

Preventing the Common Cold

As the cold and flu season approaches, your best bet for fighting off sickness is to be healthier overall. Studies have shown that people who engage in moderate exercise on a regular basis - including housework and brisk walking - suffer 25 percent fewer colds than those who do not.

It also might be a good idea to get your herbal arsenal ready for treating mild cold and flu symptoms. Here's an excellent ginger tea recipe for treating head and chest congestion, malaise and chills: Grate a one-inch piece of peeled ginger root into a pot containing two cups of cold water. Bring to a boil, lower heat, and simmer five minutes. Add one half teaspoon cayenne pepper (or more or less to taste) and simmer one minute more. Remove from heat. Add two tablespoons of fresh lemon juice, honey to taste, and one or two cloves of mashed garlic. Let cool slightly and strain if desired.

Supplementing a Cold?

Supplementing with vitamins and herbs can be an effective way to help prevent or lessen the effects of a cold. Antioxidants, including Vitamin C and E, can boost the immune system for better protection against colds. Echinacea and Astragalus have properties that may help to lessen the duration of a cold. Other vitamins and supplements may also be beneficial - visit the [Vitamin Advisor](#) to learn more.