

# Vicks Vaporub: It's so much more

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**It conjures up vivid memories of my growing up in the 50's & 60's.**

Things were a lot more simple then. Any sign of a cough or cold and ma soon had you rubbed from navel to nose with a healthy layer of Menthol Vicks Vaporub. Quite unlike today's children who are unceremoniously doped with flue capsules and odorless cough mixtures.

Has Vicks lost its attraction? Not by any means. For those in the know it's a box of medical magic that works for a long range of aches and ailments. While many of these assertions have not yet been medically verified there certainly is no shortage of trustworthy testimonials from the many happy users.

Officially there are two recognized uses for Vicks Vaporub. It can be rubbed on the chest and throat to relieve coughs and nasal congestion and it can be applied to sore muscles to relieve minor aches and pains.

But then there's this list of unofficial uses:

**Coughing:** The causes are multiple and the the intensity varied, but bed time is when the onslaught begins. Medical science seemingly has numerous reasons for this exasperating occurrence, all of which require costly prescription drugs to treat.

Rubbing the soles of your feet with Vicks and donning a pair of socks is apparently all that's needed to ensure a peaceful night's sleep. There are numerous testimonies on the internet to support this.

Science is not clear on why this works, but then who cares. It brings relief to 1000's and that's all that matters.

**Toe Nail Fungus:** A common problem that can result in inflammation, swelling and crumbling of the nail and is aggravated by a weak immune system, poor hygiene and exposure to moisture, like sweaty feet when wearing shoes and socks on a hot day.

A simple application of VapoRub on the infected nail 2 or 3 times a

day will turn it dark as the Vicks starts killing of the fungus. As the nail keeps growing the dark part will grow off, leaving your toe fungus free. Apply Vicks Vaporub for a few more days to clean out any remaining bacteria.

**Headaches:** Who would have believed. Vicks Vaporub is supposedly a cure for children's blocked noses and wheezy chests and coughs caused by colds and flues.

Applying Vaporub to your temples and forehead with a dash or 2 under the nose is apparently all that's needed to relieve a headache.

Does it work? I don't know. I don't get headaches, but yonks of testimonials on the internet from people of all walks of life suggests it does. As always, you have the skeptics, but then have they even tried it?

Let's just agree that it works for some and not for others.

**Tennis Elbow:** This has me totally amazed. Having suffered from this many years ago the ailment was only resolved after many doctor's visits, numerous injections and boxes of pain killers. Now I'm told the matter could have been resolved by simply applying some ***Vicks Vaporub!***

So I googled it and there it was. Numerous claims that Tennis Elbow vanished in days after regular applications of Vaporub. My gasp is flabbered.

And so the list continues. Mosquito bites, stretch marks, pet pee deterrent, Athlete's foot, ear pain (apply to cotton wool in ear) and keeps cats from scratching furniture.

**Arc eyes:** A tip from one of our readers. Wipe Vaporub under your eyes, let it go to work and before you know it the burn has gone. Make sure you don't get it in your eyes. It will not help the cause.

### **Warning**

Vicks Vaporub is strictly for external use only. Some people are sensitive to Vicks so if you are not sure, or never used it before, it's always best to first test it on your skin.

Keep away from eyes, mouth and open cuts or sores.

**'till next time, but until then your comments are welcomed.**

Steve

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