

## Simplified Speech #040 – Home remedies

### Episode description

If you ask five people for the best remedy for a sore stomach, you might get six different answers! It seems everyone has their own ideas when it comes to medicine. Join Andrew and Suzanne for this episode as they talk about their favourite home remedies!

### Fun fact

Did you know that the cocktail gin and tonic started off as a kind of home remedy? Since the drink was served with a slice of lime, it was served to British sailors in part to prevent scurvy, which is a disease caused by a lack of vitamin C. Drink up!

### Expressions included in the study guide

- On my end
- You guys
- Cozy
- Tummy
- Flat
- The country



## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

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Andrew: You're listening to the Culips English podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real-word examples, and a quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hey, everybody. My name is Andrew.

Suzanne: And I'm Suzanne.

Andrew: And you're listening to Culips.

Hello, Suzanne.

Suzanne: Hello, Andrew. How is it going?

Andrew: It's going pretty good **on my end**. And, actually, just a couple minutes ago I heard some very exciting news from my cousin. He and his partner just had a baby, so I have a new family member, a new baby boy in the family.

Suzanne: Nice.

Andrew: And I really like this boy's name. But I think it might be a kind of controversial name, I don't know if everybody will like it. His name is Cash C-A-S-H, Cash.

Suzanne: Oh yeah, cute.

Andrew: I kinda like it, but I don't know. Anyway, so that was exciting to hear that news just a couple minutes ago.

Suzanne: Ah, very cool.

Andrew: Sue, today we are going to do a Simplified Speech episode. And in our Simplified Speech series, we have a totally natural conversation in everyday English, but something is special. What is the special thing?

Suzanne: We speak pretty slowly.

Andrew: We speak slowly, that is right.

Suzanne: I was doing that for dramatic effect. But we try to speak naturally, but at a slower pace so that **you guys** can pick up every little thing.

Andrew: That is exactly right. And today we are going to talk about a very interesting topic. The topic is home remedies, home remedies. But just before we get started, I'd like to let you all know that the study guide for this episode, which includes a transcript, a quiz, some discussion questions, writing prompts, detailed vocabulary explanations, tons of good stuff, it is available on our website, Culips.com. So head on over there to get access to the study guide.

Suzanne: Cool.

Andrew: Well, let's get into it. The topic is home remedies and, I think, let's start by defining it. Sue what's a home remedy?

Suzanne: I don't know if this is the exact definition, but a home remedy is something that you do or you make at home that can help you feel better if you're sick, or maybe you have a bruise, or something to help your health along that is made with products you can find in your home.

Andrew: Yeah, a home remedy is just, when you're sick, you wanna feel better. Well, you have a couple of options. You could go to the pharmacy, get some medicine, you could go to the doctor or the hospital and get some treatment, or you could take a home remedy, which is maybe something that your mom would prepare for you. Or a kind of family medicine, you could call it.

Suzanne: Yeah. And are there any that come to mind, Andrew that have helped you or that you're used in the past? Any home remedies?

Andrew: Well, the first one that pops into my head when I think about home remedies is chicken noodle soup.

Suzanne: Yes.

Andrew: Chicken noodle soup.

Suzanne: Yes, that's a good one.

Andrew: And I don't know if this has any, like, actual benefit in terms of healing you faster when you have a cold, but I think there's a psychological benefit to eating chicken noodle soup when you have a cold. It just makes you feel **cozy** and reminds me of my childhood with my mom giving me chicken noodle soup when I didn't feel very well.

