

# Asset HealthTalk

Keeping your health and wellbeing in the know

## 5 OLD-FASHIONED REMEDIES That Are Still Relevant



### Ginger

Feeling ill? Ginger has been used for thousands of years to combat nausea. Studies have shown that ginger can help alleviate nausea related to motion sickness, chemotherapy and pregnancy. The next time you're feeling woozy, try ginger tea, ginger cookies, candied ginger or fresh grated ginger.



### Salt-Water Gargle

Have a headache or sore throat? Before popping a pill, try gargling salt (such as sea salt or pink Himalayan salt) mixed with warm water.

Some believe if you expose a cut to the air without a bandage, it will heal faster. However, adhesive bandages help provide a moist environment to promote faster healing. So the next time you have a cut, clean it and slap on a bandage.

### Adhesive Bandages



### Ice

A recent study suggests that migraine sufferers received the best relief from ice-pack usage, especially when the ice pack was placed on the front of their neck over the carotid arteries (rather than on their head) for 15 minutes.

### Prunes

If you're irregular, prunes (aka dried plums) may be the answer to your bathroom troubles. Eating 12 prunes per day can relieve constipation better than fiber supplements, according to a 2011 study.



## 11 FOODS YOU CAN FREEZE

TO SAVE TIME AND MONEY

As a general rule, foods can be stored in the freezer for three to six months, however, we've included some timelines for items that will keep well past that guideline. Remember to write the date on your freezer foods and leave space at the top of any container because foods and liquids expand when frozen.

### FREEZE THIS:

- Cheese
- Cracked-open eggs and egg whites (up to a year)
- Bread, bagels and tortillas
- Nuts (anywhere from six months to a year)
- Milk
- Whole-wheat flour (up to two years)
- Tofu
- Bananas and low-water fruits (You can freeze other fruits if you plan to make smoothies, sauces or spreads, because watery fruits tend to get mushy after being frozen.)
- Applesauce
- Tomato paste
- Broths and stocks
- Juice and citrus zest

### NOT THAT:

**These Veggies:** celery, cucumbers, lettuce, uncooked potatoes, and salad greens

**These Fruits:** apples, grapefruits, lemons, limes, oranges, and watermelon

**These Dairy Items:** cottage cheese, cream cheese, sour cream, and salad dressing

"31 Things You Can Freeze to Save Time & Money," onegoodthingbyjillee.com, Jan. 20, 2017.

"12 Foods You Didn't Know You Could Freeze," Food Network Kitchen, foodnetwork.com, accessed on May 5, 2017.

"The Do-Not-Freeze-These-Foods List," Stephanie Barlow, thekitchn.com, March 21, 2012.

"9 Old-Time Cures Doctors Swear by (And 3 to Skip)," Nancy Rones, time.com, accessed May 3, 2017.



# All You "Needle" to Know About Acupuncture

Acupuncture is an ancient form of traditional Chinese medicine (TCM) that has been growing in popularity worldwide. It involves the insertion of hair-thin needles into strategic points in the body. The safety and efficacy of acupuncture for treating a wide range of medical conditions is well-documented.

While many studies have shown acupuncture can be effective in treating certain ailments, modern science can't seem to pinpoint exactly how it works. Some believe it increases blood flow and stimulates the body's natural healing mechanisms. By engaging various systems in the body, acupuncture can help relieve pain and improve sleep, digestive problems and overall wellbeing, among other benefits.

The first appointment takes longer because your practitioner will take your health history, learn why

you're seeking treatment and may even examine your tongue and take your pulse. Follow-up visits last about a half hour. During treatment, disposable needles are inserted into acupuncture points on your body at various depths. Don't be surprised if the needle sites are different than where you're experiencing pain. Heat, pressure or electrical stimulation may be used to enhance the effects of the treatment. Many people report feeling minimal or no discomfort when needles are placed. The needles are usually left in place anywhere from a few minutes to 20 minutes before removal.

The risks associated with acupuncture are very low with a competent, licensed practitioner using new, sterile needles. In fact, one of its benefits is that it can have fewer adverse effects than widely accepted medical treatments. Side effects may

include soreness, minor bleeding or bruising at the needle sites and organ injuries if needles are pushed too deep (extremely rare). If you're being treated by a doctor, let them know you're receiving acupuncture.

Acupuncture is covered by many insurance plans, especially for pain management. Contact your health plan before your first appointment to understand your coverage. Additionally, acupuncture is considered an eligible medical expense so you can use your health savings account, flexible spending account or health reimbursement arrangement to cover out-of-pocket costs.

To find an acupuncturist, ask people you trust for recommendations, consult your health care professional for referrals and check the person's training and credentials.

Studies suggest acupuncture can effectively treat many medical conditions including:

- Allergies
- Depression
- Headaches (including migraines)
- Hypertension
- Labor induction
- Infertility
- Insomnia
- Knee pain
- Low back pain
- Breech fetal position correction
- Morning sickness
- Nausea and vomiting
- Neck pain
- Dental pain
- Rheumatoid arthritis
- Sciatica
- Sprain
- Stroke
- Tennis elbow

If you choose to give it a try, trust the process. Research shows acupuncture has more powerful results in those who believe it will work. It's best to try it multiple times (five to 10 treatments) before assessing if it's working for you.

"Acupuncture: In-depth," nccih.nih.gov, Feb. 21, 2017.

"Acupuncture," my.clevelandclinic.org, Oct. 25, 2016.

"Acupuncture," Mayo Clinic Staff, mayoclinic.org, Feb. 21, 2015.