

Garlic



Garlic may be an effective treatment against bacteria.

Cultures across the world have long recognized garlic for its preventive and curative powers. Research has found that garlic can be [an effective treatment](#) against many forms of bacteria, including *Salmonella* and *Escherichia coli* (*E. coli*). Garlic has even been considered for use against multi-drug resistant [tuberculosis](#).

Garlic: Proven health benefits.

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Echinacea



Echinacea has been used to treat infections for many years.

Native American and other traditional healers have used [echinacea](#) for hundreds of years to treat infections and wounds. Researchers are beginning to understand why.

[A study](#) published in the *Journal of Biomedicine and Biotechnology* reports that extract of *Echinacea purpurea* can kill many different kinds of bacteria, including *Streptococcus pyogenes* (*S. pyogenes*). *S. pyogenes* is responsible for [strep throat](#), toxic shock syndrome, and the "flesh-eating disease" known as [necrotizing fasciitis](#). Echinacea may also fight [inflammation](#) associated with bacterial infection.



Acupoint: Fibromyalgia

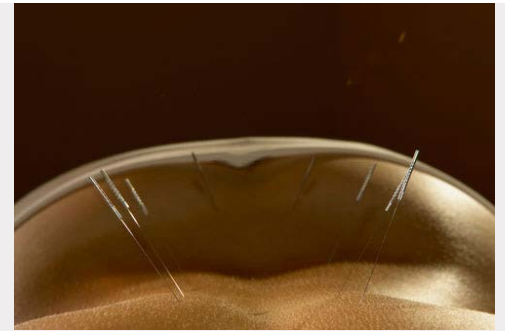
Studies that test how well acupuncture works against the pain of fibromyalgia have had mixed results. Some showed that it provided temporary pain relief, but others did not. A small study by the Mayo Clinic suggested that acupuncture may reduce two other problems of fibromyalgia: fatigue and anxiety. But overall, there's not enough evidence yet to prove that acupuncture works for fibromyalgia.

[Are healthy teeth linked to a healthy heart?](#)

ABC Health & Wellbeing

By [James Bullen](#)

If you've got inflamed gums, it probably means that you need to brush and floss your teeth more diligently. But they can also be an indicator of more serious problems.



Acupoint: Low- Back Pain

If standard treatments don't relieve your chronic low-back pain, acupuncture may do the job, and two respected medical groups suggest that people in this situation give it a try. One large study found that both actual and "fake" acupuncture worked better than conventional treatments for back pain that had lasted more than three months. The jury's still out on acupuncture for short-term (acute) pain in the low back.



Acupoint: Headaches

Acupuncture may help relieve migraines or tension headaches. Two large studies found that people receiving acupuncture had fewer days with tension headaches than those receiving conventional care.

Acupoint: Arthritis Pain

Acupuncture can be a helpful addition to conventional treatment for osteoarthritis, says the National Institute of Arthritis and Musculoskeletal and Skin Diseases. And some of the most promising, early research has shown acupuncture eased arthritis pain in the knee. However, more research is needed to prove without a doubt that it's effective for osteoarthritis.



[ANALYSIS: Is apple cider vinegar really a wonder food?](#)

The Conversation



By Rosemary Stanton, UNSW

It makes a tasty dressing, but the health claims are overblown, writes Rosemary Stanton.

[Cancer causing gene 'jumped' from plants to humans](#)

