
HOME REMEDIES EBOOK

NATURAL SOLUTIONS FOR 6 COMMON AILMENTS



**WILLIAMS INTEGRACARE
CLINIC**

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WILLIAMS INTEGRACARE CLINIC

We are committed to providing our patients with undivided clinical attention, timely and thoughtful service and the most advanced care available. We are determined to deliver a specialized universal solution for individual health needs. We do this in an environment that is caring and healing, for both you and your family.



The Williams Integracare Team

Our clinic was established to combine the best elements of medicine – chiropractic, exercise, massage, manual techniques, physical therapy and nutrition. The reason we do this is simple; our patients deserve the very best of care and that requires a unique and multidisciplinary approach. The result is ONE SOLUTION from an integrated team.

Our goal at [Williams IntegraCare](#) is to get you feeling good. Whatever you need to feel better and get back to healthy, we can help. We treat injuries, help you through surgery recovery, perform physical exams, provide home remedies for symptom relief and more.

We want you to feel your best at all times. This *Home Remedies eBook* will provide some general [healthy-living tips](#) as well as a variety of natural solutions to six common ailments, including:

- [Allergies](#)
- [Diarrhea](#)
- [Earaches](#)
- [Headaches](#)
- [Pink Eye](#)
- [Urinary Tract Infections](#)

If you are trying to “wait it out” or can’t see a doctor until morning, try the following home remedies for symptom relief. However, if your symptoms worsen or your condition takes a turn for the worse, [see a doctor as soon as possible](#).



REQUEST AN APPOINTMENT



GENERAL “FEEL BETTER” & HEALTHY HABITS

QUALITY SLEEP

Getting the right amount of quality sleep is essential for full functioning when you are awake. The general recommendation is to sleep at least 7 hours every night.

The amount of sleep you should be getting varies by age, but more importantly by individual. Your sleep needs may be very different than the next person. Pay attention to the amount of sleep you get and how you feel when you are awake. Just being aware of your body and mind will help you determine the proper amount of sleep for yourself.



Here are the recommended amounts per age group, according to the Mayo Clinic:

Age Group	Recommended Amount Of Sleep per Day
Infants	12-13 hours
Toddlers	11-13 hours
School-age children	9-11 hours
Adults	7-8 hours

Tips for better sleep:

- Don't eat right before bed
- Don't use your bed for watching TV, reading, studying or relaxing
- Turn off the TV and other electronics an hour or so before going to bed
- Develop a standard sleep and wake routine
- Sleep on a quality mattress and pillow

FLUID INTAKE

Staying hydrated is important for many reasons. Your body and mind cannot work properly if you are not hydrated. Water also helps flush your system and prevents toxins from remaining in your system.



Drink $\frac{1}{2}$ your body weight in fluid ounces of water daily. So, if you weigh 150 pounds, drink 75 fluid ounces of water. This doesn't easily translate into how many glasses of water you should drink, because the glass sizes vary. If your glass holds one cup, then you will need just over 9 cups if you weigh 150 pounds. (There are eight ounces in one cup.)

Spread out your water consumption. This will vary based on the activity you are engaged in – if you are exercising you will likely consume more than when you are on your computer at work.



Drinking your daily recommended amount of water right when you wake up is unhealthy; consuming too much water too quickly can result in water intoxication.

VITAMINS & MINERALS

DAILY VITAMINS



Some daily multivitamins provide a good base for the recommended vitamins you should consume. However, some don't. As you age your body will require different amounts of different vitamins, minerals and supplements. Your doctor will typically offer recommendations during check-ups and physicals, but here is a [summary list of the optimal dosages](#) for reference.

PRO-BIOTICS

Probiotics create and sustain balance. In your digestive tract you have good and bad bacteria. These need to remain in balance to stay healthy and keep your digestive tract working properly. Your immune system also needs to stay balanced, which probiotics can facilitate, to prevent allergic reactions, autoimmune disorders and infections.

It is especially important to take quality probiotics before, during and after antibiotic therapy. Antibiotics can alter the balance of good and bad bacteria; supplementing your antibiotics with probiotics should keep your balance in check.

FISH OIL

Fish oil is used for prevention, risk reduction and treatment for a wide variety of conditions. Adding this to your diet, either by eating fish or by taking supplements, can be beneficial for your health, especially for women.

