

Health Remedies...

Lie down and rest.
Use a hot or cold pack for 15-20 minutes.
Take a break in a quiet, dark room.
Drink water and use a cold or warm compress on your forehead.
Drink peppermint or ginger tea.
Eat small, bland meals.
Stay hydrated with water or soup.
Call for help if needed.
Consult a healthcare professional.
Rinse your mouth with warm saltwater.
Use dental floss.
Apply a cold compress.
Take pain relievers.
Schedule a dental appointment.
Eat chicken soup.

After reading the remedies from the book and the document, discuss:

When do you do them?

For example:

I go to bed when I have the flu.

I eat chicken soup when I have a stomachache.

