“Mija, put on vaporub.” You hear it all the time. Your nose starts running and your abuela yells at you to go grab the bottle of vaporub. But does it actually work?

Join us as we explore the science behind vaporub, manzanilla tea, aloe vera, and more of your abuela’s tried and true remedies. Then, learn how the All of Us Research Program is working to discover more about Hispanic/Latino health and how you can contribute to a healthier future for all of us.

Featured Speaker: Berta Carbajal
ASU Research Specialist / Promotora HOPE
Network Co-Founder & Manager

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