

Stay Healthy

I first developed this list of helpful tips for my sons as they went off to college. We keep others healthy when we stay healthy!

COLD PREVENTION

Remember when you go to a **new place**, you are being exposed to **new germs**. Students of all ages often catch a cold as they start a new year.



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.

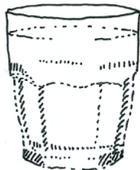
Humidify your home—especially your bedroom—in the dry winter months and when sick. Buy a digital **humidity gauge** and work at keeping the air in your house between 30 - 50% (Mayo Clinic). Inexpensive plastic boiling water humidifiers don't have mold issues. Keep your humidifiers clean.



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

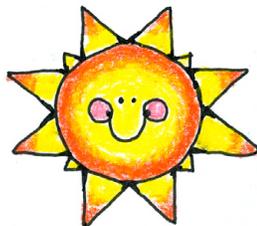


Get regular **Sleep**. Lack of sleep quickly weakens your immune system.



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

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



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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. (Obvious!)

Avoid exhausting exercise which suppress' healing.

Avoid **dairy products** (milk, yogurt, 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 elbow. 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!