

Natural Remedies Doctors Use to Stay in Tiptop Shape

Experts share the simple little secrets that help them stay young and healthy, prevent illnesses and bounce back fast if they do get sick

By Brenda Kearns - June 14, 2013



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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.

Heal injuries with music

A review of 14 studies found that patients who listened to one hour of soothing music daily recovered from injuries more quickly. They also required 25 percent fewer painkillers. The reason: Music lowers your production of damaging stress hormones, plus it relaxes arteries, improving the flow of nutrient-rich blood to injured tissues. "Music touches, and heals, almost every cell in the body," says Mitchell L. Gaynor, M.D., director of Gaynor Integrative Oncology in New York. "It's my first pick when I'm feeling under the weather."

Kill viruses with honey

Unpasteurized honey is packed with natural antibiotics and healing enzymes, and nibbling it when you're ill can cut three days off your sickness, say University of Illinois researchers. It also kills the bugs that cause sinus infections and other cold complications," says Mark Moyad, M.D., director of preventive medicine at the University of Michigan Medical Center. "I take two teaspoons daily when I'm sick, and it soothes my sore throat, reduces coughing and speeds my recovery -- something over-the-counter cold meds never did."

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 fridge 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.

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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

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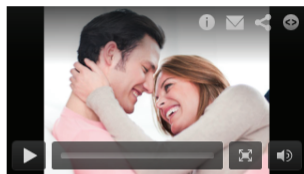
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