



## Episode 47: Home Remedies

Hi! If this is your first time listening to our podcast, this is an opportunity for upper-level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations.

In today's episode Donielle and Khrystyna discuss home remedies they grew up with and other unusual examples from around the world. (This is not medical advice; for discussion purposes only.)

Here are some health-related words and phrases, including some of the herbal remedies mentioned in this episode:

<b>ailment</b>	a minor illness or health problem
<b>feel stuffy</b>	to have a blocked nose that makes it difficult to breathe normally through your nose
<b>mucus</b>	the thick, slippery substance produced in the nose, throat, and other parts of the body
<b>scrapes</b>	(often used as a phrase: cuts and scrapes) minor skin injuries caused by rubbing or scratching against a rough surface
<b>anti-inflammatory</b>	ingredient that is able to reduce swelling or inflammation in the body.
<b>gall bladder</b>	a small organ that stores bile, a fluid that helps digest fats
<b>strep</b>	bacterial infection of the throat, short for "strep throat"
<b>hiccups</b>	repeated, sudden movements of the diaphragm that cause a quick sound in the throat
<a href="#"><u>elderberry</u></a>	dark purple berry often used in supplements and home remedies
<a href="#"><u>aloe vera plant</u></a>	a plant whose gel is often used to soothe burns and skin irritation
<a href="#"><u>turmeric</u></a>	yellow spice often used in cooking and traditional medicine.
<a href="#"><u>clove</u></a>	A dried flower bud used as a spice and sometimes as a traditional remedy
<a href="#"><u>lavender oil</u></a>	oil made from lavender flowers that is often used in aromatherapy and traditional remedies.

You can also read the [transcript](#) for this episode.

See the following pages for vocabulary and language focus from this episode.



## Vocabulary: Words and Phrases Used in the Conversation

<b>hooked</b>	very interested in something and wanting to keep doing it <ul style="list-style-type: none"> <li>• After trying Mahjongg, she was <u>hooked</u> and played every weekend.</li> </ul>
<b>jam-packed</b>	extremely full or crowded <ul style="list-style-type: none"> <li>• My closet is <u>jam-packed</u> with games.</li> </ul>
<b>disclaimer</b>	A statement that limits responsibility or clarifies something <ul style="list-style-type: none"> <li>• We gave a <u>disclaimer</u> to try at your own risk; we are not offering medical advice.</li> </ul>
<b>swear by</b> [something]	strongly believe that something is effective <ul style="list-style-type: none"> <li>• My grandmother <u>swears by</u> honey and lemon tea for a sore throat.</li> </ul>
<b>prevalent</b>	common or widespread <ul style="list-style-type: none"> <li>• Home remedies are more <u>prevalent</u> in some cultures than others.</li> </ul>
<b>default to</b> [something]	choose or use something automatically as a first option <ul style="list-style-type: none"> <li>• Many people <u>default to</u> tea and honey when they feel a cold coming on.</li> </ul>
<b>make fun of</b> [someone]	joke about someone in a way that may be teasing <ul style="list-style-type: none"> <li>• Her husband used to <u>make fun of</u> her for suggesting home remedies.</li> </ul>
<b>essence</b>	a concentrated liquid containing the flavor or scent of something. <ul style="list-style-type: none"> <li>• She mixed mint <u>essence</u> with water to help settle her stomach.</li> </ul>
<b>crossover</b>	a similarity or connection between different groups or ideas <ul style="list-style-type: none"> <li>• here was some <u>crossover</u> between the home remedies used in different countries.</li> </ul>
<b><u>Yogi Bear</u></b>	famous cartoon bear character; with sidekick Boo Boo
<b>Break down</b> [and do something]	give in or do something after resisting it. <ul style="list-style-type: none"> <li>• If the cough got bad enough, she would eventually <u>break down</u> and take medicine.</li> </ul>
<b>load up on</b> [something]	take or consume a large amount of something <ul style="list-style-type: none"> <li>• When she felt a sinus infection starting, she <u>loaded up on</u> vitamin C.</li> </ul>
<b>proactive</b>	taking action before a problem becomes worse <ul style="list-style-type: none"> <li>• She tried to be <u>proactive</u> by taking vitamins before traveling.</li> </ul>
<b>infusion</b>	a treatment in which fluids, vitamins, or medication are delivered directly into the bloodstream through an IV (intravenous) drip.
<b>placebo</b>	Something that seems to work because a person believes it will, even if it has no active effect <ul style="list-style-type: none"> <li>• The remedy might have been a <u>placebo</u>, but she felt better afterward.</li> </ul>
<b>out of it</b>	confused, tired, or not fully aware of what is happening <ul style="list-style-type: none"> <li>• The cold medicine made her so <u>out of it</u> that she could barely stay awake.</li> </ul>
<b>loopy</b>	feeling confused, silly, or mentally foggy, often because of illness or medication <ul style="list-style-type: none"> <li>• After taking the medicine, he felt <u>loopy</u> and couldn't concentrate.</li> </ul>
<b>as ___ as you can stand</b>	as much, as hot, or as strong as you can comfortably tolerate <ul style="list-style-type: none"> <li>• The water should be <u>as hot as you can stand</u> without hurting yourself.</li> </ul>
<b>draws</b>	Pulls or attracts something toward a particular place <ul style="list-style-type: none"> <li>• They believe hot water <u>draws</u> blood toward the feet and away from the head.</li> </ul>