Through fish oil consumption you absorb Omega-3 fatty acids, which is where all of the benefits lie. [Dr. Oz](#) notes their importance:

- 1 of 5 critical vitamins for women
- 1 of 5 daily nutrition needs
- Important for expecting mother's; promotes healthy development of their baby



In addition to these uses, Omega-3 can do the following:

<u>Prevents</u>	<u>Treats</u>	<u>Improves /Protects</u>
Heart Disease	High Blood Pressure	Fertility
Stroke	High Cholesterol	Healthy Baby Development
Menstrual Pain	Inflammation	Brain Function
Acne	Stiff Joints	Vision / Eye Health
Wrinkles		

When buying fish oil supplements, pay attention to the label. Many require refrigeration to prevent spoiling. Make sure your choice contains at least 600 mg of DHA (Docosahexaenoic acid) and is made from anchovies, sardines or menhaden (these oily fish are safest in terms of contaminants, although all fish oil products are safe to consume).



DIET & EXERCISE

A healthy diet and exercise regimen is beneficial for complete health. The better you treat your body, the better it will perform, endure and bounce back from injury and hold up in the future.

Healthy eating offers endless benefits, but most importantly **you will simply feel good**. Giving your body the right fuel gives you energy, helps you handle stress effectively, controls your weight and contributes to the prevention of heart disease, high blood pressure and type 2 diabetes. Think of a healthy diet as a lifestyle, not a temporary “diet.” Opposite of traditional diets, a healthy lifestyle shouldn’t leave you hungry, prohibit desserts or severely restrict what you can and cannot eat. A healthy lifestyle revolves around balance, variety and moderation. When you get into the practice of a healthy diet, you will begin to notice the effects and find you don’t miss your old eating habits.



Exercise is great for more than just muscle tone; it also reduces your risk of and improves how you handle anxiety and depression. [Dr. Kurt Spindler, from Vanderbilt University](#), states, “Aerobic exercise, especially minimal impact (biking, swimming, elliptical, incline walking), will make your musculoskeletal system better, but will also relieve stress and improve your cerebral functioning.

The [Mayo Clinic](#) sites these 7 benefits of exercise:

1. Controls weight
2. Combats health conditions and diseases
3. Improves mood
4. Boosts energy
5. Promotes better sleep
6. Improves sex
7. Fun way to spend time

All of these benefits have benefits of their own, too. Combine a healthy diet with an exercise regimen and you’ll be in a never-ending cycle of healthy living!



ALLERGIES

Allergies can cause a wide range of symptoms, from clogged sinuses, to face swelling, to hives. When you experience allergies or allergic reactions, notice what you have consumed, what is going on in the environment around you or what has changed from when you weren't experiencing any symptoms.

To prevent symptoms, avoid whatever is causing your allergies. Although this is an obvious and simple fix, it can be difficult. For example, many people are allergic to pet dander, but refuse to get rid of the animal causing their symptoms.

HOME REMEDIES

Generally speaking, if you have allergies or chronic sinus problems, **avoid mucous forming products of dairy** such as milk and cottage cheese, and **highly reactive stuffy feeling foods** like beer, scotch and other grains that make you "stuffed up".

Neti Pots are used to flush your sinuses. It involves creating a solution of warm water (boiled or distilled) and salt and you pour it into one nostril and wait for it to drain out the other. Repeat on the other side.

If you experience hives due to allergies, try a **colloidal oatmeal mask**. Mix colloidal oatmeal with warm water until you get the consistency you prefer and apply to your breakouts. Allow it to stay on your face for a few minutes and wash off.

Spraying **saline nasal spray** up into your sinuses may offer similar relief.

Hepa filters, air conditioners and dehumidifiers can help **purify the air** in your home. Together they can trap dust mites and pet dander and prevent the growth of mold and mildew.

Inhaling steam can offer relief for clogged sinuses. Taking a hot bath or showering are ways to surround yourself with steam. Another way is to boil water, remove from stove, place your head over the steaming pot of water and put a towel over your head and the water and inhale for a short period of time, 5-10 minutes. Store-bought vaporizers are also designed to provide relief.



To enhance the effects of the steam, add **eucalyptus oil**. Adding a few drops to the floor of your shower or in your pot of boiling water will enhance the opening of your sinuses and nasal passages. According to [ABC News](#), "some research suggests the essential oil, extracted from the leaves of the eucalyptus tree, has anti-inflammatory and antibacterial properties, but if nothing else the vapor provides a bracing, menthol-like sensation that can make breathing seem easier."

To provide relief for swollen eyes due to an allergic reaction, place **cold potato or cucumber slices** over your eyes. The coolness helps restrict the blood vessels and tighten up the skin.

Mix a small amount of **sesame oil and black pepper** together and rub a small portion to the base of your nostrils. Slowly inhale. This will clear up nasal congestion by making you sneeze, eliminating some of the allergens currently in your sinuses.



