Natural Remedies and Common Ailments

Warm-Up Questions:
1. Have you ever used a natural remedy (such as herbal tea, honey, or lemon) to treat a minor illness? What happened?
2. What do you usually do when you have a headache—take medicine or try a home remedy?
3. If you can't sleep at night, how do you help yourself relax?
4. What natural remedies are common in your culture for a sore throat or nausea?
5. Do you think natural remedies are always safe and effective? Why or why not?

- Insomnia – not being able to sleep
- Fever – high body temperature
- Hiccups – repeated sounds in your throat, often from eating too quickly
- Nausea – a feeling that what's in your stomach will come up
- Indigestion – pain in the stomach because of something you have eaten
- Pimple – a small raised spot on the skin
- Headache – pain in your head
- Sore throat – a general feeling of pain in the throat

Natural Remedies:
- Hiccups: bite into a thick slice of lemon.
- Nausea: grind ginger and add hot water to make a tea.
- Insomnia: drink a warm glass of milk at bedtime.
- Sore throat: mix honey with warm water and drink it slowly.
- Headache: put slices of onion on your forehead, close your eyes and relax.

Activity Idea:
Use the list of ailments to ask students if they know a natural remedy for each one. After they share their ideas, present the remedies above and compare them with the students' suggestions.