

## Prevention and Cure of the Common Cold

Everyone gets sick sooner or later. Even though you can't entirely stop a cold you can prevent it from getting stronger and lasting longer. I would like to share with you today a few things you can do to overcome your common colds. When you get sick it is a virus that has entered your body. You have what I like to call helper cells that multiply to fight the illness that is upon you. The thing is your cells create new cells every time a new virus enters your body. A certain cell is created specifically for the virus that is affecting you at the time. Once your cells have defeated the virus you will never get sick from that same virus again because you have those cells in your body ready to fight before it affects you. There are many different forms of every virus so although it may seem like your getting the flu for the 50th time it's actually the flu but a different type than the other 50. Things you can do to overcome these colds are simple but very effective. You can get a shot which is pretty much like planting those helper cells in you so they are there to fight instead of waiting till your sick to form and fight. This way is the most effective when it comes to fighting the common colds. Another way you can prevent the common cold is to make sure you get a lot of vitamins everyday. I know people that have been taking vitamins all their life and they are never sick. Now I'm not saying you won't get sick, I'm just saying this will help. Vitamins help strengthen your immune system which is like your army for the war against the cold. A few other things that can be done are what most people do; go get the cold medicine at the local pharmacy or store. The pharmacies are always getting the newest kinds of medicine for all types of aches and pains but sometimes can be very expensive. The other things you can do are eating healthy and take care of your body. Make sure you brush your teeth at least two times a day and take showers everyday. It is also good to have some sort of yearly check ups with your family doctor. If you have been keeping a good hygiene and taking good care of yourself you will be fine.

## About the Author

Simone writes for Your Health Guide, which has articles on health topics from [acupuncture](#) to [heart disease](#).

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