

## 《生活小百科：各种疼痛小疾病看过来》

Turn the water to cold at the end of your shower to prevent acne. Cold water seals your pores and prevents dirt and bacteria from entering them.

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If you have a toothache, rub some ice between your thumb and forefinger. This can relieve the pain by up to 50 percent.

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Keep an onion near you at night if you have a stuffy nose.

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Put your hands in ice water and flex them if you have a migraine.

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Press your tongue against the root of your mouth if you have a brain freeze.

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Press your tongue firmly against the back of your teeth to prevent a sneeze.

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If you're feeling sleepy, hold your breath for as long as you can and then release it.

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Scratch your ear if you have a tickle in your throat.

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