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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How To Treat And Prevent The Common Cold

By Barney Garcia

Prevention

There is no way to prevent the cold, or any infection from happening, but if you build up a strong immune system, you will fight it off much quicker. You can naturally boost your immune system by eating well (including lots of fruits and veggies), quitting smoking and staying away from second hand smoke, drinking a lot of water, and being physically active. You can also help avoid getting a cold by minimizing contact with others who are infected by not sharing food or drinks, and having your own beach towels, etc. Since the cold virus can live on materials such as door handles, money, and countertops for several hours, it is important to wash your hands regularly or have hand sanitizer with you at all times. Also remember, when you have a cold, have some courtesy for others who are trying to avoid the same misfortune, and cover your sneezes and wash your hands!

Treatment

Just like with prevention, there is no cure for the common cold. Therefore, the main goal is to do things to make you feel better and recover faster. The first and most important thing is to get lots of rest, perhaps up to 12 hours of sleep each night. You will also want to drink lots of liquids to help clear your congested sinuses. For relief of aches and pains that are accompanied by fever, try taking an over the counter medicine such as Tylenol, and avoid giving Aspirin to children because it can cause the potentially fatal Reye's Syndrome. Also, try adding lots of juice, fruits, vegetables and soups to your diet so you can fight off the infection quicker. Other home remedies that can lessen the symptoms of a cold are ginger, which can be grated and steeped in water for a tea, as well as garlic which has immune system boosting effects. Hot baths can also make you feel better because they increase your body's circulation which can help relieve a stuffy head, and congested lungs or nose. Some people also believe that taking a bit of rum or brandy in a hot drink will help treat a cold or flu because the alcohol will kill off germs in the body. However, if you do try this technique, be sure not to drink too much, as this will just result in you feeling worse the next day and a lowering of your immune system.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

How To Treat And Prevent The Common Cold

<http://www.cold-and-flu-relief.info>

and

<http://www.cold-and-flu-relief.info/sitemap.htm>

Natural Remedies For Common Ailments

By Lee Dobbins

Some of the best remedies for common ailments seem to have been forgotten in today's society where a trip to the pharmacy can yield a medicine that will cure anything. The next time you have one of these common ailments, try doing what grandma did and take a trip to your kitchen cabinet instead of to the drug store. It will be kinder on your wallet as well as your health!

While supplements of vitamin C, D and zinc will shorten the lifespan of a common cold, a hot lemon drink is also extremely good. Cool lemon juice and honey are a great soother for a sore throat and gives the body much-needed vitamin C at the same time. The juice of one lemon in a glass of water is sufficient.

When you have the cold or flu the constant rubbing of tissue on your nose and lips can cause chaffing and soreness. Try a smear of vaseline or petroleum jelly on those sore lips and nose.

A 'streaming cold' where the nose and eyes water profusely, can be inconvenient and even embarrassing but believe it or not, you can help alleviate these runny symptoms with an onion. Simply dip a slice of onion into a glass of hot water for two seconds, then sip the cooled water throughout the day. In fact, onion is a good thing to have around when you have a cold and putting half an onion on the bedside table at night can get rid of your cold symptoms because its odor is inhaled while you sleep.

For those unpleasant times when you suffer from diarrhea, two tablespoons of brown vinegar will usually fix the problem.

In addition to common kitchen products, many herbs can be used to treat ailments instead of expensive drugs. For example, if you suffer from headaches dizziness or tinnitus, you might try feverfew leaves.

The Tea Tree and Eucalyptus oils are useful for treating a variety of respiratory ailments. These are excellent for the treatment of colds and coughs. They can be massaged into the chest or burned in an oil burner to help clear the airways and prevent congestion. Tea Tree oil is a natural antiseptic and can be dabbed on cuts, bites and stings. It is often used to treat spots and pimples and when diluted with water, acts as a mouth gargle (keep in-mind it should never be swallowed).

The herb black cohosh is a powerful relaxant as well and is extremely effective in easing painful

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menstrual cramps. Ovarian cramps will be relieved as well as bringing on a delayed menstrual cycle. It is also effective in the treatment of arthritis, osteo–arthritis, rheumatic pain and neurological pan. In small doses, appetite and digestion are greatly improved and is very beneficial for the nervous system in general.

Lee Dobbins enjoys learning and writing about

herbs and home remedies

. Please visit

www.herbs–home–remedies.com for more on alternative healing.



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