



for your company
for your employees
for your future
September 21, 2009

WELLNESS WEEKLY

Cold Remedies

Are cold symptoms making you feel miserable? Here are 10 cold remedies you can use right now — at home — to feel better.

Cold Remedy #1: Drink plenty of fluids to help break up your congestion. Drinking water or juice will prevent dehydration and keep your throat moist. You should drink at least 8 to 10 eight-ounce glasses of water daily. Include fluids such as water, sports drinks, herbal teas, fruit drinks, or ginger ale. Avoid cola, coffee, and other drinks with caffeine because it acts like a diuretic and may dehydrate you.

Cold Remedy #2: Inhale steam to ease your congestion and drippy nose. Hold your head over a pot of boiling water and breathe through your nose, but use caution when trying this technique. If the steam burns your nose, breathe in more slowly.

Cold Remedy #3: Blow your nose often, but do it the proper way. It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can carry germ-carrying phlegm back into your ear passages, causing earache. The best way to blow your nose is to press a finger over one nostril while you blow gently to clear the other.

Cold Remedy #4: Use saline nasal sprays or make your own salt water rinse to irrigate your nose. Salt-water rinsing helps break nasal congestion while also removing virus particles and bacteria from your nose.

Cold Remedy #5: Stay warm and rested. Staying warm and resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle.

Cold Remedy #6: Gargle with warm salt water. Gargling can moisten a sore or scratchy throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water four times daily.

Cold Remedy #7: Drink hot liquids. Hot liquids relieve nasal congestion, prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat.

Cold Remedy #8: Take a steamy shower. Steamy showers moisturize your nasal passages and relax you.

Cold Remedy #9: Try a small dab of mentholated salve under your nose to help open breathing passages and help restore the irritated skin at the base of the nose. Menthol, eucalyptus, and camphor all have mild numbing ingredients that may help relieve the pain of a nose rubbed raw.

Cold Remedy #10: Sleep with an extra pillow under your head. This will help relieve congested nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

