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Natural Remedies Recommended by Doctors

By admin

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Reduce wrinkles with seafood

According to researchers at Michigan State University, the key to keeping your skin healthy is to eat six ounces of fish three times weekly. It'll actually cut wrinkling and sagging by 30 percent. "Fish is packed with protein, minerals and omega-3 fats — nutrients that nourish the collagen and muscles that keep skin smooth," says dermatologist Nicholas Perricone, M.D. "My favorite is salmon, because it's also rich in astaxanthin — an antioxidant that reduces fine lines and wrinkling."

Fight fatigue with green tea

"I keep a pot of green tea on my desk and sip it all day long," says Vincent Giampapa, M.D., a plastic surgeon in New Jersey. "It keeps me energized and focused, yet it doesn't give me jitters the way a pot of coffee would!" Green tea has compounds that help your brain use blood sugar for fuel and stimulate the production of energizing hormones called endorphins, say researchers at the University of California, Davis.

Strengthen your heart with walnuts

Enjoy 1/3 cup walnuts daily and you'll cut your risk of a heart attack in half and add almost three healthy years to your life, say UCLA researchers. Turns out these crunchy treats are one of the richest natural sources of artery-healing monounsaturated fats. "I've been snacking on them for years," says pediatrician Jim Sears, M.D., co-author of *The Baby Book*. "People think they won't like the flavor, but whenever I set out a bowl, they quickly disappear!"

Lose weight with a hula hoop

"When I first tried hula hooping I felt incredibly clumsy — but within eight weeks, the roll around my middle and the fat pads on my hips had completely disappeared!" says Christiane Northrup, M.D., author of *The Wisdom of Menopause*. "Now I hula hoop while watching TV to keep my weight steady during the winter — the time of year when I find it easy to overeat and tough to exercise." To do: Aim for 10 minutes, twice daily.

Prevent blood sugar fluxes with cinnamon According to USDA researchers, adding 1/2 teaspoon of cinnamon to your daily diet could improve your blood sugar control by 29 percent or more — it slows carb absorption in your small intestines. "For years, I struggled with wild blood sugar swings — and the cravings were so bad I had to keep fudge icing in the cupboard for emergencies," says urogynecologist Larrian Gillespie, M.D., author of *The Menopause Diet*. "But within 72 hours of adding cinnamon to my diet, my cravings started to fade — and by day 10, my hunger pangs, eating jags and bloating were a thing of the past!"

Nix aches and pains with naps

At least 67 percent of women will struggle with headaches, backaches, sore joints or other pain problems this year alone. Yet Cornell studies suggest getting a little more sleep could cut your discomfort in half within one month. "Sleep boosts your production of growth hormones, which reduce inflammation and speed healing of damaged tissues," explains Jacob Teitelbaum M.D., medical director of Texas' Fibromyalgia and Fatigue Centers. "I aim for eight hours of sleep nightly to prevent pain, and if I'm shortchanged during the week, I catch up by napping on the weekend."

Shut down cravings with fruit appetizers "When my kids and I have a yen for treats, we don't deny ourselves — but we always start by eating a piece of fruit," says Dr. Sears. "Funny things is, that fruit appetizer almost always shuts down the cravings!" The health payoff: Fruit's healing antioxidants not only protect against heart disease and cancer, they also slow brain aging, plus keep your skin looking up to six years younger, say Cornell researchers.

M.D. advice on how to get great advice from your M.D.

Sure, she's busy. But you can get much chattier, more helpful recommendations if you:

1. **Walk in with a list.** Writing down your concerns beforehand will keep both of you on track, so you don't leave without a plan of action.
2. **Ask how she'd treat this problem herself.** Her family's favorite remedy could become yours, too.
3. **Ask how she'd explain it to her grandmother.** Everything in medicine can be explained in plain English. If your doctor uses medical gobbledegook, ask for the "Grandma Friendly" version!

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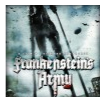


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