

Your two natural remedies for colds

Your doctor cannot do much to cure your cold and flu symptoms. However, some foods, drinks and herbs can ease symptoms and may even cut a cold short.

Liquids: water, juice, decaffeinated tea: Cold and flu bugs thrive in dried-out throats and nasal passages, but drinking plenty of fluids throughout the day can help keep your mucous membranes moist so they are better able to trap viruses. Then you can either blow them out your nose or swallow them so they're destroyed by your stomach acids before they have a chance to make you sick. Not only can this help prevent colds, but it is just as useful if you are already sick. If you have a sore

throat, sip your water hot with a bit of honey (to coat your throat) and lemon (to shrink swollen throat tissues and help kill off virus cells), or add honey and lemon to tea.

Aim for: At least eight glasses of water or other fluids each day, and more if you have a fever.

Helpful hint: When choosing fruit juice, choose unsweetened varieties that do not have added sugars. To get the most vitamin C from your juice, grab some frozen juice concentrate from the freezer section and drink it within a week of mixing it up.

Garlic

Those pungent cloves contain allicin,

a potent antimicrobial that can fend off bacteria, viruses, and fungi.

Aim for: If you can stand it, chew a clove every 3 to 4 hours. You can also cut the clove into pieces and



swallow them like pills. Or simply add them to your chicken soup, along with some onions. But chop garlic first and let it stand for 10 to 15 minutes before adding it to the soup. This will allow its therapeutic compounds to form.

Helpful hint: It is totally wacky, but one way to get children to consume garlic if they will not eat it raw is to crush two cloves in a garlic press and put one in each of their socks. As they run around, the garlic will be absorbed through their skin.

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