

23 SIMPLE

HOMEREM

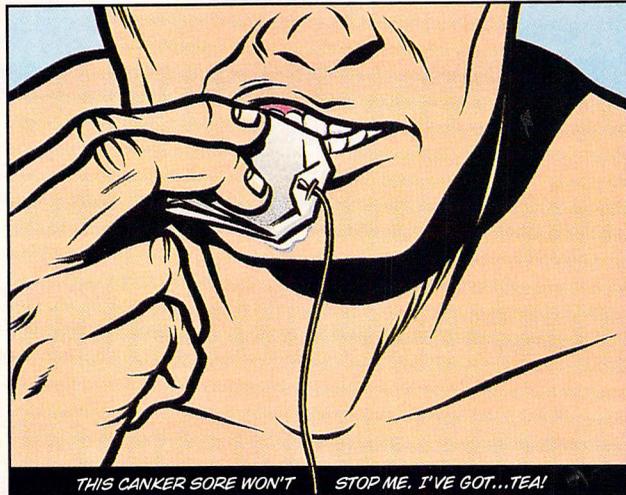
ATHLETE'S FOOT: Sprinkle baking soda on your feet and between your toes, or apply a paste made with 1 tablespoon of baking soda and lukewarm water. Wait 15 minutes, rinse, and dry your feet thoroughly.

BLACK EYES AND BRUISES: First, treat the injury for 15 minutes with an ice pack wrapped in a towel, to constrict the blood vessels. Remove the pack for 10 minutes to let your skin warm up, then repeat the treatment. Switch to heat the next day to dilate blood vessels and improve circulation (a warm, wet washcloth will work). To get rid of the discoloration, eat a few papayas. An enzyme in the fruit makes it easier for the body to reabsorb the blood trapped under your skin.

BURNS ON THE ROOF OF YOUR MOUTH: If you over-nuked your leftover pizza and scorched the roof of your mouth, use an over-the-counter cough lozenge with benzocaine to cut the pain. If you don't have any, try using sugar.

CANKER SORES: Hold a wet tea bag on the sore; the tannin from the tea acts as an astringent.

CHARLEY HORSES: Arch your toes back toward your body while gently rubbing your calf. Start behind the knee and slide your hand down the muscle to the heel, then repeat. Rub along the length of the muscle, not across it.



DIARRHEA: Use a gentle medication such as Kaopectate, which contains *attapulgate*—a mineral found in clay that naturally slows intestinal movement and binds with toxins to keep them from being absorbed. To help your body absorb salt and retain water, drink fruit juice, defizzed Coke, or diluted sports drinks. An apple, banana or orange will also help. All contain large amounts of pectin, which absorbs water and might put a stop to the problem.

FROSTY FINGERS: Heat up your digits by immersing them in warm water. Avoid rubbing your fingers together; it may damage the skin.

HANGNAILS: Use manicure scissors to trim off any sharp, dried skin around the edge of the nail. Then rub petroleum jelly over and around the nail, and leave it on overnight. The jelly will trap moisture and soften the dry skin underneath.

HEARTBURN: Chew a stick of sugarless gum—the increased saliva will help your stomach acid flow, and it will also coat and protect your esophagus.

HOARSENESS: Your vocal cords need rest, so don't speak—or even whisper. To get rid of the frog in your throat, take a 5- to 10-minute shower, drink warm herbal tea with a slice of lemon, and avoid caffeine, smoke, alcohol, and large or late-night fatty meals.

INDIGESTION: Mix one of the following items in a glass of water for an emergency antacid: 1 teaspoon of apple-cider vinegar (to increase stomach acidity) or ½ teaspoon of baking soda (to ease bloating). Then take a walk. A post-meal stroll can help you digest your food 40 to 50 percent faster.

INGROWN TOENAILS: Soak your foot in warm water to soften the nail. Then roll a small piece of cotton to the

thickness of a candle wick, soak it with iodine, and place it between the skin and the tip of your nail. Wrap the toe with gauze, tape it, and change the dressing daily until the nail grows out.

NOSEBLEEDS: Sit up, so that gravity will lower the vein pressure inside your nose. Tilt your head forward slightly to keep blood from running down your throat.

POISON IVY: If you know you've touched the stuff, you have 10 to 30 minutes to wash the area and prevent a skin reaction. Soap and water work fine.

RASHES: Rub a paste of crushed vitamin C tablets and water on your skin.

SENSITIVE TEETH: To prevent pain, smear a dab of petroleum jelly over your gums before bed.

SIDE STITCHES: Dig three fingers into your belly just below your ribs and massage the cramp. Then take a deep breath, purse your lips, and blow out forcefully.

SORE FEET: Pour a handful of uncooked beans into your slippers and walk around for a few minutes. The rolling beans create an instant massage. Then hold your feet under the bathtub faucet. Run the water on hot one minute, cold the next. Alternate for 10 minutes, ending in a cold rinse. To prevent future pain, spread marbles on the floor and pick them up with your toes.

