

blood: the red liquid that your heart pumps through your body
 cure: to make a sick person well again
 fever: when the body is sick and is hotter than normal
 flow: when a liquid (water, for example) moves steadily from one place to another
 patients: people who are getting medical treatment
 popular: liked by many people
 saliva: the liquid produced naturally in your mouth
 sore throat: when the throat is red and painful
 swelling: an area on your body that becomes larger than usual because of injury or sickness
 swollen: bigger than usual because of injury or sickness
~~treat: to do something to a sick person to try to make him or her well again~~
 veins: the tubes that bring blood back to the heart from the rest of the body

Now use the words from the list to complete the short descriptions of home remedies.

1. Headache: In China, some people treat a headache with a coin (metal money). Hold the coin in your fingers and rub it back and forth across the forehead very hard. It will leave a red mark.
2. _____: The most common remedy for this problem is cool water. Put the sick person in a cool bath or wash the person gently with a cool cloth. Don't put the person in ice water. It could be bad for him or her.
3. Cold: Some people believe you can _____ a cold by drinking a lot of orange juice. Orange juice has a lot of vitamin C. This helps the body heal.
4. _____: One remedy for this problem is honey. Eat one big spoonful three times a day. Most children love this remedy. The honey is sweet, and it feels nice on the throat. In fact, older _____ like it, too!
5. Stomachache: A _____ remedy is ginger (a spice from a light brown root). Cook 4 ounces of ginger in 1 quart of water for 1 hour. Drink a glass three times a day.
6. Toothache: When you have a toothache, everything that goes in your mouth hurts. Even swallowing your own _____ can hurt. For hundreds of years, the most common remedy for a toothache was to drink a glass of whiskey and have your neighbor pull out the tooth. These days, people just go to the dentist.
7. Sprained ankle: A sprained ankle often gets _____. To bring down the _____, do two things. First, put a bag of ice on the ankle. The cold makes the _____ in the ankle get smaller. Put the ice on the ankle for no longer than 10 minutes every couple of hours. Second, put your foot up high. This helps the _____ back to the heart and makes the ankle go back to its normal size.