

Hot Tips On Handling A Cold

(NAPSA)—While science has not yet come up with a cure for the common cold, health care professionals have discovered that certain home remedies can help stop the sniffles or at least let you feel less miserable while you have them. Here are seven steps you may care to take:

1. Chicken soup

Research conducted by the University of Nebraska Medical Center found that its combination of ingredients helps stop the movement of neutrophils—mucus-forming white blood cells that kick in during viral infections such as colds to attack bacteria.

2. Extremities soak

At the first shiver of ill will: Sit on the edge of your bathtub with your legs immersed in piping-hot water and your back swathed in towels. Drink something hot and then sink your arms elbow-deep into the tub. The idea is to sweat out the toxins (but make sure you rehydrate).

3. Vitamin D drops and cod liver oil

Give your immune system an extra boost with an omega-3 fatty acid such as cod liver oil, a superfood high in vitamins D and A.

4. Plain-old vitamin C

Dr. Oz Garcia, a nutritional counselor and life-extension specialist, says, “Ascorbic acid seems to have an anti-inflammatory effect, so the chills are not so dramatic, and the adrenal system seems to respond with better efficiency.”

5. Zinc picolinate

Dr. Garcia also recommends cracking open a capsule of zinc picolinate—a mineral bound to



A cold is nothing to sneeze at. Fortunately, some home remedies can help.

the picolinic fatty acid found in mother’s milk—onto the back of your throat to reduce inflammation and viral activity.

6. Yogurt

Building a biofilm in your gut is a good way to ensure foundational health. Dr. Garcia says, “If you want to fight colds better, start with a yogurt a day.”

7. Keep your nose—and mouth—clean

Dr. Garcia recommends his sick patients buy a new toothbrush and therapeutic toothpaste such as Arm & Hammer’s, which more effectively cleans out bacteria with peroxide, fluoride and bicarbonate than does ordinary toothpaste. Also recommended: mouthwash, saline solution and a tongue cleaner.

Learn More

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