

medicine cabinet or kitchen cabinet?

Stock up on these natural remedies to help prevent and cure what ails you this summer.

By Colleen Oakley



the problem

prevent it

cure it

sunburn

Ouch! You wanted a little color, but now look like a lobster.

tomatoes

Supplement your sunscreen habit with lycopene-rich tomatoes. Lycopene, a powerful antioxidant that gives tomatoes their red color, can actually keep you from turning red. Adding more tomato-based dishes to your diet can help protect your skin from within.

apple cider vinegar

Run a cool bath and add the vinegar to the water. "This helps restore the acid/alkaline balance to the skin and helps remove the sting," says Naturalist Becky Kemery.

mosquito bites

There's nothing more dreadful than the drone of a mosquito in the dead of summer, except for the itch of their bites.

oranges

Eat a couple of these juicy summer fruits right before you are planning to go outside. Those pesky little creatures don't like citrus and will stay away when they smell it on you.

baking soda

Mix three parts baking soda with one part water to create a paste and apply to the itch. The drying nature of baking soda can help draw out the irritant.

bee stings

Even if you're not allergic, the sting of a yellow jacket is no picnic.

stand still

So, it's not something you can keep in your first-aid kit, but it's still good advice. Bees sting defensively and are frightened by sudden movements. As hard as it is not to flail, stay calm and they should leave you alone.

ice

It's the most effective way to take the bite out of a bee sting instantly. For kids (or you child-like adults) check out the Buzzy, a fun, reusable device that holds ice and lightly vibrates to reduce bee sting pain (\$24.99, buzzy4shots.com).

over-heating

As the days get longer, the sun gets hotter—and so do you.

water, water, water!

You should drink at least 64 ounces a day, particularly when you're going to be out in the sun.

salt

Milder forms of heat exhaustion can be remedied by noshing on salty snacks (like pretzels) to replace the salt that has been lost through sweating. Make sure you also drink plenty of water and find a cool spot to rest quietly. Remember, if the person is incoherent, unconscious or lethargic, always call 911, as medical intervention may be necessary.

allergies

Ragweed, pollen and other allergens are in the air. Ah-choo!

honey

Buy honey from your local farmers market (local is key because it means the pollen bees are collecting comes from the vegetation in your area). Take a teaspoon of honey a few times a day and you'll build up your resistance to local allergens.

limes

Make some fresh limeade or squeeze lime into your drinking water every day. Lime possesses anti-allergen properties that can help relieve your itchy, watery symptoms.

yeast infections

Seriously, is there anything worse about being a woman?

yogurt

Eat this dairy product daily and its live cultures will help fight the bad fungi that cause yeast infections.

garlic

Sure, it's pungent, but it's a wonder drug when it comes to curing yeast infections. Whip out those recipes that contain lots, or you can insert a garlic clove into the vagina every few hours for soothing relief.