Apple cider vinegar & honey as a therapy for sore throats
Honey helps with healing after tonsillectomy. But there’s not enough data on vinegar.

Chicken soup for colds and flu
Carnosine, a compound in chicken soup, seems to help prevent colds and flu.

Coconut oil as a balm for dry skin
There’s not enough data yet.

Cranberry juice as a cure for urinary tract infections
Studies suggest cranberry juice (and powder) reduce recurrent UTIs.

Ginger ale as a solution for stomachache
Ginger relieves nausea from chemotherapy. More research is needed to see its effect on other conditions.

Honey as a salve for wounds
Doctors are studying this bacteria-fighter for pressure ulcer care.

Peppermint tea as a remedy for nausea
Peppermint oil relaxes the digestive tract and relieves nausea after surgery.

Pickled onions as a cure for hangovers
There’s not enough data yet. But pickle juice can’t replace electrolytes well enough to stop exercise cramps.

Sea salt as a soak for rough elbows
In psoriasis, salt water, combined with UV radiation, relieves inflamed skin.

Turmeric as a pain reliever for arthritis
Studies suggest turmeric may relieve joint pain and inflammation.

Bananas, rice, applesauce and toast as a cure for diarrhea
Doctors recommend these binding foods, called the BRAT diet, for diarrhea.

Prunes as a remedy for constipation
Studies show that prunes get you moving better than psyllium fiber supplements.

Cucumber slices as an astringent for puffy eyes
There’s not enough data yet.

Most kitchen remedies are pretty harmless, and it usually can’t hurt to try them. But whenever your symptoms persist, be sure to seek help from your doctor.

Sources:
- Ginger: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3361530/
- Pickle juice: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2742453/
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