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**Medicine vs Mother Nature**

There are a lot of “wives’ tales” and corporate marketing on how to cure a cold. Some are true while others do not do a thing. Here are the seven things you should solely do to cure your cold.

**Drink Water**

Staying hydrated is important to swift recovery. Water helps speed up cell reproduction which helps you to produce white blood cells. That being said, drink one to two cups of water more than you are used to. Do not drink too much water; it could harm you.

**Dress Warm**

It is important to keep your body temperature regulated. Your body needs to focus on a lot of things while you are sick. Keeping a normal body temperature helps limit the tasks your body needs to focus on.

**Take Medicine**

Certain medicines can help speed up the fight against the cold. It is important that you are taking FDA approved medicine to fight off your cold. Remedies that your mother or grandmother taught you do not work. Quick fixes from Instagram influencers do not help either. You should take medicine that you doctor tells you.

**Go to the Doctor**

****Often people feel that the doctor is only for “serious” illness but they can help with a cold. They can tell you what medicine to take. Also, they can make sure you have a cold and not something worse.

**Get the Flu Shot**

The flu shot can help prevent your cold from turning into something worse. It can also help stop or weaken the flu. The only time you should not get a flu shot is if you are allergic to what is in it. It will not hurt you and it is cheap.

**Wash Your Hands**

When you get sick your immune system is weakened. Washing your hand can help prevent more germs from infecting you. It also helps prevent you from getting your friends sick.

**Sanitize Everything**

After you feel better you should disinfect everything you interacted with. Things you should infect include linens, clothing, hard surfaces, electronics, and personal care products. Anything you have touched should be sanitized!