



1. NETI POT Flush out allergens and nasal congestion using this simple porcelain pitcher and saline wash made of noniodized salt and sterile water.

HIMALAYAN INSTITUTE NETI POT, 16.95;
SHOP.HIMALAYANINSTITUTE.ORG

Update Your Medicine Cabinet

Strengthen your defenses against everyday ailments by adding 10 alternative remedies to your antidote collection.

BY BARBARA BRODY



2. OREGANO OIL

To fight colds and stomach bugs, place several drops of this antibacterial/antiviral oil under your tongue; hold for 10 seconds before washing down with water or juice. If it tastes too pungent, you can try oregano oil capsules, according to Registered Holistic Nutritionist Andrea Donsky, founder and editor in chief of naturallysavvy.com. HERBAL AUTHORITY OIL OF OREGANO, \$7.79; LUCKYVITAMIN.COM



5. LAVENDER ESSENTIAL OIL

The relaxing aroma of this oil—try it in a diffuser or rub a few drops onto your temples—may help fight stress, insomnia, and possibly even headaches. AURACACIA LAVENDER, ESSENTIAL OIL, \$12.29; AURACACIA.COM



6. VALERIAN ROOT CAPSULES

To lessen tossing and turning, take this root in capsule form before bedtime, Zaragoza says. NATURE'S WAY VALERIAN, \$8.99; AMAZON.COM



3. SLIPPERY ELM LOZENGES

Suck on these tablets three to four times a day to soothe a scratchy throat, says Emily J. Zaragoza, M.D., an integrative medicine physician at the University of Arizona. THAYERS SLIPPERY ELM LOZENGES, \$4.19; IHERB.COM



7. PROBIOTIC SUPPLEMENTS

Give chronic tummy troubles the boot by swallowing some good bacteria, such as probiotic supplements, daily. Probiotics may also ease allergies and bolster your immune system, Donsky says. UDO'S CHOICE ADULT'S PROBIOTIC, \$16.39; VITACOST.COM



8. GINGER CHEWS

Nibble these warming candies to ease nausea and indigestion. REED'S GINGER CANDY CHEWS, \$1.39; LUCKYVITAMIN.COM



9. CAYENNE & GINGER RUB

Applying this warming pepper and ginger remedy eases the ouch caused by backaches, neck strain, and everyday aches. BADGER CAYENNE & GINGER SORE MUSCLE RUB, \$9.79; WALGREENS.COM



10. TEA TREE OIL

Mix it with a carrier oil (coconut, grape seed, or safflower oil) and apply to cuts and scrapes to help them heal faster and ward off infection. DESERT ESSENCE 100% AUSTRALIAN TEA TREE OIL, \$8.05; IHERB.COM

NOTE: *Always consult your doctor before trying any new remedy to make sure it's safe for you and that it doesn't interact with other medications you are taking.* **U**



4. ZINC LOZENGES

Studies have shown that these may shorten the duration of a cold, possibly by several days. THERA ZINC ECHINACEA LOZENGES, \$2.29; QUANTUMHEALTH.COM