

Stock up on these  
doctor-tested  
**medicine cabinet  
essentials**

# 42 quick home cures

**If you suspect food poisoning**, couple **black tea** with a few pieces of **burned toast**, says Georgianna Donadio, PhD, director of the National Institute of Whole Health, a holistic certification program for medical professionals. "The tannic acid in tea and charcoal in the toast will neutralize the toxins and help you get much better very quickly."

**For a hangover**, Donadio recommends a cup of **tomato juice with a splash of Tabasco sauce**. "It stimulates the liver and is loaded with antioxidants that your body needs replenished," she says.