



body wise

ONLINE MEDICAL ADVICE...BUZZWORTHY...QUIRKY REMEDIES

Are they quirky or quacky? What nine alternative remedies can do for (or to) you. CHEE GATES reports.

Rescue Remedy

If the phrase “chill out” could be liquefied and bottled, enthusiasts say you’d probably find it in a homeopathic concoction called Rescue Remedy. “Tranquilizer seems a bit of an old-fashioned word to use, but that’s what this is,” says Dana Ullman, founder of Homeopathic Educational Services and author of *The One Minute (or So) Healer: 500 Simple Ways to Heal Yourself Naturally*. Rescue Remedy is made from cherry plum, clematis, impatiens, rock rose, and star-of-Bethlehem flower essences. “We don’t

know why this thing works,” he says. There are no facts. No studies. No research. Still, David Servan-Schreiber, MD, PhD, cofounder of the Center for Integrative Medicine at the University of Pittsburgh and author of *The Instinct to Heal*, says it’s safer than prescription anxiety medications (and at about \$14 a bottle, less expensive). He recommends Rescue Remedy only for life’s little hiccups (example: bad blind date, not divorce). In those cases, he says, “it certainly won’t make you as sleepy or as addicted as Xanax would.”

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