- Suzanne: Yeah. I read an article that proves that there's something in the broth of the chicken when it's made, you know, from chicken stock that helps with relieving sinus. The actual act of eating chicken noodle soup and the steam and the smell, like the vapours of the chicken noodle soup, help with the swelling of the sinus and can help with your, like, drain your sinuses. Yeah, you should Google it. It's, actually, there is something to it, scientifically, regarding the broth, not necessarily the noodles, but the broth.
- Andrew: But the noodles are the best part, come on.
- Suzanne: Yeah, I know. That's for comfort, I guess.
- Andrew: Right. So that pops into my mind. The second home remedy, and I don't know if this is particular to Canada, so you can maybe help me out with your American perspective, but I think Canadian families, when their kids get sick and, of course, this carries into adulthood now because I still think about it when I get sick these days, it's kind of a cure all. It's ginger ale.
- Suzanne: Oh.
- Andrew: Ginger ale, the soda, the soda that tastes like ginger flavour. If I felt nauseous as a kid, my mom would always give me a cup of ginger ale. If I had fever, ginger ale, sore throat, ginger ale.
- Suzanne: Really? That's so funny.
- Andrew: Yeah, it makes no sense. Why would you give your kid a sweet, sugary drink when they're sick?
- Suzanne: Maybe the ginger helps, you know, relieve your **tummy** or make it settle down, maybe?
- Andrew: Yeah. I think that's the logic and also the carbonation, I think, right? I remember being sick as a child and enjoying some cold ginger ale.
- Suzanne: That's so funny.
- Andrew: Do you do that in the USA, too?
- Suzanne: Yeah, I think I did that as a kid as well. But my mom would make it **flat**, she would pour it back and forth from cup to cup so that the bubbles would subside, and then she'd give me the ginger ale, like a **flat** ginger ale. And it was, yeah, whenever I got stomach flu or something, and I never understood it, I usually didn't drink it. I don't know, but as an adult now I make ginger tea. So I'll cut up pieces of fresh ginger and boil them on the stove, maybe with some maple syrup or some honey and some lemon and then I'll drink that. So it's like a version of the ginger ale, maybe.

- Andrew: It's like adult ginger ale. I do the same thing when I get a cold, I make a really strong ginger tea with some lemon and a little bit of honey. I think ginger is very good for us, so it makes sense that it would be a good thing to consume when we don't feel well.
- Suzanne: Yeah, you know, my mom is a nurse practitioner and she's very used to prescribing a lot of pharmaceutical drugs and things. But she still swears by many home remedies. One thing she always recommends is when you have a sore throat to gargle with baking soda. So you put baking soda in water, warm water, and you gargle with it. I don't know. That's something that she always talks about.
- Andrew: Huh, that's cool.
- Suzanne: Yeah, so she actually appreciates home remedies, not just Western medicine and pharmaceutical drugs, so.
- Andrew: I've tried gargling with salt water when I have a sore throat before. And I did find that to be helpful, but I've never heard baking soda. So I'll try that out next time, maybe it works better than salt.
- Suzanne: Yeah, I think there is a bit of salt in baking soda, or sodium, yeah, could work.
- Maybe in the comments in this podcast, on the Facebook page, **you guys** could comment with some of the home remedies from your family that you've tried or used. Tell us about those.
- Andrew: I would be really interested to see what kind of home remedies people have for the kinds of things we're talking about, nausea or colds or sore throats, these common, not super serious illnesses, because I get sick from time to time and I wanna get better as quick as possible, so I could try them out.
- Suzanne: Here's one last one that I just remembered that's really funny.
- Andrew: OK.
- Suzanne: When I got a lot of mosquito bites one summer as a kid, when we were in **the country** in Pennsylvania, my great-grandmother at the time made a big mud pile. Like, she mixed some water with dirt and made like a mud cake, and she put mud all over my mosquito bites.
- Andrew: Oh, interesting.
- Suzanne: It really worked, the mud dried and it kind of cooled off the irritation of the skin. But I looked really funny. I was covered in mud.

