

Stay Healthy

Prevention

I first developed this list of helpful tips for my sons in college, along with a first Aid Kit with all the "cold supplies." The **Gargle** tip has been priceless!

Remember when you go to a **new place**, you are being exposed to **new germs**. Students often catch a cold as they start a new year. Be especially healthy!



Wash your hands with soap and hot water every time you walk inside your home. You have probably touched a number of door handles in public that hold the germs of everyone who touched them. If you touch your nose, eye or mouth with that

germ-covered finger, you could be in trouble.

Humidify your home—especially your bedroom—in the dry winter months and when sick. Buy an digital **humidity gauge** and work at keeping the air in your house between 30 - 50% (Mayo Clinic). Inexpensive plastic boiling water humidifiers don't have mold issues. Keep your humidifiers clean.



Have lots of **plants** and water them regularly! They keep the air in your house clean & **moist**.



Get regular **Sleep**. Lack of sleep quickly weakens your immune system.



Drink lots of **water**. Dehydration is unhealthy for your body and your brain.

Get **sunshine**! Sit in a sunny window with short sleeves.



Brunswick NeuroMuscular Therapy



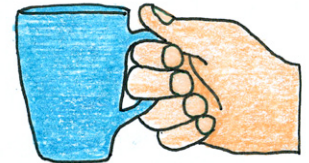
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Remedies - at the FIRST sign of a cold:

Gargle frequently **with hot salty water** at the first tickle of throat discomfort. You can often "Win the battle" here, and stop the cold from progressing.

Drink **hot chicken soup**, bouillon (beef, chicken, veggie). Hot salt water kills germs.



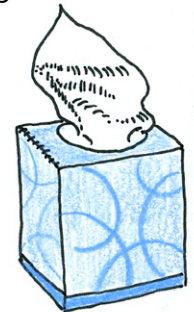
Grandmother's cure: Drink 1 Tablespoon **cider vinegar** and 1 Tablespoon of **honey** in a cup of hot water.



Get lots of **sleep** and rest.

Avoid exhausting exercise which suppress' healing.

Avoid **dairy products** (milk, ice cream) because they can create a thick phlegmy cough.



Kleenex is made from wood chips and eventually rubs your nose raw. Only use **kleenex with aloe** added.

Sneeze carefully into your kleenex or shirt sleeve. Be kind to your friends... contain your germs!

Cut back on **coffee** and **caffeine** drinks. These can elevate cortisol and decrease the ability of your immune system to fight infections.



Take **vitamin C** and **Zinc**.

When sick with congestion, **sleep** with your head and shoulders on two pillows. A **higher head position** can keep your nose clear. Take **Benadryl or Sudafed** at night if you are stuffed up, to sleep well and breath better.

Take **Ibuprofen** at night to reduce sore throat pain and allow better sleep - but don't take it on an empty stomach!

First Aid Kit for College

- Sunblock
- Chapstick with Sunblock
- Aloe Vera for sunburn
- Sudafed
- Tylenol
- Ibuprofen
- Melatonin 1mg sleep aid
- Band-aids, all sizes
- Compeed Blister band-aids
- Triple Antibiotic ointment
- Cortaid for rash & itchiness
- Vitamin C, 500 mg
- Salt for hot water gargle
- Bullion cubes for sore throat
- Alcohol wipes for an insect bite
- Dramamine for motion sickness
- Thermometer
- Sports tape for foot support
- Tums for acid stomach
- Laxative for constipation, Yogi Senna tea
- Witchhazel towlettes
- Wet Ones, single packages
- Needle and Matches to sterilize it

Have a happy and healthy fall,
Deb



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