

[Like](#) 0 [Tweet](#) 0 [Share](#) [g+](#) 19 [Pin it](#) 9 [Submit](#)  

Natural Home Remedies

## 20 Natural Home Remedies

A trove of quick DIY fixes for everything from stomach upset to the common cold

By [Pamela Bond](#)



### Stifle hiccups

Swallow 1 to 2 teaspoons of sugar. The dry granules stimulate and reset the irritated nerve that is causing the spasms of the diaphragm. Any coarse substance, such as salt, can work in a pinch, but sugar tastes best.

—Expert: Jacob Teitelbaum, MD, medical director of the Fibromyalgia and Fatigue Centers and author of *From Fatigued to Fantastic!*



### Curb a cough

Indulge in a square or two of dark chocolate. Researchers found that chocolate's theobromine compound is more effective than codeine at suppressing persistent coughs without the side effects of drowsiness and constipation.

To calm a nagging cough that keeps you awake at night, take 2 teaspoons of honey (1 to 2 teaspoons for kids; don't give to children younger than 1), along with 500 mg of Ester C 30 minutes before bed. The vitamin C (nonacidic Ester type won't upset stomachs) boosts the immune system in the early stages of your cough. Research shows that honey works better than either a cough suppressant or no treatment at all for relieving children's nocturnal cough and promoting sleep.

—Experts: Jacob Teitelbaum, MD; Mark Moyad, MD, MPH, Jenkens/Pokempner director of preventive and alternative medicine at the University of Michigan Medical Center in Ann Arbor



## End snoring

If you snore mostly when on your back, put a tennis ball in a shirt pocket cut from an old T-shirt and sew it to the midback of your tight pajama top. The discomfort forces you to roll over and sleep on your side—without waking you up.

—Expert: Jacob Teitelbaum, MD

## Beat insomnia

Before bedtime, eat a handful of cherries, which scientists discovered are jam-packed with melatonin, the same hormone created by your body to regulate sleep patterns. Then steep yourself in a hot bath to relax your muscles and your mind. In bed, rest your head on a lavender-filled pillow—the fragrance induces sleepiness. (Bonus: cherries can help [prevent gout attacks](#).)

—Experts: Mark Moyad, MD, MPH; Jacob Teitelbaum, MD

