

# The Cold War

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Cold and flu season is upon us and while there isn't really a cure for a cold there are plenty of simple, inexpensive things we can do at home to relieve the symptoms and shorten the duration.



A cold should only last a few days, flu about a week. If you have the symptoms for any longer or they aren't getting better after a couple of days see your doctor.

Otherwise these ideas will give you some relief.

## Bed rest

Colds need plenty of rest. If you can't spend a couple of days tucked up in bed try to get in some early nights and give your body a chance to fight the virus and recover. Once you are on the mend take it easy for a few days and allow your body to get back to full health.

## Chicken soup

It's not just an old wive's tale. Chicken

soup (or any light soup for that matter) will make you feel better. Full of antioxidants to fight infection a warming bowl of chicken soup will help your body fight the virus and make you feel better.

## Hot lemon and honey

A cold and flu fighting favourite around the world, hot lemon and honey drinks soothe sore throats and help to relieve congestion. Add a pinch of cayenne or chilli powder to the drink and go to bed to sweat it out.

## Tissues

A cold is about the only thing that will convince me that tissues are better than hankies. Be kind to yourself and spend the extra to get nice soft tissues, preferably with aloe. Noses can be very sore and tender at this time and soft tissues are essential. Being disposable they are also easier to take care of than hankies that need to be soaked and washed.

## Vitamins

At the first sign of a cold hit the vitamin bottle. Vitamin C will help to dry up runny noses. Echinacea will shorten the length of your cold and ease symptoms.

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