



Getting Well #7

Ginger or peppermint tea can help

settle your stomach

Valerian or Chamomile tea or tincture

Can help you sleep

Kicking Opiates

Drink lots of clear liquids like Gatorade to help flush out your system and prevent getting dehydrated from throwing up and diarrhea.

Try to eat!

Foods like bananas, rice, applesauce, and Toast are easier to keep down and Starches help prevent throwing up and diarrhea.

Eating bananas also helps your potassium levels.

Potassium helps with muscle cramping.

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