Beat the Flu!

'Tis the season to fall sick. There is no cure for the common cold or flu but why do you need to tolerate it when you can ease the symptoms? Here are five tips that can help you cope with the flu the natural way!



1 Hydrate, Hydrate, Hydrate!

You might know that you need to have plenty of water and other fluids such as juices, hot tea and homemade soups but who tends to remember all this when you are trying to survive the flu? Do remember, however, that fluids help keep your respiratory system hydrated and prevent the build of mucus that can cause infection in your bronchial tubes.

2 Stay at Home

You might think that you will be fine the next day but that's never the case when you have a nasty flu. So on the first day of flu symptoms, call your work and tell them that you're not coming in for a few day because you're sick. They'll survive without you but you might not without the required rest!

3 Use Steam Inhalations

This helps clear up the respiratory system, easing congestion, and making breathing a little easier. You could fill up a bowl with steaming water, fill it up with Vicks Vapo Rub and a few drops of menthol. Breathe in the steam for several minutes until you get relief.

4 Take it Easy on Coffee and Soft Drinks

You want to stay as hydrated as you can when you have the flu. Having coffee and aerated drinks can have the opposite effect on you, as they tend to dry your throat and dehydrate you.

5 Take Vitamin C

Vitamin C might not prevent cold but it'll definitely soften the blow and decrease symptoms like a runny nose and sore throat. Drink plenty of vitamin rich orange juice, as this can also provide you with the calories that your body needs.

— UPASHANA SALAM