

## Home Remedies<sup>1)</sup> That Work

**Halt a Headache** An ice pack applied to the back or top of the head can relieve some headaches, as can massaging the temples and the back of the neck. Sleep — even a 10-minute catnap<sup>2)</sup> — can help too, although it may backfire for some migraine<sup>3)</sup> sufferers. Try deep breathing to relax: Slowly, gently inhale to fill your chest and abdomen, then exhale fully, easing out all the air. Continue until your headache eases.

**Soothe a Sore Throat** Classic, time-tested remedies work best. Try gargling with warm salt water several times a day. Half a teaspoon of salt in an 8-ounce glass of water is recommended. Also drinking hot tea (any type) with a little lemon will help. The liquid and heat soothe and hydrate<sup>4)</sup> the throat while the lemon acts as an astringent to shrink swollen tissues. If a sore throat lasts more than a couple of days, see a doctor for a throat culture to rule out strep throat.

**Fight Cold Symptoms** Research shows that vitamin C reduces cold symptoms. If a cold is coming on, take two grams (2,000 mg) of vitamin C right away, another two grams in an hour. If symptoms<sup>5)</sup> persist, another gram an hour after that. Good old chicken soup relieves cold symptoms too.

**Freshen Your Breath** Parsley<sup>6)</sup> is a terrific breath reviver. Chewing a few fresh peppermint<sup>7)</sup> leaves also does the trick. If nothing else, rinse your mouth with water after eating to help remove trapped food particles that can cause bad breath.

**Relieve Bug Bites** To soothe the itch of a mosquito or flea bite, apply a wet wrung-out wash cloth or a paste of one teaspoon water and three teaspoons baking soda. Treat a bee or wasp sting with an ice pack (a few cubes in a plastic bag wrapped in a clean cloth) for 20 minutes, which will bring down pain and swelling.

**Tame Diarrhea<sup>8)</sup> and Constipation<sup>9)</sup>** For occasional diarrhea the most important thing is rehydration. Sip — gulping can cause cramps. Follow the BRAT diet (bananas, rice, apple-sauce and toast) of mild, binding foods, and ease back into your normal diet as symptoms improve. If you have a fever or severe cramps, see a doctor promptly.

Don't fret if you don't have a bowel movement every day — “regular” can range from three times a day to three times a week. Treat mild constipation by eating more fiber<sup>10)</sup> (try fresh fruit, vegetables, popcorn), drinking lots of nonalcoholic fluids and taking a brisk 20-minute walk. Watch out for binding foods such as bananas, white rice and cheese.

**Ease Back Pain** First step: Get comfortable, which probably means lying down. Apply ice or a cold compress as needed to quell pain and inflammation for the first 48 to 72 hours. After that, most people find relief from a hot-water bottle or a heating pad; use cloths or towels next to skin to avoid burns. Don't stay in bed longer than a day or two unless your doctor advises it.

## 家庭治疗法

生活中，人人都会患些小病，如学会自诊自治，就会省却去医院就诊之苦。下面为你提供一些小病的技巧：

**止头痛** 把一包冰敷在后脑勺或头顶会减轻些头痛，按摩太阳穴和脖子后部也能起到同样的效果。睡觉——即使只打10分钟的盹儿——也会对减轻疼痛有所帮助，但这对有些周期性偏头痛患者会适得其反。试着深呼吸使自己放松：慢慢地、轻轻地将气吸入胸部和腹部，然后完全呼出、将所吸入的气完全释放出来。持续这样做直至头痛减轻。

**减轻嗓子痛** 历经时间考验的老办法效果最佳。试着每天用温盐水漱口数次。最好在一杯8盎司的水中放半勺盐。另外，喝加了少许柠檬的热茶（任何茶）也会有所帮助。液体和热气会减轻嗓子痛，给嗓子提供水份，而柠檬则起到收敛剂的作用，使肿起的组织收缩。如果嗓子痛持续多日，应该去看喉科医生治愈这种链球菌感染所致的咽喉炎。

**对付感冒症状** 研究表明维生素C能减轻感冒症状。如果感冒初起，立即服2克（2000毫克）维生素C，1小时后再服2克。如果症状持续，此后1小时再服1克。鲜美的老鸡汤也会减轻感冒症状。

**清新你的口腔** 香菜是极棒的清新剂。嚼几片新鲜的薄荷叶也会有同样的功效。如果你没有这些东西，就饭后用水漱口，去除口中的食物残渣，因为这些残渣会造成难闻的味道。

**消除虫咬** 要减轻蚊虫或跳蚤的叮咬造成的痛痒，可以敷一块拧过的湿毛巾或将一匙水和三匙苏打制成的糊状物敷到被叮咬处。若被蜜蜂或蚂蜂螫过，可以用一袋冰（把几块冰装入塑料袋中，用干净的布包起来）敷20分钟，这可以减轻疼痛，消除肿块。

**制服腹泻和便秘** 治疗偶尔发作的腹泻最重要的是补充水分。慢慢呷——大口喝水会造成急性腹痛。遵循BRAT的饮食结构（即：香蕉、米饭、苹果酱和烤面包），这些食品性温且有收敛作用。随着病情的好转慢慢恢复正常的饮食结构。如果你因腹痛导致发烧，应迅速去看医生。

不要因每天没有大便一次而烦恼不安——“正常的情况”可以是一日三次或一周三次。治疗轻度便秘可以多吃纤维素（如新鲜的水果、蔬菜、爆米花），喝大量不含酒精的液体，疾步行走20分钟。不要吃引起便秘的食品如香蕉、白米和奶酪。

**减轻背疼** 第一步：尽量使身体处于舒适的状态，这可能意味着要躺下来。最初的48到72小时可以用冰块或所需的冷敷布来减轻疼痛和炎症。之后，许多人都认为热水袋或电热垫对减轻疼痛很有效用，用布或毛巾将皮肤隔开以免烫伤。卧床最好不要超过一到两天，医嘱除外。

## NOTE 注释：

remedy ['remidi] n. 药物，治疗法

catnap ['kætnæp] n. 小睡，小憩

migraine ['mi:grein, 'mai-] n. 偏头痛

hydrate ['haidreit] n. 氢氧化物

symptom ['sɪmptəm] n. [医][植]症状，征兆

parsley ['pɑ:slɪ] n. 香菜

peppermint ['pepəmɪnt] n. 胡椒薄荷，薄荷油

diarrhea [,daɪə'riə] n. 痢疾，腹泻

constipation [,kɒnstɪ'peɪʃən] n. 便秘

fiber ['faɪbə] n. 纤维素

学英语，练听力，上听力课堂！

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