DIARRHEA

Diarrhea is a nuisance and can often be painful. Its symptoms may include stomach aches or cramps, dehydration and a continual need to run to the bathroom due to watery stools. Viruses, bacteria, parasites, medication and the inability to process certain foods (i.e. dairy or sugar) can be the cause of diarrhea. Diarrhea typically just needs to run its course. So, before going to a clinic for treatment, try some of these home remedies.

HOME REMEDIES

The most important thing to do is **stay hydrated**. Lots of fluids, as well as electrolytes, are being expelled when you have diarrhea, so you must replace them. Water, Gatorade, Ginger Ale, some Juices (not apple or prune), Pedialyte, Rehydralyte and Ricelyte are good options.

There are also certain **foods you should try eating**, while others you should **avoid eating** while your symptoms are present. Foods that directly affect your intestines or affect the way you process food, should be avoided. Comfort foods, those you typically resort to with an upset stomach, work in these circumstances too. Many doctors also recommend adopting the BRAT diet: Bananas, Rice, Apples and Toast.

<u>Eat</u>	<u>Avoid</u>
Soup and Soda Crackers	Dairy Products – Milk, Cheese, Etc.
Jello	Caffeine
Noodles	Sugary Foods, i.e. Fruit
Yogurt	Greasy Foods
Potatoes	High-Fiber Foods
BRAT – Bananas, Rice, Apples, Toast	



Lemons are often used to aid in treating diarrhea. The simplest way is to squeeze fresh lemons and dilute it with water and drink 3-5 times per day. Other remedies many have tried:

- Squeeze two lemons into a glass, add ½ teaspoon of baking powder. Drink as it is foaming.
- Mix ½ cup apple cider vinegar, ½ cup water and add lemon juice or slices from 3-4 lemons

Drinking certain teas may also cure your diarrhea. The [Examiner](#) lists the following teas to try, for various reasons:

Chamomile tea: This tea has antispasmodic properties, meaning it relieves or prevents spasms of smooth muscles. Brew a cup of chamomile tea, add peppermint leaves, in boiling water for quarter of an hour and drink a few times a day.

Orange peel tea: Chop an organic (avoid pesticides found in non-organic oranges) orange peel and cover it with boiling water. Allow to cool; feel free to add some sugar or honey to sweeten.

Ginger tea: Ginger tea will treat your cramp and general pain symptoms. The ginger is the healing element, so you may also consume in the form of ginger capsules.

Black tea: If you are a tea drinker, this will likely be in stock in your kitchen. Instead of leaving to gather the supplies needed in the teas above, try some regular black tea, which may help cure your diarrhea.



EARACHES

Earaches can affect people of all ages, but are very common in children. Symptoms caused by inflammation and/or fluid buildup in the ear can include pain, fever, trouble sleeping, trouble hearing, loss of appetite and difficulty balancing. Try the following remedies to ease the pain and treat the cause; if the symptoms don't clear up in a day or two, [seek medical treatment](#).



HOME REMEDIES

Temperature treatment is where you should start if you have an earache. It is a safe option that doesn't require you to consume anything or put anything in your ear – if this works you can avoid the next treatments. Warm up an oven-safe plate and wrap in towel, warm up a bag of salt (may also substitute with rice) or place a dampened warm towel on your aching ear. A heating pad or hot water bottle will also suffice. These treatments will increase circulation to your ear and relieve pressure.

Ear drops are a common treatment for ear aches. You must be very careful putting anything into the ear, but the following drop formulas can help soothe the symptoms and even treat the underlying cause.

- Extract the juice from garlic cloves, you may dilute with olive or sesame oil if you would like, and warm it up before dropping some directly into the ear.
- 3-5 drops of 3% commercial grade hydrogen peroxide will treat infection, inflammation and pain.
- Warm drops of baby, olive or mineral oil (done by warming a bottle under hot water) will ease the pain.
- Extract the juice from peppermint leaves and put a few drops inside the aching ear. As an alternative option, apply peppermint oil around the ear – but do not put directly into ear.
- The anti-inflammatory properties of ginger may also provide relief. Put fresh juice from fresh ginger directly into the sore ear, or mix one tablespoon of fresh ginger root with ¼ cup of warm sesame oil and apply it externally, around your ear.
- Breast milk also has natural antibodies, so if your newborn gets an ear infection or another member of your family does while you are breastfeeding, put a few drops of breast milk into the sore ear. Repeat every couple of hours as long as the pain persists.