- Andrew: It's probably good for your skin, too, right? Even these days, people do mud packs to make their skin feel smooth and brand-new, like.
- Suzanne: Yeah.
- Andrew: Wow, that's cool. Well, next time I get a mosquito bite, I'll just cover myself in mud.
- Suzanne: With a little mud.
- Andrew: See how it goes.
- Suzanne: Oh no.
- Andrew: Well, Sue, I think that wraps it up for this talk about home remedies. Before we let you go, everyone, I'm going to remind you one more time to visit our website, Culips.com, and, like Sue just mentioned, we have a Facebook page also, which is Facebook.com/CulipsPodcast. And if you want to get in touch with us, you can send us an email. The email address is contact, C-O-N-T-A-C-T, contact@Culips.com. Hey, Sue, stay healthy, OK? I hope you don't have to try out any these home remedies anytime soon.
- Suzanne: You too.
- Andrew: That's it for now, everybody. We'll talk to you next time. Bye.
- Suzanne: Bye.
- Announcer: Do you like listening to Culips? If so, please show your support by leaving Culips a 5-star rating and a review on iTunes or Stitcher. This helps new listeners find the show. So don't delay, rate and review today.

## Detailed Explanations

### On my end

Idiom

Near the beginning of this episode, Andrew tells Suzanne that everything is good “**on my end**.” That means that on his side of things, over where he is, things are good. It’s a way of talking about yourself.

Here are a couple more examples with **on my end**:

Mia:	Thank you so much for calling.
Edson:	Hello? Are you there?
Mia:	I am. Can you hear?
Edson:	I’m sorry. I can’t hear you very well. There’s a lot of static on the line.
Mia:	That’s too bad. It’s crystal clear <b>on my end</b> .
Edson:	I think I should hang up and call you right back, OK?

Gregory:	I’m putting the finishing touches on the presentation. Everything is good here. How are things over there?
Dirk:	Things are going a little more slowly <b>on my end</b> . It’s possible our team won’t print the tickets until tomorrow.
Gregory:	But we need you to print the tickets before we can do our next task.
Dirk:	I’m sorry. We’re really trying hard over here. We’ll get it done by tomorrow. Don’t worry.

## You guys

Idiom, informal

**You guys** is a very common and familiar way for a person to address other people. It's a friendlier way of simply saying you. Even though guys does mean men, people nowadays say it to refer to both men and women alike.

Here are a couple more examples with **you guys**:

Neil:	Hey, <b>you guys</b> ! What's going on tonight?
Clement:	Nothing much. We're just gonna hang out at home. How about you?
Neil:	I'm getting hungry. I'm thinking of ordering pizza. What do <b>you guys</b> think?
Karim:	You should come over. We already ordered pizza!

Nancy:	Your team played a good game tonight.
Fran:	Yeah, we did well even though we're dealing with injuries.
Nancy:	<b>You guys</b> always have injured players, but you always play well.
Fran:	I know. I can't wait until we all get healthy—imagine our team then!



## Cozy Adjective

When something is **cozy**, it is comfortable. You can have a **cozy** couch, a **cozy** relationship with your spouse, or even a **cozy** job.

Here are a couple more examples with **cozy**:

Dale:	I've been looking at job listings lately and I saw something you might like.
Sara:	What is it?
Dale:	It's a public relations job at the embassy. I think you would be perfect—you have the perfect skill set.
Sara:	But maybe not the perfect attitude. I'm so <b>cozy</b> in my job right now. I have so much free time and zero stress.
Dale:	Oh. Yeah, this job would be a lot more stressful. Forget about it.

Pete:	Gina! I'm glad you picked up the phone! We've playing baseball at the park and we need you.
Gina:	No.
Pete:	Why? What are you doing?
Gina:	I am watching a movie on my very <b>cozy</b> couch in my very <b>cozy</b> living room. I don't think I'll be leaving anytime soon.
Pete:	But we need you!

## Tummy

Noun, informal

**Tummy** is an informal way to refer to your stomach or belly. It is common to say **tummy** instead of stomach to children or for children themselves to use it. Adults can say it too, but it is often casual and could be said to be funny.

