

10 Tips and Natural Cures for Autumn Woes - Cold & Flu



With no cure in sight for the cold or flu, current treatments can at best bring symptom relief or shorten the duration of those symptoms. You can take a variety of medications that may help relieve your symptoms, or you can take the natural approach.

1. **Blow your nose often** - It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. Make sure to wash your hands after blowing your nose.
2. **Stay Rested** - Resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body, so give it a little help by lying down under a blanket.
3. **Gargle** - Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water, four times daily.
4. **Drink Hot Liquids** - Hot liquids relieve nasal congestion, help prevent dehydration, and can soothe the uncomfortable inflamed membranes that line your nose and throat.
5. **Take a Steamy Shower** - Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.
6. **Use a Salve Under Your Nose** - A small dab of mentholated salve under your nose can open breathing passages and help soothe the irritated skin at the base of the nose.
7. **Apply Hot or Cold Packs Around Your Congested Sinuses** - Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at the drugstore.
8. **Sleep With an Extra Pillow Under Your Head** - This will help with the drainage of nasal passages.
9. **Don't Fly Unless Necessary** - There's no point adding stress to your already stressed out upper respiratory system, and that's what the change in air pressure will do. If you must fly, use a decongestant and carry a nasal spray with you to use just before takeoff and landing.
10. **Take Astragalus and Echinacea** - Astragalus is a well studied herb from Chinese medicine used traditionally to help strengthen and support the immune system. Echinacea helps treat colds, flu, sore throat, and other common infections. Both are available at your local drug or health food store.