## Vocabulary: Words and Phrases Used in the Conversation - Cont'd

<b>be all about [it]</b>	informal: strongly support or be enthusiastic about something <ul style="list-style-type: none"> <li>• Her grandmother was <u>all about</u> natural remedies for minor health problems.</li> </ul>
<b>banned</b>	officially prohibited or no longer allowed <ul style="list-style-type: none"> <li>• Merthiolate was eventually <u>banned</u> because it contained mercury.</li> </ul>
<b>slimy</b>	having a thick, unpleasantly slippery texture <ul style="list-style-type: none"> <li>• Aloe Vera juice is <u>slimy</u> and bitter.</li> </ul>
<b>dread</b>	strongly fear or dislike something that is going to happen <ul style="list-style-type: none"> <li>• I always <u>dreaded</u> taking the bitter home remedy.</li> </ul>
<b>have the nerve [to do something]</b>	be willing to do something that seems difficult, surprising, or unpleasant <ul style="list-style-type: none"> <li>• I don't <u>have the nerve</u> to drink the milk with turmeric.</li> </ul> <p>Note: this phrase has another, more common meaning: the phrase is often used negatively to express surprise or disapproval of someone's actions. For example: <i>I can't believe he had the nerve to ask for more money.</i></p>
<b>gargle</b>	hold liquid in the throat and move it around before spitting it out <ul style="list-style-type: none"> <li>• She <u>gargled</u> with warm salt water to soothe her sore throat.</li> </ul>
<b>radish</b>	a root vegetable with a sharp, peppery taste.
<b>make a well</b>	in cooking: hollow out the center of something or create a space for another ingredient (frequently used for dry ingredients, such as flour) <ul style="list-style-type: none"> <li>• She <u>made a well</u> in the radish and filled it with honey.</li> </ul>
<b>Manuka honey</b>	A special type of honey produced in New Zealand, known for its antibacterial properties
<b>lukewarm</b>	Slightly warm; neither hot nor cold; often used figuratively to express neutrality <ul style="list-style-type: none"> <li>• She became a <u>lukewarm</u> fan of honey after trying a local variety.</li> </ul>
<b>gag</b>	feel as if you might vomit because of an unpleasant taste, smell, or thought <ul style="list-style-type: none"> <li>• Thinking about mayonnaise now makes her <u>gag</u>.</li> </ul>
<b>Don't push it.</b>	Idiom: warning someone to stop testing your patience <ul style="list-style-type: none"> <li>• I'm already annoyed about the hiccups so <u>don't push it</u> by trying to scare me too.</li> </ul>

## Language & Culture: Brand Names in Everyday English

In the discussion, you heard a reference to Windex, a popular glass cleaner brand. This highlights an interesting feature of American English: sometimes a well-known brand name becomes a general word for an entire type of product. Even when people are using a different brand, they may still use the famous brand name in conversation.

Here are some other very common examples of the brand name and the general name:

### Health & wellness products

<b>Band-Aid</b>	Adhesive bandage
<b>Kleenex</b>	facial tissue
<b>Q-Tip</b>	cotton swab
<b>ChapStick</b>	lip balm
<b>Benadryl</b>	anti-histamine/allergy medicine
<b>Tylenol</b>	acetaminophen
<b>Vicks</b> (short for: Vicks VapoRub)	Medicated chest rub

### Other common products

<b>Jell-O (or Jello)</b>	gelatin dessert
<b>Popsicle</b>	ice pop
<b>Coke</b>	any cola (specifically in southern US)
<b>Cool Whip</b>	whipped dessert topping
<b>Clorox</b>	bleach or bleach cleaner
<b>Lysol</b>	disinfectant spray
<b>Ziploc</b>	resealable plastic storage bag

### Join the Conversation

- What home remedies were you raised with? Were there any you think are unusual? Are there any that you would **swear by** and still use today?
- Do you think the **placebo effect**\* is a real or powerful thing?
- Have you ever followed a health trend that later turned out to be questionable or ineffective?
- How do you decide whether health advice from the internet is trustworthy?
- Do you think people today rely too much on medication (over-the-counter or prescription drugs), not enough, or about the right amount?
- Can you think of any other brand names that are used generally in English? Does this happen in your native language also?

\*improvement in a person's health caused by believing a treatment works, not by the treatment itself.

# Thanks for checking out our podcast!

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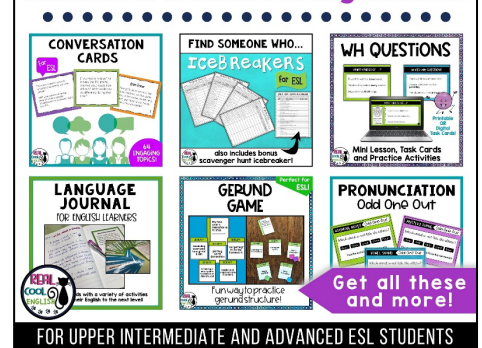
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