



The  
**PTI BUZZ**  
Carol Kur, MSRD

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**Feed a Cold, Starve a Fever**



It's that time of year when you look around and it seems like everyone is getting a cold. Are there any remedies that can attack back:

Mix 2 tbs. molasses into a cup of chamomile tea

Sassafras tea

Cold Eeze Lozenges

Homemade chicken soup

The wonderful Hot Toddy

Fresh warm milk

Garlic

Vitamin C

Echinacea

Old fashioned mustard plaster

Honey and Lemon

None of these are a cure all. Keep hands clean, Get plenty of rest and listen to your body.

A half hour of brisk grocery shopping will burn about 130 calories. Now go shopping and fill your cart with these old fashioned remedies.

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