

Cold Clinic

Your body is under attack by swarms of viruses. There are no medicines that CURE the common cold, but take heart. It will last from 4 to 10 days, and there are several things you can do to both make yourself more comfortable AND help your body get rid of the viruses.

Rest

Get more rest; relax, take it easy; slow down. Pause from your usual routine. Take a good look at your current life style. What could you have been doing - (overwork, tension, worry, poor diet, too much alcohol, tobacco, lack of sleep) that has set the stage, has provided the environment for the cold virus?



Rest will give your body the energy it needs to make the antibodies that kill the cold virus. Try for 10 hours of sleep per day. Avoid fatigue and exposure to the cold.

Fluids

Drink plenty of fluids - at least eight glasses of water and juices a day - more if you have a fever.

The fluids will thin your mucous so you can get rid of it more easily, and will ease your coughing. Warm drinks are especially good for sore throats, and to help loosen up those sticky secretions that are trying to float the virus away. Help your body!!



Eat and drink more foods that are high in Vitamin C - oranges, apples, broccoli, tomatoes, green peppers, potatoes with their skins, melons.

Avoid alcohol at this time - beer and wine are not good fluid replacers - they take out more

than they put in, and put an extra load on your body, too.

Smoking (anything) further irritates your respiratory passages - so Help Your Body! It's really a great time to QUIT!



Gargle

Use water warm with about one teaspoon of salt per eight ounces glass and gargle every hour. This is the cheapest, safest, and probably the best way to relieve the irritation and swelling that makes your throat sore.

Steam

A steam shower or draping a towel over your head and holding it over a washbowl with hot water running - these will help you break up the congestion and will moisten your raw, dry throat. Breath in the steam. Nice, huh?



Humidify or Vaporize Your Room

Putting some moisture into your air, day and night can PREVENT many colds! (See "Humidify" handout)

