

**THE UNCOMMON SOLUTION** Fight the common cold with “warming socks,” a hydrotherapy treatment. Before bed, soak feet in warm water for 5 to 10 minutes. Rinse a pair of cotton socks in cold water and wring out. Put the socks on, then cover with a woollen pair for insulation. The cotton socks will dry in a couple of hours. **The difference in temperature stimulates circulation, boosts metabolism and increases white blood cells.**

Health & Healing

WELLNESS KIT

# school daze



Kids get off the school bus each day carrying more germs than homework—and they immediately share those bugs with the rest of the household. This semester, get high marks in natural remedies with our back-to-school wellness kit, developed by California naturopaths Glen Finley, N.D., of Santa Cruz, and Moses Goldberg, N.D., of Napa and Santa Rosa.

By RACHEL DOWD Photograph by ADAM VOORHES

PROBLEM	REMEDY	TRY...
pink eye	chamomile tea bag compress	Celestial Seasonings Organic Chamomile Tea
attention-deficient hyperactivity disorder	essential fatty acids in fish oil	lemon-flavored Carlson Fish Oil
ear infection	ear oil made from mullein, garlic or calendula	Herb Pharm Mullein Garlic Compound
nosebleed	homeopathic ferrum phosphoricum	Weleda Ferrum Phos 30c
cold or canker sores	lemon balm	Wise Ways Herbals Lemon Balm Cream
asthma	fish oil	lemon-flavored Carlson Fish Oil
warts	homeopathic thuja	Borion Thuja Occidentalis
anxiety	oatmeal for breakfast	McCann's Irish Oatmeal
stomach ache	castor oil rub (always clockwise)	Home Health Castor Oil
lice	lavender, horsetail and geranium tea; cocoa butter, massaged into scalp	Palmer's Cocoa Butter
swollen glands	hot rosemary compress	steeping fresh rosemary in hot water
whooping cough	homeopathic Drosera, spongia or hepar sulph	Boerick & Tafel 30c
bed-wetting	horsetail tea early in the day; protein snack before bed	Seelect Horsetail Tea; turkey breast
allergies	nettle tea	Seelect Nettle Tea
fever	yarrow, peppermint and elderberry	Traditional Medicinals Organic Echinacea Elder tea
diarrhea	electrolytes; probiotics (6-10 billion microbes/dose)	R.W. Knudsen Recharge; Natrol BioBeads Probiotic Acidophilus

## what's in your brown bag?

Kids naturally gravitate toward vending machines at lunchtime. But a study in the *Archives of Disease in Childhood* links food coloring and preservatives to hyperactivity in children. So play it smart and add one of these wholesome snacks in with whole-grain sandwiches, veggie sticks and fresh fruit.

1. Individually wrapped Organic Valley's Family of Farms Stringles (69 cents each; [organicvalley.coop](http://organicvalley.coop)) make an easy cheese snack more wholesome with organic, antibiotic- and hormone-free mozzarella.

2. Stretch Island Fruit Leather (\$14 for 36; [stretchislandfruit.com](http://stretchislandfruit.com)) is 100 percent dried fruit without added sugars, fat—or sticky hands. Flavors include Tangy Apricot, Mucho Mango and Berry Blackberry.

3. Organic wheat flour and real cheese make Annie's Homegrown Cheddar Bunnies (\$2.49; [annies.com](http://annies.com)) a savory baked snack. Other bunny varieties include BBQ Cheddar, Ranch and Whole Wheat.

4. Horizon Organic Smoothies (\$3.99 for 4; [horizonorganic.com](http://horizonorganic.com)) combine the goodness of nonfat organic yogurt and fruit juice to provide a full day's supply of vitamin C. They're enriched with NutraFlora, a prebiotic that helps the body absorb calcium and promotes digestive health.



5. Our Family Farm's Brown Bear Vanilla Cookies Dipped in Chocolate (\$2.79; [ourfamilyfarm.com](http://ourfamilyfarm.com)) will make your kids roar with delight. These chocolate-covered graham crackers have no hydrogenated oils, artificial colors or flavors, or preservatives.