

## Home remedies

### Introduction

From the first time we fall over and our parent 'kisses it better' we are exposed to the efficacy of Complementary and Alternative Medicine, CAM. All families have their own home remedies, some of which are widely used, others may be particular to a certain ethnic group or region of the country. A class discussion on what students and their families use at home provides an interesting introduction to CAM. It will take between 15 and 30 minutes.

### References

Specification 3.1.4.

Textbook pages 59-61

### The activity

The teacher may need to start the suggestions flowing but ideally everyone will be able to contribute something they do in their household to treat, cure or alleviate a condition. Cultural variations may well be apparent. Students will begin to appreciate the difficulties in defining 'conventional' and 'alternative' therapies and medicines. You may wish to record the suggestions as they are made.

### Getting started

Condition/ Illness/ Symptom	Treatment
Colds	Honey and lemon; vitamin C; chicken soup
Indigestion	Peppermint tea
Stinging nettles	Dock leaves

February 2008