

Got Health?

Clarke County Public Health

Simple and Healthy

**Appetizers Your Guests
Will Love!**



Public Health
Prevent. Promote. Protect.

UPCOMING EVENTS:

December 24th-25th
*County offices closed
in observance of
Christmas*

January 1st
*County offices closed
in observance of
New Year*



Top crispy sweet potato skins with guacamole for a quick and easy crowd pleasing recipe.



Sprinkle Parmesan cheese on top of sliced tomatoes, drizzle olive oil, and add chopped oregano to taste. Bake for 15 minutes at 450 degrees.

Fun Fact: Alabama was the first U.S. State to declare Christmas as a legal holiday in 1836 and the last was Oklahoma, in 1907.



This Issue:

Simple and Healthy

Upcoming events

Home Remedies: What Works?



Like us on Facebook or check out our website at clarkecountypublichealth.org

If you have specific topics you would like to read about in our newsletters, feel free to contact our Health Educator at 641-342-3724 or EMAIL clarkehe@mediacombb.net.

Home Remedies: What works?

No matter what you hear or read on the internet, you should talk with your doctor before trying any home remedy. This is important if you take prescription or over the counter medications because some can affect how the drugs work. Keep in mind that many don't have any research to back them up.

Peppermint

Peppermint oil might help with irritable bowel syndrome (long term condition that causes cramps, bloating, gas diarrhea and constipation) and may be good for headaches as well.



Honey

This natural sweetener may work just as well for a cough as over the counter medicines. Just make sure not to give it to an infant or toddler under the age of one.

Turmeric

This spice has been thought to help with inflammation, but research isn't there yet. Smaller studies indicate it may help with arthritis knee pain and skin rashes that happen after radiation treatment for cancer. High doses can cause digestive problems though.



Ginger

It's been used for thousands of years in Asian medicine to treat stomachaches, diarrhea, nausea and vomiting. Some evidence shows it might help with colds, but it's not necessarily good for everyone.



Sex

No more, "Not tonight, Dear." It turns out that sex can help ease pain when you have certain kinds of headaches—especially migraines. It's also been shown to improve heart health, ease stress and boost mental alertness.

Green Tea

This comforting drink not only helps keep you awake and alert, but is a great source of powerful antioxidants that protect your cells from damage and help to fight off disease. It may lower your odds of heart disease and certain kinds of cancers like skin, breast, lung and colon.



Garlic

Some studies reveal that people who eat more garlic are less likely to get certain types of cancer (garlic supplements don't seem to have the same effect). It might also lower blood cholesterol and blood pressure levels, but not significant amounts.

Neti Pot

Add salt and warm water to this little pot, pour through one nostril and let it drain out the other. It can ease allergy or cold symptoms and may help get rid of the cold quicker. Use filtered water and keep your neti pot clean.



Cinnamon

There has been no evidence that cinnamon does anything for any medical condition, such as controlling blood sugar for people with prediabetes or diabetes. Large doses can be bad for your liver, be careful.

Hot Bath

It can be good for all kinds of things that affect your muscles, bones and tendons—like arthritis, back pain and joint pain. Warm water can help get blood flow to areas that need it, gently stretching and working those areas while you're in there is good for you.



Chicken Soup

Grandma was right! Chicken soup can help with a cold. Studies show it can ease symptoms and help get rid of a cold sooner. It can help curb swelling and clear out nasal fluids.