

# Natural Cough Control

Sizing up 25 studies on over-the-counter cough medicine, a recent research review published in *The Cochrane Library* determined that there's no good evidence for or against the effectiveness of formulas such as Robitussin and Mucinex.

For natural, reliable cough relief, try a tea recipe recommended by Tieraona Low Dog, M.D., director of education at the University of Arizona's Program in Integrative Medicine. It features thyme, which alleviates chest congestion and supports respiratory function, along with throat-soothing honey, sage, and vitamin-C-rich lemon.

- + Pour hot water over 2 teaspoons of organic lemon rinds, 1 teaspoon of sage, and ½ teaspoon of thyme. (Dried or fresh herbs can be used.) Cover and steep for 15 minutes. Strain the tea, then add the juice of ½ lemon and 1 tablespoon of honey. Drink two to three cups daily for cough relief.



## TIP

Sitting in front of a computer for hours on end can contribute to repetitive stress injuries, back and neck pain, and weight gain. Using your computer's calendar or your PDA, program hourly reminders that prompt you to get up, stretch, and walk around (outside or in the office).

## EAT BETTER, FEEL FULLER

If you're overweight, your brain may have a hard time telling when your stomach is full, a new study from the journal *NeuroImage* shows. In an experiment that used expandable balloons (swallowed by the study's 18 participants) to simulate feelings of fullness, overweight people were found to have less activity in parts of the brain that signal satiety.

To feel satisfied without stuffing yourself, *If the Buddha Came to Dinner* author Halé Sofia Schatz suggests these mealtime strategies:

- + Add 1 to 2 teaspoons of flaxseed oil to your food. "Those essential fatty acids create a certain sense of satisfaction in our stomachs."
- + Before diving in, take a few minutes to breathe deeply or even hum softly to yourself. "Having a quiet moment before eating helps an active mind to slow down, which prepares the stomach to receive food."
- + As often as possible, prepare your own meals. By making your own food, Schatz notes, you're slowing down mealtime a great deal.

## Banish Body Odor

As the weather warms up, knock out odor-causing bacteria with these B.O.-busting tactics from naturopathic doctor Koren Barrett.

REMEDY	WHY IT WORKS	HOW TO USE IT
<b>Baking Soda</b>	Sodium bicarbonate soaks up moisture, which helps stop bacteria from thriving.	Sprinkle a small amount onto your hands, then apply directly to your underarms.
<b>Zinc</b>	It's not known how zinc zaps body odor, but Barrett suggests that the mineral's immune-stimulating effects may help keep bacteria in check.	Take 30 mg in supplement form or up your intake of food sources like shellfish and legumes. If you take a supplement, also take 1 mg copper (present in a multivitamin).
<b>Tea Tree Oil</b>	Incredibly potent, this essential oil is packed with antibacterial compounds.	Mix a couple drops of tea tree oil with a teaspoon of almond oil and rub onto your armpits. Since tea tree oil irritates some people's skin, Barrett recommends performing a patch test on the inside of your forearm before using the blend on your underarms.

photos by Johnny Miller; prop styling by Allison Liebman