

Naturally does it

Abu Dhabi Week goes back to nature with some homegrown remedies and solutions to fight off common ailments

A busy lifestyle and constant battles with the air conditioning are often the cause of a sniffly nose and aches and pains. Abu Dhabi Week rounded up some of the best natural solutions to try before reaching over the medical counter for cures.

Sore topic

Cold sores are not only uncomfortable, but they make most of us want to hide under a crash helmet until they disappear. Tackle any tingles and early signs of a cold sore by placing a damp teabag on the area – it's said that the tannin in tealeaves (also found in grapes) can speed up the recovery process. Also try placing an ice cube on the cold sore; it cools the stinging and also helps to dry it up

Temple tantrums

Nurse a headache away with some natural methods. Oils such as lavender, peppermint and eucalyptus are popular for massaging into stressed temples; a couple of drops of lemon juice in a cup of tea promises gentle relief. Another popular tried and tested method is to slice an apple and take on an empty stomach in the morning with a little salt to combat a threatening headache.

Speak up!

It may not taste great, but a popular remedy for a sore throat is to gargle with turmeric powder mixed with a little salt in hot water. Turmeric is known to have healing properties and is also an anti-inflammatory. If you can't quite cope with the taste, try the same technique with fresh ginger or sage leaves; or try mixing together honey, ginger and lemon with hot water for a nicer-tasting option.

Ache away!

Ease the pressure in your ears and/or prevent earache by lying on your side and putting a few drops of hydrogen peroxide in your ears. You'll hear the bubbling as your ears clear and sinus related pressure is cleared. Leave for a few minutes and repeat in the other ear.

Atchoo!

A pleasant way of fighting a blocked nose is to place a few drops of lavender oil on your pillow before you go to bed. You'll ensure a sound sleep and breathe easy through the night. And tackle future colds by munching on grapefruit. High in vitamin C, grapefruit is a great food for fighting off cold symptoms – and it also helps to detoxify the liver.

Dose up!

Give your immune system a fighting chance and be in the know with some trusty vitamins to keep you in top form...

- ? Vitamin A Helps your immune system, looks after your skin and helps with your eyesight.
- ? Vitamin C Can reduce the severity of colds, protects skin from harmful UV rays and helps skin and bones heal faster.
- ? Vitamin D Helps reduce high blood pressure, boosts your immunity and maintains calcium balance.
- ? Zinc Protects body against viruses and infection, increase immune system and helps improve memory.
- ? Iron Helps maintain a healthy immune system, supports body in carrying oxygen to the lungs.
- Copper Helps maintain healthy skin and hair. Is believed to help prevent and lessen the aches of arthritis.

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