

Popular Low German Home Remedies

The use of home remedies for common symptoms such as headaches, fevers, infant crying, skin abrasions, abdominal discomfort and injured limbs is a common practice in Latin America and this practice continues in Southwestern Ontario. The remedies are inexpensive and are perpetuated by lay practitioners and family members. Hearing positive personal anecdotal reports are usually the key factor in use of these products.



Products include:

- **Wonder Oil** – an external aromatic liquid used for bruises, minor lacerations, headaches and for massaging the back and legs when a child is not walking. Few drops are placed on a sugar cube for cold symptoms.
- **Hieng Fong** - a liquid used for fevers and abdominal pain, and diarrhea
- **ZMO** - a strong aromatic liquid used to massage the child's abdomen for constipation. It is also taken internally for cold symptoms especially sore throat and coughs. A child's severe cough may be treated by massaging the feet with ZMO. Limbs are often massaged with ZMO for arthritic pain.
- **Schalwasser** – a clear liquid used similarly to Wonder Oil. Also used for menstrual pain, prevention of hernia or an external umbilicus.
- **Isopropyl Alcohol** (Rubbing Alcohol) - A small cloth with alcohol is placed on the umbilicus and then the abdomen is wrapped with a small band .
- **Camomile Tea** is mixed with sugar and a few drops of wonder oil for infant fevers and abdominal pain.