



family health love

Doctors' best remedies for aches and pains

Wintergreen oil

"Our boys play hard on the playground, and when they come home with muscle aches, I rub some warm wintergreen oil on them," says Adam Schaffner, M.D., a plastic surgeon in New York City and father of 2-year-old twins. First, he places the bottle in an 8-oz. glass of warm water, then gently shakes it to mix the oil. After placing a few drops on his own skin to make sure it isn't too hot, Dr. Schaffner pours some oil in his hands and rubs it on his sons' sore muscles. "Wintergreen oil has analgesic properties that help relieve pain, and massage helps increase blood flow to the area, speeding healing," he explains. "After 10 minutes, my sons feel better." One to try: Nature's Alchemy Pure Essential Oil Wintergreen (\$4 for .5 oz., at HerbsPro.com).