Apple cider vinegar can help if a fungus is causing your ear infection. If you don't see a doctor you may not know if a fungus is the cause, but it will not harm you to try these remedies even if a fungus isn't the cause. The first treatment: soak a cotton ball in a mixture of one part apple cider vinegar and one part water or alcohol. Place in your ear and let it rest for about 5 minutes. Remove the cotton ball and allow any excess liquid to drain from your ear by laying on it. Dry your ear as much as possible. A second treatment using apple cider vinegar is gargling with it. This will treat an infection located in the Eustachian tubes.





If your children get earaches and/or infections frequently, try **seeing a chiropractor**. It is believed that misalignment in the spine can cause disrupt the nerve, which may affect the Eustachian tube. Misalignment in infants and children can happen during birth, normal activity and tumbles; seeing a chiropractor will treat the underlying cause, as opposed to antibiotics which just treat the symptoms.



**SCHEDULE A VISIT WITH
A CHIROPRACTOR**



Headaches

Headaches can be a result of stress, infection, weather changes, dehydration, caffeine withdrawal and more. Looking at the big picture, we believe there is a malfunction in your central nervous system, which causes your body to react to headache-inflicting circumstances.

Headache, as the word indicates, is a very general term for a wide variety of pain that affects the head. In 2007 the International Headache Society defined three different types of headaches:

1. Primary: Migraines, cluster and tension headaches make up this category. 90% of all headaches are classified as primary.
2. Secondary: The majority of the remaining 10% of all headaches are secondary; they include sinus infections, brain tumors and aneurisms.
3. Cranial Neuralgias, Facial Pain and Other: This category covers all headaches that aren't primary or secondary, including those caused by inflammation caused by trauma or injury.



Each type of headache typically requires a unique treatment plan or medication that treats the symptoms you are experiencing. The pain varies by type and severity, but headaches are often characterized by throbbing, localized pain, sensitivity to extreme light or sound and in extreme cases, nausea, vomiting, dizziness or fatigue. This pain can interrupt your activities, make simple, everyday tasks time-consuming and difficult and even put you out of commission for a day or two. Try the home remedies below and see if they offer any relief before visiting a doctor or taking medication.

If you experience recurring and frequent headaches we recommend visiting a chiropractor. These types of headaches are often due to an interference within your nervous system. If this underlying cause is treated, you will no longer have to routinely treat the symptoms with medication as they appear.



**SCHEDULE A VISIT WITH
A CHIROPRACTOR**

HOME REMEDIES

Rub a few dabs of **peppermint essential oil** on your temples; Leave on for 15 minutes to a half hour. The anti-inflammatory properties will soothe your nerves and ease tension. You can also substitute with lavender essential oil.

As an alternative and if you have vaporizer, add seven drops of **lavender oil and three peppermint** and breathe in the vapor. If you don't have a vaporizer, sprinkle drops onto a tissue and place over your face. Another option is to wring out wet peppermint tea bags and place on your closed eyelids for a few minutes. After any of the treatments with the essential oil, make sure you relax and take time to breathe in the scents. They are designed to stimulate, relax and eventually dissolve head pain.



In accordance with **acupuncture**, apply pressure on the web of skin between your thumb and forefinger. Also try the ridge between your neck and the back of your head (parallel with earlobes). If you can have a friend or family member do it for you, the results may be more apparent.

Best Health Magazine states, “Believe it or not, **soaking your feet in hot water will help your head feel better**. By drawing blood to your feet, the hot-water footbath will ease pressure on the blood vessels in your head. For a really bad headache, add a bit of hot mustard powder to the water. [...] The hot water causes your body to redistribute blood from one concentrated area—your throbbing head—and get it flowing all over. At the same time, mustard powder’s essential oils stimulate the skin, diverting your attention from the headache.”



Caffeine is a double-edged sword. It can cause and eliminate headaches. Often if you are used to caffeine and go without for one reason or another, you may experience a headache. Consuming caffeine will likely eliminate this type of headache. Additionally caffeine reduces blood-vessel swelling, so consuming will likely ease head pain.

Try a cup of **strong black tea** and add a few bruised whole **cloves**. The caffeine, as stated above, will treat pain and the cloves contribute anti-inflammatory properties further aiding in the relief.

Grind up a half-teaspoon of **ginger**, another herb with anti-inflammatory properties, stir it into a glass of water and drink. Or make some ginger tea by pouring 1 cup of hot water over 1 teaspoon freshly ground ginger, let it cool and drink. Ginger is believed to be especially effective against migraines.

