Medical truths leave little room for mom’s remedies

BY ALEX BOLES
Assistant Features Editor

Your parents lied to you. Some of the medical remedies that seemed to work when you were a child were actually not as safe as you thought. Pam Gardner, assistant professor of nursing, said only thing butter could be used for is keeping the skin unbroken, not for easing the pain. “It does lubricate and does make the burn worse,” she said. “My parents told me to eat spinach all the time because I was anemic, she said. “It is a good source of iron, but generally eating the greens isn’t a good burn remedy, she said.”

Spinach also contains large amounts of water, she said. “It actually can intensify the burning, and after a burn, no oil should be used.” Gardner said.

There was a time when people used butter on burns, but that was because they didn’t have a refrigerator, she said. “They are recommending now that with a burn, at least a common butter, that one of the first things you can do is apply cold water to relieve the temperature and the burning,” she said. “Then other things can be added depending on what the burn actually is.”

Burning is made up of three things, she said. “It is a good source of energy, it burns the tissue and it makes a person more vulnerable to catching viruses from others,” she said. “It is a good source of iron, but generally eating the greens isn’t a good burn remedy, she said.”

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