Here are a couple more examples with **tummy**:

Mother:	What's wrong, dear?
Child:	I don't feel good.
Mother:	Are you sore?
Child:	Yes.
Mother:	Where are you sore?
Child:	Here.
Mother:	Oh, you have a <b>tummy</b> ache. Come on and let Mommy take care of you.

Carly:	I saw you at the clinic the other day. Is everything all right?
Bina:	Lately, I've been thinking about having surgery.
Carly:	Surgery? What kind of surgery?
Bina:	A <b>tummy</b> tuck.
Carly:	A <b>tummy</b> tuck? But you already lost so much weight!
Bina:	I know. It's just that because I lost a lot of weight, I have excess skin. I don't feel comfortable with it.

## Flat

Adjective

In this episode, Suzanne talks about how her mother would make the soda **flat** for her as a child. That means her mother shook the soft drink until the bubbles fizzled out. A **flat** soda is a soda that no longer has bubbles. You can also say the terms **flat** taste or **flat** voice. That means it's bland and has nothing special about it.

Here are a couple more examples with **flat**:

Derrick:	I'm going to the fridge. Do you want a beer?
Erica:	No, thanks. But can you bring the soda when you come back?
Derrick:	The Coke?
Erica:	Yeah.
Derrick:	Are you sure? We opened the bottle yesterday. It's probably <b>flat</b> . I should just throw it out.
Erica:	That's OK. I don't mind <b>flat</b> cola. I'll drink it.

Nathan:	What did the boss say after your sales pitch?
Vera:	Not a lot. He wasn't impressed.
Nathan:	What gives you that impression?
Vera:	He said, in a very <b>flat</b> voice, "Interesting," and then walked away.
Nathan:	Oh, that's a bad sign.

## The country

### Idiom

Towards the end of this episode, Suzanne tells a story about when she went to **the country** in Pennsylvania. **The country** is another way of saying the countryside. It's not about a country or nation in particular. It means outside of the city, in a more rural setting, like farmlands or even small towns.

Here are a couple more examples with **the country**:

Finn:	Any plans for this summer?
Rita:	Not yet. How about you?
Finn:	My parents have a summer place in <b>the country</b> , so I might end up there.
Rita:	Lucky boy.
Finn:	You can come if you want—that is, if you don't mind the mosquitoes!

Dean:	If you had the choice, which would you choose, urban or rural?
Rosa:	I grew up in <b>the country</b> , and now I live in the city. I'd choose the city all day, every day.
Dean:	You didn't like growing up in the countryside?
Rosa:	I'm sure I liked it then. But now that I know city life, I don't think I could go back!

## Quiz

**1. What does it mean to say a drink is flat?**

- a) It has no waves
- b) It has no carbonation
- c) It is in a short bowl
- d) It doesn't have alcohol

**2. True or false: You can use the expression you guys to refer to a group of women.**

- a) true
- b) false

**3. Which of the following is NOT an example of the country as it is used in this episode of the podcast?**

- a) a rural area
- b) Canada
- c) outside the city
- d) a campground

**4. If you say your relationship with your spouse is cozy, that means \_\_\_\_\_.**

- a) you curse a lot
- b) you get along
- c) you sit on the couch a lot
- d) you travel

**5. True or false: You can only use the word tummy around children.**

- a) true
- b) false

## Writing or Discussions Questions

1. What kinds of home remedies did your parents try on you?
2. What kind of home remedies would you try if you have children?
3. Do you think home remedies actually work, or is it just the psychological comfort that makes people feel better?
4. At the beginning of this episode, Andrew mentions that his cousin just had a baby. What is your first reaction when you find out someone you know has had a baby?
5. Andrew also says the baby had a special name. How do you react when someone close to you reveals their baby's name and you really don't like it?
6. In many languages, the word cousin can mean anyone in your family or even anyone who is a close friend. In English, we usually use the word literally: a cousin is the child of your aunt and uncle. How about in your native language?

## Quiz Answers

1.b    2.a    3.b    4.b    5.b

### Episode credits

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