT CONNECTS THE JAW TO THE TEMPLES. THE PENCIL ALLOWS YOU TO RELAX YOUR JAW MUSCLE, WHICH CAN PREVENT THE PAIN.

47% PREVALENCE OF ADULTS WORLDWIDE WHO HAVE SUFFERED FROM A HEADACHE AT LEAST ONCE DURING THE LAST YEAR

COLD/RESPIRATORY INFECTION

CAUSED BY MORE THAN 200 DIFFERENT VIRUSES, THE COMMON COLD MAKES ITS PRESENCE KNOWN WHEN A PERSON COMES IN CONTACT WITH SOMEONE WHO HAS A COLD, OR TOUCHES SOMETHING THAT AN INFECTED PERSON HAS. ALSO TYPICALLY, THE COLD VIRUS ATTACHES TO THE LINING OF THE NOSE OR THROAT, WHICH CAUSES THEM TO GET INFLAMED AND PRODUCE A LOT OF MUCUS.



SALT WATER CAN HELP EASE THE PAIN AND IRRITATION BY HELPING SOOTHE INFLAMED TISSUES IN THE THROAT AND LOOSENING MUCUS, FLUSHING OUT ALLERGIC AND BACTERIAL. ONE STUDY FOUND THAT RINSING WITH SALT WATER THREE TIMES A DAY HELD OFF RESPIRATORY INFECTION UP TO 40%.

1 BILLION OVER NUMBER OF COLDS IN THE UNITED STATES EACH YEAR

22 MILLION NUMBER OF SCHOOL DAYS MISSED EACH YEAR DUE TO THE COMMON COLD

CHAPPED LIPS

THE THIN SURFACE LAYERS OF SKIN ON YOUR LIPS OFTEN FALL PREY TO SUN, WIND, COLD AND DRY AIR. LICKING LIPS CAN ALSO EXACERBATE THE PROBLEM.

SOLUTION

HONEY, WHICH HAS BEEN SHOWN TO HAVE BOTH ANTIBACTERIAL AND WOUND-HEALING PROPERTIES, WORKS WELL WHEN COMBINED WITH THE MOISTURIZING EFFECT OF PETROLEUM JELLY. OILY THE LIPS AND CHAPPED LIPS.



22 MILLION NUMBER OF SCHOOL DAYS MISSED EACH YEAR DUE TO THE COMMON COLD

10 TIMES HOW MUCH MORE MOISTURE YOUR LIPS LOSE COMPARED TO THE REST OF YOUR BODY



COUGHING

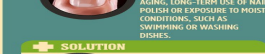
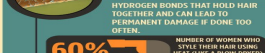
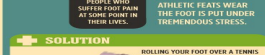
COUGHING IS THE BODY'S WAY OF REMOVING FOREIGN MATERIAL OR MUCUS FROM THE LUNGS AND UPPER AIRWAY PASSAGES OR REACTING TO AN IRRITATED AIRWAY.

SOLUTION

A MIXTURE OF 1/2 TEASPOON CATECHIN, 1 TEASPOON APPLE CIDER VINEGAR, 2 TABLESPOONS OF WATER AND 1 TABLESPOON OF HONEY MAKES A SWEET SYRUP FOR A SOOTHING OR PERSISTENT COUGH.



75% PREVALENCE OF PEOPLE WHO SUFFER FROM PAIN AT SOME POINT IN THEIR LIVES

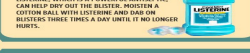


BRAIN FREEZE

WHEN SOMETHING COLD TOUCHES THE ROOF OF YOUR MOUTH, IT CAN CAUSE A COLD HEADACHE. A DILATION OF BLOOD VESSELS IN THE HEAD, OFTEN CAUSED BY A NERVE CENTER LOCATED ABOVE THE ROOF OF YOUR MOUTH.

SOLUTION

PUSHING YOUR TONGUE TO THE ROOF OF YOUR MOUTH AS SOON AS YOU FEEL A BRAIN FREEZE COMING WILL HELP REDUCE PAIN FACTOR AS THE HEAT FROM YOUR TONGUE WILL HELP CALM THE NERVES.



DAMAGED HAIR

HEAT FROM BLOW DRYERS, CURLING IRONS AND FLAT IRONS CAN CAUSE TEMPORARY CHANGES TO THE HYDROGEN BONDS THAT HOLD HAIR TOGETHER AND CAN LEAD TO PERMANENT DAMAGE IF DONE TOO OFTEN.

60% NUMBER OF WOMEN WHO STYLE THEIR HAIR USING HEAT (LIKE A BLOW DRYER) AT LEAST ONCE A WEEK



AROUND THE GLOBE

HERE IS A LOOK AT SOME POPULAR HOME REMEDIES FROM AROUND THE WORLD



ITALY: HOT SOAP BAKING SODA AND WATER IN THE ARMPITS
MEXICO: TOMATOES AND HONEY
BURKINA: UPSET STOMACH, CHICKEN AND PEPPERCORN TEA
MIDDLE EAST: LEMON JUICE AND SUGAR
ENTREES: PARSLEY, LEMON JUICE AND SUGAR
RUSSIA: NASAL CONGESTION, GARLIC, HONEY AND ALIVE VERA

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