SORE THROAT: For a mild sore throat, there's nothing

EDIES

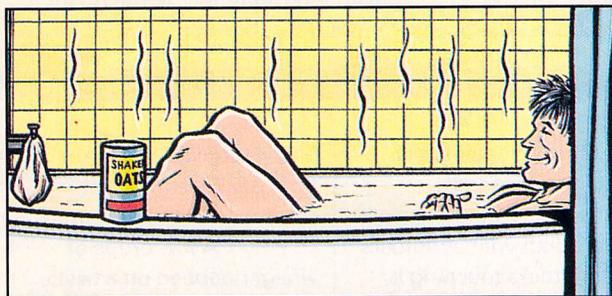
better than gargling with warm salt water. You can also try an old Roman trick: blend tomato juice with two cloves of garlic and a dash of Worcestershire sauce. Then drink it down.

SPICY FOOD: To reduce the burn from a fajita, order a dish of rich ice cream, dip into the sour cream that's already on the table, or send the waitress for a beer or margarita. *Capsaicin*, the substance that gives peppers their zing, dissolves readily in alcohol and fat. Rice and bread are also effective.

SPLINTERS: Soak the area in warm water for up to 15 minutes. This makes the wood swell, which often causes the splinter to pop out on its own. If you want to pluck it with tweezers and you're having trouble spotting the little nuisance, press a penlight to the sore

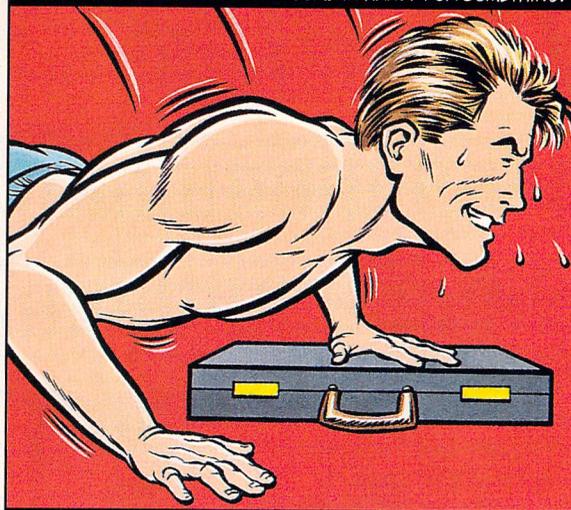
spot. Light will pass through the skin and highlight the splinter's angle and depth. If that doesn't help, pour a thin layer of white glue over your finger. Let it dry, then peel it off. The splinter will usually come off with the glue.

STUBBORN COUGHING: Avoid heavy-duty cough suppressants, which inhibit your body's ability to cough and clean the lungs. Instead, look for over-the-counter expectorants that contain the active ingredient *guaifenesin*, a chemical that liquefies the crud in your lungs and makes it easier to cough up. To make your coughs more productive, drink lots of water. You can also try adding hot peppers, curry and other spices to your food. Anything that makes your eyes water will also help thin your mucus.



SUNBURN: TAKE AN OATMEAL BATH. WRAP A CUPFUL OF OATMEAL IN SHEETING OR CHEESECLOTH AND HANG IT FROM YOUR FAUCET, SO THAT THE BATH WATER RUNS DIRECTLY OVER IT AS THE TUB IS FILLING. NO ONE KNOWS EXACTLY HOW THE OATMEAL WORKS TO SOOTHE THE PAIN, BUT YOU WILL FEEL BETTER.

I KNEW THIS BRIEFCASE WOULD COME IN HANDY FOR SOMETHING!



8 TIPS TO *improve* YOUR TRAINING

- When counting repetitions, start at the target number and work backward. When you near the end of the set, you'll be thinking about how many you have left instead of how many you've done.
- To calculate how much fluid you've lost while training, weigh yourself before and after a workout. Every pound you lose is a pint of water you need to replace.
- You can speed recovery after a workout by blending together 2 cups of orange juice, a banana, a handful of strawberries, and 1 cup of cantaloupe cubes. Drink it 20 minutes before your workout.
- Watching the news while you ride an exercycle cuts the intensity of your workout. Focus on your muscles, and your exercise, instead.
- Don't be afraid to take a day off. When you lift weights, you tear *myofibrils*, the tiny sinews of tissue that make up the muscles. It takes up to 48 hours for muscles to repair themselves. It's during *that* period that you actually become stronger.
- To improve your strength in throwing, shooting, serving or spiking, build your serratus muscles, which extend from the bottoms of your shoulder blades through your armpits to the sides of your rib cage. Uneven pushups—where you put one hand on the floor and the other on a sturdy object about 4 inches high (such as a briefcase)—are the best way to do it.
- To warm up tight muscles, take a hot shower, run in place for a few minutes, then begin exercising in slow motion, speeding up gradually as you loosen up.
- To see if you're overtraining, check your pulse first thing in the morning. If it's 10 beats per minute or more above normal, your body's still recovering.