PINK EYE



According to [WebMD](#), pink eye, in most cases, is caused by:

- Infections caused by viruses or bacteria
- Dry eyes from lack of tears or exposure to wind and sun
- Chemicals, fumes or smoke
- [Allergies](#)

Pink eye can be painful and irritating. Its symptoms include redness, swelling, itchiness, tearing and mucus buildup. It can be very contagious, from before symptoms appear to 2 weeks after. In the first few hours of irritation, try the following home remedies. If symptoms do not clear up or pain persists, [see a doctor right away](#).



**MAKE AN APPOINTMENT WITH
A FAMILY PRACTITIONER**

HOME REMEDIES

As soon as you notice symptoms, **remove everything close to your eye**, such as make up and contacts, and keep it away until infection is gone.



Apply a **cool or warm compress**, whichever feels better. If it is allergy related, a cold compress or washcloth will generally feel better. If an infection is the cause, warmth may soothe the pain better. Use a different, clean compress for each eye.

Breast milk – human, cow or goat – has tremendous healing power when it comes to the eyes. If you don't have access to breast milk, the clear liquid in yogurt can substitute. Apply with a clean eyedropper every hour for 4-6 hours. Wipe each eye clean with a different washcloth or towel. Treat both eyes, even if symptoms only appear in one eye, because it is very contagious.

Many **eye washes** can be created from water and various natural substances:

- Weak solution of tea, preferably black
- Boil 2 cups of water and 3 tablespoons of honey. Cool and use. Putting honey directly on eyes is also effective.
- Equal parts of boric acid and water combine to make a good eyewash.
- One cup of boiled water and 2 teaspoons of golden seal create a good eyewash. "For eye drops, mix chamomile, comfrey, 1/8 teaspoon of goldenseal, and a cup of boiled water. It should steep for 15 minutes. After you strain it, use it as eye drops," according to [Lifehack](#).



URINARY TRACT INFECTIONS

A urinary tract infection (UTI) are much more common in women, but not unheard of in men. Also, they can happen at any age and if not treated they can cause serious damage. If a fever is present, you are experiencing pain in your back under your ribs, you are pregnant or over 65 years old, or if you have diabetes, kidney problems or a weak immune system, see a doctor right away if you think you have a UTI.

UTIs are caused by bacteria being present in the urethra. In order to prevent this, follow these tips:

- After going to the bathroom, wipe from front to back.
- Practice safe and clean sex; women should urinate before and after to flush their systems.
- Keep things fresh and dry – wear clean cotton underwear.
- If you feel the urge, oblige. Don't hold your urine.

You will be able to tell if you or a family member has a UTI fairly easily as things become very uncomfortable. Pain or burning during urination, continual urge to go with little to no urine resulting, fever, nausea, blood in urine and pain where your kidneys are located are common symptoms. Additionally, strong, bad smelling as well as cloudy urine are indicators of an infection.

Try the following home remedies to clear things up. If your symptoms last longer than a few days, [seek medical attention](#).

HOME REMEDIES:

Learn to love **cranberries**. The Huffington Post quotes YouBeauty Integrative Health Expert Jim Nicolai, M.D., the medical director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval saying, "Overall, cranberry is a superstar in terms of how it affects the bladder system." Try drinking 100% cranberry juice, eating cranberries or taking cranberry supplements to ease your pain, flush your system and treat the infection. **Blueberries** and blueberry based products may produce similar effects.



In the same fashion as cranberry juice, water has the ability to flush the system.

Drinking lots of water will help clean things out and will give you something to pass when the frequent urge arises.

Try a **baking soda solution** to neutralize the acid in your urine and ease your painful symptoms. Mix 1 tsp. baking soda in an 8-ounce glass of water and drink quickly.



Eat fresh **pineapple** or drink pineapple juice. According to [Discovery Fit & Health](#), "Bromelain is an enzyme found in pineapples. In one study, people with a UTI who were given bromelain along with their usual round of antibiotics got ride of their infection. Half the people who were given a placebo plus an antibiotic showed no signs of lingering infection."

Cut back, or **eliminate completely** if possible, the consumption of **caffeine and alcohol**. Caffeine and alcohol irritate the bladder, which is the last thing you want to do when you are in the midst of an infection. Avoid beer, wine and hard liquor as well as soda, coffee and tea until the infection passes.

Add **vitamin C** to your list of daily vitamins, especially if you get recurring UTIs. "Vitamin C keeps the bladder healthy by acidifying the urine, essentially putting up a no-trespassing sign for potentially harmful bacteria," according to [Discovery Fit & Health](#).



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