

HERBS FOR ALL OCCASIONS

Though Western medicine tends to emphasize the usage of artificial pharmaceuticals for medical cures, natural alternatives can come in handy, too. Although many pharmaceuticals are truly remarkable in their healing abilities, they can also be expensive, cause allergic reactions or produce severe side effects. Sometimes we need to look no further than nature for help with physical ailments. Here are a few herbal remedies to try.



TUMERIC

This spice has a long history of uses in both cuisine and medicine, but it can also be combined with milk to make a hair removal paste. Apply to the desired area, let it dry and wipe off with a washcloth. Use soap and baking soda to remove any residual coloring from the skin.



GINGER

Ginger contains gingerol, a compound with many potent medicinal properties. It is especially effective at treating many forms of stomach pain, including nausea, indigestion and menstrual cramps. It comes fresh, dried or powdered and makes a delicious tea as well.



MUGWORT

Mugwort is an herb that grows in parts of Europe, Asia and Africa. It can reduce stomach pain and help regulate menstruation but can also make dreams more vivid and, in some cases, induce lucid dreaming. It is most commonly consumed as tea.



MULLEIN

Often made into a tea, this herb has fuzzy leaves and small, yellow flowers. It is used to relieve coughing and hoarseness. Mullein also loosens phlegm in the throat and lungs, making it a great decongestant.



TEA TREE OIL

This essential oil is a natural antiseptic, providing relief for small cuts, burns and skin infections. It is also effective in reducing acne, soothing bug bites and combating cold sores.



LAVENDER

Besides its soothing aroma, lavender has long been used to reduce stress and assist with sleep. Put a few drops on your pillow before bed or use lavender-scented lotion to fight stress and rest well.



ST. JOHN'S WORT

Native to Europe, St. John's Wort can be applied externally as an anti-inflammatory or to heal cuts and burns. It also may be useful to treat anxiety or mild depression when consumed, but can have adverse reactions with some medications. Make sure to consult a doctor before taking any.

CALENDAR:



Layout and text by Izzy Rosenstein, This Week editor

Track and Field Indoor Conference Championship
Indoor Track
Friday, March 3 at noon,
Saturday, March 4 at 10 a.m.

Come cheer on the nationally ranked Yeomen and Yeowomen as they compete in the North Coast Athletic Conference Championships.

Essence Presents *BLACK LOVE: The Incarceration of the Spirit*
Warner Center, Main Space
Friday, March 3 and Saturday,
March 4, 8 p.m. – 10 p.m.

Don't miss Dance Diaspora's last production with Artistic Director and Professor Adenike Sharpley at Oberlin College! The show is choreographed by Sharpley and includes students in the Dance department. \$5 presale, \$10 at the door.

Reproductive Justice: Looking Forward, Learning from the Past
Wilder Hall, Room 101
Monday, March 6
Noon – 1 p.m.

If you are concerned about the future of reproductive health in America, come to this teach-in by Visiting Professor Chris Bercelos to learn about sexual-health issues and strategies that have been successful in preserving reproductive rights.

Guthrie Ramsey: The Serious Work of Musical Play (Or Why Adele Deserved Her Grammy)
Kulas Recital Hall
Monday, March 6, 7 p.m.

Visiting scholar Guthrie Ramsey will discuss how artists like Kendrick Lamar and Beyoncé Knowles have become symbols for resistance and how music can be a tool of social activism.

Artist Lecture: Josh MacPhee
Allen Memorial Art Museum,
Classroom 1
Tuesday, March 7, 4:45 p.m.

Designer, artist and archivist Josh MacPhee will present a discussion about history in relation to art and culture. MacPhee will address how art history can be a tool to animate the past, inform the present day and think about the future.

Student Composers Concert
Warner Concert Hall
Wednesday, March 8, 8 – 10 p.m.

This concert will feature original works composed by Conservatory students in the TIMARA and Composition departments.