

Kill those Buggies!

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By Gene Simmons

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Hack, hack, cough, gasp, wheeze, snort... where's the tissue? Wheeze, snork, gasp...

I really hate to be the bearer of sad tidings however, guess what season is just around the corner? Correctamundo! `Tis almost that time of year to welcome our frequent visitors, Carol Cold and Freddy Flu. How special...

So after the initial sniffing and blowing, what's the next thing we invariably do? Correct again! We reach for the nearest bottle of Handy Dandy Dry Up and Anti-Drip elixir. Hey, we just gotta take "something" to help alleviate the misery these danged buggies are causing. Gotta take a pill. Gotta slug down some of that miracle Anti-Symptom juice. Gotta do it! Snork... Now!

OK, let's pull over to the side of the road and take a short thinking break here. To start with, I need to remind you that my parents gave me the first name of "Gene" and not "Doctor" so please feel free to giggle, scoff at or laugh out loud if you wish at what I'm about to say. It's just old Gene's slightly skewed common sense approach to "killing buggies".

Let's start with the basics. I've found that if we're in decent physical condition as a result of a fairly logical diet perhaps supplemented with a multivitamin - and get a reasonable amount of exercise and sleep, we're fairly well prepared to combat the common garden variety of buggies. I think drinking a lot of coffee may help too, but I'm not real sure about that part.

As a result, our bodies have a sustained innate intelligence and ability to start fighting any foreign invasion almost immediately. And if left to its own devices, that is exactly what our bodies will do. Within just a few hours, we'll produce a pile of little soldiers that will begin marching against the enemy. Our temperature will rise to create an uncomfortable environment for our unwelcome guests. Bodily orifices will flow to provide emergency exits for the invaders. And son-of-a-gun, about a week (or 7 to 10 days - your choice) later, we'll be back to our old selves and feeling pretty perky again.

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Our bodies are really an amazing collection of organs. So many capabilities, including the ability to successfully fight off - all on its own - a host of invading buggies. Sure, there are exceptions because we all know there are some monster microscopic critters maneuvering their way through the human population and these will certainly require super weapons to wipe `em out. That's why there are a bunch of folks out there with the first name of "Doctor". They know what weapons to use.

I think however, that for the common, mundane ailments, our attempts to alleviate the uncomfortable symptoms of these diseases may actually tend to interfere sometimes with our body's natural ability to fight these minor infections. One big example of a common abuse is the use of antihistamines to relieve cold symptoms - specifically a runny nose. Guess what? It ain't gonna work well. A cold's runny nose is cause by a virus, not the body's production and release of histamines (little guys that are made to fight allergy-type invaders). As a result, antihistamines unfortunately tend to reduce the flow of the mucus from the nose which is the very thing that is helping to purge the body of the cold virus.

We're slammin' the exit door closed! It's much better to keep blowin' - and oh yeah, wash your hands a lot so you're not contaminating everything you touch.

How about that danged cough? What an annoyance! Watch out though. If it's "productive" (getting gunk out of your lungs), it's best to let it work for you. An expectorant and plenty of water can help get the mucus out. Leave the "DM" labeled products to help alleviate the non-productive dry cough.

All stopped up? Well OK, a decongestant can help relieve the symptoms but if you're pregnant, nursing, have high blood pressure or heart problems, you'd better check with your doctor before taking any of these.

A really uncomfortable fever or headache? Any of the usual pain-killers - aspirin, acetaminophen, ibuprofen, etc. will help. Just remember one thing; none of these medications will help cure your cold or flu. They're only going to alleviate the symptoms. With or without them, in about a week your body will have done its job and you should be feeling much better.

So here's my bottom line suggestion. Instead of rushing out immediately at the very first hint of a cold or flu, to stock up on an inordinate quantity of over-the-counter medications, you might be better off to just hang loose for awhile. Just back off and let your body do its job. Like I said before, if you're in decent physical condition to begin with you may be pleasantly surprised at just how efficiently your body handles its buggy killing assignment. And sure, if you really start to get uncomfortable, then take an appropriate medication at a logical dosage to help relieve the symptoms. I'll bet you'll be pretty well healed up in about 7 to 10 days!

Gene, through

, provides an easy reading self-help blog, articles and links along with

affordable books and materials written to help folks find the road to a more enjoyable lifestyle, to pass on some of life's "secrets for survival" in a chaotic world & offer a few smiles along the way. It's a down-to-earth, simple approach to discovering a better life. You can visit Gene at

R/C cars and trucks – Beyond the toy store shelves

By Mike Eggert

From the high pitched whine of a nitro engine, to the whirring of an electric motor. All across the land, on any given weekend, you can find them bashing about everywhere from vacant lots, to parking lots. RC car and truck racing has become one of the hottest hobbies in recent memory.

You've probably seen them on the shelves of your local discount store, toy store, or electronics store. But, the real excitement this sport has to offer can only be found at a real RC hobby shop.

The RC cars, trucks, and other various RC vehicles found at the discount chains can be a great deal of fun, but if you never venture beyond these toys you might find yourself feeling a bit let down by their quality and excitement level. The difference between the "real" RC vehicles, and the chain store toys can be quite amazing. Obviously, there is a difference in cost, but as the old saying goes, "You get what you pay for."

You can choose from a wide variety of styles of RC vehicles, from mild to wild, and everything in between. From two wheel drive cars, trucks and buggies, to four wheel drive buggies, stadium trucks and monster trucks.

The electric cars and trucks, which are powered by rechargeable battery packs, are probably the best place to start your new hobby. Some of these can reach speeds in excess of 40 miles per hour! As time goes by you may find yourself craving even more speed and excitement. Look no further than the gas powered beasts that run on a blend of nitromethane and methanol for their fuel. Some of these radical rides can approach an amazing 70 miles per hour!

You can jump right in with a Ready to Run (or RTR as they are known in the sport) car or truck, or take on the challenge of a completely unassembled kit. The latter does require a bit of mechanical ability, as well as a dose of patience, but can be a very rewarding project to undertake with your son or daughter, teaching them valuable skills as well as just having a great time together.

No matter which type of RC vehicle you choose, you are sure to have a wonderful time enjoying a wholesome family activity in the great outdoors.

So stop by your local hobby shop or online retailer and see what the "real" world of RC cars and trucks has to offer. You'll be glad you did.

For even more information about this exciting sport check out

Mike Eggert is an R/C car and truck racing enthusiast, and author of the RC information website

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